

Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD AKAKODJISH KIZIS 6TH, 2026

FRIDAY FEBRUARY 6TH, 2026

WWW.ALGONQUINSOPIKWAKANAGAN.COM | 613-625-2800

CONTENT

- Updates & Notices
 - Chief & Council Update
 - Notice of Election
 - Registered Vacant Traplines
 - AOPFN Limited Partnership
 - AOPFN Website Info
- News & Events
 - Trapping Course (**POSTPONED**)
 - RCDSB Save the Date
 - Annual Fishing Derby (AOPFN Fire & Rescue)
- Volunteers Needed
 - Round Dance Planning Committee
 - Correctional Service of Canada
- Resources and Contacts
 - Welcoming Taytun
- Health Updates
 - Community Health Calendar (February)
 - Heart Health Month
 - Wear Red Day (**Feb. 7th**)
 - Movement is Medicine Lunch and Learn
 - Sexual Health Awareness Week (**Upcoming**)
- Employment Opportunities
 - Training Opportunities (various)
 - Administrative Assistant (Union of Ontario Indians)
 - Census Jobs
 - Winterization Maintenance (Nigig)
 - Facilitator Call Out
 - Caterer Call Out
- Community Information
 - Snow Removal for Home Care Clients
 - Hours of Operation
 - Membership Additions

Membership Notice

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

Contact - Curtis Jahn at 613-625-2800 ext 231
Email - coordinator.lem@pikwakanagan.ca

Upcoming Office Closure

Please note that the Administration Building will be closed at **12:00PM on Friday, February 13, 2026** and will return to regular operations at **8:30AM on Tuesday, February 17, 2026**.

FEBRUARY IS HEART HEALTH MONTH!



Richard Sarazin
May 31, 1950 – January 8, 2026

We extend our sincere appreciation to everyone who shared in our loss at this difficult time. Your words of comfort, sympathy, support, kindness and generosity will never be forgotten. To everyone who sent food, flowers, cards, donations, and helped out in any way ~ Thank You.

Special thanks to Shelley for all your hard work, Pauline, Lisa, Karen, Drummers & Pallbearers.

We'll be forever grateful to the Palliative Care Team for your excellent care, support & guidance which allowed Ritchie the dignity & comfort of being cared for at home ~ Tennisco Manor Staff, Health Centre Staff & Bayshore Nurses.

Meegwetch to all Bonnie, Crockett & Dan

CHIEF & COUNCIL UPDATE

February 6, 2026



This past weekend at the Makwa Centre, Chief Greg Sarazin and the Council updated our membership on the many major issues and projects they have been working on over the past few years. Many members attended both in person and online to hear the presentation.

One of the ongoing projects that needed Chief and Council immediate attention when elected 3 years ago, included implementation of Nigig Gamik, our Pikwakanagan Child and Family Service agency, as approved by referendum of our membership and which is an important step towards our own Self Government. Another, was the Long Term relationship Agreement negotiations with the Chalk River, Canadian Nuclear Laboratories (CNL). The negotiations were completed and the agreement signed to protect Pikwakanagan rights. Other topics included our ongoing treaty negotiations, the water treatment plant and the achievement of updated financial audits.

New projects include discussions on a Pikwakanagan/Ottawa Senators business arrangement and negotiations to acquire land in Ottawa at Lebreton Flats where the new Senators Arena will be. Also discussed was the State Of Emergency, and how we were able to increase funding so that our members needing Treatment Center access, could get it. We also increased education funding so that we could fund all our students.

Our Battery Energy Storage System was discussed and our plans to create a financial Trust to safeguard these own-source revenue funds for the benefit of our people today and tomorrow.

“As Chief, one of my most important responsibilities is to ensure our members are kept informed. Updating our membership on key projects is not only a matter of transparency—it is a matter of respect and accountability to our people.” – Chief Greg Sarazin



ALGONQUINS OF PIKWAKANAGAN

NOTICE OF ELECTION & NOMINATION MEETING

Notice is hereby given to the voters of the **Algonquins of Pikwakanagan** that a Nomination Meeting will be held 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**.

NOMINATION MEETING

JANUARY 31, 2026

6:00 PM – 9:00 PM

MAKWA CENTRE

83A KAGAGIMIN INAMO, PIKWAKANAGAN, ON

Voters may request digital access to the Nomination Meeting by contacting the Nation.

Registered Members who are eighteen (18) years of age and older as of the date of the Election may nominate or second candidates and vote in this Election, and shall form the Voters List.

Each Candidate for election 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 of the Nomination Meeting;
- c) have a nominator and seconder for their nomination;
- d) have accepted their 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.

To become a candidate, nominees must deliver to the Electoral Officer by 4:00 PM on February 10, 2026, the following:

- 1) A completed Acceptance Form for only one (1) position; and
- 2) A current Canadian Police Information Check (CPIC).

No more than two (2) Members of the Same Family may be elected to Chief and Council at the same time.

Nominees may not be a candidate for both the office of Chief and the office of Councillor. A nominee must decide within five (5) calendar days (**by February 5, 2026**) after the Nomination Meeting of which position they wish to seek and then must withdraw in writing their candidacy for the other position. If the person fails to withdraw from one or the other, then the Electoral Officer shall remove his name as a nominee from both positions.

All Notices, supporting Nomination documents, and the official Voters List of all eligible Voters shall be available at the Algonquins of Pikwakanagan Administration Office and website; can be requested from the Electoral Officer; and will be available to download at:

www.onefeather.ca/nations/pikwakanagan

The *Custom Election Code* and *Custom Elections Rules of Notice and Procedures* can be found at the Algonquins of Pikwakanagan website.

CANDIDATE PLATFORM PROCESS

FEBRUARY 14, 2026

1:00 PM – 3:00 PM

MAKWA CENTRE

83A KAGAGIMIN INAMO, PIKWAKANAGAN, ON

ELECTION DAY

MARCH 28, 2026

9:00 AM – 7:00 PM

MAKWA CENTRE

83A KAGAGIMIN INAMO, PIKWAKANAGAN, ON

Voters may cast their vote in person at the Polling Station, electronically at the OneFeather website, or by mail-in ballot.

Dated January 15, 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





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*Algonquins of Pikwakanagan
First Nation*

Notification of Vacant Registered Traplines

Dear Members,

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

Traplines Available:

*3-year Temporary allocation – within the Algonquin Land Claim Settlement Area:
PE060*

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

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

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

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

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

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

**1657A Mishòmis Inamo
Pikwakanagan, Ontario K0J 1X0**

Tel: (613) 625-2800

Fax: (613) 625-2332

Ontario

Pembroke District Vacant Trapline January 16th, 2026

0 4 8 12 16 20 24 28 32km
1:525,000


-  Vacant Trapline Area
-  MNR District
-  First Nation Reserve

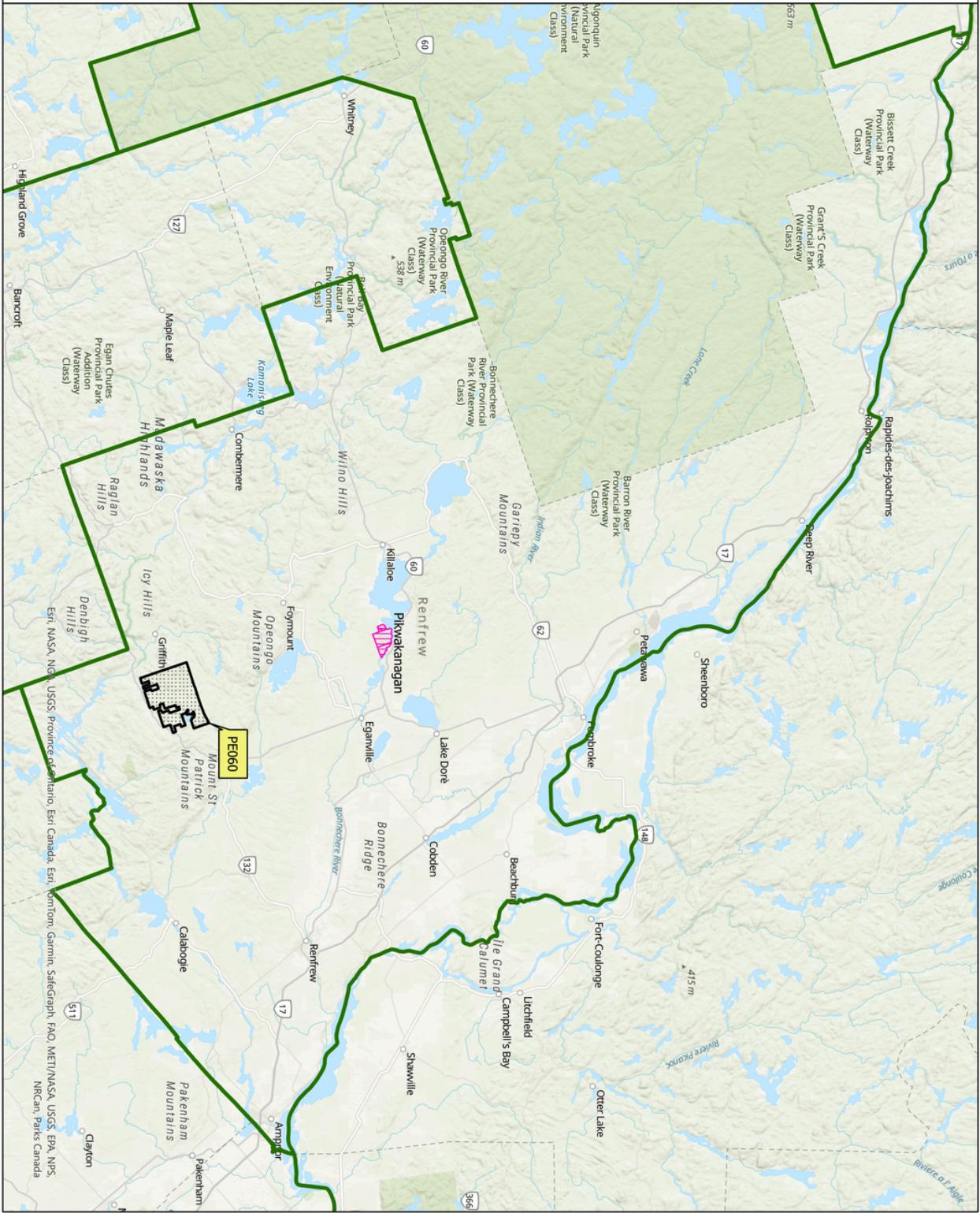
Disclaimer:
This map is illustrative only. Do not rely on this map for legal administrative purposes. Do not rely on it as being a precise indicator of routes, locations of features, or as a guide to navigation. This map may contain cartographic errors or omissions.

Data Sources:
Ministry of Natural Resources, 2026

Projected Coordinate System:
NAO 1983 UTM Zone 18N

Geographic Coordinate System:
GCS North American 1983

Produced by the Ministry of Natural Resources.
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Published 2026-01-09





AOPFN Limited Partnership

EXISTING!!

NEW!!!

2026 BACK TO 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>



BEAT THE FEBRUARY BLUES
STOP IN
FOR A
CHANCE TO WIN!!!

AT



AOPFN Limited Partnership

AOPFN MEMBERS ARE INVITED
TO VISIT
THE AOPFN LIMITED PARTNERSHIP
& ECONOMIC DEVELOPMENT OFFICE

FEB 09,10,11

UNIT 3 469 KOKOMIS INAMO

9AM-4PM

COME IN FOR A CHANCE TO WIN
A PRIZE FOR THE OUTDOOR ENTHUSIAST

DOOR PRIZE WILL BE DRAWN END OF DAY FEB 11TH
WINNER ANNOUNCED IN FEB 13TH AOPFN NEWSLETTER

We hope you're enjoying the all
NEW
Algonquinsofpikwakanagan.com

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

We're here to help!

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



NOTICE OF TOWN HALL MEETING

Topic: Upcoming Closure of BMO Eganville Branch

Date: February 19, 2026

Time: 5:30 pm – 7:00 pm

Location: Eagle's Nest, (178 Jane St. Eganville, ON)

The meeting will also be available to watch live on the
Township of Bonnechere Valley YouTube channel:
www.youtube.com/@townshipofbonnecherevalley269

Comment submissions can be delivered to the Township of
Bonnechere Valley Municipal Office, (49 Bonnechere St. E.
Eganville, ON), or emailed to annetteg@eganville.com.

Please submit comments by February 16, 2026, at 10:00 am.

ALL ARE WELCOME TO ATTEND

613-628-3101

admin@eganville.com

NOTICE

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

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

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

The Algonquin Anishinabe Nation Consultative Circle mandate is to:

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

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

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

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

If you are Interested, please contact:

Alanna Hein, Manager, Political Operations

1657A Mishomis Inamo

Pikwakanagan, ON

K0J 1X0

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

News & Events:



**March 7, 8 & March 14, 15
2026**

Pre-registration is required.

For more information, please contact:
Larissa Luloff, Field Administrative Coordinator,
Natural Resources Department
field.admin@pikwakanagan.ca

GRADE 8 FAMILIES SAVE THE DATE!

February 10th
6:00PM - 8:00 PM
At Opeongo High School

Dear RCDSB Parents and Families,

At the Renfrew County District School Board, we believe high school is more than a classroom. It is a launchpad for your child's future. As your student prepares to transition from Grade 8 to secondary school, we are here to ensure they have the tools to graduate with confidence and a clear career path.

Build Your Future at Renfrew County District School Board (RCDSB) High Schools. Our high schools offer more than just credits. We provide a place where students truly belong and where their passions become future-ready skills. Whether your child is interested in Robotics, Hockey, Environmental Science, or the Skilled Trades, our hands-on learning serves as a toolkit for their personal success.

The RCDSB Advantage:

- **Experiential Learning Pathways:** As a provincial leader in experiential learning, we offer multiple pathways that enable students to gain real-world experience and industry-recognized certifications.
- **Diverse Career Exploration:** Students can explore Math, Science, Technology, Healthcare, Business, or the Arts with programs designed to help them find their future.
- **Co-op Experience:** Students can work alongside professionals in real-world workplaces, earning credits while building their resumes.
- **Future-Ready Skills:** We focus on core literacy and math competencies alongside STEM-based learning, digital citizenship, and financial literacy.

Graduate with Confidence: Our goal is for every student to graduate with a diploma and a clear path to future success. Each RCDSB school offers unique programs tailored to student interests and local opportunities.

Join Us for Information Night: We invite Grade 8 students and their families to attend an Information Night at their local RCDSB high school to explore these diverse pathways and meet our dedicated staff.

Please visit the [Welcome to RCDSB High School webpage](#) to see the schedule of dates/times for each school's information night.

We look forward to helping your child discover their path and graduate career-ready.

Sincerely,

The Renfrew County District School Board Team



ANNUAL FISHING DERBY

FEBRUARY 14, 2026

6:00 AM TO 3:00 PM

RANDY COMMANDA'S CAMPSITE

LAST WEIGH IN: 3:00 PM SHARP

REGISTRATION: FRIDAY, FEBRUARY 13, 2026

LOCATION: FIRE HALL @ BETWEEN 6:00 PM TO 9:00
PM

CAMPSITE @ BETWEEN 6:00 AM TO 11:00
AM

FUNDRAISER: PROCEEDS GO TO FIRE DEPARTMENT

\$20.00 PER PERSON

12 YEARS AND UP

FISHING IN GOLDEN LAKE (BRIDGE TO BRIDGE)

CONTACT: CHRIS SARAZIN (613) 286 1018

Community Car seat Clinic

Makwa
Community
Centre

February 27
2026

Hosted by
certified CPST
Technicians

WHAT:

- Get help with proper car seat installation and safety checks
- Open to AOPFN members or those affiliated

INFO NEEDED FOR REGISTRATION:

- Your vehicle (make/model/year)
- Your child's details (age, weight, height)
- Car seat info (make/model/year) + how many?
- AOPFN member or affiliated

TO REGISTER:

Call (613) 625-2173 or email preventionprograms@nigignibi.com to reserve your time slot.



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



JOIN THE Round Dance Planning Committee

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

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



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

If interested or for more details, please contact 613-625-1958 or programcoordinator@thealgonquinway.ca



Correctional Service
Canada Service correctionnel
Canada

ADVERTISEMENT OF INTEREST FOR
TRADITIONAL INDIGENOUS ELDERS, CULTURAL ADVISORS, KNOWLEDGE
HOLDERS

CORRECTIONAL SERVICE OF CANADA (CSC)

CSC is seeking the interest of applicants for part-time and full-time Traditional Indigenous Elder, Cultural Advisor, and/or Knowledge Holder contracts in Ontario. Locations may include Bracebridge, Campbellford, Kitchener and Kingston.

Responsibilities include assisting Indigenous offenders within federal institutions so they may benefit from culturally specific healing and interventions in individual and group settings, conducting culturally appropriate ceremonies, providing counselling, working in partnership with all CSC staff and providing input into offender case management reports.

Applicants will be invited to meet with CSC's Elder Council, where they will have the opportunity to share their experience and interests.

The successful individual(s) must be able to obtain an Enhanced Reliability Security Clearance from the Government of Canada.

Please submit your resume and letter of interest to leanne.mulenga@csc-scc.gc.ca

Indigenous Initiatives
Ontario Regional Headquarters
Correctional Services of Canada
445 Union Street W, PO Box 1174
Kingston, ON
K7L 2R8
Attention: Leanne Mulenga

Should you require additional information, please contact Indigenous Initiatives, Correctional Service of Canada, Kingston, Ontario, 1 (343) 422-4856.

Canada



Correctional Service Canada Service correctionnel Canada

ADVERTISEMENT OF INTEREST FOR ELDER HELPERS

CORRECTIONAL SERVICE OF CANADA (CSC)

CSC is seeking the interest of applicants for part-time and full-time Elder Helper contracts in Ontario. Locations may include Bracebridge, Kitchener, Campbellford and Kingston.

The Indigenous Elder Helper will be available to assist/supplement the Elder(s) and thereby enhance Indigenous interventions. The Elder's Helper shall support Indigenous programs and provide a consistent approach to inmate involvement through traditional ceremony, inmate support and an Indigenous approach to the case management process. The Elder's Helper shall ensure consistency in ceremony, report writing, programs and individual inmate cultural involvement.

Applicants will be invited to meet with CSCs Elder Council, where they will have the opportunity to share their experience and interests.

The successful individual(s) must be able to obtain an Enhanced Reliability Security Clearance from the Government of Canada.

Please send your resume and letter of interest to leanne.mulenga@csc-scc.gc.ca

Indigenous Initiatives

Ontario Regional Headquarters
Correctional Services of Canada
443 Union Street W, PO Box 1174
Kingston, ON
K7L 4Y8
Attention: Leanne Mulenga

Should you require additional information, please contact Indigenous Initiatives, Correctional Service of Canada, Kingston, Ontario, 1 (343) 422-4856.

Canada

Resource Numbers:

ADDICTION Resources

Addictions
Counsellors:

Gillian McKay
&
Sabrina
Laframboise

613-625-2259

After Hours: Drug
Alcohol, Gambling
Hotline:

1-866-531-2600

Renfrew County
Community Withdrawal
Management:

613-432-7620

After Hours:
National Overdose
Prevention Line:

1-888-688-6677

Medical & Foodbank Resources

VTAC:
1-844-727-6404

Telahealth
1-866-797-0000

Poison Control
1-800-268-9017

The Sharing Place
Golden Lake
(11185 Hwy 60)

613-625-2600

Food Vouchers
(Pikwakanagan Social
Services)

613-639-1633

Pikwakanagan Drug Tip Line

OPP Community Street Crime Unit in Renfrew County
have established a drug tip line for Pikwakanagan First
Nation. The number is:
613-689-0805.

The tip line will be monitored by Detectives within the
Community Street Crime Unit (CSCU). Messages will be
checked regularly. If the caller wishes to be called back,
an investigator will return the call.

This line is only intended for drug-related information.

Any emergency requests for police assistance or other
call for service should go through normal channels.

Renfrew County Crimestoppers is still available for drug
and non-drug related tips.

- Pikwakanagan Drug Tip Line: 613-639-0805
- Renfrew County Crimestoppers: 1-800-222-8477
- Any Emergency call: 911
- OPP non-emergency line: 1-888-310-1122



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.

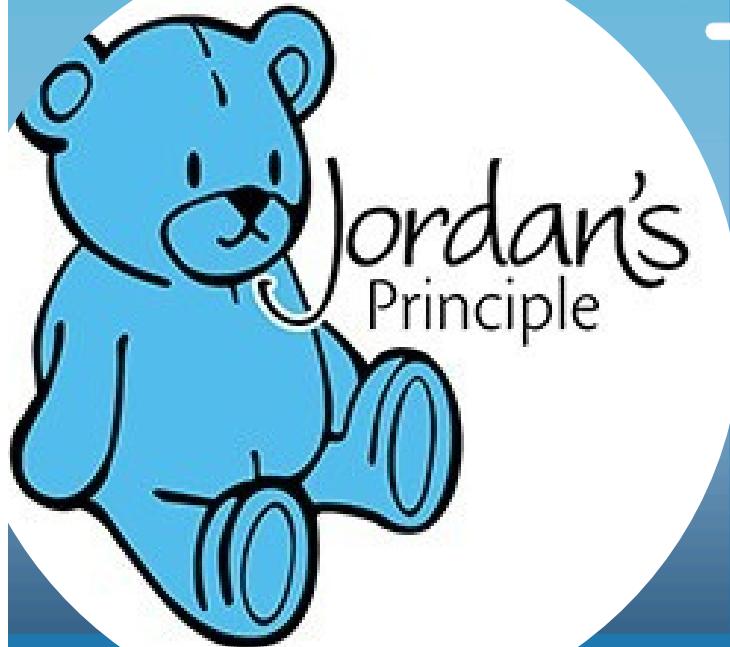
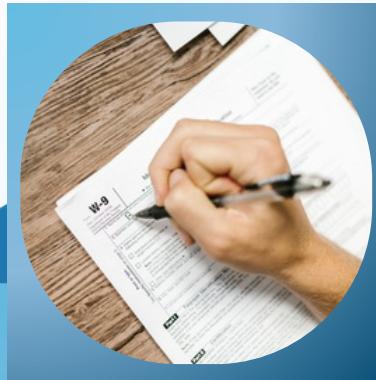


- Operates 7 days a week
- Wellness Checks
- Assist with special events & recreation
- Assist where they are needed
- Providing support to the community
- Ensuring the safety & well-being of the residents

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

Introduction:

My name is Taytun Brand and I am a nursing student from Algonquin College in Pembroke, completing my final placement at the Tennisco Manor and Health Services.



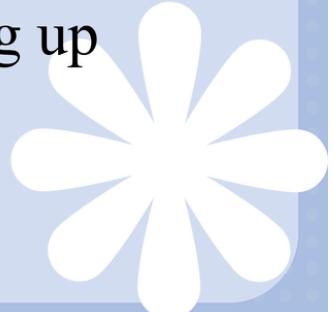
About Me:

I am from Petawawa and love the outdoors. My favourite winter activities are snowmobiling and ice skating. I hope to work in the community setting after graduation and am excited to meet everyone!

F

Fun Facts About Me:

- I played hockey and soccer growing up
- My favourite colour is blue
- My favourite food is raspberries



Community Health February' 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 	3 • Connect well at Health Center (Lung Health) • Healthy Babies Healthy Children Breakfast Club at 101 Kiwita 8:30am-10am • Mind & Motion Circle at Manor 1pm-2pm	4 • Strong & Steady Exercise program at Makwa 1pm-2pm (With Dance) • Mind & Motion Circle at Manor 1pm-2pm	5 • Foot Care at Health Center • Mind & Motion Circle at Manor 1pm-2pm	6	7
8 	9 	10 • Healthy Babies Healthy Children Breakfast Club at 101 Kiwita 8:30am-10am • Mind & Motion Circle at Manor 1pm-2pm	11 • Strong & Steady Exercise program at Makwa 1pm-2pm (With Dance)	12 • Mind & Motion Circle at Manor 1pm-2pm	13 Health Services closed at 12:00	14 
15 	16 	17 • Connect well at Health Center (Lung Health) • Healthy Babies Healthy Children Breakfast Club at 101 Kiwita 8:30am-10am • Mind & Motion Circle at Manor 1pm-2pm	18 No Strong and Steady Today	19 • Foot Care at Health Center • Mind & Motion Circle at Manor 1pm-2pm	20	21
22	23	24 • Healthy Babies Healthy Children Breakfast Club at 101 Kiwita 8:30am-10am • Dr. Joseph OTN Appointments at Health Center (Nephrology) • Mind & Motion Circle at Manor 1pm-2pm	25	26 • Mind & Motion Circle at Manor 1pm-2pm	27 Lunch and Learn at Elder's Lodge: 11am-1pm Movement is Medicine with Malika Richards, Physiotherapist	28



February is Heart Health Month!



February is Heart Health Month, a time to focus on caring for your heart and reducing your risk of heart disease. Small, everyday choices can make a big difference in keeping your heart strong and healthy. By staying active, eating well, managing stress, and knowing your numbers, you can support your heart now and for years to come. Prevention starts with awareness, and it's never too early—or too late—to take steps toward better heart health.

Take steps to protect your heart:

- Eat a balanced diet with fruits, vegetables, whole grains, and lean proteins
- Stay active – aim for at least 30 minutes of movement most days
- Avoid smoking commercial tobacco and limit alcohol intake
- Know your numbers: blood pressure, cholesterol, and blood sugar
- Manage stress through relaxation, mindfulness, or social connection
- Get enough sleep each night
- Manage chronic conditions like diabetes and high blood pressure
- Your heart works hard for you – take time this February to care for it!



Tips on taking your blood pressure at home:

How to Check Your Blood Pressure at Home:

- Sit quietly for 5 minutes before taking your reading
- Keep both feet flat on the floor and sit upright
- Rest your arm on a table so it is at heart level
- Place the cuff on bare skin, not over clothing
- Avoid coffee, smoking, or exercise for 30 minutes before
- Try to check your blood pressure at the same time each day

What Your Numbers Mean

- ✓ Normal: around 120/80
- ⚠ Elevated: 120-129 / 80
- ❗ High: 130/80 or higher

Why Blood Pressure May Be High

- Stress or pain
- Eating too much salt
- Not enough physical activity
- Being overweight
- Smoking or drinking alcohol
- Family history

When to Get It Checked

- If your readings are often 130/80 or higher
- If you have headaches, dizziness, chest pain, or shortness of breath
- If you are unsure how to use your monitor or understand your numbers

If you have any questions you can reach out to our Chronic Disease Management Nurse Taylor Murphy:

613-625-2259 ext 232



February is Heart Health month. Show your support to your loved ones and wear red on Saturday, February 7, 2026



NATIONAL WEAR RED DAY® IS FRIDAY, FEB. 7.

Our No. 1 killer, cardiovascular disease, unfairly targets women. We have been left out of research, testing, treatment and funding. Fortunately, women have an amazing resource – each other.

Women at every age, stage and season of life need our support, and that's why we Go Red.

TO BE SEEN.

TO BE COUNTED.

TO BE HEARD.

TO MAKE AN IMPACT.

On Friday, Feb. 7, share your heart as we **WEAR RED** together.

WearRedDay.org | [#WearRedDay](#)

Go Red for Women is nationally sponsored by **CVS Health.**

©2021 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited. The American Heart Association is a registered 501(c)(3) tax-exempt organization. Go Red for Women is a registered trademark of AHA. The Red Dress Design is a trademark of U.S. DeM. Inc.

The advertisement features two women in red dresses. One woman is smiling and has her arms crossed, while the other is making a heart shape with her hands. The American Heart Association and Go Red for Women logos are in the top right corner.

Cardiovascular disease is the No. 1 killer of women. Schedule a heart health checkup with your healthcare provider. Regular screenings is essential for early detection and prevention of heart disease



AOPFN HEALTHY BABIES HEALTHY CHILDREN

BREAKFAST CLUB

TUESDAYS

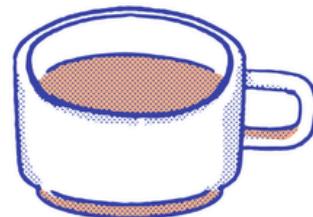
8:30 - 10:00

101 KIWITA

Caregivers and Children aged 0-2 years (all
children aged 0-6 welcome!)

Schedule:

8:30-9:00 – Yogurt Parfait
9:00-9:10 – Story time
9:10-10:00 – Free Play and clean up



Email CHN if interested! chn@pikwakanagan.ca



Feb. 10th: Valentines Day Craft!



STRONG & STEADY

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

- February 4th (Darce)
- February 11th (Darce)
- **No class Feb 18th! (Event at Makwa)**
- February 25th (Taylor & Darce)



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



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

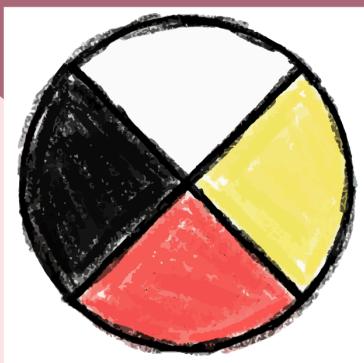
WHEN ? WHERE ?

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
Health Services



MOVEMENT IS MEDICINE LUNCH & LEARN

*with Community Health and Guest Speaker
Physiotherapist Malika Richards*

Friday February 27th
11am-2pm

@ The Elder's Lodge



TO REGISTER
CALL: TAYLOR AT
HEALTH
SERVICES 613-
625-2259 EXT 232

*Move, Learn & Eat for Your Heart! ❤️
Join us for a special Lunch & Learn in
honour of Heart Health Month! Get
inspired by our guest physiotherapist, who
will share how movement truly is medicine.
Then, have your blood pressure checked by
our Chronic Disease Management Nurse,
and enjoy a heart-healthy lunch prepared
by our dietitian, complete with tips for
making easy, delicious meals that love your
heart. Come for the food, stay for the
knowledge, and enjoy a fun, heart-healthy
day with us!*



Canadian Food Inspection Agency's (CFIA) Product Safety Recalls

(check to see if you have recalled products, do not consume/use them)

Gerber Brand Arrowroot Biscuits, 155g

Hazard: possible presence of pieces of soft plastic and paper

BB Date: 2026 NO18-20th

Distribution: National

What to do: Do not consume, use, sell, or serve



Dollarama Disney Baby Water Teethers

Health Hazard: the liquid filling is contaminated with the fungus Rhinocladiella similis."

Distribution: across Canada

What to do: Do not use this product and return to the Dollarama store for refund or contact Dollarama by phone at 1 (888) 365-4266 or visit the company [website](#).



Certain Pillsbury brand Pizza Pops Deluxe, 2.585 kg

BB Date: 14-15 JN 2026WN

Health Hazard: Microbial contamination - E. Coli - other pathogenic

Distribution: across Canada, Walmart, Metro, Food Basics, Sobeys, Foodland, and possibly more retailers.

What to do: Do not consume, use, sell, or serve



No Name brand Beef Burgers – 1.36 kg

Health Hazard: E. Coli O157:H7, contamination in the product

Best Before Date: 2026 MA 05, B13 BMP EST 112

Distribution: Ontario

What to do: Do not consume, use, sell, or serve



Sexual Health Awareness Week

February 9th-13th

This Sexual Health Week, Action Canada for Sexual Health and Rights is kicking off their annual SexPlus campaign by exploring sexual health + artificial intelligence.

chatbots + sexual health 101



Action Canada
for Sexual Health & Rights

Today, AI is an increasing part of our everyday lives—even when it comes to our sexual health! It's fast and easy to ask an AI chatbot a quick question about sexually transmitted infections (STIs), the difference between birth control options, or even asking advice on how to have "the talk" with your kids.

In 2025, nearly a billion (with a B!) people used an AI chatbot every week. That's a lot of people, and a lot of questions. But how do we know we're getting accurate answers?

What are Generative AI chatbots?

- A chatbot is a computer program that is designed to have human-like conversations when we give it prompts. Generative AI chatbots include ChatGPT, Microsoft Copilot, Google Gemini, and Meta AI, although there are many more.
- Generative AI chatbots are trained to create custom answers, drawing on huge amounts of data and identifying language patterns to predict possible answers and then create a response.
- TLDR; It's like a much more advanced version of when your smartphone predicts what word you will type next when writing a text.

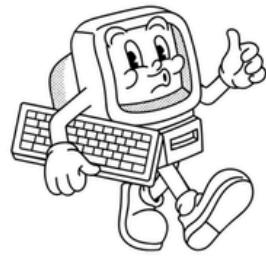
What are the risks?

- **Fake or incorrect results:** AI chatbots aren't perfect. Research shows that chatbots create false results or errors in 46% of its answers.¹ When testing ChatGPT on sexual health questions, a 2025 study found it was only accurate 64% of the time.²
- **Privacy:** AI companies collect and store private information you share with their chatbots. This information could be shared with other users or sold to other companies, used to train the AI model, or even be used to create a profile about you.
- **Discrimination:** AI chatbots are trained with large sets of data (usually from thousands of websites), including from sources which might be racist, homophobic, and sexist. This can result in answers which are biased or discriminatory against certain groups.
- **Brain activity:** Early studies³ show that regularly using an AI chatbot like ChatGPT can **decrease your brain function**, including your ability to learn, be creative, and think critically.
- **Carbon footprint:** AI relies on huge amounts of electricity and water to run and cool AI data centers (basically giant buildings full of computers), creating a huge carbon footprint and new threats to our environment,⁴ even as Canadian forest fires get worse every year.
- **Other ethical concerns:** They are many questions about how generative AI chatbots are trained, store data, and used. Concerns include AI companies stealing data from artists and writers, and being used by people or groups to spread false information or political propaganda.

1

actioncanadashr.org

Brought to you by: Jessica, Community
Health Nurse



How can I use chatbots more safely?

- **Check your chat:**
 - Ask it to provide sources for the information it shares with you. Ask yourself:
 - Is this information from a reliable or trustworthy source?
 - Who is the author and how are they qualified?
 - Is this content sponsored or trying to sell me something?
 - When was this information published or last updated?
- **Protect your privacy:** Don't share any personal or private information with a chatbot, including details about your health. You never know where that information will end up!
- **Use it as a starting point, not the finish line:** Chatbots can help point you in the right direction. Then, you can take things into your own hands and explore trusted sources like Action Canada, your local library, or official health websites.

How can I prepare for the age of AI when it comes to sexual health information?

- Look for information from **trusted sources** like Action Canada's [Sexual Health Hub](#), your local sexual health centre, medical professionals, or sex education resources like [Sex & U](#) and [Sexfluent](#). Let's talk about sex(ual health)! Talk to friends, parents, or partners to see if what you found seems real or needs more research! The more openly we can talk about sexual health, the easier it is for people to ask questions and find answers. **Boundaries** are an important part of all relationships. This includes our relationships with technology like AI. Rather than becoming dependent on billionaire-run chatbots, we can choose to turn to resources created by real people, for real people. Advocate for **comprehensive sex-ed** for all students! When young people have access to comprehensive sexuality education, they are equipped with information about their bodies, their sexuality, and how to have healthy relationships of all kinds. This sets them up for success in every area of their life—including sexual health and critical thinking about changing technologies.

As our digital worlds get even more complicated, it's more important than ever to know where to find sexual health information we can trust. Our rights, our health, and our futures depend on it.

LEARN MORE AT [SEXPLUSWEEK.CA](#).

- 1.De Wynter, A., Wang, X., Sokolov, A., Gu, Q., & Chen, S. (2023). An evaluation on large language model outputs: Discourse and memorization. *Natural Language Processing Journal*, 4, 100024. <https://doi.org/10.1016/j.nlp.2023.100024>
- 2.Latt, P. M., Aung, E. T., Htak, K., Soe, N. N., Lee, D., King, A. J., Fortune, R., Ong, J. J., Chow, E. P. F., Bradshaw, C. S., Rahman, R., Deneen, M., Dobinson, S., Randall, C., Zhang, L., & Fairley, C. K. (2025). Evaluation of artificial intelligence (AI) chatbots for providing sexual health information: a consensus study using real-world clinical queries. *BMC Public Health*, 25(1), 1788. <https://doi.org/10.1186/s12889-025-22933-8>
- 3.Chow, A. R. (2025, June 23). ChatGPT may be eroding critical thinking skills, according to a new MIT study. *TIME*. <https://time.com/7295195/ai-chatgpt-google-learning-school/>
- 4.Explained: Generative AI's environmental impact. (2025, January 17). MIT News | Massachusetts Institute of Technology. <https://news.mit.edu/2025/explained-generative-ai-environmental-impact-0117>

Great Resources:

Your Community Health Nurse and Family Health Team

Sexual Health Information Hub:

<https://www.actioncanadashr.org/resources/sexual-health-hub>

Sexual Health Info Line:

call: 1-888-642-2725; text: 613-800-6757

<https://www.sexandu.ca/>

<https://www.menopauseandu.ca/>

<https://www.yourperiod.ca/>

Ask the CHN, FHT, or Mental
Health team for barrier
contraceptives!



ICE
INDIGENOUS
& COMMUNITY ENGAGEMENT



AOPFN Limited Partnership

AOPFN in partnership with Indigenous & Community Engagement are looking for Community Members who are interested in pursuing a Career in the Construction Trade to take part in the following training opportunities

Individuals who wish to participate in training must be willing to do all 6 training.

TRAININGS:

- ✓ Worker Health and Safety Awareness
- ✓ GHS WHMIS
- ✓ Asbestos
- ✓ Construction Health and Safety Awareness
- ✓ Working at Heights
- ✓ Standard First Aid/CPR C with AED



**12
SPOTS**

For more information on this opportunity or to be added onto the interest list please contact Sasha Sarazin: employment.officer@pikwakanagan.ca

TOURISME
OTTAWA
TOURISM


ADAWE

Indigenous Tourism Entrepreneurship Training Program

Applications Now Open
Deadline February 27th



UNION OF ONTARIO INDIANS

"To give a voice to the vision of the Anishinabek Nation and to preserve Anishinaabe Bimaadziwin while advancing our goal of Nationhood."

EMPLOYMENT OPPORTUNITY Administrative Assistant

LOCATION: On-site at the Union of Ontario Indians Head Office, Nipissing First Nation

Full-time Position with Benefits, including a defined contribution pension plan starting day one and employer-paid group insurance following three months of employment, in accordance with plan terms.

Vacancy Type: New Vacancy

Salary Range: \$50,055 to \$56,729

The **Administrative Assistant** is responsible for delivering administrative support to the Communications Department and the Education Secretariat. This position reports to the Communications Director and works closely with staff across both departments as part of an interdisciplinary team, following established policy and administrative guidelines.

QUALIFICATIONS:

- Minimum two years' experience in an administrative capacity;
- Post-Secondary Diploma or Certificate in Business Administration or Office Administration;
- Demonstrated proficiency in Microsoft Office 365 (Outlook, OneDrive, Word, Excel, PowerPoint, and relevant computer systems, programs and software) and able to learn new technologies and tools;
- Proficiency in video conferencing software, specifically Microsoft Teams and Zoom; and
- Must possess a valid Ontario Driver's License and be insurable under the organization's vehicle insurance policy.

REQUIRED SKILLS:

- Excellent interpersonal and problem-solving skills;
- Exhibit professional attitudes and behaviour;
- Ability to work as a member of a multidisciplinary team;
- Strong writing, editing, and proofreading;
- Strong organizational skills with the ability to multitask, manage competing priorities, and meet deadlines; and
- Ability to understand and speak Anishinaabemowin or willingness to learn.

RESPONSIBILITIES:

- Provide general administrative support to the Communications Department and Education Secretariat;
- Coordinate and arrange staff travel, meetings, and gatherings (in-person and virtual);
- Draft and distribute routine correspondence, documents, and reports, as directed;

- Assist with purchases, obtaining quotes, completing cheque requisitions and invoicing;
- Attend relevant meetings and gatherings and take minutes/notes as directed;
- Create, update and maintain assigned calendars and schedule appointments as required;
- Provide day-to-day office administration support, including filing, mail handling, ordering and maintaining supplies, materials and promotional items;
- Maintain listings of publications and resources, such as, the *Great Lakes Pow Wow Guide*;
- Manage inventory, including packaging and shipping resources and supporting annual physical counts;
- Respond to general administrative inquiries and support information flow across departments;
- Travel within the region when required; and
- Other duties as assigned.

APPLICATIONS MUST INCLUDE THE FOLLOWING:

- Cover Letter;
- Resume;
- Three employment references (preferably current or previous managers/supervisors);
- An indication of whether the applicant has previously been employed by the Union of Ontario Indians (please note: if applicable, a reference check will be conducted with the applicant's former immediate supervisor); and
- An indication of whether the applicant is a member of one of the 39 Anishinabek First Nations

The Union of Ontario Indians welcomes and encourages applications from people with disabilities. Accommodations are available upon request for candidates participating in all aspects of the hiring process.

Applications must be received no later than 4:30pm on Friday, February 13, 2026.

Applications are to be submitted to:

Human Resources Department
Fax: (705) 497-9135 | Email: human.resources@anishinabek.ca

For inquiries regarding this position, please contact:

Marci Becking, Director of Communications
Email: marci.becking@anishinabek.ca

Miigwech to all applicants for their interest, however, only those who qualify for an interview will be contacted.

CENSUS JOBS

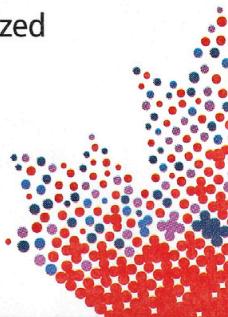
Statistics Canada is hiring in your community for the 2026 Census!

Use your local knowledge to help conduct the census.

Your contribution to the census can help your community plan and shape its future!

Important to know

- There are approximately 32,000 census jobs available across Canada.
- Pay is **\$25.87 per hour** for non-supervisory positions and **\$31.32 per hour** for supervisory positions, plus authorized expenses.
- The time frame for census jobs is between **March and July 2026**, depending on the position and location.
- You must be available to work flexible hours, including days, evenings and weekends.



Apply now and tell a friend
census.gc.ca/jobs

For assistance, please call **1-833-830-3106**
Teletypewriter (TTY): **1-833-830-3109**



Statistics
Canada

Statistique
Canada

Canada

Employment Opportunity

Renokrew General Contracting and Construction Management is currently seeking part-time employees to provide support in relation to ongoing winterization maintenance and general labour services for the Nigig Gamik, New Family and Child Well Being Centre construction project, located at 1467 Mishomis Inamo, Pikwakanagan, ON.

Overview:

- Seeking members/community members of Pikwakanagan, who reside nearby the construction site, or are willing to travel to site on a regular basis.
- Knowledge and experience in relation to construction and site maintenance is encouraged but not required.
- Renokrew willing to provide training in relation to site safety and role. May lead to future employment opportunities.



COMPANY WITH
SAFETY SYSTEM
CERTIFIED BY DNV
ISO 45001



**IF INTERESTED, PLEASE CONTACT:
ROBERT WRIGHT, SUPERINTENDENT 613-880-8244**

FACILITATOR CALLOUT

The Algonquins of Pikwakanagan Health Services is looking for individuals who are interested in facilitating Indigenous Health Awareness Training. Facilitators will be provided an honorarium for every session they facilitate. Applicants will be expected to meet the following requirements:

- Must be First Nation, Metis, or Inuit
- Ability to follow a script
- Provide openings and closings for sessions
- Not easily triggered (some content and questions may be challenging)
- Unbiased.
- Willingness to learn and open minded

Four applicants will be selected for training which will pay \$20.00 an hour for a total of 14 hrs. Selected applicants will be required to provide a presentation on any topic they are comfortable discussing; and an example of a time they were in a situation where they faced bias and how they handled said situation. This process is important in gauging confidence with speaking and to identify where to build presentation strengths.

DEADLINE TO APPLY IS FEBRUARY 18, 2026

If you are interested or for more information please contact:
IHT@pikwakanagan.ca



Caterer **Call out**

**For Indigenous Health
Awareness Training**

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

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

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

IHT@pikwakanagan.ca

Community Information:

SNOW REMOVAL FOR HOME CARE CLIENTS

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

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

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

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

Thank you for your ongoing patience and understanding.



Pikwákanagán Excavating & Landscaping

Clear, Dig, Build - Experience the difference!



Large & small equipment for your excavating needs

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



Cheryl Kelly - Owner
613.312.9598 or 613.312.9872



Community Information:



Regular Council Meetings
Every second and last Tuesday of the month
Beginning at 9 AM
Available to view online in the
members-only section of
www.algonquinsofpikwakanagan.com

Not Online?
Phone 613-625-2800 EXT 228
to request information on how to join.



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

Conways Pharmacy Remote Dispensing Location

B U S I N E S S H O U R S

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

We are closed weekends and Holidays

Delivery available Friday

Phone : 613-625-9974

Fax: 613-625-2068

Thank you
Natalie Commanda, Pharmacy
Technician
Joseph Conway, Pharmacist

ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

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

Community Information:

ADMIN OFFICE HOURS

Monday - Friday

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

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

Waste Disposal Site

Wednesday: 12:00pm - 6:00pm

Sundays: 9:00am - 3:00pm

Curbside Pick Up



Garbage: Wednesday



Cardboard: Thursday

Containers: Friday

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.ALQUINSOFPIKWAGANAGAN.COM/
LAWS-AND-BY-LAWS/](https://www.alquinsofpikwaganagan.com/laws-and-by-laws)

HARD COPIES CAN BE REQUESTED FROM THE
LANDS, ESTATES, AND MEMBERSHIP
DEPARTMENT.

613-625-2800 | MGR.LEM@PIKWAGANAGAN.CA |
LAND.OFFICER@PIKWAGANAGAN.CA |
ASSISTANT.LEM@PIKWAGANAGAN.CA

NOTICE:
KILLALOE OPP RECORD CHECK APPLICATIONS ARE
NOW ONLINE.





ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
Belanger-Donvan, Katlyn	Baptiste	13 Aug 25	13 Feb 26
Gorgichuck, Keanna	Baptiste/Benoit	14 Aug 25	14 Feb 26
Faulkner, William	Sarrazin	14 Aug 25	14 Feb 26
Gorgichuck, Kassidy	Baptiste/Benoit	22 Aug 25	22 Feb 26
McEwen, Earleen	Baptist/Benoit	22 Aug 25	22 Feb 26
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

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