

LAKE HELEN NEWSLETTER

AUGUST 12, 2022



**RED ROCK
INDIAN BAND**

Strength. Tradition. Empowerment.

NEXT GENERAL BAND MEETING

****WEDNESDAY, September 7, 2022****
RESOURCE CENTRE
7pm

STAFF HOLIDAYS

Florence Thompson will be on Holidays
August 15 – 26th
Returning to the office on August 29th

Caitlyn Harvey will be on Holidays
August 23 – 26th
Returning to the office on August 29th

Candace Tuck will be out of the office
August 25th and 26th



RRIB MEMBER CALL OUT

Chief Marcus Hardy would like to make a RRIB Member Eagle Staff that will represent our members of Red Rock Indian Band and will be presented at all assembly's, pow wows, and Chiefs meetings.

If you are interested in having your Family Name and Feather placed on the RRIB Eagle Staff then please drop off an eagle feather (NOT WHITE) as well as the correct spelling of your family name at the band office before August 31, 2022, at 4:00 pm.

Example: The Feather is for the ENTIRE "X" family, not for only the one (1) "X" household family.

In addition, Chief Hardy will also be putting together a RRIB Member Bundle. If you have any items you would like to donate toward the bundle such as an eagle fan, carrier, etc., these items can also be dropped off at the band office before August 31, 2022, at 4:00 pm.

If you have any questions, please contact Jerryn Tuck at 887-2510 or email at communications@rrib.ca

Miigwetch

CHALET LODGE COMMITTEE

Chief and Council invite any Red Rock Band members or community members who are interested in sitting on a newly formed Chalet Lodge Committee to submit their names and contact information to Rachel at the front desk or by email at reception@rrib.ca.

**Back To School Startup
Pick up at Resource Centre
Friday August 19th 10:00 am – 4:00 pm
(closed 12-1 for lunch)**

A letter was sent out to 20 Households. Only 8 have responded so far to participate agreeing to an Energy Audit. I understand a lot of people do not understand what an Energy Audit is. I have attached a Link to what an Energy Audit is to help understand the process more.
The Energy Audit will take approximately 1 hour.

Please watch the video for more information.

[Kohkom's House - Episode 3 - YouTube](https://www.youtube.com/watch?v=z0iWzuGsg8w)

<https://www.youtube.com/watch?v=z0iWzuGsg8w>

Please note this video is from the USA, the same process is done here in Canada.

If any other Homeowner would like to have their home done, please call me and leave your name.

Darlene P. Wawia
Community Energy Champion
807-887-2501 ext. 282



RED ROCK INDIAN BAND

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Housing Data Entry Clerk

The Red Rock Indian Band is looking for a housing data entry clerk to type, scan and file information into a new data base of all assets on reserve. The ideal candidate will be computer savvy with a keen eye for detail, this will ensure accurate and updated data that is easily accessible through a digital database. Understanding of data confidentiality is compulsory. Contract ending in March 2023.

Responsibilities

- Transfer data from paper formats into computer files and a database system using keyboards, data recorders or scanners.
- Accurately type in data from Asset Manager, maintenance, or other sources to complete database.
- Verify data by comparing it to source documents
- Update, scan and print required documents needed to collect for data entry
- Perform regular data backups to ensure data preservation
- Sort and organize paperwork after entering data to ensure its not lost, and file it in archives
- Work following confidentiality policies

Qualifications

- Excellent knowledge of word processing tools and spreadsheets (MS Office, Word, Excel Etc..)
- Working knowledge of office equipment and computer hardware and scanning devices.
- Basic Understanding of databases
- Great attention to detail
- High School diploma or equivalent
- Experience with Data entry
- Ability to work in a team environment
- Strong work ethic and the ability to complete duties with minimal supervision

Submissions will be accepted until position filled.

Email to edward.wawia@rrib.ca or drop off in mailbox outside the band office labelled attention: Ed Wawia.

Job Posting – Relief Medical Van Driver (On-Call Casual)

Red Rock Indian Band is looking for a Relief Medical Van Driver to be responsible for the safe delivery of patients to and from health facilities.

The relief medical van driver will be responsible for completing a mileage driver's sheet for each patient/escort and will submit the mileage sheet at the end of each shift for the month-end report.

Other responsibilities will include:

- communicating with the Medical Secretary
- always ensure patient confidentiality.

Previous experience an asset, however training is available.

Must have a valid G license.

Must be willing to submit a Drivers Abstract.

****MUST BE AVAILABLE FOR SHORT NOTICE CALL-INS****

Position open until filled.

Resumes can be dropped off to reception at front desk or emailed to Chief and Council.

ATTENTION RED ROCK BAND MEMBERS

IF YOU WOULD LIKE SOME HELP LOWERING YOUR ELECTRICITY BILL, HYDRO ONE AND ONTARIO ENERGY BOARD MAY BE ABLE TO HELP.

Ontario Electricity Support Program (OESP) is offering programs to help lower-income customers with their electricity bills. It provides monthly on-bill credits for lower-income customers to reduce their electricity bills.

If you would like more information please call Community Energy Champion, Darlene P. Wawia at 807-887-2510 ext. 282 for more information or to set up an appointment.

ENERGY AFFORDABILITY PROGRAM

What is the Energy Affordability Program?

The Energy Affordability Program provides support to income-eligible electricity consumers by helping them to lower their **MONTHLY ELECTRICITY COSTS** and to increase their home comfort. This is a Province Wide Program; it does not only apply to Red Rock Band Members on the Reserve. It also applies to Off-Reserve Band Members.

Depending on your situation, you may receive different energy-saving products and services. Some participants may qualify for a free home energy needs assessment conducted by a trained energy professional that will help identify energy-efficient upgrades available for their homes, such as replacement of inefficient appliances and professionally installed insulation and draft-proofing. These upgrades may be installed during or after an in-home visit.

Other participants may qualify instead for free energy saving kits. These are customized to meet their energy needs and could include energy-saving

What free upgrades are available through the program?

Depending on eligibility and the existing equipment within your home, you may receive:

- ENERGY STAR-certified LED light bulbs
- High-efficiency showerheads (standard and handheld)
- Faucet aerators (kitchen and bathroom)
- Drying line for clothes
- Energy-efficient refrigerator
- Window air conditioner
- Smart power strip
- Additional attic or basement insulation
- Weatherstripping around doors and windows
- Smart thermostat(s)

All expert advice and energy-saving home upgrades under this program are completely free of charge.

The Energy Affordability Program is delivered by trusted **Save on Energy** delivery partners.

For more Information, or to make a appointment contact me at (807) 887-2510 ext. 282 or email cec@rrib.ca

Miigwetch,

Darlene P. Wawia

Darlene P. Wawia
Community Energy Champion
Red Rock Indian Band



KIDS IN THE KITCHEN

Monday, August 15th
at 3pm in the
Resource Center

Contact Terri-Lee if you have any questions

Terri.Lanigan@rrib.ca or (807) 357-8679

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 August 22, 2022

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 August 19, 2022 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****

We dont know how
Strong we are until
being strong is the only
choice we have.





RRIB ON & OFF RESERVE
ELEMENTARY AND HIGH
SCHOOL STUDENTS

Back to School

SIGN UP BY

15 August

12:00pm



Email Lauren.Michelle@rrib.ca

Please sign up by email to Lauren Michelle

Do you need to renew your Secure Certificate of Indian Status (SCIS)?

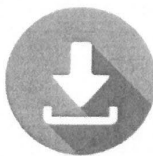
If your secure status card is up for renewal, your First Nation office or Indigenous Services Canada can help you through the renewal process.



How to renew:



Read the instructions and complete the renewal application form.



Download the free SCIS Photo app to submit your photo.



Submit your complete application by mail or in person at your First Nation office.

R122-26/2022E
978-0-660-41739-4



For more information on how to renew your secure status card and to access the application, please scan the QR code below with your mobile device or visit canada.ca/indian-status-card.

Still have questions? Please contact the Public Enquiries Contact Centre by phone at **1-800-567-9604** or by email at infopubs@asac-isc.gc.ca.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Are you Interested in Becoming a Direct Respite Provider Through Wesway in the Lake Helen, Nipigon and Red Rock Area?

Responsibilities:

- Provide support according to the unique needs of the individual
- Provide respite/support services as requested by the individual and/or caregiver
- Maintain respect and confidentiality at all times
- Promote choice and decision making according to the needs and preferences of the individual and caregiver
- Facilitate inclusion through community involvement
- Develop knowledge of community resources to develop enjoyable activities for the individual
- Lifting or operating necessary equipment as required (training to be provided by the family)
- Report any serious occurrence to the caregiver
- Report abuse to Children's Aid Society (CAS) or Police (if adult or senior)
- Maintain a positive attitude with individuals and their caregivers
- Maintain communication with the Direct Funding Coordinator

Requirements:

- Ability and willingness to work with persons with disabilities
- Effective communication skills with both verbal and non-verbal populations
- Commitment to providing quality life experiences in home and in the community
- Experience providing care and support to persons with disabilities is an asset
- First Aid and CPR is an asset

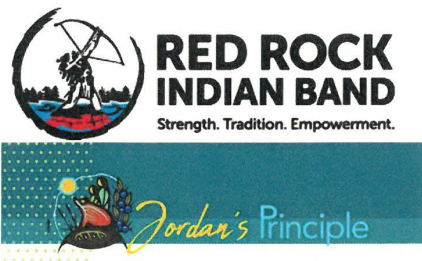
Contracts:

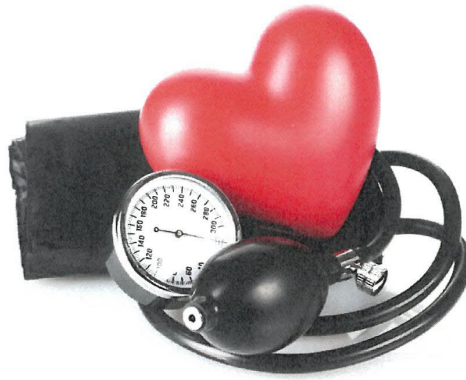
- Variable hours (days, evenings, weekends, overnights, relief, summer)
- Part-time (possibility of additional hours)

To Apply Visit:

<https://respiteservices.com/ThunderBay/respiteservices/provider-application>

You can also Contact Tymara Ruth, Jordan's Principle Coordinator, For more Information
807-887-2510
jp@rrib.ca





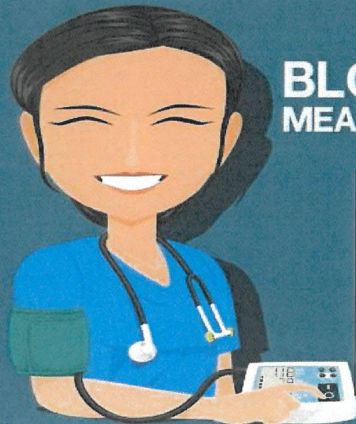
Introducing:


BP TUESDAY'S!!!

Come in for a **BLOOD PRESSURE** check
every Tuesday with your Community Health Nurse

Drop in's welcome, no appointment necessary

"Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms so it can't be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke."



**BLOOD PRESSURE
MEASUREMENT** 

Sarah Pellerin, RN
RRIB Community Health Nurse
Call or Text: 807-632-0534
sarahpellerin@dilico.com
Monday-Friday 9am-4:30pm
at Red Rock Band Office



Back To School

Are your Kids Back-to-School Vaccines Up-to-Date?

Between **4 and 6 years old**, children should receive the following vaccines:

- tetanus, diphtheria, pertussis, polio
- measles, mumps, rubella, chicken pox

In **grade 7**, children should receive the following vaccines:

- meningococcal conjugate (Men-C-ACYW)
- hepatitis b
- human papillomavirus (HPV)

SCHOOL IMMUNIZATIONS



Between **14 and 16 years old**, teens should receive the following vaccine:

- tetanus, diphtheria, pertussis

COVID-19 VACCINES ALSO AVAILABLE

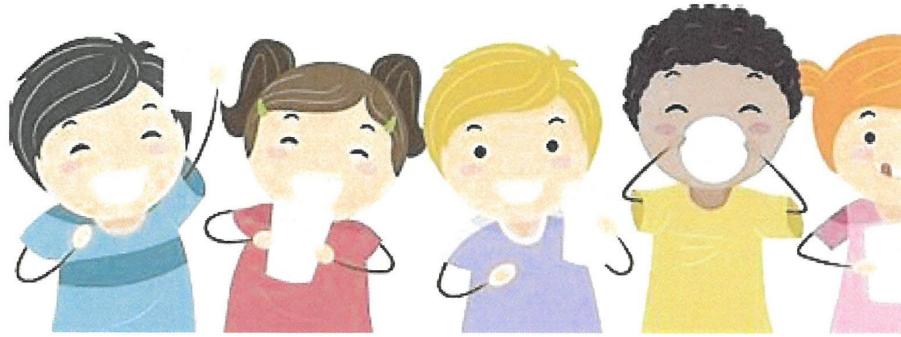
Contact your RRIB-Dilico Community Health Nurse, Sarah Pellerin, RN

To schedule an appointment today!

807-632-0534, sarahpellerin@dilico.com



MILK VOUCHERS



Dilico Anishinabek Family Care Services provides milk vouchers to support the health and development of you and your children



Who is Eligible?

- Pregnant women
- Breastfeeding Mothers (up to one year)
- Families with children between the ages of 1 up to their 6th birthday

Do I have to see the Community Health Nurse to obtain them?

Yes. Milk vouchers are part of the package of care that is offered to you and your children to ensure your child(ren) are growing and developing according to their age.

How often are they give out?

Milk vouchers are given out once a month.

How many Milk Vouchers do we get?

4 Milk Vouchers per family

please, notify the nurse if lactose intolerant



Please call or text
Sarah Registered Nurse,
Dilico-RRIB CHN
807-632-0534



SUMMER POP-UP CLINIC

COVID-19 VACCINE

TUES. AUGUST 16TH, 2022

1PM-4PM

at the RRIB – Band Office

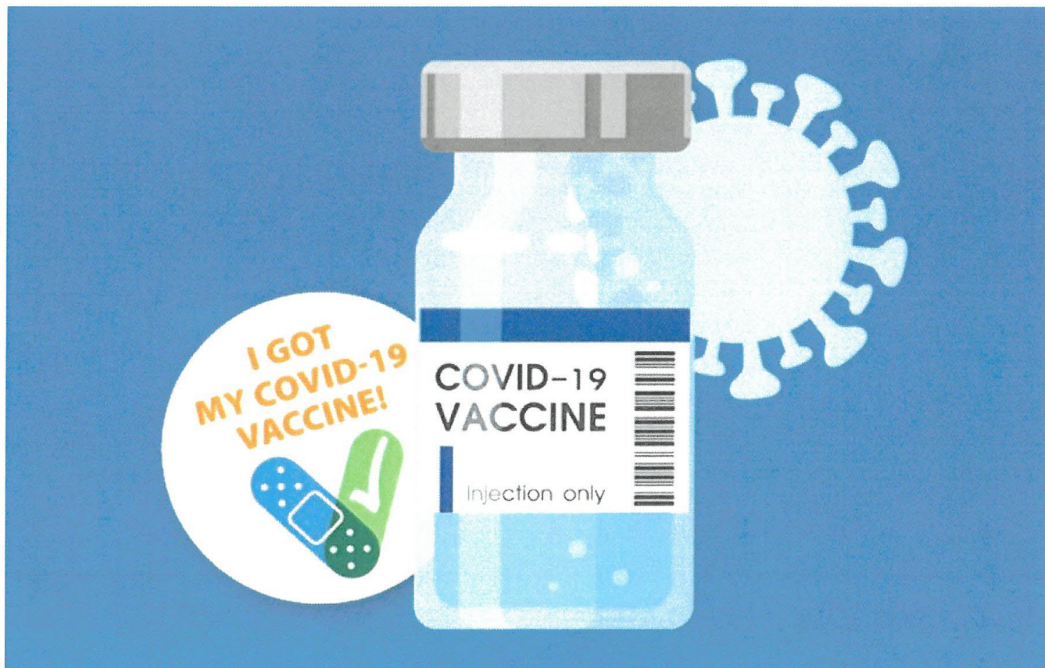
PLEASE, CALL TO MAKE AN APPOINTMENT:

**Sarah Pellerin, Registered Nurse
Dilico-RRIB Community Health Nurse**

807-632-0534

***MODERNA & PFIZER**

1ST TO 5TH DOSES AVAILABLE





Enterprising Indigenous Women

History and Overview

PARO Centre for Women's Enterprise (PARO) is one of Canada's most successful women-centered business and networking organizations. Since 1995, PARO has provided assistance to thousands of diverse women through innovative business services, grants/loans, peer support, mentoring, and inspirational events. For 25 years, PARO has collaborated with organizations to empower and provide resources for all women by offering supports to help overcome the challenges generally experienced by women wanting to build businesses, including Indigenous, immigrant, Francophone and other diverse women dealing with a myriad of additional challenges. PARO serves women from all across Ontario; including remote Northern First Nations.

PARO's programs and services are designed to build an equitable framework that provides control and ownership for women through the development of peer lending circles and participatory training; increase women's access to credit; training, networking and other programs and activities promoting community economic development; ensure women's participation and capacity –building through skills training, child care and transportation supports and building leadership capacity and community partnerships.

PARO realizes the unique challenges faced by Indigenous women in business across the province and particularly in the far North of Ontario. Issues related to both the start-up and scale-up phases for Indigenous women in business are uniquely challenging to address, and systemic barriers are especially hard to break down. The *Enterprising Indigenous Women* program will engage an impressive set of high caliber organizations who provided support to initiate this program including Matawa First Nations Management, Canadian Executive Services Organization (CESO), Noront Resources, Ontario Centres of Excellence, IFNA Tribal Council, and Conseil de la coopération de l'Ontario (CCO).

The Project Objectives are:

1. To serve Indigenous women from remote and rural Northern Ontario, with a priority focus on those living on the remote First Nations as they start, grow and scale businesses in areas of interest to them
2. To provide financial support to Indigenous women who wish to start or grow their businesses
3. To diversify women's businesses to include procurement opportunities in mining, forestry, transportation and power industries



For Women's Enterprise

V³D Δ₀PΔ·bΓ⁻ Δ₉Δ·⁻ DΛJΓ₉CL/Δ·σΔ·

4. To foster stronger relationships with First Nations and other rural and remote communities
5. To foster strong relationships with Indigenous women living on reserve and in other rural and remote communities in Northern Ontario
6. To deliver PARO programming to support women building and growing a business as potential suppliers in traditionally male-dominated sectors
7. To strengthen and activate relationships with community partners and First Nations
8. To create an ecosystem of support for Indigenous women in business through creating connections with community, organizations, traditionally male-dominated sector companies and government bodies to foster opportunities for women to participate in the procurement process

The inspiration for this project came about when Noront Resources approached PARO to discuss the labour gap and their belief that working with PARO, Indigenous women entrepreneurs can help fill this gap as suppliers to industry for large scale projects (i.e. the Ring of Fire) as they gear up to the production phase. Partners have also identified other large-scale projects such as building transmission lines, roads, etc.

Ultimately, the short term goals of this program include supporting Indigenous women to start and grow businesses and to promote women's access to new economic opportunities in non-traditional sectors through respect relationships with First Nations, organizations and individuals. Over the long term, this project aims to reduce economic disparities by strengthening community economic development infrastructure and to promote women's business leadership aspirations in rural and remote communities across Northern Ontario.

If you have any questions, please email or contact me directly at 807-620-3647.

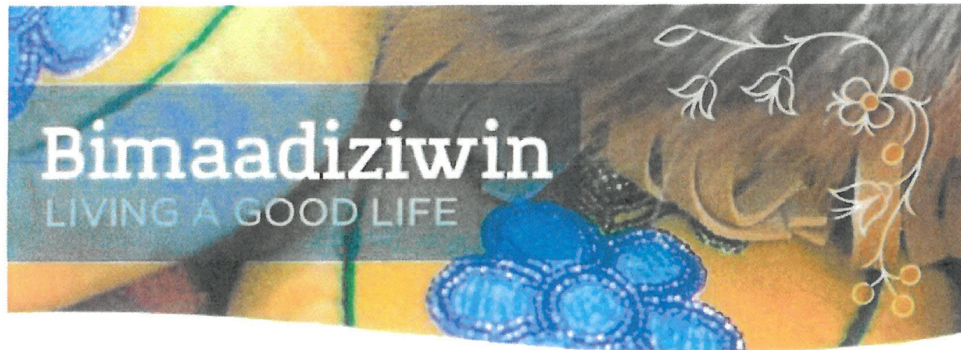
Miigwetch,

April A. Head,
Enterprising Indigenous Women Project Coordinator

PLEASE NOTE!!!

ALL APPOINTMENTS MUST BE BOOKED BY:

AUGUST 24TH, 2022



The Mobile Cancer Screening bus will be visiting your community in 2022!

Lake Helen First Nation – Red Rock Indian Band
Tuesday, September 20, 2022
Parked at the Band Office

Mobile Screening for Breast, Cervical and Colorectal Cancer

- Breast cancer screening for women 50 to 74 years of age.
- Cervical cancer screening for women 25 to 69 years of age.
- Colon cancer screening for men and women 50 to 74 years of age.

To book your appointment call: 1-807-684-7777

or **contact your Health Centre staff**

www.tbrhsc.net/screenforlife

Get screened for a chance to WIN a Bug Net Hat!



Seven Teachings for Health
www.tbrhsc.net/7teachings



Thunder Bay Regional
Health Sciences
Centre

STAFF

Name	Position	Email	Phone Ext. #
Atkinson, Priscilla	Band Administrator	priscilla.atkinson@rrib.ca	244
Cote, Theresa	Medical Van Driver	theresa.cote@rrib.ca	
Davies, Tanya	Reception Relief	reception@rrib.ca	
Decicco, Joanna	Employment Counsellor	joanna.decicco@rrib.ca	280
Edwards, Marvin	Community Asset Manager	assetmanager@rrib.ca	239
Fowler, Rob	Maintenance		887-4248
Harvey, Caitlyn	Family Support Worker	caitlyn.harvey@rrib.ca	246
Hardy, Tara	Prevention Services Manager	tara.hardy@rrib.ca	233
Hephner, Rachel	Reception Relief	reception@rrib.ca	
Hicknell, Larry	RRIB Fire Chief/Fire Prevention Officer	larry.hicknell@rrib.ca	
John, Charles	Road Maintenance/Operator/Mechanic		
Kwiss, Susan	Community Planner	ccp@rrib.ca	292
Lanigan, Terri Lee	Family Support Worker	terri.lanigan@rrib.ca	227
Legarde, Tom	Social Services Administrator	tom.legarde@rrib.ca	272
Lesperance, Lucille	Community Health Representative	lucille.lesperance@rrib.ca	225
McDonald, Melissa	Community Development Officer	melissa.mcdonald@rrib.ca	241
Michelle, Inez	Relief Medical Van Driver	inez.michelle@rrib.ca	
Michelle, Lauren	Brighter Futures Coordinator	lauren.michelle@rrib.ca	229
Odawa, Ethan	NRPH Bookkeeper	ethan.odawa@rrib.ca	286
Paakkunainen, John	Relief Medical Van Driver		
Ray, Alyssa	Lands & Resources Coordinator	landsandresourcesdirector@rrib.ca	289
Robert, Marjorie	Membership Clerk/Emergency Preparedness Coordinator	marjorie.robert@rrib.ca	234
Ruth, Sean	Junior Business Project Officer	projects@rrib.ca	274
Ruth, Tim (Chum)	Building Maintenance	chum.ruth@rrib.ca	
Ruth, Tymara	Jordan's Principle Coordinator	jp@rrib.ca	273
Sorensen, Tina	Finance Assistant	finance@rrib.ca	
Thompson, Florence	Data Entry Clerk	florence.thompson@rrib.ca	238
Tuck, Candace	Mental Health Services	candace.tuck@rrib.ca	279
Tuck, Jerryn	Office Resource and Data Officer	communications@rrib.ca	269
Wawia, Darlene	Community Energy Champion	cec@rrib.ca	282
Wawia, Ivy	Properties Manager	properties@rrib.ca	242
Wawia, Judy	Education Director	judy.wawia@rrib.ca	235
Wawia, Tiffany	Administrative Assistant	tiffany.wawia@rrib.ca	240
Wawia, Timothy (Ted)	Family Well-Being Worker	fwb@rrib.ca	281
Wawia, Tina	Community Wellness Worker	tina.wawia@rrib.ca	232

CHIEF & COUNCIL

Name	Email	Phone Ext #
Marcus Hardy	marcus.hardy@rrib.ca	236
Edward Wawia	edward.wawia@rrib.ca	266
Jolene Cote	jolene.cote@rrib.ca	224
Norma Lesperance	norma.lesperance@rrib.ca	268
Shannon Michelle-Ruth	shannon.michelle-ruth@rrib.ca	243

WATER TREATMENT PLANT

Name	Email	Phone Ext #
Cote-Stenlund, Jade		889-0977
Dupuis, Pierre	pierre.dupuis@rrib.ca	887-0977
Haskell, James	james.haskell@rrib.ca	887-0977
Lemieux, Meagan		889-0977
Traintinger, David	david.traintinger@rrib.ca	887-0977

PLUMBING & HEATING

Name	Email	Phone Ext #
Bouchard, Keith	keith.bouchard@rrib.ca	889-0037
Brennan, Evan		
Cloutier, Sam	sam.cloutier@rrib.ca	889-0614
Laframboise, Mike	mike.laframboise@rrib.ca	887-4159
Wright, Randy	randy.wright@rrib.ca	887-4159