

# Winter Newsletter

R e d L a k e I n d i a n F r i e n d s h i p C e n t r e

**Special points of interest:**

- 698 attendee's at Mistletoe Magic.
- Upcoming event's in December 2017
- New Staff Members
- Akwego News

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## Message from the President

Hello! Warmest Wishes Everyone! We have hired Peter Campbell as our Executive Director, replacing Donald Copenace. Peter has fresh eyes plus plenty of experience entering this position with the Centre and we hope everyone welcomes him into the world of providing Indigenous social services to the Red Lake District. Recently, the Ontario Federation of Indigenous Friendship Centre's sent two trainers to Red Lake for Board Orientation and Training. We really enjoyed the training and topped up our knowledge on the role of the Board. We even got to see who the FIRST Board of Di



Meegwetch.

rectors were for the RLIFC! I would like to encourage everyone to ensure they will be purchasing memberships for our upcoming year. We have a vacancy on the Board and would love to fill the position with someone who has a passion to help others, is interested in learning, and who is able to attend a

few meetings a month. If interested please send a letter to the board stating your interest! Speak to Jacintha at the front desk to get your membership or come to our feast on December 7<sup>th</sup>! As we prepare for the winter season upon us, the Board of Directors and I would like to encourage all of the Friendship Centre members and Community of Red Lake to stay safe, warm, and healthy during these winter months. Miigwetch!

Jeannette Dupasquier  
RLIFC Board President

## Message from the Executive Director

Booshoo! Wachiyea! Aniin! I started as the Director for the Friendship Centre at the end of August, and time has certainly flown. The first few days were spent getting acquainted with the policies,

procedures and current office structure. It seems that no matter how long you have been working in the provision of services to a certain sector of society, there are always things to learn. I

welcome this new challenge, this new area of service to the Indigenous people, as well to anybody who frequents this centre.

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### Mistletoe Magic 2017

On Friday, November 17th and Saturday, November 18th was another successful event, Mistletoe Magic.

Thanks to our community, Red Lake, for your support. To our committee, and to our dedicated staff, & wonderful volunteers!

Also to all the vendors who came and were apart of our event. As well as the Legion. We counted 698 attendee's, and that's not including the children. Children 10 years of age and under, entered free. We acquired five boxes of food dona-

tions as well as numerous Door Prize winners, thanks to our vendors who donated 1 prize to make that possible. Estimate 100 lbs of non-perishable foods. It was a great event, we hope to see you again next year!

-J.King



Vendor: Tannis Bray

### K D S B - H o l i d a y L u n c h e o n

**“Gifts or time and love surely are the basic ingredients of a truly Merry Christmas.”**

**-Peg Bracken**

November 22, 2017– Kenora District Services Board had a luncheon/holiday presentation on how to save and make good choices for the Christmas break. It was attended by Ear Falls and Red Lake residents, who

were also treated to a wonderful lunch provided by Apatisiwin and FASD programs. I would like to add that there is an early due date for December, please ensure that your income cards are handed in by December

14th, 2017. In addition, I'd like to add that the Monthly activity reports are available at the Red Lake Office, 232 Howey Street. Office hours Monday through Friday 8-4:30. Have a happy and safe holiday season.

### M e s s a g e f r o m t h e E x e c u t i v e D i r e c t o r

I look forward to working with anybody who aspires to providing services to others who would otherwise fall through the cracks. This would certainly happen if there was not

a social safety net in place like what we have here in this great country. Having said that, we strive to not be enablers but to support people to help themselves. Gitchi

Meegwetch!

Peter Campbell

Executive Director at the Red Lake Indian Friendship Centre



Red Lake Indian Friendship Centre Sign.

## U p C o m i n g E v e n t s

December 1-Red Lake Christmas Parade	December 14th-Xmas Baking with LLC/AHBHC 10-4 @site1	December 20th-FoodBox Day
December 7th- RLIFC Christmas Feast; volunteers needed please call 727-2847	December 15th-Client Xmas shopping & Cookie Exchange	December 22-Staff Brunch. Closed for holidays.
December 11th-MONSTER BINGO 11-3 P.M. Site 2	December 16th-Xmas Cheer deliveries 9:00-11:00 A.M.	December 25th, Have a special & very Merry Christmas and a Happy New year! From us at RLIFC.
December 13th-Client Cookies with LLC/AHBHC/CPNP	December 19th- Craft Xmas Extrava Ganza 12-7 pm Site 1	Jan 8, 2018. Open and back to work/school.

## W e l c o m e N e w s t a f f m e m b e r s :

Please feel free to come and introduce yourself to our new employees. Our new Kizhaay Coordinator, Samuel Goodison of Ear Falls, he looks forward to running Kizhaay program. Our lovely Liz Keewasin, our much appreciated Janitor, we are

pleased to have her. As well as newest additions our Homelessness Community Activator Cassie Stus and a welcome CAPC assistant, Taylor Perrier. We are very pleased to have some new members to our RLIFC team. Also, we wish our previous Wa-

saNabin Coordinator Karly McDonald Good Luck on her new adventure, and wish her much success. We would also like to announce our new AHWS Charlene Walsh, and new WasaNabin Lorrie Rolland. Keerie Kobelka our new UAHL coordinator.



**“At Christmas, all roads lead to home.”**

**-Marjorie Holmes.**

**Merry Christmas and Happy New Year! From all of us at the Red Lake Indian Friendship Centre.**

## N e w y e a r s R e s o l u t i o n s

It's that time of year again, thinking of a new years resolution. What ever it may be, I have searched for a few ways to help keep and stay on track.

1. New years is just like any old day,
2. Pinpoint your most realistic goals. And write them down
3. Focus on one change at a time.
4. Use positive language/thought, instead of negatives.
5. Make the change gradually.
6. It never hurts to





**“Serving Red Lake’s First Peoples since 1971”**

**R e d L a k e I n d i a n  
F r i e n d s h i p C e n t r e**

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Ph: 807-727-3000  
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Site 1 Phone: 807-727-2847  
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[www.rlifc.ca](http://www.rlifc.ca)

**Mission Statement:**

“To ensure that a community directed organization is working to improve the quality of life for Red Lake’s First Peoples & their descendants by promoting traditional values such as unity, sharing, respect, honesty, caring, and spirituality through social, recreational, and cultural activities.”

If you would like to join the RLIFC as a member come and fill out an application at the FC. There is a \$2.00 fee, you will be eligible to vote at our Annual General Meeting, or even join the RLIFC Board. Form requests can be made at reception.

**N e w y e a r s R e s o l u t i o n c o n t i n u e d**

Rally some support.

7. Review and track your progress. Look back and keep making minor tweaks.

8. Build on your resolutions, when one area of your life goes well, it spreads into other areas of your life.

9. Celebrate! Remember to celebrate your successes, but make sure it doesn't go against your resolution.

10. Keep on keeping on! Any goal you set your mind to, you can do it! Stick to your resolu-

tion, and by the next new year's you could accomplish which ever else you choose to do. Remember small rewards!

Tips:

Remind yourself every morning of your goal/goals.



Make sure your resolution is sensible and doable.

One last note, avoid berating yourself for slipping up on your resolution. We are human, forgive yourself and continue on, it's hard enough without beating up on yourself. Don't do things you know you can't do, and you know you will give up on. If your resolution involves health, speak to your doctor to ensure that your new plan of action is right for you.

Good Luck!

**Happy Holidays!**