

Special
points of
interest:

- School starts Wednesday, September 5th, 2018.
- Back to school tips for parents.
- Medicine walk
- FASD Awareness Day.
- Call for Vendors! For Mistletoe Magic.
- Upcoming events.

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Fall Newsletter

Issue 3

August 2018

Message from the President

Hello friends!

As we move into the fall season and back to school for the kids, I hope we all take some time to enjoy the last bit of summer we have left. The leaves falling introduces a time of change and with that being said we look forward to changes around the Centre. I would like to welcome our new staff members, changes to our programs, and some new Board Members who joined us at the AGM in June. Our new members

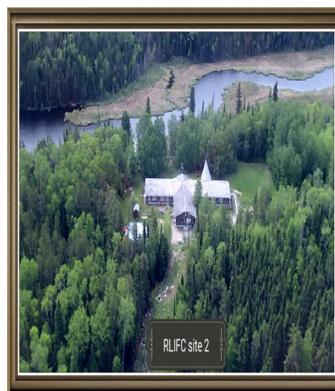


Photo: Claire Quewezence

include Amanda Goodman and Jessie King, who both have previously worked at the Centre. Our Board will be back into the swing of

things this month with our regular board meeting where we are hoping to start working on some new policies, new projects, and regular procedures. If anyone ever has questions for the Board of Directors, please be sure to let Peter know so he can bring it to the Board level.

Take Care everyone!

Jeannette Dupasquier

Board President

Message from the Executive Director

Booshoo!

Fall is here and as we move into a new season we can look back and be reminded of all the good things that have happened throughout summer. It's good to reminisce and learn from what happened, as they say "hind sight is

20-20". I don't know what life would be like if we just had one season, but fall can be beautiful. A new season has begun and with it a new chapter in our lives. We need to be able to navigate with an open mind things that come at us every day. Sometimes

these challenges can be at work, at home or at school but I believe these help keep our feet firmly planted on the ground. Life experiences condition us and I hope it would be for all of us, for the good.

Peter Campbell
Executive Director





Picture: colorful leaves.

Akwego: Back to School

August 23/24, 2018– Akwego programs, held a “Back to School” work shop for clients and parents alike at the RLIFC site 2 Alt School room. It was held to help prepare clients and parents for school, parents were given tips and tricks to help get children ready for school, with early sleep time schedules, spe-

cific homework times, good supper and evening family time.



Akwego also provided children with back to school supplies, such as pencils, erasers, lunch

kits and back packs. Among the info session there were also haircuts provided to children, free, for their first day back to school. Akwego also reached out and provided services to Earfalls residents. It is their hope for a successful 2018-2019 School year for all Akwego clients. Meegwetch!

“Connect with friends, find out which friends are in the same class, refresh those friendships.”
Tips for parents.

Back to School Tips for parents

Starting the new school year can be a time of great excitement, and anxiety. Help calm your child’s fears (and your own) with these teacher-approved tips. 1. Meet the new teacher. Break the ice, calm those fears. 2. Tour the school, find

your child’s new classroom. 3. Connect with friends, find out which friends are in the same class, refresh friendships. 4. Tool up! Get the class supply list, and have a fun shopping trip with your child/ren. 5. Ease into the routine. Switch-

ing from summer to school schedule can be stressful for everyone. Start a week early by practicing your school schedule, wake up, brush, get ready and dressed. Breakfast! Then when the first day of school starts, it should all go smoothly.

Cultural Resource

Lucie Longpeter-Cultural Resource Coordinator

Up coming CRC news, for September. This coming month there will be a Medicine Walk, everyone, clients and community members are wel-

come to join. There also will be a drum making workshop, that will have a limit of 15 participants. If you would like to join, volunteer, or participate in any of these or other Cultural Resource Activi-

ties, please feel free to contact Lucie.

807-727-2847 ext. 230

Email: crc@rlifc.ca

Meegwetch!



Labrador tea leaves. Traditional tea and medicine.

Mistletoe Magic-Call for Vendors!

This year Mistletoe Magic will be taking place Friday, November 16, 2018 and Saturday, November 17th at the Red Lake Royal Canadian Legion. We are sending out a call for Vendors.

Anyone who makes and sells their own crafts, from Christmas decorations, to moccasins, and gloves, to scarves to Christmas cards, you are

more than welcome to selling your crafts. RLIFC requires a \$25.00 down payment, and please make it before October 31. If you require more information about Mistletoe Magic, you can contact Diane Bennett at 807-727-3000 ext. 32 email: ahbhc@rlifc.ca or Tannis Bray at 807-727-2847 ext. 232 email: lifecare@rlifc.ca Payments can be made at the

Red Lake Indian Friendship Centre. For payments come see Jacintha at reception or call 807-727-2847 ext. 221 email: friends@rlifc.ca

Picture: Moccasins.



FASD Awareness Day

Welcome our newest addition to RLIFC, Cindy Scheibler, FASD Community Support worker. Cindy will start off the fall with the annual FASD Awareness Day on September 9th, 2018. At Centennial Park in Red Lake at 12:00-3:00 pm “ROCK

YOUR RED SHOES!” In support of friends and families with FASD, show our support for those with Fetal Alcohol Spectrum Disorder and lets make ourselves visible, wear something RED! On that day, Sunday September 9, we will be serving hot

dogs, chips, fruit & beverages. There will also be games and a walk in the park. If you are interested in attending and volunteering, please contact Cindy at 727-2847 ext. 225 email: csw@rlifc.ca Everyone is welcome!

“ROCK YOUR RED SHOES!” FASD Awareness Day

Apatisiwin: Virtual Mining

On Friday, September 18 the Apatisiwin Employment Counselor Cynthia Imbeault will partner up with The Mining Industry Human Resources Council to run a Virtual Mining presentation. The presentation will run from 10:00 am to 7:00 pm any and

all clients and community members are welcome to attend. Cynthia has asked for clients and interested community members to bring an up-to-date resume.

If you are interested, or if you know someone, friend/

family member, who many be interested in attending, let them know to contact Cynthia at 727-2847 ext. 223 to sign up or email: careers@rlifc.ca



Picture: virtual connections.

As of Monday, September 4th, RLIFC will be switching to regular hours.

Open from 9:00 am to 5:00 pm Mon-Fri.

Red Lake Indian Friendship Centre

Site 1:

1 Legion Rd.

Box 244 Red Lake, ON P0V 2M0

Site 2:

114 Forestry Rd.

Phone: 807-727-2847

Site 2: 807-727-3000

Fax: 807-727-3253

Site 2 Fax: 807-727-3790

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

Red Lake Friendship Centre 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.



Upcoming event’s & programs:

Aug 31/Sept 1 Legion days fair
Sept 5-School starts!
Sept 6-Skirt making w/LLC
Sept 7-Food box orders are due
Sept 9-FASD @ Centennial Park Rock your Red shoes!
Sept 10-Beading w/LLC
Sept 12-Nutrition Bingo
Sept 13- Drum making CRC
Sept 18-Virtual Mining Job fair contact Apatisiwin 10-3
Sept 19-RL Food Box pick up
CRC-Medicine Walk (3 days)
Sept 21-Lunch & learn
Sept 28-Orange Shirt Day
Oct 3- Fall Feast
Oct 4-Sisters in Spirit
Oct 10- Finding Dawn (movie

at the Heritage Ctr)
Oct 11- Indian Horse CRC/
LLC Movie at the Heritage Ctr
Oct 18-Lunch & learn
Oct 30-Halloween Dance
Nov 4 daylight savings time ends fall back 1 hr
Nov 11-Remembrance Day
Nov 15-Lunch & learn

Nov 16& 17 Mistletoe Magic @RL Royal Canadian Legion

Every Tuesday at RLIFC from 6-7 there is Al-anon.

Every Wednesday at RLIFC from 7-8 AA meetings are held in the upstairs board room.

Hall rentals: Site 1 and site 2 are available. For anything from birthday parties, baby showers to business meetings, contact: Monique Tougas at 807-727-2847 ext. 233 email: operations@rlifc.ca for more information/pricing info.



With fall comes: flannel, seasonal changes, visits with family, and fall feasts.

NOTE: Programs and events are subject to change.