



LAKE HELEN NEWSLETTER

NOVEMBER 14, 2019

GENERAL BAND MEETING

WEDNESDAY, DECEMBER 4th at 7 PM – RESOURCE CENTRE

NATIVE LANGUAGE CLASSES

EVERY TUESDAY at 6:05PM

SERVICE PROVIDERS ROOM (Band Office)

LITTLE FYI'S

William Legarde out of the office November 12th - Returning November 19th (See Joanna)

Lucille Lesperance (CHR) out of office November 12th – Returning November 19th

GOOD FOOD BOX

THURSDAY, November 21st at 11am-12pm

****PICK UP AT THE BAND OFFICE****

HUNTERS SAFETY COURSE

Are you interested in taking the Hunters Safety Course??

If so, please sign up with Lauren Michelle

BY NOVEMBER 29th



Drum Social and Teachings with Nathan Moses

Where: Community Hall

Time: 6:00PM-8:00PM

Date: November 20th, 2019

***Everyone welcome,
Snacks and Refreshments Provided***

LAKE HELEN INDIAN DAY SCHOOL *Class Action Settlement Information Session*

**Resource Centre
Tuesday, November 26, 2019
12:00 Noon – 2:30 pm**

Guest: Nicole Richmond

**Come out and get your questions answered.
Information is available in band office lobby**

ACUPUNTURE/NATUROPATHIC MEDICINE ONE-ON-ONE APPOINTMENTS

Dr. Cris Alfarano, ND will be visiting the Band Office for individual 1 hr appointments.

WEDNESDAY, NOVEMBER 27th

9:45am - First Appointment

12:45pm - Last Appointment

3pm-5pm - Open Community Acupuncture

Dr. Cris Alfarano, ND will be contacting clients/members to schedule 45–60 minute appts. Payment for the one-on-one sessions will be the responsibility of the client however, this service may be covered through your work/personal benefits.

Dr. Alfarano can directly bill your benefits plan- please speak with her for more information. Community acupuncture will still be available and covered.

If you have any questions please contact Candace Tuck at 887-2510 (#279)
or email: candace.tuck@rib.ca.



Family Poker Walk
Monday, November 18th
6pm @ Resource Centre

Poker Night
Friday November 22nd
7pm @ Resource Centre





A BIG CONGRATULATIONS GOING OUT TO OUR NEW 2019 TRAPPERS!

Pictured from Left to Right:

Regan Wawia, Andi Yesno, Tayna Thompson, MJ Wawia, Shavone Lesperance, Instructor Karl Lindstrom, Shelby Penasie, Haven Wawia and Mary O'Donnell.



**RED ROCK
INDIAN BAND**

Strength. Tradition. Empowerment.

Ceremony on the Land

For the Ontario East-West Tie Transmission Line Project

Ceremony to be held on our traditional territory of

RED ROCK INDIAN BAND

Tentative Agenda

LOCATION: TO BE DETERMINED

DATE: Thursday, November 21st 2019 @ 11:00 a.m.

Meet at Band Office at 10:45 a.m.

***Please dress according to weather conditions"**



Deepest Sympathy & Heartfelt Condolences



For every joy that passes, something beautiful remains.

Alice Vasseur

95 years old

April 16, 2024 - November 11, 2019

*Service will be held at
Catholic Church of Annunciation
Tuesday, November 19, 2019 at 11:00am*

Lunch to follow at the Resource Centre - Lake Helen Reserve

COMMUNITY CONVERSATION

On **Wednesday, November 27th from 6:00pm- 9:00pm** we will have Art Napoleon from the APTN show "Moosemeat & Marmalade" visit the community. The evening will involve a community conversation on environment, climate and food security.

This will be hosted in conjunction with the Community Potluck. Join us for great food and discussion!!

A bit about Art Napoleon....

"Walking in "two worlds" Art Napoleon is as comfortable on a big city stage or boardroom as he is skinning a moose in a hailstorm with a pocketknife. Tapping into rich and profound ancestral knowledge to create sustainable and ethical alternatives for the modern world are the foundations that guide him in his many projects. A former hand-picked (not elected) Chief of the Saulteau First Nation in north-eastern BC, Art is a conservationist, naturalist, faith-keeper and educator who interprets life through the holistic lens of Cree worldview. Art is also a budding TV personality with a growing resume in the film industry and is known as an on-stage humorist with an uncanny ability to improvise and engage audiences of all ages including children and youth. Currently based in Victoria BC, Art remains connected to his home territory and his Cree and Dane Zaa roots. He tours regularly as a performer and speaker and also serves as a juror on arts and culture organizations across Canada. His moose stew has been known to cure hangovers and his campfire tales have mended broken hearts...or so the stories go."

COMMUNITY INFORMATION SESSION ON THE UNION OF ONTARIO INDIANS/ANISHINABEK NATION

**Thursday November 28th
6:00 PM
Resource Centre**

The Anishinabek Nation Leadership and staff will be providing a thorough overview of their organization and to answer any and all questions from Band Members.

More details to come soon.....

REMINDER

For those who signed up for the PAL Course
To be at the Resource Centre at 5pm
November 15th, 2019



Hello, my name is Ryan Dutil, I am the new Community Asset Manager.

As a season change is upon us, I would like to remind you all to please take a little time on checking the following

SMOKE & Co2 ALARMS – Always perform Annual testing & change batteries as well.

HRV's – Make sure your unit is plugged in and working. Keep the filters clean.

OIL TANKS/PROPANE TANKS – Don't let your tanks get low, this will avoid emergency's in the middle of the night

FURNACE FILTERS – Replace filters annually.

BAD GOOD



**“PREVENTIVE MAINTENANCE WILL KEEP YOUR UNITS
WORKING SAFE & EFFECTIVELY”**

Any questions, please do not hesitate to contact me at the Band Office

887-2510 or 889-0175 (Cell)

NIPIGON LNG
PROJECT

OPEN
HOUSE

THURSDAY

NOV. 14, 2019

7PM

Resource Centre



Nipigon LNG (liquified natural gas) is a strategic infrastructure project in Northern Ontario to lower energy costs, reduce GHG emissions, and support economic development.



**RED ROCK
INDIAN BAND**

Strength. Tradition. Empowerment.

COMMUNITY
ENGAGEMENT SESSION

Join us to find out more!

150 Connie Crescent, Unit 4
Concord, ON L4K 1L9

www.northeastmidstream.com
+1 647 960 3344

Northeast  Midstream.



FAMILY BAKING AT THE RESOURCE CENTER

Thursday, November 14th

1st Session: 1-3 pm

2nd Session: 4-6 pm

Please call the Band Office at 887-2510 to sign up so that we can ensure there is enough space and materials for your participation.

Terri-Lee #227 or Caitlyn #290



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.

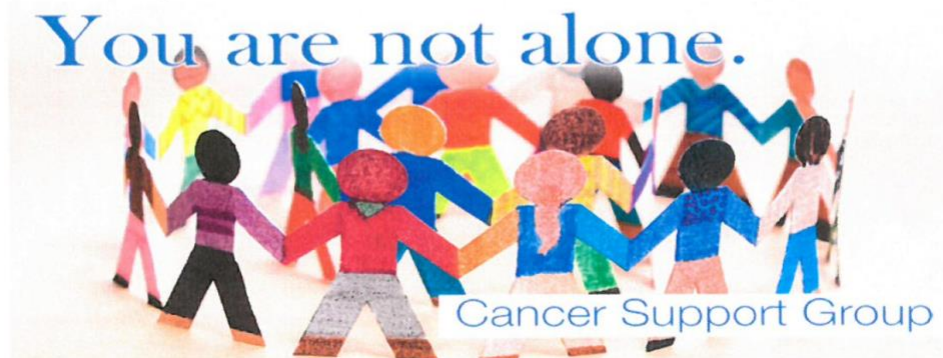
When: Tuesday November 19, 2019

Where: Lake Helen Resource Centre

Time: 5pm

❖ *Please call and sign up for the dinner with Tina Wawia @ 887-2510 or 889-0357 by , Friday November 15th 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*****



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: November 18th & 19th 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

A decorative border at the top of the poster featuring several blue line-art leaves hanging downwards. The background of the poster is a textured, watercolor-style wash in shades of blue and purple.

DART NIGHT

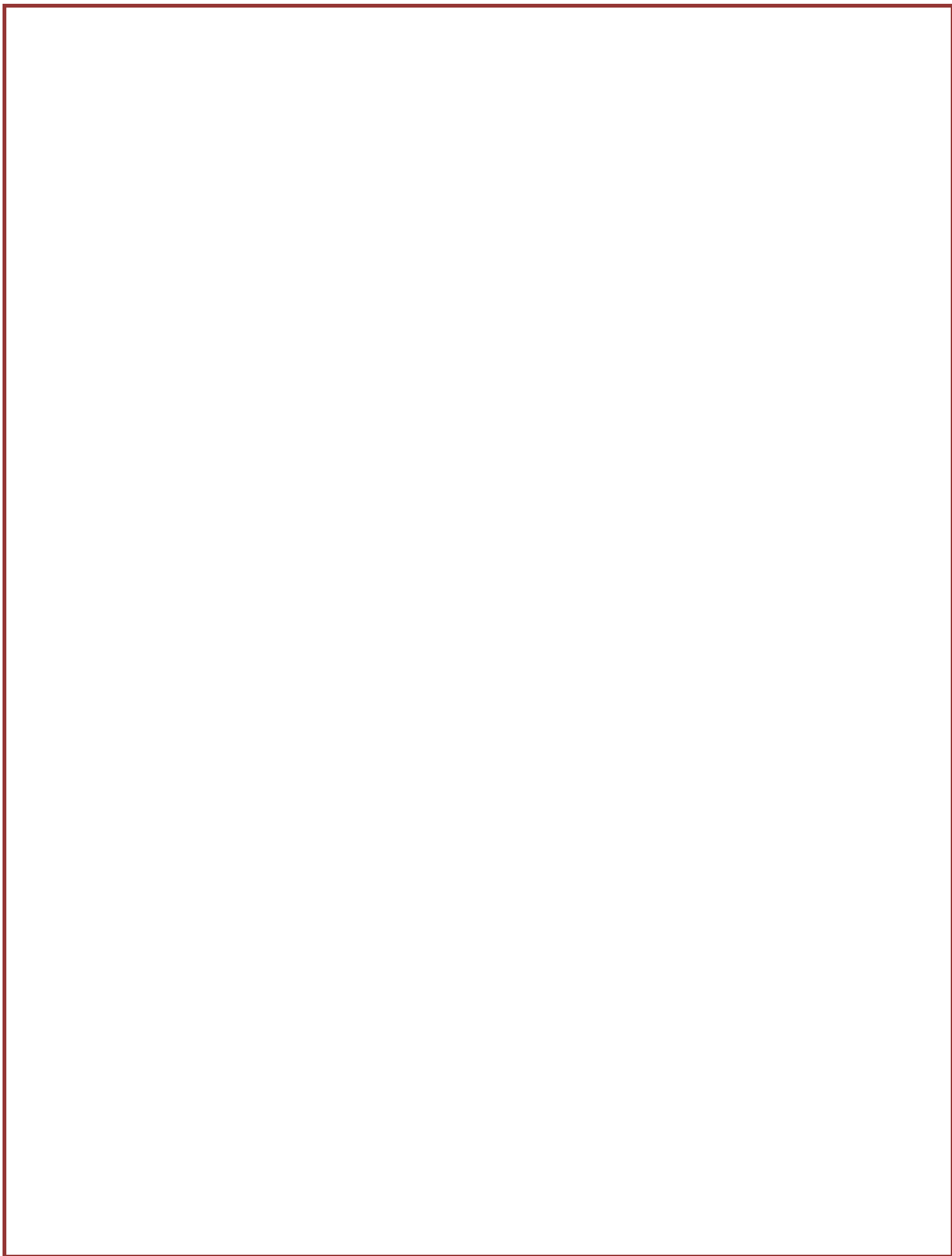
**NOVEMBER 21st at 7PM
RESOURCE CENTER**

OPEN TO ANYONE 19+

SNACKS AND REFRESHMENTS PROVIDED

PRIZES AWARDED

A decorative border at the bottom of the poster featuring several blue line-art leaves pointing upwards.





Senior Volunteer in Service

Friendly
Visiting
Program

Information Session

**Come out and learn about
the benefits of being a SVIS
Volunteer !**

SVIS is a free friendly visiting program that provides seniors who live alone with companionship and fellowship from another senior. Visits can take place in the home, or in any location the senior resides. SVIS is a volunteer based service available across the North of Superior Counselling Program (NOSP) service area depending on volunteer availability. Screened volunteers are trustworthy, compassionate peers who receive regular training and are supported by the SVIS Coordinator.

**November 27th
12-2:00 Pm
Lake Helen Resource
Center
Food and
Refreshments will be
provided by the
Red Rock Indian Band.**

Kristie Goulet, BA, RSSW

Special Projects Lead Adult Mental Health Counsellor





**World AIDS Day and Aboriginal AIDS Awareness Week
Anishinabek Nation HIV Program
Front Line Workers Capacity Development Session
Lake Helen First Nation
Dec 3, 2019
10:00 am–3:30 pm (lunch included)
Resource Center**

AM 10:00 am – 12:00 pm Practical Lessons to teach Sex Education

Topics include:

- Sexuality education
- What subjects are needed in a Sex Ed program
- The role of our values
- Practical Teaching Tips
-

1 Toolbox (value \$750) per Anishinabek community containing full activity kits with 11 ready to use instructions, laminated playing pieces and instructor notes

PM 1:00-3:30

- HIV 101
- HCV 101
- Risk Reduction-Misconceptions, Inhalation kits, safe needle disposal
- Prep and Pep Medication-Who should take it?
- STBBI's

****Available to Staff & Community Members****



Christmas Community Kitchen

December 11th

2 to 9 pm at the RESOURCE CENTER

Come out and make some appetizers to
share with your family over the
Christmas holidays!

**Please sign up so that we can ensure that
enough supplies are purchased
for each family.**

**Contact the FSW's at 887-2510
Terri-Lee at # 227 or Caitlyn at # 290**





**LACE UP YOUR SKATES AND PUT YOUR SPEED TO THE
TEST!!**

**SKATING RACES
ACCURACY SHOOTING
HARDEST SHOT**

**JOIN THE RED ROCK INDIAN BAND AND TOWNSHIP OF NIPIGON FOR A
FUN FILLED EVENING OF SKATING!**

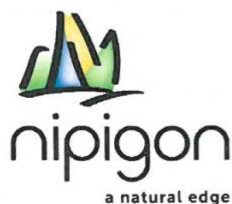
When: Saturday December 21st, 2019

Where: Nipigon Community Center

Time: 6:00pm – 8:00pm

Ages: 4-6/7-9/10-12/13-15/OPEN

***HELMETS ARE MANDATORY FOR ANYONE UNDER THE AGE OF 18**



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

OUTDOOR WINTER CLOTHING EXCHANGE

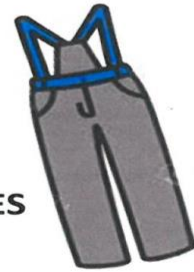
Many families have a difficult time making ends meet and simply don't have the means to purchase the clothing needed to stay warm.



Red Rock Indian Band is looking for donations for clean and gently used **OUTDOOR WINTER CLOTHING** to support our families.

ITEMS NEEDED:

- * WINTER COATS
- * SNOW/SKI PANTS
- * HATS
- * MITTENS/GLOVES



Please drop off donations at the Band Office

Thank you! 😊



FREE ITEMS, COME HAVE A LOOK!

2nd floor of RRIB band office (outside boardroom) 9am-4pm

No limit to pick-up and you DO NOT need to donate any clothing to receive any items you may need.

This is free and available to everyone in the area!
First come first serve basis

CATERER WANTED

Merry Christmas

Caterer wanted for the Red Rock Indian Band Community Christmas Party
For Sunday December 8, 2019

For approximately 250 people

Caterer is responsible for setup and cleanup of their work area

The Legion has plates, utensils available

If you plan on not using them your bid should include the cost of supplies
example; plates cutlery etc.

Please submit bids and menu to the Red Rock Indian Band Service
Providers Team by November 22, 2019 @ 4:00pm.

****Bids must be PER PLATE amount****



Caterer wanted for the Red Rock Indian Band Staff Christmas Party
For Saturday, December 7, 2019

Approximately 200 people

Caterer is responsible for setup and cleanup of their work area

The Legion has plates, utensils available

If you plan on not using them your bid should include the cost of supplies
example; plates cutlery etc.

Please submit bids and menu to the Red Rock Indian Band Service
Providers Team by November 22, 2019 @ 4:00pm.

****Bids must be PER PLATE amount****



RED ROCK INDIAN BAND COMMUNITY CHRISTMAS PARTY

If you want your child/ren ages 0-16 to receive a gift you **MUST SIGN UP** by Friday November 22, 2019 @ 4:00 pm
NO EXCEPTIONS

Any child/ren signed up MUST be a **Registered** Red Rock Indian Band Member or Lake Helen **Community** Member

Gifts will be given out at the Community Christmas Party. If your child/ren cannot attend, an immediate family member may pick up the gift at the party only.

Contact Tina W or Lauren to sign up by call the Band Office
807-887-2510
Toll Free 1-877-887-2510

We will not be excepting names via Facebook, Messenger, or Text

Call and leave a voice message if Tina or Lauren are not available