LAKE HELEN NEWSLETTER August 1, 2024



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, August 13th & August 27th
(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

Ebony Netemgesic (Jordan's Principle) is on holidays July 29th to August 6th

Shane Hardy (Asset Manager) is on holidays August 1st to August 9th

July 19th- HIV program, mental health and telehealth info booth draw winners

Telehealth draw for camera: Payton O

Telehealth draw for camera: Eileen W

Telehealth draw for pan: Melissa T

Draw for Zechner's gift card, first aid kit and snack box: Sharon

Draw for Double Eagle & Gas gift card: Amelia

Congratulations to the winners! We will be planning another event soon with giveaways and more. Information and date will be posted in the newsletter.

NEXT WEEK KID'S CAMP

WILL BE AT THE RC ON TUESDAY
AND WEDNESDAY
CANCELLED THURSDAY



General Band Meeting- August 7th, 2024

- 1. Accept General Band Meeting Minutes from July 3, 2024
 - 2. Community Update
 - 3. Open Forum



Family Group Fitness Classes

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> July 18th, 25th August 1st, 8th, 15th, 29th

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





Sign Up for this year 2024 C.L.E event.

Must be Red Rock Band Member or Community Member Residing on Reserve 16 Years of Age and Under.

RRIB will be providing 1 ride bracelet and 1 gate admission for children ages 1-16yrs per family.

Any other Adults must purchase their own admission ticket

Parent/Guardian MUST call to sign up children

NO 3RD PARTY SIGN-UP

Deadline is August 2nd, 2024 at 12pm Pick up will be on August 6th, 2024

Please Contact Lauren Michelle at the Band Office 807-887-2510 ext.229 or Lauren.michelle@rrib.ca If not available, please leave voicemail with names and ages of each child!





WEEKLY BRAZILIAN JIU JITSU & SELF DEFENSE CLASSES WITH BJJFOURLIFE

RETURNING AUGUST 7TH

LOCATED IN THE NIPIGON COMMUNITY CENTRE MULTI-PURPOSE ROOM ALL AGES 6PM-7:30PM EVERY WEDNESDAY

- WEAR COMFORTABLE CLOTHING AND BRING A WATER BOTTLE.
- A GI WILL BE MANDATORY AFTER THE FIRST CLASS
- REGISTRATION REQUIRED
- FIRST CLASS IS FREE! DROP-IN ANY DAY TO TRY IF BJJ IS FOR YOU

Looking to train and start your BJJ journey, please reach out to coach@BJJfourlife.com or contact candace.tuck@rrib.ca for any questions

BJJ IS NOT
ABOUT BEING
BETTER THAN
SOMEONE ELSE...IT'S
ABOUT BEING
BETTER THAN YOU
USED TO BE.

Attention youth 17 and under! If you qualify for the Jordan's Principle program, please email jp@rrib.ca for assistance with obtaining a Gi



The Red Rock Indian Band is seeking a caterer for our upcoming Land Claim Information Dinner. We are expecting approximately 250 guests and require a light dinner followed by dessert.



e 6:00pm -

Chalet Lodge/Tent -

*Price PER plate -

SUBMIT SEALED BIDS NO LATER THAN AUGUST 14TH, @ 12PM TO:

> ATTN: Jerryn Tuck 2 Gas Rd, Lake Helen 53A



ANICHINABEMOUIN YOUTH CAMP 2024

AUG 14TH-16TH

CHALET LODGE

Registration forms are now available. You may pick one up at the Chalet Lodge during the kids summer camp Mon-Thurs, the band office or one of the camp leaders:

Candace Tuck- candace.tuck@rrib.ca
Sonya Belisle-

eyc.anishinaabemowin@gmail.com Jenna Brown-

servicecoordinator@flyingpost.ca

Children 4 and under require a parent/guardian/chaperone to stay throughout the camp

Children 5 years and older don't require a chaperone but families are encouraged to attend

Overnight camp: Children
10 and under require a
chaperone





Day 1: Aug 14th

10am- Opening prayer/smudge, introductions & welcome 11am- Morning Activity- shelter building 12-1pm Lunch served- feast plate offering 1pm-4pm Afternoon activity- archery/doubleball*

Day 2: Aug 15th

10am- Opening activity
11am- Morning activity- cultural teachings,
crafts & games
12-1pm Lunch served-feast plate offering
1pm-4pm Afternoon activity- water
teachings at lake, swimming & closing*

Overnight campers who register

6pm- Return to lodge with supplies 6:30-7:30pm Medicine harvest teachings 7:30pm-9pm Grandfather drum & hand drum Fire & Movie to wrap up the night*

Day 3: Aug 16th

6:30am- Sunrise Ceremony 10am-11:30am Breakfast is served/clean up 11:30am-1pm Closing activities, prayers, bag lunch, end of camp

*All activities are subject to change



Registration Open

Gender Tourneys AUGUST 19 - 23, 2024

FACILITATED BY GIA BRUNETTI-PROVENSANO & ONWA'S YOUTH LIFE PROMOTION DEPARTMENT

This group explores gender and sexual identity and will provide reliable and always up to date information on these topics.

The group is designed to create a space to foster community support and connection. This group will respect the diversity of gender and sexual expression.

Ages 13-27

Camp is in Thunder Bay 11am-5pm each day

If enough interested, transportation to and from may be available

Deadline to register is Aug 7th. Contact is on the form

May reach out to

candace.tuck@rrib.ca if you need assistance or for the tentative schedule of daily activities

Lunch and snacks provided- no cost

Spots Available
For Indigenous Youth Ages 13+

Register Now!

- (807) 697-1753
- events@onwa.ca

Ontario Native Women's Association

Authentic Connection Psychotherapy & Reiki

Appointments available in the community:

Mon, Aug 19th

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, August 12th 1-3pm

Located in the band office Confidential & Respectful Services No appointment needed-Single session only





Waawaate Counselling & Psychotherapy

Leah Lychowyd will be available for appointments in the community:

Tues, Aug 20th

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

Book Club is trying out creative writing in August!

Monday, August 19th-6pm outside band office*



Do you have some good stories to share?

For this month's book club, write your own, original short story and bring it to book club discussion to read it out loud. Short stories can be any theme, can be one paragraph or one page or try writing your original two sentence stories. Even if you don't have the story finished or never written a story before, give it a try and bring what you have started to share. Welcome to bring a book you've read and discuss it with the group instead of writing a story. We are all learning!

Snacks and drinks provided *bad weather we will be inside the band office

September's book will be given out at this time.

Some tips on writing a short story:

- Choose one theme- is your story funny, sad, dramatic, scary?
- 2. Creating a plot-what is the problem? Why did it occur and what will solve it?
- 3. Develop your characters- who are the main characters? Who is the narrator?
- 4. What is the setting and how will this affect the plot?
- 5. Organizing your story- the introduction gives necessary background information by introducing your characters and describes the setting. The body introduces the conflict, develops the main character and builds towards the climax. The conclusion resolves the conflict and ends the story.

Good luck and have fun writing!

For more information or need assistance, please reach out to candace.tuck@rrib.ca or call 887-2510 ext 279

SHORT STORY

IDEAS

- The richest person in the world takes a trip to outer space
- A religious artifact gets stolen
- An angel meets the person who cut his wings
- The first day of university ends with a wild surprise
- A human child gets adopted by aliens
- · Drinking water runs out
- A young boy struggles with his eyesight
- Prisoners get locked up in a haunted house
- · There is no free WiFi
- Everybody discovers the superhero's identity

Journal Buddies com



CANADA ONTARIO RESOURCE DEVELOPMENT AGREEMENT (CORDA)

The CORDA Office is now accepting funding applications for 2025-2026

Applications are due to the CORDA Office by Monday October 7, 2024 @ 11:59 p.m. EST.

CORDA is an agreement between Canada, Ontario and First Nations' members in Ontario.

The Agreement promotes resource and economic development opportunities.

First Nations, their members and organizations, and Territorial Organizations in Ontario are eligible to apply for funding.







The maximum funding level per project is \$35,000.00

To obtain more information about project eligibility or to request an application package, please contact:

Kathleen Bowles, Secretariat,
CORDA Office or visit:
http://www.hiawathafirstnation.com/servicesdepartments/corda/

Projects may include:

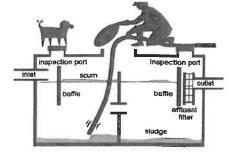
- training
- employment
- stewardship
- traditional learning
- equipment
- supplies
- Forestry Trapping
- Fishing Harvesting (such as wild rice)
 - Resource Planning Eco Tourism
- Maple Syrup production
 Traditional Craft
 - And More!

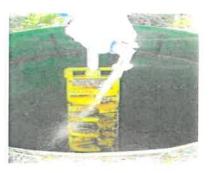


CORDA Office
431 Hiawatha Line, Hiawatha, ON K9J 0E6
Tel: 705-295-4421 / Fax: 705-996-4501
corda@hiawathafn.ca

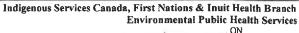
CARE AND MAINTENANCE OF ON-SITE SEWAGE SYSTEMS

- Do not allow roof drains to discharge to the septic tank or surface waters to drain towards the leaching bed.
- Keep your domestic water usage to a minimum. If automatic washers and dishwashers are used, make sure full loads are washed each time. Excessive use of water could flush solids from the tank to the leaching bed.
- Moderate use of household drain solvents, cleaners, disinfectants should not interfere with the operation of the sewage disposal system; however, indiscriminate use may cause problems.
- There should be no need to use "starters".
- The septic tank should be inspected at least once every two years and pumped when necessary - every 3 or 4 years is suggested. Failure to pump out a septic tank when required may result in sludge or scum being carried over to the leaching bed resulting in soil clogging and pre-mature failure of the system.
- The performance of the effluent filter must be monitored closely; clogged filter can lead to a sewage backup into the house or leak onto the surface from the septic tank. Clean baffle filter by washing it with water using garden hose while lowering into the first chamber of the septic tank periodically or whenever required. This practice will help to prevent clogging.
- Vehicular traffic and storage such as cars, snow machines should not be allowed on the leaching bed. They may crush the plastic pipe with excessive weight and result into the pre-mature of the septic system.





- The leaching bed area should have a good cover of grass, and adequate exposure to the sunlight to enhance evaporation process. Shrubs or trees should not be allowed to grow within 3 meters of the leaching bed area as their roots can reach into the pipes and cause clogging.
- The tile bed area should be maintained by the homeowner. The grass should be cut regularly to allow the tile bed to breathe.
- Gardens are not recommended to be planted on a tile bed. The root vegetables may absorb sewage effluent and cause health problems. Better be safe than sorry.
- Playgrounds for children are wonderful; however they should not be placed on top of a septic system. The wooden structures that some are made of may penetrate the pipes and break them.
- If you are experiencing problems with your septic system please contact community's Housing / Public Works Department or a Licensed Septic System Installer (whichever is applicable to you). A licensed installer will be able to run the diagnostics on your system and in return provides you a list of possible remedies available.
- Contact your community's Environmental Public Health Officer (FNIHB) by calling the numbers listed below or through the community's administration office to schedule a sewage system inspection to determine if the problem is posing a health hazard to the residents, homeowners and neighbours.





Cornhole

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





Red Rock Indian Band is seeking a caterer for an event on September 17th & 18th for 70-80 people.



Breakfast 🗸

Lunch V

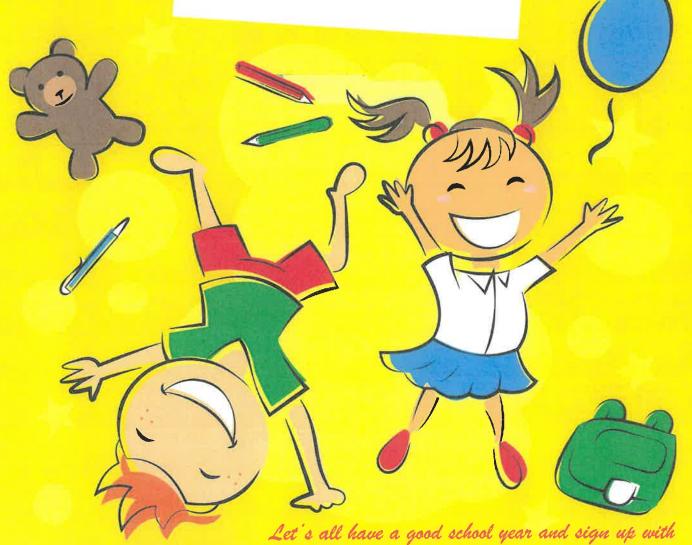
Dinner V

Dietary Needs 🗸

For more information please contact Sean Ruth no later than Aug 8th by 4:00pm

> 807-887-2510 ext 274 projects@rrib.ca





2 AUG

12 noon

Lauren.Michelle@rrib.ca

Sign up by EMAIL ONLY please and Thank You.

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 Inhirrib@outlook.com

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

Update on Bill C-38

As you may know, Bill C-38 was introduced in Parliament on <u>December 14th, 2022</u> and began its Second Reading on <u>October 20th, 2023</u>. Bill C-38 resumed its debate on <u>March 22, 2024</u>, however, the debate did not conclude nor referred to Committee during this session.

Unfortunately, now that the House of Commons has risen for the summer, Bill C-38 will be on hold until fall 2024. The House of Commons is set to resume on September 16, 2024.

We know that this is not the news you wanted to hear. This is not the news we wanted to deliver. We are currently waiting for the House to resume, and the Minister of Indigenous Services continues to express a deep personal commitment to ensuring that Bill C-38 proceeds in the Fall. Bill C-38 remains a top priority which is reflected in the <u>United Nations Declaration on the Rights of Indigenous Peoples Act Action Plan, Chapter 2 section 7.</u>

If you would like to stay updated with the progress of Bill C-38 in real time, you may follow along with Bill C-38 on the Parliament of Canada website.

On another note, the Registration Reform team continues to work on the <u>Collaborative Process on the Second-Generation Cut-Off and Section 10 Voting Thresholds</u> which was announced by the Minister on <u>November 20, 2023.</u>

We are currently in Phase 1 of this process which includes a <u>Rights-Holder Information Sharing initiative</u>. The Rights-Holder Information Sharing kit has been prepared in collaboration with an Indigenous Advisory Process to support First Nations and impacted Indigenous rights-holders prepare for consultation events set to begin later this year. In addition to the kit, community-specific data sheets have been developed to highlight the impact of the section-generation cut-off for each First Nation's registered population. Community-specific data sheets may be accessed at this link.

We would like to thank the Indigenous Advisory Process for their meaningful participation in this process, and for their valuable contributions to the co-development phase of the Collaborative Process on the Second-Generation Cut-Off and Section 10 Voting Thresholds.

We are now hosting a series of virtual information sessions on information in the Rights-Holder Information Kit. While these sessions are not considered consultation, they provide an opportunity to review the information in the kit with our team and allow you to ask any questions you may have. If you would like to attend one of these sessions, please register at this link. Additional sessions will continue to be added based on need.

In addition to the Rights-Holder Information Sharing initiative, we are co-developing a consultation plan based on guidance from the Indigenous Advisory Process and any feedback we receive from Rights-Holders. Once these have been developed and there is indication from First Nations and impacted Indigenous people that they feel prepared for consultation, the formal consultation phase will begin. In the coming weeks, we will be issuing a call for proposals for First Nations and other Indigenous organizations to partner in consultation, including the development of solutions. If you would like more information on this call out, please let us know.

Should you have any questions, please do not hesitate to reach out.

Thank you,

Registration Reform

For more information contact Marjorie Robert by email at Marjorie.Robert@rrib.ca

Community Development Assistant

Description:

The Community Development Assistant, working under the Direction of the Community Development Officer and Chief and Council, will be trained to work in an office environment and work on specific projects pertaining to Community and Economic Development for the Red Rock Indian Band. The Community Development Assistant is responsible for assisting with research, preparation, submitting, and management of grant proposals/reports. This position requires strong writing, data analysis, program budgeting, project management skills, with an emphasis on clear writing and outcome measurement.

Competencies:

Adaptability - Adapts and responds to changing conditions, priorities, technologies, and requirements.

Communication - Expresses and transmits information with consistency and clarity.

<u>Cultural Sensitivity</u> - Promotes an inclusive environment exemplified by understanding Anishinabek groups.

<u>Negotiation</u> - Gains support of ideas, proposals, and solutions from others; reaches deals and compromises on what will work best for the organization; considers other opinions while holding strong to firm directions and goals.

<u>Organization</u> - Able to create or maintain multiple different types of programming to ensure all age groups within the community are represented.

<u>Problem Solving</u> - Able to break down a situation into smaller pieces to identify key issues and figure out cause and effect relationships to solve. Use logic and analytical methods to come to a realistic solution.

<u>Professionalism</u> - Demonstrates professional standards of conduct when governing interactions between individuals in a business environment.

<u>Resourceful</u> - Responds to difficult situations or workplace requirements by using the available tools and information to support decisions and solutions.

<u>Results Orientation</u> - Able to focus on desired outcomes, and the means by which they are achieved by meeting and or exceeding standards based on past performance, goals, and objectives, as well as the performance and/or achievements of others.

<u>Teamwork</u> - Works cooperatively and effectively with others to reach a common goal. Participates actively in group activities fostering a team environment.

Job Duties:

• Assist with proposal development and submission—preparing and organizing materials for proposals, and submitting and monitoring applications—including:

- o drafting proposals, application narratives, budgets and collaborate to finalize with development, program, and finance staff as well as Chief and Council.
- o submitting grant applications.
- Meeting with funders and individual department staff to explore funding opportunities and ensure projects are meeting key milestones as outlined in funding applications.
- Maintain grant compliance and reporting, including outcome measurement and grant budgets including:
 - o monitoring and maintaining funder reporting schedules and requirements.
- Assist in drafting progress reports and targeted program updates to funders that fully capture programmatic success.
- Assembling all necessary supporting materials and documents including budget reports, outcome measurements, success stories, etc.

Job Requirements:

- Post-Secondary education in Economic Development, Business, or related field/experience.
- Excellent written and verbal communication skills.
- Ability to work individually as well as part of a team.
- Demonstrated time management skills.
- Proficiency in Microsoft Office (specifically Word, Excel, and PowerPoint)
- High flexibility with strong interpersonal skills that allow one to work effectively in a diverse environment.

Please submit your cover letter, resume, proof of educational qualifications and three current references by August 9th, at 12:00pm to the email or location below:

Email: jobs@rrib.ca

Office: Attn: Chief and Council Red Rock Indian Band

P.O. Box 1030

2 Gas Road., Lake Helen Reserve

Nipigon, ON P0T 2J0

RELIEF Front-Desk Receptionist (On-Call Basis)

RED ROCK

Reports To Chief & Council

Summary

The Relief Front-Desk Receptionist is responsible for many clerical office duties. These include but aren't limited to; coordinating and communicating office activities, greeting and screening visitors, answering and referring inbound telephone calls, and scheduling venue bookings (Resource Centre, Boardroom, etc.). The Relief Front-Desk Receptionist will also be responsible for administrating company correspondence.

Job Duties

- Respond to telephone, e-mail, and in-person inquiries from clients, business partners, and other parties.
- Refer all inquiries to the appropriate individuals, divisions, or departments across the
 organization.
- Take and record telephone, e-mail, or written message for staff members.
- Receive and distribute all forms of paper correspondence.
- As a front-line worker, present a positive and professional image of the organization to all visitors, suppliers, inquiries, and other interactions.
- Provide information to staff and/or clients about special activities.
- Ensure that the appropriate evacuation procedures are done in an emergency.
- Accept and monitor inbound shipments as necessary.

Requirements

- High school diploma or GED, or an acceptable combination of education and experience.
- · Can be available within 24 hours' notice.
- Strong knowledge of general office procedures.
- Able to write simple correspondence, including memos, letters, etc.
- Adjusts and is flexible to meet changing work needs and demands.
- Strong knowledge of Microsoft Office products, including Excel, Word, and PowerPoint.
- · Superior telephone manners and strong interpersonal skills.
- Strong customer service orientation.

Working Conditions

- Able to occasionally lift items as heavy as 50 lbs.
- Manual dexterity is required to use desktop computers and peripherals.
- MUST have an open availability.

Interested applications should apply as soon as possible.

Resumes may be submitted via email to jobs@rrib.ca

Or submitted in person at the Band Office: 2 Gas Rd, Lake Helen ON

ATTN: Chief & Council

RELIEF Band Office Custodian (On-Call Basis)



RED ROCK

Reports To

Asset Manager, Chief & Council

Summary

The On-Call/Relief Custodian will provide essential cleaning and maintenance services for the Band Office and other community buildings as needed. This role is perfect for individuals seeking flexible work schedules and the opportunity to contribute to the cleanliness and upkeep of our facilities.

Job Duties

- Perform general cleaning duties, including sweeping, mopping, dusting, and vacuuming.
- Clean and sanitize restrooms, replenishing supplies as needed.
- Empty trash and recycling bins and ensure proper disposal of waste.
- Maintain cleanliness of common areas, such as hallways, lobbies, and break rooms.
- · Respond to urgent cleaning needs and spills promptly.
- Assist with setup and breakdown of furniture and equipment for events.
- Report any maintenance issues or safety hazards to the appropriate personnel.
- Follow established cleaning procedures and safety guidelines.

Requirements

- Previous custodial or cleaning experience preferred.
- · Ability to work independently and efficiently.
- Strong attention to detail and a commitment to cleanliness.
- Excellent communication skills and a positive attitude.
- Physical ability to perform the duties of the job, including lifting, bending, and standing for extended periods.
- The candidate should possess a strong knowledge of WHMIS (Workplace Hazardous Materials Information System)
- · Availability to work flexible hours as needed.

Working Conditions

- Able to occasionally lift items as heavy as 50 lbs.
- MUST have an open availability.

Interested applications should apply as soon as possible.

Resumes may be submitted via email to jobs@rrib.ca

Or submitted in person at the Band Office: 2 Gas Rd, Lake Helen ON

ATTN: Chief & Council

August

2024

	25	18	11	4	Sunday
RC- Resource Center CL – Chalet Lodge TBD – To Be Determine	26 Land Claim Info 6pm CL	19 Book Club 6pm BO Full moon 7pm RC Authentic Connection	12 Dilico Walk-In 1pm THR	CIVIC HOLIDAY	Monday
THR – Telehealth Room BO – Band Office TB – Thunder Bay	RECYCLING DAY 27 Beach Day 1pm Cancer Dinner 5pm CL	20 Beach Day 1pm Waawaate Counselling Moon Time 6pm RC	RECYCLING DAY 13 Beach Day 1pm	б	Tuesday
	28 Tie Dye Day 1pm RC Cornhole 6pm CL Dilico Health Team	21 Chip Bingo 6pm RC Comhole 6pm CL	14 Cornhole 6pm CL LANGUAGE CAMP	7 Cornhole 6pm CL	Wednesday
	29 Land Claim Info (TB) Superior Bay	22 Community Kitchen 6pm RC Good Food Box	15 ECD 10am RC Dilico Health Team AT THE	œ	Thursday 1
	GARBAGE DAY 30	GARBAGE DAY 23	GARBAGE DAY 16 Back to School TBD	GARBAGE DAY 9	Friday GARBAGE DAY 2 Staff Meeting @RC
	31	24	17	10	Saturday 3