LAKE HELEN NEWSLETTER June 5, 2024



NEXT GENERAL BAND MEETING

WEDNESDAY, JULY 3, 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 18th
(every second Tuesday)
Please have Recycle Bins ready for pick up at 5pm

Garbage Day

Friday, June 7, 2024

EVERY FRIDAY

Please have your garbage out by 3pm.



BAND OFFICE CLOSURE



The band office will be closed on Thursday, June 6, 2024, in observance of Anishinaabe Giizhigad!

Anishinaabe Giizhigad commemorates the proclamation of the Anishinaabe Chi-Naaknigewin and the adoption of the Ngo Dwe Waagizid Anishinaabe.

By virtue of the Anishinabek Nation Leadership Council, June 6 was proclaimed as Anishinaabe Giizhigad (Anishinaabe Day) on November 17, 2021.

Our greatest strength is our Anishinaabe ways: our language, culture, history, traditions, and people – we have so much to celebrate!

https://www.anishinabek.ca/governance/anishinaabegiizhigad/

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



Surplus Equipment Auction 2024

Chief and Council of the Red Rock Indian Band declare the following items as surplus equipment. All bids will be accepted until Friday, June 14, 2024 at 3:00 pm.

Each item will go to the highest bidder. Failure to pay by the stipulated time and date will result in the item being awarded to the next highest bidder until payment is received.

Bids will be open at 3:01 pm by Asset Manager Shane Hardy or his designate.

Please include in your bid your name, address, and telephone number along with the number of the item you are bidding on and the amount of your bid. Remember that some items have minimal bid amounts. Address your bid in a sealed envelope to:

Shane Hardy, Asset Manager, Red Rock Indian Band

You will be notified by telephone on June 14, 2024 if you are the successful bidder. Payment must be received by Wednesday, June 19, 2024 in cash or guaranteed funds – cheques will not be accepted.

The successful bidder will need to make arrangements with Shane Hardy to retrieve their item(s) by Friday, June 21, 2024.

All items are "as-is where-is".

Thank you to everyone who bids.

Garage - Elders Complex

- 1. Accessible bathtub (1)
- 2. Medical Security Cabinets (30)
- 3. Bay Window (2x4) Approx 68" H x 92" wide (1)
- 4. Treadmill (1)
- 5. Slider Windows (2x6) 58" x 35" (7)
- 6. Old handmade Chalet lodge dresser (1)
- 7. Electric Scooter (1)
- 8. 60" bathtub still in box

- 9. Standup showers with Bench top corners cracked (2)
- 10. Slider Windows (2x4) 49 1/2" x 50 1/2" (2)
- 11. 32" entry Door (1)
- 12.34" storm Door (1)
- 13. Armstrong Furnaces (2)
- 14. Hot Water Heater (1)
- 15. Hot Water Heater (1)
- 16. Boxes of 12 Black 4" corrugated tees (4 boxes)\
- 17. Butterfly workout machine (1)
- 18. Blown insulation (4)
- 19. Shingles (16)
- 20. Kohler Toilet (1)

Sea-Cans Quonset hut (public Works)

- 1. 1 container full of old Rec Centre gym Equipment, preschool stuff, gates, cabinets lockets etc.
- 2. Slider Window (2x4) 38 1/2" x 50" (1)
- 3. Picture window with slider windows at bottom 62" x 69"
- 4. Counter with sink installed (1)
- 5. Stand up Freezer (Frigidaire) (1)

Robs Cubby

- 1. Roofing barrier (12)
- 2. Mixed sizes of cupboard doors
- 3. Metal Door with hardware 38" x 80" (1)
- 4. Solid Wood Doors with hinges 30" x 80" (6)
- 5. Sold Wood Doors with glass inserts 30" x 80" (2)
- 6. Interior Doors with frame 28" x 80" (2)
- 7. Interior Doors with Frame 30" x 80" (1)

Behind Semi Trailer (Band office)

1. Delta Foundation Wrap (10) - some cracked on outside

Commercial Property - As is Where is.

- 1. Woodchipper Brush Bandit (1) minimum bid of \$500.00
- 2. Portable Sawmill Woodmizer (1) WITHOUT TRAILER minimum bid of \$1,500.00
- 3. Work Van (1)

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

VOLUNTEERS NEEDED

CALL OUT FOR VOLUNTEERS TO PLAN RRIB COMMUNITY POW WOW FOR THE WEEKEND OF JULY 19, 20, 21.

PLEASE SEND EMAIL TO ASHLEY NURMELA WITH YOUR AVAILABILITY AT

PWCOORDINATOR@RRIB.CA

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.

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

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 (<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.



RRIB & COMMUNITY GR 8 & HIGHSCHOOL STUDENTS

SPA DAY

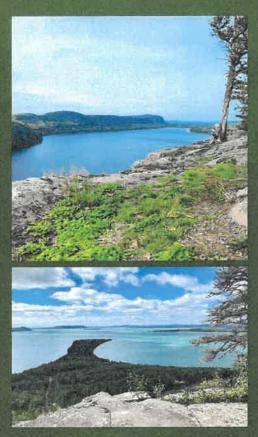
JUNE 10TH 9AM -5PM

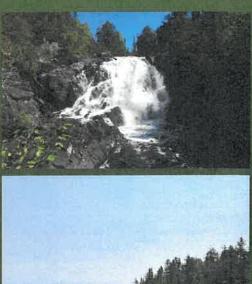


PLEASE CALL EXT 246 OR EMAIL JANETTE.BELISLE@RRIB.CA TO BOOK HAIR CUTS & NAILS.

JOIN US

HIKING CLUB







FIRST HIKE - MONDAY JUNE 10TH 2024

6:00 PM @ RUBY LAKE LOOKOUT TRAIL

Email Abby Taggart at cww@rrib.ca for sign up and directions to hiking location.

ANISHINAABEMOWIN BOODAWE COMMITTEE BARBARA NOLAN .COM



OJIBWE LANGUAGE IMMERSION DAYS







RRIB COMMUNITY LANGUAGE NIGHT

Tuesday

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



Moontime

Youth Girls Ages 9yrs +

A time to rest, reflect and learn!

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

Tuesday June 11th 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

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 11 at the Red Rock Community Garden

RECEIVE **\$35 PER** ACTIVITY

DATE CHANGE: JUNE 11

June 11, 10:30 am - 3:30 pm

10:30 - 11:00 - Opening Prayer and Welcome

11:00 - 1:00 - Our Community Memories Activity

1:00 - 2:00 - Lunch and Survey (available all day) 2:00 - 3:30 - Our Community Vision Activity

LUNCH. COFFEE, AND SNACKS PROVIDED

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@uoquelph.ca Funding: Ontario Agri-Food Innovation

Alliance (OMAFRA)

University of Guelph REB: #23-08-002

MARRC: #2023-06

LET'S GROW TOGETHER RED ROCK!

COMMUNITY GARDEN

DATE CHANGE: JUNE 12-14

Everyone is welcome to come design, set up, and plant at community garden.

June 12-13, 10am - 4pm: garden design and construction, building raised beds, filling beds with soil, building extras

June 14, 9am: planting seedlings

Have an idea for the garden?

Contact: Joanna at joanna.decicco@rrib.ca or Lucille at lucille.lesperance@rrib.ca

DOOR PRIZE. LUNCH + SHACKS!



Community Potluck



Thursday June 13th 5:00 PM

@ the Resource Centre

Come out and enjoy a meal Bring a dish to share!



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

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 candace.tuck@rrib.ca 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:

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 candace.tuck@rrib.ca, 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



HAPPY FATHER'S DAY
TO EACH AND EVERY
DAD OUT THERE





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





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.

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



INDIGENOUS INTERNSHIP PROGRAM

As an IIP intern, you will:

- receive full-time employment for up to I year
- earn a competitive salary
- develop your skills and gain valuable work experience
- receive mentoring, coaching and learning opportunities
- develop valuable professional contacts

You are eligible if you:

- self-identify as Indigenous (First Nations, Métis or Inuit)
- graduated from a college or university with a diploma,
 degree or post-graduate certificate within the past five
 years (i.e., May 2019 to August 2024)
- are legally entitled to work in Canada
- are a resident of Ontario during the term of employment

APPLY BY JUNE 27TH, 2024

https://www.gojobs.gov.on.ca

FOR MORE INFO ON HOW TO APPLY CONTACT EDUCATION@RRIB.CA



Canada Summer Jobs 2024

The hiring period for the Canada Summer Jobs (CSJ) program is underway. Youth aged 15 to 30 can apply to CSJ until July 22, 2024. More than 70,000 jobs will be posted on both the <u>Job Bank website</u> and <u>mobile app</u>, and will be updated on a regular basis. Young people are encouraged to keep checking for updates on placements available in their communities. For more information, please visit <u>Canada Summer Jobs 2024</u>.



CSJ is part of the <u>Youth Employment and Skills</u>
<u>Strategy</u>, a federal initiative that connects youth with gainful work experience, and the opportunity to develop the skills they need to succeed in the labour market. CSJ prioritizes projects that support youth who face barriers to employment, such as Indigenous youth and youth with disabilities.

Businesses can also apply for funding through the CSJ to hire youth. The 2024 employer application period is closed, but the period for next year will launch in the coming months. Interested employers are encouraged to open an account on the secure <u>Grants and Contributions Online Services</u> portal to stay updated.



DILICO PRIMARY CARE TRAVELLING TEAM

PHARMACIST: Jonah Dupuis



Services Available:

- Med reviews
- Home visits
- Recommendations to doctors
- Analyze Drug Interactions
- Side effect management
- Insurance Coverage
- Advice and Counselling on Vitamins and Over-thecounter remedies
- Synchronize refills
- Medication reconciliation
- Safe disposal of expired drugs
- Hospital discharges

Next in Lake Helen:

When: WEDNESDAY July 3rd

HOME VISITS or AT THE BAND OFFICE

To Make an Appointment:

Contact PCTT Administrative Assistant (Sherri) at:

1-855-623-8511 (ext. 5249)



Reminder: Tick Season

As warmer weather spreads across Ontario, so do ticks. Ticks can carry bacteria, viruses, and parasites that cause serious illnesses like Lyme disease (LD), anaplasmosis, and babesiosis. Many regions had a shorter winter season with fewer sub-zero days this year, which may have allowed more ticks to survive. This means some areas may have more ticks than usual. Preventing tick bites is the best way to avoid tick-borne illnesses. Please consider sharing the following information and resources with your community.



Pictured: Tick in a palm.

How Lyme disease spreads

- Lyme disease is a bacterial infection, primarily spread by blacklegged ticks or "deer ticks."
- Infected ticks bite humans and transmit the bacteria that causes Lyme disease.
- Infected blacklegged ticks need to be attached to for at least 24 hours to pass on the bacteria.
- Blacklegged ticks are tiny; they can be as small as a poppy seed. It can be hard to spot them if you're not checking closely.



Pictured: Blacklegged tick life stages.

Shareable resources

- Poster <u>Top 10 tick hiding spots on your body</u>. Also available in Mohawk, Eastern Ojibwe, and Mi'kmaq
- How to remove a tick: <u>written instructions</u> and <u>instructional video</u>
- Symptom list: <u>Lyme disease</u>
- Symptom list: <u>other tick-borne illnesses</u>
- List: products that can repel ticks

How to protect yourself

- Do full-body tick checks on yourself, family, and pets after you are finished outside.
- Remove any ticks properly and as soon as possible. Removing attached ticks quickly reduces the chance of infection.
- Learn the symptoms of Lyme disease and other tick-borne illnesses and seek medical attention if you have symptoms, even if you do not find a tick near/on you.
- Apply insect repellent containing DEET or Icaridin. Individuals ages 16+ can wear clothing treated with permethrin, which also repels ticks.
- Wear light coloured, long-sleeved clothing. Ticks are darker in colour, so you spot them more easily when wearing lighter clothing.
- Remove any unnecessary leaf piles, brush, and long grass around your home. Blacklegged ticks often live in forested areas, tall grasses/weeds, forest brush, and leaf piles.
- Walk on cleared trails made by humans whenever possible. These paths are often cleared of the habitats where ticks live, like tall grass.

30

BR- Boardroom BO- Band Office

RC- Resource Centre CL- Chalet Lodge

THR- Tele Health Room MPR- Multi Purpose Room

JOB POSTING - Seasonal/Part Time AZ/DZ Driver

Red Rock General Construction Logistics is seeking a reliable and skilled AZ/DZ driver to join our team on a seasonal/part-time basis. The ideal candidate will be responsible for safely transporting various types of materials throughout our region. This position requires a strong commitment to safety and excellent driving skill.

Responsibilities:

- Safely operate and drive company vehicles to transport materials to designated locations;
- Ensure proper securement and handling of materials in accordance with company procedures and safety regulations;
- Conduct pre-trip and post-trip inspections of vehicles to ensure roadworthiness and compliance with safety standards;
- Maintain accurate records of deliveries, kilometres, fuel receipts;
- Communicate effectively with dispatchers, supervisors, and other team members to coordinate deliveries and resolve any issues that may arise;
- Adhere to all traffic laws, regulations, and company policies while operating company vehicles;
- Assist with general maintenance and cleanliness of vehicles and equipment as needed;
- Demonstrate a professional and courteous demeanor when interacting with customers and the public.

Qualifications:

- Valid AZ/DZ driver's license with a clean record; experience with heavy equipment will be considered an asset;
- Minimum of 2 years of experience operating commercial vehicles, preferably in a similar role;
- Knowledge of local roads and transportation routes within the region;
- Ability to safely operate and maneuver large vehicles in various weather and road conditions;
- Mechanical aptitude and basic knowledge of vehicle maintenance;
- Strong attention to detail and commitment to following safety protocols;
- Excellent communication and interpersonal skills;
- Ability to work independently and as part of a team;
- Flexibility to work long hours and weekends;
- Must be able to lift and move heavy objects weighing up to 50 pounds;
- Good vision and hearing, with or without corrective devices, to safely operate vehicles and communicate with others

If you are a motivated individual with a passion for driving and a commitment to safety, we encourage you to apply for this opportunity. **Position will remain opened once filled.** Please submit your resume and cover letter detailing your relevant experience and qualifications to **Sean Ruth** via email projects@rrib.ca or at our main office at **2 Gas Road, Lake Helen Reserve.** Be sure to include "AZ/DZ Driver Application" in the subject line. Please use same email address if you require additional information.

Note: This job description is intended to convey information essential to understanding the scope of the position and is not exhaustive. Duties and responsibilities may be added, deleted, or modified as deemed necessary by management to meet the needs of the business.