RED ROCK INDIAN BAND
Strength. Tradition. Empowerment.

LAKE HELEN NEWSLETTER
JUNE 14, 2018

NEXT GENERAL BAND MEETING - JULY 4, 2018

NATIVE VETERANS CEREMONY

Anyone wishing to lay a wreath during our Native Veterans Ceremony on Aboriginal Day please call Tina Wawia at the band office with the name of the person and who is laying it.

STRENGTH CAMP WITH DEANNA

June 11th 7-8 @ RC
June 18th 7-8 @ Gym
June 25th 7-8 @ Gym

PAL COURSE

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

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

ABORIGINAL DAY

Thursday, June 21st.

WATCH THE FLYER FOR MORE INFORMATION

GOOD FOOD BOX

Please have your Payment in by Thursday, June 14

Pick up on June 21

NATIVE LANGUAGE

Tuesday, June 12

Band Office Boardroom

6:05 pm

KIDS SWIMMING LESSONS

Interested in taking swimming lessons?

Please contact BF Coordinator Lauren Michelle at the band office. 887-2510, ext: 229

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, or drop off at the front desk with Ivy

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ELECTORAL OFFICER MEETING

Attention! The meeting to appoint an **electoral officer** for the upcoming Bi-election will be held at the Band Office in the Boardroom.

JUNE 18, 2018 at 6:00 PM.

Anyone interested in the position should attend.

DANGER, ROCK CRUSHING!!!

For the next week!!

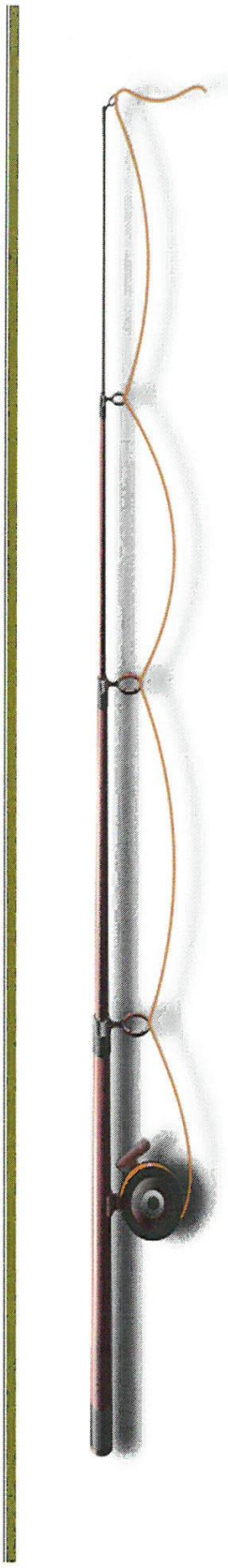
As of today, Thursday, June 14, 2018, the Quonset area on Escape Road will be an active construction site.

Crushing rock will be done during the day and end no later than 11:00 PM. Please DO NOT USE Escape Road during the day.

Thank you for your patience,

Chief & Council

FATHERS DAY DINNER



WHEN

June 15th
5pm

WHERE

Resource Centre

Lake Helen Reserve

PRIZES

THE AMAZING REZ RACE

AMAZING REZ RACE IS BACK……

The Amazing Rez Race is back and will be held on Aboriginal Day, June 21, 2018, in the evening at 5pm.

Looking for Teams of 2 to sign up if you are interested in participating.

Participants must be at least 13 years or older and will need to be in teams of 2 ONLY.

Amazing Race is not all about physical activity but also using your brain. Teams will have to solve clues to take them to different check points all around the REZ where you will have to either solve a riddle, perform a physical challenge or possibly eat or drink a mystery delight. This is a RACE and you will be doing a lot of running.

The first team to successfully fulfill all the challenges and answer all the clues and make it across the finish line first will be crowned the 2018 AMAZING REZ RACE CHAMPS.

Cash prizes for top finishers

If you are interested in the AMAZING event, please call Jolene at the band office to sign yourself and your team mate up no later than

Friday, June 15, 2018 @ 12 pm

*****Weather will not be a factor; the race will go on regardless*****

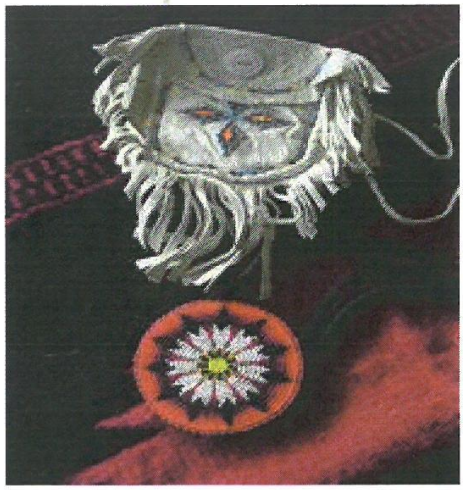
Living with Cancer

Join Us again 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: Tuesday June 26th, 2018
- Where: Resource Centre
- Time: 5:00 pm

❖ Please call and sign up for the dinner with Lindsey @ 887-3724 or 889-0713 by June 22rd.
And of course, everyone is welcome!

∞ Beading Group ∞



Where: Band Office Board Room
When: Thursday June 21th (Aboriginal Day) @ 5:30 pm

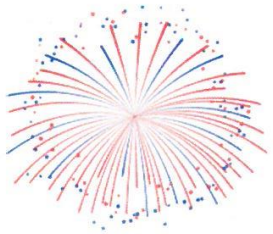
Thank you to everyone who attended the first session

We will continue bi-weekly sessions starting July 9th

dates will be posted in the calendar ☺

- 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

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



RRIB ABORIGINAL DAY CELEBRATION

Schedule – June 21, 2018

11am – Native Veterans Ceremony at RC – St. Eds and George O'Neil drum groups. Woman's Hand Drums

12:30pm – BBQ Lunch at Chalet Lodge

1pm – **Activities Begin – Bouncy Castle – Horse Rides – Big Canoe Rides – Watermelon Eating Contest – Clowns Face Painting – Treasure Hunt - Archery**

3:30pm – Rubber Dingy Races at Beach

5pm – Amazing Rez Race at Chalet Lodge

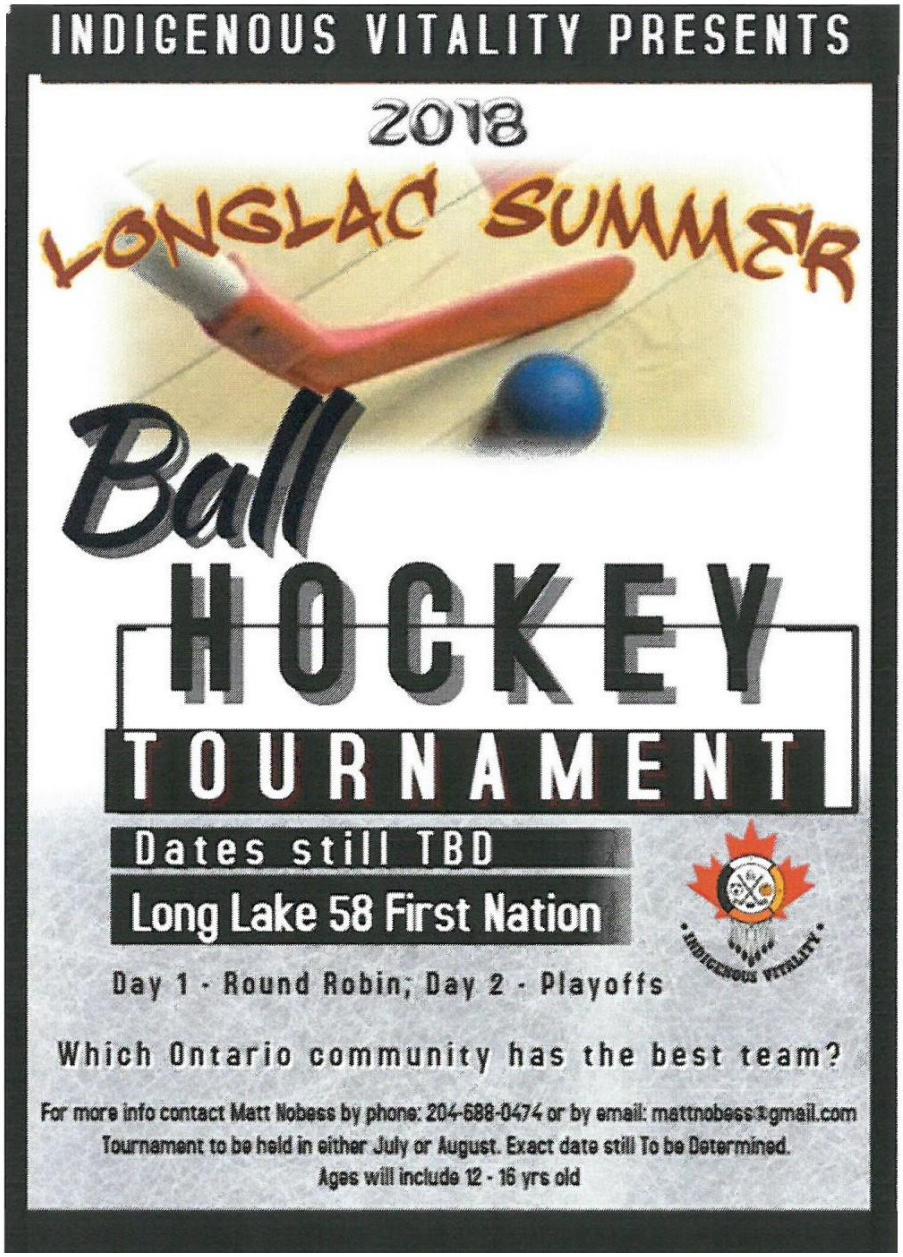
9pm – Late Night ADULT Chip Bingo (5$ for first 3 cards and .25 cents each additional cards.

5$ is paid once at beginning and all rounds after are .25 cents per card)

10pm – Bonfire Weiner Roast

11pm – Fire Works

EVERYONE WELCOME TO ATTEND AND PARTICIPATE IN ALL THE ACTIVITIES



CONTACT LINDSEY OR RODNIE IF INTERESTED!!

STANLEY CUP HOCKEY POOL WINNERS

Marjorie Robert – 1st Period - $100
Mike Lasook – 2nd Period - $100
Tymara Wawia – Final Score - $300

Congratulations to the winners.

EMPLOYMENT OPPORTUNITY - CASHIER

Lake Helen Gas and Variety requires 1 full-time energetic, mature, motivated and career-minded cashiers to provide our customers with a high level of customer service. He or she is responsible for ensuring all store policies and procedures are maintained. Other responsibilities will include balancing tills at shift changes and/or end of day, ensuring that controlled substances are sold only upon proof of age, monitoring the store's front-end activities with respect to loss-prevention and addressing customer concerns in a professional manner.

Qualified applicants must have a strong work ethic, attention to detail, and an ability to work in a team environment with minimal supervision.

Qualified applicants should submit a resume and cover letter to the Red Rock Indian Band Office no later than 12:00 PM Friday 15 June, 2018. Resumes will also be accepted via email at jobs@rrib.ca until that time or completed job applications can be submitted to Lake Helen Gas & Variety Attn: Laura Fortier-Store Manager.

SCREEN FOR LIFE DRAW WINNERS

Winners from draws that were held on June 8 when the Screen for Life Van was here:

Screen for Life: Walmart gift card
Rebecca Thompson
Rose Hardy

Emergency Preparedness:
72 Hour Emergency Bag – Jolene Cote
Sportsman first aid kit – Beverly Cote
First Aid kit – James Bradley
Family Support:
Camping Chair – Laura Fortier
Camping Chair – Kathy Tuck

Congratulations to the draw winners.

AIRCRAFT MAINTENANCE TECHNICIAN

ANISHINABEK EMPLOYMENT AND TRAINING SERVICES

Begins August 2018

APPLICATION DEADLINE: JULY 6, 2018

AETS through Employment and Social Development Canada, Skills and Partnership Fund is pleased to offer the 2 Year Aircraft Maintenance Technician specialized training program. Entry level opportunities for graduates of this program is work with: Fixed Base Operators, Regional Carriers and the Major Airlines, apprenticeships for either aircraft or helicopter repairs and maintenance or advancement into related post-secondary training.

Admission Requirements:

- Ontario Secondary School Diploma (or equivalent with College, University/College, or Open preparation courses AND Grade 12 English (C/U) Level.
- OSSD equivalents include the: Mature Student Assessment, General Education Development Test (GED) or appropriate Academic and Career Entrance program credits.

Program Includes:

- Life skills component begins August 2018
- Formal Classes begin September 2018
- Full practical labs to work on aircraft and helicopters
- Elder and cultural supports
- Tuition, training and allowance supports

Recommended Courses:
Gr 12 "Foundations for College Mathematics" (MAP4C) and/or Gr 11 Physics.

FOR MORE INFORMATION CONTACT:

Paula Bouchard
Project Coordinator
Paula.bouchard@aets.org

Phone: (807) 346-03007 or Toll Free: (866) 870-2387

MECHANICAL ENGINEERING TECHNICIAN

ANISHINABEK EMPLOYMENT AND TRAINING SERVICES

Begins August 2018

APPLICATION DEADLINE: JULY 6, 2018

AETS through Employment and Social Development Canada, Skills and Partnership Fund is pleased to offer the 2 Year Mechanical Engineering Technician specialized training program. Entry level opportunities for graduates include: Apprenticeship in Millwright, Machinist, Steam Fitter Trades, design drafting, mechanical sales, production operations and advancement into related post-secondary training.

Admission Requirements:

- Ontario Secondary School Diploma (or equivalent with College, University/College, or Open preparation courses AND Grade 12 English (C/U) Level.
- Grade 12 English (C\U) Level AND 1 of the following:
- Grade 11 MCF3M Functions and Applications or MCR3U Functions or
- Grade 12 MAP4C Foundations for College Math or MCT4C Mathematics for College Technology or University Preparation
- OSSD equivalents included: Mature Student Assessment, General Education Development Test (GED) or appropriate Academic and Career Entrance program credits.

Program Includes:

- Life skills component begins August 2018
- Formal Classes begin September 2018
- Industrial Millwright Apprenticeship
- Work Experience Placements
- Elder and cultural supports
- Tuition, training and allowance supports

FOR MORE INFORMATION CONTACT:

Paula Bouchard
Project Coordinator
Paula.bouchard@aets.org

Phone: (807) 346-03007 or Toll Free: (866) 870-2387

Attention All Students!

Applications Package for Summer Student Positions are due on 29 June, 2018. Packages are available at the Front Desk at the Band Office, or by contact Education Director, Judy Wawia

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Happy Birthday

Melissa Robert
June 20th

Love from Mom, Dad, Drew, Kyra, Kiersten, Jacob, Caleb, David and the rest of the family
Xoxoxoxoxoxoxoxoxoxoxoxoxo

Happy 35th Anniversary

Marjorie and Paul Robert
June 18th

Love from Ryan, Melissa, Drew, Candace, Josh, Kimberly, Randy, Jessica, Jon, Sebastien, Kyra, Tori, Amber, Julien, Kiersten, Trinity, Dominic, Jacob, Tristan, Caleb, Zach, Chloe, Jordyn, Tegan, Lillian, David, Jada and baby Randolph.
Xoxoxoxoxoxoxoxoxoxoxoxoxo

OPWAAGANISNIING 28TH

ANNUAL POW WOW

JULY 20 – 22, 2018

Lake Helen Reserve

Warm Ups –

Friday July 20 @ 6pm

Grand Entry –

Saturday July 21 @ 12pm & 7pm

Sunday July 22 @ 12pm

***MC** – Todd Genno*

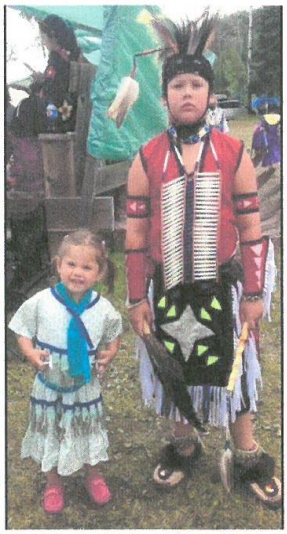
***Elder** – Rose Moses*

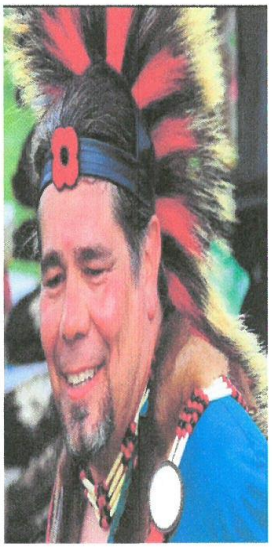
***Spiritual Advisor** – Aaron Therault*

***Arena Director** – Nathan Moses & TBA*

***Host Drum** – Little Bear Singers – Thunder Bay*

***Co Host Drum** - TBA*





Men's Special – All Categories 18 and over 1st $1000.00 2nd $500.00

Women's Special – All Categories 18 and over 1st $1000.00 2nd $500.00

Food Vendors - $250.00 for weekend

All Craft Booths Welcome - $75.00 for weekend

For more information contact – Gloria Lindstrom 807-252-9097

ABSOLUTELY NO DRUGS OR ALCOHOL ALLOWED ON POW WOW GROUNDS

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

Attention High School Students!

Are you in or going to be in high school next September and a member of the Red Rock Indian Band? Would you be interested in starting a Youth Travel Group? If so, please fill out the following survey and return to Jessica Robert, Economic Development Officer at the band office by Wednesday, June 13.

What grade will you be in next September?

☐ Grade 9 ☐ Grade 10 ☐ Grade 11 ☐ Grade 12

Where do you live?

☐ Lake Helen ☐ Nipigon ☐ Thunder Bay ☐ Other: _____

Would you want to be a part of a Youth Travel Group?

☐ Yes ☐ No

Where would you like to travel?

☐ Within Ontario ☐ Within North America ☐ Internationally

Please specify:

_____

Would you be committed to help with fundraising activities?

☐ Yes ☐ No

Note: If there is enough interest, the first meeting details will be posted in the community flyer at a later date.

Celebrate our 128th Birthday at the Family Fair

Don't forget

Sign Up for this year upcoming C.L.E event

Must be Red Rock Band Member or Community Member Residing on Reserve 16 Years of Age and Under.

RRIB will be providing **1 ride bracelet** and **1 gate admission** for children ages 1-16yrs per family.

RRIB will purchase **1 Adult admission** per family.

Any other Adults must purchase their own admission ticket

Deadline is July 31st, 2018 at 12pm

Please Contact **Lauren Michelle** at the Band Office

807-887-2510 ext.229

If not available, please leave voicemail with names and ages of each child!

SCHEDULE:

Monday-Friday
9:30-12:00pm Swimming lessons
12:00-1:00pm Aquabics
1:00-2:00pm Private lessons/Lengths
***Every mon/wed/friday we will be offering lunchtime lengths**
2:00-5:00pm Public Swim
5:00-6:30pm Family Swim/Lengths
6:30-8:00pm Public Swim

Sunday
4:00-8:00pm Public Swim

SWIMMING LESSONS:

Session 1: July 2nd- 13th
All levels offered

Session two: July 16th-27th
Offering swimmer 1-6 & intermediate levels (no pre-school)

Session three: July 30th-Aug 10th all levels offered

Session four: Aug 14th-24th
Offering swimmer 1-3, pre-school A-E

There all limited spaces in each session. Spots will only be reserved with payment

ADMISSION REQUIREMENTS:

- Children under the age of 10 who are non-swimmers must be accompanied by a parent or guardian who is at least 13 years old.
- Children under the age of 10 who are swimmers may be admitted into the pool unaccompanied.
- A swim test, of one length of the pool, is required for all kids interested in swimming in the deep end.
- Children under the age of 6 may not be admitted into the pool unless they are accompanied by a parent or guardian who are responsible for direct supervision. Maximum of two people/parent.
- There must be one supervising caregiver for every 4 non-swimmers aged 6 to 9
- No parents on deck during swimming lessons!

Accessible- Chair Lift

The Nipigon Swimming Pool is accessible for individuals wishing to come to the pool but have difficulties entering the pool. Inform one of our staff members if you need assistance.

NEW: FOLLOW OUR PAGE ON FACEBOOK "TOWNSHIP OF NIPIGON POOL" FOR UPDATES THROUGHOUT THE SUMMER

NIPIGON SWIMMING POOL 2018

Staff:

Olivia Zeleny
Curt Salmon
Eric Osala
Caleb Mangoff
Jernie Benson
Haley Wrigley

887-3909

What you need to know:

OPEN SWIM:

Public Swim: open to anyone with an interest in swimming. See admission standards in this brochure.

Family Swim: Open to all families. A parent or guardian MUST be in the water with the children at all times. Family rate applies to immediate family members only.

•*Immediate family: parent/guardian and children*

Lengths: open to swimmers interested in swimming lengths for fitness or pleasure. All swimmers must be at least 13 years of age to participate.

Swimming Lessons:

- Preschool A,B,C,D,E- 3 to 5 years of age
- Simmer 1 to 6- children 5 years of age and older
- Rookie, Ranger, Star- those who have completed swimmer 6
- Bronze Medallion/Cross- 13 years+

Financial Assistance: Every child has the right to participate. If you need assistance, please fill out a Jump Start or TBDSSAB Child Recreational Assistance Program application

Pool Rentals

Perfect for windups and birthday parties! Rent the pool for an hour for any desired event, pending availability. Rentals are $70.00 per hour. These should be booked at least one week prior and can be held from 1-2pm on Tuesday's, Thursday's or Sunday's. Refunds will only be given on account for bad weather. Must pay when booked or it will not be scheduled.

UPCOMING EVENTS:

FREE SWIMS

Monday's 6:30-8pm & Friday's 2:00-5pm (Sponsored by the Red Rock Indian Band)

Wednesday's 6:30-8pm & Tuesday's 6:30-8pm (Sponsored by the Township of Nipigon)

JUNIOR OLYMPICS

FREE The Junior Olympics will take place on Aug. 1st from 2-5pm. Ages 4-14. Swimming events and diving competitions. Prizes and medals to be won! Come out and show your skills while having a great time!

NIPIGON TRYATHLON

Nipigon's family friendly Tryathlon is on Thursday August 16th, 2017! Compete as an individual or on a team. Swim in the pool, bike then run. Distances vary depending on age group.

AQUABICS/LENGTHS

Starting June 25th Aquabics will be offered every day through Mon-Fri. Stay after wards to enjoy lengths from 1:00-2:00pm (ONLY Monday/Wednesday/Friday)

AQUA-FITNESS

For the month of July every Tuesday from 8-9pm. A high intensity crossfit based workout

Prices

Swimming lessons

one child **(under 14)**	$62.00
two children	$90.00
three children	$108.00
each additional child	$20.00
Over 14 years of age	
one person	$67.00
two persons	$95.00

Bronze Medallion/Cross-
June 22nd-24nd (18-20hrs) Cost: $170.00
This course combines two advanced lifesaving awards:Bronze Medallion and Bronze Cross. In this course, you will perform challenging water rescues, learn First Aid and CPR,and develop aquatic endurance.

Private Lessons
$17.00 per half hour. Lessons will be held from 12:30-1:30 mon-fri.

Rentals
$70.00 per hour

Swim passes/admission

	Daily	Seasonal
Child	$3.00	$77.00
Student	$3.25	$92.00
Senior	$3.25	$92.00
Adult	$4.00	$112.00
Family *immediate	$7.00	$180.00
Aquabics	$6.00	$145.00
*weekly Aquabics		$26.00
Aqua-Fitness		$25.00

nipigon
a natural edge

Nipigon Swimming Pool 2018

Swimming Lessons Registration Form

Registration will begin **June 11th, 2018**. Payments can be made by cash or cheque at the Nipigon Community Centre or Nipigon Pool. Payments at the pool cannot be done until after opening day June 25th. If paying by cheque, please make it out to the Township of Nipigon. Registration over the phone will not be accepted. All sessions have limited spaces and spots cannot be reserved without payment. Every child has the right to participate. If you need assistance, please fill out a Jump Start or TBDSSAB Child Recreational Assistance Program application. Once registered, you will be contacted prior to the session start date to inform you of your child's lesson time. You can also follow our Facebook page "Township of Nipigon Pool" for updates throughout the summer. If interested in the Bronze Medallion/Cross course, please contact the Nipigon Community Centre at 887-3586 for more information.

Bronze Medallion/Cross **June 22nd- June 24th *must be 13 years of age**

Session 1: **July 2nd-July 13th**
All levels offered

Session 2: **July 16th -27th**
Offering Swimmer 1-6 & Intermediate levels
No Pre-school

Session 3: **July 30th-August 10th**
All levels offered

Session 4: **August 13th-24th**
Offering swimmer 1-3 & Pre-school

Number of Children	Under 14 (per session)	Over 14 (per session)
One child	$62.00	$67.00
Two children	$90.00	$95.00
Three children	$108.00	
Each additional child	$20.00	
Bronze medallion/cross	$165.00	$165.00
Private lessons	$17.00/per half hour	

Name: _____ Email: _____

Phone Number: _____ Age: _____

Address: _____

Medical Problems: _____

In case of an emergency: _____

Previous level: _____ Enrolling level: _____ Session: _____