



# LAKE HELEN NEWSLETTER

## MARCH 21, 2019

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### GENERAL BAND MEETING

**Next General Band meeting – April 3, 2019**

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### 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.

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### NATIVE LANGUAGE – TUESDAYS

**6:05 PM Boardroom**

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### 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.

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### GOOD FOOD BOX

**PAYMENT DUE BEFORE NOON MARCH 14<sup>th</sup>**

**PICK UP IS ON THURSDAY, MARCH 21<sup>ST</sup>**

**FROM 11 AM TO NOON AT BAND OFFICE**

## **HOME BINGO WINNER**

Week #25 RRIB Youth Travel Group home bingo winner is:

**Geraldine Thompson in 58 #'s Sharing \$170.00**

This was our final week of bingo

Thank you for your support.

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## **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 the tag number  
or bring the TAG to the Lands/Environment office.

Thank you, Tom Borg, Environmental Monitor

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## **FULL MOON CEREMONY**

APRIL 18, 2019

6 PM - RESOURCE CENTRE

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## **Tikinaagin Workshop**

April 8<sup>th</sup> and 9<sup>th</sup> 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

**Love Gramma, Gampoos and the rest of the family**  
Xoxo

# WESWAY

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](mailto:byron.wawia@rrib.ca) or text 807-889-1397 with the title "Yes to Wesway" along with your name and number

## NIGHT SKY PHOTOGRAPHY WORKSHOP

Spring is just around the corner, and Parks Canada is still making the most of the winter weather. On **March 28<sup>th</sup>**, we will be delivering a very special **NIGHT SKY PHOTOGRAPHY WORKSHOP** as part of the #WeLoveSuperior Series. This program takes place at the Nipigon Marina at 8:00 PM.

Join professional photographer Colin Crowell and Parks Canada for this hands-on program on the banks of the Nipigon River. The program is geared to photographers of all levels, and will offer progressive techniques and tricks to compose the perfect shot along Lake Superior. This workshop requires a camera which allows for manual settings of Aperture, Exposure duration and ISO. A tripod is also strongly recommended.

Please note that a **limited number of spaces** are available for this free program.

**\*\*All participants are asked to **RSVP** by contacting Petri Bailey at 705-465-0158 / [petri.bailey@canada.ca](mailto:petri.bailey@canada.ca)\*\***

Colin Crowell – our headline presenter – is a former professor with the Digital Photography and Imaging Program at Sault College. He now works at Lake Superior National Marine Conservation Area as our Visitor Experience Product Development Officer with a focus on Trails.

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## Information Session on Caribou Mosaic

April 2<sup>nd</sup> 1pm-3pm

Resource Centre

Light snacks and beverages provided

## **Historical Research Information** – Mary O'Donnell

After viewing many old pics of the day school here, and talking to individuals, this information was received.

This lawsuit and potential compensation package may apply to some band members.

The story can be seen at CBC news **“What You Need to Know about Indian Day School Settlement”**

**There are still many questions from many former Indian Day School students about who is eligible after the federal government announced that a settlement has been reached.**

See the story for answers to some of the questions being asked – such as, can someone apply for a settlement if they already received payment for the time spent in residential school, if they also spent years at a federally run school?

Please follow up by contacting the law firm:

*Gowling WLG*

*Telephone – 1 (844) 539-3815*

*Webpage: [gowlingwlg.com/dayschool](http://gowlingwlg.com/dayschool)*





## LOONIE AUCTION



WHEN: FRIDAY APRIL 5  
2019

WHERE: LAKE HELEN  
RESOURCE CENTER

DOORS OPEN AT 6PM

AUCTION STARTS AT 7PM

BRING YOUR LOONIES!

PRIZES INCLUDE:

GAZEBO

LOTTERY BOARD

IPAD

AND  
MORE!

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

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



**RED ROCK  
INDIAN BAND**

Strength. Tradition. Empowerment.

**Red Rock Indian Band – “New Gas Station Build”**  
**Community Engagement Session**

**Monday, April 29, 2019**

**Supper 5 p.m. engagement to follow.**

**Chalet Lodge, Lake Helen Reserve**

**Topics:**

**Financial Update**

**Financial Possibilities**

**Designs & costs**

**Costs of the removal of existing Store.**

**What do you want the Store to offer?**

**How big?**

**Do you want to see a food/beverage franchise?**

**Your input is important as we move to provide adequate commercial  
serves to the new build.**

**Thank you, Chief & Council**



# *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, 2019**

**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.*

## **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 22<sup>ND</sup>  
AT THE  
RESOURCE CENTER***

~ Door prize! ~

~ Dinner will be provided ~

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

# Lake Helen Service Providers Calendar

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	
3 <b>Boot Camp</b> 7pm (Hall)	4 <b>Kids in the Kitchen</b> 4pm	5 <b>Adult Chip Cash</b> <b>Bingo</b> 6pm After School Program 3:30 pm	6 <b>Narcotics</b> <b>Anonymous</b> 3:30pm (Hall)	7	8	9
10 <b>Pow Wow Bingo</b> <b>Boot Camp</b> 7pm (Hall)	11	12	NA 3:30 pm (Hall)	13	14	15
<div>March Break Activities – watch for flyer</div>						
16	17	18	19	20	21	22
			<b>Native Language</b> 6:05 pm Boardroom After School Program 3:30 pm (Hall)	<b>Narcotics</b> <b>Anonymous</b> 3:30pm (Hall) Full Moon Ceremony 6pm	<b>Good Food Box</b> <b>Pickup 11am</b> <b>Chick Clique</b> 4pm	<b>Diabetes Info</b> 4pm
23	24	25	26	27	28	29
	<b>Living with Cancer</b> <b>Dinner</b> 5pm		<b>Native Language</b> 6:05 pm Boardroom After School Program 3:30 pm (Hall)	<b>Narcotics</b> <b>Anonymous</b> 3:30pm (Hall) Inch Away Final Weigh In 6pm Boardroom	<b>Cultural Drum</b> <b>Group</b> 6pm	
30	31					
						



# 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
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				



# Bimaadiziwin

LIVING A GOOD LIFE

The Screen for Life Coach is Visiting You Soon!

## Red Rock Indian Band

(Lake Helen Reserve)

July 17, 2019

Parked at the Band Office

### 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.

To book your appointment call: 1-800-461-7031

or contact your Health Centre staff



Seven Teachings for Health  
[www.tbrhsc.net/7teachings](http://www.tbrhsc.net/7teachings)

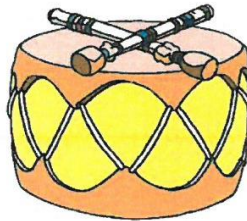


## Cultural Drumming / Activity Group

**This group is open to ANYONE that wants to learn and for ALL AGES.**

All hand drums are welcome to come also, ladies please wear your skirts.

Host drums will be Little Feather and All Roads Lead to the Centre.



**\*\*SPECIAL GUEST\*\***

Snacks and Beverages will be provided.

**Date: March 28, 2019**

**Time: 6:00 pm**

**Place: Resource Centre**

For more information you can contact Jolene Cote – FWB

807.887.2510 / ext 281

## **March Break 2019 Contest Winners**

### **Communicable Disease/Influenza Poster Contest**

#### **Age 5 to 7 years**

- 1. Coneh Murphy**
- 2. Kylie Wawia**
- 3. Janette Belisle**

#### **Participant award:**

<b>Eli Boucher</b>	<b>Coby Murphy</b>
<b>Payton**</b>	<b>Josh T.**</b>
<b>D.J.**</b>	

#### **Age 8 to 10 years**

- 1. Emma Paakkunainen**
- 2. Logan Hanninen**
- 3. Camilla John**

#### **Participant award:**

**Gracie John**  
**Ryen\*\***  
**Waylon\*\***

#### **Age 11 to 13 years**

- 1. Emma Belisle**
- 2. Andi Yesno**
- 3. Rayna Ruth**

#### **Participant award:**

**Dominic Mclaughlin**  
**Julien Robert**  
**Tristen Robert**

Two participant awards were given to Peyton Odawa and Randolph Oja who were too young for the categories. For those names with an asterisk please see Marjorie Robert for your prize.

### **Snow Sculptures**

- 1. Leeann & Jerry Michelle**
- 2. Janet and Cassidy Belisle**
- 3. Patty, Peyton and Liam Odawa**

### **Soap Carvings**

- 1. Gloria Lindstrom**
- 2. Rose Cote**
- 3. Jolene Cote**

### **Chili**

- 1. Inez Michelle**
- 2. Janet Belisle**
- 3. Paul Robert**

### **Bannock**

**Tie for first**  
**Patty Odawa and Rose Cote**

### **Apple Pie**

- 1. Janet Belisle**
- 2. Patty Odawa**
- 3. Rose Cote**

#### **Participant award for Apple Pie**

**Cassidy Belisle**  
**Kimberly Robert**

Draw for the three 72 hr emergency bags, if you did not pick up your bag please see Marjorie

- 1. Patty Odawa**
- 2. Inez Michelle**
- 3. Bentley Martin**





## CULTURAL HEALING

**Sat, March 23<sup>rd</sup>- Spring Feast/Community Wellness**

**Everyone is welcomed to attend and drop-in anytime**

**Elders Susie and Marilyn will be available for any traditional healing services (i.e. one-on-one, questions in regard to any traditional teachings)**

**The Spring Feast will be provided but you are welcome to bring a dish to share!**

### **Naturopathic medicine & Acupuncture for chronic pain presentations**

**Dr. Cris Alfarano is a Naturopathic Doctor who is currently practicing in Schreiber, ON. If you would like to learn more about naturopathic medicine please join us this Sat, Mar 23<sup>rd</sup> 1:30pm at the Resource Centre or visit the Canadian Association of Naturopathic Doctors (CAND) website, link is: <https://www.cand.ca/common-questions-about-naturopathic-medicine/>**

### **Yoga for all ages**

**Yoga starting at 2:30pm Sat, Mar 23<sup>rd</sup> is for all ages and beginner's level. This yoga session will be taught by Kathy from Boreal Offerings Yoga based in Red Rock, ON. Check out Boreal Offerings Yoga on Facebook. Yoga mats will be available to use, or you are welcome to bring your own.**

### **Spirit naming ceremonies**

**For those who were interested in spirit naming with elder Tony DePerry please contact Candace at the band office to schedule dates/times.**

**887-2510 ext 279 [candace.tuck@rib.ca](mailto:candace.tuck@rib.ca)**





# Kids in the Kitchen

Socialize with friends!



Learn about affordable meal and snack ideas!

Learn about nutrition!

Try new foods!

Learn food preparation skills!



## At the Resource Centre

### April 4<sup>th</sup>

from 4 - 5:30 PM



# Family Drum Making & Dinner

Please join us at the Resource Centre for a family drum making workshop, hosted by Bídaaban Healing Lodge.



**Wednesday, March 27<sup>th</sup>**  
**6 to 8 pm**

\*Dinner will be provided

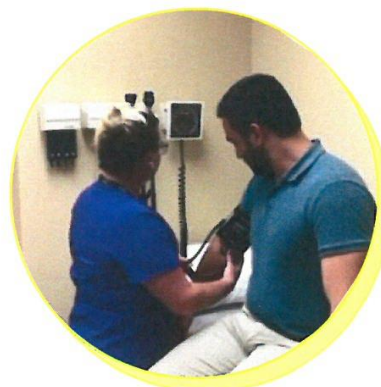
**Space is limited, so please call  
Terri-Lee at 887-3724 to sign up.**

## 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, April 17, 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



## **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](http://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](mailto: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.

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



Happy Birthday!



## 13 WONDERFUL YEARS OF TRINITY TUCK



LOVE FROM: MOM, DAD, AMBER and TEGAN

XOX



**A GREAT BIG**

*Thank You*

**TO RED ROCK INDIAN BAND**

**SERVICE PROVIDERS**

**AND**

**STAFF**

**FOR A GREAT WINTER CARNIVAL**