



LAKE HELEN NEWSLETTER

MARCH 28, 2019

GENERAL BAND MEETING

Next General Band meeting –April 3, 2019

AGENDA

Motion

Membership Update

Chief & Council Honorarium

Economic Development Corporation

Forestry Update (including Caribou Mosaic)

MTO Contract

East West Tie Update

Open Forum

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

6:05 PM Boardroom

Please Note: There is no Native Language on April 2nd.

FULL MOON CEREMONY

APRIL 18, 2019

6 PM - RESOURCE CENTRE

REGALIA MAKING 0 – 6 Years

For those who signed up for the regalia making;
We will be starting April 10th 9am-4pm at the Resource Centre

SUMMER FUN RAFFLE TICKETS

The RRIB Youth Travel Group is selling Summer Fun Raffle Tickets

1st Prize: \$1500

2nd Prize: \$750

3rd Prize: \$250

Draw Date: June 27th @ 4pm

Tickets can be purchased at Lake Helen Gas & Variety or contact Marjorie Robert @ margetheparge@live.com or by phone at (807) 887-2510 ext. 234. You can also contact Candace Tuck, Tiffany Wawia, Emily Thompson, and Kimberly Robert for tickets.

Thank you everyone for your continued support and good luck!

Lottery License #: RRB-R-0085-19

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

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.

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

**CULTURAL DRUMMING/ACTIVITY GROUP
SCHEDULED FOR TODAY IS CANCELLED.**

SORRY FOR ANY INCONVENIENCE



**Happy 11th birthday
Caleb Hardy
March 30th**

**Love from Mommy, Kyra, Kiersten, Jacob, David, Gramma,
Gampoosie and the rest of the family
Xoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxo**

HAPPY BIRTHDAY TO KEVIN & KEITH LEGARDE, HAVE A NICE DAY

Information Session on Caribou Mosaic

April 2nd 1pm-3pm

Resource Centre

Light snacks and beverages provided

The Ministry plans on implementing a Caribou recovery strategy that will have a significant impact on current Red Rock Indian Band traditional territory, treaty and inherent rights. This includes traditional use areas, sacred sites and traditional harvesting areas. The map below shows the discontinuance distribution area that will be affected.



MOTION

Motion from February 7th General Band Meeting

Motion by Melinda Sault Coates that the Housing List be a permanent list that carries over year-end, that is based on a first come first served bases, and that this list not be influenced by Chief and Council or Staff and be public knowledge by being posted. Seconded by Debbie Sault.

This motion will be voted on at the next
General Band Meeting of APRIL 3, 2019

CANNAMED

Dr Shelley Turner is looking to visit our community with Cannamed in early May.

Please come see Byron Wawia Jr starting Monday to register for assessment and get the link and/or forms that NEED to be filled out prior to her visit. Thank You RRIB & Community

COMMUNITY MEET & GREET

Community Meet & Greet with Best Buds Society on April 17th to discuss legal business pros & cons of marijuana and how it will affect the community. Time & Location TBD

OW/ODSP

CHEQUE PICK UP ON APRIL 1ST, 2019

CATERER NEEDED

Community Engagement Session “New Gas Station Build”
Monday April 29th, 2019
5pm @ Chalet Lodge

Supper, Beverages, Dessert for approximately 25 people

Napkins, Utensils, Set up and Clean

Please submit bids to Susan Kwisses at the Band Office by 12:00
PM Noon on April 19th, 2019

LABOUR POOL

Red Rock Indian Band is updating our labour pool. The labour pool is utilized to fill short term contracts and/or casual work on an “as-needed” basis. If you want to be added to the list, submit your resume to jobs@rrib.ca with “Labour Pool” as the subject line.

If you are already in the labour pool and have any new certificates/qualifications, please submit these as well. Thank You.

ADULT CARD PARTY

EUCHER OR CRIBBAGE

Wednesday, APRIL 10, 2019

7 PM
RESOURCE CENTRE

Job Opportunity: Project Officer - First Nation Conservation Program

The Project Officer under the direction of the Chief and Council will be responsible for the implementation of the First Nation Conservation Program. The Project Officer will achieve this objective by providing information to every home on reserve about the First Nation Conservation Program. They will assist participants in correctly filling out applications for review, and work in Conjunction with Energy Initiative Officer and the Community Asset Manager.

Responsibilities:

- Deliver FNCP literature to potential community participants.
- Recruit community participants by conducting a door-to-door campaign.
- Assist community participants in completing application and consent forms.
- Ensure all completed participant applications are provided to the Project Lead.
- Assist with installation of basic measures
- Recruit eligible residential applicants within their community.
- Schedule home visits with Community Members.
- Assist with completing Applications and Participant Agreements.
- Review and verify participants application data entry.
- Ensure completed Applications are provided to FNESL.
- Assist in organizing a community launch and marketing the FNCP.

Interested Applicants should apply no later than 12 April 2019. Application Packages should be delivered to :

Attn: Stephen Price

Human Resources Manager

jobs@rrib.ca

CONTRACT UP FOR BIDS

The Red Rock Indian Band is currently accepting bids for Garbage Pick-Up on Lake Helen Reserve. Contractor must be able to adhere to all duties listed below. Price should include cost of garbage pick-up for Lake Helen Reserve all RRIB Buildings including Band Office, Resource Centre, Community Hall, Lake Helen Gas and Variety, and the office located at the Chalet Lodge.

Sealed bids must be received at the RRIB Band Office no later than 12:00 PM Noon on April 5, 2019

CONTRATOR DUTIES

1. Collect and remove house hold garage only from the residences of Lake Helen Reserve on a weekly basis.
2. Collect and remove garbage from the Resource Centre, Community Hall and Administration Building garbage houses. These houses are to be kept clean at all times by removing all un-bagged garbage.
3. Garbage collection days will be on Saturdays. Contractor is to strictly adhere to chosen days of garbage pick up. Contractor will notify the community members through the community newsletter in regards to a time as to what time the collection will start.
4. If necessary, the contractor will notify residents by means of a flyer posting if there are any changes in times or cancellations of pick up days.
5. All garbage must be delivered to an authorized landfill site.



CHILDRENS ORAL HEALTH INITIATIVE APRIL 18TH 10:30AM

COHI Screening and Varnishing Brief Description

The Children's Oral Health Initiative (COHI) is a free service provided to First Nations children to help them establish and maintain healthy teeth and gums. COHI provides dental services to children birth to the age of 12 and provides information to their parents/caregivers which will help their children build and maintain healthy smiles right from the start.

Michelle Blair & Karen Watson 807.887.2354

INCENTIVES!

DO NOT have to
receive Fluoride
Varnish to be a part
of the program

0-Preschoolers
Community Hall
April 18th 10:30-12pm

Local Schools and
newborn-preschool that
are Band Members/
Community Members

Dental care
packages for every
child

Services at the schools
April 17th, children not yet
in school will be April 18th
10:30am-12pm

Lake Helen Service Providers Calendar



April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Diabetes Lunch n Learn 12pm	2 After School Program (hall) 3:30 Beadng Group 6pm	3 Narcotics Anonymous 3:30 (Hall) Band Meeting	4	5	6 
7	8	9 After School Program (hall) 3:30 Beadng Group 6pm Native Language 6pm	10 Narcotics Anonymous 3:30 (Hall) Adult Cards 7pm	11	12	13
14	15	16 After School Program (hall) 3:30 Beadng Group 6pm Native Language 6pm	17 Narcotics Anonymous 3:30 (Hall) Kids Easter Egg Hunt 4pm	18 Good Food Box Pick Up 11am Full Moon Ceremony 6pm	19	20
21 	22 Living with Cancer Dinner 5pm	23 After School Program (hall) 3:30 Beadng Group 6pm Native Language 6pm	24 Narcotics Anonymous 3:30 (Hall)	25 Family Poker Walk 6pm Band Office	26 Lunch n Learn 12pm	27
28 Pow Wow Bingo 2:30pm	29	30 After School Program (hall) 3:30 Beadng Group 6pm Native Language 6pm				

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.

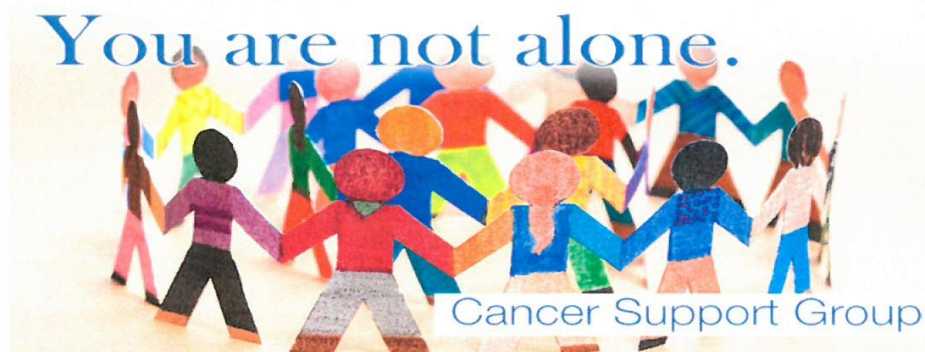
When: Monday April 22, 2019

Where: Lake Helen Resource Centre

Time: 5pm

❖ *Please call and sign up for the dinner with Tina Wawia @ 887-2510 or 889-0357 by April 17 , 2019 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*****





POW WOW BINGO

3 x \$500.00 to go

\$25.00 for a 12 to view must purchase

Other cards available

12 to view \$13.00

9 to view \$10.00

6 to view \$7.00

Canteen will be open

When: Sunday April 28, 2019

Where: Lake Helen Resource Centre

Time: Doors 1:30 pm

Early Birds @ 2:30pm

Regular Games @ 3:00pm

Hope to see you and all of your friends there



Kids Easter Egg Hunt

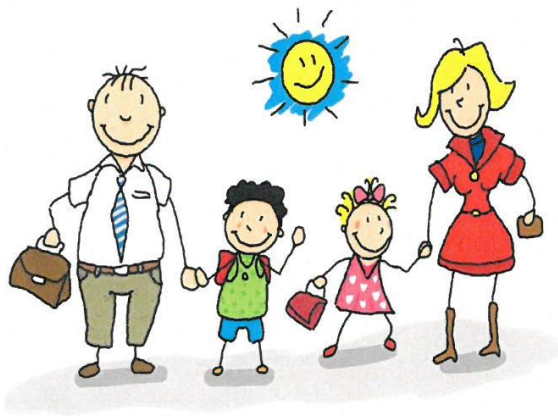
Wednesday

April 17th

4pm

Ages 0-13

Resource Centre



Family Poker Walk

Thursday

April 25th

Band Office

6pm



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

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).

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 4th

from 4 - 5:30 Pm

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