



# Summer Newsletter

VOLUME 2 ISSUE 1

SUMMER 2017

RED LAKE INDIAN  
FRIENDSHIP CENTRE:

## MISSION STATEMENT

TO ENSURE THAT A COMMUNITY DIRECTED ORGANIZATION IS WORKING TO IMPROVE THE QUALITY OF LIFE FOR RED LAKE'S FIRST NATION PEOPLE'S & THEIR DESCENDANTS BY PROMOTING TRADITIONAL VALUE SUCH AS UNITY, SHARING, RESPECT, HONESTY CARING, AND SPIRITUALITY THROUGH SOCIAL, RECREATIONAL AND CULTURAL ACTIVITIES.

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## Message from The Board of Directors

The Annual General Meeting will be held on Wednesday, June 28th, 2017. At site 1 from 5 p.m. to 7 p.m. it will be a pot luck style event. All members are invited to come and add your vote on that evening.

There are four positions to be filled on the Board of Directors. To be eligible to vote one must be a member for at least 30 days prior to the AGM meeting. In order to be nominated, and voted on the Board of Directors you must be a regular member. There are 4 different membership types, regular, associate, Life Member, and Honorary Member. Ancestry is not an issue, Aboriginal, Inuit, Métis, Non-Aboriginal, we are all relations here. Please call if you have any further questions.



Red Lake Indian Friendship  
Centre: Site One.

*How Do I become a RLIFC Member?*

Easy, if you support the RLIFC aims and objectives, are 18 years of age, and a Canadian Citizen then please fill out a membership application which also comes with a \$2.00 fee. Memberships are to be renewed annually. Each member is entitled to review or receive the current members list, attend meetings, and vote at the AGM & eligible to serve on the Board of Directors.



## Message from the Executive Director

Spring is typically a busy time here at the good ole RLIFC. We are wrapping up the end of one fiscal year, and moving into a new year. Time to catch a quick breath before we move into planning and organizing our summer programming. Before we know it summer will be upon us bringing its promises of fishing, beaches, barbecues, ticks, etc.

Once again, our Centre is planning to host a full slate of activities on June 21 National Aboriginal Day. It will be an exciting day as we celebrate our heritage with family, friends and the community. Everyone is invited, and yes, I am sure

there will be great food to be shared.

Also, we were recently notified that our application was approved to hire summer students to deliver a summer camp program. The summer camp is targeted for Indigenous children, ages 7 to 12 years of age, and will provide a full weekly schedule of fun healthy learning activities. Further details such as dates and registration will be forthcoming. If you have not heard yet via the moccasin telegraph, I will be leaving my role here as the Executive Director and returning to my home community of Kenora.

My last day on the job will be Friday July 28. The last 4 years have flown by and I will miss everyone on the RLIFC team. I have had the privilege of getting to know many of our community members, sharing stories over a plate of food, okay, many plates. Those plates of food have provided not only nourishment but also many memories that I will take back with me. I know our paths will cross again at some point in the future. Most likely on the powwow trail somewhere. I look forward to those moments to re-connect. Baamaapii giwabamin. Donald Copenace  
Executive Director



Healing and Wellness Logo. See Mollie Isaac for more info about upcoming programs.

*“Ancestry is not an issue, Aboriginal, Inuit, Métis, Non-Aboriginal, we are all relations here.”*

*-AGM Article*



Akwego & WasaNabin kids Pose while running the “Bannock Taco’s” Fund-raiser event.

## Food Box

Brought to you by the RLIFC (UAHL, FASD), New Starts Woman’s Shelter, North Western Health Unit, Family Health Team, Firefly, and the Red Lake Shelter to remediate the effects of the high costs of fresh produce. The Food box is an evidence informed, community-based, non-profit monthly food distribution system in which locals pre-order a food box that provides them access to fresh produce at an affordable cost. The program is currently undergoing a 6 month

pilot project, which began in April, with 50 boxes available monthly, and if successful will be implemented year round with an increased number of boxes available. The cost of a food box is \$20 and must be purchased in advance. The actual value of each good box is close to \$30.00 worth of produce which is made possible through corporate donations, grants, and a discount at Balmertown Food Fair. The first two months have been a great success and with increas-

ing popularity the future of the program looks bright.

*Story continued on Page 4.*



A food box contains a variety of fresh fruits & vegetables.

## RLIFC Calendar of Events

### June

- June 7 Life Long care Campfire
- June 8 Nutrition Bingo 11-2
- June 10 Art w/Keith 10-1 Site 1
- June 15 Elder’s Luncheon
- June 16 Fathers Day BBQ
- June 16-18 Red Lake Powwow
- June 21 National Aboriginal Day
- June 29 Foot care 11-3:30

### July

- July 12 AHWS Bowling 1-4
- July 20 AHWS Crib Tournament 10-3
- July 27 AHWS Outdoor Picnic



**FOOD FOR FITNESS** is an outdoor fitness class brought to you by UAHL Brooke M. & FASD Lorrie R along with Jocelyn M. aimed for people of all ages and abilities to improve ones health and support the RLIFC Food Bank. Participants are asked to bring a non-perishable donation in exchange for attending the free fitness class. Classes will be once a week at Centennial park, dates to be determined.

## Bannock Taco Success

May 2017. For the past two months the Akwego and WasaNabin programs teamed up to fundraise for a trip to The Manito Ahbee International Powwow in Winnipeg, MB, which was held May 18th to the 20th. They attended and joined in on the dancing, as they have worked very hard all winter long on their own rega-

lia. Both groups came up with the idea to fundraise selling Bannock Tacos on Fridays to local businesses and community members, and a bake sale that was held at the Water Buffalo May 6th. The kids raised \$4000.00, which enabled them to pay for transportation, hotel, meals, and tickets to The Indigenous Music Awards



Ceremony at the MTS Centre. The kids had many fun experiences and a lot of fun activities. Even a trip to the Museum & the Zoo!

A big “Meegwetch” to all the people who have helped, or volunteered their time, and bought a Bannock Taco. Thank you from the kids in Akwego & WasaNabin.

# RLIFC Programming

## APATISIWIN EMPLOYMENT UNIT:

**Focus on Time Management-** Procrastination means delaying a task (or several) that should be a priority. The ability to overcome procrastination and tackle the important tasks is a hallmark of the most successful people out there.

Why we procrastinate? Because 1. We have no clear deadline. 2. we don't have the resources we need to start/finish. 3. we sit and procrastinate more. Lets over look at over coming procrastination:



Come see Angela Sinclair the Apatisiwin Employment Counselor for more information on getting started! 807-727-2847 Ext:223

Email: careers@rlifc.ca

“Time is free, but it’s priceless. You can’t own it, but you can use it. You can’t keep it, but you can Spend it. Once you’ve lost it, you Can never get it back.”  
-Harvey Mackay

### RLIFC FOOD BANK

Every Wednesday from 9:00 a.m. to 12:00 p.m. For families or individuals who are in need. If you would like to help we accept non-perishable donations & cash donations



“We have 10 students who have accumulated 75 credits between them all.” -Michael Brunton ASSP

## Youth Programs

### CAPC SUMMER CAMP PROGRAM

“BUSY BEAVERS” runs this summer starting June 29th on Mondays & Thursdays, from 10 a.m. to 2 p.m. Lunches, snacks, and transportation are provided. If you are interested in placing your 2-6 yr old in this program call Christine Tougas at Site 2 RLIFC 727-3000 extension 30. Email: capc@rlifc.ca

### AKWEGO/HEALTHY KIDS

Free Summer Day camp for children from age 7 to 12. The program will run from July 10 to Aug 18, Monday to Fridays from 10 a.m. to 3 p.m. (Except holidays) Lunch and snacks will be provided, as well as transportation for the children who require it. For more info Contact: Healthy Kids Coordinator Larrenda Neekan & Akwego’s Christine Frenette.

### ALTERNATIVE SECONDARY SCHOOL

2017 year has 10 students who have all accumulated 75 credits between them all. This June there are 4 possible graduates, and a small graduation ceremony for the students and families involved. The date is yet to be confirmed. With that said, congratulations students, keep going!



## Elder Programs

This summer there are numerous on goings for our elders, many activities and outdoor programs. This June 15th is Elder’s Day. The Aboriginal Healing and Wellness & Life Long Care programs will be running a special event just for our elders. Recently AHWS and LLC had a sewing session May 26th where participants made ribbon skirts. Just in time for powwow season!



Mary Meekis participates in skirt making held on May 15th & May 26th.

### HEALTH OUTREACH & HEALING and WELLNESS PRESENT: Father’s Day BBQ

Friday, June 16, 2017 from 11:00 a.m. to 1:00 p.m. If you need any more information or if a ride is required please call Mollie or Collin at Site 1, 727-2847 Ext:228

Email: health@rlifc.ca

Email: healing@rlifc.ca





## Red Lake Indian Friendship Centre

Site 1: 1 Legion Road Site 2: 114 Forestry Rd.  
P.O. Box 244

Red Lake, ON P0V2M0

Toll Free: 877-886-8988

Site 1 Ph: 807-727-2847 Fx: 807-727-3253

Site 2: Ph: 807-727-3000 Fx: 807-727-3790

E-mail: friends@rlifc.ca

“Serving Red Lake’s First Peoples since 1971”

**HALL RENTAL:** We have two facilities that are available for rental. If you are interested contact Monique Tougas at Site 1. 727-2847  
Email: operations@rlifc.ca

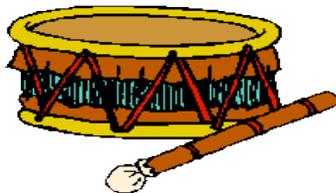
### Food Box Continued...

Every third Wednesday of every month, Urban Aboriginal Healthy Living Coordinator Brooke Moncrief and FASD Community Support worker Lorrie Rolland along with other community organizations, put together a food box. It contains vegetables and fruits for more healthy food choices for it’s members. A \$20 fee gives you a good deal of nutritious foods, and a new recipe to try out. If you would like to join, pick up an order form from either site 1 or site 2. Pick ups are usually done from Site 1, 1 Legion Road. Please call today if you would like to join in this healthy venture. Call Brooke 727-3000 Ext: 24 or Lorrie at 727-2847 Ext: 229 for more information.

**STAFF CHANGES:** We are excited to announce our new Book Keeper Kim St. Jean, and our new Healthy Kids Coordinator Larrenda Neekan. A farewell to our Cultural Resource Coordinator Lawrence Angeconeb & Kizhaay Coordinator Fred Jacob. Good luck on your new endeavors!

### VOLUNTEERS:

Volunteers are always needed at RLIFC for various programs and events. If you would like to volunteer for any of the special events or programs, contact: Jacintha King at 727-2847 extension 221 for more information



# Powwow Trail 2017

**We are on the Web!**  
[www.rlifc.ca](http://www.rlifc.ca)

**The Red Lake Anishinaape Powwow Circle INC, Proudly Presents The  
14TH ANNUAL RED LAKE POWWOW**

June 16th –17th 2017 At the Kinsmen (Keesic) Beach in Red Lake.

Grand entries June 16 @6:00 p.m. & June 17 @12:00 p.m. & 6:00 p.m.

Host drum: TBA

Co-host: TBA

Honorariums: Adults \$40

Children \$20

Camping available on site.

For more information go to:

[www.redlakepowwowcommittee.weebly.com](http://www.redlakepowwowcommittee.weebly.com)

This is an alcohol and drug free event.

Absolutely no pets allowed.

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|----------------|--|
| June 2-4       | Abinoojii Family Services Powwow (Kenora)  |
| June 9-11      | Northwest Angle #33 FN (Sioux Narrows)     |
| June 9-11      | Mitaanjigaming FN (Stanjikoming)           |
| June 16,17     | Red Lake Community Powwow                  |
| June 16-18     | Rainy River FN (Emo)                       |
| June 16-18     | Lac Des Milles Lac FN (Upsala)             |
| June 21        | Summer Solstice Powwow (Fort Frances)      |
| June 23-25     | Couchiching FN (Fort Frances)              |
| June 30-July 2 | Fort William FN (Thunder Bay)              |
| June 30-July 2 | Onigaming FN (Nestor Falls)                |
| July 7-9       | Naotkamegwanning FN (Whitefish Bay) *      |
| July 14-16     | Wauzhushk Onigum FN (Kenora) *             |
| July 28-30     | Ochiichagwe'Babigo'Ining FN (Kenora) *     |
| July 28-30     | Northwest Bay FN (Emo)                     |
| Aug 4-6        | Eagle Lake FN (Dryden)                     |
| Aug 11-13      | Big Grassy FN (Morson) *                   |
| Aug 11-13      | Iskatewizaagegan #39 FN (Shoal Lake) *     |
| Aug 18-20      | Asubpeeschoseewagong FN (Grassy Narrows) * |
| Aug 18-20      | Big Island FN (Morson) *                   |
| Aug 25-27      | Obashkaandagaang FN (Kenora) *             |
| Sept 1-3       | Wabigoon FN (Dryden)                       |

\*To be confirmed.

