

LAKE HELEN NEWSLETTER
June 20, 2024



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

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 & July 2nd
(every second Tuesday)

Please have Recycle Bins ready for pick up at 5pm

Garbage Day

****EVERY FRIDAY****

Unless otherwise posted.

Friday June 21st please have garbage out by 1pm



General Band Meeting- July 3rd, 2024

1. Minutes
2. Motions
3. Portfolio Updates
4. Open Forum

Chief Allan Odawa will be absent

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 marketingdirector@ofneda.ca

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

From the Housing Department

It is really important for our office to have current phone numbers, for scheduling appointments, inspections, and for important information regarding your home.

If these are not up to date and current, it makes trying to get a hold of you difficult.

Thank you,

Shannon Michelle-Ruth

Housing Manager

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

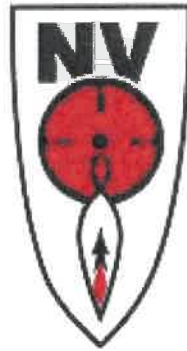
This is concerning an information package about the Annuity/Land Claim we are currently going through. It is essential that your current mailing address is updated with the band so that you will receive this information.

Send your updated **mailing** addresses to Marjorie.Robert@rrib.ca 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*



**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**

ABORIGINAL DAY CELEBRATION

~ JUNE 21 ~

11:00am VETERAN'S CEREMONY - followed by Lunch
Resource Centre

MASS
St Sylvester's Church
3pm

1:00pm
COMMUNITY PARADE

Everyone welcome

LOOP: Start at Public Works Quonset Lot →
Fire Hall → Elder's Complex → Band Office
Participants meet at Quonset 12:45pm

12:00 - 3:00pm
ACTIVITIES
@ the Band Office
mini donuts,
bouncy castles,
dunk tank
BYO-Chair

4:00pm

KAYAK RACES

Lake Helen Beach - kayaks supplied
timed races, various age groups

5:00pm

Supper

Chalet Lodge

6:00pm

Corn Hole/Horseshoes

Chalet Lodge

9:00pm

FIRE/HOT DOGS

Water Treatment Plant

11:00pm ~ FIREWORKS

LAKE HELEN



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.

FULL MOON CEREMONY



Lake Helen Chalet Lodge
Saturday June 22nd @ 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

JOIN US

HIKING CLUB



FIRST HIKE - MONDAY JUNE 24TH 2024

6:00 PM @ KAMA CLIFFS TRAIL

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

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: Tues June 25, 2024

Where: Chalet lodge

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.*



Recovery Group dates for June:

**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



JOIN US FOR...

COMMUNITY KITCHEN

**COME SOCIALIZE & MAKE
EGG ROLLS**

THURSDAY JUNE 27TH

6:00PM AT THE RESOURCE CENTRE





RED ROCK INDIAN BAND



kids summer camp

Sports, arts and crafts, games, and many fun
activities for Boys & Girls 5-13 Years Old



MONDAY - THURSDAY
9AM-12PM (CLOSED FOR LUNCH) 1PM-4PM
CHALET LODGE
JULY 15 TO AUGUST 15



for more information and to register your child
contact Tymara 887-2510 or education@rrib.ca

Congratulations PhD Graduate Dr. John Carlson

It is with immense pride that we congratulate Dr. John Carlson on completing his PhD from Carleton University. His dissertation, titled "Empowering Indigenous Self-Determination in-against-and-beyond Capital," demonstrates that acts of resistance not only challenge capitalist relations but also create circuits of redistribution that empower Water Protectors and Land Defenders to sustain their vital struggles against colonial incursions.

A special thank you to Red Rock's educational funding that saw John complete his Undergraduate studies with Carleton University, his Master's degree with the University of Victoria, and finally his Doctorate of Philosophy with Carleton University.



John's dedication and perseverance have been recognized with the prestigious Governor General's Graduate Level Gold Medal from the Senate of Carleton University. This award reflects his exceptional scholarship and unwavering commitment to Indigenous self-determination and justice.

As John steps into his new role as Assistant Professor in Indigenous Justice and Decolonization in the Department of Criminology at the University of Ottawa, we look forward to the profound impact he will continue to make. His work not only advances academic discourse but also strengthens our community's resilience and determination to protect our lands and rights.

Congratulations, Dr. John Carlson, on this remarkable achievement. Your hard work, determination, and unwavering commitment are an inspiration. We celebrate with you and look forward to supporting your ongoing efforts to empower Indigenous communities and advocate for justice.

With pride and best wishes,

France, Tony, Doe, Rae, Theresa, Jasper, Laurence, Ellie, Anang, and Margaret Palmer



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.

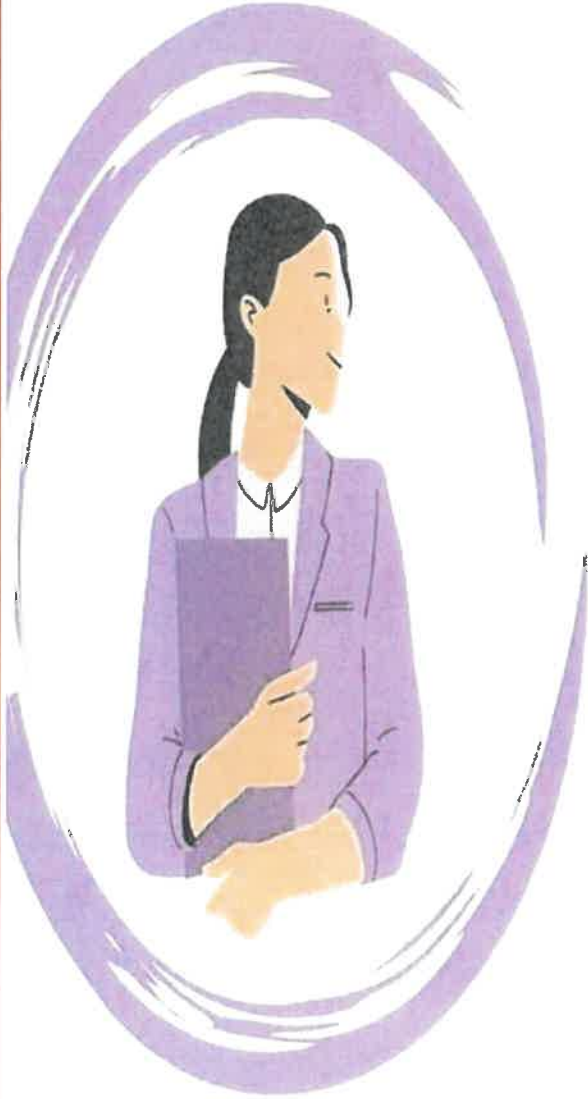
PLEASE MAKE SURE IF YOUR CHILDREN ARE INVOLVED IN OUTDOOR ACTIVITIES, PLEASE MAKE SURE THEY ARE WEARING A HAT AND LIGHT CLOTHING. ALSO SEND THEM WITH BOTTLED WATER

Miigwetch,

Darlene P. Wawia
Energy Office

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 [Job Bank website](#) and [mobile app](#), 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 [Canada Summer Jobs 2024](#).



CSJ is part of the [Youth Employment and Skills Strategy](#), 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 [Grants and Contributions Online Services](#) portal to stay updated.

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.



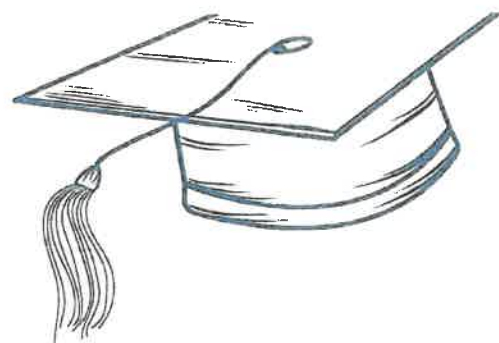
Pictured: Blacklegged tick life stages.

Shareable resources

- Poster - [Top 10 tick hiding spots on your body](#). Also available in Mohawk, Eastern Ojibwe, and Mi'kmaq
- How to remove a tick: [written instructions](#) and [instructional video](#)
- Symptom list: [Lyme disease](#)
- Symptom list: [other tick-borne illnesses](#)
- 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.



RED ROCK INDIAN BAND

Graduation Celebration

Wednesday, July 17, 2024

Nipigon Legion - 5:00pm

RSVP BY June 25, 2024
at 4:00pm

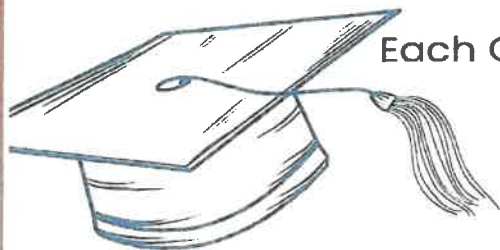
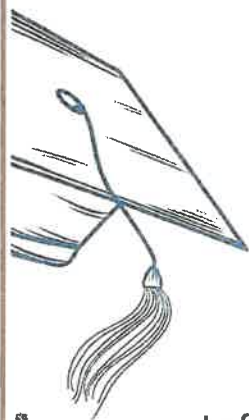
Information that must be submitted includes:

- 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



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-the-counter 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)



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





RED ROCK INDIAN BAND

Strength. Tradition. Empowerment.

EMPLOYMENT OPPORTUNITY

Red Rock Indian Band is currently accepting resumes for the position of Public Works Operator/Laborer – Seasonal position. Reporting to the Asset Manager, this position will perform maintenance and repair to roads, culverts, ditches as well as new lot services; operate all heavy trucks, vehicles and construction equipment related to Public Works operations.

Responsibilities include, but are not limited to:

- Inspect, maintain and perform repairs of road infrastructure, potholes, road shoulders, ditches and culverts.
- Maintenance of Red Rock Indian Bands facilities and grounds.
- Operate Light vehicles and other specialized seasonal maintenance equipment.
- Assist with Construction and Landscape Projects (lot servings etc.)
- Operate various heavy equipment such as Grader, Loader, Mini Excavator, backhoe & Dump Truck.
- Be able to perform a "circle check", routine maintenance, and minor repairs of equipment.
- Work in a collaborative manner with employees of Red Rock Indian Band.
- Maintaining logbooks as required.
- Other duties as assigned.

Skills and Qualifications

- Valid AZ/DZ driver's license with a clean record.
- Minimum of 2 years operating experience.
- Completion of heavy equipment operators' course or equivalent.
- Grade 12 diploma or equivalent.
- Capacity to work both independently and in a team environment.
- Ability to work in a variety of weather conditions.
- Ability to work flexible hours including overtime.
- Knowledge and experience in operation of heavy trucks, tractors, backhoes, graders, sweepers, and other such heavy equipment.
- Ability to lift/move at least 50 lbs.
- Ability to understand and execute oral and written instructions and maintain records as assigned.

If you are a motivated individual who would like to join our team at Red Rock Indian Band, please submit your resume and cover letter detailing your relevant work experience and qualifications to Shane Hardy at assetmanager@rrib.ca. Applications will also be accepted at our main office at 2 Gas Road, Lake Helen Reserve. Please include "Public Works" in the subject line when applying by email. Job Posting will stay active until the position is filled.

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.*

June

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 PAL Course 9am RC Woman's BJJ 2:30 MP
2 6pm Taekwondo RC	3 6pm Drum Social RC	4 6pm OW Workshop RC 4pm Language BR 7pm Card Party RC 6pm Jui Jitsu MPR	5 9am Waawate Breakfast RC 11am Waawate Counseling THR 12:30pm Car Seat Clinic RC 4pm Language BR 6pm Jui Jitsu MPR 7pm BAND MEETING RC	6 Gashkendamide'e Grief Group 9am-4pm RC	7 Gashkendamide'e Grief Group 9am-4pm RC	8 Gashkendamide'e Grief Group 9am-4pm RC
9 6pm Jam Session RC	10 9am Teen Spa Day RC 1pm Dilico Walk n Counseling THR 6pm Taekwondo RC	11 6pm Moon Time RC	12 4pm Language BR 6pm Jui Jitsu MPR	13 Dilico Health Team 1:30pm Recovery Group RC 4pm Potluck RC	14 Dilico Health Team 1:30pm Recovery Group RC 4pm Potluck RC	15 Dilico Health Team 1:30pm Recovery Group RC 4pm Potluck RC
16 Father Day Event at The Golf Course	17 6pm Taekwondo RC	18 Authentic Connection AllDay THR 6pm Chip Bingo RC	19 10am OW Workshop RC 4pm Language BR 7pm Card Party RC 6pm Jui Jitsu MPR	20 Decorating event for Aboriginal Day 4pm RC 6pm Book Club RC	21 ABORIGINAL DAY	22 6pm Full Moon CL
23 6pm Jam Session RC	24 6pm Taekwondo RC	25 5pm Cancer Dinner RC	26 Dilico Health Team Recovery Group 1:30pm CL 4pm Language BR 4pm School Out Beach Party 6pm Jui Jitsu MPR Good Food Box	27 4pm Community Kitchen RC	28 4pm Community Kitchen RC	29 4pm Community Kitchen RC
30 BR- Boardroom BO- Band Office	RC- Resource Centre CL- Chalet Lodge	THR- Tele Health Room MPR- Multi Purpose Room				