



THE RAPIDS REVIEW

VOL. 1 ISSUE 3 JULY 25-2025

Full Swing Summer

Some of the highlights of this edition are some golfing activities, a welcoming fish fry, Weechi Days, Pow Wows, bbq's, a new exhibit at the Manitou Mounds, new staff, and yes, it's that time of year again... BACKPACK PROGRAM forms! Just a reminder that if you have anything that you would like included in the Newsletter, please email lauren.hyatt@manitourapids.ca.



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WEECHI-IT-TE-WIN'S ANNUAL CHILDREN'S DAYS

JULY 29TH & 30TH
10am to 4pm

Two action packed days you wont forget at the Nanicist Grounds on Agency One!

- Bouncy houses
- Outdoor volleyball
- Petting zoo
- Slip n slide baseball
- Mechanical bulls
- Face painting
- Pontoon rides
- Yard games
- Free haircuts
- & much more!!!

Limited Rides Available
Contact Katie

Free Event! Open to Everyone!
Lunch provided both days!



WEECHI-IT-TE-WIN FAMILY SERVICES PRESENTS "HONOURING OUR CHILDREN"

ANNUAL POW-WOW
Nanicost Grounds-Agency One
Host Drum-- Maango-Inini

Limited Rides Available
Contact Katie

SAVE THE DATE!
THURS. JULY 31ST, 2025

Please call 274-3201
Ext. 4050 for more information or email don.smith@weechi.ca



IRS BOAT TOUR **AUGUST 6, 2025**

Agency One invites all St. Margaret IRS Survivors to enjoy a tour of Lake of the Woods in Kenora, ON. Please meet at the MS Kenora Cruise Boat dock (Kenora Waterfront, 1 Bernier Drive, Kenora, ON) by 2:00pm and we will have a nice time on the water with a meal provided.

AGENCY ONE WILL BE PROVIDING TRANSPORTATION TO IRS COMMUNITY MEMBERS WITH PICK UP IN EACH COMMUNITY. SCHEDULE WILL FOLLOW.

SEATS ARE LIMITED SO PLEASE CALL OR EMAIL LAUREEN HILL AT 807.861.0110 OR CEO@AGENCYONECULTURAL.CA



The ISD-ELA & Territorial Planning Unit are inviting Treaty #3 youth to a

Land-Based Learning Workshop

Open to Treaty #3 Youth aged 30 or under!

August 11th to the 14th | At the International Institute for Sustainable Development - Experimental Lakes Area Field Site

LET NATURE BE YOUR CLASSROOM!

Are you a youth from Treaty #3 with a passion for environmental stewardship? Join us for 4 days of on-the-land learning with Treaty #3 Elders and Knowledge Keepers, ISD-ELA staff, and TPU Environmental Monitors.

First come first serve, we have 10 spots available! To ensure fairness we are limiting registrations to a maximum of two youth per Treaty #3 community.

Register now!

Please scan the QR code and fill out the linked registration form. As this event has limited registration, please ensure any cancellations are made with a full week's notice so waitlist individuals can attend.

If you have any questions or require support, please contact Amanda.murray@iisd.ca.






JOIN US FOR A FISH FRY Meet the doctors

**AUGUST 5 • 11:30AM - 1:00PM
DOWN BY THE RAPIDS AT RRFN**

Dr. Carlisle is a medical psychotherapist & physician. In addition to being a family medicine doctor she will support patients through long term psychotherapy.

Dr. Mitchel is our new full time employed Family Medicine Physician. Starting in August, she will provide family medicine care to Indigenous peoples in Southern Treaty Three.

We are actively taking intakes for new patients and hope to have gaps in provider care addressed in the next year.




15TH ANNUAL GOLF TOURNAMENT FUNDRAISER EVENT

HERON LANDING GOLF COURSE - COUCHICHIWING FIRST NATION

\$800 PER TEAM	\$100 PER TEAM	\$60 PER TEAM	\$10 PER PERSON
\$20 FOR ONE GOLF (ENTRY)	\$10 PER GOLF	\$10 PER GOLF	\$10,000 CASH PRIZE

UP TO \$14,000.00 IN PRIZE MONEY!
SO MANY WAYS TO WIN ON AND OFF THE COURSE

ALL GOLFERS WELCOME!
4 PERSON SCRAMBLE WITH ONE PERSON OF OPPOSITE GENDER
TEAM CHECK-IN 8:00AM - 9:00AM
SHORTS START 9:00AM

AUG 29TH 2025

FIRST FIVE (5) TEAMS WILL BE ACCEPTED (NO REFUND)
ENTRY FEE CAN BE DROPPED OFF AT 2802 HIGHWAY 17 EAST KOOVRA, ON
ENTRY FEES INCLUDE: GREEN FEES, POWER CART & MEAL TICKET

For more information please contact:
(807) 548-4214 ext. 704 | Charity.Sewak@treaty3.ca

Fundraising Event for Treaty #3 Dikiloo'amaadziwin Bursaries
Contact us today if you'd like to donate or become a sponsor for this event.

TREATY #3 TOURISM STRATEGY

Call Out to all Anishinaabe tourist operators and EDO within the Treaty #3 Territory.

**JULY 30, 2025
ONLINE SESSION
9:30 AM - 12:00 PM**

Grand Council Treaty #3, in collaboration with the University of Manitoba are conducting **group interview** to learn more about tourism businesses within Treaty #3 territory.

Join us online to discuss key topics such as:

- Future plans for your business
- The challenges you face as a tourism operator
- The activities that attract visitors to your area

Your insights will help shape the future of tourism in Treaty #3. Be part of this important conversation!

To register, contact Kate Palmer at kate.palmer@treaty3.ca







FAMILY GOLF DAY

**Sunday, August 24th, 2025
2:00pm**

Register your family by calling Ashley @ Heron Landing (807)274-5678
Meal and Prizes for all participants.
Must be First Nations, Inuit, or Metis.

Addictions Department

OUTREACH SERVICES!

**RAINY RIVER FIRST NATIONS
OUTREACH**

**DID YOU KNOW THAT RRFN
NOW HAS AN OUTREACH PROGRAM?**

LOCATED AT 516 PORTAGE AVE., FORT FRANCES

SERVICES PROVIDED INCLUDE:

- Coffee, Snacks, Support
- Open & Confidential Discussions
- List of community services/Referrals
- Transportation for Appts/Medical/
Counselling/Groceries (within Fort Frances)
- Access to phone(local calls only) Treatment
Options/Group Outings

Outreach Staff
Lois Bradley - 807-271-0065
Jim McMahon - 807-271-7300
Molly Smith

SUMMER BBQ'S!

ADDICTIONS AWARENESS SUMMIT

10 am - 4pm

Ages 8 -17 (adults welcome)

Come out and hear from our local
members the truth about addictions and
the healing journey to recovery

There will be a BBQ

Dunk Tank / Games / Scavenger hunt and
prizes

August 5th, 2025 10am-4pm
RRFN Gym

We look forward to seeing you!!!

RSVP: lois.bradley@manitou.ca

RRFN Outreach Program will be hosting Open
& Free BBQ'S for the rest of the summer

BBQ

on the following dates

June 26th - July 24th, July 26th
August 7th, 14th, 21st, 28th - September 4th, 11th, 18th, 25th
218B Building 516 Portage Ave. Fort Frances

Hot Dogs	Burgers Chips	Water
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11AM-3PM

Who Has More Fun Than Us?

For More info contact the following

Jim McMahon 807-482-2479 Ext. 262 - cell 807-271-7300
Lois Bradley 807-482-2479 Ext. 265 - cell 807-271-0065

EMPLOYMENT OPPORTUNITIES



We are **HIRING**

- Executive Assistant to Chief and Council
- Director of Addiction, Treatment and Recovery
- Claims Implementation Coordinator
- Proposal Writer
- Overall Responsible Operator
- Family Services Worker
- CCP On-Call Worker
- Pre/Post Treatment Attendant
- Child in Care Worker
- Early Intervention and Aftercare Worker

For detailed job descriptions visit www.rainyriverfirstnations.com or scan the QR code.

To apply, please submit your resume and cover letter to: hr@manitou Rapids.ca



JP COORDINATOR



COMMUNITY INTRODUCTION: MEET AMBER VANASSE JORDAN'S PRINCIPLE COORDINATOR

Hello Rainy River First Nations Community,
My name is Amber, and I'm honoured to step into the role of Jordan's Principle Coordinator.

I grew up in Kenora and spent my early summers at my dad's fly-in fishing resort, where my love for the land and water was born. I've also lived in Thunder Bay and Atikokan, and Northwestern Ontario has always been home.

I bring over 20 years of experience working with children and families, including 8 years of working closely with children and youth in care, providing them with extra support services at school. I have also served as a Children's Services Worker in Thunder Bay and most recently as a Family Wellbeing Worker with the Métis Nation of Ontario.

I'm also a certified fitness and yoga instructor and hold a nutritionist certificate. I believe in whole-person wellness—mind, body, and spirit—and I live this out on my small homestead, where I raise chickens and grow food. Nature is my favourite therapy!

I'm recently engaged and a proud mom of two amazing adult sons who are the world to me. I'm truly passionate about supporting families and advocating for children to receive the care they deserve, and I'm excited to bring my energy, experience, and heart to this role.

If you've tried to call or email the program since April and haven't heard back, please don't hesitate to reach out:

✉ E: amber.vanasse@manitourapids.ca

☎ C: 807-482-2479 ext. #239

I look forward to connecting with you!

Warmly,

Amber Vanasse

Jordan's Principle Coordinator

Rainy River First Nations

***Please note- I will be out of office from July 30th - August 13th 2025 and will return all calls and emails upon my return.**



TREATY #3 ANISHINAABE NATION POW WOW TRAIL 2025

McIntosh 5th Annual | May 30-31
Abinoojii Family Services - Wauzhushk Onigum | May 30-June 1
Dryden High School | May 23
Fort Frances High School | June 4
Beaver Brae Secondary School | June 4
Northwest Angle 33 First Nation (Dogpaw) | June 6-8
Mitaanjigaming First Nation | June 13-15
Rainy River (Manitou Rapids) First Nation | June 13-15
Red Lake Keesic Beach | June 14
Indigenous Peoples Day - Dryden Recreation Complex | June 21
Indigenous Peoples Day - KCA Youth and Family Wellness Camp | June 21
Lac des Mille Lacs First Nation | June 21-22
Couchiching First Nation | June 27-29
Ojibways of Onigaming First Nation | July 4-6
Naotkamegwanning First Nation | July 11-13
Seine River First Nation | July 18-20
Wauzhushk Onigum Nation | July 18-20
Naicatchewenin First Nation | July 25-27
Niisaachewan Anishinaabe Nation | July 25-27
Weechi-it-te-win Family Services - Nanicost Grounds | July 31
Migisi Sahgaigan (Eagle Lake) First Nation | August 1-3
Sagkeeng First Nation | August 1-3
Iskatewizaagegan #39 Independent First Nation | August 8-10
Mishkosiminiziibiing (Big Grassy) First Nation | August 8-10
Asubpeeschoseewagong First Nation | August 15-17
Lac Seul First Nation | August 15-17
Naongashiing (Big Island) First Nation | August 15-17
Gakijiwanong Anishinaabe Nation | August 22-24
Wabaseemoong Independent First Nation | August 22-24
Washagamis Bay First Nation | August 22-24
Wabigoon Lake Ojibway Nation | August 29-31
Nigigoonsiminikaaning First Nation | September 5-7
Ogimaawabliitong KCA - Wauzhushk Onigum | September 5-7
Orange Shirt Day GCT3 - Dryden Recreation Complex | September 30

Information Provided by First Nation Communities | Updated on April 29, 2025

KAY-NAH-CHI-WAH-NUNG HISTORICAL CENTRE



Join us for a special Fish and Chip Night here at the Mounds
Friday July 25th from 5-7pm **\$25.50**

Enjoy 2 pieces of Cod battered and fried, with a side of Fries Creamy Slaw and a Salad! } Choose a side of Potato Salad or a Cucumber Vinger Salad

Desserts

Lava Cake À la mode	Mocktails
Or	Peach Basil Spritz
Strawberry and Rhubarb Pie	Berry Citrus Spritz
\$5 each	\$6 each




Afternoon Yoga

At the Mounds

JOIN US AT THE KAY-NAH-CHI-WAH-NUNG HISTORICAL CENTRE ALONGSIDE RAINY LAKE ZEN LIFE YOGA INC. FOR SUNDAY AFTERNOON YOGA SESSIONS ON THE HILL THROUGHOUT JULY AND AUGUST AT 1:30 PM. AFTERWARD, STICK AROUND TO ENJOY LUNCH WHILE TAKING IN THE SCENIC VIEW. WHILE A CANNED FOOD DONATION IS GREATLY APPRECIATED, IT IS NOT MANDATORY.

HOPE TO SEE YOU THERE!

SUNDAY YOGA
1:30 PM
JULY 6
JULY 20
AUGUST 3
AUGUST 17
AUGUST 31

FOR BOOKINGS 807-797-2024
WWW.RAINYLAKEZENLIFE.CA

OPEN FOR ALL AGES & YOGA LEVELS




"Preserving history is vital for understanding the present and shaping the future."




WE WERE TAUGHT DIFFERENTLY

Traditional Opening
July 26th at 1pm.

Exhibit open July 26th - October 12th At the Mounds!

Questions?
Give us at call at 807.483.1163

muse
ARTS & CULTURE

Organized and circulated by
The Muse, Douglas Family Art Centre




CALLING ALL CRAFTERS!

Help us create a beautiful Poppy Display to honour and remember this November.
Whether you're a seasoned stitcher, crocheter, knitter or just learning, we'd love for you to join!

Guided by Marjorie Stintzi

- July 13, 1pm - 3pm
- July 27, 1pm - 3pm
- August 10, 1pm - 3pm
- August 24, 1pm - 3pm

✦ All supplies provided
☕ Light refreshments & snacks served

Let's stitch something meaningful together. ❤️

Questions?
call or email jessie.richard@manitourapids.ca

COMMUNITY CARE PROGRAM

"It takes a big heart to shape little minds."



RAINY RIVER FIRST NATIONS COMMUNITY CARE PROGRAM

We are looking for **FULL-TIME CAREGIVERS/FOSTER PARENTS** and **RESPITE HOMES** that...



- ✓ Able and willing to provide a loving, stable home for Anishinaabe children and be open to learning the Culture and Traditions.
- ✓ Have good problem-solving skills, child management skills, patience, compassion, sensitivity towards cultural needs, and an ability to work well as part of a team.

If you would like more information on becoming a Caregiver/Foster Parent, please call the Alternative Care Coordinator, Michelle Loveday, at (807)271-5452 or (807)482-2479 ext. 278

**Make a difference in a child's life,
become an Alternative Caregiver**



RAINY RIVER FIRST NATIONS COMMUNITY CARE PROGRAM

RAINY RIVER FIRST NATIONS COMMUNITY CARE PROGRAM IS LOOKING FOR CAREGIVERS TO PROVIDE PLACEMENTS FOR 5 CHILDREN IN CARE.

WE ARE DESPERATELY ASKING FOR YOUR HELP IN PROVIDING A SAFE AND LOVING HOME FOR THE CHILDREN.

IF YOU ARE INTERESTED IN CARING FOR 1 OR 2 CHILDREN OR HAVE QUESTIONS, PLEASE CONTACT;

MICHELLE LOVEDAY, AT 807-482-2479 EXT. 278 OR 807-271-5452

OR

ANN HILLER, AT 807-482-2479 EXT. 258 OR 807-271-0481.

MIIGWETCH!



YOUR HELP IS GREATLY APPRECIATED!





HEALTHY LIVING FOOD BOX

ORDERING OPTIONS

Due 1st Wednesday of the month

Online

You can now submit your order via our online form!

ORDER FORM & EMT REQUIRED

COST - \$25 via EMT

www.tinyurl.com/GHAC-FoodBox

In-Person

- At GHAC (1460 Midway Dr) on the 1st Wednesday of each month
9:00 AM - 4:00 PM | \$25 Cash
- At 714 Armit Avenue during Food Box pick up (3rd Wednesday of each month)
12:00-4:00 PM | \$25 Cash

BOX PICK UP

Every 3rd Wednesday of the month
12:00 - 4:00 PM

Metis Hall
714 Armit Avenue
Please bring your own bags





DROP-IN COUNSELLING

RAINY RIVER FIRST NATIONS

- Addiction Services
- Depression, Anxiety, and Mental Health Support
- Grief Support
- Brief Case Management

FRIDAY'S @ 11-3PM
BAND OFFICE

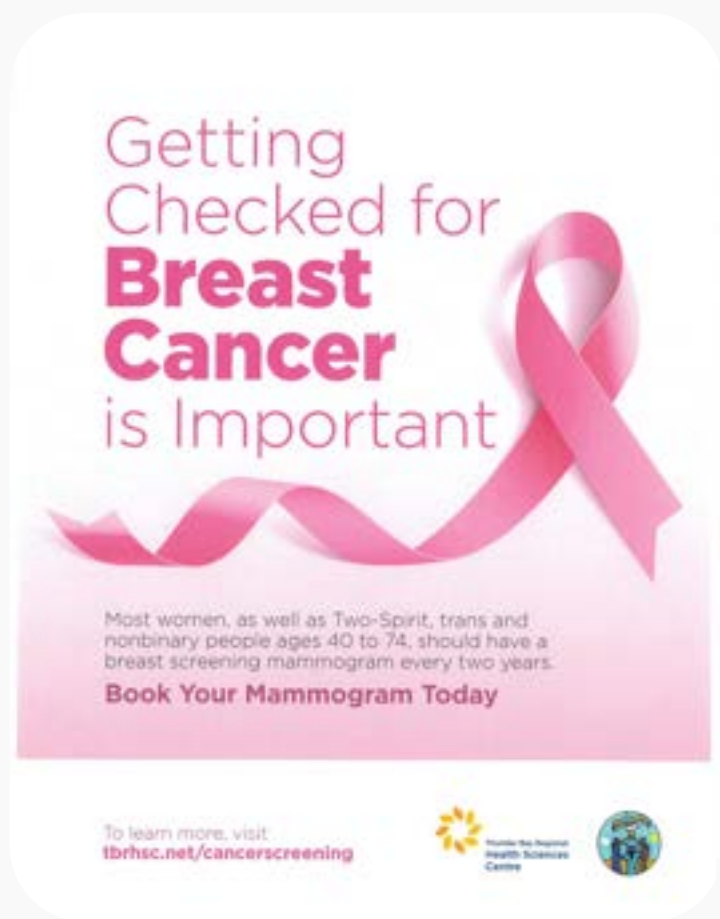
For more information:
Contact Alyssa:
(807) 274-2042 ext. 4228
astrachan@fftahs.com



Rainy River First Nations
WAMWUW RAYTES



GIIISHKAANDAGO'IKWE
HEALTH SERVICES



Getting Checked for Breast Cancer is Important

Most women, as well as Two-Spirit, trans and nonbinary people ages 40 to 74, should have a breast screening mammogram every two years.

Book Your Mammogram Today

To learn more, visit:
tbrhsc.net/cancerscreening






WEECHI-IT-TE-WIN Family Services

Weechi-it-te-win Family Services Early Intervention Program is looking for a Parent-Partner for the Roots of Empathy Program

ARE YOU HAVING A BABY BETWEEN JUNE 15-AUGUST 15???

What is Roots of Empathy?

Roots of Empathy is an evidence-based classroom program designed to foster empathy in children by having them interact with a baby and their caregiver. A trained instructor guides the children to observe the baby's development, label their feelings, and reflect on their own emotions and the emotions of others.

Our Tiny Teacher

The Roots of Empathy Tiny Teacher, along with a caregiver, need to be willing to participate in 9-35 minute sessions in a Kindergarten classroom.

When are the Sessions?

Our instructor visits the classroom 1 time per week for 35 minutes, with the Roots of Empathy Baby and caregiver coming every 3rd session. Roots of Empathy program is 27 sessions that run from Mid-October through June.

Interested?? Contact Rosalyn Lundy
Early Intervention Worker
807 274-2042 ext. 3784
www.earlyweechi.ca

Roots of Empathy
The Power of Empathy



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

Home and Community Care Respite Program

Respite program is designed to support elders, children and other adults receive ongoing necessary care in their home community while also providing some relief to caregivers. It is the hope that we can help keep individuals in their homes longer and avoid hospitalization or trips to the emergency room through the provision of this service.

Services provided:



Caregiver relief



Personal Care



Meal Preparation



Wound care



**Interactive
activities**



**Medication
management**

Nikkol Medicine
Home and Community Care Coordinator
Phone: 807-274-2042 ext 2269
email: nmedicine@fftahs.org





HOUSING COMMITTEE CALLOUT

WE NEED MEMBERS FOR THE

HOUSING COMMITTEE



We are looking to fill **4 spots** on the RRFN Housing Committee

Duties:

- Review & Recommend Housing Policies & Procedures
- Housing Allocation Recommendations
- Receive Update on Major Projects
- Provide Insights & Reports to C&C
- Meet Once Per Month

Who are looking for:

- Someone with an interest in On Community Housing
- A Registered over 18 Full Member of RRFN
- A Member with No outstanding Arrears to the Nation.

Housing Committee Makeup

- 1 Youth 18-29 years
- 1 Member 55+
- 2 Members @ large preference for 1 to be off reserve

Please hand in your letter of interest to
Kyle Kellar Public Works Manager or via
email: kyle.kellar@manitourapids.ca



BACK PACK PROGRAM

BACK PACK PROGRAM

Please hand in back pack program forms with

TAMMY HORTON

Tammy.horton@manitourapids.ca

Or Rekha Kasana

Rekha.kasana@manitourapids.ca

BY WEDNESDAY AUGUST 13



Must be on the nominal roll with
Rainy River First Nations

Back packs will be available for pick up August 25,2025.



BACKPACK PROGRAM

BACK PACK PROGRAM FORM

STUDENT NAME: _____

AGE: _____

SHOE SIZE: _____

NAME BRAND: _____

1ST CHOICE OF COLOR: _____

2ND CHOICE OF COLOR: _____

BURSARIES



Treaty #3 Anishinaabe Gikinoo'amaadiwin Bursaries

*Supporting our Treaty #3 Anishinaabe
students, learning today, leading tomorrow.*



Eligibility Criteria

- Must be a member of one of the 28 first nation communities in Treaty #3 (you do not need to reside within the territory)
- Must fall under one of the following categories:
 - Entering high school (Grade 9 in September 2025)
 - 2025 Graduate from high school and accepted into a post-secondary or training program
 - Currently enrolled in a post-secondary or training program
 - 2025 Graduate from a post-secondary or training program
- Must demonstrate interest in cultural connection and community involvement
- Must submit an essay or video submission that shares your story and covers:
 - Your excitement or motivation for your current or upcoming educational journey along with your career goals or aspirations
 - How your education will help you contribute to your community
- Please ensure your final marks are included with your submission. (marks do not dictate the winner; they will only be used to resolve ties)

**Submissions open until
August 1, 2025**

**Please submit your submission to:
Dawn.Seymour@treaty3.ca**

Winners announced on August 7, 2025

Awarded Bursary Categories

High School Student – \$1,000

High School Graduate – \$2,500

Post-Secondary Student – \$2,000

Post-Secondary Graduate – \$3,500

**All bursary recipients will also receive a MacBook
to help take their education to the next level!**

Recipient Commitment

Successful bursary recipients will be asked to contribute volunteer time to Grand Council Treaty #3 fundraising events. This is a way to give back and help support future educational opportunities for Anishinaabe students.

