



# *Pikwakanagan Tibadjumowin*

CHÌBAYATIGO-KÌJIGAD WÀBIGON KÌZIS MITÀSO-ASHIDJ-NÌJ  
FRIDAY MAY 12, 2023

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

## CONTENT

- Monthly Calendar
- Events & Programs
- Health Information
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- Membership Additions
- Community Information

*Minowanigozowin  
Ogimakwe Tibishkamigoban  
Victoria Day*

**MONDAY MAY 22**

**OFFICE CLOSED**

**PLEASE NOTE:**

**FRIDAY MAY 19**

**OFFICE CLOSED**

**AT 12:00 PM**

## SPECIAL ADDITIONS:

- A Mother's Journey
- Health Services  
Update
- Food recall
- Oversight Committee
- Social Workers  
Appreciation

*djòdjò - mom*

**MINAWÀZI DJÒDJÒ KÌJIG**

**HAPPY MOTHER'S  
DAY**

**MANÀDJITÀGANIWAN WÀBIGON-KIZIS  
MITÀSO-ASHIDJ-NEW, 2023**

**SUNDAY MAY 14, 2023**



CHÌBAYATIGO-KÌJIGAD WÀBIGON KÌZIS MITÀSO-ASHIDJ-NÌJ  
FRIDAY MAY 12, 2023

# Mother's Day

## A Mother's Journey

The young mother set her foot on the path of life. "Is this the long way?" she asked. The guide said, "Yes, and the way is hard. You will be old before you reach the end of it. But the end will be better than the beginning."

But the young mother was happy, and she could not believe that anything could be better than these years. So, she played with her children, gathered flowers for them along the way, and bathed them in the clear streams. As the sun shone on them, the young mother cried, "Nothing could ever be lovelier than this."

Then the night came ... and the storm ... and the path became dark. The children shook with fear and cold. The mother drew them close to her and covered them with her mantle. The children said, "Mother, we are not afraid, for you are near. No harm can come to us."

Then morning came. There was a hill ahead, and the mother and her children climbed it and grew weary. She would frequently tell the children, "Keep your patience because we are almost there."

So the children continued to climb. When they reached the top, they said, "Mother, we would not have done it without you." When the mother laid down at night, she looked up at the stars and thought, "This is a better day than the last, for my children have learned fortitude in the face of hardness. Yesterday I gave them courage. Today I have given them strength."

The next day, strange clouds appeared which darkened the earth ... clouds of war, hate, and evil. As the children groped and stumbled, the mother said, "Look up! Lift your eyes to the light!" The children looked. They saw above the clouds, an everlasting glory, and it guided them beyond the darkness.

That night, the mother said, "This is the best day of all, for I have shown my children God." The days went on, and the weeks, and the months, and the years. The mother grew old, and she was little and bent over. But her children were tall and strong and walked with courage.

When the way was rough, they lifted her, for she was as light as a feather. At last, they came to the top of a hill. They could see a shining road with a golden gate that opened wide.

The mother said, "I have reached the end of my journey. I now know that the end is better than the beginning, for my children can walk alone, and their children after them."

The children said, "You will always walk with us, Mother, even when you have gone through the gates. They stood and watched her as she went on alone. The gates closed after her. The children said, "We cannot see her, but she is still with us. A mother like ours is more than a memory. She is a living presence."

Our mother is always with us. She's the whisper of the leaves as we walk down the street. She's the smell of bleach in our freshly laundered socks. She's the cool hand on our brow when we're not feeling well.

Our Mother lives inside our laughter. She's crystallized in every tear drop we shed. She's the place we came from ... our first home. She's the map we follow with every step we take.

**She's our first love and our first heartbreak, and nothing on earth can separate us from her ... Not time ... Not space... Not even death!**

~ Written by Temple Bailey ~

# MAY

# 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Hearing Clinic - Health Center	4	5	6 Social Night 6pm-10pm Elders Lodge
7 LTRA Update 12pm - 4pm Bingo Hall	8	9	10	11	12	13
14 <b>Mother's Day</b>	15 Grounded Wellness	16 Fishing Committee Presentation 6pm-8pm Elders Lodge	17 Intro to Yoga 12:10-12:40 Elders Lodge	18 Blood Pressure Screening - Health center  Neurodiverge nce 101 5:30-7:30pm Health Center  Trapline Application Info Session 6pm -8pm Elders Lodge	19  Last day for submission for Food Voucher  <b>Office Closed at 12pm</b>	20  Elders Lodge Election 11am Elders Lodge
21	22 <b>Victoria Day Office Closed</b>	23	24 Food Voucher Pick up Admin Office  Arch Dig 10am - 3pm Day 1	25 Arch Dig 10am - 3pm Day 2	26 Arch Dig 10am - 3pm Day 3  Grounded Wellness  Moose Study 10am - 4pm Elders Lodge	27 Arch Dig 10am - 3pm Day 4  Trapping Course Day 1 Elders Lodge
28 Trapping Course Day 1 Elders Lodge  Thriving Roots 11am -6pm Cultural Grounds	29	30	31	1	2	3

# Programs & Events:

## Programs & Events

FOR ANY QUESTIONS REGARDING A PROGRAM OR EVENT, PLEASE CONTACT THE COORDINATOR LISTED IN THE ADVERTISEMENT FOR THE MOST ACURATE AND UP-TO-DATE INFORMATION!

“

This class is an introduction to yoga. A starting point to build the foundation of a postural practice to facilitate a connection with your body and mind.

Pikwàkanagàn  
Elders Lodge

May 17th 2023  
30 minute lunch hour class  
starts @ 12:10

**Save the Date and Time!**

**Saturday May 20<sup>th</sup> at 11 AM**

**Pikwakanagan Elder's Lodge is having their annual election.**



**Inviting you to come out and be part of Pikwakanagan Elder's Lodge!**

GOLDEN LAKE PROPERTY OWNERS  
ASSOCIATION - FISH COMMITTEE  
PRESENTATION

### *Restoration of Walleye Stocks in Golden Lake*

Dr. Peter Heinermann and Don Bishop, the co-chairs of the Fish Committee of the Golden Lake Property Owners Association have been hard at work since last August, gathering research information and historical data on the Walleye of Golden Lake. We have been putting together a plan to bring Walleye back to Golden Lake the way it used to be until the early 1980s.

We will be having a presentation meeting to review the facts, our proposal and share the beginning of our 5-year plan for rehabilitating the Walleye population in Golden Lake. We hope to see as many as possible at the meeting. you are unable to attend, please feel free to contact us at [pheiner@uottawa.ca](mailto:pheiner@uottawa.ca) or [don@bishopaquatic.com](mailto:don@bishopaquatic.com), asking your question or making your comment.

Hope to see you there!

Don & Peter

**TUESDAY | 16 | MAY**

**6 PM TO 8 PM**

ELDERS LODGE  
96 CHIBEKANA INAMO

May is Moon Flower,  
Wàbigon Kìzis,  
when all plants  
(netàwigigingin) display  
their Spirt Sides for us to  
see.

**ANISHINÀBEWIN  
LIFE OF THE PEOPLE  
BY BARRY SARZIN & CHYENNE  
CRAIG**

# Program & Events

## TRAPLINE APPLICATION INFORMATION SESSION

Held by AOPFN's Natural Resources Department

Join us for a session on how to apply to the Ontario Ministry of Natural Resources for vacant traplines in the Pembroke and Bancroft-Peterborough districts. 10 traplines are available in total. The session will provide information on the criteria and application process.

NOTE: members with a known or possible family connection to ancestors who have trapped in the available areas are encouraged to attend, as you are given priority

This is a great chance for members of Pikwakanagan to claim (or reclaim) traplines in Algonquin Traditional Territory!

**When:** Thursday, May 18th, 2023 at 6pm-8pm

**Where:** Algonquins Elder's Lodge, 96 Chibekana Inamo

For any questions, email the AOPFN Department of Natural Resources ([nrd.policy@pikwakanagan.ca](mailto:nrd.policy@pikwakanagan.ca))

Miigwetch and see you there!

## NEURODIVERGENCE

### 101

An Introduction to Autism, ADHD, FASD, Tourette's, and Chronic Mental Health Illnesses

AND

How to best support those who are neurodivergent


AND


Supports available for caregivers



**THURSDAY MAY 18TH: 5:30-7:30 PM**  
AT HEALTH SERVICES

Facilitated by Michelle Irvine, FASD Program Coordinator at Anishinabek Nation

 Dinner is provided

 Call Jessica Schwan, CHN at 613-625-2259 to RSVP!

Everyone is welcome to attend!

# MAY FOOD SECURITY

The Food Security Program has changed to a FOOD VOUCHER PROGRAM effective May 1, 2023.

1. Text 613-639-1633 by Friday May 19, 2023 @ 12:00pm
2. All Food Voucher's will be picked up at the Administration Office.
3. Pick up for MAY FOOD VOUCHER will be on May 24, 2023.

Please note - if you do not receive a confirmation text, please call 613-625-2800 ext. 241 to place your name on the list for a food voucher

RSVP by  
May 22nd

UNDER 10 YEARS  
ACCOMPANIED  
BY GUARDIAN  
PLEASE

# THRIVING ROOTS

## EMPOWERING YOUTH

**MAY 28TH, 2023 11 AM- 6 PM / AGES 10+  
PIKWAKANAGAN CULTURAL GROUNDS**

**Join us for a day to celebrate  
our Youth and Young Adults!**

**EVERYONE WELCOME**



Guest Speakers, Group Activities, Music, Dinner, Prizes & more!

613-625-2173 ex. 227  
[assistant.fwb@pikwakanagan.ca](mailto:assistant.fwb@pikwakanagan.ca)

SEEKING  
YOUTH  
VENDORS



# Program & Events



Anishinàbe  
Odjibikan



## COME DIG WITH US!

Experience working on a 6,000–10,000 year old archaeological site with Anishinàbe Odjibikan.

### WHEN, WHERE, AND WHAT TO WEAR

Wednesday May 24th to Saturday May 27th  
10am to 3pm

Site for the future Water Treatment Plant.  
Next to the Elder's Lodge behind the church.

Come prepared for the field:  
Closed toe shoes  
Long pants  
Sunscreen  
Hat  
and lots of water!



### PROJECT GOAL

To keep our communities involved with the rescue and preservation of Anishinabe Algonquin archaeological resources at the Water Treatment Plant site.

### CONTACT

[anishinabeodjibikan@gmail.com](mailto:anishinabeodjibikan@gmail.com)

### SOCIAL MEDIA





**Algonquins of Pikwakanagan  
First Nation**



## GROUND *Wellness*

### Reconnecting with Traditional, local plants for nourishment and medicine

Steven Martin, MA of Traditional Land Use in the Southern Algonquin Bioregion and previous professor at Algonquin College, will lead this 10-day program with a focus on health, well-being and rekindling traditional indigenous values through working intimately with the land.

#### *Dates and learning:*

Classes will be progressive in nature (building from the previous class), and will run from 9:00-3:00 pm (with lunch offered)

**April 28th:** Trees, harvesting sap and bark for food and medicine

**May 15 & May 26th:** Harvesting nutritional sweet roots before they shoot and the first greens like fiddle heads and leeks

**June 16th:** Starting seeds, ground prep and other aspects of agriculture and planting

**July 14th & 21st:** Herbal medicine, because it's the best time for arial harvesting and identifying the wild plants

**August 9:** Harvesting wild rice and berries (processing and storing)

**Sept: 8th & 29th:** fruit and nut harvest (processing and storing)

**Oct: 13th:** harvesting roots for food as well as learning how to process and store them. And seed collecting


#### *What to bring*

- smudge and/or offerings (dried cedar or sage, tobacco, sweetgrass, other resins or aromatics)
- a good knife is helpful but not essential (small and sharp is better than big and dull), clippers (optional), hand trowel or small shovel, work gloves, natural bug stuff.
- something portable to sit on, if you are not comfortable on the ground. Some chairs are available (let staff know if you will need)
- water bottle
- Lunch (farm-fresh) will be served. Bring extra snacks for throughout the day, if needed.



#### TO REGISTER, CALL BELOW

 880 Burchat road, Golden lake (Members are responsible for their own transportation to and from)

 1 613-625-2259

 <https://www.algonquinsofpikwakanagan.com/health-services/>

PROGRAM COST (FOR COMMUNITY MEMBERS ONLY) FUNDED BY PIKWAKANAGAN HEALTH SERVICES- LAND BASE/MENTAL HEALTH INITIATIVES

# Programs & Events



An update on the  
Anishnabe Moose  
Studies

For the people by the  
people

10 am - 4pm

May 26th  
AOPFN Pikwakanagan  
Elder's Lodge, 96  
Chibekana Inamo

- lunch provided
- up-to-date sharing & discussion
- protocols & governance

## TRAPPING CERTIFICATION COURSE

ONTARIO FUR MANAGERS FEDERATION

All Individuals (Age 11 and older) who have not been trapping in the past, or who have not renewed their license over a 5-year period, are required by legislation to take the Fur Harvest, Fur Management and Conservation Course in order to obtain a trapping license in Ontario. This 40-hour course is taught by a trained MNRF/OFMF certified Trapper Education Instructor.

**When: Weekends - May 27 & 28 and June 3 & 4**

**Where: Algonquin's Elder's Lodge,  
96 Chibekana Inamo, Pikwakanagan**

**10 Spaces are available in the course.**

Participants are **required to pay a \$50 Deposit to sign up** for the Trapping Course.

Please contact: Department of Natural Resources  
(mgr.naturalresources@pikwakanagan.ca) or sign up at the  
Front Desk at the Administration Building.

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) 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) for  
more information.

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)  
for more information.



# Program & Events

## Moccasin Making Class

Omàmiwininì Pimàdjwòwin  
is hosting a 4 week workshop  
facilitated by Laurie Bennett

Tuesday Evenings  
June 6, 13, 20 & 27  
5:30 p.m - 7:30 p.m.  
Elder's Lodge

Limited spots

Register by June 2, 2023

Contact Katie Commanda

Phone: 613-625-1958

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

### ONTARIO DISABILITY SUPPORT PROGRAM



Drop-in

Visit

Wednesday, June 28<sup>th</sup>

10:00 am to 3:00 pm

Pikwakanagan Administration Office



Please drop in for a visit if you have questions or need  
information about ODSP.

# Infant & Child First Aid & CPR Course

Taught by Renfrew County  
Paramedic Robert Blackwell

**FRIDAY, JUNE 16TH**  
**11:45AM TO 4:00PM**  
**@ HEALTH SERVICES**

Lunch included

Topics discussed:

- Choking
- Baby-lead weaning
- Breathing problems
- Anaphylaxis
- Accidental poisoning
- LifeVac



Limited seats available, \$50 cost covered by CHN

Sign up by June 11th

Jessica Schwan, CHN - 613-625-2259

*Hello June!*

*Fathers Day*

Sunday June 18, 2023

*National Aboriginals Day*

Wednesday June 21, 2023

## Health Services

### Pikwakanagan Family Health Team

The Family Health Team continues to experience a shortage in staffing. Primary care services across Ontario are also facing the same staffing challenges. We are working hard to secure additional staff for the clinic to support the needs of the community of Pikwakanagan and its membership.

We encourage all patients to access alternative primary care services when able from the resources listed below. When patients can access treatment for common ailments through pharmacies, it allows the clinic to provide increased and more timely access to care through our Nurse Practitioner, Physician and Registered Nurses. We try our very best to accommodate patients and ask that patients understand that we have a priority to triage and treat patients based on the severity of their immediate medical needs.

If you are unable to attend your scheduled appointment, we ask that you please call the clinic as soon as possible to advise us that you will not be able to attend your appointment. When our team is advised of a cancellation, we are then able to offer the appointment time to the next eligible patient. Please note that only **registered pharmacists** can prescribe medication. Pharmacy technicians cannot provide this service.

We have confirmed that Pharmasave Golden Lake and Conway's Pharmacy in Eganville and Cobden are able to provide this service. If the person in need of medication is a child, **please be advised that the child may still need to be assessed by a registered primary care provider** such as a Nurse Practitioner, Physician, or local emergency department.

#### Pharmacists will be able to offer prescriptions for:

- hay fever (allergic rhinitis);
- oral thrush (candidal stomatitis);
- pink eye (conjunctivitis; bacterial, allergic and viral);
- dermatitis (atopic, eczema, allergic and contact);
- menstrual cramps (dysmenorrhea);
- acid reflux (gastroesophageal reflux disease (GERD));
- hemorrhoids;
- cold sores (herpes labialis);
- impetigo;
- insect bites and hives;
- tick bites (post-exposure prophylaxis to prevent Lyme disease);
- sprains and strains (musculoskeletal); and
- urinary tract infections (UTIs).

We value the care of our patients and appreciate your understanding.

# Health Information



## HYPERTENSION AWARENESS MONTH

Hypertension (high blood pressure) is the leading cause of death and disability around to world.

Over 7.2 million Canadians have hypertension and 7.5 million more have high blood pressure that will lead to hypertension

**Drop in to Health Services on  
Thursday May 18th to have your  
blood pressure screened**

Participant draw includes two at-home blood pressure wrist monitors and an Anishinabek Nation sweater!

## Virtual Care Access and Literacy Pilot Program

### FREE IPAD BORROWING PROGRAM

Borrow an iPad to:

- Access virtual appointments
- Learn about health-related topics
- How to get support
- Tips on fitness, nutrition, and parenting
- Learn new skills
- Browse the web
- Play some games

**CONTACT CHN JESSICA AT  
613-625-2259**

## 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**

## 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**

working together

## for your health



# High Blood Pressure

## Knowing pays!



### When to call the experts

Call your physician, or the BC NurseLine, if

- Your blood pressure suddenly goes up and is more than 180 / 110
- You suddenly get a very severe headache



For more information contact your physician or health care provider.

Why know your blood pressure reading? Because heart attack, stroke, kidney damage and sight problems are all risks of high blood pressure.

### Try these simple steps to stay healthy:

- If your doctor has prescribed blood pressure reducing medication, take it exactly as directed, and have a check up at least once a year
- Check the scales and your waistline. Being more than a healthy weight, with most weight around your waistline, are risks you can avoid
- Plan on exercising. Tell your doctor so you know you're on track
- Limit those drinks – alcohol accounts for a lot of unnecessary calories
- Use something other than salt for seasoning
- Learn healthy eating. Limit the fats from milk, cheese and meat that can clog up your arteries
- Track your blood pressure regularly, and check in with your doctor about a high reading
- It's time to stop smoking – the kindest, most important thing you can do for yourself!

Hypertension, or high blood pressure, is when your blood pumps so strongly it puts too much pressure on your artery walls. High BP has no symptoms, making regular blood pressure tests an essential health check.



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

Questions? Concerns? Compliments? Want to be an email subscriber? Please contact: Fraser Health - [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca) or 1-877-935-5669

# Food Recall



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

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

### Illegal edible cannabis products

**Health Hazard:** The products are illegal cannabis edibles that can cause serious harm when consumed, especially by children or pets.

**Distribution:** Sold in ON

**Recalling Firm:** Health Canada

**What to do:** When purchasing cannabis, purchase only **legal** and **regulated** cannabis products in plain packaging with child-resistant features and only from provincially and territorially authorized retailers.



### Sahara Folding Food Dehydrators

**Health Hazard:** Fire Hazard, the heater fan can fail, and the components can overheat, posing a fire hazard.

**Distribution:** Sold in ON

**Recalling Firm:** Berkshire Innovations @ 1-800-768-706,

**What to do:** Consumers should immediately stop using the recalled Sahara Folding Food Dehydrators, remove the polyester air filter and contact Berkshire Innovations for a free non-flammable metal screen air filter.



### Souris Mini Teethers and Pacifier Clips

**Health Hazard** Choking hazard the teethers and pacifier clips can break and release silicone and wooden beads, posing a choking hazard for babies and young children.

**Distribution:** Sold in ON

**Recalling Firm:** Souris Mini Inc. @1-418-524-6464 ext. 304

**What to do:** Immediately stop using the recalled products and dispose of them.



# Oversight Committee

Join the AoPFN

# OVERSIGHT COMMITTEE

To ensure socio-economic impacts to Pikwakanagan and  
it's members are identified and addressed

**today!**

## Are you...

- A member of Pikwakanagan and passionate about our community
- Invested in the decolonization process
- Interested in learning about different projects happening within our unceded territory
- Willing to work with others to help shape our territory for the next 7 generations
- Wanting some extra income
- Ready to make a difference

**Raise your voice  
&  
Lend your hand...**

Then...

**WE NEED  
YOU**

To join, or for more  
information contact  
Valerie Taggart at

**[projectco3@pikwakanagan.ca](mailto:projectco3@pikwakanagan.ca)**

or stop by the consultation office  
at **4-473 Kokomis Inamo.**



**Algonquins of Pikwakanagan  
First Nation**

# Social Workers Appreciation

## Social Worker Appreciation

### Sandi Wright

Sandi started working in Pikwakanagan as the Adult Mental Health Therapist in 2006.

Sandi has 10 years of higher learning college and university. She assisted in the Child & Youth Program at a time when there were only 13 First Nations that were given the project. Out of the 13, only two at that time were granted permanent funding. We were one of them! After Sandi upgraded to university, she worked as the Family & Child

Therapist, then moved into Adult Mental Health. Sandi feels very fortunate working in such a close knit community and has enjoyed all of her time working with such caring individuals. Sandi feels extremely fulfilled to have worked for the First Nation so long and has made many great memories!

### Tiffany Herron

Tiffany graduated the Social Services program at Algonquin College in Ottawa in 2020. Tiffany started with Pikwakanagan Mental Health Services in 2021, as the Child and Youth Mental Health Systems Navigator and since then have been transitioned into the Child and Youth Counsellor role.

Tiffany has always enjoyed working with people and offering support during many stages in ones life.

### Sharra Bernard

Sharra has been working in the human services field supporting children, youth and families for 20 years in various helping positions within and outside of the county and community including the Phoenix Center, Developmental Services, and the RCCDSB. She joined our mental health team in 2015 as the Systems Navigator and moved into Family and Child Therapy. Sharra enjoys creating connections and building bridges with clients, families and community members to create healthy pathways to access resources and support.

### Sabrina Laframboise

Sabrina graduated in 2019 from Child and Youth Counselling at Sir Sandford Fleming college. Sabrina started her bachelors of Indigenous Social Work in 2019. Sabrina worked in a group home for youth involved in the Justice system. Sabrina started in Pikwakanagan in 2019 as the Child and Youth Counsellor. She then worked for the Renfrew County District School Board as the Child and Youth counsellor before moving into the Restorative Justice role in 2022. Sabrina loves meeting and getting to know clients, their families and the community, and being able to support and work with each individual on their own journeys.

# New Employees

## About Me

## New!

### Temporary Medical Assistant

Health Services/Family Health Team

Kwey!  
*Michelle Bourque*  
Nidijnikáz,  
Pikwakanagan,  
nidondjibá



I am now working as the Medical Assistant for the Pikwakanagan Family Health Team. I will be providing coverage over the next 18 months.

\* I grew up on the outskirts of Moncton, New Brunswick and moved to the Greater Toronto Area in 1990.

\* I permanently relocated to the Ottawa Valley in 2010 because of my love for people, nature, and the variety of beautiful cultures located here. I have over 30 years of experience working in healthcare.

#### *My Responsibilities Involve:*

- Greeting & directing clients, answering incoming calls.
- Providing triage and assessment for patients over the phone.
- Scheduling appointments to see the Nurse Practitioner, Physician or Nurses for blood work.
- Respectfully maintaining client confidentiality.
- Ensuring all records are up to date and documented.
- Ensuring all incoming reports, medical documents forwarded to appropriate provider.

Looking forward to meeting you, Migwetch! / *Michelle Bourque*

**Email:** [assistant.fht@pikwakanagan.ca](mailto:assistant.fht@pikwakanagan.ca)

**Phone:** 613-625-1175

**Office Location:** 1643 Mishomis Inamo, Pikwakanagan, ON K0J1X0



About Me

Finance Officer

Finance Department

## Kwey!

## Doug Kutschke

Doug is family man, who is grateful and excited to be working back in the community close to home and providing services to his fellow Anishinabe people.

- Doug has worked a variety of environments and atmospheres over his tenure including, IT Offices and the City of Ottawa.
- Doug has keen eye for accuracy, logistics and enjoys crunching numbers.
- Doug is eager to face the new found challenge and learning experience within the Finance Department

Duties & Responsibilities:

- Maintaining financial records, production of financial statements, budget preparation.
- Assists with mandatory reporting any managing ledgers of departments
- Administering Financial policies and procedures
- Working in collaboration with the Consultation & Engagement with on-going projects and assignments.

Email: [finance@pikwakanagan.ca](mailto:finance@pikwakanagan.ca)

Phone: 613-625-2800 ext 248

Location: 1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0

# New Employees

## Energizing Our Roots: Community Energy Coordinator Consultation Department

### Bridging Algonquin Traditions with Modern Energy Innovations

Hello! My name is Korey Kauffeldt and I am excited to announce that I have recently taken on the role of Community Energy Coordinator for Pikwakanagan. As a passionate advocate for energy efficiency and sustainability, I am thrilled to bring my experience to this position.

Before joining the team as the Community Energy Coordinator, I worked as an Energy Advisor and Energy Coach, where I gained hands-on experience in managing energy projects and assisting clients with energy efficiency measures. I have also actively participated in the deployment of Better Homes Kingston, a project aimed at incentivizing energy-efficient retrofits for Kingston homes.

As the Community Energy Coordinator, I will be responsible for coordinating and implementing energy projects for the community, as well as engaging with community members to promote energy conservation and sustainability. My goal is to work closely with the community to create a more sustainable future for us all.

I am eager to start this new chapter in my career and am looking forward to meeting and collaborating with community members to achieve our shared goals. Thank you, and I look forward to working with you all!

### Migwetch!

If you have any questions or concerns regarding Pikwakanagan's energy use/generation or if you have an idea you'd like to talk about, please feel free to reach me at;

**Email:** [cec@pikwakanagan.ca](mailto:cec@pikwakanagan.ca)

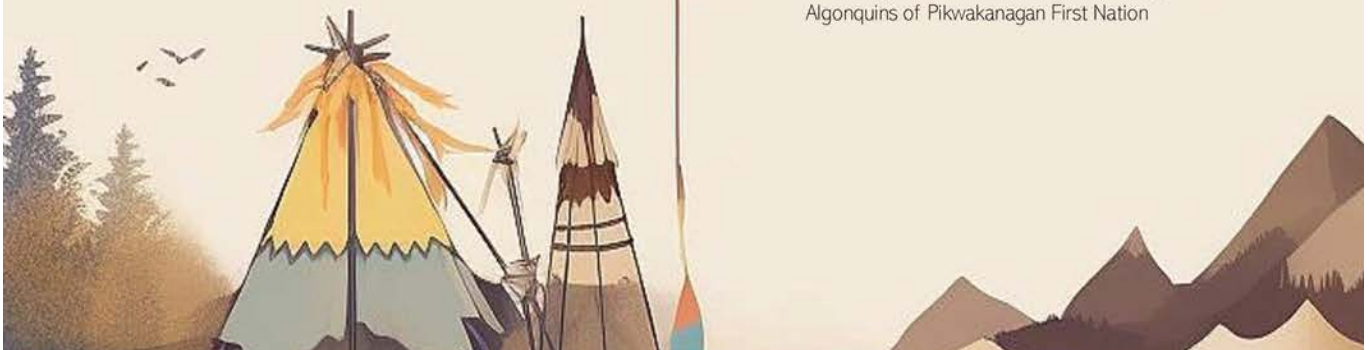
**Phone #:** TBD

**Office:** 473 Unit 4 Kokomis Inamo, Pikwakanagan, ON K0J 1X0



### CEC's Approach to Energizing Our Community

- Leading and coordinating energy projects that directly benefit the community
- Implementing funding opportunities to minimize energy costs for community members
- Assisting community members in accessing energy-efficient supports and programs
- Updating and implementing the Community Energy Plan to make Pikwakanagan more sustainable
- Coordinating community outreach to keep the community informed about energy initiatives
- Organizing community committee meetings to involve community members in decision-making
- Representing the community's values and interests in interactions with outside organizations
- Promoting cultural awareness and the long-term success of the Algonquins of Pikwakanagan First Nation



# New Employees

About Me

Policy Advisor - Intern  
Natural Resources Department

## Hello! I'm Johnathon Cruickshank

I'm working as a legal advisor at the Natural Resources Department, as a part of the Debwewin Summer Internship



- I just completed my first year of law school at Osgoode Hall.
- I am a settler who has grown up on Mississauga Anishinaabe territory (Toronto)
- I am excited to serve the Pikwakanagan community and to ensure that Algonquin Anishinaabe legal principles are reflected in the work I do

I am eager to meet people in the community and very grateful to be welcomed for the summer!

Email: [nrd.policy@pikwakanagan.ca](mailto:nrd.policy@pikwakanagan.ca)

Phone: 613-625-2800 ext 253

Location: 1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0

# CALL TO TENDER

## CALL TO TENDER

### For General Repairs for Health Services Building

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**SCOPE OF WORK:** The contractor is to repair the following on the downstairs/basement level of the Health Services building:

1. Replace missing ceiling tiles in the hallway.
2. Replace the flooring wall guard throughout the office.
3. Replace the mechanical room door (fireproof industrial door)
4. Paint ceilings in various offices and in meeting rooms, exercise room

**TENDER CLOSING DATE:** Friday, May 19<sup>th</sup>, 2023, at 4:00 PM

**EQUIPMENT & MATERIALS:** Tenders should be provided in writing for labour and material costs.

**TENDER APPLICATION REQUIREMENTS:**

- Tender Form completed in full.
- Proof of WHMIS Certificate

**ADDITIONAL REQUIREMENTS:**

The successful bidder must provide at their own expense by May 19<sup>th</sup>, 2023.

- Proof of Personal Liability and Property Damage Insurance Certificate

**COMPANIES:**

If bidding as a company, your employees must provide a WHMIS Certificate and an acceptable Criminal Reference Check.

**CONTRACT AWARD:**

The Health Services Department does not have to accept the lowest or any tenders.

**SITE EXAMINATION & SCHEDULE "A":**

The bidder is encouraged to contact the person below to arrange for a site visit, by appointment only and to receive a copy of Schedule "A". Schedule "A" will be available at the Health Services Department.

# CALL TO TENDER

## TENDER SUBMISSION:

Please submit your tender application in a sealed envelope clearly marked and addressed to:

### **“2023 Tender for Downstairs/Basement Repairs - Health Services”**

Michelle Hume, Executive Assistant - Health Services

613-625-2259 or assistant.health@pikwakanagan.ca

1643 Mishomis Inamo, P.O. Box 86, Pikwakanagan, Ontario K0J 1X0

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### **2023 Tender for Downstairs/Basement Repairs – HEALTH SERVICES**

I, \_\_\_\_\_ having carefully read the tender specifications and Schedule “A” (and site inspection) submit my tender for painting as:

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

Dated this \_\_\_\_\_ day of May 2023.

\_\_\_\_\_  
Signature

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

# CALL TO TENDER

## CALL TO TENDER

### Janitorial Services Units 3 & 4, 473 Kokomis Inamo Retail Small Business Centre

The contractor will supply all necessary labour required to complete the services described in “Schedule A” Cleaning supplies and equipment will be supplied by the Consultation department. Cleaning services will be conducted after the close of the business day and before the next business day begins.

Duration of contract: June 1, 2023 to March 31, 2024.

**Closing date of tender: May 26, 2023 at 12 noon.**

Your tender submission must include the completed form below and proof of current WHMIS certification/training.

As successful bidder, you must provide, at your own expense and upon signing of the contract,

- Proof of Personal Liability and Property Damage Insurance
- Companies: If bidding as a company, all other individuals must meet the above requirements –1. Proof of WHMIS certification provided with Tender Submission. 2. Names on the policy as an insured if the company is the successful bidder.

Interested person(s) may contact Laura Sarazin, Assistant, Consultation Department at [assistant.consultation@pikwakanagan.ca](mailto:assistant.consultation@pikwakanagan.ca) to obtain “Schedule A” and if you wish to schedule an appointment for a site examination. Said site examination will be conducted on **Tuesday, May 16, 2023 for one hour beginning at 9 a.m.**

Submit your Tender in a sealed envelope clearly marked “Tender for Janitorial Services, Consultation Department” and dropped off at Unit 4, 473 Kokomis Inamo between the hours of 8:30 am and 4:30 p.m. weekdays, or you can email your completed tender to [assistant.consultation@pikwakanagan.ca](mailto:assistant.consultation@pikwakanagan.ca)

**We are not obligated to accept the lowest or any tender.**

.....

### Tender for Janitorial Services, Units 3 and 4, 473 Kokomis Inamo

I, \_\_\_\_\_ having read the tender specifications above and Schedule A (site inspection optional), submit my tender for janitorial services as:

\_\_\_\_\_ per month.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2023

Signature: \_\_\_\_\_

Day contact number: \_\_\_\_\_

# Employment opportunities

## EMPLOYMENT OPPORTUNITY

**Position Title:** Environmental Coordinator, Water Tester

**Salary Range:** \$20.00/hr plus travel

**Tenure:** 12 weeks (May 29 – Aug 18, 2023)

**Department:** Health Services

**Location:** Minopimàdiz-i Gamik Health Centre

**Closing Date:** May 19, 2023, at noon

**Open To:** As per Policy 20.0

### Duties and Responsibilities:

- Prepare information packages for community members.
- Complete water testing for all First Nation Homes and Community Buildings
- Notify in writing to all community members of test results, If needed consult with the Community Health Representative and Environmental Health Officer
- Transport water samples to Renfrew County Health Unit
- On a weekly basis will hang Mosquito traps and send to lab for testing
- Complete filing system for all work completed.
- Record all questions and complaints.
- Compile lists of water quality concerns and bring forward.
- Liaison with Environmental Health Officer
- Follow up with First Nation members.
- Follow up with First Nation members after chlorination and provide re-testing of water.
- Complete evaluation report when program is complete.
- Other related duties as requested.

### Basic Requirements:

- Completions of grade 12
- Have a pleasant and friendly personality.
- Must have access to a reliable vehicle.
- Ability to work in a courteous and professional manner.
- Ability to communicate effectively, both orally and in writing
- Must have computer skills.
- Must be able to work independently.

### Condition of Employment:

- Proof of a Canadian Police Information Check (will be a requirement upon employment)

**ELIGIBILITY LIST WILL BE ESTABLISHED: YES**

**Application Procedure:** Interested persons must submit a resume and covering letter stating specifically how the basic requirements are met and three most recent references. Applications will be accepted in person or through the mail ONLY in a sealed envelope marked personal and confidential and addressed to the attention of the contact person. **NO APPLICATIONS WILL BE ACCEPTED BY FAX.** The Algonquins of Pikwàkanagàn has the right to short list for interview purposes to the five (5) most qualified persons.

### **Human Resources**

Algonquins of Pikwakanagan First Nation

1657A Mishomis Inamo

Pikwakanagan, ON K0J 1X0

[hrrservices@pikwakanagan.ca](mailto:hrrservices@pikwakanagan.ca)

**Subject Line: Environmental Coordinator, Water Tester**

# Employment opportunities



## EMPLOYMENT OPPORTUNITY

Job Title	Project Coordinator		
Department	Consultation		
Supervisor/Manager	Amanda Two-Axe Kohoko, Manager, Consultation		
Salary Scale	\$51, 122 annually		
Job Status	2 permanent positions 1 fixed-term position for a period of 2 years		
Contract Length	Start	Immediately	
Hours Per Week	35 hours per week		
Benefits	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.		
Posting Status	Internal Only	Internal/External	X
Start Date of Posting	Friday May 12 <sup>th</sup> , 2023		
Closing Date of Posting	Friday May 26 <sup>th</sup> , 2023 at 4:30pm		
Selection Process	Interview	X	Rating X Selection X
Job Description	<p>The Project Coordinator is responsible for supporting project management, overseeing project functions, reporting, and budgeting for assigned projects. Manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned consultation 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> <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 agreements,</li> <li>• Effectively communicating project progress to working group members, employees, colleagues, and stakeholders in a timely and clear manner;</li> <li>• Developing requests for proposals (RFP) for any projects requiring contracted specialists;</li> <li>• Evaluation of the RFP bids;</li> <li>• Tracking project established milestones and deliverables of projects, agreement implementation;</li> <li>• Obtaining bi-weekly status reports from contracted specialists or others involved in projects;</li> <li>• Engaging with appropriate contractors or resources of the parties to provide technical assistance;</li> <li>• Preparing written correspondence as needed such as plans, reports and memoranda etc.;</li> <li>• Facilitating development of community outreach and engagement;</li> </ul> <p><b>Other Key Skills</b></p> <ul style="list-style-type: none"> <li>• Experience in project management and delivery;</li> <li>• AOPFN community programs and services or any economic business;</li> <li>• Knowledge of Algonquins of Pikwakanagan First Nation affairs and political barriers facing First Nation people;</li> </ul>		



# Employment opportunities

	<ul style="list-style-type: none"> <li>• Experience in Indigenous Community – Proponent Relationships.</li> <li>• Some knowledge of environmental/resource management and traditional knowledge beneficial.</li> <li>• Knowledge of proposal submissions, reporting and evaluation;</li> <li>• Experience in project management and delivery;</li> <li>• Excellent verbal, written, listening and communication skills;</li> <li>• Excellent organizational, prioritizing, and coordinating skills;</li> <li>• Manage meetings; develop agendas and supporting documentation, take accurate notes and report on meeting outcomes.</li> </ul> <p><b>Personal Suitability</b></p> <ul style="list-style-type: none"> <li>• Friendly, courteous, cooperative, positive and professional;</li> <li>• Work with tact and discretion;</li> <li>• Maintain high level of confidentiality;</li> </ul>
<p><b>Minimum Qualifications</b></p>	<p><b>Education and Experience</b></p> <p>Post-secondary diploma or certificate in Business/Public Administration, Project Management or related field and a minimum of two years demonstrated work experience in facilitation, project management, developing and delivering programs, services and projects start to finish (preferably with a First Nation community and/or organization) or</p> <p>Five or more years demonstrated work experience in facilitation, project management, developing and delivering programs, services and projects start to finish (preferably with a First Nation community and/or organization) and experience in developing requests for proposals.</p> <p><b>Conditions of Employment:</b></p> <ul style="list-style-type: none"> <li>• Provide a clear and acceptable CPIC;</li> <li>• Must be willing to complete necessary training.</li> </ul>
<p><b>Submit Cover Letter and Resume To</b></p>	<p><b>Human Resources</b></p> <p>Algonquins of Pikwakanagan First Nation          1657A Mishomis Inamo          Pikwakanagan, ON K0J 1X0  <a href="mailto:hrrservices@pikwakanagan.ca">hrrservices@pikwakanagan.ca</a></p> <p><b>Subject Line: Project Coordinator</b></p> <p><i>Please allow for 24 hours to receive a 'Confirmed Receipt' of your application should you apply via email.</i></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>a) the qualified indigenous person who is an Algonquin; then to,</li> <li>b) the qualified indigenous person; then to,</li> <li>c) 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



## EMPLOYMENT OPPORTUNITY

Job Title	Indigenous Child and Youth Mental Health Systems Navigator		
Department	Health Services		
Supervisor/Manager	Sandi Wright, Supervisor, Mental Health Team		
Salary Scale	\$47, 320 to \$52, 232 annually commensurate on experience		
Job Status	Permanent, Full-Time		
Contract Length	Start	Immediately	
Hours Per Week	35 hours per week		
Benefits	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.		
Posting Status	Internal Only	Internal/External	X
Start Date of Posting	Friday May 12 <sup>th</sup> , 2023		
Closing Date of Posting	Friday May 26 <sup>th</sup> , 2023 at 4:30pm		
Selection Process	Interview	X	Rating X Selection X
Job Description	<p>The Indigenous Child and Youth Mental Health Systems Navigator (herein <i>Navigator</i>) will provide screening and brief assessment for children, youth, and families experiencing addictions and mental health challenges, and crisis intervention. Based on information ascertained in the assessment the Navigator will then make referrals to the appropriate services, including internal and external programs not limited to primary care; addictions services; and housing, as required to best fit the needs of the clients.</p> <p>The Navigator will monitor the progress of the treatment plan through case consultations and follow-up sessions and will engage further resources as required. When engaging resources, the Navigator will also aid in building trust with non-Indigenous service providers and bridge the gap between Indigenous and non-Indigenous understandings of health and healing practices. This form of advocacy will not only provide education about traditional practices to service providers but also educate the clients on the contemporary practices being employed with that provider.</p> <p>Provides administrative duties such as taking messages for mental health team, prepares reports within deadlines, shows interest in special projects/assignments instructed by Health Services Manager.</p> <p><b>Key Responsibilities and Duties</b></p> <ul style="list-style-type: none"> <li>• <b>Navigation and Client Orientated Services:</b> <ul style="list-style-type: none"> <li>• Assists clients through intake process.</li> <li>• Conducts screening, assessment using common assessment tools and protocols.</li> <li>• Provides brief intervention and initial care plan.</li> <li>• Provides crisis intervention and other supports.</li> </ul> </li> <li>• <b>Collaborative Practice:</b> <ul style="list-style-type: none"> <li>• Participates in case management with the mental health and addictions team.</li> <li>• Participates in case management with referred services.</li> <li>• Utilizes and consults with other interdisciplinary health care and social services.</li> <li>• Strengthens existing pathways to accessing the holistic and culturally appropriate addiction and mental health services.</li> </ul> </li> </ul>		

# Employment opportunities

	<ul style="list-style-type: none"> <li>• Educates mainstream providers on cultural issues.</li> </ul> <p><b>Community Development:</b></p> <ul style="list-style-type: none"> <li>• Liaisons and networks with community and other mental health services for the integration of new and existing services.</li> <li>• Promotes community awareness of mental health and addiction services.</li> </ul> <p><b>Administrative:</b></p> <ul style="list-style-type: none"> <li>• Develops and implements tools to ensure evidence-based reporting.</li> <li>• Completes all administrative reporting requirements according to policy and the funding agent's mandate.</li> <li>• Financial monitoring of specific expenditures as designated by the Adult Mental Health Counsellor.</li> <li>• Answers and responds to all in-coming telephone calls and walk-ins.</li> <li>• Directs clients to the proper response person available in the team.</li> <li>• Keeps track of staff schedules as to know who is available to assist clients.</li> </ul> <p><b>Quality Management:</b></p> <ul style="list-style-type: none"> <li>• Participates in monthly health staff meetings.</li> <li>• Participates in cultural awareness and cultural sensitivity training.</li> <li>• Participates in staff development initiatives and training requirements.</li> </ul> <p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>• Indigenous mental health issues with knowledge of traditional healing practices.</li> <li>• In depth knowledge of local, regional, and provincial Indigenous and non-Indigenous mental health services.</li> </ul> <p><b>Abilities:</b></p> <ul style="list-style-type: none"> <li>• Perform screening and initial assessment of children, youth, and their families.</li> <li>• Brief interventions for children.</li> <li>• Effectively communicate verbally and in writing;</li> </ul> <p><b>Personal Suitability:</b></p> <ul style="list-style-type: none"> <li>• Strong interpersonal and leadership skills;</li> <li>• Ability to work independently as well as in an interdisciplinary team environment;</li> <li>• Tact, discretion, and a professional level of confidentiality;</li> <li>• Self-motivated, reliable, thorough, and proactive; and,</li> <li>• Sensitive to Indigenous culture and values.</li> <li>• Effective time management skills and communicator with the abilities to manage multiple priorities and meet deliverables within deadlines.</li> <li>• Integrity that demonstrates trustworthiness and cooperative in nature that promotes and enhances the workplace environment.</li> <li>• Exhibit workplace behaviours that reflects the 7 Grandfather Teachings, AOPFN Mission Statement and philosophy.</li> </ul>
<p><b>Minimum Qualifications</b></p>	<p><b>Education and Experience</b></p> <ul style="list-style-type: none"> <li>• Child and Youth Worker Diploma or Social Service Worker Diploma-</li> <li>• Minimum 1 year experience counselling children, youth, and their families.</li> <li>• Demonstrated ability to behave in a compassionate and empathetic manner towards clients.</li> <li>• Demonstrated willingness to understand, recognize and learn the Algonquin traditions, practices and culture to better promote a wholistic first-responder approach to client care and wellbeing.</li> <li>• Demonstrated awareness of non-verbal and visual communication, active listening, contextual communication, clarity and collaboration.</li> <li>• Ability to be self-directed when working independently.</li> <li>• Ability to exercise and execute sound judgement when making decisions, when and where required.</li> </ul> <p><b>Conditions of Employment:</b></p> <ul style="list-style-type: none"> <li>• Criminal Reference Check and Vulnerable Sector Check</li> <li>• CPR and First Aid Certification</li> </ul>

# Employment opportunities

<b>Submit Cover Letter and Resume To</b>	<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>  <b>Subject Line: Indigenous Child and Youth Mental Health Systems Navigator</b>  <i>Please allow for 24 hours to receive a 'Confirmed Receipt' of your application should you apply via email.</i>
<b>How To Apply</b>	<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. <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: a) the qualified indigenous person who is an Algonquin; then to, b) the qualified indigenous person; then to, c) the qualified non-indigenous candidate. <b>Interviews:</b> Interviews will be conducted in-person or virtually by Teams Meeting. AOPFN has the right to shortlist for interview/assessment purposes to the five (5) most qualified persons and typically establishes and eligibility list..
<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>	

# Membership Additions

## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
Hanna, Lucille	Pisindawate	21 Nov 22	21 May 23
Commanda, Callie	Commanda	21 Nov 22	21 May 23
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	Pisinawate	05 Jan 23	05 Jul 23
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	Francois	10 Jan 23	10 Jul 23
Gardiner, Jayla	Francois	10 Jan 23	10 Jul 23
Gardiner, Jace	Francois	10 Jan 23	10 Jul 23
Norris, Heather	Partridge	10 Jan 23	10 Jul 23
Jodouin, Joseph	Francois	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
Cifford, 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
Russell, Marlene	Pisinawate	21 Feb 23	21 Aug 23
Cassidy, Krista	Aird	21 Feb 23	21 Aug 23

# Membership Additions... Continued

Ferk, James	Amikons	22 Feb 23	22 Aug 23
Sarazin, Kayla	Sarazin	23 Feb 23	23 Aug 23
Lamont, Marie	Lavalley	06 Mar 23	06 Sept 23
Perrin, Theresa	Lamure	06 Mar 23	06 Sept 23
Westlake, Brian	Lamure	06 Mar 23	06 Sept 23
Meconse, Dean	Amikons	07 Mar 23	07 Sept 23
Dehler, Wendy	Sarazin	07 Mar 23	07 Sept 23
Rypstra, Calvin	Sarrazin	09 Mar 23	09 Sept 23
Rypstra, Anastasia	Sarrazin	09 Mar 23	09 Sept 23
Minnie, Edgar	Lavalley	16 Mar 23	16 Sept 23
Marshall, Alana	Tenascon	24 Mar 23	24 Sept 23
Taylor Lukas	Bernard	29 Mar 23	29 Sept 23
Taylor, Isaac	Bernard	29 Mar 23	29 Sept 23
Taylor, Sophia	Bernard	29 Mar 23	29 Sept 23
Meconse, Real	Amikons	29 Mar 23	29 Sept 23
Meconse, Serge	Amikons	30 Mar 23	30 Sept 23
Campbell, Austin	Whiteduck	12 Apr 23	12 Sept 23
Lagace, Jaden	Baptiste	18 Apr 23	18 Sept 23
Larbie, Peter	Tenascon	18 Apr 23	18 Sept 23
Gardiner, Richard	Francois	18 Apr 23	18 Sept 23
McLean, Heather	Lavalley/Francois	27 April 23	27 Sept 23
Petrin, Kari	Lavalley/Francois	27 April 23	27 Sept 23
Allen, Micah	Partridge	05 May 23	05 Oct 23
Savard, Maxime	Amikons	08 May 23	08 Oct 23
Savard, Alex	Amikons	08 May 23	08 Oct 23
Savard, Mario	Amikons	08 May 23	08 Oct 23
Bremner, Finnley	Lavalley	09 May 23	09 Oct 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 email at [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca)**

## Regular Council Meetings on ZOOM

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



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



Zoom details  
minutes  
transcripts  
presentations/attachments

### **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.

# Community Information

## Small Engine Repairs Call Paul - 613-200-1489

Riding Mowers, Lawn Mowers,  
Outboard Motors, Some Boat Repairs,  
Almost anything with a small engine.

Message from:  
Joey & Rachel -  
looking for a used car

Please contact:  
613-602-7923

### **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.**

## **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

**CLOSED**

## 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

## 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)**

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

<https://www.algonquinsofpikwakanagan.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!

## 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

## ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

For Rentals contact  
Sandy  
613-717-2894

# Community Information

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

## WASTE DISPOSAL SITE

Wednesday  
12 PM - 6 PM  
Sunday  
9 AM - 3 PM



## CURBSIDE PICK-UP

Garbage: Wednesday  
Cardboard: Thursday  
Containers: Fridays



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



# Administration Information

## Algonquins of Pikwakanagan First Nation

1657A MISHOMIS INAMO PIKWAKANAGAN, ON KOJ 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.