CALL Out for Mailing Addresses for Red Rock Indian Band members 18 years of age and older

This is concerning an information package about the Annuity/Land Claim we are currently going through. It is essential that your current mailing address is updated with the band so that you will receive this information.

Send your updated <u>mailing</u> addresses to <u>Marjorie.Robert@rrib.ca</u> this is either Post Office Box number or if delivered to your home, your street address.

Please use the Name that you are registered with the band, if you have not changed your surname due to marriage, divorce or for other reasons I can only go by the name in the Indian Registry System.

Thank you

Marjorie Robert *Membership Clerk/Emergency Preparedness Coordinator*





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 31, 2024** EVERY FRIDAY Please have your garbage out by 3pm.

TAE KWON DO

TRAIN YOUR BODY AND MIND

MONDAYS – 6 PM RESOURCE CENTRE

ALL AGES WELCOMED

ATTENTION!!!

We are looking for a total of 6-8 youth from all 4 chapters of OFNEDA to participate in a panel discussion on economic development or who are interested in pursuing a career in the realm of economic development.

Travel expenses will be covered to attend our conference. Event takes place September 16-19 in Ottawa. Please submit your name to Peggy for consideration.

Peggy Domingue <u>marketingdirector@ofneda.ca</u>

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

Marjorie Robert

CVITP Volunteer



NATIVE VETERAN'S MEMORIAL DAY RED ROCK INDIAN BAND LAKE HELEN RESERVE JUNE 21st 2024

IF YOU ARE INTERESTED IN LAYING A WREATH FOR ANYONE THAT HAS SERVED OR IS STILL SERVING FOR OUR COUNTRY IN OUR NATIVE VETERAN'S CEREMONY ON INDIGENOUS PEOPLES DAY, CAN YOU PLEASE CONTACT ABBY TAGGART AT THE BAND OFFICE 807-887-2510 OR CWW@RRIB.CA

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



Election Results for Honorary Councilor

May 25, 2024

In alphabetical order

Michelle, Lauren 35 Sault, Harold 23 Wawia, Karen 6

Electoral Officer - Christina Murphy

300 ballots made66 ballots cast234 unused ballots2 spoiled ballots

WEDNESDAY, JUNE 5TH AT 1PM AT RESOURCE CENTRE

ECD MONTHLY GET TOGETHER (O-6 YEARS OLD)



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

PRIZES NOT PICKED UP

There are prizes still to be picked up from the Emergency Preparedness draws.

March break poster contest: Briella Benson

Children's Mental health BBQ draw: London Hardy

Please see Marjorie Robert for pick up.

DRUM SOCIAL

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

Tuesday June 4th - Resource Centre 6:00-8:00 PM



Any Questions contact Heather Lindstrom fwb@rrib.ca



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 <u>lisa.lindstrom@opp.ca</u> along with your design to be displayed on the cruiser for all to see.

Please note: Constable Lindstrom has a new email address, if you have sent your submission to lisa.boucher@opp.ca please resend to <u>lisa.lindstrom@opp.ca</u>

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

FREST CLASS: HURSDAY HURSDAY 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



<u>Classes</u> Every Thursday in June and July (<u>except for June</u> <u>20th</u>) 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.

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 DOOR PRIZE. DOOR PRIZE.

BRAIDING FOOD SYSTEMS RESEARCH AND FOOD SOVEREIGNTY PROJECT



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° 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 MOTION PASSED In favor of: Against: MOTION DEFEATED Abstain: Harold Sau Mover Please Sign Here Mover Please Print Name Kosc Hardy Seconder Please Print Name Seconder Please Sign



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.
- 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

Recovery Group dates for June:

Thurs, June 6th & Fri, June 7th: Gashkendamide'e (Be Grieved from the Heart) 9am-4pm Resource Centre.

Sign-up with <u>candace.tuck@rrib.ca</u> or call 887-2510 ext 279 Thurs, June 13th: Open sharing. Ribbon shirts & skirts. Resource Centre

Wed, June 26th: Open sharing-summer planning. Completing ribbon shirts & skirts. Chalet Lodge

Recovery group is a drop-in peer support group open to anyone 18+ who has a lived experience with addictions, mental illness, trauma, grief and/or any struggles in life.

This group is a safe space for you to share, listen to others and receive support with your journey to recovery from adult mental health and early intervention and aftercare workers.

*Dates and locations are subject to change. Please reach out to any of the program contact for any updates:

lornahardy@dilico.com nancymcguire@dilico.com candace.tuck@rrib.ca fsw@rrib.ca





Counselling dates in the community available for June in the band office:

Wed, June 5th 10am-4pm: Waawaate Counselling & Psychotherapy appointments

Breakfast reminder for June 5th 9am at the Resource Centre Mon, June 10th 1pm-3pm: Dilico walk-in counselling Wed, June 19th: Authentic Connection Psychotherapy & Reiki appointments

Any questions or assistance, please reach out to <u>candace.tuck@rrib.ca</u>, call 887-2510 ext 279 or text 807-708-2187

Monthly Book Club Thurs, June 20th 6pm Boardroom

Don't judge a book by it's cover

Take home a book without knowing it's title Stop by the band office and choose a book by reading it's description. Once you've read the book, join us for the discussion to share

your review. There will be a supper provided.

If you're unable to attend, please return the book along with your name, rating and review to the band office attn: Candace allowing other members to enjoy!

Contact candace.tuck@rrib.ca, call 887-2510 ext 279 or text 807-708-2187 for any questions or to pick up your copy

RED ROCK INDIAN BAND IS NOW ACCEPTING APPLICATIONS FOR:





All placements will be on Reserve. Start date will be July 8th, 2024 until August 16th, 2024.

Students MUST be 15 years of age by 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 <u>or</u> 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 <u>jobs@rrib.ca</u> 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.



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 <u>jobs@rrib.ca</u> or can be dropped off at Band Office ATTN: Chief and Council.

Closing date May 31st , 2024 @ 12pm.

Start Date: July 2, 2024 and ends on August 26, 2024

RED ROCK INDIAN BAND COMMUNITY FOOD SOVEREIGNTY

Invitation to Participate

We are looking for volunteers to take part in community-led research activities on June 1 & 2 at the **Red Rock Indian Band office boardroom**.

Day 1: June 1, 11:00 am - 3:00 pm

11:00 - 12:00 - Opening Prayer and Welcome
12:00 - Lunch and Survey (available all day)
1:00 - 3:00 - Our Community Memories Activity

Day 2: June 2, 10:00 am - 4:30 pm

10:00 - 10:30 - Welcome **10:30 - 12:30 -** Our Community Vision Activity **12:30 - 1:30 -** Lunch and Survey (available all day) **1:30 - 4:00 -** Community Seed Selection **4:00 - 4:30 -** Closing Prayer

Am I Eligible?

You can participate if you are a member of the Red Rock community and are 16+ years old.







Part of the Braiding Food Systems Research Project

For questions or more information: Dr. Silvia Sarapura Escobar,

sarapura@uoguelph.ca

Funding: Ontario Agri-Food Innovation Alliance (OMAFRA)

University of Guelph REB: #23-08-002 MARRC: #2023-06

YOU WILL RECEIVE \$35 PER ACTIVITY

> LUNCH, COFFEE, AND SNACKS PROVIDED!





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



CATERER NEEDED

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

The ceremony will take place at the Nipigon Legion. Approximately 100 guests will be in attendance. (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 4:00 pm on Monday, June 17, 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 we can help identify a deserving graduate. We appreciate your support in celebrating the success of our 2024 graduates.

Please reach out to <u>education@rrib.ca</u> by June 3, 2024 by 4:00 pm.

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.

			THR- Tele Health Room	RC- Resource Centre	BR- Boardroom	05
	GARBAGE DAY	4pm Community Kitchen RC	Dilico Health Team Recovery Group 1:30pm CL 4pm Language BR 4pm School Out Beach Party 6pm Jui Jitsu MPR	5pm Cancer Dinner RC	6pm Taekwondo RC	6pm Jam Session RC
28	2	27	. 26	25	24	23
6pm Full Moon CL	ABORIGINAL DAY	Decorating event for Aboriginal Day 4pm RC 6pm Book Club RC	10am OW Workshop RC 4pm Language BR 7pm Card Party RC 6pm Jui Jitsu MPR	Authentic Connection AllDay THR 6pm Chip Bingo RC RECYCLING DAY	6pm Taekwondo RC	Father Day Event at The Golf Course 6pm Jam Session RC
21	ĸJ	20	19	18	17	16
14	1 GARBAGE DAY	13 Dilico Health Team 1:30pm Recovery Group RC 4pm Potluck RC	12 4pm Language BR 6pm Jui Jitsu MPR Good Food Box Day	11 6pm Moon Time RC	10 gam Teen Spa Day RC 1pm Dilico Walk n Counselling THR 6pm Taekwondo RC	9 6pm Jam Session RC
7	Gashkendamide'e Grief Group 9am-4pm RC GARBAGE DAY	6 Gashkendamide'e Grief Group gam-4pm RC	9AM Waawaate Breakfast RC 11am Waawaate Counseling THR 12:30pm Car Seat Clinic RC 4pm Language BR 6pm Jui Jitsu MPR 7pm BAND MEETING RC	6pm Drum Social RC RECYCLING DAY	6pm Taekwondo RC	ν
PAL Course gam RC Woman's BJJ 2:30 MP						
Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday

CHILL WITH US

RRIB BEACH

JULY 2,9,16 AUGUST 13,20,27 START AT 1:00PM

PLEASE EMAIL FSW@RRIB.CA SNACK SUGGESTIONS SOAK UP THE SUN WITH DRINKS AND BBQ

MUSIC, FLOATIES

RRIB & COMMUNITY GR 8 & HIGHSCHOOL STUDENTS **SPADAY**

JUNE 10TH 9AM -5PM



PLEASE CALL EXT 246 OR EMAIL JANETTE.BELISLE@RRIB.CA TO BOOK HAIR CUTS & NAILS. **NDIGENOUS** PEOPLES JUNE 20TH 2024

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PARADE DECORATING

Grab the Family! ALL WHEELS WELCOMED!

RRIB & Community please join us at the Lake helen RC.

0

DAY

2000

ATIONAL



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Lets get styling for the parade! Decorations, Snacks & Drinks will be provided

4:00pm - 6:00 PM

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