



THE RAPIDS REVIEW

VOL. 1 ISSUE 10 OCTOBER 31-2025

HAPPY HALLOWEEN

Below are some of the awesome costumes our Members wore to the Annual RRFN Halloween Party! All kinds of scares were had on the Halloween Trip to Winnipeg! Six Pines was SPOOKY & the Corn Maze definitely ruined some shoes in the rainy weather! Watch for some great programming coming your way as we move slowly but surely into the Winter months!



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Seniors 55+

Overnight Costco Shopping Trip Winnipeg

November 14th - 15th
Canadian Museum for Human Rights: Friday
Costco Shopping Saturday Morning

If you don't have a Costco Membership, one will be purchased for you.

Contact Katie or Rekha to Sign Up by **NOVEMBER 3rd**
807-482-2479 ext. 289 or 226
Transportation is provided.



DIY BEADED ACCESSORIES

Come out and learn to make your own beaded accessories!

EVERY WEDNESDAY
5:00PM-9:00PM
East End Hall

For more info Message Irene Hunter on Facebook Messenger



FAMILY & SENIORS MOVIE NIGHT

CINE 5 I-FALLS

Limited Rides Available if Needed.
Contact Katie.

30 Spots Available. Sign up with Katie

NOV 18 . - 5:30 PM

Meet at McDonald's in Fort Frances



MIND BODY & SPIRIT

BASKETBALL ACADEMY

NOVEMBER 7 COMMUNITY DINNER & GAMES/AY W/ MENTAL HEALTH PRESENTATION 6PM

NOVEMBER 8 Grades 3-7th 10:15-80pm
Grades 8-12th 1:30-4pm

RAINY RIVER FIRST NATIONS GYMNASIUM

REGISTER: TAMMY.HORTON@MANITOURAPIDS.CA

Feat. **BRONSON KOENIG**



Community Wellness, Recreation & Events!



NOV 8., 9:30-12
RAINY RIVER FALL WATER CEREMONY

WHY?

- Every fall and spring we acknowledge spirits of our river, make offerings and give thanks for the life she gives us.
- We are responsible to give to her, offerings, love, let her know we hear her.
- We make our offerings, pray and sing for our river, as our relatives have for generations.
- Come join us

Contacts:
Mookii Morrison, 807-276-6073
Laura Horton, 807-276-1613

Pray and Sing for our river

Set., Nov 8, Laura's place, 12A Bear St.
9:30 a.m. Making the raft for ceremony
11:00 Lighting of pipe and ceremony
11:50 am releasing offering above rapids at boat launch

bring asemaa, all are welcome

Women wear skirts if you choose

Ningaa izhichige mibi,
I do this for the water.

Youth Drumming

TUESDAY
NOVEMBER 4TH
RRFN DRUM ROOM
6:00-8:00PM

All are Welcome

For more information contact Adam : 807-482-2479 ext. 261
adam.ali@manitourapids.ca

HONOURING OUR VETERANS POWWOW

United Native Friendship Centre
In Unity There is Strength

November 11, 2025
Couchiching First Nation
Multiuse Building

Doors Open: 4:00pm
Light Dinner: 5:00pm
Grand Entry: 6:00pm

Everyone is welcome to come out and share stories, dance and sing while remembering and honouring our Indigenous Veterans.



NERF GAMES

EVERYTHING IS PROVIDED BY EDDIE HORTON OR YOU CAN BRING YOUR FAVOURITE NERF GUN AND PREPARE FOR BATTLE

EVERY THURSDAYS
5:00 - 7:00

» READY . AIM . FIRE. «



Community Wellness, Recreation & Events!

ONE FEATHER

Account Creation & Voting Tutorial

THURS. OCTOBER 15	7PM-8PM RRFN DRUM ROOM & TEAMS	✓
TUES. OCTOBER 28	7:30PM-8:30PM RRFN DRUM ROOM & TEAMS	✓
THURS. OCTOBER 30	7:30PM-8:30PM RRFN DRUM ROOM & TEAMS	
THURS. NOVEMBER 6	7:30PM-8:30PM RRFN DRUM ROOM & TEAMS	

Teams Link will be posted before the Sessions.
For more info, questions, concerns please reach out to
Lauren Hyatt at 807-482-2479 ext. 214 or lauren.hyatt@manitourapids.ca

SAVE THE DATE

RRFN COMMUNITY MEMBERS

DECEMBER 11TH, 2025
4:30 PM – 8:00 PM
DRUM ROOM

Presentation on the Boarding Home Claims Process
By Community Engagement Specialists,
Indian Boarding Homes Class Action

Boarding Home Program (Class Action)
Provides compensation to people placed in private Boarding Homes who were removed from RRFNs community from the period September 1, 1951, and June 30, 1992, for the purpose of attending school.

For people who were alive after July 2016 or people who represent the estate of someone who met the criteria and has passed away.

For information contact:
Gwen Medicine: 807-482-2479 ex 268

SUPPER PROVIDED

CULTURAL CRAFT NIGHTS

TUESDAYS NOV 4TH - 18TH - 25TH
6-8 PM
LOCATION: 308 BUTLER AVE

Enjoy an evening of crafting instruction and all materials provided

 **GIZHEWAADIZIWIN**
Health Access Centre

Call (807)274-3131 for more information

COMMUNITY HEALING CEREMONY

Medicine-Prayer-Song

Led by
Dennis Jones
'Pebaam'

308 BUTLER AVENUE
SUNDAYS 10AM-2PM
OCTOBER 19TH
NOVEMBER 2ND & 9TH

SPACE FOR COMMUNITY MEMBERS SEEKING HELP & HEALING, NAMINGS OR BLESSING OF ITEMS, AND CONNECTION WITH CULTURAL PRACTICES.

FOR THOSE SEEKING SUPPORT/REQUESTS PLEASE BRING TOBACCO, AND IF ABLE, A HOMEMADE DISH TO SHARE & A HANDMADE GIFT.

PLEASE CALL HEATHER (807)274-3131 WITH ANY QUESTIONS.

 **GIZHEWAADIZIWIN**
Health Access Centre



ADDICTIONS SUPPORT

AA & NA MEETINGS

**MONDAYS 6-7PM
@ EAST END HALL**

NOVEMBER 3 : AA

NOVEMBER 10 : NA

NOVEMBER 17: AA

NOVEMBER 24: NA

MORE INFORMATION:

Adam @ 807-482-2479 ext. 261 or
adam.ah@manitourapids.ca



Rainy River First Nations
MANITOU RAPIDS

SHARING CIRCLES

WEDNESDAYS 6:00 - 8:00 PM
TRANSITIONAL HOUSE
HWY 11/71
MANIDOO BAAWITIGONG

FOR MORE INFO CONTACT ADAM
807-482-2479 EXT. 261
ADAM.AH@MANITOURAPIDS.CA

RRFN ADDICTIONS OUTREACH

Refreshments

Harm Reduction Supplies & Services

Community & External Resources

Referrals & Treatment Options

Open & Confidential Discussions

Tuesdays

Nov. 4 Family Centre Fort Frances

Nov. 11 & 25 RRFN Community

11AM-1PM

Contact Lois Bradley

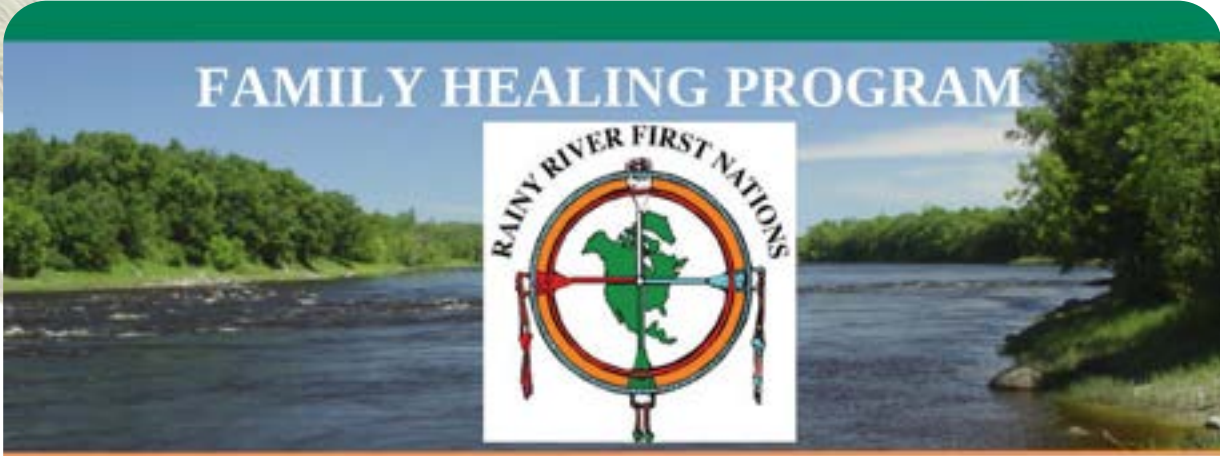
807-271-0065

lois.bradley@manitourapids.ca



Rainy River First Nations
MANITOU RAPIDS





Addiction Affects the Whole Family

When addiction touches a family, the impact extends far beyond the individual using substances. Loved ones often carry heavy burdens—worry, stress, sleepless nights, and emotional pain—while their own needs can go unnoticed.

Our 3-Day Family Program is designed to support families navigating these challenges. Over the course of the program, you will gain a deeper understanding of addiction as a disease, its effects on you and your loved one, and discover practical strategies to support your own healing.

KEY TOPICS

- The disease of addiction
- Understanding maladaptive behaviors
- Family roles and the system
- Enabling - fixing vs helping
- Introduction to the 12-step program
- Relapse prevention
- Emotional triggers
- Communication
- Boundaries
- Self compassion

LOCATION

RRFN BAND OFFICE
DRUM ROOM

PROGRAM DATES

NOVEMBER 14 - 16, 2025

CHOOSE BETWEEN:

GROUP 1 - MORNING
9:00 AM - 1:00 PM

GROUP 2 - AFTERNOON
2:00 PM - 6:00 PM

For registration and more information, please contact:

Jim, Lois or Adam
(807) 482-2479

jim.mcmahon@manitourapids.ca
lois.bradley@manitourapids.ca
adam.ali@manitourapids.ca



EMPLOYMENT OPPORTUNITIES



Rainy River First Nations
MANITOU RAPIDS

JOIN OUR TEAM

Current Opportunities:

- Overall Responsible Operator
- Claims Implementation Coordinator
- CCP On-Call Worker
- Child In Care Worker
- Early Intervention and Aftercare Worker
- Elders Coordinator

Send your cover letter and resume to:
hr@manitourapids.ca

For more information please visit our website: www.rainyriverfirstnations.com



**Employment Opportunity
Local Butcher Shop**

Rainy River First Nations is inviting interested band members to apply for employment opportunities at a local butcher shop.

We are looking for 2-3 individuals who are motivated, dependable, and eager to learn new skills in food processing and preparation.

Training will be provided as part of the position.

(Please note that this will be hands-on training and does not include formal accreditation.)

If you are interested in this opportunity, please email Wayne Strachan at:
wayne.strachan@manitourapids.ca

Migwech for your interest in supporting RRFN's continued business development and growth.

“When I meet successful people, I ask about 100 questions to find out who they attribute their success to. It is usually the same: persistence, hard work and hiring good people.”– Kiana T



EMPLOYMENT OPPORTUNITIES

Rainy River First Nations Community Care Program

Live In Foster Parent



Rainy River First Nations Community Care Program Mission Statement

The community's raising of children is to maximize a family's ability to be independent and self-sufficient through effective collaboration and support.

We recognize that there will be family breakdowns due to different life stressors which may include grief, drug and alcohol addictions, poverty, family violence, separation and divorce, physical and mental health issues. Our paramount purpose is to keep children safe from these situations with the goal to support the healing and recovery of parents so families can be reunited.

PRIMARY ACCOUNTABILITIES

- Ability to live in a home full-time with children in care.
- Support children with self-identity, cultural identity, unique identity, personal growth and special needs.
- Work collaboratively with the Community Care Program team to provide holistic services to children and youth.
- Promote positive, progressive and empathetic relationships with the children and youth as support.
- Provide a daily routine for the children, such as waking up, daily hygiene, attending school, meals, and bedtime.
- Plan and prepare healthy meals and snacks for the children and youth.
- Participate in community events with the children and youth.
- Maintain accurate care notes for the children in care.
- Housekeeping Duties

POSITION REQUIREMENTS

- You must have your own vehicle, with 2-million-dollar liability insurance.
- Provide Criminal Record Check and Vulnerable Screening Sector Check.
- Valid driver's license and Drivers Abstract Check.
- CPR/First Aid Certificate or willing to obtain CPR/First Aid Certificate.
- Willing to take training as required.
- Experience in working with children and youth with special needs.
- Excellent written and verbal communication skills.

How to apply:

Please submit applications with cover letter and current resume along with three references to: michelle.lovesday@rnfnc.ca.

If you have any questions, please contact the Alternative Care Coordinator, Michelle Lovesday, at 807-482-2479 ext. 278 or 807-271-5452.



Current Employment Opportunities

Wednesday, October 29, 2025

At New Gold you can be part of a team of professionals focused on responsible mining, workplace health and safety, and building sustainable communities.

Our Values drive every decision and action we take at New Gold:

Innovation:	To make things better
Collaboration:	As one company
Accountability:	For our shared success
Respect:	For all people
Excellence:	At every step

Current available positions at the Rainy River mine:

- Senior Mine Technician - UG Ventilation Specialist - Travel & Camp Provided
- Drill Used Hand
- Mill Labourer - Temporary ENTRY LEVEL
- Mill - Control Room Operator - 7/7
- Chief Engineer - Open Pit - Travel & Camp Provided
- Mill - Control Room Operator - 14/14
- Chief Engineer - Underground - Travel and Camp Provided
- Site Services Maintenance Planner
- Site Services Operator

For more information or to view the full job descriptions, visit our website:
<https://newgold.com/careers>



“Start where you are. Use what you have. Do what you can.” – Arthur Ashe





Rainy River First Nations Trust

ATTENTION Post-Secondary Students

The Trust 2025 Bursary & Scholarship application package is now available!

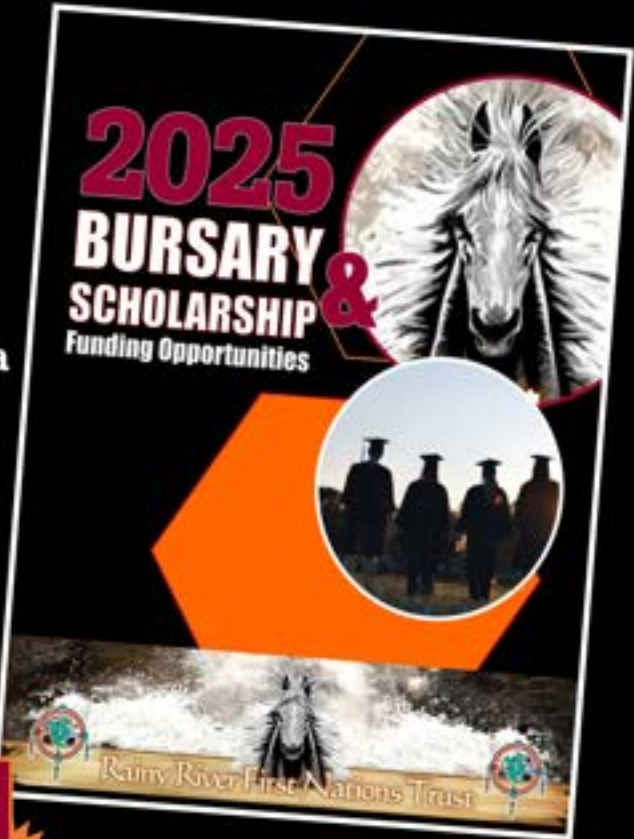
Download the application package at www.rrfntrust.ca under *Applicants Resources*

OR

Email the Trust Office at info@rrfntrust.ca to have a copy sent to you.

**DEADLINE to APPLY
December 1, 2025**

For more information contact the Trust Office at 807-482-2158





RRFN LANDS & RESOURCES COMMITTEE

The RRFN Lands Department is seeking Expressions of Interest from Members who would like to be appointed to the RRFN Lands & Resources Committee

What is the Lands & Resources Committee? The RRFN Lands & Resources Committee is an advisory committee that assists with the implementation of the *Rainy River First Nations Land Code*. Some of the responsibilities of Committee Members include researching and recommending land laws, resolutions, policies and practices respecting RRFN lands and resources to Council, facilitating communication between Members, staff and Council, assisting with annual reporting to Members, and other task associated with land administration and management.

We are seeking a minimum of 3 (three) full Members of RRFN, residing on or off-reserve, who fit the following eligibility criteria:

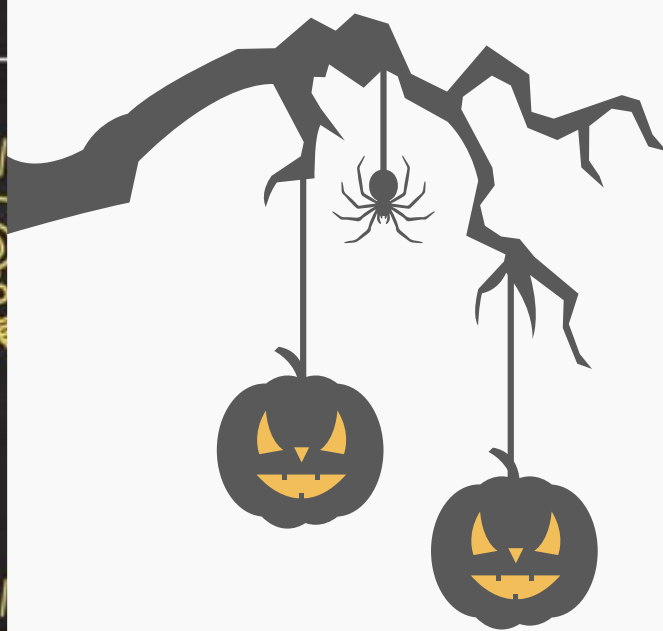
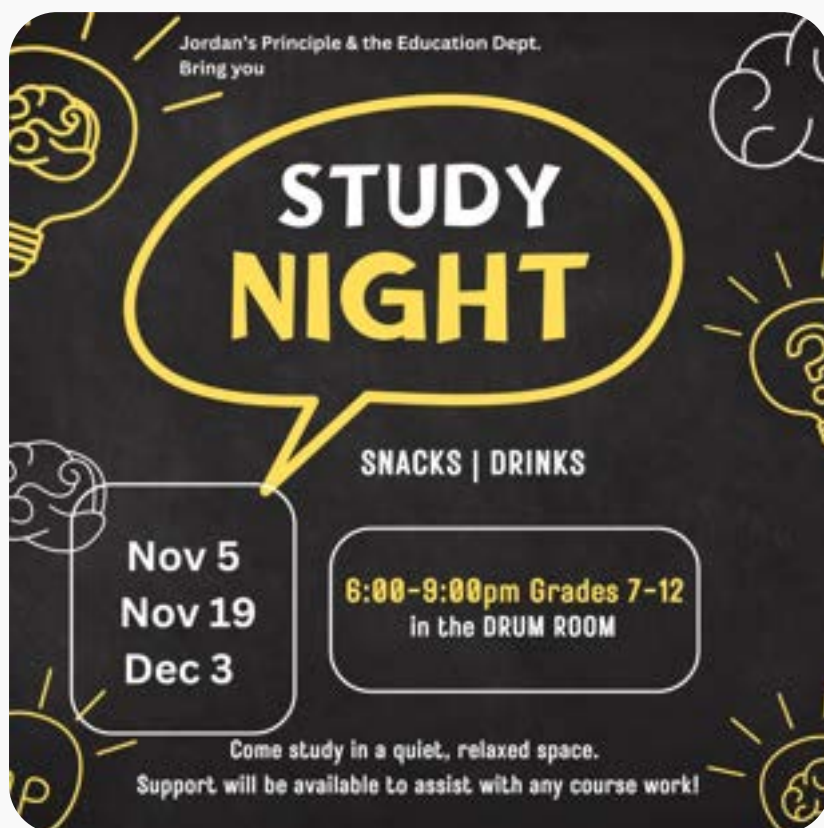
- Must be an eligible voter of RRFN
- Available to participate in RRFN Lands & Resources Committee meetings (at least quarterly; ToR and meeting schedule to be set by the Committee)
- Knowledge of RRFN community and land/resource issues
- Collaborative, team player, positive, solution-oriented

To apply, please submit an Expression of Interest application form that can be requested from Nicole Cochrane, Land & Natural Resources Manager – nicole.cochrane@manitourapids.ca or (807)482-2479, ext. 235. If you have any questions, please direct them to Nicole by email.





"Education is not the learning of facts, but the training of the mind to think." – Albert Einstein



KAY-NAH-CHI-WAH-NUNG



**KAY-NAH-CHI-WAH-NUNG
HISTORICAL CENTRE**

HALLOWEEN WEEKEND ON THE TRAILS!

JOIN US THIS WEEKEND,
NOVEMBER 1st AND 2nd FROM 9AM - 4PM

TRAIL WALKS
HOTDOGS
AND HOT CHOCOLATE!

FOR
FAMILY OF 4 \$25
SINGLE \$10

WEATHER DEPENDANT

Questions?
call or email known@manitourapids.ca



**KAY-NAH-CHI-WAH-NUNG
HISTORICAL CENTRE
AND
RRFN ADDITIONS TEAM
PRESENT:**

Anishinaabe Nagamonan
SONGS OF THE OGIMAASHIMO,
MAASHAGAMESHIMO
AND
POWOW DRUM

With Special Guest:
Randy White
Nootkamegwanning First Nation

- Snacks and Beverages
- RRFN Drum Room
- Everyone Welcome

Contact: Art Hunter (807)271-4154
Adam Ali (807)482-2479 ex 261

5PM - 7PM NOVEMBER 20, 2025



**KAY-NAH-CHI-WAH-NUNG
HISTORICAL CENTRE**

We are working on our Veterans display and this year we would like to invite you to show uniforms, metals or mementos from your veteran family members.

If you'd like to share your families story, we'd love to include it!
Please submit images of your items for consideration.

Email submission to
jessie.richard@manitourapids.ca



**KAY-NAH-CHI-WAH-NUNG
HISTORICAL CENTRE**

WINTER UPDATE

We are thrilled to announce we will be open all year long!

Please join us during our winter hours,
Wednesday - Sunday
9am - 4pm

Questions? Give us a call at 807.483.1163

the place
of the
long rapids



COMMUNITY CARE PROGRAM

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 COMMUNITY MEMBERS TO PROVIDE PLACEMENTS EMERGENCY PLACEMENTS FOR MULTIPLE CHILDREN IN CARE.

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

LET'S WORK TOGETHER AS A COMMUNITY TO KEEP OUR CHILDREN SAFE.

IF YOU ARE ABLE TO HELP, PLEASE CALL ME, MICHELLE LOVEDAY, AT 807-482-2479 EXT. 278 OR 807-271-5452.

MIIGWECH!

YOU HELP IS GREATLY APPRECIATED!



"Children are not only our future, but also our present. They are the inspiration and motivation that fuel our progress, reminding us of the responsibility to build a world where their dreams can become a reality."



HEALTH & WELLNESS



REMINDER FOR LONG DISTANCE MEDICAL APPOINTMENTS

Please submit your appointment information to either Juanita or Laura at least **two weeks** prior to your appointment. This is a requirement from NIHB.

Any appointments received on short notice cannot be guaranteed to have any arrangements secured or a travel cheque issued to help with travel costs.

Also, please remember to bring the Confirmation of Attendance form and have it signed by the specialist. We need these to submit to ISC for reimbursement of the cash advance provided to our clients.

Thank you for your cooperation!

Juanita Hunter-Connon, Health Director

NEW ANIMAL CONTROL OFFICER

WELCOME DAKOTA MEDICINE!

Rainy River First Nations is pleased to welcome Dakota Medicine as our new Animal Control Officer. Dakota will be working closely with community members to help keep our pets, families, and neighbourhoods safe.

As part of this role, Dakota will also be supporting the enforcement of our animal by-laws, which are in place to ensure the well-being of both people and animals in our community. These by-laws help us all live together in a respectful and safe way.

Please join us in giving Dakota a warm welcome as they begin this important work in our community!

A copy of the Animal Control By Law is available at the Administration Office or on The Rainy River First Nations Website.

REMINDER: PLEASE KEEP YOUR DOGS TIED UP WHEN OUTSIDE & ON LEASH WHEN WALKING THEM

CONTACT DAKOTA AT: 807-271-4358

Immunization Walk-In Clinic FLU, COVID-19 & RSV VACCINES NOW AVAILABLE

RAINY RIVER FIRST NATIONS

Drop in clinics to receive Flu, COVID-19 and RSV immunizations are now available at the Health Office

**MONDAYS
&
WEDNESDAYS**
9:30AM - 2 PM

For more information contact
Heather- Community Health Nurse
hsinclair@fftahs.org
807-271-1358 (text)



GIISHKAANDAGO'IKWE
HEALTH SERVICES



**NOVEMBER 13TH BEGINNING
AT 10:30 AM**

NURSE PRACTITIONER VISIT

The Nurse Practitioner from GHAC will be in our community on November 13th.

The Nurse Practitioner are only able to see patients for acute conditions, such as cold, medication questions, pink eye, etc.

As it is GHAC's mandate, you MUST be a registered status person or Metis. Appointments for those who are not registered or Metis, will be scheduled if there are any openings.

I apologize for any inconvenience.

Nurse Practitioner
(NP) Visit
November 13th

You will need to bring all your medications, including over the counter prescriptions, status card and OHP card.

Appointments will be booked on a first come, first serve basis beginning @ 10:30 am.

Please call Juanita @ 480-2479 ext. 232 to book an appointment!



SOLAR PAYMENTS

To: Rainy River First Nations Members

The next Solar Payments date has been set for **December 4, 2025**. For a smooth payments process and to make sure Solar Payments are processed without any issues, please note the following important information.

Preparation for December 4, 2025, Solar Payments:

1. If there has been a change in address from July 1, 2025, please confirm the new address by **November 14, 2025**. A copy of the Membership Contact Form is attached and can also be accessed on the RRFNs Website <https://rainyriverfirstnations.com>

2. If there is an address change and have not submitted an updated Membership Contact Form the cheques will be mailed to the address on file. Please email the Membership Contact form to: membership@manitourapids.ca

Includes everyone living in Canada or the United States.

3. For Members who prefer to have their payments by EFT, please forward a copy of Direct Deposit Form or Void Cheque to: membership@manitourapids.ca The Forms can be accessed through online banking.

The cheques will be mailed December 5, 2025, to both Canada and US residents.

EFT will be deposited for Canadian residents December 5, 2025.

Please note: EFT (Direct Deposit) not available for US banks

Address changes cannot be accepted over the phone; the Membership Contact Form is required to be filled in completely and accurately and email to:

membership@manitourapids.ca

If there are any questions or concerns, please contact:
the Membership Registrar at 807-482-2479 ex 268.

Or by email: membership@manitourapids.ca

Thank you and your cooperation is appreciated.



MEMBERSHIP CONTACT FORM



Rainy River First Nations Membership Contact Form

***Please ensure that form is filled out completely and accurately**

Full Name:	First	Middle	Last
Mailing Address:	Street	Apt #	P.O. Box
	City/Town	Province/State	Postal Code/Zip Code
Phone:			
Email:			
Membership Number:	Date of Birth:		
	Month	Day	Year
Dependents: -Full legal names -Date of Birth -17 & under registered with RRFNs			

Consent to share personal contact information with:

RRFNs Special Bulletins ☐	RRFNs Elections (Electoral Officers) ☐	RRFNs Trust ☐
RRFNs Program Information ☐	RRFNs Administration Mass Mail-outs ☐	
Due to privacy laws, we request that if you would like to have your personal contact information shared (mailing address, phone number and email) with any of the above items, please check all that interest you if you would like to receive information or mail-outs. Please sign and date.		
Full Legal Name (Print)	Signature	Date

When completed, please put in a sealed envelope marked confidential, addressed to Membership Registrar and mail to:

Rainy River First Nations, P.O. Box 450, Emo, Ontario POW 1E0

Or email to: Membership@manitourapids.ca

Note: for those who email the form with checked boxes, your consent will be presumed with the email being your digital signature.

Or Drop off at the Main Administration Building, 6 Manitou Rapids Drive, RRFN

Please keep your contact information current. As information changes, please let us know as soon as possible.



HOW TO VOTE ONLINE

Guide to Digital Voting You will need the following:

-  A personal email address
-  Your date of birth
-  Your status or citizenship number
-  Voting PIN number (will be sent to your email)

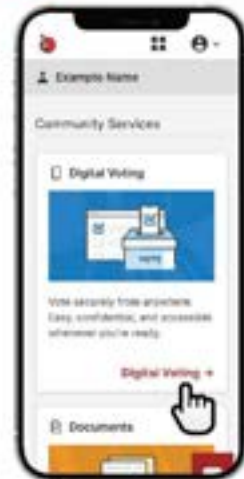
Scan the QR code to get started →



Or go directly to members.onefeather.ca

First, you'll need to create and confirm your OneFeather account

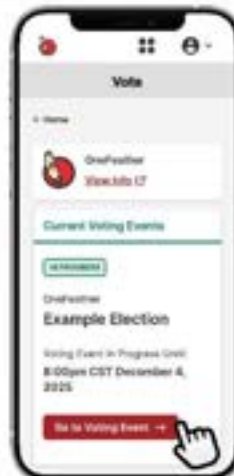
- 1 Enter a personal email address
- 2 Create a strong password
- 3 Check your email & confirm
- 4 Select: Digital Voting



Check your spam/junk folder if you don't see our email

When you're ready to vote, it's easy and secure

- 5 Connect to your Nation
- 6 Select the voting event
- 7 Review your information
- 8 Enter the PIN emailed to you & start voting!



support.onefeather.ca

voterhelp@onefeather.ca

1-855-923-3006 (toll free)

Phone support is available Monday - Friday, 9:30am to 4:30pm PST

Please leave a message if we're unable to answer your call.



Rainy River First Nations — Water Delivery Sign-Up

The Public Works Maintenance Team is happy to offer a water delivery service for all community members who would like regular access to clean water.

If you'd like to be added to the delivery list, please fill out your information below and return this sheet to Reception. Once received, a member of the Public Works team will contact you to confirm delivery details and scheduling.

This service is available to all RRFN community members.

Name: _____

Address / Lot #: _____

Phone Number: _____

Preferred Delivery Time (if any): _____

Signature: _____

