



THE RAPIDS REVIEW

VOL. 1 ISSUE 12 NOVEMBER 28-25

Let the Festivities Begin!

It's officially all things holidays- snow, parties, decorating- there is something for everyone! Make sure you come out & join the fun & programming where you can!



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Recreation & Events

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**RRFN COMMUNITY CHRISTMAS
EVENTS - SAVE THE DATES**

GINGERBREAD HOUSE CONTEST-----NOVEMBER 29
SENIOR CHRISTMAS PARTY-----DECEMBER 7
SANTA RUN-----DECEMBER 8
COMMUNITY CHRISTMAS PARTY-----DECEMBER 12
BENTLEYVILLE COMMUNITY TRIP ---DECEMBER 13 -14
MERCHANDISE BINGO-----DECEMBER 17
CHRISTMAS HAMPERS-----TBD

**MARK YOUR CALENDARS!
IT'S THE MOST WONDERFUL TIME FOR
CHRISTMAS**



**RRFN 11th ANNUAL
GINGERBREAD HOUSE
*Decorating Contest***
Saturday • November 29 • 12:00pm

We have 4 different age groups
0-6, 7-17, 18-54 & 55+ **RRFN GYMNASIUM**

- There will be a limited amount of gingerbread houses (first come, first serve)
- You must build/decorate your house in the gym
- You can and are encouraged to bring your own decorations/candy
- You are allowed to bring your own house/kit
- You have until 4:00pm to finish your house
- Everything on your house and total display must be edible (lights are allowed)
- You must stay in your own age category (parents/guardians can help with 0-6)

No need to sign up. Lunch will be provided.
Contact Tammy Horton for any questions.



**RRFN SENIOR
*Christmas
Party***

LA PLACE RENDEZ VOUS
Sunday, December 7
**Lunch will be served
at 12:00pm**

Christmas party time for Rainy River First Nations seniors who are age 55+. We will have Bingo, fun games, penny table and gifts from Santa

Most festive sweater/outfit contest
1st \$300 2nd \$200 3rd \$100



**RAINY RIVER
FIRST NATIONS
SANTA RUN**
MONDAY DECEMBER 8, 2025

Santa will be at the band office at 5:00pm for OFF RESERVE MEMBERS to pick up their gifts and pictures with Santa

**CHRISTMAS HOUSE AND
YARD DECORATING**
OPEN TO ON AND OFF RESERVE MEMBERS

**ON reserve judging will take place
December 11**

OFF reserve-please send in pictures of your yard with a time and date stamp, and yourself/family in one of the pictures.

please send pictures to
Tammy.horton@manitourapids.ca or
katie.sadewasser@manitourapids.ca

WINNERS WILL BE ANNOUNCED AT THE COMMUNITY PARTY

DIY BEADED ACCESSORIES

Come out and learn to make your own beaded accessories!

WEDNESDAY

Dec. 3rd & 10th
5:00PM-9:00PM
East End Hall

For more info Message Irene Hunter on Facebook Messenger

WE ARE COMING TO RAINY RIVER FIRST NATIONS!

WANT TO LOWER YOUR HYDRO BILL?

RRFN ADMIN OFFICE
MONDAY, DECEMBER 1, 2025 |
9:30-4:30




WHAT TO BRING?

- Copy of your current electricity bill
- Names, Birthdates & SIN for all household members (18-74)
- If you have not filed your income taxes in the last 2 years, proof of income is required (i.e. paystubs)

FOR FURTHER QUESTIONS,
Call 1-844-885-3157 or OESP Hotline 1-855-831-8151

Ontario Electricity Support Program (OESP)

OESP is a government program that helps low-income families lower their hydro bill costs. Our OEWAA Energy Team will meet you with your application to the OESP and if approved, a monthly credit will be applied directly to your hydro bill.

TREATY #3 ELDERS

Nishmas PARTY

LA PLACE RENDEZ-VOUS | FORT FRANCES
DECEMBER 9, 2025 | 5-7:30 PM

JOIN US FOR AN EVENING OF HOLIDAY FUN!

- ★ Christmas dinner
- ★ Ugly sweater contest
- ★ Games, activities, and festive cheer
- ★ A special visit from Santa

TO REGISTER OR FOR MORE INFORMATION, CONTACT:
RAEHEL.SNOWBALL@TREATY3.CA

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. «



"Great leaders are almost always great simplifiers, who can cut through argument, debate, and doubt to offer a solution everybody can understand." -General Colin Powell



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

YOU ARE INVITED!!

**REGALIA MAKING,
ELDER TEACHINGS AND
DRUMMING**

Join us for our final Regalia-Making Session!
Everyone is welcome – even if you didn't register, or if you registered but couldn't attend earlier sessions. This gathering is open to the whole community, with a special focus on supporting and uplifting our youth. We have invited youth from 4 other communities to join us!

Elder Teachings and Regalia Making
4:00-6:00 PM

Brokenhorn Drum Group Gathering
6:00-8:00 PM

Dinner and refreshments will be provided by **GHAC** for all. Come learn, create, connect, and share in a beautiful evening of culture and community.

MONDAY DECEMBER 1ST 2025

4:00pm-8:00pm at the Band Office (Drum Room)

All are welcome!

Door Prize-\$200 Gift card!

Solar Payments and Program Fair

SOLAR PAYMENTS & PROGRAM FAIR

When: Thursday Dec. 4th

Time: 10AM-6PM

Where: RRFN Drum Room



If picking up in person, please bring your status card or photo ID.



Cheques will ONLY be given to the Member they are issued to.



Cheques not picked up on Dec. 4th will be mailed out on Dec. 5th.

**COME OUT AND SEE WHAT PROGRAMS
& SERVICES WE AT RRFN OFFER BY
VISITING OUR DEPARTMENT BOOTHS!**

RRFN ADDICTIONS OUTREACH

Refreshments

Harm Reduction Supplies & Services

Community & External Resources

Referrals & Treatment Options

Open & Confidential Discussions

OUTREACH LUNCHES

Dec. 3: RRFN Community

Dec. 11: Family Centre Fort Frances

Dec. 17: RRFN Community
11AM-1PM

Contact Lois Bradley

807-271-0065

lois.bradley@manitou Rapids.ca



Rainy River First Nations
MANITOU RAPIDS



Rainy River First Nations
MANITOU RAPIDS

SHARING CIRCLES

WEDNESDAYS 6:00 - 7:00 PM
TRANSITIONAL HOUSE
HWY 11/71
MANIDOO BAAWITIGONG

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

ADDICTIONS SUPPORT

AA & NA MEETINGS

MONDAYS 6-7PM
@ EAST END HALL

DECEMBER 1 : AA

DECEMBER 8 : NA

DECEMBER 15: AA

MORE INFORMATION:

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

Addictions Department



Youth Art Therapy Program

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This is not about being an artist.
It's about expressing yourself & having fun!
All youth & families are invited!

DEC. 4 & 5 | 4-6 PM
RRFN GYMNASIUM

For more info contact Lois:
807-271-0065 or
lois.bradley@manitourapids.ca



RRFN Transitional Home - 6832 Hwy 11

Join us for an evening of

Treats and a Bonfire!

Samosas, hot dogs, and hot cocoa will be provided.
Cookie decorating kits and board games will also be available for those who want to keep warm!
(All are welcome!)

December
04
Thursday

6 pm - 8 pm

For more information or sign up, please contact Jaymee @ 807-271-6279 or
jaymee.fiset@manitourapids.ca



You're invited to

Join the Transitional Home Staff for different weekly/daily programming and activities! These will run from 9am - 12pm on the specific days listed.

Most programs will be held onsite the Transitional Home (6832 HWY 11) otherwise participants are to meet at the Transitional Home and depart from there.

Cedar Picking - Monday December 1st

Fishing - Wednesday December 10th

Cooking Class - Monday December 15th

****Open to all community members****

Please contact Transitional Home Staff to sign up @ 807-271-1125 or
Jaymee @ 807-271-6279 / jaymee.fiset@manitourapids.ca

Addictions Awareness Dinner

YOU ARE INVITED

Addictions Awareness — DINNER —

Bring out your family and friends to
our Addictions Awareness Dinner!
All are Welcome!

9 December 2025
RRFN Drum Room
5:30-7:30PM

For More info contact Jim McMahon
807-482-2479



Rainy River First Nations
MANITOU RAPIDS

EMPLOYMENT OPPORTUNITIES



Rainy River First Nations MANITOU RAPIDS

Current Opportunities:

- Overall Responsible Operator
- Chief Financial Officer
- Claims Implementation Coordinator
- CCP On-Call Worker
- Child In Care Worker
- Youth Centre Coordinator
- Elders Coordinator
- Home and Community Support Worker
- Membership Registrar Trainee

JOIN OUR TEAM

Send your cover letter and resume to:

hr@manitourapids.ca

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

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 we 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 case 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.loveday@rainyriverfirstnations.ca

If you have any questions, please contact the Alternative Care Coordinator, Michelle Loveday, at 807-483-2479 ext. 278 or 807-271-5402.

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.

We Are HIRING

Membership Registrar Trainee



We are seeking a dedicated **Registered Rainy River First Nations member** who is eager to learn, grow, and take part in this important training opportunity! The Membership Registrar Trainee will work closely with, and be mentored by, the Membership Registrar, gaining hands-on experience with the administrative duties related to the Rainy River First Nations Membership Code.

The purpose of this role is to support a smooth succession plan by developing the trainee's knowledge, skills, and confidence to eventually assume the full responsibilities of the Membership Registrar position.

Why Join Us?

As a valued team member, you'll enjoy a supportive work environment along with a comprehensive benefits package, including two weeks of paid vacation, two weeks of paid Christmas break, five personal leave days per year, 100% employer-paid health and dental benefits, and employer-matched pension contributions. Together, we create opportunities to grow, give back, and build a stronger future for our community.



To apply, submit your cover letter and resume to: hremanitourapids.ca

For our full job posting, please visit www.rainyriverfirstnations.com/careers or scan the QR code.



newgold[™] Rainy River

Current Employment Opportunities

Wednesday, November 26, 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;
Collaboration;
Accountability;
Respect;
Excellence;

To make things better
As one company
For our shared success
For all people
At every step

Current available positions at the Rainy River mine:

- Mill Operator - 3/7
- Senior Mine Technician - US
- Ventilation Specialist
- Underground Surveyor
- Underground Mine Planner / EIT - (PFO with camp & Rights provided)
- C/P Mine Surveyor
- Environmental Technician

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



ONLINE COURSES

Interested in any of these Courses through Seven Generations Education Institute? RRFN will cover the costs & use of laptops at the RRFN Admin Building!

Programs Offered

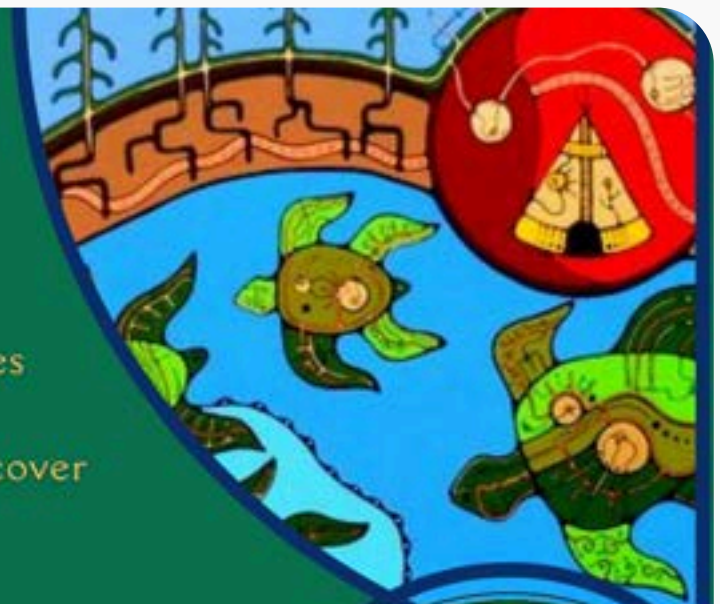
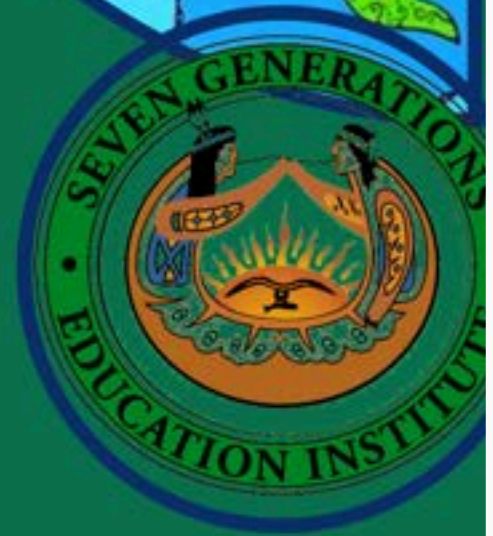
- Stress, Wellness, and Nutrition
- Communications I
- Excel Core
- Coaching and Mentoring
- Violence Against Women
- Human Relations
- Introduction to Intercultural Communication
- Accounting Basics I
- Indigenous Peoples: Understanding and Reducing Victimization

Deadline for Interest: Dec. 1

Contact Tracy Oshie-Horton
807-482-2479 ext. 244
tracy.oshie-horton@manitourapids.ca



Rainy River First Nations
MANITOU RAPIDS





Rainy River First Nations
MANITOU RAPIDS

INTERESTED IN LINE COOK TRAINING?

5-WEEK PROGRAM

All costs
covered by
RRFN

WINTER 2026



MON-FRI 9AM-4PM



RRFN Admin Kitchens



**Deadline for Interest:
December 1st**

Contact Tracy Oshie-Horton
807-482-2479 ext. 244
tracy.oshie-horton@manitourapids.ca

TRAINING & DEVELOPMENT

Limited spots available!

Are you interested in **Heavy Equipment Training?**

Register to secure your seat!

BY MONDAY, DECEMBER 8TH



Rainy River Band Office, 6 Manitou Rapids Dr,
Emo, ON P0W 1A0

**Open to all Indigenous job seekers
looking for a new career!**

TUESDAY, DECEMBER 9TH & WEDNESDAY, DECEMBER 10TH



BY APPOINTMENT ONLY | APPOINTMENTS START AT 9:30 AM

Heavy Equipment Screening

ORIGIN will be completing HEO assessments! These assessments are mandatory if you want to be considered for sponsored training and advocacy for employment.

Participate in Initial Intake

This is an introductory step to help you explore potential career paths and better understand your unique personality traits. A full interview will be scheduled afterward to continue the process.



CONTACT OR SCAN TO REGISTER

Tracy Oshie-Horton

TRAINING AND EMPLOYMENT COORDINATOR

📞 807-482-2479 ext: 244



Rainy River First Nations

ORIGIN
LET'S WORK TOGETHER



Rainy River First Nations Trust

ATTENTION Post-Secondary Students

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

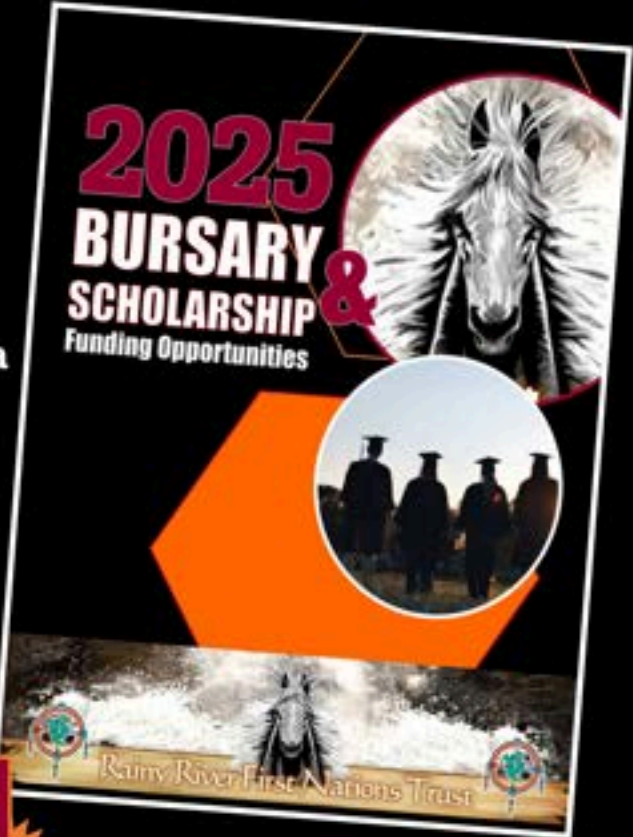
Download the application package at www.rrfntrust.ca under *Applicants Resources*

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.

HOUSING COMMITTEE

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



ACADEMIC ATTENDANCE ATTITUDE

3 A'S PROGRAM

Students may be eligible to receive a student allowance while attending full-time studies at the Fort Frances High School. The following monthly allowances will be paid based on the following:

What to Expect

RRFN Student Allowances & Incentives – Quick Guide
Grades 9-12 - RRFN Community Members

Attendance
Reports must be submitted to the Education Director on the last Wednesday each month. Must attend 17/20 days each month to receive allowance- First week of the month will be delivered.
Up to 2 unexcused absences allowed – more than that means no allowance.
School/Community Events count as attendance if the Education Director is informed.

Seven Generations HS & UNFC
Eligible for allowance while attending full-time or part-time.
\$100 per completed credit (20 lessons).
Principal must provide a written completion letter to the Education Director.

Academic Awards
Honor Roll: \$200 per term (max \$400/year).
Graduates on Nominal Roll: \$500.

Attitude Incentives
For students demonstrating positive behaviour in:
Community events, volunteering & service
Bus expectations
School & community involvement

The 3 A's Draw
Students who achieve Attendance, Academics & Attitude will be entered into up to 3 prize draws each year.

How to Achieve
Attendance must be provided to the Education Director at the end of each month. Honor lists will be provided to the Education Director from the Guidance Counsellors. Students are required to complete Community Hours signed and handed in to the Fort Frances High School this form is also required to be sent to the Education Director. Bus expectations are reviewed by the Bus driver.

More Info : hope.mosbeck@manitouropds.com Education Department

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." — Dr. Seuss

Jordan's Principle & the Education Dept.
Bring you

STUDY NIGHT

SNACKS | DRINKS

Nov 19
Dec 3

6:00-8:00pm Grades 7-12
in the DRUM ROOM

Come study in a quiet, relaxed space.
Support will be available to assist with any course work!



Kay-Nah-Chi-Wah-Nung Historical Centre presents

TO SERVE AND PROTECT:

Indigenous
Voices
of Valour

NOVEMBER 8 - 30TH 2025

**JOIN US FOR THE OPENING ON
NOVEMBER 8TH FROM 1-3 PM**

JOIN US FOR A DAY OF

Self-Care

AT KAY-NAH-CHI-WAH-NUNG

*With
Farah Landry*



- Men and Women
- Hydrafacial Session with Satin Hand and Lip treatment
- 16 spots available
- 2pm - 4pm SATURDAY DECEMBER 13, 2025

To register, email:
art.hunter@manitourapids.ca



BLACK FRIDAY SALE

At The Mounds!

20% off everything excluding
books, spend \$100 and get a free
Manitou Mounds Mug!

Starting Wednesday November 26 and
Ending Sunday November 30th

Visit us at 340 Ross Road, Stratton Ontario
Questions? Give us a call at 807.483.1163



COMMUNITY CARE PROGRAM

RAINY RIVER FIRST NATIONS COMMUNITY CARE PROGRAM

We are looking for **FULL-TIME
CAREGIVERS/FOSTER PARENTS** and **RESPIRE
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!



"I don't remember who said this, but there really are places in the heart you don't even know exist until you love a child."



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

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

IMPORTANT NOTICE

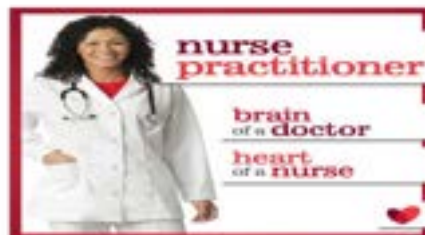
PLEASE HAND IN ANY OUT-OF-TOWN APPOINTMENT INFORMATION FOR DECEMBER AND JANUARY BY **DECEMBER 5TH, 2025.**

NIHB has a 10 business day requirement for ALL applications. Only exception is urgent appointments (life flights).

Deadline for all appointments, **December 5th**

Please feel free to email your appointments to juanita.connon@manitowapids.ca, laura.cridland@manitowapids.ca or fax them to (807) 482-1502.

Remember, deadline date for all appointments for the month of December and January, **December 5th**



DECEMBER 10TH BEGINNING AT 10:30 AM NURSE PRACTITIONER VISIT

The Nurse Practitioner from GHAC will be in our community on December 10th.

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
December 10th

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 @ 482-2479 ext. 232 to book an appointment!

STAFF DIRECTORY

RAINY RIVER FIRST NATIONS STAFF DIRECTORY As Of November 26, 2025

EMPLOYEE NAME	POSITION	EXT #	EMAIL ADDRESS
CHIEF			
LEONARD, Jim	Chief	267	jim.leonard@manitourapids.ca
ADMINISTRATION			
STRACHAN, Wayne	MOA	273	wayne.strachan@manitourapids.ca
LEONARD, Debbie	Executive Assistant, Chief & Council	245	debbie.leonard@manitourapids.ca
GROVER, Tim	Executive Assistant, Administration	260	tim.grover@manitourapids.ca
LARSON, Alex	Human Resources Manager	272	alex.larson@manitourapids.ca
MORRIS, Emma	Human Resources Assistant	263	emma.morris@manitourapids.ca
VACANT	CFO		
KAUN, Pam	Finance Officer	227	pam.kaun@manitourapids.ca
CHUA, Garry	Finance Officer	288	garry.chua@manitourapids.ca
COCHRANE, Judy	Finance Assistant	225	judy.cochrane@manitourapids.ca
MCGINNIS, Carolyn	Finance Assistant	224	carolyn.mcginnis@manitourapids.ca
CALLAGHAN, Leann	Receptionist	221	reception@rrfn.com
OSHIE-HORTON, Tracy	Training & Employment Coordinator	244	tracy.oshie-horton@manitourapids.ca
VACANT	Claims Implementation Coordinator		
MCMAHON, Cody	IT Support	276	support@manitourapids.ca
HYATT, Lauren	Policy and Communications Analyst	214	lauren.hyatt@manitourapids.ca
WHITE, Irene	Community Cultural Worker	283	irene.white@manitourapids.ca
COCHRANE, Nicole	Lands and Natural Resources Manager	235	nicole.cochrane@manitourapids.ca
PROGRAMS DEPART.			
KASANA, Rekha	Director of Community Wellness	226	rekha.kasana@manitourapids.ca
VACANT	Elders' Coordinator	269	
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