

# Spring Newsletter

## Mission Statement:

To ensure that a community directed organization is working to improve the quality of life for Red Lake's First Nation Peoples & their descendants by promoting traditional values 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 President

The Board of directors would like to share information regarding Pay Equity. The purpose of pay equity is to ensure that each position is paid in a fair & equitable manner. Each position within the organization is assigned a gender, based on this assignment, each position is then assigned a point value. These values are then used to determine a fair wage. This is very time consuming and we are working with a consultant to come to a resolu-

tion. The Board is committed to ensuring that all employees of the Friendship Centre are compensated. The Board would like to express sincere appreciation for the hard work and dedication of its current staff. Once this process is complete our Centre will be in a position to adjust salaries and implement a standard pay scale, patience is needed. Our pace is set by the Pay



RLIFC Logo at Site 1.

Equity Commission Office. Further the Board is committed to ensuring this type of situation

does not repeat in the future & will work diligently to ensure that pay equity is kept up to date. If you have further questions please direct them to the management of the Centre. Thank you, meegwetch.

Jeannette Dupasquier  
RLIFC, President.

## Message from the Executive Director

Booshoo, as we wait for Spring to fully engage it is with anticipation that we wait for seasonal change. Enough is enough! Sometimes winter just does not want to go. Because of the area we live in we always have something to look for-

ward to. Although people might think differently if you live in a warmer climate. Living here has its pros and cons, and I myself could do with less winter. We can get stagnant in our respective positions at our place of work. Changes in

seasons definitely do have a therapeutic effect on us as we strive to provide services to people in need. Soon, spring will be in full force, back to your post, hold onto your forks, the best is yet to come Meegwetch!  
-Peter Campbell

# Calendar of events

March 8 **Int'l Women's Day.**

March 9 CAPC- Milk/N.O.W Program

March 12-16 March Break Camp

March 15/16 Court

Spring Feast-Date TBA

March 22- Men's Sharing Circle

March 30-Closed long weekend

Apr 9-10 Drive Test @Legion

## Red Lake Family Food bank

The food bank is available every Wednesday from 9 am to 12 pm to anyone who is in need. If you would like to make a donation, we accept non-perishable items/feminine products/fresh milk & eggs.

Contact Cassie Stus, Homelessness Community Activator at 727-2847 Ext: 222  
Email: [hps@rlifc.ca](mailto:hps@rlifc.ca)

## Aboriginal Healthy Babies

**Healthy Children-**is a voluntary program for families with Children 0-6, AHBHC focuses on strengthening parents right from the prenatal stage. Home visits and group activities are all apart of the program. For example: cooking, crafting, infant massage, traditional events and more. Contact Diane Bennett at site two if your are interested in joining the AHBHC program.

## Akwegu News



Both Akwegu programs are currently running a Mom & Me Moccasin making. It is held every Monday from 6 to 8 pm. At Site 2. There are a few more weeks left, if you would like to learn how to make a pair with your child Contact Christine or

Amanda. Upcoming is the March Break camp run with Healthy Kids Diana Pine, it is looking to be a great week. RLIFC has teamed up with McDowell Lake to help in some activities for their "Going Miles" workshop. It should be interest-

ing and informative for the youth. Contact Marissa at McDowell for more information. If you would like your child to join in on any Akwegu activities please contact Christine or Amanda at Site 2, there is always something going on!

## Community Action Program for Children

The CAPC program is carrying on with programming as usual for children 0-6 years of age. There are different programs for each age group, Turtle Hurdle is for 1-4 year olds, Little Eagles is for 3-4 year olds, and Moving

Muskrats is for 4-6 year olds. Christine also runs the N.O.W (Nutrition on the weekend) program, extra nutritional supports for school age children. CAPC also has a Milk Program,



where milk is provided for its clients. As well as a Dad & Me Hockey game. For more info contact Christine Tougas: CAPC coordinator 727-3000 Ext. 30 Email: [capc@rlifc.ca](mailto:capc@rlifc.ca)

# Urban Aboriginal Healthy Living

UAHL-Coordinator Keerie Kobelka has openings for personal or small group Fitness Training workouts, in the UAHL gym at site 2. Keerie is also looking to host men's/women's groups once a month, activity based on what the group would like to do. For example healthy eating, how to get into a routine of being physically active, group fitness classes, support group, and group sports. This coming spring/summer begins a youth aged 7-16 years golf group with UAHL & Healthy Kids. As a client of the UAHL program you

can access passes to the RL Rec Centre and Campbell Rec Centre (open swim, aqua fit, bowling & gym). As an Ear Falls client you can access ultimate passes (KinFit gym, golf course, open rec. nights & open skate). Other up coming programs: Red Lake Food Box pick up date is the 3rd Wednesday of every month. Following pick up dates:

Wednesday, March 21, 2018.

Wednesday, April 18, 2018.

Wednesday, May 16, 2018.

The UAHL Coordinator will be away for training in April to become a certified Healthy Eating & Weight Loss Coach. The WasaFit (Youth fitness group) & Ear Falls Personal Training alternates Fridays "Making footprints walking group" will begin April 9th and run every second Monday at 10:30 @ site 2.

For more information regarding UAHL programs & events or if you would like to join, please contact Keerie Kobelka 727-3000 Ext. 24 email: [healthyliving@rlifc.ca](mailto:healthyliving@rlifc.ca)

## Upcoming kids programming:

The Akwego/CapC/Healthy Kids programs are planning their summer camps. So if you would like your child to join this summer. Contact either program if you would like your child(ren) to join. This spring Akwego will focus on traditional teachings/

language with the boys & girls clubs. Promote healthy lifestyle choices, increase skills and knowledge regarding positive personal choices. Also, Akwego provides school supports for its clients, and meets weekly for homework club. The Kizhaay

Anishinabe niin facilitator Sam Goodison, collaborates with Akwego regarding traditional teachings for the boys club. Kizhaay focuses on the Seven grandfather teachings, their first lesson revolved around "Respect". Great first lesson!

## Trapper's Course April 14/15 & April 28/29

This coming April the RLIFC will be hosting a trapper's course. It will be facilitated by Kaaren Dannenmann, it will run on the weekends of April 14/15th and April 28/29th (four days over two weekends) from 9:00 am to

5:00 pm at the site 1 friendship centre hall. There is a fee of \$30.00 for the training manual and \$135.00 for the course. If you have any questions regarding this great opportunity or if you would like to register, please



Become a Treaty 3 certified trapper!

contact Angela Sinclair at 727-2847 Ext: 223 and don't forget to bring a lunch!

**“Serving Red Lake’s First People since 1971.”**

**Red Lake Indian Friendship Centre**

P.O. Box 244 Red Lake, On P0V2M0  
1 Legion Road  
Phone: 807-727-2847  
Fax: 807-727-3253

Site 2: 114 Forrest Road  
Phone: 807-727-3000  
Fax: 807-727-3790

**Volunteers**

Volunteers are always needed at the RLIFC for the various programs in the buildings, and for special events held by the centre. If you would like to volunteer for a specific age group, please contact:

Jacintha at 727-2847

**Community Hours**

RLIFC welcomes anyone in need of community hours, please contact: Angela Sinclair 727-2847 Ext 223.

**Site 1 Staff Directory**

Peter Campbell Ext 224	Monique Tougas Ext 233	Mollie Isaac Ext 227
Executive Director	Admin. Assistant	Book keeper
<a href="mailto:director@rlifc.ca">director@rlifc.ca</a>	<a href="mailto:operations@rlifc.ca">operations@rlifc.ca</a>	<a href="mailto:finance@rlifc.ca">finance@rlifc.ca</a>
Jacintha King Ext 221	Charlene Walsh Ext 231	Angela Sinclair Ext 223
Receptionist	Indigenous Healing & Wellness Program	Indigenous Court Worker Program
<a href="mailto:friends@rlifc.ca">friends@rlifc.ca</a>	<a href="mailto:healing@rlifc.ca">healing@rlifc.ca</a>	<a href="mailto:court@rlifc.ca">court@rlifc.ca</a>
Lucie Longpeter Ext 230	Collin Meekis Ext 226	Cassie Stus Ext 222
Cultural Resource Coordinator	Health Outreach Worker	Homelessness Community Activator
<a href="mailto:crc@rlifc.ca">crc@rlifc.ca</a>	<a href="mailto:health@rlifc.ca">health@rlifc.ca</a>	<a href="mailto:hps@rlifc.ca">hps@rlifc.ca</a>
Tannis Bray Ext 232	Diana Pine Ext 222	Samuel Goodison Ext 229
Life Long Care	Healthy Kids	Kizhaay Coordinator
<a href="mailto:lifecare@rlifc.ca">lifecare@rlifc.ca</a>	<a href="mailto:kids@rlifc.ca">kids@rlifc.ca</a>	<a href="mailto:kizhaay@rlifc.ca">kizhaay@rlifc.ca</a>



**Hall Rentals**

The RLIFC’s main hall and site 2 hall are both available for rent for *non-alcoholic* events for more info on pricing and availability please contact Monique Tougas 727-2847 Ext: 233.

Vacant Ext 228	Vacant Ext 225	Vacant Ext 23
Apatisiwin	FASD Community Support Worker	Canada Prenatal & Nutrition
<a href="mailto:careers@rlifc.ca">careers@rlifc.ca</a>	<a href="mailto:csw@rlifc.ca">csw@rlifc.ca</a>	<a href="mailto:prenatal@rlifc.ca">prenatal@rlifc.ca</a>

**Site 2 Staff Directory**

Keerie Kobelka Ext 24	Lorrie Rolland Ext 27	Michael Brunton Ext 28	Christine Frenette Ext 22
Urban Aboriginal Healthy Living	WasaNabin	Alternative Secondary School	Akwego High Risk
<a href="mailto:healthyliving@rlifc.ca">healthyliving@rlifc.ca</a>	<a href="mailto:wasanabin@rlifc.ca">wasanabin@rlifc.ca</a>	<a href="mailto:altschool@rlifc.ca">altschool@rlifc.ca</a>	<a href="mailto:akwegosupport@rlifc.ca">akwegosupport@rlifc.ca</a>
		Christine Tougas Ext 30	Taylor Perrier Ext 30
		Community Action Program for Children	CapC Assistant
		<a href="mailto:capc@rlifc.ca">capc@rlifc.ca</a>	<a href="mailto:capc2@rlifc.ca">capc2@rlifc.ca</a>

**DISCLAIMER**

This newsletter is published quarterly. Any opinions contained in any of the articles or pages in this newsletter itself do not necessarily reflect the general opinion of the Red Lake Indian Friendship Centre and its employees as a whole.

