

LAKE HELEN NEWSLETTER

JANUARY 8, 2021



**RED ROCK
INDIAN BAND**

Strength. Tradition. Empowerment.

MOTIONS FROM GENERAL BAND MEETING - OCTOBER 7, 2020

Motion to purchase a new service van for Nip-Rock Plumbing and Heating, providing the Plumbing and Heating company can support it. Motion was put over to the Next General Band Meeting.

Motion to vote as a community to open up for campsite at Parmacheene. Will be voted on at the next General Band Meeting.

Motion to separate from Dilico Child & Family Services and programs. That the Red Rock Indian Band provide these services and seek agreements with funders. This does not include rental properties. Will be voted on at the next General Band Meeting.

HYDRO TRUST FUND

For those minors who were on the Red Rock Indian Band list on November 27, 2008 and will be turning 18, please contact Etienne Esquega Law **at least 1 to 2 weeks before your birthday**, he will then send you a release form and instructions for providing your ID. Arrangements will then be made to pay you.

Ettienne will NOT be meeting anyone at his office or in person so it is important that you contact him by phone or email.

Phone: 807-286-1000

Toll free: 1-888-274-8801

Fax: 1-866-391-3102

Email: ee@esquegalaw.com

STOP, AT RISK PERSON SIGNS

If community members require a " Stop, at risk person inside" sign for their outside door please email Marjorie.robert@rrib.ca and one will be dropped off.

To Red Rock Indian Band Members and Lake Helen Community Members,

We have moved into Tier 3, Code Orange which is the Restrictions stage. Effective Friday, December 11, 2020

WHEREAS: The Chief and Council of the Red Rock Indian Band has issued a “Shelter in Place” order effective the 24th day of November 2020 for 4 consecutive weeks.

Chief and Council of the Red Rock Indian Band want to ensure you that we are taking all necessary steps to keep the community safe during these uncertain times including the following.

Tier 1. Emergency Covid Measures

Tier 2. Shelter in Place, Monitor (Code Yellow)

Tier 3. Shelter in Place, Restrictions (Code Orange)

Tier 4. Shut Down (Code Red)

To begin, the community of Lake Helen Reserve #53A will be under a Shelter in Place Order beginning November 24th, 2020 for no less than 4 weeks. A Shelter in Place order is a tool used to keep people indoors and is generally used by local officials during or immediately after an emergency like a natural disaster. Officials retooled this measure to help limit the spread of COVID-19 by residents to stay in their homes and to limit their travel to essential trips, like picking up groceries or receiving medical care. Conditions of the Shelter in Place Order are:

WHEREAS: The Chief and Council take the care and concern for their members very seriously and want to keep the community safe by preserving health and saving lives;

WHEREAS: First Nation communities have many vulnerable people due to high prevalence of:

- Diabetes
- Respiratory illness
- Elderly
- Autoimmune deficiencies

WHEREAS: health officials have deemed the following as appropriate measures to limit or slow down the spread of the Coronavirus (COVID-19):

- Maintain a distance of at least 2 meters from others who are not your immediate family living in the same residents
- Wash your hands for minimum of 20 seconds
- Stay in your own residence with your own family
- Do not gather in groups
- Do not travel outside Thunder Bay District
- Contact Tracing – please be aware of who you come in contact with in your own household, make a note of who you visit or who visits you
- Barricades will be put in place at designated entrances within the community

With the Shelter in Place Order, we will be LIMITING access to Lake Helen Reserve #53A by placing complete blockades at

- Intersection at New St. E and Mission Bay Closed
- Intersection at New St. W and Hwy 11 Closed
- Intersection at Chalet Rd and Hwy 11 Closed

- Intersection at Gas Rd and Mission Bay Closed (this will allow outside to access the gas station and to limit traffic flow throughout the community)
- Quonset Driveway Closed
- Pit Access Rd Closed
- Powwow Rd Closed (until further notice)

You will be able to access the Reserve from the following:

- Creekside Rd and Hwy 11
- Lakeshore Dr. and Hwy 11

These access points will have signage and will be unmanned at this point. No Transport Trucks turning and Local Traffic Only signs are posted to reduce the flow of highway traffic coming into the stores.

We understand the difficulty and uncertainty facing our families and communities during this unprecedented time in history and assure you that we are doing everything in our power as your Chief and Council to protect the health, safety, and wellbeing of the community. Please do your part in staying home and staying safe.

Miigwech! Sincerely,

Red Rock Indian Band Chief & Council

PRESCRIPTION PICK UP

Starting **Monday November 30, 2020**, the Medical Van will start picking up prescriptions for on Reserve clients only.

The pick-up time and days are **Monday & Friday ONLY at 3:00 PM ONLY**. If you require your prescription to be picked up please send text or call Florence at 807-889-1010.

Any requests **after** 3:00 pm will be picked up on the **next** Monday or Friday.

At this time **no passengers** are allowed on the Medical Van.

Chief and council are asking if you need to go to a Dr. appt to please reach out to the people in your own bubble.

PARENTS - BUSRIDERS

As of January 4,2021.

The High School and George O'Neil buses will pick up students at their regular stops.

On January 11, 2021 the St. Ed's bus will pick up students at their regular stops.

ALL busses will also come in from
Creek Side and Main Street entrances ONLY.

Judy Wawia
Education Director

Job Posting – Snow Shoveler

The Red Rock Indian Band is accepting applications for a Snow Shoveler who will be responsible for the removal of snow build-up from all walkways leading to the homes of the elderly and disabled individuals living on Lake Helen Reserve and will also be responsible for the removal of snow build-up at all on-reserve RRIB properties. This position will require work on nights and weekends, and work outdoors in inclement weather including extreme cold. The selected applicant must have the ability to perform repetitive motion and to lift up to 100lbs.

Interested applicants may submit their resume and cover letter to jobs@rrib.ca or drop an application into the mailbox outside the RRIB administration building (Band Office).

Applications will be accepted until 12:00 PM January 15, 2021

DZ Driver's Training Program

Open your pathway to your first job or a new career.



Anishinabek Employment and Training Services through Transport Training Centres of Canada, is pleased to offer up level DZ Ontario Driver's Licence testing and training supports.

Our vision is to lead in the development of a skilled Aboriginal workforce, empowering the Anishinabek, respectful of our culture and heritage.

Accepting Applications Now!

Please see aets.org/DZTraining for application deadlines

Please send all applications to:
Bonnie Cordone, SPF Regional Western Officer
bonnie.cordone@aets.org



► Training Includes:

- 3 weeks Training – 1 week in Class (or Virtual) and 2 weeks in person.
- Location: Thunder Bay or Sault Ste. Marie – depending on where applicant is from.
- Training Dates: To be confirmed once applications received – Starting early January.

► Admission Requirements:

- 19 years of age.
- A valid "G" class Driver's License (or higher).
- Grade 10 Education: If you do not have grade 10 English or Canadian equivalency we can arrange for you to write the grade 10 equivalence test (multiple choice) here at our office (no charge).
- A completed Ministry of Transportation Medical Report. Once the original is dropped off at the DriveTest Centre and "cleared" they will give you a photocopy that you will need before you register for training. This form must be completed by a doctor or nurse practitioner.
- Drivers Abstract This is a 3-year uncertified driver record search. It's available through the Ministry of Transportation for \$12. You will need this before you begin your training with us.
- Personal Protective Gear (AETS will provide if needed)
 - Safety Boots
 - Break away reflective vest
 - Work gloves

Your path. Our ways.

EDUCATION ► TRAINING ► EMPLOYMENT

Tel: (807) 346-0307

Toll Free: 1-866-870-AETS

www.aets.org



Christine Supercom - East

Saturday at 8:33 PM •

Looking for work, the Nipigon camp will be looking for the following positions:

1 Janitor/Custodian

1 Housekeeper/Camp Attendant

1 Front Desk Clerk/Administrator

If you are interested please send resumes to
resumes@supercomindustries.com

NIPIGON'S 31ST ANNUAL WINTER CARNIVAL

Nipigon will be hosting their 31st Annual Winter Carnival on the week of
January 25th-29th, 2021.

We are looking forward to continue this event in a modified way due to COVID-19.

Our brochure will be out in the next week with all the planned events happening.

REMINDER - RINK/SLIDING HILL

To all using the skating rink and sliding hill, please show respect to all who are using it.

The rink and hill are there for everyone to have fun.

There will be no bullying tolerated at all and those who don't show respect for others will be asked to refrain from using the rink and hill!

REMINDER TO PLEASE WEAR YOUR HELMET

be
KIND
TO OTHERS.

SUPPORT FOR LEARNERS FUND

The Ontario government announced the opening of the application portal for the Support for Learners fund.

The deadline to apply is January 15, 2021.

About Support for Learners

You can get financial support to help with additional costs during the 2020-2021 school year due to COVID-19.

Eligible parents or guardians will receive a one-time payment of:

- \$200 for each child up to age 12
- \$250 for each child or youth up to age 21 with special needs

You are eligible if your child:

- attends a publicly funded school
- attends a private school
- attends a First Nation operated or federally operated school
- attends school in-person or online
- is homeschooled
- is enrolled in child care
- is at home

For students attending First Nations schools, simply select:

“My child is not enrolled in either a public or private school”

Then select drop down option:

“My child is attending a First Nation operated or federally-operated school”

Learn more about the funding: <https://www.ontario.ca/page/get-support-learners>

Apply for funding:

<https://www.iaccess.gov.on.ca/SupportForLearnersWeb/public/index.xhtmll>

NIPIGON / SCHREIBER CRIMINAL COURTS

Notice to the Profession, Public and Justice Participants: Audio Satellite Court Lists in the District of Thunder Bay

**For all satellite court appearances in the Ontario Court of Justice, in
the District of Thunder Bay**

**Counsel and accused persons are expected to call in
Participants connect to the audio court by telephone at the
number below;**

Teleconference Number	1-866-602-5461
Conference ID	3354415

The next Nipigon Virtual Court Date is.

January 19, 2021

It is very important to call the number provided and state your name when calling in.

If you are not able to make the Date please let me know, so I can inform the Court of
your absence.

If you should require help obtaining documents from the Court House or Legal Aid or
would like to speak Duty Counsel prior to Court, you may request assistance by
emailing Darlene.Wawia@rrib.ca.

Thank you

Darlene P. Wawia
Restorative Justice Coordinator
Red Rock Indian Band

DILICO TRAVELLING TEAM

JANUARY 18TH TO 21ST, 2021

NIPIGON DILICO OFFICE

To Make an Appointment:

**Please contact the PCTT Administrative
Assistant Jaimie at: 1-807-626-5249**

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

**Please contact Sarah Pellerin,
Community Health Nurse, if you require:**

 **Wellness Visit**


 **Flu Shot**

 **Immunization**


 **Advanced/Diabetic
Foot Care**




 **Prenatal Visit**

 **Postnatal Visit**

 **Healthy Babies/Healthy Child
(Milk Voucher Program)**

 **All essential home visits available.**

 **Call or text: 632-0534**

for an assessment/appointment today!   

Sarah Pellerin, RN

Community Health Nurse-Lake Helen







First Nation, RRIB

Cell: 1-807-632-0534

email: sarahpellerin@dilico.com

Needing to talk after business hours? Check out these

Virtually Accessible Support Services/Resources

 <p>CRISIS RESPONSE SERVICES</p>	<p>CRISIS RESPONSE HOTLINE 1-888-269-3100</p> <p>Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis</p>
 <p>Ontario Online & Text Crisis Services</p>	<p>Chat and Text services are for everyone, regardless of your age, issues or concerns. Text is available from your mobile phone from <i>2pm to 2am daily and text support to 258258</i></p> <p>Chat is available on your computer from 2 pm to 2 am daily: http://dcontario.org/ontx.html text support to 258258</p>
 <p>1 855 554 HEAL Talk4Healing TALK • TEXT • CHAT</p>	<p>Talk4Healing Call or Text: 1-855-554-HEAL (4325)</p> <p>A helpline for Aboriginal Women living in Northern Ontario. Talk4Healing is available 24 hours a day, 7 days a week with services in English, Ojibway, Oji-Cree and Cree. Chat is available on your computer @ https://www.talk4healing.com/live-chat/</p>
 <p>If you are FEELING SAD or DISTRESSED and want to talk, support is a phone call away. 1-855-242-3310</p>	<p>First Nations and Inuit Hope for Wellness helpline 1-855-242-3310</p> <p>If you're experiencing emotional distress and want to talk, call the First Nations and Inuit Hope for Wellness Help Line. It's toll-free and open 24 hours a day, 7 days a week.</p>
<p>Kids Help Phone ☺</p>	<p>Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.</p> <p>Need help now? Text CONNECT to 686868</p> <p>You can reach a Kids Help Phone counsellor 24/7 at 1-800-668-6868</p> <p>Chat is available 24/7 https://kidshelpphone.ca/live-chat/</p>
 <p>CAREGIVER HELPLINE 1-833-416-2273 ontariocaregiver.ca</p>	<p>The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. The only resource of its kind in Ontario, the helpline is available to all caregivers – regardless of age, diagnosis or where they live. It provides 24/7 support because caregiving is not a 9-5 job. The Live Chat is also available 7am – 9pm (Mon – Fri).</p> <p>Ontario Caregiver Helpline: 1-833-416-2273 (CARE)</p> <p>Live Chat available at: https://ontariocaregiver.ca/find-support/helpline/#</p>
 <p>BounceBack® reclaim your health</p>	<p>BounceBack® is a free self-help program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.</p> <p>For more information visit: https://bouncebackontario.ca/</p>
<p>Togetherall</p>	<p>An online peer-to-peer support community for your mental health.</p> <p>For more information visit: https://togetherall.com/en-ca/</p>

CMHA THUNDER BAY BRANCH



CRISIS RESPONSE SERVICES

Anyone experiencing a crisis can contact the crisis line at:

807.346.8282 | 1.888.269.3100

Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis.

ELIGIBILITY: ALL AGES
HOURS: 24/7, 365 DAYS A YEAR
CONTACT: 807.346.8282
DISTRICT/TTY: 1.888.269.3100



Canadian Mental
Health Association
Thunder Bay
Mental health for all



Ontario
Ministry of Child & Youth Services
& Ministry of Community & Social
Services

For more information, visit:
thunderbay.cmha.ca/programs-services/crisis-response-services/

Contact:

Crisis Response Services, CMHA Thunder Bay
200 Van Norman St., Thunder Bay ON P7A4B8
Tel: 807.346.8282 cmhatb@cmha-tb.on.ca

CRISIS RESPONSE SERVICES

Anyone experiencing a crisis can contact the crisis line at:

807.346.8282 | 1.888.269.3100

Contact the crisis line 24 hours a day, 7 days a week, 365 days a year. Your call will be answered by trained professionals. This service is available to anyone of any age.

Crisis Response Line

We have all experienced a crisis at one point in our life. Something happens or a chain of events occur that exceeds our capacity to cope. We may have reached out to our families and friends to get support, gotten through it, and moved forward; or, we may have found ourselves alone and unable to cope.

Crisis Response Mobile Unit

If you would benefit from a meeting in person, our mobile response team will come out to see you. We provide in person crisis assessment intervention in the community. This service is available 7 days a week, 365 days a year within the City of Thunder Bay.

Crisis Support Residence

If it is determined that you would benefit from having a short stay in our Crisis Support Residence, the crisis response team will help you access this service. This voluntary residential support is available 24 hours a day, 7 days a week to individuals 16 or older.

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