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### GENERAL BAND MEETING – DECEMBER 5, 2018

#### AGENDA:

1. Motions
2. Chief & Council Honorariums
3. Annuity Update
4. Section 95 Housing
5. Open Forum

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### MEDICAL VAN BOOKINGS

If you have any upcoming appointments and the Medical Van, please book before December 21. Office will be closed December 22 – January 7.

**Florence Thompson**  
**Health Data Clerk**

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### DILICO PRIMARY CARE TRAVELLING TEAM

The Primary Care Travelling Team provides culturally appropriate primary care through an interdisciplinary team of Nurse Practitioners and allied healthcare professionals who coordinate quality care for individuals and families in our First Nations communities.

Red Rock Indian Band Primary Care Clinic Day:

[Monday, December 17, 2018](#)

RRIB Band Office

To make an appointment contact Aimee Richardson, 807-887-2510  
Or the PCTT Administrative Assistant (Jaimie) at 855-623-8511 ext:  
5249

# *Memorial Christmas Tree Lighting*



*Sunday, December 23, 2018*



*Please join us on Sunday December 23, 2018 at 7pm for the Memorial Tree Lighting.*

*We will be placing the Memorial Xmas Balls on the tree again this year.*

*If anyone wishes, you may come and place a ball in memory of a loved one. Everyone is welcome to attend and place an ornament/ball if you wish.*

*Hot Chocolate and Snacks will be available.*

*\*For more information on any of these events please contact Jolene at the Band Office\**

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## **CHRISTMAS CRAFT NIGHT**

Tuesday, December 4, 2018  
5 pm – 7 pm

RESOURCE CENTRE



## **POW WOW BINGO**

**When: Thursday November 29, 2018**

**Where: Lake Helen Resource Centre**

**Time: Doors Open 5:30pm**

**Early Birds @ 6:30pm**

**Regular Games @ 7:00pm**

**Super Jackpot 52#s or less \$1000.00**

**Regular Jackpot 54#s or less \$500.00**

**Note: The travel group will be making tomato macaroni soup with bannock \$4.00 per bowl.**

## **COMMUNITY HEALTH NURSE**

**Aimee Richardon**

**Will be in office:**

**December 4, 2018**

**December 6, 2018**

**December 11, 2018**

**December 12, 2018**

**December 13, 2018**

**December 18, 2018**

**December 19, 2018**

**December 20, 2018**

## **DIABETES EDUCATOR**

**Will be in office:**

**December 6 and 7, 2018**

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## **NIPIGON YOGA HOUSE**

**JANUARY – HEALTHIER HAPPIER 2019**

**Monday to Friday**

**6:45 am, 10:00 am, 12:00 pm, 4:45 pm, 7:00 pm**

**Choose your time (one hour for you)**

**Call to book a spot, as space is limited (23 classes \$100)**

**Gift of Movement to your body, Peace to your mind, Light to your soul.**

**Family & Private classes are available.**



*Men's Night  
Movember Dinner and Show*

*Prime Rib Dinner and a Comedy show.  
This event is not just for the Movember participants, but for  
all MEN that would like a night out with good food, friends  
and a lot of laughs.*

*Please join us on December 3, 2018 at 5pm  
At Resource Centre.*



*Comedians Todd Geno and Chris Holland  
No RSVP required.*

**\*\*Movember Participants, please do not shave before this supper as I will be judging you at the dinner. If you must shave, please come see me before so I can take a picture\*\***

# CHICK CLIQUE

## GIRL EMPOWERMENT!

- A space where girls can honour their own individuality
- 
- Feminine & Personal Hygiene products
- 
- Crafts or Guest Speakers Occasionally

# *Cookie Baking Nite*



DECEMBER 11, 2018

4PM - RESOURCE CENTRE



Kids Mystery Prize Bingo  
Friday December 7, 2018  
Resource Centre  
6 pm

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Adult Meat Bingo

Tuesday December 11, 2018  
7pm  
Resource Centre



# *Living with Cancer*

## *Support Group*

*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 and surrounding area 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: Monday December 17, 2018**

**Where: Lake Helen Resource Centre**

**Time: 5pm**

❖ *Please call and sign up for the dinner with Tina Wawia @ 887-2510 or 889-0357 by December 14<sup>th</sup> signing up just gives me an idea how much food I will be needing Thanks*

*\*\* This is open for everyone to attend you do not need to have Cancer to attend you may be somebody's support system that can help them out\*\**

You have been  
assigned this  
mountain  
to show others  
it can be moved.



**PARENTS & BABES**



**Parents & Babes Christmas Party**

**Ages 0-6**

**When: December 10, 2018**

**Where: Lake Helen Resource Centre**

**Time: 4:00 pm**

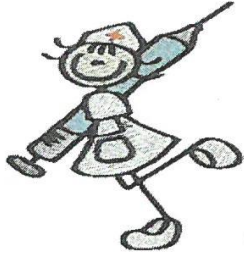
**Christmas dinner will be served**

**Pictures will be taken by Art Laframboise**

**Santa will be stopping by for a visit**

**Please call band office ask for Lucille to sign up by Dec 3 @  
4pm**





## **COMMUNICABLE DISEASES/INFLUENZA/PANDEMIC POSTER CONTEST**

**Open to Red Rock Indian Band and Lake Helen Community  
High School students**

**1<sup>st</sup> Place - \$100.00**

**2<sup>nd</sup> Place - \$75.00**

**3<sup>rd</sup> Place - \$50.00**

**Winners will be announced at the Red Rock Indian Band Community  
Christmas party on Saturday, December 8, 2018  
at the Royal Canadian Legion.**

**The theme for this contest is:**

**Preventing the Spread of Communicable Diseases.**

**Vaccinations, hand hygiene, cough etiquette, personal protective  
equipment, etc. could be the topic of your poster  
or any combination.**

**Posters are to be on 8" x 11" paper.**

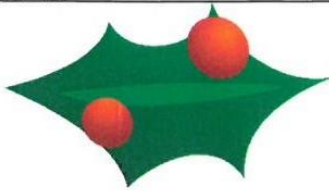
**Entries are due December 6th at 4:00 pm.**

**For more information please contact Marjorie Robert – Emergency  
Preparedness Coordinator**

**At the band office 887-2510 ext. 234 or email at**

**[Marjorie.Robert@rrib.ca](mailto:Marjorie.Robert@rrib.ca)**





## Christmas Cash Raffle

1ST PRIZE - \$1000

2ND PRIZE - \$250

3RD PRIZE – GIFT BASKET

DRAW TO TAKE PLACE ON DECEMBER 14 AT THE LAKE HELEN  
RESOURCE CENTRE.

TICKETS ARE \$5 EACH  
ONLY 500 TICKETS PRINTED  
LIC: RRB-R-0083-18

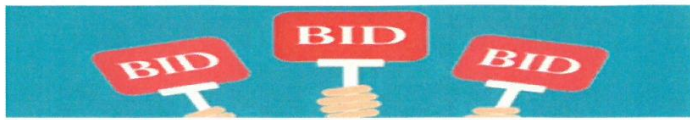
PROCEEDS TO THE RRIB YOUTH TRAVEL GROUP

You may call the band office 807-887-2510 and speak to Ivy  
Wawia, Jessica Robert or Marjorie Robert about where to  
purchase raffle tickets.

GOOD LUCK AND THANKS FOR YOUR SUPPORT!







## LOONIE AUCTION



WHEN: SATURDAY, DEC.  
15<sup>TH</sup>/18

WHERE: NIPIGON CURLING  
CLUB

DOORS OPEN AT 6:00PM  
AUCTION STARTS AT 7PM  
BRING YOUR LOONIES!  
BAR WILL BE OPEN

ON  
BEHALF  
OF THE  
RRIB  
YOUTH  
TRAVEL  
GROUP,  
WE  
THANK  
YOU FOR  
YOUR  
SUPPORT

"PROMOTING  
GOOD EDUCATION  
HABITS AND  
STRENGTHENING  
PERSONAL  
DEVELOPMENT  
THROUGH TRAVEL"



## **MOTIONS – NOVEMBER 7 GBM**

Motions from November 7 General Band Meeting. Motions will be voted on at the December 5, 2018 Band Meeting.

### **MOTION 1**

Motion by Milton Wawia to pass a band council resolution mandating a moratorium on any development of cannabis on any Red Rock Band properties. Seconded by Andy Hardy

### **MOTION 2**

Motion Rose Christensen for Chief & Council to utilize the INAC Housing Approval for a Senior Complex Building. Seconded by Omer Belisle

### **MOTION 3**

Motion by Charles John that RRB purchases a Front-End loader. Cost will be brought to the next band meeting of December 5, 2018. Seconded by Omer Belisle

# **A Dialogue of the Ojibwe Origins – Dedication Lectures on Culture, Traditions, Spirituality and Legends**

by Susan Kwisses

You will learn:

1. Human Beginning Story
2. The Soul Flame
3. The Human Birth Ceremony
4. Legend of Turtle Island
5. Legend of the Thunder Bird
6. Seven Grandfather Teachings
7. Prayers in Ojibwe
8. Medicine Wheel Creation
9. Four Sacred Medicines
10. Ceremonies

And many more.

All ages welcome. Children should be accompanied by an Adult, Please.

**Sundays 12:30 p.m. to 2:30 p.m. Resource Centre Lake Helen – It is essential to be on time.**

This will be held for a 6-week period with possibility of longer depending on the turn out.

I am devoting my time to you for these important teachings.

Miigwech!

Put these dates on your fridge!

**December 9 – January 13 & 20<sup>th</sup> – February 3, 10 & 24 – Mar 3, & 24<sup>th</sup>**



## Reduce energy costs with these efficiency and conservation tips

### Heating and cooling

- Install a programmable thermostat. Lower the temperature in winter, and raise it in summer.
- Limit use of air conditioners with ceiling fan or rather enjoy the fresh air!
- Periodically replace air filters in air conditioners and heaters.
- Install a wood stove or a pellet stove in place of oil furnaces.
- Prevent excess heat in winter, and overheating in summer, by drawing curtains.

### Replace incandescent lights

- Replace traditional incandescent or halogen bulbs with LEDs.
- Print coupons at [www.saveonenergy.ca](http://www.saveonenergy.ca) to save even more money.

### Sealing and insulating

- Seal around vent pipes and wires, wall or window-mounted air conditioners, baseboards, and switch plates.
- Check and maintain weatherstripping around windows & doors.
- Replace broken windows and fix air drafts.

### Use appliances and electronics responsibly

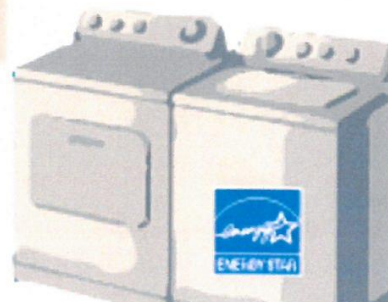
- Shut off computers when not in use.
- Unplug chargers when not in use.
- Use power-bars to eliminate standby loads for electronics like TVs, cable boxes and gaming systems.
- Use efficient ENERGY STAR-rated appliances and electronics.
- Opt for laptop computers over desktop computers.

### Install efficient showerheads and toilets

- Use low-flow showerheads.
- Install low-flow or dual-flush toilets.

### Change the way to do laundry

- Air-dry clothes on lines and racks.
- Clean the lint trap every time before using the dryer.
- Wash only full loads.
- Wash using cold water.



*Call Energy Initiatives Officer*

*Melissa McDonald*

*for more Energy and Money Savings!*



# **NORTHERN ONTARIO PROVINCIAL CURLING CHAMPIONSHIPS**

January 30-February 3, 2019

## **Volunteers Needed**

Positions available:

Door, timers, drivers, 50-50 sales,  
Computer scorers, Qualified umpires, ...

## **Contact**

Kurt Pristanski,

807-853-0450

[Kurtp3@hotmail.com](mailto:Kurtp3@hotmail.com)

**SIXTIES SCOOP CLASS ACTION SETTLEMENT:  
CROSS-CANADA INFORMATION CAMPAIGN TO BEGIN SOON**

**Montreal, November 27, 2018** – The Sixties Scoop Class Action has been Settled. To be eligible, you must be a registered Indian, or, a person eligible to be registered, or, an Inuit person, who was adopted or made a permanent ward and was placed in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991, which resulted in the loss of cultural identity.

Eligible class members will receive compensation between \$25,000 and \$50,000 depending on the overall number of eligible members.

Collectiva, the Claims Administrator, along with its First Nations' partners, will be travelling across the country beginning in December 2018 to provide information to class members. They will hold 21 information sessions in 21 different cities across Canada where class members will receive support and guidance in preparing their claim forms and attend presentations on financial literacy provided by AFOA Canada. A qualified staff member from Collectiva along with other First Nations' professionals will be on hand to answer class members' questions.

**The list of the next information sessions and communities is as follows:**

- |                     |             |  |
|---------------------|-------------|--|
| • December 17, 2018 | Vancouver   | <b>Vancouver Aboriginal Friendship Centre</b><br>Theatre Room, 1607 East Hastings Street<br>Vancouver (BC) V5L 1S7 |
| • December 18, 2018 | Thunder Bay | <b>Victoria Inn Thunder Bay</b><br>555 West Arthur Street<br>Thunder Bay (ON) P7E 5R5                              |
| • December 21, 2018 | Toronto     | <b>Toronto Council Fire Native Cultural Centre</b><br>439 Dundas St East<br>Toronto (ON) M5A 2B1                   |

To access the full list of communities to be visited, [click here](#).

**If you are a Sixties Scoop class member**

To make a claim for compensation, you must complete a claim form and send it to the Claims Administrator, Collectiva, no later than August 30, 2019. A copy of the claim form is available [here](#).

To receive more information or assistance you may:

- Visit the Settlement website: <https://sixtiesscoopsettlement.info>
- Call 1 844 287-4270





Ministry of Finance  
33 King Street West  
PO Box 625  
Oshawa ON L1H 8E9

## Instructions: Application for Ontario Portion of the Harmonized Sales Tax (HST) Refund for First Nations

### General Information

The attached application is to be used by Status Indians, Indian bands and councils of an Indian band when claiming a refund for the Ontario component of the Harmonized Sales Tax (HST) paid for off-reserve acquisitions and importations of qualifying property or services.

The refund is not available unless the qualifying property or services were acquired for the exclusive personal use of the Status Indian or exclusively for the use by an Indian band or council of an Indian band. In addition, a refund is not available where other HST relief has been applied.

### Who is Eligible

The following persons are eligible for a refund of the 8% Ontario component of the HST paid on qualifying property or services:

- Status Indians who are Ontario residents, or
- Status Indians who are Canadian residents and residents on the Akwesasne reserve, or
- An Indian band or council of a band of an Ontario First Nations reserve (including the Akwesasne reserve).

### Documentation Required

Please provide the following documentation:

- completed and signed application form;
- original receipts in the purchasers name for qualifying off-reserve acquisitions and importations **showing the 13% HST was paid;**
- photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of use by the band or the council of the band.

### Qualifying Property and Services

For detailed information on the property and services that qualify for the point-of-sale exemption/refund when acquired in or imported into Ontario, please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

### Direct Deposit

To enrol for direct deposit or to update your banking information, complete the following:

(You can find these numbers in your chequebook, on your bank statement or on a personal deposit slip or you can get them from your financial institution)

Branch No. (5 digits)	Institution No. (3 digits)	Account No. (maximum 12 digits)
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By providing my banking information I authorize the Minister of Finance to deposit in the bank account number shown above any amounts payable to me by the Ministry of Finance, **for this program**, until otherwise notified by me. I understand that this authorization will replace all of my previous direct deposit authorizations **for this program**.

### Authorized Representatives

If you would like an authorized representative to act on your behalf with regards to your claim, complete an [Authorizing or Cancelling a Representative form](#) and return the completed form to the ministry.

## Guidelines for Preparing Your Application

- Please submit a **maximum of 100** receipts per claim. Do not re-submit receipts that have been previously submitted.
- Receipts are in good condition, clean and unmarked.
- Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.
- Do not have staples/pins in the receipts.

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals

For a detailed listing of eligible goods and services, please refer to our publication entitled [What's Taxable Off-Reserve Under the HST and What's Not](#).

## Instructions for Completing the Application Form

- 1. Section A – Claimant Information**  
Enter your full name, complete mailing address and telephone number.
- 2. Section B – Summary of Claim**  
Enter total number of receipts sent in with claim and the period of time the claim covers.
- 3. Section C – Certification**  
Sign and certify the application.

## Claim Completion

All enquiries regarding completion of the application form should be directed to the Ontario Ministry of Finance at 1-866-ONT-TAXS (1-866-668-8297).

Applications for refund of 8% Ontario portion of the HST paid in Ontario, or for qualifying goods imported into Canada, must be submitted within four years from the date the tax was paid. Applications for refund of HST paid in another participating province on qualifying goods imported into Ontario within 30 days, must be submitted within one year from the date the qualifying goods were imported into Ontario.

For more information please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

Mailing:

All refund applications  
should be submitted to:



Ministry of Finance  
33 King Street West  
PO Box 625  
Oshawa ON L1H 8E9



Ministry of Finance  
33 King Street West  
PO Box 625  
Oshawa ON L1H 8E9

## Application for Ontario Portion of HST Refund for First Nations

Before completing this application, please read the attached instructions. Please type or print.

### A Claimant Information

Name of Claimant

#### Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town	Province	Postal Code	Telephone Number

Do you authorize any person to act on your behalf with regard to this claim e.g. your local Band council? ☐ Yes ☐ No

#### Representative's Name

Last Name First Name

#### Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town	Province	Postal Code	Telephone Number

### B Summary of Claim

Total Number of Receipts (Maximum 100 receipts) Period Covered: From (yyyy/mm/dd) Period Covered: To (yyyy/mm/dd)

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation

Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.

Please submit a **maximum of 100** receipts per claim. Do not re-submit receipts that have been previously submitted.

Send in a photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of or use by the band or the council of the band.

Where all supporting documents are submitted, please allow up to eight weeks for verification and processing of your claim.

**Applications must be submitted to the address above within four years from the date the 8% HST was paid. If the application for refund relates to HST paid in another participating province but imported into Ontario within 30 days, the application must be submitted within one year from the date the qualifying goods were imported into Ontario.**

### C Certification Please remember to sign this application

I certify that all the facts stated on this application are correct to the best of my knowledge and I understand this claim is subject to verification.

(Print) Name of claimant or an authorized official Title Signature Date (yyyy/mm/dd)

Every person who, by deceit, falsehood, or by any fraudulent means, obtains or attempts to obtain a refund or rebate of tax under this Act or the regulations to which the person is not entitled is guilty of an offence and on conviction is liable to a fine of not less than \$500 and not more than an amount that is double the amount of the refund or rebate obtained or sought to be obtained, or to a term of imprisonment of not more than two years, or to both (*Retail Sales Tax Act*, Subscription 32(5)).

Personal information contained on this form is collected under the authority of the *Retail Sales Tax Act*, R.S.O. 1990, c. R31, and will be used to determine eligibility for the amount of the refund. Questions on this collection can be directed to the Ministry of Finance, 33 King Street West, Oshawa Ontario L1H 8E9, or by calling 1-866-ONT-TAXS (1-866-668-8297)

[Print Form](#)

[Clear Form](#)





**Superior North**

**Adult Learning Association**

**Dedicated to Lifelong Learning**

Would you be interested in attending any of these workshops? Call Courtney at 887-5465 to sign up!

**Women's Wellness Workshop**

**Self-Esteem Workshop**

**Nutrition Workshop**

# HAPPY 40TH BIRTHDAY

*A Big Happy*

*40<sup>th</sup> Birthday  
December 1<sup>st</sup>*

*SHARON*

*Love from everyone*

*At 15 Mission Bay Rd.*



**1978**  
**LIMITED**  
**EDITION**