



LAKE HELEN NEWSLETTER DECEMBER 19, 2019

GENERAL BAND MEETING

WEDNESDAY, JANUARY 8, 2020

7 PM – RESOURCE CENTRE

AGENDA

- 1. Motions**
- 2. Open Forum**

NATIVE LANGUAGE CLASSES

EVERY TUESDAY at 6:05PM

SERVICE PROVIDERS ROOM (Band Office)

FREE SKATE

EVERY SATURDAY

6 PM TO 7 PM

Dec 28 – 7 to 8 pm

SPONSORED BY RED ROCK INDIAN BAND

GOOD FOOD BOX

Money is due on January 9th, 2020

Pick Up is on JANUARY 23rd, 2020

11 AM AT RESOURCE CENTRE

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**

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: 807-708-0539
Rob: 807-887-2510 Ext: 281**

Will take place December 21, 2019

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.**

DRUMMING - 2020



JANUARY 8, 2020 - COMMUNITY HALL
JANUARY 22, 2020 - RESOURCE CENTRE

FEBRUARY 5, 2020 – RESOURCE CENTRE
FEBRUARY 19, 2020 – COMMUNITY HALL

MARCH 4, 2020 – RESOURCE CENTRE
MARCH 18, 2020 – RESOURCE CENTRE

6 PM to 8 PM

DARTS – 2020



JANUARY 10, 2020 - RESOURCE CENTRE
JANUARY 23, 2020 - RESOURCE CENTRE

FEBRUARY 6, 2020 – RESOURCE CENTRE
FEBRUARY 20, 2020 – RESOURCE CENTRE

MARCH 5, 2020 – RESOURCE CENTRE
MARCH 19, 2020 – RESOURCE CENTRE

7 PM

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

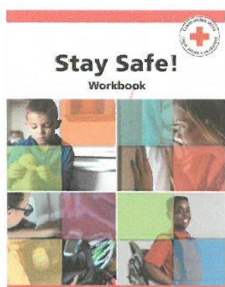
- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather,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

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!

TRAPPERS COUNCIL MEETING

**TUESDAY, JANUARY 14TH
7 PM IN RRIB BOARDROOM**

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

Contract Up for Bid

The Red Rock Indian Band (referred as the RRIB) is currently accepting bids for Recyclable Pick-Up on Lake Helen Reserve. Contractor must be able to adhere to all duties listed below. Price should include cost of Recyclable pick-up for Lake Helen Reserve, all RRIB Buildings including; Administration Building, Resource Centre, Community Hall, Fire Hall, Water Treatment Plant, Lake Helen Gas and Variety, Chalet Lodge, Chalet House Office. Sealed bids must be received at the RRIB Band Office in a sealed envelope, no later than 12:00 PM noon on Jan 25, 2020. Please complete the pricing summary sheet in the bid.

GENERAL INFORMATION:

- Provide 2 stream Blue Box collection which includes a fibre stream and a container stream.
- Provide bi-weekly (every two weeks) curbside collection from 120 stops including 112 residential homes and 8 band facilities
- Deliver recyclables to the GFL material recycling facility located in Slate River
- Ensure the person driving the vehicle has a valid driver's license and minimum \$2 million vehicle insurance
- The contractor will have access to the RRIB new recycling trailer to use during collection. The trailer has a hydraulic lift to empty the contents.
- The contractor will be required to provide a well maintained and adequately powered pick-up truck with a hitch to pull the trailer
- The RRIB will not be held liable for any health and safety incidences associated with the terms of the contract
- The contract will be issued over a two-year period
- The RRIB has the right to cancel the contract at any time with four weeks' notice
- A fuel adjustment charge will be applied to any difference greater than \$0.10/litre on the starting date of the collection and transport contract. Before the contract commences, both parties (RRIB and the contractor) will agree on the amount of fuel (in litres) required to complete a single curbside collection and return transport to the GFL material recycling facility in Thunder Bay

CONTRATOR DUTIES

1. Collect at the curb two stream recyclables only from the residences of Lake Helen Reserve on a bi-weekly basis.
2. Collect and remove recyclables from the Administration Building, Resource Centre, Community Hall, Fire Hall, Water Treatment Plant, Lake Helen Gas and Variety, Chalet Lodge, Chalet House Office
3. Recyclable collection will be on an agreed day. Contractor is to strictly adhere to the chosen days of pick up. Contractor will notify the community members through the community newsletter regarding a time as to what time the collection will start.
4. If necessary, the contractor will notify residents by means of a flyer posting if there are any changes in times or cancellations of pick up days.

5. The contractor will be required to act in a professional and courteous manner with community members and be prepared to answer questions about the recycling program
6. The contractor will be required to place stickers on materials that should not have been placed in the Blue Box and leave them behind
7. All recyclables must be delivered to:

**GFL, Green For Life
3000 Highway 61
Slate River, Ontario**

Between the times of **7:30am to 4:30pm Monday to Friday**

8. The contractor shall wear hi-visibility vest/jacket and safety boots during recyclable drop off as per GFL's request.

All submissions must include a completed copy of the summary pricing sheet provided below.

For questions please contact:

Melissa McDonald @ 887-2510 ext: 291

Chief Marcus Hardy @ 887-2510 ext: 236

PRICING SUMMARY SHEET

- Unit prices are to be in Canadian Dollars and shall not include any amounts for HST
- All prices are for two (2) years

Signature

Company

Name (please print)

Address

Title

City

Phone

Fax

Email

Date

Curbside Collection and Transport Quote

Bi-weekly curbside collection and transport of recyclable materials to the GFL Material Recycling Facility in Thunder Bay:

120 stops \$_____ /year (26 collections/every 2 weeks)

Assumed fuel consumption per bi-weekly collection and transport to GFL _____ litres



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**





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!!

POTENTIAL EMPLOYMENT OPPORTUNITY

Anyone interested in driving commercial bus?

The Red Rock Indian Band has the potential to assist in providing employment to those persons with either of the following licenses.

AZ, BZ or CZ classification

Please send your information along with copies of your drivers license to:

James Ward

CEO

HT Tours | HT Leasing

1475 West Walsh St

Thunder Bay, ON P7E 4X6

P.807.473.1299

jward@httours.com

www.httours.com

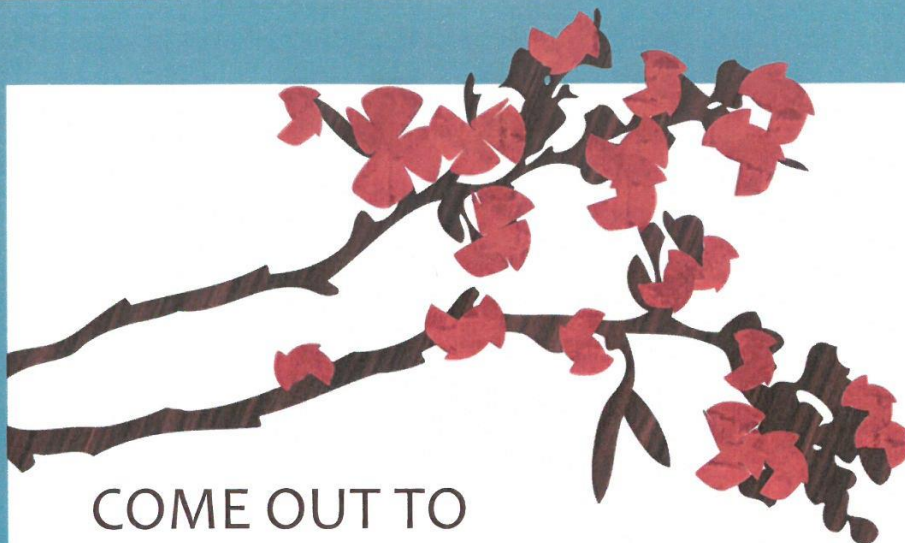
Hoss Pelletier

Business Development Officer

Red Rock Indian Band

807-887-2510 x275

hoss.pelletier@rrib.ca



COME OUT TO **MOMS GROUP**

JANUARY 14TH

4:30P.M. COMMUNITY HALL

NEW YEAR, TIPS FOR 2020

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.

FOR MORE INFORMATION CONTACT:

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

RINK IS READY FOR USE!



Lights are on from 5pm to 11pm

Heater is on in the Building

Please ensure door remains closed

Need Hockey Equipment

On December 14th the Red Rock Indian Band was grateful to receive some hockey equipment donated by

AMJ Campbell, Canada Mortgage and Housing Corporation (CMHC) and from two NHL teams

The Toronto Maple Leafs & Ottawa Senators Hockey Club

- Skates
- Helmets
- Elbow Pads
- Gloves
- Shin Pads
- Shoulder Pads
- Pants
- Hockey Bags



Come on out to the Band Office on December 21st

From: 12pm-2pm

To check out any gear that any Youth that may need for the hockey season

Teen Night Gingerbread Houses

Dec 13th, 2019





The houses looked awesome! They all did a great job!

Check the flyer in the new year for the next teen night

Upcoming events:

- **Women's Self Defence basic 2-hour class** for all women and girls of all abilities, gender expressions and backgrounds ages 10+. The session(s) will be on a Saturday afternoon (dates TBD) and maximum of 20 participants per session. Depending on amount of interest will host more than one session. To sign-up or for more information please contact Lauren or Candace at the band office.
- **Rattle making cultural workshop with Biiadaaban Healing Lodge** *February 6th & 7th 9:30am-3:30pm- up to 20 participants. Understanding PTSD, understanding grief and the medicine wheel teachings will also be included for those who sign-up. If interested, please contact Candace at the band office ext. 279 or e-mail candace.tuck@rib.ca *Dates may change

Come on out for a good time!



**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!**

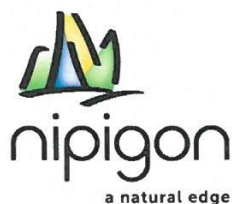
When: Saturday December 21st, 2019

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.



SLIDING PARTY

CHIEF AND COUNCIL WILL BE HOSTING A SLIDING PARTY!

December 30th

11 am to 4 pm

Hot dogs, Hot Chocolate, Bonfire

AT SLIDING HILL AT POWWOW GROUNDS



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!

NIPIGON BRANCH 32



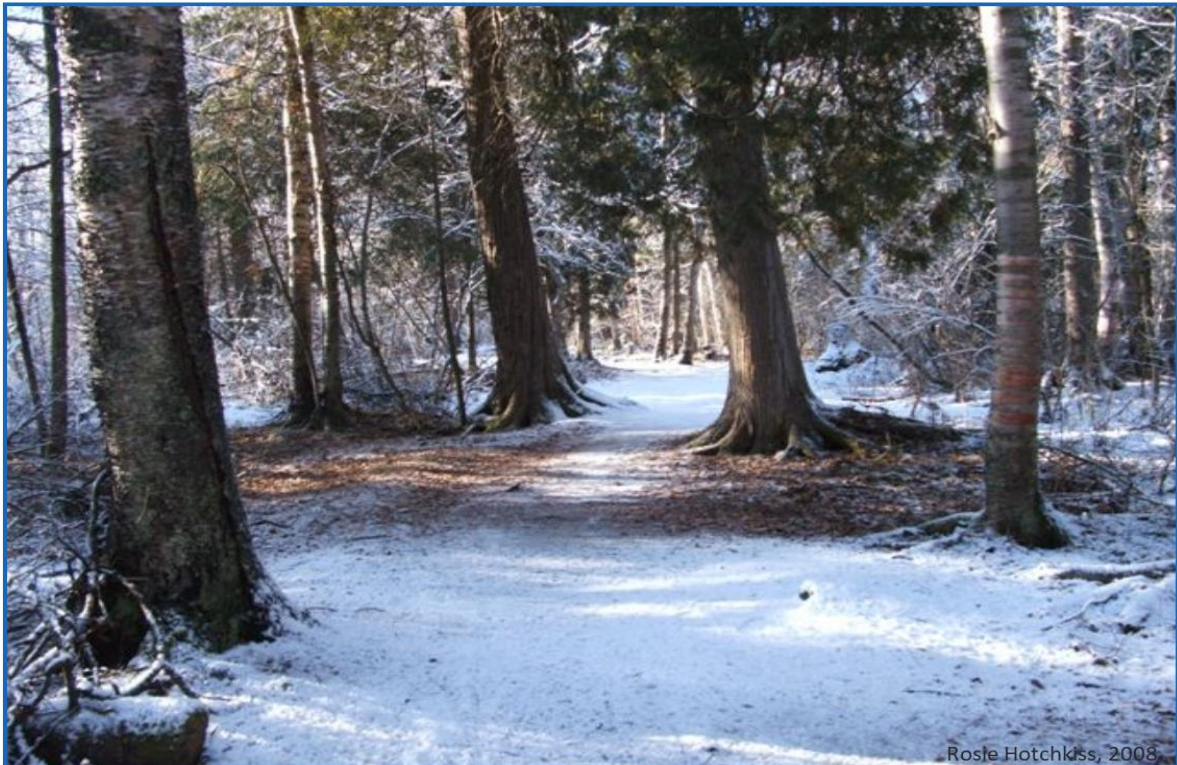
CLUBROOM

Friday, December 20, 2019
6 pm – Midnight

***Live music by Chromedomes;
Games; Snacks.***

***Sign up to bring something for
New Year's Potluck.***

NIPIGON
PUBLIC LIBRARY and COMMUNITY CENTRE PRESENT



Walking Scrabble

A WAY TO KEEP YOUR MIND AND BODY FIT!

**Contact Sumiye at Nipigon Public Library 807-887-3142
or Kristin at Nipigon Community Centre 807-887-3586
with questions and if you want to pre-register.**

How to Play

- walk each Wednesday morning at Nipigon Community Center
- get a letter for each lap you complete between 9:00—10:30 am
- create words with your letters
- words can be in English, French, or Ojibwe
- turn in your words for points at or before 10:30 am
- Bonus letters and high scoring words are sometimes available.
Use these to beat your friend's score!

Challenge your friends, family, and coworkers to this great activity.

**Wednesdays from 9:00—10:30 a.m.
starting January 8, 2020
at Nipigon Community Center**

CHINA GARDENS

Special Pizza



12"

Pepperoni \$14

Hawaiian \$14

House Special \$16

NO TAX

Enjoy & Please Come Again!

CASH, DEBIT, VISA

30 Front St, Nipigon 807-887-3208