



WWW.ALGONQUINSOFPIKWANAGAN.COM | 613-625-2800

## Happening this weekend!

### **RECOGNITION EVENT EVERYONE WELCOME**

YOU ARE INVITED TO A RECOGNITION EVENT TO ACKNOWLEDGE FUNDING THAT THE ELDERS RECEIVED FROM THE ONTARIO TRILLIUM FOUNDATION TO RENOVATE OUR CENTRE. COME AND SEE WHAT WE WERE ABLE TO ACCOMPLISH. LIGHT REFRESHMENTS.

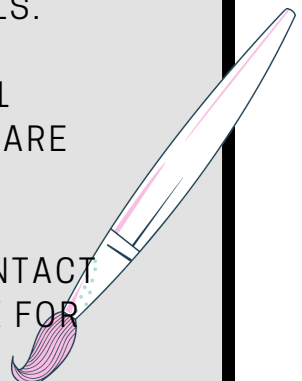
**SATURDAY, FEBRUARY 11, 2013, 11:00 TO 11:45 A.M.** AT THE ELDERS CENTRE, 28 CHIGIBIG INAMO, PIKWAKANAGAN  
FOR MORE INFORMATION:  
KOKOMSLEROUX54@GMAIL.COM OR 613-585-3213

### **CALL TO ALGONQUIN ARTISTS**

KICHI SIBI TRAILS NEEDS PIKWAKANAGAN ARTISTS FOR PUBLIC OUTDOOR ART OVER THE NEXT FEW YEARS FOR HALF A DOZEN SITES IN EASTERN ONTARIO. WE ALSO ARE EXPLORING CREATING MERCHANDISE. THE ALGONQUINS OF PIKWAKANAGAN FIRST NATION WORK WITH US TO REVITALIZE ALGONQUIN TRAILS.

WE INVITE YOU TO A ZOOM MEETING ON SATURDAY, 11 FEBRUARY 2023 AT 10:00 AM. IT WOULD BE GREAT TO SHARE THIS LINK WITH OTHER PIK ARTISTS YOU MAY KNOW.

PLEASE CALL PETER STOCKWELL AT 613-852-4527 OR CONTACT ME AT DRPETERSTOCKDALE@GMAIL.COM TO RECEIVE LINK FOR ZOOM MEETING.



# Election Notice



## NOTICE – CHANGE OF LOCATION

ELECTION FOR CHIEF AND COUNCIL OF THE ALGONQUINS OF PIKWAKANAGAN  
FIRST NATION - PLATFORM PROCESS

DUE TO AN UNFORESEEN CIRCUMSTANCE, THE LOCATION OF THE PLATFORM  
PROCESS FOR SATURDAY, FEBRUARY 11, 2023, WILL BE HELD AT THE BINGO  
HALL, 469 KOKOMIS MISHOMIS INAMO, PIKWAKANAGAN, ON KOJ 1X0  
BEGINNING AT 1:00 PM O'CLOCK LOCAL TIME.

THE PLATFORM PROCESS MEANS THAT EACH NOMINEE WHO WILL BE  
RUNNING FOR OFFICE WILL BE INVITED TO DELIVER A SPEECH ON  
IMPORTANT ISSUES THAT AFFECT THE COMMUNITY OR INDICATE TO THE  
MEMBERS WHAT THEIR PLANS ARE SHOULD THEY BE ELECTED TO THE  
POSITION OF CHIEF OR COUNCILLOR. EACH NOMINEE WILL BE ALLOWED  
TIME TO ANSWER QUESTIONS DIRECTED TO THEM BY THE VOTERS.

ONLINE ELECTORAL PLATFORM MEMBERS- ONLY ACCESS  
TO ACCESS THE MEMBERS-ONLY ZOOM LINK TO ATTEND THE VIRTUAL  
ELECTORAL PLATFORM GO TO THE MEMBERSHIP LOGIN AND UNDER THE  
NEWS AND EVENTS PAGE WILL BE THE LINK TO ATTEND THE VIRTUAL  
PLATFORM.

QUESTIONS MUST BE RELATED TO THE BUSINESS AT HAND AND NOT  
PERSONAL MATTERS BETWEEN THE NOMINEE AND YOURSELF. ONLY ELIGIBLE  
VOTERS CAN ADDRESS THE NOMINEE ON THE PLATFORM.

IF YOU HAVE ADDITIONAL QUESTIONS, PLEASE CONTACT ELECTORAL  
OFFICER, KASSANDRA SACKANEY AT 613-625-2800 /  
MGR.LEM@PIKWAKANAGAN.CA

KASSANDRA SACKANEY, ELECTORAL OFFICER

# Election Notice



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## *Algonquins of Pikwakanagan First Nation*

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February 2023

**TO: Members of the Algonquins of Pikwakanagan First Nation**

**RE: Notice of Election for Chief and Council of the Algonquins of Pikwakanagan First Nation**

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Notice is hereby given to the voters of the Algonquins of Pikwakanagan First Nation that a poll will be held to elect the Chief and Council of the Algonquins of Pikwakanagan First Nation on Saturday March 25, 2023, and that such polling station will be open from 9:00 a.m. o'clock local time until 7:00 p.m. o'clock local time at the Makwa Centre, 83A Kagagimin Inamo, Pikwakanagan, ON K0J 1X0. There are six (6) Councillors positions and one (1) Chief position available.

And that I will open the returned ballots at the Makwa Centre on Saturday March 25, 2023, beginning at 1:00 o'clock p.m. and that at the close of the polling station, I will count the votes and declare the results of the Election.

### Nomination Meeting

Nomination meeting took place at the Makwa Centre, 83A Kagagimin Inamo, Pikwakanagan ON K0J 1X0 on Saturday, January 28, 2023, beginning at 2:00 o'clock p.m. The finalized running candidates is posted in the newsletter and can be found our website at <https://www.algonquinsofpikwakanagan.com/laws-and-by-laws/>

### Platform Process

The Platform process will be on Saturday February 11, 2023, at the **Bingo Hall, 469 Kokomis Mishomis Inamo**, Pikwakanagan, ON K0J 1X0 beginning at 1:00 pm o'clock local time.

The platform process means that each candidate who will be running for office will be invited to deliver a speech on important issues that affect the community or indicate to the members what their plans are should they be elected to the position of Chief or Councillor. Each candidate will be allowed time to answer questions directed to them by the Voters.

Questions must be related to the business at hand and not personal matters between the nominee and yourself. Only eligible voters can address the Candidate on platform.

If you have additional questions, please contact Electoral Officer, Kassandra Sackaney at 613-625-2800 / [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca)

Additionally, voting packages will be mailed to the eligible voters the week of February 13<sup>th</sup> – 17<sup>th</sup>, 2023.

Sincerely,

Kassandra Sackaney, Electoral Officer

1657A Mishomis Inamo  
Pikwakanagan, ON K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332

# Election Notice

## NOTICE OF VOTE

NOTICE IS HEREBY GIVEN TO THE ELECTORS OF THE ALGONQUINS OF PIKWAKANAGAN THAT A VOTE WILL TAKE PLACE FOR THE ACCEPTANCE OF THE ALGONQUINS OF PIKWAKANAGAN NIGIG-NIBI-KI-WIN LAW, AND THAT SUCH POLL WILL BE OPEN FROM TEN (10:00) O'CLOCK A.M. UNTIL SEVEN (7:00) O'CLOCK P.M. AT THE MAKWA CENTRE IN PIKWAKANAGAN ON SATURDAY, MARCH 25, 2023 AND THAT I WILL COUNT THE VOTES IMMEDIATELY AFTER THE CLOSE OF THE POLL AND DECLARE THE RESULTS OF THE REFERENDUM. THE NIGIG-NIBI-KI-WIN LAW, IF PASSED BY REFERENDUM, COMES INTO EFFECT JANUARY 13TH, 2024 .

GIVEN UNDER MY HAND AT PIKWAKANAGAN THIS DAY 5TH DAY OF FEBRUARY, 2023

REFERENDUM OFFICER

## NOTICE OF INFORMATION MEETINGS

AN INFORMATION MEETING WILL BE HELD ON THURSDAY, FEBRUARY 23RD, 2023 AT 6:00 PM AT THE ELDERS CENTRE, PIKWAKANAGAN, ONTARIO. THE MEETING IS OPEN TO ALL MEMBERS OF THE ALGONQUINS OF PIKWAKANAGAN. REPRESENTATIVES FROM THE FAMILY WELL BEING TEAM AND THE REFERENDUM OFFICER WILL BE IN ATTENDANCE TO PRESENT THE NIGIG-NIBI-KI-WIN LAW AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MAY HAVE ON THE LAW OR THE REFERENDUM.

ENCLOSED IS A COPY OF THE NIGIG-NIBI-KI-WIN LAW THAT YOU WILL BE VOTING ON. ALEXANDRA FREED WILL BE AVAILABLE TO ANSWER ANY QUESTIONS THAT YOU MAY HAVE. SHOULD YOU NOT BE ABLE TO ATTEND THE SCHEDULED MEETINGS, YOU MAY CALL HER AT 613-625-2173 OR E-MAIL [MGR.CFS@PIKWAKANAGAN.CA](mailto:MGR.CFS@PIKWAKANAGAN.CA) THE MEETING WILL BE AVAILABLE VIRTUALLY.

# Running Candidates



Algonquins of Pikwakanagan First Nation Election  
Running Candidates Saturday March 25, 2023



## CHIEF CANDIDATES

<b>Jocko</b>	<b>Wendy Anne</b>
<b>Meness</b>	<b>Joseph Alexander James (Jim)</b>
<b>Sarazin</b>	<b>Gregory James</b>

## COUNCILLOR CANDIDATES

<b>Belaire</b>	<b>Justine Morgan</b>
<b>Belaire</b>	<b>Shelley Georgina</b>
<b>Benoit</b>	<b>Dale Mary Joan</b>
<b>Benoit</b>	<b>Steven James</b>
<b>Bernard</b>	<b>Catherine (Cathy) Mary</b>
<b>Bilodeau</b>	<b>Joseph Patrick Donald (Don)</b>
<b>Commanda</b>	<b>Angelina (Nina) Ione</b>
<b>Commanda</b>	<b>Natalie Louise</b>
<b>Kohoko</b>	<b>Sherry Lee Ann</b>
<b>Nadeau</b>	<b>Lorreta Dorothy (Budgie)</b>
<b>Sarazin</b>	<b>Barbara Jean</b>
<b>Sarazin</b>	<b>Mervin (Merv) Matthew</b>
<b>Two-Axe</b>	<b>Mary Vicky Kwawenron</b>
<b>Whalen</b>	<b>Karen Margo Ann</b>

## Upcoming Dates

**Electoral Platform Saturday, February 11, 2023 @ the Bingo Hall 469 Kokomis Mishomis Inamo, Pikwakanagan, ON K0J 1X0 starting at 1:00 p.m.**

**Election Day Saturday, March 25, 2023 @ the Bingo Hall 469 Kokomis Mishomis Inamo, Pikwakanagan, ON K0J 1X0 opening at 9:00 a.m. and closes at 7:00 p.m.**

# Ongoing Programing



Prevention Services  
Presents...

## JR Facts!

When: Every Thursday

Time: 4:30PM - 5:30PM

Where: 1467 Mishomis Inamo

Age: 4-7 yrs

Please contact either 613-625-2173  
or Jocelyn  
([reception.cfs@pikwakanagan.ca](mailto:reception.cfs@pikwakanagan.ca))  
for more information.

PREVENTION SERVICES  
PRESENTS...

## YOUTH FACTS!

When: Every Tuesday

Time: 4:30pm-5:30pm

Where: 83A Kagagimin Inamo

Age: 8-11 yrs

Please contact 613-625-2173 or Jocelyn  
([reception.cfs@pikwakanagan.ca](mailto:reception.cfs@pikwakanagan.ca)) for  
more information.

PREVENTION SERVICES  
PRESENTS...

## TEEN FACTS

When: Every Wednesday

Time: 4:30pm-5:30pm

Where: 1467 Mishomis Inamo

Age: 12-18 yrs

Please contact either 613-625-2173 or  
Jocelyn  
([reception.cfs@pikwakanagan.ca](mailto:reception.cfs@pikwakanagan.ca)) for  
more information.



# COMING SOON

Kwey Pikwakanagan,  
Family Well-Being's Regalia Program is back for the year 2023! Sign-ups are accepted from January 9th/2023 - February 9th/2023. Please note the dates have changed! After some consultation, the Family Well-Being Team and the program facilitator have decided to adjust the program dates to respect community members attending multiple Pow-Wows. We apologize for any inconvenience this may cause.

Sign up and secure your spot today or ask any questions by calling Cassidy at 613-625-2173 extension 228 or email [coordinator.fwb@pikwakanagan.ca](mailto:coordinator.fwb@pikwakanagan.ca) for registration forms.

The dates for this program are as follows:

The program will start with Fancy Shawl Regalia on Monday nights (all programs pushed to Tuesdays for any holiday closures).

Fancy Shawl - **February 13, 2023 - April 3, 2023. 8 weeks (Monday nights).**

Mens Grass, Men's Traditional, and Chicken - **March 23, 2023 - May 11th, 2023. 8 weeks (Thursday nights).**

Jingle and Women's Traditional - **April 10, 2023 - May 29/2023. 8 weeks (Monday nights).**

The program will take place at the Elders Lodge.



A poster for a "March Break Babysitting Course". The background is light blue with a house silhouette and a baby carriage. The text reads: "March Break Babysitting Course", "March 17th, 2023", "9 am - 4 pm", "Makwa Centre", "LUNCH PROVIDED", "First 18 registrants accepted", "Register by Feb 24th by phone or email: 613-625-2173 ext. 227", "assistant.fwb@pikwakanagan.ca", and "YOUTH 11-15". A circular inset photo shows a woman and children in a field, with "St. John Ambulance" written above it.

# COMING SOON

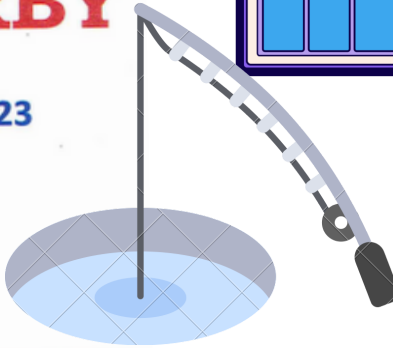


## ANNUAL FISHING DERBY

SATURDAY FEBRUARY 18<sup>TH</sup> 2023

6:00 AM TO 3:00 PM

RANDY COMMANDA'S CAMPSITE



**LAST WEIGH IN: 3:00 PM SHARP**

**REGISTRATION:** FRIDAY FEBRUARY 17<sup>TH</sup>  
**LOCATION:** FIRE HALL @ BETWEEN 7:00 PM TO 9:00 PM  
**FUNDRAISER:** PROCEEDS GO TO FIRE DEPARTMENT  
\$20.00 PER PERSON  
12 YEARS AND UP

**FISHING IN GOLDEN LAKE (BRIDGE TO BRIDGE)**

**CONTACT:** CHRIS SARAZIN (613) 286 1018

⇒ **DOOR PRIZES**



**FEBRUARY**

**Valentines Day - Tuesday  
February 14th**



**Family Day - Monday  
February 20th**

## Ottawa RIVERKEEPER

[ottawariverkeeper.ca](http://ottawariverkeeper.ca)



River House is a historic building owned by the National Capital Commission aimed to enhance public access to the river.

Looking for 1 - 2 Algonquin Community Members, Leaders, educators, knowledge holders to provide guidance on the co-creation of water education programming at River House, Ottawa Riverkeeper's future home on the kichi sibi.

### Algonquin Advisors

- Participate in 3 meetings held until June 2023 (locations to be determined options include online, in communities, and/or at River House in Ottawa);
- Share in the co-creation of water education programming with Ottawa Riverkeeper to enhance water protection across the kichi sibi watershed and provide culturally relevant educational experience for Indigenous and non-Indigenous learners; and
- Advise of designs for learning spaces, interpretive elements, artwork, and other physical aspect of the learning environment at River House

If interested please contact  
Rachel Mathieu  
613-625-2800 ext 254  
[assistant.edo@pikwakanagan.ca](mailto:assistant.edo@pikwakanagan.ca)

**DEADLINE FEBRUARY  
13TH AT 12:00PM**



# NOTICE OF VOTE – NIGIG-NIBI-KI-WIN LAW

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# Land Use Vote – Update



## Algonquins of Pikwakanagan First Nation

### REFERENDUM OFFICER'S REPORT

Date: January 09, 2023

Type of Referendum: Land Use Plan Referendum Vote - January 7, 2023

The Notice of Vote was mailed and posted on November 01, 2022, at the Administration Office, Web Site, Newsletter, and Post Office Building

The Voter's List was posted on November 01, 2022, at the Administration Office and Post Office Building.

The Information Meetings were held on November 29, 2022, and January 05, 2023, at Makwa Center and Virtual – Zoom

The Voting Station was at Makwa Center, 83-A Kiwita Inamo, Pikwakanagan, Ontario, K0J 1X0

Total Number of Members:	2278
Total Number of Voters	2087
Total Number of Ballots printed:	2200
Number of Ballots Provided:	1601
Number of Ballots Unused:	599
Total Number of Ballots not returned:	1474
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Number of In Person Votes:	17
Number of Delivered Ballots Received:	110
Total Ballots Casted:	127
Number of Ballots cast and counted:	101
Number of Ballots cast and spoiled:	26
Number of Electronic Votes:	76
Total Number of Ballots and Electronic Votes Received:	203
Total Number of Ballots and Electronic Votes Counted:	177

1657A Mishomis Inamo  
Pikwakanagan, ON K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332

Page 1 of 2

#### Results of Land Use Plan Referendum:

Majority of fifty percent plus one vote (50% +1) community approval plus threshold required:

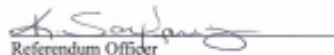
Total "Yes"	161	% in favour	90.96 %
Total "No"	16	% not in favour	9.03%

Quorum for Community Approval is at least 10% of Eligible Voters shall participate: 209

Total Number of Eligible Voters participated: 203 - **Did Not Meet Threshold**

Therefore, the Land Use Plan dated August 2022 will not be in effect.

A second Referendum for community approval may be called.

  
Referendum Officer

Jan 9, 2023  
Date

# Thank you Letter – Miigwetch

ALGONQUINS OF PIKWAKANAGAN ROUND DANCE  
JANUARY 21, 2023

MIIGWETCH TO THE CHIEF AND COUNCIL FOR SUPPORTING MY EFFORTS TO COORDINATE THE FIRST ROUND DANCE IN PIKWAKANAGAN.

I WOULD LIKE TO ALSO SAY MIIGWETCH TO NAOMI SARAZIN WHO ASSISTED IN THE PLANNING OF THE AMAZING EVENT. I COULD NOT HAVE DONE THIS WITHOUT HER KNOWLEDGE. I WOULD ALSO LIKE TO TAKE THIS TIME TO SAY KITCHI MIIGWETCH TO THE FOLLOWING BUSINESSES AND DEPARTMENTS WITHIN THE ALGONQUINS OF PIKWAKANAGAN WHO FINANCIALLY SUPPORTED THIS EVENT:

1. TCT WHO CONTRIBUTED \$6,000.00
2. AOPFN CONSULTATION DEPARTMENT WHO CONTRIBUTED \$5,000.00
3. AOPFN HEALTH DEPARTMENT WHO CONTRIBUTED \$3,600.00
4. OASIS WHO CONTRIBUTED \$1,000.00
5. MAKWA BINGO WHO CONTRIBUTED \$1, 000.00

THESE CONTRIBUTIONS MADE IT POSSIBLE TO INVITE ALL THE GUESTS.

MIIGWETCH TO NIKKI SHAWANA WHO DID A GREAT JOB WITH THE LADIES WHO ATTENDED THE SINGING WORKSHOP AND FOR SHARING SOME OF HER SONGS WITH US; VINCE KICKNOSWAY FOR CONDUCTING THE PIPE CEREMONY; GORDON SANDS FOR BEING THE MC, WHO DID A GREAT JOB KEEPING THE FLOW OF THE ROUND DANCE; BRENNAN GOVENDER WHO HANDLED STICKMAN DUTIES AND TOOK CARE OF OUR SINGERS; AND OF COURSE ALL OUR INVITED SINGERS WHO SHARED THEIR SONGS WITH US: DARREN NAKOGEE, FRANKY HORN, DAN ISAAC, SAGE PICODY, NATHAN ROY, JORDAN MOWAT, AND THELAND KICKNOSWAY. I WOULD ALSO LIKE TO ACKNOWLEDGE THE ADDITIONAL SINGERS WHO SHOWED UP TO HELP: RYERSON WHETUNG, JACOB DAYFOX, NAHUM DIABO, AND JOSH LEWIS; AS WELL AS ALL THE WOMEN WHO SANG BACKUP: AMANDA FOX, ERIN BELLE, CEDAR LEAHTAIL, GABRIELLE FAYANT, AND SHADE KOOSTACHIN.

MIIGWETCH TO THE THREE COOKS WHO PROVIDED THE MAIN DISHES FOR THE FEAST: ROSE COMMANDA, ROSE MCNEIL, AND MADELINE GRANZIE; AS WELL AS ALL THE COMMUNITY MEMBERS WHO CONTRIBUTED FOOD, THE FEAST WAS FANTASTIC! MIIGWETCH TO CULLIGAN FOR PROVIDING WATER, MIIGWETCH TO FRANCIS SARAZIN AND KAREN LINKLATER FOR OBTAINING ALL THE GIVEAWAY GIFTS AND HELPING WITH THE CEREMONY WHEN REQUIRED; NORMA SARAZIN, IRVIN SARAZIN, JAMIE SARAZIN, AND FRANCIS SARAZIN FOR HELPING US TAKE CARE OF THE GIVEAWAY CEREMONY.

THIS WAS A GREAT EVENT, BUT IT WOULD NOT HAVE BEEN POSSIBLE WITHOUT ALL THE COMMUNITY AND GUESTS WHO SHOWED UP. THIS MADE ME HAPPY TO SEE!! I HOPE YOU ALL ENJOYED COMING TOGETHER AS A COMMUNITY AND DANCING WITH OUR ANCESTORS.

MIIGWETCH KINIWAYA, KEVIN LAMARR CULTURAL  
COORDINATOR/ADMINISTRATIVE ASSISTANT AND CHIEF AND COUNCIL

KITCHI MIIGWETCH

# Health Information



Government  
of Canada

Gouvernement  
du Canada

## Crisis Lines

**EMERGENCIES - 9-1-1**

Mental Health Crisis Line -  
1-866-996-0991

Drug, Alcohol, Gambling Hotline-  
1-866-531-2600

National Overdose Prevention Line -  
1-888-688-6677

Kids Help Line -  
1-800-668-6868

First Nations & Inuit Hope for  
Wellness Help Line -  
1-855-242-3310

Canadian Human Trafficking Hotline-  
1-833-900-1010

## Canada Revenue Agency

### Apply for the new Canada Dental Benefit

You can apply for the Canada Dental Benefit (CDB) if:

- You have child(ren) who are under 12 years old on December 1, 2022 and they do not have access to a private dental insurance plan (including employer provided).
- You have, or will have, out of pocket expenses not fully reimbursed by a federal, provincial, or territorial program or plan for dental care for your child(ren), incurred between October 1, 2022, and June 30, 2023.
- Your adjusted family net income (AFNI) was under \$90,000 for the 2021 tax year.
- You are currently receiving the Canada Child Benefit (CCB).

### Apply with the CRA

Apply online [www.canada.ca](http://www.canada.ca) or by phone 1-800-959-8281

**Masks  
STRONGLY  
RECOMMENDED  
Indoors**

There is a larger than normal amount of children getting sick from respiratory illnesses (COVID, flu, RSV). This strong recommendation was made to prevent children from getting sick and to preserve beds in children's hospitals. As well, a shortage of pediatric medication makes it difficult for parents to treat children at home which makes emergency room wait times long.

The Ministry of Health and AoPFN Health Services strongly recommends everyone masks in indoor public settings, especially in school and childcare settings.

COVID and flu vaccines are available for all those over 6 months old. Contact CHN if interested: 613-625-2259

**Thank you for protecting the community!**

## Local

**EMERGENCIES - 9-1-1**

VTAC-  
1-844-727-6404

Telehealth-  
1-866-797-0000

Poison Control-  
1-800-268-9017

Eganville Foodbank (165 John St.) -  
613-401-5785

Pembroke foodbank (295 1st Ave.)-  
1-855-242-3310



# Health Information



## HER HEART MATTERS WEAR RED CANADA • FEB 13

HEART DISEASE IS ON THE RISE. IT IS THE LEADING CAUSE OF DEATH FOR WOMEN WORLDWIDE.

HEART ATTACK SYMPTOMS ARE NOT RECOGNIZED IN OVER 50% OF WOMEN BECAUSE WOMEN'S SYMPTOMS ARE DIFFERENT THEN MEN.

HEART ATTACK SYMPTOMS MOST OFTEN FELT BY WOMEN:

- CHEST PAIN, PRESSURE, TIGHTNESS, OR BURNING
- PAIN IN THE JAW, NECK, RIGHT ARM, OR BACK
  - EXTREME SWEATING
  - SHORTNESS OF BREATH
- STOMACH PAIN, NAUSEA, OR INDIGESTION

OTHER SYMPTOMS WOMEN MAY FEEL:

- PROFOUND FATIGUE
- SLEEP PROBLEMS
- DIZZINESS OR LIGHT-HEADEDNESS
- FAST OR IRREGULAR HEARTBEAT

\*\* WOMEN ARE MORE LIKELY TO PRESENT 3 OR MORE SYMPTOMS IN ADDITION TO CHEST PAIN.

IF YOU THINK YOU ARE HAVING A HEART ATTACK, CALL 911 AND GET HELP RIGHT AWAY OR A FRIEND, NEIGHBOR OR A RELATIVE THAT CAN ASSIST YOU IMMEDIATELY! DO NOT ATTEMPT TO DRIVE.

IF YOU NEED MORE INFORMATION, YOU CAN DISCUSS THIS FURTHER WITH YOU HEALTH CARE PROVIDER OR STOPPING BY THE HEALTH CENTER FOR A FREE INFO BROCHURE AND A BUTTON. (HER HEART MATTERS).



**WEAR RED CANADA**

 CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE

**WEARREDCANADA.CA**  
#WearRedCanada  
#HerHeartMatters  
@CWHAlliance



 **JOIN US! | FEBRUARY 13**

# Health Information



## Canadian Food Inspection Agency's (CFIA) & Product Safety Recalls

Check to see if you have the recalled product (s) in your home

### Various Indigo-Branded Ceramic Mugs, Mug Ornaments.

**Health Hazard:** Microbial hazard- mould may be present under the glazed surface when its expose to humid, if ingestion may pose a risk of gastrointestinal symptoms and infections in consumers with compromised immune systems.

**Distribution:** Sold in ON.

**Recalling Firm:** Indigo at 1-833-463-446 or go online to Indigo website.

**What to do:** Consumers should immediately stop using the recalled products and return the products to an Indigo store for a full refund.



### Apetito HFS Brand & Heart to Home Meals - Meatballs in Sauces

**Health Hazard:** Allergic or sensitive to gluten, eggs, milk, and wheat is undeclared on packaging.

**Distribution:** Sold in ON.

**Recalling Firm:** The Apetito group 1-800-268-8199 or email [info@arcasa-apetito.com](mailto:info@arcasa-apetito.com)

**What to do:** Recalled products should be thrown out or returned to the location where they were purchased



# Health Information – COVID-19



## COVID-19 Screening Questionnaire

Screen yourself for COVID-19 and other respiratory viruses using this questionnaire. If you answer YES to any of the questions, follow guidance provided.

September 12, 2022

### 1. Do you have any of these new or worsening symptoms\*?

#### A) One or more:



Fever > 37.8°C and/or chills



Cough



Trouble breathing



Decrease or loss of taste/smell

#### B) Two or more:



Sore throat



Headache



Feeling very tired



Runny nose/  
nasal congestion



Muscle aches/  
joint pain



Nausea/vomiting/  
diarrhea

### 2. Have you tested positive for COVID-19 in the last 10 days and have symptom(s)?

Yes   
No



If "YES" to Q.1 or 2 Stay home & self-isolate



Follow extra measures\*\*

### 3. Do you have only one symptom from 1(B) OR any of the following new or worsening symptoms\*?

• Abdominal pain • Pink eye • Decreased or no appetite

Yes   
No



If "YES" Stay home until your symptom is improving for 24 hours (48 hours for nausea/vomiting/diarrhea) and you do not have any new symptoms

### 4. Have you been told that you should be quarantining, isolating, or staying at home? (e.g. by a doctor, federal border agent, public health)?

Yes   
No



If "YES" Stay home + Follow instructions you were given

### 5. Have you been told you are a close contact of someone who has symptoms OR someone who tested positive for COVID-19?

Yes   
No



If "YES" Follow extra measures\*\* + If symptoms\* develop, self-isolate right away

\*If the symptom is from a known health condition that gives you the symptom, select "No". If the symptom is new, different or getting worse, select "Yes". If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 or flu vaccine, select "No".

\*\* Following extra measures means: Wearing a well-fitted mask in all public settings, avoiding activities where you need to take off your mask and not visiting people or settings at higher risk.



TORONTO.CA/COVID19

TORONTO Public Health



## COVID-19 & Respiratory Viruses Screening Tool Next Steps

If you answered “YES” to any of the questions on page 1, follow the below instructions:

### Stay Home & Self-Isolate if You are Sick:

Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed in this screening tool, should stay home until their symptoms are improving and seek assessment from their health care provider if needed.

### Follow Extra Measures:

For 10 days after the start of symptoms **OR** a positive COVID-19 test (whichever came first) **OR** for 10 days after your last close contact with a person who has symptoms or a positive COVID-19 test:



- Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age);



- Avoid non-essential activities where you need to take off your mask (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn), with reasonable exceptions such as when eating in a shared space at work while maintaining as much distancing as possible;



- Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

Follow this advice even if you test negative for COVID-19 or you did not do a test.

These measures are an added layer of prevention against the spread of COVID-19 and respiratory viruses.

### Follow Additional Guidance if Immunocompromised **OR** Living in a Highest-Risk Congregate Care Setting:

If residing in a highest-risk setting **OR** immunocompromised **OR** hospitalized for COVID-19 related illness, your isolation requirements may differ. See [Table 1 of the provincial guidelines](#) for additional guidance.

### Follow Additional Guidance as Instructed:

If you have been told that you should be quarantining, isolating, staying at home, or not attending school or child care right now (e.g., by a doctor, federal border agent, public health):

- Follow the guidance or directions that have been provided to you.
- If you travelled outside of Canada in the last 14 days, follow federal [requirements](#) for quarantine and testing after returning from international travel.

### Get Tested and Treated if Eligible:

- COVID-19 testing and treatments are available to certain groups. See [here](#) for more information.

This tool is consistent with provincial guidance: [Management of Cases & Contacts of COVID-19 in Ontario \(gov.on.ca\)](#)



# Winter Fire Safety... Continued

WINTER FIRE SAFETY

## CHECK ON YOUR ELDERS & NEIGHBOURS



The cold winter months can be isolating and pose a greater risk of illness and injury for many people, especially our Elders. But there are many things we can do to help our Elders, neighbours, and relatives stay healthy, connected, and safe!

### VISIT AND LEND A HAND

**Simply spend time.** Enjoying the company of Elders and neighbours doesn't take much effort. Just being present, chatting over a cup of tea and listening to what's on their mind means a lot. If weather permits, dress warmly and enjoy a walk or outing outside together.

**Clear steps and walkways.** Slips and falls in icy, snowy conditions can happen easily. Help Elders and neighbours exit and enter their homes safely by shoveling snow and removing ice from their driveways, walkways, and stairs.

**Clean and tidy.** Kitchen fire safety starts with a clean kitchen. Help Elders and neighbours by wiping down cooking surfaces to prevent food and grease build-up. Make sure combustible materials such as paper towels, potholders, dish towels, and plastics, are away from the stove and other hot cooking surfaces where they could catch fire.

**Shop and transport.** Winter weather can make it difficult for elders to get out to buy food, medicine, and other supplies. Offer to include their shopping with your own and provide transportation to and from appointments.

### PREPARE FOR FIRE SAFETY

**Communication is key.** Talk about home fire-safe practices with your Elders and neighbours to help them prepare for the winter months. Emphasize the importance of turning off all cooking and heating appliances before leaving the home or going to bed.

**Heat the home safely.** Make sure all heat sources are fire safe and working properly. Check space

heaters to ensure that cords and plugs are in good working order and that they are placed at least 3 feet from things that can burn. Always unplug heaters before leaving the home or going to bed.

**Prevent burns.** Cooking-related scalds and burns can be very painful. Provide a reminder to stay in the kitchen when cooking, turn pot handles away from the edge of the stove, wear short or tight-fitting sleeves, and use potholders when touching anything that could be hot.

**Ensure alarms are working.** Check that their home has working smoke alarms and carbon monoxide (CO) detectors. These early warning fire safety tools are lifesavers!

**Prepare for power outages.** Locate flashlights and other battery-operated lights and make sure they are working. If there is a home generator, make sure that it is outside in a dry location, well away from windows, doors, and vents that can allow CO into the home.

### PLAN A SAFE ESCAPE

Ensure Elders and neighbours have a home fire escape plan. Make sure there are two ways out of each room and that windows, doors, stairs and hallways are clear of clutter. Practice the fire escape plan together.

If there is a fire, instruct everyone to get out of the home immediately and to NOT go back inside for anything.

Make sure they know to call 9-1-1 or the local emergency number.

[fness.bc.ca](http://fness.bc.ca) [fireservices@fness.bc.ca](mailto:fireservices@fness.bc.ca) 604-669-7305



Indigenous Services  
Canada

Services aux  
Autochtones Canada

# TENDER

“CALL TO TENDER”  
KITCHEN & STORAGE AREA RENOVATION  
83A KAGAGIMIN INAMO,  
MAKWA COMMUNITY CENTRE

INTERIOR:

1. REMOVE/REPLACE EXISTING KITCHEN CABINETS AND COUNTERTOPS WITH NEW CABINETS AND COUNTERTOPS (ITEMS PRE-SELECTED BY MANAGER). THIS IS TO INCLUDE THE EXISTING ISLAND IN THE KITCHEN AREA, REPLACE AS NEW CUPBOARDS AND COUNTERTOP.
2. REMOVE/REPLACE EXISTING COUNTERTOP IN THE CANTEEN/KITCHEN WINDOW AND REPLACE THE SECURITY COVER FOR CANTEEN WINDOW INCLUDING LOCKS.
3. REMOVE/REPLACE SINKS AND FAUCETS AND INSTALL NEW SINKS AND FAUCETS AND ENSURE THEY ARE SEALED/CAULKED TO PREVENT WATER DAMAGE UNDER AND BEHIND CABINETS. (SHOULD PLUMBING BE REQUIRED THAT WILL BE A SEPARATE COST AND NOT TO BE INCLUDED IN THIS TENDER).
4. REMOVE/REPLACE EXISTING FLOORING WITH NEW. ENSURE SHEET TYPE, WATERPROOF FLOORING IS INSTALLED IN HIGH MOISTURE/WET LOCATIONS AND ENSURE TRANSITION PIECES BE INSTALLED FOR A SMOOTH TRANSITION WITHOUT ANY TRIPPING HAZARDS.
5. REMOVE/REPLACE EXISTING DROP CEILING TILES AND LIGHTING AND REPLACE WITH NEW DROP CEILING TILES AND POT LIGHTING. (ELECTRICIAN TO BE CONTACTED BY CONTRACTOR, BUT PAYMENT WILL BE SEPARATE FOR ELECTRICAL SERVICES AND NOT TO BE INCLUDED IN THIS TENDER.)
6. PAINT ALL WALLS WITH NEW PAINT, PAINT INTERIOR STEEL DOORS WITH FRESH PAINT, INSTALL NEW TRIM IN THE AREAS BEING RENOVATED.
7. INSTALL NEW SHELVING SYSTEM IN THE BACK STORAGE AREA, REPAIR CEILING DAMAGE AND ENSURE PROPER LIGHTING IN THE STORAGE ROOM. INSTALL NEW INTERIOR DOOR THAT LEADS TO THE STORAGE AREA.
8. INSTALL NEW COMMERCIAL GRADE APPLIANCES (STOVE, FRIDGE, HOOD RANGE).

THIS TENDER SHOULD BE FOR LABOUR EXPENSES ONLY.

\*PLEASE ENSURE YOU INCLUDE VALID PERSONAL LIABILITY AND PROPERTY DAMAGE INSURANCE CERTIFICATE,  
WSIB CLEARANCE CERTIFICATE UPON SIGNING OF CONTRACT.

ANY QUESTIONS OR CONCERNS CAN BE DIRECTED TO KERRY ANDREWS,  
MANAGER, SPORTS & RECREATION AT 613-625-2682

# TENDER CONTINUED

ENVELOPES SHOULD BE CLEARLY MARKED:

“TENDER FOR WORK AT MAKWA COMMUNITY CENTRE”

ADDRESSED TO:

ALGONQUINS OF PIKWAKANAGAN  
1657A MISHOMIS INAMO  
PIKWAKANAGAN, ONTARIO, K0J 1X0

ATTENTION: KERRY ANDREWS, MANAGER, SPORTS & RECREATION

ALL TENDERS MUST BE RECEIVED BY MONDAY, FEBRUARY 13TH, 2023, AT 12:00 P.M.

THE ALGONQUINS OF PIKWAKANAGAN FIRST NATION IS NOT OBLIGATED TO ACCEPT  
THE  
LOWEST OR ANY TENDER

\*\*\*\*\*  
\*\*\*\*\*

MY “TENDER” FOR LABOUR ONLY FOR VARIOUS RENOVATION TASKS AT THE MAKWA  
COMMUNITY CENTRE IN PIKWAKANAGAN IS:

\$ \_\_\_\_\_

NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

# External Opportunities

WESTERN UNIVERSITY'S

# NATIONAL INDIGENOUS SCHOLARSHIP PROGRAM

Western 



**Awarded annually to three incoming Indigenous undergraduate students**  
(First Nations, Métis, and Inuit) studying full-time at Western's main campus based on their outstanding academic excellence and meaningful and impactful contribution toward Indigenous communities. Two scholarships will be awarded to incoming students applying from Canadian high schools, and one scholarship to an incoming Indigenous student applying from a postsecondary institution. Recipients must meet the minimum academic averages for their programs, and will be selected on the basis of academic achievement, creative and innovative thinking, and previous or intended contributions to Indigenous communities (including, on and off reserve and as well as urban settings).

For more information please contact our Indigenous Financial Aid Coordinator Donna Noah at [dnoaheuwo.ca](mailto:dnoaheuwo.ca) or (519) 661-2111 ext. 86437.

## Scholarship Values

3 awards at \$50,000 each to incoming Indigenous students applying from Canadian high schools\*

2 awards at \$50,000 to an incoming Indigenous student applying from a postsecondary institution\*

\*\$20,000 for year one, \$10,000 for years two to four based on ongoing registration

\*not applicable to second entry programs

## How to Apply

To apply to the National Indigenous Scholarship Program please go to the following link:

**[studentservices.uwo.ca/  
NationalIndigenousScholarship/  
Students/NSIntroPage.cfm](http://studentservices.uwo.ca/NationalIndigenousScholarship/Students/NSIntroPage.cfm)**

**Deadline: March 14<sup>th</sup> Annually**





# External Opportunities



**GEZHTOOJIG**  
Employment & Training  
*Those Who Are Successful*

**DATES: APRIL 24, 2023—AUGUST 11, 2023**  
**LINE CREW GROUND SUPPORT TRAINING**

**Location: Cambrian College - Sudbury Campus**

## 15 WEEK CERTIFICATE PROGRAM

Gezhtoojig Employment and Training in partnership with the Infrastructure Health and Safety Association and Cambrian College are seeking interested **INDIGENOUS** participants for this 15 week job readiness program & encourages Indigenous women to apply.

This hands on and in class program will prepare individuals for integration into employment opportunities in the Power Line and Construction sector. As new power grids and infrastructure projects are being developed across Canada, the need for skilled workers in these industries are increasing.

This program is designed to prepare the trainee for entry level and pre-apprenticeship opportunities with various power and construction companies seeking safety conscious ready to work employees.

*Check out the Video:*

<https://www.youtube.com/watch?v=Hi61N4t7Eg0>



**Valid Drivers License**  
**Grade 12 Diploma**  
**Must be 18 & over**

## TRAINING MODULES

- WHMIS
- Construction Health & Safety
- Traffic Control Temp. Work Zones
- Defensive Driving-Commercial
- Hoisting & Rigging-Basic Safety
- Mobile Crane Operator 0-8 Ton Anchors
- Elec. Safety-Hydrovac Operators
- Equipotential Grounding & Bonding
- Pole Line Construction ...
  - 1) Climbing 2) Framing 3) Theory
  - 4) and Transformers
- Introduction to Electrical Theory
- Electrical Safety High Voltage
- Working at Heights-Fundamentals of Fall Prevention
- Propane in Construction
- Confined Space Hazard Awareness for construction
- Ladder Handling
- MSD Prevention Workshop-Trades
- Safe Pole Handling
- Hydraulic Aerial Equipment
- Rescue Practices
- Conductor Stringing Methods
- Chainsaw Operation and Maintenance

**DEADLINE DATE TO APPLY:**

**MAR. 17/23**

**SEND COVER LETTER & RESUME TO:**

Gezhtoojig Employment & Training  
Sandra Martin, Special Projects Coordinator  
[smartin@gezhtoojig.ca](mailto:smartin@gezhtoojig.ca) 705-524-6772

**FINANCIAL ASSISTANCE IS AVAILABLE.**

Visit our website [www.gezhtoojig.ca](http://www.gezhtoojig.ca)

And LIKE US on  



**Canada**



**Ontario**

Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3  
Tel: 705-524-6772 or 1-800-361-9256 Fax: 705-524-5152 [www.gezhtoojig.ca](http://www.gezhtoojig.ca)

# Employment Opportunities



## EMPLOYMENT OPPORTUNITY

<b>Job Title</b>	Project Coordinator (Land Based Programs and Projects)		
<b>Department</b>	Consultation		
<b>Supervisor/Manager</b>	Amanda Two-Axe Kohoko, Manager, Consultation		
<b>Salary Scale</b>	\$50,015.00 Commensurate based on experience		
<b>Job Status</b>	Permanent		
<b>Contract Length</b>	Start	Immediately	
<b>Hours Per Week</b>	35 hours per week		
<b>Benefits</b>	AOPFN understands family needs take priority in one's life and as part of our commitment to being a competitive employer we provide our employee's flexible hours, federal and provincial statutory holidays. We also promote a team-based working environment with a focus on learning and development to promote employee growth and opportunity. We offer a variety of incentives in our competitive compensation plan that meet today's living needs. AOPFN is an equal opportunity employer located on the beautiful shores of Golden Lake, ON Canada.		
<b>Posting Status</b>	Internal Only	Internal/External	X
<b>Start Date of Posting</b>	Friday February 3 <sup>rd</sup> , 2023		
<b>Closing Date of Posting</b>	Friday February 17 <sup>th</sup> , 2023 at 4:30pm		
<b>Selection Process</b>	Interview	X	Rating X Selection X
<b>Job Description</b>	<p>The Project Coordinator will be responsible for the Algonquins of Pikwakanagan First Nation's project management of land-based programs and projects as assigned, overseeing and monitoring project functions, reporting, and budgeting. The Project Coordinator will manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned projects that will include researching, planning, budgeting, and documenting all aspects of the work projects; will be responsible for supervision of delegated staff.</p> <p><b>Key Responsibilities and Duties</b></p> <p><b>Project Delivery</b></p> <p>Support overall assigned projects including and not limited to:</p> <ul style="list-style-type: none"> <li>• Project cost, scope, time management and the associated reporting, benchmarking and scheduling of the activities to meet project objectives;</li> <li>• Developing agendas, maintaining meeting records and supporting community engagement.</li> <li>• Manage implementation of the working group projects;</li> <li>• Development and implementation of funding agreements;</li> <li>• Effectively communicating project progress to working group members, employees, colleagues, and stakeholders in a timely and clear manner;</li> </ul> <p><b>Coordinate Administrative Functions:</b></p> <ul style="list-style-type: none"> <li>• Work with AOP and project management team representatives to coordinate or execute logistics such as meeting scheduling, minutes, and follow-up on working group action items, etc.;</li> <li>• Develop and maintain budgets for the working group and associated projects;</li> </ul> <p><b>Program Coordination</b></p> <ul style="list-style-type: none"> <li>• Manages and oversees assigned land base programs;</li> <li>• Works with stakeholders to continue to develop the land base program curriculums.</li> <li>• Develop and maintain policies, strategies, objectives, guidelines and standards for the management of the land base programs;</li> </ul>		

# Employment Opportunities

	<ul style="list-style-type: none"><li>• Engage with experts to ensure multi-disciplinary responses to various requests and technical assessments within the scope of the program i.e., environmentalists, archaeologists, anthropologists, forestry, legal counsel, etc.</li><li>• In all dealings, promotes cultural awareness, sensitivity and values of education, healthy well-being and long-term success of the Algonquins of Pikwakanagan First Nation;</li></ul> <p><b>Monitor and Collect Environmental Data</b></p> <ul style="list-style-type: none"><li>• Establish and prepare procedures and materials to collect and record data related to the health of AOPFN ecological and cultural values and the impacts of resource activities on these values;</li><li>• Accountable to accurately monitor and report on land use activities and possible violation of AOPFN land laws as well as federal/provincial regulations to appropriate parties;</li><li>• Work with elders, knowledge holders, and community members to document important sites and resources and monitor impacts of activities;</li></ul> <p><b>Collaborative Practice</b></p> <ul style="list-style-type: none"><li>• Maintains a strong, positive relationship with the AOPFN membership, government agencies, and prospective and current partners relative to the program.</li><li>• Engage in environmental and emergency management services with relevant agencies when needed.</li></ul> <p><b>Community Development</b></p> <ul style="list-style-type: none"><li>• Assist and coordinate participation for the land base programs to participate in community cultural education events, including cultural camps on the land, hunting and harvesting activities with staff, youth and elders, in community and on the land cultural workshops and teaching sessions including virtual and/or recorded sessions/workshops.</li><li>• Promote and provide education on the program to internal and external audiences.</li><li>• Researches and compiles statistical, financial and practical data for use in program planning and program evaluation.</li></ul> <p><b>Human Resources</b></p> <ul style="list-style-type: none"><li>• Serves as a mentor and may supervisor support staff as delegated and occasionally for youth employees and summer students.</li></ul> <p><b>Risk Management</b></p> <ul style="list-style-type: none"><li>• Assists with developing and updating a risk management plan.</li><li>• Participates in the training and actively pursues training for staff to reduce risks and ensure skills are competitive i.e., work safety.</li></ul> <p><b>Knowledge</b></p> <ul style="list-style-type: none"><li>• Environment, water, land, wildlife management best practices</li><li>• Basic computer skills (MS Office, internet, software programs, virtual meetings)</li><li>• AOPFN land, the Algonquin Traditional Territory, familiarity with Algonquin culture considered an asset</li><li>• General accounting principles</li></ul> <p><b>Abilities</b></p> <ul style="list-style-type: none"><li>• Examine and assess materials, analyze and interpret documents/policy, prepare a variety of correspondence and reports to make informed recommendations and decisions</li><li>• Coordination, facilitation and presentation skills</li><li>• Develop, implement, analyze, monitor and evaluate work plans with short-term and long-term goals</li></ul>
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# Employment Opportunities

	<ul style="list-style-type: none"> <li>Efficiently operate office equipment, computer software applications, programs and tools</li> </ul> <p><b>Personal Suitability</b></p> <ul style="list-style-type: none"> <li>Adopts a community-first perspective when seeking partnerships and agreements; deals with delicate situations with a sensitivity to First Nation issues</li> <li>Exhibits a high degree of judgement, initiative, innovation and self-direction; results-oriented</li> <li>Team player; seeks collaboration and idea-sharing</li> <li>Able to travel extensively</li> <li>Flexible and adaptable to changing work environment</li> </ul>
<p><b>Minimum Qualifications</b></p>	<ul style="list-style-type: none"> <li>Post-secondary degree/diploma related to environmental studies, business administration or public administration with a minimum of one year work experience in a related field, OR</li> <li>A combination of a secondary school diploma with a minimum of three years' work experience in the environmental field and/or related field, and</li> <li>Must meet physical and cognitive demands of the position: candidates may be required to undergo a pre-employment medical assessment or functional abilities medical evaluation to identify any limitations or restrictions, prevent and minimize health and safety risks and to demonstrate the level of the candidate's ability to travel to remote or isolated locations and perform work outdoors, in extreme weather during all seasons; physically demanding and moving, hiking long distances, packing heavy field equipment to remote sites; physically able to lift a minimum of 50lbs.</li> </ul>
<p><b>Submit Cover Letter and Resume To</b></p>	<p><b>Human Resources</b>          Algonquins of Pikwakanagan First Nation          1657A Mishomis Inamo          Pikwakanagan, ON K0J 1X0  <a href="mailto:hrservices@pikwakanagan.ca">hrservices@pikwakanagan.ca</a></p> <p><b>Subject Line: Project Coordinator (Land Based Programs and Projects)</b></p>
<p><b>How To Apply</b></p>	<p><b>Application Procedure:</b> Interested persons must submit a resume demonstrating that they meet the requirements outlined and the names and day contact telephone numbers of three (3) references.</p> <p><b>Screening Procedure:</b> The best qualified candidate will be defined and determined so as to include the following: Provided the candidate meets the basic requirements of the position and is deemed qualified following the interview process, preference will be given to:</p> <ol style="list-style-type: none"> <li>the qualified indigenous person who is an Algonquin; then to,</li> <li>the qualified indigenous person; then to,</li> <li>the qualified non-indigenous candidate.</li> </ol> <p><b>Interviews:</b> Interviews will be conducted in-person or virtually by Teams Meeting. AOPFN has the right to short list for interview/assessment purposes to the five (5) most qualified persons and typically establishes and eligibility list..</p>
<p><i>We are committed to achieving employment equity and developing a highly capable workforce that is representative of Canadian Society. We therefore encourage women, Indigenous peoples, persons with disabilities, and members of visible minority groups to apply and declare themselves as part of one or more of the above mentioned Employment Equity Designated Groups. AOPFN is also committed to developing inclusive, barrier-free selection processes and work environments. If contacted in relation to a job opportunity or testing, you should advise the recruitment representative in a timely fashion of the accommodation measures which must be taken to enable you to be assessed in a fair and equitable manner. Information received relating to accommodation measures will be addressed confidentially.</i></p>	



# Employment Opportunities

“SEEKING TO FILL TWO TRUSTEE POSITIONS

1. FIRST NATION TRUSTEE FOR THE RENFREW COUNTY DISTRICT SCHOOL BOARD
2. FIRST NATION TRUSTEE FOR THE RENFREW COUNTY CATHOLIC DISTRICT SCHOOL BOARD

A FIRST NATION TRUSTEE IS A FULL VOTING MEMBER OF THE SCHOOL BOARD AND IS APPOINTED BY CHIEF & COUNCIL.

THE OVERALL MAIN FOCUS IS TO ENSURE THAT STUDENT ACHIEVEMENT IS AT THE FOREFRONT OF ALL DECISIONS, WHILE REPRESENTING THE COMMUNITY, AND REPORTING BACK TO THE CHIEF & COUNCIL FOR THE ALGONQUINS OF PIKWAKANAGAN FIRST NATION, AS THEIR MAIN CONSTITUENTS.

THE ENTIRE DECISION-MAKING PROCESS MUST BENEFIT ALL STUDENTS WITHIN THE JURISDICTION OF RENFREW COUNTY. ALL DECISIONS ARE MADE IN COLLABORATION WITH THE OTHER MEMBERS OF THE BOARD.

EACH SCHOOL BOARD COMPENSATES BY HONORARIUM PLUS EXPENSES.

EACH SCHOOL BOARD HAS SPECIFIC REQUIREMENTS THAT MUST BE MET, DETAILS OF WHICH WILL BE PROVIDED TO INTERESTED PERSONS.

IF YOU ARE COMMITTED TO MAKING CHANGE, AND WILLING TO MAKE A DIFFERENCE IN CHILDREN'S LIVES, THEN THIS IMPORTANT ROLE IS FOR YOU!

PLEASE CONTACT SHELLEY WILCOX, MANAGER, EDUCATION SERVICES (613) 625-2800 EXT. 239 OR SUBMIT YOUR NAME VIA EMAIL AT [MGR.EDUCATION@PIKWAKANAGAN.CA](mailto:MGR.EDUCATION@PIKWAKANAGAN.CA).”

# Membership Additions

## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
Amikons, Kimya	Amikons	03 Aug 22	03 Feb 23
LeBlanc, Nicole	Lavalley	03 Aug 22	03 Feb 23
Sarazin, Maurice	Sarrazin	16 Aug 22	16 Feb 23
Grandmond, Tabitha	Pisindawate	16 Aug 22	16 Feb 23
Grandmond, Larry R. L.	Pisindawate	16 Aug 22	16 Feb 23
Commanda, Zayden	Commanda	26 Aug 22	26 Feb 23
Gagnon, Charlene	Meness	26 Aug 22	26 Feb 23
Hutton-Payne, Marcus	Meness	26 Aug 22	26 Feb 23
Atkins, Leland	Lavalley/Tenascon	26 Aug 22	26 Feb 23
Glassford, Dennis	Meness	30 Aug 22	2 Mar 23
Cavanagh, Camean	Lavalley	30 Aug 22	2 Mar 23
Broadbent, Aubrey	Lavalley	13 Sept 22	13 Mar 23
Broadbent, Cecilia	Lavalley	13 Sept 22	13 Mar 23
Kennedy-Grandmond, Jordan	Pisindawate	13 Sept 22	13 Mar 23
Kerr, Hailey	Pisindawate	13 Sept 22	13 Mar 23
Sarrazin, Mitchell	Sarrazin	27 Sept 22	27 Mar 23
Sarrazin, Josee	Sarrazin	27 Sept 22	27 Mar 23
Sarrazin, Michel	Sarrazin	27 Sept 22	27 Mar 23
Jalbert, Kali	Lamure/ Commanda	04 Oct 22	04 Apr 23
Jalbert, Todd	Lamure/ Commanda	04 Oct 22	04 Apr 23
Laporte, Randolph	Kohoko/ Tenascon	19 Oct 22	18 Apr 23
Dianna, Winship	Milnense/ Ignace	19 Oct 22	19 Apr 23
Lavallee, Dora	Lavalley	25 Oct 22	25 Apr 23
Langlois, Jackson	Pisindawate/ Lamure	25 Oct 22	25 Apr 23
Langlois, John	Pisindawate/ Lamure	25 Oct 22	25 Apr 23
Adcock, Sarah	Partridge	26 Oct 22	26 Apr 23
Bizzarrino, Robert	Tenascon	26 Oct 22	26 Apr 23
Switzer, Anna	Meness	14 Nov 22	14 May 22
McMillan, Britney, Madison	Meness	14 Nov 22	14 May 22
Hanna, Lucille	Pisindawate	21 Nov 22	21 May 22
Commanda, Callie	Commanda	21 Nov 22	21 May 22
Le Barron, Bradley	Jocko	30 Nov 22	30 May 23
LeBarron, Jensen	Jocko	30 Nov 22	30 Nov 22
Salahovic, William	Lavalley/ Aird	30 Nov 22	30 May 23
Baumhour, Timothy	Lavalley	30 Nov 22	30 May 23
Baumhour, Kathryn	Lavalley	30 Nov 22	30 May 23
Grandmond, Edward	Pisindawate	05 Jan 23	05 Jul 23

# Membership Additions... Continued

## Continued On

St Amour, Michael	Meness	05 Jan 23	05 Jul 23
St Amour, Rachel	Meness	05 Jan 23	05 Jul 23
St Amour, Grace	Meness	05 Jan 23	05 Jul 23
Robertson, Raven	Meness	05 Jan 23	05 Jul 23
Toryn, Hamill	Jocko	05 Jan 23	05 Jul 23
Richards, Abbey	Benoit	05 Jan 23	05 Jul 23
White, Jessica	Sharbot	05 Jan 23	05 Jul 23
Burton, Tamara	Meness	05 Jan 23	05 Jul 23
Borrowman, Madelynn	Lavalley/ Sharbot	05 Jan 23	05 Jul 23
Borrowman, Cole	Lavalley/ Sharbot	07 Jan 23	07 Jul 23
Gardiner, Timothy	Franscois	10 Jan 23	10 Jul 23
Gardiner, Jayla	Franscois	10 Jan 23	10 Jul 23
Gardiner, Jace	Franscois	10 Jan 23	10 Jul 23
Jodouin, Joseph	Franscois	11 Jan 23	11 Jul 23
White- Kohoko, Cheveyo	Kohoko	11 Jan 23	11 Jul 23
Borrowman, Adan	Lavalley/ Sharbot	11 Jan 23	11 Jul 23
Rypstra, Melanie	Sarrazin	17 Jan 23	17 Jul 23
Murphy, David	Sharbot	17 Jan 23	17 Jul 23
Mountney, Jesse	Jocko	18 Jan 23	18 Jul 23
Clifford, William	Sharbot	18 Jan 23	18 Jul 23
Toutant, Avery	Lavalley	18 Jan 23	18 Jul 23
McMunn, Madison	Commanda/Lamure	31 Jan 23	31 Jul 23
Wellman, Terrence	Lavalley	01 Feb 23	01 Aug 23

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 by email at [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca)

# Website – Membership Login

*Please Note that the link to Regular Council meetings, minutes and agenda packages are available in the Members only section of the website.*

## Steps:

1. Open a browser and enter: [www.algonquinsofpikwakanagan.ca](http://www.algonquinsofpikwakanagan.ca)
2. Find the "Member Login" box (scroll down on home page or on side bar)
3. Click on "Log in as member of the Algonquins of Pikwakanagan First Nation"
4. You will be brought to the "Member Login" section
5. Click on the words "Click Here for the registration form"
6. You will be brought to the "Membership Registration"
7. Click the "Register" button and wait for your email notification

*\*This website contains content that is private for Algonquins of Pikwakanagan members only. To access the private content, please fill in the registration form. A Membership official will verify your membership in the community and you will receive access.\**

Field	Example	Explanation
Family Name	Bird	must be as it appears on Certificate of Indian Status card
Given Names	Thunder Bolt	must be as it appears on Certificate of Indian Status card
Registry Number	1630301001	10 digits starting with 1630 on Certificate of Indian Status card
Date of Birth	2006/01/01	enter as per format
Email Address	<a href="mailto:thunderbird@gmail.com">thunderbird@gmail.com</a>	Every member must have their own email address. This address with the password will be used to log in once membership has been verified.
Password	Tbirds	make up a password – note: it will be case sensitive
Confirm Password	Tbirds	re-enter password – note: it will be case sensitive
Address 1	10 Cloud Street	street address
Address 2	P.O. Box 100	apartment #, box # or rural route #
City	Blue Skies	community/town/city
Province	ON	province/state
Postal Code	K0J 1X0	postal code/zip code
Country	Canada	country
Phone	613 625 2800	code and number as per format



# Community Information

## Regular Council Meetings on ZOOM

EVERY SECOND AND LAST TUESDAY OF THE MONTH BEGINNING AT 9AM



### Not online?

Call Kevin Lamarr at 613 625 2800 ext. 230 and leave a message to request information and instructions on how to join ZOOM by phone.

Available in the **members-only** section of [www.algonquinsfpikwakanagan.ca](http://www.algonquinsfpikwakanagan.ca):

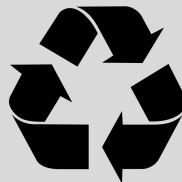


Zoom details  
minutes  
transcripts  
presentations/attachments

## WASTE DISPOSAL SITE

*Wednesday*  
12PM - 6PM

*Sunday*  
9AM - 3PM



## CURBSIDE PICK-UP

*Garbage:*  
Wednesday  
*Cardboard:*  
Thursday  
*Containers:*  
Fridays



## CONWAY'S PHARMACY REMOTE DISPENSING

**LOCATION IS OPEN**  
REGULAR BUSINESS HOURS:

MONDAYS, TUESDAYS,  
THURSDAYS FRIDAYS  
9AM TO 4PM  
(CLOSED 12 - 1)

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

# Community Information

**OPEN**

## LIBRARY

**Tuesday** 8:30 AM - 4:30PM

**Wednesday** 8:30AM - 4:30PM

**Thursday** 8:30AM - 3:30PM

Come take a look at the variety of First Nation books including, fiction, nonfiction and children's books.

Computers are available to the public to access government sites for such things car registration and income tax returns. Also many other social media sites.

Estelle Amikons  
613-625-2402 ext 244

## February Food Security



February Food Security will be on February 16th 2023

### How to place an order:

1. Text 613-639-1633 by Thursday, February 9th, 2023 @ 12:00PM
2. Choose items from the list below
3. Add extras you may need (these are not gaurenteed)
4. Pick up order at the location provided in your order confirmation

### Items List:

Milk, Eggs, Bread, Cereal, Hamburger, Cheese, Frozen Fruit, Frozen Veggies, Canned Potatoes, Pasta and Pasta Sauce

## ATTENTION - ONTARIO WORKS CLIENTS

Please be advised that we are open during normal office hours:

**Monday to Friday - 8:30AM - 4:30PM**

We are no longer mailing out monthly interview documentation or cheque's

Omàmiwinini Pimàdjwowin/  
The Algonquin Way Cultural Centre

Want your ideas and thoughts for upcoming programs, workshop and events.

If you have an ideas or thought of what you would like to see in the new upcoming year from OP please send an email or call

Katie Commanda  
katie@thealgonquinway.ca  
613-625-1958

# Community Information

## **ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE**

For Rentals  
contact Sandy  
613-717-2894

## **ANIMAL CONTROL OFFICER**

June Logan  
613-625-2545  
or  
613-602-3626

## **LEGAL ADVICE**

Criminal or Family  
Legal advice  
contact:  
**Sabrina**  
613-732-0649

## **WE NEED YOUR IDEAS!**

WE ARE LOOKING FOR SUGGESTIONS ON WHAT TYPE OF PROGRAMS YOU WOULD LIKE TO SEE HAPPEN AT THE ELDERS CENTRE. I.E. EXERCISE CLASSES, COOKING CLASSES, DARTS, CARDS, BINGOS. THESE WOULD TAKE PLACE IN THE AFTERNOONS. PLEASE PROVIDE YOUR IDEAS TO SOMEONE ON THE ELDER'S COMMITTEE – CINDY & ANDRE CARLE, SANDY & BOB NASH, ROSE YANKOO, HOWARD BERNARD OR JAN LEROUX OR  
**CALL 613-585-3213.**

## **FOR YOUR INFORMATION**

Canadian Police Information Record checks are required for anyone who is applying for:

- **Membership (applicants who are 18 years or older)**
- **Residency (applicants who are 18 or older)**
- **Eligibility to be a Candidate for General Elections for Chief and Council**

Applications, Laws, and Codes are available on our website at:

<https://www.algonquinsopikwakanagan.com/laws-and-by-laws/>

Hard copies can be requested from the Lands, Estates and Membership Department:

613-625-6800 | mgr.lem@pikwakanagan.ca | land.officer@pikwakanagan.ca |  
assistant.lem@pikwakanagan.ca

Notice: Killaloe OPP - record check applications are now online!

# Administration Information

## 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 8:30AM - 4:30PM

**12:00PM - 1:00PM CLOSED FOR LUNCH**

### **\*\*HOLIDAY CLOSURES\*\***

NEW YEAR'S DAY, FAMILY DAY, GOOD FRIDAY, EASTER MONDAY, VICTORIA DAY, INDIGENOUS PEOPLES DAY, CANADA DAY, CIVIC HOLIDAY, LABOUR DAY, NATIONAL DAY FOR TRUTH AND RECONCILIATION, THANKSGIVING, REMEMBRANCE DAY & CHRISTMAS DAY

2 WEEK - CHRISTMAS CLOSURE DATES WILL BE ANNOUNCED

## **AOPFN EMPLOYMENT OPPORTUNITIES**

Application Procedure: Interested persons must submit a resume demonstrating how the basic requirements are met and the names and day contact information of your three (3) most recent direct supervisors. If direct supervisor references are not available the 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: AOPFN has the right to short list for interview/assessment purposes to the five (5) most qualified persons and typically establishes an eligibility list.