



Pikwakanagan Tibadjumowin



CHÌBAYATIGO-KÌJIGAD NIKI KIZIS 13TH, 2026
FRIDAY MARCH 13TH, 2026

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

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Membership Notice

The Administration phone system was updated to voIP and we are still working out the technical issues. Please bear with us. If the call drops, please call back or email us.

Website Information

Don't forget that you can access the members only section at algonquinsofpikwakanagan.ca by clicking on the "Membership Section" under the Pikwakanagan tab.

**MARCH IS EPILEPSY
AWARENESS MONTH
IN CANADA!**



CHIEF & COUNCIL UPDATE

March 13th, 2026



Ottawa Senators Hockey. Major progress is being made this week by Pikwakanagan Chief and Council and the Quebec Algonquin First Nations in acquiring land from the Canadian government in the Lebreton Flats area in Ottawa where the Ottawa Senators Hockey team will be building a new arena.

Chief Greg Sarazin is meeting with Canada's, National Capital Commission and the Ottawa Senators owners this week to further our negotiations on joint business ventures with them in close proximity to that arena where six land parcels are selected for Algonquin ownership.

These business ventures are forecasted provide significant revenue for Pikwakanagan as we develop those land parcels and link them to the Ottawa Sens business franchise. That revenue is forecasted to be substantial and ongoing and will provide much needed financial support for our own Algonquin self determination and self sufficiency.

Major progress is also being made as we continue working towards a partnership in the Ottawa Senators Hockey Club itself. The Ottawa Sens ownership is very positive and cooperative in this concept and we are looking forward to their planned announcement, coming later this month.

These achievements are the result of years of negotiation, by a unified Algonquin negotiation team led by the Chiefs and Councillors of Pikwakanagan and the Algonquin First Nations in present day Quebec

Such a partnership in a professional hockey team would be the first of its kind for any First Nation in Canada.



Join us at the

Swearing In Ceremony

newly elected Chief and Council
are formally sworn into office

**Wednesday, April 1, 2026
at 1:00 PM**

Makwa Community Centre
83 Kagagimin Inamo, Pikwakanagan, ON K0J 1X0

Refreshments will be Provided



Omàmìwininì Mìdjiman Ijichigewin and Neyagada Wàbandàngakì Guardian Program Community Update

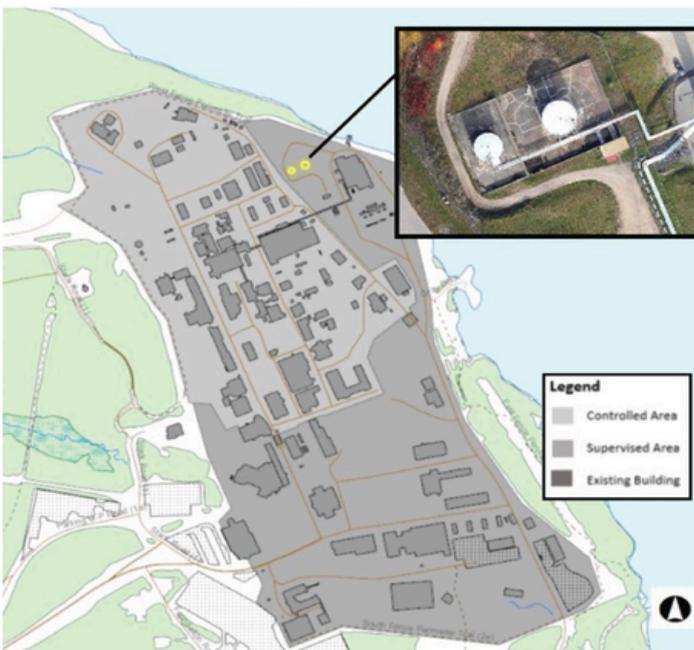
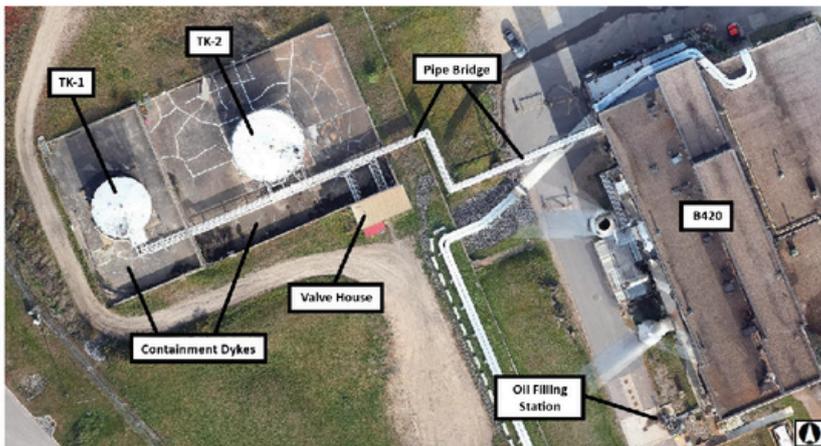


The following **Community Update** is supported by the **Algonquin Foods Program (AFP)** and the project overview below is brought to you by the **Neyagada Wàbandàngakì Guardian Program (NWGP)**.

As part of the Long-Term Relationship Agreement (LTRA) between AOPFN, Canadian Nuclear Laboratories (CNL) and Atomic Energy of Canada Limited (AECL), our Guardians in the NWGP participate in a variety of activities in connection with AECL/CNL sites, such as wildlife and vegetation surveys, emergency response planning, habitat assessments, hunting pressure surveys and other monitoring activities.

These activities are based on identified priority needs and concerns of AOPFN leadership and members living throughout AOPFN's Traditional Territory.

B420A Fuel Storage Tank Removal Project:



- The B420A Fuel Storage Tanks stored heavy oil that was used by the B420 Powerhouse as a back-up boiler fuel source for producing steam. Since 2016, the primary fuel source has been natural gas.
- The system and storage for this fuel has been in place for approx 60 years and in late 2024, the storage tanks and supply piping was identified by the Environment and Climate Change Canada (ECCC) as being out of compliance due to the age of the tanks.
- Therefore CNL was given the option to either bring the system back into compliance or remove the B420A Fuel Storage Tanks altogether.
- CNL decided to proceed with the decommissioning of the B420 Fuel Storage Tank system and the activities began in the spring of 2025. A third-party contractor is conducting the decommissioning.
- As per the LTRA, the B420A Fuel Storage Tank Removal Project was deemed a 'routine project' under the Advanced Project Review Process (APRP), because the tank decommissioning would result in the site being more environmentally friendly.
- The removal of the B420A Fuel Storage Tank system will significantly reduce the risk of future leaks or spills, effectively mitigating potential contamination of soil, groundwater and surface water.

AOPFN Engagement History on this Project:

July 9, 2025 – NWGP Visit #1

- The Guardians entered the B420 Powerhouse building, which is adjacent to the river on a previously disturbed site, and approx. 20-40m from the forests' edge and approx 50m from the Kichi Sibi (Ottawa River).
- Within this building, the Guardians were shown the intricate networking of piping where the asbestos will need to be removed and piping taken down (with containment and personal protective equipment and clothing). They were also shown where many of the older systems have already been isolated and capped off. They then headed outside to see where the transfer station existed and walked to the tank area, where they saw several **wildlife deterrents** that were in place to evacuate the area of nesting and use; **black tarps, owls, and a coyote decoy** were all set up. The Guardians learned that the remaining fuel in the tanks will be suctioned out and transported off site and that the concrete spill containment berm surrounding the tanks would remain in place.
- CNL advised that the **B420A Fuel Storage Tank Removal Project** would include the removal of two fuel oil tanks and associated pipes, between June and November 2025.



Nov 6, 2025 – NWGP Visit #2

- A second walk-through on this day was cancelled due to other priority work, so CNL provided a presentation on the B420A Fuel Storage Tank Removal Project instead, along with a review of the Demo Schedule and then a discussion on how the Guardians would like to be involved.
- The Guardians indicated to CNL that they (NWGP) wanted to be involved in the 'removal of the oil from the tanks', in which CNL noted that this work had already been completed, in order to meet their schedule commitments.

Jan 21, 2026 – AOPFN was notified by CNL regarding a B420A oil spill incident that occurred on Jan 14, 2026 at 8:15pm, at Chalk River Laboratories (CRL).

- This oil spill was associated with **B420A Fuel Storage Tank Removal Project** work, to flush out all remaining Fuel Oil from the registered Petroleum Storage Tank System.
- Prior to this spill, the large petroleum storage tanks were already emptied, including the tank heels. However, some oil was still present in pipelines associated with the tanks.
- The pumper truck was in the process of rinsing out the pipelines, when the pumper truck tank overflowed, and the overflow channeled through an overflow pipe onto the asphalt road. Approximately 35 L was captured by a spill tray, and the other 35 L went onto the asphalt pad, which was approx. 95 m from the Kichi Sibi (Ottawa River). See photo on next page.
 - **Image 1 & 2** - the CleanHarbors pumper truck flushing out fuel oil from the tanks
 - **Image 3** - red overflow pipe that channeled tank overflow to the ground
 - **Image 4** - clean-up
- CNL confirmed that the oil had no chance to migrate to the river because of the cold weather and the viscosity of the oil, plus the oil was confined to a small area adjacent to the pumper truck.
- Following the spill, the CNL team took the following actions;
 - Contained the spill with a spill berm
 - Immediately turned off the pumper truck
 - Stopped work, put the area into a safe state and the contractor cleaned up the spill using shovels and scrapers
 - Notified the ECCC Spills Action Centre the day after the incident on Jan 15/26.



Feb 3, 2026 – NWGP Visit #3 - the Guardians completed a follow-up visit of where the oil spill occurred at the B420A site.

- There wasn't much to see that day due to snow coverage, but CNL had subject matter experts available, to discuss the oil spill details with the Guardians.
- The Guardians advised CNL that they would like to revisit the B420A Oil Spill site again in the spring, where they can get a better look at the ground upon which the spill occurred.
- And as per the remaining Demo Schedule for this project, the Guardians also made a formal request to monitor and participate on-site, when the two large Holding Tanks are being disassembled, along with other activities on the Demo Schedule as well.



Mar 4, 2026 – NWGP Visit #4 - Guardians onsite to observe, record & report on other ongoing B420A demo activities.

Proximity of Oil Spill to the River



Additional Questions from AOPFN to CNL:

1. **Please confirm if this fuel oil spill was considered 'contaminated' or not?**
 - The oil from this spill or tank was not radioactively contaminated.
2. **How may this affect AOPFN members? Fish? Wildlife? Plants? Air?**
 - The oil spill was localized and did not migrate to any water bodies.
 - There was no risk to human health, and no adverse effect on the environment.
3. **What are the emergency plans in place?**
 - CNL confirmed that this oil spill was considered a reportable event, in which CNL reported to the Environment and Climate Change Canada (ECCC) Spills Action Centre as required and within the proper timeline.
 - NOTE - A verbal notification is required to be made to the ECCC Spills Action Centre and if 100 litres or more of product has been released to the environment, then the initial verbal notification needs to be followed up with a written report. But in this case, the spillage was 35 L in spill tray + 35 L onto the asphalt pad.
 - CNL also confirmed that this event did not meet CNL's **Public Disclosure** criteria, therefore it wasn't a Community Information Bulletin, like the off site contamination incident that occurred in Sept/25.
4. **AOPFN asked CNL to provide information on the eventual remediation and the area's future land use where the tanks are being decommissioned.**
 - CNL confirmed that the eventual removal of the asphalt will likely take place when the B420 Building (Powerhouse) is no longer operational and has been fully decommissioned.
 - Once this building has been decommissioned, along with the majority of the CRL skyline, a large environmental clean-up mission will occur, to address the remnant grounds surrounding present-day buildings .

Next Steps:

To ensure that the B420A site was cleaned up properly, the NWGP will continue to monitor the site on an ongoing basis and continue to participate in the remaining Demo Schedule as well, leading up to the spring, when they can get a better look at the ground upon which the spill occurred. If any further steps are deemed necessary at that time, then the Consultation Department will provide another update to membership.

For more information please contact the **Consultation Department**
at communications.consultation@pikwakanagan.ca

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
LAVALLEY, LEAH NOELLE

MENESS, JENNIFER L., PhD
SARAZIN, GREGORY J.

CANDIDATES FOR THE OFFICE OF COUNCILLOR – SIX (6) TO BE ELECTED

BENOIT, DALE
CARLE, J. L. ANDRE
CARLE, RYAN
COMMANDA, ANGELINA (NINA)
HOLMBERG, KERRY JAMES
KOHOKO, SHERRY
LAMARR, KEVIN JR.
LEROUX, PATRICK (P.J.)

LEVESQUE, JESSICA
OZAWANIMKE, TAYLOR
SARAZIN, BARBARA J.
SARAZIN, MERV
SARAZIN, MICHAEL J.
SARAZIN, SHERRY LYN
YANKOO, SARAH FRANCES

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:

- a) be a person whose name appears in the Algonquins of Pikwakanagan Membership Register;
- b) have attained the age of eighteen (18) years on or before the date upon which the nomination meeting is held;
- c) have a nominator and seconder for his nomination;
- d) have accepted the nomination in writing to the Electoral Officer within ten (10) calendar days of the nomination meeting;
- e) 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);
- f) 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 | 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





Chief

2020 - 2023

Councillor

2001- 2003 &
2017 - 2020 :

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

613-625-1105

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 Ojima 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



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 thought 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 Oshkabewis (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 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 MajjikditKonni 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 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





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 – Tennesco 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 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.

Miigwetch



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

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



JESSICA LEVESQUE FOR COUNCIL

YOU'RE VOICE MATTERS!



LET MY VOICE BE YOUR VOICE!

LET'S STOP THE SILENCE TOGETHER!

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 ndizhnikaaz, 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 My phone : **613-913-5187** or my Facebook : [@Mike Sarazin](https://www.facebook.com/MikeSarazin)

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

613-559-1550



Sarah Frances Yankoo for Council

Text or call: 613 439 1812 | Email: 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.



*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.

Tel (613) 625-2800

1657A Mishomis Inamo
Pikwakanagan ON K0J 1X0

Fax (613) 625 2332



Ottawa | City of Ottawa
Museums and Historic Sites



A Dual Exhibition Honouring Algonquin Leadership, Culture, and Craftsmanship

Developed through a collaboration between AOPFN and the City of Ottawa, these exhibits celebrate the leadership, cultural continuity, and exceptional craftsmanship of two esteemed Algonquin leaders.

Exhibition Dates & Locations

Trinity Gallery, Shenkman Arts Centre

245 Centrum Blvd, Orléans, ON K1E 0A1

February – April

Billings Estate National Historic Site

2100 Cabot St, Ottawa, ON K1H 6K1

April – October

Featuring Two Respected Algonquin Leaders

The Late Mathew Bernard

- Showcasing a headdress modeled after the one he wore as Chief
- Highlights his artistry, craftsmanship, and his role in building the largest birch bark canoe in Canada

The Late William Commanda

- Featuring the headdress he wore during his leadership
- Shares the story of how he and his wife preserved and shared Algonquin culture through tourism during a time when such expression was discouraged

Algonquins of Pikwakanagan 4th 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





Think Like a Nation!

Dr. Jennifer Meness for Chief!

I want to hear your thoughts, ideas,
and suggestions for the next
Chief and Council!

Join me!

Chili and Bannock Meet and Greet

Elders Lodge
Saturday, March 14
11-2:00 pm

Enter to Win!

Drawings held for copies of my books:

Algonquin Nation and
Anishinaabek: The People and Nations

**If you can't make the event,
I am available:**

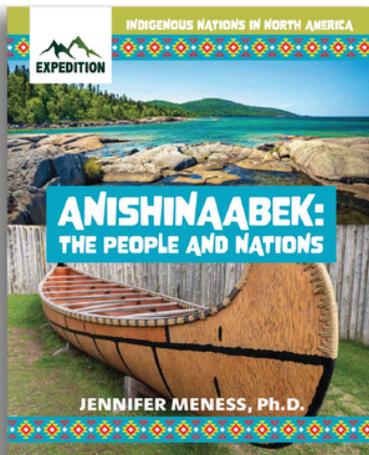
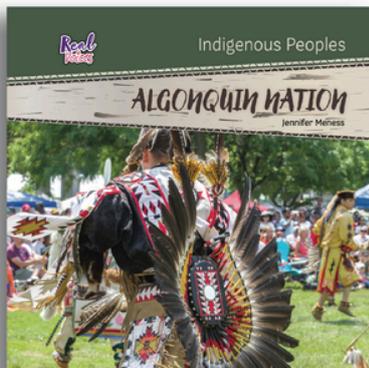
email: jennifer.meness@gmail.com

phone: 647-767-0067

Catering by Madeline Granzie
I will donate two book copies to the library.

Proud Member of Pikwakanagan!

I am the daughter of USN Veteran Roger Meness, the youngest of Peter Meness and Catherine Aird-Partridge Meness' twelve children. I am the niece of Dorothy Commanda (Dad's older sister), and I am the 5th Great-Granddaughter of Chief Constance Pinesi.



SCAN TO JOIN



Candidate Meet and Greet

**Come meet
candidates, ask
questions and
share ideas**



**Off reserve members are
invited to join the
conversation virtually by
hitting the link or scanning
the QR code.**

**All Candidates are invited,
light refreshments will be
provided.**

Location: Elders Lodge

Join Zoom Meeting

<https://us06web.zoom.us/j/84384233734?pwd=FBP2WVH9drlKXqz0KlJO58Y9CI3XP9.1>

Meeting ID: 843 8423 3734

Passcode: 537214

One tap mobile

+12532158782,,84384233734#,,,,*537214# US (Tacoma)

+13017158592,,84384233734#,,,,*537214# US
(Washington DC)

Join by SIP

• 84384233734@zoomcrc.com

Join instructions

https://us06web.zoom.us/join/84384233734/invitation?signature=9auDp8rpVOFXsBTPSPHaaYzyjcrmt_AI7ZRwM3fGBxc

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

MARCH 18, 2026

**Hosted by:
Kevin Lamarr Jr**



AOPFN Limited Partnership

Notice: AOPFN Limited Partnership Business Registry Update

Date: March 6, 2026

Subject: Update AOPFN Limited Partnership Business Registry Information

Kwey,

The AOPFN Limited Partnership is currently working to update our Business Registry. This effort is aimed at ensuring we maintain accurate and current information regarding AOPFN member-owned businesses, entrepreneurs, and skilled members.

The Business Registry plays a vital role in helping AOPFN Limited Partnership identify and promote AOPFN owned businesses and skilled members. This allows us to connect members with employment, contracting, and procurement opportunities associated with projects within our Territory and through partner organizations.

We are reaching out to members who own a business, provide services, or possess specialized skills or trades, to review and update their information in the registry.

Keeping this information up to date helps us support our members and match businesses with opportunities. In addition, by maintaining current registry details, we are able to promote member businesses in our newsletter and on the AOPFN website, further increasing visibility and helping to connect our entrepreneurs.

As part of this update, we are also requesting that members provide permission for AOPFN Limited Partnership to share basic business information, such as business name, goods/services provided, and contact details, with project proponents, partners, and organizations seeking AOPFN member businesses or services. This ensures that members can be considered for relevant opportunities.

Providing this permission is entirely voluntary. Information will only be shared for the purpose of connecting members with potential work and business opportunities.

How to Update Your Information

If you wish to update your information and be included in the Business Registry, please contact Crystal Benoit at bdo@pikwakanagan.ca.

Miigwech for supporting AOPFN's economic participation and for helping us strengthen member owned businesses.

Crystal Benoit



AOP_{FN} 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>



nac.cna
NAC - National Arts Centre



10/20



Josée Bourgeois
Jealousy Y Come Again

*Pikwakanagan Member,
Josee Bourgeois,
auditioned and was selected
amongst artists from across the
country and has been casted as
Jealousy Come Again.*

*Opening night is sold out!
Limited tickets remain for other
show dates. Make sure to check
out the content advisories before
bringing youth to this show.*

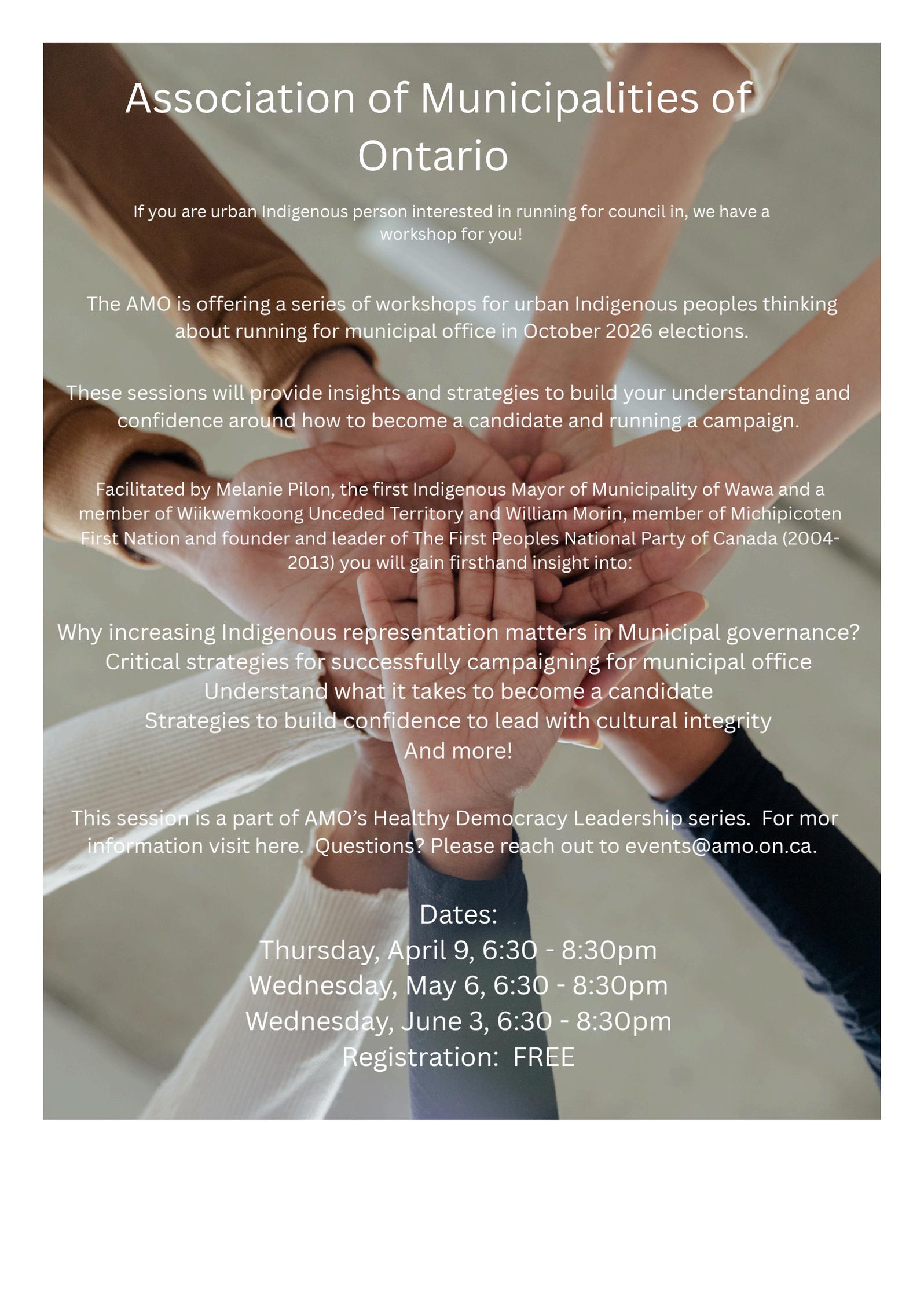
*Also check out the All My
Relations
pricing for more affordable access
to tickets.*

*The National Arts Center is producing
the largest production of Indigenous
theatre ever!*

Rose

*Thompson Highway, a
Cree playwright has been
working on this production
since 1992*





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.

Dates:

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

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

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

Registration: FREE



NIGIG NIBI KI-WIN



GAMIK



COMMUNITY

ENGAGEMENT

SESSION

Nigig Gamik invites Pikwàkanagàn to join us in sharing your voice and vision. Your input is valued and integral in shaping Pikwàkanagàn's current services and future developments. Community feast to be served at 5PM. Door prizes available!



Monday, March
30th, 2026
4:30PM-7:30PM



Makwa Community Centre,
83 Kagagimin Inamo,
Pikwakanagan, ON



613-625-2173



www.nigignibi.com



MARCH 16 2026

MĀDAHÒKÌ MONDAY



EXPERIENCE
THE OJIBWE
SPIRIT HORSES

Join us for this family event.

Spend the day immersed with culture, nature, teachings, and good food.

Days Events

- ✓ Welcome to the farm and Indigenous Culture
- ✓ Self guided walk
- ✓ Lunch-Woodfired bannock pizza-Vegeterian and game meat
- ✓ Story of the Spirit Horses-paintings by Rhonda Snow

Charter bus services
leaving Nigig at 9:30am
returning 4:00pm

Pre-registration is required.

Please call 613-625-2173 or email
preventionprograms@nigignibi.com



You're invited to a
St. Patrick's Day
Party!

Tuesday, March 17th

Time: 1:00 - 4:30

We are having Irish Stew, Buns &
Yummy Desserts in Irish fashion!

We will have
Games, Music and Fun!

Come on out for a
fun afternoon!

Location: The Elders Lodge

RSVP: To The Manor 613-625-1230



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 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

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.

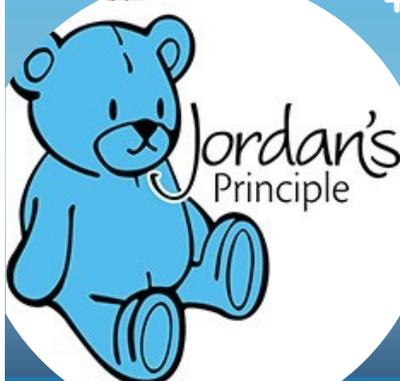


613-401-7446



csp@pikwakanagan.ca

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
jnav1@pikwakanagan.ca

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



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>Addictions Counselling</p> <p> Gillian McKay</p> <p> 613-625-2259 (ext. 238)</p> <p> Health Center</p> <p>Safe Supplies</p> <p> 613-625-2259</p> <p> Health Center</p> <p>Cultural Supports</p> <p> Chrystal Toop</p> <p> 613-401-0821</p> <p> 101 Kiwita</p>	<p>ConnexOntario Helpline 24/7 Support</p> <p> 1-866-531-2600</p> <p> Text CONNEX to 247247</p> <p> Live Chat (from computer) connexontario.ca</p> <p>After Hours: Drug, Alcohol, Gambling Hotline</p> <p> 1-866-531-2600</p> <p> Service offered by ConnexOntario.</p>	<p>National Overdose Response Service (NORS)</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>The Sharing Place Food Bank</p> <p> 613-625-2600</p> <p> Golden Lake (11185 Hwy 60)</p>	<p>VTAC</p> <p> 1-844-727-6404</p> <p>Telehealth</p> <p> 1-866-797-0000</p> <p> askadoctor.help</p> <p>Poison Control</p> <p> 1-800-268-9017</p>

Medetomidine



Medetomidine is a veterinary tranquilizer **similar to xylazine (tranq) but much stronger.**

Unlike xylazine, medetomidine use **has not been associated with wounds.**

Medetomidine **can cause deep sleepiness, a slow heart rate, low blood pressure, very low or no pulse, hallucinations.**

Medetomidine **withdrawal can cause severe and harmful high blood pressure.**

Medetomidine is **currently found in 3 of every 4 fentanyl samples** checked by Toronto's Drug Checking Service. We should **assume medetomidine is just as common in our fentanyl supply.**

Use naloxone if you think someone is overdosing; medetomidine is almost always found with fentanyl.

Talk to us to learn more, and about drug checking!

Dec2025

This poster was made by Ontario's Drug Checking Community: a public health and safety program that offers the most precise, timely, and accessible information on the unregulated drug supply to reduce harm and inform evidence-based responses to the worsening toxic opioid supply crisis.

(website) www.drugchecking.community | (email) hello@drugchecking.community | (IG) [@drugchecking](https://www.instagram.com/drugchecking)

Questions or looking for Naloxone? Contact Health Services at 613-625-2259

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

March is Nutrition Month

Focus on Protein Foods

For Older Adults



Protein is found in many foods. Older adults need more protein to maintain muscle and promote overall health. Including protein foods at meals and snacks helps you feel full and energized throughout the day.



Canada's food guide plate

- Foods that have higher amounts of protein are grouped together as protein foods in Canada's food guide.
- Aim for ¼ of your plate to be protein foods at each meal and snack.
- Try to eat every 3-4 hours to get enough protein throughout the day.
- Choose a variety of protein foods. Different protein foods provide different vitamins and minerals important for health. Some provide iron, while others are a source of calcium and vitamin D.
- Include plant-based protein foods more often. These provide more fibre and are low in saturated fat, supporting digestion and heart health.

Protein Foods

Protein foods can come from plants or animals.

Plant-Based:

- Beans
- Lentils
- Nuts
- Peas
- Seeds
- Soy foods like tofu, edamame, and fortified soy beverage



Animal-Based:

- Dairy products
- Eggs
- Fish
- Lean meats
- Poultry
- Wild game



Saving Money on Protein Foods

Choose the tips that fit your lifestyle best.

- Beans, lentils, and split peas are lower cost protein choices.
- Eggs often cost less than meat.
- Buying a large tub of yogurt usually costs less than buying several single-serve ones.
- Canned or frozen fish is often less expensive than fresh.
- Plan meals based on what is on sale each week. Use flyers to check for sales at your local grocery store.

Tips to Include Protein Foods

- Keep boiled eggs in your fridge to add a quick protein source to meals or snacks.
- Enjoy milk, yogurt, cottage cheese, or silken tofu blended into smoothies.
- Spread nut butter on toast or mix in to hot cereals.
- Use canned fish or shredded meat in sandwiches or salads.
- Add lentils or beans to your favourite soups, stews, chilis, pastas or rice dishes.
- Use tofu, tempeh, or paneer in stir-fries and curries.



Additional Information



Canada's food guide: Eat protein foods



Canada's food guide: Food guide kitchen



Nutrition Handouts Search: 'Protein'



Health Link 811 for nutrition information

Scan the QR code or click on the text to learn more.

Try the Nutrition Check-up for Older Adults to get a personalized report with tips on what's going well and areas you may want to focus on. Visit ahs.ca/OlderAdultNutrition.

For more information about this resource, contact PublicHealth.Nutrition@ahs.ca.

Mar 2026

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.

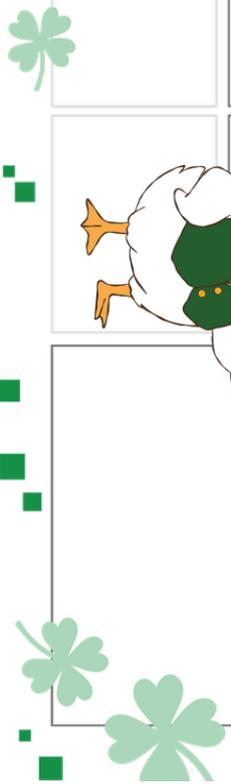


COHI@PIKWAKANAGAN.CA

613-401-3679

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	7	 <p>March is Liver and Kidney Health Month!</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 +2PM Makwa	12 Tryit: Kick sledding at Makwa Mind & Motion Circle 1pm-2pm Manor	13 LIVER HEALTH 101 Lunch and Learn 11am-1pm Elders Lodge	14	
15 	16	17 Breakfast Club 8:30am-10:00 101 Kiwita ST. PATRICKS DAY PARTY AT ELDERS LODGE 1PM-4:30PM	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  Spring ORAL HEALTH DAY	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 Tryit: Kick sledding at Makwa Mind & Motion Circle 1pm-2pm Manor	27 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



Heartsmart Kids™

the beat on animals

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

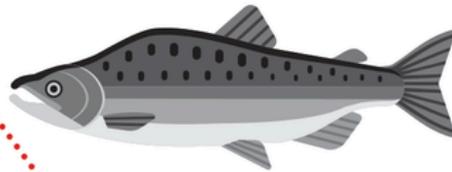
run on your hands and feet like a bear!



flap your arms like a bird!



wiggle like a fish!



walk on four legs like a wolf!



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

slither on the floor like a snake!



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

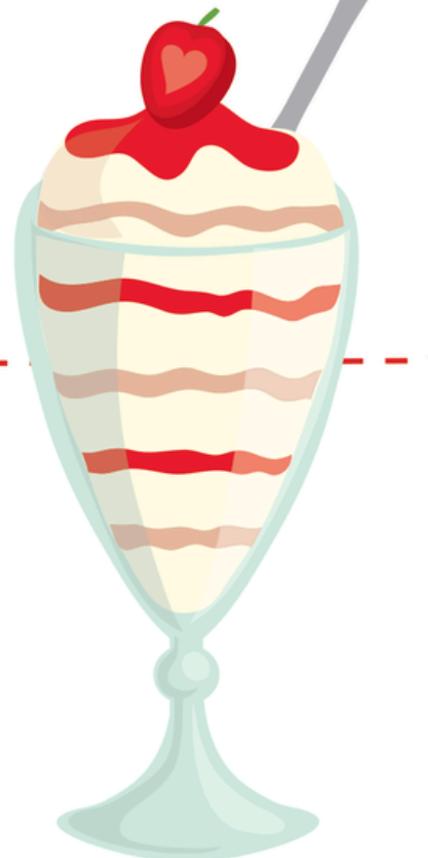


125 mL (1/2 cup)
unsweetened applesauce

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 4th (NO CLASS TODAY)
- **March 11th**
- March 18th
- March 25th (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?

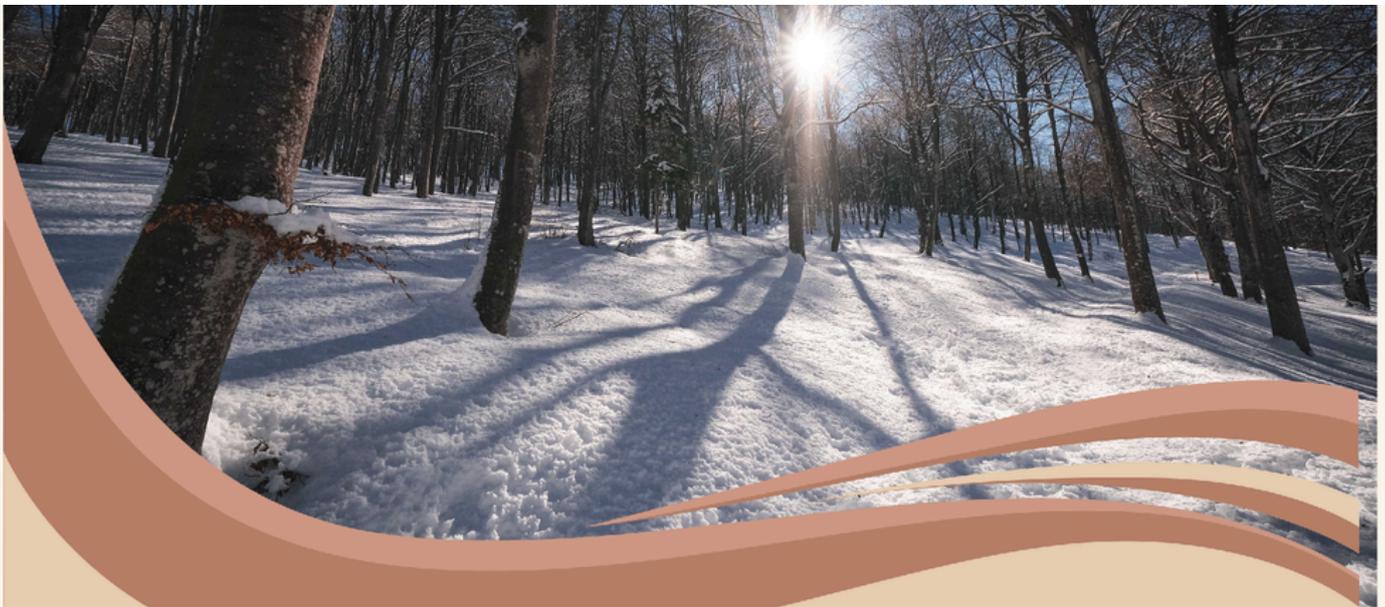
- Group warm up (5 mins)
- Walk or try Nordic Walking (20 mins)
- Group cool down (5 mins)
- Group exercise (standing or seated)
 - Strength (10 mins)
 - Balance (5 mins)
 - Stretch / Mobility (5 mins)
- Wrap up and discussion (5 mins)
- WATER & SNACKS PROVIDED

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 12th
Thursday March 19th
Thursday March 26th
10:30am - 11:30am

WEATHER DEPENDANT! We will confirm day before session if conditions are good.

TO REGISTER:

CONTACT TAYLOR MURPHY,CDMN AT HEALTH SERVICES
613-625-2259 OR CDMN@PIKWAKANAGAN.CA

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





AOPFN EMPLOYMENT OPPORTUNITY

Early Childhood Assistant – Casual/ On Call

Department: Mindiwin Manido Day Care

Supervisor: Daycare Manager

\$21.00 - \$25.23 hourly - Based on Education/ Experience

Casual/ On Call Position

Deadline to Apply: **March 20, 2026 at 4:00 p.m.**

The Early Childhood Assistant is responsible for assisting the Registered Early Childhood Educators in developing and implementing an Algonquin culture-based child care program that supports and promotes the physical, cognitive, emotional and spiritual development of children.

DUTIES AND RESPONSIBILITIES:

Service Delivery

- Assist with the planning and implementation of an Algonquin culture-based educational program in accordance with 'How Does Learning Happen?' Ontario's Pedagogy for the Early Years.
- Guide and assist children in developing self-help skills such as eating, dressing, toileting etc.
- Develop nurturing and trusting relationships with individual children.
- Promote a balanced daily routine that encourages play, exploration, and learning that includes teacher-directed and child-initiated activities both indoors and outdoors.
- Provide a stimulating learning environment by adding new and interesting materials and activities in a manner consistent with Mindiwin Manido Day Centre's program statement.
- Assist in the development, implementation, evaluation, and modification of Individual Support Plans.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- High school diploma with a minimum of two (2) years of experience working with children ages 18 months to 6 years in a childcare setting.
- Demonstrates ability to encourage children to express themselves by listening and responding with questions or comments that extend conversations and encourage language development.
- Demonstrates ability to create an environment conducive to learning and appropriate to the physical, social, intellectual, cultural, and emotional development of the children with an emphasis on language development.
- Awareness of the importance of Algonquin traditions, practices and knowledge of the Algonquin people and culture
- Preference will be given to candidates who possess an Early Childhood Education (ECE) diploma and/or are registered with the College of Early Childhood Educators.

CONDITIONS OF EMPLOYMENT:

- An acceptable Criminal Records Check and Vulnerable Sector Check; annually.
- Certificate of medical health by a physician and complete record of immunization; annually.
- Current First Aid and CPR "Level C" AED certification; annually

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: Early Childhood Assistant – Casual/ On Call

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

Application Procedure: Interested persons must submit a resume demonstrating that they meet the requirements outlined and the names and day contact telephone numbers of three (3) professional references.

Screening Procedure: Applicant must not be a member of the supervisor's immediate family. The best qualified candidate will be defined and determined so as to include the following: Provided the candidate meets the basic requirements of the position and is deemed qualified following the interview process, preference will be given to:

- a) the qualified indigenous person who is an Algonquin; then to,
- b) the qualified indigenous person; then to,
- c) the qualified non-indigenous candidate.

Interviews: Interviews will be conducted in-person or virtually by Teams Meeting. AOPFN has the right to shortlist for interview/assessment purposes of the five (5) most qualified persons and typically establishes an eligibility list.

What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



AOPFN EMPLOYMENT OPPORTUNITY

Early Childhood Assistant – Floater

Department: Mindiwin Manido Day Care

Supervisor: Daycare Manager

\$21.00 - \$25.23 hourly - Based on Education/ Experience

9 a.m. - 3 p.m. - Floater Position - 1 yr - Possibility of Permanency

Deadline to Apply: **March 20, 2026 at 4:00 p.m.**

The Early Childhood Assistant is responsible for assisting the Registered Early Childhood Educators in developing and implementing an Algonquin culture-based child care program that supports and promotes the physical, cognitive, emotional and spiritual development of children.

DUTIES AND RESPONSIBILITIES:

Service Delivery

- Assist with the planning and implementation of an Algonquin culture-based educational program in accordance with 'How Does Learning Happen?' Ontario's Pedagogy for the Early Years.
- Guide and assist children in developing self-help skills such as eating, dressing, toileting etc.
- Develop nurturing and trusting relationships with individual children.
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- Provide a stimulating learning environment by adding new and interesting materials and activities in a manner consistent with Mindiwin Manido Day Centre's program statement.
- Assist in the development, implementation, evaluation, and modification of Individual Support Plans.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- High school diploma with a minimum of two (2) years of experience working with children ages 18 months to 6 years in a childcare setting.
- Demonstrates ability to encourage children to express themselves by listening and responding with questions or comments that extend conversations and encourage language development.
- Demonstrates ability to create an environment conducive to learning and appropriate to the physical, social, intellectual, cultural, and emotional development of the children with an emphasis on language development.
- Awareness of the importance of Algonquin traditions, practices and knowledge of the Algonquin people and culture
- Preference will be given to candidates who possess an Early Childhood Education (ECE) diploma and/or are registered with the College of Early Childhood Educators.

CONDITIONS OF EMPLOYMENT:

- An acceptable Criminal Records Check and Vulnerable Sector Check; annually.
- Certificate of medical health by a physician and complete record of immunization; annually.
- Current First Aid and CPR "Level C" AED certification; annually

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: Early Childhood Assistant – Floater

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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
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AOPFN EMPLOYMENT OPPORTUNITY

Land & Environmental Officer

Department: Lands, Estates and Membership

Supervisor: LEM Manager

\$56,015.00 annually / Full-Time-Permanent - 35 hrs/ week

Deadline to Apply: Friday, March 20th, 2026 at 4:00PM

The Lands & Environment Officer will be responsible for implementing and administering the First Nation Lands Management Code by developing a Land Use Plan and an Environmental Management Plan.

The Lands & Environment Officer will act as Deputy Registrar for registration of legal land documents; will implement, and administer Land laws, Environmental laws and a Geographic Information System that includes technical expertise and making recommendations on program delivery and policy development.

DUTIES AND RESPONSIBILITIES:

1.Service Delivery

A. Lands Management

- Implements and maintains an up-to-date land registry and survey records system according to approved lands policy and procedures.
- Verify land status to determine any encumbrances, vacant possession etc. prior to completing land transactions.
- Assists the membership and lessors in preparation and completion of land transactions documents such as leases, transfers, assignments, allotments and permits.
- Ensure accuracy of documents and all statutory requirements are met.
- Register document under the FNLMC and issue Certificate of Possession (CP).
- Coordinate basic land surveys to retrace lot lines of "band land" and CP lots as required.
- Manage services for designating burial sites and record keeping.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Post-Secondary diploma in Geographic Information Systems (GIS); Legal Program or successful completion of the National Aboriginal Lands Officer Certification Program with two years' experience working in a land use related field. OR
- Secondary School diploma with a minimum of five years' experience working in land use related field.
- A minimum of a valid class "G" driver's license and access to a dependable vehicle.

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: Land & Environmental Officer

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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)

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AOPFN EMPLOYMENT OPPORTUNITY

Project Coordinator – Communications

Department: Consultation

Supervisor: Manager, Consultation

**35 hr/week - Fulltime - 1 yr Contract - Possibility of Permanency
\$51,122 - \$58,686 annually/ Based on Experience & Education**

Deadline to Apply: Friday, March 20th, 2026 at 4:00PM

The Project Coordinator – Communications is responsible for supporting project management, overseeing project functions, reporting, and budgeting for assigned projects. Responsible for leading the development and distribution of communications materials to provide updates on projects occurring in the territory. Lead community engagement sessions. Manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned consultation projects that will include researching, planning, budgeting, and documenting all aspects of the work projects; will be responsible for supervision of delegated staff.

DUTIES AND RESPONSIBILITIES:

Project Delivery

- Support overall assigned projects including and not limited to:
- Project cost, scope, time management and the associated reporting, benchmarking and scheduling of the activities to meet project objectives
- Lead the development of a Communications Protocol between AOPFN and relevant proponents to ensure that communications expectations are clearly laid out;
- Develop and implement a communications strategy that outlines how project information will be shared with the AOPFN membership;
- Support and evaluate results of communication campaigns with the team.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Post-secondary diploma or certificate in Business Administration, Public Administration, Project Management, or a related field with a minimum of two (2) years of demonstrated experience in facilitation, project management, and developing and delivering programs, services, or projects from start to finish (experience working with a First Nation community and/or organization is considered an asset); OR;
- Five (5) or more years of demonstrated experience in facilitation, project management, and developing and delivering programs, services, or projects from start to finish, preferably working with a First Nation community and/or organization, including experience developing Requests for Proposals (RFPs).

How to Apply

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

Submit to:

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

hr@pikwakanagan.ca

Subject Line: Project Coordinator – Communications

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

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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)

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The Canadian Mint

DREAM JOB AWAITS

APPLY TODAY!

The Royal Canadian Mint is seeking a highly qualified candidate to become the next Master of the Mint.

At the helm of an institution with roots going back to 1908, the Master of the Mint guides the strategic development, operations and innovation behind the coins Canadians use every day.

Interested or know someone who would be? Learn more about the Notice of opportunity here:

<https://pcogic.njoyn.com/cl3/xweb/xweb.asp?NTKN=c&page=JobDetails&clid=52106&JobId=j0226-0053&BRID=&BPAC=78mw65i2iqxzs6iu84z46i&lang=1>

Candidates must submit their application package, including their curriculum vitae and a cover letter addressed to the Director of Selection Processes, Senior Personnel Secretariat, Privy Council Office, by **11:59 p.m. Eastern Time on March 19, 2026**, via the [Governor in Council Appointments website](#).



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

Train the Trainer

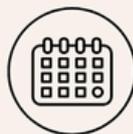
ALFDC will be delivering training to those interested in being a Trainer for the 3 mandatory courses; WHMIS, Workplace Violence & Harassment and OHSa.

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

Alex Graham - 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

"CALL TO TENDER"
CUSTODIAL SERVICES

For the Algonquins of Pikwakanagan First Nation - Administration Office Building

Scope of Work: The contractor is to supply all necessary labor and equipment required to complete the services 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 27th, 2026, at 12:00 P.M.

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

- Tender form completed in full; (see below)
- Two (2) reference check names of previous employers.
- Proof of 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:

- 1. Proof of WHMIS certification with Tender Submission.
- 2. 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 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".

"Schedule A" is available at the front Desk of the Administration Office or contact Dustin Logan at 613-625-2800 ext. 246 / Bonnie Commanda 613-625-2800 ext. 245

Tender Submission: Submit "Tender" in a sealed envelope clearly marked. "Tender for Custodial Services-Administration Building" addressed to c/o Dustin Logan, Manager, Public Works, Algonquins of Pikwakanagan First Nation, 1657-A Mishomis Inamo, Pikwakanagan, Ontario K0J 1X0.

2022-2023 TENDER FOR CUSTODIAL SERVICES ADMINISTRATION BUILDING

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 _____, 2026.

_____ (Signature) _____ (Phone Number)

**“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).

CALL TO TENDER

Janitorial Services

Consultation Department

(locations of 473 Kokomis Inamo, Units 2, 3 & 4, Neyagada Wabandangaki Guardian Trailer and 469 Kokomis Inamo, Unit 4)

The Contractor will supply all necessary labour required to complete the services described in "Schedule A". Cleaning supplies and equipment will be provided by the Consultation department. Cleaning services will be conducted after the close of the business day and before the next business day begins.

Contract duration:

April 1, 2026 to March 31, 2027

Closing date: March 27, 2026 at 12 noon

Your tender submission must include the completed form below and proof of current WHMIS certification/training for each individual to be providing the service. If you are the successful bidder, you must provide, at your own expense and upon signing of the contract, proof of personal liability and property damage insurance with proof of names of insured covered by said policy(ies).

To obtain a copy of the Schedule A, please visit the main Consultation office at 473 Kokomis Inamo, Unit 3 and inquire at reception, OR contact Laura Sarazin, Executive Assistant at assistant.consultation@pikwakanagan.ca to obtain an electronic copy.

An optional site inspection will be conducted on Tuesday, March 17th for 1 hour beginning at 11 am.

Submit your Tender in a sealed envelope clearly marked "Tender for Janitorial Services, Consultation Department", to the Consultation department at 473 Kokomis Inamo, Unit 3, during normal business hours, or you can email your completed Tender and proof of WHMIS certification to assistant.consultation@pikwakanagan.ca

We are not obligated to accept the lowest or any tender.

Tender for Janitorial Services, Consultation Department

I, _____, having read the tender specifications above and Schedule A (site inspection optional), submit my tender for janitorial services as:

_____ per month.

Dated this _____ day of _____, 2026.

Signature: _____

Day contact number: _____

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

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

Facebook: www.facebook.com/emmthesharingplace

ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

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

Free
Business
Training



INFORMATION SESSIONS 2026



April 7

11AM to 12PM

STARTER
COMPANY
PLUS

virtual



April 9

1PM to 2PM

For more information, visit:
[www.EnterpriseRenfrewCounty.com
/starter-company-plus](http://www.EnterpriseRenfrewCounty.com/starter-company-plus)

Ontario 

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