LAKE HELEN NEWSLETTER May 2, 2024



NEXT GENERAL BAND MEETING

WEDNESDAY, June 5, 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

Friday, May 3, 2024

EVERY FRIDAY

Please have your garbage out by 3pm.

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

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							

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.

26 6pm Jam Session RC		19 6pm Jam Session RC	12 6pm Jam Session RC	5 6pm Jam Session RC	Sunday BR – Board Room RC- Resource Centre BO – Band Office	
27 6pm Taekwondo RC	6pm Taekwondo RC	20 VICTORIA DAY OFFICE CLOSED	13 1pm-3pm Dilico Wəlk-in Counselling THR 6pm Taekwondo RC	6 6pm Taekwondo RC	Monday LG- Nipigon Legion THR- Tele Heath Room	1
28 11am ECD Prenatal RC Authentic Connection THR 3pm Community Kitchen RC	RECYCLING DAY	21 6pm Book Club RC	14 1pm ALE RC 5pm Poker Walk BO 6pm Moon Time RC	6pm Drum Social RC RECYCLING DAY	Tuesday	
29 1:30pm Anger Management BR 4pm Language Class BR 5pm Poker Walk BO 6pm Jui Jitsu LG	6pm Jui Jitsu LG 7pm Card Party RC DILICO HEALTH TEAM GOOD FOOD BOX DAY	1:30pm Anger Management BR 4pm Language Class	15 10am OW Workshop RC 1:30pm Anger Management BR 4pm Language Class BR 4:30pm Bike Rodeo BO 6pm Jui Jitsu LG	8 1:30pm Anger Management BR 4pm Language Class BR 5pm Poker Walk BO 6pm Jui Jitsu LG	Wednesday 1 1:30pm Anger Management BR 4pm Language Class BR 5pm Poker Walk BO 7pm Banti Meating KC	
30 1:30pm Recovery Group RC 4pm Cancer Dinner RC	6pm Teen Night RC	23 4pm Kids n the Kitchen RC	16 1:30pm Recovery Group RC 6pm Chip Bingo RC	9 DILICO HEALTH TEAM Children Mental Health Day 11am-6pm Nipigon Arena 7pm BMI information Event RC	Thursday 2 1:30pm Recovery Group RC	
31. Spm PAL Course RC		24	17 COMMUNITY CLEAN UP	10 MOTHER DAY DINNER AT THE LEGION	Friday 3	
	6pm Full Moon RC	GARBAGE DAY	18 GAPBAGE DAY	11 11am Mother Day Planter Making RC 5APRAGE DAY	Saturday 4 SARBALE DAY	

Jordan's Principle Office Update

The Jordan's Principle Coordinator position is nearing it's 2 year anniversary. We are thankful for all our families who are able to access these services with our assistance.

As expected, the office is extremely busy with both urgent and non-urgent requests. To help alleviate request accumulation a new process will be implemented starting June 1, 2024. Throughout the month of May, the office will be focusing on streamlining the program and completing previously submitted requests.

Assistance with **urgent** requests will continue to be accepted. Indigenous Services Canada defines urgent requests to be when 'a child is at risk of irremediable harm or is in palliative care'.

New non-urgent intake appointments are now being scheduled for the week of June 3rd. Please email **jp@rrib.ca** to book your appointment.

Visit <u>Submit a request under Jordan's Principle (sac-isc.gc.ca)</u> should you wish to submit your non-urgent application directly to Jordan's Principle during the month of May.

Stay tuned for a June information session to outline the new intake and application process.

Miigwech

Thank You

Ebony Netemegesic



Miigwetch to all that attended the Community Energy Open House

I apologize for the technical difficulties, and I had to read out my slide show.

It was great to see the people out and enjoying each other. Was very nice to see all the Mingling and Cheer throughout the Room.

I would like to thank Elder, Netemegesis for Opening and Closing Prayers, Chief Odawa, Councillors Cote and Fowler for attending. Also, to Shannon Michelle-Ruth who also spoke when Housing questions were asked. Thank you to Caterer, Laurie Michelle for the awesome Dinner served. Everyone was very pleased with the meal. Thank you to Ivy Wawia for the awesome tasting Bannocks. Also Thank you to Cynthia Sabourin who assisted me on Saturday. I appreciate you all.

I do believe everyone went home a Winner with a one of the awesome Door Prizes. I would also like to Thank my Co-Workers who donated prizes from their Programs towards the Door Prizes. Miigwetch to the following, Lauren Michelle, Marjorie Robert, Candace Tuck.

I totally forgot to hand out the Rain Checks for Security Cams. Listed below are the Winners.

Cynthia Sabourin	Milton Wawia	Jocelyn Ledger
Omer Belisle	Corey Fowler	Muzzy Odawa
Brenda Fortier	Ivy Wawia	Marilyn Netemegesic
Andrea Favel	Layla Harvey	Edward Wawia
Candace Tuck	Jessica Robert	Shannon Ruth
Jolene Cote	Rose Cote	Zaeila Fawcett

Please call me at the Office at (807) 887-2510 to confirm you would like your prize. And I have an estimated date when the Security Cams will arrive. Or you would like to know more about the Energy Saving Programs.

Miigwetch,

Darlene P. Wawia Community Energy Champion Red Rock Indian Band Recovery Group
An in-person addictions and mental health
support program
Open to all 18+
Lake Helen Reserve
Resource Centre 1:30pm-3:30pm

Thurs, May 2nd- Repairing Relationships and crafts

Thurs, May 16th- Anticipating and Preventing Relapse & nutrition bingo. Free chip bingo for grocery prizes.

Thurs, May 30th- Recreational activities. This session we will be doing yoga. Wear comfortable clothes. Yoga mats provided.





*DATES AND LOCATION MAY BE SUBJECT TO CHANGE PLEASE REACH OUT TO ANY OF THE PROGRAM CONTACTS FOR ANY UPDATES

WHO TO CONTACT TO LEARN MORE:
LORNAHARDY@DILICO.COM
NANCYMCGUIRE@DILICO.COM
FSW@RRIB.CA (KAITLYN)
CANDACE.TUCK@RRIB.CA
CWFSW@RRIB.CA (MYLA)



RECOVERY is a journey we can take together.

DRUM SOCIAL

Come on out to the Drum Social
Sing, listen, learn, teach, socialize
Grandfather Drums and Hand Drums
Everyone welcome!!

Tuesday May 7th at the Resource Centre 6:00-8:00 PM





Any Questions contact Heather Lindstrom fwb@rrib.ca





WEEKLY BRAZILIAN JIU JITSU & SELF DEFENSE CLASSES WITH BJJFOURLIFE



Located in the NIPIGON LEGION All ages from 6pm-7:30pm EVERY WEDNESDAY

WEAR COMFORTABLE CLOTHING AND BRING A WATER BOTTLE.

A GI WILL BE MANDATORY AFTER THE FIRST CLASS

!ATTENTION YOUTH 17 AND UNDER! IF YOU QUALIFY FOR THE JORDAN'S PRINCIPLE PROGRAM, YOUR GI'S ARE COVERED UNDER THE JORDAN'S PRINCIPLE PROGRAM. PLEASE EMAIL JP@RRIB.CA

REGISTRATION REOUIRED

FIRST CLASS IS FREE! DROP-IN ANY DAY TO TRY IF BJJ IS FOR YOU

BJJ IS NOT
ABOUT BEING
BETTER THAN
SOMEONE ELSE...IT'S
ABOUT BEING
BETTER THAN YOU
USED TO BE.

If you are around the area, looking to train and start your BJJ journey, your time is now.

I will be there EVERY WEDNESDAY to instruct every class in hopes to grow our BJJ community in varying levels of capacity.

Please reach out to coach@BJJfourlife.com spaces limited! Or contact candace.tuck@rrib.ca for any questions

Why attend a Brazilian Jiu Jitsu class?

- Brazilian Jiu Jitsu techniques are adaptable to every body type, skill level, gender and age.
- A form of Martial Arts that focuses on using leverage and technique.
- Learning how to defend yourself is an extremely valuable skill that can potentially save your life in certain situations.



2ND ANNUAL CHILDREN'S MENTAL HEALTH DAY BBQ

AT THE NIPIGON COMMUNITY CENTRE



MAY 9, 2024 11AM-6PM

BOOTHS FROM 20 LOCAL COMMUNITY AGENCIES! PRIZES FOR SCHOOLS AND PUBLIC!!

FOOD VENDORS (AVAILABLE ALL DAY):

FRY-WAY **BEAVER TAILS** SWEET TREATS MINI DONUTS



ZUMBA BY CASEY CLEARWATER



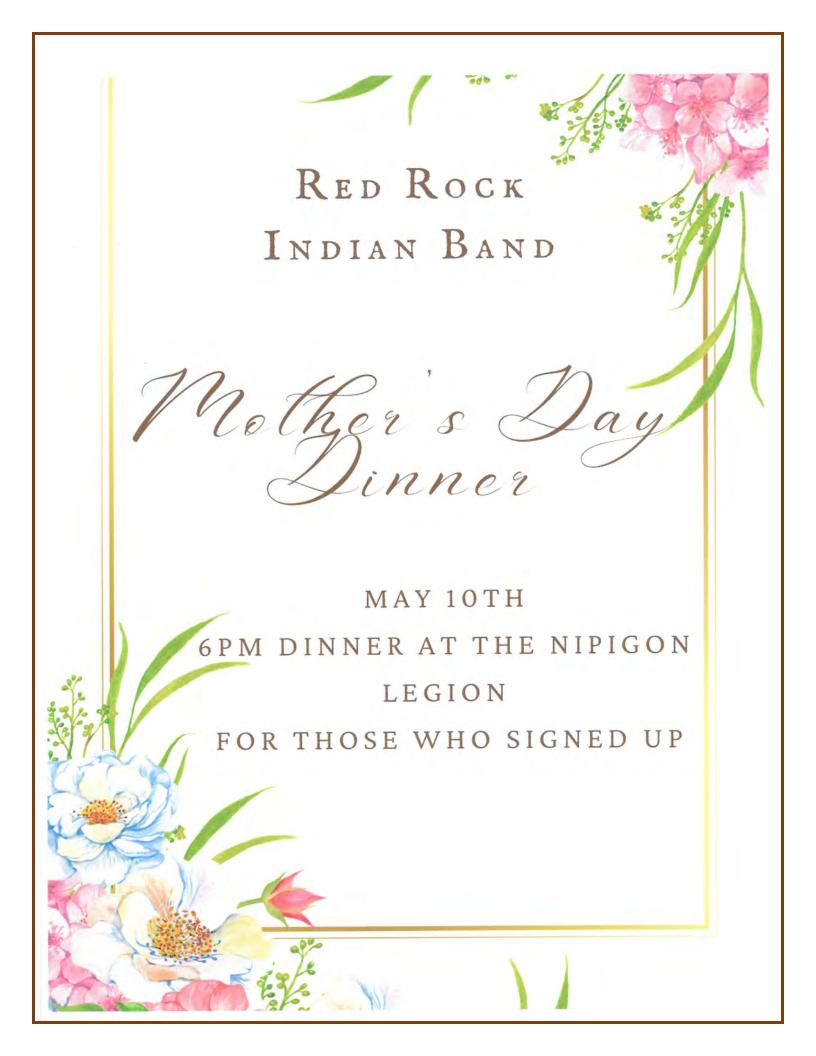














This event is FULL - please let Kaitlyn know if you are unable to make it as there is a waitlist.

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

Sign up with Kaitlyn by April 29th 807-887-2510/fsw@rrib.ca Children 8 & under must attend with a caregiver





Adult Life Enrichment (ALE) 60+ CHIP BINGO

Where: Resource Center

When: 1-3pm May 14th

Come join us for a chance to win some prizes, have snacks and have some fun! Home and community care nurse will be here to answer questions and to check blood pressure and sugar.



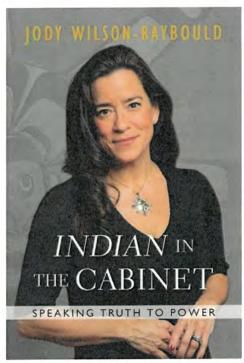
ADULT CHIP BINGO Thursday, May 16, 2024 6 pm LAKE HELEN RESOURCE CENTRE

\$5.00 ENTRY
10 Games at 25 cents per card.
Must play at least 4 cards

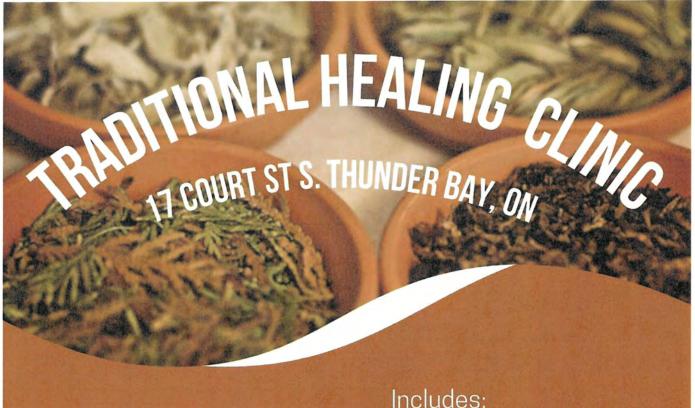
Monthly Book Club Tues, May 21st



This month we will be discussing the book Indian in the Cabinet: Speaking Truth to Power by Jody Wilson-Raybould



If you are unable to attend in-person you can join the discussion online via zoom
Limited copies available
Attending in-person or online guarantees you first picks for June's Book Club discussion
Don't judge a book by it's cover theme
Contact candace.tuck@rrib.ca or call 887-2510 ext 279 to request a copy and for the zoom link



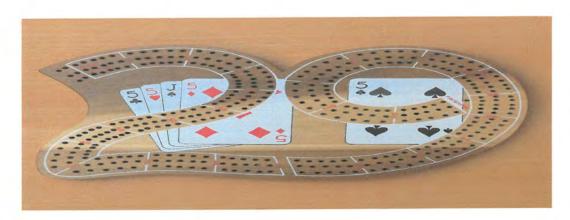
Tuesday, May 21, 2024 to Friday, May 24, 2024 Thunder Bay

- Sacred Fire
- Teachings
- Traditional Feasts
- Ceremonies

If you are interested in an application or have questions about the program, please contact Alyssa Lentz or Tina Dennis at (807) 623-8511 or Communications@dilico.com



Card Party May 22nd 7 pm



Community Kitchen

May 28th 5pm to 7pm



Cabbage Roll Making



Authentic Connection Psychotherapy & Reiki Appointments available in band office Tuesday, May 28th

Contact Josee Wright RPN, Psychotherapist to make an appointment.

Email: josee.wrightnpc@gmail.com
Call: 807-630-4440

Or book online: http://joseewrightnursingprofessionalcorp.janeapp.com/

Monthly Walk-In Counselling Clinic Monday, May 13th 1pm-3pm

Located in the band office

Confidential & Respectful Services
No appointment needed
Single session only



Ishkwaa-Animikiikaa classes continuing every Wednesday 1:30pm boardroom

FOR MORE INFORMATION: CANDACE.TUCK@RRIB.CA TEXT 807-708-2187
OR CALL 887-2510 EXT 279

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.

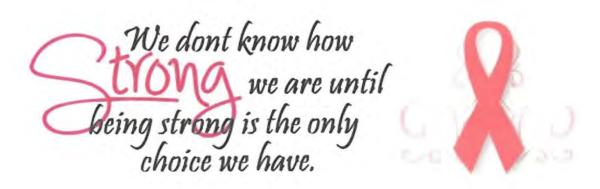
When: Thursday May 30, 2024

Where: Lake Helen Resource Centre

Time: 5pm

Please call and sign up for the dinner with Janet Belisle @ 887-2510 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**





The Grief Recovery Method®

The Action Program for Moving Beyond Death, Divorce, and Other Losses

Myths about grief:

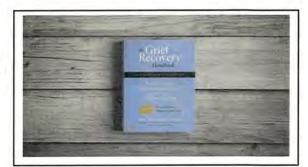
- · Time heals all wounds
- Replace the loss
- Grieve alone
- Be strong for others
- Bury your feelings



Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural.

Whether your loss is from:

- Death
- · Divorce or end of a relationship
- Loss of a career
- Loss of trust
- Loss of faith
- Loss of safety
- Loss of health



People say you must let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method* Outreach Program not only makes that possible but provides partnerships and guidance to ensure that it happens.

One on One Grief Support is available. There are 7 sessions that are done weekly. Each session is 1-1.5 hours in length and can be scheduled at your convenience.

For further information or would like to schedule 1 on 1 support contact:

Candace Tuck • Certified Grief Recovery Specialist*• 807-708-2187

text, call 887-2510 ext 279 or email candace.tuck@rrib.ca

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Comprehensive Community Planning (CCP)



Amelia Hardy Comprehensive Community Planner ccp@mib.ca 807-887-2510 Ext. 290 NOTICE BOARD

FOR THE HISTORICAL PART OF THE COMPREHENSIVE COMMUNITY PLAN, I AM REACHING OUT FOR THE COMMUNITIES HELP.

I AM LOOKING FOR:

- PICTURES, OLDER PICTURES POSSIBLY STARTING FROM 1886 AND UP.
- PICS OF SPORTS TEAMS, HOCKEY, BASEBALL, BROOMBALL, WOMEN AND MENS TEAMS.
- PICS OF WAR VETERANS OF RRIB.
- PICS OF ANY OUTSTANDING ACCOMPLISHMENTS (GRADUATION, JOBS, MEDALS ETC.)
- FAMILY TREES AS FAR BACK AS YOU CAN GO, THE IDEA FOR THIS IS TO DISPLAY HOW THE ORIGINAL FAMILIES FROM 1886 HAVE BRANCHED OUT TO THE CURRENT FAMILIES.

COPIES WILL ONLY BE MADE OF ANY PICTURES BROUGHT IN, NO ORIGINALS WILL BE KEPT.

OR YOU CAN EMAIL TO CCP@RRIB.CA

MIIGWETCH,

AMELIA HARDY





MEASLES

NOT JUST A DISEASE FROM THE PAST

- Cases of measles have been reported in Ontario
- Measles is very contagious, it infects 90% of close contacts who are not immune
- · Measles virus can live in the air and on surfaces for 2 hours
- · Measles can cause serious health complications and death

SIGNS & SYMPTOMS

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Small, white spots inside the mouth
- Rash starting 3-5 days after symptoms begin



If you have symptoms of measles, self-isolate and contact your healthcare provider for assessment. Make sure you phone ahead to protect others.

MEASLES VACCINE SAVES LIVES

Protect yourself, your family and your community by making sure your measles vaccines are up to date!



COVID-19 BOOSTER



WHO should get a spring dose:

- Indigenous adults 55 & older or their non-Indigenous household members who are 55 & older
- Adults 65 years and older
- Residents of senior congregate living settings
- Anyone 6 months & older who are immunocompromised

WHEN to get a spring dose if eligible:

6 months after your last dose or COVID-19 infection

HOW to get a spring dose if eligible:

 Contact the Community Health Nurse at (807) 632-0589 to book an appointment