



# LAKE HELEN NEWSLETTER DECEMBER 12, 2019

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## GENERAL BAND MEETING

**WEDNESDAY, JANUARY 8, 2020  
7 PM – RESOURCE CENTRE**

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## NATIVE LANGUAGE CLASSES

**EVERY TUESDAY at 6:05PM**

**SERVICE PROVIDERS ROOM (Band Office)**

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## FREE SKATE

**6 PM TO 8 PM**

**EVERY SATURDAY**

**SPONSORED BY RED ROCK INDIAN BAND**

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## GOOD FOOD BOX

**Pick Up is on DECEMBER 19<sup>th</sup>  
11 AM AT RESOURCE CENTRE**

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## 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***

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## **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**

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## **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***

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## **ATTENTION BAND MEMBERS THAT BELONG TO A UNION**

**RRIB is starting to work more and more with different companies that  
need Union workers.**

**We would like to make a call out to all RRIB members belonging to any  
Unions to submit their names and union affiliations so we can start a  
Union Workers Pool for future employment.**

# 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

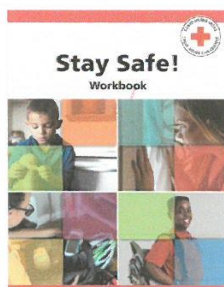
- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather,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

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### **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**

**Please keep in mind that fuel has to be paid for before ordered.**

**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!**

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### **FINANCIAL STATEMENTS**

**RRIB Financial statements are available for pickup at the front desk at the band office.**

# 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





## **House/Yard Decoration Contest**

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

**Judging will be the 19<sup>th</sup> 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**





## Thunderbird Friendship Centre

301 Beamish Ave West, P.O. Box 430

Geraldton, ON P0T 1M0

Tel: (807)854-1060 Fax: (807)854-0861

Email: karen.stephenson@thunderbirdfriendshipcentre.ca

### **Aboriginal Healing and Wellness Coordinator**

The Aboriginal Healing and Wellness Coordinator will provide direct counseling and outreach/preventative services to adults and youth, in order to reduce family violence, promote healthy lifestyles, culture based programming and healing.

#### **Qualifications**

- Post-Secondary Degree or Diploma in Social Services, or relevant accredited training combined with 2 years of related work experience.
- Additional training in Applied Suicide Intervention Skills Training, Crisis Intervention, etc. is an asset.
- Working knowledge of counseling methods & case management practices.
- A strong understanding of Aboriginal culture, practices: Ability to speak and write Ojibway, Cree and/or Oji-Cree is an asset.
- Ability to work as a team member and meet deadlines with minimal supervision.
- Excellent communication, facilitation skills and experience working with diverse groups.
- Knowledge of computers and various applications.
- Able to work flexible hours including occasional evenings and weekends.
- Must have a Criminal Reference check, including a Vulnerable Sector Screening completed and approved prior to the commencement of employment.
- Standard First Aid and CPR would be considered an asset.
- Must possess a valid class "G" driver's license, and access to a reliable vehicle.

#### **Responsibilities**

- Follow and adhere to program guidelines.
- Prepare quarterly narrative and financial reports.
- Provide accurate records and reports of program activities and needs.
- Provide counseling and support for clients.
- Ensure culture based support programs are in place for all clients.
- Provide community education to community members, organizations, and others.
- To liaison with other community programs and services in order to make referrals.

#### **Closing Date: Friday, January 10, 2020 at 4:00 PM**

Interested candidates are invited to submit a cover letter, resume and the names of three references with candidate's written permission to contact the provided references in a **sealed marked envelope, or by fax or email to the attention of Karen Stephenson, Executive Director. Resumes without references will not be accepted.** We appreciate your interest; however, only those selected for an interview will be contacted.

## **ATTENTION LAKE HELEN RESIDENTS FOR SAFETY REASONS**

When snow plowing is being done by the big plow, can you please move your vehicle(s) off the road.

When driveways are being plowed please move vehicle(s) from driveway so nothing is damaged and the plow can get in and out.

**THANK YOU FOR YOUR COOPERATION!!**

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### **Parents & Babes**

Mon. Dec. 16 @ 1:30PM

Tues. Dec 17 @ 1:30PM

Wed. Dec 18 @ 10AM

### **Prenatal**

Tues. Dec 17 @ 10AM

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## **FULL MOON CEREMONY**

Thursday December 12, 2019  
6pm @ Resource Centre



## SUPERIOR NORTH CATHOLIC DSB ANNOUNCES THE APPOINTMENT OF THE NEW CHAIR OF THE BOARD



Superior North Catholic District School Board announces the appointment of the new Chair of the Board.

At the annual organizational meeting of the Superior North Catholic District School Board, Judy Wawia, First Nation Representative was elected Chair of the Board. Mrs. Wawia has been Vice-chair of the Board serving consecutive terms since 2015.



## **Adult Meat Bingo**

**Friday December 20<sup>th</sup>**

**7pm @ Lake Helen Resource Centre**

**\$5.00 entry for 9 cards**



**Bring a nonperishable food item**

***Come on out for a good time!***



# *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.*

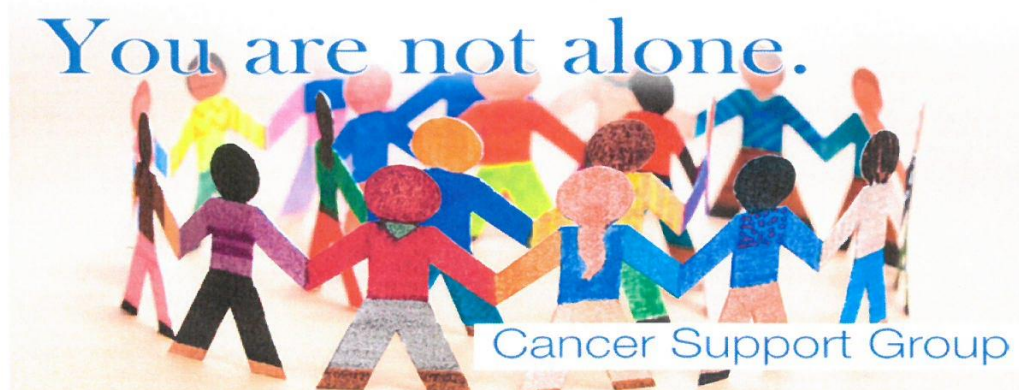
**When: Monday December 16, 2019**

**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 December 13th 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\*\***





**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!**

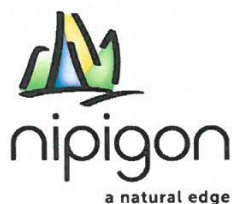
**When: Saturday December 21<sup>st</sup>, 2019**

**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

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**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

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## LAKE HELEN GAS & VARIETY

### Holiday Store Hours

**Dec 24<sup>th</sup> – 6 am – 6 pm**

**Dec 25<sup>th</sup> – CLOSED**

**Dec 26<sup>th</sup> – 8 am – 8 pm**

**Dec 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>**

**Regular hours: 6 am – 11 pm**

**Dec 31<sup>st</sup> – 6 am – 8 pm**

**Jan 1<sup>st</sup> – CLOSED**

**Jan 2<sup>nd</sup> – 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!**

**D**id 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**





**On behalf of the Township of Nipigon  
and its staff, we would like to  
wish everyone a**

**MERRY CHRISTMAS and a HAPPY NEW YEAR!**

### GAMES AT THE NIPIGON COMMUNITY CENTRE

Dec 11 <sup>th</sup>	Midget Game
Dec 15 <sup>th</sup>	Bantam Game
Dec 18 <sup>th</sup>	Midget Game
Dec 21 <sup>st</sup>	Skating Events *Sponsored by TWSP of Nipigon and RRIB
Dec. 27 <sup>th</sup> & 28 <sup>th</sup>	<b>Jason Thompson Holiday Classic</b>
Jan. 4 <sup>th</sup>	<b>IP1 Jamboree</b>
Jan 5 <sup>th</sup>	<b>Peewee AA vs Midget Girls</b>
Jan.10 <sup>th</sup>	Jr. B Game
Jan. 10 <sup>th</sup>	<b>Bantam/Midget Tournament</b>
Jan. 16 <sup>th</sup>	Bantam Game
Jan. 18 <sup>th</sup>	Jr. B Game
Jan. 17 <sup>th</sup>	<b>NBC Tourney</b>
Jan 23 <sup>rd</sup>	Bantam Game
Jan. 25 <sup>th</sup>	<b>Midget Girls Games</b>
Jan 31 <sup>st</sup>	Jr. B Game
Jan 31 <sup>st</sup>	<b>Atom Tournament</b>
Feb. 7 <sup>th</sup>	Jr. B Game
Feb. 16 <sup>th</sup>	<b>Midget Girls Games</b>
Feb 21 <sup>st</sup>	Jr. B Game
Feb 29 <sup>th</sup>	<b>Novice Zones</b>



### CHRISTMAS HOURS

#### MUNICIPAL OFFICE

December 24<sup>th</sup> closing at 12:00 p.m.  
Closed December 25<sup>th</sup> – 28<sup>th</sup>  
December 31<sup>st</sup> closing at 12:00 p.m.  
Closed January 1<sup>st</sup>

#### NIPIGON COMMUNITY CENTRE

December 24<sup>th</sup> closing at 12:00 p.m.  
Closed December 25<sup>th</sup> and 26<sup>th</sup>  
December 27<sup>th</sup> – 30<sup>th</sup> regular hours  
December 31<sup>st</sup> closing at 12:00 p.m.  
Closed January 1<sup>st</sup>

### LANDFILL SITE

December 24<sup>th</sup> regular hours  
December 25<sup>th</sup> - closed  
January 1<sup>st</sup> - closed  
Tuesday, December 25<sup>th</sup>, rescheduled to  
Monday, December 24<sup>th</sup>, 2019  
Tuesday, January 1<sup>st</sup>, 2020 rescheduled to  
Monday, December 31<sup>st</sup>, 2019.

### PET TAGS

Tags for your dogs and cats are now available for  
2020. Deadline to purchase before additional  
fees may apply is January 31<sup>st</sup>, 2020



### CRABBY'S SPORTS BAR & GRILL CHRISTMAS HOURS

Closed December 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> & 30<sup>th</sup>

Open December 27<sup>th</sup>, 28<sup>th</sup> 29<sup>th</sup>

**OPEN NEW YEAR'S EVE FROM 3:00PM-2:00AM**

**'COME RING IN THE NEW YEAR AT  
CRABBY'S SPORTS BAR & GRILL'**

### CRABBY ANDY'S CANTEEN CHRISTMAS HOURS

Closed December 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 31<sup>st</sup> & January 1<sup>st</sup>

Open December 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, & 30<sup>th</sup> 3:00pm to 8:00pm

### LOOKING FOR CHRISTMAS IDEAS

Check out the merchandise at the  
**NIPIGON GENERAL STORE**  
Toques, Sweatshirts, T-shirts, cards, mugs, fishing lures,  
water bottles, Paddle to the Sea merchandise, etc.

### WALKING SCRABBLE

**STARTING JANUARY 8<sup>TH</sup>, 2020 @ THE  
NIPIGON COMMUNITY CENTRE**

Walking scrabble is a great way to motivate  
yourself to stay physically fit while  
challenging your mind...and friends of  
course.

#### HOW DOES IT WORK??

- Sign in
  - For each lap you do you get a letter
  - Collect letters to form words
  - Turn in your words for points
- For more information contact  
Sumiye @887-3142

**STOCKING STUFFER IDEAS...can be purchased at the**

**Nipigon Community Centre!**

**\$20 Holiday Pass from December 20<sup>th</sup> to January  
6<sup>th</sup> for either Shinny, Skating or Fitness Room**





## 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

Community Health Nurse = CHN

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

# RED ROCK INDIAN BAND

## Dilico Health Services

December 2019



**Dilico**

Anishnaabek Family Care  
Health Services

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