



# LAKE HELEN NEWSLETTER

## MAY 24, 2018

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### GENERAL BAND MEETING

JUNE 6, 2018

**CURLING CLUB – NIPIGON**

7:00 pm

Please note the band meeting will be held in Nipigon at the

**Curling Club**

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### *A Note from Chief and Council*

If any Red Rock Indian Band Member living in a property owned by the Red Rock Indian Band requires the services provided by Nipigon & Red Rock Heating & Plumbing, it is their responsibility to phone NRRPH at (807)887-2737. This includes emergency calls after hours.

In the event home owner feels the cost of repairs should be covered by the Red Rock Indian Band it must be pre-authorized by Chief and Council. The caller will be responsible for the full cost of any service calls not authorized by Chief and Council.

Thank You  
*Chief and Council*

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### CATERER NEEDED

### For 2018 Graduation Ceremonies

**Please respond by June 15<sup>th</sup> at 3 pm**

Contact Judy Wawia at the band office for more information

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### SOCIAL SERVICES WORKER

**WILLIAM LEGARDE**

is on holidays and will return on Tuesday, 29th-May-2018.

Joanna DeCicco will be in office to serve you.

## **MAINTENANCE WORKERS NEEDED Summer Employment**

Bingwi Neyaashi Anishinaabek is looking to hire Maintenance Workers.

These positions will take place on BNA reserve land and successful applicants will be required to supply their own transportation to and from BNA land on a daily basis or stay on the land during the week.

Work will commence on Monday June 4<sup>th</sup>, 2018 and ending on Friday September 7, 2018.

Accommodations are available to the Maintenance Workers in the BNA bunk house if needed, but workers must supply their own groceries.

### **REQUIREMENTS**

- Ability to work outdoors in various weather conditions
- Strong Commitment to work safety
- Work well in a team environment
- Knowledge of forestry maintenance equipment an asset  
ie: chain saw, brush cutter, lawn mower

**Apply to:** Bingwi Neyaashi Anishinaabek  
Attention: Tracy Gibson – Governance Coordinator  
1 Copper thunderbird Road  
Sand Point FN, ON  
P0T 2B0

**Email:** [tgibson@bnafn.ca](mailto:tgibson@bnafn.ca)

**Only successful applicants will be contacted.**

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**Want your yard measured???**

**Contact Maegan at the band office.**

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### **BRIDGE CLOSURE**

**Monday May 28<sup>th</sup>  
10:00 am**

We do not expect more than  
2-3 closures to complete the work.

# Looking to Start a New Career?



## THE RED ROCK INDIAN BAND IS...

Looking for Band and Community members interested in obtaining their G License, or updating their license to a DZ, or AZ. If you think you are interested in this training, please contact one of the following to express interest.

Stephen Price  
(807)887-2510 Ext.230  
Stephen.price@rrib.ca

Matthew Dupuis  
(807)887-2510 Ext 236  
Matthew.dupuis@rrib.ca

Once we have enough interested applicants a Course will be held.

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### **FULL MOON CEREMONY**

**Tuesday, May 29<sup>th</sup>**

7:00 pm  
Resource Centre

## **FIRST AID COURSE**

There will be two First Aid Training Sessions  
Lauren will be contacting those of you who signed up on which days you will be attending.

If you are still interested

Contact Lauren Michelle, 887-2510 ex. 229

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## **PAL COURSE**

This 3 Day Course is set for  
Monday, June 18<sup>th</sup> from 5:30–9:30PM  
Tuesday, June 19<sup>th</sup> from 5:30-9:30 PM  
Wednesday, June 20<sup>th</sup> – ALL DAY

Please call me at the office to sign up or if you have any questions  
Contact Lauren Michelle, 887-2510 ex.229

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## **STRENGTH CAMP WITH DEANA**

May 28<sup>th</sup> – GYM  
7 pm to 8 pm

For all Community and RRIB Members Ages 16+

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## **QUIZ WINNERS!!**

I would like to thank everyone who handed in the Are You Prepared For a Disaster quiz last Wednesday, May 16.

The winners of the 72 hr Emergency Bags were Brad Thompson and Norma Lesperance.

You will have a chance to win a 72 hour Emergency bag on June 8 when the Screen for Life Van is here at the Band office parking lot.

Emergency Preparedness Coordinator

## **Attention Red Rock Indian Band Members:**

Chief and Council are seeking band members to join a committee to develop the structure for an Economic Development Corporation. Once a structure is developed then we will present it at the next band meeting. We'll be having our first meeting on May 24<sup>th</sup> at 7:00 PM in the boardroom. If interested, please contact Ivy Wawia ([Ivy.Wawia@rrib.ca](mailto:Ivy.Wawia@rrib.ca) or 887-2510) to sign up.

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## **Job Posting Special Projects Labourer**

The Red Rock Indian Band is now accepting applications for two Special Projects Labourer positions. The selected applicants under the direction of the Special Projects Coordinator will work routine labour related tasks such as painting, drywall, brush cutting, and other duties on several of the Red Rock Indian Bands Summer Projects. Interested applicants should apply on or before 12:00 PM noon on Friday 25 May 2018 If you have any questions, please contact Stephen Price at (807)8872510 EXT. 230 or by email [jobs@rrib.ca](mailto:jobs@rrib.ca)

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## **LABOUR POOL**

### **Employment Opportunity:**

The Red Rock Indian Band is now accepting applications to be in a labour pool. Please submit your application and resume outlining all your skills and certifications. This posting will be ongoing throughout the summer, but we will be utilizing this pool when short term contracts come up. Please submit your information to Stephen Price, [Stephen.Price@rrib.ca](mailto:Stephen.Price@rrib.ca), or drop off at the front desk with Ivy

**LAKE HELEN GAS & VARIETY**

***NEW GAS STATION***

**COMMUNITY OPEN HOUSE**

**MONDAY MAY 28<sup>TH</sup>**

**FROM 5:30 PM TO 8:30 PM**

**RESOURCE CENTRE**

**QUESTION AND ANSWER SESSION  
WITH POSSIBLE CONTRACTOR**

***TIM SEE FROM KENSTRUCT  
LTD/MBR CONTRACTING***

**COME OUT AND TAKE A LOOK  
AT THE DIFFERENT OPTIONS  
WE HAVE TO CHOOSE FROM**

**YOUR OPINION MATTERS!**

# MEDICAL TRANSPORTATION

Due to the large volume of Medical Transportation Applications arriving at times within a day or two of the Clients scheduled appointments, it has become necessary to implement a time line for the NIHB unit to accept applications for Approval. This was originally implanted on June 18, 2012, but we are still seeing a high number of non-urgent appointments being sent in within days of the appointment.

**All applications need to be submitted at least one week prior to the scheduled appointment, but preferable within two weeks of appointments.** It is important that the clients are made aware of this, as they will need to produce the referral information to the Health Centre clerks in a timely manner to meet this request. The exception of course is in cases of emergency situations. NIHB Medical Transportation applications should not be received for non-urgent appointments the day before appointments, as NIHB benefit analysts may not be able to process the application. In these cases, the applications will become a post-approval, where the client will have to pay for their own expenses and submit for reimbursement.

We are currently dealing with an overwhelming amount of post approvals. All efforts are being made to process these outstanding medical transportation applications as quickly as possible.

# REGALIA MAKING

**May 24, 2018 – 5pm -8pm RC**

**May 29, 2018 – 10am – 3pm RC**  
(lunch break 12-1pm)

**May 31, 2018 – 5pm -8pm RC**

This is a hands-on program and you will be responsible for making your own regalia. All supplies will be provided, and I will be there to help. No sign up required.

**Everyone will be working at the RC on their regalia together. You may choose to work on some of your projects at home if you like.**

**For more information you can call Jolene at 887-2510**



# ***POW WOW BINGO***



***Sunday May 27, 2018***

***Lake Helen Resource Centre***

***Early birds @ 6:30 pm***

***Regular Games @ 7:00 pm***

***Will be our final bingo for the season***

***We will be playing out the***

***Super Jackpot \$1000.00***

***Thank you to all of our devoted bingo players who came  
out weekly to support our Annual Pow Wow***

***Thank you to anyone who helped us out volunteering  
for our weekly bingos***

***Hope to see you all out for our last one***

EVERYONE WELCOME

# FAMILY YAHTZEE WALK

WED MAY 30, 2018  
6PM

## RESOURCE CENTRE

PRIZES FOR ADULTS PLACING 1<sup>ST</sup>, 2<sup>ND</sup>, 3<sup>RD</sup>PRIZES FOR KIDS PLACING 1<sup>ST</sup>, 2<sup>ND</sup>, 3<sup>RD</sup>

SNACKS AND WATER AVAILABLE

**ALL PARTICIPANTS MUST BE WALKING/RUNNING ONLY**



# LASER THERAPY CARE

## INFORMATION AND DINNER

PLEASE JOIN US FOR AN EVENING OF INFORMATION ON LASER THERAPY  
AND ITS BENEFITS PRESENTED BY DR. ROBERT JARZEBINSKI OF THE  
CRANTON WELLNESS CENTRE.

Dinner and Information

Thursday, June 14, 2018

6 pm

Resource Centre

Sign Up Required - June 12, 2018

4 pm

For Information Call Jolene 887-2510



## CRANTON WELLNESS CENTRE

701 Memorial Ave., Unit 3

Thunder Bay, On P7B 3Z7

Phone (807)343-7932 Fax (807)343-0439

[www.crantonwellness.com](http://www.crantonwellness.com)

Many acute and chronic conditions can be improved or eliminated with the use of the laser including:

- Rheumatic pain and rheumatoid arthritis
- Ankylosing spondylitis (inflammation between the vertebrae of the spine and sacroiliac joints)
- Buerger's disease (inflammation of the arteries, nerves and veins in the legs and arms)
- Osteoarthritis (degeneration of the cartilage that lines joints or formation of osteophytes (bony outgrowths))
- Frozen shoulder
- Radiculopathy (damage to the nerve roots that enter or leave the spinal cord)
- Lumbago (lower back pain)
- Occipital and trigeminal neuralgia (severe pain of the trigeminal nerve)
- Headache and migraine pain
- Otitis media (inflammation of the middle ear)
- Sinusitis (inflammation of the sinuses)
- Fibrositis/Fibromyalgia
- Cervical vertebral syndrome (pain in the neck joints)
- Contusions
- Tennis epicondylitis (inflammation in the tendon that attaches the extensor muscles to the humerus)
- Golfer's elbow (inflammation of the epicondyle (bony prominence) on the inner side of the elbow)
- Tendonitis (inflammation of a tendon)
- Bursitis (inflammation of a bursa—fluid filled pad that acts as a cushion at a pressure point in the body)
- Tenosynovitis (inflammation of the cartilage directly behind the kneecap)
- Sore heel cushion
- Plantar fasciitis (heel spurs or inflammation of the fibrous connective tissue of the foot)
- Sciatica (pain that radiates along the sciatic nerve in the leg)
- Morton's metatarsalgia (pain in the metatarsal bones in the foot)
- Post-operative pain
- Diabetic neuropathy (inflammation of the peripheral nerves between the central nervous system and other organs)
- Neuralgia (pain associated by the irritation or damage of a nerve)
- Prostatitis (inflammation of the prostate gland)
- Teitz's syndrome (inflammation of the rib cartilage)
- Muscular pains
- Healing of wounds
- Lessening of pain in geriatric wearing of joints
- Warts
- Accelerating the healing of a fracture
- Sprains and Strains
- Intercostal Neuralgia
- Menstrual Pain—reduces pain, increases regularity in cycles
- Immune system Modulation
- Muscle regeneration, Nerve regeneration, Bone regeneration
- Cerebral Palsy—reduces muscle spasm and increases the mobility of muscles

Your health potential is our passion.

Chiropractic; Naturopathic Medicine; Cold Laser Therapy; Acupuncture;  
Massage Therapy; Orthotics; Detoxification Foot Spa; Supplements.





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### What Is Low Level Laser Light?

Low-level laser light is compressed light of a wavelength from the cold, red part of the spectrum of electromagnetic radiation. It is different from natural light in that it is one precise color; it is coherent (it travels in a straight line), monochromatic (a single wavelength) and polarized (it concentrates its beam in a defined location or spot). These properties allow laser light to penetrate the surface of the skin with not heating effect, no damage to the skin and no known side effects. Rather, laser light directs biostimulative light energy to the body's cells which the cells then convert into chemical energy to promote natural healing and pain relief.

### What Is Low Level Laser Therapy?

Low level laser therapy is the application of red and near infrared light over injuries or wounds to improve soft tissue healing and relieve both acute and chronic pain. Low-level therapy uses cold (subthermal) laser light energy to direct biostimulative light energy to the body's cells without injuring or damaging them in any way. The therapy is precise and accurate and offers safe and effective treatment for a wide variety of conditions.

### How Does Low Level Laser Therapy Work?

Low-level lasers supply energy to the body in the form of non-thermal photons of light. Light is transmitted through the skin's layers (the dermis, epidermis and the subcutaneous tissue or tissue fat under the skin) at all wavelengths in the visible range. However, light waves in the near infrared ranges penetrate the deepest of all light waves in the visible spectrum. When low level laser light waves penetrate deeply into the skin, they optimize the immune responses of our blood. This has both anti-

inflammatory and immunosuppressive effects.

It is a scientific fact that light transmitted to the blood in this way has positive effects throughout the whole body, supplying vital oxygen and energy to every cell.

### The Physiological Effects of Low Level Laser Therapy

1. Biostimulation—Improved metabolism—Increase of cell metabolism.
2. Improved blood circulation and vasodilation
3. Analgesic effect
4. Anti-inflammatory and anti-edematous effects
5. Stimulation of wound healing

### How Does Low Level Laser Therapy (LLLT) Benefit Users?

- ☐ Relieves acute and chronic pain
- ☐ Increases the speed, quality and tensile strength of tissue repair
- ☐ Increases blood supply
- ☐ Stimulates the immune system
- ☐ Stimulates nerve function
- ☐ Develops collagen and muscle tissue
- ☐ Helps generate new healthy cells and tissue
- ☐ Promotes faster wound healing and clot formation
- ☐ Reduces Inflammation

#### Q. Does the laser treatment hurt?

A. No, there is virtually no heat or sensation with the use of cold laser therapy.

#### Q. How long are the treatments?

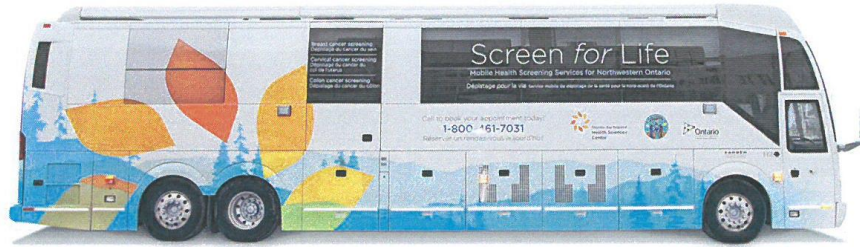
A. Treatment times can vary depending upon the protocols and pain severity, but in general actual laser exposure times are minimal—a few minutes per treatment, with regularly scheduled treatments based upon the nature of the ailment.

#### Q. What kind of results should I expect?

A. Patients and doctors alike report accelerated healing and pain reduction.

Your health potential is our passion.

Chiropractic; Naturopathic Medicine; Cold Laser Therapy; Acupuncture;  
Massage Therapy; Orthotics; Detoxification Foot Spa; Supplements.



# The Screen for Life Coach is Visiting You Soon!

## Mobile Screening for Breast, Cervical and Colorectal Cancer

- Breast cancer screening for women 50 to 74 years of age.
- Cervical cancer screening for women 21 to 69 years of age.
- Colon cancer screening for men and women 50 to 74 years of age.

## Lake Helen First Nation

June 8, 2018

Band Office

Call to book your appointment

**1-800-461-7031**

[www.tbrhsc.net/screenforlife](http://www.tbrhsc.net/screenforlife)



Screen for Life  
Cancer screening sees what you can't  
Breast | Cervical | Colorectal



**Appointments: 10:30 – 4:30**

**Information: 12 – 2 pm**

**Draws/Prizes**

**Free Hot Dogs**



# YOUTH JOB CONNECTION-SUMMER

## Job Search Workshops and Placements For Students aged 15-18

Do you work with young people who are experiencing challenging life situations, difficulties at school or other barriers that may be interfering with successful transitions between school and a summer job?

YES is currently meeting with young people interested in participating in our Youth Job Connection-Summer program. Youth can set up an assessment appointment by calling Linda Berube: 807-887-5465.

Successful applicants will participate in 20 hours of pre-employment training during the 2nd week of July (stipends will be paid to youth for attending). After training, youth participants will be matched with an available summer job in the community based on their interests and career goals.



**YES Employment Services**

**10 Front Street, Nipigon, ON P0T 2J0**

Open Monday-Thursday 9am-5pm, Closed from 12:15-1:15 for lunch

Phone: 807-887-5465 E-mail: [lberube@yesjobsnow.com](mailto:lberube@yesjobsnow.com)

This Employment Ontario program is funded by the government of Ontario.

[www.yesjobsnow.com](http://www.yesjobsnow.com)

**EMPLOYMENT  
ONTARIO**

**Biidaaban Healing Lodge Program Dates**

**April 1, 2018 – March 31, 2019**

**SEXUAL ABUSE SURVIVORS**

April 16 – April 25, 2018  
September 10 – September 19, 2018

**CHILDREN OF TRAUMA**


March 18 – March 22, 2019

**GRIEF AND ABANDONMENT**

June 4 – June 13, 2018  
August 13 – August 22, 2018  
November 19 – November 28, 2018  
February 4 – February 13, 2019

**ANGER SOLUTIONS**

May 7 – May 11, 2018  
July 16 – July 20, 2018  
October 15 – Oct 19, 2018  
January 14 – Jan 18, 2019



Biidaaban Healing Lodge  
P.O. Box 219, Hwy 627  
Biigtigong Nishnaabeg, On P0T 1R0  
Call: (807)-229-3592 Fax: (807)-229-0308  
Toll Free: (888)-432-7102

*Healing today ... for a better tomorrow.*

If anyone has any interest in any of the programs, please call a Family Support Worker for assistance with a referral or just for more information ☺

Lindsey McGuire – 887-3824 or cell 889-0713

Rodnie Wright- 887-2308 or cell 887-4296



# *Beading and Healing Circle*



- Beading is a very therapeutic and relaxing activity that is a part of our Indigenous heritage.
- This circle will create a creative and social outlet where we can share about what is going on in our lives.
- You can create beautiful artwork at your pace, or just sit and enjoy the company.
- This circle is open to anyone who wants to be a part regardless of gender.
- We will start each session with a smudge at 5:45 to smudge our supplies and ourselves to start each session with a positive atmosphere for those who would like to join in

**Where: Band Office Board Room**

**When: Monday June 11<sup>th</sup> @ 6pm**

If there is enough interest, we will continue weekly or bi-weekly sessions

If you any questions, please call Lindsey @ 887-3724 or 889-0713



# **FASTING CAMP**

**If you or someone you know may be interested in growing more spiritually, or seeking direction and willing to make some temporary sacrifices of time, food and connection to the outside world for a few days this is an opportunity you may be willing to explore.**

**Fasting Begins: June 8<sup>th</sup>-12<sup>th</sup>, 2018**

**If you are interested in being part of this year's camp as a Faster or Volunteer Please attend:**

**Sacred Sharing Circle May 18<sup>th</sup> at 1:00pm**

**Location: 200 Anemki Place at Sweat Lodge Site**

**Fasting Prep Meeting  
& Ceremony May 25<sup>th</sup> at 11:00am**

**Location: 200 Anemki Place at Sweat Lodge Site**

**Women participants are asked to please wear their skirts and ALL participants (if you can) bring a small food dish to for an offering and sharing after Sacred Circle & Meeting ends.**

**Miigwech.**

**For more information please contact:  
Cultural Team at 623-8511**