
GENERAL BAND MEETING

WEDNESDAY, DECEMBER 4th
7 PM – RESOURCE CENTRE

AGENDA

1. Audit
2. Lake Helen Logistics & Aggregates Update
3. Annuities Update
4. Open Forum

NATIVE LANGUAGE CLASSES

EVERY TUESDAY at 6:05PM

SERVICE PROVIDERS ROOM (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

OW/ODSP cheques

OW/ODSP cheques will be ready for pickup on 29-Nov-2019

William Legarde
Ontario Works Administrator

LAKE HELEN INDIAN DAY SCHOOL
Class Action Settlement Information Session

BAND OFFICE BOARDROOM

FRIDAY, November 29, 2019
12:00 Noon – 2:30 pm
Guest: Nicole Richmond

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

DECEMBER GOOD FOOD BOX

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

MEDICAL VAN BOOKINGS

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

DZ DRIVERS

The Red Rock Band is looking to update our list of qualified DZ drivers to operate our plow truck this winter.

If interested, please submit your name and contact information to
Stephen Price at jobs@rrib.ca

**TOWNSHIP OF NIPIGON
SANTA SKATE**

DECEMBER 7TH

**SKATE
11:00PM – 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



DART NIGHT

THURSDAY, DECEMBER 5, 2019

7 PM

RESOURCE CENTRE

OPEN TO ANYONE 19 +

SNACKS AND REFRESHMENTS PROVIDED

PRIZES AWARDED



Big Drum Social and
Teachings
with Nathan Moses

Location RRIB Hall

Time 6PM-8PM

Date Dec. 4th

***Everyone welcome Snacks and
Refreshments provided***

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

SUNDAY DECEMBER 8, 2019

NIPIGON LEGION



SANTA ARRIVES AT 4PM



DINNER AT 5PM





DINNER AWARDS

Monday December 2nd

5pm @ Resource Centre

Comedian Moccasin Joe

**Open for all men even if you never participated in the
movember contest**

Please call Tina W at Band Office 887-2510

**By Friday November 29th to let me know if you will be attending so I know how much food to
have prepared**



House/Yard Decoration Contest

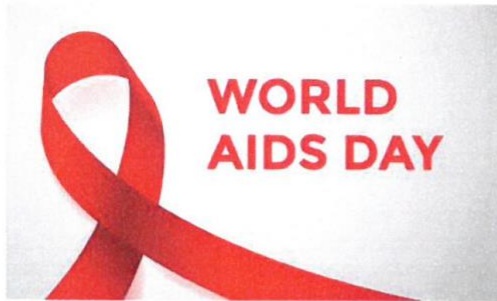
Lights on the house,
decorate the windows, doors or
whatever you can do to show
your Holiday spirit!

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





**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****

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!**

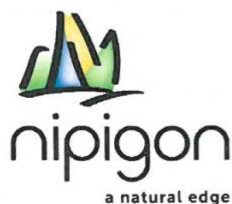
When: Saturday December 21st, 2019

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.

INFORMATION MEETING WITH DR. PAUL DRIBEN

The purpose for this meeting is to identify Red Rock Indian Band's Traditional Values for hunting, fishing, trapping, harvesting, etc.

ALL COMMUNITY MEMBERS URGED TO ATTEND

MONDAY, DECEMBER 2, 2019

10 AM

RESOURCE CENTRE.

FLYER DELIVERY

Any kids (age 8 and up) interested in helping to deliver newsletters on Thursdays after school (ask your parents) leave your number with Christine at the band office 887-2510 or 708-0539

It's a great way to get involved in your community and make some cash.

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



NATIONAL ADDICTIONS AWARENESS WEEK

This year NAAW is from November 25 to December 1
and the theme is *Stigma Ends with Me*
#StigmaEndsWithMe

For more information check out:

- Canadian Centre on Substance Use and Addiction
<https://www.ccsa.ca/national-addictions-awareness-week>
- ConnexOntario 1-866-531-2600 <https://www.connexontario.ca/>
Addiction, Mental Health, and Problem Gambling Treatment Services



Mikeala will be visiting the RRIb band office Wed, Dec 4th. Her services are for all individuals, couples and families ages 8 and up from all backgrounds. Her areas of expertise include:

- Addiction
- Trauma
- Relationship difficulties
- Mood, anxiety & personality disorders
- Grief and loss
- Life stresses and challenges
- Sleep disturbances

To make an appointment please call/e-mail her or any questions contact Candace 887-2510 ext. 279 or e-mail candace.tuck@rrib.ca

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

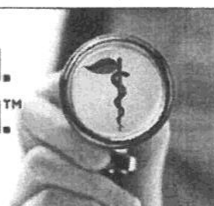
dr.alfaranoND@gmail.com

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

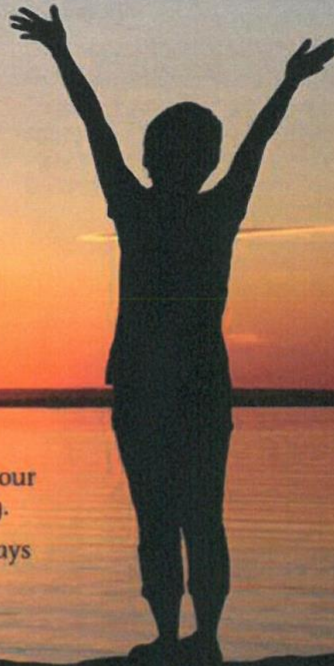


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DI-NO WI-GEHMIN
ABORIGINAL
LEADERSHIP
PROGRAM

Awaken Your Leadership Spirit

Join a community focused leadership program and awaken your cultural, spiritual, mental, physical and emotional well-being.

Participate and enjoy a retreat, cultural activities, learning days and other outdoor experiential learning opportunities.



Starts: January 13 2020

Apply by: December 13 2019

To apply or for more information:

email: alp@aets.org

website: aets.org/alp



Canada

Tel: (807) 346-0307

Toll Free: 1-866-870-AETS

Information Sessions: RSVP to: alp@aets.org

Monday, November 18, 2019 12:00pm to 2:00pm (Waverley – Auditorium)

Monday, November 25, 2019 12:00pm to 2:00pm (Waverley – Auditorium)

Monday, December 2, 2019 1:00pm to 2:30pm (Brodie St– Storey Hour Room)

Light Refreshments and Snacks will be provided

To attend please RSVP to: alp@aets.org



Community Development Officer Job Description

Title

Community Development Officer

Reports To

Manager, Community Development

Summary

The Comprehensive Community Planner, under the direction of Chief and Council, is responsible for the planning and overall coordination, marketing, and provision of on-going communication with a CCP planning team. This individual will also coordinate the Red Rock Indian Band's Comprehensive Community Plan by hosting engagement sessions to establish a Community Planning Committee, organizing data, and coordinating the CCP project with support from Band Staff, and the Community Planning Committee once it has been established.

Core Competencies

- Accountability
- Analytical Thinking
- Communication
- Decision Making
- Networking and Relationship Building
- Planning and Organizing
- Problem Solving
- Resource and Fiscal Management
- Service Orientation

Job Duties

- Bring Creative Energy and Approaches to facilitating a Comprehensive Community Plan
- Coordinate and assist with facilitating CCP process and community engagement.
- Explore Community Priorities and Opportunities.
- Develop Engagement and Communications Strategy
- Establish a Community Engagement Committee

- Work with Chief and Council, Staff, Community Engagement Committee, and other key stakeholders to design and implement the CCP Process.
- Review Background on Previous Planning Efforts
- Coordinate and host information sessions, community meetings, and focus group sessions.
- Develop a Draft Comprehensive Community Plan
- Research and gather information for compilation into CCP and other community-based processes
- Develop the voice of the community into a vision of the future.

Requirements

- Post-secondary degree in business, finance, accounting, or a related field or a combination of education and work experience considered an asset
- 2 years of work experience in the public sector and/or a not-for-profit setting preferred
- Excellent verbal and written communication skills
- Must be energetic and personable.
- Must have a strong knowledge of the Red Rock Indian Band's traditional territory, culture, and history.
- Ability to work effectively within a team approach to community development
- Ability to work independently as well as demonstrated teamwork and team building skills
- Excellent computer skills, including effective working skills with MS Word, Excel, and email required
- High degree of resourcefulness, flexibility, and adaptability
- Able to effectively communicate both verbally and in writing
- High level of critical and logical thinking, analysis, and/or reasoning to identify underlying principles, reasons, or facts

Work Conditions

- Manual dexterity required to use desktop computer and peripherals
- Some travel may be required

Since this position is engaged primarily in serving the interests of Aboriginal people, The Red Rock Indian Band shall give preference to Aboriginal people who possess the requisite skill sets and experience.

Interested applications should apply on or before 29 November, 2019 @ 12:00 PM

Resumes may be submitted via Email to jobs@rrib.ca

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

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 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

ANISHINABEK NATION / UNION OF ONTARIO INDIANS

Community Information Session

THURSDAY NOVEMBER 28 | 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.