



LAKE HELEN NEWSLETTER

August 27th, 2026

NEXT GENERAL BAND MEETING

WEDNESDAY, September 2nd 2026

Resource Centre

7pm

Accept Agenda

Accept meeting minutes

C&C portfolio updates

Open Forum

MEMBERSHIP OFFICE HOURS

ON HOLIDAYS AUGUST 25th-28th BACK SEPT 1st

**9am-4pm – Tuesday, Wednesday & Thursday Please
make an appointment**

Non-Members must call 24 hrs prior

GARBAGE DAY CHANGED FROM 11AM TO

EVERY TUESDAY AT 10AM

NEXT RECYCLING DAY

September 10th 2026



Red Rock Indian Band: Strength Through Respect

**One community, one standard:
Safety, Respect, and Integrity for all.**

GROUNDING IN TRADITIONAL VALUES



We are guided by the Seven Grandfather Teachings: Wisdom, Love, Respect, Bravery, Honesty, Humility, and Truth.

APPLIES TO EVERYONE, EVERYWHERE



This Code applies to all members, staff, and leadership in all community interactions—both in person and online.

RESPECTFUL COMMUNICATION IS REQUIRED



- Listen with openness
- Avoid gossip, lateral violence, or social media harassment.

ZERO TOLERANCE FOR BULLYING



Harassment and intimidation will not be tolerated and may lead to corrective action.

REPORTING CONCERNS



Concerns can be reported to supervisors, managers, HR, or leadership.

Land Claim/Annuity Payment Disbursements
FOR THOSE TURNING 18 OR HAS NOT PICKED UP THEIR
PAYMENT YET

Land Claim Disbursements will be processed Thursday's

The payment will be processed **once all information is verified.**

For those members who have not sent in their forms for 2nd
payment we have some at the front desk for or request the forms
from Marjorie.robert@rrib.ca

Marjorie Robert
Membership Clerk

New Intake for Housing Application will begin APRIL 1st.

Applications for Rentals, Elders Complex and Standard
housing are available upon request.

Please Call the Housing Department at 807-887-2510 or
email housing@rrib.ca to request a copy.

Thank you

Septic Tank Pumping Sign-Up

For Members Living on Lake Helen Reserve

Limited spots available: September 4, 11, and 18, 2026

Lake Helen Reserve members are invited to sign up for septic tank pumping. If you are an elder living on reserve and your septic tank has not been pumped in the last two years, your name can be added to the pumping list.

Available slots: There are only 4 slots open on each scheduled date, more dates to follow.

- Friday, September 4, 2026
- Friday, September 11, 2026
- Friday, September 18, 2026

When signing up, please state which date you are requesting.

Payment notice: If you are not an elder, a payment of **\$300** must be paid before your scheduled pumping date.

Lids must be dug out and accessible before your scheduled pumping, and driveway is cleared for the pumper truck access to your backyard.

Sign up as soon as possible to reserve your spot.

Your Voice Matters

"Every vote is a voice, and every voice matters."

Thank you to everyone who came out and participated on Voting Day. Your voices, time, and support are truly appreciated.

With gratitude,

Rosie



**Red Rock Indian Band
Bi-election Results for Councillor and
Honorary Councillor**

August 22, 2026

in alphabetical order

Hardy, Rose - 9
Mannila, Sasha - 62
Thompson, Edward - 33
Thompson, Justin - 7
Wawia, Byron Jr. 3

Electoral Officer – Christina Murphy

Ballots made – 210
Ballots Cast - 114
Ballots spoiled - 2
Ballots unused - 94



Amazing Rubber **Ducky** Race

\$20.00
per duck

**DUCKS ON SALE NOW THROUGH
TO SEPTEMBER 7TH, 2026**

The Amazing Rubber Ducky Race will be on LIVE Friday September 11, 2026

AFTER SALES OF THE RUBBER DUCKS CLOSE, WE WILL THEN DO A NUMBER GENERATOR TO ASSIGN RANDOM NUMBERS TO EVERYONE THAT BOUGHT A DUCK AND WILL BE POSTED ON OUR RRIB SALMON DERBY DUCKY RACE FACEBOOK PAGE AND RRIB APP

Payment can be made in person here at the band office or by EFT, and credit card.

EFT payments can be sent to EFT@rib.ca with a message added to state RUBBER DUCK

In person payment and Credit Card payments can be made Monday-Friday between 9am - 4pm at the band office (closed from 12-1 for lunch)

Keep an eye on the facebook page and RRIB App for the RRIB AMAZING DUCKY RACE for updates

For more information please contact Jolene Coft 897-887-2510



**RED ROCK
INDIAN BAND**

Strong. Traditional. Empowering.

THUNDER BAY'S BATTLE FOR RECOVERY#3

Location - Superior Inn
Hotel and Conference Centre

9-5pm
Saturday Aug. 29th 2026

COST'S COVERED
A FREE COMMUNITY EVENT

www.empower2recover.com

HOST
EXECUTIVE DIRECTOR
JAY BARNARD



GORD SPRAGG



FAITH DREYER



ALLISON KEEASH



MELANIE BINGHAM



CHISSY
DREAVES



DAVE LALONDE



TYLER WADE



KICKING OFF
KYLE ARNOLD



KEYNOTE SPEAKER
BEAR



SHANNON
DePOURCO



TYLER BILSKI





THUNDER BAY'S BATTLE FOR RECOVERY #3

OPENING PRAYER/DRUMMING - AMANDA RUTH

OPENING REMARKS - BRIAN HAMILTON

KICKING US OFF - KYLE ARNOLD

HOST OF THE EVENT - JAY BARNARD

E2RF'S THEME SONG

INTRODUCTION TO THUNDER BAY'S BATTLE FOR RECOVERY #3

JAY BARNARD - EXECUTIVE DIRECTOR/FOUNDER
EMPOWER2RECOVER

KEEP BAND - DINO MILIOTIS/DARREN HOBBS VIDEO

GRC PROJECT (GLOBAL RECOVERY COMMUNITY) - JAY BARNARD

NATALIA - A.T.C.C.C.

FAITH DREVER

DAVE LALONDE

CELEBRATE RECOVERY IN THE HOUSE

LUNCH - 12:00 PM -1:00 PM

SHANNON DEPOURCQ

TYLER BILOSKI

CHRISSY GREAVES

GORD SPRAGG

RECOVERY IS THE NEW SUPERPOWER!

MELANIE BINGHAM

ALLISON KEEASH

TYLER WADE

MESSAGE FROM JAY'S MINI ME!

E2RF GIVE BACK - PACE THUNDER BAY - DEK FOUNDATION

KEYNOTE SPEAKERS - BEAR

CLOSING - JAY BARNARD

10:00 AM - 12:00 PM

1:00pm - 5:00pm

BROTHERHOOD



Inviting all men to join us in a culturally safe space to connect, share and grow together. Aiming to build stronger men, stronger families and stronger communities.



Thursday
Aug 27th
5:30pm
Resource Centre

Refreshments will be available

Any questions contact BW Mitch Gagne
807-629-3367 or e-mail MitchGagne@Dilico.com
or RRIB Michelle fpw@rrib.ca

HEALTH EDUCATION
LUNCH'N'LEARN WITH
YOUR COMMUNITY
HEALTH NURSE

RESOURCE CENTRE

NEW RESCHEDULED DATE:
TUESDAY, SEPTEMBER 01, 2026

12PM - 2PM

DOOR PRIZE

WORLD HEPATITIS DAY





AGADON'HE'

I AM FULL OF LIFE

MOVEMENT SERIES

Seated Movement for Gentle Mobility and Strengthening
Whether from your office, the comfort of your own home or in this virtual class, you can enjoy low-impact, beneficial exercise seated in a chair!

These sessions are super for those with mobility or balance concerns or those coping with a lower body challenge that makes standing exercises difficult.

- These sessions comprise a combination of chair yoga poses but the sessions will also incorporate other movements and muscle targeting.
- Bring light to moderate dumbbells (or unopened soup cans or water bottles) for these seated sessions.

DATES:

MONDAYS

September 14

WEDNESDAYS

September 22 and 16

FRIDAYS

September 4, 18 and 25

Time: 10:30 a.m. – 11:00 a.m. EST

Registration Link: <https://soad.wufoo.com/forms/q1o2pakk173vbc4/>

For more information contact CrystalBomber@rribc.life



*To Register Contact
Crystal Bomber through
email. FREE SESSIONS

* Open to ALL RRIB, Bond members & community members on Reserve.

* Open to ALL RRIB members living off Reserve

ATTENTION PLEASE



CHANGE OF DATE!!

The Homemaker Bingo has
been changed from Friday,
August 28, 2026 to
Wednesday

September 9, 2026 6:00 pm

Come out and Play!!

Extra prizes!!





RRIB Homemakers

INVITE YOU TO

Summer Bingo

WEDNESDAY SEPTEMBER 9, 2026

B	I	N	G	O
				
				
		FREE SPACE		
				
				

\$5.00 ENTRY FEE

6:00 PM
RESOURCE CENTER
EXTRA PRIZES!!

25 CENTS A CARD

WED, SEPTEMBER 9TH 11AM MEET AT THE RESOURCE CENTRE AFTER THE FASD BREAKFAST HIKE TO LOFTQUIST LAKE LOOKOUT FASD & 988 DAY

HIKING NEEDS A LOT OF PREPARATION, BOTH PHYSICALLY AND MENTALLY. BEFORE GOING ON A HIKE, YOU SHOULD BE AWARE OF THE FOLLOWING GROUND RULES

WEAR APPROPRIATE CLOTHING

Wear layered clothes, hiking shoes, and other items that you need depending on the season.

BE AWARE

Always be aware of your surroundings. Anything could happen in the wild.

DON'T OVERPACK

Don't let your stuff slow you down. Pack only what you need.

OPEN TO EVERYONE

YOUTH MUST BE WITH A GUARDIAN

MEET AT THE RESOURCE CENTRE AT 11AM FOR GROUP TO FILL OUT PARTICIPATION FORM, SAFETY & GROUP RULES, PACK A LIGHT LUNCH AND TRAVEL TOGETHER. SANDWICHES, SNACKS, WATER, TREK POLES, & TRANSPORTATION PROVIDED. YOU'RE WELCOME TO BRING YOUR OWN FOODS AND RIDE. WE'LL BE TAKING THE BEGINNER TO MODERATE TRAIL TO LOFTQUIST LAKE LOOKOUT WHICH IS NOT AS STEEP AS THE FULL LOOP. AROUND 1-2 HOURS BUT EXPECT TO BE OUT THERE FOR UP TO 3 HOURS. THIS TRAIL IS NOT SUITABLE FOR THOSE NEEDING MOBILITY ACCOMMODATIONS. ANY QUESTIONS, CONTACT CANDACE AT MWSM@MRRIB.CA OR TEXT 807-889-1212 OR CALL 807-887-2510 EXT 279



Loftquist Lake Lookout

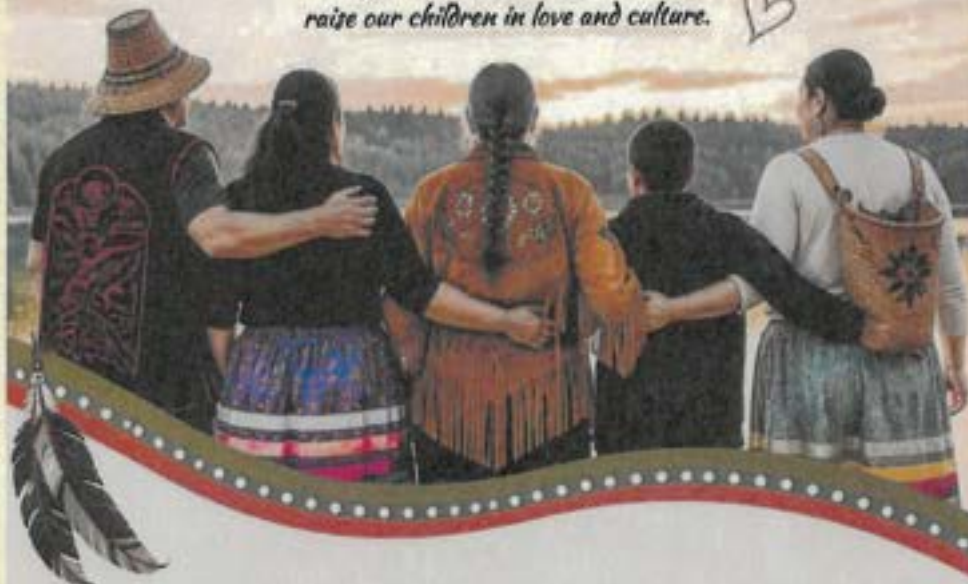
Distance: 5.5 km
Estimated Time: 1.5 hr return to trailhead
Elevation Gain: 84 m
Difficulty: Moderate
Description: Enjoy a beautiful view from high above Loftquist Lake toward Lake Superior.



IT TAKES A VILLAGE

PARENTING GROUP

*Together we support, guide, and
raise our children in love and culture.*



REGISTRATION REQUIRED - LIMITED SPACE - PARENTS OF
CHILDREN 0-12 - BI-WEEKLY - CERTIFICATE OF COMPLETION -
EXPECTED START DATE IN SEPTEMBER

Contact Michelle Blair

Family Preservation Worker

fpw@mrib.ca

807-887-2510 ext 235



A SAFE SPACE TO SHARE,
LEARN, AND GROW TOGETHER
AS PARENTS AND CAREGIVERS



Your Family. Your Wishes. Your Future.



Free Will & Estate Planning for RRIB Members

Planning today brings peace of mind for you and the people you love. Make your wishes known and protect what matters most.



A Will or Estate Plan Can Help You:



Protect Your Family — Ensure your loved ones are cared for and your wishes are honored.



Make Your Wishes Clear — Decide who will make decisions and manage your affairs.



Avoid Stress and Costs — Reduce confusion, delays, and unnecessary expenses.



Leave a Lasting Legacy — Support the people and causes that matter most.



**Free. Confidential.
For Community Members.**



*No cost. No obligation.
Just peace of mind.*



We Can Help You With:

- ✓ Wills
- ✓ Powers of Attorney
- ✓ Estate Settlement
- ✓ Estate Planning Basics
- ✓ And more



Space is limited — reserve your spot today!



Julie Nash will be at the RRIB Office on **Wednesday, September 9th, 2026**
for one on one appointments.

Contact us at julie@northstarlegacy.ca or 807-699-7729.

Creative Storytelling and Writing

This month's book club, we will be sharing our short stories we created inspired by the tales and legends from Norval Morrisseau's book *Legends of my People, the Great Ojibway*. I will provide some creative tips on writing a short story. You're welcome to join without writing your own story. Come for the snacks, to socialize, to listen, share a story, legend, myth, or tale that may have been passed down- It's up to you! Next month's book club novel will be *The Moth Dreamer* and hard copies will be available at this time.



All storytellers are welcome!

Creative storytelling uses imagination to shape narratives with a clear flow, helping audiences feel connected and engaged. It goes beyond simply sharing facts by creating an experience that draws people in.

Creative writing uses imagination to tell stories, express emotions, and explore ideas in meaningful ways. It can take many forms, including fiction, poetry, scripts, and creative nonfiction.



September Book Club



MON, SEP 14TH 3PM
TEACHING LODGE
OUTSIDE BAND OFFICE

This book is available on the internet archive. Please contact Candace for assistance.

Email: mwsmemb.ca

Text: 807-889-1212

Call: 887-2510 ext 279



Kinna-aweya Legal Clinic Annual Area Community Meeting

Friday, September 25, 2026

12:00 PM

Lake Helen Reserve
Resource Centre

- Find out about the legal clinic's services and activities.
- Meet our Board and Staff Members.
- Sign up as a member.
- Become a delegate for our AGM in Thunder Bay in October.



Please register
your attendance

via phone or email by
September 11, 2026 to
let us know if you are
planning to attend, and
advise of any dietary
restrictions.

Lunch & gift card provided to
those who attend meeting.

HOPE TO SEE YOU THERE!



pam.leblanc@kinna.clcj.ca



807-854-1278



RED ROCK

— INDIAN BAND —

ONTARIO WORKS DEPARTMENT

ARE YOU CARING FOR A CHILD

— UNDER A — KINSHIP OR TEMPORARY CARE AGREEMENT?

Monthly financial assistance available to eligible caregivers raising a child under the age of 18 within the Lake Helen community under a Kinship or Temporary Care agreement.



WE CAN HELP YOU:



Learn about monthly financial assistance and other supports that may be available to you.



Determine if you are eligible for monthly financial assistance.



Connect you with additional community resources and supports.



CONTACT YOUR ONTARIO WORKS ADMINISTRATOR



Joanna DeCicco
Ontario Works Administrator



807-887-2510 ext 280



joanna.decicco@rrib.ca



LOCATION:
Lake Helen
Serving members within the
Lake Helen community.



OFFICE HOURS:
9:00 a.m. – 12:00 p.m.
1:00 p.m. – 4:00 p.m.

Ganawend' Zoyang
(Taking care of our own)



RED ROCK INDIAN BAND **HOMEMAKER** ♥ Program ♥

*Helping Our Members Live Safely and
Independently in Their Homes*

DO YOU OR SOMEONE YOU KNOW
**NEED A HELPING HAND
AROUND THE HOME?**

Our Homemaker Program provides support with household tasks so you can focus on what matters most – your health, your family and your well-being.



SERVICES MAY INCLUDE:



Light
Housekeeping



Laundry and
Linen Care



Meal Planning
and Preparation



Grocery Shopping
and Errands



Garbage and
Recycling



Changing
Bed Linens

♥ *Small help can make a big difference.* ♥

YOU MAY BE ELIGIBLE IF YOU:

- ✓ Are a Red Rock Indian Band member
- ✓ Have difficulty completing household tasks due to illness, disability or age
- ✓ Want to remain safely in your own home
- ✓ Require some extra support to maintain a clean and healthy home



WE ARE HERE TO HELP!

If you think you could benefit from Homemaker Services or would like more information, please contact:



Ebony Blanchette
Social Services Programmer
(807) 887-2510 ext 272
ssprogramming@rrib.ca



GANAWEND'ZO'YANG
(Taking Care of Our Own)



**STRONG COMMUNITY.
STRONG FAMILIES.
STRONGER TOGETHER.**

Dilico Anishinabek Family Care is seeking indigenous youth



WE WANT YOU!



We are looking for any Youth Members that are interested in representing their communities by joining the Dilico Youth Council.

The youth council provides support, guidance and advice to the agency, ensuring their knowledge, experiences and values are incorporated into our day-to-day activities.

The expected criteria and requirements are as follows:

- to be between the ages of 13-25,
- reside on /in their community (reserve),
- bring back any teachings or learned ideologies to share with community,
- be available to attend and adhere to the required 3-4 meetings annually.
- be an active participant and diligent in their attendance of meetings
- respond to and maintain correspondence with Dilico representatives

Incentives

Accommodations, meals, travel and honorarium will be supplied by Dilico to your selected Youth whenever they are required to attend a council meeting.

This is a fantastic opportunity to gather with other youth from neighboring communities, meet & collaborate with Elders, participate in new exciting experiences and affect positive change.



If Interested please contact Babette Rose at babetterose@dilico.com



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

Lake Helen Reserve
P.O. Box 1030
Nipigon, Ontario P0T
Tel. (807) 887-2510
Fax (807) 887-3446

Request for Proposal

2026-HOUSING-01

Housing Department

Issue Date: **Friday August 14, 2026**

Closing Date and Time: **3:00 pm EST on Friday September 4, 2026**

Proposals received after the closing date may be rejected.

Proponents are requested to deliver and ensure that proposals are received,
and time/date stamped.

Mail: Red Rock Indian Band
PO Box 1030
Nipigon, Ontario
P0T 2J0
Attention: Shannon Michelle-Ruth

Electronic (Preferred): Electronic copies of the RFP may be submitted to:
housing@rrib.ca
The subject line must contain the following:
"Response to RFP 2026-Housing-01"

The Red Rock Indian Band is issuing a Request for Proposal (RFP) inviting companies and individuals to bid on the complete renovation of 21 Main St. Lake Helen Reserve and bring up to Ontario Building Code (OBC) 2026 standards.

All viewings must be schedule through the housing department – Please contact housing@rrib.ca or call 807-887-2510 to setup a viewing.



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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

Employment Opportunity

Governance Engagement Coordinator

Part-time Term contract | 12 to 18 months | Variable hours, estimated 8 to 25 hours per week |
Compensation commensurate with qualifications and experience

About the Opportunity

Red Rock Indian Band is preparing to carry out the First Nation Approval Process (FNAP), the community-led process that determines whether RRIB becomes a Party to the Anishinabek Nation Governance Agreement. RRIB is seeking a neutral, organized and community-minded Governance Engagement Coordinator to plan, coordinate and document the FNAP process on behalf of the Band.

This role brings together project coordination, community engagement, records management, plain-language communications and report writing. The Coordinator will work closely with the Senior Administrator, Chief and Council, a FNAP working group if established, B'Maakonigan staff, and legal, financial or technical advisors as required. This is a neutral role and does not advocate for a particular outcome.

What You Would Do

- Develop and maintain the FNAP timeline and work plan, adjusting for seasonal availability, community events and Council direction.
- Track milestones, deadlines and deliverables across all phases of the process.
- Coordinate communication among leadership, departments, staff and advisors, including serving as the main point of contact between RRIB and B'Maakonigan on FNAP matters.
- Prepare and carry out a community engagement plan that reaches members on and off reserve.
- Organize information sessions, workshops and open houses in person, virtually and in hybrid formats.
- Draft notices, presentations, plain-language explainers, mailouts and social media content.
- Identify and address barriers that could exclude eligible members, including distance, accessibility, language and access to technology.
- Maintain complete, secure and organized FNAP records, including decisions, resolutions, meeting minutes, engagement activities, attendance, questions, themes and follow-up items.
- Coordinate completion of legal, financial and governance capacity assessment tools and flag risks, gaps and unanswered questions.
- Support leadership in choosing the approval method and document eligibility criteria, approval thresholds, appeal grounds and appeal procedures.
-



- Prepare Form A, the First Nation Approval Process Description and supporting materials for IOC review, and coordinate revisions where requested.
- Coordinate logistics for the approval process, manage the appeal process in line with documented procedures, compile the FNAP Final Report and support a community validation session.
- Prepare briefing notes, updates, agendas, minutes and follow-up items for the Senior Administrator, Chief and Council and any FNAP working group or committee.

What We Are Looking For

- Post-secondary education in public administration, Indigenous governance, community development, communications, political science or a related field. Equivalent combinations of education, training and experience will be considered.
- Three or more years of experience coordinating projects, community engagement processes or governance initiatives.
- Experience working with or within a First Nation government or Indigenous organization.
- Strong plain-language writing and facilitation skills, including with groups holding differing views.
- Strong records management, organization, confidentiality and attention to detail.
- Ability to work independently, manage a variable schedule and meet deadlines with limited supervision.
- Comfortable working with Chief and Council, administration, advisors, Elders, youth, off-reserve members and community members.

Assets

- Familiarity with the Anishinabek Nation Governance Agreement and the First Nation Approval Process.
- Knowledge of Indigenous governance, self-government and jurisdictional matters.
- Experience supporting elections, referenda, ratification votes or community decision-making processes.
- Experience with virtual meeting platforms, survey tools and social media outreach.
- Ability to speak or understand Anishinaabemowin.
- Membership in, or an existing relationship with, Red Rock Indian Band.

Details

- Classification: part-time contract.
- Term: 12 to 18 months with option to extend if required.
- Hours of work: variable by phase of the process, estimated 8 to 25 hours per week.
- Reports to: Band Administrator.
- Location: Red Rock Indian Band, 2 Gas Road, Lake Helen Reserve. Some remote work may be arranged.



- Compensation will be commensurate with qualifications, experience and the approved terms of the contract.
- Valid Ontario driver's licence and reliable transportation are required.
- Willingness to travel to reach off-reserve members is required.
- Availability for evening and weekend sessions is required.
- A satisfactory criminal record check is required.
- The successful contractor must adhere to RRIB policies and procedures.

How to Apply

Please submit a cover letter and resume in confidence Attention: Annick Michalak, Band Administrator, Red Rock Indian Band, by email to jobs@rrib.ca or by mail to PO Box 1030, Nipigon, ON P0T 2J0.

Closing date: September 3, 2026 at 3:00 pm

We thank all applicants for their interest. Only those selected for an interview will be contacted. RRIB is committed to equity, diversity, and inclusion in the workplace. Preference will be given to qualified applicants of Red Rock Indian Band descent in accordance with section 24(1)(a) of the Ontario Human Rights Code.

August

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	GARBAGE 4	5 Walk-in Counselling 8:00-1:00pm Scribble Walk BO 6pm BAND MEETING RC 7pm	6 Beach Day 11am	7	8
9	10 Kids Poker Walk BO 6pm	11 GARBAGE 11 Teaching Lodge build BO 11am	12 Retinol Screening BO 10am Teaching Lodge build BO 11am Scribble Walk BO 6pm Community Dinner RC 5pm	13 RECYCLING 13 Men's Social RC 5:30pm	14	15
16	17	18 GARBAGE 18	19 Scribble Walk BO 6pm	20 Beach Day 11am Family Health Team BO	21	22
23	24 Poker Walk BO 6pm	25 GARBAGE 25 Lunch 1st Learn 12pm BO Elder's BBQ RC 5pm	26 Scribble Walk BO 6pm Chp Bingo RC 6pm	27 RECYCLING 27 Men's Social RC 5:30pm	28	29
30	31 Snack Bingo RC 1-3pm			THIR - Tele Health Room NA - Nipigon Arena NL - Nipigon Legion	BR - Boardroom RC - Resource Centre BO - Band Office	EC - Elder's Complex EH - Education House ASP - After School Program