



# *Pikwakanagan Tíbadjumowín*

**Friday January 15, 2021**

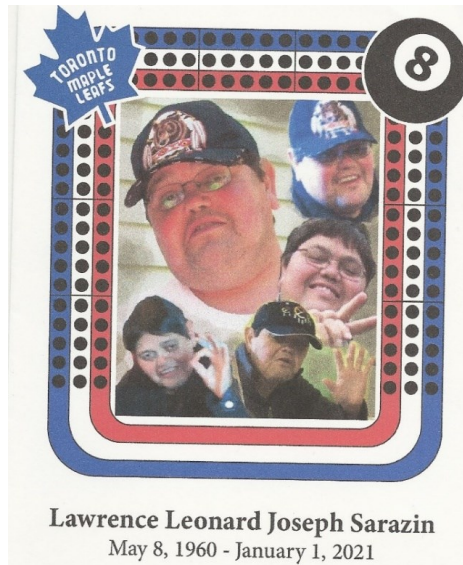
view on-line at: [www.algonquinsofpikwakanagan.com](http://www.algonquinsofpikwakanagan.com)

Facebook : Algonquins of Pikwakanagan First Nation

Email: [reception.admin@pikwakanagan.ca](mailto:reception.admin@pikwakanagan.ca)

These past couple of weeks have been sorrowful. We mourn the loss of our brother, Lawrence Sarazin, and our mother, Evelyn Sarazin.

Lawrence passed peacefully on January 1, 2021. Evelyn passed peacefully on January 7, 2021.



There was a Catholic service for both Lawrence and Evelyn on Jan. 12 at Zohrs Funeral Home which was live streamed on their Facebook page for those who wish to view the service.

***The Creator saw you both getting tired when a cure was not to be.***

***So he closed his arms around you and whispered "Come to me."***

***We will never forget the memories you each gave us.***

***One day we will see your beautiful faces again.***

Mom, you have always been there for each and everyone one of us... children, grandchildren, and great grandchildren.

Your kindness, love and support will be carried in our hearts forever. One day we will see your beautiful face again.

But for now, we shall love in your honour and rock this life we are given. Our fond memories of you include you step-dancing to Cotton Eye Joe, singing Hey Good Looking with us, and having your own unique way of telling people off..."go take a flying leap in a rolling donut".

Love you always, Mom!

Lawrence, keep your pool cue chalked and ready to sink the 8 ball. May you always have a winning hand and may you always be able to say "I am all in!"

Love you always, Lawrence!

***'Til we meet again!***

*Pikwakanagan Tíbadjumowín – January 15, 2021*

***Lawrence Leonard Joseph  
Sarazin***

***May 8, 1960– January 1, 2021***



It is with sadness that we announce the peaceful passing of Lawrence Leonard Joseph Sarazin at Tennisco Manor, at the young age of 60. Beloved son of Evelyn Sarazin (Commanda), late Leonard Sarazin and stepson to the late Kenneth Lavallee. Loving Brother of Mary Anne Kutschke (Philip), Elaine Whiteduck (Robert), Marlene Sackaney Keeling (Dan), Maureen Sarazin Tomasini (Francis), John Sarazin and Joanne Veenstra (Breeze). Lawrence was the cherished uncle of Selena, Sandra, Tamara, Dave, Jarael, Nathalie, Alyssa, Sarah, Kassy, Shawna, Lindsey, Kachina and Korey.

He was the great uncle of Alexis, Jamie, Meiyah, Logan, Levi, Wrangler, Hudson, Brady and Ava. Lawrence will be dearly missed by his aunts, uncles, cousins and good friends. Lawrence lived in Ottawa for over 30 years working as a government employee at Indian and Northern Affairs. He was an avid Toronto Maple Leafs fan, pool shark and a great poker / card player.

Due to Covid restrictions the family held private visitation at Zohr Family Funeral Home, Eganville which was followed by cremation and there will be a memorial mass held at a later date. Those desiring may make donations in memory of Lawrence to Tennisco Manor, Pikwakanagan online at [www.zohrfuneralhome.com](http://www.zohrfuneralhome.com)

***Evelyn Juliet Sarazin  
(Commanda)***

***September 2, 1937– January 7, 2021***



With sadness we announce the peaceful passing of Evelyn Juliet Sarazin, surrounded by family. Evelyn was in her 84th year. Beloved wife of the late Kenneth Lavallee and wife of late husband, Leonard Sarazin. Daughter of William and Mary Commanda, and Loving sister of (late) Elizabeth, Anthony (August), (late) Edward, Howard, Theresa, Irene and Randy. Loving mother of Mary Anne Kutschke (Philip), Elaine Whiteduck (Robert), late Lawrence Sarazin, Marlene Sackaney Keeling (Dan), Maureen Sarazin Tomasini (Francis), John Sarazin and JoAnne Veenstra (Breeze). Cherished grandmother of Selena, Sandra, Tamara, Dave, Jarael, Nathalie, Alyssa, Sarah, Kassy, Shawna, Lindsey, Kachina and Korey.

Loving great grandmother of Alexis, Meiyah, Jaime, Logan, Levi, Wrangler, Hudson, Brady and Ava.

Due to the current COVID-19 restrictions, a private family visitation will be held at Zohr Family Funeral Home, Eganville. Spring interment Pikwakanagan Chebewkagim. Tributes, stories and memories can be left online at [www.zohrfuneralhome.com](http://www.zohrfuneralhome.com)

## A MESSAGE FROM CHIEF WENDY JOCKO

### *Farewell to a wonderful friend! "Evelyn"*

As I sit and recall  
all my memories of you  
there are too many to mention  
So I'll just list a few

Always ready for adventure  
You were eager to go  
No matter the destination  
You never said "no"

So with suitcases ever ready  
Away we would go  
Another trip you would ask?  
Sure I'd reply, so don't be slow

The trips we took  
So much we have seen  
From Gananoque to Wawa  
And many places between

On our numerous travels  
There seemed always a disaster  
Which always resulted .....  
In Eon's of laughter

No matter how far away  
Your family came first  
Checking in with your loved ones  
Making sure all was okay.

You brought such joy  
Just being with you  
Your love of music  
As well as the dancing too.  
When it came to caring  
You were in the LEAD  
To reach out and touch anyone  
Who was in need

So now my Friend  
Like the words in the song

"IF I COULD TURN BACK TIME"  
You would not have had to sit so long

So loving and Jolly  
Always smiling and giving  
How I wish my dear "Friend"  
That you were still living

Your final Journey  
Has now come to pass  
But I'll always remember  
You and me, and how time is gone in a flash.

*Lovingly Remembered Venete*

Dear Members of Pikwakanagan First Nation,

As you may have seen in various news outlets and on social media, 100% of the \$2.8 million needed to secure life-saving treatment for Lil' Kev have been secured from Jordan's Principle. Please join me in expressing gratitude to the AOPFN team (Dale Booth, Kerry Andrews, Sarah Yankoo, Derek Frew, Jan Leroux, Della Meness, Kateri Amikons, Michelle Hume, Alanna Hein, Jim Meness) and everyone else involved in sharing Lil' Kev's story. It is nothing short of a miracle that these funds were raised almost immediately and all are to be commended for their contribution to making the impossible, possible.

Jordan's Principle is named in memory of Jordan River Anderson, a young boy from Norway House Cree Nation in Manitoba. This organization ensures First Nation children living in Canada can access the products, services, and supports they need, when they need them. The funding can help with a wide range of health, social and educational needs. Lil' Kev is not the first child from Pikwakanagan to receive vital support from Jordan's Principle. While these measures are only part of righting historical wrongs and ensuring First Nation children are no longer victimized and marginalized by Canada's systems, it is a significant step towards a brighter and healthier future for First Nation children and their families.

We will continue to update the membership on Lil' Kev's progress and share the story with media and social media partners. It is important that other First Nations are aware of Jordan's Principle and the process for accessing these supports. Pikwakanagan and Lil'Kev's family will also continue to support the effort to ensure that Zolgensma is funded through OHIP for other children in the future. The funds raised for Lil' Kev through Go Fund Me, will be donated to another child with SMA2.

Our ability to come together and rally all our networks and resources for Lil' Kev has been a light in the darkness of Covid19. Our community cohesion that was demonstrated in this effort will be felt and remembered as we face future challenges individually and as a community; know that you are never alone as a member of Pikwakanagan First Nation.

Wendy Jocko, Chief





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## *Algonquins of Pikwakanagan First Nation*

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The Ontario government has announced a State of Emergency for 28 days. The “Stay at Home” order is effective Thursday January 14<sup>th</sup> at 12:01 am and is likely to extend to February 9<sup>th</sup>, 2021

Under the stay-at-home order and State of Emergency, the following restrictions and guidelines will be in effect:

1. You are to remain at home at all times unless it's for an essential purpose. Essential outings have been classed under the following: groceries, pharmacy, accessing health care services, for exercise or for essential work.
2. Outdoor public gatherings and social gatherings of more than 5 people are prohibited. These gatherings should only include people from within your designated household.
3. All indoor gatherings, with the exception of your household are prohibited.
4. Masks are now mandatory in all indoor settings (with the exception of your household) and outdoor settings, if a distance of 6ft cannot be maintained.
5. Schools will remain closed and virtual learning will be ongoing until January 25<sup>th</sup>, 2021. Upon return to classes, students in grades 1-3 will now be required to wear masks during in-school learning.

Pikwakanagan has been able to maintain zero case of Covid 19 and this remains to be the priority of Pikwakanagan.

Pikwakanagan has maintained the State of Emergency that was declared in March 2020 and will be posting signage with in the community borders. Essential businesses will remain open at this time and will have restrictions. Any work site that is indoors requires that all staff wear masks at all times.

There will be more announcements next week by the Minister of Education and local school boards.

All Pikwakanagan businesses, community members, and households should take time to prepare for the 28-day lockdown. Essential community services will still be available during this time, such as primary care, mental health, homecare and the food bank.

1657A Mishòmis Inamo  
Pikwakanagan, ON K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332

- Gas stations, convenience stores will remain open. It is mandatory for all personnel to be wearing masks indoors at all times and a 2M distance maintained. If outdoors, masks are also now mandatory if a distance of 2M cannot be maintained.
- Traffic control is encouraged for gas stations to ensure that congestions of customers does not occur. Commonly touched surfaces are to be routinely disinfected after use, and proper hand hygiene maintained. Indoor spaces must limit capacity to 50% (and allow for physical distancing of 2M)
- Gas stations may remain open as per existing hours.
- All other businesses such as Smoke Shops, Cannabis Dispensaries, Restaurants (take-out) etc. can remain open and operate via curbside pick-up and delivery. The hours approved hours of operation are from 7AM-8PM. (Keeping in mind the legal ramifications of delivering cannabis and tobacco products off the First Nation). All personnel are to continue wearing masks inside businesses, a distance of 2M is maintained and commonly touched surfaces disinfected.
- Businesses are to be consistently screening personnel for covid-19 symptoms and anyone experiencing symptoms should not come into work or should be sent home immediately until a negative covid-19 test has been provided OR they have completed the 14-day self-isolation period.
- Personnel working in businesses in Pikwakanagan but residing off the First Nation should be under increased surveillance for covid-19 by business owners.
- All staff are to be wearing personal protective equipment during curbside pick-up and delivery to ensure the safety of staff and customers.
- Churches, religious ceremonies, and gatherings (mass, weddings, funerals) are prohibited indoors at this time. Outdoor gatherings are limited to 5 people and only with people from within your household. Masks, hand hygiene and physical distancing must be maintained outdoors.
- Visiting to the Tennisco Manor, home care services and transportation services will be restricted as per the Ontario Guidelines.
- AoPFN work from home will be extended to February 9<sup>th</sup>, 2021 (unless further restrictions are warranted).
- All social gatherings are prohibited, unless with individuals that live in your household. At this time your “social bubble” should only consist of those living within your household.
- Travel outside the home should only be for essential reasons (essential workers, groceries, pharmacy, access to health care, and outdoor exercise).

If you require further information or guidance on covid-19 testing, precautions, protocol and restrictions we encourage you to contact the pandemic team via email at [covid19@pikwakanagan.ca](mailto:covid19@pikwakanagan.ca)

Businesses and community members may also contact Renfrew County Virtual Triage and Assessment Centre to arrange testing or for any questions related to covid-19 at **1-844-727-6404**

1657A Mishòmis Inamo  
Pikwakanagan, ON K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332

Prepared by Peggy Dick, Co-Pandemic Advisor on behalf of the Emergency Management Control Group January 14<sup>th</sup>, 2021.

Yours Sincerely,

A handwritten signature in black ink, appearing to read "W. Jocko". The signature is fluid and cursive, with a large loop at the end.

Wendy Jocko, Chief

On behalf of the Council of the Algonquins of Pikwakanagan

Tel: (613) 625-2800

1657A Mishomis Inamo  
Pikwakanagan, ON K0J 1X0

Fax: (613) 625-2332



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## *Algonquins of Pikwakanagan First Nation*

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### **Businesses: Operating under State of Emergency**

January 14<sup>th</sup>, 2021

The Ontario government has announced a State of Emergency for 28 days. The “Stay at Home” order is effective Thursday, January 14<sup>th</sup> at 12:01 am and is likely to extend to February 9<sup>th</sup>, 2021.

Under the State of Emergency, the following restrictions and guidelines will be in effect:

- Businesses such as Smoke Shops, Cannabis Dispensaries and Restaurants must continue to operate via curbside pick-up and delivery, (Keeping in mind the legal ramifications of delivering cannabis and tobacco products off the First Nation).
- All staff are to be wearing personal protective equipment during curbside pick-up and delivery to ensure the safety of staff and customers.
- Businesses must open no earlier than 7 a.m. and close no later than 8 p.m. The restricted hours of operation do not apply to gas stations, convenience stores, and restaurants for takeout or delivery.
- It is mandatory for all personnel to be wearing masks indoors at all times and a 2M distance maintained. If outdoors, masks are also now mandatory if a distance of 2M cannot be maintained.
- Traffic control is encouraged for gas stations, cannabis dispensaries and smoke shops to ensure that congestion of customers/traffic does not occur.
- Commonly touched surfaces are to be routinely disinfected after use, and proper hand hygiene maintained. Indoor spaces must limit capacity to 50% (and allow for physical distancing of 2M)
- Businesses are to be consistently screening personnel for covid-19 symptoms and anyone experiencing symptoms should not come into work or should be sent home immediately until a negative covid-19 test has been provided OR they have completed the 14-day self-isolation period.
- Personnel working in businesses in Pikwakanagan but residing off the First Nation should be under increased surveillance for covid-19 by business owners.

1657A Mishòmis Inamo  
Pikwakanagan, ON K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332



Pikwakanagan has been able to maintain zero cases of Covid-19 and this remains to be the priority of Pikwakanagan.

General Guidelines and Checklist for all businesses

- Clean all commonly touched surfaces between customers (Lysol wipes, bleach solution, other sanitization method).
- Businesses must supply Personal Protective Equipment and appropriate cleaning supplies/ disinfectant to employees during their shifts.
- Hand Sanitizer must be available for employees and customers.
- Limit cash as much as possible and sanitize the debit/ credit machine between transactions.
- Ensure a physical barrier is between the employee and customer whenever possible
- Masks must be worn at all times indoors, if employees are working within 6ft of another person.
- Physical Distancing of at least 2M (6ft) between both employees and customers. If physical distancing is not possible, employees must be provided with appropriate personal protective equipment (masks, face shields, hand sanitizer, gloves).
- Every employee must complete a health questionnaire before their shift, any employee that identifies as feeling unwell must be sent home immediately and their work area must be cleaned before business operations continue.

Businesses – please refer back to the most recent educational hand-outs that were provided to you in your business packages that were distributed to each business prior to the holiday period. We encourage all businesses to continue to utilize the information and signage included in these packages.

If you require further information or guidance on covid-19 testing, precautions, protocol and restrictions we encourage you to contact the pandemic team via email at [covid19@pikwakanagan.ca](mailto:covid19@pikwakanagan.ca)

Businesses and community members may also contact Renfrew County Virtual Triage and Assessment Centre to arrange testing or for any questions related to covid-19 at **1-844-727-6404**

Thank you for taking the above precautions to keep our businesses open and our community safe!

Yours Sincerely,



Wendy Jocko, Chief

1657A Mishòmis Inamo  
Pikwakanagan, ON K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332



# AOPFN DIRECTORY

VOICEMAILS AND EMAILS WILL BE CHECKED REGULARLY THROUGHOUT OUR REMOTE CLOSURE

**ADMINISTRATION OFFICE STAFF LISTED BELOW ARE NOW ABLE TO CHECK VOICEMAILS THROUGH EMAIL,  
NON-URGENT VOICEMAILS WILL BE CHECKED DAILY DURING REMOTE CLOSURE JANUARY 4-22, 2021**

## **CHIEF AND COUNCIL 613-625-2800**

Alanna Hein	chiefcouncil@pikwakanagan.ca	228
Kevin Lamarr	negotiations@pikwakanagan.ca	

## **PUBLIC WORKS 613-625-2800**

### **EMERGENCY CONTACT 613-639-3309**

David Assinewai	mgr.publicworks@pikwakanagan.ca	246
Bonnie Commanda	assistant.publicworks@pikwakanagan.ca	245
Blaze Commanda-Belaire	housing@pikwakanagan.ca	

## **EXECUTIVE OFFICES 613-625-2800**

Dale Booth	edo@pikwakanagan.ca	235
Executive Assistant– Vacant	assistant.execdirector@pikwakanagan.ca	254

## **HUMAN RESOURCES 613-625-2800**

Shelley Wilcox	hr@pikwakanagan.ca	236
Christine Hutchinson	employment.officer@pikwakanagan.ca	237

## **RECEPTION SERVICES 613-625-2800**

Kateri Amikons	admin.reception@pikwakanagan.ca	221
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## **FINANCE 613-625-2800**

Selena Roesler	mgr.finance@pikwakanagan.ca	224
Stephanie Stone	assistant.finance@pikwakanagan.ca	223
Sandy Nash	acquisitions@pikwakanagan.ca	225
Laurie Amikons	payroll@pikwakanagan.ca	226

## **LANDS, ESTATES & MEMBERSHIP 613-625-2800**

### **EMERGENCY CONTACT 613-585-3213**

Jan Leroux	mgr.lem@pikwakanagan.ca	222
Kassandra Sackaney	assistant.lem@pikwakanagan.ca	231

## **EDUCATION 613-625-2800**

Della Meness	mgr.education@pikwakanagan.ca	239
Post Secondary– Vacant	post.secondary@pikwakanagan.ca	238

## **ECONOMIC DEVELOPMENT 613-625-1551**

Amanda Two-Axe Kohoko	consultation@pikwakanagan.ca	105
Laura Sarazin	assistant.consultation@pikwakanagan.ca	104

## **SOCIAL SERVICES 613-625-2800**

Teresa M. Kohoko	mgr.social@pikwakanagan.ca	242
Karen Levesque	social.ow@pikwakanagan.ca	241

## OTHER AOPFN SERVICES

### MINDIWIN MANIDO-DAYCARE CENTRE 613-625-2047

Nikoma Tennisco

daycare@pikwakanagan.ca

### SPORTS & RECREATION

Kerry Andrews

mgr.sports.rec@pikwakanagan.ca

Lance Thorpe

reactivator@pikwakanagan.ca

Natasha Dick

events.sports.rec@pikwakanagan.ca

### FIRE & RESCUE

Chris Sarazin

chrissarazin53@gmail.com

613-286-1018

### HEALTH SERVICES 613-625-2259

Maureen Sarazin Tomasini

mgr.health@pikwakanagan.ca

227

Michelle Hume

assistant.health@pikwakanagan.ca

223

Carolyn Smoke

reception.health@pikwakanagan.ca

221

Brittany Martin

chn@pikwakanagan.ca

225

Melissa Pessendawatch

chr@pikwakanagan.ca

224

Marlene Sackaney-Keeling

hcc@pikwakanagan.ca

232

### MENTAL HEALTH TEAM 613-625-2259

Sandi Wright

supervisor.mhs@pikwakanagan.ca

231

Sharra Bernard

navigator.mhs@pikwakanagan.ca

230

Matt Hutten

addictions.mhs@pikwakanagan.ca

228

Sabrina Laframboise

counsellor.mhs@pikwakanagan.ca

226

Ruqqiah Adams

therapist.mhs@pikwakanagan.ca

263

Sharra Bernard

navigator.mhs@pikwakanagan.ca

230

### TENNISCO MANOR 613-625-1230

Peggy Dick

homecare.supervisor@pikwakanagan.ca

Maggie Benoit

assistant.homecare@pikwakanagan.ca

Victoria Luloff

homecare.tsp@pikwakanagan.ca

Kim O'Brien

clientcare.tm@pikwakanagan.ca

**Anishinabek Gamik Child &  
Family Services**  
Child Welfare & Prevention Services



**Child Protection Reporting:**

To report a child or youth in need of protection, please contact Family and Children of Renfrew County at: (613) 735-6866 or toll-free 1-800-267-5878. FCSRC is available 24 hours a day, 7 days a week.

**Child Welfare & Prevention Services:  
Emergencies will continue to be addressed taking  
all necessary precautions.**

Regular visits & meetings will be done remotely by telephone or video conferencing.

**Contact Numbers:**

Alexandra Freed, Supervisor, First Nation Child Welfare:

(613) 585 -1275

[supervisor.cfs@pikwakanagan.ca](mailto:supervisor.cfs@pikwakanagan.ca)

Veronica Miller, Prevention Worker

(613) 639-4188

[prevention2.cfs@pikwakanagan.ca](mailto:prevention2.cfs@pikwakanagan.ca)

**Family Well-Being**

Programming: Facts, Girls Consciousness, & Aunties' Teachings will continue via Zoom at regular scheduled

program times through AOPFN Covid-19 Precaution.

Kassidy Bernard, Family Well-Being Coordinator

[fwb.coordinator@pikwakanagan.ca](mailto:fwb.coordinator@pikwakanagan.ca)

Sasha Sarazin, Family Well-Being Worker

[assistant.fwb@pikwakanagan.ca](mailto:assistant.fwb@pikwakanagan.ca)

**MAKWA CENTRE CLOSURE**

Makwa Centre will be closed Friday  
December 18th at 4:30 till Monday January 25th, 2021.

**FAMILY HEALTH TEAM**  
**613-625-1175**

\*From Jan 4<sup>th</sup> to the 23<sup>rd</sup>, The FHT staff will be working remotely. Phone messages can be left and will be followed up accordingly.

**HEALTHY BABIES, HEALTHY CHILDREN**

Pikwakanagan Mental Health team will be taking over Healthy Babies, Healthy Children (including food vouchers) until January 2022. Contact information for HBHC will be provided in January's newsletters.

Pikwakanagan Family Health Team will be available for routine childhood immunizations at 613-625-1175 while Brittany is on leave.

**MENTAL HEALTH SERVICES**

Voicemails will be checked daily, and calls returned in a timely manner. Mental Health Staff will return to provide in office services as of January 25<sup>th</sup>, 2021.

**CONWAY'S PHARMACY REMOTE  
DISPENSING LOCATION IS OPEN**

Call me at 613-625-9974 if you have questions or want to know how to pick up prescriptions when the main doors are locked

**Delivery available Monday to Friday**

**Our regular hours are:**

Mondays, Tuesdays, Thursdays, Fridays - 9am to 4pm ,  
closed 12 to 1 Wednesdays - 9am to 1pm

We are not open weekends or holidays at the Remote  
Dispensing Location

**WE WILL BE CLOSED JANUARY 7TH TO AND  
INCLUDING JANUARY 17TH**

Messages will be checked multiple times throughout the work week during the location closure and messages will be returned by one of the Eganville Location Staff, Eganville Location has delivery available Mondays, Tuesdays, & Thursdays

Regular Hours resume Monday January 18th at 9am

Thank you

Natalie Commanda, Pharmacy Technician

Joseph Conway, Pharmacist



*In loving memory of*

**MARY AMIKONS**

*Those we love don't go away  
They walk beside us everyday.  
Unseen, unheard, but always near.  
Still loved, still missed,  
and very dear.*

**JUNE 2, 1930 - JANUARY 13, 2020**

**POPUPART**

# Good Ancestors

CALL TO CREATIVE PEOPLE

Create a drinking vessel fit to share  
a drink with YOUR ANCESTORS

3D and 2D (wall mounted) pieces accepted.  
All media welcome.  
Ideas accepted until February 8, 2021.

**HOW TO GET INVOLVED...**  
[ov-caos.org/exhibitions](http://ov-caos.org/exhibitions)  
[ov-caos.org/is-this-for-me/](http://ov-caos.org/is-this-for-me/)

### 3 EASY STEPS TO WATCH YOU SUGAR INTAKE

1. **Bake more often (include the whole family) and play around with your favorite sweet treat recipes: Making your own sweet treat allows you to adjust the sugar content yourself.**
  - Reduce up to  $\frac{1}{4}$  to a  $\frac{1}{3}$  of the sugar in your recipe – with most recipes you can take away this amount without a big difference.
  - Use applesauce or mashed bananas to replace some of the sugar and fat in cookies and muffins.
  - Using fruit such as raisins, dried apricots, dates, or bananas instead of sugar.
  - If a recipe calls for canned fruits, look for those packed in water instead of sugar.
  - If a recipe calls for jams or jellies, look for those that are unsweetened.
2. **Watch what you drink: Drinks account for just over a third of adults' daily sugar intake and almost half of the average daily sugar intake of children and adolescents.**
  - **Limit** sweetened cold beverages such as soft drinks, energy drinks, flavored fruit drinks, flavored water, sports drinks, ice tea.
  - **Limit** sweetened hot beverages such as hot chocolate, specialty coffees.
  - **Limit** sweetened milks, sweetened plant-based beverages, and specialty alcoholic/party beverages.
  - **Choose** any one of the many traditional herbal teas.
  - **Choose** water; flavor your water with a slice of lemon, orange, lime, strawberries, or a sprig of fresh mint.
3. **Read the food labels**
  - In the **Nutrition Facts Table** section: Look for the % DV (Daily Value). Limit foods with a % DV of 15% or more of sugar (5% DV is a little, 15% DV is a lot).
  - In the **Ingredient list** section: All the different types of sugars are grouped together in the ingredient list to make it easier to see just how much sugar is in a food. If sugars are listed as the first or second ingredient on a food label, the food is high in sugar because ingredients are listed in order of weight. Beginning with the ingredient that weighs the most, and ending with the ingredient that weighs the least.
  - In the **Nutrient content claims** section: Look for words like "reduced in sugar," "lower in sugar", "sugar-free", "sugarless", "no added sugar" or "unsweetened" on processed, packaged, and convenience foods.

Becoming more aware of what we put into our bodies allows us to make more informed decisions about the foods we eat. What we want to nourish our bodies with may start to change with that awareness as well. I am here to support you with the nutritional changes you are wanting to make. I am also here to connect you with other professionals that can also support you. To connect, please email me at [diabetic.navigator@pikwakanagan.ca](mailto:diabetic.navigator@pikwakanagan.ca)





**Algonquins of Pikwakanagan  
First Nation**  
**SELF GOVERNMENT**

# COMMUNITY MEETING

**SELF GOVERNMENT  
INFORMATION SHARING  
SESSION + PIKE AND  
STURGEON HEAD  
CONSTITUTION TEACHING**



HOSTED BY **KIRBY WHITEDUCK**,  
CHIEF NEGOTIATOR +  
**CANDICE METALLIC**, LEGAL COUNSEL

TEACHING BY **SHANNON**  
CHIEF OF BARRIERE LAKE

Thursday, January 28, 2020

6PM - 8PM

Attend online at

[www.pikwakanagangov.ca/events](http://www.pikwakanagangov.ca/events)



FOR MORE INFORMATION VISIT OUR  
WEBSITE OR CONTACT  
613 625 2800 x 228

\* For members of Pikwakanagan only

### SUPPORT FOR LEARNERS PROGRAM

The Ontario government's Support For Learners program portal is open for applications and parents of high school aged students are now eligible for the supports.

This program offers financial support for families to offset additional education costs due to the pandemic. **The program is now available to all students up to grade 12.** Eligible families can receive \$200 for each child or youth up to Grade 12 and \$250 for each child or youth up to age 21 with special needs.

**Applications can be submitted here:**

<https://www.ontario.ca/page/covid-19-support-students-and-parents#section-0>

The deadline to apply is February 8, 2021.

### ATTENTION OHS STUDENTS/PARENTS/ GUARDIANS

Please be advised Scott Schoenfeldt, our Native Tutor at Opeongo High School has been reaching out to the students and parents for any assistance they may need.

Students/Parents/Guardians can contact him directly at the following: e-mail [schoenfeldt@rcdsb.on.ca](mailto:schoenfeldt@rcdsb.on.ca) at any time.

Cell number 613-281-9673

Thank you

Education Services

### DIABETES SUPPORT GROUP ONLINE

Hello all, before the initial lockdown I had started a diabetes support group. We were able to meet a handful of times before social distancing protocols halted our meetings. I miss these meetings and the discussions we had so I have decided to see if anyone is interested in an online support group that meets on a zoom meeting once monthly. Please contact me at [diabetic.navigator@pikwakanagan.ca](mailto:diabetic.navigator@pikwakanagan.ca) if you are interested.

If there is interest, the first meeting will be at 10am Monday February 1<sup>st</sup>, 2021 on zoom. We will be discussing setting healthy goals and implementing action plans to create a wonderful, healthy 2021. This support group is for any Pikwakanagan member who is concerned about diabetes and wants to make positive changes towards good health.

### ATTENTION PIKWAKANAGAN MEMBERS EXTERNAL EMPLOYMENT OPPORTUNITY

#### INDIGENOUS FISHERIES MONITOR

**Location:** OPG Calabogie Generating Station, Calabogie, Ontario

**Deadline for submission of interest:** January 22, 2021

Working with the SNC-Lavalin Lead Biologist, the Indigenous Fisheries Monitor will work alongside other Indigenous Fisheries Monitors from the Algonquins of Pikwakanagan First Nation, Alderville First Nation, Curve Lake First Nation, Hiawatha First Nation and Scugog Island First Nation to collect and transport fish species using various methods from project construction areas undergoing dewatering to locations downstream of the project area in the Madawaska River. Two fish rescues are covered by this process; one for the downstream cofferdam fish removal and another for the upstream cofferdam fish removal. It is anticipated the downstream fish removal process will be completed initially in the first quarter of 2021; likely February and will be completed over 4 days. The upstream program is anticipated to be completed in the summer of 2021 (after July 15) and it will take 2 days.

The monitor will receive safety training and fisheries monitor, handling and releasing of live fish. Monitors are required to have their own PPE and appropriate outerwear for working in wet winter conditions; all PPE is to be in good condition and free of damage/tears or unprofessional repair:

- CSA approved green patch protective foot wear (min 8-inch height) fully laced and tied.
- High Visibility clothing min Class 2 type II (coverall, vest, jacket or shirt). Suspenders or bands are not acceptable.
- Long sleeved shirts and pants of appropriate material for task.
- CSA approved protective eye wear appropriate to task.
- New CSA approved Class G or preferably E Hard Hat. No painting or covered in decals are allowed.
- Appropriate gloves for task, worn always in the field. Ex. minimum cut resistant for handling sharp objects (fish with spines, knives), leather for material handling.
- Appropriate seasonal/weather clothing (winter wet conditions).

**Task hazards may require additional and/or more specific PPE such as:**

- Lifejacket
- Waders
- Wet environment/submersion/waterproof cold weather high grip gloves
- Under garments (long johns, pants, t shirts, shirts/jackets)
  - Avoid cotton clothing or non polypropylene synthetics. Natural fiber wool is best as it will retain heat when damp or wet

**Wages:** \$75.00/hr. This amount is intended to cover all costs associated with this work activity such as wage, mileage, on-site training and all applicable burdened rates such as CPP etc., meals and administrative fees

Interested persons are to contact Laura Sarazin, Consultation Assistant at 613-625-1551 or [assistant.consultation@pikwakanagan.ca](mailto:assistant.consultation@pikwakanagan.ca). Telephone inquiries will be received via the employee's email account, and returned when possible.

## WINTER PARKING

Winter is here. We are asking people not to park on the roads to ensure that our snowplow can clear the roads properly for your safety.

Lands, Estates & Membership

## REMINDER

Harvest Season is closed on Friday, January 15, 2021

## BURIAL GROUNDS

Our families who have passed have been laid to rest in our burial grounds. These grounds are sacred yet there have been people who have pulled down the fence and have an ATV and Snowmobile trail down the middle of the grounds.

We ask that you respect our deceased family members and if you see anyone using our sacred grounds for these purposes, please ask them to stop.

Lands, Estates & Membership

## DO YOU WANT TO QUIT SMOKING

Stop Smoking Treatment for Ontario Patients

During COVID-19, access to the STOP Program is available the following ways:

1. If you are looking to quit smoking, please call Matt @ 613-570-0356 to arrange an intake and the pickup of supplies.
2. If you are an existing participant, please call a minimum of 1 week prior to an assigned pick up time to arrange for supplies to be made available.

\*not all types of NRT may be available at all times

CAMH STOP Program offers counselling support and nicotine Replacement Therapy\* (patch, gum, inhaler, lozenge) at no cost to eligible patients/clients



## HOME MAKER'S REQUIRED

The Assisted Care Living Facility/Tennisco Manor requires anyone interested in working as a Home Maker for the community to call (613) 625-1230 if interested will train.

## EMPLOYMENT OPPORTUNITY

**Position Title:** Clerk/Receptionist

**Salary:** \$32,980 per annum

**Tenure:** One-year term (Leave Replacement)

**Department:** General Government

**Closing Date:** January 22, 2021 at 4:30pm

### Summary

The Clerk/Receptionist is responsible for providing reception services for Pikwakanagan's Administration Office; receiving and distributing information using various communication strategies.

### Basic Requirements:

- Grade 12 Diploma with one-year experience in the administrative field; OR two years of work experience in the administrative field that included reception services.
- Computer experience that includes internet and software applications such as MS Word, Excel, Publisher, and Outlook.
- Valid Driver's license and access to a dependable vehicle.

ELIGIBILITY LIST WILL BE ESTABLISHED: YES

**Contact Person:** Christine Hutchinson,

Employment Development Officer

(613) 625-2800 ext. 237 employment.officer@pikwakanagan.ca

Algonquins of Pikwakanagan Administration Office  
1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0



Are you interested in homeownership / renovating  
your existing home or purchasing a home?  
Do you need financial counseling?



# 2021 OUTREACH

Confidential one-on-one financial counselling is  
available via Zoom or by phone - 7 Days a week



To use Zoom you will need a computer with a  
microphone and camera (camera is optional).  
The service is available to band members.



For more information  
call or text Scott Flamand at  
(705) 618-1093 or email  
[flamandmservices@gmail.com](mailto:flamandmservices@gmail.com)







## Indigenous Line Crew Ground Support Training



**March 22, 2021 START DATE**  
**15-Week Certification Program will prepare**  
**individuals for employment in the**  
**power line and construction sector.**

### Classroom & Practical Training

- ◆ Confined Space Hazard Awareness for construction
- ◆ Hoisting & Rigging-Basic Safety
- ◆ Electrical Safety High Voltage
- ◆ Propane in Construction Working at Heights-  
Fundamental of Fall Prevention
- ◆ Mobile Crane Operator 0-8 Ton Hydraulic Aerial  
Equipment
- ◆ Electrical Safety-Hydrovac Operators, + more

### Requirements:

- ◆ Valid G Driver's license
- ◆ Must be age 18 or over
- ◆ Grade 12 diploma is  
preferred

### For more information:

Contact Lydia Belanger  
Kagita Mikam  
lydia@kagitamikam.ca  
613-565-8333 EXT. 1019



2019 Line Crew Graduates

Information on Virtual Info Sessions will be

Posted soon!

Gives you time to prepare your resume!

## CENSUS JOBS

Canada's next Census of Population will take place in spring 2021. Statistics Canada will be hiring across the country in every community, big and small, in preparation for the 2021 Census. In the current context of COVID-19, we are committed to hiring locally and ensuring the safety of our employees and your community members at all times.

Are you interested in a job that counts? Do you want to be part of a great undertaking? Join our 2021 Census team and make a lasting contribution to Canada and its people!

Apply today: <https://surveys-enquetes.statcan.gc.ca/cap-par/q/en/eqgs674d1930cc1d4e6d863978c72070c0f0/p0>

### Census 2021 Jobs

Statistics Canada will be hiring in your community!

- Hiring approximately 32,000 census employees to count every person in Canada.
- Schools, housing, and health and emergency services are all planned using census data.
- In the current context of Covid-19, committed to ensuring the safety of employees at all times.

Help your community to plan for the future

### Important to know:

- Pay rates vary by position from \$17.83 to \$21.77 per hour, plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.

You must be available to work flexible hours, mainly evenings and weekends.

Please tell your friends and family about census job opportunities, and encourage them to apply online.

You can learn more about the Census on the [2021 Census](https://www2021.statcan.gc.ca) website.



Pikwakanagan members! Sullivan is looking to hire an Office Sanitizer for their Calabogie project site. This is a six-month contract position with the possibility of extension. Anticipated start date is ASAP. High school diploma is required. Previous experience in residential/commercial cleaning is an asset (but not required).

Please contact [aromain@sullivan.ca](mailto:aromain@sullivan.ca) for more details or to apply.

## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
White, Jaymee	Milnense/Ignace	22 July 20	22 Jan 21
Commanda, Theresa	Commanda	22 July 20	22 Jan 21
Commanda, Thomas	Commanda	22 July 20	22 Jan 21
Dolan, Gabriel	Amikons	2 July 20	22 Jan 21
Stieh, Jennifer	Tennascon	21 Aug 20	21 Feb 21
Tremblay, Tyson	Lavalley	24 Aug 20	24 Feb 21
Carle-Sullivan, Cianna	Lavalley	24 Aug 20	24 Feb 21
Pilatzkie, Joseph	Lavalley	24 Aug 20	24 Feb 21
Bizzarrino, Julia-Ann	Tennascon	25 Aug 20	25 Feb 21
Bizzarrino, Jenna	Tennascon	25 Aug 20	25 Feb 21
Thompson, Aden	Commanda/Lamure	25 Aug 20	25 Feb 21
Thompson, Ryan	Commanda/Lamure	25 Aug 20	25 Feb 21
Cliché, Shannon	Vincent (Amikons)	25 Aug 20	25 Feb 21
Struthers, Robert	Sharbot	25 Aug 20	25 Feb 21
Lauriault, Rene	Partridge	25 Aug 20	25 Feb 21
Sarrazin, Jacob	Pesindewate	14 Sept 20	14 Mar 21
Sarrazin, Eric	Pesindewate	14 Sept 20	14 Mar 21
Bailey, Claire	Bernard	17 Sept 20	17 Mar 21
Batschkun, Noah	Jocko	18 Sept 20	18 Mar 21
Olsen, Autumn	Tenascon	18 Sept 20	18 Mar 21
Sarrazin, Edouard	Pesindewate/Lamure	06 Oct 20	06 April 21
Righton, Dylan	Pesindewate/ Lamure	06 Oct 20	06 April 21
Sarrazin, Vanessa	Pesindewate/Lamure	06 Oct 20	06 April 21
Nieman, Gordon	Meness	07 Oct 20	07 April 21
Towns, Candice	Jocko	07 Oct 20	07 April 21
Seely, Gregory	Commanda/Lamure	07 Oct 20	07 April 21
Buchwald, Peter	Tenniscoe	15 Oct 20	15 April 21
Desveaux, Bauer	Jocko	15 Oct 20	15 April 21
Johnson, Ashley	Meness	26 Oct 20	26 April 21
Kuiack, Stacey	Lavalley	26 Oct 20	26 April 21
Bowers, Nikki	Sharbot	09 Nov 20	09 May 21
Lavalley, Anthony	Lavalley	24 Nov 20	24 May 20
Dumoulin, Stephen	Meness	30 Nov 20	30 May 21
Dumoulin, Kaitlyn	Meness	30 Nov 20	30 May 21
McCormick Allison	Baptiste	30 Nov 20	30 May 21
Bryant, Jordan	Sharbot	06 Jan 21	06 July 21
Harley, Anna	Lavalley	14 Jan 21	14 July 21

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 on our website or in the  
Lands, Estates & Membership Department or email at [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca)

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

**Office : (613) 625-2800 Fax : (613) 625-2332**

**HOURS OF OPERATION Monday - Friday 8:30 am to 4:30 pm**

**12:00 -1:00 pm Closed 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

**FAMILY HEALTH TEAM HOURS**

Monday to Friday 8:00am—4:30pm

Closed @ lunch 12:00pm—1:00pm

Closed On Weekends

**LEGAL ADVICE**

Criminal or Family Legal advice call:

Duty Counsel at 613-735-3400

**ANIMAL CONTROL**

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

**AOPFN EMPLOYMENT  
OPPORTUNITIES**

**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. Indicate which competition you are applying for by referencing the Position Title.

**Screening Procedure:** 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 content will be reviewed to ensure the applicant meets the basic requirements.

**Affirmative Action Criteria:** Positions may be subject to AoPFN Policy supported by Section 16 of the Canadian Human Rights Act - Aboriginal Employment Preferences Policies.

**Interviews:** Due to Covid-19 all interviews will be conducted virtually by Zoom. AoPFN has the right to short list for interview/assessment purposes to the five (5) most qualified persons and typically establishes an eligibility list.



**OMÀMIWININÌ PIMÀDJOWIN  
Algonquin Way Cultural Centre**

**Museum & Gift Shop  
Closure Notice**

Due to the provincial lockdown and closure of non-essential services, the Museum and Gift Shop will not be re-opening on January 18, 2021.

**We will remain closed until further notice.**

Omàmiwininì Pimàdjowin staff will be working remotely during this time, and can be reached by email:

**Naomi Sarazin**

[nsarazin@thealgonquinway.ca](mailto:nsarazin@thealgonquinway.ca)

**Katie Commanda**

[katie@thealgonquinway.ca](mailto:katie@thealgonquinway.ca)

**Willy Dick**

[willy@thealgonquinway.ca](mailto:willy@thealgonquinway.ca)

**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*