



Pikwakanagan Tíbadjumowín

Friday November 23, 2018

Published by: Kateri Amikons (613) 625-2800 ext. #221

Email: admin.reception@pikwakanagan.ca

View the newsletter on-line: www.algonquinsopikwakanagan.com

Visit our Facebook Page!

THE GOOD BOX PROGRAM

Mental Health Services has served over 8 meals to families in need through the Good Food Box program in the month of November already.

We understand the direct connection between full tummies and thriving in school!

We are pleased to introduce a Breakfast Food Box starting in December!

Any questions contact

Sadie Wegner, CYW @ 613-625-2259 ext 226



EGANVILLE SANTA CLAUS PARADE

Looking for participants for the Eganville Santa Claus Parade, all ages welcome!!

Theme: Rocking around the Christmas Tree

When: December 9th, 2018

Parade starts at 1:00 pm

If you have any creative ideas and or Christmas costumes



Please contact Natasha @ 613-625-2682

Please register before December 7th @ 12:00 pm

FLU VACCINE CLINIC

Location: Health Center

When:

November 23rd 9:30-12:00 and 1:30-3:00 (Drop-In)

November 30th 9:30-12:00 and 1:30-3:00 (Drop-In)

Please Bring Yellow Immunization Record if you have one!

Brittany Martin, CHN

NOTICE

Hydro One will be applying Garlon RTU to suckering brush in the area.

This is to maintain the lines and should result in a more reliable service provided to customers.

This was previously done in 2017 in other areas within the community.

Did you know?

Frosty Edition

YOU GOT TO WORK TO KEEP YOUR TOES WARM?

LET'S STAY WARM THIS WINTER!

1. Make sure to get your furnace cleaned and serviced!
2. Ensure the weather stripping on your doors is in place. This makes sure the cold wind can't get in!
3. Buy yourself some cozy blankets... & Hibernate!



FOR SALE

2015 Husquarna 24" snow blower. 208 cc engine
\$750.00
Contact Craig Bernard at 613-602-5965



November is Prostate Cancer Awareness Month



Our fathers, brothers, husbands and friends face a health concern that isn't often talked about.

During "Movember" we are addressing a couple of the health issues faced by men today: **Prostate Cancer & Testicular Cancer.**

Utilize the cancer support services available to increase your level of understanding around prostate cancer screening, diagnosis, treatment options and potential side effects.

If you're **50**, you should be talking to your doctor about PSA testing. And if you have a brother or father with prostate cancer in their history, do it at **45**.

Talk to a prostate cancer specialist today at Prostate Cancer Canada 1-855-722-4636. Or make an appointment with your Family Health Team by contacting Tracy at 613-625-1175 to start the conversation of what is best for you.

Melissa Pessendawatch
Community Health Representative

HAPPY BIRTHDAY



Wishing a Happy 79th Birthday to

Lionel David Baptiste

on November 24th with love from all your family.

RECALL

Romaine Lettuce only, contaminated with E. coli

E. coli are bacteria that live naturally in the intestines of cattle, poultry and other animals. A common source of E. coli illness is raw fruits and vegetables that have come in contact with feces from infected animals. Leafy greens, such as lettuce, can become contaminated in the field by soil, water, animals or improperly composted manure. Lettuce can also be contaminated by bacteria during and after harvest from handling, storing and transporting the produce. Contamination in lettuce is also possible at the grocery store, in the refrigerator, or from counters and cutting boards through cross-contamination with harmful bacteria from raw meat, poultry or seafood.

Symptoms

People infected with E. coli can have a wide range of symptoms. Some do not get sick at all, though they can still spread the infection to others. Others may feel as though they have a bad case of upset stomach. In some cases, individuals become seriously ill and must be hospitalized.

The following symptoms can appear within one to ten days after contact with the bacteria:

- nausea
- vomiting
- headache
- mild fever
- severe stomach cramps
- watery or bloody diarrhea

Most symptoms end within five to ten days. There is no real treatment for E. coli infections, other than monitoring the illness, providing comfort, and preventing dehydration through proper hydration and nutrition. People who develop complications may need further treatment, like dialysis for kidney failure. You should contact your health care provider if symptoms persist.

Public Inquiries

Call toll-free: 1-866-225-0709

Email: info@hc-sc.gc.ca



ELVIS BY KIRK FRANCOIS

Kirk Francois has been performing as Elvis for many years now; he is a member of the Algonquins of Pikwakanagan First Nation. We invite you to join us for a night with Elvis here in our community!

Refreshments will be available throughout the evening!

Gather the gang for an evening of entertainment...

Where: Makwa Community Centre

When: Friday December 7th

Time: 7:00 P.M. to 9:00 P.M.

\$5.00 Admission or a toy donation for the community Christmas toy drive.

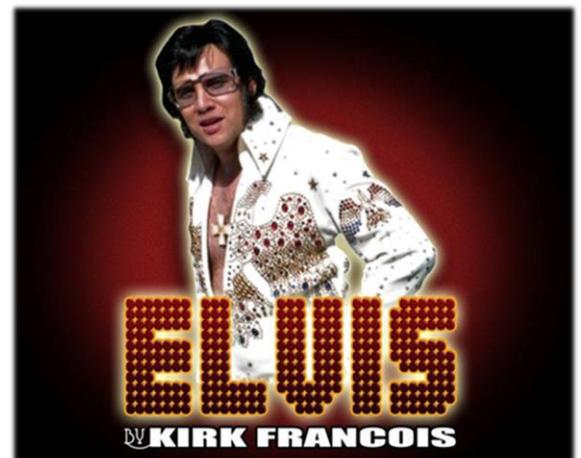
EVERYONE WELCOME

Makwa Centre

83 A Kagagimin Inamo

Pikwakanagan, ON

613-281-2682



Join us for a Merry Little Christmas Party!

Dear: Elders + Community Members 55+

You are cordially invited to the

Elders of Pikwakanagan

Annual Christmas Feast

Friday, December 7th, 2018

4PM-6PM

Makwa Centre

*Come enjoy a beautiful catered meal, alongside
friends, family, and entertainment by the one and
only Rodney McCann!*

Kindly RSVP to Michelle Hume at Health Services
to reserve your seating at 613-625-2259

Limited Seating Available

Admission tickets will be provided prior to the event and must be presented upon your
arrival to the Makwa Centre.

We hope to see you there!

Funded by the New Horizons for Seniors Program



JORDAN'S PRINCIPLE

INFO SESSION

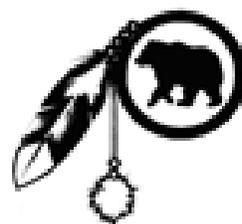
TUESDAY, NOVEMBER 27th

Putting First Nation Children First

"It is the belief that healthy and strong children are the foundation to healthy and strong communities."

Do you know a First Nation's child, aged 0-19 who has a disability or medical condition whose needs are not being met, either on or off reserve? Jordan's Principle may provide assistance with mental health, education, social supports, medical equipment, speech therapy and so much more.

Join us as we learn all about this beneficial program, how it may help assist our children to grow healthy & strong, and how to access and apply for these types of supports & services



**Makwa Community
Centre**

10:30 – 2:30

Lunch Included

**Christian Hebert,
Anishinabek Nation
Jordan's Principle
Navigator**

**Welcome
Community Members
& Workers**

Contact Sandi or Shama
at Mental Health Services
for more information
regarding this presentation
at:

625-2259
or

navigator.mhs@pikwakanagan.ca

5 Signs of an Emotionally Abusive Relationship

1. You walk on eggshells to avoid upsetting your partner.
2. Your feelings and opinions are rarely validated.
3. Your partner is mistrustful of you for no reason.
4. You feel like you are unable to discuss problems within the relationship.
5. You feel stuck or confused most of the time.

If you suspect your partner, family member or friend may be emotionally abusing you, contact a counselor, an advocate or an elder for assistance. You also can call the National Domestic Violence Hotline 1-800-799-SAFE(7233) or visit their website thehotline.org and chat online with someone right away.

OSHKI-AHI(FRESH START)

LOOKING FOR 6 FAMILIES!

A four week program that will offer new recipes, food to eat. And bring home activities for the family to enjoy together.

November 28th,

December 5th 5:00-7:00

Call Mental Health Services to RSVP or for any questions @ 613-625-2259

15 Ways To Beat the Fall/Winter Blues

1. **Go outside** – Spend at least a few minutes outdoors each day. Cold? Dress warm 😊
2. **Exercise** – Endorphins released are similar to anti-depressants.
3. **Create Rituals** – E.I. Date night with a loved one or friend, family game night, watching your favourite show.
4. **Practice Kindness and Generosity** – This has the potential to stop negative thought patterns
5. **Aromatherapy** – E.I. Essential Oils, growing indoor herbs, simmer herbs and spices.
6. **Physical Contact** – Touch is incredibly healing and crucial for healthy human development. Touch strengthens our bonds and creates feelings of well-being.
7. **Embrace Coziness** – Celebrate and cherish the things that Fall and Winter offer.
8. **Say No** - Take actions to **eliminate activities in your life** that create drama, busyness or added stress, even if those are “good” things. Remember, **every time you say “no” to one thing, you are saying “yes” to something else!**
9. **Supplements** - Talk with your health care provider if you suspect you are not getting adequate nutrition, as this can affect mental health enormously. **Nutritional deficiencies are common in winter.**
10. **Practice Meditation/Prayer** - Try focusing on a teaching, prayer or quote if you don't know where to start. Find a place where you can be still and feel at peace. The practice of meditation and prayer has a powerful effect on the mind. It's called practice for a reason – it requires time and commitment.
11. **Eat Well** - Try to eat foods that nourish and heal your body and mind is time well spent. Junk food will make us feel like junk. You are what you eat!
12. **Get Houseplants or Start Growing Plants** - Green is soothing and healing. Studies have shown that plants increase feelings of well-being and may even reduce stress. Placing a few house plants around the house can immediately lift your mood.
13. **Seek Beauty** - Actively search out things that are **beautiful or bring you joy**. Take the time to pause and enjoy those things. Be fully conscious of the moment. Do your best to make your surroundings soothing.
14. **Sleep** - The dark days of fall and winter are a good time to work on improving sleep habits. **Make rest a priority**, just as you would when fighting off any illness. While getting enough hours of sleep is important, it's even more vital to stick to a sleep routine – sleeping and rising at roughly the same time each day. Also, **avoid looking at screens** (phone, computer, tablets, etc.) for at least an hour before going to bed, as screens can have a negative impact on sleep.
15. **Sit with the pain**- Sometimes. It's best to simply embrace the pain. We all experience the “dark days” at one time or another. These are times that **encourage deep personal growth and reflection**. There are valuable lessons that are learned only in the darkness. When feeling hopeless, we can be assured that morning will come...and we will be a changed person because of our suffering.

EMPLOYMENT OPPORTUNITY

Position Title: Maintenance Worker

Salary Range: \$16.50 per hour

Department: Health Services

Closing Date: December 12, 2018

Open To: As per Policy 20.0

Tenure: One Year Sick Leave replacement with a possibility of permanency

Location: Assisted Care Living Facility/Tennisco Manor

Duties and Responsibilities:

- Assist clients with heavy housekeeping such as washing walls, painting, cleaning windows, ability to lift heavy objects, storage etc. Outdoor maintenance will include raking, shoveling, piling wood, annual maintenance, grass cutting, light brushing, snow removal from walkways, etc.
- Monitor client risks and safety during hydro outages, storms of other community issues
- Will assist to determine health and safety risks for clientele.
- Will determine tasks that require services for maintenance that is out of scope of work and assist clients to secure contracting resources if client requests.
- Will work as part of multidisciplinary team to support client needs.

Basic Requirements:

- Grade 10 education with one year experience in maintenance or janitorial work.
- Must be literate
- Physically fit and in good health as certified by a physician annually (proof must be provided as a condition of employment).
- Possess a valid class "G" driver's license and have access to a dependable vehicle.

Rated Requirements:

- Knowledge of in home and outdoor maintenance.
- Knowledge of safety procedures for indoor and outdoor home maintenance.
- Knowledge of Universal Health Precautions (an asset)
- Knowledge on resources for services and home maintenance.
- Ability to lift heavy objects over 35lbs.
- Ability to organize and safe storage.
- Ability to problem solve and deal with interruption in work, perform task completion and assist with client requests.
- Ability to schedule – numerous client tasks and annual maintenance.
- Ability to prepare reports and calendars.
- Ability to recognize safety and security needs.
- Ability to establish and maintain effective interpersonal relationships.
- Possess tact and good judgement; reliability, thoroughness.
- Possess a high degree of initiative and be able to function under minimal supervision.
- Ability to communicate in a pleasant, positive and effective manner with community members, the general public and outside agencies.
- Ability to maintain confidentiality.

Other:

- Ability to obtain WHMIS Certification (condition of employment)
- Ability to provide a clear Police Vulnerable Sector Check (condition of employment)

ELIGIBILITY LIST WILL BE ESTABLISHED: YES

Application Procedure: Interested persons must submit a resume and covering letter stating how the basic requirements are met and three previous employer/employment reference names. It is your responsibility to become familiar with the complete Job Description and Statement of Qualifications. Applications will be accepted in person or through the mail ONLY in a sealed envelope marked personal and confidential and addressed to the attention of the contact person. **NO APPLICATIONS WILL BE ACCEPTED BY FAX.** The Algonquins of Pikwàkanagàn has the right to short list for interview purposes to the five (5) most qualified persons. To obtain a job description and Statement of Qualifications please contact the name below.

SCREENING PROCEDURE: The Board will screen all applications as presented. Applicants will be screened on the following: **1) Conflict of Interest**-the applicant must not be a member of the Supervisor's immediate family; **2) Resume** – the Board will review the contents of the applicant's to ensure the applicant meets the Basic Requirements as identified on this poster; and **3) References** – the Board will conduct Reference Checks on applicants before an interview can be granted.

Contact Person: Peggy Dick – Senior/Client Services Supervisor, R.N.

Phone #: (613) 625-1230

Address: Algonquins of Pikwàkanagàn 1643 Mishomis Inamo, P.O. Box 86 Golden Lake, Ontario K0J 1X0

LEGAL INFORMATION CLINIC

LEGAL AID ONTARIO

THURSDAY'S

4:30 pm – 5:30 pm.

Administration Office

DATES:

Nov 8, Dec 6, 2018

MAKWA BINGO MONDAY NIGHTS!

Doors open at 5:00 pm - Warm-ups at 6:45 pm
Monday's Jackpot \$1,500.00 in 51 #'s
Progressive Balls and Nevada
613-625-2597
-SMOKING AND NON-SMOKING SECTION-



SKATING CLINIC'S 2018

Schedule

November 29, 2018 December 6, 13, 20, 2018

Children must be picked up @ 5:00, equipment may be available at the Makwa Center. Children must be dressed appropriately for the weather ie. hats, mitts, snow pants required. All children are required to wear a helmet on the ice, children playing hockey are required full body protection gear. Children's equipment may be dropped off at the Makwa Center on Thursdays before 2:00 p.m.

Questions? Natasha or Lance 613-625-2682

FAMILY WELL BEING PROGRAMS

Tiny Tots: Every second Thursday from 10:30-11:30
at the Family Well Being Office.
Ages 2-4 years old

Teen Facts (13-17) 3:00-4:30 PM

Tween Facts (11-12) 4:30-6:00 PM

If you have any questions, please call the Family Well Being Office at 613-625-2324.

AFTER SCHOOL PROGRAM

Registration is not limited to specific needs, anyone who wishes to focus on certain subjects please join us.

Call Venete to Register @ 613-625-2402 ext 244

PAINT WITH PAM

Date: Saturday December 1st

Location: Elder's Lodge

Time: 12:00 pm

Must Pre-Register- Limited Seating

\$10.00 Fee Must be pre-paid

Contact Tanisha at 613-625-1958



OPERATION SNOWSUIT IS OPEN

Please go to renfrewcountycpan.ca/operation-snowsuit to complete the application form.

Please click drop off location – Golden Lake

We will notify parents/guardians when your order is in.

Thanks, Education Services.

**PIKWAKANAGAN FAMILY HEALTH TEAM
(613) 625-1175**

Monday to Friday 8:30 am to 4:30 pm

Nurse Practitioners:

Derek Frew - Every day except Wednesdays
Devaloise Hatchou – *To be advised*

Dr. Coulas - Tuesdays

JUNIOR & KIDS FACTS

KIDS FACTS:

Mondays & Wednesdays 4:00-5:45PM

JUNIOR FACTS:

Tuesdays 4:00- 5:45

WALKING GROUP

Monday's and Wednesday's
Leaving from the Makwa Centre at
1:00pm to 2:00pm

Everyone's Welcome!

If you have any questions please contact:

Terryann Grosklag at
613-625-2682



WE MATTER

FEELING DOWN? FEELING HURT?

“WE MATTER CAMPAIGN”

Follow them on Facebook, Instagram and Twitter:

www.wemattercampaign.org

Mental Health Team

1643 Mishomis Inamo, Pikwakanagan, ON

613-625-2259

A FOOT IN TWO WORLDS

Mike Richard, Clinical Director,
Living Without Violence Inc.
provides services every
Friday from 10:00 am to 2:00 pm.

Family Well Being Office (613) 625-2324

ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line		Appeal Period Ends
Blenkinsop, Amanda	Ignace	02 May 18	02 Nov 18
Hutton, Neill	Meness	18 Jun 18	18 Dec 18
Monforton, Amanda	Bernard/Aird	19 Jul 18	19 Jan 19
Aho, Nathaniel	Sarazin	11 Sept 18	11 Mar 19
Leroux, Eric	Bernard/Partridge	10 Oct 18	10 Apr 19
Leroux, Owen	Bernard/ Partridge	15 Oct 18	15 Apr 19
Coulas, Michael	Lavalley/ Partridge	24 Oct 18	24 Apr 19

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

Date Posted: November 2, 2018

OMÀMIWININÌ PIMÀDJWOWIN

(Heritage Centre/Museum)

Open Monday to Friday

10am to 4pm

613-625-1958

ANISHINABE KITIZI PINASKAWIGWAMIG ELDERS LODGE

Rental of Elders' Lodge
Call *Sandy Nash*, President of Elders
Committee
(613) 717-2894.

Guy Borutskie
Sales and Service

GP Enterprises

gborutskie@gmail.com
613-633-8315

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Inamo, Unit #4

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www.trainingandlearningcentre.ca

This Employment Ontario service is funded in part by the
Government of Canada & the Government of Ontario
and through the Canada-Ontario Job Fund Agreement

WENDY'S HAIR SALON

613-628-6845

Next visit to Tennesco Manor is December 11/18

Please call or text to arrange an appointment. I look
forward to meeting you!

Home visits are available to clients with limited
mobility when I visit Pikwakanagan

- Wash, Cut &
Style
- Colours
- Perms
- Waxing
- Beard Trims



EVERYONE WELCOME

ETMANSKIE HEATING SERVICES 24 HOUR OIL & GAS SERVICES 613-756-2199



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Algonquins of Pikwakanagan First Nation
1657A Mishomis Inamo
Pikwakanagan, ON K0J 1X0

(613) 625-2800 Administration Office
(613) 625-2332 Fax Number

HOURS OF OPERATION

Monday - Friday
8:30 am to 4:30 pm

~ **CLOSED** ~

12:00-1:00 pm for LUNCH

****HOLIDAY CLOSURES****

New Year's Day, Family Day, Good Friday, Easter Monday, Victoria Day, National Aboriginal Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving, Remembrance Day & Christmas Day. Closed between Christmas & New Year's Day

LIBRARY HOURS

613-625-2800 ext. #244

Tuesdays & Wednesdays 1:00 pm—8:00 pm

Thursdays 2:00 pm—8:00 pm.

Check out the variety of Books,
Novels, Movies. Internet Access Available!



WASTE DISPOSAL SITE

~ **HOURS OF OPERATION** ~

Wednesdays: 12:00 noon to 6:00 p.m.

Sundays: 9:00 a.m. to 3:00 p.m.



Photocopies/Newsletter Ad Prices

Photocopies .25 / page

Faxes .50 / page

Newsletter Ads:

9 x 5 cm \$2.00 / week

9 x 7 cm \$3.00 / week

½ column/page \$5.00 / week

Full page \$10.00 / week

**ANIMAL CONTROL OFFICER
JUNE LOGAN**

(613) 625-2545 or

(613) 602-3626



*****DEADLINE FOR SUBMISSION IS THURSDAY'S at 12:00 NOON - NO EXCEPTIONS*****