

Pikwakanagan Tibadjinowin

CHÌBAYÀTIGO-KÌJIGAD, ODEYIMIN-KÍZIS 05, 2026
FRIDAY, JUNE 05, 2026

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- Legal Aid Clinic
- Community BBQ

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- ECE - Casual
- Lands Manager

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- Power Outages
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- New Member Additions

Membership Notice

The Administration Office will be **closed** **afternoon of Thursday, June 11th** to permit the work associated with tie in of the building to the water main. There will be no services provided from the office location. Should you require assistance, please call the office at 613-625-2800 and either leave a message with reception or access the staff directory and leave a voicemail message with applicable staff. Calls will be returned as soon as possible.

We apologise for any inconvenience.

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

.....
Elder's Meeting
June 19, 2026 at 10AM
Everyone is welcome!

.....
Watch for updates on Mamidosewin
Gathering Place (former Bingo Hall)
rental increase.



SUMMER ENGAGEMENT
WORKSHOPS AT PIKWAKANAGAN



Ādisōke Engagement Workshop

Call for Participation from Community Members

You are invited to join us on **June 9th, 2026**, from **10:00 AM - 3:00 PM** at the **Algonquin Elders Lodge** (28 Chigibig Inamo, Pikwakanagan, ON K0J 1X0) for an Ādisōke community engagement workshop!

Lunch, snacks, and refreshments will be provided. All participants will receive a gift card in appreciation of their time and contributions.

Project and Workshop Overview:

Ādisōke is built on the traditional, unceded territory of the Anishinābe Algonquin People. When Ādisōke opens in 2027, it will become the home of Ottawa Public Library's (OPL) Central Branch and a primary public service location for Library and Archives Canada (LAC).

OPL and LAC are inviting members of Algonquins of Pikwakanagan First Nation to participate in an engagement workshop to help guide the ongoing development of Indigenous services at Ādisōke. Community voices, knowledge, and lived experiences are essential to shaping services, programs, and spaces that are meaningful, welcoming, and reflective of Anishinābe Algonquin community partners.

This workshop will provide opportunity to share perspectives, identify community priorities, and support the continued development of Indigenous initiatives at Ādisōke.

FOR QUESTIONS AND TO CONFIRM YOUR PARTICIPATION ON JUNE 9TH PLEASE CONTACT:

Willy Dick
Culture Resource Officer, Omāmiwinini Pimādjwōwin
willy@thealgonquinway.ca



**RENFREW COUNTY
LEGAL CLINIC**

THINGS TO KNOW:

- **RENFREW COUNTY LEGAL CLINIC ATTENDS THE HEALTH SERVICES BUILDING ONCE A MONTH TO OFFER FREE LEGAL ADVICE AND SUPPORT.**
- **NO APPOINTMENT NEEDED.**
- **FIRST COME FIRST SERVE.**

**THE RENFREW COUNTY
LEGAL CLINIC WILL BE
HERE:**

MAY 12, 2026 2:30- 4:30PM


JUNE 09, 2026 2:30- 4:30PM

WHAT THE RCLC CAN ASSIST WITH:

- **ONTARIO WORKS (OW)**
- **ONTARIO DISSABILITY SUPPORT PROGRAM (ODSP)**
- **HOUSING LAW (FOR TENANTS ONLY)**
- **CANADA PENSION PLAN**
- **WORKPLACE SAFETY AND INSURANCE BOARD (WSIB)**
- **HUMAN RIGHTS**
- **EMPLOYMENT LAW (NON-UNION MATTERS)**
- **DEBT AND COLLECTION AGENCIES**
- **SERVICES FOR VICTIMS OF CRIME**
- **SENIORS LAW**
- **SEXUAL HARRASSMENT IN THE WORKPLACE**

**FOR MORE INFORMATION CALL
EMMA; THE RESTORATIVE JUSTICE
WORKER AT HEALTH SERVICES**

1643 Mishomis Inamo,
Pikwakanagan, ON

(613) 625-2259 EXT 245 



NEW DATE

COMMUNITY FIRESMART PREPAREDNESS DAY BBQ JUNE 11, 2026 MAKWA CENTER 11:00AM - 1:00PM FIRE SAFETY TIPS FOR THE BBQ SEASON



EVERY YEAR, CANADIANS SPEND QUALITY TIME WITH FAMILY AND FRIENDS ENJOYING THE TASTE OF BBQ COOKING! HOWEVER, FEW TAKE THE TIME TO FOLLOW SIMPLE FIRE SAFETY TIPS THAT CAN HELP YOU AND YOUR FAMILY ENJOY A SAFE BBQ SEASON.

General Tips:

Only use BBQs outdoors... The risk of fire or asphyxiation could result if used indoors or any enclosed spaces, such as tents or garages.

- Place the BBQ at least a 3 m distance from your home or other structures and out from under eaves and overhanging branches.
- Make sure your grill is located on a flat, level surface.
- Keep BBQ away from paths of travel and play areas.
- Use long-handled utensils to keep a safe distance from heat and flames.
- When a BBQ is in use, never leave it unattended.
- Keep children and pets away from the BBQ.
- Ensure BBQ is fully cooled off before covering or storing away.
- If possible, have a portable residential fire extinguisher nearby.

Propane/Natural gas BBQ:

- Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles.
- Inspect venturi holes for insect nests or spider web that could restrict air entry.
- Keep your BBQ clean, remove grease or fat buildup from the grills and in trays below the grill.
- Always make sure your BBQ lid is open before lighting it.

Charcoal or woodchips BBQ:

- Make sure your grill is located on a non-combustible surface.
- Use only approved BBQ starter fluid or briquettes. Never add charcoal fluid or any other flammable liquids in the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- If using an electric charcoal starter, use extension cords rated for outdoor use only.
- When grilling is finished, let the coals completely cool before disposing in a metal container. If water is used to speed up the cooling, use extreme caution to avoid the steam and splatters, which can cause burns.





AOPFN Limited Partnership

CATERING Opportunity

FOR AOPFN MEMBER BUSINESSES!



SHOWCASE YOUR BUSINESS

The AOPFN Limited Partnership is seeking an AOPFN caterer to contribute to an upcoming dinner event serving approximately 150–200 guests.

This is an excellent opportunity to:

- ✓ Promote your catering business
- ✓ Showcase Indigenous cuisine and hospitality
- ✓ Connect with new clients and partners
- ✓ Highlight the talents of AOPFN entrepreneurs

OPPORTUNITIES MAY INCLUDE:



AFTERNOON REFRESHMENTS

Coffee, tea, beverages, muffins, bannock, cookies, and other handheld snacks.



AN OPENING COURSE

A starter course to kick off the dinner experience.



A DESSERT COURSE

A sweet finish to complete the menu.



Interested?

PLEASE PROVIDE:

- Business Name
- Contact Person
- Phone Number
- Email Address

Your information will be shared with the event organizer, who will contact interested caterers directly.



Crystal Benoit

Business Development Officer
AOPFN Limited Partnership
✉ bdo@pikwakanagan.ca

Don't miss this opportunity to showcase your business and share your culinary talents at a *special event!*



DEADLINE TO REGISTER YOUR CATERING BUSINESS

JUNE 12, 2026





Curious about a career in architecture, design, planning, or related creative fields?

The Future Designers and Creators Initiative is a funding program established to support Indigenous youth participation in the 2026 Archi North Summer Camp, a unique pre-university introduction to architecture experience in Northern Ontario! Sessions are offered in English and French and tailored to youth entering Grades 11 and 12 in September 2026.

**The deadline to apply is Sunday June 14, 2026 at 11:59pm EDT
Applications are available here:**



Funding for this initiative is being provided through the Transportation Safety and Technology Science (TSTS) Hub Indigenous Participation Plan (IPP).

PLEASE JOIN US FOR A

HIGH TEA PARTY

ELDERS LODGE

JUNE 14-2026

TIME: 1-4PM

28 Chigibig Inamo
Pikwakanagan, ON K0J 1X0



There will be Refreshments, Raffle Draws

50/50 Tickets available for Purchase

Prize for Best Hat

Join us for a fun afternoon to socialize

And meet some new people

Please RSVP to Estelle -613-602-1950 By June 10-2026

Call or Text

Hope to see you all there...Everyone is Welcome!

Youth Call-Out

Related World Strategic Planning Session



Nigig Gamik is seeking two (2) Pikwakanagan Youth (male, female, non-binary) to participate in the upcoming Related World Strategic Planning Session, occurring June 14th - 19th, 2026 at Kilby Farm.

**Transportation available, if required
Honorarium to be provided
Meals and refreshments provided throughout the session**

Strategic planning is an essential asset in guiding growth and one of the first steps in realizing the vision set forth under Nigig Nibi Ki-win. We will be gathering together to set long-term goals and direction for future generations in this work and in the community it supports.

Youth representation is integral as we plan for Nigig Gamik's current and future services/programs. If you are interested in sharing your valued knowledge, input, and vision, please submit your name to: **Info@nigignibi.com** or in person at the main Nigig Gamik Office, located at **1467 Mishomis Inamo, Pikwakanagan, ON.**

VIRTUAL

Community Meeting Announcement

**ALGONQUINS OF
PIKWAKANAGAN
RESIDENCY and
SAFETY LAW**

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

Virtual Community Meetings

– Residency Community Safety Law Zoom Links

Topic: Virtual Community Meetings – Draft Residency Community Safety Law

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

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

Scan Me or
use the
URL



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

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

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

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

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

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

Meeting ID: 895 6313 6762

Passcode: 014357

Key Topics to Be Discussed:

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

Why Join Us:

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

Your voice matters!

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

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

✉ mgr.lem@pikwakanagan.ca

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



MAKWA MINIS TOYBUS

DROP-IN
PLAY GROUP

Makwa Centre
June 15 +19
10:00-11:30am

CAREGIVERS WITH CHILDREN AGED 0-4
PREVENTIONPROGRAMS@NIGIGNIBI.COM
613-625-2173



First
Words
Premiers
Mots
JUNE 19





AOPFN HEALTHY BABIES
HEALTHY CHILDREN

PLAY GROUP

STARTING JUNE
16TH

TUESDAYS!

10:00 - 11:30 AM

101 Kiwita Inamo

Ages 0-6
& Caregivers



Come for a chance to
win family passes to
Mobeez Play Planet in
Pembroke!



Email if interested!
chn@pikwakanagan.ca

REGALIA BLESSING & FEASTING CEREMONY

What To Bring:

- Berries
- Feast item to offer to the fire
- Blanket (to place your regalia on)
- Tobacco (to gift to the facilitator)

Pikwakanagan Cultural Grounds



5:30pm to 7:00pm

June 17 2026

For info email raird@nigignibi.com

REGALIA BLESSING & FEASTING CEREMONY

What To Bring:

- Berries
- Feast item to offer to the fire
- Blanket (to place your regalia on)
- Tobacco (to gift to the facilitator)

Pikwakanagan Cultural Grounds

For info email raird@nigignibi.com
613-625-2173



5:30pm to 7:00pm

June 17 2026



**Pikwakanagan Members are invited
to attend a Special Opening Ceremony
with the Heiltsuk Nation from British Columbia.**



Sacred Journey

**This event will take place on Thursday June 18th, 2026
beginning in the morning at the NCC River House
in Ottawa, with a traditional canoe welcoming
and presentation by the Ottawa Riverkeepers
on their work with birch bark canoes.**

**Guests will then be brought to the Canada Science
and Technology Museum to share in a meal together
and preview the exhibition.**

**A bus to the event will be provided, with a pick-up
in the AM and PM drop-off from the Makwa Center.**

**To register please contact,
assistant.guardians@pikwakanagan.ca
or (613) 401 8575 ext 329**

HOSTED BY THE CIRCLE OF TURTLE LODGE &
ALGONQUIN COLLEGE, WATERFRONT CAMPUS

FIRST ANNUAL
**ALGONQUIN
ELDERS
CONFERENCE**

JOIN US FOR
TRADITIONAL TEACHINGS,
CEREMONY, & INSIGHTS

SPEAKERS:

Elder Patrick
[Partridge] Aird,
Elder Aimee Bailey
Knowledge Keeper
Sherry Dion

TOPICS:

Traditional Teachings
Ceremony
Reconciliation in
Renfrew County
Indigenous
Philosophy

WHEN:

June 19th - June 21st, 2026
(Indigenous Day Weekend)

WHERE:

Algonquin College
Waterfront Campus
Pembroke, ON, K8A 0C8

MEALS PROVIDED BY:

Michele & Sam Whiteduck
Algonquin Caterers

REGISTRATION:

Indigenous Members: Pay What You Can | Ally Members: \$395 | Public: \$595

ALL ARE WELCOME. ADVANCE YOUR UNDERSTANDING.
www.zeffy.com/en-CA/ticketing/annual-elders-conference






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

Starting June 4 to June 25

THURSDAY'S FROM 5PM to 8PM

 101 Kiwita Inamo, Pikwakanagan

Please RSVP by emailing either

counsellor2.mhs@pikwakanagan.ca

OR

brighter.futures@pikwakanagan.ca



NIGIG NIBI KI-WIN GAMIK

COMMUNITY DRUM NIGHT



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

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

Program Highlights

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

5:30PM to 7:30PM

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

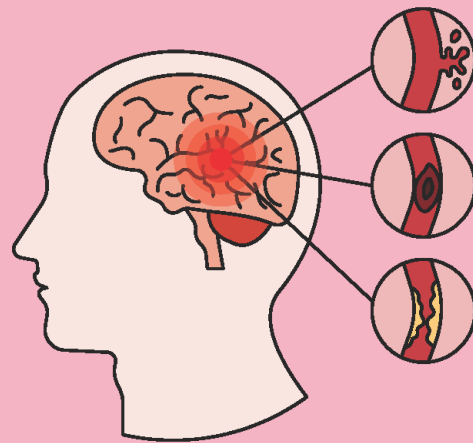


**EVERYONE
IS
WELCOME**

FOR MORE INFORMATION EMAIL : RAIRD@NIGIGNIBI.COM

LUNCH AND LEARN: Recognizing Stroke and Supporting Recovery

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



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

You will learn:

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



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



**Algonquins of
Pikwakanagan
First Nation**



**Hôpital Régional de
Pembroke
Regional Hospital**

Where Dinosaurs come to Life

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

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

Location: Wesley Clover Parks

Date: June 26th 2026

Time: TBD



Registration is Required

Email: navigator.mhs@pikwakanagan.ca

OR

Call: 613-625-2259

101 KIWITA
WELLNESS HUB
PRESENTS

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

9-12PM

MAY 1

MAY 29

JUNE 26

JULY 31

To sign up for your session contact
Chrystal at 613-401-0821
or
email
opioidcoord.mhs@pikwakanagan.ca

Linguistic Camp 2026

At the Brazeau's



Teachings & Workshops

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



Camping des Pins (Parc La Vérendrye)



June 22 to 28, 2026



18-35 years old



To register

ONDINNÖK





THE WHEELIE SQUAD

WEEKLY PROGRAM

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


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

CHILDREN MUST BE
SUPERVISED BY
AN ADULT

PLEASE LET US
KNOW IF YOU
REQUIRE HELMETS
OR BICYCLES

OPEN TO ALL AOPFN
MEMEBERS OR THOSE
AFFILIATED

RIDE, CONNECT,
BELONG



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

For questions or to register email:
preventionprograms@nigignibi.com
or call 613-625-2173

YOUTH AND ADULTS ART SERIES

Ages 14-25

**KILBY FARMS
12127 HIGHWAY 60**

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

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

Week 2 Monday July 13th Acrylic Monday 11:00 AM – 3:00 PM

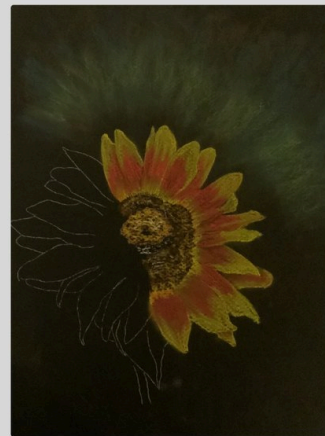
Week 3 Monday July 20th: Charcoal 11:00 AM – 3:00 PM

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

Facilitated by Connor Sarazin



Registration is required and can be done via email
preventionprograms@nigignibi.com
or calling 613-625-2173





SAVE THE DATE

The Algonquins of
Pikwàkanagàn First Nation

37th Traditional
POW WOW
August 15 & 16, 2026

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

All Welcome
FREE ADMISSION
Donations are graciously accepted

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



**CIRQUE DU SOLEIL
LUZIA**

Bus Trip

Date: Oct 16/26

Time: 8:30am

Location Pick Up: Tennesco
Manor

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

No wheelchair or walker
accessibility

Contact: Eco Centre 613-628-
2354

COMMUNITY HEALTH JUNE '26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>June's:</p> <ul style="list-style-type: none"> Stroke Awareness Month Canadian Men's Health Month 	1	2	3	4	5	6
		Strong and Steady @ Makwa 10am	Dr. Abou in clinic – Nephrology Appointments Strong and Steady @ Makwa 10am	Dr. Ni in clinic – Nephrology Appointments Strong and Steady @ Makwa 10am	Staff at Community Garden every Friday Morning 9am-12pm Come and Join us!	National Health and Fitness Day
7	8	9	10	11	12	13
		Strong and Steady @ Makwa 10am Play Group 10am-11:30am at 101 Kiwita			Garden	
15	16	17	18	19	20	21
		Strong and Steady @ Makwa 10am Play Group 10am-11:30am at 101 Kiwita	Heart Screening Day with The Ottawa Heart Institute (Appt only) See flyer for details 24	Closed at 12:00	Lunch and Learn with The Pembroke Regional Hospital : Recognizing Stroke & Supporting Recovery The Elders' Lodge	
21	22	23	24	25	26	27
		Strong and Steady @ Makwa 10am Play Group 10am-11:30am at 101 Kiwita			11am-2pm Call Taylor at Health Services to register 613-625-2259	
28	29	30				
		Play Group 10am-11:30am at 101 Kiwita				





STROKE CANADA


WHAT is a STROKE?

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

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

WHO is AFFECTED?

ABOUT
878,500 CANADIAN
ADULTS
AGED 20+ HAVE EXPERIENCED A STROKE 2017-2018¹
OR
 **438,700**  **439,800**


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

STROKE RISK
RISES RAPIDLY
AFTER
AGE **55**


WHAT are the RISKS?



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

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

HOW to REDUCE THE RISKS?



KEEP BLOOD PRESSURE UNDER CONTROL



BE PHYSICALLY ACTIVE



EAT A HEALTHY DIET



QUIT SMOKING



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

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

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

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

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

LEARN MORE ABOUT STROKE

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

SOURCES: ¹ Public Health Agency of Canada, using Canadian Chronic Disease Surveillance System data file contributed by provinces and territories, as of February 2021 (data up to 2017-2018). Data from Nunavut and the Northwest Territories were not available for 2017-2018. * The Heart and Stroke Foundation's Signs of Stroke poll was conducted by Evocative Research Group. A total of 5,000 Canadians ages 18 years and over were surveyed by telephone in December 2021. A survey of this magnitude yields results that are accurate to within plus or minus 1.8 points, 19 times out of 20.

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


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

© The Heart and Stroke Foundation of Canada, as represented by the Minister of Health, 2022 | Cat: HPS/2022/02/21-FR-F | ISBN: 978-0-66-462721-1 | Pub.: 2/2022





1M 

One Million Canadian Hearts
Un million de cœurs canadiens

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

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

Your risk factor screening includes:
Compris dans le dépistage :

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

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


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

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

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



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

 613-625-2259

 1m@ottawaheart.ca

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

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


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

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

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

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

Legend

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





01

Eat Healthy.

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



02

Get Moving.

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



03

Make Prevention a Priority.

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

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

100%

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

1 in 2

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

1994

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

88.9

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

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com



AWARENESS. PREVENTION. EDUCATION. FAMILY.

Celebrate Men's Health Throughout the Year

Visit the Men's Health Resource Center:

www.MensHealthResourceCenter.org

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

www.WearBlueForMen.com

Follow the latest men's health news at

Talking About Men's Health:

www.TalkingAboutMensHealth.com

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

www.MensHealthMonth.org

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

www.MensHealthLibrary.com

You can purchase brochures, door hangers, and books:

www.mhnstore.com

Learn about prostate health and Prostate Cancer Awareness Month:

www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:

www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:

www.youtube.com/mhnmedia

Visit Men's Health Network:

www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:

www.healthyemale.com

To learn about the Fathers Connection:

www.FathersConnection.org

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

202-543-6461 x 101

info@menshealthnetwork.org



Like us on Facebook



MensHealthMonth



Follow us On Twitter



MensHealthMonth

THANKS FOR YOUR SUPPORT!



Seeking Knowledge Keepers!

Community Health is seeking Knowledge Keepers who would be willing to share their knowledge on the significance of berries and how to harvest and eat in a good way.

We are planning a series of summer workshops on berries - from harvesting to processing. The Knowledge Keeper would accompany the group to the berry patch and to the kitchen the following day - sharing their knowledge with the group.

Contact Jessica, Community Health

Nurse if you are interested!

Honourarium will be provided.

chn@pikwakanagan.ca

613-625-2259



**Algonquins of Pikwakanagan
First Nation**



WHOLEHEARTED LIVING

JENNA RD, CDE



Strawberry Maple Cottage Cheese

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups Cottage Cheese, (1% Fat)

3 cups strawberries sliced

3 teaspoons maple syrup

NUTRITION INFORMATION PER SERVING

Protein 19g	Fruits 2 servings
Total Fat 1.94g	Vegetables 0 servings
Carbs 20g	Saturated Fat 0.96g
Calories 171kcal	Sodium 592mg
Iron 0.83mg	Fiber 3.04g
Vitamin C 89mg	Added Sugar 4.03g

Method

1. Add cottage cheese to a bowl.
2. Top with strawberries and drizzle with maple syrup.

Ages 11+



cooking with kokomis

Facilitated by Michele Whiteduck

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

Ages 11+

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

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

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

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

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

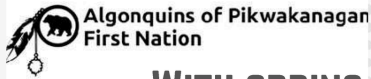
(assisting with community dinner)

What to Expect?

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

"Together, everything tastes better"

To register please email preventionprograms@nigigibi.com or call 613-625-2173



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

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

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



FOR MORE INFORMATION CONTACT

Peggy Dick, Home and
Community Care Supervisor
supervisor.hc.pikwakanagan.ca

Shelley Dick, Dementia Care
and Aging in Place RN
dementia.hc@pikwakangan.ca

or by phone: 613-625-1230

Protect Yourself, Children and Pets from Animal Bites

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

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

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

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



If you are bitten by an animal:

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

DOG, CAT & BAT BITES & RABIES EXPOSURES

Why report animal bites? I've Been Bit!

Monitoring and Control of Rabies

Rabies caused by canine-variant viruses (dog rabies) establishes and circulates within dog populations and is responsible for the majority of rabies in humans. Dog rabies represents a significant risk to human health due to the close contact between dogs and people within the community. Rabies can be transmitted through saliva via bites or scratches from the infected dog. Rabies is almost 100% fatal once symptoms appear. Luckily, rabies is 100% preventable through prompt vaccination before symptoms develop. Dogs can also receive their rabies vaccination through their vet.

Cats and bats also can have rabies and can be transmitted to humans through saliva via bites or scratches from the infected animal.

Public Safety

Reporting dog and animal bites helps to ensure public safety.

Community Health is required to follow-up on all animal bites to prevent the spread of rabies.

Community Health

Melissa Pessendawatch, Community Health Representative

Jessica Schwan, Community Health Nurse

613-625-2259

chrepikwakanagan.ca

chn@pikwakanagan.ca

If you are bit by an animal, prompt treatment following exposure can help prevent human illness

1. Immediately and thoroughly wash the wound or exposed surface with soap and water
2. Remove clothing that may have been contaminated
3. **Seek medical advice as soon as possible**
4. Report bite to Community Health to ensure prompt follow-up on the animal's immunization status and well-being.

Watch for Dog's Stress Signals

Contrary to popular belief, dog bites do not occur out of the blue. Most dogs attempt to communicate their stress through body language before a bite occurs.

Examples are yawning, tongue flicks, shaking off and looking away. If these signals are ignored, some dogs may escalate to growling and biting.

Community Health does not remove your dog from your home.

MOSQUITO-BORNE ILLNESSES

Mosquitos of Concern

There are many different mosquito species found in Renfrew County.

West Nile Virus can spread to humans by an infected female Culex mosquito. The mosquito can become infected after feeding on an infected bird. The most common types of affected birds include Ravens, Crows, Blue Jays, House Sparrows, Grackles, and Robins.

Equine Encephalitis Virus is another rare infection that can be spread by mosquitos after feeding on an infected bird.

Mosquito Surveillance Program

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

I found a Dead Bird!

Carefully dispose of dead birds on your property. If you find a dead bird on your property, do not touch it with your bare hands. Use a shovel to pick the bird up and place it into a plastic bag. Double bag it and close both bags tightly. Place the bird in the garbage. Wash your hands with soap and water afterwards.

Community Health

Melissa Pessendawatch, Community Health Representative

Jessica Schwan, Community Health Nurse

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

Remove standing water on your property after a rainfall

Prevent Mosquitos from Breeding

Mosquitoes require standing water to lay their eggs. Mosquitoes can lay 100-400 eggs at a time. The eggs hatch in 1-2 days and become larvae. The larvae will become mosquitoes in about 10 days. By reducing the amount of standing water around your home, you can significantly decrease mosquito breeding. Remove potential breeding sites in early Aprils and continue throughout the summer.

1. Clean bird bathes twice a week
2. Cover and turn over any toy, container or equipment that can hold water
3. Clean roof gutters and place screens over rain barrels
4. Repair outdoor faucets that leak
5. Store small boats upside down
6. Fill in hollow tree stumps and rot holes with sand
7. Dispose of cans, bottles, tires, etc that may hold water
8. Clean and chlorinate swimming pools and hot tubs.

Prevent Mosquito Bites

- Keep mosquitoes out by using screens or mosquito netting over open windows, doors, tents, and stollers
- Wear light colour, long sleeved and loose clothing
- Use bug spray with DEET or Icaridin on uncovered skin, clothes, and on top of sunscreen. Be sure to always follow label instructions.
- Be mindful mosquitoes are most active between dusk and dawn
- Avoid using scented products
- Turn on a fan indoors to prevent mosquitoes from flying

TICK-BORNE ILLNESSES

Ticks in Renfrew County

Ticks of Concern

There are 43 different species of found in Ontario.

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

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

Tick Surveillance Program

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

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



How can I protect myself?

Prevent Tick Bites

Before going to places where ticks are found:

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

While outdoors:

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

When returning indoors:

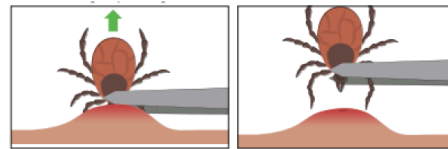
- Do a full-body tick check and shower to wash off ticks
- If ticks are on your clothes, wash clothes in hot water and dry with high heat (ticks can survive cold-warm wash cycle)
- Check your pets for ticks

I have a tick!

Tick Removal

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

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



Next Steps

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

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

Reduce Ticks Around Your home

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

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

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

Community Health

Melissa Pessendawatch, Community Health Representative

Jessica Schwan, Community Health Nurse

613-625-2259

chr@pikwakanagan.ca

chn@pikwakanagan.ca



AOPFN EMPLOYMENT OPPORTUNITY

Administrative Assistant

Department: Political Office

Supervisor: Manager, Political Office

**Starting at \$26.00/hr - Full-Time - 35 hrs/ week. June - July 9, 2026,
with possibility of extension, and/ or possibility of permanency**

Deadline to Apply: Friday, June 19, 2026 at 4:00PM

The Algonquins of Pikwakanagan First Nation provides for the Political Operations and as a minimum provide for the administrative services to meet the community needs.

Assists the Manager of Political Office in the day-to-day political, administrative duties of the Algonquins of Pikwakanagan First Nation.

DUTIES AND RESPONSIBILITIES:

1. Program Assistant and Administration

- Responsible for the provision of minutes of all meetings, regular, special and community meetings.
- Provides administrative, technical and support to the Chief and Council.
- Provides regular communication with federal and provincial government, internal departments, businesses, agencies, organizations, and the First Nation membership.
- Drafting and typing correspondence, reports, and memoranda; arranges as to format and methods of presentation in accordance with standard practices.
- Processing incoming correspondence (regular mail, email, facsimiles, texts, etc.) and responding to routine inquiries; dissemination of information for action.
- Assisting the Manager of Political Operations and the Chief and Council in preparing preliminary written responses on various issues including views and comments of the Council in a timely manner.
- Keeps informed of the Manager of Political Operations and Chief and Council's schedules and advises of changes and assists in re-scheduling as required.
- Assuming responsibility for taking minutes of regular and special meetings of Council, prepares meeting agendas, meeting information kits, distributions etc.,

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Successful completion of post-secondary in an Administrative Assistant or clerical study field. OR, successful completion of secondary school education diploma with relevant cultural appropriate experience in an office environment.
- A minimum of a valid class "G" driver's license and access to a dependable vehicle with the ability to travel to various locations in Renfrew County and District as required.

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: Administrative Assistant

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

Environmental Coordinator, Water Tester

Department: Health Services

Supervisor: Manager, Health Services

\$24.12/ hr - 35 hours per week - June 29, 2026 - September 04, 2026

Deadline to Apply: Friday, June 19, 2026 at 4:00PM

The Environmental Coordinator – Water Tester supports the health & safety of First Nation members by assisting with water quality monitoring, community communication, & acting as a liaison between community members and health authorities. This role ensures safe drinking water, monitors environmental risks, & facilitates community engagement regarding water quality issues.

DUTIES AND RESPONSIBILITIES:

1. Service Delivery:

- Conduct water testing for all First Nation homes and community buildings.
- Transport water samples to the Renfrew County Health Unit.
- Set up mosquito traps weekly and coordinate shipment to the designated laboratory for testing.
- Input all residential water testing results into the Water Trax system for monitoring by Indigenous Services Canada.

2. Community Engagement & Partnerships:

- Prepare and distribute informational packages to community members.
- Communicate water test results in writing to community members and consult with the Community Health Representative (CHR) and Environmental Health Officer (EHO) as needed.
- Log all community questions and complaints related to water quality and follow up to ensure concerns are addressed.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Successful completion of secondary school education (Gr. 12 or GED recognized equivalent)
- Demonstrates a positive, and approachable demeanor
- Ability to maintain a courteous and professional approach in all interactions
- Ability to communicate effectively, both orally and in writing
- Proficient in basic computer operations and software applications
- Demonstrates the ability to work independently with minimal supervision
- Possession of a valid driver's license and access to a reliable vehicle

CONDITIONS OF EMPLOYMENT:

- Proof of a Canadian Police Information Check (Will be a requirement upon employment)

How to Apply

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

Submit to:

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

hr@pikwakanagan.ca

Subject Line: Environmental Coordinator

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

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

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

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

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

What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



AOPFN EMPLOYMENT OPPORTUNITY

Registered Nurse - Casual

Department: Tennesco Manor

Supervisor: Tennesco Manor Supervisor

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

Deadline to Apply: Friday, June 19th, 2026 at 4:00PM

The Casual Registered Nurse provides direct clinical support to residents in the manor, delivering nursing care, health monitoring, and resident support as needed. The role focuses on providing high-quality, culturally sensitive, and client-centered care to promote the health and well-being of residents.

DUTIES AND RESPONSIBILITIES:

1. Service Delivery

- Provides direct nursing care to residents, including medication administration, vital signs monitoring, wound care, and other nursing interventions within scope of practice
- Assists with resident intake, assessment, and care planning, ensuring culturally appropriate and client-centered care
- Supports residents with health promotion, disease prevention, and wellness initiatives
- Documents care provided accurately and timely in resident health records
- Assists in coordinating care with the broader care team as required

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Degree or diploma in Registered Nursing (RN) with experience in geriatric care and case management
- Current registration in good standing with the College of Nurses of Ontario (CNO), with professional liability insurance
- Valid Class "G" driver's license and access to a reliable vehicle
- Ability to work flexible hours, including evenings, weekends, and on-call shifts

CONDITIONS OF EMPLOYMENT:

- Proof of Registration with the Ontario College of Nurses and/or applicable Association; annual compliance with the quality assurance continuing competence program; maintain membership and maintain liability insurance.
- Proof of a minimum of a class "G" driver's license and driver's abstract.
- A clear Vulnerable Sector Check; to be provided annually.
- Valid First Aid, CPR, AED,
- Complete Indigenous Cultural Competency training within six months from date of hire.

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: Registered Nurse – Casual

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

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

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

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- b) the qualified indigenous person; then to,
- c) the qualified non-indigenous candidate.

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

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

Cook - Casual

Department: Mindiwin Manido Day Care

Supervisor: Daycare Manager

\$20.00 - \$22.08 hourly - Based on Education/ Experience

8:30 a.m. - 4:30 p.m. - Casual - Call In Position

Deadline to Apply: June 12, 2026 at 4:00 p.m.

The Daycare Cook is responsible for planning, preparing, and serving nutritious meals and snacks that support the health, growth, and well-being of children attending the Day Care Centre. This role ensures all meals meet Canada's Food Guide recommendations, accommodates special dietary needs, and maintains a clean, safe, and sanitary kitchen and dining environment in accordance with health and safety standards.

The Daycare Cook also supports the overall daily operations of the Day Care Centre by maintaining kitchen inventory and supplies, assisting with cleanliness throughout the facility, and providing support to childcare staff and children as needed.

DUTIES AND RESPONSIBILITIES:

1. Meal Planning and Food Preparation

- Plan and prepare balanced weekly or bi-weekly menus in accordance with Canada's Food Guide and daycare nutritional standards.
- Prepare and serve nutritious breakfasts, lunches, and snacks for children enrolled in the Day Care Centre.
- Ensure meals and snacks accommodate allergies, sensitivities, cultural considerations, and other special dietary requirements.
- Maintain appropriate portion sizes and food preparation practices suitable for children.
- Ensure food is prepared, stored, and served in compliance with applicable health, sanitation, and food safety regulations.

2. Health, Safety, and Sanitation

- Maintain the kitchen, food preparation areas, and dining spaces in a clean, organized, and sanitary condition at all times.
- Clean and sanitize tables, counters, dishes, utensils, and food preparation equipment following meals and snacks.
- Sweep, mop, and address spills or hazards promptly to maintain a safe environment for children and staff.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- High school diploma or equivalent.
- Safe Food Handler Certification or willingness to obtain.
- Experience preparing meals in a childcare, school, or similar setting is an asset.
- Knowledge of safe food handling, sanitation, and children's nutritional needs.

CONDITIONS OF EMPLOYMENT:

- An acceptable Criminal Records Check and Vulnerable Sector Check; annually.
- Valid Safe Food Handler Certification required or willingness to obtain upon hire.
- 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: Cook - Casual

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)

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AOPFN EMPLOYMENT OPPORTUNITY

Early Childhood Assistant - Casual

Department: Mindiwin Manido Day Care

Supervisor: Daycare Manager

\$21.00 - \$23.18 hourly - Based on Education/ Experience

7:30 a.m. - 4:30 p.m. - Casual - Call In Position

Deadline to Apply: June 12, 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

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

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

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

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- Half days on Fridays prior to holiday Mondays
 - (Conditions Apply)

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AOPFN EMPLOYMENT OPPORTUNITY

Manager of Lands, Estates and Membership

Department: Lands, Estates and Membership

Supervisor: Executive Director of Operations

Starting at \$72,800.00 annually

35 hour/week - 12 Month Contract - Maternity Leave Coverage

Deadline to Apply: Friday, June 12, 2025 at 4:00PM

The Manager of Lands, Estates and Membership will deal with all projects and matters concerning, lands, estates and membership activities for the Algonquins of Pikwakanagan First Nation. Including providing direction and planning for all activities, program and services. The Manager will also provide direction and approval for all Lands, Estates and Membership initiatives. As Manager of Lands, Estates and Membership.

DUTIES AND RESPONSIBILITIES:

- Providing guidance and interpretations on land management, regulations, policies and practices to Chief and Council, departmental staff and members who use information to ensure compliance.
- Front line of contact for policy clarification on land management issues and referral services for department land systems.
- Oversee Estate Management.
- Oversee membership database program and issuing of certificates for Indian status in accordance with procedures.
- Act as Commissioner of Affidavits.
- Develop and implement a GIS system.
- Financial Management - preparing and implementing departmental workplans, budgets and proposals for funding including completion and submission of necessary reports.
- Provide leadership in staff development, training and supervision of staff.
- Attend management and community meetings as directed.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Post secondary degree/diploma in the field of business administration, legal or land use management, combined with 2 years of management/supervisory experience OR
- Completion of (or enrolled in) Professional Lands Management Certification Program combined with 2 years of management/supervisory experience.
- Demonstrated community engagement experience
- Demonstrated willingness to travel

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: Manager of Lands, Estates and Membership

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

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

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What Algonquins of Pikwakanagan First Nation Offers:

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- Paid Sick Days
- 4% Vacation
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 - (Conditions Apply)
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 - (Conditions Apply)

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AOPFN EMPLOYMENT OPPORTUNITY

Operator in Charge (OIC)

Department: Public Works - Water Treatment Plant

Supervisor: Public Works Manager

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

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

Deadline to Apply: Ongoing until position is filled

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

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

DUTIES AND RESPONSIBILITIES:

1. Service Delivery

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

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

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

How to Apply

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

Submit to:

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

hr@pikwakanagan.ca

Subject Line: Operator in Charge (OIC)

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AOPFN EMPLOYMENT OPPORTUNITY

Personal Support Worker & Health Care Aide

Department: Health Services

Supervisor: Client Care Coordinator

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

Deadline to Apply: Ongoing until positions are filled.

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

DUTIES AND RESPONSIBILITIES:

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

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

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

CONDITIONS OF EMPLOYMENT:

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

How to Apply

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

Submit to:

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

hr@pikwakanagan.ca

Subject Line: Personal Support Worker or Health Care Aide

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

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- 4% Vacation
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- Milestone Recognitions & Rewards
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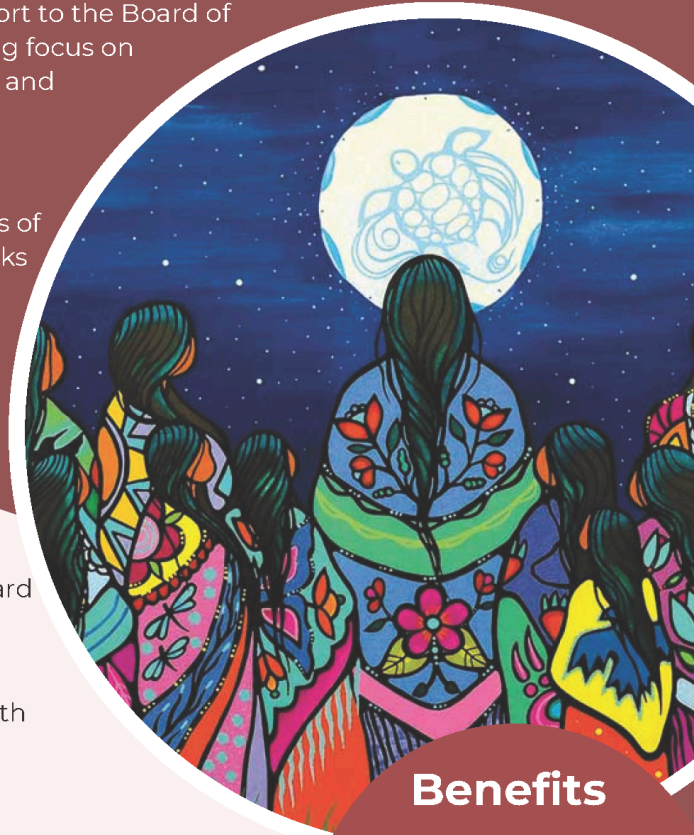
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Governance and Board Liaison

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

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



Position Details:

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

Scan here for more information:



Benefits

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



NIGIG NIBI KI-WIN GAMIK CALL FOR APPLICATIONS FOR: NON-PIKWAKANAGAN MEMBER DIRECTOR POSITION (INTERIM BOARD OF DIRECTORS)

Nigig Nibi Ki-win Gamik ("Nigig Gamik") is currently looking for one (1) individual to serve as a Director on Nigig Gamik's Interim Board of Directors.

Nigig Gamik is the agency established by Algonquins of Pikwakanagan First Nation ("Pikwakanagan") to implement, administer, and deliver child and family services to Ninidjānisinānig (children), Weshkinigidjig (youth), and Wendjibàdj (families), under the authority of Pikwakanagan's child well-being law, Nigig Nibi Ki-win and its regulations.

Since Nigig Gamik's incorporation, the Interim Board has been engaging in capacity-building and technical work to support the operationalization of Nigig Nibi Ki-win. The Interim Board is responsible for, among other tasks:

- (a) developing and reviewing corporate governance instruments for Nigig Gamik, including by-laws, membership declarations, policies, etc.;
- (b) developing recommendations for the composition of an eventual permanent Board of Directors and Nigig Gamik's membership structure; and
- (c) assisting with start-up and implementation matters for Nigig Gamik, including recruitment and hiring, financial management, policy development, and so on.

Nigig Gamik is looking to fill a current Director vacancy on the Interim Board. The vacancy is for one (1) individual who:

- (a) is not a member of Pikwakanagan under the Membership Code;
- (b) is connected to Pikwakanagan by family; and
- (c) could be affected by the application and operation of Nigig Nibi Ki-win (e.g., has a child eligible for programs, supports, or services under Nigig Nibi Ki-win) but is affiliated with and would otherwise be affected by the application and operation of Nigig Nibi Ki-win.

This position is intended to ensure that the perspectives of all Wendjibàdj under Nigig Nibi Ki-win (e.g., blended families), are represented on the Board.

Candidates should be aware that, as they are filling a vacancy on the Interim Board, the length of their term may be subject to the governance review process and transition to the permanent Board of Directors.

Board Expectations:

The Interim Board currently meets a minimum of once per month to complete the necessary work described. An agenda and materials are provided ahead of time for review in support of the meeting discussions. These meetings can be attended virtually.

Required Qualifications for the Director Position

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

Desired Skills for Directors:

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

Verifiable experience in one or more of the following areas:

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

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

Application Process:

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

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

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

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

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

Applications should be submitted to the attention of:

Alexandra Freed, Executive Director of Nigig Gamik, at director@nigignibi.com, to be received no later than Friday, May 29th, at 12:00PM.



“CALL TO TENDER”

Repairs & Renovations at 102 Kagagimin Inamo

Site Visit Required, Call Kreed Knox at 613-625-2800. Ext 247

Exterior:

1. Remove the existing chimney and properly insulate, vapor barriers and cladding over the existing hole from chimney. Patch and repair with color match roofing where chimney protrudes, install metal roof covering and soffits in this area.
2. Install Perimeter drain to ensure no water coming into home. Excavate around the house to a depth predetermined by measuring the low-lying area behind the house. Install perimeter drains around the house to catch rain troughs and sump pump discharge and take it away from the house to the low-lying area. This will reduce the chance of flooding of basement.
3. Repair Cracked mortar in concrete blocks.
4. Remove front staircase intact, supply and install 6" compact granular m gravel level. Place existing concrete stair in place and proper height.

Interior:

1. Replace repair any damaged interior doors, hardware and trim to match existing non damaged hardware and trim.
2. Frame and Insulate basement. Cover exposed Styrofoam with 2x4 walls and gypsum boards (rough in electrical as per electrical code) All existing plumbing and electrical to be properly extended prior to installing gypsum boards. All joints to be taped, mud, sand, and 1 coat primer.
3. Adjust support post in basement as need be to remove bow in beams.
4. Replace kitchen cabinets including installing a bulk head for Range Hood vent installed by others.
5. Repair window locking mechanism on front window. If recommendation to replace whole window provide separate price in breakdown. Window to fit existing opening must be Energy Efficient CSA labeled, vinyl clad, low-E argon filled and insulated spacers, rough opening and window frames to be insulated in between, exterior and interior to be caulked and then finished with new trim on interior. Exterior finish to have proper metal flashing, and j channel.
6. Supply/Remove/Replace existing basement windows, Windows to fit existing openings, must be Energy Efficient CSA labeled, vinyl clad, low-E argon filled and insulated spacers, rough opening and window frames to be insulated in between, exterior and interior to be caulked and then finished with new trim on interior. Built out flush with new basement wall.
7. Patch and paint as necessary throughout home.

Provide breakdown of listed items. Separate breakdown of any additional repairs required.
All work to meet or exceed the current Ontario Building Code, ESA, and TSSA requirements.

All materials and labor are to be supplied by the bidder. All waste to be diverted off AOPFN via Dumpy's or similar company.

**Please ensure you include valid Personal Liability and Property Damage Insurance Certificate, WSIB clearance certificate upon signing of contract.*

Any questions or concerns can be directed to Kreed Knox or Dustin Logan at 613-625-2800 Extension 247 or 246

Envelopes should be clearly marked:

"Tender for work at 102 Kagagimin Inamo"

Addressed to:

Algonquins of Pikwakanagan Administration Office
1657A Mishomis Inamo
Pikwakanagan, Ontario, K0J 1X0

ATTENTION: Dustin Logan, Manager, Public Works

All tenders must be received by June 12, 2026 at 12:00p.m.

THE ALGONQUINS OF PIKWAKANAGAN FIRST NATION IS NOT OBLIGATED TO ACCEPT THE LOWEST OR ANY TENDER. TENDER AMOUNT TO BE SUBMITTED BELOW ON THIS FORM.

My "Tender" for various repairs in Pikwakanagan
is:

\$ _____

Name: _____

Phone Number: _____

“CALL TO TENDER”

Repairs & Renovations at 14-E Shingwak Inamo

Site Visit Required, Call Kreed Knox at 613-625-2800. Ext 247

Exterior:

1. Remove the existing chimney and properly insulate, vapor barriers and cladding over the existing hole from chimney. Patch and repair roof where chimney protrudes, install metal roof covering and soffits in this area.
2. Replace Sliding Door.
3. Replace Eavestrough on home.

Interior:

1. Replace repair any damaged interior doors, hardware and trim to match existing non damaged hardware and trim.
2. Replace flooring throughout & with transition strips as needed. Water resistant flooring to be used in bathrooms, along with removal of toilet before installing flooring. Flooring type to be 20 mil wear layer. Flooring details and warranty to be included with bid. Replace baseboards with new matching existing style and colour in rest of home.
3. New windows throughout home of same size and type. Window to fit existing opening must be Energy Efficient CSA labeled, vinyl clad, low-E argon filled and insulated spacers, rough opening and window frames to be insulated in between, exterior and interior to be caulked and then finished with new trim on interior. Exterior finish to have proper metal flashing, and j channel.
4. Patch and paint as necessary throughout home.
5. Repair/replace ceiling in kitchen, tapped, mudded, primed, and 2 coats of paint. Paint to match existing.
6. Replace Kitchen Cabinets, provide details and specifications on cabinets to be installed.

Provide breakdown of listed items. Provide separate breakdown of any additional repairs recommended outside of the listed items.

All work to meet or exceed the current Ontario Building Code, ESA, and TSSA requirements.

All materials and labor are to be supplied by the bidder. All waste to be diverted off AOPFN via Dumpy's or similar company.

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"Tender for work at 14-E Shingwak Inamo"

Addressed to:

**Algonquins of Pikwakanagan Administration Office
1657A Mishomis Inamo
Pikwakanagan, Ontario, K0J 1X0**

ATTENTION: Dustin Logan, Manager, Public Works

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My "Tender" for various repairs in Pikwakanagan

is:

\$ _____

Name: _____

Phone Number: _____



Indigenous
Skills
Employment
Apprenticeship and
Development



ICE
INDIGENOUS
& COMMUNITY ENGAGEMENT



AOP_{FN} Limited Partnership



WORKERS HEALTH AND SAFETY TRAINING

Learn about safety rights and responsibilities of workers, supervisors, and employers and a general introduction to workplace health and safety



August 6, 2026



12:30pm– 2:30pm



**96 Chibekana Inamo
Pikwakanagan**

**7 Spots
Available**

To register contact:

Sasha Sarazin

employment.officer@pikwakanagan.ca

or

613-625-2800 ext:248





AOPFN Limited Partnership



Indigenous Skills Employment Apprenticeship and Development



INDIGENOUS & COMMUNITY ENGAGEMENT



FIRST AID & CPR TRAINING



2 day First Aid and CPR/AED course being



Only 12 Spots Available

DATE



TO BE DETERMINED



TO REGISTER CONTACT

CONTACT SASHA SARAZIN

employment.officer@pikwakanagan.ca

or

613-625-2800 ext 248



Indigenous
Skills
Employment
Apprenticeship and
Development



ICE
INDIGENOUS
& COMMUNITY ENGAGEMENT



AOPFN Limited Partnership



WHMIS Training



August 6, 2026



9:30 am - 11:30 am



**Elders Lodge
96 Chibekana Inamo
Pikwakanagan**

**5 Spots
Available**

FLAMMABLE LIQUID

**To register contact:
Sasha Sarazin
employment.officer@pikwakanagan.ca
or
613-625-2800 ext:248**

Resource Numbers:

Ensuring First Nations Children (0-17)

Have Access to Educational, Social
and Medical Supports



Examples of Supports Available

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



CONTACT US

Pamela Scheel-Jordan's Principle
Navigator

613-401-2812
jnav1@pikwakanagan.ca

Community Information:



Regular Council Meetings
 Every second and last Tuesday of the month
 Beginning at 9 AM

Available to view online in the members-only section of
www.algonquinsofpikwakanagan.com

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

ALGONQUINS OF
PIKWAKANAGAN
FIRST NATION



LEVEL 1
FIRE BAN

**A BAN IS IN EFFECT ON ALL FIRES
WITHIN THE ALGONQUINS OF
PIKWAKANAGAN FIRST NATION.**



PERMITTED:

- GAS BARBECUES
- PROPANE FIREPLACES
- APPLIANCES USING PROPANE OR NATURAL GAS
- CHARCOAL BRIQUETTE BARBECUES



**THIS BAN IS IN PLACE TO PROTECT OUR COMMUNITY,
OUR LANDS, AND OUR RESOURCES.**





BE PREPARED FOR A POWER OUTAGE

Extended power outages may impact the whole community and the economy.

A POWER OUTAGE CAN:



DISRUPT
communications, water, and transportation



CLOSE
retail businesses, grocery stores, gas stations, ATMs, banks, and services



CAUSE
food spoilage and water contamination



PREVENT
use of medical devices and critical equipment



AFFECT
heating, cooling, and other essential systems

PROTECT YOURSELF DURING A POWER OUTAGE



KEEP IT CLOSED
Keep freezers and refrigerators closed to keep food safe.



UNPLUG ELECTRONICS
Disconnect appliances and electronics to avoid damage from power surges when power is restored.



USE GENERATORS SAFELY
Only use generators outdoors and away from windows, doors, and vents. Follow manufacturer's instructions.



PLAN FOR MEDICAL NEEDS
Use alternate plans for refrigerating medications or power-dependent medical devices.



NO GAS STOVES OR OVENS
Do not use a gas stove or oven to heat your home. It can cause carbon monoxide poisoning.



FIND ALTERNATE SHELTER
If safe, go to an alternate location for heat or cooling, such as a friend's home, community center, or shelter.



CHECK ON OTHERS
Check on neighbors, especially older adults, young children, and people with disabilities.

BE PREPARED BEFORE THE POWER GOES OUT



Keep flashlights and extra batteries.



Have a battery-powered radio.



Store water and non-perishable food.



Charge phones and power banks.



Keep a first aid kit and essential supplies.



Make a plan and stay informed.



STAY INFORMED. STAY SAFE.
Monitor local news and alerts for updates and estimated restoration times.



REPORT OUTAGES
Contact your utility provider or visit their website.

PREPARE TODAY. PROTECT YOUR FAMILY. PROTECT YOUR COMMUNITY.



Steve Benoit
Emergency Management Lead

Tel: 613-625-2800 ext. 251
Cell: 613-401-0689
Email: ems.lead@pikwakanagan.ca

WILDFIRE

BE PREPARED. STAY ALERT. STAY SAFE.

DISASTER CAN STRIKE FAST.
YOUR PREPARATION CAN SAVE LIVES.



KNOW THE RISKS



- Live in a wildfire-prone area? Stay alert!
- Check local fire danger ratings daily.
- Follow weather alerts & evacuation notices.

PREPARE YOUR HOME



- Clear leaves & debris from gutters and roofs.
- Trim branches at least 10 ft from your home.
- Use fire-resistant materials when possible.

IF A FIRE APPROACHES



- Shut off gas if time allows.
- Close all windows & doors.
- Leave lights on so your home is visible.
- Evacuate early if instructed.

EVACUATION PLAN



- Know at least 2 routes out of your area.
- Have a family meeting point.
- Keep your vehicle fueled and ready.
- Don't wait—leave early if unsure!

MAKE A GO BAG



Water
(1 gal/person/day for 3 days)



Non-perishable food & utensils



First aid kit & medications



Flashlight & batteries



N95 masks



Important documents (copies)



Phone charger / power bank

WILDFIRE SAFETY TIPS

-  Properly discard cigarettes.
-  Keep vehicles off of dry grass.
-  Avoid activities with open flames or sparks.
-  Avoid power equipment that creates sparks.
-  Obey burn bans.
-  Evacuate if fire/smoke is heading your way.
-  Evacuate if ordered to do so by local officials.

CHECK BEFORE YOU GO!

Make sure your campfire is DEAD OUT!



CHECK

Check ashes, embers & surrounding areas.



DROWN

Drown the campfire with plenty of water.



STIR

Stir the ashes, add more water and stir again.



FEEL

Feel with your hand. If it's too hot to touch, it's too hot to leave.

ONLY YOU CAN PREVENT WILDFIRES.

STAY INFORMED



Listen to local radio, TV, and official sources for updates.



Sign up for local emergency alerts.



Visit official websites for fire danger ratings & restrictions.



IN AN EMERGENCY
CALL 911



Report wildfires immediately.
Provide as much information as possible about the location.

FOR MORE INFORMATION OR ASSISTANCE



Steve Benoit
Emergency Management Lead




Tel: 613-625-2800 ext. 251



Cell: 613-401-0689



Email: ems.lead@pikwakanagan.ca

 For local fire bans, restrictions and updates, visit: www.ontario.ca/page/fire-danger-ratings



everyone has
something
to create.



A SPACE TO
CREATE ANYTHING
YOU IMAGINE.

ALL MATERIALS WELCOME.
ALL SKILL LEVELS WELCOME.

Come solo
or bring a friend!



PAINT



SEW



DRAW



MOLD



AND MORE!



Every
WEDNESDAY
10AM - 12PM



101 KIWITA INAMO
PIKWAKANAGAN





SCHOOL BUS REGISTRATION

for the 2026–2027 School Year

We are so excited to welcome your child as they begin or continue their school journey this fall.

A new school year is a big milestone, and we're happy to support your family as you get ready for the 2026–2027 school year!



WHO IS ELIGIBLE FOR TRANSPORTATION?

The Algonquins of Pikwakanagan First Nation are pleased to offer bus services for students with approved residency in Pikwakanagan.

WHO NEEDS TO REGISTER?



NEW STUDENTS

If your child is starting school for the first time and needs transportation, you **must** complete a bus registration form.



RETURNING STUDENTS

If your child used the bus last year and needs transportation again for the 2026–2027 school year, you **must re-register**.



HOW TO REGISTER

Once your child is registered for school and transportation is required from Pikwakanagan to school, families must complete a bus registration form.



Paper copies are available at the Education Department at the Administration Office (1657A Mishomis Inamo).

OR



Fillable online at:

<https://forms.algonquinsofpikwakanagan.com/Bus-Registration>



Bus registration forms must be returned to:
Pamela Scheel, Program Coordinator, Education Services
1657A Mishomis Inamo | coordinator1.education@pikwakanagan.ca



WHAT'S NEXT?

In August, parents will receive a confirmation letter with:



Bus Stop Location



Pick-up & Drop-off Times



Other Important Transportation Details



We are thrilled to be part of your child's education journey and look forward to a great school year ahead!





MINDIWIN MANIDO DAYCARE

REGISTRATION!

REGISTER YOUR CHILD AS EARLY AS POSSIBLE,
even while expecting!

HOW TO REGISTER:

1



Complete the
Registration Form

Join the
Waiting List

2



Confirm Placement
Availability

3



You will be
contacted when
a space becomes
available.

WHAT YOU MAY NEED:



Parent/Guardian
Contact Information



Child's Full Name
and Date of Birth



Expected Due Date
or Anticipated Start Date



Any Medical or
Support Needs



CONTACT US:



Phone:
613-625-2047



Email:
supervisor.daycare@
pikwakanagan.ca



Location:
83B Kagagimin
Inamo, Pikwakanagan



We look forward to welcoming
YOUR LITTLE ONE
TO OUR DAYCARE FAMILY!



Community Garden

In partnership with 4-H Ontario, help us plant, share, and improve our community's food security.

You are welcome anytime, but staff will be present on Friday mornings.

Contact Community Health team: 613-625-2259

Check out AOPFN News & Events for updates!



**Algonquins of Pikwakanagan
First Nation**



Pikwákanagán Excavating & Landscaping



Clear, Dig, Build - Experience the
difference!

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



Cheryl Kelly - Owner
613.312.9598 or
613.312.9872





BENOIT ANISHINAABE VENTURES (BAV)

TOOLS • TEACHINGS • CULTURE

bavpik.ca

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

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

WHAT WE OFFER

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



LEARNING LODGE

HANDS-ON WORKSHOPS • REAL SKILLS • ANISHINAABE TEACHINGS



PASSING DOWN KNOWLEDGE



RESPECTING THE LAND



BUILDING SKILLS



STRENGTHENING COMMUNITY



COMING SOON / GROWING

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

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

GET INVOLVED

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

613-281-9521

bavpik@gmail.com



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

Community Information:

ADMIN OFFICE HOURS

Monday - Friday

open 8:30am
close 12:00pm

open 1:00pm
close 4:30pm

FOR YOUR INFORMATION

CANADIAN POLICE RECORD CHECKS ARE
REQUIRED FOR ANYONE WHO IS APPLYING FOR:

- MEMBERSHIP (APPLICANTS WHO ARE 18 YEARS OR OLDER)
- RESIDENCY (APPLICANTS WHO ARE 18 YEARS OR OLDER)

APPLICATIONS, LAWS, AND CODES ARE AVAILABLE
ON OUR WEBSITE.

[HTTPS://WWW.ALGQUINSOPIKWAKANAGAN.COM/
LAWS-AND-BY-LAWS/](https://www.algquinsopikwakanagan.com/laws-and-by-laws/)

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

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

NOTICE:
KILLALOE OPP RECORD CHECK APPLICATIONS ARE
NOW ONLINE.

Waste Disposal Site

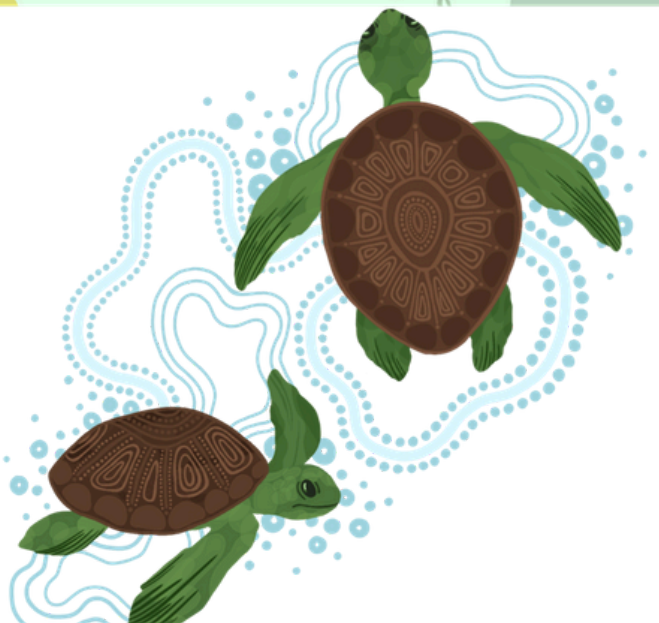
Wednesday: 12:00pm - 6:00pm

Sundays: 9:00am - 3:00pm

Curbside Pick Up



Garbage: Wednesday
Cardboard: Thursday
Containers: Friday





ALGONQUINS OF PIKWAKANAGAN FIRST NATION
MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
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, Charamin	Jocko	22 Jan 26	22 July 26
Reynolds, Cecil	Leclair	22 Jan 26	22 July 26
Heron, Jelisa	Lavallee	22 Jan 26	22 July 26
Gould, Donna	Benoit/Baptiste	22 Jan 26	22 July 26
McKie, Patrick	Kakwabit	23 Jan 26	23 July 26
Beard, Deborah	Meness	27 Jan 26	27 July 26
Sherbert, Norman	Sharbot	10 Feb 26	10 Aug 26
Kuehni-Kohoko, Layten	Kohoko	10 Feb 26	10 Aug 26
Babcock, Christine	Lavalley	10 Feb 26	10 Aug 26
Hutchcroft, Sophia	Commanda	09 Apr 26	09 Oct 26
Mascitti, Christina	Amikons	09 Apr 26	09 Oct 26
Miscitti, Elizabeth	Amikons	09 Apr 26	09 Oct 26
Helka, Leah	Partridge	09 Apr 26	09 Oct 26
Gagnon, Barry	Meness	10 Apr 26	10 Oct 26
Thompson, Teddy	Commanda-Benoit	10 Apr 26	10 Oct 26
Thompson, Nora	Commanda/Benoit	10 Apr 26	10 Oct 26
Moore, Karen	Benoit	10 Apr 26	10 Oct 26
Nieman, Jennifer	Lavalley	10 Apr 26	10 Oct 26
Paige, Stephanie	Baptiste	10 Apr 26	10 Oct 26
Cort Junior, James	Meness/Ignace	15 Apr 26	15 Oct 26
Jocko, Bruce	Jocko	20 Apr 26	20 Oct 26
Jocko, Haddon	Jocko	20 Apr 26	20 Oct 26
Bennett, Robert	Tennescoe	20 Apr 26	20 Oct 26
Payer, Rhys	Commanda	23 Apr 26	23 Oct 26
Sarrazin, Anthony	Sarrazin	23 Apr 26	23 Oct 26

