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# *Algonquins of Pikwakanagan* *First Nation*

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## STATE OF EMERGENCY

Following the direction given to us by our community members, Chief and Council have officially declared a **State of Emergency in Pikwakanagan**, due to the opioid crisis that we are experiencing.

The community has made it clear to Chief and Council that enough is enough. Opioid-related harms, overdoses, and deaths repeatedly devastate our community, our families, and our front-line workers. Our community members have stated that we must access all available resources to help us to restore Pikwakanagan to a safe and healthy community.

Our Health and Mental Health Services have been increasing their efforts through social outreach programs, harm reduction strategies, and education to deal with this issue, but are unable to keep up as the crisis has been increasing. Declaring the **State of Emergency** in Pikwakanagan will enable us to bring to bear all available outside resources including access to more outside programs, services and funding.

- All outside agencies to be contacted to increase funding and professional assistance to help us to address the immediate health needs in the community.
- Resources and support to develop and implement community driven Opioid Strategic Plan, which will include culturally appropriate prevention, treatment, and aftercare services and programming, for Pikwakanagan.
- Increased Enforcement Services within the Pikwakanagan.

We are not alone in this fight against the Opioid crisis. Many communities across the country are also experiencing it. Our community has decided to do something about it and we are now working to reclaim our health, our dignity, and our sovereignty. It is with the support and direction of the community members, Chief and Council have declared this State of Emergency as part of our ongoing efforts to address this crisis. The opioid crisis will remain priority and together, we will continue to develop plans and strategies that will make a difference as we work towards our vision of a strong, healthy, safe, and thriving First Nation. If you have any questions or comments, please send your inquires to Chief and Council.

1657A Mishòmis Inamo  
Pikwakanagan, Ontario K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332



# Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD ADITAGÀGOMIN KÌZIS 1, 2023  
FRIDAY DECEMBER 1, 2023

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

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Social Services

# DECEMBER FOOD VOUCHER

## *Papinenindam* **MANADJITO-KIJID**

HAPPY HOLIDAYS

**Omàmiwininì Pimàdjwowin**  
**Will be closed for the holidays**

**December 22, 2023**

**TO**

**January 8, 2024**

**Open to regular hours**

**Have a safe and wonderful holidays**



**PICK UP**

**WEDNESDAY  
DECEMBER 20TH , 2023**

Register by Friday, December 15th, 2023

Text 613-639-1633

In Memory of  
**JOSEPH STANLEY  
SARAZIN**



**DECEMBER 24TH, 1964 - NOVEMBER 6TH, 2023**

IT IS WITH PROFOUND LOVE, AND SYMPATHY THAT WE ANNOUNCE JOSEPH SARAZIN TOOK HIS PLACE AMONGST OUR ANCESTORS THE NIGHT OF NOVEMBER 6, 2023.

BORN IN PIKWAKANAGAN ON DECEMBER 24TH OF 1964, TO JACQUELINE AND STANLEY SARAZIN, JOE HAD A CHILDHOOD FILLED WITH FAMILY, CULTURE AND TRADITION. HE SPENT MUCH OF HIS EARLY YEARS GETTING INTO MISCHIEF WITH HIS BROTHER'S, AND LEARNING THE WAYS OF THE LAND FROM HIS PARENTS. JOE SPENT HIS LATER YEARS FINDING PEACE IN HIS WOODWORKING. A SKILLED CRAFTSMAN, WITH A HUMBLE BEGINNING IN RESTORING WAYWARD AND DISCARDED FURNITURE, JOE INEVITABLY HONED HIS CRAFT TO MAKING WALKING STICKS, CANES, AND MARKERS FOR THE RESTING PLACES OF HIS LOVED ONES. THE PRIDE HE TOOK IN HIS WORK WAS SHARED BY MANY IN THE COMMUNITY.

JOE WAS KNOWN FOR HAVING THE BRIGHTEST SMILE AND THE LOUDEST LAUGH IN THE ROOM. BLESSED WITH A QUICK WIT AND A CLEVER USE OF WORDS, JOE OFTEN BROUGHT HIS SENSE OF HUMOR TO THOSE WHO NEEDED IT MOST. HE WAS NEVER SHY TO INCLUDE EVERYONE, OFTEN FINDING DEEP AND MEANINGFUL CONNECTIONS WITH OUR MOST ISOLATED COMMUNITY MEMBERS. EVEN MENTIONING JOE'S NAME IN THE PRESENCE OF FRIENDS AND FAMILY GIVES BIRTH TO CONTAGIOUS SMILES, LAUGHTER, AND RECOLLECTIONS OF FOND MEMORIES; A LEGACY THAT WILL REMAIN WITH THIS COMMUNITY FOR GENERATIONS TO COME.

JOE IS SURVIVED BY HIS MOTHER JACQUELINE SARAZIN, BROTHERS GREG (HELEN) AND HENRY (DONNA) SARAZIN, HIS SON MICHAEL SARAZIN, AND GRANDDAUGHTERS RIVER AND LAYLA. HE JOINS HIS FATHER STANLEY, BROTHERS PAUL AND TOM AND SISTERS PEGGY AND GLORIA.



A CELEBRATION OF LIFE FOR  
**JOSEPH STANLEY SARAZIN**

Will be held on December 9th 2023  
at the Elders Lodge from  
1:00 pm - 5:00 pm

ANYONE THAT WOULD LIKE TO BRING FOOD  
DONATIONS FOR THE FAMILY IS ASKED TO DONATE  
NON PERISHABLES TO THE COMMUNITY FODBANK

# DECEMBER

## 2023

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

4- Housing Policy Community Consultation  
(6 PM, Elders Lodge)

5 - Home Ownership & You ( 9 AM - 4 PM Band  
office)

5 & 6 -Christmas Photos (Makwa Center 6 - 7:30)

8 - Community Dance - 9:00 pm - 1:00 am (Makwa  
Center)

17 - Christmas Parade

20 - Food Voucher Pick up

25-29 - Admin Office Closed (Christmas Holidays)



# The Sharing Place Food Bank

## Christmas Drive

November 13th - December 15th

**Dear Neighbour:** The Sharing Place Food Bank in Golden Lake situated at the old Snowbird building, (House of Crafts) has been providing food for local families in need for four years now. We need your help to continue doing so. Food requests rise every fall & winter with the added expense of heating their homes and buying groceries. Hunger is real for these families. we are launching their Christmas fund raising/food drive event in hopes you can help

**GRAINS:** Cereal, Instant Oatmeal, Granola Bars, Pastas

**PROTEINS:** Canned Ham & Chicken, Fish, Canned Pork & Beans, Peanut Butter

**CANNED ITEMS:** Stew, Soups, Chili, Vegetables, Pasta Sauce, Canned Tomatoes, Canned Fruit, Gravy, Cranberries, Chef Boyardee, Alphagettie.

**OTHER ITEMS NEEDED:** Kraft Dinner, Jam, Puddings, Sugar, Tea, Instant Coffee, Soda Crackers: Toilet Paper, Pudding Cups, Jell-O, Muffin Mix, Cake Mixes, Pancake Mix, Syrup, Juice, Juice Boxes, Snack Size Plastic Bags, Rice, Navy Beans, for Bakes Beans, Split Peas for Soup.

**{ Box Stuffing, Potatoes, Carrots, Cabbage, Coleslaw Dressing, Dinner Rolls, Dessert, Juice needed for Christmas Hampers }**

**HOUSEHOLD/ HYGEINE PRODUCTS:** Paper, Paper Towels, Kleenex, Laundry Soap Pods, Dish Soap, Shampoo, Bars of Soap, Toothpaste, Toothbrushes.

**CHRISTMAS FOOD HAMPERS** will be available on December 21st, 2023. Santa would also like to include warm socks, gloves, mitts, chocolates, flashlight, body wash & Scrunchy, jig saw puzzles.

**Drop off can be arranged by calling or texting 613-635-1904 or 613-602-7079, or by email at [emmthesharingplace@gmail.com](mailto:emmthesharingplace@gmail.com)**

**we are open the second Thursday of each month from 10 am - 12 pm for drop offs.**

**Financial Donations can be mailed to:**

**The Sharing Place Food Bank, P.O. Box 162 Golden Lake ON K0J 1X0**

**or by etransfer to [enenthesharingplace@gmail.com](mailto:enenthesharingplace@gmail.com)**

**Receipts will be issued upon request**



# Programs & Events:

## Family Christmas

### Photos

#### With Pikwakanagan Sports & Rec

Photo times will be booked with  
Britney on December 5-6 2023  
from 6-7:30PM

Families will be booked in  
15 minute sessions

Each Family will receive one printed  
8x10 photo.

Please call the Makwa 613-625-2682  
to book your session.

Sessions will be on a first come first  
serve basis spaces are limited!

## LEM Holiday Office Closure Notice

PLEASE BE ADVISED THE LANDS  
ESTATE, AND MEMBERSHIP  
DEPARTMENT WILL NOT BE  
AVAILABLE FROM

DECEMBER 20TH 2023 - JANUARY  
5TH 2024.

IF YOU REQUIRE ANY LEM SERVICE  
SUCH AS STATUS CARDS PRIOR TO  
THESE DATES, WE ADVISE YOU TO  
CALL AND BOOK AN APPOINTMENT  
PRIOR TO DECEMBER 20TH

SORRY FOR ANY INCONVENIENCE  
LANDS, ESTATES,  
AND MEMBERSHIP

# Community Christmas Dance

Theme: North Pole - Semi-formal

FRIDAY DECEMBER 8, 2023

9:00PM-1:00AM

MAKWA CENTER

FEATURING THE BAND SAWMILL ROAD

AGE RESTRICTED EVENT 19+

CASH BAR

NORTH POLE



# Women's Circle

Tuesday afternoons from 1:00 pm to 4:00 pm at the Elder's Lodge

Beginning December 5th, 2023

Dec. 5th - Welcoming, discuss community needs

Dec. 12th - Welcoming, discuss family needs

Dec. 19th - Welcoming, discuss women's needs

Jan 16th - Focused Session - Therapeutic Arts

Jan 23rd - Focused Session - Therapeutic Arts

Jan 30th - Focused Session - Therapeutic Arts

Program will run for 14 weeks until the end of March 2024

**\*\*Light snacks and coffee & Tea will be provided\*\***

Facilitated by Charlene Smith

Wholistic Community - Based Prevention Worker

Registered Social Worker and Therapeutic Arts Practitioner


*"Everything's better when we're together"*





# News & Events:



 **Algonquins of Pikwakanagan  
First Nation**

## Notice to Members of Pikwakanagan

The AOPFN Economic Development department is updating the business directory and skill's inventory (Proficiency Collection). We want to be able to support and promote members' businesses both on and off the First Nation, as well as identifying members for Training and Employment Opportunities.

Please contact Danny Sarazin to update your information and/or register your business:  
[procurement.officer@pikwakanagan.ca](mailto:procurement.officer@pikwakanagan.ca)  
(613) 625-1551

## REMINDER TO ALL AOPFN HARVESTERS

**PLEASE REPORT YOUR  
HARVEST  
TO GATE MONITORS  
OR  
HARVEST CLERK  
@  
613-625-2800 EX. 249**

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## HOMEOWNERSHIP AND YOU

**BOOK A ONE-ON-ONE, PERSONAL,  
AND CONFIDENTIAL MEETING WITH  
A REPRESENTATIVE OF THE FIRST  
NATIONS MARKET HOUSING FUND**

**Build**  
Brand new construction on serviced lots. Must be approved through bank with band as guarantor.

**Purchase**  
Purchase or straight transfer of an existing mortgage when it comes up for renewal.

**Renovate**  
No down payment required. Must meet all requirements as set forth.

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**Tuesday, December 5th**  
9 AM - 4 PM  
Pikwakanagan Band Office

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**FOR MORE INFORMATION, CONTACT KREED KNOX, HOUSING (613) 625-2800 EXT. 246 OR  
HOUSING@PIKWAKANAGAN.CA**



FIRST NATIONS MARKET HOUSING FUND PRESENTS...





## HOUSING POLICY COMMUNITY CONSULTATION



**WITH SCOTT FLAMAND OF  
FLAMAND MANAGEMENT  
SERVICES**

Monday, December 4<sup>th</sup>, 2023  
6:00 PM  
Location: **Elder's Lodge**  
Snack and refreshments included

 **Algonquins of  
Pikwakanagan  
First Nation** 

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**For more information, please contact**  
**Dustin Logan**  
**Manager, Public Works:**  
E: [mgr.publicworks@pikwakanagan.ca](mailto:mgr.publicworks@pikwakanagan.ca)  
T: (613) 625-2800 ext. 246  
OR  
Kreed Knox  
Housing Coordinator  
E: [housing@pikwakanagan.ca](mailto:housing@pikwakanagan.ca)  
T: (613) 625-2800 ext. 247



Canada <sup>151</sup> EMPLOYMENT ONTARIO Ontario



## BETTER JOBS ONTARIO

### SKILLS AND READINESS ASSESSMENT

**ASSIST CLIENTS TO MEET THE DEMANDS OF HIGHER LEARNING**

Clients who are eligible for BJO and considering applying to training or post-secondary education will benefit from a skills and readiness assessment by:

- Identifying skills to upgrade or personal barriers that may impede future success
- developing a plan that may include a referral to LBS, tutoring, or other support in the community

**RENFREW COUNTY REFERRALS MADE EASY**

Simply email your referral to one of the following organizations:

- Melissa Friske : [friskem@rcdsb.on.ca](mailto:friskem@rcdsb.on.ca)
- Sue Rupert: [trainingandlearningcentre@gmail.com](mailto:trainingandlearningcentre@gmail.com)

**For More Information :**  
[janewouda@rovln.ca](mailto:janewouda@rovln.ca)

**START ELIGIBLE BJO CLIENTS ON A PATHWAY TO SUCCESS**

Division of Career Skills Development  
Ministry of Education  
Ministry of Employment  
Ministry of Revenue

Start your career journey with BJO!

## LAI D OFF? UNEMPLOYED?

**You may be eligible to access up to \$28,000 in paid support through the BETTER JOBS ONTARIO program.**

**To learn more about the Better Jobs Ontario program, visit the Training & Learning Centre in Eganville. Take our Skills & Readiness Assessment and earn \$50.00. Some restrictions may apply.**



**MORE INFO**  
**613-628-1720**

Canada <sup>151</sup> EMPLOYMENT ONTARIO Ontario

Are you struggling to pass the **SMART SERVE** online certification? You are not alone. It is a difficult process.



If you're feeling overwhelmed by the online process of obtaining your SMART SERVE certification, we can help!

We can go through the study material with you or we can help you with the computer skills you need.

Call the Training & Learning Centre at 613-628-1720

It is completely FREE!



Canada <sup>151</sup> EMPLOYMENT ONTARIO Ontario

## Customer Service & Point of Sale (POS) System Training

**FREE!**

Mondays and Tuesdays  
1:00 to 3:30  
Starting November 13, 2023  
240B Bridge Street, Eganville



- Customer Service Basics
- Customer Communication
- Working with Difficult Customer
- Hands-on practice using POS machine

**CHOOSE YOUR OWN HOURS & LEARN AT YOUR OWN PACE**



Training & Learning Centre of Renfrew County

*Learning Your Way*

**CALL 613-628-1720 TO REGISTER**

Canada <sup>151</sup> EMPLOYMENT ONTARIO Ontario



## ALGONQUIN KNOWLEDGE AND LAND USE STUDY

*We are looking for Algonquins of Pikwakanagan First Nation members to participate in our new study!*

### **What is an Algonquin Knowledge and Land Use Study (AKLUS)?**

An AKLUS is used to map AOPFN knowledge, land use, and places that have been used by AOPFN members.

### **How can I participate?**

We will be interviewing land users in the community as well as remotely. There will be an honorarium for participating.

### **Who is conducting this study?**

The AKLUS is being undertaken by AOPFN, with support from Shared Value Solutions (SVS).

### **Why are we doing an AKLUS?**

This AKLUS will help us determine the potential impacts of the Alexandra Bridge Replacement Project and the Energy Services Acquisition Program on our unceded Traditional Territory.

### **When is this happening?**

Interviews are taking place the weeks of **January 29<sup>th</sup>** and **February 19<sup>th</sup>**.

### **Email or call us to participate, or ask questions!**

Michelle Galoni  
coordinator.projects@pikwakanagan.ca  
613-625-4010 Ext: 204



## Experience Common at Zibi

All-inclusive shared coliving suites, studios, and private 1-and 2-bedroom apartments

Offering a wide range of beautiful units alongside thoughtfully designed and convenient amenities in the heart of Zibi.

Coliving suites starting from \$1,131 and traditional suites starting from \$1,600. 1 month free, contact our leasing agent for details.

Exclusive pre-leasing opportunity to the Algonquin Community

Contact our leasing agent to schedule your pre-leasing appointment at 343-700-2915 or zibi@common.com.

For more information about Indigenous Engagement programs at Zibi, contact oneplanet@zibi.ca.



NIGIG NIBI KI-WIN GAMIK SOCIETY

## HOLIDAY GIVING TREE

THIS HOLIDAY SEASON, NIGIG IS LAUNCHING A GIVING TREE INITIATIVE TO SUPPORT FAMILIES FACING CHALLENGES IN THE COMMUNITY.

WE ARE ASKING FOR DONATIONS, TO HELP WITH PROVIDING GIFTS, ESSENTIAL ITEMS, AND SPECIAL HOLIDAY MEALS TO FAMILIES OF PIKWAKANAGAN.

THIS INITIATIVE AIMS TO MAKE A POSITIVE IMPACT ON THE LIVES OF THOSE IN NEED, THROUGH THE GENEROSITY OF COMMUNITY.

Donation Types:

- 1) Wolf Donation (\$50)
- 2) Turtle Donation (\$100)
- 3) Bear Donation (\$500)
- 4) Eagle Donation (\$1000)



TO DONATE PLEASE VISIT OUR OFFICE OR EMAIL TRANSFER E-PAYMENT@NIGIGNIBI.COM

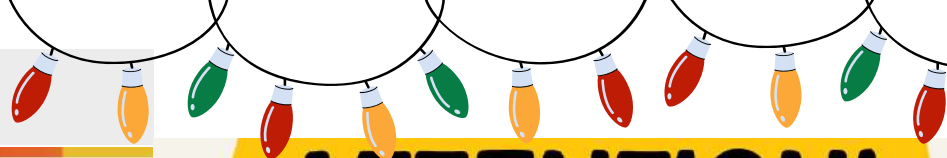
**DONATION DEADLINE : TUESDAY, DECEMBER 12TH**

For Any Questions or Inquiries, Contact Kathleen at

communications@nigignibi.com  
or call 613-625-2173 ext 223

Nigig Nibi Ki-Win Gamik Society  
1467 Mishomis Inamo  
Pikwakanagan, ON K0J 1X0

# News & Events:



# FACTS GROUP PROGRAMMING

## What is Facts?

Weekly afterschool programming offering culturally based, fun, and engaging preventative topics. Offering crafts, sacred teachings, native language development, community engagement, games, and more!

Jr. ages 4-7 Thursday Youth ages 8-12 Tuesday Teens ages 12-18 Wednesday

\*Groups may be combined for special occasions or guest speakers and parents will be notified prior

## Weekly Topics Sept-Dec

Sept 12-14: About me/photo day/ group rules  
Teens-Canadian Armed Forces presentation  
Sept 19-21: Coping mechanisms and mindfulness with Sahar  
Sept 26-26: Tie Dye for Orange Shirt Day  
Oct 3-5: Thanksgiving & Native Feasting Day  
Oct 10-12: Jam making and canning  
Oct 17-19: Animal medicine teaching  
Oct 26th: All age Halloween party  
Oct 31-Nov 2: Indigenous arts  
Nov 7-9: National Aboriginal Veterans Day celebration  
Nov 14-16: Indigenous Men's Empowerment  
Nov 21-23: Beading  
Nov 28-30: Christmas gift making  
Dec 5-7: Gift making continued and baking  
Dec 12-14: Christmas movie, crafts, and games

\*topics are subject to change due to availability of guests



## Contact information

For further information contact the prevention team at 613-625-2173 ext. 230  
prevention.assistant@nigignibi.com

# ATTENTION! HUNTERS AND COMMUNITY MEMBERS

The Natural Resources Department would like to remind all Hunters that the Regulations under the Provincial Wildlife Act prohibit a person from discharging a firearm within 1000 meters of a school, playground, or athletic field or within 300 meters of a dwelling (residence). In addition, charges under the Criminal Code could apply should a firearm be discharged in a way that causes a public safety concern.

For members and community safety we ask that no hunting take place within the prohibited distances mentioned above. Pikwakanagan is a growing community with homes scattered throughout its boundaries and members who walk the roads at all times of the day.

If you see suspicious hunting activities that may cause concern for public safety in our community, please report it to Police.

Thanks

The Natural Resources Department

## Trapper Education Course

The Natural Resource Department is gauging the need to host a Trapper Education Course in the new year.

If you would be interested in taking the Trapper Education Course please

contact

Harvest Clerk, Angelina Commanda  
at 613-628-2800 Ex 249 or  
[harvest@pikwakanagan.ca](mailto:harvest@pikwakanagan.ca)

## 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

## EDUCATION SERVICES IS SEEKING A BACK UP DRIVER FOR THE FIRST NATION BUS

IF INTERESTED PLEASE CONTACT TERESA G. KOHOKO,  
ADMINISTRATIVE ASSISTANT

EDUCATION SERVICES 613-625-2800 EXT 240

OR EMAIL

[ASSISTANT.EDUCATION@PIKWAKANAGAN.CA](mailto:ASSISTANT.EDUCATION@PIKWAKANAGAN.CA)



# Prostate Cancer Awareness Let's Talk About it.

Prostate cancer is one of the most common cancers among men worldwide.

Talk to your Doctor/Nurse Practitioner to determine if Prostate Cancer Screening is right for you.

Signs and symptoms of prostate cancer could include: increased urinary frequency and urgency, difficulty in starting urine stream, weak or slow urine stream, difficulty controlling bladder, blood or pain during urination or ejaculation, erectile dysfunction, pain or stiffness in back/hips/pelvis

# Health Recalls



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

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

### Home Decorators Collection, 7.5 ft. Grand Duchess Balsam Fir, LED Pre-Lit Artificial Christmas Tree with 5000 Colour Changing Lights, model # 23LE61001.

**Health Hazard:** The Christmas tree's control panel or electrical cord plug overheats, posing a burn or fire hazard.

**Distribution:** Sold in ON

**Recalling Firm:** Home Depot Canada by telephone at 1-800-628-0525

**What to do:** Immediately stop using the recalled product and return it to a local Home Depot Canada store for a full refund.



### Rojada Child Safety Seats

**Health Hazard:** Health Canada has determined that the use of these restraints in a motor vehicle could increase the risk of injury. This product does not display Transport Canada's National Safety Mark and therefore have not been certified to meet the safety requirements of the *Motor Vehicle Restraint Systems and Booster Seats Safety Regulations*

**Distribution:** Sold in ON

**Recalling Firm:** Health Canada @ 1-866-225-0709

**What to do:** Immediately stop using the products and safely dispose of them in such a way that they cannot be used again.



### Malichita brand and Rudy brand Cantaloupes, sold between October 10 to November 24, 2023.

**Note:** Malichita brand cantaloupes have been identified as the source of a salmonella outbreak that has sickened 26 people in Canada, seven in Ontario, according to the Public Health Agency of Canada.

**Health Hazard:** Salmonella

**Distribution:** Sold in ON

**Recalling Firm:** Health Canada @ 1-866-225-0709

**What to do:** Do not consume, use, sell, serve or distribute recalled products



# Head Lice

Itching is the first sign of head lice. With a damp head and a plastic-fine tooth comb, brush small parts of your child's head from scalp to the end of the hair. It may be helpful to clip the hair into sections and thoroughly comb one section at a time. Head lice is spread by touching heads or by sharing items.

Find a live louse	Find only nits (eggs)	Find nothing after 12 days
<ul style="list-style-type: none"><li>treat hair with an approved product</li></ul>	<ul style="list-style-type: none"><li>keep detection combing every 3 to 4 days for 12 days</li><li>treat the hair if you find a live louse</li></ul>	<ul style="list-style-type: none"><li>don't treat</li></ul>

## Life Cycle of Head Lice



## Treating Head Lice:

Live Head Lice needs to be treated with head lice shampoo, available at the pharmacy. You can also get a prescription and it may be covered by NIHB or OHIP+. After the treatment, you need to use a lice comb to remove nits and re-treat the hair in 7-10 days. Wash and dry in hot any items that were in contact with the head of the person who has lice. Non-washable items need to be placed in a sealed plastic bag for at least 2 weeks

The CHN has head lice combs for parents to pick up. If you have any questions, please call the CHN at 613-625-2259





# 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

## NNADAP Resources

ATS- Addiction Treatment Service  
613-432-9855

Pathways Alcohol & Drug  
Treatment Services  
613-432-8573

Renfrew County Community  
Withdrawal Management  
(Renfrew)  
613-432-7620

Renfrew County Crisis Line  
1-866-996-0991

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

Pikwakanagan Mental Health  
Services  
613-625-2259

## ★ DON'T BE A GRINCH ★

**PREVENT SPREAD OF RESPIRATORY ILLNESSES  
DURING THE HOLIDAY SEASON**

- Stay up to date with immunizations, including COVID-19 and influenza
- Watch for signs of illness and stay home if you are sick
- Wear a well-fitted medical mask or KN95 in crowded indoor settings
- Cover your mouth and nose with a tissue or your upper sleeve when coughing or sneezing
- Wash your hands often with soap and water or alcohol-based hand rub
- Keep high-touch surfaces clean (i.e., door handles, phones, light switches)



## RESPIRATORY ILLNESS INFORMATION

If you feel sick, please self-isolate until your symptoms are improving (and fever-free) for 24 hours. If you have gastrointestinal symptoms (nausea, diarrhea, abdominal pain), please self-isolate until your symptoms are improving for 48 hours and you are fever-free. Afterwards for 10 days after the symptoms started, please wear a mask in public and refrain from visiting those high-risk.

### **SYMPTOMS could include:**

New or different from YOUR normal

- Fever, chills
- Shortness of breath
- Decrease or loss of taste or smell
- Extreme tiredness
- Muscle/joint pain
- Nausea, vomiting, diarrhea
- Sore throat
- Runny nose or nasal congestion
- Headache
- Stomach pain
- Pink eye
- Decrease or loss of appetite

### **Close contacts?**

For 10 days after contact, the close contacts should:

- Self-monitor for symptoms and self-isolate if symptoms develop
- Wear a mask in public settings
- Avoid visiting those at high-risk

### **Seek emergency medical attention immediately if:**

- Trouble breathing or shortness of breath
- Persistent pressure or pain in chest
- New confusion
- Inability to stay awake or wake up
- Pale, grey, or blue-coloured skin, lips, or nail beds

### **Personal Protection**

- Sanitize high touch areas in your home
- Wash & sanitize hands often
- Avoid touching your face
- Get the recommended vaccines
- Follow public health advice

**COVID-19, flu, and colds have very similar symptoms, so it is important to self-isolate when feeling sick to prevent spread of ALL respiratory illnesses**

Color and return to Health Services by  
December 14th

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



# HAPPY HOLIDAYS





# AOPFN EMPLOYMENT OPPORTUNITY

## Neya Waban Guardian (2 Positions)

**Department: Consultation**

**Supervisor: Amber Hein, Project Coordinator (land based)**

**1 Year Contract with possibility of permanency**

**35 hours a week**

**\$48,660 annual**

**Deadline to Apply: Friday, December 8, 2023 - 4:30pm**

The Neya Waban Guardians have an important role in asserting AOPFN Rights and Title by monitoring and protecting the terrestrial and Cultural resources within the AOPFN Traditional Territory.

Specifically, the AOPFN Guardians maintain a presence throughout the territory while out on patrol; monitor the impacts of resource use; report to our indigenous policies, as well as provincial and federal regulations; accurately collect monitoring data; and report their activities to the AOPFN Consultation Department.

- Collect and record data daily with tools provided, related to the health of AOPFN ecological and cultural values and the impacts of resource use on these values including:
- Work with Elders to document cultural sites and monitor impacts
- Ensure all data is entered on a daily/weekly basis into the database and data is kept secure
- Report on results of all monitoring efforts to appropriate Consultation Department staff in a timely manner
- Support land use plan initiatives and priorities (such as moose, deer and bear)
- Respond professionally to violations in an appropriate manner by approaching resource users and documenting relevant information
- Build and maintain productive relationships with CNL staff and environmental team
- Conduct joint monitoring with relevant staff
- Educate community members about AOPFN issues and Neya Waban Guardian activities
- Support AOPFN Consultation Department communications by participating in AOPFN Advisory Committee meetings, submitting articles for community newsletter and contributing photos to Facebook page

### REQUIREMENTS:

- Strong knowledge of Algonquins of Pikwàkanagàn First Nation territory and values
- Knowledge of local freshwater and terrestrial species
- Familiarity with AOPFN laws and norms as well as Federal and Provincial rules and regulations
- Proficient computer skills, including Word, Excel, email and using handheld devices
- Must meet physical requirements of the position: ability to travel in extreme weather during all seasons; physically demanding and moving, hiking long distances, packing heavy field equipment to remote sites; physically able to lift a minimum of 50lbs

## How to Apply:

- Cover Letter
- Current Resume
- Three (3) professional/work-related references that include name, phone number and email address.

## Submit to:

Algonquins of Pikwakanagan First Nation  
1657A Mishomis Inamo, Pikwakanagan, Ontario, K0J 1X0

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

**Subject Line: Neya Waban Guardian**

Please allow for 24 hours to receive a 'Confirmed Receipt' of your application submission should you apply via email.

## Application Process:

**Application Procedure:** Interested persons must submit a resume demonstrating that they meet the requirements outlined and the names and day contact telephone numbers of three (3) professional references.

**Screening Procedure:** Applicant must not be a member of the supervisor's immediate family. 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.

**Interviews:** Interviews will be conducted in-person or virtually by Teams Meeting. AOPFN has the right to shortlist for interview/assessment purposes of the five (5) most qualified persons and typically establishes an eligibility list.

## What Algonquins of Pikwakanagan First Nation Offers

### Employee Benefits:

- Pension Plan
- Paid Sick Days
- 4% Vacation
- Holiday Shutdown
- 14 Provincial and Federal Statutory Holidays
- Half days on Fridays prior to holiday Mondays
- Health Spending Account (Dental, Vision, Prescriptions, etc.)
- Milestone Recognitions & Rewards

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.

# Membership Additions

## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
Robertson, Donald	Lavalley	05 July 23	05 Dec 23
Blackman, Avery	Ignace	10 July 23	10 Dec 23
Blackman, Shayla	Ignace	10 July 23	10 Dec 23
Blackman, Dakota	Ignace	10 July 23	10 Dec 23
Bogart, Glenda	Baptiste	19 July 23	19 Dec 23
Bogart, Brianna	Baptiste	19 July 23	19 Dec 23
Hogan, Thomas	Benoit	19 July 23	19 Dec 23
Gould, Carl	Benoit/Baptiste	19 July 23	19 Dec 23
Amikons, Latisha	Amikons	14 Aug 23	14 Jan 24
Miller, Melanie	Tennisco	24 Aug 23	24 Jan 24
Jocko Rabay, Jordan	Jocko/Kohoko	24 Aug 23	24 Jan 24
White, Jessica	Benoit	24 Aug 23	24 Jan 24
Cumming, Renne	Sarrazin	24 Aug 23	24 Jan 24
Cumming, Penelope	Sarrazin	24 Aug 23	24 Jan 24
Cumming, Theodore	Sarrazin	24 Aug 23	24 Jan 24
Cumming, Cameron	Sarrazin	24 Aug 23	24 Jan 24
Lemieux, Ryan	Whiteduck/Francios	07 Sept 23	07 Feb 24
Tremblay, Michel	Montreuil	07 Sept 23	07 Feb 24
Tremblay, Isabella	Montreuil	07 Sept 23	07 Feb 24
Tremblay, Maxime	Montreuil	07 Sept 23	07 Feb 24
Tremblay, Martin	Montreuil	07 Sept 23	07 Feb 24
Keesic, Susan	Whiteduck	08 Sept 23	08 Feb 24
Hamadani, Cheyanne	Lamure	08 Sept 23	08 Feb 24
Egan, Ashton	Commanda/Baptiste	11 Sept 23	11 Feb 24
Jackson, Garth	Montreuil	12 Sept 23	12 Feb 24
Pon, Laurie	Benoit/Baptiste	12 Sept 23	12 Feb 24
Lamont, Emily	Lavalley	18 Sept 23	18 Feb 24
Gorgichuk, Kimberly	Baptiste/Benoit	19 Sept 23	19 Feb 24
Lamure, Jeffery	Lamure	03 Oct 23	03 Mar 24
Lamabe, Emily	Lamabe	03 Oct 23	03 Mar 24
Marenger Deni, Meteo	Lavalley	03 Oct 23	03 Mar 24
Codling, Robert	Benoit/Baptiste	05 Oct 23	05 Mar 24
Lee, Sarah	Benoit/Baptiste	11 Oct 23	11 Mar 24

# Membership Additions

Mosier, Rebecca	Benoit/Baptiste	12 Oct 23	12 Mar 24
Green, Jo-Anne	Benoit/Baptiste	13 Oct 23	13 Mar 24
Penberthy, Braden	Jocko	17 Oct 23	17 Mar 24
Penberthy, Avery	Jocko	17 Oct 23	17 Mar 24
Gould, Marion	Benoit/Baptiste	20 Oct 23	20 Mar 24
Isbester, Isabella	Sharbot	31 Oct 23	31 Mar 24
Carle, Elijah	Lavalley	31 Oct 23	31 Mar 24
Wellmen, Selma	Lavallee	31 Oct 23	31 Mar 24
Minnie, Helen	Lavallee	31 Oct 23	31 Mar 24
Campbell, Crystal	Ignace	06 Nov 23	06 Apr 24
Rockburn, Joseph	Lavalley/Partridge	08 Nov 23	08 Apr 24
Rockburn, Tyler	Lavalley/Partridge	08 Nov 23	08 Apr 24
Rockburn, Alexadre	Lavalley/Partridge	08 Nov 23	08 Apr 24
Shona, Woodland-Srinivsan	Partridge	08 Nov 23	08 Apr 24
Amanda, Weichel	Leclair	14 Nov 23	14 Apr 24
Butler, Kareena	Baptiste	20 Nov 23	20 Apr 24
Helmer, Scot	Lavalee/Ignace	20 Nov 23	20 Apr 24
Helmer, Brock	Lavalee/Ignace	20 Nov 23	20 Nov 24
White, Skye	Meness	20 Nov 23	20 Apr 24
White, Brenna	Benoit/Baptiste	21 Nov 23	21 Apr 24
Hallick, Terrence	Lavalley	27 Nov 23	27 Apr 24

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



### Not Online?

Call Alanna Hein at 613-625-2800 EXT 229 and leave a message to request information and instructions on how to join zoom by phone

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



Zoom details minutes Presentations/Attachments

## Conways Pharmacy Remote Dispensing Location

### BUSINESS HOURS

Monday	9 am - 12 pm 1 pm - 4 pm
Tuesday	9 am - 12 pm 1 pm - 4 pm
Wednesday	9 am - 1 pm
Thursday	9 am - 12 pm 1 pm - 4 pm
Friday	9 am - 12 pm 1 pm - 4 pm

**We are closed weekends and Holidays**

Delivery available 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**



# Community Information

## Library Hours

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

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

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

Come take a look at the variety of First Nation books including fiction, non-fiction and children books.

Computers are available for public use to access Government Sites & other social media sites.

Estelle Amikons  
613-625-2800 EXT:244

## FOR YOUR INFORMATION

Canadian Police Record Checks are required for anyone who is applying for:

- Membership (applicants who are 18 years or older)
- Residency (applicants who are 18 years or older)

Applications, laws, and codes are available on our website.

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

hard copies can be requested from the Lands, Estates, and Membership Department  
613-625-2800 | [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca) |  
[land.officer@pikwakanagan.ca](mailto:land.officer@pikwakanagan.ca) |  
[assistant.lem@pikwakanagan.ca](mailto:assistant.lem@pikwakanagan.ca)

Notice:  
Killaloe OPP record check applications are now online.

## Waste Disposal Site

Wednesday: 12:00pm - 6:00pm

Sundays: 9:00am - 3:00pm

## Curbside Pick Up



Garbage: Wednesday

Cardboard: Thursday

Containers: Friday



## ANIMAL CONTROL

June Logan:

613-625-2545 or

(613) 602-3626



# Community Information

## ***How To Access 'Members Only' Section of Website***

*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 K0J 1X0

Office: 613-625-2800 | Fax 613-625-2332

Hours of operation: Monday - Friday 8:30AM - 4:30PM

12:00PM - 1:00PM Closed for lunch

### \*\*Holiday Closures\*\*

New year's day, Family Day, Good Friday, Easter Monday, Victoria Day, INDIGENOUS peoples day, Canada Day, Civic Holiday, Labor Day, National Day For Truth and Reconciliation, Thanksgiving, REMEMBRANCE Day & Christmas Day

2 week - Christmas Closure Dates will be ANNOUNCED

