

# LAKE HELEN NEWSLETTER MAY 30, 2019

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### **GENERAL BAND MEETING**

Next General Band meeting – June 5, 2019

### 7 pm at the Resource Centre

- 1) Motions
- 2) Seniors Complex
  - 3) Parks Canada
    - 4) Annuities
      - 5) EWT
    - 6) Open Forum

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### NARCOTICS/ALCOHOLICS ANONYMOUS

Every Wednesday at the Dilico Boardroom at Band office 3:30 pm to 5:30 pm

For more information call Rodnie at the band office.

NATIVE LANGUAGE – TUESDAYS

6:05 PM Service Provider's Office

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**POW WOW BINGO** 

CANCELLED FOR THE MONTH OF MAY

SORRY FOR ANY INCONVENIENCE

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**BOOT CAMP** 

Every Thursday 7 pm @ the GYM

### 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 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 Oja for tickets.

Thank you everyone for your continued support and good luck! Lottery License #: RRB-R-0085-19

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### 2019 RED ROCK BAND GRADUATION

Graduation this year will be JUNE 24, 2019 If you know of any graduates please have them sign up by MAY 31, 2019

These dates are set to plan and prepare for the Celebration.

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### **BABY SITTING COURSE**

If you are interested in participating in a Baby-Sitting Course, please contact Lauren at the band office. 887-2510 ext 229

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### **CATERER NEEDED**

**For 2019 Graduation Ceremonies** 

Please respond by June 14<sup>th</sup> at 3 pm

To Judy Wawia at the band office for more information

### **MOTIONS FROM MAY 2, 2019 GENERAL BAND MEETING**

### Motion #1

Motion that the Red Rock Indian Band leave the Anishinabek Nation and to direct INAC to reallocate all funding dollars to the Red Rock Band to administrate funds ourselves. Immediately.

### Motion #2

Motion for the RRIB to purchase a septic pumper in order to be self sufficient in regard to pumping our own septic tanks on LHFN and possibility to attain contracts in the area. This will save money on out-sourcing and have the possibility to make money for the band from surrounding areas.

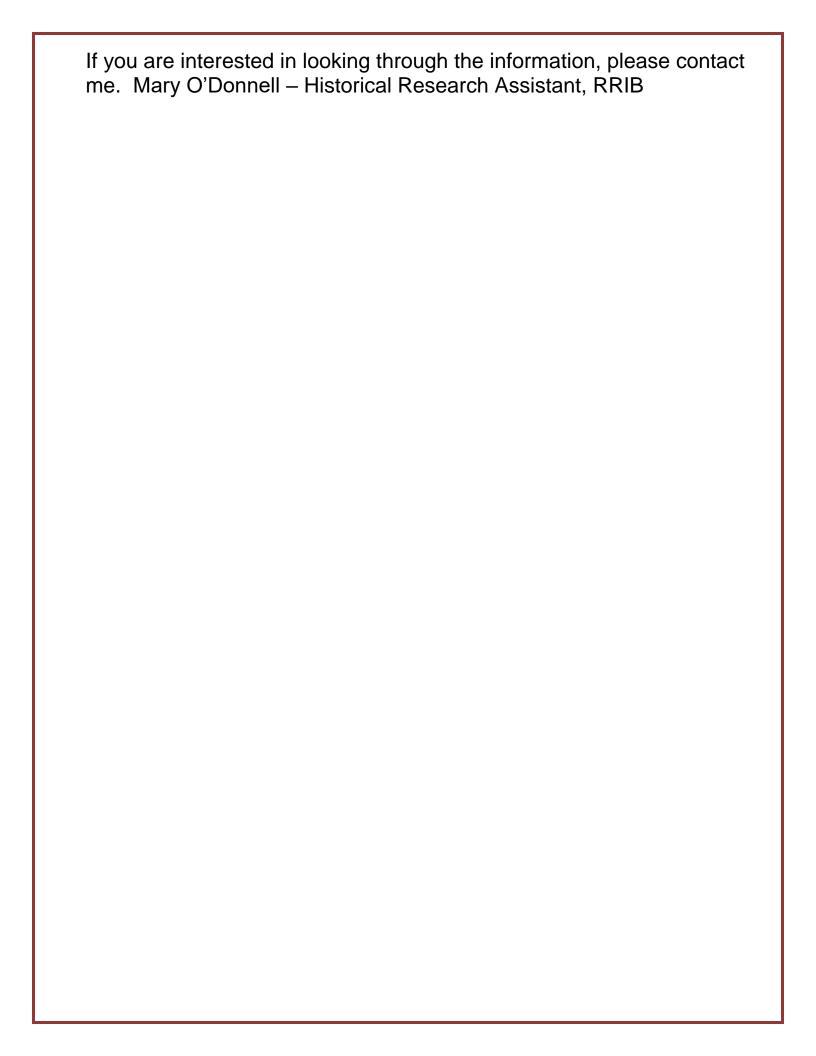


### LAKE HELEN BURIALS

There are two lists at the band office:

- 1. Starts in 1885 and ends in 1999. A sample of the information is recorded like this:
  - Delaronde, Fred 31 years Aug 1 1939 Charles Delaronde and Mary Wenagosh
- 2. Starts in 1852 and ends in 1992. The headings and an example of the way the information is presented is as follows:

Family Name	Given Names	Date Place Death	Date Place Blessin g	Parents	Present at burial or blessin g	Priest (Deacon)	Remark s
1. Delarond e	Thoma s	Sept.1 5 1939 Port Arthur ONT.	Sept. 1939 Port Arthur ONT.	DELAROND E Charles WENAGOSH Mary		Alex ROLLAN D SJ	



### **VETERANS CEREMONY – ABORIGINAL DAY**

Anyone wanting to put a wreath in for the Veterans Ceremony on Aboriginal Day can you please contact Tina Wawia with the name and what war they served.

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### **UP FOR BID**

OLDER MAC DESKTOP COMPUTER, MONITOR AND KEYBOARD.

MINIMUM BID IS \$200

ACCEPTING BIDS UNTIL FRIDAY, JUNE 7, 2019 AT NOON

This computer has been wiped out and needs to be set up with new owner.

Computer is approximately 7 years old.

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### TRAPPERS COUNCIL MEETING

June 12<sup>th</sup>, 2019 at the Chalet Lodge 6:00 Dinner 6:30 Meeting

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### **CATERER NEEDED**

Trappers Council Meeting Wednesday, June 12, 2019 6pm @ Chalet Lodge

Supper, Beverages, Dessert for approximately 15 people

Napkins, Utensils, Set up and Clean

Please submit bids to Nicole Dupuis at the Band Office by 12:00 PM Noon on June 7<sup>th</sup>, 2019

### Construction Traffic Control Person (Multiple Positions Available)

Title: Construction Traffic Control Person

Reports To: Site Supervisor

Summary

The Construction Traffic Control Person will be responsible for assisting with the provision of safe and efficient traffic control on or around construction sites according to applicable safety standards and regulations. He or she will be tasked with using traffic control signals and signage and communicating effectively with other members of the traffic control team and work crew to reduce and/or eliminate the risks associated with vehicular traffic. This individual will maintain a calm, professional demeanor at all times. Other duties will be assigned as necessary.

### **Job Duties**

- Control traffic passing near, in, and around work zones.
- · Maintain focus while directing traffic.
- Read and understand site specific instructions prior to directing traffic.
- Review the work site on a daily basis and consult with Site Supervisor to understand work being conducted and any potential hazards.
- Review and understand the type of equipment that will be moving in and out of the worksite, and how this equipment will be moved.
- Review special worksite conditions governing road use (e.g. during rush-hour, etc.).
- · Work from a location where you can see and be seen by all traffic.
- Identify escape routes in case a motorist disregards directions and places you or others at risk.
- Stop traffic as required by work progress or traffic flow.
- Communicate effectively with other Traffic Control Workers using established signals and or radio equipment to ensure the smooth flow of traffic and minimize confusion.
- Ensure functionality of all communications equipment prior to directing traffic.
- Be aware of emergency vehicles approaching the area, ensuring that they have priority over all other traffic and construction vehicles.
- · Stand at all times when directing traffic.
- Direct motorists to drive at low speeds through the specified area(s).
- Adjust distances and traffic speed according to weather, road conditions, etc.
- Inform work crew of dangerous motorists as soon as possible.
- Report dangerous motorists to supervisor.

- Maintain pen and paper to document license plates of dangerous motorists.
- Ensure public traffic has priority over construction equipment.
- Comply with safety requirements, and wear all required and CSA approved safety equipment, such as reflective vests, reflective stripes and arm bands, hard hats, protective footwear while on the worksite.
- Ensure clean, visible and safe condition of all protective materials.
- Use appropriate traffic control signage in the approved manner.
- Provide motorists with clear, simple directions, answering questions in a brief, polite manner.
- Remove or cover all traffic control signage at end of day or whenever traffic control is temporarily or permanently suspended.
- Other duties as assigned.

### Requirements

- Current Journey Person's Construction Laborer Certificate preferred.
- Knowledge of workplace safety and safe lifting and handling procedures.
- Knowledge of First Aid and CPR preferred.
- Ability to operate required equipment in a safe and responsible manner.
- Effective verbal and listening communications skills.
- Time management skills.
- Knowledge of appropriate materials, methods, and the tools required in various construction processes.
- Ability to readily determine the correct tools and equipment needed to do a job.
- Ability to work independently and complete daily activities according to work schedule.
- Ability to lift heavy objects, walk and stand for long periods of time and perform strenuous physical labor under adverse field conditions.

### **Work Conditions**

- Regularly works near moving mechanical parts and in outside conditions that include inclement weather, heat and humidity, and exposure to dust and asphalt.
- Must be able to lift, push, pull or carry objects, use abdominal and lower back muscles to provide support over time without fatigue and to effectively jump, sprint or throw an object.
- Requires good manual dexterity (hand, hand with arm, two hands) and multi-limb coordination.
- Noise level is generally loud.
- Must be able to quickly move arms and legs.
- Excellent stamina is required.
- Required to work in the standing position for extended period.
- Hazards associated with the construction industry.

### DEADLINE IS FRIDAY, MAY 31, 2019 @ 12 NOON

# \*Attention\*

## **Red Rock Band Members**

### **Gordon Waindubence**

Will be coming to the community on July 19<sup>th</sup>, 2019 to come talk about Clan Naming & Teachings which will be held at the Lodge.

- The Creator placed Anishinabe on the Mother Earth.
- The Four Elements: Fire, Water, Earth, Wind. They were given to the Anishinabek to take care of.
- The 7-pointed star: represents the sacred gifts—the Seven Grandfather Teachings— which are the foundations that were given to us by the Creator. These are our laws.
- Sovereignty: the Creator gave us sovereignty to man, woman and child to look after ourselves and Mother Earth.
  - The Anishinabek also respect and honour the Past, Present, and the Future.
- The Big Circle: we are one family—this is our family; every one of us is in this circle. We all belong to a clan and we all have a responsibility. This is what our house looks like.

If any Band Member would like to sign up and take part, please call Lauren Michelle at the Band Office 807-887-2510

### RESTORATIVE JUSTICE OFFICE

### APPLICATIONS FOR THE FOLLOWING

- Criminal Record Check Applications
- Police Vulnerable Criminal Record Check
- Legal Aid Applications Criminal
- Legal Aid Applications Family Matters

### INFORMATION PRINTOUTS

- What is Restorative Justice?
- What you should do when upon being Charged with a Criminal Offence
- What is a Gladue Report?

There is many Pamphlets and Information in my Office that is available to the Public.

If you require any other information you would like to access through my office, please do not hesitate to contact me at (807) 887-2510 or email @ Darlene.Wawia@rrib.ca

Miigwetch,

Darlene P. Wawia
Restorative Justice Coordinator
Red Rock Indian Band

### **RESTORATIVE JUSTICE**

Looking for Volunteers who are willing to be on the Restorative Justice Committee for the Red Rock Indian Band to fill Potential Vacancies in the future.

- This is a Volunteer Position.
- Must be 18 years of age or older
- Must pass a Criminal Record Check
- Must be willing to take a 3 Day Restorative Justice Facilitator Training Program
- Must be willing to attend Bi-Monthly Meetings with the Restorative Justice Committee

If interested, please contact Darlene P. Wawia at the Band Office (807) 887-2510



### **Community Engagement Sessions**

# Constitution Review: Preparing for Ratification AND

"New Gas Station Build"

Date	Topic	Location
April 29 <sup>th</sup> , 2019	"New Gas Station Build" Community	Chalet Lodge
N. C.	Engagement	Lake Helen Reserve 5:00 p.m.
May 28 <sup>th</sup> , 2019	Constitution Review: Preparing for Ratification	Resource Centre
-	Community Engagement	Lake Helen Reserve
		6:00 p.m.
June 6 <sup>th</sup> , 2019	"New Gas Station Build"	Thunder Bay Indian
	AND	Friendship Centre
	Constitution Review: Preparing for Ratification	6:00 p.m.
June 12th, 2019	"New Gas Station Build"	Resource Centre,
	AND	Lake Helen Reserve
	Constitution Review: Preparing for Ratification	6:00 p.m.
June 15 <sup>th</sup> , 2019	"New Gas Station Build"	Thunder Bay Indian
	AND	Friendship Centre
	Constitution Review: Preparing for Ratification	12:00 p.m.

### \*\*Soup and Bannock will be served at all sessions

**Live Streaming will be available**. Please contact Alyssa Ray by email alyssa.ray@rrib.ca for the link.

Your input is vitally important!!!

Thank you, Chief & Council

















# Children's Mental Health Day



\*\*If raining will be postponed\*\*

### **EVERYONE WELCOME!!**



Community Hall FRIDAY JUNE 7<sup>th</sup>

Time: 11:00-2:00

Roasted hotdogs, bouncy castle,

S'mores,

Face-painting &

Traditional games







Contact: Sonya Belisle 887-2514 ext 226

Candace Tuck 887-2510 ext 279 FSWs: Terri-Lee & Caitlyn

Rec: Kelsey & Kyla



Golfing starts at 1pm with supper to follow

Don't want to golf?

Just sign up for

supper!



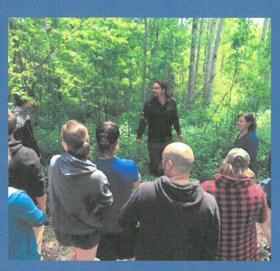
Must Sign up by June 9 2019

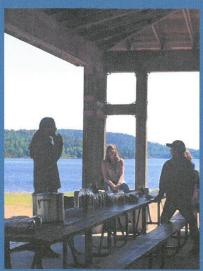
Call Rodnie @ the Band office 7-2309

### Plant Based Medicines with Joe Pitawanakwat

# CREATORS GARDEN

The 3 day focus will include traditional teachings about plant based medicines, plant identification, harvesting and of course sampling some teas!





JUNE 12- NIPIGON MARINA 10 AM - 3 PM JUNE 13 - CHALET LODGE RRIB 10 AM - 3 PM JUNE 14 - CHALET LODGE RRIB 10 AM - 3 PM

Please dress for hiking.
Contact nodonnell@sgdsb.on.ca
tina.wawia@rrib.ca





### **Hiking Group Schedule**

### June 3, 2019, Monday

Red Rock Mountain: Red Rock 4.6 km round trip, out and back. Moderate hike. Beautiful Lake Superior view. Switch back trail, lots of up-hill, but great for kids. Safe trail, safe lookout. 20 km drive from Resource Centre to trail head.

### June 10, 2019, Monday

Kama Falls: Camp 81 Road, highway 17. Out and back 1.3 km OR Loop trail 3.2 km. An epic river hike and view of a classic waterfall in the Nipigon area. Good for kids. There are two sections that require a rope assisted climb. It is a steep 500 m climb to the falls. 20km drive from the Resource Centre.

### June 17, 2019, Monday

Ruby Lake Lookout: Ruby Lake Provincial Park Highway 17. Approx 5 km round trip. Moderate hike. Amazing cliff edge lookout view of Lake Superior. 8 km drive from Resource Centre to trail head. This whole hike is great for kids. The only danger is the lookout itself. IT IS BARE CLIFF EDGE and dangerous!

### June 24, 2019, Monday

Deer Lake Mountain John Ahl Lookout Nipigon Ontario. Approx 5 km round trip. Moderate Hike. It is a bit challenging, kids to have a good level of fitness. Safe trail. The lookout has cliff edge and is not gated.

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Meet at the Resource Centre for 5:50pm and pull out at 6pm

Everyone welcomed to join in.

For any questions call Jolene – 887-2510 Work 0r 889-1242 Cell









# **Babysitting Course**

Ages 11 and Up

Saturday, June 8<sup>th</sup>, 2019

9:00am-4:00pm

\*lunch break from 12:00pm-12:30pm\*

\$100

Nipigon Community Centre

Multi-Purpose Room

SPACE IS LIMITED.

For more information or to register, please contact **Kristin Dutil** (807-887-3586),

or via email @ kristindutil@nipigon.net

### **Community Volunteer Income Tax Program (CVITP)**

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 April 3**, **2017**.

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

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

# UNDER THE SAME STARS MINWAADIZIWIN

Portable Planetarium Show the First People of Northern Ontario were scientists and innovators, carefully tracking and moving with the seasons, and creating inventions that allowed them to survive in the northern forests of our province. With this close connection to the natural world, the Indigenous People developed a strong culture, rooted in respect for the environment.

Through this portable planetarium experience, your students will learn about the Indigenous worldview and sit at the fire with two people who are connected to the traditional ways. They will leave the planetarium with an understanding of common constellations visible in the night sky and the Anishinaabe stories that define them.

LOCATION: George O'Neill Public School - Gymnasium

**DATE: Tuesday, June 4** 

TIMES: Viewing during the day for students & staff

Evening Community Showings - OPEN TO ALL: 5-5:40 pm - 1st showing 5:40-6:20 pm - 2nd showing

# LIVING LIFE TO THE FULL

BROUGHT TO YOU BY:



# 12 HOURS THAT CAN CHANGE YOUR LIFE

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

TIME/DATE: Every Tues, May 14th- June 25th/19 @1:30pm

**COST:** FREE! This is open to anyone wishing to sign-up!

LOCATION: RRIB BAND OFFICE BOARDROOM

CANDACE TUCK, MENTAL HEALTH CRISIS COORDINATOR CONTACT: TO SIGN-UP PLEASE LEAVE A MESSAGE AT 807-887-2510 EXT. 279 OR E-MAIL candace.tuck@rrib.ca FOR AGES 17+ MINIMUM OF 8 PARTICIPANTS TO RUN CLASS AND MAXIMUM OF 12 CLASSES ARE APPROX. 1 to 1.5 HRS

ANYONE IS WELCOME TO PARTICIPATE THE LAST CLASS WILL BE 2 SESSIONS BACK TO BACK



visit www.LivingLifeToTheFull.ca to find out more!





# Recovery group Awaken the warrior in you!



Date(s): June 12, 2019 to August 7, 2019

Time: 2:30 pm till 4:00 pm Location: Lake Helen Hall Lorna Hardy, Terri Lee Lanigan

Requirements: to believe in yourself, help one another, build a support team.



Anishinabek Employment and Training Services through Employment and Social Development Canada, Skills and Partnership Fund is pleased to offer the Line Cutter specialized training program. Entry level opportunities for graduates of this program is work with energy, mining and construction projects across northern Ontario or advancement into related post-secondary training.

### ► Admission Requirements:

- · 18 years of age
- High School Grade 10 (or equivalent) OSSD equivalents include the: Mature Student

Assessment, General Education Development Test (GED), ACE Credits.

<b>Application</b>	Deadline: J	une 18, 2019	)
		A CONTRACTOR OF THE CONTRACTOR	

### ► Program Includes:

- · Life skills component begins July 2, 2019.
- · Formal Classes begin July 22, 2019.
- · Theory and fieldworld experience:
  - · WHMIS, Basic Rescuer First Aid and Chain Saw Certification, Line Cutting, Staking.
  - · Safety and Navigation, Basic Field Orientation, Compass and GPS techniques, Establishing a Grid.
  - Establishing a baseline, and Survey Techniques.
- · Confederation College "Recognition of Completion" and related certifications upon completion.
- · Elder and cultural supports.
- · Tuition, training and allowance supports.



Your path. Our ways.

www.aets.org Tel: (807) 346-0307 Toll Free: 1-866-870-AETS

# Red Rock Indian Band Dilico Health Services—June 2019



COMMUNITY WILL BE NOTIFIED OF ANY DATE CHANGES.