



# Pikwakanagan Tibadjinowin

CHÌBAYÀTIGO-KÌJIGAD, ODEYIMIN-KÍZIS 19, 2026

FRIDAY, JUNE 19, 2026

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### Updates & Notices:

- Chief & Council Update
- Water Service Work Notice
- Honouring Fire Chief Sarazin

### News & Events:

- Accepting Regalia Donations
- Pow Wow Jam Sessions
- Where Dinosaurs Walk Update

### Health Updates:

- June Calendar
- Men's Health Month
- Cooking with Kokomis

### Employment Opportunities:

- Project Coordinator Land Based
- Home Care Registered Nurse
- Project Coordinator High Speed Rail

### Community & Resources:

- Round Lake New Boat Wash Station
- Seeking Youth Helpers
- Subscribe Today!

## Membership Notice

Fire Ban in effect:  
only 2x2 + propane  
fire pits only!

If you would like to have your septic tank pumped at your own expense. You will need to expose (dig up) your lids and refill the lids.

Contact Bonnie 613-625-2800 ext. 245 for more info

Elder's Meeting June 20, 2026 at 10AM  
Everyone is welcome!

The Landfill will be closed July 1 for Canada Day Holiday. CWM will still be providing curbside collections as regularly scheduled on Wednesday, July 1, 2026

## June is Indigenous History Month



# CHIEF & COUNCIL UPDATE

June 19th, 2026



The Algonquins of Pikwakanagan First Nation was honoured to participate in the installation ceremony of Canada's new Governor General as a special invited guest, marking an important occasion in the nation's history.



The ceremony brought together Indigenous leaders, government officials, dignitaries, and representatives from across Canada to witness the swearing-in of the country's new viceregal representative. The invitation extended to the Algonquins of Pikwakanagan First Nation reflects the growing recognition of First Nations' leadership and the importance of Indigenous voices in shaping Canada's future.

Chief Greg Sarazin attended the ceremony on behalf of the Algonquins of Pikwakanagan First Nation, representing the community during this significant national event. His participation highlighted the continued importance of Indigenous involvement in ceremonies of national significance and underscored the Nation's commitment to fostering respectful and meaningful relationships with all levels of government.

*"Events such as these provide important opportunities to strengthen relationships, acknowledge our shared history, and continue advancing the path toward reconciliation,"* said **Chief Greg Sarazin**.



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# *Algonquins of Pikwakanagan First Nation*

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## **PUBLIC NOTICE**

### **WATER SERVICE WORK June 15<sup>th</sup>, 2026 – July 3<sup>rd</sup>, 2026**

The Algonquins of Pikwakanagan First Nation is pleased to advise community members that water service connections to the new water treatment system will begin soon. The work will be carried out by ASCO Construction and is an important step in bringing the new water system online for homes throughout the community. The 14-day run test officially started on Monday, June 15<sup>th</sup> which is considered a major milestone in the project.

#### **Week of June 15<sup>th</sup>**

- BEI continues to chlorinate water main on Shingwak, Pow Wow Grounds/Pakwanagemag, landscaping, ditching, road repairs
- Harrington is installing meters on Kiwita
- Final commissioning of the Water Treatment Plant

#### **Week of June 22<sup>nd</sup>**

- BEI chlorination of Kiwita, Kagagimin water main, landscaping, ditching, road repairs
- Harrington installing meters on Kiwita, Wanakiwin and listed priority homes
- Final commission of the Water Treatment Plant, Health Canada testing

#### **Week of June 29<sup>th</sup>**

- BEI chlorination of Tranquility Bay, Kokomis and Majhigan, asphalt and final plant work
- Harrington installing meters
- Final cleaning of the Water Treatment Plant, plant fully operational, results of Health Canada testing and water connections to the homes on Chibekana and Ininatig south

1657A Mishòmis Inamo  
Pikwakanagan, Ontario K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332

## **WHAT TO EXPECT:**

- ASCO will distribute a 72-hour notice to homes that have accepted the new water service for entry to complete the installation of the new water service, disconnection and removal of existing well equipment. The notice will explain the date and time ASCO's partners will need to access your home.
- For private homeowners wanting to keep well equipment that they own, please leave a notice in your mechanical room and it will be left for you.
- Ensure that there is sufficient access to your existing well equipment for the work to be completed as your home will be skipped if there is limited access and will be completed last.
- The total time of work in your home will last between 2 and 8 hours. ASCO will then need to return to ensure there is no leak at the new connection line later that day.
- Once the service is turned on. You'll need to run all of your taps for 20 minutes.
- ASCO will return to your property 2-5 days later to complete the decommissioning of your well. Which will include removal of well tags, well lines and pump. The well will then be plugged and the casing cut off below the ground and backfilled.
- BEI will then return to the street and complete all road resurfacing, ditch and landscape work.

# BRIDGE CLOSURE



BRIDGE INSTALLATION AT

# KM43

ON LAKE TRAVERS RD, ALGONQUIN PARK



**CLOSED WITH LIMITED ACCESS  
JUNE 22 – 28, 2026**



Please plan ahead and allow extra travel time.



**FOR MORE INFORMATION CONTACT:**

Larissa, Field Administrative Coordinator  
Natural Resources Department



613-625-2800 ext 249



[fieldadmin@pikwakanagan.ca](mailto:fieldadmin@pikwakanagan.ca)



The Algonquins of Pikwakanagan First Nation is proud to celebrate Fire Chief Chris Sarazin following his receipt of the prestigious 30-Year Indigenous Fire Service Award Medal from the National Indigenous Fire Safety Council (NIFSC).

The award recognizes three decades of dedicated service to fire protection, emergency response, and community safety, and highlights Chief Sarazin's exceptional leadership and longstanding commitment to serving Indigenous communities. For more than 30 years, Chief Sarazin has served with distinction, demonstrating professionalism, courage, and an unwavering dedication to protecting the lives and property of community members. Throughout his career, he has played a critical role in strengthening emergency response capabilities, advancing fire prevention initiatives, and ensuring the Algonquins of Pikwakanagan First Nation remains prepared to respond effectively to emergencies. His leadership has helped build a strong and resilient fire service founded on public safety, training, and community education. Through his efforts, generations of community members have benefited from enhanced emergency preparedness and fire safety awareness.



“Chris has dedicated much of his life to serving and protecting our community,” said Dustin Logan, Manager of Public Works for the Algonquins of Pikwakanagan First Nation. “His leadership, experience, and commitment to public safety have had a lasting impact on our Nation. These honours reflect the respect he has earned from colleagues and communities across the country.”

The National Indigenous Fire Safety Council works to improve fire safety outcomes in Indigenous communities through advocacy, education, training, and collaboration. Receiving this national recognition is a testament not only to Chief Sarazin's years of service, but also to his ongoing commitment to advancing fire service excellence and supporting safer communities for future generations. The Algonquins of Pikwakanagan First Nation extends its sincere congratulations to Chief Sarazin on this remarkable achievement and thanks him for his decades of dedication, leadership, and service to the community. His legacy of commitment and professionalism continues to inspire those who serve alongside him and stands as a proud reflection of the values of service, responsibility, and community care.



## Regulatory Oversight Review – Community Update

Since 2022 AOPFN's Consultation Department has been providing a review of the evaluations of the **Regulatory Oversight Reviews (ROR)** of the Nuclear Facilities and Uranium Nuclear & Substance Processing Facilities (UNSPFs) operating within AOPFN's Territory.

- These facilities include Canadian Nuclear Laboratories (CNL) and Chalk River Labs (CRL), Nordion, BTL, SRBT and BWXT.

### **The ROR is a two-part process:**

- First, we can review the written documents provided from the CNSC and provide a **written submission** grading both the relationship between AOPFN and the CNSC, as well as AOPFN and the Nuclear facilities.
- The second part of the process is providing an **oral presentation in person** to the CNSC Commission. This presentation breaks down our written submission into smaller more focused areas of the relationship and engagement between all parties and AOPFN. It also allows the Commission members to ask questions and gain a better understanding of AOPFN's expectations for engagement with the Proponents.
- In this presentation we are able to explain the importance of incorporating traditional knowledge and values into everyday practices at these facilities, as well as the importance of engagement with our Algonquin Nation.

This year the ROR Commission Hearings took place the week of March 23-26, 2026, and members of the Consultation Department and Council traveled to Ottawa to attend and deliver our presentation to the Commission on March 25, 2026.

- Councillors Don Bilodeau and PJ Leroux delivered the presentation to the Commission and staff from the Nuclear Facilities and the UNSPFs.
- Staff from the Consultation Department with support from the Councillors, responded to questions from the Commissioners and provided recommendations for improved engagement.
- Overall, AOPFN's presentation went very well and we received good feedback from the CNSC on the delivery of our presentation.
- AOPFN will continue to provide reviews of the RORs in the coming years, and we are looking forward to continuing to improve our relationships with all UNSPFs and Nuclear Facilities in our traditional Algonquin Territory.

For more information or if you would like to view AOPFN's presentation, it is available on the CNSC website ([https://cnscc.isilive.ca/2026-03-24\\_26/2026-03-25-4M-floor.mp4](https://cnscc.isilive.ca/2026-03-24_26/2026-03-25-4M-floor.mp4)) or by contacting Britney Joudrey @613-625-4010 ext 300 or by email [projectco4@pikwakanagan.ca](mailto:projectco4@pikwakanagan.ca)





# Thank You

We want to say meegwetch everyone that attended our First High Tea Fundraiser this past Sunday.

We truly appreciated your company and hope you enjoyed the afternoon.

Huge Thank you to Cheryl , Sharon, Josey & Nancy for the food donations was delicious



Thank you,

*Estelle & Jen*

**NIGIG NIBI KI-WIN GAMIK**

# **NOW ACCEPTING REGALIA & RIBBON SKIRT DONATIONS**



**HAS YOUR REGALIA BEEN RESTING AND YOU DONT KNOW  
WHAT TO DO WITH IT? LET'S HONOUR IT TOGETHER BY  
BRINGING IT BACK INTO THE CIRCLE**

**We are seeking donations for Pikwakanagan families  
without regalia. All sizes and styles accepted.**

**Donations will be gifted to community families on and  
off the First Nation.**

**613-625-2173**

# **VIRTUAL**

## **Community Meeting Announcement**

**ALGONQUINS OF  
PIKWAKANAGAN  
RESIDENCY and  
SAFETY LAW**

The Lands, Estates & Membership Department will host three **virtual** meetings with Jay Herbert on **June 8, June 15, and June 22** to support community engagement on the Residency and Safety Law. Each session begins at 5:00 PM.

### **Virtual Community Meetings**

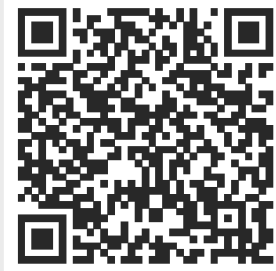
#### **– Residency Community Safety Law Zoom Links**

Topic: Virtual Community Meetings – Draft Residency Community Safety Law

Time: Jun 8, 2026 05:00 PM Eastern Time (US and Canada)

Location: Virtual Zoom Meeting. **(NO IN-PERSON MEETINGS)**

Scan Me or  
use the  
URL



**June 8, 2026 at 5:00PM-7:00PM**

<https://us02web.zoom.us/j/89563136762?pwd=f1vil8b5A8pzKJgfMiG6YnAQmJ1R5m.1>

**June 15, 2026 5:00PM- 7:00PM**

<https://us02web.zoom.us/j/89563136762?pwd=f1vil8b5A8pzKJgfMiG6YnAQmJ1R5m.1>

**June 22, 2026 5:00PM- 7:00PM**

<https://us02web.zoom.us/j/89563136762?pwd=f1vil8b5A8pzKJgfMiG6YnAQmJ1R5m.1>

Meeting ID: 895 6313 6762

Passcode: 014357

#### **Key Topics to Be Discussed:**

- Overview of the new Residency and Safety Law
- Presentation by Falls Law Group Firm Lawyer Jay Herbert
- Jay has practiced law in Muskoka for over a decade, with a focus on First Nation communities and clientele. Jay is a member of Rama First Nation and an elected trustee of the Coldwater Narrows Land Trust. He is also an accredited member of the National Aboriginal Trust Officers Association.
- How the law impacts residency and trespassing regulations
- The role of the Registrar and Appeal Board
- Prohibited activities and enforcement measures
- How the law supports community safety and well-being

#### **Why Join Us:**

- Get a clear look at the new law and what it means for everyone
- Share your voice and ask questions
- See how this law aims to protect our land, culture, and people

#### **Your voice matters!**

**We encourage all Members and Residents to attend virtually and participate in this important discussion.**

For more information, contact: Lands, Estates & Membership Office ☎ (613) 625-2800 Ext: [222]

✉ mgr.lem@pikwakanagan.ca

Let's work together to ensure the safety and prosperity of Pikwakanagan Territory!



# POW WOW JAM

**WEDNESDAYS**

**JUNE 17, 2026  
JULY 15, 2026  
JULY 29, 2026  
AUGUST 12, 2026**

**FROM 5:30PM - 7:30PM**

**@ THE POW  
WOW  
GROUNDS**

**A SPACE TO COME TOGETHER AND  
PRACTICE POW WOW DANCE**

**CHILDREN UNDER 11  
MUST BE ACCOMPANIED  
BY AN ADULT**






Cooking, creativity, self-care,  
friendships, and fun — come  
thrive and shine with us!

*Starting June 4 to June 25*

THURSDAY'S FROM 5PM to 8PM

 101 Kiwita Inamo, Pikwakanagan

*Please RSVP by emailing either*

[counsellor2.mhs@pikwakanagan.ca](mailto:counsellor2.mhs@pikwakanagan.ca)

OR

[brighter.futures@pikwakanagan.ca](mailto:brighter.futures@pikwakanagan.ca)



**NIGIG NIBI KI-WIN GAMIK**

# COMMUNITY DRUM NIGHT



**BI-WEEKLY STARTING JUNE 23, 2026  
5:30PM TO 7:30PM**

Join us Bi-weekly on Tuesdays for our new Community Drum Nights. All ages and genders are welcome. Come and learn to sing with the Big Drum, Hand Drums, or bring a craft of your own to enjoy some time with community.

## Program Highlights

- Big Drum and Hand Drums available for use.
- Space for community members to craft.
- Dinner Provided

**5:30PM to 7:30PM**

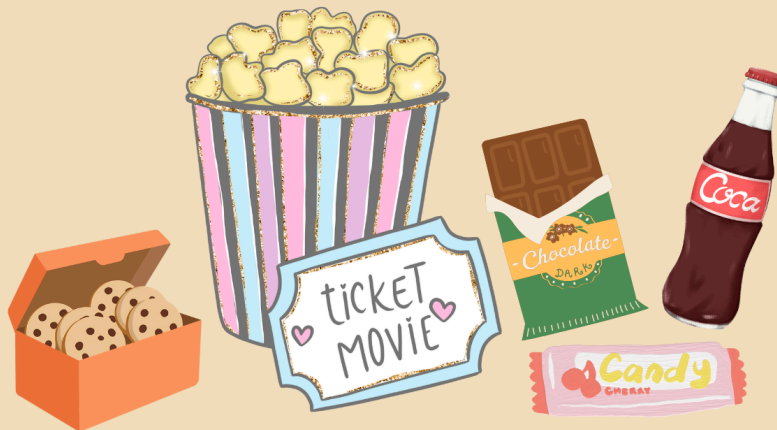
**@ THE GATHERING PLACE  
(FORMALLY THE BINGO HALL)**



**EVERYONE  
IS  
WELCOME**

**FOR MORE INFORMATION EMAIL : [RAIRD@NIGIGNIBI.COM](mailto:RAIRD@NIGIGNIBI.COM)**

# MOVIE NIGHT THRIVE & SHINE



June 25<sup>th</sup>, 2026 From 5PM-7PM  
**101 Kiwita**

Come join us for our last night of Thrive & Shine Girl's Group  
for a movie night and snacks before summer starts!

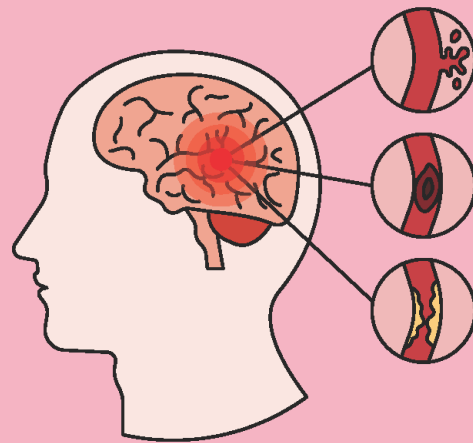
**MUST BE REGISTERED**



[brighter.futures@pikwakanagan.ca](mailto:brighter.futures@pikwakanagan.ca)  
[counsellor2.mhs@pikwakanagan.ca](mailto:counsellor2.mhs@pikwakanagan.ca)

# LUNCH AND LEARN: Recognizing Stroke and Supporting Recovery

June is Stroke Awareness Month, and we are pleased to host an important educational session with the Pembroke Regional Hospital Stroke Team.



- Friday, June 26<sup>th</sup>
- Elders Lodge
- 11:00am-1:00pm
- Free lunch and beverages

## You will learn:

- Risk factors for stroke
- Signs and symptoms to watch for
- What to do if someone is having a stroke
- How to support recovery after a stroke



Call Taylor, Chronic Disease  
Management Nurse  
at 613-625-2259 ext 232 to  
register



**Algonquins of  
Pikwakanagan  
First Nation**



Hôpital Régional de  
**Pembroke**  
Regional Hospital

# **Where Dinosaurs come to Life**

**Pick up date for tickets  
June 25 2026**

**Where: Health Center  
Time: 8:30am to 12:00pm -  
1:00pm to 4:30pm  
If need to be drop off call  
613-625-2259**

# Where Dinosaurs come to Life

Jurassic Kingdom is a must-see family edutainment attraction – an exciting and educational Jurassic walk-through experience designed for visitors of all ages.

Featuring over 50 impressive life-sized animatronic dinosaurs, the event brings the prehistoric world to life. Each dinosaur includes robotic moving parts such as moving heads, breathing bodies, swaying arms and tails, blinking eyes and jaws that open wide with realistic roaring sound effects – creating a truly immersive walk-through adventure.

**Location: Wesley Clover Parks**

**Date: June 26<sup>th</sup> 2026**

**Time: TBD**



## Registration is Required

Email: [navigator.mhs@pikwakanagan.ca](mailto:navigator.mhs@pikwakanagan.ca)

OR

Call: 613-625-2259

101 KIWITA  
**WELLNESS HUB**  
PRESENTS

**ONE-  
ON-ONE  
WITH KAREN  
LABRECHE**

**9-12PM**

**MAY 1**

**MAY 29**

**JUNE 26**

**JULY 31**

To sign up for your session contact  
Chrystal at 613-401-0821  
or  
email  
[opioidcoord.mhs@pikwakanagan.ca](mailto:opioidcoord.mhs@pikwakanagan.ca)

# Linguistic Camp 2026

At the Brazeau's



## Teachings & Workshops

- Anicinapemowin
- Traditional medicine
- Anicinape legends and values
- Anicinape ways of being and doing
  - Net fishing
- Traditional cooking
  - Crafts
  - Theater



Camping des Pins (Parc La Vérendrye)



June 22 to 28, 2026



18-35 years old



To register

ONDINNÖK





Nothing to do this summer? **BUMMER!**  
*COME JOIN US FOR THE...*

# SUMMER UNLOCKED PROGRAM

For youth from ages **12-15**

**Summer Unlocked** encourages young people to try new things, discover their strengths, and enjoy a summer full of growth, connection, and fun!

**Please register with Kenzie by June 29th**

✉ [counsellor2.mhs@pikwakanagan.ca](mailto:counsellor2.mhs@pikwakanagan.ca)

☎ 613-625-2259 ex. 246



**Algonquins of Pikwakanagan  
First Nation**  
COMMUNICATIONS

## **Community Engagement Session #1**

**Monday June 29, 2026**

**5:30pm - 8:00pm**

**at the Makwa Center**

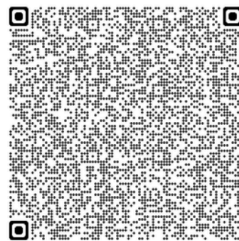
### **Topic**

**Eastern Bridge Project**

*(new bridge to connect Ottawa with Gatineau)*

### **Agenda**

- \* **5:30 pm** - Opening prayer, feast & attendance sheet for prize draw
- \* **6-8 pm** - Presentation by Public Services and Procurement Canada (PSPC), questions from the community and a prize draw at the end.



Scan the QR code above to access the meeting virtually and for more information, please contact Michelle Galoni at [coordinator.projects@pikwakanagan.ca](mailto:coordinator.projects@pikwakanagan.ca) or Andre Carle at [projectco2@pikwakanagan.ca](mailto:projectco2@pikwakanagan.ca)



# THE WHEELIE SQUAD

WEEKLY PROGRAM

STARTING MONDAY  
JUNE 29  
4:30-5:30PM


Please note:  
This is not a learning to  
ride program.  
You must be comfortable  
riding alongside others  
and traffic.

CHILDREN MUST BE  
SUPERVISED BY  
AN ADULT

PLEASE LET US  
KNOW IF YOU  
REQUIRE HELMETS  
OR BICYCLES

OPEN TO ALL AOPFN  
MEMEBERS OR THOSE  
AFFILIATED

RIDE, CONNECT,  
BELONG



The Wheelie Squad is a community based  
bicycle (Tidibáwebishkádjigan) club centered  
on connection, movement, and inclusivity.

For questions or to register email:  
[preventionprograms@nigignibi.com](mailto:preventionprograms@nigignibi.com)  
or call 613-625-2173



**Algonquins of Pikwakanagan  
First Nation**  
COMMUNICATIONS

## **Highway 17 Expansion Project**

AOPFN is planning its own information session in mid-July, so that members can hear about the project and ask questions in an AOPFN-focused setting.

The date for the AOPFN session in July will be shared once confirmed and for more information, please contact David Kohoko at [projectco10@pikwakanagan.ca](mailto:projectco10@pikwakanagan.ca).

STAY TUNED



**32ND ANNUAL  
GRADUATION  
CEREMONY**

**CLASS OF 2026**

**HONOURING**

**ALL GRADUATES OF  
ALGONQUINS OF  
PIKWAKANAGAN FIRST  
NATION**

**THURSDAY, JULY 2 2026 | 07 PM**

**MAKWA COMMUNITY CENTRE  
83 KAGAGIMIN INAMO  
PIKWAKANAGAN ON KOJ 1X0**

# Moose Hide Camp

**July 14<sup>th</sup> & 15<sup>th</sup>, 2026**  
**Behind Bingo Hall**  
**469 Kokomis Inamo**

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: TUES, JULY 14 - 10AM START**

Boil brains and/or solution and tan the hide and go harvest rotten wood. Soak the hide overnight and do round 2 of softening.  
**6PM END**

**Day 2: WED, JULY 15 - 10AM START**

Soak the hide, apply solution, start round 3 of softening, may require additional softening and sew up the hide to do a final smoke.

**5PM END**

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

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



# YOUTH AND ADULTS ART SERIES

Ages 14-25

**KILBY FARMS  
12127 HIGHWAY 60**

Join us for a 4 week summer art project  
where you will explore different art styles,  
build creative skills, and create  
your own final masterpiece.

Week 1 Monday July 6th: Pastel 11:00 AM – 3:00 PM

Week 2 Monday July 13<sup>th</sup> Acrylic Monday 11:00 AM – 3:00 PM

Week 3 Monday July 20th: Charcoal 11:00 AM – 3:00 PM

Week 4 Monday July 27th:  
Masterpiece 9:00 AM – 3:00 PM

**Facilitated by Connor Sarazin**



Registration is required and can be done via email  
[preventionprograms@nigignibi.com](mailto:preventionprograms@nigignibi.com)  
or calling 613-625-2173





## Indigenous Early Learning & Child Care Bursary for Early Childhood Education Students

### Annual Bursary Award 2026

The Anishinabek Nation's Labour Market Development Department is pleased to announce the first annual **Indigenous Early Learning & Child Care Bursary for Early Childhood Education Students**. Four students attending an accredited post-secondary institution studying Early Childhood Education will be selected to receive \$5,000.

#### Applicant requirements:

- Applicant must be a registered member of one of the 39 Anishinabek First Nations.
- Applicant must be a registered full-time student at an accredited post-secondary institution studying Early Childhood Education.
- Applicant must have a minimum grade point average of 2.0

#### Submission requirements:

- A short biography about yourself including a description of academic achievements and future career aspirations;
- A support letter from your Program Advisor/Teacher/Counsellor or Department Director;
- A copy of your transcript of your current 2025-2026 grades;
- A copy of your status card;
- Contact information to include your mailing address, email address and phone number.

#### Submit your application to:

##### Email (preferred):

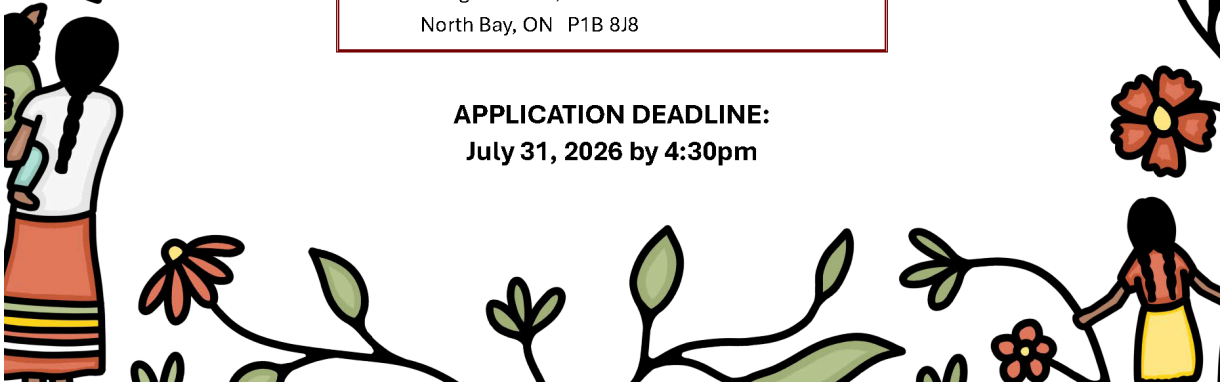
Carolyn Doxtator, ELCC Coordinator  
[carolyn.doxtator@anishinabek.ca](mailto:carolyn.doxtator@anishinabek.ca)

##### or mail to:

Anishinabek Nation  
Attention: Carolyn Doxtator, ELCC Coordinator  
1 Migizi Miikan, PO Box 711  
North Bay, ON P1B 8J8

#### APPLICATION DEADLINE:

July 31, 2026 by 4:30pm





# ANISHINABEK NATION

## Indigenous Early Learning & Child Care Bursary Award

### APPLICATION

Name:		
First Nation:		
Status Card #:		<i>Attach copy</i>
Telephone #:		
Email Address:		
Mailing Address:		
Name of Institution:		<i>Attach most recent transcripts &amp; verification letter from school</i>

#### Submission checklist

Transcripts (most current)	
Copy of status card	
Contact Information	
Letter of Support	
Short Biography (1 page maximum)	

Application deadline is **July 31, 2026 at 4:30pm**

Successful applicants will be notified by August 21, 2026.

**Please note: only those who are awarded will be contacted**



SAVE THE DATE

The Algonquins of  
Pikwàkanagàn First Nation

37th Traditional  
POW WOW  
August 15 & 16, 2026

Host Drum - Whitetail Cree  
Co-Host - Spirit Wolf  
Traditional Drum - Kitchipirini

All Welcome  
**FREE ADMISSION**  
Donations are graciously accepted

Pikwàkanagàn First Nation  
2km off Hwy 60 at Golden Lake, ON



**CIRQUE DU SOLEIL  
LUZIA**

**Bus Trip**

Date: Oct 16/26

Time: 8:30am

Location Pick Up: Tennisco  
Manor

You must call to register for your seat. Spots are limited, so book right away. When U register tell them you are from Pikwakanagan

No wheelchair or walker  
accessibility

Contact: Eco Centre 613-628-  
2354

# COMMUNITY HEALTH JUNE '26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>June is:</b></p> <ul style="list-style-type: none"> <li>Stroke Awareness Month</li> <li>Canadian Men's Health Month</li> </ul>	1	2	3	4	5	6
	8	9	10	11	12	13
7	15	16	17	18	19	20
<p><b>INDIGENOUS PEOPLE</b></p> <p>14</p>	<p>Closed</p>	<p>Strong and Steady @ Makwa 10am</p> <p>Play Group 10am-1:30am at 101 Kiwita</p>	<p>Dr. Ni in clinic - Nephrology Appointments</p> <p>Strong and Steady @ Makwa 10am</p>	<p>Foot Care Clinic</p>	<p>Staff at Community Garden every Friday Morning 9am-12pm Come and Join us!</p> <p><b>Garden</b></p>	<p>National Health and Fitness Day</p>
<p><b>HAPPY FATHER'S DAY</b></p> <p>21</p>	22	23	24	25	26	27
28	29	30				
	<p>Strong and Steady @ Makwa 10am</p> <p>Play Group 10am-1:30am at 101 Kiwita</p>	<p>Heart Screening Day with The Ottawa Heart Institute (Apt only)</p> <p>See flyer for details</p>	<p>Foot Care Clinic</p>	<p>Lunch and Learn with The Pembroke Regional Hospital : Recognizing Stroke &amp; Supporting Recovery</p> <p>The Elders' Lodge</p> <p>11am-1pm</p> <p>Call Taylor at Health Services to register 613-625-2259</p>		<p>Stroke</p>



# STROKE CANADA


## WHAT is a STROKE?

A **STROKE** is a sudden loss of brain function caused by a sudden brain blood vessel blockage (ischemic stroke) or rupture (hemorrhagic stroke). Ischemic stroke is the most common type of stroke.

Stroke can happen at any age, so **know the signs** and **know what it looks like**.

## WHO is AFFECTED?

ABOUT  
**878,500** CANADIAN ADULTS  
AGED 20+ HAVE EXPERIENCED A STROKE 2017-2018<sup>1</sup>  
OR  
 **438,700**  **439,800**

  
**1/4** OF CANADIANS LIVING WITH STROKE ARE UNDER AGE 65

STROKE RISK RISES RAPIDLY AFTER AGE **55**  


## WHAT are the RISKS?



**HIGH BLOOD PRESSURE** IS THE STRONGEST RISK FACTOR FOR A STROKE.

**OTHER RISK FACTORS** include **smoking, obesity, diabetes, high blood cholesterol, atrial fibrillation (afib), a sedentary lifestyle and diet low in fruits and vegetables.**

## HOW to REDUCE THE RISKS?



KEEP BLOOD PRESSURE UNDER CONTROL



BE PHYSICALLY ACTIVE



EAT A HEALTHY DIET



QUIT SMOKING



**EVERY MINUTE COUNTS** in a **STROKE EMERGENCY!**

*Survival and full recovery are possible if one acts... FAST*

**39%** OF CANADIANS DID NOT KNOW ANY **FAST SIGNS** OF STROKE\*

Learn the signs of stroke

**F**ace is it drooping?

**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

## LEARN MORE ABOUT STROKE

To learn more about stroke, **VISIT Stroke In Canada**  
**GET DATA Canadian Chronic Disease Surveillance System**  
**CONSULT Heart and Stroke Foundation and Stroke Care**

SOURCES: <sup>1</sup> Public Health Agency of Canada, using Canadian Chronic Disease Surveillance System data file contributed by provinces and territories, as of February 2021 (data up to 2017-2018). Data from Nunavut and the Northwest Territories were not available for 2017-2018. \* The Heart and Stroke Foundation's Signs of Stroke poll was conducted by Evocative Research Group. A total of 5,900 Canadians age 18 and over were surveyed by telephone in December 2021. A survey of this magnitude yields results that are accurate to within plus or minus 1.8 points, 19 times out of 20.

ACKNOWLEDGEMENTS: This work was made possible through collaboration between the Public Health Agency of Canada (PHAC) and all Canadian provincial and territorial governments, and expert contribution from the CCSV Stroke Working Group, and members of the Heart and Stroke Foundation Stroke Quality Advisory Committee. This infographic was developed by PHAC, no endorsement by the provinces and territories should be inferred.


© Heart and Stroke Foundation of Canada, 2022 | \*The heart and / or on the heart and / or followed by another heart or words are trademarks of the Heart and Stroke Foundation of Canada.

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1M 

**One Million Canadian Hearts**  
*Un million de cœurs canadiens*

**Free screening** for adults 18+ with no known heart issues.  
*Dépistage gratuit* pour les 18 ans et plus sans problèmes  
cardiaques connus.

 **Health Services, Pikwakanagan**  
1643 Mishomis Inamo  
Pikwakanagan, ON K0J 1X0

**Your risk factor screening includes:**  
*Compris dans le dépistage :*

- |  |  |
|--|--|
|  Brief assessment<br><i>Brève évaluation</i>                              |  Rapid blood test<br><i>Analyses sanguines rapides</i>                |
|  Blood pressure check<br><i>Vérification de la tension<br/>artérielle</i> |  Results + recommendations<br><i>Résultats et<br/>recommandations</i> |

**If you are 50+ you may also receive two additional tests:**  
*Autres tests possibles pour les 50 ans et plus :*


- |  |  |
|--|--|
|  ECG<br><i>Électrocardiographie (ECG)</i> |  Mini heart ultrasound<br><i>Échocardiographie<br/>simplifiée</i> |
|--|--|

**Book your appointment today!**  
*Prenez rendez-vous dès aujourd'hui!*

**By appointment only. No walk-ins.**  
*Rendez-vous obligatoire.*



<https://survey.ottawaheart.ca/index.php?r=survey/index&sid=285891&lang=en>

 613-625-2259

 1m@ottawaheart.ca

## The Canadian Migraine Tracker: a Keep It Simple approach to the headache diary. June is Migraine Awareness Month

You want to master your migraines? Consider using a headache diary.


This key tool will help you monitor your attacks and the results of treatments. It will also make your communication with your health care provider more effective. A few key concepts about the Canadian Migraine tracker:

- It has been designed based on input from Canadian patients and headache specialists.
- At any time, you decide what to track. Symptoms, triggers, medications, you want it all? Great. You want frequency only? You got it.
- No reminders, no intrusions, no long list of items to enter. A simple App.
- The App offers three options to communicate with your doctor: Print, Email or...yes, Fax (truth is many clinics still use this).
- Simple graphics will provide your doctor with a summary of your headache frequency and severity.
- A detailed calendar view allows an in-depth analysis of the month.
- The Canadian Headache Society will promote this diary to physicians around the country, so they know how to use it and understand your results.

If you suffer from Cluster Headache (or any headache with multiple attacks per day), this App may not be ideal, but we're thinking about a special Cluster version. Stay tuned!

The Canadian Headache Society wants to help you deal with migraine. We invite you to try the Canadian Migraine Tracker. Show the results to your health care provider.

### Legend

- 1 A red circle is a severe migraine
- 2 A yellow circle is a moderate migraine
- 3 A green circle is a mild migraine
- 4 A grey circle is a migraine free day
-  A pill icon means an acute medication intake  
The letter below the pill icon indicates the medication result. 'S' for Success, 'P' for Partial Relief, 'F' for Failure, 'R' for Recurrence. Please note that 'E' (Side Effects) will only show if no acute medication result is available.
- 23 A pink square indicates the menstrual cycle.
- 27 A purple circle indicates the current day.





01

**Eat Healthy.**

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

**Get Moving.**

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

**Make Prevention a Priority.**

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

*"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)*

**100%**

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

**1 in 2**

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

**1994**

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

**88.9**

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

**ONLINE RESOURCES**

**Men's Health Month**  
[MensHealthMonth.org](http://MensHealthMonth.org)

**Men's Health Network**  
[MensHealthNetwork.org](http://MensHealthNetwork.org)

**Get It Checked**  
[GetItChecked.com](http://GetItChecked.com)

**Talking About Men's Health Blog**  
[TalkingAboutMensHealth.com](http://TalkingAboutMensHealth.com)

**Men's Health Resource Center**  
[MensHealthResourceCenter.com](http://MensHealthResourceCenter.com)



**AWARENESS. PREVENTION. EDUCATION. FAMILY.**

# Celebrate Men's Health Throughout the Year

**Visit the Men's Health Resource Center:**

[www.MensHealthResourceCenter.org](http://www.MensHealthResourceCenter.org)

**Develop a Wear Blue program where you work, pray, or play:**

[www.WearBlueForMen.com](http://www.WearBlueForMen.com)

**Follow the latest men's health news at**

**Talking About Men's Health:**

[www.TalkingAboutMensHealth.com](http://www.TalkingAboutMensHealth.com)

**Learn about Men's Health Month, view Governor/Mayor proclamations, and more:**

[www.MensHealthMonth.org](http://www.MensHealthMonth.org)

**Find free flyers, brochures, and more in the Men's Health Library:**

[www.MensHealthLibrary.com](http://www.MensHealthLibrary.com)

**You can purchase brochures, door hangers, and books:**

[www.mhnstore.com](http://www.mhnstore.com)

**Learn about prostate health and Prostate Cancer Awareness Month:**

[www.ProstateHealthGuide.com](http://www.ProstateHealthGuide.com)

**Learn about Testicular Cancer Awareness Month:**

[www.TesticularCancerAwarenessMonth.com](http://www.TesticularCancerAwarenessMonth.com)

**Subscribe to the MHN YouTube channel:**

[www.youtube.com/mhnmedia](http://www.youtube.com/mhnmedia)

**Visit Men's Health Network:**

[www.MensHealthNetwork.org](http://www.MensHealthNetwork.org)

**Subscribe to the Healthy E-Male newsletter:**

[www.healthyemale.com](http://www.healthyemale.com)

**To learn about the Fathers Connection:**

[www.FathersConnection.org](http://www.FathersConnection.org)

*For more information about the Fathers Connection and/or men's health program opportunities, call or email:*

202-543-6461 x 101

[info@menshealthnetwork.org](mailto:info@menshealthnetwork.org)



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MensHealthMonth



**Follow us On Twitter**



MensHealthMonth

**THANKS FOR YOUR SUPPORT!**

Ages 11+



## cooking with kokomis

**Facilitated by Michele Whiteduck**

Join us for a cooking program where participants will learn how to prepare meals, build kitchen skills, and gain confidence through cooking together!

**Ages 11+**

Week 1: Monday June 29th- 2pm to 4:30pm @ Kilby

Week 2: Wednesday July 8th- 2pm to 4:30pm @ Kilby

Week 3: Wednesday July 15th- 2pm to 4:30pm @ Kilby

Week 4: Wednesday July 22nd- 2pm to 4:30pm @ Kilby

Week 5: Wednesday July 29th- 5pm to 6pm at @ Makwa

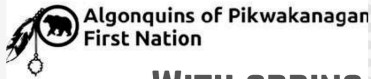
(assisting with community dinner)

### What to Expect?

- Learn new recipes each week
- Build skills in meal planning and food preparation
- Work together in a supportive, hands-on environment
- Gain confidence in the kitchen
- Community Involvement

*"Together, everything tastes better"*

To register please email [preventionprograms@nigigibi.com](mailto:preventionprograms@nigigibi.com) or call 613-625-2173



## WITH SPRING IN FULL SWING, IT'S IMPORTANT TO MAKE SURE YOUR OUTDOOR SPACES ARE SAFE AND ACCESSIBLE SO YOU CAN CONTINUE ENJOYING TIME OUTSIDE WHILE AGING IN PLACE.

This helpful checklist is here to support a safer, more comfortable outdoor space.

- I check the weather forecast and any seasonal hazards before going outside.
- I dress for current and changing weather, including proper footwear and layers.
- I bring essential items such as water, snacks, medications, a phone, and emergency identification.
- I tell a family member, neighbour, or community contact where I am going and when I expect to return.
- Walkways, pathways, and entrances are stable, slip-resistant, and free of obstacles.
- Steps, ramps, and uneven terrain have sturdy handrails or visible markings.
- I use mobility aids or support when needed for safety and stability.
- Outdoor areas have seating available for rest when needed.
- I have a phone, whistle, or wearable alert device to call for help if needed.
- I know my key community services, emergency contacts, and where to get support.
- I carry important health information and medications in a waterproof bag when outdoors.
- I understand local wildlife and environmental risks, including insects and uneven terrain.
- Outdoor tools and equipment are easy to handle and stored safely.
- Outdoor areas have enough lighting or visibility support for early morning or evening use.
- I regularly check outdoor areas for hazards such as ice, loose rocks, or fallen branches.
- I review this checklist regularly and stay informed through community workshops or programs.



### FOR MORE INFORMATION CONTACT

Peggy Dick, Home and  
Community Care Supervisor  
[supervisor.hc.pikwakanagan.ca](mailto:supervisor.hc.pikwakanagan.ca)

Shelley Dick, Dementia Care  
and Aging in Place RN  
[dementia.hc@pikwakanagan.ca](mailto:dementia.hc@pikwakanagan.ca)

or by phone: 613-625-1230

## Protect Yourself, Children and Pets from Animal Bites

**There are several preventable animal bites that happens each year in Pikwakanagan.** Always use caution around animals:

- Do not approach a dog or a cat you don't know give them space.
- Do not pet stray cats and dogs.
- Always keep your dogs on a leash while outdoors and check on them.
- In Ontario it's recommended that you vaccinate your pets (cats/dogs) with rabies vaccine.
- Your pets can get rabies from a dead animal and can potentially transmit rabies, but the risk is limited and depends on the virus's survival in tissues and environmental conditions.
- Rabies is a viral disease that primarily spreads through the saliva or nervous tissue of infected animals, usually via bites or scratches.

**Rabies in pets, particularly dogs, can manifest through various signs, including:**

- Aggressive or irritable not normal behavior.
- excessive drooling, difficulty swallowing.
- behavioral changes i.e. biting or growling.
- withdrawn or hiding.
- paralysis (hind legs).
- staggering, difficulty maintaining balance.
- Cats do show the same signs but more noticeable they can become increasingly restless or the opposite, lethargic.



**If you are bitten by an animal:**

- Clean your wound immediately with soap and running water for 15 minutes.
- Gather the pet owner's contact information and if the animal is up to date with its rabies vaccine.
- Try and remember what the animal looks like.
- Visit your local hospital or health care provider to discuss treatment immediately.
- Please inform the CHR at Health Services for quarantining and monitoring of the animal for rabies.

# TICK-BORNE ILLNESSES

## Ticks in Renfrew County

### Ticks of Concern

There are 43 different species of found in Ontario.

An infected Black-Legged Tick (Deer tick) can spread: Anaplasmosis, Lyme Disease, Babesiosis, Powassan Virus Disease

Other ticks that can spread disease include the American Dog Tick, Groundhog Tick, Rocky Mountain Wood Tick, Squirrel Tick and Lone Star Tick.

### Tick Surveillance Program

Health Services participates in a tick surveillance program with Trudy Stanfield, Regional Zoonotics Manager at First Nations and Inuit Health Branch

 Female Adult-stage Blacklegged or Deer tick (*Ixodes scapularis*)



## How can I protect myself?

### Prevent Tick Bites

Before going to places where ticks are found:

- Wear closed-toe shoes
- Tuck shirt into pants and pants into socks
- Wear light colour and long sleeved coats and pants
- Apply insect repellent containing DEET or Icaridin

While outdoors:

- Walk on cleared paths or trails
- Keep children and pets from wandering off paths
- Avoid using trails created by animals as ticks are more likely to be found on these trails

When returning indoors:

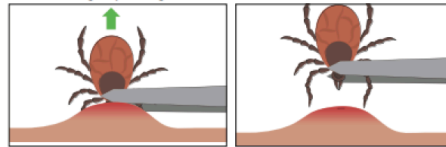
- Do a full-body tick check and shower to wash off ticks
- If ticks are on your clothes, wash clothes in hot water and dry with high heat (ticks can survive cold-warm wash cycle)
- Check your pets for ticks

## I have a tick!

### Tick Removal

Remove the attached tick ASAP. Use clean, fine-point tweezers to grasp the head as close to the skin as possible, and pull straight out. Try not to twist or squeeze the tick. If the mouthparts break off and remain in the skin, remove them with tweezers.

Do not remove the tick by burning it or smothering it. This can cause the tick to release its stomach contents, which can increase your chance of infection.



### Next Steps

Bring the tick to Melissa, Community Health Representative for submission to the Tick Surveillance Program. Speak with the Family Health Team or Jessica, Community Health Nurse for medical advice as soon as possible. Antibiotics may be needed if the tick with attached for longer than 24 hours and if it was removed within the past 72 hours.

Monitor yourself for symptoms of Lyme Disease for the next 30 days: bulls-eye rash, fatigue, muscle aches, headache, fever, stiff neck, and decreased appetite. See the Family Health Team if this occurs.

### Reduce Ticks Around Your home

Ticks are often found near areas with tress, shrubs, grass, wood piles and piles of leaves.

They don't survive long in dry, sunny areas.

Mow your lawn to keep grass short, remove brush, prune trees and shrubs, and place patios, decks, and children's play equipment in sunny areas.

## Community Health

Melissa Pessendawatch, Community Health Representative

Jessica Schwan, Community Health Nurse

613-625-2259  
chr@pikwakanagan.ca  
chn@pikwakanagan.ca



# AOPFN EMPLOYMENT OPPORTUNITY

## Project Coordinator – Land Based Programs & Projects

**Department: Consultation**

**Supervisor: Manager, Consultation**

**35 hr/week - Fulltime - 1 yr Contract - Possibility of Permanency**

**\$51,122 - \$58,686 annually/ Based on Experience & Education**

**Deadline to Apply: Friday, June 26<sup>th</sup>, 2026 at 4:00PM**

The Project Coordinator will be responsible for the Algonquins of Pikwakanagan First Nation's project management of land based programs and projects as assigned, overseeing and monitoring project functions, reporting, and budgeting. The Project Coordinator will manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned projects that will include researching, planning, budgeting, and documenting all aspects of the work projects; will be responsible for supervision of delegated staff.

### **DUTIES AND RESPONSIBILITIES:**

#### **Project Delivery**

- Support overall assigned projects including and not limited to:
- Project cost, scope, time management and the associated reporting, benchmarking and scheduling of the activities to meet project objectives;
- Developing agendas, maintaining meeting records and supporting community engagement.
- Manage implementation of the working group projects;
- Development and implementation of funding agreements;

**For full Job Description please email [hr@pikwakanagan.ca](mailto:hr@pikwakanagan.ca)**

### **REQUIREMENTS:**

- Post-secondary degree/diploma related to environmental studies, business administration or public administration with a minimum of 1 year work experience in a related field, OR
- A combination of a secondary school diploma with a minimum of 3 years' work experience in the environmental field and/or related field.

#### **Working Conditions**

- This field position requires working extensively under isolated conditions on the territory. The working conditions are rugged terrain and under sometimes extreme weather conditions that can change rapidly.

#### **Physical Requirements**

- The Guardian position is physically demanding, and will include travel in rough weather, hiking long distances on the territory, and moving and/or packing heavy field equipment to remote sites. Applicants must be in good physical health to carry out the job effectively without injury and physically able to lift a minimum of 50lbs..

### 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 1X0

hr@pikwakanagan.ca

### Subject Line: Project Coordinator – Land Based Programs & Projects

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:

- Pension Plan
  - (Permanent EE only)
- Starting at 10 Paid Sick Days
- 4% Vacation
- Holiday Shutdown
- 14 Provincial and Federal Statutory Holidays
- Health Spending Account (Dental, Vision, Prescriptions, etc.)
- Milestone Recognitions & Rewards
- Half days on Fridays prior to holiday Mondays
  - (Conditions Apply)

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

## Home Care Registered Nurse

**Department: Tennesco Manor**

**Supervisor: Tennesco Manor Supervisor**

**\$38.46 - \$42.45 per hr - Based on Education & Experience**

**28 hrs per week/ 4 days a week**

**June, 2026 - March 31, 2028**

**Deadline to Apply: Friday, June 26, 2026 at 4:00PM**

The Home Care Nurse will focus on dementia care and "Aging in Place" services and supports working with First Nation patients and caregivers. The delivery of a culturally safe and program will be in partnership with the community based multidisciplinary care teams dedicated to meeting client goals.

### **DUTIES AND RESPONSIBILITIES:**

**1.Client Assessments, Care Coordination, Referrals – Focusing on Dementia and "Aging in Place".**

- Promote and provide culturally safe services.
- Provides a screening programs to identify early onset of dementia and/or identified needs.
- Assist to develop and advance dementia and "Aging in Place" strategies.
- Assists clients and families with individualized support services (one on one support, case management)

**For full Job Description please email [hr@pikwakanagan.ca](mailto:hr@pikwakanagan.ca)**

### **REQUIREMENTS:**

- Bachelor of Science/Baccalaureate in Nursing and/or Registered Nurse Diploma
- Current membership and in good standing with the College of Nurses
- Current certification of registration with Registered Nurses Association of Ontario
- Experience working with Indigenous population.
- Experience working with in a community setting.
- Additional training considered an asset: variety of Assessments.

### **CONDITIONS OF EMPLOYMENT:**

- Proof of registration with RNAO, provided annually.
- Proof of memberships with CNO, provided annually.
- An acceptable Vulnerable Sector check.
- Valid First Aid, CPR, AED, Health & Safety Worker certification
- Cultural Awareness and Competency Training
- Workplace Violence and Harassment Training to be completed within 90 days of employment and other required training.

### 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 1X0

hr@pikwakanagan.ca

### Subject Line: Home Care Registered Nurse

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:

- Pension Plan
  - (Permanent EE only)
- Paid Sick Days
- 4% Vacation
- Holiday Shutdown
  - (Conditions Apply)
- 14 Provincial and Federal Statutory Holidays
- Health Spending Account (Dental, Vision, Prescriptions, etc.)
- Milestone Recognitions & Rewards
- Half days on Fridays prior to holiday Mondays
  - (Conditions Apply)

We are committed to achieving employment equity and developing a highly capable workforce that is representative of Canadian Society. We therefore encourage women, Indigenous peoples, persons with disabilities, and members of visible minority groups to apply and declare themselves as part of one or more of the above mentioned Employment Equity Designated Groups.

AOPFN is also committed to developing inclusive, barrier-free selection processes and work environments. If contacted in relation to a job opportunity or testing, you should advise the recruitment representative in a timely fashion of the accommodation measures which must be taken to enable you to be assessed in a fair and equitable manner. Information received relating to accommodation measures will be addressed confidentially.



# AOPFN EMPLOYMENT OPPORTUNITY

## Project Coordinator (High Speed Rail Project)

**Department: Consultation**

**Supervisor: Project Operations Manager**

**35 hr/week - Fulltime - 1 Yr Contract - Possibility of Permanency**

**Salary Range: \$51,122.00 - \$56,429.00 annually/**

**Based on Experience & Education**

**Deadline to Apply: Friday, June 26<sup>th</sup>, 2026 at 4:00PM**

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

### **DUTIES AND RESPONSIBILITIES:**

#### **1. Project Delivery**

- Support overall assigned projects including and not limited to:
- Project cost, scope, time management and the associated reporting, benchmarking and scheduling of the activities to meet project objectives;
- Developing agendas, maintaining meeting records and supporting community engagement
- Manage implementation of the working group projects;
- Development and implementation of funding agreements;
- Effectively communicating project progress to working group members, employees, colleagues, and stakeholders in a timely and clear manner;
- Developing requests for proposals (RFP) for any projects requiring contracted specialists;
- Evaluation of the RFP bids;
- Tracking project established milestones and deliverables of projects;
- Obtaining bi-weekly status reports from contracted specialists or others involved in projects;
- Engaging with appropriate contractors or resources of the parties to provide technical assistance;

**For full Job Description please email [hr@pikwakanagan.ca](mailto:hr@pikwakanagan.ca)**

### **REQUIREMENTS:**

- Post-secondary degree/diploma related to business administration or public administration with a minimum of one (1) year work experience in a related field, OR
- A combination of a secondary school diploma with a minimum of three years' work experience in a related field

### How to Apply

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

### Submit to:

Human Resources Department  
Algonquins of Pikwakanagan First Nation  
1657A Mishomis Inamo, Pikwakanagan, Ontario, KOJ 1X0

hr@pikwakanagan.ca

### Subject Line: Project Project Coordinator (High Speed Rail Project)

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:

- Pension Plan
  - (Permanent EE only)
- Paid Sick Days
- 4% Vacation
- Holiday Shutdown
  - (Conditions Apply)
- 14 Provincial and Federal Statutory Holidays
- Health Spending Account (Dental, Vision, Prescriptions, etc.)
- Milestone Recognitions & Rewards
- Half days on Fridays prior to holiday Mondays
  - (Conditions Apply)

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

## Operator in Charge (OIC)

**Department: Public Works - Water Treatment Plant**

**Supervisor: Public Works Manager**

**\$59,841.60 - \$66,053.93 annually**

**1 yr Fixed Term - Possibility of Permanency - 35 hrs/ week**

**Deadline to Apply: Ongoing until position is filled**

The Operator-In-Charge (OIC) is responsible for the safe, compliant, and efficient daily operation of the water treatment plant. The OIC monitors treatment systems, manages SCADA operations, adjusts chemical levels, and performs maintenance to ensure water quality meets regulatory standards.

As the highest-certified operator, the OIC provides direction to staff, ensures regulatory compliance, serves as the primary contact for environmental agencies, and leads response efforts during operational issues or emergencies to support the reliable delivery of safe drinking water.

### **DUTIES AND RESPONSIBILITIES:**

#### **1. Service Delivery**

- Operate computerized control systems (SCADA) to regulate water filtration, treatment, and distribution.
- Collect and test water samples for bacterial, chemical, and physical quality, adjusting treatment processes accordingly.
- Measure, mix, and feed treatment chemicals such as chlorine, fluoride, and ammonia.
- Perform and support service delivery activities, including maintenance, operation, and repairs related to water mains and hydrants.
- Respond to and manage emergency situations or equipment malfunctions.

**For full Job Description please email [hr@pikwakanagan.ca](mailto:hr@pikwakanagan.ca)**

### **REQUIREMENTS:**

- **Certification:** Valid, advanced-level water treatment operator certification (e.g., Level I or II) in compliance with local regulatory requirements (e.g., OWWCO certification in Ontario).
- **Education:** High school diploma required; post-secondary education in environmental science, engineering technology, or a related field is considered an asset.
- **Skills:** Strong knowledge of water treatment processes, SCADA systems, chemistry, and troubleshooting.
- **Physical Ability:** Ability to lift heavy objects (often 50+ lbs) and work in challenging, noisy, or outdoor environments.
- **Communication:** Effective written and verbal communication for reporting and dealing with public inquiries.

### 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 1X0

hr@pikwakanagan.ca

### Subject Line: Operator in Charge (OIC)

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.

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- Half days on Fridays prior to holiday Mondays
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# AOPFN EMPLOYMENT OPPORTUNITY

## Personal Support Worker & Health Care Aide

**Department: Health Services**

**Supervisor: Client Care Coordinator**

**PSW: \$22.63 hourly + wage enhancement as applicable/ Casual**

**Deadline to Apply: Ongoing until positions are filled.**

The PSW and HCA assists clients in a variety of ways with daily routines such as meal preparation, housekeeping, laundry, medical services, and more, while promoting their well-being and sense of belonging through supportive interaction. They are required to maintain strict confidentiality to protect clients' privacy and are expected to build and maintain positive relationships with agencies, Indigenous organizations, and business partners associated with the AOPFN.

### **DUTIES AND RESPONSIBILITIES:**

- Completes client data sheets and other documents required for reports and performance indicators.
- Recognizes, reports and records safety, health risks and security needs for clients.
- Reports incidents and completes reports as required.
- Contacts next of kin or families if required of client's condition or needs.
- Arranges client's health appointments when required.
- Recognizes, reports and records safety, health risks and security needs for clients.
- Assists with personal care.
- Meal preparation planning, preparing and sanitizing
- Housekeeping maintaining bedroom, common areas and etc.

For full Job Description please email [hr@pikwakanagan.ca](mailto:hr@pikwakanagan.ca)

### **REQUIREMENTS:**

- Demonstrated good written communication skills.
- Possess certification as a Personal Support Worker (asset)
- OR Health Care Aid with at least one (1) year of experience in working with seniors or providing personal care.

### **CONDITIONS OF EMPLOYMENT:**

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

### How to Apply

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

### Submit to:

Human Resources Department  
Algonquins of Pikwakanagan First Nation  
1657A Mishomis Inamo, Pikwakanagan, Ontario, KOJ 1X0

hr@pikwakanagan.ca

### Subject Line: Personal Support Worker or Health Care Aide

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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### What Algonquins of Pikwakanagan First Nation Offers:

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  - (Permanent EE only)
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  - (Conditions Apply)
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  - (Conditions Apply)

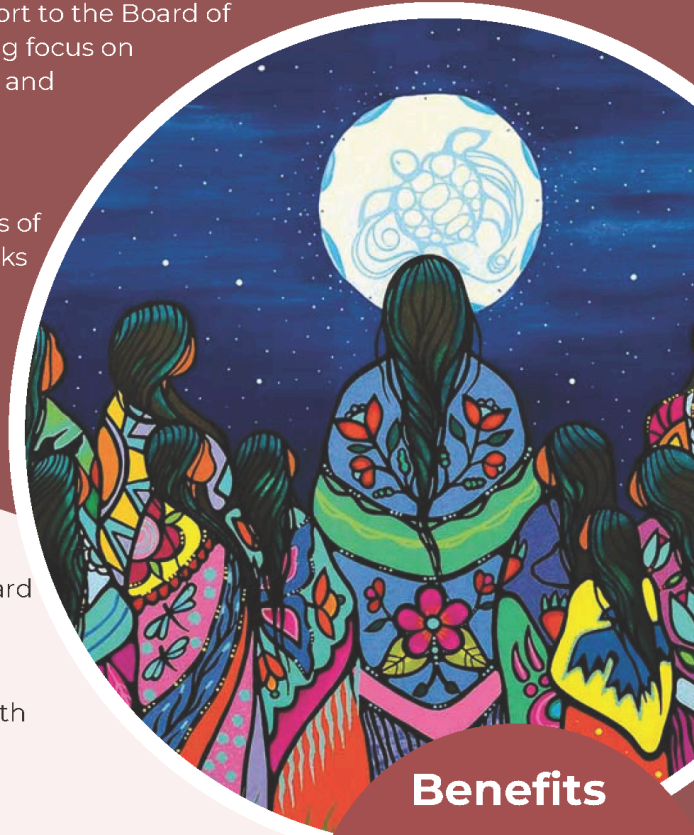
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AOPFN is also committed to developing inclusive, barrier-free selection processes and work environments. If contacted in relation to a job opportunity or testing, you should advise the recruitment representative in a timely fashion of the accommodation measures which must be taken to enable you to be assessed in a fair and equitable manner. Information received relating to accommodation measures will be addressed confidentially.

# Governance and Board Liaison

Nigig Nibi-Ki-win Gamik is seeking a highly organized, diplomatic, and trusted professional to join our team as Governance and Board Liaison. This role supports the integrity and day-to-day coordination of governance processes while helping maintain respectful and effective communication between Nigig and the Algonquins of Pikwakanagan First Nation. The Governance and Board Liaison provides administrative and governance support to the Board of Directors and leadership, with a strong focus on documentation, scheduling, records, and follow-through.

The Governance and Board Liaison delivers high-level administrative support to the governance operations of Nigig Nibi Ki-win Gamik. The role works directly with the Executive Director, Nigig's Board of Directors, as well as having regular engagement with Algonquins of Pikwakanagan First Nation.



## Position Details:

- Diploma or degree in Business Administration, Governance or Board Administration, Indigenous Governance or related field.
- 3-5 Years of experience working with Board Governance or Senior Leadership
- High level of diplomacy and discretion, including strict adherence to organizational confidentiality protocols.
- Strong organizational and documentation skills.

**Scan here for more information:**



## Benefits

- Competitive Salary
- Benefits & Pension Plan
- Paid Sick, Vacation & Special Leave
- 14 Statutory Holidays



# **AOPFN Limited Partnership**

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## **Call To Tender**

### **Potentia Lawn Care Services AOPFN Limited Partnership**

AOPFN Limited Partnership is tendering lawn care services for 2 properties.

**Scope of Work:** The AOPFN Limited Partnership has partnered with Potentia Renewables Inc. on a BESS facility that is currently under construction. For this project, Potentia is currently managing 2 properties located at 112 Dobbie (4.748 acres) and 208 Dobbie Rd. (2.48 acres) in the Township of Edwardsburgh Cardinal. Potentia is looking for an AOPFN member-owned business to perform ground maintenance for both properties including lawn mowing, weed wacking, and yard cleanup / removal of fallen branches and yard waste.

**Equipment & Materials:** The successful business is responsible for providing all equipment needed to complete the services described above.

**Contract Duration:** For the remainder of the current season, with the possibility of extension.

**Tender Closing Date & Time:** July 3, 2026, at 12pm

**Requirements:** The successful bidder must provide, at their own expense upon signing of the contract, the following:

- WSIB
- Basic Insurance Coverage (i.e. general liability)

**Contract Award:** AOPFN Limited Partnership is not required to accept the lowest bid or any particular tender.

**Tender Submission:** Submit Tender to Grant Summers at [procurement.officer@pikwakanagan.ca](mailto:procurement.officer@pikwakanagan.ca) or in person within business hours at the AOPFN Limited Partnership office located at 469 Kokomis Inamo, Unit 3, Pikwakanagan in a sealed envelope dated and marked "Tender for Potentia Lawn Care Services".



# AOPFN Limited Partnership

## “CALL TO TENDER” Brushing laneway of 12348 Hwy 60

**Scope of work:** Removal and clean up of rocks, trees, brush, debris etc. 8 feet back on each side of the laneway from the highway to the house.

**Tender closes:** Noon June 22nd, 2026.  
Contract to be completed by July 31<sup>st</sup>, 2026.

**Submitted tender must include:**  
Completed tender form (below)  
If successful, you must supply the materials and supplies needed to complete the scope of work above.

**Contract Award:** The AOPFN Limited Partnership is not obligated to accept the lowest or any tender.

Please email Karen Brethour, Executive Assistant at the AOPFN Limited Partnership office (ea.lp@pikwakanagan.ca) or call/text Karen 613-717-4222 to arrange a site inspection to familiarize yourself with the work that needs to be completed.

**Successful bidder** must provide a valid WSIB clearance certificate as well as Property Damage and Personal Liability Insurance Certificate.

**Submission of tender:** Submit a sealed envelope, clearly marked, “Brushing Tender – Attn: Karen” and drop off to the Limited Partnership office 469 Kokomis Inamo, Unit 3 between 9 & 12 or 1 & 3 Monday to Friday.

.....

[AOPFN LP 2026 Tender for brushing 12348 Hwy 60 laneway](#)

I \_\_\_\_\_ have completed site inspections, read the tender requirements and am hereby submitting my tender as \$ \_\_\_\_\_ per month.

Date: \_\_\_\_\_ Contact #: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_



# AOPFN Limited Partnership

## “CALL TO TENDER” Community Beach laneway 942 Ininatig Inamo

**Scope of work:** Supply, spread and compact Pit A or Quarry A gravel to fill all pot holes on above noted laneway from the road in to and around the beach area. Tender must state which gravel will be used - Pit A or Quarry A

**Tender closes:** Noon June 22nd, 2026  
Contract to be completed by July 17<sup>th</sup>, 2026.

**Submitted tender must include:**  
Completed tender form (below)  
If successful, you must supply the materials and supplies needed to complete the scope of work as outlined above.

**Contract Award:** The AOPFN Limited Partnership is not obligated to accept the lowest or any tender.

Please email Karen Brethour, Executive Assistant at the AOPFN Limited Partnership office (ea.lp@pikwakanagan.ca) or call/text Karen 613-717-4222 to arrange a site inspection to familiarize yourself with the work that needs to be completed.

Successful bidder must provide a valid WSIB clearance certificate as well as Property Damage and Personal Liability Insurance Certificate.

**Submission of tender:** Submit a sealed envelope, clearly marked, “Beach Tender – Attn: Karen” and drop off to the Limited Partnership office 469 Kokomis Inamo, Unit 3 between 9 & 12 or 1 & 3 Monday to Friday.

.....  
[AOPFN LP 2026 Tender for graveling laneway into and around Community Beach 942 Ininatig Inamo](#)

I \_\_\_\_\_ have completed site inspections, read the tender requirements and am hereby submitting my tender as \$ \_\_\_\_\_ per month.





Date: \_\_\_\_\_ Contact #: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

# BUILDING IN 4 DIRECTIONS


## GREEN BUILDING TRAINING

### PROGRAM HIGHLIGHTS

-  FREE 5-day hands-on training
-  All tools, materials and trainers provided
-  No travel required - we come to you!
-  Training offered coast to coast



### TRAINING TOPICS

-  Safe Tool Use
-  Insulation and Air Sealing
-  Moisture and Mould Prevention
-  Solar Energy
-  Basics of Plumbing & Electrical

**BUILDING  
IN A GOOD WAY**  
A Keepers of the Circle Initiative



### Connect with Us

 [building@keepersofthecircle.com](mailto:building@keepersofthecircle.com)

 (365) 655 - 6355





**BUILDING  
IN A GOOD WAY**  
A Keepers of the Circle Initiative

# BUILDING IN 4 DIRECTIONS GREEN BUILDING TRAINING



## PROGRAM HIGHLIGHTS

- 🔩 5-day training free of cost to participate
- 🔩 Tools, materials and trainers provided
- 🔩 We travel and train in your community
- 🔩 Training offered coast to coast

## TRAINING DETAILS

- 🔩 Safe Tool Use
- 🔩 Insulation & Air Sealing
- 🔩 Moisture & Mould Prevention
- 🔩 Solar Energy
- 🔩 Basics of Plumbing & Electrical



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(365) 655 - 6355



Keepers  
of the  
Circle



**BUILDING  
IN A GOOD WAY**  
A Keepers of the Circle Initiative



## Free Green Building Training Opportunity - August 17<sup>th</sup> 2026

### About Building in a Good Way

Building in a Good Way is an **initiative by Keepers of the Circle designed to improve employment capacity for workers in Indigenous communities through hands-on green construction skills training.**

Why green construction? We believe everyone deserves homes that are:

- **Sustainable** – Mindful of our relationship to land, materials, and community
- **Resilient** – Strong enough to last Seven Generations
- **Healthy** – Safe for the people who live in and build them
- **Connected** – Honouring our relationship to land, community, and future generations

But we know that learning to build and retrofit homes like this isn't always accessible or welcoming, especially for women and Two-Spirit individuals. **That's why we created Building in 4 Directions – to bring hands-on, Indigenous-focused green building training directly to your community.**

### Why We're Here

**We designed Building in 4 Directions to help you learn practical skills to make your home healthier, safer, and more prepared for challenging climates - and build a foundation for careers in the growing green building industry. No cost, no travel, and no experience needed.**

### What's Included

- **5 days of hands-on training for individuals 16 years or older**
- **All tools, materials, and safety equipment provided during training**
- **Childcare reimbursement** for participants
- **Real-life skills** that can be used in and for your community
- **Pathways to continue learning** through other Building in a Good Way training programs: **Building Green and Resilient Futures and Rethink Building**



## What You'll Learn

- **Building basics** – Understanding how homes work
- **Safe tool use** – Working safely with tools and materials
- **Sustainable building options** – Choosing materials that are better for the environment
- **Energy efficiency** – Importance of proper insulation, vapour barriers, and weather stripping to keep homes warm and reduce energy costs
- **Basic plumbing and electrical** – Understanding how these systems work in homes
- **Green building skills** – Intro to sustainable construction techniques
- **Home maintenance** – Keeping homes in good shape and ready
- **Healthy homes** – How to prevent mould issues
- **Solar energy basics** – Introduction to solar power for homes

## How These Skills Can Help You!

These aren't just classroom lessons – they're **skills that can make a real difference** in your life!

- **Save money** on energy bills and home repairs by doing the work yourself
- **Keep your family healthier** with a home that's warm, dry, and free from mould
- **Be prepared** when something breaks or an emergency happens
- **Learn about a career and build basic skills** in the growing green building industry
- **Help your community** by sharing what you've learned with neighbours and family

## Interested in Joining? Let's Get You Registered!

Please scan the QR code below and fill out the form or email us at [building@keepersofthecircle.com](mailto:building@keepersofthecircle.com). Register now - 10 participants maximum!



SCAN ME!



### Have Questions?

Email: [building@keepersofthecircle.com](mailto:building@keepersofthecircle.com)  
Phone: (365) - 655 - 6355

For more information about Keepers of the Circle, visit [keepersofthecircle.com](http://keepersofthecircle.com).

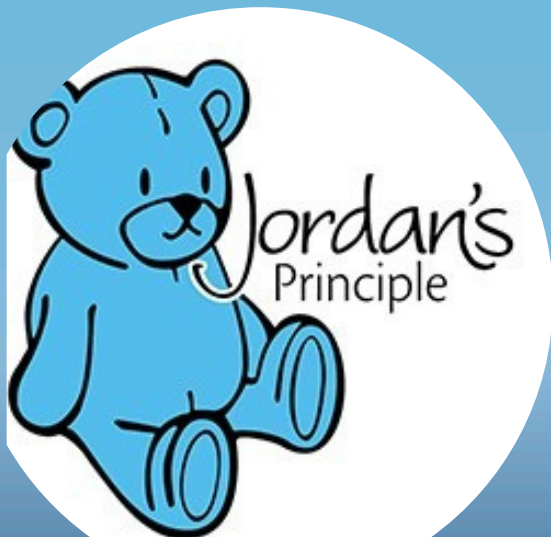
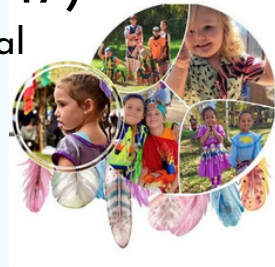
Canada

This project is funded by the Government of Canada's Employment and Social Development Canada.

## Resource Numbers:

### Ensuring First Nations Children (0-17)

Have Access to Educational, Social  
and Medical Supports



### Examples of Supports Available

Mental Health Services  
Speech Therapy  
Dental and Vision Care  
Assessments and Screenings  
Medical Equipment +  
Respite Care  
Land Based Activities  
Support with submitting new  
requests Support with following  
up on existing requests



#### CONTACT US

Pamela Scheel-Jordan's Principle  
Navigator

613-401-2812  
jpnnav1@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](http://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 8	FEBRUARY 12	MARCH 12
APRIL 9	MAY 14	JUNE 11
JULY 9	AUGUST 13	SEPTEMBER 10
OCTOBER 8 (THANKSGIVING)	NOVEMBER 12	DECEMBER 17 (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](mailto:thesharingplacefb@gmail.com)

Facebook: [www.facebook.com/emmthesharingplace](http://www.facebook.com/emmthesharingplace)

## **ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE**

For Rentals contact Rose  
Yankoo at  
[elderslodgepike@gmail.com](mailto:elderslodgepike@gmail.com)  
**Reminder - for sanitary  
purposes individual  
hosting meals & catering  
will require to supply  
their own dish cloths and  
towels**

# Round Lake **NEW!** New Boat Wash Station

*Keeping our waters clean together!*

⚓ Installed June 4, 2026 • Round Lake Public Boat Launch.



## Why Boat Wash Stations Matter

-  **Stop Invasive Species**  
Keep zebra mussels, invasive plants, and other **hitchhikers** out of Round Lake.
-  **Protect Native Wildlife**  
Help fish, plants, and shoreline habitats stay healthy.
-  **Keep Water Clean**  
Prevent invasive species from clouding water and damaging habitat.
-  **Be a Lake Steward**  
Every wash helps keep our lake healthy and enjoyable.





Nigig Nibi Ki-win is

# Seeking Youth Helpers

for Programming, Events & Ceremonies

School Volunteer  
Hours  
**or**  
Honourarium



Please fill out  
this form to  
Register

If you have any additional questions please contact:  
Raven Aird , Programming Assistant



(613) 401 - 5861  
raird@nigignibi.com  
Nigig Office  
(613) 625 - 2173





# STAY CONNECTED. SUBSCRIBE TODAY!

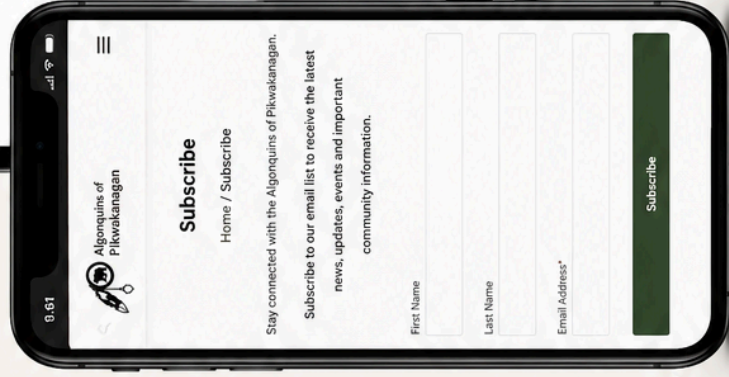
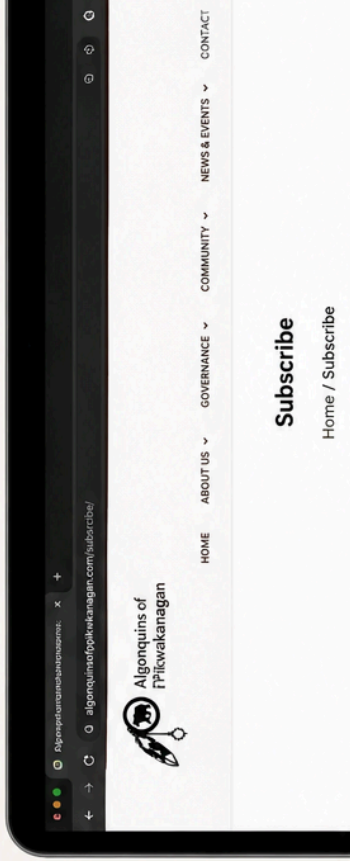
Get the latest news, updates, events and announcements from the Algonquins of Pikwakanagan.

- ✓ Community Updates
- ✓ Events & Programs
- ✓ Important Announcements

**SUBSCRIBE NOW**  
[algonquinsofpikwakanagan.com/subscribe/](http://algonquinsofpikwakanagan.com/subscribe/)



Visit [algonquinsofpikwakanagan.com/subscribe/](http://algonquinsofpikwakanagan.com/subscribe/) to join our email list.



*Migwech  
for staying connected!*

# HOMEMADE TICK REPELLENT SPRAY

## for yourself & your pet(s)

### Vinegar-Based Tick Spray

#### *Ingredients:*

- 1 cup Apple Cider Vinegar
- 1 cup distilled water
- 20 drops of Citronella essential oil
- 10 drops of Eucalyptus essential oil
- 10 drops of Rose Geranium essential oil



#### *Instructions:*

1. Mix Apple Cider Vinegar and distilled water into a spray bottle or mixing container.
2. Add Citronella, Eucalyptus, and Rose Geranium essential oils.
3. Shake well to combine mixtures
4. Spray onto skin and clothing before heading outdoors.
5. Reapply as needed, especially after sweating or swimming.

### Aromatic Tick Repellent Collar - for pets

#### *Ingredients:*

- 1 fabric collar or bandana
- 5 drops of Cedarwood essential oil
- 5 drops of Lemonwood essential oil
- 5 drops of Lavender essential oil
- Brush or rubber glove

#### *Instructions:*

1. Lay the fabric collar or bandana on a flat surface.
2. Mix Cedarwood, Lemongrass, and Lavender essential oils in a small container.
3. Brush the oil mixture evenly into the collar and allow it to dry.
4. After allowing it to dry, place it back around your pet's neck.
5. Replace the collar after every 2 weeks or as needed for continuous protection.

Presented by Omamiwinini Pimadjowin - The Algonquin Way Cultural Centre  
from  
<https://www.livinggreenandfrugally.com/2-homemade-tick-repellent-recipes/>



## **Pikwákanagán Excavating & Landscaping**



Clear, Dig, Build - Experience the  
difference!

- Lot clearing & prep
- Trenching & Drainage
- Tree/Brush Removal
- Licensed Septic System Design & Installation
- Pads & Foundations
- Driveways
- Sand/Gravel/Topsoil



Cheryl Kelly - Owner  
613.312.9598 or  
613.312.9872





# BENOIT ANISHINAABE VENTURES (BAV)

TOOLS • TEACHINGS • CULTURE

[bavpik.ca](http://bavpik.ca)

*Benoit Anishinaabe Ventures* isn't just a store— it's a place where traditional knowledge and modern harvesting come together.

We provide **quality trapping and harvesting supplies** right here in the community, along with **hands-on Learning Lodge workshops** that pass down real skills, teachings, and ways of life.

## WHAT WE OFFER

- ✓ Trapping & harvesting supplies (traps, knives, stretchers & more)
- ✓ Hide preparation tools & equipment
- ✓ Locally accessible gear — no need to travel far
- ✓ Cultural workshops & land-based learning experiences



## LEARNING LODGE

HANDS-ON WORKSHOPS • REAL SKILLS • ANISHINAABE TEACHINGS



PASSING DOWN KNOWLEDGE



RESPECTING THE LAND



BUILDING SKILLS



STRENGTHENING COMMUNITY



## COMING SOON / GROWING

We are expanding into a dedicated space to better serve the community with.

- ✓ Retail storefront
- ✓ Expanded inventory
- ✓ Regular workshops and training sessions

## GET INVOLVED

Looking for supplies? Want to learn? Reach out to connect, order or join a

613-281-9521

[bavpik@gmail.com](mailto:bavpik@gmail.com)



*"Keeping traditions alive through tools, teachings, and community."*

# Community Information:

## ADMIN OFFICE HOURS

*Monday - Friday*

open **8:30am**  
close **12:00pm**

---

open **1:00pm**  
close **4:30pm**

## 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

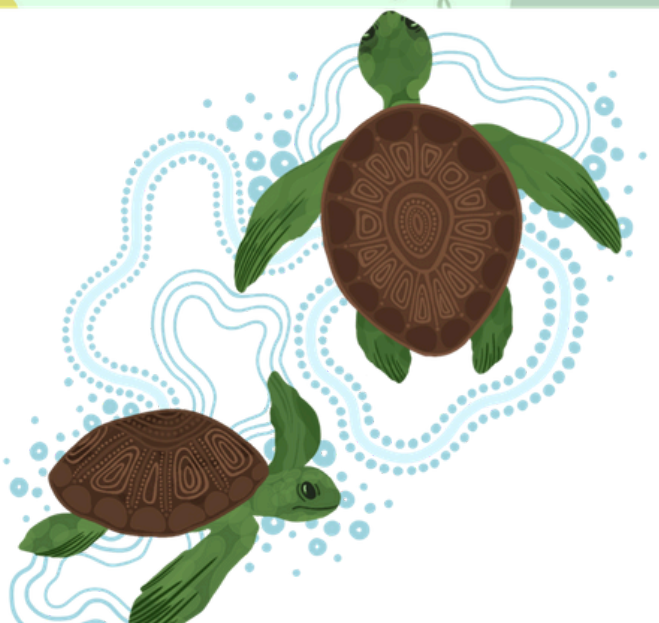
## Curbside Pick Up



Garbage: Wednesday

Cardboard: Thursday

Containers: Friday





## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
Mikaelian, Natalie	Sararas	8 Jan 26	8 July 26
Kuiack, Christopher	Lavalley	12 Jan 26	12 July 26
Peters, Charamin	Jocko	22 Jan 26	22 July 26
Reynolds, Cecil	Leclair	22 Jan 26	22 July 26
Heron, Jelisa	Lavallee	22 Jan 26	22 July 26
Gould, Donna	Benoit/Baptiste	22 Jan 26	22 July 26
McKie, Patrick	Kakwabit	23 Jan 26	23 July 26
Beard, Deborah	Meness	27 Jan 26	27 July 26
Sherbert, Norman	Sharbot	10 Feb 26	10 Aug 26
Kuehni-Kohoko, Layten	Kohoko	10 Feb 26	10 Aug 26
Babcock, Christine	Lavalley	10 Feb 26	10 Aug 26
Hutchcroft, Sophia	Commanda	09 Apr 26	09 Oct 26
Mascitti, Christina	Amikons	09 Apr 26	09 Oct 26
Miscitti, Elizabeth	Amikons	09 Apr 26	09 Oct 26
Helka, Leah	Partridge	09 Apr 26	09 Oct 26
Gagnon, Barry	Meness	10 Apr 26	10 Oct 26
Thompson, Teddy	Commanda-Benoit	10 Apr 26	10 Oct 26
Thompson, Nora	Commanda/Benoit	10 Apr 26	10 Oct 26
Moore, Karen	Benoit	10 Apr 26	10 Oct 26
Nieman, Jennifer	Lavalley	10 Apr 26	10 Oct 26
Paige, Stephanie	Baptiste	10 Apr 26	10 Oct 26
Cort Junior, James	Meness/Ignace	15 Apr 26	15 Oct 26
Jocko, Bruce	Jocko	20 Apr 26	20 Oct 26
Jocko, Haddon	Jocko	20 Apr 26	20 Oct 26
Bennett, Robert	Tennescoe	20 Apr 26	20 Oct 26
Payer, Rhys	Commanda	23 Apr 26	23 Oct 26
Sarrazin, Anthony	Sarrazin	23 Apr 26	23 Oct 26
Snippe, Connor	Lavallee	05 May 26	05 Nov 26
McLean, Mandy	Tenesco	05 May 26	05 Nov 26
McMunn, Christina	Commanda/Lamure	14 May 26	14 Nov 26
Olmstead, Chadwick	Lavalley	04 Jun 26	04 Dec 26
Allair, Alexandra	Tenisco	04 Jun 26	04 Jun 26
Canavan, Krista	Whiteduck	05 Jun 26	05 Jun 26
Canavan, Michael	Whiteduck	05 Jun 26	05 Jun 26

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](mailto:mgr.lem@pikwakanagan.ca)