



Pikwakanagan Tíbadjumowín

Friday April 2, 2021

view on-line at: www.algonquinsopikwakanagan.com

Facebook : Algonquins of Pikwakanagan First Nation

Email: reception.admin@pikwakanagan.ca



Remember To Do Your Part During The Holidays

COVID-19 Variants have been circulating Ontario and are now estimated 65% of all COVID-19 cases. We are informing you of the Public Health recommendation's

- Do not visit other peoples homes
- Any gatherings should be only those in your immediate household.
- Wash hands often
- Cover your cough or sneeze
- If you have symptoms stay home and get tested!
- Self-isolate until you get test results back.

COVID-19 TESTING



AOPFN COVID-19 Testing

AOPFN is offering expanded COVID-19 Testing for all Community members. This will support the new School Screening in the event your family members are experiencing symptoms or may have come into contact with a suspect case.

Monday 9:00 am - 11:00 am

Tuesday 9:00 am - 10:00 am

Wednesday 9:00 am - 10:00 am

Thursday 9:00 am – 10:00 am

Friday 9:00 am – 10:00 am

Testing will take place at the Mino-Pimadizi Gamik Health Center.

To book an appointment please contact:
613-625-1175

Offices Closed

AOPFN Offices will be closed on Friday April 2, 2021 and Monday April 5, 2021.

Bear Warning

Please use caution when doing outdoor activities, store your garbage and food after barbecuing properly.





Algonquins of Pikwakanagan First Nation: COVID-19 Weekly Situation Report-

State of Emergency Declared: March 20, 2020

Current COVID-19 Case Status:

Ontario

Cases: 347,570
Resolved: 320,409
Active: 27,161
Deaths: 7,351

Renfrew County

Cases: 404
Resolved: 382
Active: 22
Deaths: 4

Pikwakanagan

Cases: 0
Resolved: 0
Active: 0
Deaths: 0

Community and Status Update

There has been a concerning increase of cases in Renfrew County and now related cases to variants of concern in Renfrew County. We will soon be moving from Yellow (Protect) zone to Orange (restrict) zone.

The AOPFN Vaccine Team is requesting those interested in getting vaccinated to call the Health Center at 613-625-2259 Ext:225

School Updates

Parents are required to complete the COVID-19 screening tool for yourself and children everyday before school <https://covid-19.ontario.ca/school-screening/>.

Any person experiencing any COVID-19 symptoms must self isolate for 14 days and get tested. You may return to school/work once you receive a negative test result and symptoms are improving.

Global Update

Ontario is aware of reports of harmful events in Europe following vaccinations with the AstraZeneca COVID-19 vaccine where the European Medicines Agency's safety committee has indicated investigates on cases of thromboembolic events. Health Canada and the Public Health Agency of Canada has indicated none of the batches under investigation has been shipped to Canada.

Province Updates

Ontario currently has confirmed cases of all three variants of COVID-19. VOCs are seen to be responsible for a 21% increase in hospital admissions since December. The new VOCs are now accountable for 67% of all cases in the province.

Easter holidays are coming up please remember to only celebrate with immediate members of your household.

Symptoms

Where To Get Help

COVID-19 symptoms compared to common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No

VTAC-Renfrew County Virtual Triage and Assessment Centre 1 (844) 727-6404.

Pikwakanagan Family Health Team (613)-625-1175

ALGONQUINS OF PIKWAKANAGAN FIRST NATION

COVID-19 VACCINE TEAM

COVID-19 VACCINATION CLINIC



Attention Pikwakanagan Community Members:

Please be advised that 1st vaccine shots are only available at one more clinic. If you are considering getting a COVID-19 Vaccine, you are encouraged to contact the AOPFN Vaccine Team to book an appointment. Contact phone number listed below.

If you have any questions or concerns about receiving the vaccine, please contact the phone number below to leave a message with your name and phone number and a Health Professional will contact you as soon as possible.

Phone: 613-625-2259 ext. 225

The AOPFN Vaccine Team and the Emergency Response Control Group are working diligently to keep Pikwakanagan safe. This includes implementing safety protocols and vaccinating the community.

Understandably this pandemic has taken a toll on our mental, physical, emotional, and spiritual well being. You are encouraged to reach out to our Health Team if you need assistance.

Phone: 613-625-2259

Please Continue with all Safety Protocols

- Wear a Mask
- Wash Hands Often
- Stay 6 feet apart
- Leave your home for Essential items only

***Vaccinations protect yourself,
your family, seniors, and the
community.***



COVID-19 vaccines: Get the facts

Once I receive both doses of the vaccine, can I stop wearing a mask and expand my social circle?

FACT: Even after being vaccinated, everyone must continue to follow public health measures, including minimizing in-person interactions with people from outside your immediate household, avoiding crowded places, wearing a mask, and washing your hands frequently for at least 20 seconds.

Will I develop side effects after receiving a COVID-19 vaccine?

FACT: Side effects can often be a sign of a healthy immune system building a defense to the virus. Side effects are generally non-serious and resolve on their own in a few days. Serious side effects, such as anaphylactic reactions, are rare and closely watched for. Talk to your healthcare provider if you have any concerns, or if your side effects are serious, worsen, or do not go away after a couple of days.

Is it better to wait to get the vaccine (or not get it at all) until we know for sure it's safe and effective?

FACT: All COVID-19 vaccines currently available in Canada have gone through clinical trials and been tested on tens of thousands of adult volunteers before being authorized for use. They were deemed to be safe and effective and have been licensed and authorized by Health Canada. The COVID-19 vaccines protect us against the novel coronavirus and are an important step to help us safely resume normal life.

Why are Indigenous adults among the first to be offered the vaccine in Canada?

FACT: Indigenous adults and communities are being prioritized for access to vaccines for a few reasons: they have significantly higher chances of having serious illness from COVID-19 than other Canadians; and they face higher risks for infection and serious illness, rooted in the history of colonialization and resulting systemic barriers, such as higher rates of chronic disease, reduced access to health care, and a lack of infrastructure (such as housing, water infrastructure, and medical services).

Catalogue: RS-766/20 21E-PDF | ISBN 978-0-660-37389-8

**WE CAN ALL DO OUR
PART IN PREVENTING
THE SPREAD OF
COVID-19.**

For more information,
consult your healthcare
provider, or visit
Canada.ca/coronavirus



Government
of Canada

Gouvernement
du Canada

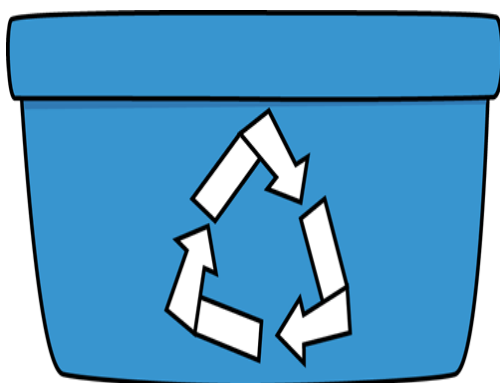
Canada

DID YOU KNOW THESE AREN'T RECYCLEABLE ?!



PAPER

- COFFEE GROUNDS & FILTERS
- DRINK TRAYS
- PAPER TOWELS
- MICROWAVE POPCORN BAGS
- MUFFIN LINERS
- PAPER PLATES
- NAPKINS
- PAPER TAKE—OUT CONTAINERS
- PIZZA BOXES
- TEA BAGS
- WAXED & BROWN BUTCHER PAPER
- CIGGARETE BUTTS
- PAPER COFFEE & COLD DRINK CUOS (PLASTIC LIDS & STRAWS REMOVED & DISCARD WITH GARBAGE)



PLASTIC

- BLISTER PACKING/BUBBLE WRAP
- CANDY & CHIP WRAPPERS
- CANDLES & CORKS
- COFFEE PODS (K-CUPS & TASSIMO)
- FOOD PACKING
- PLASTIC CUTLERY
- SANDWICH BAGS
- PLASTIC BAGS
- CEREAL/CRACKER BOX LINERS
- COAT HANGERS
- LIGHT BLUBS
- PLASTIC OUTER WRAP FROM PAPER TOWEL, POP, & WATER CASES
- PET FOOD BAGS
- STYROFOAM
- FURNACE FILTERS
- DIAPERS & BABY WIPES
- FLOWER & PLANTING POTS/TRAYS
- WOODEN CLEMENTINE CRATES
- TOYS
- SALT & SAND BAGS



March 15, 2021

CALL FOR ARTIST INTERPRETATIONS/ARTWORK

ASSEMBLY OF FIRST NATIONS ~ ANNUAL GENERAL ASSEMBLY JULY 2021

The Chiefs of Ontario Host Committee will be hosting the Assembly of First Nations (AFN) 42nd Annual General Assembly in Toronto in July 2021 and is currently accepting original Indigenous artwork to be submitted. Artwork will be used for materials by the Chiefs of Ontario Host Committee and the AFN in promoting the assembly. We are seeking artwork that supports and promotes Ontario First Nations culture.

In 2021, the AFN will be holding the National Chief Elections. The Host Committee has created an agenda of social/cultural programming that will coincide with the AFN Annual General Assembly. The programming will be a cultural mosaic of First Nations in Ontario which acknowledges and celebrates First Nations' resilience and culture.

From the artwork submitted we will select three pieces that will go to the Assembly of First Nations' Committee who will make the final selection for the AGA. Once purchased, the artwork will become the sole property of the Assembly of First Nations for use on advertising posters, flyers, websites, printed materials and various promotional materials. The artwork must translate well into poster format, printed material and promotional material, including clothing.

To Make a Submission: Please submit an electronic copy or photograph of your artwork, a description of your artwork and the theme it represents, as well as a short artist biography. The deadline for submissions is **April 9, 2021**. We appreciate all submissions however only the winner will be contacted.

Please send submissions by April 9th, 2021 to:

Tuesday Johnson-MacDonald, TAP Resources
Executive Producer
President@tapresources.ca
519-445-1794

REGROWING VEGETABLES FROM SCRAPS

It can be tough sometimes getting enough fresh vegetables for our nutritional needs. One way to keep fresh veggies in the house is to regrow them from their own scraps. Not only will this practice cut down on grocery bills, it will help decrease our own food waste and allow us to be more self-sufficient when it comes to our nutritional needs. There are a number of vegetables we can regrow from scraps, here are just a few:

- **Potatoes:** any piece of the potato that includes an 'eye' (an indentation where the shoots come out of) can be replanted eye-up after it is dried overnight.
- **Sweet Potatoes:** if a sweet potato is a little past its prime, you can cut it in half and suspend it over a shallow dish of water. Roots and sprouts will start to grow within a few days. Once the sprouts are 10 cm in height, snip them off and suspend them in water. Once the roots start to grow, they are ready to be planted.
- **Onions, Garlic, Leeks and Shallots:** take a small piece of the bulb or stem with attached roots and put it in a shallow dish of water. Once a green chute starts to grow, it can be harvested as is or planted.
- **Celery:** cut off the bottom of the celery with the intact roots and place it in a dish of warm water in a sunny spot. Once new celery chutes start forming, it can be harvested as is or can be planted.
- **Bulb Fennel:** regrowing fennel is the same as regrowing celery.
- **Carrots, Turnips, Parsnips, Beets and Other Root Crops:** cut off the top of the vegetable (where the leaves meet the root) and place in a container of water. The greens will begin to grow within a few days. Once the roots have also grown, they can be planted.
- **Lettuce, Bok Choi and Other Leafy Greens:** cut off the root section of head forming lettuces and place it in water. Once new leaves start growing, it can be planted. Other lettuces, bok choy and leafy greens can be regrown from individual leaves. Place the leaf in a bowl with a little water in a sunny spot. Mist the leaves with water every few days. Once roots start to form and other leaves start to develop (within a week), it is time to plant.
- **Basil, Mint, Cilantro & Other Herbs:** place a 10 cm long stem in a glass of water. Make sure the leaves are well above the water line. Once the roots have grown in well, they are ready to be planted.

*****CONTEST TIME*****

I have gift bags of vegetable seeds courtesy of **Indigenous Diabetes Health Circle (IDHC)** for the first 6 members from the AoP community who send me a picture of their re-growing vegetables. For your chance to win, send your pictures to diabetic.navigator@pikwakanagan.ca by April 5th.

Happy re-growing!!

Attention Pikwakanagan Youth!

Ages 12-29

Pikwakanagan Sports and Recreation are providing you with the opportunity to receive your Boater's License!

How old do you have to be to drive a boat in Canada?
The following will answer that question...

Minimum age - Age limit to get your boating license Age / Horsepower restrictions

- Under 12 years of age with no direct supervision, a person may operate a boat with up to 10 hp
- Ages 12 to under 16 with no direct supervision, a person may operate a boat with up to 40 hp
- Under 16 years of age, regardless of supervision may not operate a PWC; Personal Watercraft (Seadoo, Jet Ski)

16 years of age or older: no horsepower restrictions

Minimum age to drive a PWC (Personal Watercraft)

You must be 16 years of age or older to drive a PWC. No horsepower restrictions

Please Contact Natasha, Community Events

Programmer @ 613-625-2682 Only 30 Spots

Available! This programming is available for all Pikwakanagan First Nation Members between 12-29 years of age. Course will be online, please call if you have any questions, more details will be provided during registration.

LAND USE PLAN WORKBOOK

WINNERS:

Earl Minnie

Edwin Sarazin

Kirby Whiteduck

The prizes will be mailed.

Questions? Contact Kassandra Sackaney 613-625-2800



The Pikwakanagan Sports & Recreation Department held a Fitness Challenge from mid November 2020 to March 26, 2021 and we are extremely excited to announce our WINNERS!!

CONGRATULATIONS TO:

Justine Belaire - 1st Place

Karly Meness - 2nd Place

Tonya Sarazin - 3rd Place

These ladies put in some really hard work and it paid off, we would like to thank each and every participant in the challenge and we encourage you all to keep moving forward on your health and wellness journey, hold your heads up high and be proud of you, if this challenge wasn't the right time for you don't fret, there are so many ways to get yourself active and start on that wellness journey, we wish you all success, health and happiness moving forward, stay safe everyone! Stay tuned for more health and wellness activities coming from our department.....

A big CHI-MIIGWECH to Pikwakanagan Fuels/ Grassroots Healing for donating a \$200 Best Buy gift card to our Fitness Challenge, we truly appreciate your continued support in all our community activities and events!

Kerry Andrews

Manager, Sports & Recreation

Kwey,

As the new Post-Secondary Student Counsellor I look forward to assisting new and current post-secondary students from Pikwakanagan. I am currently working on special projects for the post-secondary program and will be available by telephone and email beginning April 6, 2021.

Sincerely, Virginia Sarazin-Lasenby

Public Works will have Application's for the First Nation Conservation Program (FNCP) available for pick up and at the front desk of the Administration Office for community members that wish to participant in the program. Please fill out and return to office. If you have any question please contact Bonnie Commanda at 613-625-2800 ext. 245.

Pikwakanagan Sports & Recreation Virtual Family Trivia Night



Welcome to our first ever Virtual Family Trivia Night!

Friday, April 23, 2021 @ 7:00 p.m.

There will be trivia suited to everyone so we encourage families, couples, singles to join in on the fun! We will have lots of draws for prizes throughout the virtual evening as well!

All those interested in participating should call

Kerry at 613-625-2682 or email me at mgr.sports.rec@pikwakanagan.ca

You will need access to a computer, laptop or tablet at home and you will need to submit your email address so that we can send you the link to join the Virtual Family Trivia Night!

Our Virtual Family Trivia Night welcomes all Pikwakanagan members both on and off reserve, we are happy to have you all join us!

Be creative and think of your very own Team Name!

There will be 5 rounds with 10 questions in each round, we will have your packages prepared by Thursday, April 22nd!

We can't wait to see you all, be ready to have some funnnnn...



ATTENTION INDIGENOUS YOUTH

we want to hear from you

WHAT

Share your thoughts with us on recreational cannabis use. You can submit a short story, a TikTok / YouTube video or digital or traditional artwork.

WHY

The Ontario Native Education Counselling Association (ONECA) is developing culturally-appropriate resources and training related to recreational cannabis use and vaping. We need your input and perspectives.

HOW

Send your submissions to Linda Sullivan, Project Coordinator at sully.on.the.lake@gmail.com
Include your name, email address and phone number.

DEADLINE FOR SUBMISSIONS

APRIL 30, 2021

1st Prize - Lap top !

All participants will receive a gift card !

Producers of the top content could be asked to participate in an on-line forum to develop key messaging that will influence healthy choices and harm reduction.



By making a submission, you are granting ONECA permission to use the materials as part of our project.

Honouring Seniors



THE CREATIVE PHOTOGRAPHY PROJECT

Working with seniors to honour their lives
and contributions to their communities

JUNE 2020 to OCTOBER 2021

We are...

Collecting your stories (optional)

Photographing your portrait
in a location of your choice

These stories and portraits will be
in a public exhibit and a printed book

Learn more...

Contact Anya Gansterer

613-633-1236 | anya@ov-caos.org

ov-caos.org



PHOTO: GAL CARONE PHOTOGRAPHY

The Canadian Diabetes Risk Questionnaire

- The Canadian Diabetes Risk Questionnaire is an online questionnaire that you can access to see how much at risk you are for developing diabetes.
- It's something that you can do on your own periodically to see where you stand.
- It's a good idea to review it on a regular basis as you will get a better idea of how high your risk is of developing type 2 diabetes.
- It's better to find out sooner rather than later as there are steps you can take to decrease the chance of developing the disease.

Here is the link for the questionnaire:

<https://www.healthycanadians.gc.ca/en/canrisk>

Keep this link handy, and visit the site to assess your risk today! If the questionnaire shows that you are at a higher risk, a visit to your doctor/nurse practitioner can confirm if you have indeed developed pre-diabetes or diabetes. **Early detection is important in order to avoid complications that may arise.**

For any questions or concerns regarding diabetes and your diabetes care, please contact Natalie, your Indigenous diabetes care navigator at dia-betic.navigator@pikwakanagan.ca or 613-625-2259 ext 233.

COMMUNITY CONCERNS

We are looking for input the community members input on placement on future speedbumps within Pikwakanagan limits. Please contact Bonnie in the Public Works Department at 613-625-2800 ext. 245 or email me at assistant.publicworks@pikwakanagan.ca

Speed limit is 50 KM per hour throughout Pikwakanagan First Nation, Please keep our community safe.

COMMUNITY ENGAGEMENT

COVID19 has put a mass strain on engaging with the membership and **the various community projects greatly depend on the membership's feedback and input.**

This cannot be stressed enough! We need to explore others way of communication such as email and phone calls.

The Membership department collects and maintains member's contact information and members currently receive updates by mail and online through our website and social media platforms.

With the current community projects and future projects to come, other departments within the First Nation would like to seek other means of communication via email and phone calls for the sole purpose for community engagement.

This is another avenue to express yours ideas, get questions answered and get clarification on your concerns.

Being able to be contacted by email and telephone will help engagement even more so.

Please inform me if you would like to be engaged via email and/or phone in addition to mail.

Kassandra Sackaney @ 613-625-2800 ext. 231 / assistant.lem@pikwakanagan.ca and/or

Lucas Bramberger P: (613) 625-1551 / coordinator.studies@pikwakanagan.ca

First Nations Conservation Program (FNCP)

Deadline is APRIL 16/21.

Informational presentation and Application for this program can be found on our website <https://www.algonquinsofpikwakanagan.com> this is a fillable PDF and you can email your application to me at assistant.publicworks@pikwakanagan.ca

To participate, you must:
(1) be an on-reserve First Nation individual who owns, rents, or leases an eligible residence and
(2) read and accept this Participation Agreement

WHAT DO I RECEIVE THROUGH FNCP?

Assessment of lighting, appliance and water-heating opportunities, (when restrictions have lifted due to COVID19), home insulation assessments and for those that qualify, insulation upgrades if time allows us to do so.

1. Helpful energy-saving tips
2. Every home will receive at no cost energy efficient product during the energy assessment

Energy assessment day, you will receive:

- LED light bulbs
- Smart power bar
- Outdoor timer
- * Maximum cap** 1 per approved household

If your home has an electric water heater, you qualify for:

1. Tank and piping wrap
 2. Low Flow Kitchen/bath aerators Low Flow Showerhead
 3. Appliance Replacement ENERGY STAR® Certified replacement appliances *
- Replacement appliances are available in basic white only*

If you have any question please contact Bonnie Commanda
At 613-625-2800 ext 245



Algonquins of Pikwakanagan First Nation

Comprehensive Community Plan

The Algonquins of Pikwakanagan First Nation is undertaking the development of a Comprehensive Community Plan (CCP), that will outline the needs and aspirations of our Nation for the next 10-20 years.

The CCP is a community-developed plan and will succeed through YOUR input!

- **SURVEY LIVE NOW:** A community-wide survey is available, online and by hardcopy. Please contact the Lucas, Community Coordinator to request a hardcopy or a link to the online survey. This survey is available up until April 9th, 2021.
- **1-ON-1 INTERVIEWS FOR ALL ON AND OFF RESERVE MEMBERS:** contact Lucas, the Community Coordinator, if you would like to participate, between March 22nd and April 9th;
- **GAUGING INTEREST IN COMMUNITY MEETINGS:** We are interested to hold community meetings in person or through Zoom. For security reasons, this would have to be done through invite only. If you are interested, **please provide your contact information (email/phone) to Lucas.** Please stay tuned for updates!

We are encouraging all AOPFN members, on/off reserve, youth, and elders, to participate in the CCP. To request a hardcopy of the survey, interest in participating in an interview, or any other information, contact Lucas Bramberger, the AOPFN Community Coordinator:

Email: coordinator.studies@pikwakanagan.ca

Phone: (613)-625-1551

AOPFN will maintain strict standards of data confidentiality and will protect personal information. Participants will receive a \$10 honoraria for your participation in interviews and the survey, and you can elect to be entered into a draw for one of three \$100 prizes for survey completion.



Algonquins of
Pikwakanagan
First Nation

URBAN
SYSTEMS

AOPFN Cumulative Effects Study

The Algonquins of Pikwakanagan First Nation (AOPFN) is undertaking a cumulative effects study in response to proposed projects in AOPFN traditional territory. AOPFN has contracted an Indigenous-owned consulting firm, The Firelight Group to support this work.

A Cumulative Effects Study? - In studying the combined effects of all of the impacts in an area on AOPFN's values (e.g., wildlife, plants, water, air quality), the research team will seek to:

- Develop a report and a map showing which areas and values across our territory are most impacted, and are of greatest concern to our members;
- Help guide monitoring and restoration across the territory; and
- Help ensure that future development projects take into account all of the impacts that have already occurred on the territory during the environmental assessment process.

Engagement with AOPFN community members:

- **A community-wide survey** to gather input on how to focus this study will be available online, alongside the CCP survey. please contact Lucas, the Community Coordinator to request a hardcopy (with return postage) or how to access the survey online. This survey is available up to April 9th, 2021.
- **Focus groups** with Knowledge Holders and Elders to discuss how cumulative effects are impacting AOPFN's values in the territory.

For interest in participation, please contact Lucas Bramberger, the AOPFN Community Coordinator:

Email: coordinator.studies@pikwakanagan.ca

Phone: (613)-625-1551 ext. 102

AOPFN will maintain strict standards of data confidentiality and will protect personal information. Participants will receive honorariums and/or gift certificates for your participation in interviews.



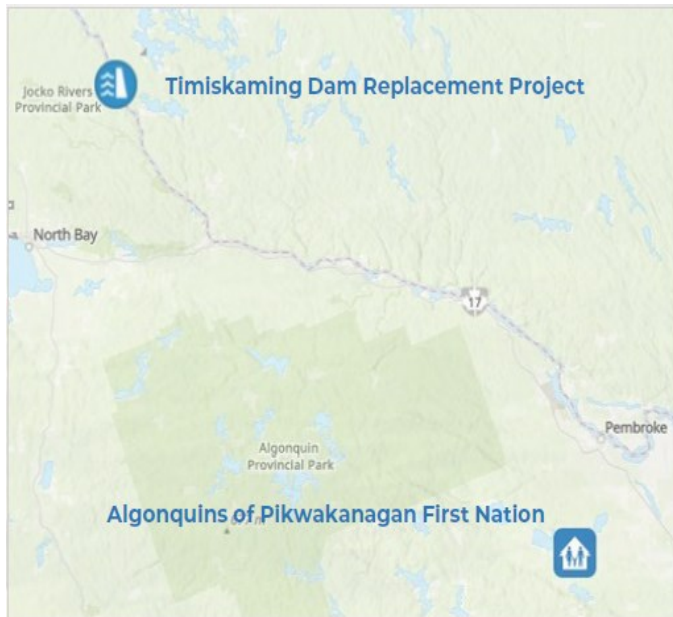
Algonquins of
Pikwakanagan
First Nation



AOPFN Knowledge and Land Use Study

The Algonquins of Pikwakanagan First Nation (AOPFN) is undertaking a Knowledge and Land Use study in response to document member activities on the land and water near the Timiskaming Dam Replacement Project in AOPFN traditional territory.

We are seeking Knowledge Holders - If you, or someone you know has experience or knowledge of hunting, trapping, fishing, or practicing other traditional activities in the area North-West of Mattawa and South-East of Temagami, we would like to hear from you!



The information gathered in this study will help inform our consultations, be used to make recommendations about how the Project should proceed, and inform a study about the cumulative impact of development across your territory on AOPFN way of life.

Email: coordinator.studies@pikwakanagan.ca

Phone: (613)-625-1551 ext. 102

AOPFN will maintain strict standards of data confidentiality and will protect personal information. Participants will receive honorariums and/or gift certificates for your participation in interviews.



Let us help you get your benefits!

Getting the benefits you are eligible for like the Canada child benefit, the Canada workers benefit and the GST/HST credit is now easier!

The new Credit and benefit short return and the Canada Child Benefit for First Nations forms are easy to complete, and there is support to help you.

For more information on how to get the new simplified forms or to get help filling out the forms, call the Let Us Help You Get Your Benefits inquiries line:

- o Atlantic provinces 1-888-704-8110
- o Quebec 1-877-303-3349
- o Ontario & Nunavut 1-833-262-1356
- o Alberta, Manitoba, Saskatchewan & Northwest Territories 1-866-837-1531
- o British Columbia & Yukon 1-855-214-7070



OMÀMIWININÌ PIMÀDJWOWIN The Algonquin Way Cultural Centre

Gift Shop Pick-Up Service

Starting the week of March 8, 2021 we will have pick-up service only, there will be no in-store shopping. Payment can be made by debit or credit.

Orders placed on Monday by 4:00 p.m. will be ready on the Friday between 1:00p p.m. – 4:00 p.m.

- 1) Email Katie at katie@thealgonquinway.ca to place your order
- 2) List items and quantity
- 3) Arrange Friday pick-up time

Omamiwinini Pimadjiwewin staff will be working remotely during this time and can be reached by email:

Contact Information

Leave voicemail at 613-625-1958 or email at:

Naomi - nsarazin@thealgonquinway.ca

Katie - katie@thealgonquinway.ca

Willy - willy@thealgonquinway.ca

Follow us on [Facebook](#) at Omamiwinini Pimadjiwewin

Training & Learning Centre
473 Kokomis Inamo, Unit #4
Pikwakanagan



Tell us what we can do for you.

Learn FREE computer, writing, reading or math training

- to connect with family & friends online
- to help your children with homework
- to prepare for employment
- fill out forms or send email
- to be more independent

Call us at 613-625-2210 on
Thursdays and Fridays
or 613-628-1720, Monday to Friday
or email us at
trainingandlearningcentre@gmail.com

CONTACT US TODAY



Food Bank In Pikwakanagan Information

How to Place an Order:

- Call 613-369-1633 and place an order over the phone.
- Text 613-369-1633 and place your order via text
- Go to this link "<https://forms.gle/SNxriP159GJ63Jmv9>" and place your order online!

When to Place an Order:

- Food bank orders are accepted Monday's and Tuesday's from 8:30 AM – 4:30 PM through phone.
- Online food bank orders can be placed anytime on Monday's and Tuesday's

How to Contact Us for Further Information:

- Call 613-639-1633 or 613-625-1266.

Hours of Operation:

- Every Wednesday from 9:00 AM – 1:00 PM.
- Pick-up or delivery can be arranged while placing orders.

Temporary Coverage

Anishinabek Gamik Family Well-Being and Prevention
Services



SAFETY OF OUR COMMUNITY

We need your help to make our community a healthier and safer place to live. Investigations are ongoing on potential illegal activities that are taking place within our community. We are asking if you see any type of illegal activity taking place to call Crime Stoppers 1-800-222-TIPS (8477) or 613-735-8477 and report it every time you see it happening. By doing this you will be providing information that is necessary for police investigations. The police need the support and help of the community to stop criminal activity that is putting our community at risk.

Cash Reward Program

Crime Stoppers is a partnership of the public, the police, and the media, which provides the community with a proactive program for people to assist the police in solving crime, earn a cash reward for information & **remain forever anonymous.**



Children's Easter Colouring Contest!

Colouring contest open to
Pikwakanagan children in the
following age categories:

2-5 years

6-10 years

The pictures to be colored can
be picked up at the
Makwa Community Centre
Monday to Friday between
8:30-4:30!

Once your picture is coloured
please post a picture on our
Pikwakanagan
Sports & Rec Facebook page by
Sunday, April 4th at noon!

3 winners in each age category
will be selected by our random
wheel spinner on Facebook live,
Sunday, April 4th at 7:00 p.m.

Make sure to tune in with the
kiddos and watch
the live spin-off!

3 winners in each category will
receive an
Easter basket full of goodies!

We can't wait to see your
awesome pictures...

Brought to you by the
Pikwakanagan Sports
& Recreation Department!



Pikwakanagan Golden Egg Hunt!

Easter weekend is April 2-5th and the
Pikwakanagan Sports & Recreation
Department
is bringing some Easter fun your
way!

Our department will be hiding 5
GOLDEN EGGS somewhere in the
community (publicly visible, not on
private property)

**The GOLDEN EGG HUNT begins on
Friday, April 2 at noon!**

**The 5 GOLDEN EGGS must be found
by Sunday, April 4th at 6:00 p.m.**

You must post a picture (on
Pikwakanagan Sports & Rec
Facebook page) holding the golden
egg and where you found it to
confirm the correct location! If there
are still eggs to be found by 4:00
p.m. on April 4th clues will be
given out live on Facebook to find
the remaining eggs,
5 family Easter baskets will be
awarded to the
successful GOLDEN EGG HUNTERS!
Goodluck to all, stay safe and have
fun....

<p align="center">EMPLOYMENT OPPORTUNITY</p> <p>Position Title: Prevention Services Worker Salary: \$43, 297 per annum Tenure: Permanent Full-Time Department: Social Services Direct Supervisor: Alexandra Freed, Supervisor, First Nation Child Welfare Closing Date: April 16th, 2021 at 4:30pm</p>	<p align="center">EMPLOYMENT OPPORTUNITY</p> <p>Position Title: Family Well Being Worker Salary: \$36, 400 per annum Tenure: Permanent, Full-Time Department: Social Services Direct Supervisor: Alexandra Freed, Supervisor, First Nation Child Welfare Closing Date: April 16th, 2021 at 4:30pm</p>
<p>Summary</p> <p>The Prevention Services Worker will be responsible for delivering culturally appropriate programming for children, youth and families with a wholistic approach that promotes and supports a healthy family lifestyle.</p> <p>The Prevention Services Worker will be assigned duties that include appointments such as a Band Court Representative and membership on committees necessitated by the Administration of AoPFN.</p> <p>Basic Requirements:</p> <ul style="list-style-type: none"> • Diploma in Social Services or the Legal field i.e. Social Service Worker, Child & Youth Worker with one-year experience working in the related field; and <p>A minimum of a class “G” drivers’ licence.</p> <p>Conditions of Employment:</p> <ul style="list-style-type: none"> • Successful completion of the Band Court Representative Certificate Course. • Proof of Diploma • Provide an acceptable Vulnerable Sector Check; to be provided annually. • CPR and First Aid Certification; to be provided annually. <p>Proof of a class “G” driver’s license; clear driver’s abstract and access to a dependable vehicle.</p>	<p>Summary</p> <p>The Family Well Being Worker is responsible for assisting with the coordination and delivery of the Family Well Being Program.</p> <p>The Family Well Being Worker is responsible to assist with the on-going development of the Family Well Being Program.</p> <p>Basic Requirements:</p> <ul style="list-style-type: none"> • Grade 12 Diploma with a minimum of one year of successful experience working with individuals, families, and groups, preferably in a First Nation setting. • Able to work a flexible schedule including evenings and weekends. • A minimum of a valid class “G” driver’s license and access to a dependable vehicle. <p>Experience with computer operations and software programs. Preferred programs include Windows, MS Word, Excel, Power Point and Access.</p> <p>Conditions of Employment:</p> <ul style="list-style-type: none"> • An acceptable Criminal Records Check and a Vulnerable Sector Check as required. • Current Infant/Child CPR and advanced First Aid Certification. <p>Proof of a minimum of a class “G” driver’s license and a Clear driver’s abstract.</p>
<p>ELIGIBILITY LIST WILL BE ESTABLISHED: YES</p>	<p>ELIGIBILITY LIST WILL BE ESTABLISHED: YES</p>
<p>Contact Person: Tiffany Dedo, Employment Development Officer (613) 625-2800 ext. 237 employment.officer@pikwakanagan.ca Algonquins of Pikwakanagan Administration Office 1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0</p>	<p>Contact Person: Tiffany Dedo, Employment Development Officer (613) 625-2800 ext. 237 employment.officer@pikwakanagan.ca Algonquins of Pikwakanagan Administration Office 1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0</p>

<p align="center">EMPLOYMENT OPPORTUNITY</p> <p>Position Title: Special Needs Resource, ECE Salary: \$43, 297 per annum Tenure: Permanent, Full-Time Department: Social Services Direct Supervisor: Nikoma Tennisco Supervisor, Mindiwin Manido Daycare Closing Date: April 16th, 2021 at 4:30pm</p>	<p align="center">EMPLOYMENT OPPORTUNITY</p> <p>Position Title: Early Childhood Educator Salary: \$37, 440 per annum Tenure: Permanent, Full-Time Department: Social Services Direct Supervisor: Nikoma Tennisco, Supervisor, Mindiwin Manido Daycare Closing Date: April 16th, 2021 at 4:30pm</p>
<p>Summary</p> <p>The Special Needs Resource Early Childhood Educator (Special Needs Resource ECE) is responsible for coordinating and providing a special education and developmental program and service for children ages 16 months to 6 years old who are identified with special needs; behavioral, communicational, intellectual, physical, or multiple exceptionalities. The Special Needs Resource, ECE is responsible for ensuring parental/guardian involvement, consultation, and consent at every level of program and/or service delivery. The Special Needs Resource, ECE is responsible for educating and instructing Early Childhood Educators on Individual Educational and Developmental (IED) Plans, plan implementation strategies, assessment and evaluation requirements, plan modifications and transitional plans.</p> <p>Basic Requirements:</p> <ul style="list-style-type: none"> • Early Childhood Education Diploma. • Special Needs related certificate(s). • At least 1 year of experience working in a licensed childcare setting as an Early Childhood Educator and with special needs children. Registered and in “good standing” with the College of Childhood Educators of Ontario (CECE). <p>Conditions of Employment:</p> <ul style="list-style-type: none"> • Vulnerable Sector Check • Certificate of medical health by a physician and complete record of immunization • Current CPR & Standard First Aid Certificate. Proof of a valid class “G” driver’s license and access to a dependable vehicle. 	<p>Summary</p> <p>The Early Childhood Educator is responsible for the overall daily supervision, monitoring, care and nurturing of children enrolled in the Mindiwin Manido Day Care program. The Early Childhood Educator is responsible for the delivering of a children’s educational and developmental program that encompasses a wholistic and interdisciplinary team approach. The Early Childhood Educator will interact and communicate with parents/guardians for the overall benefit for the child and/or children.</p> <p>Basic Requirements:</p> <ul style="list-style-type: none"> • Early Childhood Education Diploma. • Experience working in a licensed child-care setting as an Early Childhood Educator. • Registered and in “good standing” with the College of Childhood Educators of Ontario (CECE). Current First Aid and CPR “Level C” certification. <p>Conditions of Employment:</p> <ul style="list-style-type: none"> • An acceptable Criminal Records Check and Vulnerable Sector Check; annually. • Certificate of medical health by a physician and complete record of immunization; annually. • Current First Aid and CPR “Level C” certification; annually
<p>ELIGIBILITY LIST WILL BE ESTABLISHED: YES</p>	<p>ELIGIBILITY LIST WILL BE ESTABLISHED: YES</p>
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ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
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
Popoff, Beverley	Sharbot	19 Jan 21	19 July 21
Lavalley, Scarlett-daye	Lavalley	28 Jan 21	28 July 21
Gibson, Shane	Lavalley/Francois	18 Feb 21	18 Aug 21
Landry, Christopher	Benoit	18 Feb 12	18 Aug 21
Landry, Nathaniel	Benoit	18 Feb 21	18 Aug 21
Tokio-Carr, Elizabeth	Lavalley	18 Feb 21	18 Aug 21
Tokio-Carr, Shannon	Lavalley	18 Feb 21	18 Aug 21
Reid, William	Bernard	18 Feb 21	18 Aug 21
Gagnon, Andrea	Meness	26 Feb 21	26 Aug 21
Gagnon, Joseph	Meness	26 Feb 21	26 Aug 21
Robbins, Sonny	Jocko	26 Feb 21	26 Aug 21
Hutton, Natalie	Meness	03 Mar 21	03 Sept 21
Commando, Isabel	Commanda	09 Mar 21	09 Sept 21
Turner, Meagan	Aird	15 Mar 21	15 Sept 21
Meness, Decotta	Meness	15 Mar 21	15 Sept 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

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

**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.

ANIMAL CONTROL

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

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

LEGAL ADVICE

Criminal or Family Legal advice call:
Duty Counsel at 613-735-3400

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

Regular business hours are

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

And Wednesdays 9am to 1pm

We are closed weekends and holidays

Delivery is available Monday to Friday

Phone 613-625-9974 Fax 613-625-2068

Thank you

Natalie Commanda, Pharmacy Technician

Joseph Conway, Pharmacist

PREVENT COVID-19 DURING TRAVEL



If you travel, take these steps:



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS136318B 06/05/2020