

LAKE HELEN NEWSLETTER
May 9, 2024



**RED ROCK
INDIAN BAND**
Strength. Tradition. Empowerment.

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)

Recycling Day

Tuesday, May 21st
(every second Tuesday)

Please have Recycle Bins ready for pick up at 5pm

Garbage Day

****Friday, May 10, 2024****

EVERY FRIDAY

Please have your garbage out by 3pm.



Red Rock Indian Band

Election Notice for Honorary Councilor

Saturday, May 25, 2024
Lake Helen Resource Centre
9:00 - 6:00 pm.

Electoral Officer - Christina Murphy

List of Candidates: In alphabetical order

Michelle, Lauren
Sault, Harold
Wawia, Karen

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

Jordan's Principle Office Update

The Jordan's Principle Coordinator position is nearing its 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 [Submit a request under Jordan's Principle \(sac-isc.gc.ca\)](https://sac-isc.gc.ca) 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 Netemegestic

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.

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

VOLUNTEERS NEEDED

CALL OUT FOR VOLUNTEERS TO PLAN
RRIB COMMUNITY POW POW FOR THE
WEEKEND OF JULY 19, 20 & 21
PLEASE SEND EMAIL TO
ASHLEY NURMELA:
PWCOORDINATOR@RRIB.CA WITH YOUR
AVAILABILITY

TAE KWON DO



**TRAIN
YOUR
BODY**

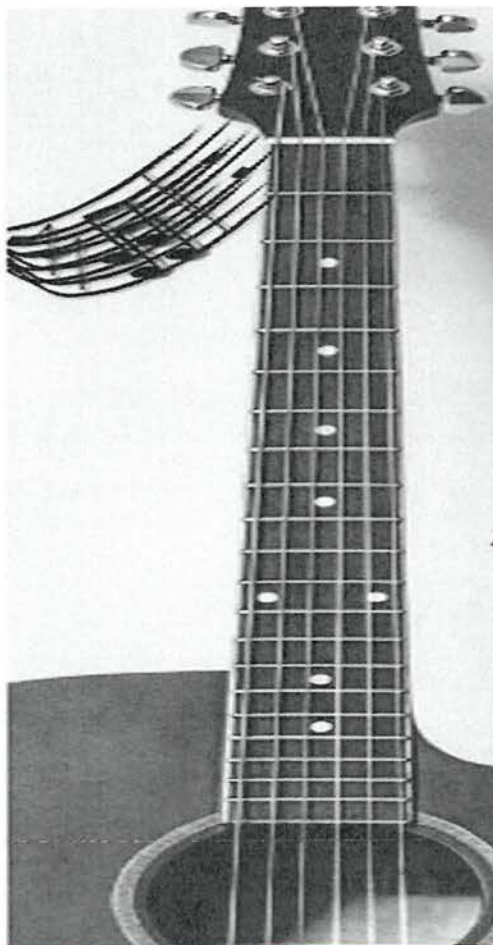
**AND
MIND**



**MONDAYS
6PM**

RESOURCE CENTER

ALL AGES WELCOMED



Drop-In Jam Sessions

**SUNDAYS @ 6PM
RESOURCE CENTRE**

**BRING YOUR OWN
INSTRUMENT
AGES 12 AND UP**

**ADULTS WITH EXPERIENCE PLEASE
ATTEND TO SHARE YOUR
KNOWLEDGE**





**RED ROCK
INDIAN BAND**

Strength. Tradition. Empowerment.



**WEEKLY BRAZILIAN JIU JITSU & SELF
DEFENSE CLASSES WITH BJJFOURLIFE**

**LOCATED IN THE NIPIGON COMMUNITY CENTRE
MULTI-PURPOSE ROOM
ALL AGES 6PM-7:30PM
EVERY WEDNESDAY**

- WEAR COMFORTABLE CLOTHING AND BRING A WATER BOTTLE.
- A GI WILL BE MANDATORY AFTER THE FIRST CLASS
- REGISTRATION REQUIRED
- FIRST CLASS IS FREE! DROP-IN ANY DAY TO TRY IF BJJ IS FOR YOU

**Looking to train and start your BJJ journey, please
reach out to coach@BJJfourlife.com
or contact candace.tuck@rrib.ca for any questions**

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

**Attention youth 17 and under! If you
qualify for the Jordan's Principle
program, please email jp@rrib.ca for
assistance with obtaining a Gi**



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bmi Group 

Aanii, Biiindigen!

**COME AND LEARN
ABOUT THE FUTURE
OF THE FORMER
MILL LANDS**

Council is inviting Red Rock Indian Band members to an update with the BMI Group.

**THURS MAY
09 7PM**

**LAKE HELEN
COMMUNITY CENTRE**

**FOOD SERVED AT 7PM | LEARN ABOUT OUR DEVELOPMENT PLANS
ASK QUESTIONS AND SHARE YOUR THOUGHTS**

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.



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

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



Anishinabek Family Care

RECOVERY
 is a journey we can take together.



The Grief Recovery Method®

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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INFORMATION SESSION:

**INDIGENOUS PERSPECTIVES
ON PARKS CANADA LSNMCA
EXHIBIT AT THE NIPIGON
MARINA**

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**

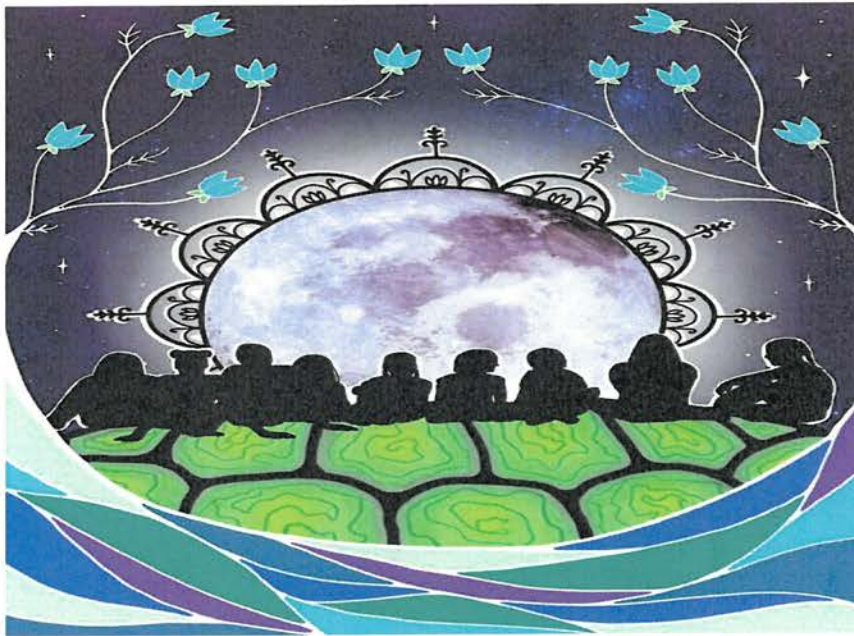
Moontime

Youth Girls Ages 9yrs +

A time to rest, reflect and learn!

Come out and take part in conversation, teachings,
information, crafts, & snacks!

Tuesday May 14th 6:00 P.M @ the Resource Centre



Caregivers should know some topics of discussion may include:
Menstruation, Personal Hygiene, Mental Health, Human
Trafficking, Pregnancy, Internet safety, Addictions etc.
Any questions contact Heather Lindstrom fwb@rrib.ca

Bike Rodeo

Come out and learn bike safety, try out the obstacle course. Win a new Bike!



**Wednesday May 15th
4:30 p.m. @ the Band Office Parking Lot
Hot Dogs & Hamburgers provided**

**Please make sure you wear your helmet!
Safety First!**

Partnered with Lake Helen Police Service & Ontario Provincial Police
Any questions contact: Heather Lindstrom fwb@rrib.ca



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.

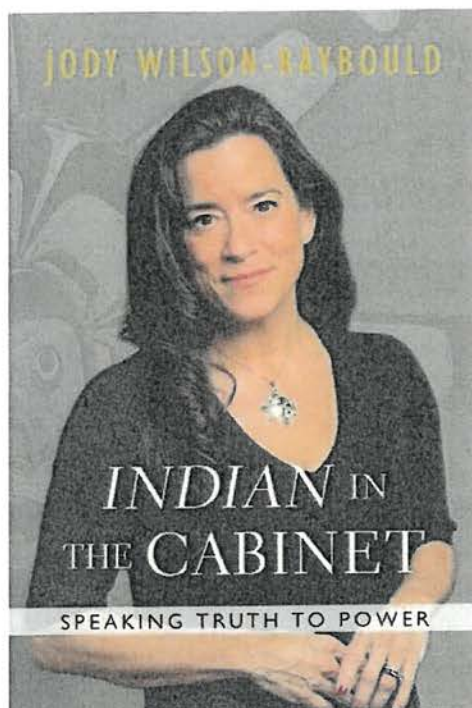
Must play at least 4 cards

Monthly Book Club Tues, May 21st



6pm Resource Centre or Virtual

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



HYDRANT FLUSHING SCHEDULE

HYDRANT FLUSHING WILL BE TAKING PLACE THE WEEK OF MAY 21-24, 2024 WEATHER PERMITTING.

THERE MAY BE HIGHER THAN USUAL CHLORINE IN THE WATER AND THERE ALSO MAY BE SOME COLOUR IN THE WATER DUE TO FLUSHING.

IF THE WATER IS NOT CLEAR WHEN TAP IS TURNED ON, LET TAP RUN UNTIL WATER BECOMES CLEAR.

AS FOR THE HIGHER THAN USUAL CHLORINE IN THE WATER, FILL A PITCHER FULL OF WATER AND LET STAND ON COUNTER OR IN DIRECT SUNLIGHT. THIS WILL LESSEN THE CHLORINE BY QUITE A BIT.

HYDRANT FLUSHING IS DONE TO KEEP WATERMAINS CLEAN AND DISINFECTED. IT IS ALSO DONE TO INSURE THAT HYDRANTS ARE WORKING FOR FIRE PROTECTION AND HYDRANT MAINTENANCE IF ANY.

THERE WILL ALSO BE VALVE EXERCISING TAKING PLACE AT THE SAME TIME.

IF YOU HAVE ANY QUESTIONS CALL PLANT @ 887-0977 OR PLANT CELL @ 807-889-0013.

THANKS,
WATER PLANT OPERATORS

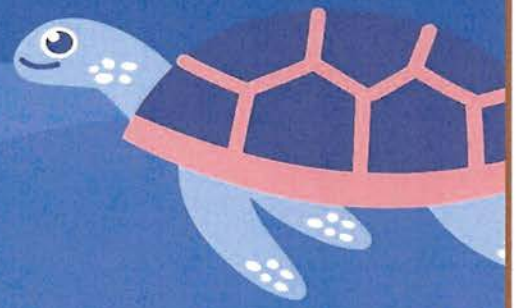


KIDS IN THE KITCHEN

May 23rd: Doors
open at 345pm

RRIB @ RC



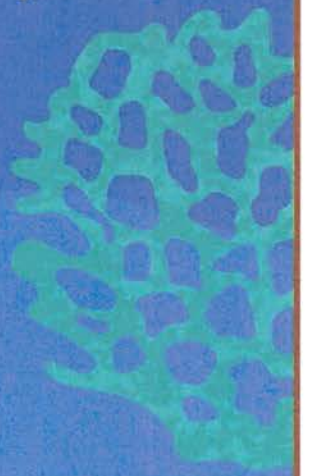
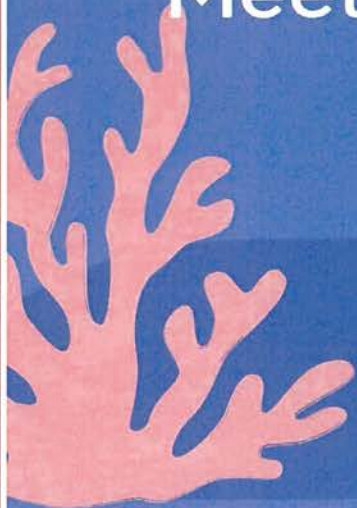


RRIB Teen Hang Out

FISHING NIGHT @BLACK BRIDGE

May 23rd 6pm

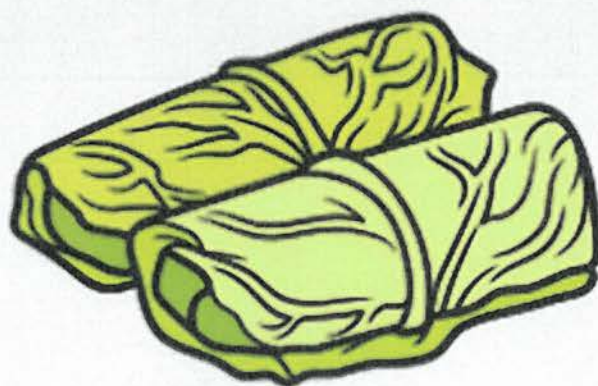
Meet at Rc for rides @545pm



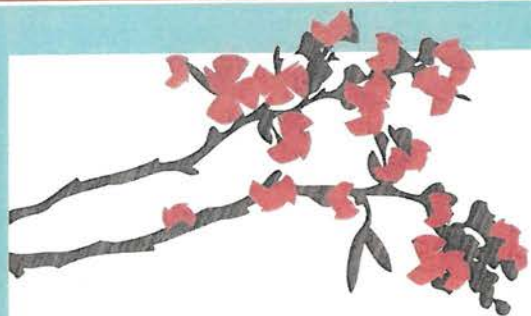
**MAY 22 ~ 7PM
CARD PARTY
RESOURCE CENTRE**



**MAY 28 ~ 5 -7PM
COMMUNITY KITCHEN
CABBAGE ROLL MAKING**



RESOURCE CENTRE



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

Contact Josee Wright RPN, Psychotherapist to make an appointment.

Email: josee.wrightnrc@gmail.com

Call: 807-630-4440

Or book online: <http://joseewrightnursingprofessionalcorp.janaapp.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



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

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!



Includes:

- Sacred Fire
- Teachings
- Traditional Feasts
- Ceremonies

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

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



Anishinabek Family Care

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****

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



<div>  <h2 style="margin: 0;">May 2024</h2> <h3 style="margin: 0;">PCT Team Travel dates</h3> <p style="margin: 0; font-size: small;">For services, please call 1-807-626-5100 Or 1-855-623-8511. Main site located in Thunder Bay, ON.</p> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Team 1=T1</div> <div>Team 2=T2</div> <div>Team 3=T3</div> <div>Jonah</div> <div>Rolanda</div>			1	2	3	4
5	6	7	8	9	10	11
		<div>T1 - PM</div> <div>T2 - RRIB</div> <div>T3 Anil - BZA/RRIB/PP</div>	<div>T1 - KZA</div> <div>T2 - PP</div> <div>T3 Anil - BZA/RRIB/PP</div>	<div>T1 - RRIB</div>		
12	13	14	15	16	17	18
		<div>T1 - LL58</div> <div>T2 - PM</div> <div>T3 Toombs - PM</div> <div>T3 Anil - LL58/GGFN</div>	<div>T1 - GGFN</div> <div>T2 - PR</div> <div>T3 Toombs - PR</div> <div>T3 Anil - LL58/GGFN</div>			
19	20	21	22	23	24	25
		<div>T1 - PP/BZA</div> <div>T2 - LL58</div> <div>T3 Toombs - LL58</div> <div>T3 Anil - WSEF/KZA</div>	<div>T1 - RRIB</div> <div>T2 - LL58</div> <div>T3 Toombs - LL58/GG</div>			
26	27	28	29	30	31	
		<div>T2 - WSEF</div> <div>T3 Toombs - WSEF</div> <div>T3 Anil - PM/PP</div> <div>R - RRIB/Nigel</div>	<div>T2 - KZA</div> <div>T3 Toombs - KZA</div> <div>T3 Anil - PM/PP</div> <div>R - WSEF</div>	<div>R - KZA</div>		
<div>  <p>Dilico Anishinabek Family Care</p> </div>			<div> Team 1 (Nurse Practitioners and Registered nurses.) Ashley Oliver Np, Gerald Meggrah Np, Andrea Silvaggio RPN, Kristin Clearwater RPN </div>	<div> Team 2 (List of names) </div>	<div> Team 3 (List of names) </div>	



RED ROCK INDIAN BAND

Graduation Celebration

Wednesday, July 17, 2024

Nipigon Legion - 5:00pm

RSVP BY June 25, 2024
at 4:00pm

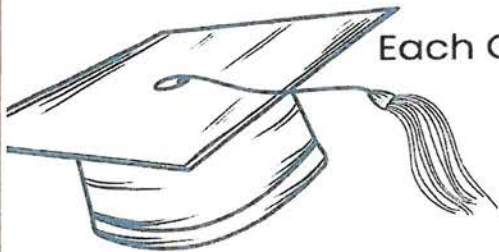
Information that must be submitted includes:

- Name
- Address
- Current School
- Future Plans
- Hoodie Size
- Proof of Graduation (grade 8, Grade 12,
College or University Diploma/transcript)
- Number of people attending

Each Graduate may bring (2) guests

RSVP

education@rrib.ca



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.

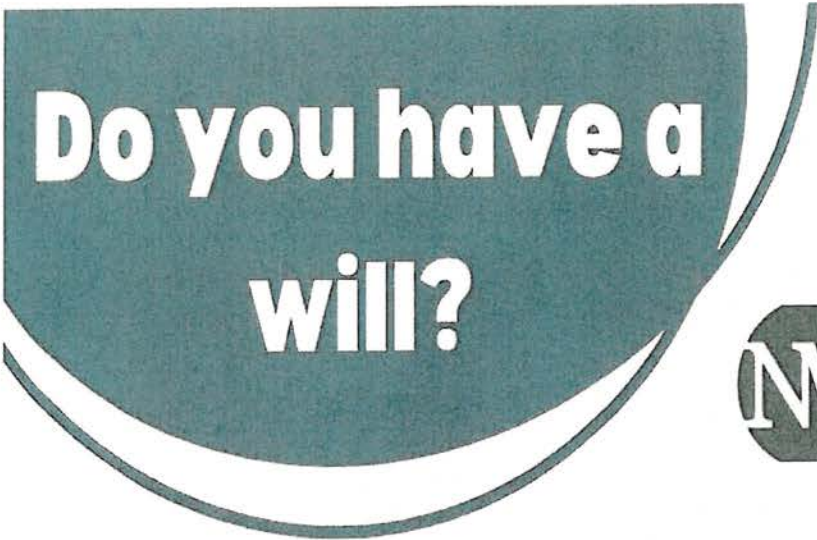
Menu must include dinner, dessert, beverages, napkins, plates and cutlery.

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



**Do you have a
will?**



NORMAXX
FINANCIAL GROUP

**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



Looking to have your child/children baptized, this is an excellent opportunity to get the process going.

Please contact Fr. Bonaventure 807-887-3153 or Councillor Norma Lesperance 807-889-1056

Please contact as soon as possible for more details.

We aim to do this on National Aboriginal Day

Friday June 21, 2024 at 3pm at St. Sylvester's Church



RRIB is now accepting applications for:

Summer Student Supervisor(s)

Description:

The Red Rock Indian Band are currently seeking a Summer Student Supervisor (s). The Supervisor will work under the direction of Chief and Council to ensure that workplans and projects assigned to the student workers are completed in a timely manner. The summer student supervisor (s) will also be responsible for ensuring that the students under their supervision work in a safe and responsible manner.

Requirements:

- Ability to work outdoors in inclement weather.
- Ability to operate basic landscaping equipment ex. Lawnmowers/weed eaters.
- Excellent leadership skills.
- Must be at least 18 years of age.
- Must have a valid driver's licence.
- Basic First Aid considered an asset.

-The supervisor will be responsible for developing and implementing a workplan that the students will follow throughout the summer.

-The supervisor will be responsible for the student's daily attendance, time sheets, incident reports, and ensuring that the workplace is a respectable environment for all students to work in.

-All other duties as advised by Chief & Council.

Interested applicants are to email your resume and cover letter to jobs@rrib.ca or can be dropped off at Band Office ATTN: Chief and Council.

Closing date May 24th, 2024 @ 12pm.

Potential start date July 8th, 2024