

LAKE HELEN NEWSLETTER
July 11, 2024



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

NEXT GENERAL BAND MEETING

****WEDNESDAY, August 7, 2024****
Resource Centre
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

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

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

Garden River First Nation will be hosting a Survivors' Gathering in Sault Ste Marie from July 30-Aug 1, 2024!

There will be inspiring speakers, therapeutic activities, and emcee Tanya Talaga.

This event will be open to Indian Residential School Survivors from any community.

Registration now open!

Visit: <https://gardenriver.live/reg>

Calling any interested parties who would like to receive the Fire Keeping teachings, we are looking for interested parties and could have this be a part of our Pow Wow weekend.

Minimum age 12

Please contact Shannon Michelle-Ruth by emailing her housing@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**](mailto: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*

On Wednesday, June 26, 2024, Memorial trees were planted in honour of:

Chris Ruth	John Charles Kennedy	Cheyenne McLaughlin
Cecile Lesperance	Willa Clearwater	Grace Ray
Albert Lesperance	Iris Hardy	Stephen Ray
Shirley Lesperance	Allan (Jiggs) Hardy	Gabby Ray
Curtis Lesperance	Dan Morriseau Sr.	Frances Ray
Malcolm Jake Lesperance	Fern Morriseau	Grace Posty
Brittany Lyn Lesperance	Emma Paakkunainen	Raoul Ray
Roman Singleton	Bruce Cote	Lionel Ray
Evelyn Wright	Nora Cote	John Kennedy
Marshall John	Gerald (Spiner) Cote	James Thompson
Amy Roy	Terry Bouchard	Louisa Thompson
Lila Mannila	Caroline Nyman	Hannah Blakely
Jackie Mannila	Helen Staats	Children Unborn
Uno Mannila Jr.	Catherine (Dee Dee) Hardy	Marie Wawia
Uno Mannila Sr.	George Perkles	Edward Wawia
Linda Michelle	Anthony Perkles	Catherine Potan
Jeremy Hardy	Carlos Bairez	Mike Potan
Joe Landry	Christina Perkles	Mary Fowler
Jackie Landry	Jose Bairez-Perkles	Anthony Potan
Byron Wawia	Marcel Potan	Irene Chartrand
Beatrice Koski	Bruce McGuire	Howard Potan
Iris Koski	Daniel (Gazoo) Legarde	Martin Potan
Stuart Potan	Christie Legarde	Samuel Potan
Sheila Hephner	Anne Legarde	Harvey Potan
Allan Odawa Sr.	Calvin Legarde	Keon Potan
George Chaboyer Sr.	Ed Thompson Sr.	Jennifer Potan
George Chaboyer	Mary Cora Thompson	Ethel Sault
Julia Chaboyer	Esther Thompson	



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

Subject / Sujet: Various Silk and Great Value brand plant based refrigerated beverages recalled due to *Listeria monocytogenes* - [Canada.ca](https://www.canada.ca)

Good Afternoon,

Please visit the Canadian Food Inspection Agency Website to see details regarding the following food recall of **Various Silk and Great Value brand plant based refrigerated beverages recalled due to *Listeria monocytogenes***. For your information only.

[Various Silk and Great Value brand plant based refrigerated beverages recalled due to *Listeria monocytogenes* - Canada.ca](https://www.canada.ca)

The food recall warning last updated on 2024-07-08 and includes detailed product information.

Issue

The affected products are being recalled from the marketplace due to possible *Listeria monocytogenes* contamination.

What you should do

- If you think you became sick from consuming a recalled product, contact your healthcare provider

- Check to see if you have recalled products
- Do not consume, serve, use, sell, or distribute recalled products
- Recalled products should be thrown out or returned to the location where they were purchased

Food contaminated with *Listeria monocytogenes* may not look or smell spoiled but can still make you sick. Symptoms can include vomiting, nausea, persistent fever, muscle aches, severe headache and neck stiffness. Pregnant women, the elderly and people with weakened immune systems are particularly at risk. Although infected pregnant women may experience only mild, flu-like symptoms, the infection can lead to premature delivery, infection of the newborn or even stillbirth. In severe cases of illness, people may die.

Great Value	Almond Beverage Unsweetened Original	1.89 L	6 81131 34208 7	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Great Value	Almond Beverage Original	1.89 L	6 81131 34209 4	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Great Value	Almond Beverage Vanilla	1.89 L	6 81131 34210 0	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Almond & Coconut Unsweetened	1.89 L	0 25293 00250 0	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Almond Original	1.89 L	0 25293 00100 8	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Almond Dark Chocolate	1.89 L	0 25293 00135 0	All Best Before dates up to and including 24

				OC 04 AND Product code contains 7825
Silk	Almond Unsweetened	1.89 L	0 25293 00150 3	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Almond Unsweetened Vanilla	1.89 L	0 25293 00188 6	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Almond Vanilla	1.89 L	0 25293 00168 8	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Coconut Original	1.89 L	0 25293 00152 7	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Coconut Unsweetened	1.89 L	0 25293 00244 9	All Best Before dates up to and including 24 SE 27 AND Product code contains 7825
Silk	Oat Original	1.75 L	0 36632 07240 5	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Oat Vanilla	1.75 L	0 36632 07241 2	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825

Silk	Oat Dark Chocolate	1.75 L	0 36632 07239 9	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Oat Unsweetened	1.75 L	0 36632 07532 1	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Oat Unsweetened Vanilla	1.75 L	0 56800 72749 4	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Almond & Cashew Unsweetened	1.75 L	0 36632 07235 1	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825
Silk	Almond & Cashew Unsweetened Vanilla	1.75 L	0 36632 07234 4	All Best Before dates up to and including 24 OC 04 AND Product code contains 7825

[IMAGE]



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



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

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



WAWAATE
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



Any questions please reach out to candace.tuck@rrfb.ca or call 887-2510 ext 279

Mental health and wellness program during Cultural week:

WED, JULY 17TH/24

**Feasting our rattles & birthing our drums
Potluck style**

**BRING YOUR ITEMS THAT ARE SACRED TO YOU SUCH AS RATTLES, FEATHERS,
DRUMS, PIPE, YOUR COLORS ETC.**

**WE WILL SMUDGE OUR PERSONAL BUNDLES AS WELL AS A BIRTHING
CEREMONY FOR NEW DRUMS**

**PLEASE BRING FOOD TO SHARE IN OUR FEAST FOLLOWING THE CEREMONY
WELCOME TO BRING TOBACCO FOR OFFERING- SOME WILL BE AVAILABLE ON HAND**

CHALET LODGE Begins at 1:30pm All ages are welcome

Cornhole

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



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



eHEALTH



otn

Some specialities 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@rib.ca



FRI, JULY 19TH HIV INFO BOOTH

Find us under the tent outside the band office*

HIV/HCV/STBBI program will be hosting a table of information on the education and awareness on Human Immunodeficiency Virus, Hepatitis C and Sexually Transmitted Blood Borne Infections, information on the upcoming Hep C Testing in the community event with Thunder Bay Ontario Aboriginal HIV/AIDS Strategy (OAHAS) and Elevate NWO. Various swag, hygiene items and resources will also be available. First come first serve. There will be a door prize for those who come to learn more about the program. Open to everyone! This booth will be partnered alongside mental health and the OTN Regional Telemedicine Navigator info booths and swag.

Reach out to the program contact for more information.

*outside weather permitting otherwise we'll be in the telehealth room located in the band office.



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**1-4pm outside
band office***

RRIB swag

**Hygiene items
and feminine
hygiene products**

First aid kits

Door prize

RED ROCK INDIAN BAND

Mental health crisis
coordinator &
HIV/HCV/STBBI program
contact

Candace Tuck

Candace.tuck@rrib.ca

807-887-2510 ext 279

**TREATMENT
CURES
OVER 95% OF
PEOPLE WITH
HEPATITIS C**



Talk to your nurse
or doctor about your
treatment options

CATIE

**OAHAS AND ELEVATE NWO
ARE HAVING AN**

**HIV &
HCV TESTING DAY**

.....

**TUESDAY
JULY
30**

.....

**10AM-3PM LAKE HELEN
RESOURCE CENTRE**

.....

***Discrete testing and confidential
1on 1 conversations***

****\$25 grocery or gas gift card for those who seek testing, or
want to learn more about testing, \$5 for folks who get tested**

****A free sub for those who attend and want to learn more
about our services**


****Trivia for a chance to win a door prize**



Oahas
ONTARIO ABORIGINAL
HIV/AIDS STRATEGY

elevate **NWO**

HIV | AIDS | HCV | HARM REDUCTION

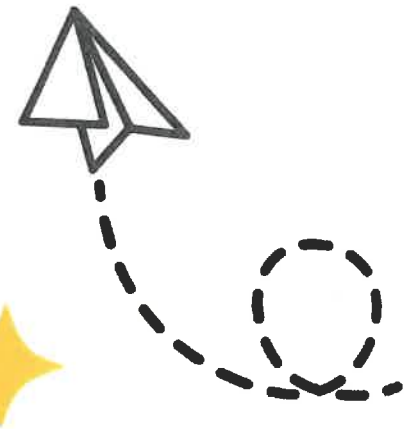


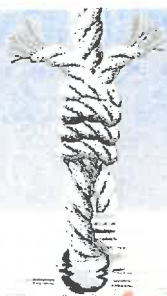
**WEDNESDAY,
JULY 31ST AT
11AM AT
RESOURCE
CENTRE**

ECD MONTHLY GET TOGETHER (0-6 YEARS OLD)

- ✓ **Milk Vouchers,
Heights, Weights**
- ✓ **Socialization**
- ✓ **Door Prize**
- ✓ **Lunch Provided**

See You There!





ANISHINAABEMOWIN
YOUTH CAMP
2024

AUG 14-16TH
CHALET LODGE

AGES: 10 & UP

Youth Younger will have to be accompanied by a
chaperone

There will be Day Camps & a One Night stay at
the Chalet Lodge (15th)

Archery. Medicine. Double Ball. Water
Activities. Drumming & Ceremony!



Caterer Needed



In search of a Caterer for a 3-day Language Camp

Wed, August 14th and Thurs, Aug 15th -Lunch noon

Fri, Aug 16th- Breakfast 9am

Location: Chalet Lodge

Must be kid-friendly and peanut-free

Please submit your sealed bid and menus for each of the 3 days (x2 lunch and 1 breakfast) to the main desk at the band office addressed to Candace Tuck or by email candace.tuck@rrib.ca by Mon, July 29th/2024 at 4pm. If you have questions you can contact Candace 887-2510 ext 279 or 807-708-2187

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
lnhlrrib@outlook.com

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



July 2024

PCT Team Travel dates.

For services, please call 1-807-626-5100 Or 1-855-623-8511.

Main site located in Thunder Bay

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Team 1=T1		T1 - KZA	T1 - WSNF	T2 - RRIB		
Team 2=T2		J - BZA	T2 - BZA			
Team 3=T3			Dr. T - RRIB			
Jonah			J - RRIB			
Rolande						
7	8	9	10	11	12	13
		T1 - Pic Mober	T1 - Pic River	T1 - RRIB		
		T2 - Pic Mober	T2 - Pic River			
		J - WSNF	J - KZA			
14	15	16	17	18	19	20
		T1 - LL58	T1 - Ginoogaming	R - Pic Mober	R - RRIB	
		T2 - LL58	T2 - LL58			
		Dr. T - LL58	Dr. T - LL58			
		R - Pays Plat	R - Pic Mober			
21	22	23	24	25	26	27
		T1 - Pays Plat	T1 - RRIB	R - KZA		
		T2 - WSNF	T2 - KZA			
		Dr. T - WSNF	Dr. T - KZA			
		J - Pic Mober	J - BIIG			
		R - LL58	R - Ginoogaming			
28	29	30	31			



Dilico
Anishinabek Family Care

Team 1 (Nurse Practitioners and Registered practical nurses.)

Ashley Oliver Np,
Gerald Maggrah Np,
Andrea Silvaggio RPN,
Kristin Clearwater RPN.

Team 2

Jan Marie Rasmussen
Lecturer
Faculty Library
Chiropractic

Team 3

Dr. F. Hirt, 1994/95 edition
 Ant. Spill, 2002 edition

Jonah Dupuis
Pharmacist

1. *Chlorophyll a* (Chl *a*)
 2. *Chlorophyll b* (Chl *b*)



Job Posting – Fire Smart Supervisor

Title

Fire Smart Supervisor

Summary

The Fire Smart Supervisor will be responsible for overseeing the work done on the ground for the Fire Smart Program. The responsibilities will work along side the Fire Smart Laborer, monitoring crew attendance and time, ensuring crew is always using personal protective equipment and working safely at all times. The Fire Smart Supervisor will follow the priorities of the Fire Smart Plan and direction from Chief and Council.

Requirements:

- Applicants must be able to consistently lift at least 50 lbs
- Applicants must be able to perform repetitive movement such as bending, twisting, and lifting
- Applicants must be able to work outside in inclement weather conditions.
- Applicant should have chainsaw certification
- Applicant should have valid driver's license
- Applicant must have personal protective gear

Applications will be accepted for this position until July 19 at 4:00 PM. Applications may be submitted to jobs@rrib.ca or turned indirectly at the RRIB Administration Office.



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Job Posting – Fire Smart Laborer(s) 4 Positions

Title

Fire Smart Laborer

Reports To

Fire Smart Supervisor

Summary

The Fire Smart Laborer will be required to perform tasking involving physical labor to reduce the fire hazards in specified areas around Lake Helen Reserve and will be required to operate a variety of hand and power tools. The Responsibilities will include the cleaning and preparation of worksites, tool maintenance of power tool equipment, and always working safely.

Requirements:

- Applicants must be able to consistently lift at least 50 lbs
- Applicants must be able to perform repetitive movement such as bending, twisting, and lifting.
- Applicants must be able to work outside in inclement weather conditions.
- A valid driver's license and chainsaw certificate would be considered an asset
- Applicant must have personal protective gear

Applications will be accepted for these positions until July 18 at 4:00 PM. Applications may be submitted to jobs@rrib.ca or turned in directly at the RRIB Administration Office.



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INDIAN BAND**

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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

July

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CANADA DAY	2 RECYCLING DAY 2 Beach Day 1pm	3 OW Workshop 9am RC Cornhole 6pm CL	4 Community Kitchen 6pm RC	5 GARBAGE DAY	6
			BAND MEETING 7pm RC	Group Fitness 5:30pm BO		
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 16 Authentic Connection TBD Beach Day 1pm	17 Cornhole 6pm CL	18 Waaawaate 10am THR Group Fitness 5:30pm BO Chip Bingo 6pm RC	19 GARBAGE DAY	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 30 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		