



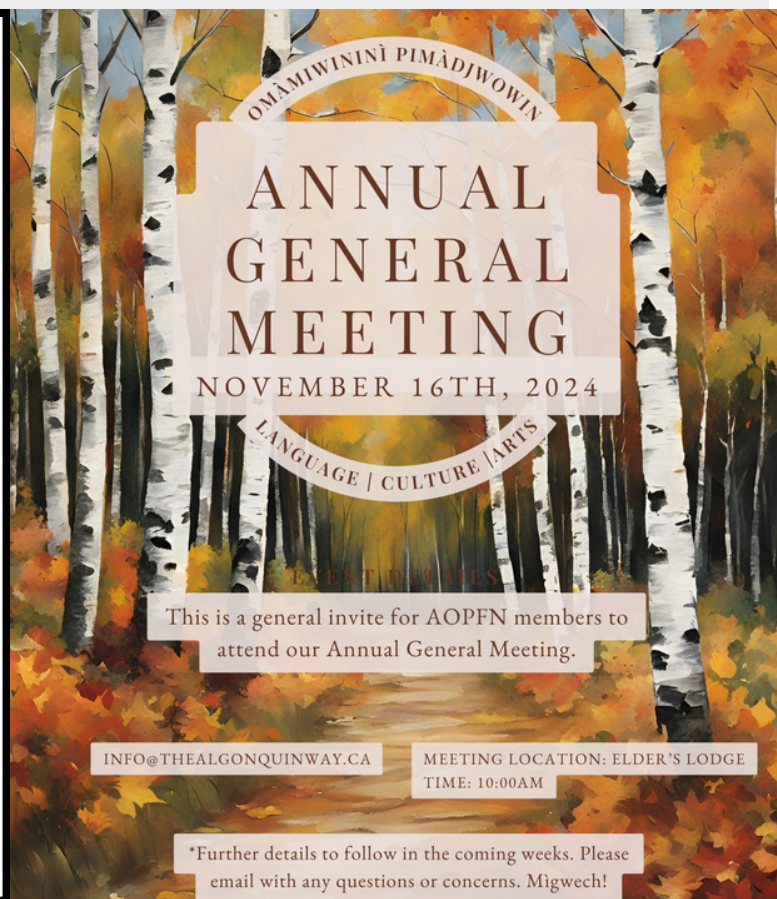
Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD ADIKMEG KÌZIS 15TH, 2024
FRIDAY, NOVEMBER 15TH, 2024

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

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PIKWAKANAGAN'S 50+ ACTIVE LIVING FAIR

Nov 19, 2024 | 1 - 7 pm

FREE EVENT | Bring a plus 1 (family or friend)

Nutritional meal and snacks provided

Guest speakers and active living demonstrations

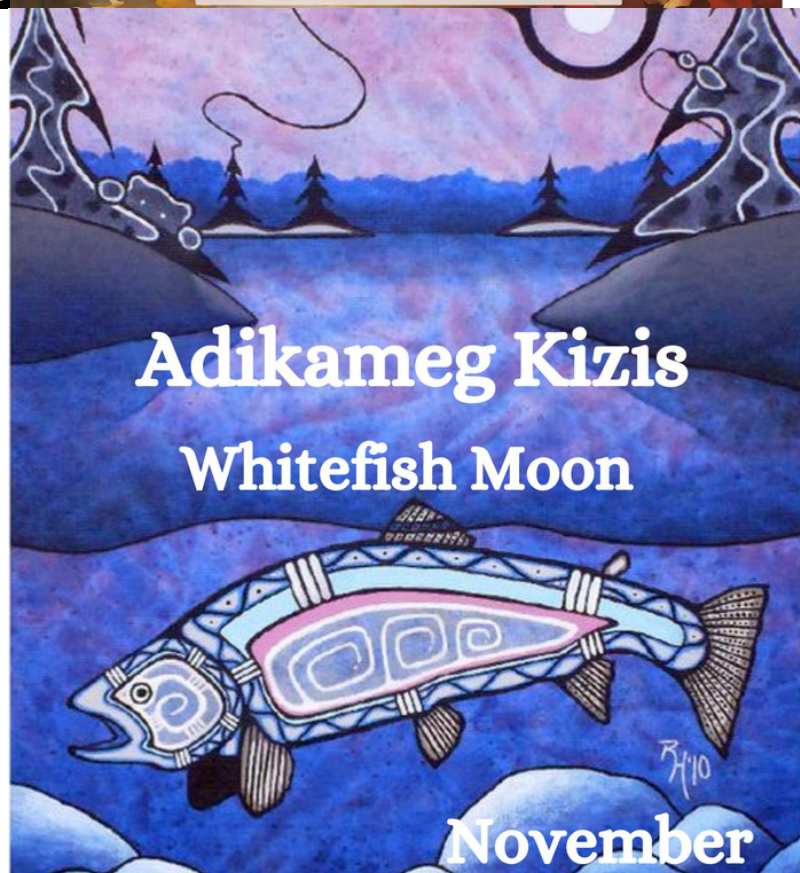
Gift bags and prizes

Connect with local resources

REGISTER IN
ADVANCE TO
HAVE YOUR NAME
ENTERED IN A
DOOR PRIZE
DRAW

MAKWA CENTRE,
83 KAGAGIMIN INAMO

REGISTER HERE: (613) 625-2259 ext. 241 hcc@pikwakanagan.ca





ascoconstruction.com

FOR THE WEEKS OF NOVEMBER 11TH – NOVEMBER 22ND, BEI WILL CONTINUE WORK AS FOLLOWS:

WATERMAIN:

CREW 1 – COMPLETE PIPE INSTALL ON ININATIG SOUTH; MOVING TO KOKOMIS INAMO TO INSTALL WATERMAIN TO MEET UP WITH CREW 2

CREW 2 – WILL CONTINUE INSTALLATION OF WATERMAIN ON KOKOMIS INAMO.

CREW 3 – FINISH SUBGRADE AT WTP; DIG IN ELECTRICAL TRENCHES AND LIGHT BASES; DIG IN PROPANE LINE; PLACE GRAN B ON PARKING LOT; BEGIN INSTALL OF CENTERLINE CULVERTS THROUGHOUT SITE

NOTE: K.G. REID WILL BE ON SITE TO FUSE REDUCERS AND ADAPTERS ON DR11 PIPE.



Algonquins of Pikwakanagan First Nation

November 2024

TO: Members of the Algonquins of Pikwakanagan First Nation

RE: Notice of By-Election of the Algonquins of Pikwakanagan First Nation

Notice is hereby given to the voters of the Algonquins of Pikwakanagan First Nation that a poll will be held to elect one (1) Councillor of the Algonquins of Pikwakanagan First Nation on **Saturday November 30, 2024**, and that such polling station will be open from 9:00 a.m. o'clock local time until 7:00 p.m. o'clock local time at the Makwa Centre, 83A Kagagimin Inamo, Pikwakanagan, ON K0J 1X0. There is one (1) Councillor position.

And that I will open the returned ballots at the Makwa Centre on Saturday November 30, 2024, beginning at 1:00 o'clock p.m. and that at the close of the polling station, I will count the votes and declare the results of the By-Election.

Voter's packages have been mailed out. If you are an eligible voter and haven't received one, please contact the Electoral Officer. To vote Electronically, you must contact the Electoral Officer for your PIN and website. E-voting is not permitted on By-Election Vote Day.

If you have additional questions, please contact Electoral Officer, Kassandra Tiegs at 613-625-2800 / mgr.lem@pikwakanagan.ca

Sincerely,

Kassandra Tiegs,
Electoral Officer

Algonquins of Pikwakanagan By-Election November 30, 2024 - Running Candidates

Nominee Name	Nominated by:	Seconded by:	
Steve J. Benoit	Hilda Tanascon	Linda Tenniscoe	Running Candidate
Michael Joseph Sarazin	Nicole Bernard	Stephanie Stone	Running Candidate
Patrick John (PJ) Leroux	Laura Sarazin	Sarah Yankoo	Running Candidate



Algonquins of Pikwakanagan First Nation

Chief & Council Update

The Algonquins of Pikwakanagan Chief Greg Sarazin and Council would like to provide an update to members regarding the \$77.9 million water treatment plant construction project.

Chief and council understand the hardships when it comes to any construction project that is undertaken. However, council is committed to providing the best services possible for residents. The project which got underway earlier this year, is still on track to be completed by this time in 2025 and once complete, will provide clean water to roughly 200 homes and community buildings.

Chief and Council recognize the traffic delays have caused problems for both residents and visitors alike. Luckily, area roads can be repaved once the warm weather returns next summer. In the meantime, work will be done to make sure local roads will be open and safe to users during the winter months.

At this time, work will continue until the seasonal freeze arrives and will pick up again in the spring. Once the underground work is complete, Public Works will be working towards having all Pikwakanagan roads repaved with full shoulder width for community safety.

1657A Mishòmis Inamo
Pikwakanagan, Ontario K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332



Algonquins of Pikwakanagan First Nation

“Pikwakanagan Remembers”

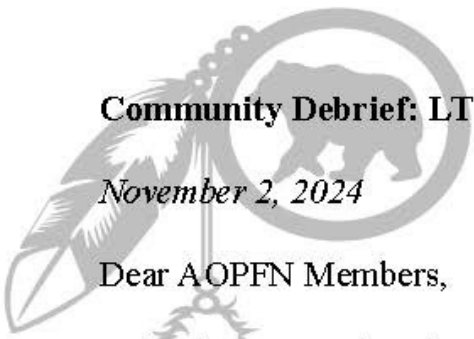
Dozens attended the Remembrance Day Service on Monday morning on our cultural grounds. Several members of the Canadian Armed Forces were on hand to mark the occasion and lay a wreath at our cenotaph.

In his speech, Chief Greg Sarazin noted that First Nations people have been part of Canada’s military history for over 200 years. In addition to that, over 12,000 Indigenous people have volunteered their services to the front lines, serving in all conflicts that Canada has been involved in.

Monday’s service also included performances by the youth drumming group and a gathering at the Makwa Centre afterwards.

Miigwech to all who took time to attend and pay their respects.





Community Debrief: LT1 Projects Update

November 2, 2024

Dear AOPFN Members,

Below is a comprehensive update on the community meeting held Saturday, November 2nd, 2024. AOPFN announced exciting developments regarding our new LT1 Battery Energy Storage System (BESS) projects. These initiatives promise to bring significant economic and environmental benefits to our community over the next few decades.

What Are the LT1 Projects? - The LT1 projects consist of **five BESS initiatives** that AOPFN will partner in, following our successful bids through the Independent Electricity System Operator (IESO). They are set to provide a stable source of revenue for our community for the next **20 years**.

What is a BESS Project? - BESS projects are battery facilities that **store electricity from the grid during off-peak hours** (when demand and costs are low) and **sell it back during peak hours** (when demand and prices are high).

Why Are BESS Projects Important?

- **Energy Reliability:** They ensure stable power supply during peak demand and help reduce power outages.
- **Economic Benefits:** They lower energy costs for consumers and generate revenue for our community.
- **Environmental Stewardship:** They integrate renewable energy sources and reduce greenhouse gas emissions.

AOPFN's Success in the LT1 Bidding Process

We are proud to announce that AOPFN was awarded **five out of the ten available contracts** for BESS projects in the LT1 bidding process—a remarkable achievement! Only three First Nations in the province received contracts, and we secured the largest number of any bidder.

Details of the Five BESS Projects

1. **Skyview2 BESS (Potentia Renewables) – Capacity 412MW**
 - **Location:** South of Ottawa
 - **AOPFN's Share:** 10% equity ownership and royalty payments over the 22-year contract, plus a 10% share of the profits.
2. **Fitzroy BESS (Brookfield Renewable Power/Evolugen) – Capacity 250MW**
 - **Location:** South of Fitzroy Harbour
 - **AOPFN's Share:** 50% ownership with a guaranteed minimum payment over the 22-year contract.
3. **Trailroad BESS (Brookfield Renewable Power/Evolugen) – Capacity 150MW**

- **Location:** West of Highway 416, southeast of Ottawa
 - **AOPFN's Share:** 50% ownership with a guaranteed minimum payment over the 22-year contract.
4. **Almonte BESS (Compass Solar) – Capacity 9.9MW**
- **Location:** Near Almonte
 - **AOPFN's Share:** 51% ownership with a "service fee" ensuring financial benefit even if the project is not immediately profitable.
5. **North Glengarry BESS (Compass Solar) – Capacity 16.3MW**
- **Location:** East of Ottawa, south of Montebello, Quebec
 - **AOPFN's Share:** 51% ownership with "service fee" ensuring financial benefit even if the project is not immediately profitable.

Financing Structure for LT1 Projects:

- **Senior Loans:** Will cover 80% of the project costs.
- **Aboriginal Loan Guarantee Program (ALGP):** Provides loan guarantees from the Province of Ontario for loans taken by First Nations for energy projects, lowering interest rates and eliminating financial risk for AOPFN.
- **Partnership Loans:** Available from our project partners if needed, though we aim to secure the most favorable interest rates elsewhere.

Key Takeaways

- **Long-Term Prosperity:** The LT1 BESS projects represent a significant opportunity to generate long-term revenue, creating a legacy of prosperity for future generations.
- **Risk Mitigation:** Projects are structured to minimize risk and ensure positive returns through guarantees, partnerships, and careful financial planning.
- **Community Commitment:** AOPFN is dedicated to addressing concerns and ensuring projects are developed safely, responsibly, and sustainably.

Next Steps

- **Ongoing Engagement:** We continue to update and involve the community, gathering feedback as the projects progress.
- **Securing Financing:** Efforts to secure financing through the ALGP and other sources are underway.
- **Revenue Management Discussions:** The Chief and Council, along with the LP Board of Directors, are working on a plan for revenue management and distribution.

We're excited about the future positive impact these projects will have on our community. Your input and involvement are valued as we move forward. If you have any questions or require further information, please feel free to reach out to Korey Kauffeldt at cec@pikwakanagan.ca.

Adikameg-Kizis

November 2024

Manàdjitàganiwan Sunday	Metisowini-kijid Monday	Ànjèni-kijigad Tuesday	Sòzep-kijigad Wednesday	Ishpiniganiwan Thursday	Chibayàtigo-kijigad Friday	Màni-kijigad Saturday
3	4 Fall Moose Camp Biskane - Indigenous Amazon - Bingo Hall 6:30 - 7:30	5 Fall Moose Camp	6 Fall Moose Camp	7 Fall Moose Camp	8 Fall Moose Camp Fall Moose Hide Camp Bingo Hall - 12:00	9 Fall Moose Hide Camp Bingo Hall - 10:00
10	11 Remembrance Day Office Closure	12 Legal Clinic Health Centre 4:30 - 6:00	13	14	15 Literacy Program Library 9:00 - 3:00 Science Day Makwa 8:30 - 3:00 Guardians BBQ Consultation 12:00	16 OP Annual General Meeting Elders Lodge 10:00 AM
17	18	19 50+ Active Living Fair Makwa 1:00 - 7:00	20	21 Oral Cancer Screening Health 8:30-12:00	22	23
24 Business Branding Workshop 8:30 - 4:30	25	26 Lung Awareness Workshop Health 10:30 - 1:00	27	28 Christmas Sign Making Makwa 5:00 - 7:00	29	30 Sweat Ceremony 1:00

NOVEMBER COMMUNITY HEALTH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Algonquins of Pikwakanagan First Nation		 3 Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor			 1 2	
4 Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor	5 Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor	6 	7 Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor	8 Health Center closed at Noon	9	
10  11 Remembrance Day Health Center closed 	12  Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor	13	14 WORLD DIABETES DAY! Join community health for a world diabetes day event happening Friday Dec 6th 12pm-3pm at The Elder's Lodge	 15	16	
17	18	19 ACTIVE LIVING FAIR MAKWA CENTER 1PM-7PM Registration required Call 613-625-2259 ext 241	20	21 November is National Mouth/Oral Cancer Awareness Month ORAL CANCER SCREENINGS AVAILABLE AT HEALTH CENTER More info to come about appointments. 	STAFF DOING FALL PLANNING: OUT OF OFFICE 22	23
24 	25 	26 Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor	27	28 Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor	29	30



Substance Use Recovery Meeting

Join us on Thursday's from
6:30 - 8:00 pm

Located at the Elder's Lodge

This meeting is open to individual's struggling with any
substance use.



Free
Register Today

Business Branding Workshop

SUNDAY
NOVEMBER 24, 2024
8:30AM-4:30PM

Amanda
Talker
Media

Amanda is a local "Brand
Strategist" coming to
Pikwakanagan to deliver a one
day condensed workshop
on business branding

This workshop is for
Registered AOPFN
Members.

There are only 12 seats
available

To Register Contact

Angelina Commanda
business.coordinator@pikwakanagan.ca

Nigig Nibi Ki-win Gamik Society

WEEKLY YOUTH DRUM GROUP

Girls welcome to sing
backup

5:30 pm to 7 pm
@Elder's Lodge

FOR MORE INFO
PLEASE CONTACT:
Familywellness@
nigignibi.com

OPEN TO
PIKWAKANAGAN
MEMBERS & THEIR
FAMILIES

Tuesday October 1st 2024
Tuesday October 8th 2024
Tuesday October 22nd 2024
Tuesday October 29th 2024
Tuesday November 5th 2024
Tuesday November 12th 2024
Tuesday November 19th 2024
Tuesday November 26th 2024
Tuesday December 3rd 2024
Tuesday December 10th 2024
Tuesday December 17th 2024



LUNG HEALTH AWARENESS WORKSHOP: LIQUID SMUDGE MAKING



HEALTH CENTER
ROUND ROOM



NOVEMBER 26TH, 2024



10:30AM-1:00PM

November is lung cancer awareness month. Come discover the importance of lung health, the impact of smoking, and ways to maintain healthy lungs. Education available about smoking cessation. There will be education and resources available during lunch hour (12:00-1:00) for those who would like to drop in on their lunch break.

Lunch, snacks and beverages will be provided.

Liquid Smudge Making: *Registration required*

Learn the traditional art of making liquid smudge. This interactive session will provide hands-on experience and cultural insights. Workshop facilitated by Chochi Knott / Anishinabek Nation and Lisa Beedie / Ontario Health.

To Register: Please contact our Chronic Disease Management nurse Taylor Reckzin at Health Services 613-625-2259 ext 209 to sign up

Maximum participants for workshop is 12 people





Sweat Ceremony

Date: November 30, 2024

Conductor: Leroy Bennett - Sagamok Anishnawbek

Time: 1:00 p.m. (fire will be lit at 10:00 a.m.)

Location: Back Parking Lot of Cultural Grounds

How it will run:

- The ceremony is intended for healing
- four sessions
- 28 grandfathers
- A feast will follow the ceremony and the location will be shared the day of.

What you will need:

- a towel for drying and a change of clothes for the sweat, this could be shorts, t-shirt, ribbon skirt (not required)
- arrive early for any additional questions or inquiries on the day of ceremony. Women are advised to speak with conductor on protocols around moontime.
- bring a chair for sitting.

For more information contact

613-625-2259

or

IES.hs@pikwakanagan.ca

RENFREW COUNTY LEGAL CLINIC IS COMING HERE TO AOPFN!

THINGS TO KNOW:

- Renfrew County Legal Clinic will be attending the Health Services Building to offer free legal advice and support.
- No appointment needed.
- First come, first serve basis.
- They will be here every third Tuesday of the month unless notified otherwise.
- The hours will run from 4:30pm till 6:00pm.



**RENFREW COUNTY
LEGAL CLINIC**

THE RENFREW COUNTY LEGAL CLINIC WILL BE HERE:

October 15, 2024 4:30-6:00pm

November 12, 2024 4:30-6:00pm

December 17, 2024 4:30-6:00pm.

January 14, 2025 4:30-6:00pm

**FOR MORE INFORMATION CALL
EMMA: THE RESTORATIVE
JUSTICE WORKER AT AOPFN**

(613) 625-2259 Ext 245

1643 Mishomis Inamo,
Pikwakanagan, ON

**START A NEW
CAREER!**

**AOPFN CAREER &
ENTREPRENEURSHIP FAIR**

**START A
BUSINESS!**

MAKWA COMMUNITY CENTER
83A Kagagimin Inamo, Pikwakanagan, ON, K0J 1X0

Event is Open To Everyone

Vendor Registration

Registration Deadline:
November 8, 2024

Vendor Booth (6'x8'):
\$140 Event Donation

Register with Angelina Commanda
business.coordinator@pikwakanagan.ca

Stay Tuned:

Opening and Evening
Keynote Speakers
to be announced

AOP.FM will be on site for the entire event live streaming it for those who can not attending person. Watch for the Link to be Posted on AOPFN Social Media Outlets.

AOPFN Limited Partnership



**Algonquins of
Pikwakanagan
First Nation**

WORLD DIABETES DAY EVENT

Join the global campaign in raising awareness and supporting people who live with diabetes. Join for snacks, open education discussion about management of diabetes, a fun group low-impact exercise class and take home goody bag of resources!

**Fri, December
6th, 2024**

12pm-3pm

**The
Elder's Lodge**

Register Now

Call Health Services
at 613-625-2259 ext 209
to speak with Taylor our Chronic Disease
Management Nurse to sign up!

Trappers COURSE

THE NATURAL RESOURCES DEPARTMENT IS HOSTING A TRAPPERS EDUCATION COURSE

Where

The Elder's Lodge
96 Chibekana Inamo, Pikwakanagan

When

December 7 & 8
December 14 & 15
8 am - 6 pm

Details

Cost: \$150
To register or for more information please contact
the Natural Resources Department
Seats are Limited. Payment due upon registration

1613-625-2800 X 253 @ mgr.naturalresources@pikwakanagan.ca

AOPFN PARENTS

IF YOU HAVE A CHILD IN GRADE 7-12 THIS IS FOR YOU

- The Economic Development Department wants to know who our AOPFN Students are and how to connect with them for upcoming events/workshops and other opportunities.
- Please call or email us asap as we are entering into our planning stages for next year

Angelina Commanda
Business Development Coordinator
business.coordinator@pikwakanagan.ca
613-625-1551

REQUIRED INFORMATION

- PARENTS CONTACT INFORMATION (NAME,PHONE#,EMAIL)
- STUDENTS NAME
- SCHOOL OF ATTENDANCE
- STUDENTS D.O.B
- GRADE

AOPFN COLLEGE & UNIVERSITY STUDENTS

IF YOU ARE INTERESTED IN BEING CONTACTED
ABOUT BURSARIES, GRANTS, CO-OP & INTERSHIP
OPPORTUNITIES, EMPLOYMENT OPPORTUNITIES OR
WORKSHOPS AND EVENTS, PLEASE REGISTER WITH THE
AOPFN ECONOMIC DEVELOPMENT DEPARTMENT ASAP.

Angelina Commanda
Business Development Coordinator
business.coordinator@pikwakanagan.ca
613-625-1551

2024 HARVEST RAFFLE



HARVESTERS HAVE THE OPPORTUNITY TO BE ENTERED IN A RAFFLE DRAW FOR A
CABELA'S GIFT CARD!

Harvesters name and information will be entered in the draw upon completion
and submission of their 2024 Harvest Report Form.

1st Prize: \$300 Cabelas Gift Card
2nd Prize: \$100 Cabelas Gift Card
3rd Prize: \$50.00 Cabelas Gift Card
4th Prize: \$50.00 Cabelas Gift Card

FRIDAY, FEB 4
2025

FOR ANY ADDITIONAL INFORMATION
PLEASE CONTACT LARISSA.
(INFORMATION BELOW)

613-625-2800 x 249

field.admin@pikwakanagan.ca



November is Awareness Month for Many things...

Diabetes Awareness Month
Lung Cancer Awareness Month
November - Men's Health (mental health and suicide prevention, prostate cancer and testicular cancer)
Oral/ Mouth Cancer Month
Osteoporosis Month
Fall Prevention Month
World Pancreatic Cancer Day - Nov 21st
World Diabetes Day - Nov 14th
AND MORE!

Get involved in your community and join in on events that are raising awareness! Access free and easy online materials and education to learn more about the topics of the month.



**Algonquins of
Pikwakanagan
First Nation**

Diabetes Events

Through
www.diabetes.ca

Virtual Diabetes Education Program

January 25, 2024 - December 05, 2024 | Virtual Event
Are you newly diagnosed with Type 2 diabetes and looking for information to get you started, or need a refresher on diabetes management?

In The Kitchen With Diabetes Canada

November 06, 2024 - November 27, 2024
virtual event

Do you struggle with what to make for dinner? Not sure how to build a balanced plate? Lack time, knowledge or know-how in the kitchen? We've got an educational series for you.

Community Based

Community Health is putting on a **Diabetes Day Workshop** at the Elders Lodge
Friday December 6th, 2024
12:00pm-3:00pm

Come join for a fun afternoon in getting together to learn and connect in honor of Diabetes Awareness Month! Please call Health Services 613-625-2259 ext 209 to sign up!

Through Indigenous
Diabetes Health Circle

Go to
<https://idhc.life/upcoming-events/> to check out upcoming virtual education workshops and virtual movement medicine exercise series

Movement Medicine

Exercise Series with Crystal Bomberry
Mindful movement allows us to check in with our bodies and get moving in a way that can help us lower stress, release stagnant energy, and strengthen our mind-body connection.

Some Benefits:

- Reduced stress and anxiety
- Improved body awareness and physical fitness
- Improved focus
- Reinvigorated energy

Dates:

• Mon., Nov. 4	• Fri. Nov. 8	• Fri., Nov. 22
• Wed., Nov. 6	• Mon., Nov. 18	• Mon., Nov. 25
		• Fri., Nov. 29

Time: 9:30 a.m. to 10:00 a.m. EST
Registration: <https://social.wvbo.com/forms/q19ag8t0c1baw>

• Bring light to moderate dumbbells (or unopened soup cans or water bottles) for these sessions.
• These sessions are low impact and incorporate various full-body movements from standing, moving, and lying positions, and include gentle stretching by targeting muscle groups.

ORAL CANCER SCREENING CLINIC



November is Oral Cancer Awareness Month!

Risk Factors:

- Tobacco use is the main cause of mouth cancer.
- Drinking alcohol to excess can increase risks four fold.
- Drinkers and smokers are 30 times more likely to develop mouth cancer.
- Poor diet and social deprivation is linked to a third of all cancer cases.
- The Human Papilloma Virus (HPV), transmitted through oral sex, could overtake tobacco and alcohol as the main risk factor within the next decade.
- Exposure to the sun is a cause of skin cancer which can affect the lips and face.

EARLY DETECTION IS KEY!

SCREENINGS WILL BE AVAILABLE FROM 8:30AM-12:00PM THURSDAY NOVEMBER 21ST 2024
CALL TO BOOK AN APPOINTMENT

Health Services
613-625-2259 ext 209
Chronic Disease Management Nurse

DIABETES AWARENESS MONTH



IN RECOGNITION OF DIABETES AWARENESS MONTH, COMMUNITY HEALTH'S CHRONIC DISEASE MANAGEMENT NURSE IS DOING A DIABETIC WELLNESS BASKET GIVE AWAY! ENTER VIA HEALTH SERVICES FACEBOOK POST OR COME ENTER YOUR NAME AT THE FRONT DESK OF HEALTH SERVICES. DRAW WILL BE FRIDAY NOVEMBER 29TH.

November Awareness!

Diabetes

Type 1 Diabetes

- Autoimmune disease
- People with type 1 diabetes aren't able to produce their own insulin
- Type 1 diabetes generally develops in childhood or adolescence but can also develop in adulthood
- People with type 1 need to inject insulin or use an insulin pump to ensure their bodies have the right amount of insulin.

Signs and Symptoms

The most common signs and symptoms of type 2 diabetes can include the following:

- unusual thirst
- frequent urination
- weight change (gain or loss)
- extreme fatigue or lack of energy
- blurred vision
- frequent or recurring infections
- cuts and bruises that are slow to heal
- tingling or numbness in the hands or feet
- trouble getting or maintaining an erection
- diabetes ketoacidosis (DKA)



Type 2 Diabetes

- People with type 2 diabetes can't properly use the insulin made by their bodies, or their bodies aren't able to produce enough insulin
- Type 2 diabetes is most commonly developed in adulthood, although it can also occur in childhood.
- Type 2 diabetes can sometimes be managed with healthy eating and regular exercise alone, but may also require medications or insulin therapy.

Can I assess my risk factors?

The Canadian Diabetes Risk Factor Assessment Tool (CANRISK): you or your health care provider can use this to assess your risk of developing Pre-Diabetes or Type 2 Diabetes. You can find this tool online at: <https://healthycanadians.gc.ca/en/canrisk> or you can find paper copies of the assessment at The Health Center you can take home.

Alternatively, you can book an appointment to discuss risk factors with your health care provider or other qualified professionals.

Resources and Support

Online Resources:

Diabetes Canada:
www.diabetes.ca

Indigenous Diabetes Health Circle:
<https://idhc.life/>

Community Based:

Chronic Disease Management
Nurse, Taylor Reckzin Health
Services
613-625-2259

Registered Dietician and Diabetes
Educator, Jenna Walsh
Health Services
613-625-2259

Outreach Program:

Offer community clinics for
Pikwakanagan Residents. Based
out of Pembroke Regional
Hospital, Registered Dietician and
Diabetes Educator Nurse.
Speak with Chronic Disease
Management Nurse Taylor to learn
more about this service.





Algonquins of Pikwakanagan
First Nation

Domestic Violence Awareness Information and Assistance Session

November 2024

At AoPFN Health Services Building

Please feel free to reach out to Katrina or Emma at AoPFN for information on the date and time if interested in attending as we wish to disclose this information for safety reasons.

Katrina - 613-401-0453

Emma - 613-625-2259 EXT 245



Bernadette McCann House, Women's Sexual Assault Centre and Victim Services will be hosting this information session and it will be available for teenagers, and women.



If you, or anyone you know is experiencing abuse or domestic violence, help is available.

Bernadette McCann House

• 1-800-267-4930

Women's Sexual Assault Centre of Renfrew County

• 1-800-633-3060

Victim Services

• 343-361-3269 or toll free at 1-877-568-5730

COMMUNITY COGNITIVE ASSESSMENTS

Concerned about your mind or memory?
Dementia is a growing public health issue and early identification is crucial.

The Health Center will be offering assessments using the Canadian Indigenous Cognitive Assessment (CICA) Tool, for those 50+.



Algonquins of
Pikwakanagan
Health Services

Have questions?

Call the Health Center to
speak with one of our nurses.
613-625-2259 ext. 241 or 209



PROTECT YOUR LUNGS

Lung cancer remains the most commonly diagnosed cancer in Canada, and the most common cause of cancer deaths.

RISK FACTORS



Smoking tobacco, second-hand smoke, radon, asbestos, family history, radiation and air pollution.

SIGNS & SYMPTOMS



Pain in chest, shoulder, back or arms, frequent lung infections, a new cough that doesn't subside or worsens over time, fatigue, shortness of breath, hoarseness, loss of appetite or weight loss, whistling sound when breathing, swelling in the neck or face, blood clots, and dizziness or weakness.

SCREENING



If you are 55 to 74 years old and have smoked cigarettes every day for at least 20 years (not necessarily 20 years in a row) - you may be eligible for lung cancer screening.

IF YOU ARE CONCERNED ABOUT YOUR RISK, TALK TO YOUR DOCTOR.

Prevention of lung cancer is key. Often times lung cancer is not diagnosed until the cancer has spread.



Algonquins of
Pikwakanagan
Health Services

RADON GAS CAUSES LUNG CANCER



Lung cancer is the **most common cancer** in Canada and has a low survival rate. Long-term exposure to radon is the **#1 cause of lung cancer** for non-smokers.

Too many non-smokers do not think they are at risk of developing lung cancer.

3,000+

CANADIANS
a year die from
radon-induced
lung cancer.

30%

OF CASES
are
non-smokers.

19%

PROBABILITY
of surviving lung
cancer (5 years).

All homes have radon gas, the question is - how much?



You can reduce your risk of radon-induced lung cancer. **The first step is to test your home.**

www.takeactiononradon.ca

Find out more:
www.canada.ca/radon





LOAN CUPBOARD

Short-term medical equipment
lending system.

For More Information:

-  (613) 625-2259 ext. 241
-  1643 Mishomis Inamo
-  hcc@pikwakanagan.ca



Access to equipment such as:

- Wheelchairs
- Walkers
- Canes
- Crutches
- Splints/braces
- Bedroom equipment
- Bathroom aides
- Monitors
- Specialized devices

Available to First Nation members who:

- Live in Pikwakanagan
- Are a status member, spouse or caregiver
- Require equipment on a short term basis

For More Information:

-  (613) 625-2259 ext. 241
-  1643 Mishomis Inamo
-  hcc@pikwakanagan.ca

Resource Numbers:

Addictions Resources

Addiction Counsellors:

Gillian McKay & Sabrina Laframboise
613-625-2259

Renfrew County Community Withdrawal
Management:
613-432-7620

After Hours: Drug, Alcohol, Gambling
Hotline:
1-866-531-2600

After Hours: National Overdose
Prevention Line:
1-888-688-6677

Medical Resources

VTAC
1-844-727-6404

Telahealth
1-866-797-0000

Poison Control
1-800-268-9017

Foodbank Resources

Sharing Place Golden Lake (11185 Hwy 60)
613-635-1904

Food Vouchers (Pikwakanagan Social Services)
613-639-1633

Pikwakanagan Drug Tip Line

OPP Community Street Crime Unit in Renfrew County have established a drug tip line for Pikwakanagan First Nation. The number: **613-639-0805**

The tip line will be monitored by Detectives within the Community Street Crime Unit (CSCU). Messages will be checked regularly. If the caller wishes to be called back, an investigator will return the call.

This line is only intended for drug-related information.

Any emergency, request for police assistance or other call for service should go through normal channels.

Renfrew County Crimestoppers is still available for drug and non-drug related tips.

Pikwakanagan Drug Tip Line: 613-639-0805

Renfrew County Crimestoppers: 1-800-222-8477

Any Emergency: Call 911

OPP non-emergency line: 1-888-310-1122

FIRST NATION COMMUNITY NOTICE: ISN MASKWA



WHO IS ISN MASKWA?



Owned by Missanabie Cree First Nation, ISN Maskwa is a leader in training and deploying in Indigenous communities for a variety of specialties. ISN Maskwa has been working extensively to build the initiative across the province of "Indigenous-led Community Support" in regards to evacuation and emergency response.

WHAT IS ISN MASKWA DOING WHILE ONSITE?

- 24/7 Operations
- Wellness Checks
- Community Support to keep all community members safe and happy
- Assist with special events/recreation
- Assist where they are needed and directed by the community

HOW CAN YOU GET A HOLD OF THE ISN MASKWA TEAM?

ISN Maskwa is onsite 24/7 and can be reached on our phone at:

343-544-6810





AOPFN EMPLOYMENT OPPORTUNITY

**Project Coordinator
Conventional Project Lead**

Department: Consultation

Supervisor: Consultation, Manager

**Starting at \$56,288/ depends upon education & experience
35 hour week, 1 year maternity Leave**

Deadline to Apply: Friday November 22 at 12:00pm

The Project Coordinator, Conventional Project Lead will be responsible for the management of the Algonquins of Pikwakanagan First Nation in several projects as assigned, while providing oversight/training/guidance to the Project Coordinator assigned to the lead who will be responsible for monitoring project functions, reporting, and budgeting. The Project Coordinator (Conventional Project Lead) will manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned projects that will include researching, planning, budgeting, and documenting all aspects of the work projects and delegate any tasks where needed.

- Project cost, scope, time management and the associated reporting, benchmarking and scheduling of the activities to meet project objectives;
- Developing agendas, maintaining meeting records and supporting community engagement.
- Manage implementation of the working group projects;
- Developing requests for proposals (RFP) for any projects requiring contracted specialists;
- Evaluation of the RFP bids;
- Develop and maintain budgets for the working group and associated projects;
- Report community outreach results and feedback to each appropriate working group;
- Assist development and implementation of the projects;
- Manages and oversees the projects;
- Provide support to internal and external project teams when requested and relevant to AOPFN consultation files:
- Provides and participates in monthly updates to the department team.
- Ensures complete and accurate information is available for audit purposes.

For full Job Description please email hrrassistant@pikwakanagan.ca

REQUIREMENTS:

- Post-secondary degree/diploma related to business administration or public administration with a minimum of one year work experience in a related field

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, KOJ 1X0

HR@pikwakanagan.ca

Subject Line: Project Coordinator (Conventional Project Lead)

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.



AOPFN EMPLOYMENT OPPORTUNITY

Project Coordinator High Frequency Rail

Department: Consultation

Supervisor: Consultation, Manager

Permanent Full Time 35 hours per week

\$51,122.00/annual

Deadline to Apply: Friday, November 22 at 12:00pm

The Project Coordinator will assist in the management of the Algonquins of Pikwakanagan First Nation's Project Coordinator lead in assigned projects, overseeing and monitoring project functions, reporting, and budgeting. The Project Coordinator will manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned projects that will include researching, planning, budgeting, and documenting all aspects of the work projects.

- Project cost, scope, time management and the associated reporting, benchmarking and scheduling of the activities to meet project objectives;
- Developing agendas, maintaining meeting records and supporting community engagement.
- Manage implementation of the working group projects;
- Developing requests for proposals (RFP) for any projects requiring contracted specialists;
- Evaluation of the RFP bids;
- Develop and maintain budgets for the working group and associated projects;
- Report community outreach results and feedback to each appropriate working group;
- Assist development and implementation of the projects;
- Manages and oversees the projects;
- Provide support to internal and external project teams when requested and relevant to AOPFN consultation files:
- Provides and participates in monthly updates to the department team.
- Ensures complete and accurate information is available for audit purposes.

For full Job Description please email hrrassistant@pikwakanagan.ca

REQUIREMENTS:

- Post-secondary degree/diploma related to business administration or public administration with a minimum of one year work experience in a related field, **OR**

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

Subject Line: Project Coordinator (HFR)

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.



AOPFN EMPLOYMENT OPPORTUNITY

Technology Support Assistant

Department: General Government

Supervisor: Senior Executive Assistant

\$20.00/hour 35 hours a week, 6 month term with possibility of permanency

Deadline to Apply: Friday, November 29th at 4:30pm

The Information Technology Support Assistant will provide effective IT assistance across all aspects of the business and will provide backup and support to the IT Support Officer. The IT Support Assistant is responsible for supporting and maintaining the Microsoft Server and Desktop operating systems, plus general maintenance of all IT-related hardware/software. The position provides exposure to a broad range of IT-related projects and activities.

- Supports in the setup and configuration of IT-related items
- Aids in the installation and upgrade of software, repairs of hardware, and peripherals.
- Assist in administering user accounts.
- Troubleshoots, and diagnoses basic problems with computer equipment.
- Performs minor maintenance and repair on equipment.
- Transfers computer files between platforms as needed.
- Setting up new users and disabling expired accounts in accordance with HR requirements.
- Ensures all software purchased licensing is recorded and maintained.
- Attends relevant meetings, conferences, and seminars.
- Creating purchase requisitions for IT hardware/software.
- Assists in the design and production of basic reports.
- Follow, and implement IT policies and procedures ensuring compliance and incorporating available measures in the legislation.
- Will work with Finance, Human Resources, Managers and Supervisors.

For full Job Description please email hrrassistant@pikwakanagan.ca

Requirements:

- Post Secondary certificate or diploma related to Computer Technology or a related field. OR
- Secondary School Diploma with 2 years of current work experience in IT support or direct experience working with technology and computer operations.

Conditions of Employment:

- An acceptable Criminal Records Check
- Willing to attend Cultural Awareness Training

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

Submit to:

1657A Mishomis Inamo, Pikwakanagan, Ontario, KOJ 1X0

HR@pikwakanagan.ca

Subject Line: Technology Support Assistant

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.



Community Support Personnel Training Program

Training Opportunity

**We are seeking participants
For this training opportunity available**

Entry-Level Course for Community Support Personnel

The Algonquins of Pikwakanagan are seeking interest for those interested in attending training for Community Support Personnel (CSP).

CSP is planned to be a follow up program that was implemented in August of 2024 to respond to the State of Emergency.

This Training Opportunity will train participants in future Community Support Personnel roles.

What does a CSP do in their community?

Respond to Community Issues including:

- Patrols throughout the Community, engaging with community members and stakeholders.
- Wellness Checks
- Working with local Ambulance Services
- Working with local Police Services
- AOPFN Departments and working groups

How it works

- Training will be offered in community with preferences given to Pikwakanagan community members but training maybe offered externally.
- No registration fees.
- Future training dates to be determined depending upon availability and interest
- Course will last 10 days.
- An Honourarium will be provided to all participants upon completion of the course.

This course will result in future possible employment opportunities with Algonquins of Pikwakanagan First Nation as Community Support Personnel, supervisors and/or with other organizations such as ISN Maskwa.

**Application Process: Please submit Resume and Cover Letter
To AOPFN's Employment Development Officer
by email: employment.officer@pikwakanagan.ca or hr@pikwakanagan.ca
by phone: 613 625 2800 Ext. 248 or by dropping off application at the
Administration Office
1657A Mishomis Inamo, Pikwakanagan, Ontario.**

Deadline to express interest: Friday December 6th, 2024 at 4:30 pm

Qualifications:

What you need to become a Community Support Person:

- Minimum 19 years of age.
- A valid Ontario Driver's License.

This course will help you meet the requirements of upcoming employment opportunities.

Rated Requirements:

- Drivers abstract (clean)
- Able to work difficult people and situations
- Sensitive to aboriginal culture differences and values



Call to Tender

Cleaning Services

First Nations Housing Professionals Association (FNHPA) is looking for cleaning and disinfecting services for our office.

Location: 473 Kokomis Inamo, Unit #1, Pikwakanagan, ON K0J 1X0

Schedule and Duration of Contract

Must be able to provide cleaning and disinfecting services to the whole unit including common area, individual offices, kitchenette and bathroom. Cleaning services are to be conducted after 4:30 p.m. and before 8:00 a.m. Monday to Friday.

The duration of the contract is from December 9th, 2024, to December 9, 2025.

For scope of work or to arrange a visit please contact Candace Bennett, CEO at candace@fnhpa.ca or 613-299-3810.

Supplies and Equipment

All equipment and supplies will be provided by First Nations Housing Professionals Association. However, it will be the successful contractor's responsibility to keep FNHPA informed when supplies are getting low (minimum of 7 days in advance).

Additional Requirements

The successful bidder must provide the following:

- Proof of personal liability and property damage insurance, applicable to all cleaning staff at your own expense.
- Proof of WHMIS certification for ALL cleaning staff at your own expense.

Tender Closing Date and Time

Friday November 29, 2024, at 12:00PM EST

Tender Submission

Submission to be sent by email to Candace Bennett at candace@fnhpa.ca with subject line as "FNHPA- Tender Submission for Cleaning Services 2024-2025" by 12:00PM EST on Friday November 29, 2024.





Call to Tender Cleaning Services First Nations Housing Professionals Association

473 Kokomis Inamo, Unit 1, Pikwakanagan ON, K0J 1X0

2024-2025 Cleaning Services Tender for The First Nations Housing Professionals Association. I
_____ acknowledge and fully understand the scope of the work, the
schedule, and the duration of the contract. I am submitting my tender for cleaning services in the amount of
\$_____ per month after 4:30PM and before 8:00 a.m. Monday to Friday.

Contact phone number: _____

Date: _____

Print Name: _____

Signature: _____

***** First Nations Housing Professionals Associations is not obligated to accept the lowest or any tender
submitted. *****





ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
Hurst, Daniel	Lavallee/Sharbot	10 June 24	10 Nov 24
Meconse, Michael	Amikons	10 June 24	10 Nov 24
Sovie-Lindley, Denise	Ignace	10 June 24	10 Nov 24
Seguin, Roger	Pesindewate/Lamure	10 June 24	10 Nov 24
Seguin, Leighton	Pesindewate/Lamure	10 June 24	10 Nov 24
Seguin, Stelly	Pesindewate/Lamure	10 June 24	10 Nov 24
Seguin, Cami	Pesindewate/Lamure	10 June 24	10 Nov 24
Hamilton, Angie	Lavalley	28 June 24	28 Nov 24
Hamilton, Samara	Lavalley	28 June 24	28 Nov 24
Faulkner, Rose-Marie	Sarrazin	12 July 24	12 Dec 24
Faulkner, Michael	Sarrazin	12 July 24	12 Dec 24
Faulkner, Jaiden	Sarrazin	12 July 24	12 Dec 24
Faulkner, Allton	Sarrazin	12 July 24	12 Dec 24
Faulkner, Theodore	Sarrazin	12 July 24	12 Dec 24
Faulkner, Jeremy	Sarrazin	15 July 24	15 Dec 24
Faulkner, Elliot	Sarrazin	15 July 24	15 Dec 24
Faulkner, Eloise	Sarrazin	15 July 24	15 Dec 24
Faulkner, Olive	Sarrazin	15 July 24	15 Dec 24
Faulkner, Felicity	Sarrazin	15 July 24	15 Dec 24
Heisler, Jessie	Jocko	15 July 24	15 Dec 24
Broadbent, Kayla	Lavalley	17 July 24	17 Dec 24
Peter, Spina	Tenniscoe	17 July 24	17 Dec 24
Eggert, Curtis	Tenniscoe	25 July 24	25 Dec 24
Savard, Estelle	Amikons	30 July 24	30 Dec 24
Sanden, Melissa	Sarrazin	07 Aug 24	07 Jan 25
Sanden, Joshua	Sarrazin	07 Aug 24	07 Jan 25
Sanden, Enoch	Sarrazin	07 Aug 24	07 Jan 25
Mosier, Emma	Benoit/Baptiste	07 Aug 24	07 Jan 25

Faulkner, Stephen	Sarrazin	07 Aug 24	07 Jan 25
Burnett, Elizabeth	Sharbot	13 Aug 24	13 Jan 25
Burnett, Adilene	Sharbot	13 Aug 24	13 Jan 25
Burnett, Rachel	Sharbot	13 Aug 24	13 Jan 25
Ferguson, Cooper	Lamabe	13 Aug 24	13 Jan 25
Lamure, Elliot	Lamure	14 Aug 24	14 Jan 25
Faulkner, Andrew	Sarrazin	19 Aug 24	19 Jan 25
Paradis, Anabelle	Amikons	19 Aug 24	19 Jan 25
Paradis, Rosalie	Amikons	19 Aug 24	19 Jan 25
Pascoe, Dylan	Sharbot	19 Aug 24	19 Jan 25
Swartzman, Cole	Sharbot	19 Aug 24	19 Jan 25
Purdie, Lillie	Commanda	19 Aug 24	19 Jan 25
Purdie, William A.	Commanda	19 Aug 24	19 Jan 25
Smith, Laura	Commanda/Lamure	04 Sept 24	04 Feb 25
Hamilton, Lauren	Tennisco	04 Sept 24	04 Feb 25
Galipeau, Molly	Amikons	04 Sept 24	04 Feb 25
Paradis, Karine	Amikons	04 Sept 24	04 Feb 25
Olson, Noah	Protected	06 Sept 24	06 Feb 25
Paradis, Cedric	Amikons	11 Sept 24	11 Feb 25
Finch, Michelle	Sharbot	11 Sept 24	11 Feb 25
Zaichkowsi, Connor	Commanda	12 Sept 24	12 Feb 25
Gagnon, Allycia	Meness	17 Sept 24	17 Feb 25
Faulkner, Florence	Sarrazin	17 Sept 24	17 Feb 25
Timmerman, Christian	Sharbot	20 Sept 24	20 Feb 25
Godin, Lindsay	Lavallee	20 Sept 24	20 Feb 25
Burnett, Katherine	Sharbot	24 Sept 24	24 Feb 25

To appeal the addition of one of the persons above 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

Community Information

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.algonquinsofpikwakanagan.ca:

Zoom details
minutes
Presentations/Attachments



HOURS

OPEN the second Thursday of each month, unless indicated

10 AM TO 12 PM

JANUARY 11	FEBRUARY 8	MARCH 21 (EASTER)
APRIL 11	MAY 9	JUNE 13
JULY 11	AUGUST 8	SEPTEMBER 12
OCTOBER 10 (THANKSGIVING)	NOVEMBER 14	DECEMBER 12 (XMAS: DEC 19)

For information or emergency and after hour needs phone and leave a message at:

613-625-2600

email for information or to e-transfer donations at thesharingplacefb@gmail.com

Facebook: www.facebook.com/emmthesharingplace

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 cloths
and towels**

Community Information



Library Hours

Tuesday	12:00pm – 6:00 pm
Wednesday	10:00am – 12:00pm 2:00pm – 7:00 pm
Thursday	12:00pm – 7:00pm

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

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

1-613-625-2800 -
mgr.lem@pikwakanagan.ca
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



**LIBRARY WILL
BE CLOSED
NOVEMBER 19TH**

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.algonquinsopikwakanagan.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	thunderbird@gmail.com	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



Pikwakanagan



CHÌBAYATIGO-KÌJIGAD ADIKMEG KÌZIS 15TH, 2024

FRIDAY, NOVEMBER 15TH, 2024