



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

LAKE HELEN NEWSLETTER AUGUST 8, 2019

SCIENCE
NORTH



SCIENCE
NORD

SUMMER SCIENCE DAYS

Explore the wonders of our natural world
through exciting experiments and activities.

Ages 7-12 yrs

10am - 3pm Snacks & Lunch Provided

CHALET LODGE

August 26-27, 2019

Supported by



NSERC
CRSNG

Sign-up with Jolene / Tina
before Aug 23 - 4pm



1st COOK REQUIRED

Rate of Pay \$21.00/hour
Room and Board Provided
Rotation – 21 days on, 7 days off
Term of Employment 12-26 Months

Sodexo a joint venture partner with Supercom is reaching out requiring 1st Cooks to be part of their team for the East West Tie Project. It is anticipated that the opportunity will commence sometime at the end of September or October, at the NIPIGON CAMP location.

1st Cook

Your Contribution:

Sodexo Canada has the position you are looking for. One of our Remote Sites (East West Tie Project) is seeking a dynamic individual to fill the role of **First Cook**.

If you aspire to a job where your initiative and creativity will be highlighted every day, where your management skills will be recognized and if that's what motivates you, we have the position you are searching for.

Recognized as a strategic partner, Sodexo Canada has consolidated its position by providing a range of Quality of Life in the corporate, education, healthcare and remote sites segments. Delivering more than 850 different food and facilities management solutions across 750 sites, Sodexo is a market leader in Canada. Operating in 80 countries, Sodexo serves 75 million consumers each day through its unique combination of On-site Services.

Accountabilities:

As the **First Cook** at one of our accounts, you will be responsible for food production. You will follow all the different Sodexo Programs: Food Safety, Health and Safety, policies and procedures, as well as marketing. It is a very hands-on role. Candidates must have a good knowledge and understanding of the food service business, including customer service, food cost control. They would be reporting to an Executive Chef/GM. If you enjoy a challenge, and want to be part of this exciting project, this is for you.

Growth and Development:

- A minimum of 5 years in a similar role
- Previous experience in catering, VIP catering preferred
- Good knowledge of hors d'oeuvres
- Red Seal is an asset
- Ability to analyze and interpret financial information related to food, menu and labour costing
- Experience cooking authentic multicultural cuisines
- Strong planning, organizational, and time management skills
- Ability to work under pressure and meet established goals and objectives
- Must be bilingual (French and English)

Value Behaviours:

- Serving Clients and Customers
- Integrity
- Flexibility
- Analysis and Decision making
- Quality Assurance and Safety

- Diversity Awareness
- Drive and Dependability
- Interpersonal Relations and Communication

Our Advantages

*A wide array of interesting jobs *Nationwide locations *Tremendous growth possibilities
 *Continuous learning opportunities *Incentive Plans *Rewards & Recognition *Employee Benefits
 *Flexible Time *Discounts *Committed to People Development *Promoting Individual and Collective
 Achievements *Diversity and Inclusion *Corporate Citizenship *Hunger Fighting Initiatives
 *Environmentally Conscious..... To find out more, come visit us at: www.sodexo.ca

Sodexo is committed to Employment Equity and Diversity. We do not discriminate against any employee or applicant for employment because of national origin, race, religion, ethnic group, age, disability, gender, sexual preference, sexual or gender identity, status as a veteran or any other federal, provincial or local protected class.

"We welcome and encourage applications from people with disabilities. Accommodation is available on request from candidates taking part in all aspects of the selection process."

Please provide a cover letter and your updated resume if you are interested in this opportunity.

Deadline to apply is Friday, September 13, 2019 at 12pm

****Only those candidates under consideration will be contacted.***

**** Cathy Martin,
 Sodexo Canada
 740, rue St-Maurice, Suite 100
 Montréal, Qc, H3C 1L5
 Mobile: 514-346-4355
 Email: cathy.martin@sodexo.com***

General Help-Kitchen Helpers

Rate of Pay - \$16.25/hour

Room and Board Provided

Rotation – 21 Days on, 7 Days off

Terms of Employment 12 -26 Months

Sodexo a joint venture partner with Supercom is reaching out requiring General Help-Kitchen Helpers to be part of their team for the East West Tie Project. It is anticipated that the opportunity will commence sometime at the end of September to October, at the NIPIGON CAMP location.

General Help-Kitchen Help

Your Contribution:

Sodexo Canada has the position you are looking for. One of our Remote Sites (East West Tie Project) is seeking Customer Service focused **General Help (Kitchen Helpers)** who are energetic and dynamic.

If you aspire to a job where your initiative and creativity will be highlighted every day, where your management skills will be recognized and if that's what motivates you, we have the position you are searching for.

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Accountabilities:

As a member of our team, you will provide the highest quality of customer service at all times, while maintaining the operation of all register transactions, including:

- Serve food to clients in assigned areas.
- Offer customers friendly and professional service at all times.
- Ensure that food served meets service standards
- Ensure familiarity with the items served, including basic knowledge of ingredients to answer questions from clients.
- Make sure to keep your work area clean and tidy at all times.
- Respond quickly and effectively to client inquiries.
- Clean the assigned areas after the meal
- Responsible for performing work according to safe work practices by: learning the safe way to do a job and seeking instructions when in doubt
- Supporting the safety program in the unit
- Assist chefs in the production of menu items as assigned
- Maintain safety standards that meet or exceed those of the client, the Health Service
- Taking orders and serving customers
- Prepare coffee and other drinks
- Register sales in the register
- Daily cleaning of equipment
- Perform any other duties that may be required from time to time by the supervisor (e.g., diving, cooking, cashing, etc.)

Growth and Development:

- High school diploma or equivalent
- One to two years of desired experience, functional knowledge of food preparation and knowledge of the environment/cooking equipment
- Demonstrated Aptitude for exceptional customer service, willingness to go beyond low requirements
- Very good stress tolerance and resourcefulness
- Ability to work under supervision and follow standard procedures
- Integrity, appearance and performance
- French/English bilingualism is an asset

Value Behaviors:

- Serving Clients and Customers
- Integrity
- Flexibility
- Analysis and Decision Making
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SECOND COOKS REQUIRED

Rate of Pay - \$19.00/hour
Room and Board provided
Rotation – 21 days on, 7 days off
Terms of Employment 12 – 26 Months

Sodexo a joint venture partner with Supercom is reaching out requiring cooks to be part of their team for the East West Tie Project. It is anticipated that the opportunity will commence sometime at the end of September or October, at the NIPIGON CAMP location.

Your Contribution:

Sodexo Canada has the position you are looking for. One of our Remote Sites

(East West Tie Project) is seeking a dynamic individual to fill the role of Cook.

If you aspire to a job where your initiative and creativity will be highlighted every day, where your management skills will be recognized and if that's what motivates you, we have the position you are searching for.

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Accountabilities:

As a cook at one of our accounts, you will be responsible for food production. You will follow all the different Sodexo Programs: Food Safety, Health and Safety, policies and procedures, as well as marketing. It is a very hands on role. Candidates must have a good knowledge and understanding of the food service business, including customer service, food cost control. The successful candidate would be reporting to a Chef. If you enjoy a challenge, and want to be part of this exciting project, this is for you.

Growth and Development:

- Minimum of 1-2 years in a similar role
- Red Seal is an asset
- Excellent customer service skills
- Experience working as part of a team
- Experience cooking
- Strong planning, organizational, and time management skills
- Computer skills (Word, Excel, Outlook, etc.)
- Ability to work under pressure and meet established goals and objectives
- Ensure health and safety procedures are being followed

Value Behaviors:

- Serving Clients and Customers
- Integrity
- Flexibility
- Analysis and Decision Making

- Quality Assurance and Safety
- Diversity Awareness
- Drive and Dependability
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EXECUTIVE CHEF REQUIRED

Rate of Pay will be based on experience

Salary Range - \$45,000-68,000

Room and Board Provided

Rotation – 21 Days on, 7 Days Off

Term of Employment 12-26 Months

Sodexo a joint venture partner with Supercom is reaching out requiring an Executive Chef to be part of their team for the East West Tie Project.

Your Contribution:

Grow your career with a company that shares your passion. Sodexo is seeking a dynamic individual to fill the role of Executive Chef for the East West Tie Project.

At Sodexo we care and serving others is our purpose. This generates an authentic sense of pride for us. Improving the Quality of life for everyone we meet is our North Star. If you want to catch the Sodexo Spirit then we have the position you are searching for.

Recognized as a strategic partner, Sodexo is the global leader in services that improve Quality of Life, an essential factor in individual and organizational performance. Operating in 80 countries, Sodexo serves 75 million consumers each day through its unique combination of On-site Services, Benefits and Rewards Services and Personal and Home Services. Through its more than 100 services, Sodexo provides clients an integrated offering developed over 50 years of experience. Sodexo's success and performance are founded on its independence, its sustainable business model and its ability to continuously develop and engage its 420,000 employees throughout the world.

Accountabilities:

As Executive Chef in one of our accounts, you will be responsible for managing food service operations, planning and supervision, and coordinating employees for meal preparation and service. and food products for the customer as well as the production of our catering service. You will also be responsible for all aspects related to the management of the food management process, including orders, menu development, recipe creation, food quality assurance and all other related tasks. You will manage the cost of food and labor as well as procedures and planning for health and safety standards.

Growth and Development:

- ITHQ diploma or equivalent experience in high volume unit
- Chef qualification certificate (red seal) an asset
- Creative in its menu preparations, experience in catering and banquet are a pre-requisite
- 7 to 10 years or more of experience related to kitchen management
- Ability to analyze and interpret financial data related to the cost of menus and food, control of purchases and inventories
- Good management of fixed and variable costs (Food Cost and P & L), Leadership, Resourcefulness etc.
- Effective skills in planning, organizing and managing time
- Good knowledge of Sodexo's systems (HACCP- Health and Safety etc.)
- Ability to work in a multicultural environment
- Ability to build responsible and effective work teams
- Ability to work under pressure
- Experience in a unionized environment, an asset

- Obvious skills in written and verbal communication (French and English).
- Demonstrated experience in employee management.
- Good computer knowledge (FMS, Excel, Word, Outlook)
- Order and inventory management
- Management of work schedules
- Menu planning, creativity and respect for standards
- Employee training

Value Behaviours:

- Financial Management
- Technical skills
- Multiple priority management
- Project supervision and project management
- Establish strategic relationships

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GENERAL HELP- HOUSEKEEPING

Rate of Pay \$16.25/hour
Room and Board Provided
Rotation – 21 Days on, 7 days off
Term of Employment 12-26 Months

Sodexo a joint venture partner with Supercom is reaching out requiring General helpers - Housekeeping to be part of their team for the East West Tie Project. It is anticipated that the opportunity will commence sometime at the end of September or October at the NIPIGON CAMP location.

General Help - Housekeeping

Your Contribution:

Sodexo Canada has the position you are looking for. One of our Remote Sites (East West Tie Project) is seeking Customer Service focused **General Help - Housekeeping** who are energetic and dynamic.

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Accountabilities:

As a member of our housekeeping team, you will contribute to providing excellent customer service by ensuring proper maintenance of the premises:

- Clean offices, facility spaces and premises, common areas, washrooms, corridors, customer-specific food service areas
- Cleaning lighting fixtures, ceilings and ventilation openings, walls, mattresses, furniture, windows, floors and carpets
- Dust, wash/polish floors, vacuum / mop, restock stock
- Move furniture, hang curtains and place tables and chairs according to customers
- Emptying garbage cans
- Occasionally perform minor repairs or advise supervisor of repairs to be made
- Any other related tasks

Growth and Development:

- One year of experience
- Ability to use tools and equipment and perform tasks that require physical effort
- Demonstrated Aptitude for exceptional customer service, willingness to go beyond basic requirements

- Ability to work under supervision, follow standard procedures and comply with all health and safety standards
- Professional integrity, appearance and behaviour
- Values-based qualities: service, teamwork and progress

Value Behaviors:

- Serving Clients and Customers
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PREMIER NATIONAL PARTNER
GRAND PARTENAIRE NATIONAL

Canadian Tire Nipigon

BBQ BLITZ

We will offer 10% off any in-stock BBQ. I still have 30 BBQ's in stock, and am motivated to move some of the inventory before Winter sets in.

This will make it the cheapest time of the year to buy a BBQ!

This offer will expire August 31st, 2019.

All the customer must do, is bring in a copy of this ad!

Jason Yung
Dealer - Store 201 Nipigon
Canadian Tire
T 289.691.1481
Jason.yungct@gmail.com



SIGN UP FOR SWIMMING LESSONS

Lesson Session Dates

Session One: July 2nd – July 12th

Session Two: July 15th – July 26th

Session Three: July 29th – August 9th

Session Four: August 12th – August 23rd

If any child/children want to participate in swimming lesson, please stop by the band office and fill out the registration forms and to choose which session your child/children would like to join. Limited spaces in each session. Spots will only be reserved with payment.

Contact Lauren Michelle at the Band Office 807-887-2510

WANT A CAREER IN CONSTRUCTION OPERATING HEAVY EQUIPMENT?

FIND OUT IF YOU **HAVE WHAT IT TAKES!**

This is introductory training on heavy equipment simulators. This is part of a process that will be used to select participants for a heavy equipment course.



WHEN: TBD

WHERE: RED ROCK INDIAN BAND (LAKE HELEN)

WHAT TO EXPECT

Personality Dimensions workshop followed
by Interactive simulator screenings.

New networks and information to advance your career.



PLEASE EMAIL JOANNA TO REGISTER
joanna.decicco@rrib.ca



Employment and
Social Development Canada

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: August 19th & 20th 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

Dilico Health Services

Foot Care Blitz



Dilico Health Nurses committed to offering clients in the community regular foot care services, education and referrals, as needed to encourage a healthy lifestyle.

Dilico's Jordan's Principle Nurses
& CHN in Lake Helen:



When: Wednesday, August 21, 2019

10:00am – 4:00pm at the Resource Centre

For more Information or to book an appointment
call Amanda Ruth at the Band Office (807) 885-2510 ext 237.

HOW THE PROGRAM WORKS



We look at how you're using energy now

We'll visit your home and recommend the best energy upgrades. We'll start by looking at:

- the light bulbs you are using, and
- the age of your appliances (e.g., fridge, freezer, dehumidifier and window air conditioner).

If your home is electrically heated, we'll also look at:

- whether drafts are coming in through your doors, windows, attic or basement, and your insulation.



We install your energy-efficient upgrades

After we assess your home's energy efficiency, we'll supply and install your upgrades, at no cost to you.



We show you more easy ways to save

We'll show you how to use your new upgrades and give you advice on more ways to save energy.

WE'RE WORKING IN FIRST NATION COMMUNITIES ACROSS ONTARIO

The IESO offers energy-efficiency programs tailored to meet the needs of the communities it serves – helping reduce energy costs, improve quality of life and create jobs.

See more details at:

SaveOnEnergy.ca/FNCP

1-844-349-8972 | fncp@fnesi.ca



AN ENERGY-EFFICIENT HOME IS A COMFORTABLE HOME

The **First Nations Conservation**

Program provides energy-efficient upgrades that can help you save energy and make your home more comfortable. This help is offered at **no cost** to you.

A launch event will be held on August 15th for this event.
For further information contact
Melissa McDonald @ 887-2202
Or melissa.mcdonald@rrib.ca

GET
FREE
HOME ENERGY
UPGRADES

This program is offered by the Independent Electricity System Operator and delivered by First Nations Engineering Services Ltd. Subject to additional terms and conditions found at SaveOnEnergy.ca/FNCP.



FREE UPGRADES. AT NO COST TO YOU.

These upgrades will not only help you reduce energy, but they can also make your home more comfortable.

SMALL STEPS ADD UP.

More than 8,400 homes* have already taken part in the program to improve energy efficiency and save electricity.

MORE DETAILS AT:

1-844-349-8972 | fncp@fnesc.ca

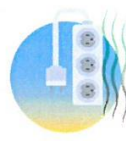
The upgrades you may receive can have a big impact on how much energy you can save throughout the year.



Draftproofing and attic insulation



Hot water tank wrap and pipe insulation



Smart power bars



Faucet aerators and low-flow shower heads



Energy-efficient light bulbs



ENERGY STAR[®] certified freezers, refrigerators and window air conditioners



Block heater timers



Programmable thermostats

