



# LAKE HELEN NEWSLETTER

## JUNE 13, 2019

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### GENERAL BAND MEETING

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

**7 pm at the Resource Centre**

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### NARCOTICS/ALCOHOLICS ANONYMOUS

**Wednesdays at the COMMUNITY HALL**  
**2:00 pm to 4:00 pm**

For more information call Rodnie at the band office.

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### NATIVE LANGUAGE – TUESDAYS

**6:05 PM**  
**Service Provider's Office**

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### CATERER NEEDED

For 2019 Graduation Ceremonies

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

To Judy Wawia at the band office for more information

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### TIPI TEACHINGS

Tipis are being set up at the Chalet Lodge June 14<sup>th</sup> at 10AM

Come help and learn teachings of the significance of the tipi.

## 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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## MOTIONS FROM JUNE 5, 2019 GENERAL BAND MEETING

### Motion #1

Motion to change our election to: if a person wants to run for Chief, you run for Chief, if you want to run for Council, you run for Council.

MOTION WILL BE VOTED ON AT THE NEXT GENERAL BAND MEETING OF JULY 3, 2019.

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## CHIEF & COUNCIL POLICY CHANGE

**June 19, 2019**

**7pm at the Resource Centre**

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## 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.

## **CERTIFICATION OF EXEMPTION**

As of January 1, 2020, First Nation individuals, bands, Tribal Councils and band-empowered entities will no longer require the Certificate of Exemption (Ontario Gas Card) as proof of entitlement to purchase tax-exempt gasoline from authorized, on-reserve retailers. In place of the Ontario Gas Card, First Nation individuals will now use their Certificate of Indian Status (CIS) or Secure Certificate of Indian Status (SCIS) as proof of entitlement for the tax exemption.

A temporary Confirmation of Registration Document, (an official document issued by the Federal Government) can also be used if an individual has applied for and is waiting to receive a SCIS. Bands, Tribal Councils and band-empowered entities will use a certificate which will be issued by the Ministry of Finance beginning in fall 2019.

The Ministry of Finance will also be in contact with retailers, bands, Tribal Councils and band-empowered entities in fall 2019, in advance of and to prepare for the January 1, 2020 discontinuation of the Ontario Gas Card.

Further information about the Ontario Gas Card Program is available online at

<https://www.fin.gov.on.ca/en/refund/gascard/index.html>.

If you have any questions concerning your status card please call me at 807-887-2510 ext.234 or email me at

[Marjorie.Robert@rrib.ca](mailto:Marjorie.Robert@rrib.ca)

## **ABORIGINAL DAY – OLD PHOTOS AND TEA**

You are invited to have a cup of tea,  
share photos and memories.

**June 21<sup>st</sup>**

**1 pm to 2:30 pm**

**Chalet Lodge**

Please bring any photos or memorabilia that you would  
like to share with the group.

Note: if you see pictures you want,  
we will have a printer there.

Contact Mary O'Donnell or Alyssa Ray for more info.

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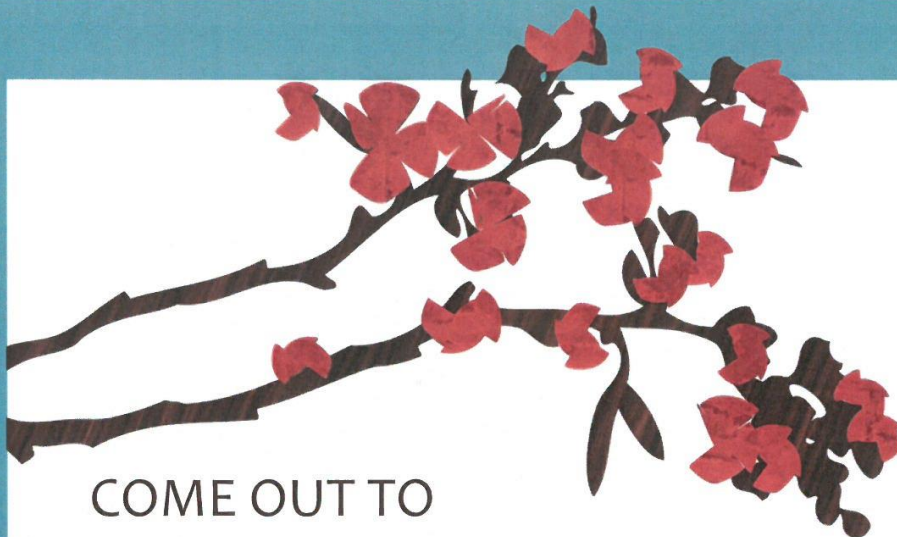
## **GOOD FOOD BOX**

Good food box pick up is next Thursday at the RC  
11am

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## **LAKE HELEN AGGREGATES**

807-623-9199



COME OUT TO  
**MOMS GROUP**  
INFO & VOUCHERS

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**WED, JUN 19<sup>TH</sup>**  
**1:00 PM COMMUNITY HALL**

**FOR JUNE'S TOPIC WE WILL BE TALKING ABOUT  
SUN & WATER SAFETY, INSECT REPELLANT &  
TICKS/LYME DISEASE**

COMMUNITY HEALTH NURSE

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Learn about topics, share your stories, ask questions and activities!!

This event was made with ALL mothers in mind to come out and support one another, share stories/experiences, have adult conversations and to learn about specific topics. Milk vouchers will be given out at this time.

Door Prize!





Anishinabek Family Care



**RED ROCK  
INDIAN BAND**

Strength. Tradition. Empowerment.



# YOUTH DROP-IN BASEBALL

**Tuesday June 18th, 2019**

**4:30-6:30 PM • Lake Helen Baseball Field**

**LET'S PLAY BALL!!!**



# Grief & Loss Support Group

*June 25<sup>th</sup> from 6 - 8:30 pm at the Chalet*

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense your grief will be. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief, including:

- Divorce or relationship breakup
- Loss of health
- Losing a job
- Loss of financial stability
- A miscarriage
- Retirement
- Death of a pet
- Loss of a cherished dream
- A loved one's serious illness
- Loss of a friendship
- Loss of safety after a trauma
- Selling the family home

Even subtle losses in life can trigger a sense of grief. For example, you might grieve after moving away from home, graduating from college, or changing jobs. Whatever your loss, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to grieve for certain things. If the person, animal, relationship, or situation was significant to you, it's normal to grieve the loss you're experiencing.

Please join us at the Chalet Lodge on the last Tuesday of each month.

# ATTENTION SUMMER STUDENTS!

The Red Rock Indian Band have made changes to the summer student program. Changes include an orientation week that will include topics such as cover letter & resume writing, WHMIS training, money management, etc.

This 1-week paid orientation session will be held in both Lake Helen and Thunder Bay. This is a **mandatory** requirement for all students to attend in order to continue with their placement for the summer.

If you are a student who attended school full-time this year, are returning in the fall, and are interested in a summer job, please submit an **Expression of Interest** to [Joanna.Decicco@rrib.ca](mailto:Joanna.Decicco@rrib.ca). No resume/cover letter will be needed to apply as this will be covered during the orientation week. If you have any questions, please contact Stephen Price, or Joanna Decicco by email or phone at (807) 887-2510.

## Eligibility Criteria

Must be 15 years of age

Must have been enrolled full-time throughout the year

Good attendance record

## Requirements

Social Insurance Number

Attendance records (obtain from school)

Final report card





# **\*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



**RED ROCK  
INDIAN BAND**  
Strength. Tradition. Empowerment.

## 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 Engagement	Chalet Lodge Lake Helen Reserve 5:00 p.m.
May 28 <sup>th</sup> , 2019 	Constitution Review: Preparing for Ratification Community Engagement	Resource Centre Lake Helen Reserve 6:00 p.m.
June 6 <sup>th</sup> , 2019 	"New Gas Station Build" <b>AND</b> Constitution Review: Preparing for Ratification	Thunder Bay Indian Friendship Centre 6:00 p.m.
June 12 <sup>th</sup> , 2019 	"New Gas Station Build" <b>AND</b> Constitution Review: Preparing for Ratification	Resource Centre, Lake Helen Reserve 6:00 p.m.
June 15 <sup>th</sup> , 2019 	"New Gas Station Build" <b>AND</b> Constitution Review: Preparing for Ratification	Thunder Bay Indian Friendship Centre 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](mailto:alyssa.ray@rrib.ca) for the link.

**Your input is vitally important!!!  
Thank you, Chief & Council**



## **HIKING GROUP SCHEDULE**

### **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.

**Meet at the Resource Centre for 5:50pm**

**and pull out at 6pm**

**Everyone welcome to join in.**

**For any questions call Jolene**

**887-2510 Work Or 889-1242 Cell**

## **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.



# LIVING LIFE TO THE FULL

BROUGHT TO YOU BY:



Canadian Mental  
Health Association

*Mental health for all*

## 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

**CONTACT:** CANDACE TUCK, MENTAL HEALTH CRISIS COORDINATOR  
TO SIGN-UP PLEASE LEAVE A MESSAGE AT 807-887-2510 EXT. 279  
OR E-MAIL [candace.tuck@rrib.ca](mailto: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



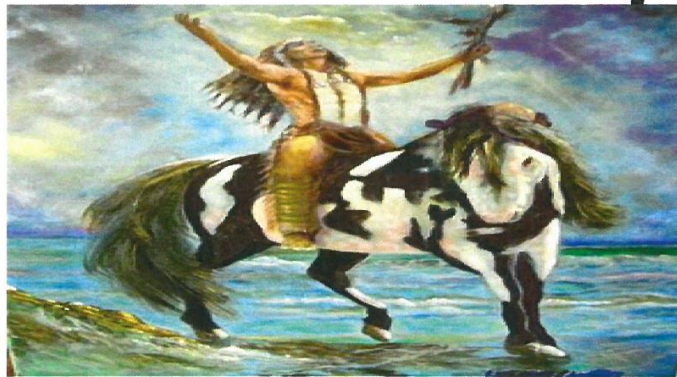
visit [www.LivingLifeToTheFull.ca](http://www.LivingLifeToTheFull.ca) to find out more!

The Canadian Mental Health Association, BC Division holds the exclusive Canadian licence to Living Life to the Full



Anishinabek Family Care

## 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.