



**RED ROCK  
INDIAN BAND**  
Strength. Tradition. Empowerment.

# **LAKE HELEN NEWSLETTER**

## **APRIL 5, 2018**

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### **GENERAL BAND MEETING**

**APRIL 4, 2018**

Resource Centre - 7:00 PM

### **LUNCH N LEARN**

**Meet the New Nurse**

**APRIL 11**

12 PM – Resource Centre

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### **NATIVE LANGUAGE**

**April 17/18**

6:05 pm band office boardroom

### **GOOD FOOD BOX**

Money is due on the 12th at NOON

Pick up on the 19<sup>th</sup> at 11 am at R/C

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### **CHR AWAY**

Community Health Rep will be out of the office

Holidays on April 3<sup>rd</sup> – 9<sup>th</sup>, and will return on April 10<sup>th</sup>, 2018

For Medical Transportation Arrangements

Contact Flo, 887-2510 Ext.238

**If any Mandatory Health concerns, please call**

**Nipigon Dilico Office, 887-2514**

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### **CHIP BINGO**

Come out to learn about a Home Emergency kit  
and have fun playing Chip Bingo.

When: Thursday, April 19<sup>th</sup>

Time: 6:30 pm

Where: Lake Helen Resource Centre

It's free! You might win a prize while you learn.

See you there!

Emergency Preparedness Coordinator



**POW WOW BINGO**

**Sunday, April 8th**

**Resource Centre**

**Doors open at 5:30 pm**

**Early Birds 6:30 pm**

**Regular Bingo starts at 7 pm**

**Super Jackpot \$1000.00 50#'s or less**  
**Regular Jackpot \$500.00 54#'s or less**

**HOPE TO see YOU all THERE!**

## **SAFE FOOD HANDLING**

If you are interested in the Safe Food Handling course that will be offered on May 8 & 9, 2018.

Please sign up with Tina Wawia at the band office.

Limit of 20 people.

## **REMINDER**

It's that time again. Those students that are returning or this is your first time applying, for Post Secondary Funding, the cut off date is June 1, 2018. Get your applications in as soon as you can.

## **ALSO**

If you know of any graduates please contact me, Judy Wawia at the Band Office By May 25, 2018. Thank You



# *Strength Camp*

**LET'S GET FIT**



**STRENGTH CAMP WITH DEANA**



**7PM - 8PM**

**APRIL 9 - RC**  
**APRIL 16 - GYM**  
**APRIL 23 - RC**  
**APRIL 30 - GYM**

**FOR ALL COMMUNITY AND RRIB MEMBERS AGES 16+**

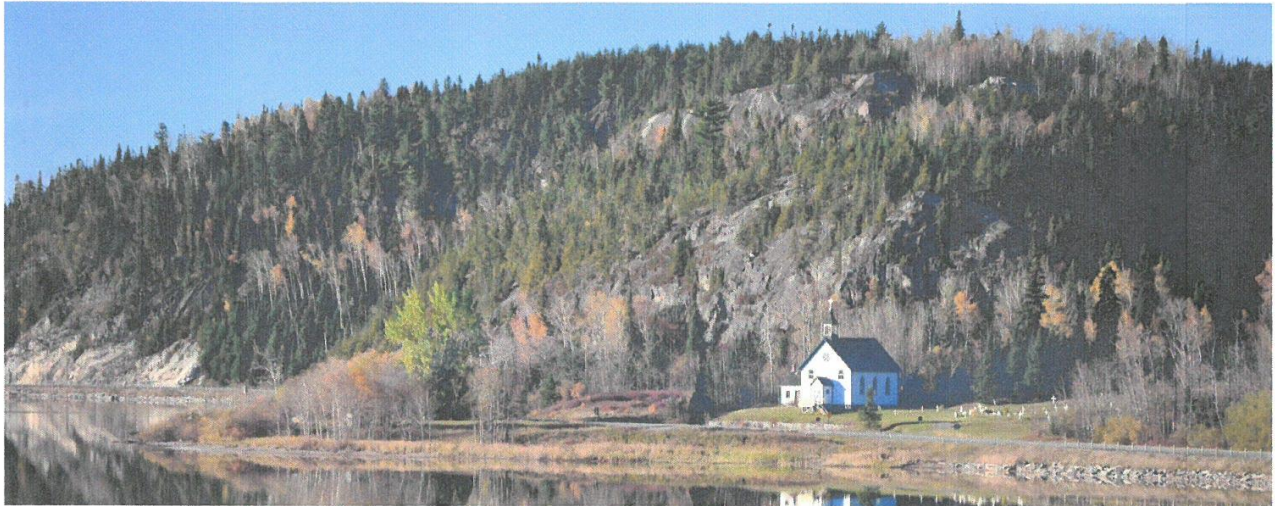




# April

# 2018

## Lake Helen Service Providers Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Native Language 6:05pm Board room	4 Band Meeting 7pm	5	6	7
8 Pow Wow Bingo	9 Strength Camp 7pm	10	11	12 Regalia 5 pm	13	14
15 Pow Wow Bingo	16 Regalia 10 am Strength Camp 7pm (GYM)	17 Lunch N Learn 12pm Native Lang 6:05 pm boardroom	18 Hidden Chemicals 12pm Regalia 5pm	19 Good Food Box Pick up 11am	20 Poker/Rumoli Night 7pm	21
22 Pow Wow Bingo	23 Strength Camp 7pm	24 Nutrition Bingo Adults 1pm Adult Cards Euchre 7pm	25 Regalia 10am Living with Cancer Dinner and Chat 5pm	26 Regalia 5pm	27	28
29 Pow Wow Bingo	30 Full Moon Ceremony 5pm Strength Camp 7pm (GYM)					

*The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.*



Free Health Canada workshops  
presented by EcoSuperior



# HEALTHY HOME, HEALTHY LIFE

Indigenous Environmental Health and  
Learning Toolkit



A free  
healthy home  
kit for every  
participant!

A free 1-hour workshop to learn  
more about chemicals in our lives, radon,  
and air quality.

Wednesday, April 18  
At the Resource Centre  
12:00pm, lunch provided!



## **Anishinabek Employment and Training Services**

Serving the First Nation Citizens of: Animbiigoo Zaagi'igan Anishinaabek, Biigtigong Nishnaabeg, Biinjitiwaabik Zaaging Anishinaabek, Bingwi Neyaashi Anishinaabek, Kiashke Zaaging Anishinaabek, Michipicoten First Nation, Pays Plat First Nation, Pic Mobert First Nation, and Red Rock Indian Band.

### **Elders Gathering (May 2018) for guidance to establish an AETS...**

#### **Elder in Residence – Thunder Bay**

(Part time position(s) – up to March 31, 2021 to be negotiated)

The Executive Director with the support of the Board of Directors, are preparing for a one day Elders' gathering seeking guidance on how AETS can best staff and support an Elder in Residence office through to March 31, 2021 open 35 hours weekly. The Elder in Residence office will be located in the new AETS offices in the Waverley Library in Thunder Bay.

Each AETS First Nation Community is kindly asked to forward the contact information of a community Elder for this Elders' gathering. AETS will then reach out to each Elder, for purposes of an invite to the Elders' gathering, tentatively set for early May 2018. All transportation, accommodations and meals will be covered by AETS.

AETS will begin an Elder in Residence program offering support and guidance for clients continuing their education and training for careers. The Elder in Residence will be a resource for supporting client growth. This role includes offering clients, staff, and other stakeholder's cultural teachings for:

- Enhancing the Cultural Perspective
- Building Relationships with both the Indigenous and Non-Indigenous Community
- Promoting Awareness of Culture and Traditions
- Addressing Social and Cultural Issues
- Providing a Mentor/Role Model
- Promoting Harmony

The Elder in Residence office is supported through the AETS MINO BIMAADIZIWIN - Building Innovative Pathways to Indigenous Employment project.

Each of the nine member AETS First Nation Communities, are invited to forward the contact information for their respective Elder by Monday April 23, 2018 to:

John DeGiacomo, Executive Director  
Anishinabek Employment and Training Services  
277 Park Avenue  
Thunder Bay, Ontario  
P7B 1C4  
Tel: 807-346-0307  
Fax: 807-346-0310  
[john.degiacomo@aets.org](mailto:john.degiacomo@aets.org)



# TURTLE ISLAND NEWS 12TH ANNUAL **Earth Day** FESTIVAL

**April 20th, 2018**

**10 AM to 3 PM**

**2208 Chiefswood Rd, Ohsweken**



**Turtle Island News is celebrating its 12th annual Earth Day Festival and we are hoping you will join us in this exciting and fun event!**

As part of our Earth Day Festival celebrations we produce a special section on green living. This year, on April 18th we will be publishing that special section in Turtle Island News, including articles on the environment, tips for recycling, how to live green and cultural teachings of caring for the Mother Earth.

We are hoping you will be a part of this special section by sponsoring a page with an advertorial or buying an ad showing your support for green energy and the environment or even sending a recycling message!

Turtle Island is the name given to North America by our people, the Haudenosaunee, whose teachings

reflect caring and nurturing of the Mother Earth. A message we hope you will support and help us circulate with your advertising support.

*Thank you/Nia:Weh*

**Advertising and sponsorship contacts:**

John Pase, sales executive  
john@theturtleislandnews.com  
Teresa Hill, sales executive  
teresa@theturtleislandnews.com  
Ashley Smith, sales executive  
ashley@theturtleislandnews.com

**For donations or to volunteer:**  
darren@theturtleislandnews..com

## **RecycleRight** **Don't waste your recycling efforts.**

**Remove cardboard from plastic and put  
the plastic in a tied grocery bag.  
They can't be recycled as one piece and  
end up in landfill.**

**Learn more about recycling  
[www.yourtown.ca/bluebox](http://www.yourtown.ca/bluebox)**

