

LAKE HELEN NEWSLETTER
May 23, 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, June 4th & 18th
(every second Tuesday)

Please have Recycle Bins ready for pick up at 5pm

Garbage Day

****Friday, May 24 & 31, 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



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

Members in Attendance: _____

GENERAL BAND MEETING

DATE: May 1. 2024

I, Harold Sault, make a motion

to request 200^{sq ft} at the west side of the resource center with the use of the outside outlet for electricity, so that I can run my hotdog cart

In favor of: _____

MOTION PASSED

Against: _____

MOTION DEFEATED

Abstain: _____

Harold Sault

Mover Please Print Name

[Signature]

Mover Please Sign Here

Rose Hardy

Secunder Please Print Name

[Signature]

Secunder Please Sign Here

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

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 joanna.decicco@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,
Joanna

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**

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 Lindstrom at the band office.

If you have any further questions, please email Cst. Lindstrom at lisa.lindstrom@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. Lindstrom

Completed Income Tax Returns can be picked up from the CVITP volunteer at the Red Rock Band Office.

Marjorie Robert

CVITP Volunteer

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 ENSURE 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



FULL MOON CEREMONY



**Lake Helen Chalet Lodge
Saturday May 25th 7 PM
Come on out and share!
Bring your drums, rattles, skirts & Beautiful
voices!**

Bring a light snack to share 😊
Any questions contact Heather Lindstrom fwb@rrib.ca



PRENATAL PROGRAM AND ECD (0-6 YEARS)



TUESDAY,
MAY 28TH AT
11AM AT
RESOURCE
CENTRE

- ✓ Education from Dilico Midwives
- ✓ Milk Vouchers
- ✓ Giveaways
- ✓ Lunch Provided



Authentic Connection Psychotherapy & Reiki

Appointments available in the community:

Tues, May 28th

Wed, June 19th

To book an appointment with Josee Wright, RPN Psychotherapist:

Email: josee.wrightnpc@gmail.com

Phone: 807-630-4440

Online: <http://joseewrightnursingprofessionalcorp.janeapp.com/>

Next scheduled Walk-in Clinic counselling

Mon, June 10th

1-3pm

Located in the band office

No appointment needed

Single session only

Confidential & Respectful

Services



Appointments with Leah Lychowyd, Psychotherapist will be available in the community Wednesday, June 5th (after the breakfast)

Appointment times are 10am-3pm

Counselling available for youth and adults

To book an appointment click on the website <https://www.waawaate.ca/>

Email: leah@waawaate.ca

or call 807-285-7280

Any questions, concerns or need assistance please reach out to candace.tuck@rrib.ca

TAE KWON DO



**TRAIN
YOUR
BODY**

**AND
MIND**



**MONDAYS
6PM**

RESOURCE CENTER

ALL AGES WELCOMED

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



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



RESOURCE CENTRE

FINAL
POKER
WALK
CHALLENGE

MAY 29, 2024

MEET AT THE BAND OFFICE

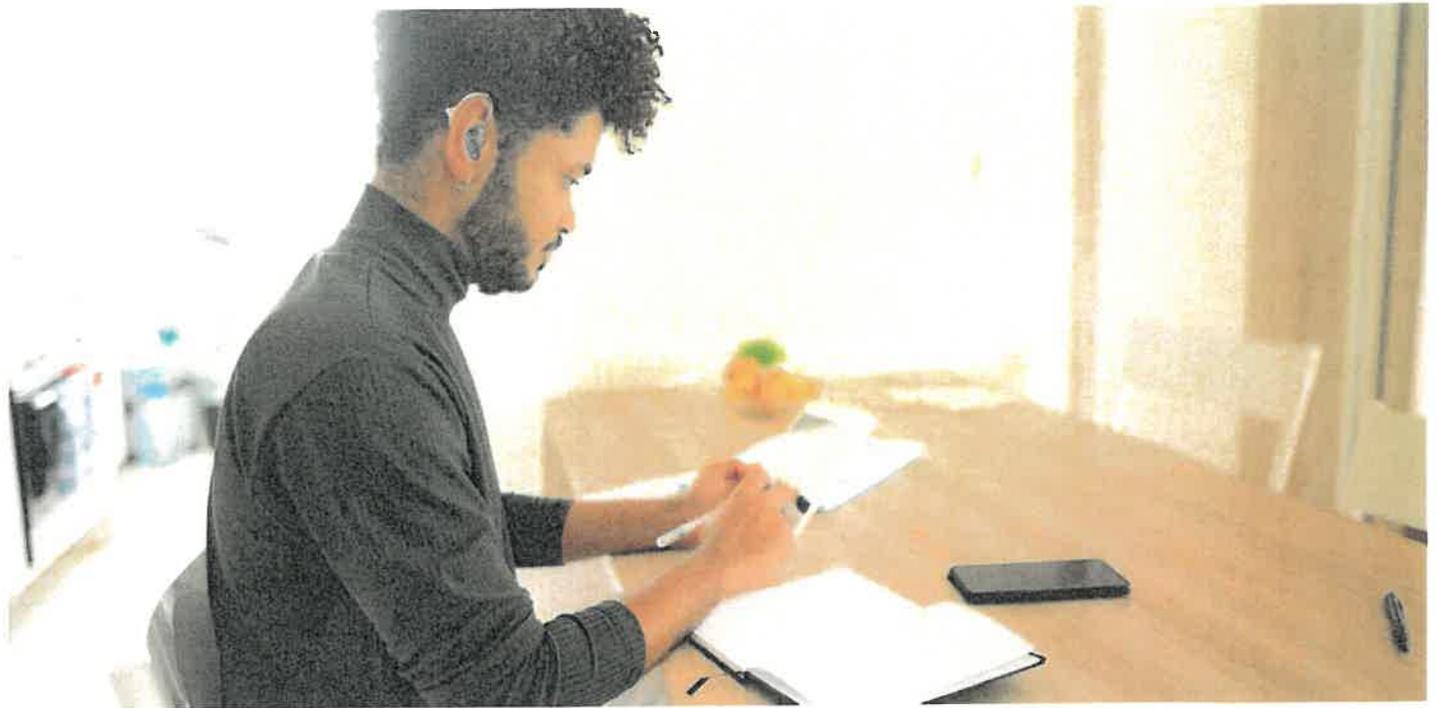
All are welcome to come join us

The Big Draw will be taking place also that evening

Time: 5:00pm

Nightly prizes to be won.

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



Fully digital disability tax credit (DTC) application form

Register for our free webinar to learn about the fully digital DTC application form.

Date: Wednesday, May 29, 2024

Duration: 45 minutes

The Canada Revenue Agency (CRA) is hosting an interactive webinar for DTC applicants and medical practitioners to share information on:

- how to apply for the DTC
- how to complete the fully digital application form for the DTC, and
- helpful services and tools

You will get a chance to ask tax and benefits questions and we will be providing responses.

Time:	English Webinar	French Webinar
Newfoundland and Labrador	3:30 pm (NT) 3:00 pm (AT)	12:30 pm (NT) 12:00 pm (AT)
Maritimes	3:00 pm	12:00 pm
Quebec, Ontario, Nunavut	2:00 pm	11:00 am
Manitoba	1:00 pm	10:00 am
Alberta, Saskatchewan, Northwest Territories	12:00 pm	9:00 am
British Columbia	12:00 pm (MT) 11:00 am (PT)	9:00 am (MT) 8:00 am (PT)
Yukon	11:00 am	8:00 am

Register now at: <https://collaboratevideo.net/cra-arc/cra-62V/?src=Regions>



Canada Revenue Agency

Agence du revenu du Canada

Canada

LET'S GROW TOGETHER RED ROCK!

COMMUNITY GARDEN

Everyone is welcome to come design, set up, and plant at community garden from 10am-4pm.

May 29-31: garden design and construction, building raised beds, filling beds with soil, building extras

June 11: planting seedlings

Have an idea for the garden?

Contact: Joanna at joanna.decicco@rrib.ca

or Lucille at lucille.lesperance@rrib.ca



**BRAIDING FOOD SYSTEMS RESEARCH AND
FOOD SOVEREIGNTY PROJECT**

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 don't know how
Strong we are until
being strong is the only
choice we have.*

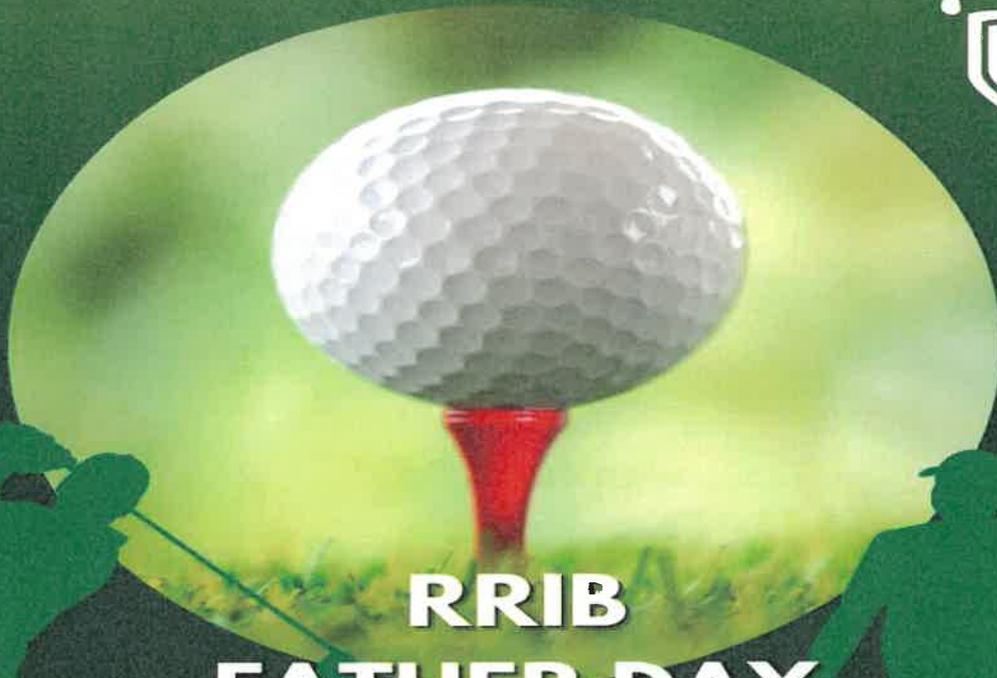


May 2024 PCT Team Travel dates <small>For services, please call 1-807-626-5100 Or 1-855-623-8511. Main site located in Thunder Bay, ON.</small>							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Team 1=T1 Team 2=T2 Team 3=T3 Jonah Solanta				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

Team 1 (Nurse Practitioners and Registered nurses.)
 Ashley Oliver Np,
 Gerald Maggrah Np,
 Andrea Silvaggio RPN, Kristin Clearwater RPN.

Team 2

Team 3
 Jonah Dupuis Pharmacist



**RRIB
FATHER DAY
EVENT
2024**

**SIGN UP BY
MAY 31ST 2024 AT NOON**

**SIGN UP BY EMAIL TO
LAUREN.MICHELLE@RRIB.CA**



**THIS YEAR EVENT
DAY WILL TAKE
PLACE ON JUNE 16TH**



ENERGY SAVING TIPS FOR THE SUMMER

These tips will help keep your home cool and comfortable, all while saving energy:

1. At night: Open your windows (if it's cool outside)
2. During the day: Close your blinds and turn off the lights.
3. Make sure ceiling fans are in a counterclockwise direction.
4. Dry clothes on the Clothesline if possible
5. Invest an ENERGY STAR certified dehumidifier.
6. If you're looking to upgrade your air-conditioner, pick one with a high energy-star rating. Note: evaporative air-conditioners will be
7. Stopping heat getting into your house in the first-place means spending less on cooling. Shade windows and walls using external coverings, like blinds, awnings, or large potted plants. Plant deciduous trees that cast shade over your home in summer, but still let the sunshine through in winter. If you can, invest in window tinting and top up your ceiling insulation - it'll help keep the warmth in in winter, too.
8. Keep your blinds closed, especially on north and west-facing windows, to significantly cool your home. Better yet, invest in some block-out curtains to shield your home from that harsh summer sun.
9. Close doors to rooms you aren't using to keep cool air where you need it most. Seal gaps around doors and windows and use draught excluders to ensure the cool air can't escape.
10. Sip icy-cold drinks, apply a damp cloth to your neck and other pressure points on your body, or have a cold shower to cool your body without needing to switch the air-conditioner on.

How to Clean a Window AC Unit with Mild Dish Soap

1. Turn Off the Unit.
2. Remove and Clean the Cover. Depending on your unit, there will be a front cover that is fastened with tabs, knobs, or screws.
3. Remove and Clean the Filter.
4. Locate and Clean the Coils.
5. Dry Thoroughly

MOST IMPORTANT STAY HYDRATED ... EXTREME HEAT CAN CAUSE A PERSON TO GET HEAT STROKE FAST.

REMEMBER WHEN YOU ARE SHADING YOUR CHILD IN A STROLLER, PLEASE REMEMBER TO LEAVE A BIT ON THE SIDES OPEN TO ALLOW AIR TO FLOW THROUGH.

PLEASE MAKE SURE IF YOUR CHILDREN ARE INVOLVED IN OUTDOOR ACTIVITIES, PLEASE MAKE SURE THEY ARE WEARING A HAT AND LIGHT CLOTHING. ALSO SEND THEM WITH BOTTLED WATER

Miigwetch,

Darlene P. Wawia

Energy Office

Women's Brazilian Jiu Jitsu class with BJJfourLife

Saturday, June 1st/24

2:30pm-4pm

Nipigon Community Centre Multi-Purpose Room

Registration & sign-up required*



Release your inner strength with BJJ

- Open to all Girls & Women (ages 4+). 20 spots available.
- Children under 8 will need a parent/guardian to attend
- Gi's are mandatory for BJJ however for this class, if you do not have one please wear comfortable clothing
- Water and light snacks available. We encourage you to bring a water bottle as well
- Socks are not to be worn on the mats
- No cost to attend. This class has been funded through the Red Rock Indian Band's Mental Health and Wellness program.
- A ride will be available from the band office. Leaving by 2pm.
- For new members, a registration form will need to be filled before class. Forms can be emailed or picked up from the band office
- *For those who signed up previously with BJJfourLife no need to re-register but sign-up to inform that you are attending



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Email candace.tuck@rrib.ca
Text 807-708-2187 or call 887-2510
ext 279 to sign up.



WAAWAATE
Counselling & Psychotherapy

**Different types of therapy:
Choosing the right treatment**

**COMMUNITY BREAKFAST &
PRESENTATION WITH
WAAWAATE COUNSELLING &
PSYCHOTHERAPY**

**WED, JUNE 5TH
9AM IN THE RESOURCE CENTRE
OPEN TO ALL**

Learn about the different types of psychotherapy treatments available: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing Therapy (EMDR) and mindfulness based modalities

Learn about what each method is typically used for and how it may help you



Gashkendamide'e (Be Grieved From the Heart)

2-day Grief & Loss Support Group

Thurs, June 6th and Friday, June 7th/24

9am-4:30pm both days in the Resource Centre

Must sign-up for this program. Max 10 people

Email candace.tuck@rrib.ca , text 807-708-2187 or call Candace at the band office

887-2510 to sign up by Mon, June 3rd/24

This group is open to anyone 18+

Led by an Elder, this two-day workshop is delivered in a culturally relevant and spirituality-based manner. It was developed with a "Two-Eyed Seeing" approach that incorporates Western grief theory and Indigenous strengths and wisdom. This loss and grief workshop is part of the Hospice Northwest Services community outreach program. Along with the Elder, there are 4 helpers from the community with experience, education, and knowledge in grief and loss support who will be there facilitating the workshop.

There will be supplies and materials on hand to create your own ribbon shirts (shirts available in various sizes or you can bring your own) as well as ribbon skirts. Limited assistance available.

Please ask for more details



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Recovery Group

Thursday, May 30th

1:30-3:30pm

Resource Centre

Nutrition games and yoga (mats provided)

An in-person mental health and addictions support program 18+

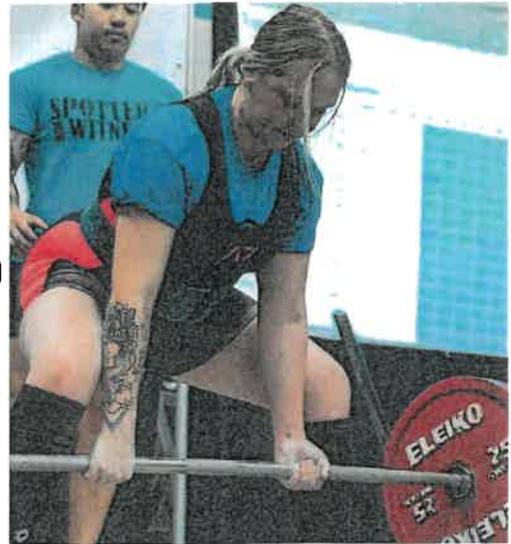


Family Group Fitness Classes

FIRST CLASS:
THURSDAY
JUNE 6TH

**With certified personal
trainer: Abby Taggart**

- Personal Training Specialist (CanFitPro)
- AGATSU - Speed & Strength Specialist
- Bachelor of Human Kinetics in Clinical Exercise Physiology
- Experience in competitive powerlifting



Classes

Every Thursday in June and July (except for June 20th)

5:30-6:30pm outside of the Band Office

Kids must be 10+

Come on your own or with friends + family!

Limited spots available. To sign up
please email Abby Taggart at
cww@rrib.ca

Must sign up by the Wednesday
before.

ANISHINAABEMOWIN BOODAWE COMMITTEE

BARBARA NOLAN .COM



**OJIBWE
LANGUAGE
IMMERSION DAYS**



11

Tuesday

RRIB COMMUNITY LANGUAGE NIGHT

5 - 7 PM @ Lake Helen Chalet Lodge



11 JUNE 2024



CHALET LODGE

PICK UP YOUR LANGUAGE THE NATURAL WAY!

- Join us for a night of presentations on various topics by fluent speakers and advanced second-language learners
- Presenters will use pictures, real objects, facial expressions and gestures to make you understand what they're saying!

**BEGINNER LANGUAGE LEARNERS
TO FLUENT SPEAKERS**

ALL ARE WELCOME!



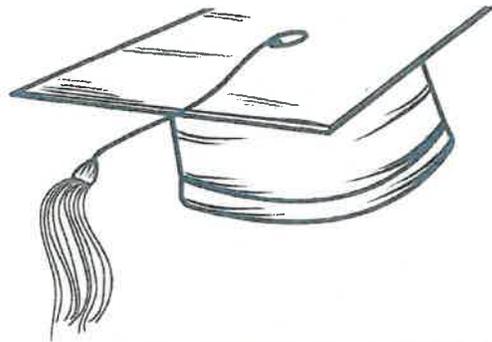
MORE INFO

SLS.anishinaabemowin@gmail.com



FOLLOW US

www.facebook.com/
anishinaabemowin.boodawe



RED ROCK INDIAN BAND

Graduation Celebration

Wednesday, July 17, 2024

Nipigon Legion - 5:00pm

RSVP BY June 25, 2024
at 4:00pm

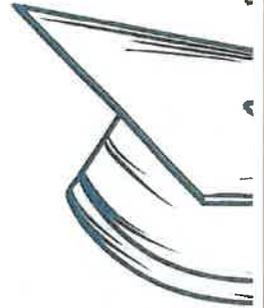
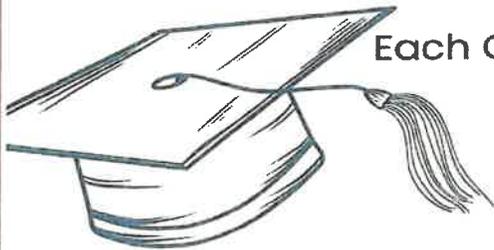
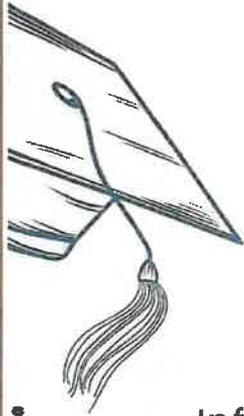
Information that must be submitted includes:

- 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



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 31st, 2024 @ 12pm.

Potential start date July 8th, 2024

RED ROCK INDIAN BAND
IS NOW ACCEPTING
APPLICATIONS FOR:

Summer
Students



***All placements will be on Reserve. Start date will be July 15th, 2024.
Students MUST be 15 years of age no later than JULY 19th, 2024.***

- **Must be aged 15 -29 years old.**
- **Must have own SAFETY WORK BOOTS and GLOVES.**
- **All positions will require students to work outside conducting manual labour (I.E. grass cutting, weed trimming, brushing clearing, beach clean up, and general beautification)**
- **Must be able to work in inclement weather.**
- **Must have a SOCIAL INSURANCE NUMBER upon start date.**
- **Must be a RRIB member or community member.**
- **Students will be required to submit their attendance record and most recent report cards.**
- **To be eligible for employment, students must be returning to school full time in the fall, with proof of enrollment provided.**

To apply, please submit your resume, cover letter, and a copy of your most recent report card and attendance report to jobs@rrib.ca on or before 12:00 pm on MAY 31st, 2024.

Please indicate "Summer Student" in your email subject line.

They can also be dropped off in person at the Band Office, ATTN: Chief and Council.

Summer Student Employment Opportunity **Indigenous Youth Work Exchange Program (IYWEP)**

IYWEP is intended to provide meaningful work experience for Indigenous youth in Ontario which provides advanced training, job skills, experience, and networks to support future career opportunities in natural resources and/or the Ontario Public Service.

The youth selected for the IYWEP will work directly with the Red Rock Indian Band Director of Lands and Resources and will be provided training and field work opportunities through the Nipigon District MNRF. Duration of employment will be 8 weeks, beginning July 2024.

Band Members with interest in natural resource management are encouraged to apply.

To be eligible, youth must be:

- A resident of Ontario
- Eligible to work in Canada.
- Be able to self-identify as Indigenous.
- Be attending school.
- Between the ages of 15 – 25 (or 29 if a person with a disability) in the first year of participation in the program.

Deadline to Apply: May 31st, 2024 @ 12pm.

To apply; please drop off a cover letter and/or resume to the Band Office ATTN: Chief & Council or send to jobs@rrib.ca.