



LAKE HELEN NEWSLETTER

MARCH 14, 2019

GENERAL BAND MEETING

Next General Band meeting – April 3, 2019

NARCOTICS/ALCOHOLICS ANONYMOUS

Every Wednesday at the Community Hall

NEW TIME - 3:30 pm to 5:30 pm

For more information call Rodnie at the band office.

NATIVE LANGUAGE – TUESDAYS

There will be NO native language on March 5th or 12th.

AFTER SCHOOL PROGRAM

Tuesday's 3:45-5:30
Community Hall

Students are more than welcome to bring
homework you need help with or to work on.
Laptops will be available as needed.

GOOD FOOD BOX

PAYMENT DUE BEFORE NOON MARCH 14th

PICK UP IS ON THURSDAY, MARCH 21ST

FROM 11 AM TO NOON AT BAND OFFICE

HOME BINGO WINNER

Week #24 RRIB Youth Travel Group home bingo winner is:

Phil Wawia and Ashley Muir in 61 #'s Sharing \$215.00

Thank you for your continued support.

MINI STICK LEAGUE

****FINAL TOURNEY – MARCH 17 @ 10am****

Nipigon Multi-Purpose Room @ Nipigon Arena

CATERER NEEDED

March 21st, 2019

Dinner for approx. 15 people.

All beverages and utensils to be provided.

Please submit by March 15, 2019 at Noon.

Please submit bids to Alyssa Ray at the band office.

ATTENTION ICE FISHERMAN

WE HAVE BEEN INVOLVED IN FISH MONITORING IN LAKE HELEN AND
TRIBUTARIES.

If you come across tags on the fish could you, please record or bring TAG to
the Lands/Environment office.

Thank you, Tom Borg, Environmental Monitor

FULL MOON CEREMONY

MARCH 20, 2019

6 PM - RESOURCE CENTRE

Tikinaagin Workshop

April 8th and 9th Resource center
9am-4pm

Come out and learn how to make a Tikinaagin ☺

Please contact Candace or Michelle if you are interested!

Candace 887-2510 Michelle 887-2354

SUMP PUMP

PLEASE PLUG IN YOUR SUMP PUMP AND MAKE SURE IT WORKS,
SPRING IS COMING!!!

Hey Red Rock Band

As you know Wesway came into the community a while back offering their services to public. The word has been spreading and I am wondering if you would like another session within the community.

Wesway is a free funding service to help with respite costs for family members who take care of their loved ones. This includes the elderly, disabled and developmentally challenged adults and children.

If you would like another session, please email byron.wawia@rrib.ca or text 807-889-1397 with the title "Yes to Wesway" along with your name and number





**ADULT BINGO
FRIDAY, MARCH 15
1 PM
RESOURCE CENTRE**

**\$5.00 ENTRY – 9 CARDS
MONEY GOES TO JACKPOT GAME.**

EVERYONE WELCOME!!!!

10 REGULAR GAMES - \$50 ZECHNER'S FOOD VOUCHERS

JACKPOT GAMES:

**SMALL HOUSE - \$25 ZECHNER'S FOOD VOUCHER
OUTSIDE SQUARE - \$50 ZECHNER'S FOOD VOUCHERS
FULL CARD – MONEY COLLECTED**

BRING YOUR DABBERS AND YOUR FRIENDS.

MORE PEOPLE MEANS MORE MONEY FOR JACKPOT!



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 March 25, 2018

Where: Lake Helen Resource Centre

Time: 5pm

- ❖ *Please call and sign up for the dinner with Tina Wawia @ 887-2510 or 889-0357.*
- ❖ *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.

WINTER CARNIVAL

THURSDAY, MARCH 14 “HAT DAY” – RESOURCE CENTRE

- 9 AM – COMMUNITY BREAKFAST
- 10 AM – 20 QUESTIONS (TEAMS, ANY AGES)
- 12 NOON – MEMORY CAKE CHALLENGE, JUDGING OF SNOW SCULPTURES/SOAP CARVING
- 4 pm – COMMUNITY POTLUCK
- PRIZES HANDED OUT FOR ENTRIES

FRIDAY, MARCH 15

- 12 NOON – BUS LEAVES FOR FAMILY TUBING – THUNDER BAY
- 1 PM – ADULT GROCERY BINGO (\$5.00)
- 2 PM – FAMILY TUBING
- 8 PM – CASINO/RUMOLI/POKER CARD NIGHT

Daily Attendance: Names will go in each day kid/adult and winners will be picked at potluck on Thursday.

Must participate in the daily theme (Jersey, PJ, Crazy Hair, Hat) to be eligible for attendance draw.

ALL EVENTS ARE BEING HELD AT THE RESOURCE CENTRE UNLESS OTHERWISE SPECIFIED.

Everyone Welcome to Participate in Events.

FREE INCOME TAX CLINIC

Service Canada will be at the free Income Tax clinic on
Friday, March 22, 2019.

They will be there from 10 am to 3pm. You can get your
S.I.N. and your access code for your Canada Revenue
Agency account.

They will also be there for questions and what services
and/or benefits you can receive.

Community Volunteer Income Tax Program (CVITP)- FREE Income Tax Preparation

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 March 4, 2019.**

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 ext. 234

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

There is also FREE INCOME TAX PREPARATION being offered by CPA Ontario (Chartered Professional Accountants) on March 22, 2019 from 10am to 3pm at the Lake Helen Resource Centre. (See flyer for details).

DIABETES EDUCATION SESSION



Over nine million Canadians are living with diabetes or prediabetes. Join us to learn how people with diabetes can manage the disease to live healthy lives and prevent secondary complications, and how to identify risk factors to prevent or offset type 2 diabetes.

***JOIN US FROM
4-6 PM
ON MARCH 22ND
AT THE
RESOURCE CENTER***

~ Door prize! ~

~ Dinner will be provided ~

Contact Terri-Lee Lanigan at (807) 887-3724
if you have any questions! 😊

Free Tax Clinics

Get your benefits and credits



If you have a modest income and a simple tax situation, volunteers can do your tax return for you!

Where: RESOURCE CENTRE - LAKE HELEN RESERVE

When: FRIDAY, MARCH 22 - 10 am to 3 pm



Go to canada.ca/taxes-help or
call **1-800-959-8281** for more information.

Volunteers are not employees of the Canada Revenue Agency

TIS50S(E) Rev. 18



Canada Revenue
Agency

Agence du revenu
du Canada

Canada

A decorative border at the top of the page featuring several stylized feathers in shades of blue, purple, and teal, arranged in a slightly overlapping pattern.

COMMUNITY WELLNESS DAY

Join us for a Spring Feast and day of wellness!

*Opening Prayer, Smudge and drum: 10am

*Sacred bundles and traditional teachings/craft: 10am-12pm

*Spring Feast and story sharing: 12:00pm

Guest speaker Dr. Cris Alfarano, ND. 1) Acupuncture for Chronic Pain
& more 2) Naturopathic Medicine presentations: 1:30pm

Yoga for all ages: 2:30-3:30pm

Closing Prayer: 4pm

- *This is part of the NIHB Traditional Healing Services
Program subject to change

SATURDAY, 23rd MARCH
LAKE HELEN RESOURCE CENTRE

For those of you who would like to bring your sacred items such as sacred medicines, feathers, shakers, pipes, whistles, rocks, your regalia (don't have to wear it), skirts, drums and any items that you use we will be smudging items. For anyone who would like to drum you are welcome to bring one and join. We will be making sacred pillows & medicine bears throughout the day. One-on-one traditional healing services with an elder will be available throughout the day.

Door Prize!

Everyone is welcomed to attend! All ages, families and individuals
Please call Candace @ 807-887-2510 ext. 279 or e-mail
candace.tuck@rib.ca to confirm attendance or should you request
further information

DILICO PRIMARY CARE TRAVELLING TEAM

We bring culturally appropriate health care **to YOU!**

Our Team Consists of:

- Nurse Practitioners
- Social Workers
- Registered Practical Nurses
- Mental Health Nurses
- Pharmacist
- Psychologist
- Chiroprapist

**Schedule your appointment for:**

When: Wednesday, March 20, 2019

Location: Red Rock Indian Band Office

To Make an Appointment:

Contact Aimee Richardson , Dilico CHN at 807-887-2510 or
the PCTT Administrative Assistant (Jaimie) at:
1-855-623-8511 (ext. 5249)

**Services Available:**

- Physical Assessments
- Treatments and Referrals
- Chronic Disease Management
- Foot Care
- Programming to Support Healthy Lifestyles
- Advice and Counselling on Diet and Nutrition
- Medication Review and Adherence
- Individual, Family and Group Counselling
- Assessment, Diagnosis and Treatment of Psychological Problems

March 2019

Lake Helen Service Providers Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 
3 Boot Camp 7pm (Hall)	4 Kids in the Kitchen 4pm	5 Adult Chip Cash Bingo 6pm After School Program 3:30 pm	6 Narcotics Anonymous 3:30pm (Hall)	7	8	9
10 Pow Wow Bingo Boot Camp 7pm (Hall)	11	12	13 NA 3:30 pm (Hall)	14	15	16
March Break Activities – watch for flyer						
17	18	19 Native Language 6:05 pm Boardroom After School Program 3:30 pm (Hall)	20 Narcotics Anonymous 3:30pm (Hall) Full Moon Ceremony 6pm	21 Good Food Box Pickup 11am Chick Clique 4pm	22 Diabetes Info 4pm	23
24 Boot Camp 7pm (Hall)	25 Living with Cancer Dinner 5pm	26 Native Language 6:05 pm Boardroom After School Program 3:30 pm (Hall)	27 Narcotics Anonymous 3:30pm (Hall) Inch Away Final Weigh In 6pm Boardroom	28 Cultural Drum Group 6pm	29	30 

March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
3	4 P&B Scrapbook Making 10am-12pm	5 P&B 12-2pm ASP 3:30-5:30pm	6 P&B Scrapbook Making 1pm-3pm	7 Families in Motion 1pm-3pm	8	9
10	11	12	13 Families in Motion 10am-12pm	14	15	16
MARCH BREAK!						
17	18	19 P&B Scrapbook Making 10-12 ASP 3:30-5:30pm	20 Families in Motion 1pm-3pm	21 P&B Drop-in 1pm-3pm	22 P&B Drop-in 10am-12pm	23
24	25 P&B Drop-in 1pm-3pm	26 ASP 3:30-5:30pm	27 Families in Motion 1pm-3pm	28 P&B Drop-in 1-3pm	29	30
31	1	Notes All events at Community Hall!!! Schedule to be revised MARCH BREAK 11th - 15th "ASP"- After School Program 3:30pm-5:30pm				

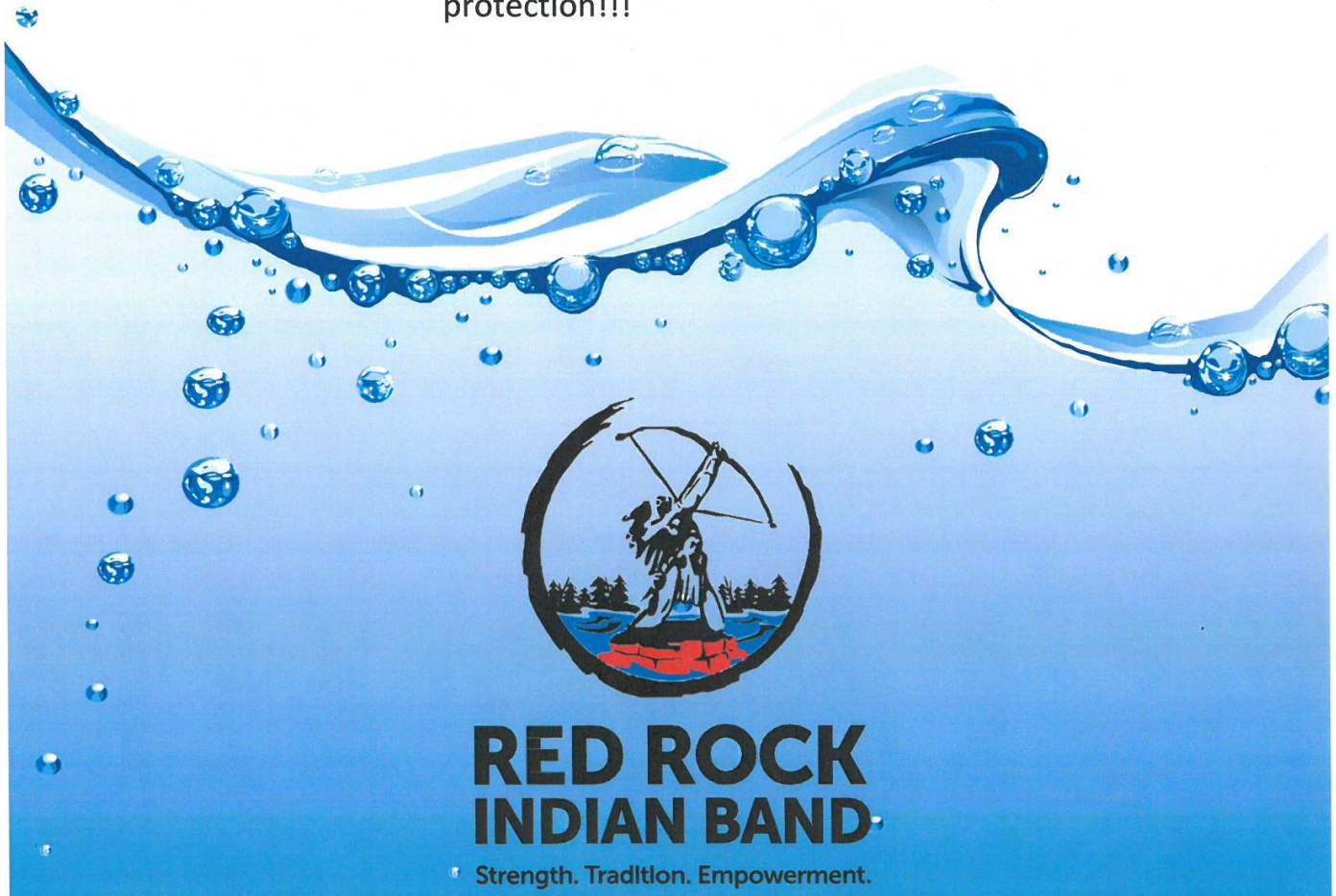


Watershed Management and Climate Change Adaptation Plan: Setting Priorities

WHEN: Monday, March 18, 2019
Dinner at 5pm with meeting to follow

WHERE: Resource Centre

WHY: Your input is **vitaly important** in identifying where we should be focusing our efforts in environmental protection!!!





SUPERCOM INDUSTRIES

NOTICE OF CAREER OPPORTUNITY

Business Project Manager

Supercom Industries (GP) Corp. is the general partner for Supercom Industries LP, a partnership of Michipicoten First Nation, Pic Mobert First Nation (Netmizaagamig Nishnaabeg), Biigtigong Nishnaabeg (Pic River First Nation), Pays Plat First Nation, Red Rock Indian Band and Fort William First Nation. Supercom was formed by our First Nations to deliver employment, training and business opportunities related to the \$700+ million East West Tie transmission development ("the Project") that will commence construction later in 2019 across our collective traditional territories and reserve lands.

Supercom is currently seeking a Business Project Manager to coordinate and manage our various business services and contracts including:

- Developing, concluding, implementing and/or managing numerous major business contracts and relationships with a wide range of private sector partners to execute some \$100+ million in subcontracts in disciplines ranging from clearing and access road development, worker camps, environmental and engineering services, construction mats, among others;
- Identifying and engaging smaller businesses and entrepreneurs from the Supercom communities to raise awareness of business and contracting opportunities, and to support these individuals and companies to pursue, negotiate and contract or supply and service contracts with our major subcontract partners;
- Coordinating efforts with the Coordinator of Employment & Training Programs and related staff.

Applicants must have the following qualifications:

Qualifications and Experience:

- Post-secondary education in business, management, public administration and finance or an equivalent of education and experience;
- At least 5 years of business and management experience;
- Ability to multi-task and handle a variety of constantly changing demands and pressures while continuing to advance on the strategic direction of the organization and our communities;
- Excellent computer skills including working knowledge of MS Office programs;
- Superior communication skills, both written and oral;
- Effective and proven project and program planning and management capabilities;

**BIIGITIGONG ANISHINABEK *FORT WILLIAM FIRST NATION*MICHIPICOTEN FIRST NATION*
PAYS PLAT FIRST NATION*PIC MOBERT FIRST NATION*RED ROCK INDIAN BAND**



- Effective and proven negotiation skills;
- Exceptional public relations and conflict management skills;
- Valid drivers license and access to a reliable, personal vehicle;
- Ability to work effectively with varying personalities;
- Provide a current credit bureau report, CPIC and drug test, the results of which are satisfactory to the employer, in its sole discretion;
- Ability to work irregular and extended hours and to travel regularly
- A valid driver's license and access to a reliable vehicle.

This is a full-time, contract position that will be based in our offices in Thunder Bay with extensive travel throughout the region and will demand a very high level of commitment. We are seeking a highly motivated and capable individual whose aspirations and accomplishments demonstrate a passion and unfettered commitment to achieving excellence in the economic development of First Nations and the development of Indigenous owned and co-owned enterprises.

Indigenous persons, especially qualified members of our partner First Nations are strongly encouraged to apply.

For the right candidate, we are offering a competitive compensation package including a competitive salary commensurate with your qualifications.

Further information on our organization can be found at www.supercomindustries.com

Deadline for applications is 4:00 p.m., Friday March 22, 2019.

For further information, and to submit your application, please contact:

Marlene Sabourin, Manager of Finance
Supercom Industries Corp.
Email: marlene.sabourin@supercomindustries.com

Tel: (807) 632-7797

Applications must include a current resume and a comprehensive forwarding letter which clearly explains how your qualifications meet the requirements of the position.

Applications should be clearly marked: Competition/ Business Project Manager

Incomplete or late applications will not be accepted.

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EDUCATION ► TRAINING ► EMPLOYMENT

FMH Forest Mechanized Harvester Training Program



Anishinabek Employment and Training Services through Employment and Social Development Canada, Skills and Partnership Fund is pleased to offer the Forest Mechanized Harvester specialized training program.

Entry level opportunities for graduates include the Forestry, Mining or Energy sectors across northern Ontario or advancement into related post-secondary training.

► **Program Includes:**

- Life skills component begins April 2019
- Formal classes begin May 2019
- Theory and real world experience

► **Trades Readiness Includes:**

- Safety Training
- Machine Operation
- Elder and Cultural Supports
- Tuition, Training & Allowance Supports

► **Admission Requirements:**

- 18 years of age
- Grade 10 (or equivalent)

OSSD equivalents include the: Mature Student Assessment, General Education Development Test (GED) or appropriate Academic and Career Entrance program credits.

FELLAR BUNCHER



SKIDDER



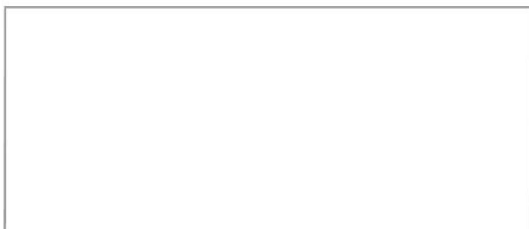
CUT-TO-LENGTH



More Information:

- Up to 4 weeks of Life Skills
- 8 weeks of theory and practice
- Accommodations support available
- Transportation support available

Application Deadline: March 14, 2019



AETS
Anishinabek Employment
and Training Services

Your path. Our ways.

Tel: (807) 346-0307

Toll Free: 1-866-870-AETS

www.aets.org

SWS Sawmill Worker Specialized Training Program

Anishinabek Employment and Training Services through Employment and Social Development Canada, Skills and Partnership Fund is pleased to offer the Sawmill Worker specialized training program. Entry level opportunities for graduates of this program includes sawmill and milling operations across northern Ontario or advancement into related post-secondary training.

► Admission Requirements:

- 18 years of age
- Ontario Secondary School Diploma, Grade 12 (or equivalent)

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 April 2019
- Formal classes begin May 2019
- Theory & real world experience

► Trades Readiness Includes:

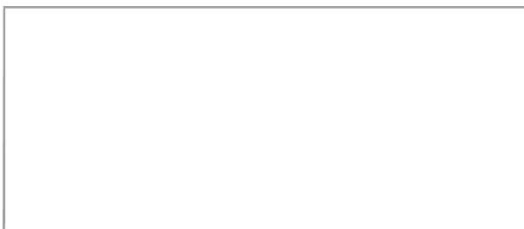
- Orientation and tours, Safety Training, Wood Product Manufacturing, Forestry Overview
- Essential Skills and Calculations, Lumber Grading, Equipment Operation,
- Kiln Operation, Lumber Handling and Storage
- Elder & Cultural Supports
- Tuition, Training and Allowance Supports



More Information:

- Up to 4 weeks of Life Skills
- 8 weeks of theory & practice
- Up to 4 weeks subsidized placement
- Accommodations support available
- Transportation support available

Application Deadline: March 14, 2019



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