



Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD ADIKMEG KÌZIS 8TH, 2024

FRIDAY, NOVEMBER 8TH, 2024

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

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ADMINISTRATION BUILDING

CLOSED

NOV 11



2024

OFFICE WILL BE CLOSED FRIDAY
NOVEMBER 8TH AT 12:00 PM

CLOSED NOVEMBER 11TH FOR FULL DAY
WILL RE OPEN TUESDAY NOVEMBER 12TH !!

REMEMBRANCE DAY CEREMONY



CULTURAL GROUNDS - WAR MONUMENT
10:30 AM

LUNCHEON AT THE MAKWA CENTRE TO
FOLLOW.

Adikameg Kizis
Whitefish Moon

November

Fall Moose Hide Camp

November 8th & 9th, 2024

**469 Unit 1, Kokomis Inamo
Bingo Hall**

Pikwakanagan community members will have the opportunity to learn how to traditionally tan a community moose hide from start to finish through out the four seasons.

Learning the traditional ways of our ancestors leaves behind a positive impression on the mental, spiritual, emotional and physical health.

Day 1: FRI, NOV 8 - 12PM START

Prepping materials, Making bone-fleshing tools with moose legs, build frame, make holes around the hide, lace up on frame and start the fleshing process.

6PM END

Day 2: SAT, NOV 9 - 10AM START

Remove the hair.

6PM END

Snacks, beverages and a catered meal will be provided each day.

Led by Tammy Pizendewatch Twashi, Algonquin Anishinabe
Traditional hide tanner from Kitigan Zibi Anishinabeg.



A Community Wellness Collaboration between Omāniwinini Pinādjowin, Health Services and Nigē Nibi Ki-Win

Notice

Please be advised that Health Services and the Family Health Team will be out of office on Thursday, November 14th and Friday, November 15th.

Phone calls will still be answered

Miigwetch

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
Wendy Jocko	Andre Carle	Howard Bernard	Not Running Candidate



Algonquins of Pikwakanagan First Nation

October 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.

Platform Process

The Platform process will be held on **Saturday November 9, 2024**, at the Makwa Centre, 83A Kagagimin Inamo, Pikwakanagan ON K0J 1X0, beginning at 2:00 pm o'clock local time.

The platform process means that each candidate who will be running for office will be invited to deliver a speech on important issues that affect the community or indicate to the members what their plans are should they be elected to the position of Chief or Councillor. Each candidate will be allowed time to answer questions directed to them by the Voters.

Questions must be related to the business at hand and not personal matters between the nominee and yourself. Only eligible voters can address the Candidate on platform.

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

Sincerely,

Kassandra Tiegs, Electoral Officer

Adikameg-Kizis

November 2024

Manàdjitàganiwan Sunday	Metisowini-kijid Monday	Anjèni-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	16 OP Annual General Meeting Elders Lodge 10:00 AM
17	18	19 50+ Active Living Fair Makwa 1:00 - 7:00	20	21	22	23
24 Business Branding Workshop 8:30 - 4:30	25	26	27	28 Christmas Sign Making Makwa 5:00 - 7:00	29	30

NOVEMBER COMMUNITY HEALTH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Algonquins of Pikwakanagan First Nation		 Low-Impact Chair Exercises Tennisco Manor 1:15pm-2:15pm with Chronic Disease Management Nurse Taylor			 1	 2
3	4	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. 	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

STAFF DOING FALL PLANNING: OUT OF OFFICE



November is Awareness Month for Many things...

Diabetes Awareness Month

Lung Cancer Awareness Month

Movember - 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**

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,
Pikakanagan, ON

PA DAY
Literacy
PROGRAM

NOVEMBER 15, 2024 | 9AM-3PM

LOCATION: AOPFN LIBRARY

LUNCH & SNACKS PROVIDED

Children ages 9-12 who require extra literacy support

STORY WALK | SIGHT WORD BINGO
PHONICS | READ ALOUD

For more information or to register, please contact:
prevention4enigignibi.com

PA DAY FUN DAY NOVEMBER 15, 2024



Science day at the Bingo Hall 8:30 am til 3 pm

Ages 6-16

*if children under the age of 6 would like to attend
please have them accompanied by a parent*

PLEASE SIGN UP BEFORE NOVEMBER 12

Lunch will be provided and light snacks.

If interested please call Corrina at 613-602-2999

Please dress for the weather and bring an extra pair of clothing.

Hope to see you there.

Neya Waban Guardians
November 15 2024
12:00 pm
Join us for a Snack
Come get to know us
Everyone welcome
B.B.Q
Consultation Office
469 Kokomis Inamo
Parking Lot
Traditional foods
Fresh Deer
Fresh Moose Meat



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.



Nigig Nibi Ki-win Gamik Society

WEEKLY YOUTH DRUM GROUP

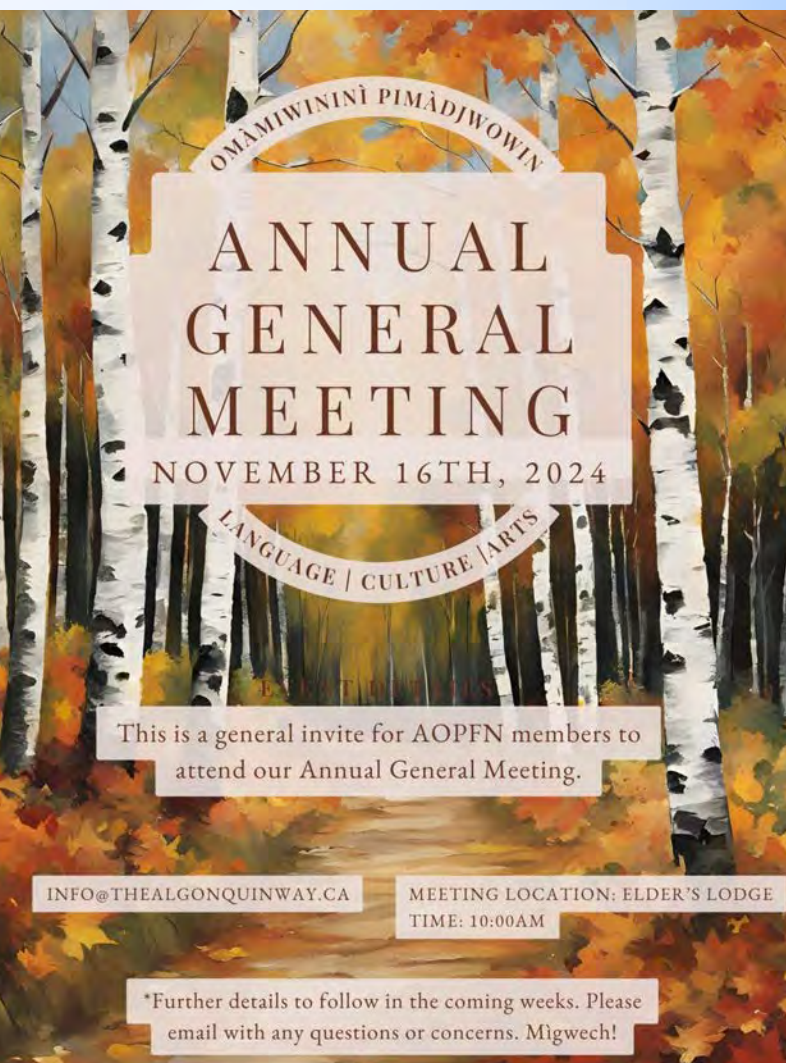
Girls welcome to sing
backup

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



INFO@THEALGONQUINWAY.CA

MEETING LOCATION: ELDER'S LODGE
TIME: 10:00AM

*Further details to follow in the coming weeks. Please
email with any questions or concerns. Migwech!



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

Ontario

Algonquins of
Pikwakanagan
First Nation

Algonquin Association of Ontario
Association des nations pour l'Ontario
OACAO
The Voice of Elder Abuse Canada
La voix des aînés abusés
50th Anniversary



**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**

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+.**



Have questions?

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



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**



**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.**

**Bernadette McCann House
Maison Bernadette McCann**

**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

Nigig Nibi Ki-win



DECEMBER 2, 2024

11:00AM-8:00PM

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.FN 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



asco
CONSTRUCTION

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.



Call Out Nigig Nibi Ki-win Gamik Grandparents Tribunal

Would you be interested in joining the Nigig Gamik Grandparents Tribunal? Do you have experience in circle participation or dispute resolution and a desire to support the families of Pikwakanagan?

Next Training Session: November 4th
and 5th, 2024

Contact: Michelle Hume, Director Assistant, Nigig Gamik at
613-625-2173 or via email to grandparentstribunal@nigignibi.com.

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

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





ALGONQUINS OF
PIKWAKANAGAN

MOOSE & ELK HARVEST REPORT

2024-2025

Full Name _____ Tag # _____ Status Number _____

Tag Type ☐ Bull ☐ Cow ☐ Calf Contact Info _____

1. Harvested with a Rifle or Bow?

☐

Rifle

☐

Bow

2. Date Harvested

3. Approximate Time Harvested

4. Specific Location Harvested & WMU

5. Overall Condition Of The Animal
(Approximate Age, Health Concerns, etc)

6. Participating Members

Comments:

This Information Will Only Be Used For Internal Purposes For Future Harvest Management

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.



WORLD DIABETES DAY

14 NOVEMBER



Let's shout together in a blue circle. Be alert and recognize diabetes, prevent it with a healthy lifestyle on a regular basis.

 **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!

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.

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 Blomberry

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
- Rejuvenated energy

Dates:

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

Time: 9:30 a.m. to 10:00 a.m. EST
Registration: <https://soadi.wufoo.com/forms/q1t1ba9t0k1bamd/>

• Using light to moderate dumbbells (or unweighted drop casts or water bottles) for these sessions.
• These sessions are low impact and incorporate various full-body movements from standing, kneeling, and lying positions, and include pelvic strengthening 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

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.



Self Check

MOUTH CANCER

Are you checking for Mouth Cancer once a month?



The **2** minute do it yourself self-examination that could save your life!

Examine yourself once a month using our 2 minute self check guide below! All you need is a **mirror**, a good **light source** and **clean fingers**!

01 Face
 Look at the whole face - are there any swellings you haven't noticed before? Inspect your skin - has anything changed recently? Have moles become larger or started to itch or bleed. Turn your head from side to side - this stretches the skin over the muscles making lumps easier to see.

02 Neck
 Run your fingers under your jaw and feel along the large muscle on either side of neck using the balls of your fingers. Are there any lumps? Does everything feel the same on both sides? Feel the same on both sides?

03 Lips
 Use your index, middle and ring fingers to feel the inside of your lower lip. Pull your lower lip down and examine the underneath. Look for any white or red patches, sores or changes in colour.

04 Gums
 Use your thumb and forefinger. Examine your gums feeling around the gum to anything unusual.

05 Cheeks
 Open your mouth and pull your cheeks away, one side at a time, with your finger. Look for any red or white patches. Does everything feel the same on both sides? Use your finger in the cheek to check for ulcers, lumps or tenderness. Repeat on the other side. Your tongue can be helpful to locate sore areas, ulcers or rough patches.

06 Tongue
 Gently pull out your tongue and look at one side first and then the other. Look for any swelling, ulcers or change in colour. Examine the underside of your tongue by lifting the tip of your tongue to the roof of your mouth.

07 Floor and Roof of Mouth
 The same your head and open your mouth wide to inspect the roof of your mouth. Look in the 2 corners and changes in colour. Lift your tongue up and look underneath at the floor of your mouth. Look for any colour changes that are unusual. Gently move your finger along the floor of your mouth and under your tongue. Look for any lumps, bumps or sores.

Symptoms

- ✓ An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks.
- ✓ A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- ✓ Difficulty in swallowing, chewing or moving the jaw or tongue.
- ✓ Numbness of tongue or other area of the mouth.
- ✓ A feeling that something is caught in the throat.
- ✓ A chronic sore throat or hoarseness that persists more than 6 weeks.
- ✓ Unexplained loosening of teeth.

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.

Facts About Mouth Cancer

1 person every 3 hours is lost to Mouth Cancer	Over 8700 new cases in the UK each year
Each year 2700+ lives are lost to Mouth Cancer	Worldwide Mouth Cancer affects 650,000 per year
Mouth Cancer is twice as common in men than in women	78% of cases occur in the Over 55 age group

To make a donation or for FREE information visit www.mouthcancerfoundation.org
 Advice Line: 01924 950 950 • Helpline: 1-800-268-5680
 Alternatively you can email info@mouthcancerfoundation.org

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



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 Missanable 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

Lands & Environment Officer

Department: Lands, Estate & Membership

Supervisor: Manager, LEM

35 hours weekly - 14 month contract with possible extension, \$56,015/annual

Deadline to Apply: Friday, November 15 at 4:30pm

Reports to and works under the direction of the Manager, Lands, Estates & Membership (LEM), with overall authority from the Council of the Algonquins of Pikwakanagan First Nation.

- Works with the Manager for the implementation of a Land Use Plan
- Research and development Land Laws, Policies and Procedures.
- Register document under the First Nation Land Registry and issue Certificate of Possession (CP)
- Assist in the resolution of land disputes and offer solutions
- Manage services for designating burial sites and record keeping
- Works with Manager in the consultation and development of an Environmental Management Plan and an Environment Law
- Reports any concerns and trends that are critical to the environment in the community
- Develop gathers and updates and maintain information on a Geographical Position System for input into the Geographical Information System (GIS)
- Develop and maintain an electronic filing system
- Ensure all electronic registries are updated as transactions take place
- Works cooperatively with various other programs and services to ensure optimum delivery of services for land use
- Consult with the Membership when required i.e., development of laws and policies
- Participate in staff development initiatives and training requirements.
- Participate in the development and updating of policies and procedures.
- Ensure the protection and privacy of all personal, confidential information and records

For full Job Description please email hrrassistant@pikwakanagan.ca

REQUIREMENTS:

- Post-Secondary diploma in Geographic Information Systems (GIS); Legal Program or successful completion of the National Aboriginal Lands Officer Certification Program with two years' experience working in a land use related field. OR
- Secondary School diploma with a minimum of five years' experience working in land use 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: Lands & Environment Officer

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

Personal Support Worker

Department: Health Services

Supervisor: R.N Home Care

Casual 1 Positions, day and evening shifts weekdays/weekends

1 position night shift weekdays/weekends

Deadline to Apply: Friday, November 15 at 4:30pm

Appointed as Personal Support Worker – assisting the clients with their daily routines and specific activities including meals provision, housekeeping, laundry, and arrangement of medical services and other.

Interacts with clients to promote and ensure the client's well-being and sense of belonging.

The Personal Support Worker – shall perform all job-related functions in such a manner so as to maintain their complete confidentiality in recognition of the privacy entitlement of all members of the community.

The Personal Support Worker – must be ready, willing and able to develop and maintain a good working relationship with all agencies, indigenous organizations, associations and business associates of the Algonquins of Pikwakanagan First Nation.

- Assists with meal planning.
- Scrubbing, sweeping and dusting of client's rooms
- Participates in various activities throughout shift with the clients, such as friendly visiting, card playing, etc.
- Assists with personal care.
- Contacts next of kin or families if required of client's condition or needs.
- Arranges client's health appointments when required.
- Completes client data sheets and other documents required for reports and performance indicators.
- Recognizes, reports and records safety, health risks and security needs for clients.
- Reports incidents and completes reports as required

For full Job Description please email hrrassistant@pikwakanagan.ca

REQUIREMENTS:

- Demonstrated good written communication skills.
- Possess certification as a Personal Support Worker(asset)
- or Health Care Aid with at least one year of experience in working with seniors or providing personal care.
- Applicants must be currently employed at the Tennisco Manor

WORK CONDITIONS:

- Acceptable Vulnerable Sector Check and CPIC must be provided as a condition of employment.

How to Apply:

Please submit a letter indicating your application to these positions

Submit to:

Algonquins of Pikwakanagan First Nation

1657A Mishomis Inamo, Pikwakanagan, Ontario, K0J 1X0

HR@pikwakanagan.ca

Subject Line: Personal Support Worker

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

Homemaker

Department: Health Services

Supervisor: Client Care Coordinator

\$20.00 hourly, 1 to 2 days per week plus additional shifts as needed up to March 31, 2025

Deadline to Apply: Friday, November 15 at 4:30pm

Appointed as homemaker: assists the clients with their daily routines and specific activities including meals provision, housekeeping, laundry, and arrangement of medical services. Interacts with clients to promote and ensure the client's well being and sense of belonging. Must be ready, willing and able to develop and maintain a good working relationships with all agencies, native organizations, associations and business associates of the Algonquins of Pikwàkanagàn First Nation.

- Assistants with clients routine and activities of living
 - Meal preparation planning, preparing and sanitizing
 - Housekeeping maintaining bedroom, common areas and ect
 - Interacting with clients throughout shift
- Assists clients with specific activities
 - Checks clients periodically to ensure clients needs are met
 - Arranges for emergency and medical treatment if required, i.e. calls paramedics
 - Arranges clients health appointments when required
 - Transportation provided as directed

For full Job Description please email hrrassistant@pikwakanagan.ca

REQUIREMENTS:

- Demonstrated good written communication skills.
- Experience in working with seniors would be considered an asset

WORK CONDITIONS:

- Acceptable Vulnerable Sector Check and CPIC must be provided as a condition of employment.
- First Aide and CPR Certification or willingness to complete within 3 months of employment
- Cultural awareness training or willingness to complete withing 3 months of employment

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: Homemaker

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

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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 hrassistant@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

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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:

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- 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

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Nigig Nibi Ki-Win Gamik Society

P.O. Box 59 • 1467 Mishomis Inamo
Pikwakanagan, ON K0J 1X0

Tel.: 613-625-2173
Fax: 613-625-2294

NIGIG NIBI KI-WIN GAMIK

CALL FOR APPLICATIONS FOR:

YOUTH DIRECTOR POSITION (INTERIM BOARD OF DIRECTORS)

Nigig Nibi Ki-win Gamik ("Nigig Gamik") is currently looking for one (1) individual to serve as a Youth Director on the Interim Board of Nigig Gamik.

Nigig Gamik is a not-for-profit corporation incorporated by the Algonquins of Pikwakanagan First Nation ("Pikwakanagan") under the *Canada Not-for-profit Corporations Act*, S.C. 2009, c. 23. As Pikwakanagan's child and family wellbeing agency, Nigig Gamik is mandated to administer, enforce, and deliver child and family services to Pikwakanagan children, youth, and families, under the authority of Pikwakanagan's child wellbeing law, *Nigig Nibi Ki-win*.

Since Nigig Gamik's incorporation, the Interim Board has been engaging in capacity-building and technical work to support the operationalization of *Nigig Nibi Ki-win*. The Interim Board will be responsible for, among other tasks:

- (i) developing and reviewing corporate governance instruments for Nigig Gamik, including by-laws, membership declarations, policies, and so on, for presentation to Pikwakanagan's Chief and Council for approval;
- (ii) developing recommendations for the composition of an eventual permanent Board of Directors; and
- (iii) assisting with start-up and implementation matters for Nigig Gamik, including recruitment and hiring, financial management, policy development, and so on.

Nigig Gamik has identified the need for a youth perspective on the Interim Board, and is looking to fill a current vacancy on the Interim Board with a Youth Director position. Candidates should be aware that as they are filling a vacancy on the Interim Board, the length of their term may be subject to the governance review process and transition to the permanent Board of Directors. It is anticipated that the term of the Interim Board will

conclude on the execution of Coordination and Fiscal Agreements with Canada and Ontario, or closely thereafter, and no later than Spring 2025.

The Interim Board currently meets a minimum of once per month to complete the necessary work described. An agenda and materials are provided ahead of time for review in support of the meeting discussions. These meetings can be attended virtually.

Required Qualifications for the Youth Director Position

- ☐ 18 to 30 years of age
- ☐ A member of the Algonquins of Pikwakanagan First Nation
- ☐ Not have the status of bankrupt
- ☐ Satisfactory results of background checks, including from the Canadian Police Information Centre (CPIC)

Desired Skills for Directors:

Verifiable experience and/or background in work relating to Pikwakanagan child and family wellbeing.

Verifiable experience in one or more of the following areas:

- ☐ knowledge of the Pikwakanagan community, including with respect to Algonquin culture, history, and/or priorities;
- ☐ corporate governance;
- ☐ First Nations governance;
- ☐ communications;
- ☐ healthcare services;
- ☐ social services;
- ☐ policy development;
- ☐ finance;
- ☐ accounting;
- ☐ human resources;
- ☐ risk management;
- ☐ business administration; or
- ☐ strategic planning.

Ability to strategically plan for and prioritize the needs of the present and future generations of the Pikwakanagan community, particularly in the context of establishing a permanent Board for Nigig Gamik.

Application Process:

Interested individuals may apply to be considered for selection for the Youth Director position of the Nigig Gamik Interim Board by submitting a one-page Expression of Interest.

Please include in your Expression of Interest, a brief biography, a statement on why you are interested in being a director, and any previous volunteer or work experience which may apply. Please also provide, if available, a LinkedIn profile URL, list of current and/or prior experience as a Board member and/or professional associations.

This call for Expressions of Interest is an open call and will remain open until the vacancy is filled. All individuals who submit an Expression of Interest will be notified of the outcome of the process once a decision has been made by Nigig Gamik.

Applications should be submitted to the attention of:

Alexandra Freed, Executive Director of Nigig Gamik, at director@nigignibi.com, to be received no later than November 1, 2024.

Nigig Nibi Ki-win Gamik Society

WE ARE HIRING

View our job postings on www.nigignibi.com

Prevention Program Assistant

This position involves providing professional administrative support, assisting with program implementation, developing and promoting culturally relevant programming, facilitating group activities for all age groups, assisting in workplan development, keeping the community informed of events, and supporting the Program Coordinator with daily management tasks.

Family Wellness Program Assistant

The Family Wellness Program Assistant provides administrative and program support, including assisting with program delivery, organizing activities, booking resources, creating promotional materials, and gathering feedback.

They assess community needs, promote wellness programs, handle correspondence, greet the public, manage documents, and perform additional tasks as assigned by the Family Wellness Supervisor and Manager.



Send your resume to
employment@nigignibi.com

NIGIG

NIBI KI-WIN

GAMIK SOCIETY



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



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
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 8TH, 2024
FRIDAY, NOVEMBER 8TH, 2024