



Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD AKAKODJISH KIZIS 7TH, 2025
FRIDAY FEBRARY 7TH, 2025

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

CONTENT

- Council Update
- Events Calendars
- News & Events
- Health Updates
- Resources & Phone Numbers
- Call to Tender
 - Catering Services
 - Work Order
- Training Opportunity
- Employment Opportunities
 - Community Relations Officer
- Membership Additions
- Community Information

NOTICE

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

Pick up at Reception



Akakodjish Kizis
Ground hog Moon



YOUTH ENTREPRENEURSHIP
APPLICATIONS NOW OPEN

Summer
Company
2025

DEADLINE TO APPLY : MAY 16

For more information, visit:
www.EnterpriseRenfrewCounty.com

Ontario

February



Algonquins of Pikwakanagan First Nation

Chief and Council Update – February 7th, 2025

This is a further update on the Long Term Relationship Agreement (LTRA) that we signed with AECL, (Atomic Energy of Canada Limited) and CNL (Canadian Nuclear Laboratories) in May of 2023. Our membership was first updated during our community meeting also in May 2023.

The LTRA was guided by our desire to protect our traditional lands, ensure the safety of Pikwakanagan, and gain greater control over activities that have occurred on our unceded territory at Chalk River for the past 80 years without our consent.

Through the LTRA, we have accessed the funding required to help us to monitor and to provide our input into activities at the site and our staff have been working hard to do just that. Pikwakanagan has established our Guardian Program (Neyagada Wabandangaki) who have been on site regularly monitoring the Near Surface Disposal Facility (NSDF) Project pre-construction activities.

We have also established the Algonquin Foods monitoring program, the LTRA Working Group and the Radioactive Waste Communications and Monitoring Strategy and Communication Working Groups.

Through all of these activities, we share our Algonquin and community knowledge informing CNL of our environmental concerns and we continue our work to protect our Algonquin rights in this part of our traditional territory.



Attention: AOPFN Property Owners

**RE: Algonquins of Pikwakanagan First Nation
Water Supply System
Water Service Agreements – Notice #1**

Dear Property Owner,

BEI have recently been hired by ASCO to assist in completion of the water service agreements for AOPFN property owners. We'd like to provide the following update.

In the coming weeks, BEI will be starting the installation of water services to the homes and businesses of the AOPFN. Prior to this work, we would like to meet with you at your property to review the plumbing, finalize details for the water service installation, and complete the water service agreement paperwork required by AOPFN. This meeting should take about 15 minutes. Please note, this meeting is required even if you already have completed a Water Service Agreement. To arrange for a meeting, please call either of the following as soon as possible:

- Tyler Ashick, Project Supervisor, BEI - 613-312-0037; or
- Anna Cuddy, Project Manager, BEI - 613-401-8653

You are also welcome to stop in at our office and schedule a meeting. We are located at 101 Kiwita Inamo. We are hoping to have all meetings and water service agreements completed by March 31, 2025.

This project will provide safe and reliable drinking water to residents that meets or exceeds the quality of water provided on municipalities.

Yours truly,

Bonnechere Excavating Inc.

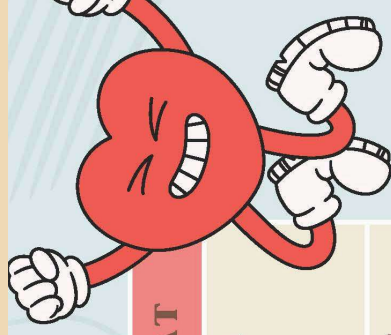
AKAKODJISH KIZIS

2025

FEBRUARY

Manadjitaganiwan Sunday	Metizowini-Kijigad Monday	Anjeni-kijigad Tuesday	Sozep-kijigad Wednesday	Ishiniganwan Thursday	Chibayatigo-kijigad Friday	Mani-kijigad Saturday
						1
2	3	4 Algonquin Language 5:30-7:30	5	6	7	8 Elders Lodge meet and greet 11:30 - 2:00
9	10	11 Have a heart day 4:30-5:30	12 Candle Making Workshop 5:30-7:30	13	14 	15 Sweat Ceremony 1:00
16	17	18 Legal Clinic 4:30- 6:00	19	20 Storytelling Series 5:30-6:30	21 Fishing Derby Registration	22 Fishing Derby
23	24	25	26	27 Storytelling Series 5:30-6:30	28	

Community Health Monthly Calendar



February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4 • POWER HOUR AT MAKWA 10AM-11AM • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	5	6 • STRENGTH AND CONDITIONING 50+ 3RD CLASS! AT MAKWA 10AM-11AM • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	7	8
9	10	11 • POWER HOUR AT MAKWA 10AM-11AM • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	12 • HAVE A HEART DAY EVENT AT MAKWA DURING NIGIG FACTS GROUP 4:30PM-5:30PM EVENT WITH JORDAN'S PRINCE OF PEACE AND NIGIG NIBI KAWIN	13 • STRENGTH AND CONDITIONING 50+ LAST CLASS! AT MAKWA 10AM-11AM • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	14 	15
16	17	18 • POWER HOUR AT MAKWA 10AM-11AM • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	19	20 • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	21	22 
23	24	25 • POWER HOUR AT MAKWA 10AM-11AM	26	27 • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	28	

Notice:

- Community Health Nurse Leah out of office Feb 10th-14th
- Chronic Disease Management Nurse Taylor out of office Feb 20th-March 3rd
- Please address any immediate concerns if you are a client before those above dates. For urgent concerns during the above dates, please contact Health Services 613-625-2259 and you will be directed to the nurse who is covering!

News & Events:

JOIN OUR AROMATHERAPY CANDLE- MAKING WORKSHOP

Aromatherapy is beneficial because it uses natural essential oils to promote relaxation, reduce stress, improve mood, and support overall well-being. The therapeutic scents can enhance emotional balance, boost energy, and even alleviate certain physical discomforts, making it a holistic approach to wellness. 🌿

Happening on February 12th, 2025

from 5:30 - 7:30

**LOCATION WILL BE PROVIDED AT A LATER
DATE OR UPON REGISTRY**

LIMITED SPOTS AVAILABLE

MUST REGISTER!!!!

CALL OR EMAIL KATRINA AT

613.625.2259

CFSW.MHS@PIKWAKANAGAN.CA



**AGES
16 +**

Algonquins of Pikwakanagan's

Elders Lodge

would like to

EXTEND AN INVITATION

TO OUR

PIKWAKANAGAN ELDERS

1st Annual

MEET AND GREET

11:30 AM to 2 PM

February 8th, 2025

Soup and Sandwiches

at Noon

Welcome by Sandy Nash, President

Guest Speaker

There will be an opportunity for you to offer your input on activities in which you would like to be part of.

Will also be asking for input on the Elders' feature wall.

There will be other opportunities for your input confidentially or group discussion.

We hope you will be able to accept our invitation,

Meegwetch,

Elders Lodge Board

DOOR PRIZE

THE DEMENTIA SOCIETY LUNCH AND LEARN



Ottawa and Renfrew County



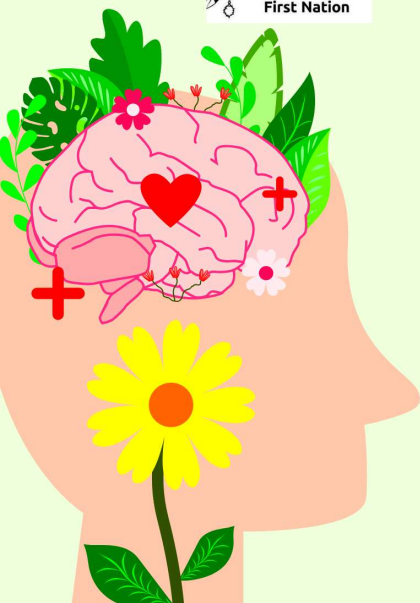
We had an incredible turn out of 25+ people last Friday Jan 24th at The Elders Lodge for our Dementia Lunch and Learn with special guest speakers from the Dementia Society.

If you are seeking more info about Dementia please reach out to Taylor our Chronic Disease Management Nurse at Health Services 613-625-2259 ext 209.

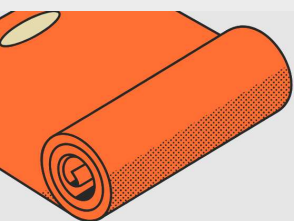


ATTENTION

Home & Community Care needs your help to track down supplies. If you have any medical supplies from the Loan Cupboard that you are no longer using, call Maggie to arrange pick up or drop off.
613-625-2259 ext. 241



News & Events:



4 WEEK PROGRAM

STRENGTH AND CONDITIONING CLASS 50+



THE MAKWA CENTER,
MAIN LEVEL GYMNASIUM



THURSDAY JANUARY 23 - THURSDAY
FEBRUARY 13



THURSDAYS
10:00AM-11:00AM

Join Taylor, chronic disease management nurse and Darce, fitness coordinator in a fun 4-week program! This program is beginner-friendly and offers ways to exercise from standing or seated.

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



Attorney
neyTAX
Trusts
LAI
Signations C
Medi
erOf
ESTATE
Honorary
Lawyer
Death
ESTATE PLANNING

Lands, Estate, and Membership is hosting an Estates Planning opportunity for *members only*.

Are you looking to create a Will or amend an existing Will?

We have retained Taggart Law Office Professional Corp. to assist in the Estate Planning.



February 20th, 2025,
and,
February 21st, 2025,

There are limited
appointment spots!



Elders Lodge in
Pikwakanagan.

Please contact
Curtis Jahn, Program Support Coordinator at
coordinator.lem@pikwakanagan.ca
613-625-2800 ext. 231

POWER HOUR

When: Tuesdays 10:00am - 11:00am

Where: Makwa Community Center Gymnasium

This hour is open to community members looking for a safe and warm space to walk during the cold winter!

- Music will be playing
- Water & snacks provided
- Nordic Poles available
- Step counters available
- Take home resources
- Nurse assistance for those needing extra support



Drop in and sign in!

If you have any questions before joining please feel free to speak with Taylor our Chronic Disease Management Nurse at Health Services: 613-625-2259 ext 209

*The Program is to run until the end of March and will then be re-assessed moving forward!



Sweat Ceremony

Date: February 15, 2025

Conductor: Shannon Chief - Barriere Lake

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

News & Events:

MINOPIMADIZ - I GAMIK (HEALTH SERVICES)

FEBRUARY FOOD VOUCHER

Pick Up 9:00 - 12:00
FRIDAY February 14 2025
Register by Tuesday, February 11, 2025
Text 613-639-1633

National Wear Red Day



Heart disease is on the rise. It is the leading cause of death for women worldwide. Heart attack symptoms are not recognized in over 50% of women. The types and symptoms of heart disease can be different between women and men.

Show your support for the women in our community and Wear Red on February 21, 2025



Risk factors for heart disease are:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

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.
- The hours will run from 4:30pm till 6:00pm.



RENFREW COUNTY
LEGAL CLINIC

New Dates!

THE RENFREW COUNTY LEGAL CLINIC WILL BE HERE:

February 18, 2025 4:30-6:00pm

March 18, 2025 4:30-6:00pm

April 15, 2025 4:30-6:00pm.

May 13, 2025 4:30-6:00pm

June 17, 2025 4:30-6:00pm

July 8, 2025 4:30-6:00pm

August 12, 2025 4:30-6:00pm

September 16, 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



PIKWAKANAGAN

FIRE-RESCUE DEPT

ANNUAL FISHING DERBY



RANDY COMMANDA'S CAMP SITE



SATURDAY, FEBRUARY 22, 2025



6:00 AM - 3:00 PM
Last Weigh in
3:00 PM sharp

Registration:



FRIDAY, FEBRUARY 21, 2025



CAMP SITE



6:00 AM - 11:00 AM



FIRE HALL



6:00 PM - 9:00 PM

ENTRY
\$20

12 Years and up

Fishing in Golden Lake (Bridge to Bridge)



News & Events:

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)



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.

CULTURAL REVITALIZATION OF CEMETERIES

The Lands, Estate, and Membership department has opened discussions about culture revitalization on Our Lady of Nativity (old) and Pikwakanagan Chibewkamig (new).

A community meeting was held back in October 2024 with a hard copy and an online survey. **We need more membership participation** through the survey enclosed and with future community and leadership meetings.

For those who have completed the survey, *Thank you for your feedback*, and your input will be compiled with all other responses.

For those who haven't participated in the survey, your feedback is valuable for any cultural changes to each cemetery.

Please scan the QR code at the bottom left or copy this link into your browser;

<https://www.surveymonkey.com/r/Z6RLHQH>

Submit your survey before **March 31, 2025**

For more information, contact **Kassandra Tiegs**, Manager, Lands, Estate and Membership at 613-625-2800 ext. 222 / mgr.lem@pikwakanagan.ca



Algonquins of Pikwakanagan
First Nation

SAVE THE DATE

ALGONQUINS OF PIKWAKANAGAN FIRST NATION

*3rd Annual
Round Dance*

SATURDAY, MARCH 15, 2025

News & Events:



Have
a Heart
Day

Join us in hosting our very own Have a Heart Day!

When: Tuesday February 11, 2025

Where: Makwa Community Centre
4:30 PM to 5:30 PM

Other details:

Come out and celebrate Have a Heart Day at the Makawa Centre, hosted by the community Jordan Principle Navigators, along with the children from the FACTS group! This special event is a chance for the community to show support for First Nations children and learn more about the resources and support the Jordan Principle Navigators can offer. Help us make a difference by creating and sending Valentine's Day cards to our Members of Parliament, reminding them that all children deserve safe, welcoming schools, clean water, and access to quality, culturally safe services. "Have a Heart, Show Your Support, Make a Difference!"

Join us for Storytelling Series

With Tasheena Sarazin

Storytelling is a powerful tool for navigating grief, trauma, and life's challenges. By connecting individuals to culture, identity, and the wisdom of ancestral teachings, storytelling fosters resilience, meaning-making, and a sense of belonging. Through shared narratives, it creates safe spaces for expression, normalizes grief, and promotes connection to the land and spirit. Join us to explore how stories can inspire personal and community healing.

Wednesday, January 29th

Thursday, February 20th, 27th

5:30 pm- 6:30 pm

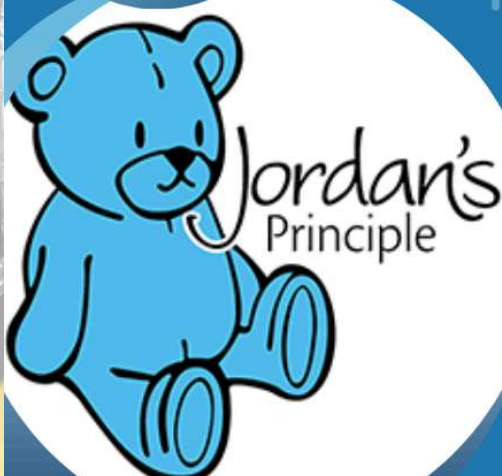
At the Health Centre (Round Room) or virtually (link on FB page)

Food & Refreshments included each session

Contact Katrina for more info

613-625-2259

Ensuring First Nations Children (0-17) Have Access to Educational, Social and Medical Supports



Examples of Supports Available

- Mental Health Counselling
- Educational Assistants
- Dental Care
- Psycho-Educational Assessments
- Medical Equipment
- Assistive Technology
- Respite Care
- Tutoring
- Land Based Activities

CONTACT US

Zach Levasseur- Health - 613-401-0821
jpnnav1@pikwakanagan.ca

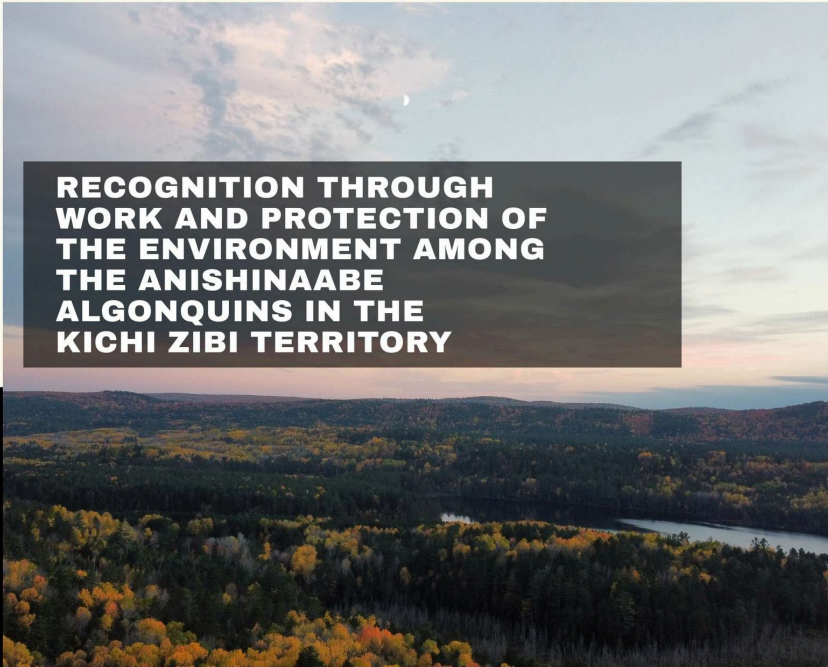
Pamela Scheel-Education- 613-401-2812
jpnnav2@pikwakanagan.ca

SHARE YOUR STORY



Open to members of Pikwakanagan (18+) who live and work near the Ottawa River (Kichi Zibi).

Share your stories about work, money, identity and the environment

A photograph of a landscape with a river, forest, and hills under a cloudy sky. A dark grey rectangular box is overlaid on the upper part of the image, containing white text.

**RECOGNITION THROUGH
WORK AND PROTECTION OF
THE ENVIRONMENT AMONG
THE ANISHINAABE
ALGONQUINS IN THE
KICHI ZIBI TERRITORY**



DETAILS

- \$250 per interview (about 90min)
- Can be done by phone or on Zoom, Teams, Google Meet
- Participation is anonymous

CONTACT

SARAH YANKOO

613 220 0552
Recognition@ifsolutions.ca



INDIGENOUS
FINANCIAL
SOLUTIONS



HARVARD UNIVERSITY

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.

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



**DRAW DATE :
MONDAY FEBRUARY 10,
2025**



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:

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.



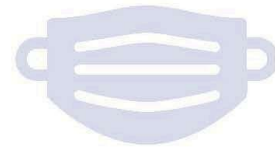
Keep your vaccinations up to date including getting your annual flu vaccine and any COVID-19 boosters/doses you are eligible for.



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.

Health Updates:



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 is:
613-689-0805.

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 requests 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



“CALL TO TENDER”

The following is a list duties that is required: For the Algonquins of Pikwakanagan First Nation, Assisted Living Care Facility (Tennisco Manor)

Scope of Work:	The contractor is to supply all necessary materials and labour required to perform the work noted below:
Remove the existing shower and turn the room into a wheelchair accessible shower (wet room) and accessible bathroom.	
Equipment and Material:	Responsibility of the contractor.
Duration of Contract:	1 month maximum
Tender Closing Date & Time:	Friday February 14, 2025 at 4:00 pm
Tender Submission Requirements:	A complete tender must include the following: • Tender Form completed in full; (see below) • Have experience in the work to be performed
Additional Requirements:	The successful bidder must provide, at their own expense: Personal Liability and Property Damage Insurance Certificate, WSIB clearance certificate upon signing of contract. Contractors must be willing to be flexible with hours for work around manor hours.
Companies:	If bidding as a company, all other individuals must meet the above requirements.
Contract Award:	The Algonquins of Pikwakanagan First Nation is not obligated to accept the lowest or any tender.
Site examination:	The bidder is encouraged to contact the person below to arrange for a site inspection of all work to be performed.
Tender Submission:	Submit “Tender” in a sealed envelope clearly marked: <i>“Tender for Work Orders – Tennisco Manor”</i>
Addressed to:	Peggy Dick, Supervisor, R.N. Homecare (613) 625-1230 Algonquins of Pikwakanagan First Nation, Assisted Living Care Facility 1657A Mishomis Inamo, Pikwakanagan, Ontario K0J 1X0

TENDER FOR _____”

AND ADDRESSED TO:

Algonquins of Pikwakanagan – Assisted Care Living Facility
P.O. Box 86
Pikwakanagan, Ontario
K0J 1X0

Attention: Peggy Dick, Supervisor R.N. Homecare

LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED.

.....

**My tender for _____” at Assisted Care Living Facility (Tennisco
Manor) is: \$ _____**

My tender for completing bathroom renovations, is: \$ _____

Name: _____

Signature: _____

Phone Number: _____

Date: _____

CALL TO TENDER



CATERING SERVICES NEEDED

March 5th & 6th at the Elder's Lodge

Scope of work:

- 2-day training for approximately 20-40 individuals
- We will provide exact numbers closer to the date
- Provide morning and afternoon refreshments during the breaks (coffee, tea, cold beverages, and snacks)
- Provide lunch both days of training
- Please include your cost and menu upon submission

**Please contact Katrina at the Health
Centre 613-625-2259 ext. 246**



Community Support Personnel Training opportunity

Training Opportunity

**We are seeking First Nation Members
to participate in this training opportunity**

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 the 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

How it works:

- Training will be offered in the community, here at Pikwakanagan. No registration fees
- Course will last 10 days starting February 22, 2025 at Bingo Hall
- An honourarium will be provided to all participants upon completion of the course

This course will result in future employment opportunities with Algonquins of Pikwakanagan as a Community Support Personnel.

Interested:

**Please contact AOPFN Human Resource Assistant
Kaitlin Commanda**

By email: hrrassistant@pikwakanagan.ca

by phone: 613-625-2800 Ext. 236

or stop in at the Administrative Office

1657A Mishomis Inamo, Pikwakanagan ON

Deadline to express interest: Friday February 14, 2025 at 12:00pm (Noon)

What you need to become a Community Support Personnel:

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

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

INDIGENOUS PROGRAM OPPORTUNITY

Community Relations Officer

**\$23.00/hour with approximately 100 hours and
compensation for travel when appropriate**

Deadline to Apply: Friday, February 28th at 4:30PM

Community relations officer (CRO's) are appointed in electoral districts (EDs) The CRO facilitates communication between the returning officer (RO) and/or additional assistant returning officer (AARO) office, thereby making voting as accessible as possible to that population.

The program aims to reduce barriers by:

- informing electors about the election process (e.g., registering to vote, getting to polling places, ways to vote, etc.)
- Creating a comfortable setting for electors
- having the CRO act as a liaison between the RO/AARO officer and Indigenous communities
- Ensuring that electors have the opportunity to fully participate in the electoral process.

The Role

A CRO who is appointed to liaise with electors in one of these communities may be asked to coordinate and provide special ballot voting support to electors on behalf of their RO/AARO officer.

Impartiality

The CRO must always provide information only, not offer opinions. they are **not** allowed to canvass for a political party or a candidate, or to try to influence electors. In addition they must:

- sign a solemn declaration before they begin work
- remain non-partisan throughout their duties
- agree to maintain the secrecy of the vote

Task

- Maintain contact between the RO office and Indigenous electors
- Assist in selecting and training coworkers
- Keep the OR updated on activities

Job Qualifications

- Building community relation
- Volunteering or working for an organization providing services to the group
- interacting with the target group in the Electoral Districts (ED)
- Providing outreach and community services

Assets

- Knowledge of the election process
- Knowledge of roles and responsibilities of election officer
- Bilingualism (English and French)
- Access to internet and Microsoft Office suite

Submit to:

Lands, Estate and Membership (LEM)
Algonquins of Pikwakanagan First Nation

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

Full Job Description please contact Kassandra Tiegs – Manager of LEM

mgr.lem@pikwakanagan.ca

Subject Line: Community Relations Officer

WE ARE HIRING

View our job postings on www.nigignibi.com

Family Wellness Supervisor (12 Month Contract)

The Family Wellness Supervisor will be responsible for overseeing and ensuring the delivery and day-to-day management of the Family Wellness services for members of Pikwakanagan through Nigig Nibi Ki-win Gamik. The Family Wellness Supervisor will be assigned duties that allocate, distribute, and oversee the work of Family Wellness workers; membership on committees internal and external, as may be required or as deemed appropriate and necessitated by the Family Wellness Manager.

Family Wellness Worker

The Family Wellness Worker is responsible for assisting with the delivery of the Family Wellness Program; The Family Wellness Worker is responsible to assist with the on-going development of the Family Wellness Program in collaboration with the Family Wellness Department with a mind to ensuring holistic healing aligned with Pikwakanagan's cultural values. This is a full-time position with evening and weekend work often required.

Family Wellness Program Assistant

The Family Wellness Program Assistant Provides a complete range of professional administrative duties, program support and assistance with program implementation to a team of people.

Please submit your cover letter and 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
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, Charleen	TenESCO	21 Oct 24	21 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
Foster, Dorothy	Benoit	07 Jan 25	07 June 25
Vickers, Victoria	Francois/Pesanawatch	07 Jan 25	07 June 25
Vickers, Kevin	Francois/Penanawatch	07 Jan 25	07 June 25
Leclare, Chad	Bernard/Partidge	07 Jan 25	07 June 25
Lafond, Andrea	Tenesco	17 Jan 25	17 June 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.algonquinsopikwakanagan.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



ENAJ MADINAMAGE MIDJM
The Sharing Place
Food Bank

HOURS

OPEN the second Thursday of each month, unless indicated

10 AM TO 12 PM

JANUARY 9	FEBRUARY 13	MARCH 13 (EASTER)
APRIL 10	MAY 8	JUNE 12
JULY 11	AUGUST 14	SEPTEMBER 11
OCTOBER 9 (THANKSGIVING)	NOVEMBER 13	DECEMBER 18 (XMAS)

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

LIBRARY HOURS

Tuesday: 12:00pm - 6:00pm

Wednesday: 10:00am - 12:00pm
2:00pm-7:00 pm

Thursday: 12:00pm - 7:00 pm

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

Computers are available for public use to access Government Sites & other Social Media Sites.

Estelle Amikons
613-625-2800
Ext: 244

FOR YOUR INFORMATION

CANADIAN POLICE RECORD CHECKS ARE REQUIRED FOR ANYONE WHO IS APPLYING FOR:

- MEMBERSHIP (APPLICANTS WHO ARE 18 YEARS OR OLDER)
- RESIDENCY (APPLICANTS WHO ARE 18 YEARS OR OLDER)

APPLICATIONS, LAWS, AND CODES ARE AVAILABLE ON OUR WEBSITE.

[HTTPS://WWW.ALGQUINSOPIKWAKANAGAN.COM/LAWS-AND-BY-LAWS/](https://www.algquinsopikwakanagan.com/laws-and-by-laws/)

HARD COPIES CAN BE REQUESTED FROM THE LANDS, ESTATES, AND MEMBERSHIP DEPARTMENT.

613-625-2800 | MGR.LEM@PIKWAKANAGAN.CA |
LAND.OFFICER@PIKWAKANAGAN.CA |
ASSISTANT.LEM@PIKWAKANAGAN.CA

NOTICE:
KILLALOE OPP RECORD CHECK APPLICATIONS ARE NOW ONLINE.

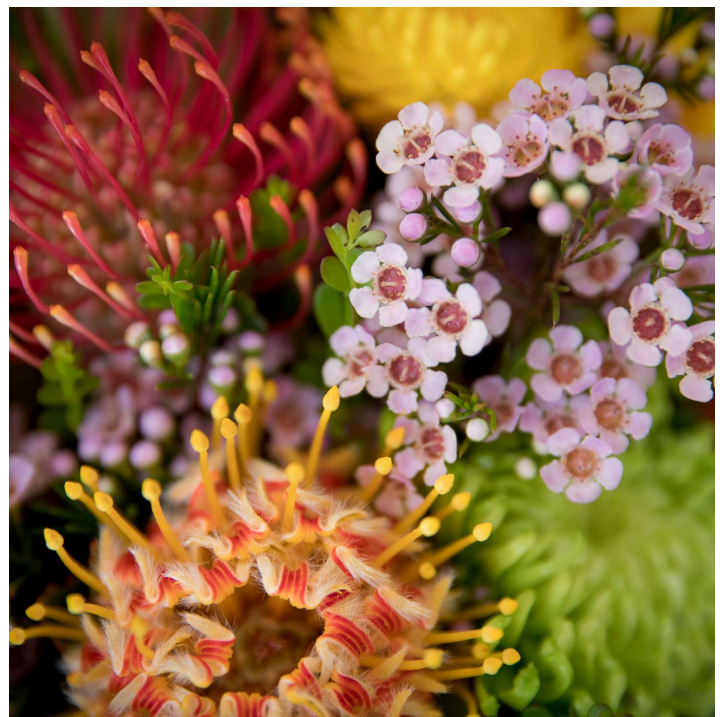
Waste Disposal Site

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