



# LAKE HELEN NEWSLETTER

## APRIL 4, 2019

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### GENERAL BAND MEETING

**Next General Band meeting – May 1, 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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### FULL MOON CEREMONY

**APRIL 18, 2019**

**6 PM - RESOURCE CENTRE**

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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.

## REGALIA MAKING 0 – 6 Years

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

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## SUMMER FUN RAFFLE TICKETS

The RRIB Youth Travel Group is selling Summer Fun Raffle Tickets

1<sup>st</sup> Prize: \$1500

2<sup>nd</sup> Prize: \$750

3<sup>rd</sup> Prize: \$250

Draw Date: June 27<sup>th</sup> @ 4pm

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

Thank you everyone for your continued support and good luck!

Lottery License #: RRB-R-0085-19

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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

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## ADULT CARD PARTY

EUCHER OR CRIBBAGE

Wednesday, APRIL 10, 2019

7 PM

RESOURCE CENTRE

## CANNAMED

Dr Shelley Turner from Cannamed is going to visit our community on May 3, 2019 at the Resource Centre for Lunch n Learn.

Please come see Byron Wawia Jr starting Monday, **April 1 to register** for assessment and get the link and/or forms that NEED to be filled out and returned by April 25<sup>th</sup>, 2019.

Forms are also available at the front desk. Thank You RRIB & Community

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## COMMUNITY MEET & GREET

Community Meet & Greet with Best Buds Society to discuss legal business pros & cons of marijuana and how it will affect the community. Information session on April 17, 2019 at 5 pm at the Chalet Lodge, snacks provided.

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## CATERER NEEDED

Community Engagement Session "New Gas Station Build"  
Monday April 29<sup>th</sup>, 2019  
5pm @ Chalet Lodge

Supper, Beverages, Dessert for approximately 25 people  
Napkins, Utensils, Set up and Clean

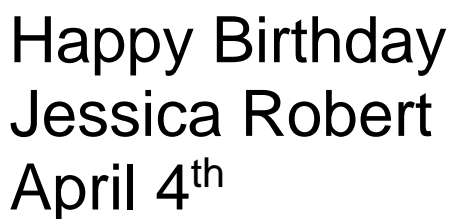
Please submit bids to Susan Kwisses at the Band Office by 12:00 PM Noon on April 19<sup>th</sup>, 2019

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## 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](mailto: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.



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Love from Mom, Randy, Tori, Dominic, Lillian,  
Randolph, Gramma, Gampoose  
And the rest of the family.  
Xoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxoxo

## ACUPUNCTURE

For those who are interested in signing up for acupuncture services in a group session by Dr. Cris Alfarano, ND please call Candace Tuck at the band office 887-2510 ext. 279 or e-mail [candace.tuck@rrib.ca](mailto:candace.tuck@rrib.ca).

I Need to determine the amount of interest in order to plan dates and space. Any questions, please don't hesitate to call. Thank you.

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### Open House - Chalet update

Tuesday, April 16/19

6 p.m. – 8 p.m.

At the Chalet

Cake and Coffee/Tea

6:30 pm. Update presentation – Chalet Committee

7:00 pm. Question and Answers and Brainstorming Session

PLEASE NOTE:

FUNDING FOR THIS POSITION HAS BEEN CANCELLED AND THEREFORE IT IS NO LONGER AVAILABLE. SORRY FOR ANY INCONVENIENCE.

### **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](mailto: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**

### **CONTRACTOR 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 18<sup>TH</sup> 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!

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

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**0-Preschoolers  
Community Hall  
April 18<sup>th</sup> 10:30-12pm**

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

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Dental care  
packages for every  
child

Services at the schools  
April 17<sup>th</sup>, children not yet  
in school will be April 18<sup>th</sup>  
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				

# April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8 TIKINAAGIN 9-4 @RC	9 TIKINAAGIN 9-4 @ RC	10 Regalia 9am-4pm @RC	11	12	13
14	15 Regalia 12-5pm @ RC	16 ASP 3:30-5:30	17 Easter Egg Hunt RC @ 4pm	18 COHL- Teeth Varnishing 0-6 @ Community Hall	19 GOOD FRIDAY! HOPPY EASTER!	20
21 	22	23 ASP 3:30-5:30	24 Regalia 9am-4pm @RC	25	26	27
28	29 Regalia 9am-4pm @ RC	30 Regalia 9am-3pm ASP 3:30-5:30	1	2	3	4
5	6	Notes	Please note programming that says RC, Resource Centre			



Anyone interested in doing the Food Safety  
Handling Course please call the band office and  
leave your name with Tina Wawia

Date will be determined shortly

The instructor can take up to 20 ppl



**FOOD SAFETY**  
**TRAINING**

# *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.*

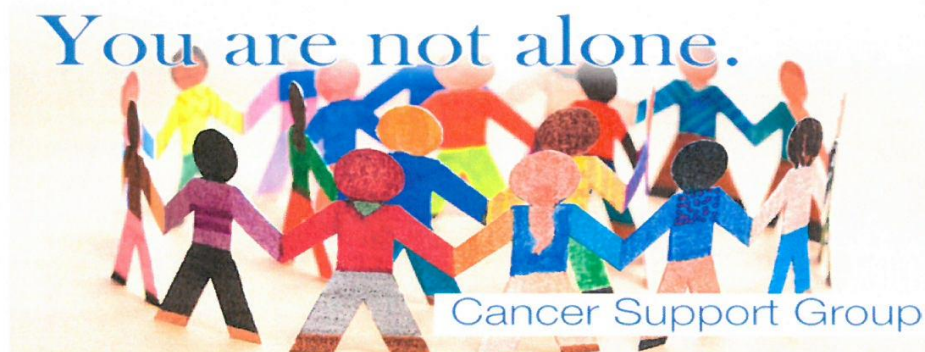
**When: Monday April 22, 2019**

**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**

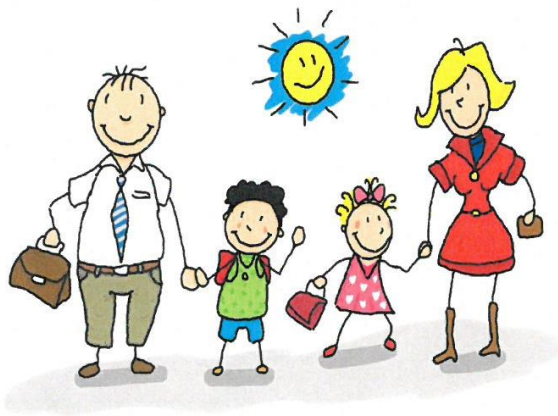
**Wednesday**

**April 17<sup>th</sup>**

**4pm**

**Ages 0-13**

**Resource Centre**



**Family Poker Walk**

**Thursday**

**April 25<sup>th</sup>**

**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).**





# RED ROCK INDIAN BAND RESTORATIVE JUSTICE



## INFORMATION SESSION

WEDNESDAY APRIL 24, 2019

7:00 – 9:00

LAKE HELEN RESOURCE CENTRE

*\*Elder and Smudging to Take Place\**

*Darlene P. Wawia  
Restorative Justice Coordinator*

# 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

## 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