LAKE HELEN NEWSLETTER APRIL 25, 2024



NEXT GENERAL BAND MEETING

WEDNESDAY, MAY 1st, 2024
RESOURCE CENTRE
7pm

MEMBERSHIP OFFICE HOURS Effective January 2024 9am-4pm - Tuesday & Wednesday (closed 1 hour for lunch at noon)

Recycle Day Tuesday May 7th

(every second Tuesday)

Please have Recycle Bins ready for pick up at 5pm

Garbage Day
Every Saturday

Please have your garbage out by 11 am.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 29, 2024	April 30,2024	1	2	3	4
BR – Board Room RC- Resource Centre	6pm Taekwondo RC	10am Reiki THR	4pm Language Class BR			GARBAGE DAY
BO – Band Office LG- Nipigon Legion THR- Tele Heath Room		6pm Book Club RC	Spm Poker Walk BO Tom-Band Meeting PC			
2	9	7	8	6	10	11
6pm Jam Session RC	6pm Taekwondo RC	6pm Drum Social RC	1:30pm Anger Management BR 4pm Language Class BR		MOTHER DAY DINNER AT THE LEGION	Making RC
		RECYCLING DAY	Spm Poker Walk BO 6pm Jui Jitsu LG			GARBAGE DAY
12	13	14	15	16	17	18
6pm Jam Session RC	6pm Taekwondo RC	12pm ALE RC	10am OW Workshop RC	1:30pm Recovery Group RC		SARBAGE DAY
		5pm Poker Walk BO	1:30pm Anger Management BR 4pm Language Class BR	6pm Chip Bingo RC	COMMUNITY CLEAN UP	
		6pm Moon Time RC	6pm Jui Jitsu LG			
19	20	21	22	23	24	25
6pm Jam Session RC	VICTORIA DAY	6pm Book Club RC	1:30pm Anger Management BR 4pm Language Class	4pm Kids n the Kitchen RC		GARBAGE DAY
	6pm Taekwondo RC	RECYCLING DAY	6pm Jui Jitsu LG GOOD FOOD BOX DAY	6pm Teen Night RC		6pm Full Moon RC
26	27	28	29	30	31	
6pm Jam Session RC	6pm Taekwondo RC	11am ECD Prenatal RC	1:30pm Anger Management BR	1:30pm Recovery Group RC		
		3pm Community Kitchen RC	4pm Language Class BK 5pm Poker Walk BO	4pm Cancer Dinner RC		
			6pm Jui Jitsu LG			



Results for Bi-Election for Chief

April 20, 2024

IN ALPHABETICAL ORDER

Legarde, William 18

Odawa, Allan Jr. 126

Ruth, Amanda 11

Sault, Harold 32

Wawia, Edward 73

Electoral Officer - Ashley Nurmela

320 Ballots made

260 Ballots cast

52 Unused Ballots

6 Spoiled Ballots

2 Re-Issued



Dear Members of the Red Rock Indian Band,

My deepest gratitude for entrusting me with the responsibility of serving as your Chief. It is an incredible honor to have your trust and confidence as we move on this journey together to work for the betterment of our First Nation. I am fully committed to serving the Red Rock Indian Band to the best of my abilities and to the utmost of my dedication. I am aware of the challenges that lie ahead, but I am also confident in our strength, resilience, and vision for a brighter future for our community. I promise to work tirelessly to uphold the values and traditions of our First Nation. I am grateful for the opportunity to lead. With your support, I am confident that we can make a positive impact and do good for the Red Rock Indian Band.

Thank you once again for your trust and confidence in me. I look forward to serving you all with integrity, compassion, and respect.

Sincerely,

Allan Odawa Jr.

Chief

Red Rock Indian Band 2 Gas Rd. Lake Helen Reserve Chief@rrib.ca 807-887-2510 ext 236 New Hire

Hello everyone,

My name is Abby Taggart, and I have been hired as the new Community Wellness Worker for the Red Rock Indian Band. I was born and raised in Nipigon, and recently returned to the community after moving away seven years ago for post-secondary education. I'm excited to join the amazing team of service providers here, and I look forward to giving back to the community in a way that aligns with my passion for health, wellness and people. I am here to support all community members to the best of my ability, and I would love to hear everyone's ideas for programming and events. Please don't hesitate to reach out to me via email or phone if you have any questions or concerns. cww@rrib.ca

807-887-2510 ext. 232

Miigwech!



RED ROCK INDIAN BAND

NOMINATION MEETING

To Nominate candidates for the upcoming Bi-Election for Honorary Councillor

Wednesday May 8th, 2024 7:00 pm LAKE HELEN RESOURCE CENTRE

Electoral Officer, Christina Murphy



RED ROCK INDIAN BAND

BI-ELECTION HONORARY COUNCILLOR

May 25, 2024 9:00 am to 6:00 pm LAKE HELEN RESOURCE CENTRE

Electoral Officer, Christina Murphy

Dear Ontario Works/ODSP Clients

We kindly request that you perform an assessment on your propane or fuel tank levels and provide the exact level to tom.legarde@rrib.ca

To ensure you do not run out of propane or fuel, especially during the winter months, we would like to remind you of your responsibility to request a refill when your tanks are around 50% full, as it may take a few days for delivery.

Your proactive cooperation is greatly appreciated.

Thank you,

Tom

TAE KWON DO TRAIN YOUR BODY AND MIND MONDAYS 6 PM RESOURCE CENTRE ALL AGES WELCOME

DESIGN THE NEW LAKE HELEN POLICE CRUISER

Lake Helen police will be receiving a new Police Cruiser in the near future. We are hoping to engage our Lake Helen Youth to help us design the fresh look. Your design will be entered and if chosen, your design will be put onto the new lake Helen cruiser.

The cruiser design must have:

- the Lake Helen Emblem,
- Lake Helen Police on it,
- the 1-888-310-1122 number on it.

All submissions must be in by June 1, 2024. Any youth aged 13 - 25, who are interested can submit their design to Constable Lesperance or Constable Boucher at the band office.

If you have any further questions, please email Cst. Boucher at lisa.boucher@opp.ca along with your design to be displayed on the cruiser for all to see.

RRIB will be donating a prize to our winner.

Hope to see all the creative and artistic abilities of our youth.

Cst. Lesperance and Cst. Boucher

Community Volunteer Income Tax Program (CVITP)- FREE Income Tax Preparation

The CVITP is a collaboration between community organizations and the Canada Revenue Agency (CRA).

Community organizations host FREE tax preparation clinics and arrange for volunteers to prepare returns for individuals with a modest income and a simple tax situation. The CRA provides coordinators to guide the organizations as they deliver the program and offers training and tax software for the volunteers.

The CVITP helps people meet their tax obligations and receive any benefits to which they are entitled. Benefits are calculated based on the information a taxpayer provides on their return. Even if the taxpayer has no income to report, they should file a return to continue receiving payments, such as;

- GST/HST credit
- Guaranteed income supplement (GIS)
- Canada Worker's Benefit (CWB) this replaces the Working income tax benefit (WITB)
- Canada child tax benefit (CCTB) (if the taxpayer has a spouse or common-law partner, they also must file a return every year)
- Provincial or territorial credits and benefits

The CVITP volunteers cannot prepare returns for individuals who:

- have self-employment income
- have business or rental income and expenses
- have capital gains or losses
- have employment expenses
- file for bankruptcy
- are deceased in the year

The Free CVITP clinic hours are:

Please email Marjorie.Robert@rrib.ca or call 807-887-2510 ext. 234 for drop off and pick up.

The clinic is open to Red Rock Indian Band members and Lake Helen community members.

DROP IN JAM SESSIONS

SUNDAYS @ 6 PM

RESOURCE CENTRE

BRING YOUR OWN INSTRUMENT

AGES 12 AND UP

Adults with experience please attend to share your knowledge!

We may purchase program instruments with continued interest.

SAVE THE DATE

CHILDREN'S MENTAL HEALTH BBQ

MAY 9, 2024
NIPIGON RECREATION CENTRE

More information to be posted at a later date

Presented by Flying Post First Nation, Red Rock Indian band, Township of Nipigon, Dilico, North of Superior Counselling, and School Boards (SNCDSB, SGDSB)

"THE THUNDER IS GOING AWAY"

RED ROCK INDIAN BAND IN PARTNERSHIP WITH DILICO ANISHINABEK FAMILY CARE PRESENT A 6-WEEK SOCIAL SKILLS LEARNING PROGRAM TO EARN YOUR CERTIFICATE IN ANGER MANAGEMENT

WEDNESDAYS BEGINNING APRIL 24TH
1:30PM BAND OFFICE BOARDROOM

FOR MORE INFORMATION AND TO REGISTER
PLEASE CALL/EMAIL CANDACE 887-2510
CANDACE.TUCK@RRIB.CA
NANCY MCGUIRE AT 887-2514

TO OBTAIN YOUR CERTIFICATE, ALL SESSIONS AND HOMEWORK
MUST BE COMPLETED. CERTIFICATES SATISFY THE
REQUIREMENTS FOR PROBATION SERVICES







AUTHENTIC CONNECTION PSYCHOTHERAPY & REIKI NEXT AVAILABLE APPOINTMENTS IN THE COMMUNITY: TUES, APRIL 23RD

TO BOOK AN APPOINTMENT WITH JOSEE: EMAIL: JOSEE.WRIGHTNPC@GMAIL.COM

PHONE: 807-630-4440

HTTP://JOSEEWRIGHTNURSINGPROFESSIONALCORP.JANEAPP.COM/



APRIL 25TH MAY IST, MAY 8TH, MAY 15TH & MAY 29TH

MEET AT THE BAND OFFICE

Time: 5:00pm

Nightly prizes to be won.

5 times around Mission Bay Rd to Central Ave than back to the Band Office

Participating in the event your name will be put into a draw at the end of the challenge.

Everyone is welcome!

Want to try Reiki?

On Tues, April 30th/24 there will be 6 appointments available for sign-up

Open to Red Rock Indian Band and community members

First Come First Serve

Funded by the Mental Wellness Program

To book a time please call Candace at 887-2510 or email candace.tuck@rrib.ca
Authentic Connection Psychotherapy & Reiki Master Josee Wright

April Book Club Reminder

Tues, April 30th 6pm Resource Centre

We will be discussing the book Lost Between the Cracks: The Tale of Being Hardy

By Mona Hardy and Shaemichelle Watson

Snacks & refreshments provided

Open to all

If you would like to join virtually, please email candace.tuck@rrib.ca for the zoom link

HUUG Workshop: New Normal

Saturday, April 27th

10:30am-12:30pm

Hosted at Edge Arts Studio in Nipigon

To register please email Lisa King, Regional Family HUUG Coordinator

lisa@hospicenorthwest.ca or call 888-347-1643

Help Us Understand Grief (HUUG) is a free program created to help kids process their grief after a loved one has died. This program provides children with the tools and resources they need to understand their feelings and develop healthy coping strategies.



COMMUNITY ENERGY CHAMPION OPEN HOUSE

SATURDAY, APRIL 27, 2024

3:00 - 7:00 LAKE HELEN RESOURCE CENTRE COME OUT AND FIND OUT
ABOUT ENERGY SAVING
PROGRAMS.

UPCOMING PROJECTS FOR
RED ROCK INDIAN BAND
GUEST SPEAKERS

3:00- OPENING PRAYER
PROGRAMS AVAILABLE
GUEST SPEAKERS
5:00 - SUPPER SERVED
CLOSING PRAYER AFTER
SUPPER AND DOOR PRIZES

ALL RRIB & COMMUNITY MEMBERS WELCOMED

DOOR PRIZES FOR ADULTS AND CHILDREN

Please Register so I can inform the Caterer on how much Food to prepare.

For More Information
Contact: Darlene P. Wawia

Community Energy Champion at (W) 807-887-2510

or (C):807-889-0738 , Email: cec@rrib.ca



Children/Families are invited to come and plant a hanging flower basket with the staff from Maada'oozhgaming Castle Building Centre

Saturday, May 11th from 12pm - 2pm Resource Centre - Lunch Provided

One basket per family - 25 spots available
Sign up with Kaitlyn by April 29th
807-887-2510/fsw@rrib.ca
Children 8 & under must attend with a caregiver



INFORMATION SESSION: INDIGENOUS PERSPECTIVES ON PARKS CANADA LSNMCA EXHIBIT AT THE NIPIGON

when May 13, 2024 1pm – 5pm

WHERE
Lake Helen Resource
Centre

REFRESHMENTS AND DOOR PRIZE !!!

OPEN TO ALL RED ROCK INDIAN BAND MEMBERS

AGENDA

-Opening Prayer and Song -Presentation by Parks Canada -Presentation by RRIB Reps

TOPICS

Stories/history from the RRIB that will/may be shared with Parks Canada and the NEW Visitor Center that will be constructed.

CONTACT INFO:

HOSS 889-3601, MARY 705-256-9409 OR TOM 889-0298

SPRING CLEAN UP TIME

Community Members, If you have any old appliances please have them at the end of your driveway

APRIL 26 & 27 ONLY and it will be picked up.

NO FRIDGES OR FREEZERS PLEASE!!!

COMMUNITY SPRING CLEAN-UP

MAY 17TH, 2024

STAFF WILL BE OUT IN THE COMMUNITY PICKING UP DEBRIS

PLEASE BE SURE TO COME OUT AND HELP!!

IF YOU ARE UNABLE TO ASSIST THEN YOU CAN HELP BY CLEANING YOUR DITCHES

THANK YOU!!!





In honor of Earth Day Red Rock Indian Band will kick off the growing contest with Carrot and Sunflower seeds

Seeds will be available at the band office starting
April 22, 2024 (Earth Day)
Please contact Lucille or Joanna

Carrots - Longest/Oddest Shape Sunflowers - Tallest/Biggest Face

Do you have a will?



All RRIB members are entitled to a FREE Will and Power of Attorney documents.

Simple, easy and peace of mind for you and your loved ones.

~ Weekly Appointments Available ~

For more information or to set up an appointment please contact:

Julie Nash

Financial Planner/Estate Management Coordinator

Normaxx Financial Group 807-699-7729

julie@normaxx.com





The dreamcatcher shows the 5 phases of the CCP process as a continuous journey around a circle. Each of the 5 phases answers an important question about your community (in English, Ojibwe, Oji-Cree and Cree):

1. Where have we been?
aandi gaa'eyaa'ing?
4°N C° b"b bP bUNb'*
Dan-deh geeh do tay-auck

2. Where are we now?
aandi eyaa'ing noongom?
4ºn C' 5d' V4',
Dan-deh id dih-day -auck anush

3. Where do we want to go?

aandi ezhaa'ing?

4°0 C° ·4Δ55',

Dan-deh id-doo tay-auck

4. How will we get there?
aaniin ge'inaadawe'o'ing?

4° C° 9PPC ASPP<?

Dan-deh geeh doo tay-auck

5. Have we arrived?
gi gii dagoshinimin ina?
לק ב נ" PCdJ ק־ך"
Ashugh na ge dug-gobunninan

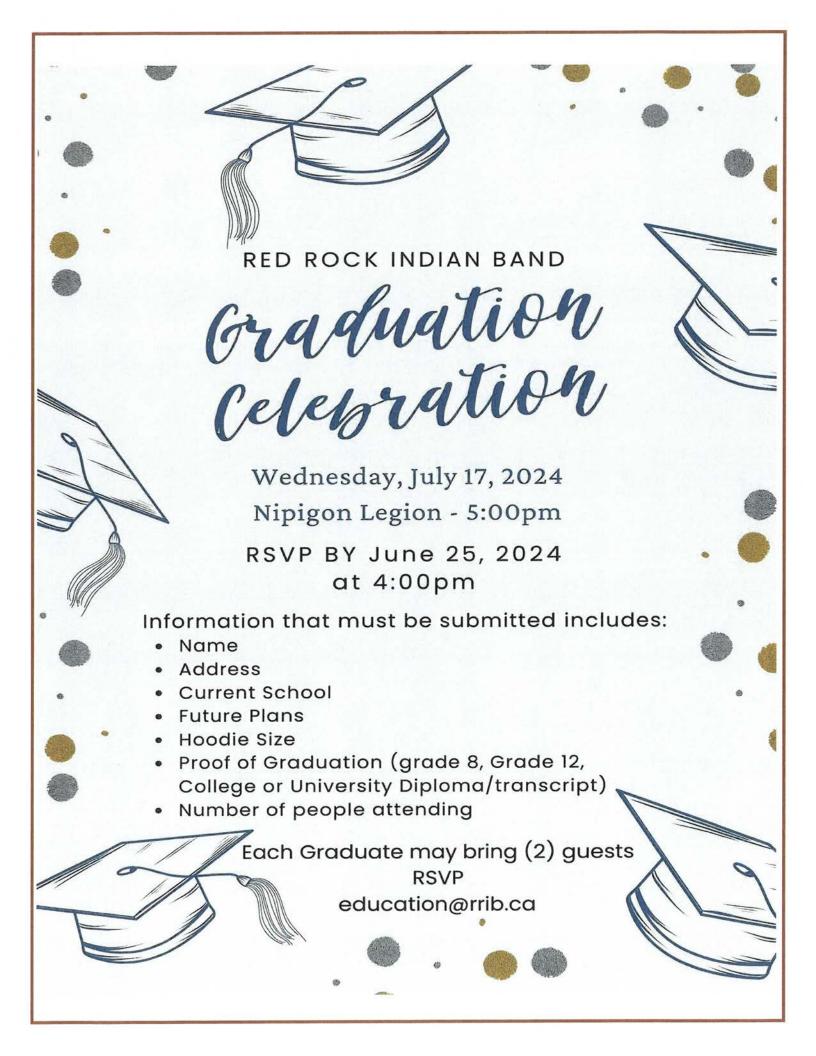
Each phase is described in more detail on the next page.

WILL WE GET THERES.

J. MHERE HAVE WE BEEMS

ARRIVEDS

A



Caterer Needed

The Red Rock Indian Band is looking for a caterer to provide DINNER at this years Graduation Ceremony on Wednesday, July 17, 2024.

The ceremony will take place at the Nipigon Legion.

Attendance is approximately 100 guests, this number will be confirmed when the winning bid is selected.

Menu must include dinner, dessert, beverages, napkins, plates and cutlery.

Please submit menu details and bid (per plate) in a sealed envelope addressed to Tymara Ruth at the Band office by 4:00pm on Monday, June 17th, 2024.

Bursaries and Awards

During the annual graduation celebration individuals, families and businesses could present an award or bursary to a deserving graduate. If you have sponsored an award or bursary in the past or would like to introduce a new one, please reach out to the education department. We ask that you provide the title of the award/bursary and criteria so that we can help identify a deserving graduate. We appreciate your support in celebrating the success of our 2024 graduates.

Please reach out to education@rrib.ca by June 3, 2024, at 4:00pm

LOOKING FOR A COMMUNITY

GARDEN STEWARD

Are you into gardening or interested in learning about growing traditional foods?

The University of Guelph and Red Rock Indian Band are hiring a garden steward to take care of the community garden and help organize activities. This includes planting, seed keeping, harvesting, workshops, and tracking progress.

This is a part-time, paid position running from May until October. All are welcome to apply!

Contact: Joanna at joanna.decicco@rrib.ca

JOIN THE BRAIDING FOOD SYSTEMS RESEARCH AND FOOD SOVEREIGNTY PROJECT!

RELIEF Front-Desk Receptionist (On-Call Basis)

Reports To Chief & Council

Summary



The Relief Front-Desk Receptionist is responsible for many clerical office duties. These include but aren't limited to; coordinating and communicating office activities, greeting and screening visitors, answering and referring inbound telephone calls, and scheduling venue bookings (Resource Centre, Boardroom, etc.). The Relief Front-Desk Receptionist will also be responsible for administrating company correspondence.

Job Duties

- Respond to telephone, e-mail, and in-person inquiries from clients, business partners, and other parties.
- Refer all inquiries to the appropriate individuals, divisions, or departments across the organization.
- Take and record telephone, e-mail, or written message for staff members.
- Receive and distribute all forms of paper correspondence.
- As a front-line worker, present a positive and professional image of the organization to all visitors, suppliers, inquiries, and other interactions.
- Provide information to staff and/or clients about special activities.
- Ensure that the appropriate evacuation procedures are done in an emergency.
- · Accept and monitor inbound shipments as necessary.

Requirements

- High school diploma or GED, or an acceptable combination of education and experience.
- Can be available within 24 hours' notice.
- Strong knowledge of general office procedures.
- Able to write simple correspondence, including memos, letters, etc.
- Adjusts and is flexible to meet changing work needs and demands.
- Strong knowledge of Microsoft Office products, including Excel, Word, and PowerPoint.
- Superior telephone manners and strong interpersonal skills.
- Strong customer service orientation.

Working Conditions

- Able to occasionally lift items as heavy as 50 lbs.
- Manual dexterity is required to use desktop computers and peripherals.

Interested applications should apply **as soon as possible**. Resumes may be submitted via email to jobs@rrib.ca OR Submitted in person at the Band Office:

2 Gas Rd, Lake Helen ON ATTN: Chief & Council



Powwow Coordinator- 4 Month Contract

Summary

Under the supervision of the Chief & Council the Powwow Coordinator will be responsible for coordinating the 32nd annual Powwow scheduled for July 19,20, & 21st 2024. The Powwow Coordinator will coordinate, seek out vendors, dancers, Elders, etc., and provide activity reports and financial statements for all expenditures. The successful candidate must be able to work a flexible schedule including weekends and evenings and have strong time management skills.

Core Competencies

- Accountability
- Communication
- Decision Making
- Networking and Relationship Building
- Planning and Organizing
- Problem Solving
- Resource and Fiscal Management

Job Duties

- Responsible for assisting in seeking funding, donations, and delivering the 32nd annual Powwow and activities
- Responsible for booking and coordinating all aspects of the Powwow (vendors, dancers, Elders, drummers, MC'S, etc.)
- Create a Cultural/Powwow Committee of individuals looking to assist with the planning of the annual Powwow
- Proactively engage, assess, and provide support to the cultural committee as it relates to the annual Powwow.
- Develop and maintain a work plan, with detailed goals and objectives.
- Provide activity reports and financial statements for expenditures and complete a closing budget report following the Powwow.
- Plan, and organize meetings, meetings rooms, agenda, organize meeting materials, records, and prepares minutes of meetings as it pertains to the annual Powwow.
- Performs record management duties and conducts file searches for requested information.
- Other administrative duties, as assigned.
- Comply with RRIB financial policies relating to purchases, expenses, and record keeping.

Oualifications

- Grade 12 Diploma.
- Ongoing involvement with Indigenous culture and traditions.
- Comprehensive knowledge, understanding, and awareness of Indigenous traditions, ceremony, teachings, and practices.
- Knowledge and experience working in project management are considered an asset.
- 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 independently and has demonstrated teamwork and 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.

Work Conditions

- Manual dexterity required to use desktop computer and peripherals
- Travel may be required
- Able to continuously lift 30lbs
- · Varied work environments.

Resumes shall be accepted for this position until Wednesday, May 1st, @ 12pm. For more information or to submit your resume please contact jobs@rrib.ca. They can also be dropped off in person at; Attn:

Jerryn Tuck 2 Gas Rd, Lake Helen Reserve P0T2J0