



# Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD MISKOMINI KÌZIS 7, 2023  
FRIDAY JULY 7, 2023

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

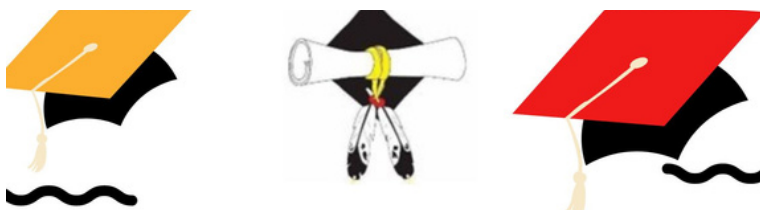
## FIRE BAN IN EFFECT

### CONTENT

- Special Additions
- Call to Tender
  - Request for Proposal - Consultation
  - Tender - Property Observation & Monitoring
  - Tender - Catering Services
- Programs & Events Calendar
- Events & Programs
- Health Information
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- Membership Additions
- Community Information

### SPECIAL ADDITIONS:

- Community Notice
- Sever Weather Information
  - Tornado Information
  - Wildfire Information
- Celebration of Life
  - Thomas Sarazin
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- Pikwakanagan 34th Pow Wow
- Nigig Nibi Ki-Win Gamik
  - Grandparent Tribunal



## CONGRATULATIONS ALGONQUINS OF PIKWAKANAGAN GRADUATES OF 2023

# FISHING DERBY 2023

JULY 22 6AM - 4PM

RANDY'S COTTAGE  
\$20 FOR ADULTS  
KIDS 12 & UNDER FREE  
2 CATEGORIES - KIDS & ADULTS

REGISTRATION  
FIREHALL  
FRIDAY JULY 7  
613-286-1018

# 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**

# JUST IN CASE TORNADO PREPAREDNESS



TORNADOES ARE DESTRUCTIVE AND FAST SPINNING FUNNEL-SHAPED WIND THAT STRETCHES FROM A THUNDERSTORM TO THE GROUND. SOMETIMES THEY MOVE QUICKLY AND LEAVE A LONG, WIDE PATH OF DESTRUCTION. LARGE OR SMALL THEY CAN UPROOT TREES, FLIP VEHICLES AND/OR DAMAGE HOUSES.

## WARNING SIGNS

- Sever thunderstorms, with frequent thunder and lightning.
- An extremely dark sky, sometimes highlighted by green or yellow clouds.
- A rumbling or a whistling sound.
- A funnel cloud at the rear base of a thundercloud, often behind a curtain of heavy rain or hail.

## BEING PREPARED

- Listen to weather reports
  - Weather Apps, Radio, Television, Social Media, etc.
- Recognize a Safe Place
  - Know of a place you can go in the event of a tornado.
- Have an Emergency Kit on standby.

## SAFE PLACES

### House:

- Go to the basement
- Take shelter in a small interior ground floor room (bathroom, closet or hallway)
- Take shelter under heavy table or desk.

### Office or Apartment:

- Take shelter in an inner hallway or room, ideally in basement or on the ground floor.
- Do not use elevator.
- Stay away from windows.

### In all cases:

- In all cases, stay away from windows, outside walls and doors.
- Get as close to the ground as possible, protect your head and watch for flying debris.
- Do not chase tornadoes.

## WEATHER REPORTS

Environment Canada is responsible for warning the public when conditions exist. You can find this information through:

- Radio
- Television
- Internet Sites
- Weather Apps and Alerts
- Weather Phone Lines

## ALERTS INFO

**Tornado Watch:** a tornado is possible in your area. Stay alert to act accordingly.

**Tornado Warning:** a tornado is already occurring or will occur soon in your area. Move to a safe location right away.

## EMERGENCY KIT

### The basics checklist:

- Water (two liters per person)
- Non-perishable foods
- Medication
- Can opener
- Battery-powered radio
- Battery-powered flashlight
- Batteries
- First Aid Kit
- Extra Keys (car, house, etc.)
- Cash
- Important documents

## AVOID

### Cars, Trailers & Driving

- More than half of all deaths from tornadoes happen in trailers.
- Take cover in a low-lying area like a ditch and protect your head.

## MORE INFO

<https://www.getprepared.gc.ca/cnt/hzd/trnds-drng-en.aspx>



# JUST IN CASE WILDFIRE PREPAREDNESS



WILDFIRES OFTEN START SMALL AND OFTEN GO UNNOTICED, BUT CAN SPREAD VERY QUICKLY. AS THEY TRAVEL ACROSS LARGE AREAS THEY IGNITE BRUSH, TREES, HOMES AND BUILDINGS. BURNING DEBRIS CAN BE THROWN UP TO TWO (2) KILOMETERS AHEAD OF A WILDFIRE. SPARKS AND EMBERS CAN IGNITE MATERIALS ON OR NEAR YOUR HOME

## BEING PREPARED

- Ensure your home insurance covers damage due to fire
- Educate yourself and family on safety and emergency practices.
- Listen to weather reports
  - Weather Apps, Radio, Television, Social Media, etc.
- Have an Emergency Kit on standby.
- Keep your vehicle fueled.
- Follow instructions on evacuation.

## SAFE PRACTICES

### Indoors:

- Move away from outside walls
- Close doors leave unlocked
- Close windows, vents and blinds
- Remove curtains
- Turn on lights throughout
- Turn off air conditioners
- Have a flashlight

### Outdoors:

- Don't try to outrun the fire - find a pond or river to crouch in.
- If you're not near water, go to a lower level clearing.
- Protect your lungs by breathing air closest to the ground

### Farm or Ranch:

Sheltering livestock may be the wrong thing to do because wildfire could trap animals inside.

## ALERTS INFO

**Evacuation Alert:** be ready to leave on short notice, as instructed.

**Evacuation Order:** you are at risk and should evacuate the area immediately. Follow routes specified and move away from the fire.

## WEATHER REPORTS

Environment Canada is responsible for warning the public when conditions exist. You can find this information through:

- Radio
- Television
- Internet Sites
- Weather Apps and Alerts
- Weather Phone Lines

## EMERGENCY KIT

### The basics checklist:

- Water (two liters per person)
- Non-perishable foods
- Can opener
- Medication
- Battery-powered radio
- Battery-powered flashlight
- Batteries
- First Aid Kit
- Extra Keys (car, house, etc.)
- Cash
- Important documents

## EVACUATION

- Choose a route away from fire hazards
- Watch for changes in speed and direction of fire and smoke
- Wear long sleeve/pants and closed-toe shoes to protect against flying sparks and ashes
- Take your pets with you.
- If there's time:
  - Pack a week of clothes, medications, money, etc.
  - Move fire hazards away from home
- Tell someone when you leave and where you're headed.

## MORE INFO

<https://www.getprepared.gc.ca/cnt/hzd/wldfrs-en.aspx>



# 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



# Self Government – Advisory Committee



Algonquins of Pikwakanagan  
First Nation  
SELF GOVERNMENT

## THE CHI NAAKNIGEWIN ADVISORY COMMITTEE NEEDS YOUR VOICE

Self-Government is the future of Pikwakanagan where we govern ourselves, our territory and our resources. This has been our objective for generations. Developing our constitution is the first step. The **Chi Naaknigewin** Advisory Committee is one way for citizens (members) to shape our future.

Pikwakanagan's **Chi Naaknigewin** will be created by and for Pikwakanagan. **Chi Naaknigewin** (or constitution), lays the ground work for self-government. It reflects the culture, traditions, values and voice of the people and establishes the principles and rules.

The Committee meets a minimum of once a month and is reliant on Committee members dedicated to the important work being done. Committee members also receive an honourarium to compensate for the time and work involved.

Please contact Alanna,  
or complete the form  
on [www.pikwakanagangov.ca](http://www.pikwakanagangov.ca)  
to express your interest

Alanna Hein  
[chiefcouncil@pikwakanagan.ca](mailto:chiefcouncil@pikwakanagan.ca)  
(613) 625 2800 x 228

If you have expressed interest in the past,  
please renew your interest by email or phone.



## 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



# Nigig Nibi Ki-win Gamik

## CONGRATULATIONS, NIGIG NIBI KI-WIN GAMIK SOCIETY!

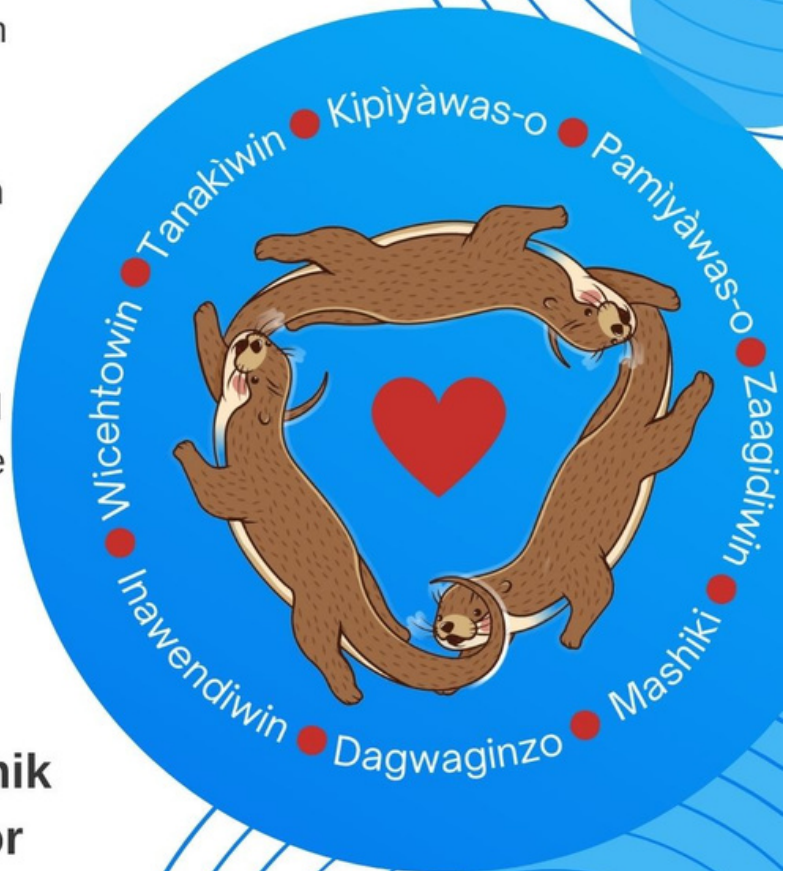
On the passing of your law on  
Saturday, March 25, 2023. The law  
will come into effect on April 2024.

### PURPOSE OF NIGIG NIBI KI-WIN:

Nigig Nibi Ki-win is an expression of Inàkonigewin (AOPFN Law) that allows Algonquins of Pikwakanagan First Nation to meet its obligations towards Ninìdjànìsinànìg (our children) and Weshkinìgidjìg (youth) and to prepare them to become the elders of AOPFN's future generations.

### WHAT'S NEXT?

**Nigig Nibi Ki-win Gamik Society is looking for Elders interested in joining the Grandparents Tribunal.**



## What is the Grandparents Tribunal?

The Grandparents Tribunal will consist of of grandparents who will be trained by Katherine Hensel and her legal team.

Training will consist of:

- How to address safety concerns,
- And what programs, services, and supports are available to the family, etc.

## What is the Grandparents Tribunal?

Training for interested Elders will take place in September 2023

Grandparents who are interested in this training can contact:

Barbara Sarazin at  
elder.barb@nigignibi.com or by calling  
613-602-6354.

She will also be visiting in the  
Pikwakanagan community.

Sign-up period ends: August 31, 2023

\*Compensation to be determined\*



# 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: \_\_\_\_\_



# Call to Tender



## Call to Tender

### Catering Services

Tenders are being accepted to provide dinner  
for an event at the Cultural Grounds on  
**Tuesday, July 18, 2023 at 6:00pm**

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Approximately 25 people

Drop-off preferred, however caterers  
can bring BBQ or Smoker

Limited use of Cultural Grounds' Kitchen except  
for storing in fridge

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#### Menu:

**Indian Tacos, Scone Dogs,  
and all the fixings**

**No utensils or drinks required by caterer**

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Total Cost Quotes with Menu can be sent to:  
Emily Pecarski at [navigator.cfs@pikwakanagan.ca](mailto:navigator.cfs@pikwakanagan.ca)

OR dropped off to:  
Nigig Nibi Ki-win Gamik  
Basement Level  
1467 Mishomis Inamo

**Deadline for Submissions: July 14, 2023 @ 2:00pm**

# 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> Cultural Activity Night 5:00-9:00 Elders Lodge	<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>	<b>21</b> Grounded Wellness Burchat Road  Food Voucher Registration Deadline	<b>22</b>  Fishing Derby 6:00am - 4:00pm Randy's Cottage
<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 Euchre 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

**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

## JULY FOOD VOUCHER

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

Pick up **26 July 2023**

VOUCHER

\$XX

## SAVE THE DATE

**Language Cultural Conference**

**Friday August 25, 2023**

**Time: 9am - 4:30pm**

**Cultural Grounds**





# 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.



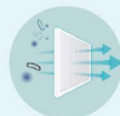
Maintain humidity levels between 35 and 50%.



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



RC VTAC  
Renfrew County Virtual Triage and Assessment Centre

# Membership Additions

## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
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
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



# Membership Additions... Continued

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	12 June 23	12 Nov 23
Hogan, Bernie	Benoit	22 June 23	22 Nov 23
Robertson, Donald	Lavalley	05 July 23	05 Dec 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.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.

## 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

## 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**

## PLATFORM OR DECK FOR SALE

12' x 12' pressure  
treated  
Pre-assembled deck  
\$700.00

Contact:  
Sandy Nash  
613-717-2894



# 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:

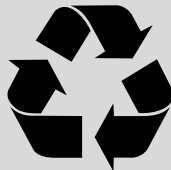
613-625-6800 | mgr.lem@pikwakanagan.ca |  
land.officer@pikwakanagan.ca |  
assistant.lem@pikwakanagan.ca

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

