



March Break Madness

Boozhoo Members! March Break is just around the corner! We have activities happening throughout, so come out and join! If you have anything you would like to include in the Newsletter, please contact Lauren Hyatt- lauren.hyatt@manitourapids.ca



See
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for more
info!



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BELT MAKING

With Local Instructor Ashley Bombay

Open to All Youth ages 0-18.
Get Ready for Pow Wow Season!

Mondays 4:30pm to 6:30pm
Starting Monday, March 16th, 2026
RRFN Band Office(Drum Room)
Dinner provided!

TO REGISTER PLEASE CONTACT:
Amber Vanasse
E: amber.vanasse@manitourapids.ca
PH:807-482-2479 ext. 239

* For Children under 11, parents are asked to attend to assist.



DIY BEADED ACCESSORIES

Come out and learn to make your own beaded accessories!

WEDNESDAYS

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

For more info Message Irene Hunter on Facebook Messenger



LITTLE EXPLORERS PLAY GROUP

RAINY RIVER FIRST NATIONS

Parents and infants 0-18 months are welcome to join us for songs, sensory play, social interaction and more!

FOR MORE INFORMATION PLEASE CONTACT KATIE SADEWASSER AT [KATIE.SADEWASSER@MANITOURAPIDS.CA](mailto:katie.sadewasser@manitourapids.ca)

MARCH 5TH, 2026
10:00 AM - 12:00 PM
AT THE RRFN DRUM ROOM

GIISHKAANDAGO'IKWE
HEALTH SERVICES
Childs First Initiative



Sweat Lodge Ceremony

March 3rd & 17th @6 PM

FOR MORE INFORMATION CONTACT DWAYNE:
(807)274-2042 EXT.4223
DMORRISON@FFTAHS.ORG

BEHAVIOURAL HEALTH SERVICES
601 KINGS HIGHWAY, FORT FRANCES

GIISHKAANDAGO'IKWE
HEALTH SERVICES

Father Daughter
BALL

Thursday, March 19th
AT MÉTIS HALL

We'll start the evening with a Sit-Down Dinner
PRE-REGISTRATION REQUIRED
Each girl will receive a gift bag

REGISTER WITH RUTHANN MCGINNIS
ruthann.mcginnis@weechi.ca

Mentoring and Influencing individuals to Build Knowledge, Guidance, and Nurture Resiliency

Ma'iingan Youth Camp

Learn about emergency services & engage with culture.

March 16-20, 2026
Perch Bay Resort, Kenora, ON
Treaty 3 Youth ages 14-18

Limited Spots Available | Registration Deadline: March 1, 2026
Mallory.McConomy@treaty3.ca | 1-877-880-5638 ext.768

SCAN TO REGISTER

GRAND COUNCIL TREATY #3

GIZHEWAADIZIWIN
Health Access Centre

FULL MOON & SWEAT LODGE CEREMONY

WHEN:
Tuesday, March 3rd, 2026
@ 6:00 pm

WHERE:
Gizhewaadiziwin Health Access Centre
1460 Idylwild Drive, Fort Frances

FEATURING:
Loretta Oshawe

FOR MORE INFORMATION, PLEASE CONTACT:
Phone: (807) 274-3131

Women's Wellness Gathering

Saturday, March 7th
9:30am-4pm

Lunch & Snacks Provided

Attendance Prizes

Couchiching Multi-Use

Vendors

Elders: Margaret Ottertail Florence Yerxa Danny Geyschick	MC: Lillian Cook	Drums: O'zye'goh'nay'aast
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Speakers:
Dr. Alexa Lesperance
Cassandra Bundz
Cheyenne Vandermeer
Morning Star Tom

Topics Include:
Menopause & Women's Health
Domestic Violence Awareness
Empowerment & Self-Worth
Balancing Kids, Work & Self-Care

Contact Heather for more information: clinic_mgr@gizhac.com

GIZHEWAADIZIWIN
Health Access Centre

RRFN Addictions Department

Invites all interested Community Members to an afternoon of Women's Drumming! Binesi Ikwéwag Singers Women's Drum Group will be here to share songs & teachings. Snacks & Supper will be provided.

Friday March 20/26
RRFN Drum Room
12:00-6:00PM

For more information contact Jim or Ashley:
807-271-7300 or 807-271-6520



“LIFE
FOLLOWS A
RHYTHM AND
WE HOLD
THE DRUM”

TOM
ALTHOUSE



WEECHI-IT-TE-WIN
Family Services



WEECHI-IT-TE-WIN FAMILY SERVICES IS HOSTING

BOYS YOUTH DRUMMING/SINGING

THE NANICOST GYM
WEDS. MARCH 4TH, 5PM TO 7PM
SUPPER PROVIDED!!!

CONTACT DON SMITH (807) 274-3201 EXT. 4050
OR EMAIL DON.SMITH@WEECHI.CA



MARCH BREAK ACTIVITIES



KEEP CALM AND
WATCH THE **GAME**

RRFN WILL BE ATTENDING THE
**WINNIPEG JETS VS ST. LOUIS
BLUES**

MARCH 14TH - MARCH 16TH, 2026

HOCKEY GAME ON SUNDAY MARCH 15 @ 1:00PM

Sign up with Tammy Horton via FB messenger, phone call or in person at office. If you call with no answer, please leave a message, it will be recorded with a time stamp. Early sign up's not allowed, NOR can you sign up for another family member. Must be 18+ to sign up.

HOTEL, BUS TRANSPORTATION, AND NHL HOCKEY TICKETS PROVIDED. There will be no meal money provided for this trip.

**WE WILL BE TAKING SIGN-UPS, BEGINNING ON
WEDNESDAY MARCH 4 @ 10:00AM.**

MARCH BREAK ACTIVITIES

ST. PATRICKS DAY THEME CORNHOLE TOURNAMENT

TUESDAY, MARCH 17

1:00PM RRFN GYM



There will be 3 door prizes for those who show
St.Patrick's Day Spirit

Any 2 people per team – 1 person must be a RRFN member

Sign up with Tammy by March 13.



MERCHANDISE BINGO



Wednesday March 18

Doors open at 5:00pm – First game at 6:00pm

This event is for RRFN and its community members

Bingo cards will be \$40 each. You can buy as many extra sheets as you want. There will be 1 adult winner and 1 youth winner. All money collected will towards adult jackpot.

MARCH BREAK ACTIVITIES

INDOOR WINTER CARNIVAL

Thursday, March 19 11:00am–3:00pm

Bouncy castles, Pizza, Games, Crafts,
Penny table and More



LIP SYNC BATTLE & DINNER

Friday March 20

Dinner will be served at 5:00.

First show will start at 5:30.



This is for RRFN members ON and OFF reserve. You are allowed 1 non-member to perform in your group. Contestants will be judged based on Lip Sync abilities, how well you resemble the original singer/band, creativity, stage presence, choreography and audience impact.

Contact Tammy Horton by March 17 to register your band and name of song
this will give the judges time to study the original singer/band you will be
covering

MARCH BREAK ACTIVITIES

LUCKY DRAW

Everyone
invited



1st \$1400 +
Entry fees
2nd place
\$1000
3rd place
\$600

VOLLEYBALL

AGES 15+ \$20

SATURDAY MARCH 21

**DOORS OPEN AT 12:00PM
DRAW STARTS AT 12:30AM**

RRFN GYMNASIUM

Made with PosterMyWall.com

RECREATION CALENDAR



March 2026 Recreation Hours

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 Open Gym 6:00 – 9:00	2 Seikido Gym Closed	3 Open Gym 5:00 – 7:00	4 Open Gym 6:00 – 9:00	5 Nerf Games 5:00 – 7:00	6 Gym Closed	7 Archery 10:00 – 12:00 Nerf 1:00 – 2:00
8 Open Gym 6:00 – 9:00	9 Seikido Gym Closed	10 Kids St. Patrick's Day crafts	11 Open Gym 6:00 – 9:00	12 Nerf Games 5:00 – 7:00	13 Gym Closed	14 Archery 10:00 – 12:00 Nerf 1:00 – 2:00 COMMUNITY TRIP TO WINNIPEG
15 NHL Hockey game 1:00pm	16 Return to RRFN Gym Closed	17 Cornhole Tournament	18 Merchandise Bingo	19 Indoor Carnival RRFN Gym	20 Lip Sync Contest	21 Lucky Draw Volleyball
22 Open Gym 6:00 – 9:00	23 Seikido Gym Closed	24 Poker Walk	25 Open Gym 6:00 – 9:00	26 Nerf Games 5:00 – 7:00	27 Gym Closed	28 Archery 10:00 – 12:00 Nerf 1:00 – 2:00
29 Family Volleyball Tournament	30 Seikido Gym Closed	31 Open Gym 5:00 – 7:00				

EMPLOYMENT OPPORTUNITIES



Rainy River First Nations MANITOU RAPIDS

Current Opportunities:

- Overall Responsible Operator
- Claims Implementation Coordinator
- CCP On-Call Worker
- Youth Centre Coordinator
- Home and Community Support Worker
- Human Resources Assistant

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 – Job Posting **HUMAN RESOURCES ASSISTANT**



Permanent, Full-Time
\$60,000.00 - \$65,000.00
Please apply by March 13th, 2026

The Human Resources Assistant supports the daily function of the HR department by serving as the first point of contact for human resource inquiries, coordinating recruitment and onboarding, and providing benefits and pension administration. The role ensures organized records and secure handling of confidential information, maintains HRIS data accuracy, and provides efficient administrative support to the Human Resources Manager.

PRIMARY ACCOUNTABILITIES

HR Administration & Departmental Support

- Respond to emails, phone calls, and walk-in inquiries; provide routine HR information and policy clarification.
- Send/receive HR-related invoices and purchase orders; track approvals and follow-ups.
- Book and schedule HR meetings, interviews, training sessions; prepare agendas and materials.
- Create and maintain reusable HR templates, forms, and guides to streamline HR processes.
- Provide administrative support to other Rainy River First Nations entities as directed.
- Take notes and prepare documentation for HR meetings
- Facilitate cross-departmental communication to support HR program delivery.

Recruitment & Onboarding

- Assess position needs, design job postings and coordinate advertising for vacant roles.
- Screen applications; schedule and facilitate interviews; design and update interview guides.
- Coordinate reference checks; communicate with candidates throughout the hiring process.
- Prepare letters of offer; send onboarding documents; set up new hires in HRIS/payroll.
- Coordinate orientation and onboarding sessions aligned with departmental needs and timelines.

Payroll, Benefits & Pension Administration

- Collaborate with Finance to troubleshoot payroll setup or information issues, ensuring accuracy and timely submission.
- Manage forms and documentation related to benefits and pension enrollment/changes.
- Register staff for benefits and pension and respond to coverage inquiries; assist with claims.
- Liaise with plan providers to assess coverage needs and resolve issues.
- Maintain accurate benefit/pension records and ensure compliance with plan requirements.
- Provide guidance to staff on benefits/pension processes and timelines.

Records Management & HRIS

- Organize and audit personnel files (paper/electronic) to ensure completeness, accuracy, and currency.
- Upload documentation to HRIS and update employee profiles (e.g., status changes, payroll-related data).
- Track job applications and candidate progression; maintain secure, locked storage for confidential records.
- Monitor retention schedules and ensure secure handling/disposal of outdated documents.
- Maintain strict confidentiality and always adhere to privacy and security standards.

Employee Support & Communication

- Serve as first point of contact for concerns or complaints; receive, document, and route matters to the HR Manager.
- Advise staff on policy for routine inquiries.
- Draft letters and contracts for HR Manager review.

EMPLOYMENT OPPORTUNITIES

POSITION REQUIREMENTS

- Post-secondary diploma or degree in Human Resources, Business, or related field (equivalent experience may be considered)
- 2-4 years of administrative or clerical experience
- Experience working with HRIS systems
- Strong proficiency in Microsoft Office (Word, Excel, PowerPoint)
- Excellent written and verbal communication skills
- Strong organizational, time-management, and prioritization abilities
- High level of discretion, confidentiality, and professionalism
- Cultural awareness and respect for Rainy River First Nations governance, traditions, and community values
- Ability to exercise sound judgement and escalate sensitive matters appropriately

Additional Requirements:

- Criminal Record Check and Vulnerable Sector Screening
- Valid Driver's License and satisfactory driver's abstract
- Adherence to Rainy River First Nations' Drug Testing Policy

WORK ENVIRONMENT

This position operates within a standard office environment and involves extended computer work. The role requires emotional resilience, attention to detail, and the ability to manage sensitive matters with empathy and professionalism within an indigenous community context.

PERKS & BENEFITS

As a valued team member, you will be eligible for:

- 2 weeks paid vacation
- 2 weeks paid Christmas closure
- 100% employer-paid health and dental benefits
- Employer pension contribution matching
- Five (5) personal leave days per year
- Ten (10) paid sick days per year

How to Apply:

Please submit a cover letter and current resume to: hr@manitourapids.ca by March 13th, 2026.

We thank all applicants for their interest; however, only those selected for an interview will be contacted.

2025 - 2028

Rainy River First Nations Chief & Council

We extend our warm welcome and encourage all interested individuals to submit their application for employment opportunities in a safe and non-discriminatory environment. Our focus and inspiration originate with the Grandfather Teachings of Love, Respect, Truth, Honesty, Humility, Courage, and Wisdom.

To learn more about Rainy River First Nations and other employment opportunities we have available, scan the QR code or visit 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@manitourapids.ca.

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

EMPLOYMENT OPPORTUNITIES



TREATY THREE POLICE SERVICE Summer Student Employment Opportunity

YIPI Program - North, & Agency One Land Detachments (8)

Treaty Three Police Service in partnership with the Ministry of Children and Youth Services will be offering the Youth in Policing Initiative (Y.I.P.I) Program. Y.I.P.I is a paid employment program. The goal of Y.I.P.I is to give young people an opportunity to develop job skills while enhancing police and community relations. *The program is for interested youth with leadership potential including those who may see themselves as experiencing barriers to personal growth, success and who would benefit from this opportunity.*

The program will run from July 2nd to August 27th, 2026 and will provide the students with approximately 40 working hours per week. The participants will have the opportunity to experience policing of the Treaty Three Police service, support community initiatives and gain valuable life and employment skills.

The mandate of this program is:

- To promote youth participation in the work environment through diverse, educational, and productive work assignments
- To enhance the relationship between the police and the youth we serve by selecting youth reflecting our communities
- To provide positive employment opportunities for youth
- To promote life skills, recognize and develop self-worth
- To promote the Treaty Three Police Service as an employer of choice

Is Y.I.P.I. for You?

The Youth in Policing Initiative is intended for youth who:

- Are between the ages of 15-18;
- Must be returning to High School in 2026, if 18 must have graduated, must be attending post-secondary school in the fall
- Must be a Canadian Citizen or Permanent Resident
- Must be able to report to Treaty Three Police Headquarters: Kenora / Agency #1 Land
- Will work outdoors the majority of the summer performing physical tasks in various terrain and in a variety of weather conditions;
- Reflect the culture diversity of the community;
- Be eligible to work in Canada (*SIN Card)
- Seeking work experience / job skills training;
- Would benefit from this developmental opportunity regarding leadership and civic responsibility;
- Successfully complete the recruitment / background check process;
- Must not have any criminal charges pending before the court;
- Agree to a mentor relationship;
- Available for the duration of the program;
- Have not been a YIPI Student before with Treaty Three Police

Wage: \$17.60 / hour

Please submit a detailed cover letter and resume to hiring@t3ps.ca and please specify in your cover letter which detachment position you are applying for. **Closing Date: March 23rd, 2026 at 4:00pm.**

As an Indigenous employer we encourage First Nations, Inuit and Metis applicants to apply.



RAINY RIVER FIRST NATIONS

*OFF
RESERVE
MEMBERS*

WE WANT TO HEAR FROM YOU!

What are your needs?

How can we help you?

What are your skills?

**Please reach out to Councillor Lyn
Blackburde to start the conversation!**

lyn.blackburde@manitourapids.ca

SENIORS CALENDAR



Elder&Senior 55+ March 2026

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Cloverleafs gift cards Language Chat 11-1pm EE	3	4 Gather & Games 11-1pm EE	5 Sewing 1-4pm EE	6	7
8	9	10	11	12	13 Last day to sign up for Costco Trip	14
15	16 March Break Activities	17	18	19	20	21
22	23 Language Chat 11-1pm	24 Meeting 1pm EE	25	26 Sewing 1- 4pm EE	27 Costco Winnipeg	28 Costco Winnipeg
29	30	31				

Notes ANY QUESTIONS PLEASE CONTACT DANICA AT
OFFICE 482-2479 EXT 269 OR TEXT/CALL CELL 271-1223
8:30AM-4:30PM

BUS EXPECTATIONS

RRFN STUDENT BUS CONDUCT

FRIENDLY REMINDER: THE SCHOOL BUS IS AN EXTENSION OF THE CLASSROOM. FOLLOWING BUS RULES KEEPS EVERYONE SAFE AND ENSURES STUDENTS ARRIVE AT SCHOOL READY TO LEARN.

BUS RULES:

STUDENTS MAY FACE SUSPENSION FOR, BUT NOT LIMITED TO:
FIGHTING, TRUANCY, OR REFUSING INSTRUCTIONS
SMOKING, DRINKING, DRUGS, OR VAPING
HANGING OUT WINDOWS OR DAMAGING THE BUS
EXCESSIVE NOISE, THROWING OBJECTS, OR FOUL LANGUAGE
REFUSING TO STAY SEATED



DISCIPLINARY PROCEDURE:

TWO WARNINGS WILL BE ISSUED BY THE BUS DRIVER FOR RULE VIOLATIONS.
THIRD WARNING: 2-WEEK SUSPENSION FROM THE BUS.
CONTINUED VIOLATIONS: SUSPENSION FOR THE REMAINDER OF THE SCHOOL YEAR.

INCIDENT REPORTS ARE HANDLED BY THE BUS DRIVER, PRINCIPAL, AND REPORTED TO THE SCHOOL BOARD AND RRFN EDUCATION DEPARTMENT.

PARENTAL RESPONSIBILITY:

PARENTS/GUARDIANS MUST ARRANGE TRANSPORTATION FOR STUDENTS SUSPENDED FROM THE BUS.

REPORTING ISSUES:

BUS INCIDENTS ARE REPORTED TO THE SCHOOL BY THE BUS DRIVER.
THE SCHOOL WILL INVESTIGATE THE INCIDENT, MEET WITH THE STUDENT(S) INVOLVED, NOTIFY THE RRFN EDUCATION DEPARTMENT, AND NOTIFY PARENTS/GUARDIANS WHEN DEEMED NECESSARY

ALL QUESTIONS AND BUS-RELATED CONCERNS WILL BE ADDRESSED WITH THE STUDENT, THE BUS DRIVER, AND THE RRFN EDUCATION DEPARTMENT.

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR STUDENT ON THE BUS, PLEASE CONTACT THE SCHOOL IMMEDIATELY:

DYS: 482-2271

FFHS: 274-7747

OLOW: 483-5477

RRFN EDUCATION DEPARTMENT: 482-2479 EXT. 207
OR HOPE.MOSBECK@MANITOURAPIDS.CA

BATTLE IT OUT ON THE ICE!


JOIN US FOR OUR ANNUAL MARCH BREAKAWAY BLITZ 3 ON 3 HOCKEY

Monday March 16th- Thursday March 19, 2026
U7 - U11 7:00 - 8:30pm
U13 - U18 8:30 - 10:00pm

Sign up at the Emo Arena contact Jamie Booth 271-5669
Players bring a dark and light jersey to each game
Lines will consist of players in own division
This is a fun 3 on 3 event. Sportsmanship is required at all times
1-minute buzzer for line change

 Rainy River First Nations
MANITOU RAPIDS
Education Department

Emo- LaVallee Community Center



Education Department

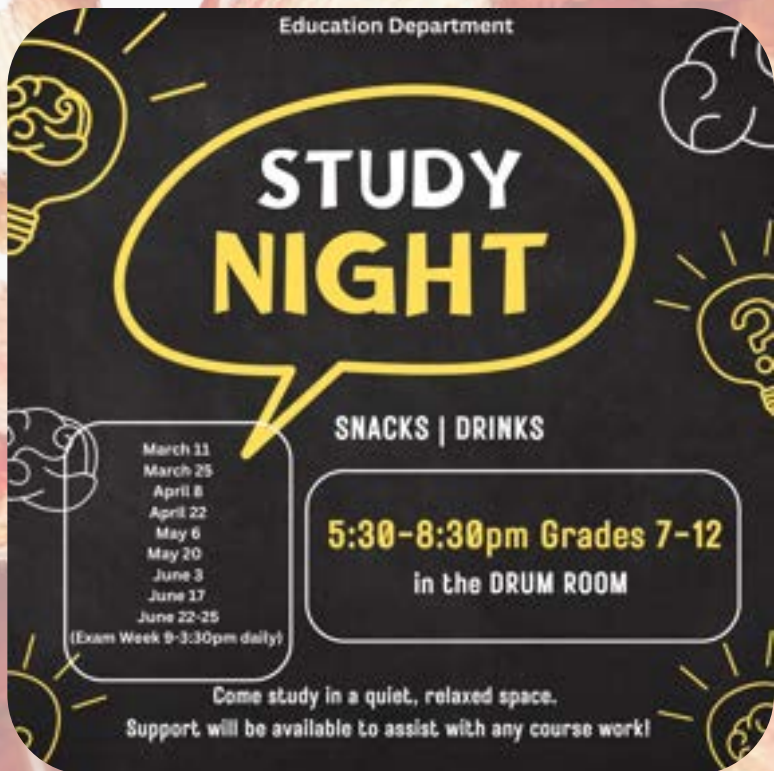
STUDY NIGHT

SNACKS | DRINKS

March 11
March 25
April 8
April 22
May 6
May 20
June 3
June 17
June 22-25
(Exam Week 9-3:30pm daily)

5:30-8:30pm Grades 7-12
in the DRUM ROOM

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



New and Returning Students need to apply for Post Secondary Funding

Post Secondary Education

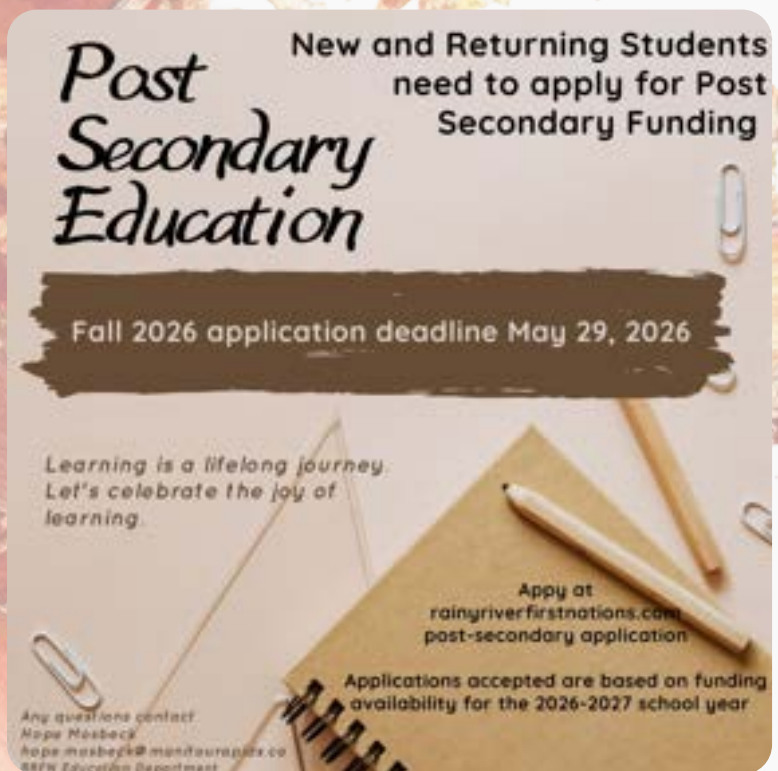
Fall 2026 application deadline May 29, 2026

Learning is a lifelong journey. Let's celebrate the joy of learning.

Apply at rainyriverfirstnations.com post-secondary application

Applications accepted are based on funding availability for the 2026-2027 school year.

Any questions contact
Hope Masbeck
hope.masbeck@manitourapids.ca
RRFN Education Department



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



Rainy River First Nations
MANITOU RAPIDS

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 proved to the Education Direct 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@manitourapdis.com

Education Department



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 tasks 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@manitowapids.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



REMINDER: UPDATE YOUR INFO

REMINDER: PLEASE UPDATE YOUR EMAILS, ADDRESSES, & PHONE NUMBERS



Have a new address, email, or phone number?

Please fill out the Membership Contact Form attached and send it to the Membership Registrar. Any time any of this information changes, please complete this process to ensure we can contact you.

If you have changes in Direct Deposit please send it to the email below

Gwen Medicine

807-482-2479 ext. 268
membership@manitourapids.ca



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

****EMERGENCY****

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.

MIGWECH!

YOU HELP IS GREATLY APPRECIATED!



HEALTH AND WELLNESS



Rainy River First Nations
MANITOU RAPIDS

Menopause Tea

A come-and-go gathering to discuss ways to manage menopause.

- Discover strategies using both Western and Traditional medicines
- Explore community resources and support
- Enjoy soup, sandwiches, and conversation



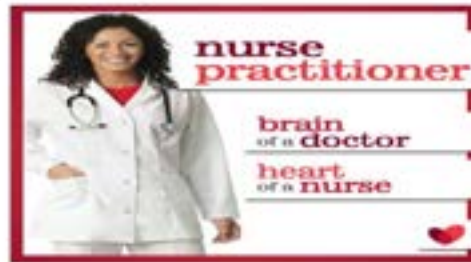
RRFN Drum Room

Friday, February 20th, 2026 from 11 am - 1 pm



GIZHEWAADIZIWIN
Health Access Centre

For questions please contact
Juanita at 807-482-2479 ext
232



MARCH 12TH BEGINNING AT 10:30 AM NURSE PRACTITIONER VISIT

The Nurse Practitioner from GHAC will be in our community on March 12th.

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

March 12th, 2026

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

FRIENDLY REMINDER

FRIENDLY REMINDER THAT LONG DISTANCE MEDICAL APPOINTMENTS MUST BE HANDED IN AT LEAST 2 WEEKS IN ADVANCE OF THE APPOINTMENT DATE.

NIH8 requires all applications to be submitted 2 weeks (10 business days) in advance of the appointment date. The only exception is urgent/emergency appointments.

Fax It: (807) 482-1502

Email: juanita.connor@manitourapids.ca or laura.cridland@manitourapids.ca

If you have any questions, please feel free to reach out to Juanita Hunter-Connor @ (807) 482-2479 ext. 232. Or if you are in urgent need **AFTER HOURS**, please call or text (807) 271-6481.

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

<https://forms.gle/sT4eoCFAPEujy9N69>

In-Person

- At GHAC (1460 Idylwild 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





MYTHS ^{VERSUS} FACTS ABOUT CERVICAL CANCER SCREENING



 Myth (I do not need cervical screening because)	Fact (But the fact is) 
I am healthy and do not have any symptoms	A screening test can find abnormal cells that can be treated before they turn into cancer
I am no longer sexually active	If you have ever been sexually active, regular cervical screening is required. Any HPV transmitted through prior sexual contact can stay 10 to 15 years in your body and can cause cancer.
I have only had 1 sexual partner	Women can get HPV even having only one sexual partner. There is also a higher risk for developing cervical cancer if your partner has had many sexual partners.
I am in a same-sex relationship	HPV is transmitted through direct genital skin-to-skin contact, so even if you have only had sex with women, you are still at risk.
I have been through menopause/ I am older/ I am past my child bearing age	If you are between 21 and 69 years and have ever been sexually active, regular cervical screening is required.
I have had a hysterectomy (uterus removed)	Talk to your healthcare provider to find out if your cervix is still intact.
I don't identify myself as female	Anyone who has an intact cervix needs regular cervical screening.
I have had the HPV vaccination	The HPV vaccine does not protect against all types of HPV that cause cervical cancer, so regular cervical screening is required.

HPV= Human papillomavirus

Call (807)274-3131 to book an appointment, or call your CHR to book during the Women's Wellness Clinic in your community.



Gizhewaadiziwin
Health Access Centre

WOMEN'S WELLNESS

CHANGES TO ONTARIO CERVICAL CANCER SCREENING

PAP VS. NEW HPV TEST

WHAT IS THE NEW HPV TEST?

As of March 3rd, 2025, a new cervical cancer screening test will be implemented throughout Ontario that uses human papillomavirus (HPV) testing to better prevent cervical cancer.

This test will be completed by your primary care provider, or the provider that normally completes your PAP test. The cervical screening test checks for types of human papillomavirus (HPV) that can cause cervical cancer. It also checks for cell changes in the cervix caused by these types of HPV.



HOW IS THE NEW HPV TEST DIFFERENT THAN THE PREVIOUS PAP TEST?

- Since the new HPV is more accurate than the previous PAP test, most people can go longer between screenings. Speak with your provider to find out if you are eligible to now get screened every 5 years, instead of every 3.
- This test is available to anyone with a cervix, who is 25 years of age or older (Woman, Two-Spirit person, transmasculine person or nonbinary person). If you have been vaccinated for HPV, you still require regular screening.
- The new cervical screening test feels like getting a PAP test. Your provider will use a small, thin brush to swab cells from the cervix and send away to a lab for testing.



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Call (807)274-3131 to book an appointment, or call your CHR to book during the Women's Wellness Clinic in your community.

WOMEN'S WELLNESS