

LAKE HELEN NEWSLETTER

July 4, 2024



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

NEXT GENERAL BAND MEETING

****WEDNESDAY, August 7, 2024****
Nipigon Legion
7pm

MEMBERSHIP OFFICE HOURS

Effective January 2024

9am-4pm - Tuesday & Wednesday
(closed 1 hour for lunch at noon)

Recycling Day

Tuesday, July 16th & July 30th
(every second Tuesday)

Please have Recycle Bins ready for pick up at 5pm

Garbage Day

****EVERY FRIDAY****

Unless otherwise posted.

Please have your garbage out by 3pm.

VACATION NOTICES

Marjorie Robert (Membership) is on holidays June 28th to July 6th

Lauren Michelle (Brighter Future) is on holidays July 2nd to 8th

Candace Tuck (Mental Health) is on holidays July 8th to July 12th

Lucille Lesperance (CHR) is out of office July 12th to 19th

Powwow Committee Meeting

Where :

RRIB Band Office Boardroom

When:

Tuesday July 9, 2024

4-6pm

All Volunteers Welcome and Needed

Pow Wow Weekend July 19, 20 & 21, 2024

ENBRIDGE

ENBRIDGE WILL BE IN OUR COMMUNITY ON **JULY 8-9th**

CONDUCTING DOOR TO DOOR SURVEY

**Please join us for a Celebration of Life
To honour the memory and cherish the warrior
Christopher Ruth (Dough Boy)**

Beloved Father, Husband, Brother and Friend

Tuesday July 9th at 1:07pm

**Lake Helen Reserve
Resource Centre**



Cornhole

**Every wednesday in july
outside at the
chalet 6pm-8pm**



JOIN US FOR...

COMMUNITY KITCHEN

**COME SOCIALIZE & MAKE
EGG ROLLS**

THURSDAY July 4th

6:00PM AT THE RESOURCE CENTRE



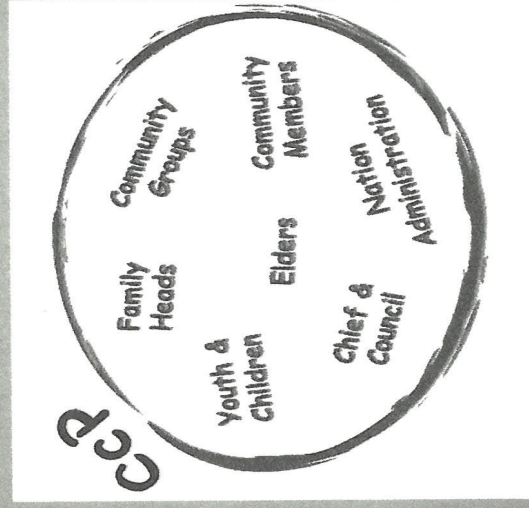
CARD PARTY
Resource Centre
July 11th @ 7pm



CCP

What is Community Engagement

Community engagement asks diverse set of members of the community to be engaged in a topic, including Elders, clan leaders, family heads, women, youth, children members residing within and outside the reserve, among others.



CCP

BERRY PICKING AT JEMS FARM in the next 2 weeks
Watch for more information in the Newsletter or Facebook Page



CALL FOR INTEREST FOR PLAYERS, COACHES & MANAGERS

**LITTLE NHL
MARCH 10-13, 2025**

RED ROCK INDIAN BAND is exploring options to assist with organizing teams. Decisions will be based on interest and commitment of coaching staff, players & parents for each division (U7 to U18, U18 Girls).

Assistance with fundraising will be required. Applications for funding will be submitted but approval is not guaranteed. Coaches/Managers will be responsible for team organization with direction on duties.

**Submit your name to Lauren at
lnhlrib@outlook.com**

**Names to be submitted by July 31, 2024 to ensure
adequate time for planning**





RED ROCK INDIAN BAND

Strength. Tradition. Empowerment.

Lake Helen Reserve # 53A
P.O. Box 1030
Nipigon, Ontario P0T 2J0
Tel. (807) 887-2510
Fax (807) 887-3446
Toll Free (877) 887-2510

Contractors

The Asset and Housing Manager are looking to compile a list of Qualified Contractors to have on hand when Renovations and/or Housing construction is needed within our community.

If you would like to be included on the list, please ensure you are enthusiastic about working in our community, and possess the necessary documentation, and are familiar with Inspection reports as per funding guidelines.

Please include the following in your email

- Company Name
- Red Seal and/or tickets of workers in your crew
- WSIB certification
- Insurance

Please send the following to the Housing Department

Shannon Michelle-Ruth
Housing Manager
housing@rrib.ca

Shane Hardy
Asset Manager
assetmanager@rrib.ca

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

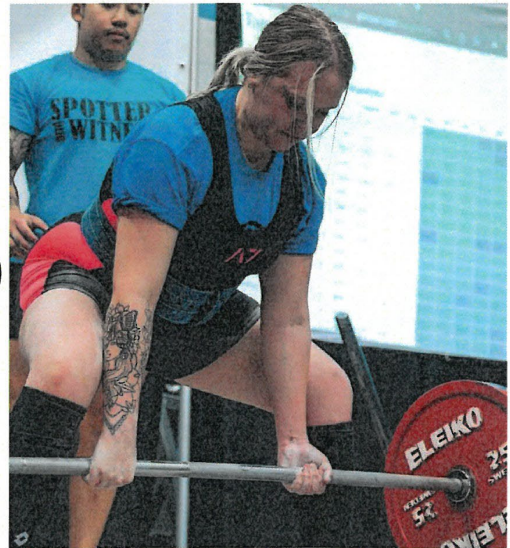
Marjorie Robert
*Membership Clerk/Emergency Preparedness
Coordinator*

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.



Service In loving memory of

• ————— •
Conrad Borg

September 3, 1945 · February 13, 2024

The Borg family invites you to join them for a
funeral service to be held on Saturday July 13, 2024
@ 11 a.m. at The Annunciation of the Blessed
Virgin Mary Church.
26 2nd St, Nipigon, ON P0T 2J0

INTERMENT
St. Sylvester Church
Lake Helen FN

Authentic Connection Psychotherapy & Reiki

Appointments available in the community:

Tues, July 16th/24

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, July 8th

1-3pm

Located in the band office

Confidential & Respectful Services

No appointment needed-Single session only



WAAWAATE
Counselling & Psychotherapy

Waawaate Counselling & Psychotherapy

Leah Lychowyd will be available for appointments in the community:

Thurs, July 18th/24

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 or call 807-887-2510

Managed Service Model

Guestlink

Did you know that you have access to Telemedicine services in your community?

Guestlink provides convenient access to your healthcare provider from your home, health centre, or anywhere with internet access.



MORE INFORMATION:

Cheslea Russell, BScN, RN

Regional Telemedicine Navigator

+1 (807) 621-3164

chelsearussell@kochiefs.ca



Some specialties the MSM program can help with:

-video visits with your current health care provider or to help find a healthcare provider for you

-mental health (adult, youth/child, counselling, psychiatry and psychology)

-oncology (cancer care specialist)

-Development Services Ontario (psychological assessments)

-geriatric (elder care specialist)

-nephrology (kidney disease specialist)

-infectious diseases

-occupational therapy

-neurology (brain and nervous system specialist)

-speech language pathology

-dermatology (skin care, acne)

-educational sessions on a variety of topics

Email otn@rrib.ca to book virtual appointments or if you have questions



CHELSEA

Hello, I'm Chelsea Russell, a First Nations Registered Nurse with experience in Surgical Care, Hemodialysis, Community Care, and Public Health. Outside of work, I love spending time outdoors and with my family. Being a mom to 3 busy boys keeps me on my toes. I'm thrilled to be joining KO and embracing my new role as the Regional Telemedicine Navigator.



Meet n' Greet with Chelsea

Fri, July 19th 10am

Resource Centre

Breakfast provided

Chelsea is the Regional Telemedicine Navigator at KO eHealth Telemedicine services. When you request a video visit with your healthcare provider, Chelsea will then coordinate with provider to schedule the appointment where you will then receive an email invitation with the appointment's date and time, and a link to the private and secure video.

She will be in the community presenting more information and answering questions on how to access telemedicine services in the comfort of your home or in the band office.

All are welcome!

From 1-4pm Come visit us under the tent outside the band office! *

OTN telemedicine, mental health services and HIV awareness are hosting an information booth

Snacks and cold treats and beverages available

Door prizes! All are welcome!

*Bad weather we will be in the telehealth room inside the band office

For more info, contact
candace.tuck@rrib.ca



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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 services 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.

July

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CANADA DAY	2 RECYCLING DAY Beach Day 1pm	3 OW Workshop 9am RC Cornhole 6pm CL	4 Community Kitchen 6pm RC Group Fitness 5:30pm BO	5 GARBAGE DAY	6
7	8 Dilico Walk-in Counselling 1pm THR	9 Beach Day 1pm	10 Cornhole 6pm CL	11 DILICO HEALTH TEAM OW Community Visit 9am RC Group Fitness 5:30pm BO Card Party 7pm RC	12 GARBAGE DAY	13
14	15 Hiking Group 6pm TBD	16 RECYCLING DAY Authentic Connection TBD Beach Day 1pm	17 Cornhole 6pm CL	18 Waawaate 10am THR Group Fitness 5:30pm BO Chip Bingo 6pm RC	19 GARBAGE DAY POW WOW OTN Breakfast 10am RC Health info booths 1pm BO	20 POW WOW Full Moon 7pm CL
	*****	CURTURAL	WEEK AT	THE LODGE	*****	
21 POW WOW	22	23 Moon Time 6pm RC	24 DILICO HEALTH TEAM Cornhole 6pm CL	25 Group Fitness 5:30pm BO Community Kitchen 6pm RC	26 GARBAGE DAY	27
28	29 Hiking Group 6pm TBD	30 RECYCLING DAY World Hep C Event 10am RC Cancer Dinner 5pm RC	31 Cornhole 6pm CL GOOD FOOD BOX	RC – Resource Center BO – Band Office CL – Chalet Lodge TBD – To Be Determined THR – Tele Health Room		



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