



LAKE HELEN NEWSLETTER

DECEMBER 5, 2019

GENERAL BAND MEETING

WEDNESDAY, JANUARY 8, 2020
7 PM – RESOURCE CENTRE

NATIVE LANGUAGE CLASSES

EVERY TUESDAY at 6:05PM

SERVICE PROVIDERS ROOM (Band Office)

FREE SKATE

DECEMBER 7TH, 2019
7 PM TO 8 PM

EVERY SATURDAY AFTER THE 7TH WILL BE AT 6 PM

SPONSORED BY RED ROCK INDIAN BAND

JANUARY GOOD FOOD BOX

January Good Food Box is Due on the 12th and
Pick Up is on the 19th

TRAPPER'S COUNCIL MEETING

TUESDAY, DECEMBER 10TH
7 PM IN RRIB BOARDROOM

MEDICAL VAN BOOKING

Please book the medical van early if needed during the Christmas Break

Thank you
Medical Van Team

Band office is Closed from December 23, 2019 - January 6, 2020

OW/ODSP JANUARY CHEQUES

OW clients please have all your paperwork handed in by
13-Dec-2019. OW/ODSP cheque pickup is on **20-Dec-2019**.
January cheques can be cashed on **30-Dec-2019**.

William Legarde
Ontario Works Administrator

TOWNSHIP OF NIPIGON SANTA SKATE

DECEMBER 7TH

SKATE
11:00AM – 12:00PM
VENDORS/CRAFTERS
11:00AM -3:00PM

***Nipigon Community Centre Multi-purpose Room**

Free hot chocolate & coffee with a treat from Santa!
Hope to see you there!

***Interested in a table please contact Kristin Dutil @ 887-3586**

CHRISTMAS SHOPPING

Any community members who wish to Christmas Shop in Thunder Bay please leave your name at the band office 887-2510 with Christine White or Rob Stuart.

Christine: 807-887-2510 or 807-708-0539

Rob: 807-887-2510 Ext: 281

Will take place December 14 & 15, 21 & 22, 2019

LANDS AND RESOURCES

Aniin Everyone! My name is Sarah O'Donnell and I am the new Director of Lands and Resources for the Red Rock Indian Band. I am a Red Rock Indian Band member, who grew up in Baawating (Sault Ste. Marie) and now live in Nipigon.

My parents are Mary and Bill O'Donnell and I am mother to a beautiful young girl Isabelle. I am so grateful to bring all my education and work experience to this important role.

Together as a Nation we will continue to assert our treaty rights and care for Indinawemaaganidak, all our relations, as we seek out economic ventures responsibly. I look forward to working with you all as we move forward in a good way.

Sarah.Odonnell@rrib.ca

807-631-5013 or 807-887-2510 Ext 278

Miigwetch!

Stay Safe!



Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

DURATION

5-6 hours

INSTRUCTOR

Red Cross Youth Leader

PREREQUISITE

Minimum 9 years of age (or completion of Grade 3)

W H E N - J A N . 31 10AM - 4PM

W H E R E - R R I B R E S O U R C E C E N T E R
O P E N T O A L L R R I B A N D
C O M M U N I T Y M E M B E R S 9 - 1 3 Y O S
L U N C H W I L L B E P R O V I D E D

COURSE CONTENT

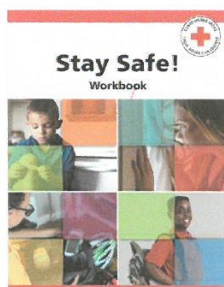
- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits)
- Basic first aid skills

TAKE-HOME MATERIALS

Stay Safe! Workbook

Completion certificate

C O N T A C T R O B E R T S T U A R T
8 8 7 - 2 5 1 0 E X T 2 8 1 O R
C A N D A C E T U C K E X T 2 7 9



Sample Pages



Canadian
Red Cross

Training
Partner

Health Tec
TRAINING
FIRST AID/CPR
807-632-4817

MOTIONS FROM DECEMBER 4, 2019 GENERAL BAND MEETING

1. Motion if people own a house on the reserve and also have or rent a house elsewhere, they should have to give the reserve house back to the band.
2. Motion to sever ties with the partnerships with LTL Contracting.
3. Motion to trade in the white gravel truck for a new gravel truck.
4. Motion to purchase a front-end loader.
5. Motion to rejoin the Anishinabek Nation.

The above motions will be voted on at the next General Band meeting of January 8, 2020

CHRISTMAS HOLIDAYS

With the holidays quickly approaching please contact Ivy if you need fuel so I can order it before we close on December 20, 2019

If you have the Resource Centre booked over the holidays please contact Ivy to make arrangements to get a key to open the RC.

Thank you for your cooperation!

Deepest Sympathy & Heartfelt Condolences



*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still love, still missed and very dear.*



*Chief & Council, Staff and Red Rock Indian Band Members would like to
extend heartfelt condolences to the families of Kyle Puittinen.*

Coming soon!

Blue Box Recycling for the Red Rock Indian Band

We are excited to announce that Blue Box recycling will be coming to RRIB early in the new year - 2020.

Residents will have access to curbside recycling collection provided every other week. The program will require you to sort your recycling into a paper stream and a container stream, but don't worry you will receive lots of information and equipment to help you learn how to sort your recyclables properly.

At the time of the recycling program launch, each residential home will receive two containers to store their recyclables and information about when to place your containers to the curb for collection and what can and cannot be recycled.



Get ready, Get set... **Stay Tuned!**

For more Info contact Melissa McDonald @ 887-2510 ext:291

***RED ROCK INDIAN BAND COMMUNITY CHRISTMAS
PARTY***

SUNDAY DECEMBER 8, 2019

NIPIGON LEGION



SANTA ARRIVES AT 4PM



DINNER AT 5PM





House/Yard Decoration Contest

**Lights on the house,
decorate the windows, doors or
whatever you can do to show
your Holiday spirit!**

**Judging will be the 19th of
December, prizes will be
awarded.**

**Kids snowman sculptures will
have separate judging.**

**For more information please
contact Rob Stuart at
887-2510, ext: 281**



ATTENTION!!

DUE TO THE POPULARITY OF THIS EVENT, PLEASE NOTE THAT WE ARE OFFERING 2 SEPARATE GROUP TIMES! IF YOU HAVE ALREADY SIGNED UP, PLEASE CONTACT THE FSWs TO LET US KNOW WHICH TIME YOU WILL BE COMING! THANK YOU 😊

Christmas Community Kitchen

December 11th

2 SEPARATE SESSIONS

1 to 4 pm OR 6 to 9 pm

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!**

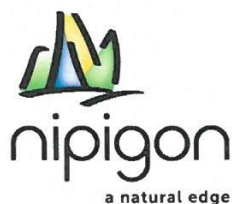
When: Saturday December 21st, 2019

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.

TEEN NIGHT
Christmas Edition!
(Ages 12-18yrs)
Friday, December 13th

GINGERBREAD HOUSE CONTEST

First place prize worth \$300!!

Everyone wins something!

Teams of 2

Parents are welcome to attend

All supplies provided

Doors open at 6pm

Contest starts at 6:30pm

Resource Centre, Lake Helen

Snacks and refreshments available

Open to all teens!

Rides can be provided please contact Candace (ext. 279)
at the band office 887-2510

PARENTS AND BABES CHRISTMAS PARTY!

**December 9th
4p.m. to 6p.m.**

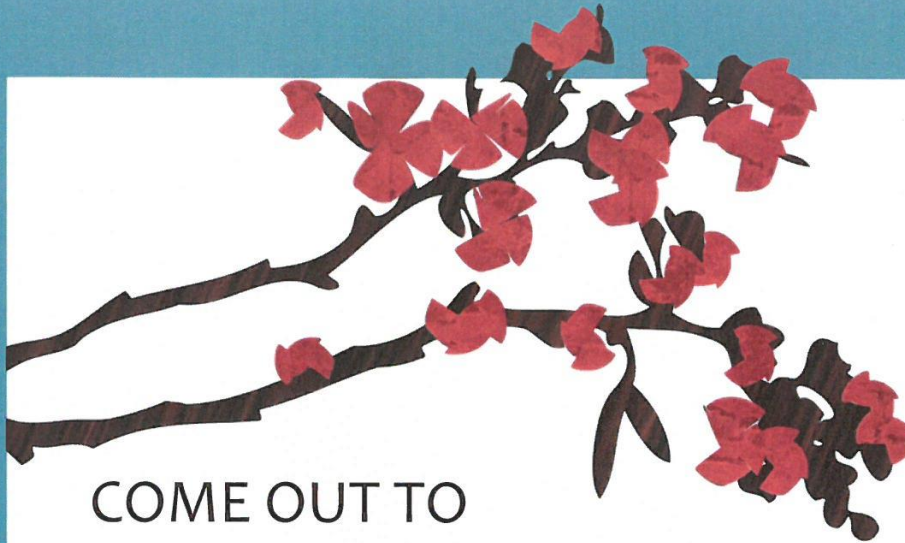
Resource Centre

Please sign up by Dec. 2nd 4p.m.

We would like to invite you to come join us for Christmas supper and family photo session! Santa will be available for pictures at 5p.m.

Please sign up with Michelle Blair @ 887-2354 *voicemails accepted*





COME OUT TO
MOMS GROUP
INFO & VOUCHERS

DECEMBER 10

4:30P.M. COMMUNITY HALL

POWER OF CRYSTAL HEALING AND MEDITATION

Learn about topics, share your stories, ask questions!

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 also be given out at this time.

Chance to win \$100 Gift Card!

FOR MORE INFORMATION CONTACT:

MICHELLE BLAIR @ 887-2354 MICHELLE.BLAIR@RRIB.CA OR COMMUNITY HEALTH
NURSE AMANDA RUTH @ 887-2510 AMANDARUTH@DILICO.COM

Next Visit - Tues, Dec 10th

Naturopathic Medicine: Medically Trained, Naturally Focused

Naturopathic Medicine is a distinct primary health care system emphasizing prevention, treatment and the promotion of optimal health and well-being, using interventions that treat the underlying cause of disease. Naturopathic Doctors provide individualized patient care and public education, treating both acute and chronic conditions. Naturopathic practice blends centuries of knowledge of natural therapies with current advances in Evidence-based Medicine and Functional Medicine. Our scope of practice includes all aspects of family & primary care, from pediatrics to geriatrics.

Naturopathic Doctors are clinically trained to use the following natural therapies and modalities:

- **Clinical Nutrition** – Nutrition is a cornerstone of naturopathic medicine. Many medical conditions can be supported effectively with individual nutrition plans and nutritional supplements. Nutrition plans are tailored to each patient.
- **Botanical Medicine** - Naturopathic physicians use plant substances based on evidence of use in treatment for many conditions
- **Homeopathic Medicine** - Homeopathic medicines are very small doses of natural substances that can stimulate the body's self-healing response, without producing negative side effects or interactions with other medications.
- **Traditional Chinese medicine and Acupuncture** - Acupuncture, Acupressure, and Chinese herbal medicine is used to balance Qi (energy) through meridian pathways to promote healing. Acupuncture has been used successfully for both stress and pain management.
- **Bowen Therapy** - A gentle form of manual therapy across muscles & fascia for chronic pain conditions and stress.
- **Diagnostic Testing** - Food intolerance testing; Salivary Hormone testing; conventional blood tests and more are all available for distinguishing the root cause of disease.
- **Lifestyle Counseling and Stress Management** - Naturopathic physicians are trained in lifestyle counseling, nutritional balancing and education of proven stress management and mind-body techniques.

Naturopathic Doctors are clinically trained to treat the following conditions:

- Fatigue and low energy
- Stress coping and management
- Sleep disturbance
- Achieving and maintaining a healthy weight
- Cardiovascular disease: high and low blood pressure, coronary artery disease
- Allergies and food sensitivities
- Anxiety and depression or other mood disorders
- Infections/Immune-boosting: acute colds and flus
- Genitourinary conditions: Urinary tract infections, BPH, prostatitis, pelvis pain, interstitial cystitis
- Musculoskeletal conditions: pain and injuries, arthritis, gout and osteoporosis
- Skin conditions: eczema, psoriasis, acne, scar reduction, facial rejuvenation
- Digestive disturbances: constipation, diarrhea, bloating, indigestion, IBS, IBD
- Respiratory conditions: asthma, bronchitis, sinusitis
- Hormone imbalances: hyper and hypothyroidism, diabetes, metabolic syndrome
- Women's health concerns: menopausal symptoms, PMS, painful/irregular periods, PCOS, endometriosis
- Pediatric care: ADHD, ear infections, colic, teething, bed-wetting, cradle cap, diaper rash
- Fertility awareness and support, hormone regulation
- Addiction support and smoking cessation

For more information about how Naturopathic Medicine can benefit you:
BOOK a Complimentary 15 minute Consult with Dr. Cris Alfarano, ND

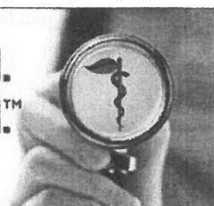
dr.alfaranoND@gmail.com

519-477-4046

Medically trained.
Naturally focused.™

#MedicallyTrained #NaturallyFocused

ND - Trademark of Canadian Association of Naturopathic Doctors



Resource Centre
Tues, Dec 10th /19

Community Acupuncture
2-4pm

Individual / 1-1
appointments available



LAKE HELEN GAS & VARIETY

Holiday Store Hours

Dec 24th – 6 am – 6 pm

Dec 25th – CLOSED

Dec 26th – 8 am – 8 pm

Dec 27th, 28th, 29th, 30th

Regular hours: 6 am – 11 pm

Dec 31st – 6 am – 8 pm

Jan 1st – CLOSED

Jan 2nd – 6 am – 11 pm

Lake Helen Gas and Variety would like to wish
everyone a safe and happy holiday season.

MERRY CHRISTMAS & HAPPY NEW YEAR!

Did you know that the Community Health Rep. office has certain health supplies available for the use of Red Rock Indian Band and Community Members, or that the Community Health Nurse has certain over the counter medication available for free? If not here is a break down of the services available from your Red Rock Indian Band Health departments.

Community Health Nurse

- Tylenol
- Calamine Lotion
- Diaper Rash Cream
- Infant/ Prenatal Vitamins
- Lice Shampoo
- Peroxide

To receive these items you must be seen in person to receive a health assessment and sign a consent/waiver form.

***Cough Syrup is no longer available because of breathing suppression effects**

Community Health Representative

- Sharp Containers
- Reachers
- Band-Aids
- Tape
- Gauze
- Picks
- Diabetic Socks- First Time Clients Only

Medical Equipment (Available for Loan Out)

- Canes
- Chairs
- Scooters
- Ramps

To receive any of these items please contact Lucille to sign them out using the standard loan form.

***All of these items are available only while supplies last, and due to funding constraint priority is given to on-reserve Band and Community Members. However, we will make every effort to support all Red Rock Indian Band members if at all possible. If you have a suggestion for a specific supply please let us and we will make every effort to make it available based on funding and program constraints**

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: December 16th & 17th 2019

Location: Red Rock Indian Band Office

To Make an Appointment: Contact 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

Primary Care Traveling Team = PCTT

Mental Health Nurse = MHN

Indigenous Healthy Babies Healthy Children Nurse = IHBHC

Diabetes Educator = DE

Care Manager = CM

Community and Personal Support Worker = C&PSW

Dilico Health Services

nilico

**Anishinabek Family Care
Health Services**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
			Community Health Nurse Community Health Nurse MHN			
8	9	10	11	12	13	14
			Community Health Nurse Community Health Nurse DE			
15	16	17	18	19	20	21
			Community Health Nurse Community Health Nurse			
			PCTT			
22	23	24	25	26	27	28
C&PSW		Offices Closed	Christmas Day	Boxing Day	Offices Closed	C&PSW
29	30	31				
	C&PSW	Offices closed at noon				