



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

# LAKE HELEN NEWSLETTER

## APRIL 12, 2018

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### GENERAL BAND MEETING

**MAY 2, 2018**

Resource Centre - 7:00 PM

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#### NATIVE LANGUAGE

**Tuesday, April 17**

6:05 pm band office boardroom

#### GOOD FOOD BOX

Pick up on the 19<sup>th</sup>

2 pm at R/C

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### STANDARD HOUSING POLICY REVISIONS

**Interested in assisting with revisions to the Standard Housing Policy?**

**Please call Ivy and leave your name and phone number.**

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### LUNCH N LEARN

**To introduce Constable Lisa Boucher and acknowledge  
years of service for Constable Lesperance.**

**TUESDAY, APRIL 17**

**12 PM – Resource Centre**

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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 15th**

**Resource Centre**

**Doors open at 5:30 pm**

**Early Birds 6:30 pm**

**Regular Bingo starts at 7 pm**

**Super Jackpot \$1000.00 51#'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+

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## LAKE HELEN GAS & VARIETY

Lake Helen Gas & Variety is continuously accepting resumes for call-in/part-time positions for both Cashier and Gas Attendants.

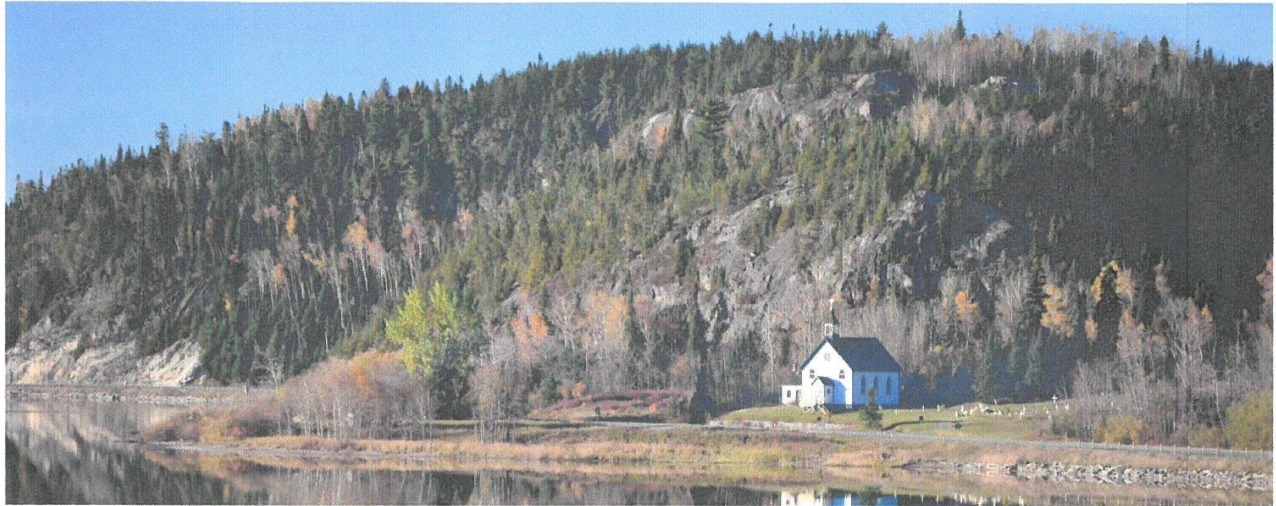
Please submit resume and cover letter to Lake Helen Gas & Variety in a sealed envelope addressed to Store Manager, Laura Fortier.



# 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!

## **Community Volunteer Income Tax Program (CVITP)**

The CVITP is a collaboration between community organizations and the Canada Revenue Agency (CRA).

Community organizations host FREE tax preparation clinics and arrange for volunteers to prepare returns for individuals with a modest income and a simple tax situation. The CRA provides coordinators to guide the organizations as they deliver the program, and offers training and tax software for the volunteers.

The CVITP helps people meet their tax obligations and receive any benefits to which they are entitled. Benefits are calculated based on the information a taxpayer provides on their return. Even if the taxpayer has no income to report, they should file a return to continue receiving payments, such as;

- GST/HST credit
- Guaranteed income supplement (GIS)
- Working income tax benefit (WITB)
- Canada child tax benefit (CCTB) (if the taxpayer has a spouse or common-law partner, they also have to file a return every year)
- Provincial or territorial credits and benefits

The CVITP volunteers **cannot** prepare returns for individuals who:

- have self-employment income
- have business or rental income and expenses
- have capital gains or losses
- have employment expenses
- file for bankruptcy
- are deceased in the year

The Red Rock Indian Band will be hosting a CVITP clinic **beginning April 3, 2017.**

**The Free CVITP clinic hours are:**

**12 noon to 1pm and 4 – 6 pm, Monday to Friday**

**Tax Returns can be sent by EFile to Canada Revenue Agency**

**Please call the band office for an appointment at 887-2510**

**The clinic is open to Red Rock Indian Band members and Lake Helen community members.**





## **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)



## RED ROCK BAND PHONE EXTENSIONS

ATKINSON, Priscilla	244	SITCH, Holly	273
BORG, Tom	289	SOBUSH, Sam	283
BOUCHARD, Terry	245	SORENSEN, Tina	242
COTE, Jolene	281	THOMPSON, Florence	238
COTE, Theresa	238	WZI – Penny Anne	279
DICICCO, Joanna	280	Brighter Futures Coordinator	229
DUPUIS, Nicole	274	WAWIA, Darlene	282
HILL, Tammy	286	WAWIA, IVY	221
KWISSES, Susan	278	WAWIA, Judy	235
LEGARDE, Tom	272	WAWIA, Milton	231
LESPERANCE, Lucille	225	WAWIA, Tiff	240
LESPERANCE, Maegan	239	WAWIA, Tina	232
McGUIRE, Lindsey	227	WRIGHT, Rodnie	233
McDONALD, Melissa	291	Pelletier, Hoss	275
MICHELLE, Lauren	222	Aimee Richardson	237
MICHELLE-RUTH, Shannon	288	OPP	271
PELLETIER, Hoss	275	CHIEF	243
PRICE, Stephen	230	COUNCILLOR Matthew Dupuis	236
RAY, Alyssa	246	COUNCILLOR Allan Odawa	266
ROBERT, Marjorie	234	COUNCILLOR Norma Lesperance	224
ROBERT, Jessica	241	COUNCILLOR Sean Ruth	268

### **SORRY I MISSED YOUR CALL!! A MESSAGE FROM IVY**

When I'm away from my desk or on another call, did you know if you call the band office and it goes to voice mail you can still reach the person you are wishing to contact.

Just key in the three-digit extension number of the person you are calling.

Remember:

1. Call
2. Voicemail
3. Enter three-digit extension number

OR You can always leave a voice message and I will call you back



**Come out and  
try your luck at  
some cards**

**Friday April  
20/18**

**7pm @  
Resource  
Centre**

***Rummoli Table  
Card Tables***



## Parents and Babes

*Spring is in the Air....*

*We will be painting bird houses and making bird food.*

- *Ages 0-6yrs*
- *Thursday May 10<sup>th</sup>, 2018*
- *4pm at Lake Helen Community Hall*
- *Supper and beverages will be provided*

*Sign up required to make sure enough supplies and food are purchased.*

*Deadline will be April 30<sup>th</sup> by 4pm.*

*Contact Jolene for sign up 887-2510*





# *Living with Cancer*

Join Us for an evening of delicious food, inspiration and support as we embrace the stories and herald the courage of members of our Community who are surviving, fighting, and thriving while living with Cancer. This special program is designed to help build the support circles for members of who are currently battling or living with Cancer by allowing them to share their stories in a welcoming atmosphere surrounded by the positive energy by family and a community who love them.

✚ When: Wednesday April 25<sup>th</sup>, 2018

✚ Where: Resource Centre

✚ Time: 5:00 pm

❖ Please call and sign up for the dinner with Lindsey @ 887-3724 or 889-0713 by April 23<sup>rd</sup>. And of course, everyone is welcome!

Cancer is so limited...  
It cannot cripple love.  
It cannot shatter hope.  
It cannot corrode faith.  
It cannot eat away peace.  
It cannot destroy confidence.  
It cannot kill friendship.  
It cannot shut out memories.  
It cannot silence courage.  
It cannot reduce eternal life.  
It cannot quench the Spirit



# CUPCAKE DECORATING FOR YOU & ME



JEN RILEY CAKE ARTIST FROM THUNDER BAY WILL BE COMING DOWN AND DOING A YOU & ME CUPCAKE DECORATING CLASS. THIS CLASS IS DESIGNED TO SPEND A LITTLE TIME WITH A PARENT/GRANDPARENT WHILE LEARNING TO DO SOMETHING NEW

**DETAILS:** ONE PARENT/  
GRANDPARENT WITH 1 OR 2 KIDS  
MAX

**KIDS AGE:** 6 -12 YRS ONLY

**LOCATION:** RESOURCE CENTRE

**DATE:** MAY 23, 2018

**TIME:** 6PM

**SIGN-UP DEADLINE:** APRIL 30, 2018 @ 4PM

**ONLY TAKING 20 PARENTS FOR THIS CLASS**

**\*RRIB AND COMMUNNINY MEMBERS ONLY\***

FOR MORE INFORMATION CONTACT JOLENE 887-2510





## TEEN **PAINT** NIGHT

*Looking for TEENS that would like to come out and try your hand at painting a beautiful picture for yourself, your family, a friend or maybe for your mom for Mother's Day!*

*You do not need to know how to paint, beginners are welcomed. This is a perfect event to try something new.*

**Ages 13yrs – 18yrs ONLY**

***Date:*** Monday May 7, 2018

***Location:*** Resource Centre

***Time:*** 7pm – 10pm approx.

**\*\*Sign-up deadline is Thursday April 26, 2018 by 4pm\*\*CALL  
JOLENE 887-2510**

*Snacks and Beverages will be provided*



***APRIL 2018***

**GIVE AWAY!!!**

***\$100.00 GIFT CARD***

**And A**

***Bistro Set***



***LAKE HELEN GAS & VARIETY***

**GOOD LUCK EVERYONE!**

## **EMPLOYMENT OPPORTUNITY**

### **Job Posting – Personal Support Worker**

**Closing Date: 12:00 PM 20 April, 2018**

Red Rock Indian Band requires an energetic, motivated and career-minded Personal Support Worker to assist in the basic care of patients by answering call signals, bathing, dressing and grooming patients, and supplying and emptying bed pans. Other responsibilities will include the serving of meal trays, providing assistance in feeding patients, making beds and maintaining client's home. The Personal Support Worker will also assist patients in their daily activities, physical exercise, and will move patients in wheelchairs or stretchers.

Applicants must possess the following:

- Graduate of an accredited school for Personal Support Worker
- Current CPR Certification required
- Certificate – Food Safety Awareness Program recognized by a Public Health Unit

Qualified applicants should contact Stephen Price, Human Resources Manager, or submit an email to [jobs@rrib.ca](mailto:jobs@rrib.ca)

Since this position is engaged primarily in serving the interests of Aboriginal people, The Red Rock Indian Band shall give preference to Aboriginal people who possess the requisite skill sets and experience.

# HAPPY 11TH BIRTHDAY

# DOMINIC MCLAUGHLIN

APRIL 12TH

Love Mom, Randy, Tori, Zachary, Lillian,  
Randolph, Gramma, Gampoos and the  
rest of the family.

Xoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxo



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# HAPPY BIRTHDAY

# KIM ROBERT

Love Mom, Dad, Randy, Tori, Dominic,  
Zachary, Lillian, baby Randy and the rest of the family.

Xoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxo

APRIL 15TH



## **Job Posting – Career Development Program**

The Red Rock Indian Band is seeking 2 college or university students who are interested in pursuing careers in tourism, biology, or ecology. The selected students will take part in a 10- week paid program hosted by one of our strategic partners that will build skills in the following areas:

- Trails Development
- Cultural Conservation
- General Skills Development

This program will develop skills across multiple disciplines and provide valuable entry level job experience that helps lay the groundwork for great careers

Interested applicants should submit a resume and cover letter to the Red Rock Indian Band Office no later than 12:00 PM Friday 20 April, 2018. For More information contact Stephen Price, Human Resources Manager, at (807)887-4086 or via email [jobs@rrib.ca](mailto:jobs@rrib.ca)

## **SENIOR BANQUET SATURDAY, MAY 26<sup>TH</sup>, 2018 NIPIGON LEGION HALL**

All seniors living within a ten mile radius of Nipigon who are 65 years young and older, and their spouse/partner or caregiver are invited to attend.

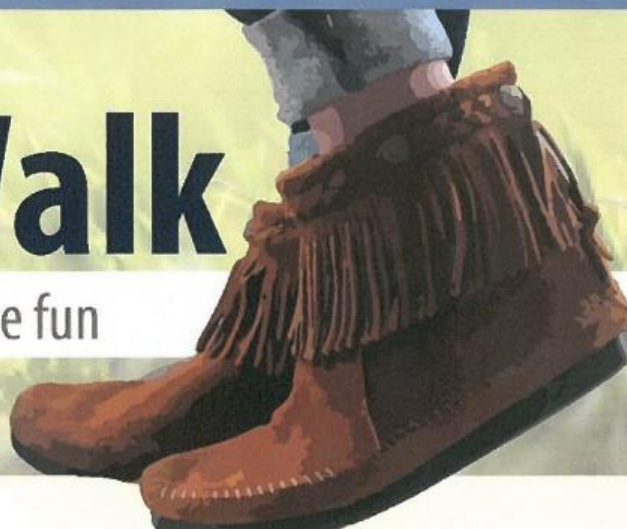
For information and tickets please call Moe or Rita Desroches at 887-3128 or email [seniorssupper@gmail.com](mailto:seniorssupper@gmail.com)

This event is hosted by local volunteer service groups in Nipigon and Red Rock: The Nipigon Elks, The Nipigon Rotary Club, The Nipigon Royal Canadian Legion Br 32 along with sponsors: The Red Rock Legion Ladies Auxiliary and The Red Rock Legion Br 226

HOW FAR CAN YOUR MOCCASIN'S WALK?

# Mocc Walk

get active • get fit • have fun



## WHO:

**Everyone of all ages**- women, men, youth, children, elders. Register as **Individuals** or gather your families, co-workers or friends and participate as in **Teams (4 per team)**!

## WHEN:

**Begins:** May 1<sup>st</sup>

**Ends:** June 30<sup>th</sup>

**Register Before:** April 30<sup>th</sup>

## WHERE:

**All across Ontario.** You can walk anywhere – on a treadmill, outside or at the mall.

## REGISTRATION REQUIRED:

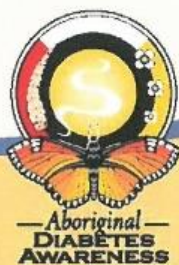
### ENTER FOR A CHANCE TO WIN GREAT PRIZES!

To register, complete the registration form and e-mail, fax, or mail it to ONWA.

Available at: [www.onwa.ca/mocccwalk](http://www.onwa.ca/mocccwalk)

The Ontario Native Women's Association's Aboriginal Diabetes Program is challenging you to a Mocc Walk!

Join this **FREE** walking challenge intended to increase awareness about diabetes and to promote physical activity among Indigenous people across Ontario.



For more information, please contact:

Robert Fenton

Toll Free: 1-800-667-0816 | Tel: 807-623-3442

E-mail: [diabetes@onwa.ca](mailto:diabetes@onwa.ca)



[www.onwa.ca](http://www.onwa.ca)



@ONWA7



@\_ONWA\_



/onwa\_official





# 2ND ANNUAL REGIONAL CAREER FAIR

2018



**Nipigon Arena**  
138 Wadsworth Drive  
Nipigon, ON

**Everyone  
Welcome**

**Thursday April 19, 2018  
12:00 pm-6:00 pm**

## COME MEET EMPLOYERS FROM A BROAD RANGE OF SECTORS!

Sponsored by:



Hosted by YES Employment Services partnered with Township of Nipigon, Superior Strategies, Township of Red Rock, Red Rock Indian Band, Flying Post First Nation, Superior North Community Futures Development Corporation, The District of Thunder Bay Social Services Administration Board, Nipigon-Red Rock District High School, Anishinabek Employment & Training Services and Top of Lake Superior Chamber of Commerce.