

Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD AKAKODJISH KIZIS 21ST, 2025 FRIDAY FEBRARY 21ST, 2025

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

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Chief and Council Update - February 21st, 2025

The Algonquins of Pikwakanagan First Nation was front and centre at this year's Heritage Day Celebration at City Hall in Ottawa. Chief Greg Sarazin stood on stage next to Ottawa's Mayor, Mark Sutcliffe on Tuesday to welcome everyone to unceded/unsurrendered Algonquin territory.

Chief Sarazin pointed out that the city of Ottawa is situated, at the historic meeting place of the Algonquin Nation where we have met other Nations for thousands of years. It is where the great river of the Algonquin Nation, the mighty Kichessippi is met by the Rideau River flowing in from the south, and the Gatineau River joining from the north.

Heritage Day is held each year to recognize the people and the efforts that preserve history. This year, special recognition went to Anishinabe

Odjibikan, which is our very own joint,
Pikwakanagan/Kitigan Zibbi First Nation
archaeological field school. As of the 2024
season, Anishinabe Odjibikan has worked on over
10 pre-contact archaeological sites within the
National Capital Region and beyond. They actively
work to rescue, protect, and preserve our Algonquin
archaeological heritage while fostering a sense of
responsibility and connection to the land. Pictured
here is Chief Greg Sarazin with Jennifer Tenasco
(Kitigan Zibbi) of Anishinabe Odjibikan, holding the
2025 Heritage Day Proclamation.





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.

AKAKWIDJÌSH-KÌZIS FEBRUARY 2025

	MÀNÌ-KÌJIGAD SATURDAY	_	ω	51	25	
	CHÌBAYÀTIGO- KÌJIGAD FRIDAY			Food Voucher Pick Up		Fishing Derby Registration 6:00-9:00
	ISHPINIGANIWAN THURSDAY			18 P	Storytelling series 5:30-6:30	Storytelling series 5:30-6:30
	SÒZEP-KÌJIGAD WEDNESDAY		40	Candle Making Workshop 5:30-7:30		26
	ÀNJENÌ-KÌJIGAD TUESDAY		Algonquin Language 5:30-7:30	Have a heart Day 4:30–5:30	18 Legal Clinic 4:30-6:00	25
	METISOWINÌ-KÌJID MONDAY		20	OI	Л	24
The second second	MANÀDJITÀGANIWAN SUNDAY		7	0	ঠ	23

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	10	POWER HOUR AT MAKWA 10AM-11AM LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	• HAVE A HEART DAY EVENT AT MAKWA DURING NIGG FACTS GROUP 4:30PM- 5:30PM EVENT WITH JORDAN'S PRINICPLE NAVIGATOR	CLASSES CANCELLED DUE TO WEATHER! LAST STRENGTH AND CONDITIONING CLASS WILL BE RESCHEDULED. DATE TBD.	4	15	Community Health Nurse Leah out of Office Feb 10th 14th Management Nurse Taylor out of office Feb 20th-March 3rd
91 0	17	• POWER HOUR AT MAKWA 10AM-11AM • LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM-2:15PM	19	WITH RESPECT TO THE RECENT LOSS IN THE COMMUNITY EXPROSES COMMUNITY EXPROSE TO	21	222	Please address any immediate concerns if you are a client before those above dates. For urgent concerns during the above dates, please contact Health
Algonquins of Pikwakanagan	24	25 MAKWA 10AM-11AM (TAYLOR AWAY, DARCE WILL BE THERE)	26	LOW IMPACT CHAIR EXERCISES AT MANOR 1:15PM. 2:15PM. TAYLOR AWAY, MANOR STAFF FACILITATING)	28	S. W. Coldson	Services 613-625- 2259 and you will be directed to the nurse who is covering!







STRENGTH AND CONDITIONING CLASS



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 beginnerfriendly and offers ways to exercise from standing or seated.







AY FEB 13TH. PLEASE KEEP AN EYE ON NEWSLETTER AND SERVICES FACEBOOK PAGE FOR A RESCHEDULED DATE!



EYE TIPS Earlier You Examine = Treatment = **Increased Prevention of Sight Loss**

What is Diabetic Retinopathy?

Diabetic retinopathy occurs when elevated sugar (glucose) levels in your blood cause the blood vessels in the eye to swell and leak fluid into the retina. New blood vessels may also grow causing

further damage. This screening should be done YEARLY if you have pre-diabetes or are diabetic.

Please contact Health Services at 613-625-2259 ext. 209 to speak with our Chronic Disease Management Nurse to to schedule your 15min appointment on our clinic day: Monday March 31st, 2025

The screening will be done by our Chronic Disease Management Nurse Taylor and Julie Harris from Anishinabek Nation.

While you wait for your appointment, there will be diabetes education provided in The Round Room of The Health Center!

A free take home lunch and eye care kit is provided to all who make an

appointment!

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

- · Music will be playing
- Water & snacks provided

warm space to walk during the cold winter!

- Nordic Poles available
- Step counters available
- · Nurse assistance for those needing extra support





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!

Blackbird **2** Medicines

Community Grief and Bereavement Workshops

Chrystal Toop of Blackbird Medicines will be hosting four community grief and bereavement workshops starting in April.

Chrystal is an "Indigenous storyteller, author and community educator" who "shares insights as a generational residential school survivor and Registered Social Services Worker".

The half day workshops will run from 10:00am - 2:00pm April 2nd, May 7th, June 4th, and July 2nd, at the Elder's Lodge. Topics will include grief and loss, deaths, legacy and rituals for remains, spirits and medicines, as well as crisis response and community practice.

Lunch and refreshments will be provided.

To register for any or all sessions contact Shelley at Tennisco Mannor before march 20th, 2025: 613-625-1230

SAVE THE DATE ALGONQUINS OF PIKWAKANAGAN FIRST NATION

3rd Annual Round Nance

SATURDAY, MARCH 15, 2025

RENFREW COUNTY **LEGAL CLINIC IS COMING HERE TO AOPFN!**

New Dates!

THINGS TO KNOW:

- Renfrew County Legal Clinic will be attending the Health Serices Building to offer free legal advice and support.
- No appiontment needed.
- First come, first serve basis.
- The hours will run from 4:30pm till 6:00pm.



RENFREW COUNTY LEGAL CLINIC

THE RENFREW COUNTY LEGAL CLINIC WILL BE HERE:

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

March 25, 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



MARCH BREAK MADNESS

DROP OFF EACH DAY

@ MAKWA 8:30 AM

PICK UP 4:30 PM

Children kindergarten to grade 8 March 10 - Games and Skating

March 11 - Mini Olympic Day

March 12 - Mini Carnival Day

March 13 - Art, Crafts & Movie Day

March 14 - Cultural Day

Registration is required we also ask that you please send a pair of indoor running shoes for your children. Please register your child using the link or by contacting Makwa staff 613-625-2682 or community.events@pikwakanagan.ca.

> Registration will close on Thursday March 6, 2025 @ 8pm

Pik Sports & Rec, Nigig Nibi Ki-win & Pik Health Services

Individual Counseling

Home and Community Care Services of Pikwakanagan will cover the cost of weekly counseling sessions for up to 10 members of the AOPFN community. These sessions will begin in April and be provided by staff from The Mashkiwizii Manido Foundation.

The team at Mashkiwizii Manido Foundation includes Elders, who offer individualized holistic services. Their culturally specific, trauma-informed counseling is "developed, implemented, and provided by Indigenous service providers" using their combination of lived experience and academia to help support clients and community in their healing journey."

Contact Shelley before March 20th, 2025



613-625-1230







INFORMATION SESSIONS





1PM to 2PM

For more information, visit: www.EnterpriseRenfrewCounty.com







Substance Use Recovery Meeting

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

Located at the Elder's Lodge



YOUTH ENTREPRENEURSHIP APPLICATIONS NOW OPEN

Summer Company 205

DEADLINE TO APPLY: MAY 16

For more information, visit: www.EnterpriseRenfrewCounty.com





21-23





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.

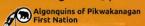
For those who haven't participated in the survey, your feedback is valuable for any cultural changes to each cemetery.

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



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, meaningmaking, 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 jpnavl@pikwakanagan.ca

Pamela Scheel-Education- 613-401-2812 jpnav2@pikwakanagan.ca



We are Hiring Indigenous Students for Summer 2025 Internships!

Dynamic. Innovative. Welcoming. This is CN.



Our rewarding internship roles are open to full-time students majoring in applicable fields who have recently graduated or have completed at least one year in their program of choice. It's time to start your incredible career journey with us. Let's go!

Want Interesting Career Choices? We Can Help With That

We employ vibrant talent in Information and Technology, Engineering, Marketing, Finance, Supply Chain Management and Law, among many other disciplines. We offer internships, co-op terms and full-time management training programs in Canada and the United States.



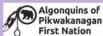
Upcoming Educational Online Event



2025 Virtual Forum

- Tuesday, February 25,
- 12:00 PM 5:00 PM **EST**
- Online





Living Well with Kidney Disease | Navigating the Kidney Journey

12:00 pm - 12:15 pm: Day 1 Welcome 12:15 pm - 1:15 pm: Cooking Demonstration With Anna Olson 1:15 pm - 2:45 pm; Understanding Treatment Options: What Treatment is Right for You

2:45 pm - 2:55 pm: Movement Break 2:55 pm - 3:55 pm Balancing Work While Living with Chronic Kidney Disease 3:55 pm - 4:55 pm: Managing Pain in Chronic Kidney Disease

4:55 pm - 5:05 pm: Day 1 Closing Remarks

12:00 pm - 12:05 pm: Day 2 Welcome 12:05 pm - 1:35 pm: Eating well with Kidney Disease

1:35 pm - 2:35 pm: Finding a Living Kidney Donor

2:35 pm - 2:40 pm: Movement Break 2:40 pm - 3:40 pm; Resilience Through Mindfulness

3:40 pm - 4:40 pm: Preventing Kidney Disease in Young Adults: Exploring the Impact of Mild Kidney Function Decline 4:40 pm - 4:50 pm Day 2 Closing



ELDERS LODGE

FRIDAY APRIL 11TH, 2025



11:00AM-2:00PM

This event has been rescheduled!

Come join Health Services in a workshop in collaboration with Ontario Health and The Anishinabek Nation to discover the importance of lung health, the impact of smoking, ways to maintain healthy lungs and smoking cessation. There will be education and resources available to take home, and lunch and beverages will be provided! Included in this workshop is also learning the traditional art of making liquid smudge. This interactive session will provide hands-on experience and cultural insights.

Workshop facilitated by Chochi Knott / Anishinabek Nation and Lisa Beedie / Ontario Health. To Register: Please contact our Chronic Disease Management nurse Taylor Reckzin or our Community Health Representative Melissa Pessendawatch at Health Services 613-625-2259





Ontario 🔊



Kidney Disease | Navigating the Kidney Journey" will be held on February 25 and 26, starting at 12:00 pm EST.

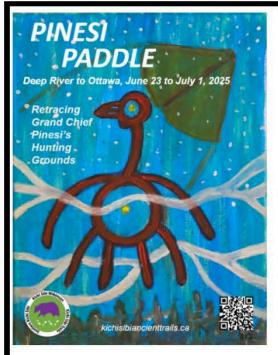
This engaging online event will feature expert-led sessions on kidney donation and transplantation, treatment modalities, symptom management strategies, and much more. Plus, don't miss a special cooking demonstration with celebrity baker Anna Olson, who will share tips for creating delicious, kidney-friendly recipes.

Whether you're a patient, caregiver, healthcare professional, or simply interested in learning more about kidney health, this forum offers valuable insights and opportunities to connect with others in the community.

Don't miss out—register today and be part of this inspiring event! Below is the tentative schedule. Please note that session times and titles are subject to change, and we encourage you to check for updates closer to the event date.

Please Visit: https://kidney.ca/Get-Involved/Be-a-Fundraiser/Events/all/2025-Virtual-Patient-Forum to register or contact our Chronic Disease Management Nurse Taylor at Health Services for assistance 613-625-2259 ext 209





Join Us for the 2025 Pinesi Paddle: A Journey of Connection and Reconciliation

Deep River to Ottawa: June 23 - July 1, 2025Following the ancient waterways of our ancestors along Kichi Sibi (Ottawa River).

We invite Indigenous paddlers, knowledge keepers, and community members to join us for this transformative journey honoring the legacy of Algonquin Grand Chief Pinesi and celebrating our enduring connection to these sacred waters.

Journey Highlights:

- Nine days of traditional paddling and cultural sharing
- Evening ceremonies and storytelling
- Traditional teachings along historical routes
- Grand arrival ceremony at New Edinburgh Park for Chief Pinesi Day celebrations

Ways to Participate:

- Join as a paddler for the full journey or selected segments
- Contribute as a knowledge keeper or cultural advisor
- Volunteer for ground support and logistics
- Share in community gatherings along the route

This journey is proudly hosted in partnership with:

- Kichi Sibi Trails
- Algonquins of Pikwakanagan First Nation
- New Edinburgh Community Alliance
- Crichton Community Council

To register or learn more about participation options, please see attached expression of interest form. https://shorturl.at/BwATX

Watch last year's documentary to experience the spirit of this meaningful journey. https://www.youtube.com/watch?v=NEI9MC4bRYE)

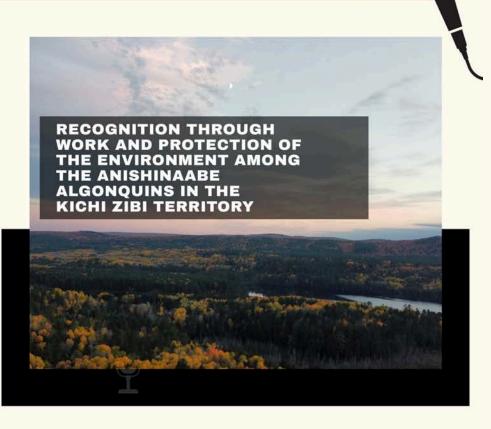
Here's the full itinerary: https://kichisibiancienttrails.ca/pinesi-paddle-2025-itinerary/

Together, we paddle in the spirit of reconciliation, cultural preservation, and community connection. <u>Kichi Sibi Trails</u>

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





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





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

RECACTIVATOR@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.

ABOUT RESPIRATORY ILLNESS

SYMPTOMS _____







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 maskless 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.



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



Cover your mouth and nose when you cough or sneeze.



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.

Respiratory syncytial

virus (RSV) infects the

lungs and airways. Infants,

young children and older

adults are more likely to

have severe infections.



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.



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
- hcc@pikwakanagan.ca



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
- A hcc@pikwakanagan.ca

Resource Numbers:





Addictions 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

VTAC:

1-844-727-6404

Telahealth

1-866-797-0000

Poison Control

1-800-268-9017

The Sharing Place Golden Lake (11185 Hwy 60)

613-639-1904

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





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 **MASKWATEAM?**

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

343-544-6810







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

CALL TO CALL TO

Catering services needed from 10:00am-2:00pm April 2nd, May 7th, and July 2nd at the Elders Lodge

Scope of work:

- Community Grief and Bereavement Workshops for approximately 20–40 individuals. (Exact numbers closer to event dates)
- Provide refreshments such as coffee, tea, and cold beverages.
- · Provide lunch for all four workshops
- · Include the total costs and menu for all four days.

Please contact Shelley at the Tennisco Manor before March 20th, 2025

(613-625-1230)

or email: dick0176@algonquinlive.com



AOPFN EMPLOYMENT OPPORTUNITY

Clerk Assistant

Department: Political Office

Supervisor: Political Manager

S20.00/hour 35 hour a week - Permanent Full-Time Deadline to Apply: Friday, March 7, 2025 at 4:30PM

Clerk assists the Manager of Political Operations in all matters pertaining to the clerical duties for the administrative functions within the Political Office; including managing correspondence, maintaining records, and providing general clerical support.

- Manage incoming and outgoing correspondence, distribute it to the relevant persons
- Managing travel-related tasks including booking flights, hotels, and other related arrangements
- Organize and maintain files and records, both electronic and physical, ensuring they are up-to-date and easily accessible
- Handle inquiries and requests from internal and external departments, providing accurate and timely information or directing them to the appropriate person.
- Maintain confidentiality of sensitive information and handle it with discretion.
- Cataloguing Items in Digital Database
- Managing invoices and following up on outstanding payments
- Maintain an organized filing system for documents, and other closed records management
- Update and maintain databases and contact lists.
- Assist with the preparation and distribution of newsletters, bulletins, and other communications materials.
- Ensure all administrative records and procedures are maintained in accordance with approved policies, guidelines, and directives.
- Monitor and maintain office supplies, placing orders as needed.
- Coordinate the maintenance and repair of office equipment.
- · Assist in the coordination of office events and functions.
- Ensure the office is always clean, organized, and presentable

REQUIREMENETS:

- Successful completion of post-secondary school education or equivalent OR
- Successful completion of secondary school education with a minimum of two years relevant experience in an office environment.

How to Apply

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

Submit to:

Human Resources Department Algonquins of Pikwakanagan First Nation 1657A Mishomis Inamo, Pikwakanagan, Ontario, KOJ 1XO

hr@pikwakanagan.ca

Subject Line: Clerk Assistant - Chief and Council

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

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, Perscriptions, 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

Executive Assisant

Department: Consultation

Supervisor: Guardian Program Coordinator

\$51,259.00/annual 35 hour a week - Permanent Full-Time

Deadline to Apply: Friday, March 7, 2025 at 4:30PM

The Executive Assistant is responsible for managing the NWGP administrative function, including visitors, inquiries, and financial administration. Ensures a pleasant general office environment and that the office is running effectively and efficiently according to the departmental and AOPFN organizational policies. The Executive Assistant works closely with and provides administrative support to the Project Coordinator (land base) and NWGP staff. The Executive Assistant supports the Project Coordinator (land base) for scoping NWGP participation in Consultation Projects and other as required to ensure the scoping process is followed through and completed in a timely, sensitive, and professional manner.

- Analyze incoming and outgoing memoranda, submissions, and reports; directs follow-up and maintains central filing.
- Develops and establishes policies, procedures, and routines to ensure information flows with Consultation,
 Administration and Chief and Council
- Ensures project files are maintained and updated on a regular basis
- Manage and oversee day to day operations including travel arrangements, Supervisor calendar and NWGP Program staff directories
- Assists Project Coordinator (land base) with following up on directions from Consultation Manager,
 Council and Executive Director
- · Assists with ensuring effective staffing of department
- Coordinates project management conferences with Guardians staff, Chief and Council, Executive Director and multi-disciplinarians as required to monitor and evaluate projects and to ensure legal responsibilities are met
- Promotes community awareness of projects and advocates community interests.
- Produce and maintain office forms and templates as required
- Reviewing process and policies related to NWGP participation in Projects

REQUIREMENETS:

- Post-Secondary Certificate/Diploma in Executive Administration or Office Administration preferably with experience in a related field/environment with 3 years experience OR
- A combination of a secondary school diploma with a minimum of three years' work experience in the office administration and/or related field, and
- Must meet physical and cognitive demands of the position: candidates may be required to
 undergo a pre-employment medical assessment or functional abilities medical evaluation to
 identify any limitations or restrictions, prevent and minimize health and safety risks and to
 demonstrate the level of the candidate's ability to travel to remote or isolated locations and
 perform work outdoors, in extreme weather during all seasons; physically demanding and
 moving, hiking long distances, packing heavy field equipment to remote sites; physically able to
 lift a minimum of 50lbs.
- Experience working with First Nation people/groups an asset.

How to Apply

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

Submit to:

Human Resources Department Algonquins of Pikwakanagan First Nation 1657A Mishomis Inamo, Pikwakanagan, Ontario, KOJ 1XO

hr@pikwakanagan.ca

Subject Line: Executive Assistant - Consultation

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

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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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 participates 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 1XO
Full Job Description please contact Kassandra Tiegs – Manager of LEM
mgr.lem@pikwakanagan.ca

Subject Line: Community Relations Officer



Position Title Sustainability Communications Coordinator

Team Theia Partners at Zibi
Position Location Ottawa, Ontario

Reports to Project Manager- Sustainability

Date May to Sept 2025

The Zibi team is looking for a Sustainability Communications Coordinator

Welcome to Zibi, a world-class sustainable community and redevelopment project. A place where people will live an exceptionally unique and balanced lifestyle combining the best of urbanity and healthy-living principles within a vibrant waterfront community. We are always looking for the best and brightest to join our thriving community and we are currently looking for a Sustainability Communications Coordinator who will be charged with developing content over multiple mediums that will encourage a sustainable lifestyle within the Zibi community and educate community members of the project's ambitious sustainability objectives, in addition to supporting the overall sustainability objectives of the project

Who are we?

Situated on the banks of the Ottawa River, Zibi is located on the unceded territory of the Algonquin Anishinaabe and in both the City of Ottawa and the City of Gatineau. Zibi is Canada's first One Planet Living endorsed project and boasts an ambitious sustainability framework.

Through this multi-phase development, we will transform the derelict land into a blend of residential housing types of low and high-rise condominium towers and townhomes, commercial and office space, unique waterfront plazas and outdoor squares, recreational facilities, and more. Truly one-of-a-kind, Zibi combines unparalleled views of the Ottawa River, Parliament Hill, Chaudière Falls, and downtown Ottawa and Gatineau skylines framed by a modern architectural design that still respects the heritage of the area. Zibi is where nature, culture, heritage and the joys of life culminate.

Dream, the developer of Zibi, is one of Canada's leading real estate companies with approximately \$14 billion of assets under management in North America and Europe. The scope of the business includes residential land development, condominium and mixed-use development, and commercial property ownership. Some of Dream's developments include the award-winning Canary District and the historic Distillery District in Toronto.

Theia Partners, a managing partner in the Zibi project, is a development agency that has health, wellness and sustainability at the very core of its DNA. They are passionate about creating communities in which living your happiest and healthiest life is hard-wired in. Where you get the chance to know your neighbours through smart design and where sustainability is carefully woven into the urban fabric.

Who are you?

There's a lot happening at Zibi, and it's happening fast. Are you passionate, dedicated, and excited to reshape the Capital? Do you love working with people? If so, read on. We want to hear from you.

You have experience in an outreach, education or advocacy driven position and have proven that you are not afraid to think outside the box to find the best approach to achieve results. You hold sustainability as a core value and use it as a lens in decision making in your life and work. You consider the bigger picture when focusing on new initiatives and you have strong interpersonal and communication skills.



We want to bring on someone who is eager to learn, work hard, and have fun. It is important to us that you are teamoriented and that people like collaborating with you. In other words, we want you to fit in here. This is an opportunity for you to take on responsibilities, build on your already strong skill set and help your team achieve its goals, all in a work environment that is fast-paced, dynamic and fun.

What will you do?

Below are some of the primary responsibilities you will be taking on in this role. There may be more, but we can discuss those in person.

- Work closely with our One Planet Ambassador to implement sustainability initiatives on site;
- Develop educational materials on topics such as: water, waste and energy management, wellness programming, connecting with nature and food, transportation network education, and development updates appropriate for multiple mediums;
- Help manage our online community forum (via Mighty Networks);
- Assist in event/workshop planning and delivery;
- Create marketing materials for community initiatives and events/workshops;
- Consult with Indigenous partners to develop programming and education related to the project and their community;
- Assist in meetings with the Resident Sustainability Committee;
- Assist with tours related to sustainability;
- Create surveys and obtain data on all initiatives to measure the success of One Planet Living programming, and. You may need to help out with other fun and exciting projects as required.

What type of experience and skills do you have?

These are only some of the things we'd like you to bring to the table. We can cover the rest when we meet.

- We hope you have some post-secondary education in or are studying Communications, Sustainability, Public Relations, Marketing, Education or Digital Media;
- A current understanding of sustainability issues;
- Proficiency on social media platforms, Microsoft products, video editing software;
- Experience creating captivating content and adapting it to various communication outlets (i.e., social media, newsletters, emails, posters);
- Willing to work some evenings and/or weekends when events are held;
- Be a self-starter who is able to work with minimum supervision;
- Bilingual in French and English, would be a bonus;
- Customer service experience or experience with event planning and coordination would be a bonus;
- Although preference will be given to Indigenous applicants, all qualified applicants are encouraged to apply.

How to Apply

Let us know why you'd be a great fit for the position by sending us a cover letter and your CV to OnePlanet@zibi.ca with the subject line "Sustainability Communications Coordinator".

Nigig Nibi Ki-win Gamik Society

WE ARE HIRING

View our job postings on www.nigignibi.com

Senior Finance Officer
Director of Service Delivery
Program Manager, Prevention Services
Client Care Manager
Family Wellness Supervisor
Crisis Support Worker
Family Wellness Program Assistant
Intake Worker

Send your resume to Amy Desrochers at employment@nigignibi.com







ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
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





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

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

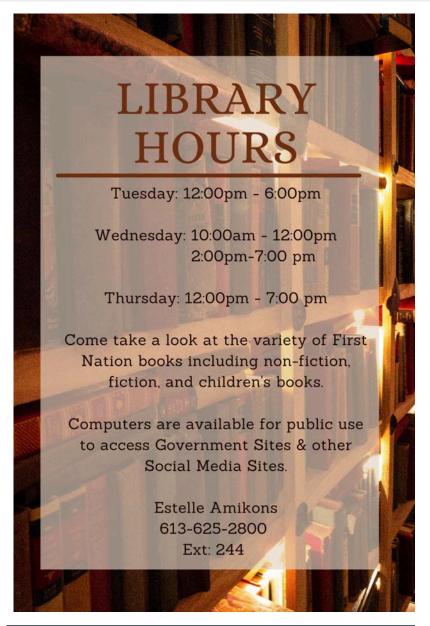
Thank you
Natalie Commanda, Pharmacy
Technician
Joseph Conway, Pharmacist

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



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.ALGQUINSOFPIKWAKANAGAN.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