



LAKE HELEN NEWSLETTER

JANUARY 16, 2020

GENERAL BAND MEETING

*****CHANGE OF DATE*** FEBRUARY 12, 2020**
7 PM – RESOURCE CENTRE

MOTIONS – JANUARY 8, 2020 GENERAL BAND MEETING

1. Motion that the band pursue the purchase of the identified septic pumper from the Thunder Bay company to become a self-sufficient First Nation.
2. Motion that if people have a home outside the reserve and only come to their home once a month. Should not have 2 addresses.

NATIVE LANGUAGE CLASSES

EVERY TUESDAY at 6:05PM

SERVICE PROVIDERS ROOM (Band Office)

FREE SKATE

EVERY SATURDAY
6 PM TO 7 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

TRAPPERS COUNCIL MEETING

TUESDAY, JANUARY 14TH
7 PM IN RRIB BOARDROOM

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.

ATTENTION LAKE HELEN RESIDENTS FOR SAFETY REASONS

When snow plowing is being done,
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.

**PLEASE NOTE: WHEN LOADER AND TRUCK ARE WORKING
REMOVING SNOW PLEASE TAKE AN ALTERNATE ROUTE.**

THANK YOU FOR YOUR COOPERATION!!

SOCIAL SERVICES OFFICE

The Ontario Works office does their very best to service all Ontario Works clients daily, **Monday to Friday 9 AM thru 4 PM.**

Ontario Works cheques may be picked up during those office hours on the specific dates posted in the Community Newsletter.

Clients should not phone Ontario Works staff outside of normal office hours regarding Cheque pick-ups.

Remember our staff are here to serve you, but please respect their right to time privacy when it is outside of the normal operating hours.

DRUMMING



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

6:00 PM to 8:00 PM

DARTS



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

STARTS AT 7:00 PM

MEDICAL APPOINTMENT ACCOMMODATIONS

Please be advised as of March 1, 2020 NIHB MT WILL NOT be providing the Victoria Inn as an accommodations option.

COMMUNITY WELLNESS WORKER

will be out of Office January 20-24 attending meetings in Sault Ste. Marie



**Community Potluck
Wednesday January 29, 2020
4:30 pm
Resource Centre**

**LAKE HELEN SERVICE
PROVIDERS CALENDAR**



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5	6	7	8 Band Meeting 7pm Drumming (Hall) 6-8pm	9 Full Moon Ceremony 6pm	10 Adult Darts 7pm	11
12	13	14 Living with Cancer Dinner 5pm Native Language 6:05pm	15 Community Acupuncture 9-5pm Adult Cards Cribbage 7pm	16	17 Community Kitchen 1-3pm & 4-6pm	18
19	20	21 Native Language 6:05pm	22 Drumming 6-8pm	23 Good Food Box Pick Up 11-12pm Adult Darts 7pm	24 Teen Night 6pm	25
26	27	28 Native Language 6:05pm	29 Bell Let's Talk Community Potluck 4:30pm	30 Community Acupuncture 9-5pm	31 Stay Safe 10-4pm	

TEEN NIGHT

AGES 12-18 YRS



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


Dilico
Anishinabek Family Care

FRIDAY, JANUARY 24TH, 2020

6pm

RESOURCE CENTRE
LAKE HELEN RESERVE

- SELF-CARE ACTIVITIES AND BINGO
- SNACKS AND REFRESHMENTS AVAILABLE
- PARENTS ARE WELCOME TO ATTEND
- OPEN TO ALL TEENS

DOOR PRIZE!

Should you have any questions or require transportation please contact Candace at the RRIB band office 887-2510 ext. 279 or candace.tuck@rrib.ca

Healthy Aging for Seniors

Open to 55+

<p>Thursday January 23rd, 2020 <i>Chair Yoga</i> with Boreal Offerings Yoga Red Rock Public Library 2 pm-3 pm</p> 	<p>Thursday January 30th, 2020 <i>Fraud Prevention</i> with NOSP Nipigon Silver Club 2 pm-3 pm</p>  	<p>Thursday February 6th, 2020 <i>Wills/Estates/Power of Attorney</i> with Erikson & Partners Red Rock Public Library 2 pm-3 pm</p> 
<p>Thursday February 13, 2020 <i>Physio Tips</i> with NFHT Physio Dept. Nipigon Silver Club 2 pm-3 pm</p> 	<p>Thursday February 20th, 2020 <i>Benefits of Massage</i> with Debbie Harris Shallow, RMT Red Rock Public Library 2 pm-3 pm</p> 	<p>Thursday February 27th, 2020 <i>Tax Tips for Seniors</i> with Nipigon Tax Centre Nipigon Silver Club 2 pm-3 pm</p> 
 <p>RED ROCK PUBLIC LIBRARY <small>A Visit Will Get You Thinking!</small></p> <p>42 Salls St., Red Rock, ON (807) 886-2558 rocklib@gmail.com</p>	<p>Thursday March 5th, 2020 <i>Healthy Eating for Seniors</i> with NDFHT Dietician Red Rock Public Library 2 pm-3 pm</p> 	<p>Nipigon Silver Club</p> <p>104 Fourth Street, Nipigon, ON (807) 887-1229</p>


Transportation provided

Contact the Red Rock Public Library at 886-2558 to register for transportation!

Meet at the Red Rock Public Library or Nipigon Silver Club @ 1pm
(2 trips may be necessary)

Deadline to register for a ride is the Tuesday before each workshop.

Funded by:

Ontario 

Catering by:

Sweet Treats
Chocolates and Bakery

(807)472-8698



JOB POSTING

LAKE HELEN GAS AND VARIETY (PART TIME, ON CALL)

Lake Helen Gas and Variety is accepting applications for, mature, motivated and career-minded cashiers to provide our customers with a high level of customer service.

The cashier is responsible for ensuring all Lake Helen Gas and Variety Customers are provided with a high level of customer service at all times.

Other responsibilities will include balancing tills at shift changes and/or end of day, ensuring that controlled substances are sold only upon proof of age, monitoring the store's front-end activities with respect to loss-prevention and addressing customer concerns in a professional manner.

Qualified applicants must have a strong work ethic, attention to detail, and an ability to work in a team environment with minimal supervision.

Qualified applicants should submit a resume and cover letter to the Red Rock Indian Band Office no later than **12:00 PM Friday 2020-01-17**.

Resumes will also be accepted via email at jobs@rrib.ca until that time.



EMPLOYMENT OPPORTUNITY

Title: Comprehensive Community Planner

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 24 January, 2020 @ 12:00 PM

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

Attention All Community Members:

The Snow Shoveling and Plow services offered to Community Elders and the Disabled are provided to many homes across Lake Helen Reserve.

We realize that many residents depend upon this service during the winter months. However, due to the number of residences that access this service, we are limited to one removal/plow per home per accumulation/snowfall.

We also make every effort to provide these services as quickly as possible after snowfall ends. Please keep in mind that it might take time for our snow removal team to get to your residence.

If you feel you need services beyond this level it is your responsibility to make an alternative arrangement. We will continue to refine our services to ensure the safety and quality of life for any resident who accesses this service.

If you have any questions regarding this service please contact Community Asset Manager, Ryan Dutil, at (807)887-2510 Ext.239.

Thank you for your patience as we work to make the Community Safer and better for everyone.

Your patience and understanding are greatly appreciated in this matter.

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

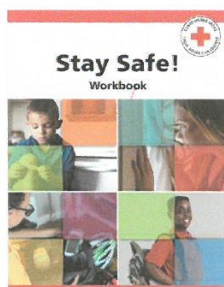
- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather,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



COMMUNITY KITCHEN LASAGNA MAKING!

**JANUARY 17TH
at 1 - 3 pm or 4 - 6 pm**

**Please Call to SIGN UP for
ONE of the times!**

Please contact the Band Office at 887-2510 to sign up for this event!
Terri-Lee #227 or Candace #279

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 24, 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

CONTRACTOR 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 OR Melissa.mcdonald@rrib.ca

Chief Marcus Hardy @ 887-2510 ext: 236 OR marcus.hardy@rrib.ca

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

MINI STICKS LEAGUE



Dates:

January 8th 2020, January 22nd 2020
February 5th 2020, February 19th 2020,
March 4th 2020

Time: 7-830pm @ Arena(multipurpose room)

Ages: 4-13yrs Boys & Girls Everyone Welcome!

BABY SHARK IS COMING TO THUNDER BAY!

JUNE 19th, 2020

Tickets are going fast!



Please sign up by January 20th

With Michelle Blair @

807.887.2354

Or

Michelle.blair@rrib.ca

Tickets are limited, first come first serve basis.



January 2020



happy new year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7 Prenatal @ 10am	8 Drum Group with Rob and Guests @ 6pm	9 Play Group @ 2pm	10 Play Group @ 4:30pm	11
12	13 Play Group 2pm	14	15 Play Group @ 5pm	16 Prenatal @ 10am Moms Group @ 4:30pm	17	18
19	20	21 Play Group @ 4:30pm	22 Play Group @ 10am	23 Baby Day at Brass Bell @ 10am Prenatal-12mths	24	25
26	27 Play Group 2pm	28 Play Group @ 4:30pm	29 Play Group @ 5pm	30 Prenatal @ 10am Play Group @ 2pm	31 Play Group @ 4:30pm	1
2	3	Notes TENTATIVE COMMUNITY HALL Calendar!				



COME OUT TO
MOMS GROUP
INFO & VOUCHERS

JANUARY 16TH
4:30P.M. COMMUNITY HALL

**COMING BACK FROM THE HOLIDAYS! TIPS TO HELP YOU
GET CAUGHT BACK UP! FT. TREVOR NASH**

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

Name:

Age:

Phone #/e-mail:



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

"Dedicated to moving mental health forward in Canada, Bell Let's Talk promotes awareness and action with a strategy built on 4 key pillars: Fighting the stigma, improving access to care, supporting world-class research and leading by example in workplace mental health." (Bell Canada, 2020. For more info check out the website <https://letstalk.bell.ca/en/our-initiatives/>)

Rules:

- Answer all 5 questions correctly to be entered for a prize
- Return questionnaire by **4pm Tues, January 28th/2020 to the band office** attn: Candace Tuck
- Include first/last name, age and contact information on questionnaire
- Anyone ages 12+ can participate
- Winner to be picked by random
- Answers to quiz and the winner will be posted in the Jan 30th newsletter
- Any questions, comments, concerns or you require further assistance please contact Candace at the band office 887-2510 ext. 279 or candace.tuck@rrib.ca

Questions:

- 1) Bell Let's Talk Day occurs annually of what month? (Write your answer below)

Answer: _____

- 2) Write down the Thunder Bay District Crisis Response toll free phone # below:

Phone #: _____ 1-_____

- 3) What does CMHA stand for? (Hint: The Thunder Bay Branch is on 200 Van Norman St.)

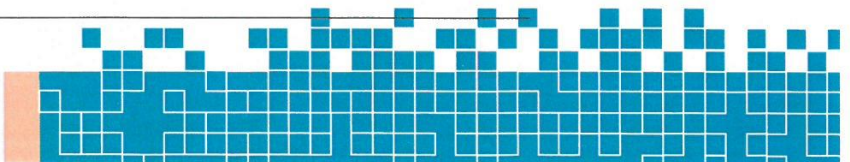
Answer: _____

- 4) Depression is a type of: {circle one}

- a. Mood-related disorder
- b. Anxiety-related disorder
- c. Personality disorder

- 5) 1-800-668-6868 is the number to what 24/7 national service offering support to Canadian youth such as professional counselling, information, and text-based support?

Answer: _____





CULTURAL HEALING WORKSHOP

**Biidaaban Healing Lodge will be offering a 2- day
rattle making workshop up to 20 people**

Please sign-up as soon as possible

When: Thursday, February 6th and Friday, February 7th, 2020

Time: 9:30 am-3:30 pm both days

Location: Resource Centre, Lake Helen Reserve

All ages

Open to anyone

Lunch and materials will be provided

**Other workshops during the two days will include: understanding
Post Traumatic Stress Disorder (PTSD), understanding grief and the
medicine wheel teachings**

**Please contact Candace at the band office 887-2510 ext. 279 or
e-mail candace.tuck@rib.ca**

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

SMARTPHONES AND THE PURSUIT OF WELLNESS

This lively and engaging session will explore the impact this powerful technology has on all of us and how to establish a healthier relationship with our smartphone in the pursuit of improving life-balance and well-being. To facilitate audience participation, please bring your smart device. Session

Facilitator: Jim Lees, MSW, RSW, MBA

JANUARY 21, 2020

NIPIGON COMMUNITY CENTRE

2 – 4 PM OR 6 – 8 PM

Learn more: www.brassbell.org

After School Rink Party

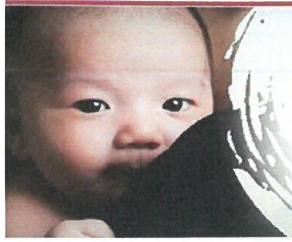


- Shoot some targets
 - Skate around
 - Hot dogs
 - Hot chocolate

Tuesday January 21

4 pm

Please join us at our Community Rink



Circle of Security® PARENTING SERIES

Presented by: Thunder Bay District Health Unit & Nipigon EarlyON

It's FREE!

Nipigon EarlyON Centre

**Fridays starting January 24th for 4 weeks
10:00 am – 12:00 pm**

Who Should attend: Parents/Guardians/Caregivers

How To Register: call your local centre

Nipigon – 887-0264

Red Rock – 886-2340

Dorion – 857-2943

At times all parents feel lost or without a clue about what your child might need. The Circle of Security Parenting program will help you to:

- **Understand your child's emotions and needs**
 - **Help build your child's self-esteem**
 - **Learn how to build a secure attachment & trust between you & your child**
-

Bigger. Stronger. Wiser. Kind.

ADHD Facts – Dispelling the Myths

- ADHD is a neurodevelopmental disorder that has been clinically observed for more than 200 years
- ADHD is the most prevalent childhood psychiatric disorder in Canada
- **ADHD remains under-recognized and underdiagnosed even though it is the most treatable psychiatric disorder in Canada**
- Overwhelming scientific evidence has lead all major medical associations and government health agencies to recognize ADHD as a real medical disorder
- Children with ADHD are frequently labeled as problem children rather than children with a medical problem
- ADHD conservatively occurs in 4% of adults and 5% of children worldwide
- Scientific studies have shown that ADHD is highly heritable and is a chronic disorder that persists throughout the lifespan
- Eighty percent of children maintain their diagnosis into adolescence and at least 60% remain impaired by symptoms in adulthood
- There are three presentations of ADHD depending on which of the three core symptoms (inattention, hyperactivity and impulsivity) present:
 - Predominately inattentive (previously referred to as ADD)
 - Predominately hyperactive (very rare)
 - Combined (most prevalent)
- All regulation of attention is impaired in ADHD. Over-focusing can be as much of an issue as inattention. Prioritizing attention and breaking and shifting attention can all be impaired.
- Executive functioning impairment and mood dysregulation also impact many children and adults with ADHD
- Parenting does not cause ADHD, although specialized parents can assist with symptom impairment
- Diets and limiting food additives and sugar will not cure ADHD
- Treatment for ADHD should always be multi-modal
- Children, adolescents and adults with untreated ADHD are at a greater risk for:
 - Learning difficulties, less academic success, school dropout, and fewer years of schooling
 - Additional mental health disorders and problems with self esteem
 - Substance abuse and a greater chance of becoming involved in the justice system
 - More accidents and sustaining injuries, more automobile accidents and earlier death
- Current lack of knowledge, skills, and integrated services in health and education sectors post major challenges for accessing effective treatments

If you would like more information visit

www.caddac.ca

Standard First Aid Level C Training

Public Session - February 1 & 2 2020



Red Rock Indian Band

Resource Centre

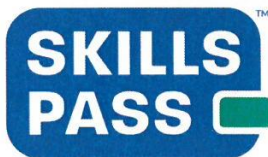
9 am – 4 pm

\$150 / Person

First 18

**Participants are
Guaranteed a Seat**

**For more information
or to register contact:**

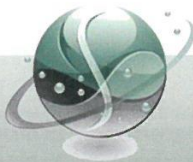


Phil Wawia

807-629-6081

pwawia@superior-strategies.ca

or leave a message at 807-887-0777



**Superior
STRATEGIES**

Groups and Businesses Welcome

<https://superiorstrategies.myskillspass.io/storefront/>

superior-strategies.ca

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: January 20th & 21st, 2020

Location: Red Rock Indian Band Office

To Make an Appointment: Contact Dilico CHN at 807-887-2510 or the PCTT Administrative Assistant (Jaimie) at: !-807-626-5249



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
January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day Offices Closed	2 CHN C&PSW	3 CHN C&PSW	4
5	6	7 MHN	8 Community Health Nurse Community & Personal Support Worker	9 Community Health Nurse Community & Personal Support Worker	10 CM	11
12	13	14	15 Community Health Nurse Community & Personal Support Worker	16 Community Health Nurse Community & Personal Support Worker	17 CM	18
19	20	21 PCTT	22 Community Health Nurse Community & Personal Support Worker	23 Community Health Nurse DE	24 CM	25
26	27	28	29 Community Health Nurse Community & Personal Support Worker	30 Community Health Nurse Community & Personal Support Worker	31 CM	

Red Rock Indian Band 2016 Community Energy Plan



COMING SOON!!!

Funding has been approved to get the community Energy Plan updated. The successful consultant, Superior Strategies, will start gathering information from each building and residential home sometime soon. Stay tuned to future newsletters for updates.

For more information:

Melissa McDonald @ 887-2510 ext:291 or melissa.mcdonald@rrib.ca

Phil Wawia @ 629-6081 or pwawia@superior-strategies.ca

Deepest Sympathy & Heartfelt Condolences



*Those special memories of you will always bring a smile,
If only we could have you back for a little while.
Then we could sit and talk again, just like we used to do,
You always meant so very much and always will do too.
The fact that you're no longer here will always cause me pain,
But you're forever in our hearts until we meet again.*



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

Deepest Sympathy & Heartfelt Condolences



*It broke our hearts to lose you, but you did not go alone.
A part of us went with you, the day God took you home.*

*If tears could build a stairway, and heartaches make a lane,
we'd walk our way to heaven, and bring you back again.*

*In life we loved you dearly, in death we love you still,
in our hearts you hold a place no one could ever fill.*



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

Deepest Sympathy & Heartfelt Condolences



*Although we cannot hear your voice, or see your smiling face,
We know deep down in our hearts that you have not left us.
Instead every day you surround us with the singing of the
birds, the rising of the sun and the falling of the night.*



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

Live Streaming at the Community Hall January 23 @ 6:45pm

Understanding and Managing Challenging Behaviours

Up to 16% of children will struggle with challenging behavioural issues such as being defiant, frequently losing their temper, arguing, blaming others for their mistakes or refusing to follow the rules.

When managing behavioural issues in children, it is essential to start by understanding what is causing the behaviour.

There could be many issues such as:

- emotion regulation difficulties
- learning problems
- feelings of anxiety
- problems with attention
- hyperactivity or impulsivity
- mood issues
- trauma

Understanding the cause of the issue is crucial so you can develop effective solutions to help your child better manage challenging behavioural issues.

Key topics covered include:

- Identify potential causes of behavioural issues
- Utilize the 4 R's (Relationship, Regulation, Reinforcement, and Rest) to help reduce negative behaviours and interactions with your child
- Learn effective strategies to help you and your child manage difficult situations
- Learn how to use positive reinforcement to modify your child's behaviour
- And much more!

OR YOU CAN REGISTER TO STREAM LIVE AT HOME

When: Thursday, January 23, 2020

Time: 7:00 – 8:30 pm

Where: Sullivan + Associates Clinical Psychology (960 Alloy Dr.) and Online

Cost: FREE (Register by calling [768-0660](tel:768-0660))

Co-op / Developmental Student Opportunities- Northwest, ON Summer 2020

Location:

O, ON, CA, P7B 6C2

Req ID: 5377

Status: Student - Contract - Summer 2020

Education Level: University or College, minimum 1st year completed

Location(s): Atikokan, Ear Falls, Haley Station, Kenora, Nipigon and Thunder Bay, ON

Number of Position(s): Multiple

Shifts(s): Days

Travel: Up to 10%

Deadline to Apply: January 26, 2020

Opportunities are available to both co-op and developmental students.

BE THE GENERATION to challenge and change.

At Ontario Power Generation (OPG), our values are our strengths. They are fundamental truths about us that don't change. **Safety. Integrity. Excellence. People and Citizenship.** We operate a diverse portfolio of generation assets including nuclear, hydroelectric, biomass and solar, and offer challenging and unique work opportunities. **BE THE GENERATION to power tomorrow.**

JOB OVERVIEW

As Ontario's largest clean energy generator, OPG is committed to providing challenging opportunities in a work environment where safety is a fundamental value. Students will gain meaningful hands-on work experience that will complement their academic studies and offer insight into potential career paths. Students will be able to apply their knowledge, broaden their skills and make a valuable contribution to an organization that is vital to Ontario's success.

OPG is excited to offer multiple Co-op/Developmental student opportunities across our **Northwest, ON** locations. Work terms are **four (4) or eight (8) months** and start in **May 2020**.

The compensation rate for these positions starts **at \$22.94** per hour and will commensurate with experience.

Opportunities may be available in the following disciplines:

- Accounting
- Actuarial Science
- Arts/Social Science
- Commerce/Business
- Communications
- Computer Science
- Economics
- Engineering/Applied Science (all disciplines)
- Finance
- Geographic Information Systems
- Graphic Design
- Human Resources
- Information Technology/Computer Programming
- Masters of Business Administration
- Mathematics
- Medical/Health Physics
- Occupational Health & Safety
- Public Relations
- Science (Biology, Physics etc.)
- Statistics
- Technician/Technologist (Power, Mechanical, Electrical, Chemical, Biological)

The successful candidate will exhibit uncompromising integrity and commitment to upholding corporate values, and the OPG Code of Business Conduct.

Our promise to you:

- We care about the safety and the well-being of our employees. It is our utmost priority.
- A supportive work environment where you can be your best every day.
- Opportunities to stretch and develop in our diverse lines of business.
- Provide spaces for innovative thinking and solutions.
- Offer different ways for you to give back to communities where we operate.
- We support employment equity and diversity.

QUALIFICATIONS

All students must:

- Be enrolled as a full-time, post-secondary student in a recognized institution.
- Have completed a minimum of 1st year at a University or College by the start of the opportunity.
- Have a minimum average of 70% cumulative GPA.
- Be returning to full-time studies in the same program following the completion of the work term OR require the work term or co-op placement to graduate.

APPLICATION PROCESS

Submit your application online at <https://jobs.opg.com/> by 11:59 p.m. E.S.T., January 26, 2020. Students must apply online and through their school's own portal, if applicable, and must be eligible to work in Canada. Applicants are encouraged to apply early.

All applications must include the following:

- Resume and cover letter.
- Copy of most recent unofficial transcript. Priority consideration will be given to applicants who attach an unofficial transcript.
- **We prefer all attachments be uploaded in one file under CV.**
- To better administer your application please ensure your visibility setting on your profile is set to "Any Company Recruiter Worldwide" (It will only be visible to OPG)

OPG thanks all those who apply; however, only candidates considered for an interview will be contacted. As a precondition of employment, OPG will require a prospective candidate to submit a security clearance application and provide documents to confirm eligibility prior to their start date. Relocation and travel expenses incurred during the recruitment and selection process are the student's responsibility.

ACCOMMODATION

OPG is committed to fostering an inclusive, equitable, and accessible environment where all employees feel valued, respected, and supported. If you require accommodation during the application or interview process, please advise us as soon as possible so appropriate arrangements can be made. If you require information in a format that is accessible to you, please contact AODA@opg.com.

RRIB Lake Helen Indian Day School Survivors

The Claims process is open.

You can submit your claim and if you need help, we will be hosting a session for assistance with filling in the forms.

**Wed. January 29, 2020
10:30 a.m. – 2:00 p.m.
At Chalet House Boardroom
Soup and Bannock, tea**

Call Mary at band office for more information

LAKE HELEN GAS & VARIETY

Lake Helen Gas & Variety will be closing at 9pm on January 26, 2020 for Inventory.

We are sorry for the inconvenience.