

LAKE HELEN NEWSLETTER AUGUST 15, 2019

GENERAL BAND MEETING

SEPTEMBER 4, 2019 at 7 PM

Resource Centre

MOTION FROM AUG 6, 2019 GENERAL BAND MEETING

Motion to move forward with the Senior Complex building in regards to the next steps to building this complex to completion.

Motion that at the passing of this motion any and all band funded projects must be tendered out to the public over and above \$5000 as to get the best deal.

The above motions will be voted on at the next General Band meeting of September 4, 2019

ODAVEVADD COMMITTEE

GRAVEYARD COMMITTEE

Looking for volunteers who are willing to be on a graveyard committee or who are willing to help with fixing up the cemetery. I already started fundraising with "find the joker" draw. Proceeds will go towards materials needed to fix and replace broken and damaged crosses.

I also thought about a Box Social but would like input from community members.

If you are interested in joining or helping please come out and attend a meeting this Friday, August 16, 2019 at 1 pm. The meeting will be held in the boardroom at the band office.

Call Christine White at 807-708-0539 or text.

Final Weigh In (Inch Away) Wednesday, August 28th 6 pm Service Providers Office Full Moon Ceremony Thursday August 15th 6pm Chalet Lodge

INFORMATION SESSION ON LAKE NIPIGON FOREST MANAGEMENT PLAN

Lake Nipigon Forest Management Inc. will be coming to discuss:

- Herbicide spraying
- Cut to the shore
- Road Decommissioning
- Caribou Mosaic

August 28th at 7pm at the Chalet Lodge Coffee, tea and sweets provided.

YOUTH TRAVEL GROUP HOME BINGO

Week #29 Winner

Candace Tuck 63 Numbers Winning \$120.00

Congratulations!

This was our last week of home bingo.

Thank you for all the support you have given to the Youth Travel Group over the past year!!



VOLUNTEERS NEEDED!!!!!

Red Rock Indian Band would like to enter a float into the parade during the Nipigon Fall Fishing Festival. The Parade takes place on

Saturday, August 31st at 12:00 PM.

We are looking for volunteers and participants to help make our float a success!!!



Anyone that would like to participate in building, decorating, riding on the float or helping in any other way please join us

Tuesday August 20th at 4:30 PM Band Office Boardroom



RED ROCK INDIAN BAND

NOMINATION MEETING

WEDNESDAY, AUGUST 21, 2019
7 PM
Resource Centre

To Nominate Candidates

For the upcoming Election of SEPTEMBER 7, 2019

Electoral Officer Ivy Wawia

Deputy Electoral Officer Sharon Lesperance



RED ROCK INDIAN BAND

ELECTION 2019

To Elect Chief & Council

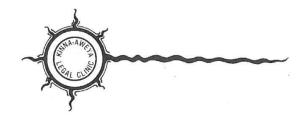
SEPTEMBER 7, 2019

9 AM TO 6 PM

Resource Centre

Electoral Officer
Ivy Wawia

Deputy Electoral Officer Sharon Lesperance



NOTICE

NIPIGON AREA COMMUNITY MEETING

DATE:

MONDAY, SEPTEMBER 16, 2019

TIME:

12 noon

PLACE:

Resource Centre Lake Helen Reserve

LUNCH WILL BE PROVIDED

An area community meeting is held every year in each of Armstrong, Geraldton, Marathon, Nipigon, and Thunder Bay, to provide members with an update of the legal clinic's activities over the past year.

This year, there will be an election for 1 member to serve on the clinic's Board of Directors representing the Nipigon and area for a 2-year term.

Four members are eligible to run as delegates to the legal clinic's

Annual General Meeting which will be held

Saturday, October 26, 2019

at the Prince Arthur Hotel.

Membership in the legal clinic is open to people 18 years of age and older who reside in the District of Thunder Bay and who are of Aboriginal ancestry. Membership application forms will be available at the meeting for new members.

For more information, please call Beth at 807-344-2478 or toll-free at 1-888-373-3309

EVERYONE WELCOME!

LAKE HELEN SERVICE PROVIDERS CALENDAR

Be a pineapple stand tall, wear a crown, and be sweet on the inside

August 2019

Saturday	m	10	17	24	(m)
Friday	7	6	Sock Hop 8pm	Adult Card Social 8pm	30
Thursday	Travel Group Loonie Auction	Adult Cards 7pm	Full Moon Ceremony 6pm Chalet Lodge	22 Adult Meat Bingo 7pm	Back to school lunch bingo 7pm
Wednesday		Recovery Group 2pm (Hall) Band Meefing	Kids Movie Ipm Recovery Group 2pm (Hall)	Community Acupuncture Recovery Group 2pm (Hall)	Recovery Group 2pm (Hall) Final Weigh In Inch Away 6pm
Tuesday		6 Community Acupuncture	Living with Cancer Dinner Chalet Lodge 5pm	50	Science North Chalet Lodge
Monday		10	Cinema on Wheels Indigenous short films 8:30pm (ballfield) If raining at RC	Back to school BBQ 11am	26 Science North Chalet Lodge
Sunday		4	Ε	82	25



ADULT SOCK HOP DANCE

Come out and dance to some 50's and 60's music and of course Elvis!

Costume Contest!

Dress up like any Elvis character for your chance to win some great prizes!

Think you know a lot about Elvis? Well come try Elvis trivia for great prizes- trivia starts at 9pm!



Where: Resource Centre, Lake Helen Reserve

When: Fri, August 16th

Time: 8pm-12pm

Age of majority required

Snacks and refreshments provided

For more information please contact FSWs Terri (ext. 227), Caitlyn (ext. 290) or Candace (ext. 279) 887-2510

TEEN TUBING DAY!

AT RIVER RAT RENTALS

AGES 12 to 18



TUESDAY, AUGUST 20TH

Please make sure to sign up for this event before Monday, August 19th by 2 pm by calling the Band Office at 887-3724

Terri-Lee #227 Caitlyn #290 or Candace #279





Elder's Summer Picnic



Please join us at
The Nipigon Marina
on
Friday August 23rd
from
12 to 2 pm

* Bring a lawn chair!

If you have any questions, please contact Terri-Lee at the Red Rock Indian Band Office (807) 887-3724 😂

Adult Cards

Come on out and paly some crib, maybe win a prize and socialize with other card players.

Thursday Aug 8, 2019

7:00pm @ Resource Centre

Everyone Welcome





ADULT CARD SOCIAL

Poker * Rumoli * Card Bingo *

Bring your .10 cents and come out and enjoy an evening of playing some cards or Poker.

Snacks and Beverages provided

Poker will be "Cash Buy In".

Friday August 23, 2019

8:00pm - Midnight

More Info contact Jolene or Tina

Everyone Welcomed 16 years or older

Adult Meat Bingo

Thursday August 22, 2019

7 pm

Resource Centre

Everyone 16 yrs. or older Welcome





Kids Back to School Snacks Bingo

Family Bingo

Thursday August 29, 2019

7:00pm @ Resource Centre

Everyone Welcome





More Information please contact Jolene or Tina



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







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

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









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
- Chiropodist



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@fnesl.ca



Connecting Today. Powering Tomorrow. 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



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.



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



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.

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

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@fnesl.ca





Draftproofing and attic insulation

Energy-efficient

light bulbs



Hot water tank wrap and pipe insulation



ENERGY STAR' certified freezers, refrigerators and window air conditioners



Smart power bars

Block heater timers



low-flow shower heads

Faucet aerators and

Programmable thermostats

