



Pikwakanagan Tíbadjumowín

Friday May 15, 2020

view on-line at: www.algonquinsopikwakanagan.com

Facebook : Algonquins of Pikwakanagan First Nation

Sydney Joseph Amíkons

January 14, 1954 ~ May 13, 2020



Died suddenly at the Ottawa General Hospital, in his 63rd Year. Sydney was the son of Lennox & Mary Amíkons, Loving Father of Shannon, Nathaniel, Adrienne (Predeceased) and former Spouse to Roberta. Loving Grandfather to Shayla, Zoe-ee, Dlayla, Ave and Michael. Loving Brother to Shirley (Late Denty), Estelle, Edna (Late Joseph), Nancy, Francis (Ralph), Marion (Late Keith), Predeceased by his brothers Robert, Anthony. Loving Uncle, Great Uncle & Great Great Uncle to many Nieces & Nephews.

Sydney may be gone but he will never be forgotten, sadly missed by all who knew him.

Celebration of Sydney's Life to be held at a later date. May you rest in Peace

When I think about the most miraculous moments of my life and the most difficult, a NURSE was standing next to me. Often holding my hand.

THANK YOU.

L. Jones

"THE YEAR OF THE NURSE" **NATIONAL NURSES WEEK MAY 11-17, 2020**

Wishing all of our wonderful nurses a Happy Nurses Week! Thank you for your continuous hard work and dedication to the community of Pikwakanagan. We are deeply grateful for our nurses this week and every week.

Derek Frew, Nurse Practitioner
Deva Hatchou, Nurse Practitioner
Maureen Sarazin Tomasini, RN
Brittany Martin, RN
Peggy Dick, RN
Marlene Sackaney-Keeling, RN
Kim O'Brien, RN
Natalie Mooy, RN
Brenda Mullin, RPN
Dianne Siebarth, RPN
Tracy Madigan, RPN

VICTORIA DAY IS MONDAY MAY 18, 2020
HAVE A SAFE AND HAPPY HOLIDAY

A MESSAGE FROM CHIEF WENDY JOCKO

Dear members of The Algonquins of Pikwakanagan First Nation,

As the Province of Ontario opens select businesses with restrictions and plans for their first phase of reopening the economy, the First Nation remains as we were when the State of Emergency was called on March 31.

There are so many different ideas, plans and actions to consider in deciding how to deal with COVID-19 in all areas of the world. Much of the wisdom for survival in pandemic situations have been predetermined by our ancestors. It is vitally important that we all work together to chart a course of action that will honor ancestral wisdom and keep our economy healthy and therefore ourselves and the earth as well. The vulnerabilities, inequalities and injustices that challenged us before COVID-19 are now even more noticeable and there are important lessons to be learned here that will hopefully outlast the virus.

The next two weeks, after some restrictions are eased in other areas, will show us the path forward for Pikwakanagan. While we remain grateful and thankful that COVID-19 has not yet reached our community, death certainly has. In our small community, the passing of a relative is felt by everyone. We mourn the passing of Kathleen Commanda, Rita Cooke, Elizabeth Grootenboer, Mary Amikons, Sydney Amikons, and William Gordon Commanda.

While we mourn these losses, I once again ask that you consider the value of a life. It is my feeling that economics include the care and concern for our most vulnerable and especially in a small community, everyone's contribution to the economy is critical. The origin of the word economy is in the Greek word for manager of the home, oikonomos. Imagine our home without someone you hold dear. Economy is not money, it is our people and the land, our home; the health, safety, security and sustainability of which must be fiercely protected.

We will continue to watch and listen to the developments worldwide and the local wisdom to make the best decisions we can in Pikwakanagan.

Miigwetch,
Wendy Jocko, Chief

COVID-19 - PIKWAKANAGAN

State of Emergency: until May 31, 2020

Cases: 0 cases in Pikwakanagan, 18 cases in Renfrew County and over 5,000 Covid 19 related deaths in Canada

Opening Pikwakanagan Tentatively: Friday May 29, 2020

See plan on third page.

Survey: on opening Pikwakanagan available on our Facebook page and in this edition of the newsletter

Check Points and overnight Security Patrols: will remain in effect to prevent COVID-19 from entering the community, to protect members and to prohibit non-residents from entering the community. Expect to be greeted by security personnel (volunteers) and provide personal information such as name, vehicle information and reason for using road.

The Emergency Response Control Group (ERCG): makes recommendations to Council. The ERCG monitors and takes into consideration virus trends, knowledge that people without symptoms can spread the virus, that Pikwakanagan is a small geographic area with a large number of vulnerable individuals and provincial government recommendations and plans.

The Health and Safety of the community will remain our top priority. We do not want the virus getting into the community.

Pikwakanagan Control Centre: 613-625-2800 ext. 230

Crime Stoppers: report any type of illegal activity to 1-800-222-TIPS (8477) or 613-735-8477. Police need our support and help to investigate and stop criminal activity that puts our community at risk.

THANK YOU FOR MAKING CLOTH MASKS

AoPFN Economic Development Department would like to thank the people behind the mask-making project for the community and its members. Thank you to our volunteers: Madeline Granzie, Donna McKnight and Laurie Bennett and to our AOPFN employees who have contributed to making *and delivering masks*.

If we missed your household in delivering masks, please contact: Chris Lightbody at 613-625-2800 #236.



COVID-19 PLAN TO RE-OPEN PIKWAKANAGAN

PHASE 1

- Ontario's State of Emergency has been extended to June 2, 2020; their plan for opening is a careful, cautious three phased approach and based on specific guidelines and restrictions
- Pikwakanagan continues to be under a State of Emergency by the authority of Council
- Council and its Emergency Response Control Group continue to monitor and rely on the resources available from the World Health Organization, Federal, Provincial and First Nation Governments
- Pikwakanagan will implement a phased in approach to ensure the Health and Safety of the community and it's most vulnerable residents
- The phased in approach will include placing the onus on establishments to comply with Pikwakanagan's restrictions and guidelines
- Failure to comply and/or in the event of an outbreak, Council will exercise its authority in conjunction with the Emergency Management and Civil Protections Act which may include further closures
- All establishments with some exceptions have been approved to re-open tentatively on **Friday May 29, 2020** under the following restrictions & requirements:

RESTRICTIONS:

- Only operate from Monday to Saturday 9:00 am to 6:00 pm
- CLOSED on Sundays
- No bathrooms accessible to public/customers

REQUIREMENTS:

- Supply Personal Protective Equipment to employees i.e. masks, face shields, hand sanitizer, gloves
- Sanitize and disinfect commonly touched surfaces, equipment, tools, supplies i.e. debit/credit machines must be sanitized after each use
- Discourage cash transactions
- Encourage customers to wear masks
- Implement Employee Safety Measures
 - * Install plexi-glass barrier(s)
 - * Screening employees before each shift; if an employee identifies as feeling unwell they are to be sent home immediately and their work area cleaned before business operations continue
 - * Physical distancing 2 meters/6 feet to be maintained (if physical distancing is not possible, employees must be provided with appropriate personal protective equipment i.e. masks, face shields, hand sanitizer, gloves)
 - * Regular employee training on sanitization methods and frequency, use of PPE, Covid-19 symptoms and spread
- Post signs notifying public of the safety protocols and procedures in place
- Communicate the above restrictions to customers to avoid traffic during off times and days
- A resident who does not have access to a vehicle will be permitted to "walk-up" to a window
- Offer curbside pick-up or drive thru services; all customers should remain in vehicles

EXCEPTIONS:

- A maximum of 5 people in a building at any given time. If a 2 meter (6 feet) distance cannot be maintained due to square footage then the amount of people must be reduced
- Campsite will require individual opening plan
- Church, Religious, and/or Ceremonial gatherings will require an individual opening plan
- Makwa Bingo Hall will require a individual opening plan

ESTABLISHMENTS TO SUBMIT A SAFETY PLAN FOR RE-OPENING BY: MAY 21, 2020 12:00 noon

E-mail: covid19@pikwakanagan.ca or drop off to the Administration Office between Monday-Friday.



Algonquins of Pikwakanagan First Nation

Please return paper copies of this survey to the Administration office on Tuesday May 19th 2020 between 8:30-11:30am OR complete the survey using the following link: <https://www.surveymonkey.com/r/XDKTJDS>. There will be a drop-off box at Admin, please respect physical distancing while dropping off your survey.

Council is looking for feedback from the community regarding the Covid-19 State of Emergency and business closures. Please take a few minutes to complete this survey. There is a section at the bottom that allows for additional comments. We want to encourage community members, employees and Pikwakanagan businesses to participate.

<p>1. What is your relationship with Pikwakanagan? (check all that apply)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Business Owner <input type="checkbox"/> Member- non-resident <input type="checkbox"/> Member-Resident <input type="checkbox"/> Resident-non-member <input type="checkbox"/> Business Employee <input type="checkbox"/> Prefer not to answer <input type="checkbox"/> I have no relationship to Pikwakanagan <input type="checkbox"/> Other (please specify) <p>2. How much do you support or oppose the business closure under the current State of Emergency in Pikwakanagan?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Strongly support <input type="checkbox"/> Somewhat support <input type="checkbox"/> Neither support nor oppose <input type="checkbox"/> Somewhat oppose <input type="checkbox"/> Strongly oppose <input type="checkbox"/> Other (please specify) <p>3. When do you feel businesses in Pikwakanagan should re-open?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Immediately <input type="checkbox"/> Before the end of May <input type="checkbox"/> Too soon to decide <input type="checkbox"/> When the virus is no longer a threat <input type="checkbox"/> Other (please specify) <p>4. Which of the following measures would you like to see in place to keep the community members, employees, and customers safe when Pikwakanagan re-opens? (check all that apply)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Employee Masks <input type="checkbox"/> Customer Masks <input type="checkbox"/> Curbside service Only <input type="checkbox"/> Limited Hours <input type="checkbox"/> Physical Distancing <input type="checkbox"/> Plexiglass shields at counters <input type="checkbox"/> Limit payment options to no cash <input type="checkbox"/> Limit number of days open <input type="checkbox"/> No Restrictions <input type="checkbox"/> Other (please specify) 	<p>5. Do you believe Pikwakanagans guidelines should mirror the ones being implemented by the province of Ontario?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other (please specify) <p>6. How concerned are you about the health and safety of your family or yourself in relation to the re-opening of Pikwakanagan businesses?</p> <ul style="list-style-type: none"> <input type="checkbox"/> A great deal <input type="checkbox"/> A lot <input type="checkbox"/> A moderate amount <input type="checkbox"/> A little <input type="checkbox"/> None at all <p>7. How concerned are you about the health and safety of business employees and customers in relation to the re-opening of Pikwakanagan businesses?</p> <ul style="list-style-type: none"> <input type="checkbox"/> A great deal <input type="checkbox"/> A lot <input type="checkbox"/> A moderate amount <input type="checkbox"/> A little <input type="checkbox"/> None at all <p>8. If Pikwakanagan experiences an outbreak of Covid-19, Do you agree that businesses should be closed until the outbreak is under control?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Strongly agree <input type="checkbox"/> Agree <input type="checkbox"/> Neither agree nor disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Strongly disagree <p>9. How would you rate your overall mental health during the Covid-19 State of Emergency?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Better <input type="checkbox"/> About the same <input type="checkbox"/> Worse <input type="checkbox"/> Other (please specify) <p>10. Please share any other comments you have below:</p> <hr/> <hr/>
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FOOD BANK & SHOPPING SERVICES

613-639-1633

Monday to Friday 8:30am—4:30 pm
(closed holidays)

Must provide name, telephone #, number of people in household, food requirements. Food shopping services require the use of your funds.

HBHC VOUCHERS

chn@pikwakanagan.ca

Food/ Essentials Vouchers are available to support a family with children ages 0-6 years or if you are pregnant.

Must provide: your our name, children's name and age, address and a contact number to the email above.

FINANCIAL ASSISTANCE

(low income/special needs)

On Reserve Members: 613-639-1633
Off Reserve Members: 613-625-2800 #241
Info on Provincial/Federal Programs: 613-625-2800 #241

Must provide status card, income, birth date & family members living in your household (spouse & children).

CANADA EMERGENCY STUDENT BENEFIT NOW AVAILABLE ON LINE

<https://www.canada.ca/en/revenue-agency/services/benefits/emergency-student-benefit.html>

EDUCATION SERVICES

Della Meness: 613-625-2800 # 239

PUBLIC WORKS

Selena Roesler: 613-717-2770

WASTE DISPOSAL SITE

Open Wednesdays: 12-6 pm & Sundays 9am-3:00 pm

CURBSIDE PICK-UP

Garbage: Wednesdays
Cardboard: Thursdays
Containers: Fridays

Must have items at curbside by 9 am

LEVEL 1 FIRE BAN IN EFFECT ONLY CLOSED FIRE PITS

[#pikfirerescue](https://twitter.com/pikfirerescue)

REPORT AN INCIDENT

Emergencies: call 911

Report a less serious incident: 1-888 310-1122 or
[opp.ca/reporting](https://www.opp.ca/reporting).

Report a non-essential business open:
1-888-310-1122 or Killaloe Detachment (613)
757-2600

To report non-compliance under Quarantine Act:
www.canada.ca/en/public-health.htm.

COVID-19 related scams available at:
[Canadian Anti-Fraud Centre](https://antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm) or
<https://antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm>;
1-888-495-8501 or (613) 757-2600

Detachment numbers and emails: www.opp.ca/opp.ca/detachments.

FINES

\$ 750.00: Fail to comply with an order made during a declared emergency

\$1,000.00: Obstruct any person with an order made during a declared emergency

\$1,000.00: Obstruct any person performing duty in accordance with an order made during an emergency.

LEGAL ADVICE

Criminal or Family Legal advice call: Duty Counsel at 613-735-3400 and leave a message.

CONWAY'S PHARMACY PIKWAKANAGAN, HEALTH CENTRE

613-625-9974

Services will remain **OPEN** and **DELIVERIES AVAILABLE Monday - Friday**

Hours of Operation May 18 –May 22

Monday CLOSED FOR VICTORIA DAY
Tuesday, Thursday, Friday:
9:00 am—4:00 pm closed 12:00-1:00
Wednesday 9:00 am—1:00 pm

If you have questions or concerns on how to pickup your prescriptions if the main door is locked, please call us prior to your arrival. Messages will be checked multiple times throughout the day.

SEXUAL ASSAULT AWARENESS MONTH

On behalf of the Mental Health Team, we would like to acknowledge May as Sexual Assault Awareness Month. Sexual assault does not discriminate – however, we do know that women, girls, and gender-diverse indigenous people are more likely to experience sexual violence in their lifetime. To the survivors, we see you, we believe you, and we're here for you. To those still experiencing sexual violence, please know that there is hope and support for you. The Family Violence Prevention resource list has many resources within the community as well as providing support in developing a safety plan, options for wellness checks, and referrals to access more services if needed.

MENTAL HEALTH/ADDICTIONS SERVICES

Qualia Counselling Services: 1-855-785-2273, or text 226-792-8433 or www.qualiacounselling.com

*Must have a valid status card number

Overdose Prevention Line: 1-888-853-8542

Online AA Support: www.247aonline.com.

Safe Injection Kits: available at our Health Centre or Renfrew County District Health Unit.

Connex-Addiction Treatment Support: connexontario.ca or call 1-866-531-2600.

FAMILY VIOLENCE PREVENTION PLAN COVID-19 AOPFN EMERGENCY RESPONSE

Plan Offers:

- Emergency shelter for those fleeing domestic violence
- Provide physical and psychological safety for our community members, women & children
- Advocacy & support
- Assistance with safety planning, health care, child welfare, mental health & substance use disorders, prevention, preparation & healing
- Provide necessities (food, shelter and clothing)
- We will help you formulate realistic plans and set attainable goals
- Transportation to your family, shelter or safe place is available.

When the home isn't safe...and you need a safe space.

- Call the Family Violence Prevention Team (613) 639-9189
- Culturally safe, professional & community oriented

AoPFN Service Providers

- Mental Health Counselling: Sandi Wright 613-639-9189
- Child Welfare/Counselling: Alexandra Bednash 613- 585-1275
- NNADAP Addictions Worker: Matt Hutten 613-639-9189
- Holistic Therapy: Mike Richard 613-559-0415
- Prevention Worker: Angie Seguin 613-639-4188

Are you experiencing verbal, sexual, or physical abuse at home? Shelter Crisis Lines Available 24 hours a day/7 day a week:

- Women's Sexual Assault Centre: 1 800-663-3060
- Bernadette McCann House (women & children) 613- 732-3131
- Victim Services of Renfrew County (Domestic Violence & Human Trafficking) 1 877-568-5730
- Kids Help Phone – 1 866-668-6868

Honouring Our Families. Is someone harming the physical, spiritual, emotional and mental aspects of a child?

To report a child or youth in need of protection, please contact Family & Children Services of Renfrew County (613) 735- 6866 or toll free 1-800-267-5878 24 hours a day, 7 days a week or Email: inquiries@fcsrenfrew.on.ca Killaloe OPP (613) 757-2600

Do you need a safe place?

- Call the Family Violence Prevention Team (613) 639 - 9189
- Our 'Team' will help assess, navigate & assist you and your loved ones to safety!



SEXUAL VIOLENCE & COVID-19

Sexual violence is still occurring during the COVID-19 pandemic. In fact, sexual violence is often made possible by situations of increased isolation and social marginalization. Here are some ways that the COVID-19 pandemic is impacting sexual violence:

Pandemic stressors such as unemployment, financial stress, or loss of coping strategies can increase attempts to "control" others through sexual violence



Increased opportunities for online grooming and cyber sexual violence may put individuals at risk during and after the pandemic

Sexual exploitation of an individual's financial strain may occur, such as demands for sex in lieu of rent or in exchange for food, other resources, or a safe place to stay

The complexity and overall needs of survivors of historical sexual violence may increase during this stressful time

Alcohol or drugs – which some people use to cope with the impacts of the pandemic – can be exploited by others to facilitate sexual assault

Increased risk of intimate partner violence during the pandemic is also connected to higher risk of sexual violence



Restrictions on visits and fewer staff in prisons or residential care settings – such as group homes or long-term care homes – can further enable opportunities for sexual violence in these spaces

Social/physical distancing measures may put individuals in isolation at home with others who may cause harm (e.g. sexually abusive intimate partners, caregivers), and away from bystanders who might otherwise intervene to stop sexual violence

These impacts may affect people differently due to their individual circumstances and the intersecting oppressions they face, such as colonialism, ableism, racism, cisnormativity, and classism. COVID-19 can also create barriers that will differentially affect survivors of sexual violence who are seeking support. Some of these barriers include:

Difficulty finding private and safe times to reach out for support while isolated with others



Reluctance to go to the hospital or access other services out of fear of exposure to COVID-19



Schedule changes to public transportation services limiting the ability to access supports

Pandemic-related concerns and needs that may result in minimization of sexual violence and its impacts

Shame and fear of repercussions for disclosing if the sexual violence occurred while disobeying social/physical distancing mandates

Separation from informal supports (e.g. religious community, co-workers) and coping strategies (e.g. coffee with friends, going to the gym)

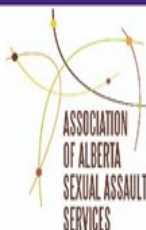
Supports for survivors of sexual violence are available, and sexual assault services continue to operate (e.g. by phone and online, through hospital services).

Help your local sexual assault centre and join us in increasing awareness about the impacts of sexual violence and COVID-19. Please share this resource.

The Learning Network at the Centre for Research & Education on Violence Against Women & Children produced this resource in collaboration with the following organizations:



Western
Centre for Research & Education on
Violence Against Women & Children
LEARNING NETWORK



Craft Bins

Prevention Services and the Mental Health Team are preparing craft boxes to be delivered to families of all ages twice a week!

Contact Sabrina (call or text) 613-732-0649 to register and have these bins dropped off!



Give us the child's name, address, how many children and the ages of your child/children!

Let's Talk About Masks!

- ✓ Non-medical masks may help protect others around you
- ✓ They offer protection, especially when physical distancing is hard to maintain
- ✓ Wearing a non-medical mask is NOT a replacement for physical distancing, hand washing, and monitoring your health
- ✓ Wearing a non-medical mask can increase your risk of infection if you touch your face more frequently



OttawaPublicHealth.ca/Coronavirus

Ottawa | Public Health
Santé publique

STATUS CARDS DURING COVID-19

In response to questions received from First Nations members, citizens, and stakeholders, Indigenous Services Canada is proactively sharing information to ensure that registered persons with a status card can access programs, services, rights and benefits during the COVID-19 Pandemic.

All ISC offices for Indian Status and Secure Status card applications are closed until further notice. Processing times, including return of original documents, are delayed.

In light of these circumstances, ISC is recommending to services providers that they should accept status cards or Temporary Confirmation of Registration Documents past the renewal date with a second piece of identification. ISC will be reaffirming to businesses and service providers that Indian status does not expire, and that the registration number provided on these documents remains the same and is what is required to confirm eligibility for programs and services.

It is recommended to share this notice with your members, so that they have a copy accessible to them to show services providers in the event that are difficulties.

For more information, please visit Coronavirus (COVID-19) and Indigenous communities or email the Public Enquiries Contact Centre.

RESIDENCY IN PIKWAKANAGAN

If you have someone residing with you that has not applied for Residency, please have them complete an Application to Reside immediately to ensure they would have access to their home, if Council determines there is a need to further limit entrance to the community.

Applications can be picked up at the Administration Office between the 2 doors on the bulletin board or by calling 613-625-2800 x 222 and leaving a message.

Applications for CPIC reports for non-members are available on the OPP web page. Proof that you applied for a CPIC will have to be provided.

ANIMAL CONTROL

June Logan: 613-625-2545 or (613) 602-3626

TRAFFIC MONITORS WANTED

Contact Jan Leroux at: 613-585-3213

5 1/2 hour shifts per day

Honorarium paid to Volunteers

PIKWAKANAGAN ANNUAL POW WOW CANCELLED

ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
Filiatrault, Marcus	Ignace	16 Dec 19	16 June 20
McCutcheon, Bertram	Jocko	16 Dec 19	16 June 20
Pilatzkie, Carla	Lavalley	09 Jan 20	09 July 20
Turcott, Kaitlyn	Ignace	09 Jan 20	09 July 20
Sovie, Daniel	Ignace	21 Feb 20	21 Aug 20
Griff, Melissa	Commandant	21 Feb 20	21 Aug 20
Sarazin, Phoenix	Sarazin	02 Mar 20	02 Sept 20
Glassford, Mark	Meness	12 Mar 20	12 Sept 20
Chadwick, Chantel	Lamure/Commanda	12 Mar 20	12 Sept 20
Lepine, Pamela	Sharbot	12 Mar 20	12 Mar 20
Hatfield, Susan	Lavalley	12 Mar 20	12 Sept 20
Chadwick, Benjamin	Lamure/Commanda	30 Mar 20	30 Sept 20
Chadwick, Jasmine	Lamure/Commanda	30 Mar 20	30 Sept 20
O'Shea, Carly	Partridge	30 Mar 20	30 Sept 20
O'Shea, Tyler	Partridge	22 April 20	22 Oct 20

If you wish to appeal the addition of one of the above persons becoming a Member of the Algonquins of Pikwakanagan First Nation, please refer to your Membership Code, available in the Lands, Estates & Membership Department or email at mgr.lem@pikwakanagan.ca

Deadline for Newsletter Submissions: Thursdays @ 12:00 noon

Contact: Kateri Amikons at: admin.reception@pikwakanagan.ca