

# *Pikwakanagan Tibadjumowin*

CHÌBAYATIGO-KÌJIGAD AKAKODJISH KIZIS 27TH, 2026

FRIDAY FEBRUARY 27TH, 2026

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

## CONTENT

- Updates & Notices
  - AOPFN List of Candidates & Info
  - Virtual Candidate Forum
  - US Border Updates (Status Cards)
  - Mindiwin Manido Daycare
  - Omamiwinini Pimadjwovin
- News & Events
  - Sweat Ceremony
  - AOPFN Annual Round Dance
- Volunteers Needed
  - Round Dance Planning Committee
- Resources and Contacts
  - Community Health Updates
  - Wellness Hub
  - Children's Oral Health Initiative
- Health Updates
  - March Calendar
  - Health Topics
  - World Birth Defects Day
  - Heart Smart Kids
  - Mind & Motion Circles
- Employment Opportunities
  - Literacy Librarian
  - Digital & Communications Support Coord.
  - Board of Directors Position (Nigig)
  - Call to Tender (Custodial Services)
  - Caterer Call Out (IHT)
  - AFLDC Train the Trainer
- Community Information
  - Snow Removal for Home Care Clients
  - Hours of Operation
  - Membership Additions

## Membership Notice

Please update your mailing address with Lands, Estate and Membership to ensure you get the latest news and upcoming election information.

Contact - Curtis Jahn at 613-625-2800 ext 231  
Email - [coordinator.lem@pikwakanagan.ca](mailto:coordinator.lem@pikwakanagan.ca)

## Website Information

Don't forget that you can access the members only section at [algonquinsofpikwakanagan.ca](http://algonquinsofpikwakanagan.ca) by clicking on the "Membership Section" under the Pikwakanagan tab.

**FEBRUARY IS HEART  
HEALTH MONTH!**





# Stanley "Stash" Benoit

☞ March 7, 1956 - February 19, 2026 (69 years old)

📍 Eganville, Ontario

## Stanley Benoit Obituary

With solemn reverence, we commemorate Stanley Benoit (Eganville, Ontario), whose life came to an end on February 19, 2026 at the age of 69, leaving behind cherished memories. Leave a sympathy message to the family in the guestbook on this memorial page of Stanley Benoit to show support.

As we bid farewell to this luminous soul, let his loved ones carry forward the torch of his memory, illuminating the path ahead with the warmth of his love and the brilliance of his spirit. Though Stanley may journey beyond the horizon of our sight, his essence remains woven into the very fabric of our being – a guiding light in the darkness, a beacon of hope in the night.

He was predeceased by: his parents, Maisie and Arthur; and his close friend Abba. He is survived by: his close friend Helen; and his sisters, Dale (Ozzy) and Carole (Gary).

---

## Family member

### Solidarity program

Echovita offers a unique service that allows funds generated by the obituary notice to be shared with families that request it.

### Authorize the original obituary

- ✔ Lets us publish the full obituary text along with the original picture.
- ✔ Helps people recognize Stanley Benoit and express their condolences more easily.
- ✔ No advertising will be displayed on this page.

# ALGONQUINS OF PIKWAKANAGAN - FINAL LIST OF CANDIDATES

Notice is hereby given that the **Algonquins of Pikwakanagan** held a Nomination Meeting on **January 31, 2026**, in accordance with the *Algonquins of Pikwakanagan First Nation Custom Election Code* and *Custom Election Rules of Notice and Procedures*, for the purpose of nominating candidates for the Offices of one (1) Chief and six (6) Councillors, for the next term of office, in an Election to be held on **March 28, 2026**.

CANDIDATES FOR THE OFFICE OF CHIEF	
JOCKO, WENDY	MENESS, JENNIFER L., PhD
LAVALLEY, LEAH NOELLE	SARAZIN, GREGORY J.
CANDIDATES FOR THE OFFICE OF COUNCILLOR – SIX (6) TO BE ELECTED	
BENOIT, DALE	LEVESQUE, JESSICA
CARLE, J. L. ANDRE	OZAWANIMKE, TAYLOR
CARLE, RYAN	SARAZIN, BARBARA J.
COMMANDA, ANGELINA (NINA)	SARAZIN, MERV
HOLMBERG, KERRY JAMES	SARAZIN, MICHAEL J.
KOHOKO, SHERRY	SARAZIN, SHERRY LYN
LAMARR, KEVIN JR.	YANKOO, SARAH FRANCES
LEROUX, PATRICK (P.J.)	

In accordance with the *Algonquins of Pikwakanagan First Nation Custom Election Code*, each Candidate for election for the position of Chief or the position of Councillor must:

- be a person whose name appears in the *Algonquins of Pikwakanagan Membership Register*;
- have attained the age of eighteen (18) years on or before the date upon which the nomination meeting is held;
- have a nominator and seconder for his nomination;
- have accepted the nomination in writing to the Electoral Officer within ten (10) calendar days of the nomination meeting;
- have provided a current Canadian Police Information Check (CPIC) to the Electoral Officer within ten (10) calendar days of the nomination meeting (CPIC must be dated no earlier than three (3) months prior to nomination meeting);
- have no record of conviction for a disqualifying offence within the three (3) years prior to the nomination meeting.

**Persons may not be a candidate for both the office of Chief and the office of Councillor.**

As a reminder, in accordance with section 3.3b of the *Algonquins of Pikwakanagan Custom Election Code*:

**No more than two (2) Members of the Same Family may be elected to Chief and Council at the same time.** If this is about to happen then the Electoral Officer shall advise those family members and allow for volunteers to withdraw their candidacy. If the issue is not resolved by voluntary withdrawals within twenty-four (24) hours of the notification, then,

- if any member of that family has been elected or acclaimed to the position of Chief, they will be seated in priority by the Electoral Officer;
- after an election, the Electoral Officer shall seat members of the Same Family based on who has the highest number of votes until there are two members from the same family who are on Council. In the case of a tied vote, the Electoral Officer shall deposit the tied candidates' names into a container and randomly select the candidate who will hold office."

*Dated February 13, 2026.*

**For more information or assistance please contact the Electoral Officer at OneFeather:**

Email: [nominations@onefeather.ca](mailto:nominations@onefeather.ca) | Toll Free: 1-855-923-3006

Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time

209-852 Fort Street, Victoria, B.C., V8W 1H8

[www.onefeather.ca/nations/pikwakanagan](http://www.onefeather.ca/nations/pikwakanagan)





**Chief**  
2020 - 2023

**Councillor**

2001- 2003 &  
2017 - 2020 :

- 3<sup>rd</sup> elected Female Chief of Pikwakanagan
- Nominee: Seat on the Assembly of First Nations Veterans Council

613-625-1105

[wendyjocko1@outlook.com](mailto:wendyjocko1@outlook.com)

## Wendy Jocko for Chief

Chi miigwetch to my nominators, Davis Catonio and Sonny Robbins, and to each of you who have reached out with words of encouragement and confidence as I let my name stand for Ogimaa of our Nation.

It is with profound humility and an unwavering sense of responsibility that I offer myself in service to all members of the Algonquins of Pikwakanagan First Nation.

Throughout my life, I have dedicated myself to serving my country, my community, and my family. This journey has taught me what it means to stand resolute in the face of pressure, to ask the difficult questions that others may shy away from, and to advocate fiercely for what is right—even when such a path demands courage and conviction over convenience or popularity.

I have learned, too, the critical importance of evaluating new information with both discernment and objectivity, ensuring that every decision is grounded in truth and guided by the best interests of our people.

As your Chief, I commit to working tirelessly to resolve the pressing issues facing our community. I will prioritize meaningful progress in infrastructure, health, welfare, and housing. Equally important, I will renew and intensify efforts towards the revitalization of our culture and heritage, and the continued beautification of our community—honoring the legacy of those who came before us while building a stronger foundation for generations to come.

I humbly ask for your support, your trust, and your vote in this election.

Miigwetch for your time, your consideration, and the confidence you place in me.

Wendy Jocko

## VOTE LEAH LAVALLEY FOR CHIEF



### My Vision

One Prosperous Nation enriched in Algonquin culture and financial sovereignty that benefits all of our members.  
Economic development that serves the Nation to progress while protecting resources and the environment.  
And that all our members feel included, informed and confident in their leadership.

### My Commitment

Transparency, accountability and, "an open door leadership policy."  
To ensure that all voices are heard, respected and treated equally.  
Strong informed negotiations that protect our rights and our future.

### Prepared to Lead

My experience is grounded in leadership and service to community. I served as a Captain in the Hastings Highlands Fire Department and as a frontline Registered Practical Nurse. I currently am the Manager of AOPFN Limited Partnership and Economic Development. I have a Bachelor of Arts (Hons) in Legal Studies and I am currently completing my Executive Masters of Business Administration.

I am qualified, experienced and ready to lead our Nation in strong negotiations asserting our rights, sovereignty and pride.

I will *lead* with respect for those that have come before us.  
I will *fight* for those who will come after us.

*Leah Lavalley*  
Cell - (613) 401-2443  
Email - [leahlavalley2026@gmail.com](mailto:leahlavalley2026@gmail.com)



## Dr. Jennifer Meness, Candidate for Chief

Kwey Kwey Pikwakanagan Family and Community! Bawaajigen Waaban nindizhnikaz, Migizi minwa Biné dodemok. Dreams Tomorrow's Dawn is my Spirit name. I am the daughter of Roger Meness (the youngest of Peter Meness and Catherine Aird-Partridge Meness' twelve children); niece of Dorothy Commanda and Anna Whiteduck (Dad's sisters); and 5th Great-Granddaughter of Chief Pinesi. Over the years, I have heard members of our community yearn for new thoughts and perspectives. It would be my honour as Chief to collaborate with our members to answer that call. The Algonquin word "Pikwakanagan" describes many people gathered together under the peak of a lodge. Let us honour the ancestors who though of us seven generations ago by building a community that honours them by coming together like our name as we plan for seven generations and beyond in our future.

Education is the new buffalo – I accepted the nomination for Chief because I believe it is my personal responsibility to return to my family, community, and our great Algonquin Nation to use my education and experience to help our people. I hold a Ph.D. in Communication and Culture from York University and a Masters in Advertising and Public Relations from Marquette University. As a current Indigenous Studies Professor at Toronto Metropolitan University, I support youth daily by respecting their voice and preparing them for future leadership by teaching them skills to expand their critical thinking capabilities. To return Algonquin knowledge to the community, I obtained a grant and helped organize the Algonquin Nation Gathering (2023) held in Ottawa that brought leaders and members from all Algonquin communities together for a shared forum on identity and nation building. Prior to my career in academia, I honed business experience in marketing and brand management. I consulted for clients serving at-risk youth by guiding them through focus groups to help identify goals for their organization and build unique strategies to better serve their communities. As a former Oshkabeewis (helper) at Anishinawbe Health Toronto, I gained traditional knowledge by taking direction from Elders and Healers to prepare medicines and assist in ceremonies.

**Vision for Pikwakanagan**

When elected, I will prioritize Algonquin culture and language revitalization. Research out of the University of British Columbia (UBC) found that speaking and sustaining Indigenous languages is associated with stronger mental health and wellbeing, lower rates of youth depression and suicide, recovery from trauma including the long-lasting effects of colonization, improved educational outcomes, and greater social cohesion. I will establish methods for our community to collectively address the opioid crisis. I will support off reserve members through engagement initiatives with the on-reserve community through family reconnection, employment networking, and enhanced educational funding. I will explore the creation of an in-territory, tax-free benefit for off reserve AOPFN members and businesses. I want to see support for both on and off reserve members in their time of grief by covering funeral and burial costs using Casino Rama funds like some other First Nations do. My PhD credentials will add weight to negotiations for AOPFN by showing the Federal and Ontario Governments that we are serious. I look forward to hearing your concerns, ideas, and visions: [jennifer.meness@gmail.com](mailto:jennifer.meness@gmail.com) or call 647-767-0067. Put my education, traditional knowledge, and professional experience to work for Pikwakanagan's future through your vote!

Jennifer Meness  
Chilli and Bannock  
Meet and Greet  
Saturday, March 14  
11am-2pm  
Elders' Lodge

## Re-Elect Gregory J. Sarazin

I BELIEVE THAT THE CHIEF AND COUNCIL ARE ELECTED TO SERVE THE PEOPLE.

Kwey Pikwakanagan. I have humbly and respectfully accepted my nomination for re-election as Chief. I believe deeply in the future of Pikwakanagan and our members, **both on and off reserve.**



Over the past 3 years, along with the Council and our hardworking staff, we have made great progress. Together we have brought financial stability and accountability, improved the State of Emergency situation and laid the groundwork for a sustainable and thriving future for all members.

We have made steady progress, but the work is not finished, there remains much work to do, to build on that progress, and **I am ready, willing and committed to doing that work.**

I sincerely hope that I can once again, earn your vote. I have lived in Pikwakanagan all my life, married to Helen with 7 children and 7 grandchildren, some of whom live off reserve.

I have university education in Economic Development & Business Management and negotiation training from Harvard University Negotiation Project and have over 40 years of direct management experience in Pikwakanagan. In addition to being Chief (5 years), I have been a Councillor, Grand Chief, Manager of Treaty Negotiations and Chief Negotiator of our Land Claim. Today I am also a successful business owner employing our community members.

**I believe that we must respect the voice of all our members, both on and off reserve. I will do that, and I will work hard for all our members.**  
*Experienced, knowledgeable, capable and dedicated*

A vote for Greg, is a vote for Pikwakanagan

# Re ELECT Dale Benoit for AOPFN Council

March 28th 2026

Direct descendant of Majjikitkonni Benoit

## Guiding Principles:

- Nation Unity
- Nation Prosperity & Investments
- Nation Protection of our Language  
Culture & Heritage Sites
- Nation Self Governance
- Nation & Community Projects
- Management of our Lands &  
Resources
- Meaningful Reconciliation
- Respecting our Elders & Ancestors



Contact info: [dalebenoitzohr@gmail.com](mailto:dalebnoitzohr@gmail.com) 613 635 1904

## Ryan Carle

*Your Candidate for Council*



### ABOUT ME

I'm a husband and father raising my family here in Pikwakanagan. Like many families, I think about the future our kids will grow up in, and that's why I decided to run for Council.

My background is in construction and water treatment. I graduated from Algonquin College with Honours and have worked in water treatment, distribution, and wastewater operations, including involvement in the development of our new water treatment system right here in Pikwakanagan.

### WHAT I STAND FOR

I believe leadership should stand beside the community, not above it. Decisions should be based on facts, planning, and real input from our Membership.

#### If elected, I will:

- Stay approachable and easy to talk to
- Listen before making decisions
- Support clear and open communication
- Focus on safe water, housing, and safety
- Support families, youth, and jobs
- Push for strong long term planning

#### I will not:

- Make promises I can't guarantee
- Ignore community concerns
- Support rushed or uninformed decisions
- Overstep trained professionals

I believe in practical, honest leadership focused on long term results and a strong future for our Community members whether living within or beyond Pikwakanagan.

**Ryan Carle**  
Candidate for Council

613-635-3706

[ryanjcarle@hotmail.com](mailto:ryanjcarle@hotmail.com)



**Vote!**  
**Angelina(Nina)**  
**Commanda**  
**For Council**

**Highlights**  
**Education/Experience**

- Forestry/Wildlife Conservation Diploma
- Economic Devel.
- Human Resources
- Staff Performance
- Marketing & Customer Service
- Small Business & Financial Mgmt.
- Strategic Planning

**UNITY – EQUALITY – PROSPERITY – SUSTAINABILITY**

**"CHANGE IS WHAT I WILL BRING"**

Today's fast-changing world requires leaders to be more adaptable, tech-savvy, globally minded, who value collaboration, lead with empathy, and are comfortable navigating uncertainty and rapid change. Today we need leaders who speak the truth and facts, leaders who welcome transparency and value all members equally through visible action.

**Why Am I the Best Candidate For the Job?** I combine passion, accountability, and vision with a genuine commitment to serve. My goal is not just to lead, but to create opportunities, drive real impact, and build a stronger, more united Nation for generations to come. I have a proven track record of getting the job done and producing results. As a Next-Generation Leader, I bring fresh perspectives, innovative solutions, and the energy needed to address today's challenges and prepare for tomorrow's opportunities. I understand the importance of hearing and listening to all members because everyone of you deserves to be heard. I too have been in your place and understand your frustration with being ignored and devalued. My goal has always been to provide a better life for our people its never changed.

**To Bring Change: I have plan that outlines tasks to be completed in the Following Areas**

Communication – Information Transparency – Financial Management & Transparency – Membership Equality Unity & Respect – Programs & Services – Laws & Policies – Band Operations – Housing - Economic Development – Consultations – Emergency Services – AOPFN Employment – Tennisco Manor – Child Wellbeing – Sports & Recreation – Natural Resources – Safety – Disconnect From Work Law - Leadership & The Political Office – Land Claim Negotiations - AOPFN Indigenous Verification Policy – Education – Food Sovereignty – Member Employment Advantage Program – Employee Recognition -

**If Elected, Council will be on the road within 4 months to see what your Priorities & Concerns are.**

We need Leaders who are Transparent, Accountable, Produce Results and Value All Members Equally

**For more detailed information on my plan or my education and experience please contact me at [Nina21@hotmail.ca](mailto:Nina21@hotmail.ca) or Facebook Group <https://www.facebook.com/groups/459244208125049/>**

**Kerry James Holmberg, GSC**  
**For Council**

**I don't stop when I'm tired; I stop when I'm done**

Greetings, I hope this message finds you in good health and spirits. My name is Kerry James Holmberg and I believe leadership begins with responsibility.

My mother is a Bowers, descended from Dave Bowers Jr. and Mary Ann Chabot, with family roots that include Chief Peter Chabot and members of the Lavallee, Lavalley, L'Amable, and Somogneche families. I share this history because leadership in my family was never about authority – it was about protecting our people, caring for the land, and making decisions that stand the test of time. I will represent all members whether they reside on or off reserve.

I have over 40 years of experience in Civil Construction and I will bring those skills with me. I managed crews, budgets, schedules, and multiple projects, ensuring work was completed safely, efficiently, and within financial limits. I learned that leadership requires transparency, planning, accountability, and being firm but fair. I also learned that every dollar matters.

I believe in transparent and accountable leadership. Elders must be respected, youth must be heard, and all members must be informed. Decisions should reflect the needs of today while considering Seven Generations ahead. I am committed to strengthening relationships between on-reserve and off-reserve members, recognizing that our shared values – care for our people and the land – unite us more than they divide us.

If elected, I will serve with integrity, hard work, and respect for all members.

Miigvetch



**CONTACT INFO:**

613-402-3242  
 holmberg108@hotmail.com



## Vote Kevin Lamarr Jr for Council

Building a Stronger Community Together

I'm Kevin Lamarr Jr, proud member of the Algonquins of Pikwakanagan. Growing up on and off reserve, I understand our community's challenges for navigation in both realms, and I'm committed to removing barriers for all members.

### My Vision

Economic Growth: Remote work, entrepreneur supports, member-Nation partnerships

Housing: Band land access, apartments, rent-to-own, welcoming center

Transparency/Communication: Clear communication, member involvement in decisions

Health & Wellness: Cultural health initiatives, leveraging my experience

Culture & Language: Immersion programs, continued revitalization

Why Me? Educated in Indigenous governance, accessible, committed, culturally connected.

Our community deserves leadership that listens and acts. Together, we'll honor our past while building our future.

Contact: (343)997-4345 | [kevinlamarr@gmail.com](mailto:kevinlamarr@gmail.com)

Scan with the camera app on your smartphone to my website



## (PJ) Patrick Leroux for Pikwakanagan Council

I am honored to have served as Interim Councillor to Pikwakanagan this past year. Chi-miigwech to everyone who encouraged or supported me throughout this part of my journey. **If re-elected, SOME of my priorities would be;**



**Food sovereignty and security** - Gardens, greenhouses, chicken coups. - Maintain and increase **land based programing** - Continue to **challenge MNO rights** and seek actions to desist MNO harvesting and occupation within Algonquin Park.

**Restructuring** - Increase **communication and efficiency between AOP departments** and our entities. *Examples:* - The Natural Resources Dept (NRD) could be better equipped and resourced as part of the Consultation dept, which currently handles projects which could affect natural resources; (dams, bridges, nuclear, mining and aggregates). - **Work from home (WFH) and office sharing options;** Increasing need for office space has come at a cost to public space. Lack of WFH options limits the talent we can recruit and results in fewer of our members being hired.

**Housing** - Lack of available land for new housing means we should be building up, not out. Apartment and/or Co-op style housing should be considered alongside more Band owned or rent to own housing. - **Streamline the process**, easing the barriers to acquiring mortgages, on reserve.

**AOPFN financial independence** - Continue to develop the Legacy Trust while working towards additional investment and/or partnership opportunities to increase our financial stability, without compromising our responsibilities to protect the environment. **Thank you for your consideration.**

**Miigwech.** Contact me: (613) 639-3833 or [pikfodo@gmail.com](mailto:pikfodo@gmail.com)



**JESSICA LEVESQUE**  
**FOR COUNCIL**  
YOU'RE VOICE MATTERS!



LET MY VOICE BE YOUR VOICE!

LET'S STOP THE SILENCE TOGETHER!

[livelovelaugh.jl@hotmail.com](mailto:livelovelaugh.jl@hotmail.com)

[613-391-8492](tel:613-391-8492)

I am honoured to be nominated for a leadership role within our Algonquin Nation.

As, an educated Algonquin woman with 2 college diplomas. One in Early Childhood Education and the other as a Personal Support Worker. Both, courses requiring the practice of diversity, involving people from a wide range of social and ethnic backgrounds. I believe possessing that type education helps me to be a strong advocate for our people. I am a person that thrives on seeking new knowledge and implementing it in way that benefit people, individually or as a whole. When I set my mind to a task I take pride in achieving the goal at hand.

If elected, this is how I intend to honour our people that have trusted me with such an important role.

- My devotion will be to our Nation's people, and with that comes the understanding that a position of leadership is not a 9 to 5 job. My devotion to you will stay as a top priority to me at all times.
- I believe in an open door process and in doing so, I will always be accessible, transparent and offer a safe sharing environment with active listening for all our Nation members. Open-door process breaks down barriers and promotes unity! TODAY – TOMMOROW – ANYTIME I'M HERE FOR YOU!
- I will always look for new avenues that will move our Nation forward in all it dealing.
- I will never promise you anything, but I will say this. This is our Nation as Algonquin people and your voice will never be silenced, your best interests with not be ignored and I will stand strong and represent our Algonquin Nation with pride and humility. I will always stay accountable to our Algonquin people and show transparency in all dealings.

MARCH 28, 2026 we all must take the time to vote, our future is in your hands. Your vote will start a new process of change. A new generation of Leaders. Building a better future for our people, our children and our Algonquin Nation as a whole.



Taylor Ozawanimke ndizhnikaa, Pikwakanagan ndoonjibaa, Pikwakanagan nidab. I am a member of AOPFN and have been residing in the community, working within the organization and connecting with the land my whole life. I am thrilled to have been nominated, and I look forward to continuing my work as an elected Councillor, representing our members and community. I will continue to walk authentically, building trust, unity, transparency and expanding our knowledge as Nation. My goal for our People and community is to be empowered, for progression and development continuity, and protection for the next 7 generations. I will thrive to ensure members are heard, programs are fulfilled and our future is sustained. I will focus and honour my dedication and passion to giving back to Pikwakanagan. My experience and education also contribute deeply to our Nations advancement by offering 15 years' experience in business developments, procurement strategies, partnerships, employment, training, government negotiations, policy development and most importantly relationship building based on our valued Indigenous resolutions. Miigwech for your continued trust and support, Pikwakanagan. Gzaaginim!

I have accepted my nomination for One Seat for the Algonquins of Pikwakanagan First Nation Councillor 2026. I thank my nominators Nicole Bernard & Stephanie Stone. A special Chi Miigwetch to our youth & elders for their encouragement & support. I hold a bachelor's degree in Social Work & continued to work with our youth & families in our territory. I believe in our most precious resources Our Children. In my term & along with you our members we successfully passed our Child Wellbeing Law. This was a huge step towards eliminating colonized governmental policies & a giant step towards Algonquins of Pikwakanagan First Nation Self Government. When we as a native people asserted our inherent rights, we also become empowered to work towards developing policies & programs that reflect our Proud Algonquin History, Culture, Language & Practices utilizing our Seven Grandfather Teachings. Also in my term we were successful in achieving the multi million dollar Water Project. This to provide safe drinking water for us all.

I have heard from you our members, the ever growing concerns in regards to communications, education, housing & employment, as well as the Opioid Crisis Challenge that we all face in Pikwakanagan. To address the care & needs an enhanced & a continued proactive approach is to hear & listen to the voices of All our members. By doing so we as leaders must ensure these issues are reflected & proactively addressed & work as a Team in our Yearly Council, Management & Financial Planning & Priorities Meetings along with continued monthly updates. We must continue to utilize our limited resources to best meet the quality care & needs of you our members.

Our Land Claim is our largest & most challenging endeavor to achieve & achieve we can. We are coming to a critical stage in our Historical Claim. A time for strong Negotiations must take place. This is time to stand strong & assert our inherent rights & connection to our territory. As a political leader I will respect our Algonquin Ancestors who started this claim well over 200 years ago who continued to protect Algonquin Territory for their descendants. It is up to us all to become united & work towards Our Future. A future for Our territory & its' Land base that will include economic growth to become self sufficient. We can ensure conservation & protect our rights to continued hunting, fishing & gathering for generations present & future. Just imagine the possibilities. A future for our youth to grow in their Algonquin Identity & prosper in education, housing, employment, health care to mention a few.

I leave you with my motto with our Ancestors in mind. We are never too old or too young to work towards the betterment of Our future & those of us in between are never too old or too young to begin. Blessings Pikwakanagan!  
**Vote Barbara J. Sarazin for Council 2026.**

---

#### **TOP PRIORITY: TO BUILD A NEW FIRE & RESCUE BUILDING**

Feasibility Study is complete & now know that the capital construction will be \$4.4 million.

#### **OTHER PRIORITIES**

**ADDRESS THE DRUG & ALCOHOL PROBLEM (STATE OF EMERGENCY)**

**CONSTRUCT AN ADDITION TO THE TENNIS MANOR**

**THE LAND CLAIM & SELF-GOVERNMENT**

**REPAIR THE OLD MUSEUM FACILITY & CREATE A BIRCHBARK CANOE BUILDING & TRAINING CENTRE**

**ODENAK (Lebreton Flats)**

delivers 608 homes in Ottawa, with 41% affordable housing including 30 units for Indigenous families at reduced rents. Over \$16.8M in contracts awarded to Indigenous trades, creating jobs and pathways for our community members through partnerships with Dream, Westview, and the Algonquin Nation.

## **RE-ELECT MERV SARAZIN FOR COUNCIL**

Six years on Council. Responsible leadership in Economic and Employment Development, Archaeology and alternate for Education and Language and Culture

Treasurer of AOPFN Limited Partnership Board

32 years in business, public administration and management of First Nation fiscal, human, material and information resources

10 years service in federal public service at the middle management + administrative level

Skilled in financial management, budgeting, expenditure reporting, cost control, variance reporting, and understand accounting systems and auditing

Communication, public speaking, conflict resolution and problem solving skills

Registered or Certified Trapper in accordance with the Ministry of Natural Resources

Health & Safety Committee - Canada Labour Code - Part II (July 2019)

Administrative and Policy Studies Program - Trent University (1981)

Registered Industrial Accounting Program - Level 2 (1980)

Business Administration Program - Graduate (2 year) program - College Diploma (1978)

Ontario Secondary School Diploma - Grade 12 (1975)

**(c) 613 639-1522**

**merv.sarazin@gmail.com**

# VOTE MICHAEL J SARAZIN FOR COUNCIL

Since November of 2023, and the tragic killing of my father Joseph Sarazin, I have seen that Pikwakanagan Chief and Council are handling public matters in a way that consistently ignores **modern approaches** to public relations. From the State of Emergency, to the by-election in 2024, and now the 2026 election, Pikwakanagan continues to operate with old technology and ideas from a by-gone era that leaves most of our membership in the dark and unable to connect. It is my belief that Chief and Council and the membership of Pikwakanagan would benefit from an injection of **youthful energy** to bring our nation into the 21st century. **Empowering our younger members** to have **agency over their future** is my biggest goal. **Connecting our off reserve members** should be our top priority moving forward. Utilizing the network ive built in **Ottawa City Council, Carleton University**, and the various **Indigenous Friendship Centres** over the last decade and a half, I believe that I can **improve relations** in communities we are struggling to **maintain visibility** in. With Parliament and the Canadian capital being on our Unceded Territory, it is inexcusable that settlers on Turtle Island cannot point Pikwakanagan out on a map.

My plan is to **empower our membership** through **modern connectivity**, **increase visibility** in our neighbouring communities by getting us **into the news cycle**, and **improve settler community relations** so pretendian usurpers like the **MNO cannot gain public favour** while encroaching upon our inherent rights . **ITS TIME TO SHAKE THINGS UP!** A **vote for the youth** of our nation is an **investment** in our present and our future! If you'd like to reach out for more information on how i intend to bring these benefits to Pikwakanagan you can reach me at my email : [michaeljsarazin@gmail.com](mailto:michaeljsarazin@gmail.com) My phone : **613-913-5187** or my Facebook : **@Mike Sarazin**

**Chi-Miigwech! Vote Youth, Vote Sarazin**



Vote:

**Sherry Lyn Sarazin**

- Hard working, reliable, punctual, professional
- Long Term Care Home
  - Elders visit hospitals
  - Elders' visits with Youth
  - Representation in LTC homes throughout the territory
- Housing Relief
  - We got land
  - We got money
    - Where's the housing?
    - Make room for Members who want to return home
- Aboriginal right to the water
  - Community beach access
  - Fair access to all
- Youth programs
- One-Parent Rule
  - Inequality still exists

**100% for the People**



[Sherrylyn.sarazin@gmail.com](mailto:Sherrylyn.sarazin@gmail.com)

613-559-1550



# Sarah Frances Yankoo for Council

Text or call: 613 439 1812 | Email: [Sarah@yankoo.com](mailto:Sarah@yankoo.com)

Website: <https://yankoo.notion.site/council2026>

To visit site, scan QR with the camera on your smartphone



Chi Miigwetch to my nominators: Wendy Jocko + Davis Catonio

## Education

2020 - Carleton University - Graduate Diploma: Indigenous Policy and Administration 2013 - York University - Honours Bachelor of Environmental Studies (Philosophy, Arts, Culture & Communication), Minor: English, Certificate: Indigenous Studies

## Experience

Communications, research, governance, and technology professional. Entrepreneur. 5+ years contracted for Pikwakanagan Chief and Council (2018-2020, 2020-2023, 2023-2024) in Self Government, Administration, Communications, and Technology

## Areas of Focus for Council

**Communications** – increase quality and quantity of member engagement. Focus on underrepresented voices such as younger demographics and members off reserve. Use modern and fun approaches. Raise the public profile and reputation of Pikwakanagan.

**Technology** – increase digital literacy of staff and membership. Invest in technology as key to economic development and social wellbeing. Enable remote work.

**Governance** – Accountability and transparency. Strong foundations before action. Evidence based decision making. Responsive and decolonial.

---

# Virtual Candidate Forum

SCAN TO JOIN



Together our ideas  
can make a better  
future for  
Pikwakanagan



**JOIN VIRTUALLY TO  
DISCUSS THE  
UPCOMING ELECTIONS,  
AS WELL AS YOUR  
VISIONS FOR THE  
FUTURE OF  
PIKWAKANAGAN. THIS  
IS AN OPEN FORUM SO  
PEOPLE ARE FREE TO  
JOIN WHEN THEY ARE  
ABLE TO.**

---

**5:00 P.M. - 9:00 P.M.**

## MEETING LINK

Meeting ID: 829 1327 4358

+13052241968,,82913274358# US

Join by SIP  
• 82913274358@zoomcrc.com

## Join instructions

[https://us06web.zoom.us/joinings/82913274358/invitations?signature=7fcE\\_T6JgfwlGwU9YI9oRNTTdcPKhk-NBaWpikfUTkc](https://us06web.zoom.us/joinings/82913274358/invitations?signature=7fcE_T6JgfwlGwU9YI9oRNTTdcPKhk-NBaWpikfUTkc)

MARCH 5, 2026

**Hosted by:  
Kevin Lamarr Jr**



*Algonquins of Pikwakanagan  
First Nation*

# Crossing the U.S. Border with a Status Card

## Important Travel Update (February 2026)

This handout is for **First Nations community members** who may travel to the United States using a **Status Card**.

## What has changed?

The Government of Canada has updated its travel advice.

**A Status Card alone is no longer considered reliable for entering the United States.** U.S. border officers may still accept it — but **they do not have to**.

Because of this, travelers are now **strongly advised to carry a passport**, even if they have a Status Card.

## What you should bring when crossing the U.S. border

### ☐ Strongly recommended

- **A valid Canadian passport**
- Your **Secure Certificate of Indian Status (SCIS)**  
(the newer, machine-readable Status Card)

### ⚠ Important

- Acceptance of Status Cards is **entirely up to U.S. border officers**
- Canada cannot intervene if you are denied entry

## Land or water crossings (car, bus, boat)

- You **may** be allowed to cross using a **secure Status Card**
- **Bring a passport as backup**
- Older, non-secure Status Cards are more likely to cause problems

## Air travel (flying to the U.S.)

- **Status Cards are NOT accepted for air travel**
- **A valid passport is required** to fly to the United States

## Living or working in the United States

If you plan to **live, work, or stay long-term** in the U.S., border officers may ask for:

- Additional documentation
- Proof of Indigenous ancestry (for example, a letter from your First Nation or Indigenous Services Canada)

## What hasn't changed

- Jay Treaty rights still exist in U.S. law
- However, **how those rights are applied at the border can vary**
- Border officers have broad discretion

## Key message

**Do not rely on a Status Card alone.**

Always travel with a **valid passport**, even for short trips.

## Need help or more information?

- Indigenous Services Canada  
**Crossing the Canada-U.S. border with a Status Card**
- [Travel.gc.ca](https://travel.gc.ca) - **Indigenous travellers**
- Your **Lands, Estates & Membership Department at the AOPFN Office** can help with documentation letters

**Please share this information with family and community members who travel.**

Rules can change quickly, and being prepared helps avoid delays or denied entry.



---

## *Algonquins of Pikwakanagan First Nation*

---

### Notification of Vacant Registered Traplines

Dear Members,

This is a notice to advise that registered traplines are available for reallocation within all districts. Members with the applicable licenses (i.e., annual renewal and valid trappers license) and are interested in becoming a head trapper on one of the registered traplines available for reallocation (listed below) or traplines within the district, should connect with Algonquins of Pikwakanagan's Natural Resources Department for additional information.

#### **Traplines Available:**

*3-year Temporary allocation – within the Algonquin Land Claim Settlement Area:*

**PE060**

*Members can connect with Natural Resources to review trapline locations and maps.*

Please note that currently, the Ministry of Natural Resources is not allocating traplines in the Algonquin Land Claim Settlement Area on a permanent basis. Traplines are available on a 3-year or 4-year temporary basis.

The process to allocate future permanent registered traplines will be completely independent of any temporary registered trapline assignments.

New trapline buildings will NOT be authorized or considered at this time within the Algonquin Land Claim Settlement area.

**Applications are to be submitted to MNR not later than April 16th, 2026.**

For additional information and support please contact Larissa Luloff, at 613-625-2800 ext. 249 or by email [field.admin@pikwakanagan.ca](mailto:field.admin@pikwakanagan.ca)

1657A Mishòmis Inamo  
Pikwakanagan, Ontario K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332



# **REQUEST FROM MINIDIWIN MANIDO DAYCARE**

The daycare is currently looking for magazines to support professional development taking place at the beginning of March. If the community has some, they no longer need, please drop them off at Mindiwin Manido Daycare.

We're also seeking items that support Algonquin teachings and cultural practices such as:

- Storybooks by Algonquin or Indigenous authors
- (children's picture books, creation stories, language books)
- Algonquin language resources
- (simple word cards, posters, labels)
- Beading supplies
- (pony beads, child-safe beadwork starter materials)
- Natural materials
- (birch bark, sweetgrass, cedar, sage for educational display only)
- Traditional craft materials
- (felt, leather scraps, lacing, small craft kits related to traditional art)
- Cultural artwork or prints
- (Algonquin designs, animal teachings, medicine wheel imagery)
- Traditional clothing pieces
- (sashes, moccasins, small regalia pieces for viewing/display)
- Drum-related teaching resources
- (small frame drums, child-safe rhythm sticks, teaching songs)
- Teaching tools connected to the land
- (animal figurines, plants used in teachings, seasonal cycle visuals)
- Any items that support Elders sharing knowledge
- (seating mats, talking stick, story bundles)

# Omamiwinini Pimadjwowin

OP would like to the community to know that we will be closed for our year end financials March 24th 2026  
We will re -open April 1st , 2026.

Call out to any beaders in community the last day to come by OP for beading supplies before we close for a week will be Monday March 23rd 2026

Our current hours of operation for our gift shop are 9:00AM-4:00PM with some lunch hours available for AOPFN staff who would like to come in to purchase over lunch time! We ask that you just give us a call @613-625-2889 we will do our best to accommodate.



**AOPFN Limited Partnership**

# 2026 BACK TO

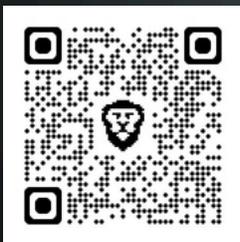
**NEW!!!**

**EXISTING!!**

# BUSINESS!

Updating your business registration ensures you receive notifications about events and opportunities. Keeping your information current connects you with procurement and funding opportunities, as well as updates on business training and workshops.

Please contact us today, or use the QR code to ensure we have your most accurate contact details!!



bdo@pikwakanagan.ca  
procurement.officer@pikwakanagan.ca  
Unit 3 469 Kokomis Inamo  
613-625-1551

<https://form.jotform.com/260214325969056>

We hope you're enjoying the all  
**NEW**  
Algonquins of pikwakanagan.com

To access the members only section, please register by clicking the **RED** Register button in the top right corner, fill out the online form and follow the instructions.

We're here to help!

Anyone questions or concerns regarding the website is encouraged to reach out to the Communications Department: Dial extension 232 when calling the administration building.

# NOTICE

## Seeking an Elder to Represent Chief and Council on Anishinabe Algonquin Nation Consultative Culture Circle

The Algonquins of Pikwakanagan First Nation Leadership participates with the Algonquin Anishinabeg Nation Tribal Council, the Algonquin Nation Programs and Services Secretariat and Kitigan Zibi Anishinabeg First Nation. These 11 federally recognized Anishinabe Algonquin First Nation communities work in conjunction with the City of Ottawa who have approved, "The City of Ottawa - Anishinabe Algonquin Nation Civic Cultural Protocol and Implementation Plan (2022 -2026)" on April 13, 2022.

The Civic Cultural Protocol calls for the establishment of an Anishinabe Algonquin Nation Consultative Culture Circle to guide its implementation and to respond to specific questions from City of Ottawa departments about Anishinabe Algonquin Nation culture.

The Algonquin Anishinabe Nation Consultative Circle mandate is to:

- Cultivate respectful relationships and successful partnerships with City of Ottawa cultural and connected sections;
- Facilitate knowledge sharing and capacity-building at the City of Ottawa as well as within Algonquin Anishinabe First Nations;
- Follow up and monitor the implementation of protocol actions; and
- Provide advice and guidance on engagement and cultural content development.

The Algonquin Anishinabe Nation Consultative Circle allows for an Elder to participate on this committee. Recently this Elder seat has become vacant for Pikwakanagan. Chief and Council are seeking an Elder to represent Pikwakanagan on this committee.

The role provides an honorarium per meeting. There are generally 4 meetings a year. The role involves:

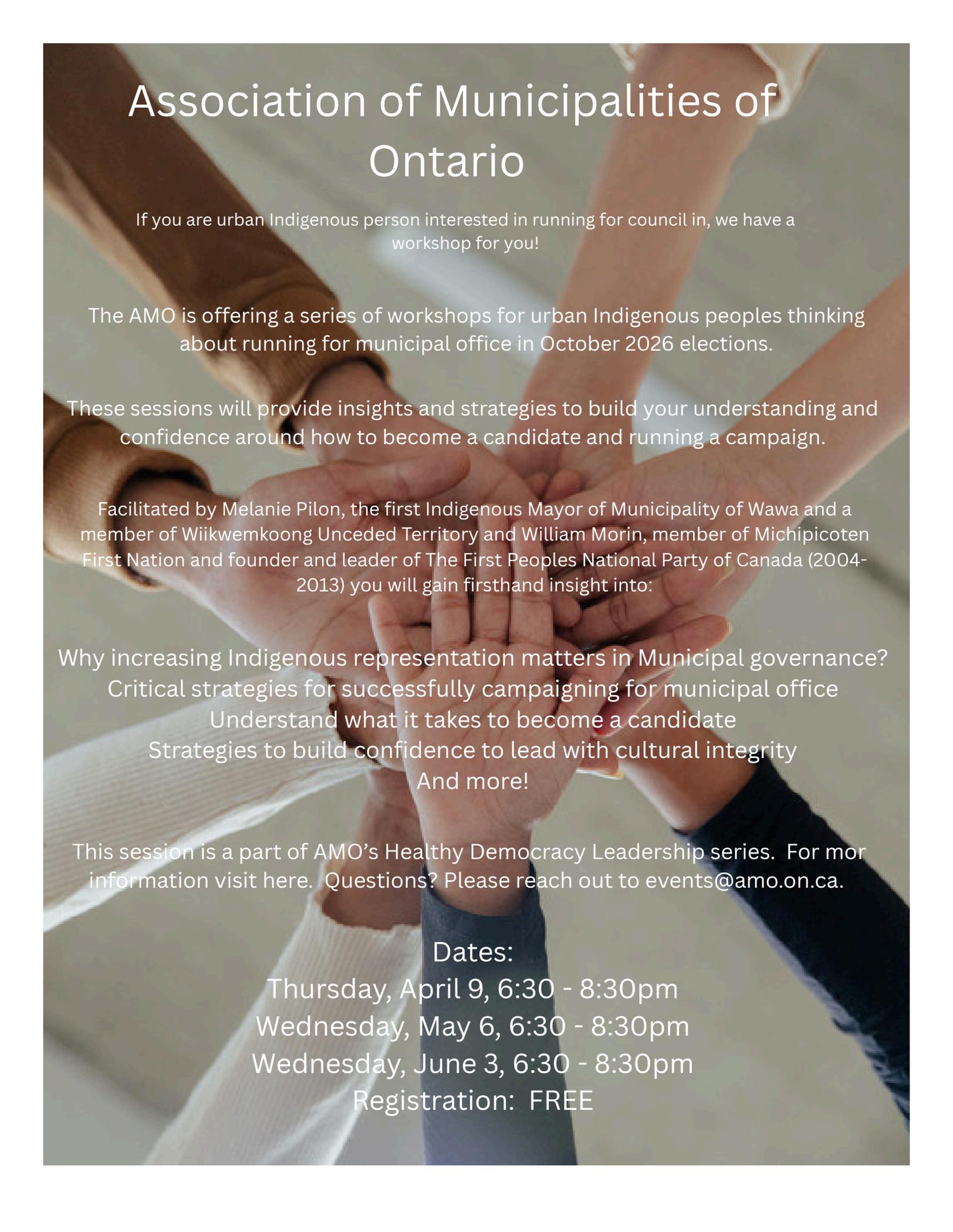
- Being aware of previous discussion
- Reviewing the agenda ahead of each meeting,
- Participating fully in discussions by asking questions and providing feedback to presenters,
- Staying informed on meeting topics and outcomes.

---

**If you are Interested, please contact:**

**Alanna Hein, Manager, Political Operations  
1657A Mishomis Inamo  
Pikwakanagan, ON  
K0J 1X0**

**(613)625-2800 ext: 228 or mgr.political@pikwakanagan.ca**



# Association of Municipalities of Ontario

If you are urban Indigenous person interested in running for council in, we have a workshop for you!

The AMO is offering a series of workshops for urban Indigenous peoples thinking about running for municipal office in October 2026 elections.

These sessions will provide insights and strategies to build your understanding and confidence around how to become a candidate and running a campaign.

Facilitated by Melanie Pilon, the first Indigenous Mayor of Municipality of Wawa and a member of Wiikwemkoong Unceded Territory and William Morin, member of Michipicoten First Nation and founder and leader of The First Peoples National Party of Canada (2004-2013) you will gain firsthand insight into:

Why increasing Indigenous representation matters in Municipal governance?  
Critical strategies for successfully campaigning for municipal office  
Understand what it takes to become a candidate  
Strategies to build confidence to lead with cultural integrity  
And more!

This session is a part of AMO's Healthy Democracy Leadership series. For more information visit [here](#). Questions? Please reach out to [events@amo.on.ca](mailto:events@amo.on.ca).

## Dates:

Thursday, April 9, 6:30 - 8:30pm

Wednesday, May 6, 6:30 - 8:30pm

Wednesday, June 3, 6:30 - 8:30pm

Registration: FREE

## News & Events:



# Sweat Ceremony

**Date: March 7, 2026**

**Conductor: Elaine Kicknosway - Peter Ballantyne Cree Nation**

**Time: 2:00 p.m. (fire will be lit at 12:00 p.m.)**

**Location: Cultural Grounds**

### How it will run:

- This ceremony is open to all community members and their families.
- The ceremony is intended for healing
- four sessions
- Amount of grandfathers TBD
- A light snack will be provided at the end of Ceremony
- New people are always welcome

### What you will need:

- a towel for drying and a change of clothes for the sweat, this could be shorts, t-shirt, ribbon skirt (not required)
- arrive early for any additional questions or inquiries on the day of ceremony. Women are advised to speak with conductor on protocols around moontime.
- bring a chair for sitting.

**For more information contact or if you have any questions please feel free to contact**

**343-997-4345**

**or**

**kevinlamarr@gmail.com**

# Algongquins of Pikwakanagan 4<sup>th</sup> Annual Round Dance

SATURDAY, MARCH 14, 2026

*Makwa Community Centre*

83 Kagagimin Inamo, Pikwakanagan, ON

Pipe Ceremony 4:00 PM (Everyone welcome and all singers are encouraged to attend)  
Potluck Feast - Bring dish for 4:00 PM (Bring your feast bundles & reusable water bottle)  
Round Dance 6:00 PM

## **Invited Singers**

Awema Tendesi  
Dan Isaac  
Dave Hookimaw  
Franky Horn  
Gerry McComb  
Harvey Dreaver  
Justin Polson  
Nathan Roy  
Nim'keehns Wemigwans  
Rodney Stanger  
Raven Naganosh  
Robin Decontie  
Tasheena Sarazin  
Thaila Sarazin

## **Master of Ceremonies**

Beendigaygizhig Deleary

## **Pipe Carrier**

Harvey Dreaver

## **Stickman**

Brennan Govender

Registration Opens at 5:00 p.m.  
First 15 adult singers will receive \$100.  
First 10 youth singers will receive \$50.  
All singers will be acknowledged with a gift.

**Alcohol & Drug Free Event**





**JOIN THE**



## *Round Dance Planning Committee*

Are you passionate about community, culture, and bringing people together?

We're forming a Round Dance Committee to help organize an our annual upcoming community Round Dance – and we need your voice, your skills, and your heart.



Chairperson  
Co-chair/Vice Chair  
Secretary  
Treasurer  
Head Organizer  
Elder/Spiritual Advisor  
Youth Representative  
Volunteer Coordinator  
Communications/Media  
Hospitality

If interested or for more details, please contact 613-625-1958 or [programcoordinator@thealgonquinway.ca](mailto:programcoordinator@thealgonquinway.ca)

# Resource Numbers:

## 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



## Algonquins of Pikwakanagan First Nation Community Support Personnel

### Who are the CSP

A group of trained individuals who support the community by assisting local Ambulance and Police services, engaging in community crisis support and actively ensuring the safety and well-being of the community members.



- Operates 7 days a week
- Wellness Checks
- Assist with special events & recreation
- Assist where they are needed
- Providing support to the community
- Ensuring the safety & well-being of the residents

Your privacy matters to us. Any contact information you provide will remain strictly confidential and never be shared with any third parties without your consent.

 613-401-7446

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

## 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  
[jpnav1@pikwakanagan.ca](mailto:jpnav1@pikwakanagan.ca)



# PIKWAKANAGAN COMMUNITY HEALTH UPDATES



## Overdose Alert

There has been an increase in overdoses in Renfrew and Arnprior. Please look out for one another and take steps to reduce risk:

- Avoid using alone
- Carry naloxone
- If a substance feels different than usual, it may not be safe
- Avoid mixing substances
- Test substances when possible
- Go slow and know your limits

### **NEED SOMEONE TO TALK TO?**

Call or text 9-8-8 for free crisis support.

Available 24/7 across Canada.

You are not alone.

 9-8-8

 9-8-8

### **VIRTUAL SAFE SPACE**

The **National Overdose Response Service (NORS)** is a 24/7 virtual safe consumption line.

If using alone, NORS stays online with you to help prevent overdose.

Confidential. Judgment-free.

 1-866-688-6677

### **Community Overdose Safety Reporting**



Help track dangerous drug supply patterns by sharing overdose events anonymously. This information helps protect the community and supports faster response.

No personal information is collected.  
The form takes under 2 minutes to complete.

<https://forms.office.com/r/FBdYruZASr>

## Mental Health Services

613-625-2259



# Substance Use Support Resources



Inside Community	Outside Community	
<p><b>Addictions Counselling</b></p> <p> Gillian McKay</p> <p> 613-625-2259 (ext. 238)</p> <p> Health Center</p> <p><b>Safe Supplies</b></p> <p> 613-625-2259</p> <p> Health Center</p> <p><b>Cultural Supports</b></p> <p> Chrystal Toop</p> <p> 613-401-0821</p> <p> 101 Kiwita</p>	<p><b>ConnexOntario Helpline 24/7 Support</b></p> <p> 1-866-531-2600</p> <p> Text CONNEX to 247247</p> <p> Live Chat (from computer) <a href="http://connexontario.ca">connexontario.ca</a></p> <p><b>After Hours: Drug, Alcohol, Gambling Hotline</b></p> <p> 1-866-531-2600</p> <p> Service offered by ConnexOntario.</p>	<p><b>National Overdose Response Service (NORS)</b></p> <p> 24/7 virtual safe consumption line.</p> <p>If you're using alone, NORS stays online with you.</p> <p> 1-866-688-6677</p>



# Additional Resources



Food Security	Medical Resources
<p><b>The Sharing Place Food Bank</b></p> <p> 613-625-2600</p> <p> Golden Lake (11185 Hwy 60)</p>	<p><b>VTAC</b></p> <p> 1-844-727-6404</p> <p><b>Telehealth</b></p> <p> 1-866-797-0000</p> <p> <a href="http://askadoctor.help">askadoctor.help</a></p> <p><b>Poison Control</b></p> <p> 1-800-268-9017</p>

# Wellness Hub

Located at 101 Kiwita

## What is the Wellness Hub?

The Wellness Hub is part of the AOPFN Health Department and serves as a connection point to culture and land-based healing.



A welcoming space to drop in, visit, and connect with others in the community



Learn about supports and services available to AOPFN members



A place to build connection, access resources, and strengthen wellness through culture

## Who do I contact?



Chrystal Toop



613-401-0821



101 Kiwita Inamo  
Pikwàkanagàn ON K0J 1X0

## CHILDREN'S ORAL HEALTH INITIATIVE



My name is Krista Rintoul and I am the COHI dental hygienist for *Algonquins of Pikwakanagan First Nation*. If your child is 0-7 they qualify for the COHI program. This program is offered completely free and aims to prevent tooth decay, treat and restore teeth that already have tooth decay, improving oral health knowledge, changing oral health-related behaviours and reducing the number of First Nations children that require general anesthesia for dental surgeries.

### What do I do?



DENTAL SCREENING



Fluoride Varnish Applications



Dental Sealants and temporary fillings



Oral Health Knowledge

 613-401-3769

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

# ATTENTION

Calling all children  
ages 0-7! Is your child  
due for their check up  
and fluoride?  
Contact RDH Krista to  
set up your  
appointment.

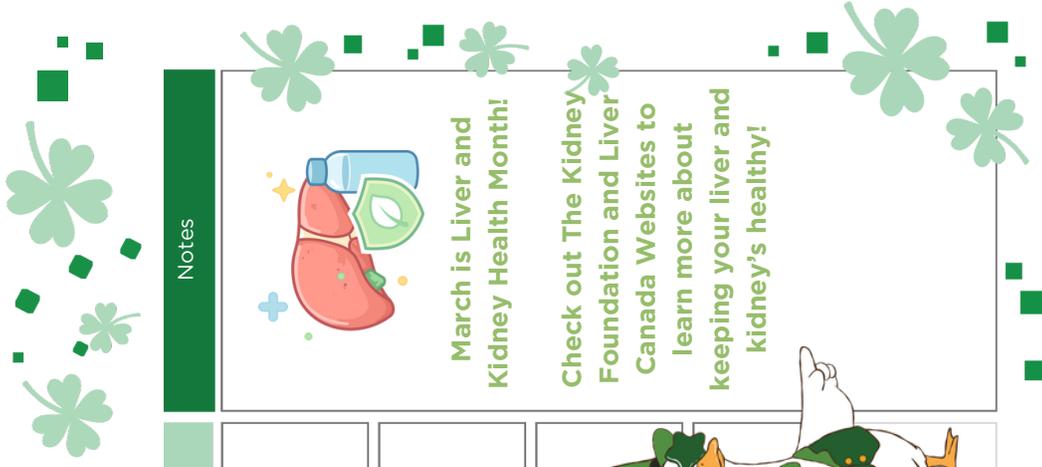


[COHI@PIKWAKANAGAN.CA](mailto:COHI@PIKWAKANAGAN.CA)  
613-401-3679



Algonquins of  
Pikwakaganan  
Health Services

# COMMUNITY HEALTH MARCH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1	2	3 Breakfast Club 8:30am-10:00 101 Kiwita Mind & Motion Circle 1pm-2pm Manor	4 !!No Strong & Steady!!	5 Foot Care at Health Center Mind & Motion Circle 1pm-2pm Manor	6 <i>Lunch &amp; Learn</i>	7	 <p><b>March is Liver and Kidney Health Month!</b></p> <p>Check out The Kidney Foundation and Liver Canada Websites to learn more about keeping your liver and kidney's healthy!</p>
8	9	10 Breakfast Club 8:30am-10:00 101 Kiwita Mind & Motion Circle 1pm-2pm Manor	11 Strong & Steady 1-2PM Makwa	12 Try it: Kick sledding at Makwa Mind & Motion Circle 1pm-2pm Manor	13 <i>Lunch &amp; Learn</i> LIVER HEALTH 101 Lunch and Learn 11am-1pm Elders Lodge	14	
15	16	17 Breakfast Club 8:30am-10:00 101 Kiwita Mind & Motion Circle 1pm-2pm Manor ST.PATRICKS DAY	18 Strong & Steady 1-2PM Makwa	19 Foot Care at Health Center Try it: Kick Sledding at Makwa Mind & Motion Circle 1pm-2pm Manor	20 <i>Spring</i> <i>Lunch &amp; Learn</i>	21	
22	23	24 Breakfast Club 8:30am-10:00 101 Kiwita Mind & Motion Circle 1pm-2pm Manor	25 Strong & Steady 1-2PM Makwa Last class for the winter!!	26 Try it: Kick sledding at Makwa Mind & Motion Circle 1pm-2pm Manor	27 <i>Lunch &amp; Learn</i> Fatty Liver Disease Lunch and Learn 11am-1pm Elders Lodge	28	
29	30	31 Breakfast Club 8:30am-10:00 101 Kiwita Mind & Motion Circle 1pm-2pm Manor					



## TOPICS FOR THE MONTH OF MARCH:

# LIVER HEALTH & KIDNEY HEALTH

### EAT WELL

- Choose fruits, veggies, whole grains
- Limit sugar, salt, and saturated fats
- Helps prevent fatty liver disease

### STAY HYDRATED

- Drink enough water daily
- Helps kidneys remove waste and toxins

### LIMIT ALCOHOL

- Too much alcohol damages liver cells
- Avoid mixing alcohol with medications

### CONTROL BLOOD PRESSURE & BLOOD SUGAR

- High levels can damage kidneys
- Manage with diet, activity, and care

### STAY ACTIVE & HEALTHY WEIGHT

- Regular exercise reduces liver fat
- Supports overall liver function

### EAT A KIDNEY FRIENDLY DIET

- Limit salt (sodium)
- Choose whole, unprocessed foods

### PROTECT YOUR LIVER

- Avoid toxins (chemicals, unsafe needles)
- Get vaccines for hepatitis A & B

### BE ACTIVE & AVOID SMOKING

- Exercise supports kidney function
- Smoking commercial tobacco worsens kidney disease risk

Info from: Liver Canada

Info from: The kidney foundation



Algonquins of  
Pikwakanagan  
Health Services





While “birth defect” is a medical term, it doesn’t mean that an individual is “defective.” Instead, it refers to health conditions that develop in a baby before birth that affects the structure or function of their body.

Birth defects are caused by a mix of genes, behaviors and environment. Not all birth defects can be prevented, you can increase your chances of having a healthy baby by taking a folic acid containing multivitamin, managing health conditions, and adopting healthy behaviors before becoming pregnant.

There are thousands of different birth defects, and most of the causes of birth defects are unknown. Common birth defects include heart defects, orofacial clefts, Down syndrome and spina bifida.



Join us on March 3rd for **#WorldBDDay** to raise one voice across the globe for birth defect awareness.

Contact Jessica, Community Health Nurse if you have questions about having a healthy pregnancy  
613-625-2259; [chn@pikwakanagan.ca](mailto:chn@pikwakanagan.ca)

# Heartsmart Kids™

## the beat on animals

Try different animal movements to keep busy and from sitting to long!

run on your hands and feet like a bear!



walk on four legs like a wolf!



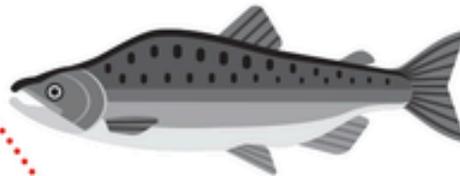
slither on the floor like a snake!



flap your arms like a bird!



wiggle like a fish!



Pets also need an active life. Walk the dog as a family activity. If you can, feel or listen for your pet's heartbeat (check gently on the left side of the chest).

### Check out the resting heart rates of these animals:

Blue Whale	8 beats per minute
Elephant	25 to 40 beats per minute
Cow	48 to 84 beats per minute
Human	60 to 80 beats per minute
Dog	70 to 120 beats per minute
Cat	120 to 140 beats per minute
Guinea Pig	200 to 300 beats per minute
Rabbit	180 to 350 beats per minute
Hummingbird	600 beats per minute
Mouse	450 to 750 beats per minute

# Heartsmart Kids™

## Stack 'em up Yogurt Parfait

You'll have as much fun making this pretty fruit and yogurt treat as you'll have eating through all of the layers. "Parfait" comes from the French word for "perfection". It's no wonder! With layers of applesauce, strawberries and yogurt, this nutritious dessert is also very delicious. Now that's perfection! Makes 2 servings.

### You will need:



250 mL (1 cup)  
plain yogurt

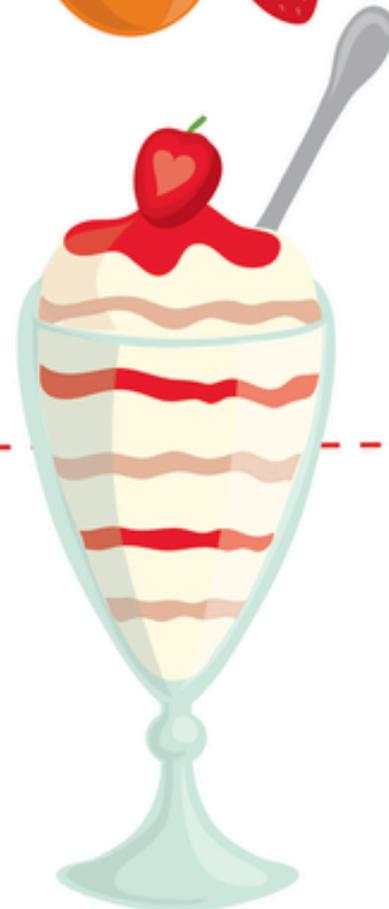


125 mL (1/2 cup)  
unsweetened applesauce

250 mL (1 cup) fresh or frozen  
unsweetened strawberries, mashed



2 strawberries cut in half,  
for garnish (optional)



- 1) In a tall, clear glass or dessert bowl, put in a few spoons of yogurt. Next, add a layer of a few spoons of applesauce. Add some more yogurt. Then put a layer of strawberry mash. Keep adding new layers until you reach the top of the glass.
- 2) Finish off your treat with strawberry halves.
- 3) Eat it up with a spoon, keeping the layers separate or mixing them together as you go.

**Tip:** Add all-natural vanilla extract or cinnamon to the plain yogurt.



Algonquins of  
Pikwakanagan  
Health Services

FORMER CHAIR EXERCISE CLASS  
HAS BEEN RESTRUCTURED TO...

# MIND & MOTION CIRCLE

Gentle movement and brain games supporting  
balance in body, mind, heart, and spirit

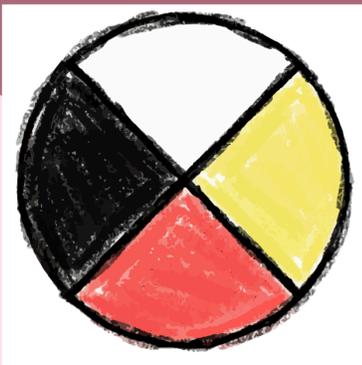
**WHEN? WHERE?**

Tuesdays 1:00pm-2:00pm

&

Thursdays 1:00pm-2:00pm

Tennisco Manor



A fun, safe program for seniors with walkers, wheelchairs, or low mobility. Gentle movement and recreational brain games to help keep your body active and your mind sharp—perfect for socializing and supporting cognitive wellness. Caregivers welcome.

Facilitated by our Chronic Disease Management Nurse Taylor, Sports & Rec Darce Dick and Tennisco Manor Staff

If you have any questions please call Taylor at 613-625-2259 ext

232



Algonquins of  
Pikwakanagan  
First Nation

## STRONG & STEADY INDOOR

# INDOOR WALKING AND EXERCISE PROGRAM

WITH TAYLOR (HEALTH SERVICES) AND DARCE (SPORTS & REC)

Every Wednesday for the winter months  
Location: The Makwa Center Main Floor  
Time: 1:00pm - 2:00pm

- March 4<sup>th</sup> (NO CLASS TODAY)
- March 11<sup>th</sup>
- March 18<sup>th</sup>
- March 25<sup>th</sup> (LAST CLASS!)



HEART WISE EXERCISE  
CERTIFIED CLASS

All are welcome—people using walkers, baby strollers, or other mobility aids. Come get some movement in; this one-hour session is suitable for everyone.

MOVE AND HAVE FUN

## What does the hour look like?

- Group warm up (5 mins)
- Walk or try Nordic Walking (20 mins)
- Group cool down (5 mins)
- Group exercise (standing or seated)
  - Strength (10 mins)
  - Balance (5 mins)
  - Stretch / Mobility (5 mins)
- Wrap up and discussion (5 mins)
- WATER & SNACKS PROVIDED

This class follows the guidelines of Western University's Seniors Exercise Program, making it safe and beneficial for older adults, while remaining suitable for everyone as each exercise can be tailored to individual abilities.

Taylor is a Certified Seniors Fitness Instructor and both her and Darce are Heart Wise Exercise Certified through the Ottawa Heart Institute!

Call 613-625-2259 ext 232

If you have any questions or you can drop in to class! You will be provided an exercise swag bag with your own equipment and a registration form



**Get out, get active!**

# **TRY IT: KICKSLEDDING**

AS A WINTER EXERCISE FOR PEOPLE OF ALL AGES, KICKSLEDDING UTILIZES ALL THE MUSCLE GROUPS AND PROVIDES AN EXCELLENT LOW-IMPACT EXERCISE AND CARDIOVASCULAR BENEFITS.



## **MAKWA BALL DIAMOND**

- Thursday March 12<sup>th</sup>
- Thursday March 19<sup>th</sup>
- Thursday March 26<sup>th</sup>

10:30am - 11:30am

Kick sleds provided by the ECHO Center (Eganville)

Sessions are led by Grant Owen from the ECHO Center (Eganville)

Please dress accordingly to weather!

### **TO REGISTER:**

CONTACT TAYLOR MURPHY, CDMN AT HEALTH SERVICES  
613-625-2259 OR [CDMN@PIKWAKANAGAN.CA](mailto:CDMN@PIKWAKANAGAN.CA)



In Collaboration with Liver Canada

# "Liver 101" Lunch and Learn



Friday March 13<sup>th</sup> 2026  
11:00am-1:00pm  
Elders Lodge  
Healthy Lunch Provided

Join us for a Lunch & Learn on liver health!

- featuring a virtual session from Liver Canada.
- Discover the basics of what your liver does, how to keep it healthy, and key risk factors to be aware of.
- We'll begin with a **22-minute film, "Wholistic Convos on Liver Wellness: An Indigenous Perspective"**
- followed by a **30-minute virtual presentation** and Q&A.
- Come learn, eat, ask questions, and take steps toward better liver health!

March is Liver  
Health  
Awareness  
Month!

Next Session:

Join us **Friday March 27<sup>th</sup>** at The Elders Lodge  
11am-1pm  
For a separate session focusing on  
**FATTY LIVER DISEASE**

- Risk Factors
- Management
- Q&A



To sign up:

 613-625-2259 and speak  
with Taylor Murphy, CDMN

In Collaboration with Liver Canada

# Fatty Liver Disease Lunch and Learn



Friday March 27<sup>th</sup> 2026  
11:00am-1:00pm  
Elders Lodge  
Healthy Lunch Provided

Join us for a Lunch & Learn on **Fatty Liver Disease**

- Learn what fatty liver disease is, common risk factors, and practical ways to prevent and manage it.
- This informative session includes a virtual presentation from Liver Canada and time for questions, helping you better understand your liver health and the steps you can take to protect it.
- Lunch and Beverages provided!

March is Liver  
Health  
Awareness  
Month!

For more information about Liver Health:

<https://liver.ca/>



To sign up:

 613-625-2259 and speak  
with Taylor Murphy, CDMN



# AOPFN EMPLOYMENT OPPORTUNITY

## Literacy Librarian

**Department: Education**

**Supervisor: Manager, Education**

**Fixed Term Contract, March 9, 2026 - March 5, 2027**

**\$28.00 - \$40.00 hrly/ based on experience/ 15-20 hrs. /wk**

**Deadline to Apply: Friday, March 6, 2026 at 4:00PM**

The Literacy Librarian will be responsible for supporting library operations. They will foster foundational skills in reading, writing, and mathematics through curated resources, specialized programming, and instructional support; promote early learning, support adult education, and integrate digital, cultural, and math literacy into accessible, engaging community spaces.

### **DUTIES AND RESPONSIBILITIES:**

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

- Provides early literacy and numeracy support, focusing on basic skills like number sense, shapes, patterns, reading, and writing for young children.
- Provides instruction and programming by delivering workshops, sensory play, math game sessions, and storytelling events to make learning active for young children.
- Supports adult learners in their pursuit of a Canadian Adult Education Credential (CAEC); provide workshops on budgeting, excel, etc.
- Assists users to navigate the internet, manage data and understand privacy.
- Manages day-to-day library operations, including circulation, registration, cataloguing, resource acquisition, inventory and database.

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

### **REQUIREMENTS:**

- Post-secondary education in Education or a related field OR secondary school completion with at least 2 years' experience supporting diverse learners in delivering educational programs across settings such as public libraries, early learning centres, or schools.
- Proficient in computers, software applications such as MS Office and use of technology for research and the development of client literacy skills.

### **CONDITIONS OF EMPLOYMENT:**

- Successful completion of a General Library Services Certificate – Ontario Library Services EXCEL program.
- Current acceptable Vulnerable Sector Check
- Valid CPR/First Aid & AED Certification

## 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: Literacy Librarian

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

## Digital & Communications Support Coordinator

**Department: General Government**

**Supervisor: Sr. Executive Assistant**

**\$51,122.00 – \$56,429.00 annual/ Full-Time/ Permanent - 35 hrs/ week**

**Deadline to Apply: Friday, March 13<sup>th</sup>, 2026 at 4:00PM**

The Digital and Communications Support Coordinator serves as the front-line Digital and IT support function for Algonquins of Pikwakanagan First Nation while also providing operational support to Communications and Public Relations.

This position is responsible for receiving, triaging, resolving, and tracking day-to-day technology and digital requests, ensuring staff have timely access to systems, tools, and information. The role supports content management, internal communications, and digital coordination across the organization.

Within AOPFN's tiered IT service model, this role handles volume-based, user-facing, and operational digital work, escalating system, security, and infrastructure matters to the IT Support Officer.

### **DUTIES AND RESPONSIBILITIES:**

#### **1.Administrative & Coordination Support**

- Maintain organized electronic and hard-copy filing systems for both IT and Communications.
- Develop and maintain project trackers, logs, request lists, and status dashboards.
- Prepare meeting materials, notes, and follow-ups for cross-departmental projects initiatives.
- Assist with procurement tracking, purchase requisitions, and vendor correspondence.
- Maintain inventories of IT assets, licenses and communications equipment

#### **2.Digital & IT Support**

- Receive, log, track, and close IT service requests and maintain service statistics
- Provide first-line technical support

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

### **REQUIREMENTS:**

- Post Secondary certificate or diploma in Office Administration, Business, Communications, or a related field. OR
- Secondary School Diploma with two (2) years of relevant work experience in administrative, coordination, or digital support roles.
- Familiarity with website and social media management tools is an asset.

## How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Digital & Communications Support Coordinator

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.



## Required Qualifications for the Director Position

- Not a member of the Algonquins of Pikwakanagan First Nation, but is affiliated with and would otherwise be affected by the application and operation of Nigig Nibi Ki-win;
- Does not have the status of a bankrupt; and
- Satisfactory results of background checks, including from the Canadian Police Information Centre (CPIC).

## Desired Skills for Directors:

Verifiable experience and/or background in work relating to Pikwakanagan child and family wellbeing.

Verifiable experience in one or more of the following areas:

- Knowledge of the Pikwakanagan community, including with respect to Algonquin culture, Anishinàbemowin, history, and/or priorities;
- Corporate governance;
- First Nations governance;
- Communications and community engagement;
- Healthcare services;
- Social services;
- Policy development;
- Finance;
- Accounting;
- Human resources;
- Risk management;
- Business administration; or
- Strategic planning.

Ability to strategically plan for and prioritize the needs of the present and future generations of the Pikwakanagan community, in accordance with the Seven Grandfather Teachings.

## Application Process:

Interested individuals may apply to be considered for selection for the Director position of the Nigig Gamik Interim Board by submitting a one-page Expression of Interest.

Please include in your Expression of Interest, a brief biography, a statement on why you are interested in being a Director, and any previous volunteer or work experience which may apply.

Please also provide, if available, a LinkedIn profile URL, list of current and/or prior experience as a Board member and/or professional associations.

This call for Expressions of Interest is an open call and will remain open until the vacancy is filled.

All individuals who submit an Expression of Interest will be notified of the outcome of the process once a decision has been made by Nigig Gamik.

## Applications should be submitted to the attention of:

Alexandra Freed, Executive Director of Nigig Gamik, at [director@nigignibi.com](mailto:director@nigignibi.com), to be received no later than Thursday, March 12th, 2026 at 12:00PM.



**“CALL TO TENDER”  
CUSTODIAL SERVICES  
Algonquins of Pikwakanagan First Nation  
Minopimadiz-I Gamik - Health Services Building**

**Scope of Work:** The contractor is to supply all necessary labor and equipment required to complete the services as described in “Schedule A”.

**Cleaning Supplies:** Will be supplied by the Algonquins of Pikwakanagan First Nation.

**Duration of Contract:** April 1, 2026 to March 31, 2027.

**Tender Closing Date & Time:** March 13, 2026 @ 12:00 p.m.

**Tender Submission Requirements:** A complete tender must include the following:

- Tender form completed in full; (see below)
- Two (2) references check names of previous employers.
- Proof of the current WHMIS training certificate.

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

- Proof of Personal Liability and Property Damage Insurance.
- An acceptable Criminal Reference Check

**Companies:** If bidding as a company, all other individuals must meet the following requirements:

- Proof of WHMIS Certification with Tender Submission.
- An acceptable criminal reference check and 3 names on the policy as an insured if the company is the successful bidder.

**Contract Award:** The Algonquins of Pikwakanagan First Nation is not obligated to accept the lowest or any other tender.

**Site Examination & “Schedule A”:** The bidder is encouraged to contact the person below to arrange for a site inspection by appointment only and receive a copy of the “Schedule A”, which is available at the front Desk of the Health Services Building or contact Karen Levesque at 613 625-2259 Ext. 223

**Tender Submission:** Submit “Tender” in a sealed envelope clearly marked, **“Tender for Custodial Services Minopimadiz-I Gamik - Health Services Building”** Addressed to c/o Karen Levesque, Office Administrator, Health Services, Algonquins of Pikwakanagan First Nation, 1643 Mishomis Inamo, Pikwakanagan, Ontario K0J 1X0

**TENDER FOR CUSTODIAL SERVICES  
MINOPI MADIZ-I GAMIK - HEALTH SERVICES BUILDING  
2026 - 2027**

I, \_\_\_\_\_ having carefully read the tender specifications and “Schedule A” (site inspection optional)

Submit my tender for Custodial Services as:

\$ \_\_\_\_\_ per month, dated this \_\_\_\_\_ day of \_\_\_\_\_, 2025

\_\_\_\_\_(Signature) \_\_\_\_\_ (Phone Number).

# *Caterer* **Call out**

**For Indigenous Health  
Awareness Training**

**Looking for caterers to forward pricing  
to provide lunch and snacks for  
morning and afternoon breaks for  
16-17 people as well as menu options**

---

**The information provide will be  
forwarded to the groups who are  
taking the training and they will  
select which caterer they desire**

---

**If you are interested in having your  
info added to the list or have any  
questions please contact the email  
below.**

---

**IHT@pikwakanagan.ca**

# ALFDC TRAIN-THE-TRAINER



## WHAT IF YOU HAD A SAFETY TRAINER RIGHT IN YOUR COMMUNITY?

### Train the Trainer

ALFDC will be delivering training to those interested in being a Trainer for the 3 mandatory courses; WHMIS, Workplace Violence & Harassment and OHSa.

Once you become a trainer, you have the ability to issue certification in conjunction with Safety Guys (Small fee applies to issuance of certificates)

In support of training providers, the Aboriginal Labour Force Development Circle (ALFDC), in partnership with the Safety Guys, is dedicated to providing multiple training options so you can continue to learn and grow as a Trainer

Here's what the schedule will look like!

Day One Train-the-Trainer	Learn how to design, deliver and evaluate effective training programs
Day Two WHMIS	Learn how to deliver a complaint WHMIS 2015 training session.
Day Three Workplace Violence & Harassment	Learn how to understand, identify, apply and facilitate the V&H training through 4 learning modules.
Day Four Intro to OHSa	Learn how to deliver 6 learning modules for Intro to OHSa



DATE - TBD

If you are interested in becoming a trainer, please email:  
Kirstin Sparks - [training@alfdc.on.ca](mailto:training@alfdc.on.ca)  
Alex Graham - [projmanager@alfdc.on.ca](mailto:projmanager@alfdc.on.ca)

**Aboriginal Labour Force Development Circle Training Centre**  
**274 Hwy 49, Deseronto, ON. K0K 1X0**

We are proud partners with the Safety Guys Workplace Safety Trainers



# Community Information:

## SNOW REMOVAL FOR HOME CARE CLIENTS

THIS NOTICE IS FOR HOME CARE PROGRAM CLIENTS WHO RECEIVE SNOW REMOVAL SERVICES.

Snow removal is completed using a priority system. Clients with serious health concerns, medical appointments, emergency needs, and ramps are serviced first, followed by high-risk clients and then all remaining clients.

We are currently supporting a high number of Home Care clients with a small team. Depending on snowfall amounts, snow removal may be limited at first and completed in stages.

Should a client's health condition change, please contact the Home Care team at 613-625-1230

Thank you for your ongoing patience and understanding.



### Pikwákanagán Excavating & Landscaping

Clear, Dig, Build - Experience the difference!



Large & small equipment for your excavating needs

- 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



# 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**

# 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

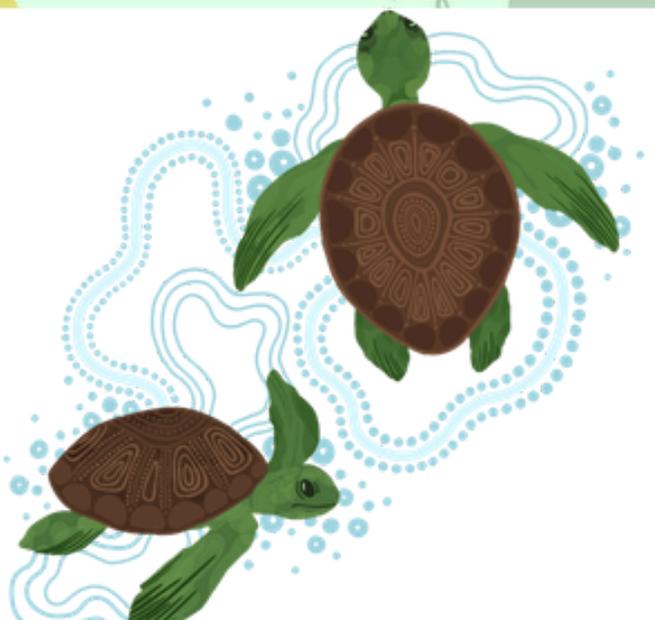
Wednesday: 12:00pm - 6:00pm

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
Pascoe, Logan	Sharbot	08 Sept 25	08 Mar 26
Pederson, Kaitlyn	Tenesco	08 Sept 25	08 Mar 26
Beauchamp, Evelyn	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Beauchamp, Lisa	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Larabee, Jerome	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Jones, Stacey	Amikons	15 Sept 25	15 Mar 26
Burke, Robin	Lavalley	16 Sept 25	16 Mar 26
Sarrazin, Orion	Sarazin	18 Sept 25	18 Mar 26
Sarrazin, Everest	Sarazin	18 Sept 25	18 Mar 26
Sarrazin, Hudson	Sarazin	18 Sept 25	18 Mar 26
Carle, Isaiah	Lavalley	26 Sept 25	26 Mar 26
Logan, Rosie	Amikons	01 Oct 25	01 Mar 26
Decaire, Barry	Francios	22 Oct 25	22 Apr 26
Jones, Hunter	Amikons	22 Oct 25	22 Apr 26
Harris, Jeffery	Ignace	22 Oct 25	22 Apr 26
Lagace, Nancy	Baptiste/Kikons	22 Oct 25	22 Apr 26
Benoit, Kenneth	Benoit	27 Oct 25	27 Apr 26
Sherbert, Gavin	Charbot	04 Nov 25	04 May 26
Allair, Eric	Tenesco	07 Nov 25	07 May 26
Reece, Nia	Lavalley	07 Nov 25	07 May 26
Gravelle, Peter	Tenisco	25 Nov 25	25 May 26
Zlahtic, Tiffany	Protected	25 Nov 25	25 May 26
Rathwell, Stephen	Protected	25 Nov 25	25 May 26
Zlahtic-Campbell, Sara	Protected	25 Nov 25	25 May 26
Zlahtic-Campbell, Emma	Protected	25 Nov 25	25 May 26
Dupuis, Julien	Protected	25 Nov 25	25 May 26
Canavan, Kristopher	Whiteduck	10 Dec 25	10 June 26
Gagnon, Nicole	Meness	12 Dec 25	12 June 26
Smith, Kaitlyn	Amikons	12 Dec 25	12 June 26
O'Heare, Michael	Amikons	12 Dec 25	12 June 26
Grandmond, Krystina	Pisinawate	17 Dec 25	17 June 26
Guidry-Grandmond, Ayden	Pisinawate	17 Dec 25	17 June 26
Guidry-Grandmond, Genessee	Pisinawate	17 Dec 25	17 June 26
Simpson, Linda	Protected	18 Dec 25	18 June 26
Mikaelian, Natalie	Sararas	8 Jan 26	8 July 26

Kuiack, Christopher	Lavalley	12 Jan 26	12 July 26
Peters, Charmain	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
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

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)