

LAKE HELEN NEWSLETTER

March 27, 2025



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

NEXT GENERAL BAND MEETING

****WEDNESDAY, April 2, 2025****

Resource Centre

7pm

MEMBERSHIP OFFICE HOURS

9am-4pm - Tuesday & Wednesday

Please make an appointment

Non-Members must call 24 hrs prior

Recycling Day

TUESDAY March 25th & April 8th, 2025

**Please have Recycle Bins ready for pick up at
5pm**

Garbage Day

****EVERY SATURDAY****

Please have your garbage out by 11am.

The Red Rock Indian Band promotes safe, inclusive, and drug free events for our members and our community.

This is a reminder that unless the event is properly licensed, the use of alcohol at RRIB events is prohibited

***Land Claims Disbursement
Beginning February 2025, Land Claim
Disbursements will be on **Thursdays** for those
Band Members who have not received their Land
Claim Funds.***

***Marjorie Robert
Membership Clerk/ Emergency Preparedness
Coordinator***

Annuity – Membership Update

**RRIB Members Banking information and Status Card
Images in preparation for Annuity Negotiation
Monies can be emailed to Annuities@rrib.ca or
information can be mailed to the band office
If you sent information prior, please resend to the
above email address**

****REMINDERS****

**NO PARKING ON THE ROADS IN THE COMMUNITY DURING THE
WINTER MONTHS FOR SNOW REMOVAL**

Miigwetch from the Maintenance Dept.

**Please make sure you are prepared for Spring and have your Sump
Pump is in working order**

- Housing Manager

Winners for the March Break

Chili contest – judges were 2 members of council

1st place – Vanessa Potan

2nd place – Patrick Belisle

3rd place – Inez Michelle

Bread contest

1st place – Inez Michelle

2nd place – Vanessa Potan

3rd place – Ebony & Hailey

Influenza Poster - judges were finance department

5 to 7 years

1st place – Isla Dubray

2nd place – Paris Metansinine-Hardy

8 to 10 years

1st place – Peyton Fischuk-Odawa

2nd place – Layla Harvey

3rd place – Matty Lesperance

**Draw winners for the 72 hr bag and first aid kits - drawn by Chief
Allan Odawa Jr.**

72 hr bag – Amber Tuck

First Aid kit – Josh Tuck

First Aid kit – Laura Robert



Annuity – Membership Update

March 4th, 2025

Good day, RRIB Membership,

In preparation for the Annuity negotiation monies, Red Rock Indian Band would like to begin collecting RRIB Members banking information. We have selected through a RFP the bank that will be handling the funds and have chosen BMO.

We ask that members 18yrs and older send your PRE-AUTHORIZATION FORM/DIRECT DEPOSIT FORM from your bank/credit union and a copy of your STATUS CARD to the designated email address annuities@rrib.ca OR by Mail to Annuities, Red Rock Indian Band Office, Nipigon, Ontario, P0T 2J0 Box 1030.

Please send the information by MARCH 31, 2025.

CHECK LIST

- RRIB Member MUST be sole owner or joint owner of the account.
- Pre-Authorization/Direct Deposit Form AND copy of Status Card must be EMAILED to annuities@rrib.ca or mailed to the mailing address above.
- If you require a NEW account, please contact BMO Virtual Branch-indigenous banking (attached flyer)
- **Must be a registered RRIB Member by the cut off date (date Chief and Council signed required documents) of FEBRUARY 18th, 2025.**

INTERNATIONAL MEMBERS

- It is recommended that you open a BMO account to receive funds OR provide following information for a WIRE payment:

- Beneficiary Name	Beneficiary Bank	Intermediary Bank
Address	Name	Name
City, Country	Address	Address
Account Number	City, Country	City, Country
	Bank ID (aba/swift)	Bank ID (aba/swift)
		Account Number

Again, this is in preparation, RRIB has NOT received any payments to date.

Miigwetch, Chief and Council of Red Rock Indian Band



General Band Meeting- April 2nd, 2025

1. Accept General Band Meeting Minutes from February 5, 2025
2. Portfolio Updates Chief & Council
3. Castle Nipigon Purchase Inventory \$1.2M
4. Castle participation Geraldton \$100,000?
5. Open Forum




The Age Well at Home Team

ELDERS DIABETES & FOOT HEALTH

DISCUSSION TOPICS

- ✓ Diabetes Health Teachings
- ✓ Foot Checks
- ✓ General Foot Care

REGISTER NOW

 807-346-0307

 elaine.legarde@aets.org

Date: April 3, 2025

Time: 11:00 AM – 3:00 PM

Location: Lake Helen Resource Centre

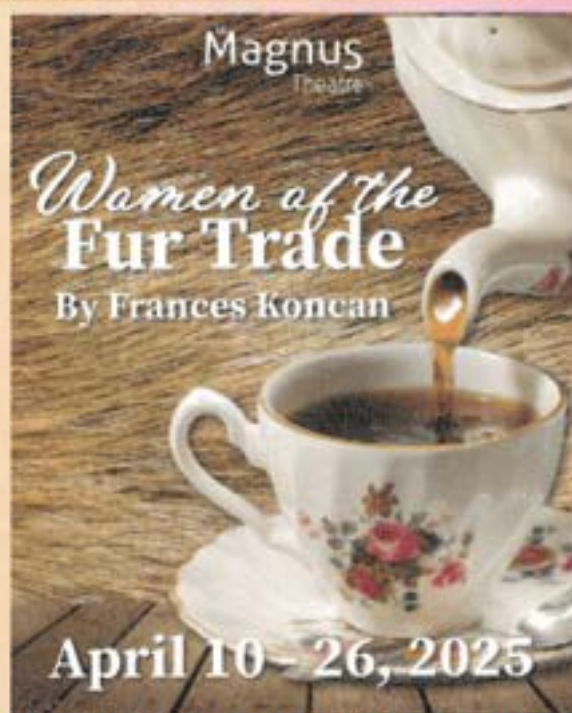


Presented by

Magnus Theatre Presents:

Women of the Fur Trade

April 18th @ 730pm



In eighteen hundred and something-something, somewhere upon the banks of a Reddish River in Treaty One Territory, three very different women with a preference for twenty-first century slang sit in a fort sharing their views on life, love, and a hot nerd named Louis Riel.

This lively historical satire of survival and cultural inheritance shifts perspectives from the male gaze onto women's power in the past and present through the lens of the rapidly changing world of the Canadian fur trade.

If you are interested in attending please contact Kristina Netemegesic, no later than April 4th. Limited number of tickets available.

Phone: (807)-887-2510 ext. 231

Email: cww@rrib.ca

Afterschool Programming – Week at a Glance

March 24-28

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Meal Prep Monday with Service Providers	Learning Centers	Land Based Learning Day	Cultural Programming Day	No Programming
Pick up Resource Centre	Pick up at Resource Center	Pick up at Education Center	Pick up at Resource Center	
ECD Playgroup- Week at a Glance				
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Center Open 9 a.m-3 p.m. Closed 12-1 for lunch No programming but parents are welcome to come enjoy the space. and have a cup of coffee ☺	ECD Programming 10 am-12 p.m. -Center Play Healthy Snack and Lunch Served	Intro to Baby Beginnings Come meet our Family Preservation Worker while your little ones engage in programming. Lunch Served	ECD Playgroup 1 p.m.-3 p.m. Healthy Snack and Lunch Served	No Programming



Mental health coordinator will be out of the office from March 24th-28th.

Return Mon, March 31st.

Cancellation Notice

Men's Night that was scheduled for Monday, March 24th will be rescheduled in April.

Sorry for the inconvenience. Thank you for your understanding.

Authentic Connection Psychotherapy & Reiki

Josee will be available for in-person appointments on:

Thurs, April 3rd

! Three spots for FREE Reiki appointments !

First come first serve

Covered by the mental health & wellness program

**To book a psychotherapy or reiki appointment connect
with Josee Wright, RPN Psychotherapist:**

Email: josee.wrightnpc@gmail.com

Phone: 807-630-4440

Online:

<http://joseewrightnursingprofessionalcorp.janeapp.com/>

Appointments can be virtual or telephone as well. Need assistance, please contact candace.tuck@rrib.ca, call 887-2510 or text/call 807-708-2187. Psychotherapy appointments are covered by NIHB.

Help Us Piece Together the History of the Red Rock Indian Band!


Do you have knowledge of the schools, St. Sylvester's Church, the cemetery, where people settled?
Do you have old photos, stories, or information to share?

Your knowledge and memories are invaluable in preserving our community's history!

 **Join Us:** March 28th

 **Where:** Nipigon Legion



 **Time:** 4:00 PM – 7:00 PM

 **Appreciation Gifts** for sharing your knowledge, experiences, and photos

 **Light Luncheon & Refreshments** provided

 **Amazing Attendance Draws** for participants

Come be a part of this important community project.
Let's honor and preserve our history together!

We look forward to seeing you there!  



Attention Regalia Makers

The Prevention Service Department is seeking
RRIB & Lake Helen Community Members who
specialize in making Youth Regalia.

Passionate about preserving culture and
helping our youth? This is a great paid
opportunity to get involved.

If you're interested in being added to a list
for future outreach regarding youth regalia
needs, we want to hear from you!

To express your interest,
please contact:
Joni at 807-887-2510 ext. 235
Email: pafo@rrib.ca



COMMUNITY INFORMATION SESSION

MONDAY, MARCH 31ST

5PM RESOURCE CENTRE

HAVE SOME QUESTIONS OR CONCERNS WITH MONEY AND
WOULD LIKE MORE INFORMATION ON HOW TO MANAGE OR
PROTECT ONESELF? COME JOIN US ON MONDAY EVENING AND
LEARN MORE FROM THE FOLLOWING ORGANIZATIONS:



RRIB

Information on money and
mental health, resources and
services

NDFHT RAAM CLINIC TEAM

Education on Rapid Access
to Addictions Medicine
services

OPP

Information on fraud
prevention, financial abuse
prevention and where to get
help

DILICO

Information on wellbeing and
problem gambling awareness

NORMAXX

Information on wills and
estates, investing for short
and/or long term goals,
financial planning and more

**SNACKS,
PRESENTATIONS,
DOOR PRIZE
OPEN TO ALL**



Gender Journeys

APRIL 5 - JUNE 14, 2025

BROUGHT TO YOU BY ONWA'S GIA BRUNETTI-PROVENZANO
& THE YOUTH LIFE PROMOTION DEPARTMENT

The Gender Journey's program is program for Indigenous youth 16 years of age or older to discuss and learn about gender and sexual identify in a safe environment

This program is designed to support trans, non-binary, and questioning youth. The nine weekly sessions address topics of transitioning, sexual health, health care options, social justice, Two-Spirit people, and medicine.

12 Spots Available
For Indigenous Youth Ages 16+

11 AM - 4 PM

Register Now!

☎ (807) 623-3442 ext. 8032

✉ gbrunettiprovenzano@onwa.ca



Ontario Native Women's Association

Community Volunteer Income Tax Program (CVITP)- FREE Income Tax Preparation – Beginning February 25, 2025

The CVITP is a collaboration between community organizations and the Canada Revenue Agency (CRA).

Community organizations host FREE tax preparation clinics and arrange for volunteers to prepare returns for individuals with a modest income and a simple tax situation. The CRA provides coordinators to guide the organizations as they deliver the program and offers training and tax software for the volunteers.

The CVITP helps people meet their tax obligations and receive any benefits to which they are entitled. Benefits are calculated based on the information a taxpayer provides on their return. Even if the taxpayer has no income to report, they should file a return to continue receiving payments, such as;

- GST/HST credit
- Guaranteed income supplement (GIS)
- Canada Worker's Benefit (CWB) this replaces the Working income tax benefit (WITB)
- Canada child tax benefit (CCTB) (if the taxpayer has a spouse or common-law partner, they also must file a return every year)
- Provincial or territorial credits and benefits

The CVITP volunteers **cannot** prepare returns for individuals who:

- have self-employment income
- have business or rental income and expenses
- have capital gains or losses
- have employment expenses
- file for bankruptcy
- are deceased in the year

The Free CVITP clinic hours are:

Please email Marjorie.Robert@rrib.ca or call 807-887-2510 ext. 234 for drop off and pick up.

The clinic is open to Red Rock Indian Band members and Lake Helen community members.



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February 24, 2025

From the Housing Department

We are needing the community to help with our Housing Data base collection.

I am needing occupants of all the homes located on Lake Helen Reserve to take a picture of your electrical panel; we are trying to see how many homes need upgrades from a 100-amp panel to 200-amp panels.

This will help with submitting for funding, if we have the exact numbers.

These upgrades will only happen when the office receives funding for the electrical upgrades, this will help with future electrical furnace upgrades to those homes with fuel oil furnaces.

To ensure that this is done correctly, I will need a picture of the main breaker on your electrical panel, or the sticker on the panel box that states what amp service that you currently have. Please include your name, address and send your pictures to housing@rrib.ca

For those that already have 200-amp service, there is no need for any further upgrades, but tracking the homes will be beneficial for future projects.

I want to thank you for your help, and if you have any questions, please call me at the office.

Shannon Michelle-Ruth
Housing Manager
Office – 807-887-2510
Cell – 807-620-7845

housing@rrib.ca



ECD PLAYGROUPS

TUESDAYS @ 10AM-12PM

THURSDAYS @ 1PM -3PM

- SONGS
- STORIES
- CIRCLE TIME
- BUILDING
- CENTRES

32 Ball Park Dr



RRIB Prevention Services Presents...



Baby Boxes

for registered RRIB members who
are expecting a baby!
Baby Box includes essential items
needed in the baby's first 6
months of life



For more information or to register
for a Baby Box, please email or call
Family Preservation Worker,
Michelle Blair

fpw@rrib.ca
807-887-2510 ext. 273





**RED ROCK INDIAN BAND
JORDAN'S PRINCIPLE PROGRAM
February 27, 2025**

NOTICE for OFF-RESERVE EDUCATIONAL APPLICATIONS:

Your child's school may complete a Jordan's Principle Application on behalf of your child for various services such as Education Assistants, Speech Therapy, Behavioral Therapy, Assistive Technology, etc.

Due to confidentiality, Red Rock Indian Band is not typically notified of these applications.

We are suggesting parents stay involved in the application process as these applications are tied to you or your child's registration number. We can provide a support letter for these applications.

Contact jp@rrib.ca for information or questions.



Community Health Representative

Reports To

Band Administrator

Summary

The Community Health Representative for the Red Rock Indian Band is a full time permanent salaried position. Hours of work are 9 am to 4 pm Monday to Friday.

Under the direction of the Band Manager, the Community Health Representative (CHR) will provide support to individuals and families to improve their access to health services and to improve the quality of health care. The CHR will coordinate and deliver community-based health promotion and prevention programs to achieve health through wellness. The CHR will also coordinate health services such as homemakers, personal support workers and other health initiatives within the community.

Duties and Responsibilities:

The Community Health Representative will work collaboratively with other Red Rock Indian Band Departments in ensuring that all members' health needs are addressed. They will plan, coordinate and implement all the health promotion activities for the community.

They will also:

- Encourage and support community initiatives and activities to facilitate greater community education, responsibility and involvement in health promotions.
- Will be knowledgeable on health services and benefits provided by the Red Rock Indian Band and other health agencies such as Health Canada and the Ministry of Health (Ontario).
- Review applications for extended or specialized health services and make referrals when appropriate or directed.
- Support and advocate on behalf of members with external agencies and with local health providers.
- Oversee and assist in delivering the medical transportation program.

- Coordinates and delivers a wide range of community driven and culturally relevant health promotion and chronic disease prevention activities within the community and to members.

Requirements

- Bachelor's Degree or College Diploma in a health-related field is considered an asset.
- Experience in public health.
- Excellent computer skills.
- Excellent communication skills, both verbal and written.
- Assertive, comfortable communicating with various types of individuals.
- Knowledge of confidentiality and conflict of interest.
- Good interpersonal and customer service skills.
- Ability to follow through and complete overlapping projects.
- Good organizational, time management, and prioritizing skills.
- Strong problem identification and problem resolution skills.
- High level of critical and logical thinking, analysis, and/or reasoning to identify underlying principles, reasons, or facts.
- Ability to interpret and implement company policies and procedures.

Working Conditions

- Travel may be required
- Continuous learning
- Community and Committee engagement
- Lifting or moving up to 20 lbs may be required.

Interested applicants should submit their resume, cover letter, and qualifications no later than **April 11th, 2025, at 3:00PM**

Submissions will be accepted via email to kellyp@rrib.ca, or at

Red Rock Indian Band Office
2 Gas Road
PO Box 1030
Lake Helen 53A, Ontario
P0T 2J0

Thank you to all those who are interested – only candidates selected for an interview will be contacted.

RELIEF Front-Desk Receptionist (On-Call Basis)



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



**RED ROCK
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Bid Opportunity: Flyer Delivery Contract for Community Youth (12+)

The Red Rock Indian Band is now accepting bids from community youth (ages 12 and up) to take on the biweekly flyer delivery.

Contractor Responsibilities:

- Deliver flyers to every household on reserve and the three local businesses: **LHGV, Pelletier's Gas Bar, and the Double Eagle Gas Bar.**
- Flyers must be delivered **immediately upon receipt**. Flyers are typically ready for distribution by **3:00 p.m.** (Some flyers may contain details about same-day programming.)
 - Deliveries will take place **every other Friday**. Occasionally, an urgent flyer may need to be distributed at the request of Chief and Council.
- Flyers must be placed **securely** in resident's mailbox, inside the door, or in the door handle.
 - If unable to complete a scheduled delivery, the contractor must **notify the front desk receptionist** and is responsible for arranging an alternate delivery person.

Bid Submission Details:

Sealed bids will be accepted until **12:00 p.m. on Monday, March 31, 2025**. Submissions can be made in person to the Band Office receptionist or placed in the office mailbox.



JOB POSTING	
POSITION	Temporary Manager
DEPARTMENT	Lake Helen Gas & Variety
IMMEDIATE SUPERVISION	Asset Manager
DESIGNATION	Temporary Contract

Manager – Lake Helen Gas & Variety

Lake Helen Gas & Variety is a community-focused gas station serving customers 7 days a week. We are dedicated to providing excellent service, a welcoming atmosphere, and a reliable experience for all who visit.

PURPOSE:

*Lake Helen Gas & Variety is seeking a dedicated and motivated individual to fill the role of **Temporary Manager**. This position requires a balance of hands-on customer service and strong leadership to ensure the efficient daily operations of our gas station and convenience store. The ideal candidate will oversee shift employees, manage scheduling, handle product ordering, and uphold our commitment to excellent customer service and operational standards.*

DUTIES AND RESPONSIBILITIES:

Operations Management:

- Ensure smooth day-to-day operations of the gas station and store.
- Oversee fuel supply levels and coordinate with suppliers for restocking.
- Maintain store cleanliness, organization, and adherence to safety protocols.
- Ensure compliance with all industry regulations, including environmental and fuel-handling standards.

Staff Management:

- Supervise and schedule fuel attendants and cashiers.
- Train new employees and provide ongoing coaching to staff.
- Conduct performance reviews and handle disciplinary actions when necessary.
- Ensure staff adhere to company policies and provide excellent customer service.

Financial & Inventory Control:

- Monitor sales and fuel transactions, ensuring accuracy and efficiency.
- Oversee cash handling, deposits, and financial reporting.
- Manage store inventory, place orders, and track stock levels to prevent shortages.
- Identify opportunities to improve sales and reduce costs.

Customer Service & Community Relations:

- Ensure a positive customer experience by addressing concerns and resolving issues.
- Build strong relationships with community members and vendors.
- Promote store events, promotions, and initiatives to increase engagement.

Qualifications & Requirements:

- Previous experience in retail management, gas station operations, or a related field an asset.
- Strong leadership and communication skills.
- Ability to manage budgets, inventory, and financial transactions.
- Knowledge of health, safety, and environmental regulations.
- Problem-solving skills and the ability to work under pressure.
- Proficiency in using point-of-sale (POS) systems and basic computer applications.

Work Schedule & Compensation:

- Hours: 40 hours per week, Monday to Friday
- Weekend Availability: On-call for emergencies or Operational needs.
- Competitive salary based on experience.

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 to: assetmanager@rrib.ca by Friday, April 4, 2025, at 12pm. Only those selected for an interview will be contacted.

March

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 3pm After School RC	3 10am ECD Play Group EC 3pm After School RC 5:30pm LLTTF BR Zumba 6pm MPR	4 10:30am An 3pm After School RC 4pm Language BR	5 Authentic Connection THR 1pm ECD Play Group EC 3pm After School RC	6 Drop-In Counselling 1pm THR	7 GARBAGE DAY 8
9	10 Dilco Walk-In 1pm THR MARCH	11 RECYCLING DAY Family Health Team 5:30pm LLTTF BR BREAK	12 Family Health Team 4pm Language BR WINTER	13 Drop-In Counselling 1pm THR	14 ACTIVITIES	15 GARBAGE DAY 15 Full Moon 6pm RC
16	17 Regalia Making 9am RC 3pm After School RC	18 10am ECD Play Group EC 3pm After School RC 5pm Regalia Making RC 5:30pm LLTTF BR Zumba 6pm MPR	19 9am Elders Engagement RC 3pm After School RC 4pm Language BR	20 1pm ECD Play Group EC 3pm After School RC	21 GARBAGE DAY 22	
23	24 3pm After School RC 5:30pm Men's Night RC	25 RECYCLING DAY 10am ECD Play Group EC 3pm After School RC 5pm Cancer Dinner RC 5:30pm LLTTF BR Zumba 6pm MPR	26 Family Health Team 3pm After School RC 6pm Chip Bingo RC	27 Recovery Group 12pm RC 1pm ECD Play Group EC 3pm After School RC	28 GARBAGE DAY 29	
30	31 3pm After School RC Community Info 6pm RC		RC – Resource Centre BR – Boardroom THR – Tele Health Room	MPR – Multipurpose Room (Arena) EC – Education Centre (House)		