

# Pikwakanagan Tibadjinowin

Chìbayàtigo-Kìjigad, Odeyimin-Kizis 26, 2026  
Friday, June 26, 2026

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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

## Membership Notice

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



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



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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.



## 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)



Canadian Nuclear  
Safety Commission

Commission canadienne  
de sûreté nucléaire



## **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)



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# *Algonquins of Pikwakanagan First Nation*

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## **Community Notice**

On July 6th, 2026, the Algonquins of Pikwakanagan First Nation Finance Department transitioned to be cash-less and now will be accepting payments by the following:

- **Debit Machine (Now Operational)**
- **Cheques**
- **E-Transfers with auto-deposit, with the new email address:**

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

For members who have payments that fall under Section 95, the email address is

[S95payments@pikwakanagan.ca](mailto:S95payments@pikwakanagan.ca)

Pre-Authorized Debit, for members who want to choose to provide monthly rental payments directly to AOPFN through their own bank branch, if interested, please contact Doug Kutschke at 613-625-2800 to obtain an authorization form.

With this transition, this will apply to all payments associated with AOPFN's departments.

For more information, please contact:

**Selena Roesler**

Manager, Finance

**Algonquins of Pikwakanagan First Nation**

1657 A Mishomis Inamo, Pikwakanagan, ON K0J 1X0

 (613) 625-2800 Ext: 224 |  [mgr.finance@pikwakanagan.ca](mailto:mgr.finance@pikwakanagan.ca)



# 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)



## 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@nigignibi.com](mailto:preventionprograms@nigignibi.com) or call 613-625-2173

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



To register

Camping des Pins (Parc La Vérendrye)  
 June 22 to 28, 2026  
 18-35 years old

# POW WOW JAM

TUESDAYS (BI-WEEKLY)  
FROM 5:30PM - 7:30PM

JUNE 16, 2026  
JUNE 30, 2026  
JULY 14, 2026  
JULY 28, 2026  
AUGUST 11, 2026

@THE POW WOW GROUNDS



# 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



## 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

# 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  
counsellor2mhs@pikwakanagan.ca

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

## 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

# 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**

# 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

# 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.

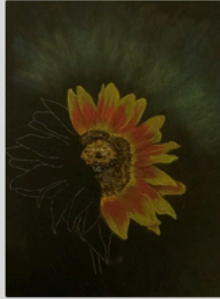
Week 1 Monday July 6th: Pastel 11:00 AM – 3:00 PM

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

Week 3 Monday July 20<sup>th</sup>: Charcoal 11:00 AM – 3:00 PM

Week 4 Monday July 27<sup>th</sup>:  
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



# 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



# 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.

## 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



# Bundle Making Workshop

Limited to 10 Bundles

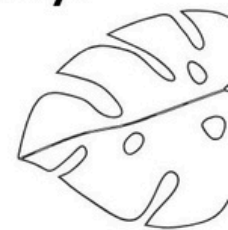


July 06, 2026 - 5:00pm to 8:00pm - @ The Elders Lodge  
July 09, 2026 - 5:00pm to 8:00pm - @ The Elders Lodge  
July 16, 2026 - 5:00pm to 8:00pm - @ The Elders Lodge  
July 23, 2026 - 5:00pm to 8:00pm - @ The Elders Lodge  
July 27, 2026 - 5:00pm to 8:00pm - @ The Elders Lodge

**This is a 5-day workshop. Participants must be able to commit to all 5 days**



## What's included



- ✓ **Make a Medicine Pouch and Bundle Bag**
- ✓ **Make and learn about the shaker**
- ✓ **Make and learn about the hand drum**
- ✓ **Learn ceremony protocol**

**One Bundle per family, multiple family members can attend to help make the family bundle.**

To Register Email: [raird@nigignibi.com](mailto:raird@nigignibi.com)  
**Open to Pikwakanagan Members & their Families**

# 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

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## 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)	

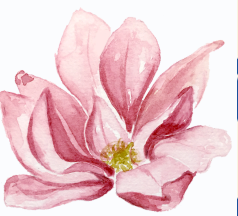
Application deadline is **July 31, 2026 at 4:30pm**

Successful applicants will be notified by August 21, 2026.

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

# 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
<p><b>INDIGENOUS PEOPLE</b> day <b>FATHER'S DAY</b></p>	<p>15</p> <p>Strong and Steady @ Makwa 10am Play Group 10am-11:30am at 101 Kiwita</p>	<p>16</p> <p>Strong and Steady @ Makwa 10am Play Group 10am-11:30am at 101 Kiwita</p>	<p>17</p> <p>Heart Screening Day with The Ottawa Heart Institute (Appt only) See flyer for details</p>	<p>18</p> <p>Foot Care Clinic</p>	<p>19</p> <p>Lunch and Learn with The Pembroke Regional Hospital : Recognizing Stroke &amp; Supporting Recovery The Elders Lodge 11am-1pm Call Taylor at Health Services to register 613-625-2259</p>	<p>20</p> <p>National Health and Fitness Day</p>
21	22	23	24	25	26	27
28	29	30				



# DIABETIC RETINOPATHY Eye Screens

Fast and Free In-Person Event



Hosted by **Pikwakanagan First Nation**

Location: **Pikwakanagan Health Services**

Address: **1643 Mishomis Inamo, Pikwakanagan Ontario, K0J 1X0**

Date: **Wednesday, July 29, 2026**

Time: **9:00 a.m. to 4:00 p.m. EDT**

Registration Contact:

Taylor Murphy, Chronic Disease Management Nurse at  
613-625-2259 extension 232 or [cdmn@pikwakanagan.ca](mailto:cdmn@pikwakanagan.ca).



## June is Men's Health Month



**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.

**1994**

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

**1 in 2**

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

**88.9**

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

### ONLINE RESOURCES

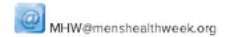
Men's Health Month  
[MensHealthMonth.org](http://MensHealthMonth.org)

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.healthymale.com](http://www.healthymale.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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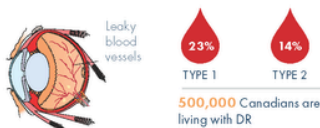
**THANKS FOR YOUR SUPPORT!**

**eyewise**  
SAVE YOUR SIGHT.  
SEE AN OPTOMETRIST.  
[GetEyeWise.com](http://GetEyeWise.com)

## WHAT IS DIABETIC RETINOPATHY?

Diabetic retinopathy (DR) occurs when blood vessels in the retina are damaged.

**Who is at risk?** According to Diabetes Canada, DR affects **23%** of people with type 1 diabetes and **14%** of people with type 2 diabetes.



What are the risk factors for developing DR?



**Symptoms**  
Diabetic retinopathy may cause no symptoms initially, but as the disease progresses, symptoms may include:

- Loss of central vision
- Blurry vision
- Flashes of light in field of vision
- Inability to see colours
- Black spots or holes in vision



**How is DR treated?**

In the early stages, DR can be managed by controlling blood sugar levels and blood pressure. However, as DR progresses, options to maintain vision include anti-VEGF injections, laser treatment or surgery. Early detection of diabetic retinopathy is crucial, as treatment is much more likely to be successful at an early stage.

**How can DR be prevented?**

- Monitor and maintain control of your diabetes.
- See your doctor regularly and follow instructions about diet, exercise and medication.
- See your optometrist for a **thorough eye examination** when you are first diagnosed with diabetes, and annually thereafter.



# 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".



# Governance and Board Liaison

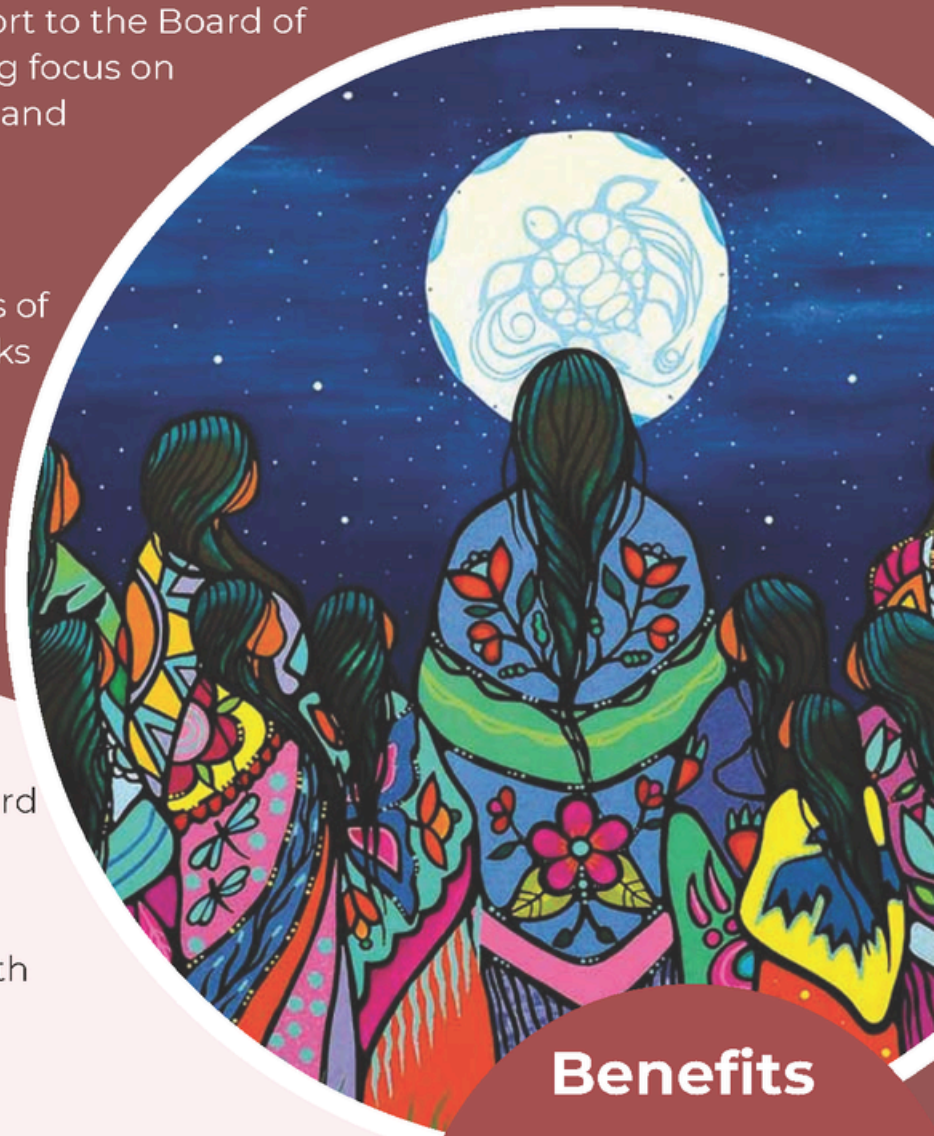
Nigig Nibi-Ki-win Gamik is seeking a highly organized, diplomatic, and trusted professional to join our team as Governance and Board Liaison. This role supports the integrity and day-to-day coordination of governance processes while helping maintain respectful and effective communication between Nigig 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 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.

**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 Recognition & 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

## 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 Aide 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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- 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.

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- Pension Plan
  - (Permanent EE only)
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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.



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



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



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

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

# Resource Numbers:



## ADDICTION *Resources*

## Medical & Foodbank *Resources*

### Addictions Counsellors:

Gillian McKay  
&  
Sabrina  
Laframboise

613-625-2259

### Renfrew County Community Withdrawal Management:

613-432-7620

### After Hours: National Overdose Prevention Line:

1-888-688-6677

### After Hours: Drug Alcohol, Gambling Hotline:

1-866-531-2600

### VTAC:

1-844-727-6404

Telahealth

1-866-797-0000

Poison Control

1-800-268-9017

### The Sharing Place Golden Lake (11185 Hwy 60)

613-625-2600

### 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

## 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.algonquinsopikwakanagan.com](http://www.algonquinsopikwakanagan.com)

### Not Online?

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

## Conways Pharmacy Remote Dispensing Location

### BUSINESS HOURS

Monday	9 am - 12 pm 1 pm - 4 pm
Tuesday	9 am - 12 pm 1 pm - 4 pm
Wednesday	9 am - 1 pm
Thursday	9 am - 12 pm 1 pm - 4 pm
Friday	9 am - 12 pm 1 pm - 4 pm

**We are closed weekends and Holidays**

Delivery available Friday

Phone : 613-625-9974

Fax: 613-625-2068

Thank you

Natalie Commanda, Pharmacy  
Technician

Joseph Conway, Pharmacist



## 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](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

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

**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/](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](mailto:MGR.LEM@PIKWAKANAGAN.CA) |  
[LAND.OFFICER@PIKWAKANAGAN.CA](mailto:LAND.OFFICER@PIKWAKANAGAN.CA) |  
[ASSISTANT.LEM@PIKWAKANAGAN.CA](mailto:ASSISTANT.LEM@PIKWAKANAGAN.CA)

NOTICE:  
KILLALOE OPP RECORD CHECK APPLICATIONS ARE NOW ONLINE.

## ADMIN OFFICE HOURS

*Monday - Friday*

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

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

## Waste Disposal Site

Wednesday: 12:00pm - 6:00pm

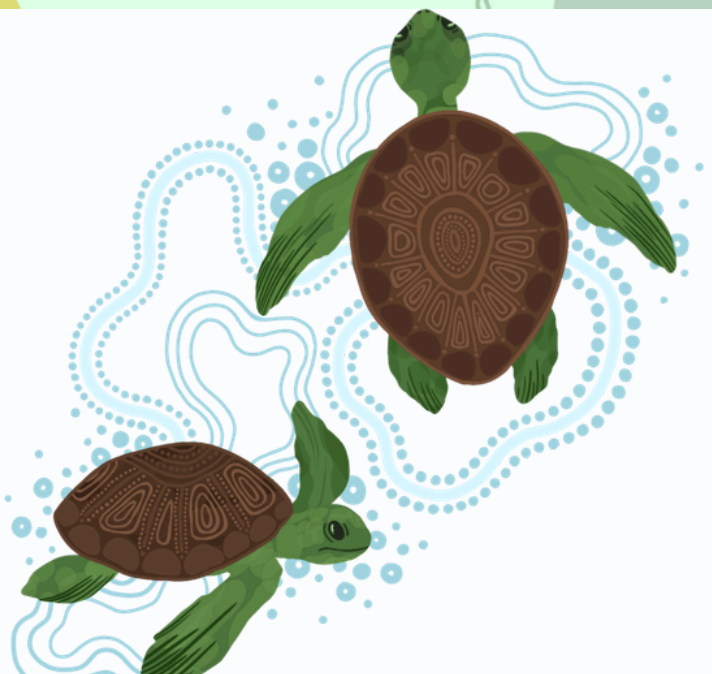
Sundays: 9:00am - 3:00pm

## 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	08 Jan 26	08 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, Phys	Commanda	23 Apr 26	23 Oct 26
Sarazin, 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 Jun 26
Allair, Alexandra	Tenisco	04 Jun 26	04 Dec 26
Canavan, Krista	Whiteduck	05 Jun 26	05 Dec 26
Canavan, Michael	Whiteduck	05 Jun 26	05 Dec 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).



## **Pikwakanagan Members:** **How to Register & Re-Register!**

**1**

### **GO TO OUR WEBSITE**

Visit [algonquinsofpikwakanagan.com](http://algonquinsofpikwakanagan.com)  
in your browser.

**2**

### **CLICK Register**

Click the red "Register" button in the top  
right corner of the homepage.

**3**

### **ENTER YOUR INFORMATION**

Fill out the Member Registration Form  
and submit it.

**4**

### **WAIT FOR APPROVAL**

Once your request is approved, you'll  
receive an email with instructions to set  
your password and access the login  
page.

### **IMPORTANT:**

These emails may land in your **Junk or Spam Folder**,  
so please check there if you don't see anything in your  
inbox. If you run into any issues at all, just reach out to  
[comms.itsupport@pikwakanagan.ca](mailto:comms.itsupport@pikwakanagan.ca) - we're here to  
help every step of the way!