



Pikwakanagan Tíbadjumowín

Friday November 30, 2018

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

Email: admin.reception@pikwakanagan.ca

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

Congratulations!

Bonnie Commanda
has accepted the position of
Post-Secondary Counsellor

HYDRO 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.

CHILDREN'S CHRISTMAS PARTY

December 19th 2018

Makwa Centre

Time: 6:00 pm to 8:00 pm

Activities and Santa Claus!



If your child(ren) does not reside in Pikwakanagan please bring a wrapped gift with your child's name on it.

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**



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.

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

FOR SALE

2015 Husquvarna 24" snow blower.

208 cc engine

\$750.00

Contact Craig Bernard at 613-602-5965



WANANOSHKA MASHKIKI

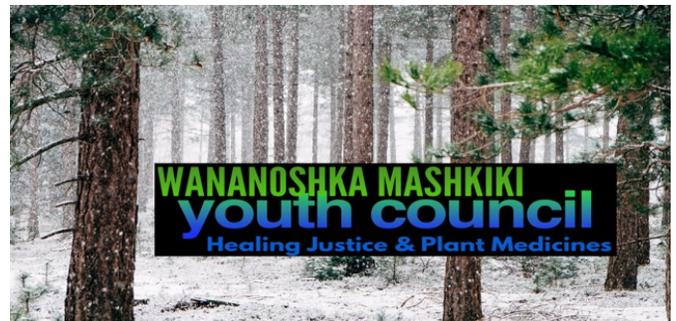
YOUTH COUNCIL

Are you interested in land-based teachings? Do you want to learn about plant medicines? Do you want to help with growing food and medicines?

Youth 12+ are invited to join a very special Youth Council.

Wànanoshkà means planting and Mashkiki means medicine in Anishnaabemowin. This healing justice project is dedicated to creating space for reclaiming the healing wisdom of Ancestral plant medicines by returning to balanced relationships with the land.

Not a youth but interested in sharing teachings and supporting the community in reclaiming plant medicines?



Visit the link:

(<http://www.chrystaldawne.com/wananoshka.html>)

[Wananoshka Mashkiki](#) to learn more.

Email Chrystal Dawne at:

seedkeeperwellness@gmail.com to sign up, or speak with Willy Dick at the Omàmiwininì Pimàdjwowin - The Algonquin Way Cultural Centre.

First Council Meeting date To Be Announced.



DECEMBER 13TH AT 5:30PM COOKING CLASS

Pumpkin Cheese Cake & Christmas Cookies

We will be hosting a community kitchen at the Family Well Being Office. This will be a great time to socialize, learn a new recipe and goodies for your family.

Please bring a rolling pin or something you can roll dough with and a small bowl

Ex. Bottle

Our cooking class will be held once a month.

There is no cost to participate

Must register by December 10th.

Please call to register as spaces are limited

Family Well Being

613-625-2324

Danielle or Jayden

CHILDREN'S ORAL HEALTH SCHEDULE

When:

December 17, 18, 19, 20, 21 2018



Where:

Health Centre

DID YOU KNOW?

Brushing alone isn't enough to clean all the surfaces of your teeth. Remember to clean in between, where the tooth brush cannot reach. Flossing cleans 35% of your tooth & tooth brushing the rest. Daily flossing & brushing keeps the cavities away

Peggy Kuehl, RDH



Merry Christmas!

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

COME JOIN US TO MAKE A BEAUTIFUL HEATING PAD FOR THOSE COLD WINTER NIGHTS



Makes a great Christmas Gift

ELDERS BUILDING

December 13th from 10:00 am to 1:00 pm

Contact: Family Well Being Office

613-625-2324

All Materials will be supplied

Must Register by December 10th



*Pikwakanagan's
Annual Christmas Feast
Monday December 10, 2018
Makwa Community Centre*

Time 5:00 pm

*Join me for a warm Christmas dinner
with all the fixings!*

*If you wish to volunteer in preparation
or on that day*

Please contact 613-625-2682

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

15 Ways To Beat the Fall/Winter Blues

Go outside – Spend at least a few minutes outdoors each day.
Cold? Dress warm ☐

Exercise – Endorphins released are similar to anti-depressants.

Create Rituals – E.I. Date night with a loved one or friend, family game night, watching your favourite show.

Practice Kindness and Generosity – This has the potential to stop negative thought patterns

Aromatherapy – E.I. Essential Oils, growing indoor herbs, simmer herbs and spices.

Physical Contact – Touch is incredibly healing and crucial for healthy human development. Touch strengthens our bonds and creates feelings of well-being.

Embrace Coziness – Celebrate and cherish the things that Fall and Winter offer.

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!**

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.**

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.

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!

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.

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.

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.

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.

5 Signs of an Emotionally Abusive Relationship

You walk on eggshells to avoid upsetting your partner.

Your feelings and opinions are rarely validated.

Your partner is mistrustful of you for no reason.

You feel like you are unable to discuss problems within the relationship.

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.

10 Ways to Stay Mindful Throughout your Day

Take a Breath – close your eyes while you breathe and follow each breath in and out of your body.

Learn to Focus – stop wearing that ‘multi-tasker’ badge of honour and let yourself focus on one task at a time.

Slow Down – there's no need to do everything on a high speed. It leads to high stress levels and more mistakes.

Let Go of Emotions – recognise the emotion, acknowledge it without engaging and watch it pass by.

Just Stop – sit for a moment and just be.

Connect with Nature – get outside and feel the sun on your skin or the wind in your hair.

Eat Well – give yourself some space around each meal to enjoy your food and rest.

Re-set Breaks – build a couple of re-set breaks into your day to check in with yourself and let go of any issue.

Release – listen out for the moments when judgement rears its head, acknowledge them and let them pass by.

Connect with Your Senses – Experience a moment through each primary sense; stop and focus on everything one sense at a time.

CALL TO TENDER

Tenders are being accepted to provide lunch and refreshments.

For Friday December 21, 2018 at 12 Noon.

Lunch for approximately 20 people to be served
Safe Food Handling Certificate an asset.

Caterer **MUST** provide the following:

Foods and Beverages

Moose roast

Wild Rice

Scone Dogs

Salad (for vegetarian)

Strawberry Juice and Water, to be served throughout the event

Cups, Plates, Cutlery and Napkins etc.

Total cost can be sent to:

Amanda Two-Axe Kohoko
1657A Mishomis Inamo
Pikwakanagan, ON K0J 1X0

(Please submit by: December 14, 2018 at noon)

Name: _____

Phone Number: _____

Total Cost: _____



CALL TO TENDER

CONWAY'S PHARMACY

Location: Minopimadazi Gamik (Health Services)
1643 Mishomis Inamo, Pikwakanagan

Purpose: To renovate two rooms within the Health Centre to accommodate and make ready the operation of a Remote Dispensing Location occupying approximately 247 sq. ft.

DESCRIPTION OF REQUIREMENTS FOR GENERAL CONTRACTING SERVICES

1. Removal of part of wall and create a smaller 4 ft X 5 ft sound proofed audio visual equipped consulting room within a larger 13 ft X 19 ft room.
2. Install and amend plumbing to accommodate a double sink
3. Provide a licensed Electrician to prepare required hookups for computer, printer, scanner, audio visual terminals, fax machine, phone, shredder, and refrigerator.
4. Install cupboards, shelving, and countertops as described and provide finished painted walls and ceiling surfaces.
5. Remove all debris from site.
6. Provide any required inspections to complete job.

For more information and to view site and plan, call Natalie Commanda 613-401-9411.

Submission to Include:

Cost _____

Availability Date _____

Confirmed Date to Completion _____

Name of Contractor _____

Signature _____

Insurance Broker and Policy _____

Work completed must meet First Nation Community Building Standards

Closing date is 12 noon December 8, 2018.

EMPLOYMENT OPPORTUNITY

Position Title: Maintenance Worker

Tenure: One Year Sick Leave Replacement possibility of permanency

Department: Health Services

Location: Assisted Care Living Facility/Tennisco Manor

Salary Range: \$16.50 per hour

Open To: As per Policy 20.0

Closing Date: December 12, 2018

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.

Conditions of Employment:

- WHMIS Certification
- Clear Police Vulnerable Sector Check

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.

ELIGIBILITY LIST WILL BE ESTABLISHED: YES

APPLICATION PROCEDURE: Interested persons must submit a resume demonstrating how the basic requirements are met and the names and day contact telephone numbers of your three (3) most recent direct supervisors. If direct supervisor references are not available, then references that know your work may be accepted. 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 FAXED OR ELECTRONIC APPLICATIONS WILL BE ACCEPTED. The Algonquins of Pikwakanagn First Nation has the right to short list for interview purposes to the five (5) most qualified persons. To obtain a job description, 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 resume to ensure the applicant meets the basic requirements as identified on this poster.

Contact Person: Peggy Dick – Senior/Client Services Supervisor, R.N. **Phone #:** (613) 625-1230

Address: Algonquins of Pikwakanagan First Nation, 1643 Mishomis Inamo, P.O. Box 86, Pikwakanagan, ON K0J 1X0

LEGAL INFORMATION CLINIC

LEGAL AID ONTARIO

THURSDAY'S

4:30 pm – 5:30 pm.

Administration Office

DATES:

Nov 8, Dec 6, 2018

~First come, First served~

For more information please contact;

MAKWA BINGO

MONDAY NIGHTS!

Doors open at 5:00 pm - Warm-ups at 6:45 pm

Monday's Jackpot \$1,500.00 in 52 #'s

Progressive Balls and Nevada

613-625-2597

-SMOKING AND NON-SMOKING SECTION-

B I N G O

RENFREW COUNTY LEGAL CLINIC

The Legal Clinic provides information and advice in the following areas:

- Ontario Disability Support Program
- Ontario Works
- Canada Pension Plan
- Landlord and Tenant Issues (we advise tenants only)
- WSIB
- Criminal Injuries Compensation Board applications
- Employment and Employment Insurance
- Human Rights

A Staff Lawyer from the Legal Clinic will be available during the Legal Information Clinic hours, starting

December 6th, 2018 4:30 to 5:30 pm

(or call us at 1-800-267-5871)

--We look forward to meeting you --

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

SKATING CLINIC'S 2018

Schedule

December 6, 13, 20, 2018

Children must be picked up @ 5:00, equipment may be available at the Makwa Center. 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

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

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.

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
Lavallee, Emery	Lavallee	28 Nov 18	28 May 19
Lavallee, Roman	Lavallee	28 Nov 18	28 May 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 28, 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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TRAINING AND LEARNING CENTRE



FREE lifelong learning for adults offered in Pikwakanagan
Classes offered *Tuesday's* & *Thursday's* at 473 Kokomis Inamo,
Unit #4

Basic Computer Skills

email and internet
word processing
excel

Upgrade Your Skills

reading
writing
math

..... and much more!

Call: 613-628-1720

www.trainingandlearningcentre.ca

This Employment Ontario service is funded in part by the Gov-
ernment of Canada & the Government of Ontario

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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YOUR FAMILY'S HEALTH &
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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 and

Closed between Christmas & New Year's Day— December 24, 2018—January 1, 2019

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

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Faxes .50 / page

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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*****