



Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD KENOZIDJ-KÌZIS 17, 2025
FRIDAY JANUARY 17TH, 2025

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

CONTENT

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Quote of the Week

Alone, we can do so little;
together, we can do so much.

Sweat Ceremony

Date: January 19, 2025

Conductor: Michael White - M'Chigeeng

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. New people are always welcome

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

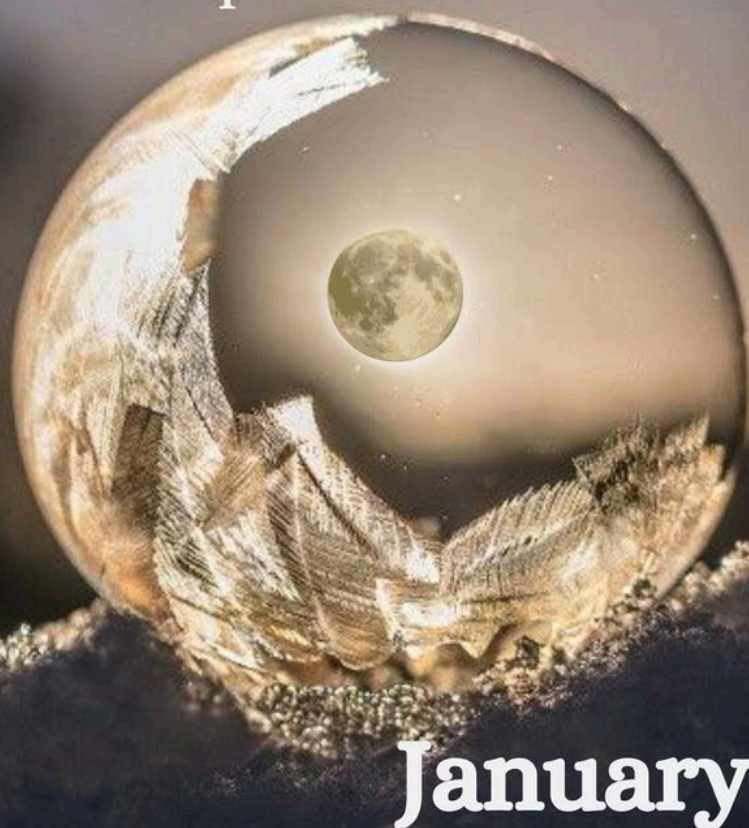
NOTICE

We have Anishinabek Nation 2025 monthly calendars available at the Band Office for members.

Pick up at Reception



Kenozidj Kizis
Freeze up moon



January



Algonquins of Pikwakanagan First Nation

Chief and Council Update

Chief Greg Sarazin and Council would like to inform our membership that the Algonquins of Pikwakanagan will be returning to the Treaty Negotiation table in April 2025.

Our Traditional territory in present day Ontario is some 9.5 million acres stretching from North Bay in the west, to Hawkesbury in the east and includes most of Algonquin Park. The Algonquins of Pikwakanagan have fought long and hard to reclaim as much of our traditional territory as possible; for recognition of our Algonquin Rights and for ongoing compensation among other benefits related to our enduring inherent Rights and our unceded/unsurrendered traditional territory.

Our ongoing efforts led to Treaty Negotiations beginning in 1991 and continuing until 2001 when there was a 3-year break. Talks resumed in 2004 which led to an Agreement-in-Principle (AIP) in 2016. The terms of the Agreement-In-Principle raised many concerns by members which led to an 8-month Treaty Pause in 2021. Negotiations restarted in 2022 for a short while and stalled again early in 2023 as the Chief and Council worked hard to respond to member concerns with how the treaty negotiations had been occurring over the past number of years and, with the terms of the Agreement-in-Principle

Chief and Council will be holding a community meeting at Makwa Centre on Saturday, January 25th from 12pm until 4pm to discuss the upcoming negotiations. All Pikwakanagan members are welcome to attend, to ask your questions and to be informed.



Algonquins of Pikwakanagan



First Nation

Notice from Chief and Council

Pikwàkanagàn Chief and Council want to share with community members that we are continuing to support a partnership with Professor Duncan McCue of Carleton University's School of Journalism and Communication again this winter. Professor McCue is Anishinaabe, and is teaching a course called Reporting in Indigenous Communities which aims to improve how the journalists of tomorrow cover Indigenous issues. Students from his course have been assigned to cover our community, and this term, their theme is climate change and the environment. They will be producing a piece of journalism that will be published on Carleton's website and perhaps in The Narwhal and/or Canadian Geographic. The students will be visiting our community from January to April, and will be reaching out to community members for story ideas.

If you would like to offer to be interviewed to share your observations about climate change upon you, then please let our office know (address, #).

If you have any questions about the course or the students, you're welcome to contact Professor McCue directly: duncan.mccue@carleton.ca



Carleton
University

KENOZIDJ-KÌZIS JANUARY 2025

MANÀDJITÀGANIWAN SUNDAY	METISOWINÌ-KÌJID MONDAY	ÀNJENÌ-KÌJIGAD TUESDAY	SÒZEP-KÌJIGAD WEDNESDAY	ISHPINIGANIWAN THURSDAY	CHÌBAYÀTIGO- KÌJIGAD FRIDAY	MÀNÌ-KÌJIGAD SATURDAY
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Legal Clinic – Health Services 4:30 – 6:00	Family Game Night Makwa 5:30 – 7:30		Food Voucher Pick Up Health Services	
19	20	21	22	23	24	25
Sweat Ceremony – Cultural Grounds				CBC Listening Session Elders Lodge – 3:00 & 5:30	Dementia Society Lunch & Learn Elders Lodge 12:00 – 1:00	Winter Moose Hide Camp Bingo Hall – 10:00 AM
26	27	28	29	30		Treaty Negotiations – Makwa – 11:30 – 4:30
					Winter Moose Hide Camp Bingo Hall – 12:00	

Community Health Calendar



JAN 2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1 	2	3	4
5	6 Health Center back open after Christmas Closure	7 Chair Fitness with Taylor Tennisco Manor 1:15pm (1hr)	8	9 Chair Fitness with Taylor Tennisco Manor 1:15pm (1hr)	10	11
12	13	14 Chair Fitness with Taylor Tennisco Manor 1:15pm (1hr)	15	16 Chair Fitness with Taylor Tennisco Manor 1:15pm (1hr)	17	18
19	20	21 Power Hour 10am-11am Makwa Center With Taylor & Darce Chair Fitness with Taylor, Tennisco Manor 1:15pm (1hr)	22	23 Strength & Conditioning (50+) 10am-11am Makwa Center With Taylor & Darce Chair Fitness with Taylor, Tennisco Manor 1:15pm (1hr)	24  DEMENTIA SOCIETY Lunch & Learn The Elders Lodge 12:00pm-1:00pm *Sign up required	25
26	27	28 Power Hour 10am-11am Makwa Center With Taylor & Darce Chair Fitness with Taylor, Tennisco Manor 1:15pm (1hr)	29	30 Power Hour 10am-11am Makwa Center With Taylor & Darce Chair Fitness with Taylor, Tennisco Manor 1:15pm (1hr)	31	1

CHAIR FITNESS AT TENNISCO MANOR:

- LOW IMPACT
- FOCUS ON STRENGTH, BALANCE, COORDINATION, CARDIO
- 30 MINS EXERCISE / 30 MINS GROUP GAME AFTER

POWER HOUR AT MAKWA:

- AN HOUR DEDICATED TO PROVIDE THE OPPORTUNITY TO HAVE A WARM SPACE TO WALK, JOG , RUN , TRY NORDIC WALKING
- LOCATED IN MAIN LEVEL GYMNASIUM
- DROP IN & SIGN IN

STRENGTH & CONDITIONING AT MAKWA:

- TARGETED FOR 50+
- PRE - REGISTRATION REQUIRED (SEE FLYER)
- 4 WEEK GROUP BASED PROGRAM
- BEGINNER FRIENDLY
- LOCATED IN MAIN LEVEL GYMNASIUM

MONTHLY LUNCH AND LEARN: DEMENTIA SOCIETY

- COME JOIN FOR AN HOUR PRESENTATION FROM THE DEMENTIA SOCIETY OF OTTAWA AND RENFREW COUNTY JANUARY 24TH 12:00PM-1:00PM
- LUNCH AND BEVERAGES PROVIDED!
- LEARN ABOUT DEMENTIA EDUCATION , SUPPORTS AND SERVICES AVAILABLE
- LEARN ABOUT SCREENINGS AVAILABLE IN COMMUNITY
- VISIT : [HTTPS://DEMENTIAHELP.CA/](https://dementiahelp.ca/) TO VISIT THEIR WEBSITE
- SEE FLYER FOR MORE INFO AND TO SIGN UP



News & Events:



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.

Online

CHRONIC DISEASE MANAGEMENT WORKSHOPS

**LIVING HEALTHY
CHAMPLAIN IS
RUNNING ONLINE
WORKSHOPS THAT
ARE FREE!**

JOIN NOW



Jan 2nd - Feb 6th: Living a Healthy Life With Chronic Pain

Jan 6th-Feb 10th: Living a Healthy Life With Chronic
Conditions

Jan 15 -Feb 5th: Whole Health, Whole Self

Jan 28th-March 4th: Progress Over Pain

If interested in registering or need support getting
registered call Taylor, Chronic Disease Management Nurse
at Health Services 613-625-2259 ext 209

[HTTPS://WWW.LIVINGHEALTHYCHAMPLAIN.CA/EN/WORKSHOPS](https://www.livinghealthychamplain.ca/en/workshops)



Regular Council Meetings

Every second and last Tuesday of the month
Beginning at 9 AM

Available to view online in the
members-only section of
www.algonquinsofpikwakanagan.com

Not Online?

Phone 613-625-2800 EXT 228
to request information on how to join.

COMMUNITY NOTICE



Come have your say about Pikwakanagan

What matters to you most about your community?
What do you want to celebrate? What concerns do
you have? What stories do you want to share?

Stop by CBC Ottawa's Listening Session on
Thursday, January 23rd at the Elders Lodge
to share your thoughts with CBC
reporters, producers and journalists,
and with your community.

There will be food, hot drinks, games,
and door prizes!

The first session starts at **3:00 pm.**
The second session starts at **5:30 pm.**

All are welcome.

If you have any questions, ask
Christine: christine.maki@cbc.ca.



POWER HOUR

Every week starting Tuesday January 21st, on Tuesdays 10:00am - 11:00am the Makwa Community Center Gym will be open to community members looking for a safe space to walk, use Nordic walking poles, jog or run.

- Music will be playing
- Water provided
- Nordic Poles available
- Step counters available
- All ages welcome

Taylor, our Chronic Disease Management Nurse and Darce, our Fitness Coordinator will be present during the hour for assistance / monitoring and support with Nordic Poles.



No registration required, drop in and sign in! If you have any questions please feel free to speak with Taylor at Health Services: 613-625-2259 ext 209

4 WEEK PROGRAM

STRENGTH AND CONDITIONING CLASS 50+

THE MAKWA CENTER,
MAIN LEVEL GYMNASIUM

THURSDAY JANUARY 23 - THURSDAY
FEBRUARY 13

EVERY THURSDAY
10:00AM-11:00PM

Join Taylor our Chronic Disease Management Nurse, and Darce our Fitness Coordinator to kickstart your day, stay active, and have fun in a supportive environment!

"IF YOU ARE UNDER 50 BUT INTERESTED
IN PARTICIPATING PLEASE JUST GIVE
TAYLOR A CALL!"

Participant Registration Required
Please call Taylor Reckzin, Chronic Disease Management Nurse to register and complete a participation form
613-625-2259 ext 209

AFTER THIS 4 WEEK PROGRAM, STAY TUNED FOR OTHER
PROGRAMMING
THAT WILL CONTINUE TO HAPPEN ON THURSDAYS AT THE SAME TIME

Winter Moose Hide Camp

January 24th & 25th, 2025
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 throughout 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, JAN 24 - 12PM START

Lace hide up on frame once done soaking, let hide harden and start the scraping and thinning process to transform the hide into the raw hide stage.
6PM END

Day 2: SAT, JAN 25 - 10AM START

Frost Scraping.
6PM END

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

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



**Algonquins of Pikwakanagan
First Nation**

Join Chief and Council for an update and discussions on

Treaty Negotiations

Saturday, January 25, 2025

Makwa Community Centre

83 Kagagimin Inamo, Pikwakanagan, ON,
K0J 1X0

zoom

ID: 613 625 2800

Pass: Niganizi



Lunch: 11:30am – 1:30pm

Presentations: 1:30pm – 4:30pm

Chief and Council 613-625-2800 EXT 228

THE DEMENTIA SOCIETY LUNCH AND LEARN



"The goal of dementia education is to provide information that helps you expand your knowledge and understanding of dementia and brain health. The more we know about dementia the better able we are to prevent it, and to live well with it." - The Dementia society

Where: The Elders Lodge
When: Friday January 24th, 2025
Time: 12:00pm - 1:00pm
Join for a presentation by The Dementia Society and a Q&A session

Lunch and Beverages provided
Take home resources given

If interested please call Health Services Chronic Disease Management Nurse Taylor to sign up
613-625-2259 ext 209





Jordan's Principle

EDUCATION SERVICES



**Ensuring First Nations
children(ages 0-18)**

**have access to
Educational, Social and Medical
supports**



PRODCUATS AND SERVICES

**Is your child or someone you
know in need of support?
Learn More Today!**



- school supplies ✓
- tutoring ✓
- teaching assistants ✓
- speech therapy ✓
- psycho-educational assessments ✓
- assistive technology and electronics ✓
- specialized summer camps ✓

Contact: Pamela Scheel
Jordan Principle Navigator

APPLY NOW

Late Office Hours Every Wednesday From 5-8pm



613-625-2800 ext. 252



613-401-2812



jpnnav2@pikwakanagan.ca

MINOPIMADIZ – I GAMIK (HEALTH SERVICES)

JANUARY FOOD VOUCHER

Pick Up 9:00 – 4:00
FRIDAY January 17 2025
Register by Tuesday, January 14, 2025
Text 613-639-1633

Trappers COURSE

THE NATURAL RESOURCES DEPARTMENT IS HOSTING A TRAPPERS EDUCATION COURSE



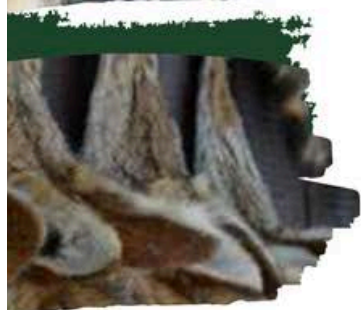
Where

The Elder's Lodge
96 Chibekana Inamo, Pikwakanagan



When

March 1 & 2
March 8 & 9
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 249



field.admin@pikwakanagan.ca

PIKWAKANAGAN ATHLETIC BANQUET

CALLING ALL PIKWAKANAGAN ATHLETES AGES 13 AND UP WHO HAVE ACHIEVED RECOGNITION IN SPORT. WHETHER YOUR ACHIEVEMENTS ARE A PART OF A SPORT LEAGUE SUCH AS HOCKEY, VOLLEYBALL, ETC. OR YOU HAVE BEEN RECOGNIZED IN ELEMENTARY, SECONDARY OR POST-SECONDARY SCHOOL AS AN OUTSTANDING ATHLETE WE WANT TO HEAR ALL ABOUT IT! WE ALSO WANT TO HEAR ABOUT OUR MATURE ATHLETES AND YOUR ACHIEVEMENTS AND RECOGNITION AS AN ADULT ATHLETE.

PLEASE EMAIL DARREN AT REACTIVATOR@PIKWAKANAGAN.CA TO REQUEST A FORM TO COMPLETE ON BEHALF OF YOURSELF OR AN ATHLETE THAT DESERVES TO BE RECOGNIZED FOR THEIR ACHIEVEMENTS IN SPORT.

FRIDAY, APRIL 25, 2025

ATHLETE DINNER: 5:00 P.M.

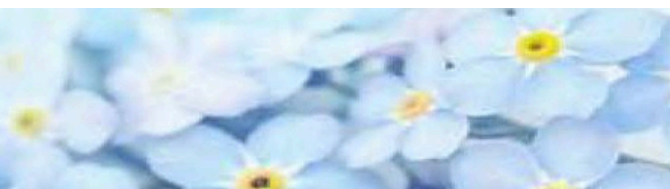
ATHLETE AWARD BANQUET: 5:45 P.M.

WE ARE ASKING ALL ATHLETES, PARENTS/GUARDIANS TO EMAIL PICTURES OF THE ATHLETE IN COMPETITION OR PRACTICE MODE, PLEASE EMAIL TO DARREN AT THE EMAIL ABOVE.

RSVP BY MARCH 31, 2025 TO 613-625-2682 OR BY EMAIL AS INDICATED ABOVE.

Health Updates:

January is Alzheimer's Awareness Month



Alzheimer's is a specific type of Dementia, some signs to look out for:

Memory changes that affect day-to-day abilities.

It is normal to sometimes forget meetings or co-worker names only to remember them a short time later. But a person with dementia may forget things more often. Or it might be hard for them to remember information they just learned.

Difficulty doing familiar tasks.

Busy people can be so distracted sometimes that they may forget to serve part of a meal, only to remember it later. But a person living with dementia may have trouble doing tasks they have done all their lives, such as preparing a meal or playing a game.

Changes in language and communication.

Anyone can have trouble finding the right word. But a person with dementia may forget simple words. Or they may use the wrong words, making that person hard to understand.

Disorientation in time and space.

It is common to forget the day of the week or your destination — for a moment. But a person with dementia may become lost on their own street. They may not know how they got there or how to get home.

Impaired judgement.

Sometimes, people may make bad decisions such as putting off seeing a doctor when they are not feeling well. But a person with dementia may not recognize a medical problem that needs attention or wear heavy clothing on a hot day.

Problems with abstract thinking.

Sometimes, people may have difficulty with tasks that require abstract thinking, such as managing finances. But a person with dementia may experience challenges with understanding what numbers are and how they are used.

Misplacing things.

Anyone can temporarily misplace a wallet or keys. But a person with dementia may put things in inappropriate places, such as an iron in the freezer or a wristwatch in the sugar bowl.

Changes in mood, personality and behaviour.

Sometimes people feel sad and moody, or experience changes in their behaviour. For example, they may quickly become tearful or upset for no obvious reason. They may be confused or suspicious and withdraw from others. They may act differently from what is normal for them.

Loss of Initiative. It is normal to lose interest in housework. A person with dementia may become passive and disinterested. They may need cues and prompts to become involved.



ABOUT RESPIRATORY ILLNESS

SYMPTOMS



Fever



Cough



Sore Throat



Runny Nose



Shortness of Breath



Muscle Aches



Fatigue



Vomiting / Diarrhea



Abdominal Pain

WHAT TO DO IF YOU HAVE SYMPTOMS



Stay home until you are fever-free (without using fever-reducing medication) **AND** your symptoms have been improving for 24 hours (48 hours for vomiting/diarrhea).



Avoid non-essential mask-less activities for 10 days from when your symptoms started. If you can't stay home, wear a well-fitting mask.



If you have symptoms of a respiratory illness **DON'T VISIT** those at high risk of severe illness including those that live in long-term care, retirement homes or in hospital.

REDUCE THE SPREAD



Wash your hands often and avoid touching your eyes, nose or mouth with unwashed hands.



Cover your mouth and nose when you cough or sneeze.



Keep your vaccinations up to date including getting your annual flu vaccine and any COVID-19 boosters/doses you are eligible for.



Disinfect high-touch surfaces in your home and workplace.

Wear a mask:

- To protect yourself from viral respiratory illnesses.
- To protect others at higher risk of severe respiratory illness.
- When you're recovering from illness.



TYPES



COVID-19 can cause mild cold-like symptoms to severe lung infections. Anti-viral treatment is available for those at higher risk of severe disease and complications.



Influenza (flu) generally occurs in the fall and winter months. Young children (under 5) and older adults are at higher risk of severe disease and complications.



Respiratory syncytial virus (RSV) infects the lungs and airways. Infants, young children and older adults are more likely to have severe infections.



Coughs and colds (cold viruses) are more common during the fall and winter months and result from different viruses that infect the nose and throat. For most people, symptoms are mild and usually resolve on their own.



People at **higher risk** of severe illness or complications from COVID-19 and the flu include:

- People who are 60 years and older, pregnant, have chronic medical conditions or are immunocompromised.
- Young children (under 5) are at higher risk of complications from the flu.

TREATMENT



Most respiratory illnesses can be treated at home. Learn more at: www.rcdhu.com



Treatment for COVID-19 is available and must be taken within a few days of symptoms starting. Learn more at: Ontario.ca/Antivirals.

WHEN TO GO TO THE EMERGENCY DEPARTMENT

If you or your child are in distress (significant trouble breathing, chest pain, fainting, difficulty to rouse, confusion or have significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1.

MORE INFO



Visit us at: www.rcdhu.com



If you have questions about your health (or your child's), call your primary care provider or Health Connect Ontario at 8-1-1.



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.

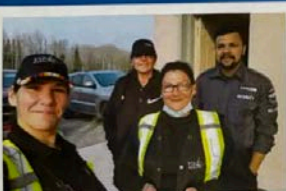
WHAT IS ISN MASKWA DOING WHILE ONSITE?

- 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





ALGONQUINS OF PIKWAKANAGAN FIRST NATION

MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
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
Johnston, Melissa	Kikomse/Lamure	23 Sep 24	23 Feb 25
Burnett, Katherine	Sharbot	24 Sept 24	24 Feb 25
Sarrazin, Nathaniel	Pisindawate/Lamure	18 Oct 24	18 Mar 25
Sarrazin, Marcella	Pisindawate/Lamure	18 Oct 24	18 Mar 25
Sarrazin, August	Pisindawate/Lamure	18 Oct 24	18 Mar 25
Sarrazin, Mia	Pisindawate/Lamure	18 Oct 24	18 Mar 25

Sarrazin, Sierra	Pisindawate/Lamure	18 Oct 24	18 Mar 25
Gravelle, Richard	Tennisco	23 Oct 24	23 Mar 25
Williamson, Jessica	Pisindawate	03 Nov 24	03 Apr 25
Swartzman, Cheyanne	Sharbot	06 Nov 24	06 Apr 25
Ebel, Deborah	Ignace	06 Nov 24	06 Apr 25
Reynolds, Bruce	Pisnidewatch	06 Nov 24	06 Apr 25
Langlois, Tamarah	Lamure	06 Nov 24	06 Apr 25
Pyper-Hall, Tara	Lavalley	14 Nov 24	14 Apr 25
Pyper, Paige	Lavalley	14 Nov 24	14 Apr 25
Smith, Scott	Lavalley	15 Nov 24	15 Nov 24
Smith, Edward	Lavalley	03 Dec 24	03 May 25
Smith, Aidan	Lavalley	03 Dec 24	03 May 25
Smith, Leah	Lavalley	03 Dec 24	03 May 25
Storie, Addison	Sarazin	03 Dec 24	03 May 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

Every second and last Tuesday of the month
Beginning at 9 AM

Available to view online in the
members-only section of
www.algonquinsofpikwakanagan.com

Not Online?

Phone 613-625-2800 EXT 228
to request information on how to join.

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



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

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

For Your 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

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.algonquinsofpikwakanagan.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

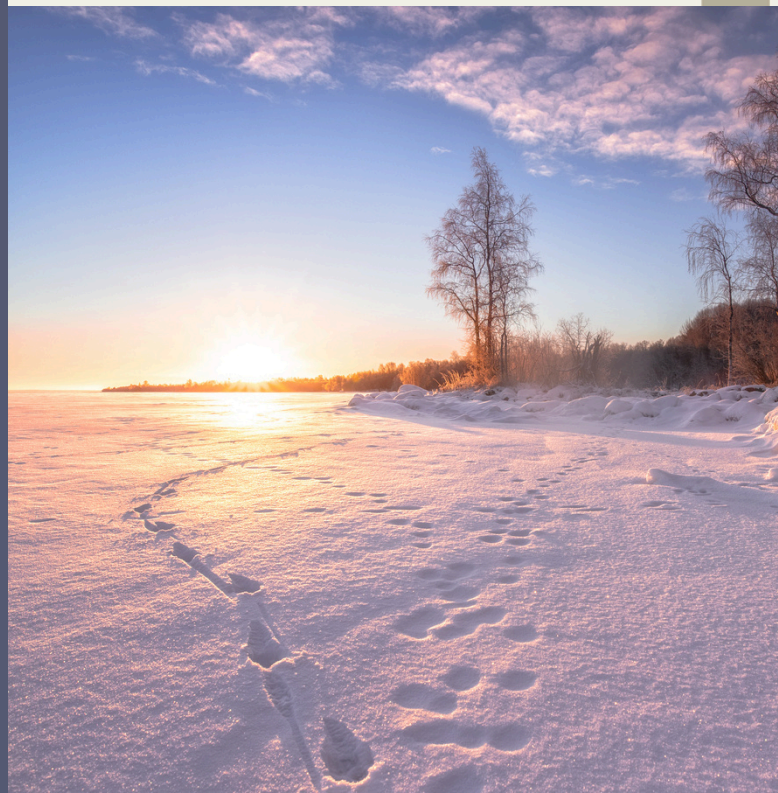
Sundays: 9:00am - 3:00pm

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