



# Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD ODEYIMIN KÌZIS 30, 2023  
FRIDAY JUNE 30, 2023

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

## FIRE BAN IN EFFECT FIREWORKS NOT PERMITTED

### CONTENT

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

### SPECIAL ADDITIONS:

- Community Notice
- Air Quality Statement
- Celebration of Life
  - Thomas Sarazin
- Harvest 2023-2024
- Pikwakanagan 34th Pow Wow
- Request for Proposals
- Call to Tender
- Jerry Lavalley - The Dam
- Pap Test Information
- Wildfire Smoke



## Graduation Ceremony 2023!

PIKWAKANAGAN'S 29TH ANNUAL GRADUATION CEREMONY

THURSDAY JULY 6TH, 2023 AT 7:00PM

MAKWA COMMUNITY CENTER

*Please Come and Join us to honor our*

MINDIWIN MANIDO - DAY CARE  
ELEMENTARY  
SECONDARY  
POST SECONDARY  
TRADES & APPRENTICESHIP & AGENCIES  
GRADUATES

*Light snacks & refreshments will be provided*

## Congratulations



MÀNÌ-KÌJIGAD, MISKOMINI-KÌZIS 1, 2023  
SATURDAY JULY 1, 2023



# CANADA KIJIGAD!



# CANADA DAY!



Administration Office Closed  
Friday June 30th 1:00pm - 4:30pm  
Monday July 3rd



# Community Notice



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## *Algonquins of Pikwakanagan First Nation*

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### **COMMUNITY NOTICE**

Important information regarding the AOPFN purchased shoreline property located on Ininatig Inamo (previously known as Marquardt's)

A survey previously completed in 2020 gathered information on what the community saw as potential uses of and for this property. A majority of community members indicated their desire for a community beach location where families can go to enjoy a day at the beach.

Family and Children safety is paramount, and it is in the best interest of our children that Chief and Council designate this property as a Family and Children area where AOPFN programs and services will be utilizing it for Water Sport Evening Programming, Cultural Programming and Summer Day Camp (starting July 11, 2023).

We encourage you and/or your family to spend time at the property, we want to remind everyone to do so in a safe and respectful manner.

**To maintain the safety of all community members who intend to spend time at the property there will be:**

- **No unauthorized permanent or semi-permanent (i.e., overnight) structures permitted.**
- **No alcohol or drugs permitted on the property.**

Please ensure the area you use is left clean, tidy, and free of garbage and debris, as we want to maintain a clean, safe, and hazard-free space for all.

Meegwetch,

**Chief and Council  
June 28, 2023**



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## *Algonquins of Pikwakanagan First Nation*

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From: Health Services and Fire Department

**RE: Ongoing Special Air Quality Statements**

Many times this year, poor air quality caused by smoke from forest fires has led Environment Canada to issue **Special Air Quality Statements**. Air quality and visibility due to wildfire smoke can fluctuate over short distances and can vary considerably from hour to hour.

Information for the public about current Special Air Quality Statements are posted to AoPFN News and Events Facebook Page at the earliest opportunity. Real time information about Special Air Quality Statements are issued from Environment Canada's website: <https://weather.gc.ca/>

Messaging from one Air Quality Statement to the next is consistent. The information below can aid community members in all Special Air Quality Statements.

**How to Protect Yourself During a Special Air Quality Statement:**

1. Take actions to protect your health and reduce exposure to smoke: Wildfire smoke can be harmful to everyone's health even at low concentrations. People with lung or heart disease, Elders, children, pregnant people, and those who work outside are at higher risk of experiencing health effects.
2. Reduce outdoor activities: if you must spend time outdoors, Environment Canada recommends wearing a well-fitted mask (example N95) and monitoring for symptoms. Stop outdoor activities if you feel unwell and remain inside. Minor symptoms (headaches, minor cough, runny nose, eye/nose/throat irritation) can be managed by drinking water and breathing clean air.
3. Keep your indoor air clean and cool: keep your doors and windows closed and use an air purifier, if available. Be sure that your HVAC system is **not drawing air from outside** and use the recirculation setting. Reduce indoor air pollution by avoiding smoking, burning candles, and vacuuming indoors.
4. Take a break from the smoke and visit a location that has clean indoor air.
5. Check on Elders and those people who are vulnerable.
6. Take care of your mental health – Mental Health Crisis Line: 1-866-996-0991

**If you are experiencing shortness of breath, wheezing (including asthma attacks), severe cough, dizziness, or chest pain call 911 and remain inside!**

For further information, please do not hesitate to contact Health Services at 613-625-2259 or Chris Sarazin, Algonquins of Pikwakanagan First Nation Fire Chief at 613-286-1018.

Miigwetch

1643 Mishomis Inamo  
Pikwakanagan, Ontario K0J 1X0

Tel: (613) 625-2259

Fax: (613) 625-2207

# Celebration of Life – Tomas Sarazin

## *Celebrating the life of* Tom (Tommy) Sarazin

Join us in celebrating the life of one great man who is gone too soon.

**Saturday July 8th, 2023**

**12-4pm @ the Makwa Community centre**

**83A Kagagamin Inamo, Pikwakanagan**

**If you could wear a concert or band t-shirt  
or Harley Davidson attire**

If you have any pictures of Tom you would like to share please send them to Britney VIA Facebook

## HARVEST 2023-2024

Applications for the annual adult Moose and Elk Harvest draw are now available to the Membership for pick up:

- ◇ At the Administrative Office and;
- ◇ Online under the Harvest menu tab on the Pikwakanagan website.

**Submission deadline is Tuesday, August 15, 2023, @ 4:30 pm and the Tag draw is on Friday, August 18, 2023, @ 1:30 pm Elders Lodge.**

Pikwakanagan Harvest Applications are available at the administration office for pick up and are available on our Algonquins of Pikwakanagan First Nation website. Link— [Harvest • Algonquins of Pikwakanagan](#)

*Mail-out harvest packages are available upon request.*



## Harvest Monitors

The LEM Department is looking for individuals who are interested in being a monitor for this year's hunt.

Applicants must have a valid driver's license and a reliable working vehicle with proof of insurance; First Aid and CPR are an asset.

### Responsibilities:

- ◇ Maintain monitoring stations at designated areas and specific times as determined by the Manager of Lands.
- ◇ Assist with the preparation of Field monitoring equipment and ensure equipment is in good working order daily.
- ◇ Collect and report harvest data and any other related responsibilities.

**If interested, please provide your resume and interest in being a monitor to AOPFN HR Services— [hr@pikwakanagan.ca](mailto:hr@pikwakanagan.ca)**

**Please provide your name— Monitor in the subject line of the email.**

# Pikwakanagn 34th Pow Wow

The Algonquin Traditional Pow-Wow Committee is Proud to Announce

## Pikwakanagan's 34th Traditional Pow Wow

Saturday, August 19th  
& Sunday, August 20th

2023

Grand Entry  
@ 12:00 Noon

Our Anishinabe Family Celebrating our Culture and Traditions

### Master of Ceremonies

Fred McGregor

### Arena Director

Gabriel Whiteduck

### Featuring

High Ridge Singers  
(Moose Factory)

Kitchisipirini  
(Pikwakanagan)

Whirlwind Singers  
(Chippewas Nawash)



### Head Dancers

Amber Hein

Sonny Robbins

### Youth Head Dancers

Ryder Two-Axe

Kylie Two-Axe Kohoko

Dance registration is at  
the log building on Friday,  
from 6 pm - 9 pm and  
Saturday, 9 am - Noon

Signage will direct traffic to Pikwakanagan's Cultural Grounds. Limited rough camping is available for participants . (First come first serve)

### All are welcome!

- ABSOLUTELY NO DRUGS OR ALCOHOL
- PLEASE STAY HOME IF FEELING ILL
- NO PETS ARE ALLOWED ON GROUNDS

Vendor spots are very limited. Contact  
Jamie Sarazin at (613) 625-1109 to  
register. (Please leave message)

Food Vendors - \$300

Craft Vendors - \$150

# Request for Proposals

Request for Proposals  
Algonquins of Pikwakanagan First Nation  
Baseline Algonquin Knowledge and Land Use Study

Issued by: Algonquins of Pikwakanagan First Nation (AOPFN)  
1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0

Issue date: *June 23, 2023*

Proposal Delivery Deadline Date: *July 14, 2023 4:00 p.m. EST*

Proposal Delivery Location: [coordinator.projects@pikwakanagan.ca](mailto:coordinator.projects@pikwakanagan.ca)

## Overview

The Algonquins of Pikwakanagan First Nation (AOPFN) invites proposals from qualified consultants to develop and conduct an Algonquin Knowledge and Land Use Study (AKLUS) in relation to the National Capital Area Water Crossings Program (NCAWP)-Alexandra Bridge Replacement Project (ABRP) and Energy Services and Acquisition Program (ESAP) in accordance with this Request for Proposals (RFP).

The Algonquins of Pikwakanagan First Nation (AOPFN) is undertaking an Algonquin Knowledge and Land Use Study (AKLUS) with the primary goal of the study to better document, understand and convey potential impacts of these projects on AOPFN Indigenous rights and culture.

AOPFN is issuing an RFP to qualified consultants to develop and conduct an AKLUS in relation to the NCAWCP-ABRP/ESAP over a period of seven (7) months. The project will conclude with the submission and verification of three (3) final reports submitted by the Consultant and verified by the AOPFN. The successful consultant will demonstrate their experience and expertise in developing and conducting like studies or projects, and a proven successful track record working with First Nations.

For any inquiries and to obtain the full RFP, please contact Michelle Galoni, Project Coordinator at: [coordinator.projects@pikwakanagan.ca](mailto:coordinator.projects@pikwakanagan.ca)

*Michelle Galoni*

Michelle Galoni  
Project Coordinator  
Consultation Department  
4-473 Kokomis Inamo  
Pikwakanagan, ON.

# Call to Tender

## Call to Tender Algonquins of Pikwakanagan First Nation Property Observation and Monitoring

**Issued by:** Algonquins of Pikwakanagan First Nation (AOPFN)  
1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0

**Issue date:** June 30, 2023

**Submission Deadline Date:** July 14, 2023, at 4:00 p.m.

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### **Purpose:**

The Algonquins of Pikwakanagan First Nation (AOPFN) invites tender submission from consultants to provide property observation and monitoring over the AOPFN properties.

The Algonquins of Pikwakanagan First Nation (AOPFN) is working to ensure public wellbeing by obtaining property observation and monitoring for the 3 properties known as Kilby's Farm, Marquardt's, and Ratterays, by implanting security and safety practices and ensuring rules and regulations are being followed accordingly.

The Algonquins of Pikwakanagan First Nation (AOPFN) is issuing a Call to Tender for a consultant to provide visits to the locations listed above, periodically during the week and on weekends. providing reports on any trespassing, damages, or vandalism, securing locks and gates, and reporting any drugs or alcohol at/on location.

### **Scope of Work:**

The Consultant will be required to work with AOPFN Chief and Council, Administration Staff, the AOPFN community, and external proponents on creating a secure environment for these locations.

To do this work, the Consultant must:

1. Perform periodic site visits during the week and on weekends;
2. Complete regular reports and updates; keeping the Chief and Council and the Executive Director of Operations informed of any incidents.
3. Ensure security protocol is enforced; locking gates, trespassing signage, etc. and;
4. Identify persons who are violating or refuse to comply with the regulations in place for community safety.

Please submit your Tender for our property observation and monitoring together with your experience, names, and contact numbers for reference.

For additional information or a tender package please contact Lisa Meness at the information provided below.

Lisa Meness, Executive Director  
1657A Mishomis Inamo, Pikwakanagan, ON K0J 1X0  
Tel: (613) 625-2800 ext. 235  
Email: [edo@pikwakanagan.ca](mailto:edo@pikwakanagan.ca)



# Call to Tender

Envelopes should be clearly marked:

**“Tender for Property Observation and Monitoring Pikwakanagan”**

Addressed to:

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

**ATTENTION: Lisa Meness, Executive Director**

*All tenders must be received by July 14<sup>th</sup>, 2023 at 4:00p.m.*

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

\*\*\*\*\*

My “Tender” for Property Observation and Monitoring in Pikwakanagan is:

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

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

# Jerry Lavalley – The Dam

THE DAMN DAM By Jerry Lavalley June 29, 2023

What we used to think of as “our” Dam on the Bonnechere River became “their” Dam around 12-15 years ago when they fenced off any access to getting on or over it. This structure was built around 1929 and it was originally located about 100 yards west of its present location. That was demolished for whatever reason and the present one built. As we all know, this is being refurbished with the building of a coffer dam in two stages. They are now doing the first stage on the north side and will do “our” side in 2024. The reason given for closing access to this dam was safety. There was a tragic accident where a mother and child perished when a dam near Calabogie was opened, and the resulting flood waters surprised the two who were sunbathing below this structure. Renfrew Hydro then passed an ordinance that all dams in their control would have no access. I am aware of at least three deaths of our members that occurred at “our” dam that did not cause any concern to the powers that be. Some of you (members of the Algonquins of Pikwakanagan) may disagree with me when I appose this closure. I remember growing up here in the ‘40’s and ‘50’s and the Dam was a very integral part of our culture during this period. On quiet evenings, you could hear the waterfall and it seemed so peaceful as to lull you to sleep. For a lot of us, it was a gathering place where we fished from the top and swam in and around it. Many of us would spear fish from the top at night. You would have to be very quiet when sneaking to the edge with one of you holding a flashlight and the other with the long-handled spear. When you were both ready, a signal would be uttered to turn on the light and one had to be quick because the fish were very skittish. We considered it a sport because it required some acquired skill. At other times we would also fish for mud pout at night and other types of fish during the day. I vaguely remember some people catching American Eel (Pemise) amongst the rocks just below the dam. Sadly, the Pemise are no longer here. All this fishing was a valuable source of food for a lot of us back then. My brother Joe and I caught bait minnows for a guide from White Lake and he would come get them once a week during the summer months. There was a “dry” spell of around 3 weeks when no minnows were to be seen. The Commanda family were usually around there and the mother, Bridgette (Bidly) told the minnow-man that the minnows would be there around noon of the following day. Guess what, they were there at 1pm the following day! She had this uncanny ability that prompted some to refer to her as a “witch”. I had a close encounter one winter morning when I took a short cut across the dam to catch the school bus at the Lazy Land Restaurant. My Grandmother had awakened me in plenty of time, but being a teenager, I was reluctant to get up and ended up taking that ill-fated short cut. As I was walking up the ice-covered steps of the dam, I slipped and dropped my school binder full of books and notes and a lunch kit which went into the water! I ran as fast as I could to a point of land about 100 yards below the dam where there was a small tree which was less than 2” in diameter and used my jack knife to score around it and got it to fall just as my binder came floating by. My lunch kit had sunk. I was wet up to the knees, so I returned home with the now soaked binder and forgot about school for that day. The next day, I did get to school and when I told the teacher, Sister Mary Margaret, of my misadventure, she asked me if I was going to be a fiction writer. It is a wonder that I graduated because my record showed that I did miss an average of one day a week in grade 12. That was nothing to be proud of. Another misadventure happened, but this was below the dam. My good friend, the late Ed Commanda and I were hunting ducks and we downed a couple of mergansers (fish ducks) in the rapids below the dam. Someone had left a canoe nearby, so we used it to retrieve our ducks. One was alive and swimming away and Ed paddled after it. I reached for that duck and he dove just as I was trying to grab it and we dipped a lot of water. Well, after the canoe tipped, Ed had the presence of mind to right it and we made it to shore on the far side with that canoe nearly full of water, so we were both soaked from the waist down. It was -10F in early January but we made it to the Hydro Line then across the dam and up to Arthur Benoit’s place to get warm. That was a close call. There was no consultation when all access to and over the dam was stopped. We have now been consulted on this latest development and I think they should allow some access to fish there with the appropriate safeguards like fencing as well as the agreed upon portage on “our” side.

# JULY

# 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> <b>Canada Day</b> Chief Pinesi Day 9:00-4:00 NewEdinburg Park
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Graduation Ceremony 7pm Makwa	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Grounded Wellness Burchat Road	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Cultural Activity Night 5:00-9:00 Elders Lodge	<b>21</b> Grounded Wellness Burchat Road  Food Voucher Registration Deadline	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Food Voucher Pick Up	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					

# 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!

### *Elders Lodge Eucher every Sunday*

DOORS OPEN AT NOON

CARDS START AT 1PM

\$5 ENTRY

50/50 - \$2.00 EACH OR 3 FOR \$5.00

COLD DRINKS - \$1.00

### SPORTS & RECREATION PROGRAMMING

MAY & JUNE 2023

#### Monday

Drop-in T-Ball (ages 4-7)

@ the Makwa Ball field 5-7:30pm

(Starting May 29)

#### Tuesday

Baseball (Adult)@ the Makwa ball field 6-8pm

come and join a team if you want to play!

(Starting June 6)

#### Wednesday

Scooter night 5:30-7pm (Starting May 24)

#### Thursday

Pow Wow Pump 5-6:30pm (Starting June 22)

Basketball 7-9 pm (Grade 9 and older)

(Starting May 25)

#### Friday

Ball Hockey 6-8pm (Grade 9 and older)

(Starting June 9)

Water sport lending hub opens Friday June 2!

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

## CHIEF PINESI DAY, 2023

July 1st, 9am-4:30pm, New Edinburgh Park 203 Stanley Avenue

Come celebrate the indigenous heritage of the area and learn about Chief Pinesi at this full-day program led by the Algonquins of Pikwakanagan First Nation

- ~ 9 am: Sacred Fire Ceremony
- ~ 10 am: Land tours of Chief Pinesi Portage Trail
- ~ 12 pm: Smudging Ceremony
- ~ 2 pm: Drumming and Dancing
- ~ 3:30 pm: Medicine-Paddle along the Ottawa River

**NewEdinburgh.ca**



## JULY 1ST WEEKEND



~17, 381 ACRES  
**LAND**

TREATY LAND SELECTS + PURCHASES

**HIGHEST AND BEST USE**

DEADLINE  
EXTENDED to  
**JULY 1**

To view the Highest and Best Use report and workbook visit:  
[www.pikwakanagan.gov.ca](http://www.pikwakanagan.gov.ca)  
password: MinoKijigad1794  
To request a printed copy of the report and workbook contact:  
[chiefcouncil@pikwakanagan.ca](mailto:chiefcouncil@pikwakanagan.ca)  
613 625 2800 x228

Which lands should be added to the reserve?

How should these lands be used?



**URBAN**  
SYSTEMS



Algonquins of Pikwakanagan  
First Nation  
SELF GOVERNMENT

# Program & Events

**FREE FOOD!** **CASH PRIZES!**

**CULTURAL  
ACTIVITY NIGHT**

Come for an evening of fun activities, food, language-learning, and traditional teachings!

There will be a free dinner and cash prizes for participating

All ages are welcome!

**@ THE ELDER'S LODGE  
THURSDAY JULY 13  
@ 5PM TO 9PM**

**COME  
SOCIALIZE!**

FOR MORE INFORMATION, CONTACT  
NRD.POLICY@PIKWAKANAGAN.CA

**XX\$**

VOUCHER

**JULY FOOD  
VOUCHER**

Register on or before **July 21st, 2023**  
text 613-639-1633

Pick up **26 July 2023**

**SCHOOL'S OUT FOR  
SUMMER**

# Health Information

## 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

## PROTECTING YOUR INDOOR AIR FROM OUTDOOR POLLUTANTS

When **OUTDOOR AIR QUALITY** is poor, Health Canada recommends that individuals, particularly children, the elderly and those with pre-existing health conditions remain indoors as much as possible. Ensuring good **INDOOR AIR QUALITY** is especially important during periods of poor outdoor air quality.

Strategies to reduce levels of pollutants indoors include the following:



Do not smoke indoors.



When possible, limit the use of any combustion source, such as incense, candles, and wood stoves. Consider choosing a low-emission wood stove.



Make sure you use cleaning products properly. Some may emit higher levels of volatile organic compounds (VOCs).



Install carbon monoxide alarms near bedrooms, and preferably one on each floor.



Maintain humidity levels between 35 and 50%.



Avoid using ozone generators, as exposure to ozone can be harmful to your health.



Use a vacuum cleaner with a high efficiency particulate air (HEPA) filter that traps small particles.



Portable HEPA filtration units may also reduce indoor particulate levels.

These are some strategies to reduce infiltration of outdoor air pollutants:



Keep windows and doors closed, and use air conditioning if required.



Properly seal windows and doors with weather stripping.



Set your ventilation system to recirculate when the outdoor air is poor, and bring in fresh air when the outdoor air has improved. Install a high quality air filter.

### HOW DO I KNOW IF THE **OUTDOOR AIR QUALITY** IS POOR?

The **Air Quality Health Index (AQHI)** provides local and real-time information in regards to the quality of outdoor air, and recommends specific advice based on the health risk posed by air pollution levels. Further information on the AQHI can be found at:

[www.airhealth.ca](http://www.airhealth.ca)

# WILDFIRE SMOKE 101

## Wildfire smoke and your health

Learn how to protect yourself from wildfire smoke.

### Wildfire smoke and pollution levels

In Canada, wildfires can significantly increase air pollution levels. Wildfire smoke is a complex mixture of gases, particles, and water vapour that contains:

- ozone
- sulphur dioxide
- nitrogen dioxide
- carbon monoxide
- volatile organic compounds
- fine particulate matter (PM<sub>2.5</sub>)

It is the fine particles (PM<sub>2.5</sub>), not visible to the human eye, that get deep into our lungs and bloodstream. These fine particles are the main health risk from wildfire smoke.

There is no evidence of a safe level of exposure for most of these pollutants. This means that smoke can impact your health even at very low levels. As smoke levels increase, your health risks increase. Air quality may be decreased even if you can't see or smell smoke.

## Symptoms of smoke exposure

### Milder and more common symptoms of smoke exposure include:

- headaches
- a mild cough
- a runny nose
- production of phlegm
- eye, nose and throat irritation



These symptoms can typically be managed without medical intervention.

### More serious symptoms include:

- dizziness
- chest pains
- severe cough
- shortness of breath
- wheezing (including asthma attacks)
- heart palpitations (irregular heart beat)

If you have any of these symptoms, talk to a health care provider or seek urgent medical attention. Less commonly, exposure to wildfire smoke can lead to heart attack, stroke and even premature death. If you think you are having a medical emergency, dial 911 and seek immediate medical assistance.

Some people are at a higher risk of health problems when exposed to wildfire smoke including:

- seniors
- pregnant people
- people who smoke
- infants and young children
- people who work outdoors
- people involved in strenuous outdoor exercise
- people with an existing illness or chronic health conditions, such as:
  - > cancer
  - > diabetes
  - > lung or heart conditions

It is important to listen to your body and reduce or stop activities if you are experiencing symptoms.





## Reduce your exposure to wildfire smoke

**The best way to protect your health is to reduce your exposure to wildfire smoke.**

Pay attention to the **Air Quality Health Index (AQHI)**, special air quality statements or other indicators of smoke levels in your community. If necessary, limit outdoor activity and strenuous physical activities. If you have difficulty breathing, stop altogether.

Stay indoors and keep windows and doors closed. If it is too warm, turn on the air conditioning if possible. If you do not have air conditioning and it is too warm to stay inside with the windows closed, seek out local cooling or clean air space.

Use a clean, good quality air filter (for example, HEPA) in your ventilation system.

Use a portable air purifier to filter particles from wildfire smoke. For more information on selecting a portable air purifier that is appropriate for your needs, refer to the [“Using an air purifier to filter wildfire smoke”](#) factsheet.

If you must spend time outdoors, a well-fitted respirator type mask (such as a NIOSH certified N95 or equivalent respirator) that does not allow air to pass through small openings between the mask and face, can help reduce your exposure to the fine particles in smoke. These fine particles generally pose the greatest risk to health. However, respirators do not reduce exposure to the gases in wildfire smoke.

If you need to work outdoors, check with your provincial or territorial occupational health and safety organization or your local health authority. They can provide guidance on how to work safely outdoors during wildfire smoke events.

If you need additional support during a wildfire event, contact your local jurisdiction for information on local cooling or clean air spaces. Community centres, libraries, and shopping malls can also provide a break from the smoke.

## Other recommendations to protect your health

Check in on others who are in your care or live nearby who may be more vulnerable to wildfire smoke. Frequently check in on neighbours, friends and older family members, especially those who are chronically ill.

Take [additional actions](#) to reduce sources of indoor air pollution.

When driving, keep vehicle windows closed and set the ventilation system to recirculate.

**For more information on topics related to wildfire smoke and health, please visit [Wildfire smoke, air quality and your health](#).**

### If smoke is present for more than a few days:

- stay active when you can. Try finding a place with clean air to exercise indoors, for instance at the gym, the community centre or at home. Consult the AQHI to look for breaks in the smoke to find opportunities to go outdoors.
- don't forget to take care of your mental health. It's not unusual to feel anxious, stressed out, sad or isolated during a smoke event. Eating well, getting enough sleep, exercising and staying in contact with friends can help. Anyone who is having trouble coping with symptoms of stress, anxiety or depression should seek help from a health care provider.

# Health Information

## Is it time for a Pap test?

### Eligibility checklist:

- ✓ You're aged 21 to 70
- ✓ 3 years or longer since your last Pap test
- ✓ You **DO NOT** have a family doctor or nurse practitioner

\*If you have a family doctor or nurse practitioner, please contact them to book your next Pap test.

The Pap test is the best way to detect and treat cervical cancer EARLIER for better outcomes.

### Clinic locations:

- Arnprior
- Barry's Bay
- Beachburg (Coming Soon)
- Cobden (Coming Soon)
- Petawawa
- Deep River
- Eganville
- Renfrew
- Pembroke

### Book now:

- Book at [www.rcvtac.ca/paptest](http://www.rcvtac.ca/paptest)
- Call VTAC at 1-844-727-6404



Ottawa Valley  
ONTARIO HEALTH TEAM



### OUR PARTNERS



Arnprior & District  
Family Health Team



MADAWASKA VALLEY  
Family Health Team



North Renfrew  
Family Health Team



WEST CHAMPLAIN  
FAMILY HEALTH TEAM



# Membership Additions

## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
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
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

# Membership Additions... Continued

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
Lavalley, Coltrane	Lavalley	12 May 23	12 May 23
Lafontaine, Lise	Amikons	12 May 23	12 May 23
Switzer, Zachary	Meness	15 May 23	15 Oct 23
Foster, Thena	Sarazin/Lavalley	26 May 23	26 Oct 23
Larmon, Dawn	Jocko/Turcotte	31 May 23	31 Oct 23
Rainville, Matthew	Sarrazin	07 June 23	07 Nov 23
Rainville, Liam	Sarrazin	07 June 23	07 Nov 23
Rainville, Emma	Sarrazin	07 June 23	07 Nov 23
Knights, Rhonda	Benoit/Dufond	12 June 23	12 Nov 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)**

# Community Information

## Regular Council Meetings on ZOOM

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



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

## 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

## ODEYIMIN KÌZIS

Strawberry Moon



## ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

For Rentals contact  
Sandy  
613-717-2894

**Reminder - for sanitary  
purposes individual  
hosting meals & catering  
will require to supply  
their own dish clothes  
and towels**

# 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

## 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.algonquinsopikwakanagan.com/laws-and-by-laws/>

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

Department:

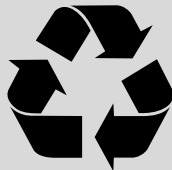
613-625-6800 | mgr.lem@pikwakanagan.ca |  
land.officer@pikwakanagan.ca |  
assistant.lem@pikwakanagan.ca

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

## WASTE DISPOSAL SITE

*Wednesday*  
12PM - 6PM

*Sunday*  
9AM - 3PM



## CURBSIDE PICK-UP

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



## ANIMAL CONTROL

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

# 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

# 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

