



# Pikwakanagan Tibadjumowin



CHÌBAYATIGO-KÌJIGAD NIKI KIZIS 6TH, 2026  
FRIDAY MARCH 6TH, 2026

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

## CONTENT

- Updates & Notices
  - Chief & Council Update
  - Community Update
  - AOPFN List of Candidates & Info
  - US Border Updates (Status Cards)
  - Dual Exhibition
- News & Events
  - Sweat Ceremony
  - International Women's Day
- Volunteers Needed
  - Round Dance Planning Committee
- Resources and Contacts
  - Renfrew County Legal Clinic
  - Wellness Hub
  - Children's Oral Health Initiative
- Health Updates
  - March Calendar
  - Health Topics
  - Focus on Protein Foods
  - Heart Smart Kids
  - Kick Sledding Updates
- Employment Opportunities
  - Digital & Communications Support Coord.
  - ECE (Casual/On Call)
  - ECE (Floater)
  - Land & Environmental Officer
  - Project Coordinator - Communications
  - Board of Directors Position (Nigig)
- Community Information
  - Snow Removal for Home Care Clients
  - Hours of Operation
  - Membership Additions

## Membership Notice

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

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

## Website Information

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

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



# CHIEF & COUNCIL UPDATE

March 6th, 2026



Chief Greg Sarazin provided opening remarks at the National Indigenous Defence Conference last week in Ottawa. *"I am honoured to welcome you to this National Indigenous Defence Conference being held right here in the heart of the unceded and unsundered traditional territory of the Algonquin Nation."* This conference is an important gathering that brings together Indigenous leaders, military representatives, policymakers, and community



partners from across Canada and increases opportunity for First Nations to participate in business opportunities in the defense industry. Chief Sarazin emphasized the importance of advancing meaningful reconciliation between Indigenous Nations and Canada's defence institutions. The Chief highlighted the longstanding contributions of Indigenous Peoples to Canada's military history, while also recognizing the need for continued progress in areas such as representation, cultural awareness, economic participation, and community-driven partnerships.

*"The National Indigenous Defence Conference provides an invaluable opportunity to share perspectives, build trust, and explore collaborative pathways that respect Indigenous rights, knowledge, and leadership,"* said Chief Sarazin. *"By working together, we can create stronger, more inclusive systems that benefit our communities and future generations."*

Throughout the conference, Chief Sarazin engaged in productive discussions with senior defence officials, Indigenous leaders, veterans, and youth representatives. Including the Right Honourable Mary Simon, Governor General of Canada (see picture to right).



# Omàmìwininì Mìdjiman Ijichigewin and Neyagada Wàbandàngakì Guardian Program Community Update

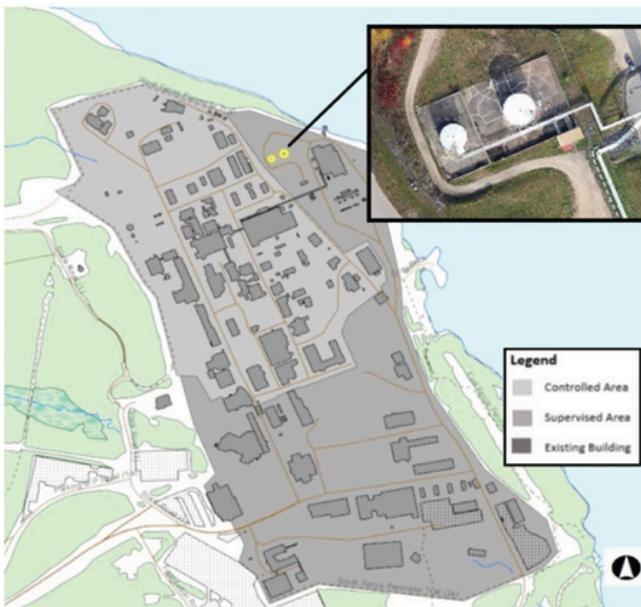


The following **Community Update** is supported by the **Algonquin Foods Program (AFP)** and the project overview below is brought to you by the **Neyagada Wàbandàngakì Guardian Program (NWGP)**.

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

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

## B420A Fuel Storage Tank Removal Project:



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

# AOPFN Engagement History on this Project:

## July 9, 2025 – NWGP Visit #1

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



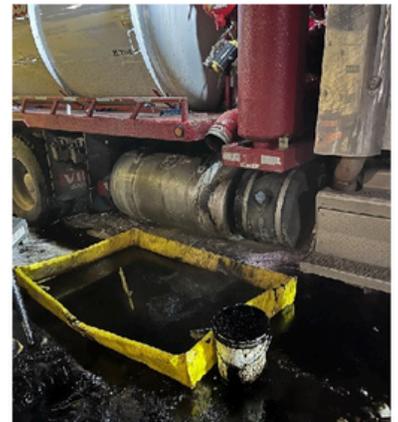
## Nov 6, 2025 – NWGP Visit #2

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



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

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



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

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



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

## Proximity of Oil Spill to the River



## Additional Questions from AOPFN to CNL:

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

## Next Steps:

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

For more information please contact the **Consultation Department**  
at [communications.consultation@pikwakanagan.ca](mailto:communications.consultation@pikwakanagan.ca)

# ALGONQUINS OF PIKWAKANAGAN - FINAL LIST OF CANDIDATES

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

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

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

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

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

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

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

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

*Dated February 13, 2026.*

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

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

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

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

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





**Chief**  
2020 - 2023

**Councillor**

2001- 2003 &  
2017 - 2020 :

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

613-625-1105

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

# Wendy Jocko for Chief

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

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

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

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

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

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

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

Wendy Jocko

## VOTE LEAH LAVALLEY FOR CHIEF



### My Vision

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

### My Commitment

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

### Prepared to Lead

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

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

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

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



# Dr. Jennifer Meness, Candidate for Chief

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

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

## Vision for Pikwakanagan

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

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

# Re-Elect Gregory J. Sarazin

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

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



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

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

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

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

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

A vote for Greg, is a vote for Pikwakanagan

[contact@gregorysarazin.ca](mailto:contact@gregorysarazin.ca)



1-613-401-2742



[www.gregorysarazin.ca](http://www.gregorysarazin.ca)

# Re ELECT Dale Benoit for AOPFN Council

March 28th 2026

Direct descendant of MajjikditKonni Benoit

## Guiding Principles:

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



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

## Ryan Carle

*Your Candidate for Council*



### ABOUT ME

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

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

### WHAT I STAND FOR

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

#### If elected, I will:

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

#### I will not:

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

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

**Ryan Carle**  
Candidate for Council  
613-635-3706  
[ryanjcarle@hotmail.com](mailto:ryanjcarle@hotmail.com)



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

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

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

**UNITY – EQUALITY – PROSPERITY – SUSTAINABILITY**

**“CHANGE IS WHAT I WILL BRING”**

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

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

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

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

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

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

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

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

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



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

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

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

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

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

Miigwetch



**CONTACT INFO:**

613-402-3242  
[holmberg108@hotmail.com](mailto:holmberg108@hotmail.com)



## Vote Kevin Lamarr Jr for Council

Building a Stronger Community Together

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

### My Vision

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

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

Transparency/Communication: Clear communication, member involvement in decisions

Health & Wellness: Cultural health initiatives, leveraging my experience

Culture & Language: Immersion programs, continued revitalization

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

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

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

Scan with the camera app on your smartphone to my website



## (PJ) Patrick Leroux for Pikwakanagan Council

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



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

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

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

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

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



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



LET MY VOICE BE YOUR VOICE!

LET'S STOP THE SILENCE TOGETHER!

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

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

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

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

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

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

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



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

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

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

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

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

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

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

**OTHER PRIORITIES**

ADDRESS THE DRUG & ALCOHOL PROBLEM (STATE OF EMERGENCY)

CONSTRUCT AN ADDITION TO THE TENNIS MANOR

THE LAND CLAIM & SELF-GOVERNMENT

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

ODENAK (Lebreton Flats)

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

**RE-ELECT  
 MERV SARAZIN  
 FOR COUNCIL**

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

Treasurer of AOPFN Limited Partnership Board

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

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

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

Communication, public speaking, conflict resolution and problem solving skills

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

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

Administrative and Policy Studies Program - Trent University (1981)

Registered Industrial Accounting Program - Level 2 (1980)

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

Ontario Secondary School Diploma - Grade 12 (1975)

**(c) 613 639-1522**

**merv.sarazin@gmail.com**

# VOTE MICHAEL J SARAZIN FOR COUNCIL

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

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

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



Vote:

**Sherry Lyn Sarazin**

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

**100% for the People**



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

613-559-1550



# Sarah Frances Yankoo for Council

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

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

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



Chi Miigwetch to my nominators: Wendy Jocko + Davis Catonio

## Education

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

## Experience

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

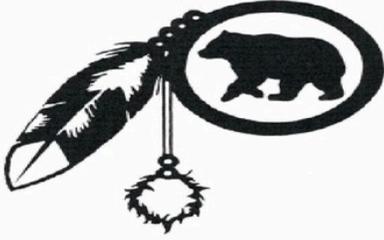
## Areas of Focus for Council

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

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

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

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*Algonquins of Pikwakanagan  
First Nation*

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

## Important Travel Update (February 2026)

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

## What has changed?

The Government of Canada has updated its travel advice.

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

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

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

### ☐ Strongly recommended

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

### ⚠ Important

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

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

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

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

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

## Living or working in the United States

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

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

## What hasn't changed

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

## Key message

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

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

## Need help or more information?

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

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

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

1657A Mishomis Inamo  
Pikwakanagan ON K0J 1X0

Tel (613) 625-2800

Fax (613) 625 2332



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# Algonquins of Pikwakanagan First Nation

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## Notification of Vacant Registered Traplines

Dear Members,

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

### **Traplines Available:**

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

**PE060**

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

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

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

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

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

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

1657A Mishòmis Inamo  
Pikwakanagan, Ontario K0J 1X0

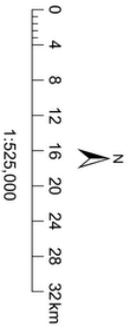
Tel: (613) 625-2800

Fax: (613) 625-2332

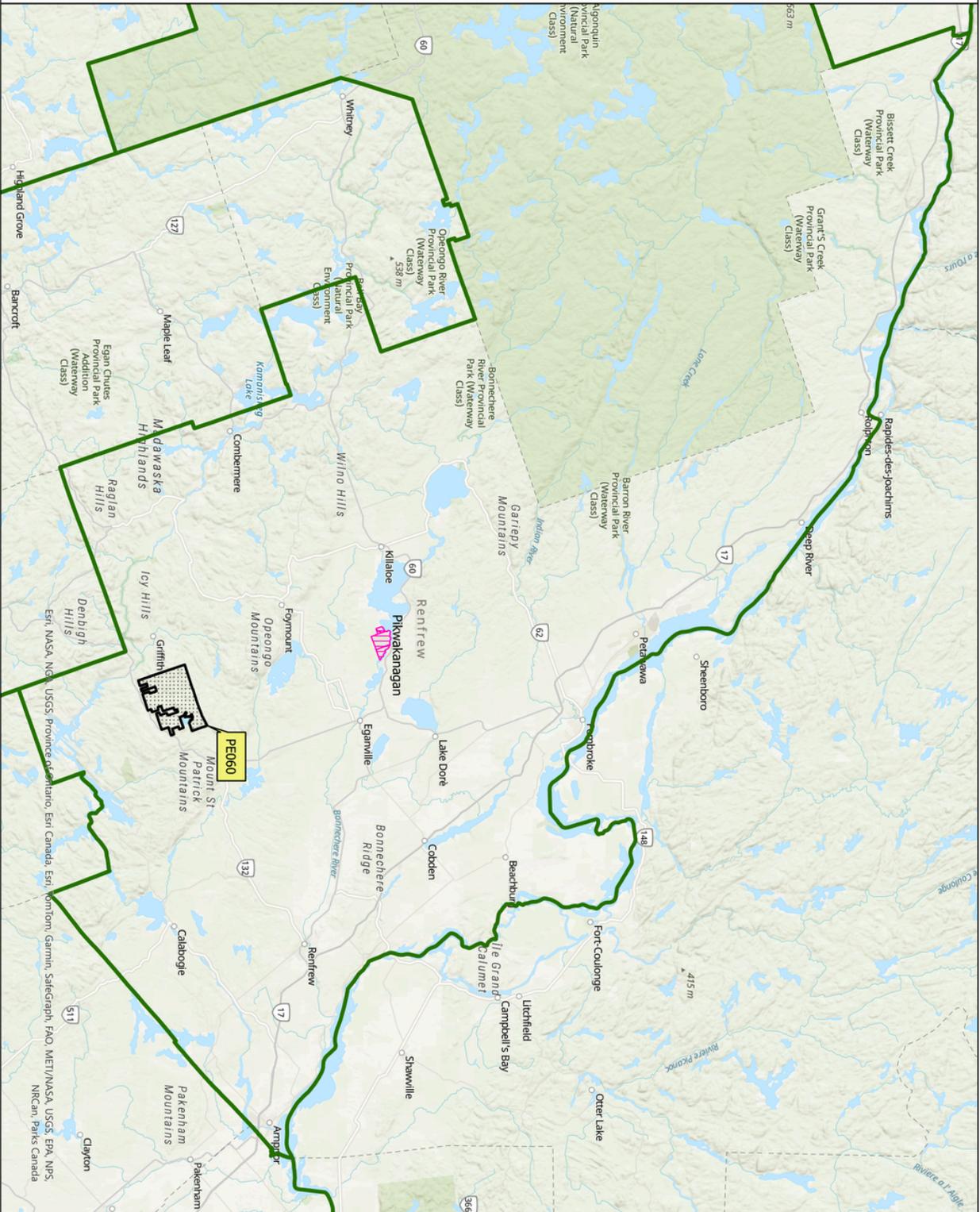


# Pembroke District Vacant Trapline

January 16th, 2026



- Vacant Trapline Area
- MNR District
- First Nation Reserve



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

**Data Sources:**  
Ministry of Natural Resources, 2026

**Projected Coordinate System:**  
NAD 1983 UTM Zone 18N

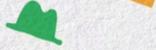
**Geographic Coordinate System:**  
GCS North American 1983

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



WELCOME!

Toss in your hat!



Ottawa | City of Ottawa  
Museums and Historic Sites

BE A PART OF

BEYOND  
THE  
BRIM

TALES TOLD THROUGH THE HATS WE WORE

## ***A Dual Exhibition Honouring Algonquin Leadership, Culture, and Craftsmanship***

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

### **Exhibition Dates & Locations**

**Trinity Gallery, Shenkman Arts Centre**

245 Centrum Blvd, Orléans, ON K1E 0A1

February – April

**Billings Estate National Historic Site**

2100 Cabot St, Ottawa, ON K1H 6K1

April – October

## **Featuring Two Respected Algonquin Leaders**

### **The Late Mathew Bernard**

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

### **The Late William Commanda**

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

# **REQUEST FROM MINIDIWIN MANIDO DAYCARE**

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

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

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

# Omamiwinini Pimadjwowin

OP would like to the community to know that we will be closed for our year end financials March 24th 2026

We will re -open April 1st , 2026.

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

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

## UPDATE FROM THE 2025-2026 PIKWAKANAGAN ELDERS LODGE

Our final meeting for this board is on Thursday, March 12, 2026 at 4:30 pm at the Elders Lodge Elders/Seniors from community on and off are welcome to attend.

Saturday, March 21, 2026

Pikwakanagan Elders Lodge Annual Election

Nominations from 12pm to 2pm

Accept or Decline nomination from 2pm to 3pm

Voting by 3pm

This is your opportunity to be part of the discussion with the present board. Share with the board where you would like to contribute to. Let your voices & experience be part fo the Elders Lodge.



**AOPFN Limited Partnership**

**2026  
BACK  
TO**

**NEW!!!**

**EXISTING!!**

**BUSINESS!**

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

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



[bdo@pikwakanagan.ca](mailto:bdo@pikwakanagan.ca)  
[procurement.officer@pikwakanagan.ca](mailto:procurement.officer@pikwakanagan.ca)  
Unit 3 469 Kokomis Inamo  
613-625-1551

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

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

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

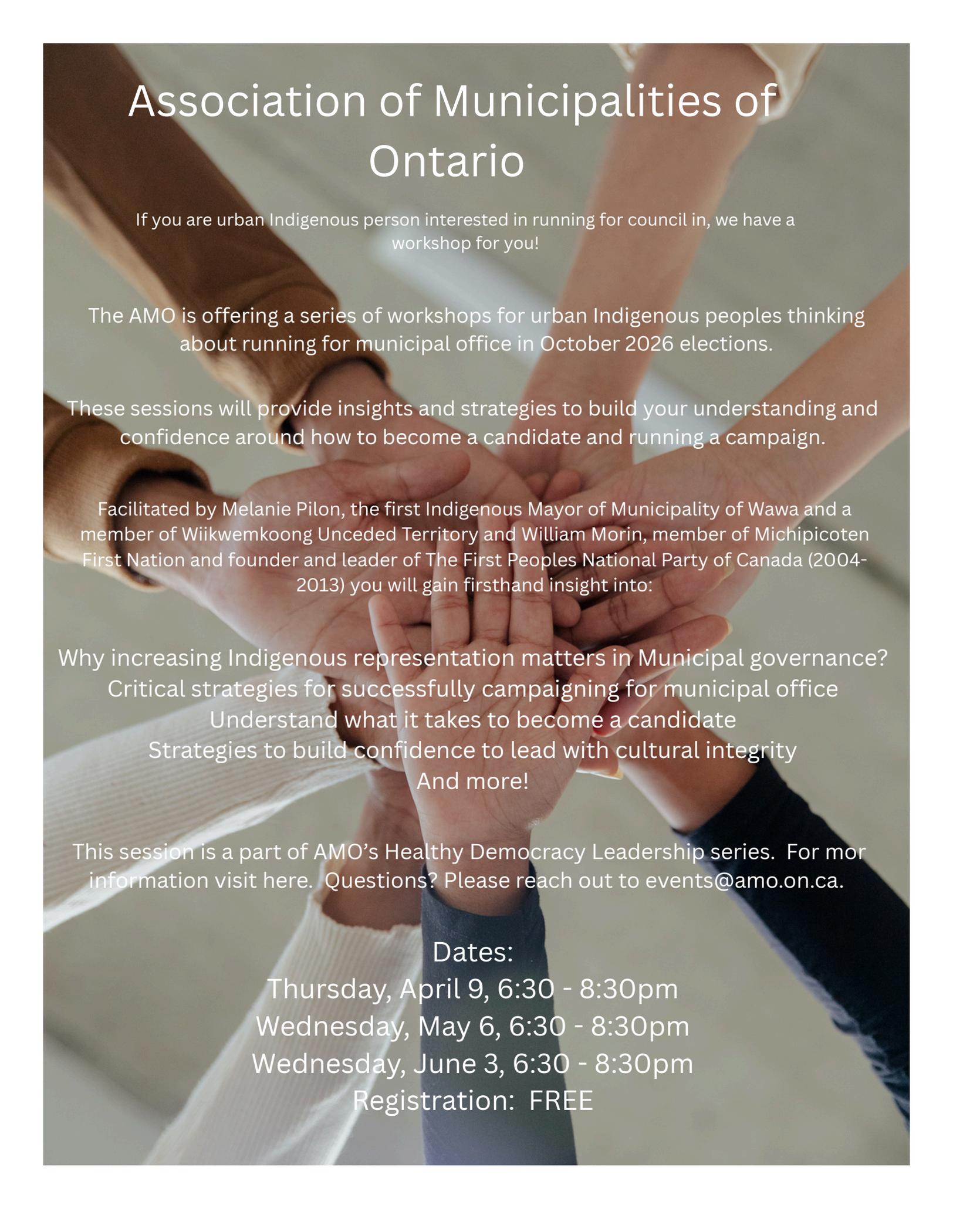
We're here to help!

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

DAYLIGHT SAVING TIME  
ADJUST YOUR CLOCKS!



Spring is proof that life begins again -  
even if it means losing an hour of sleep.



# Association of Municipalities of Ontario

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

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

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

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

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

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

## Dates:

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

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

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

Registration: FREE

## News & Events:



# Sweat Ceremony

**Date: March 7, 2026**

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

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

**Location: Cultural Grounds**

### How it will run:

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



### What you will need:

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

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

**343-997-4345**

**or**

**kevinlamarr@gmail.com**



# INTERNATIONAL Women's Day!



March 08, 2026  
at the Makwa  
10am to 4pm



Opened to AOPFN Women or those affiliated.

Photoshoot Sessions - Hair braiding Services - Guest Speaker - Massage Services - Sound Bath Session - Reiki Services - Breathwork Session - Swag bags

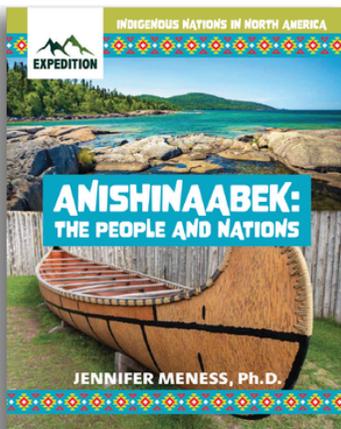
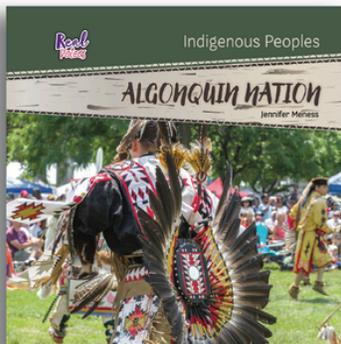
Bringing the generations together through the lens, PJ's Leroux's intergenerational photoshoot is the main event.

for more info: 613-625-2173 or  
[preventionprograms@nigignibi.com](mailto:preventionprograms@nigignibi.com)



**Proud Member of  
Pikwakanagan!**

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



## Think Like a Nation!

### Dr. Jennifer Meness for Chief!

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

#### Join me!

## Chili and Bannock Meet and Greet

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

#### Enter to Win!

Drawings held for copies of my books:

***Algonquin Nation*** and  
***Anishinaabek: The People and Nations***

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

email: [jennifer.meness@gmail.com](mailto:jennifer.meness@gmail.com)

phone: 647-767-0067

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

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

SATURDAY, MARCH 14, 2026

*Makwa Community Centre*

83 Kagagimin Inamo, Pikwakanagan, ON

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

## **Invited Singers**

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

## **Master of Ceremonies**

Beendigaygizhig Deleary

## **Pipe Carrier**

Harvey Dreaver

## **Stickman**

Brennan Govender

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

**Alcohol & Drug Free Event**





MARCH 16 2026

# MĀDAHÒKÌ MONDAY



EXPERIENCE  
THE OJIBWE  
SPIRIT HORSES

**Join us for this family event.**

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

## Days Events

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

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

Pre-registration is required.

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





**JOIN THE**



## *Round Dance Planning Committee*

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

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



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

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

# Resource Numbers:

## Pikwakanagan Drug Tip Line

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

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

This line is only intended for drug-related information.

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

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

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



## Algonquins of Pikwakanagan First Nation Community Support Personnel

### Who are the CSP

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



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

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

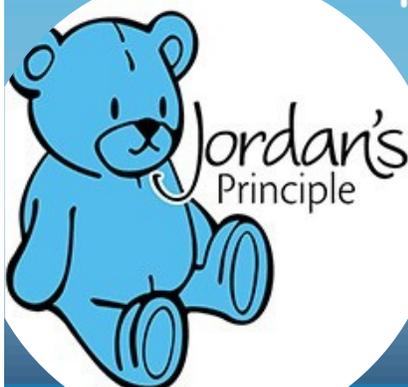


613-401-7446



csp@pikwakanagan.ca

## 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  
jpnv1@pikwakanagan.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:**

**MARCH 10, 2026 2:30- 4:30PM**

**APRIL 14, 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**

1643 Mishomis Inamo,  
Pikwakanagan, ON

(613) 625-2259 EXT 245 



# PIKWAKANAGAN COMMUNITY HEALTH UPDATES



## Overdose Alert

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

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

### NEED SOMEONE TO TALK TO?

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

Available 24/7 across Canada.

You are not alone.

 9-8-8

 9-8-8

### VIRTUAL SAFE SPACE

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

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

Confidential. Judgment-free.

 1-866-688-6677

### Community Overdose Safety Reporting



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

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

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

## Mental Health Services

613-625-2259



# Substance Use Support Resources



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



# Additional Resources



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

# Wellness Hub

Located at 101 Kiwita

## What is the Wellness Hub?

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



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



Learn about supports and services available to AOPFN members



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

## Who do I contact?



Chrystal Toop



613-401-0821



101 Kiwita Inamo  
Pikwàkanagàn ON K0J 1X0

## CHILDREN'S ORAL HEALTH INITIATIVE



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

### What do I do?



DENTAL SCREENING



Fluoride Varnish Applications



Dental Sealants and temporary fillings



Oral Health Knowledge

 613-401-3769

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

# ATTENTION

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



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



# COMMUNITY HEALTH MARCH 2026



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



## TOPICS FOR THE MONTH OF MARCH:

# LIVER HEALTH & KIDNEY HEALTH

### EAT WELL

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

### STAY HYDRATED

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

### LIMIT ALCOHOL

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

### CONTROL BLOOD PRESSURE & BLOOD SUGAR

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

### STAY ACTIVE & HEALTHY WEIGHT

- Regular exercise reduces liver fat
- Supports overall liver function

### EAT A KIDNEY FRIENDLY DIET

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

### PROTECT YOUR LIVER

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

### BE ACTIVE & AVOID SMOKING

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

Info from: Liver Canada

Info from: The kidney foundation



Algonquins of  
Pikwakanagan  
Health Services



# March is Nutrition Month

## Focus on Protein Foods

### For Older Adults



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



Canada's food guide plate

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

### Protein Foods

Protein foods can come from plants or animals.

#### Plant-Based:

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



#### Animal-Based:

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



### Saving Money on Protein Foods

Choose the tips that fit your lifestyle best.

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

### Tips to Include Protein Foods

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



### Additional Information



Canada's food guide: Eat protein foods



Canada's food guide: Food guide kitchen



Nutrition Handouts Search: 'Protein'



Health Link 811 for nutrition information

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

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

For more information about this resource, contact [PublicHealth.Nutrition@ahs.ca](mailto:PublicHealth.Nutrition@ahs.ca).  
Mar 2026

# Heartsmart Kids™

## the beat on animals

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

run on your hands and feet like a bear!



walk on four legs like a wolf!



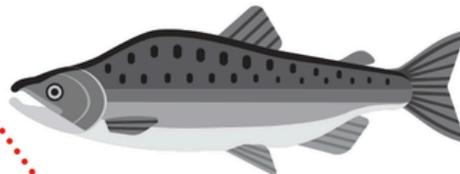
slither on the floor like a snake!



flap your arms like a bird!



wiggle like a fish!



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

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

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

# Heartsmart Kids™

## Stack 'em up Yogurt Parfait

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

### You will need:



250 mL (1 cup)  
plain yogurt

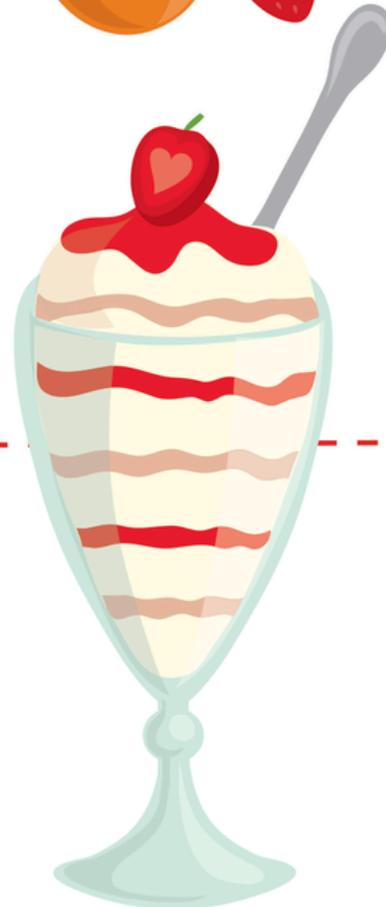


125 mL (1/2 cup)  
unsweetened applesauce

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



2 strawberries cut in half,  
for garnish (optional)



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

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



Algonquins of  
Pikwakanagan  
Health Services

FORMER CHAIR EXERCISE CLASS  
HAS BEEN RESTRUCTURED TO...

# MIND & MOTION CIRCLE

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

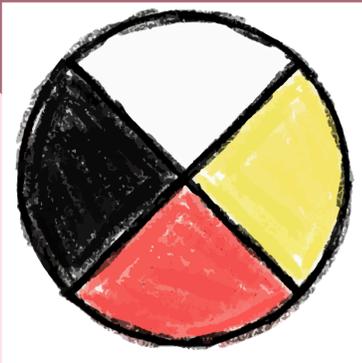
## WHEN? WHERE?

Tuesdays 1:00pm-2:00pm

&

Thursdays 1:00pm-2:00pm

Tennisco Manor



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

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

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

232



Algonquins of  
Pikwakanagan  
First Nation

## STRONG & STEADY INDOOR

# INDOOR WALKING AND EXERCISE PROGRAM

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

Every Wednesday for the winter months

Location: The Makwa Center Main Floor

Time: 1:00pm - 2:00pm

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



HEART WISE EXERCISE  
CERTIFIED CLASS

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

MOVE AND HAVE FUN

## What does the hour look like?

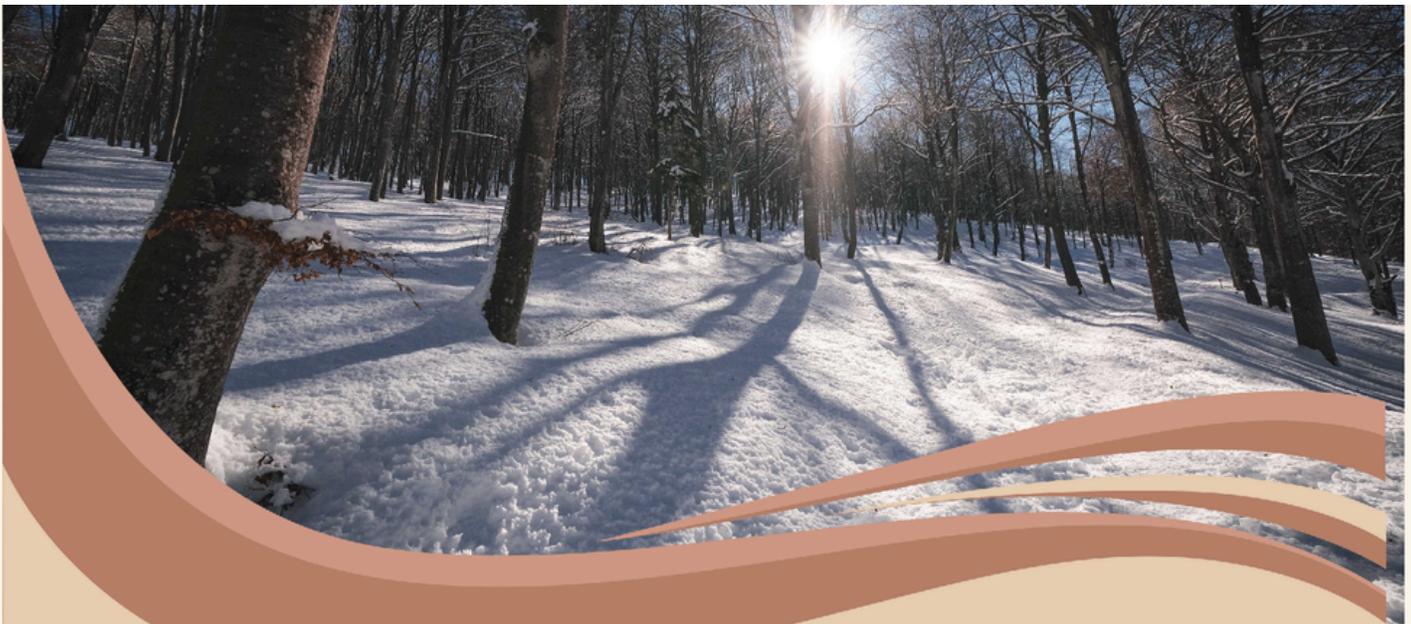
- Group warm up (5 mins)
- Walk or try Nordic Walking (20 mins)
- Group cool down (5 mins)
- Group exercise (standing or seated)
  - Strength (10 mins)
  - Balance (5 mins)
  - Stretch / Mobility (5 mins)
- Wrap up and discussion (5 mins)
- WATER & SNACKS PROVIDED

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

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

Call 613-625-2259 ext 232

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



**Get out, get active!**

# **TRY IT: KICKSLEDDING**

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



## **MAKWA BALL DIAMOND**

Thursday March 12th

Thursday March 19th

Thursday March 26th

10:30am - 11:30am

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

### **TO REGISTER:**

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

Kick sleds provided by the ECHO Center (Eganville)

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



In Collaboration with Liver Canada

# "Liver 101" Lunch and Learn



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

Join us for a Lunch & Learn on liver health!

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

March is Liver  
Health  
Awareness  
Month!

Next Session:

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

- Risk Factors
- Management
- Q&A



To sign up:

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

In Collaboration with Liver Canada

# Fatty Liver Disease Lunch and Learn



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

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

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

March is Liver  
Health  
Awareness  
Month!

For more Information about Liver Health:

<https://liver.ca/>



To sign up:

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



# AOPFN EMPLOYMENT OPPORTUNITY

## Digital & Communications Support Coordinator

**Department: General Government**

**Supervisor: Sr. Executive Assistant**

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

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

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

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

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

### **DUTIES AND RESPONSIBILITIES:**

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

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

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

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

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

### **REQUIREMENTS:**

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

## How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Digital & Communications Support Coordinator

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

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

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

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

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

## What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



# AOPFN EMPLOYMENT OPPORTUNITY

## Early Childhood Assistant – Casual/ On Call

**Department: Mindiwin Manido Day Care**

**Supervisor: Daycare Manager**

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

**Casual/ On Call Position**

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

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

### **DUTIES AND RESPONSIBILITIES:**

#### **Service Delivery**

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

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

### **REQUIREMENTS:**

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

### **CONDITIONS OF EMPLOYMENT:**

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

## How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Early Childhood Assistant – Casual/ On Call

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

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

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

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

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

## What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



# AOPFN EMPLOYMENT OPPORTUNITY

## Early Childhood Assistant – Floater

**Department: Mindiwin Manido Day Care**

**Supervisor: Daycare Manager**

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

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

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

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

### **DUTIES AND RESPONSIBILITIES:**

#### **Service Delivery**

- Assist with the planning and implementation of an Algonquin culture-based educational program in accordance with 'How Does Learning Happen?' Ontario's Pedagogy for the Early Years.
- Guide and assist children in developing self-help skills such as eating, dressing, toileting etc.
- Develop nurturing and trusting relationships with individual children.
- 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](mailto:hr@pikwakanagan.ca)**

### **REQUIREMENTS:**

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

### **CONDITIONS OF EMPLOYMENT:**

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

## How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Early Childhood Assistant – Floater

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

## Land & Environmental Officer

**Department: Lands, Estates and Membership**

**Supervisor: LEM Manager**

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

**Deadline to Apply: Friday, March 20<sup>th</sup>, 2026 at 4:00PM**

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

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

### **DUTIES AND RESPONSIBILITIES:**

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

##### **A. Lands Management**

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

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

### **REQUIREMENTS:**

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

## How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Land & Environmental Officer

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

## Project Coordinator – Communications

**Department: Consultation**

**Supervisor: Manager, Consultation**

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

**Deadline to Apply: Friday, March 20<sup>th</sup>, 2026 at 4:00PM**

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

### **DUTIES AND RESPONSIBILITIES:**

#### Project Delivery

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

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

### **REQUIREMENTS:**

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

## How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Project Coordinator – Communications

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

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

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

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

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

## What Algonquins of Pikwakanagan First Nation Offers:

- Pension Plan
  - (Permanent EE only)
- Starting at 10 Paid Sick Days
- 4% Vacation
- Holiday Shutdown
- 14 Provincial and Federal Statutory Holidays
- Health Spending Account (Dental, Vision, Prescriptions, etc.)
- Milestone Recognitions & Rewards
- Half days on Fridays prior to holiday Mondays
  - (Conditions Apply)

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

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



# **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](mailto:director@nigignibi.com), to be received no later than Thursday, March 12th, 2026 at 12:00PM.





# *Caterer* **Call out**

**For Indigenous Health  
Awareness Training**

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

---

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

---

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

---

**IHT@pikwakanagan.ca**

# ALFDC TRAIN-THE-TRAINER



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

### Train the Trainer

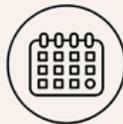
ALFDC will be delivering training to those interested in being a Trainer for the 3 mandatory courses; WHMIS, Workplace Violence & Harassment and OSHA.

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

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

Here's what the schedule will look like!

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



DATE - TBD

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

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

We are proud partners with the Safety Guys Workplace Safety Trainers



# Community Information:

## SNOW REMOVAL FOR HOME CARE CLIENTS

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

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

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

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

**Thank you for your ongoing patience and understanding.**



### Pikwákanagán Excavating & Landscaping

Clear, Dig, Build - Experience the difference!



Large & small equipment for your excavating needs

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



Cheryl Kelly - Owner  
613.312.9598 or 613.312.9872



# Community Information:



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

Available to view online in the members-only section of  
[www.algonquinsofpikwakanagan.com](http://www.algonquinsofpikwakanagan.com)

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

## Conways Pharmacy Remote Dispensing Location

### BUSINESS HOURS

|           |                             |
|-----------|-----------------------------|
| Monday    | 9 am - 12 pm<br>1 pm - 4 pm |
| Tuesday   | 9 am - 12 pm<br>1 pm - 4 pm |
| Wednesday | 9 am - 1 pm                 |
| Thursday  | 9 am - 12 pm<br>1 pm - 4 pm |
| Friday    | 9 am - 12 pm<br>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<br>(THANKSGIVING) | NOVEMBER 12 | DECEMBER 17<br>(XMAS) |

For information or emergency and after hour needs phone and leave a message at:  
**613-625-2600**

email for information or to e-transfer donations at  
[thesharingplacefb@gmail.com](mailto:thesharingplacefb@gmail.com)

Facebook: [www.facebook.com/emmthesharingplace](http://www.facebook.com/emmthesharingplace)

## ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

For Rentals contact Rose Yankoo at  
[elderslodgpike@gmail.com](mailto:elderslodgpike@gmail.com)  
**Reminder - for sanitary purposes individual hosting meals & catering will require to supply their own dish cloths and towels**

# Community Information:

## ADMIN OFFICE HOURS

Monday - Friday

open 8:30am  
close 12:00pm

open 1:00pm  
close 4:30pm

## FOR YOUR INFORMATION

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

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

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

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

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

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

NOTICE:  
KILLALOE OPP RECORD CHECK APPLICATIONS ARE  
NOW ONLINE.

## Waste Disposal Site

Wednesday: 12:00pm - 6:00pm

Sundays: 9:00am - 3:00pm

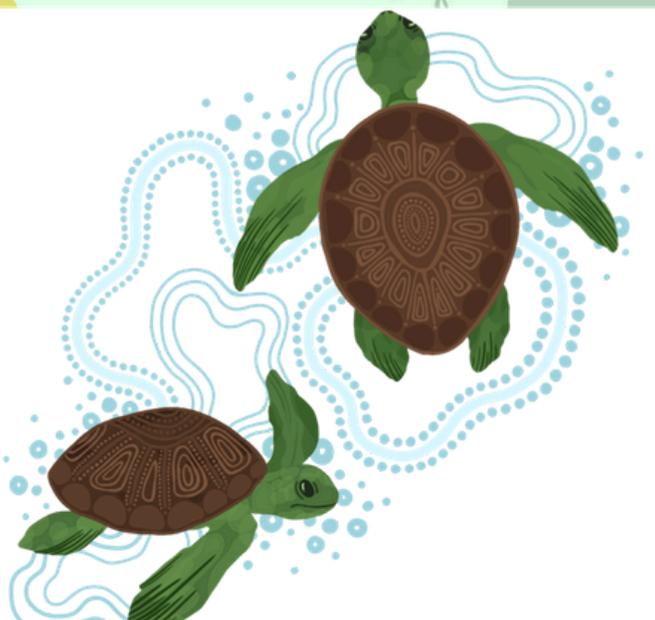
## Curbside Pick Up



Garbage: Wednesday

Cardboard: Thursday

Containers: Friday





## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



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

|                       |                 |           |            |
|-----------------------|-----------------|-----------|------------|
| Kuiack, Christopher   | Lavalley        | 12 Jan 26 | 12 July 26 |
| Peters, Charmain      | Jocko           | 22 Jan 26 | 22 July 26 |
| Reynolds, Cecil       | Leclair         | 22 Jan 26 | 22 July 26 |
| Heron, Jelisa         | Lavallee        | 22 Jan 26 | 22 July 26 |
| Gould, Donna          | Benoit/Baptiste | 22 Jan 26 | 22 July 26 |
| McKie, Patrick        | Kakwabit        | 23 Jan 26 | 23 July 26 |
| Sherbert, Norman      | Sharbot         | 10 Feb 26 | 10 Aug 26  |
| Kuehni-Kohoko, Layten | Kohoko          | 10 Feb 26 | 10 Aug 26  |
| Babcock, Christine    | Lavalley        | 10 Feb 26 | 10 Aug 26  |

To appeal the addition of one of the persons above becoming a Member of the Algonquins of Pikwakanagan First Nation, please refer to your Membership Code, available on our website or in the Lands, Estates & Membership Department, or email at [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca)