

LAKE HELEN NEWSLETTER

JANUARY 22, 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

GOOD FOOD BOX

Good Food Box Delivery will be on the 27th of January, please make sure someone will be home that day.

Thank you for your cooperation Lauren

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.

ARE YOU INTERESTED IN WORKING FOR CENSUS CANADA?

<https://census.gc.ca/jobs-emplois-eng.htm>

Deepest Sympathy & Heartfelt Condolences



*May tender memories soften your grief,
May fond recollection bring you relief,
And may you find comfort and peace in the thought
Of the joy that knowing your loved one brought...
For time and space can never divide
Or keep your loved one from your side.
When memory paints in colors true,
The happy hours that belonged to you.*

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

Deepest Sympathy & Heartfelt Condolences



*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still love, still missed and very dear.*



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

2021

RECYCLE DAYS

January						
S	M	T	W	T	F	S
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31						

February						
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28						

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31						

November						
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December						
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26	27	28	29	30	31	

TEN CHANCES TO WIN \$100! JUST NEED TO ANSWER A COUPLE QUESTIONS TO ENTER

Mental Health & Wellness Feedback Survey

Boozhoo, Red Rock Indian Band members! January is a time to start a conversation on mental health to help support positive change with Bell Let's Talk day January 28th. We ask that you please fill out a survey on the mental health & wellness needs are for our community. What are your ideas and thoughts on existing mental wellness programs? What would you like to see differently this year? Any feedback will help RRIB wellness staff improve the quality of mental health services. Open for all band members 12 and up. Miigwech!

To request a survey please contact one of the staff below.

Candace.tuck@rrib.ca

Terri.lanigan@rrib.ca

Rodnie.wright@rrib.ca

Return by February 4th, 2021 to have your name put in for the draws.

Now more than ever,
every action counts.

[Learn more](#)



January 28

For more resources on how to start the conversation check out:

<https://letstalk.bell.ca/en/>

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

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

ATTENTION!

SERVICE CANADA READY TO HELP

Please access our many online services at:

Canada.ca/service-canada-home

If you require assistance accessing services,
please complete an online request at:

Canada.ca/service-canada-e-service



A Service Canada officer will contact you within 2
business days.

If you do not have access to the internet and require assistance
accessing services, please contact us at:

Western Provinces and Territories: **1-877-631-2657**

Ontario: **1-877-355-2657**

Quebec: **1-877-760-2657**

Atlantic Provinces: **1-877-464-2657**

TTY: **1-833-719-2657**

Follow the infection prevention and control guidance provided by the
Public Health Agency of Canada available at:

Canada.ca/coronavirus

If you experience these symptoms, please contact your health care
provider or your local public health unit.

Canada

DILICO TRAVELLING TEAM

NIPIGON DILICO OFFICE

FEBRUARY 2nd & 3rd, 2021

Chiropodist, Hayley Lindsey

Jen Moore Dietician

Madeleine McKirtick SLP

FEBRUARY 9th & 10th, 2021

Darren Lillingotn SW

Elaine Toombs Physiologist

Margarita Szymczak-Grzyb SW

FEBRUARY 23rd & 24th, 2021

Ashley Olivier NP

Gerry Maggrah NP

Raphaelo Catalan RPN


Kristin Clearwater RPN

To Make an Appointment:

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

**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

Electrical & Control Technician TRAINEE - Nipigon

Location:

Nipigon, ON, CA, P0T 2J0

Req ID: 25923

Status: Regular Full Time

Education Level: Grade 12 or equivalent and/or two years of study in a related field

Location(s): Thunder Bay / Nipigon

Travel: Yes – 50%

Deadline to Apply: **January 31, 2021**

ONTARIO POWER GENERATION - WHERE A BRIGHTER FUTURE BEGINS

BE THE GENERATION to challenge and change.

At Ontario Power Generation Inc. (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 and solar, and offer challenging and unique work opportunities. **BE THE GENERATION to power tomorrow.**

THIS POSITION IS LOCATED IN NIPIGON ON, CANADA.

Please ensure you're aware of the location within [Nipigon](#) before applying to this position. All applicants must be willing to be based in the Nipigon area.

JOB OVERVIEW

Ontario Power Generation Inc. (OPG) is looking for an **Electrical & Control Technician/Technologist Trainee** to join our team in **Nipigon, ON.**

This is an exciting opportunity to work in an environment where you will contribute to Ontario Power Generation's continued growth and success in generating safe, clean, reliable low-cost power in a sustainable manner.

KEY ACCOUNTABILITIES

- On a shift or day basis, inspect, diagnose, test, trouble-shoot, service, maintain, calibrate and overhaul a variety of electrical, electronic, and control equipment, apparatus and instrumentation, covering all areas of electrical, instrumentation, control, and protective relaying.
- Perform electrical drafting. Install and fabricate electrical/control equipment. Carry out contract coordination and prepare quality control procedures. Maintain current operational and theoretical expertise in applicable systems, software and techniques. Maintain documents applicable to the work.
- Install, commission, inspect, troubleshoot, service, maintain and overhaul and assist with the design for all electrical/ electronic/control/protection/telecommunication or testing equipment, associated with generating stations and facilities. Take appropriate preventative or corrective action,
- Prepare electrical, control, instrumentation, protection and telecommunication sketches, drawings, and bills of material. Carry out document maintenance activities.
- Co-ordinate large projects or highly complex maintenance enhancements related to the installation of new systems, or the replacement of existing systems with different technologies. Carry out contract coordination and inspections to ensure effective quality assurance.
- Carry out a variety of measurements including testing of electrical, control and protection equipment to recognized standards and procedures.
- Participate in studies associated with energy production, load and capacity, demand management, etc., and provide regular and on-demand reports. Establish and maintain documentation / program files.
- Maintain and operate all tools required in performing work assignments.
- Perform work protection code (WPC) activities up to the level trained.
- Act as an operator agent in Hydroelectric only.
- Provide technical support, advice, coordination and assistance with regard to emerging work, projects and daily routines, including the development of technical/operational solutions to problems.

- Prepare and modify technical procedures and standards.
- Plan, generate and review reports.
- Accountable for the health, safety & wellbeing of self and others, in accordance with technical/operating procedures and standards, and includes the development of technical/ operating solutions to problems.
- This position requires travel and occasional overnight stays in order to attend and complete various training courses and field assignments during their training program and to acquire on-the-job experience at other OPG work locations

EDUCATION

- Grade 12 or equivalent and/or two years of study in a related field

QUALIFICATIONS

- Ability to prioritize, plan, and execute tasks in a time-effective manner
- Excellent interpersonal skills
- Good verbal and written communication skills
- Able to work alone or as a collaborative team player
- Good judgment and problem-solving skills
- Positive, professional and enthusiastic demeanor
- Valid G Driver's License in good standing
- Must have the flexibility to work shifts and weekends

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

APPLICATION PROCESS

Please submit your application **online** at <https://jobs.opg.com/> by **11:59 PM E.S.T., January 31, 2021**. OPG thanks all those who apply; however, only candidates considered for an interview will be contacted.

ACCOMMODATIONS

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 technical support in a format that is accessible to you, please contact AODA@opg.com

Your OSSD IS CLOSER THAN YOU THINK!

Looking to complete your high school diploma? Need pre-requisites for a college or university program? We're here to help!

The Lakehead Adult Education Centre (LAEC) offers a wide range of high school credits through e-learning and blended learning, as well as English as a Second Language (ESL) programming to Northern Ontario.

Quality secondary school credits are offered in all pathways (workplace, college, or university).

All credits offered lead to the Ontario Secondary School Diploma (OSSD) and/or post-secondary entrance requirements.

Mature students (18 yrs+) are eligible to earn credits through the Mature Prior Learning Assessment and Recognition (M-PLAR) process.



For more information, please call the **Student Information Hotline** at **1-877-999-9149** or e-mail redrock@contactnorth.ca

Located at 46 Salls St, Red Rock ON.

Get your degree, diploma or certificate or upgrade your skills online without leaving your community.

Student Information Hotline: 1-877-999-9149



Contact North | Contact Nord is funded by the Government of Ontario



Statistics
Canada

Statistique
Canada

FM-133-21

Census Jobs 2021



Canada's next census will take place in the spring of 2021. Statistics Canada is hiring approximately 32,000 people to count every person in Canada. The census provides high-quality data that your community can use to plan housing, emergency services, employment skills programs, schools, daycare, and more.

In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.

Canada

Join the 2021 Census team

As an Indigenous community member, you are best suited to collect census data from local inhabitants and verify that all dwellings are counted. Use your local knowledge while sharpening skills that are sought-after by employers.

Type of work

Census jobs are short-term positions collecting census questionnaires from residents in your community. Job start and end dates vary by position and location, between March and July 2021.

Crew Leaders (supervisors): As a crew leader, you will train, supervise and motivate a team of enumerators.

Enumerators: As an enumerator, your primary responsibility will be to complete census questionnaires with residents.

Rates of pay

Enumerators (or equivalent) are paid \$17.83 per hour, and supervisors are paid \$21.77 per hour.

In select Northern and Remote communities, enumerators (or equivalent) are paid \$29.25 per hour, and supervisors are paid \$31.25 per hour.

Employees are paid for authorized expenses.



Applicants must be

- 18 years of age or older
- a Canadian citizen or otherwise eligible to work in Canada
- available to work flexible hours during days, evenings, and weekends.

Apply now / tell a friend

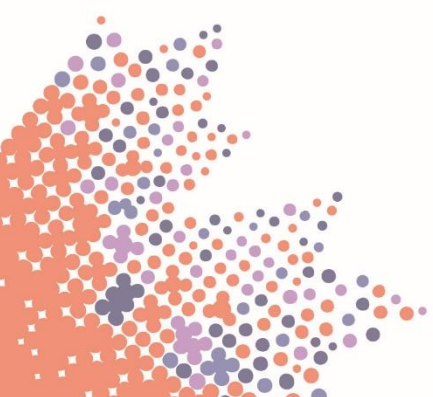
www.census.gc.ca

1-833-830-3106

TTY (a telecommunications device for people who are deaf): 1-833-830-3109

Benefits of the 2021 Census for Indigenous peoples

Data collected from First Nations people, Métis and Inuit across Canada help communities and governments plan for the development of Indigenous language programs, school programs, and community health and social services. Census data are used to evaluate existing programs and new service needs, such as housing.



Census Jobs

Emplois au recensement

Statistics Canada is hiring in your community!

Statistique Canada embauche dans votre communauté!

- Schools, housing, and health and emergency services are all planned using census data.
- Use your local knowledge and sharpen skills that are sought after by employers.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.
- Help your community to plan for the future—apply now!

Important to know:

- There are approximately 32,000 jobs available across Canada.
- Pay varies **by position** from \$17.83 to \$21.77 per hour (in select Northern and remote communities, rates are from \$29.25 to \$31.25 per hour), plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.
- You must be available to work flexible hours during days, evenings and weekends.

Recensements importants :

- Environ 32 000 emplois sont offerts partout au Canada.
- Le taux de rémunération varie entre 17,83 \$ et 21,77 \$ l'heure **selon le poste** (entre 29,25 \$ et 31,25 \$ l'heure dans certaines communautés du Nord et éloignées), en plus des dépenses admissibles.
- Les dates de début et de fin d'emploi varient selon le poste et le lieu de travail, mais se situent dans la période allant de mars à juillet 2021.
- Vous devez être disponible pour travailler selon un horaire flexible le jour, le soir et la fin de semaine.




Statistics
Canada
Statistique
Canada

Apply now / tell a friend

www.census.gc.ca

1-833-830-3106

TTY / a telecommunications device for deaf people: 1-833-830-3109



Postulez dès maintenant et parlez-en à un ami

www.recensement.gc.ca

1-833-830-3106

ATS (appareil de télécommunications pour personnes sourdes) : 1-833-830-3109


Canada

**Census
Jobs**

census.gc.ca

1-833-830-3106

TTY/ATS : 1-833-830-3109

**Emplois au
recensement**

recensement.gc.ca

1-833-830-3106

TTY/ATS : 1-833-830-3109

**Census
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recensement.gc.ca

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census.gc.ca

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recensement**

recensement.gc.ca