



# Pikwakanagan Tibadjinowin

CHÌBAYÀTIGO-KÌJIGAD, ODEYIMIN-KÍZIS 12, 2026

FRIDAY, JUNE 12, 2026

## Content

### Updates & Notices:

- Level 1 Fire Ban
- PW Septic Announcement
- Gr. 11&12 ArchiNorth Summer Camp

### News & Events:

- Youth Call Out
- Virtual Community Meeting
- Makwa Minis Toy Bus

### Health Updates:

- Stroke in Canada
- Free Cardiac Screening
- Canadian Migraine Tracker

### Employment Opportunities:

- Project Coordinator Land Based Programs & Projects
- Home Care RN
- Project Coordinator (High Speed Rail Project)

### Community & Resources:

- Power Outages
- Wild Fires
- New Member Additions

## Membership Notice

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



If you would like to have your septic tank pumped at your own expense. You will need to expose (dig up) your lids and refill the lids.

Contact Bonnie 613-625-2800 ext. 245 for more info

## Elder's Meeting:

June 20, 2026 at 10AM  
Everyone is welcome!

## June is Pride Month



ALGONQUINS OF  
**PIKWAKANAGAN**  
FIRST NATION



**LEVEL 1**  
**FIRE BAN**

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



**PERMITTED:**

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



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





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

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

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



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

PLEASE JOIN US FOR A

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# HIGH TEA PARTY

ELDERS LODGE

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JUNE 14-2026

TIME: 1-4PM

28 Chigibig Inamo  
Pikwakanagan, ON K0J 1X0



There will be Refreshments, Raffle Draws

50/50 Tickets available for Purchase

Prize for Best Hat

Join us for a fun afternoon to socialize

And meet some new people

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

Call or Text

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

# Youth Call-Out

## Related World Strategic Planning Session



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

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

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

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

# **VIRTUAL**

## **Community Meeting Announcement**

**ALGONQUINS OF  
PIKWAKANAGAN  
RESIDENCY and  
SAFETY LAW**

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

### **Virtual Community Meetings**

#### **– Residency Community Safety Law Zoom Links**

Topic: Virtual Community Meetings – Draft Residency Community Safety Law

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

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

Scan Me or  
use the  
URL



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

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

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

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

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

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

Meeting ID: 895 6313 6762

Passcode: 014357

#### **Key Topics to Be Discussed:**

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

#### **Why Join Us:**

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

#### **Your voice matters!**

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

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

✉ mgr.lem@pikwakanagan.ca

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



# MAKWA MINIS TOYBUS

DROP-IN  
PLAY GROUP

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

CAREGIVERS WITH CHILDREN AGED 0-4  
[PREVENTIONPROGRAMS@NIGIGNIBI.COM](mailto:PREVENTIONPROGRAMS@NIGIGNIBI.COM)  
613-625-2173



First  
Words  
Premiers  
Mots  
**JUNE 19**





AOPFN HEALTHY BABIES  
HEALTHY CHILDREN

# PLAY GROUP

STARTING JUNE  
16<sup>TH</sup>

TUESDAYS!

10:00 - 11:30 AM

101 Kiwita Inamo

Ages 0-6  
& Caregivers



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



Email if interested!  
[chn@pikwakanagan.ca](mailto:chn@pikwakanagan.ca)

# POW WOW JAM

TUESDAYS (BI-WEEKLY)  
FROM 5:30PM - 7:30PM

JUNE 16, 2026  
JUNE 30, 2026  
JULY 14, 2026  
JULY 28, 2026  
AUGUST 11, 2026



@ THE POW  
WOW  
GROUNDS

# REGALIA BLESSING & FEASTING CEREMONY

## What To Bring:

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

**Pikwakanagan Cultural Grounds**



**5:30pm to 7:00pm**

**June 17 2026**

**For info email [raird@nigignibi.com](mailto:raird@nigignibi.com)**

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613-625-2173



**5:30pm to 7:00pm**

**June 17 2026**



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



# Sacred Journey

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

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

A bus to this event will be leaving the Makwa Center at 7:45am  
and leaving Ottawa around 4pm, back to the Makwa Center.

**Families with children are welcome/encouraged.**

To register please contact,  
[assistant.guardians@pikwakanagan.ca](mailto:assistant.guardians@pikwakanagan.ca)  
or (613) 401 8575 ext 329

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



# FIRST ANNUAL ALGONQUIN ELDERS CONFERENCE

**SPEAKERS:**

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

JOIN US FOR  
TRADITIONAL TEACHINGS,  
CEREMONY, & INSIGHTS

**TOPICS:**

Traditional Teachings  
Ceremony  
Reconciliation in  
Renfrew County  
Indigenous  
Philosophy

**WHEN:**

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

**WHERE:**

Algonquin College  
Waterfront Campus  
Pembroke, ON, K8A 0C8

**MEALS PROVIDED BY:**

Michele & Sam Whiteduck  
Algonquin Caterers

**REGISTRATION:**

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

ALL ARE WELCOME. ADVANCE YOUR UNDERSTANDING.  
[www.zeffy.com/en-CA/ticketing/annual-elders-conference](http://www.zeffy.com/en-CA/ticketing/annual-elders-conference)






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

*Starting June 4 to June 25*

THURSDAY'S FROM 5PM to 8PM

 101 Kiwita Inamo, Pikwakanagan

*Please RSVP by emailing either*

[counsellor2.mhs@pikwakanagan.ca](mailto:counsellor2.mhs@pikwakanagan.ca)

OR

[brighter.futures@pikwakanagan.ca](mailto:brighter.futures@pikwakanagan.ca)



**NIGIG NIBI KI-WIN GAMIK**

# COMMUNITY DRUM NIGHT



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

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

## Program Highlights

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

**5:30PM to 7:30PM**

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

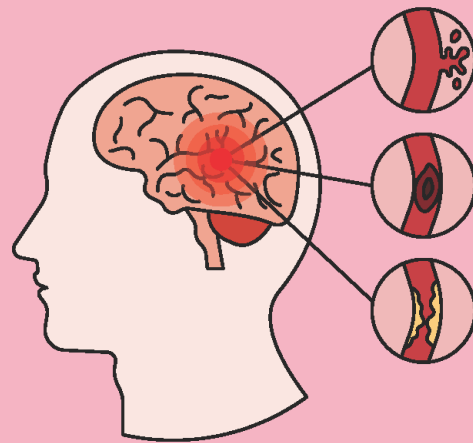


**EVERYONE  
IS  
WELCOME**

**FOR MORE INFORMATION EMAIL : [RAIRD@NIGIGNIBI.COM](mailto:RAIRD@NIGIGNIBI.COM)**

# LUNCH AND LEARN: Recognizing Stroke and Supporting Recovery

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



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

## You will learn:

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



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



**Algonquins of  
Pikwakanagan  
First Nation**



**Hôpital Régional de  
Pembroke  
Regional Hospital**

# Where Dinosaurs come to Life

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

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

**Location: Wesley Clover Parks**

**Date: June 26<sup>th</sup> 2026**

**Time: TBD**



## Registration is Required

Email: [navigator.mhs@pikwakanagan.ca](mailto:navigator.mhs@pikwakanagan.ca)

OR

Call: 613-625-2259

101 KIWITA  
**WELLNESS HUB**  
PRESENTS

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

**9-12PM**

**MAY 1**

**MAY 29**

**JUNE 26**

**JULY 31**

To sign up for your session contact  
Chrystal at 613-401-0821  
or  
email  
[opioidcoord.mhs@pikwakanagan.ca](mailto:opioidcoord.mhs@pikwakanagan.ca)

# Linguistic Camp 2026

At the Brazeau's



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



Camping des Pins (Parc La Vérendrye)



June 22 to 28, 2026



18-35 years old



To register

ONDINNÖK





# THE WHEELIE SQUAD

WEEKLY PROGRAM

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


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

CHILDREN MUST BE  
SUPERVISED BY  
AN ADULT

PLEASE LET US  
KNOW IF YOU  
REQUIRE HELMETS  
OR BICYCLES

OPEN TO ALL AOPFN  
MEMEBERS OR THOSE  
AFFILIATED

RIDE, CONNECT,  
BELONG



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

For questions or to register email:  
[preventionprograms@nigignibi.com](mailto:preventionprograms@nigignibi.com)  
or call 613-625-2173



**Algonquins of Pikwakanagan  
First Nation**  
COMMUNICATIONS

## Highway 17 Expansion Project

AOPFN is planning its own information session in mid-July, so that members can hear about the project and ask questions in an AOPFN-focused setting.

The date for the AOPFN session in July will be shared once confirmed and for more information, please contact David Kohoko at [projectco10@pikwakanagan.ca](mailto:projectco10@pikwakanagan.ca).

STAY TUNED

Please note that the **Ministry of Transportation (MTO)** is holding a **General Public Meeting on Thursday June 18, 2026** to provide some general information about this project, the design process and work completed so far.

This meeting will take place at the Murray Yantha Community Center Hall in Arnprior.

For more information, please contact  
[projectco10@pikwakanagan.ca](mailto:projectco10@pikwakanagan.ca)

# YOUTH AND ADULTS ART SERIES

Ages 14-25

**KILBY FARMS  
12127 HIGHWAY 60**

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

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

Week 2 Monday July 13<sup>th</sup> Acrylic Monday 11:00 AM – 3:00 PM

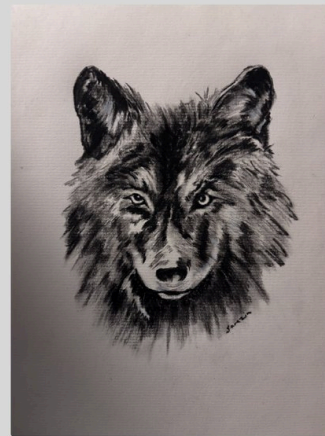
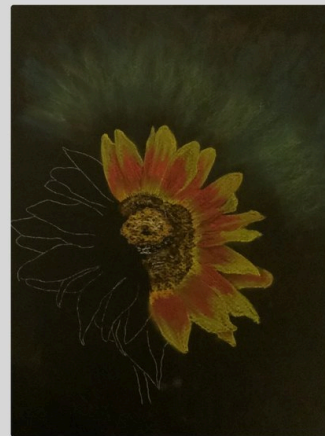
Week 3 Monday July 20th: Charcoal 11:00 AM – 3:00 PM

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

**Facilitated by Connor Sarazin**



Registration is required and can be done via email  
[preventionprograms@nigignibi.com](mailto:preventionprograms@nigignibi.com)  
or calling 613-625-2173





SAVE THE DATE

The Algonquins of  
Pikwàkanagàn First Nation

37th Traditional  
POW WOW  
August 15 & 16, 2026

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

All Welcome  
**FREE ADMISSION**  
Donations are graciously accepted

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



**CIRQUE DU SOLEIL  
LUZIA**

**Bus Trip**

Date: Oct 16/26

Time: 8:30am

Location Pick Up: Tennesco  
Manor

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

No wheelchair or walker  
accessibility

Contact: Eco Centre 613-628-  
2354

# COMMUNITY HEALTH JUNE '26

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

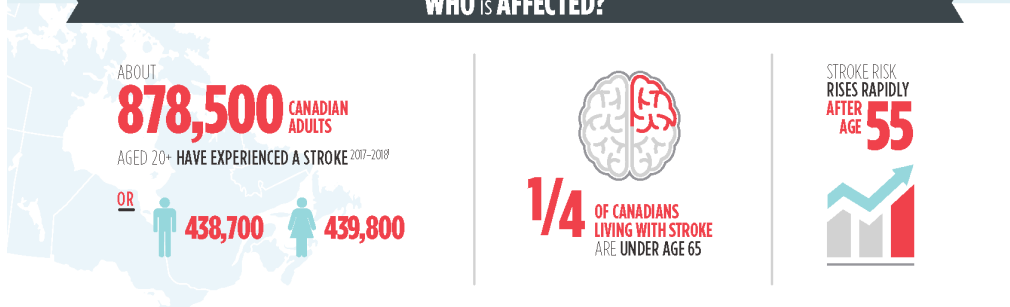
# STROKE CANADA

## WHAT is a STROKE?

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

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

## WHO is AFFECTED?



## WHAT are the RISKS?

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

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

## HOW to REDUCE THE RISKS?

 KEEP BLOOD PRESSURE UNDER CONTROL

 BE PHYSICALLY ACTIVE

 EAT A HEALTHY DIET

 QUIT SMOKING

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

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

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

Learn the signs of stroke

**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

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

## LEARN MORE ABOUT STROKE

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

SOURCES: \* Public Health Agency of Canada, using Canadian Chronic Disease Surveillance System data file contributed by provinces and territories, as of February 2021 (data up to 2017-2018). Data from Nunavut and the Northwest Territories were not available for 2017-2018. \* The Heart and Stroke Foundation's Signs of Stroke poll was conducted by Evocative Research Group. A total of 5,900 Canadians ages 18 years and over were surveyed by telephone in December 2021. A survey of this magnitude yields results that are accurate to within plus or minus 1.8 points, 19 times out of 20.

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


© Heart and Stroke Foundation of Canada, 2022 | \*The Heart and Stroke Foundation and the Heart and Stroke Foundation of Canada are not responsible for the accuracy of the information provided in this infographic.

© The Heart and Stroke Foundation of Canada, as represented by the Minister of Health, 2022 | Cat. #P53-2022/0022-FF | ISBN 978-0-66-60271-1 | Pub. 22008





1M 

**One Million Canadian Hearts**  
*Un million de cœurs canadiens*

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

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

**Your risk factor screening includes:**  
*Compris dans le dépistage :*

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

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


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

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

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



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

 613-625-2259

 1m@ottawaheart.ca

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

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


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

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

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

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

### Legend

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





01

**Eat Healthy.**

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



02

**Get Moving.**

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



03

**Make Prevention a Priority.**

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

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

**100%**

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

**1 in 2**

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

**1994**

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

**88.9**

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

**ONLINE RESOURCES**

**Men's Health Month**  
[MensHealthMonth.org](http://MensHealthMonth.org)

**Men's Health Network**  
[MensHealthNetwork.org](http://MensHealthNetwork.org)

**Get It Checked**  
[GetItChecked.com](http://GetItChecked.com)

**Talking About Men's Health Blog**  
[TalkingAboutMensHealth.com](http://TalkingAboutMensHealth.com)

**Men's Health Resource Center**  
[MensHealthResourceCenter.com](http://MensHealthResourceCenter.com)



**AWARENESS. PREVENTION. EDUCATION. FAMILY.**

# Celebrate Men's Health Throughout the Year

**Visit the Men's Health Resource Center:**

[www.MensHealthResourceCenter.org](http://www.MensHealthResourceCenter.org)

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

[www.WearBlueForMen.com](http://www.WearBlueForMen.com)

**Follow the latest men's health news at**

**Talking About Men's Health:**

[www.TalkingAboutMensHealth.com](http://www.TalkingAboutMensHealth.com)

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

[www.MensHealthMonth.org](http://www.MensHealthMonth.org)

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

[www.MensHealthLibrary.com](http://www.MensHealthLibrary.com)

**You can purchase brochures, door hangers, and books:**

[www.mhnstore.com](http://www.mhnstore.com)

**Learn about prostate health and Prostate Cancer Awareness Month:**

[www.ProstateHealthGuide.com](http://www.ProstateHealthGuide.com)

**Learn about Testicular Cancer Awareness Month:**

[www.TesticularCancerAwarenessMonth.com](http://www.TesticularCancerAwarenessMonth.com)

**Subscribe to the MHN YouTube channel:**

[www.youtube.com/mhnmedia](http://www.youtube.com/mhnmedia)

**Visit Men's Health Network:**

[www.MensHealthNetwork.org](http://www.MensHealthNetwork.org)

**Subscribe to the Healthy E-Male newsletter:**

[www.healthyemale.com](http://www.healthyemale.com)

**To learn about the Fathers Connection:**

[www.FathersConnection.org](http://www.FathersConnection.org)

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

202-543-6461 x 101

[info@menshealthnetwork.org](mailto:info@menshealthnetwork.org)



**Like us on Facebook**



MensHealthMonth



**Follow us On Twitter**



MensHealthMonth

**THANKS FOR YOUR SUPPORT!**



## Seeking Knowledge Keepers!

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

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

Contact Jessica, Community Health  
Nurse if you are interested!

Honourarium will be provided.

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

613-625-2259



**Algonquins of Pikwakanagan  
First Nation**

Ages 11+



## cooking with kokomis

**Facilitated by Michele Whiteduck**

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

**Ages 11+**

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

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

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

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

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

(assisting with community dinner)

### What to Expect?

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

*"Together, everything tastes better"*

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



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

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

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



### FOR MORE INFORMATION CONTACT

Peggy Dick, Home and  
Community Care Supervisor  
[supervisor.hc.pikwakanagan.ca](mailto:supervisor.hc.pikwakanagan.ca)

Shelley Dick, Dementia Care  
and Aging in Place RN  
[dementia.hc@pikwakanagan.ca](mailto:dementia.hc@pikwakanagan.ca)

or by phone: 613-625-1230

## Protect Yourself, Children and Pets from Animal Bites

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

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

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

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



**If you are bitten by an animal:**

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

# DOG, CAT & BAT BITES & RABIES EXPOSURES

## Why report animal bites?

### Monitoring and Control of Rabies

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

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

### Public Safety

Reporting dog and animal bites helps to ensure public safety.

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

## Community Health

Melissa Pessendawatch, Community Health Representative

Jessica Schwan, Community Health Nurse

613-625-2259

chrepikwakanagan.ca

chn@pikwakanagan.ca

## I've Been Bit!

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

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

### Watch for Dog's Stress Signals

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

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

**Community Health does not remove your dog from your home.**

# MOSQUITO-BORNE ILLNESSES

## Mosquitos of Concern

There are many different mosquito species found in Renfrew County.

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

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

## Mosquito Surveillance Program

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

## I found a Dead Bird!

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

## Community Health

**Melissa Pessendawatch, Community Health Representative**

**Jessica Schwan, Community Health Nurse**

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

## Remove standing water on your property after a rainfall

### Prevent Mosquitos from Breeding

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

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

### Prevent Mosquito Bites

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

# TICK-BORNE ILLNESSES

## Ticks in Renfrew County

### Ticks of Concern

There are 43 different species of found in Ontario.

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

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

### Tick Surveillance Program

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

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



## How can I protect myself?

### Prevent Tick Bites

Before going to places where ticks are found:

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

While outdoors:

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

When returning indoors:

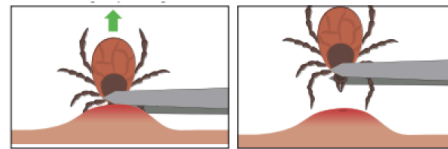
- Do a full-body tick check and shower to wash off ticks
- If ticks are on your clothes, wash clothes in hot water and dry with high heat (ticks can survive cold-warm wash cycle)
- Check your pets for ticks

## I have a tick!

### Tick Removal

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

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



### Next Steps

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

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

### Reduce Ticks Around Your home

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

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

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

## Community Health

Melissa Pessendawatch, Community Health Representative

Jessica Schwan, Community Health Nurse

613-625-2259

chr@pikwakanagan.ca

chn@pikwakanagan.ca



# AOPFN EMPLOYMENT OPPORTUNITY

## Project Coordinator – Land Based Programs & Projects

**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, June 26<sup>th</sup>, 2026 at 4:00PM**

The Project Coordinator will be responsible for the Algonquins of Pikwakanagan First Nation's project management of land based programs and projects as assigned, overseeing and monitoring project functions, reporting, and budgeting. The Project Coordinator will manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned 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;
- Developing agendas, maintaining meeting records and supporting community engagement.
- Manage implementation of the working group projects;
- Development and implementation of funding agreements;

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

### **REQUIREMENTS:**

- Post-secondary degree/diploma related to environmental studies, business administration or public administration with a minimum of 1 year work experience in a related field, OR
- A combination of a secondary school diploma with a minimum of 3 years' work experience in the environmental field and/or related field.

#### **Working Conditions**

- This field position requires working extensively under isolated conditions on the territory. The working conditions are rugged terrain and under sometimes extreme weather conditions that can change rapidly.

#### **Physical Requirements**

- The Guardian position is physically demanding, and will include travel in rough weather, hiking long distances on the territory, and moving and/or packing heavy field equipment to remote sites. Applicants must be in good physical health to carry out the job effectively without injury and physically able to lift a minimum of 50lbs..

### 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 – Land Based Programs & Projects

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

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

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

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

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

### What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



# AOPFN EMPLOYMENT OPPORTUNITY

## Home Care Registered Nurse

**Department: Tennesco Manor**

**Supervisor: Tennesco Manor Supervisor**

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

**28 hrs per week/ 4 days a week**

**June, 2026 - March 31, 2028**

**Deadline to Apply: Friday, June 26, 2026 at 4:00PM**

The Home Care Nurse will focus on dementia care and "Aging in Place" services and supports working with First Nation patients and caregivers. The delivery of a culturally safe and program will be in partnership with the community based multidisciplinary care teams dedicated to meeting client goals.

### **DUTIES AND RESPONSIBILITIES:**

**1.Client Assessments, Care Coordination, Referrals – Focusing on Dementia and "Aging in Place".**

- Promote and provide culturally safe services.
- Provides a screening programs to identify early onset of dementia and/or identified needs.
- Assist to develop and advance dementia and "Aging in Place" strategies.
- Assists clients and families with individualized support services (one on one support, case management)

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

### **REQUIREMENTS:**

- Bachelor of Science/Baccalaureate in Nursing and/or Registered Nurse Diploma
- Current membership and in good standing with the College of Nurses
- Current certification of registration with Registered Nurses Association of Ontario
- Experience working with Indigenous population.
- Experience working with in a community setting.
- Additional training considered an asset: variety of Assessments.

### **CONDITIONS OF EMPLOYMENT:**

- Proof of registration with RNAO, provided annually.
- Proof of memberships with CNO, provided annually.
- An acceptable Vulnerable Sector check.
- Valid First Aid, CPR, AED, Health & Safety Worker certification
- Cultural Awareness and Competency Training
- Workplace Violence and Harassment Training to be completed within 90 days of employment and other required training.

### 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: Home Care Registered Nurse

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 (High Speed Rail Project)

**Department: Consultation**

**Supervisor: Project Operations Manager**

**35 hr/week - Fulltime - 1 Yr Contract - Possibility of Permanency**

**Salary Range: \$51,122.00 - \$56,429.00 annually/**

**Based on Experience & Education**

**Deadline to Apply: Friday, June 26<sup>th</sup>, 2026 at 4:00PM**

The Project Coordinator will assist in the management of the Algonquins of Pikwakanagan First Nation's Project Coordinator lead in assigned projects, overseeing and monitoring project functions, reporting, and budgeting. The Project Coordinator will manage assigned projects and working groups and coordinate necessary administrative functions associated with working group activities; implement assigned projects that will include researching, planning, budgeting, and documenting all aspects of the work projects.

### **DUTIES AND RESPONSIBILITIES:**

#### **1. 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;
- Developing agendas, maintaining meeting records and supporting community engagement
- Manage implementation of the working group projects;
- Development and implementation of funding agreements;
- Effectively communicating project progress to working group members, employees, colleagues, and stakeholders in a timely and clear manner;
- Developing requests for proposals (RFP) for any projects requiring contracted specialists;
- Evaluation of the RFP bids;
- Tracking project established milestones and deliverables of projects;
- Obtaining bi-weekly status reports from contracted specialists or others involved in projects;
- Engaging with appropriate contractors or resources of the parties to provide technical assistance;

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

### **REQUIREMENTS:**

- Post-secondary degree/diploma related to business administration or public administration with a minimum of one (1) year work experience in a related field, OR
- A combination of a secondary school diploma with a minimum of three years' work experience in a related field

### 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 Project Coordinator (High Speed Rail Project)

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

## Administrative Assistant

**Department: Political Office**

**Supervisor: Manager, Political Office**

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

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

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

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

### **DUTIES AND RESPONSIBILITIES:**

#### **1. Program Assistant and Administration**

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

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

### **REQUIREMENTS:**

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

### How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Administrative Assistant

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

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

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

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- c) the qualified non-indigenous candidate.

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

### What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



# AOPFN EMPLOYMENT OPPORTUNITY

## Environmental Coordinator, Water Tester

**Department: Health Services**

**Supervisor: Manager, Health Services**

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

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

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

### **DUTIES AND RESPONSIBILITIES:**

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

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

#### **2. Community Engagement & Partnerships:**

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

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

### **REQUIREMENTS:**

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

### **CONDITIONS OF EMPLOYMENT:**

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

### How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Environmental Coordinator

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

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

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

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

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

### What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



# AOPFN EMPLOYMENT OPPORTUNITY

## Registered Nurse - Casual

**Department: Tennesco Manor**

**Supervisor: Tennesco Manor Supervisor**

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

**Deadline to Apply: Friday, June 19<sup>th</sup>, 2026 at 4:00PM**

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

### **DUTIES AND RESPONSIBILITIES:**

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

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

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

### **REQUIREMENTS:**

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

### **CONDITIONS OF EMPLOYMENT:**

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

### How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Registered Nurse – Casual

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

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

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

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

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

### What Algonquins of Pikwakanagan First Nation Offers:

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

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# AOPFN EMPLOYMENT OPPORTUNITY

## Operator in Charge (OIC)

**Department: Public Works - Water Treatment Plant**

**Supervisor: Public Works Manager**

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

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

**Deadline to Apply: Ongoing until position is filled**

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

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

### **DUTIES AND RESPONSIBILITIES:**

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

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

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

### **REQUIREMENTS:**

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

### How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Operator in Charge (OIC)

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

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

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

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- 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

## Personal Support Worker & Health Care Aide

**Department: Health Services**

**Supervisor: Client Care Coordinator**

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

**Deadline to Apply: Ongoing until positions are filled.**

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

### **DUTIES AND RESPONSIBILITIES:**

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

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

### **REQUIREMENTS:**

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

### **CONDITIONS OF EMPLOYMENT:**

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

### How to Apply

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

### Submit to:

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

hr@pikwakanagan.ca

### Subject Line: Personal Support Worker or Health Care Aide

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

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

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

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

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

### What Algonquins of Pikwakanagan First Nation Offers:

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

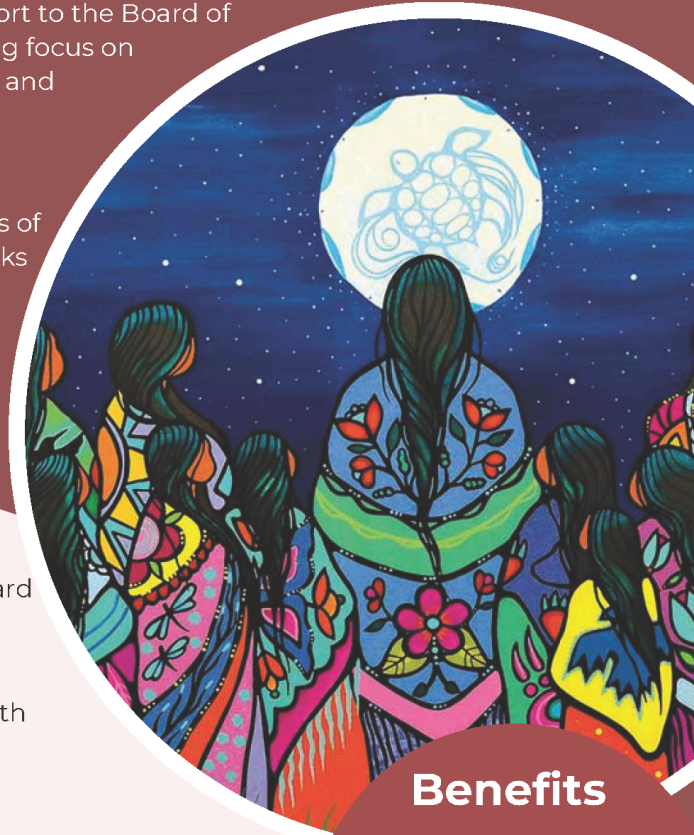
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AOPFN is also committed to developing inclusive, barrier-free selection processes and work environments. If contacted in relation to a job opportunity or testing, you should advise the recruitment representative in a timely fashion of the accommodation 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.

# Governance and Board Liaison

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

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



## Position Details:

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

**Scan here for more information:**



## Benefits

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

# CALL TO TENDER

## Playground Removal at 101 Kiwita

### Scope of Work

Algonquins of Pikwakanagan Health Services is seeking quotations to remove and dispose of an existing playground structure located at 101 Kiwita.

The structure includes play components, posts, surfacing anchors, and associated materials. The contractor will be responsible for ensuring safe removal, site clean-up, and proper disposal. Backfill and level all post holes or excavation areas. The fence will be staying. A walk-through of the area is available upon request at 613-625-2259.

All materials, necessary equipment/tools, and labour supplied by the bidder. Please ensure you include valid Personal Liability and Property Damage Insurance Certificate and WSIB clearance upon signing the contract.

Envelopes should be clearly marked:  
Tender for Playground Removal at 101 Kiwita

Address to:  
Algonquins of Pikwakanagan First Nation - Health Services  
1643 Mishomis Inamo, Pikwakanagan, ON K0J 1T0  
ATTENTION: Karen Levesque

All tenders must be received by June 19, 2026 at 12:00 PM.  
Tenders can be mailed to the address above, emailed to [reception.health@pikwakanagan.ca](mailto:reception.health@pikwakanagan.ca), or hand delivered to the front desk at Pikwakanagan Health Services.

Algonquins of Pikwakanagan First Nation is not obligated to accept the lowest or any tender.



# AOPFN Limited Partnership

## “CALL TO TENDER” Brushing laneway of 12348 Hwy 60

**Scope of work:** Removal and clean up of rocks, trees, brush, debris etc. 8 feet back on each side of the laneway from the highway to the house.

**Tender closes:** Noon June 22nd, 2026.  
Contract to be completed by July 31<sup>st</sup>, 2026.

**Submitted tender must include:**  
Completed tender form (below)  
If successful, you must supply the materials and supplies needed to complete the scope of work above.

**Contract Award:** The AOPFN Limited Partnership is not obligated to accept the lowest or any tender.

Please email Karen Brethour, Executive Assistant at the AOPFN Limited Partnership office (ea.lp@pikwakanagan.ca) or call/text Karen 613-717-4222 to arrange a site inspection to familiarize yourself with the work that needs to be completed.

**Successful bidder** must provide a valid WSIB clearance certificate as well as Property Damage and Personal Liability Insurance Certificate.

**Submission of tender:** Submit a sealed envelope, clearly marked, “Brushing Tender – Attn: Karen” and drop off to the Limited Partnership office 469 Kokomis Inamo, Unit 3 between 9 & 12 or 1 & 3 Monday to Friday.

.....  
**[AOPFN LP 2026 Tender for brushing 12348 Hwy 60 laneway](#)**

I \_\_\_\_\_ have completed site inspections, read the tender requirements and am hereby submitting my tender as \$ \_\_\_\_\_ per month.

Date: \_\_\_\_\_ Contact #: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_



# AOPFN Limited Partnership

## “CALL TO TENDER” Community Beach laneway 942 Ininatig Inamo

**Scope of work:** Supply, spread and compact Pit A or Quarry A gravel to fill all pot holes on above noted laneway from the road in to and around the beach area. Tender must state which gravel will be used - Pit A or Quarry A

**Tender closes:** Noon June 22nd, 2026  
Contract to be completed by July 17<sup>th</sup>, 2026.

**Submitted tender must include:**  
Completed tender form (below)  
If successful, you must supply the materials and supplies needed to complete the scope of work as outlined above.

**Contract Award:** The AOPFN Limited Partnership is not obligated to accept the lowest or any tender.

Please email Karen Brethour, Executive Assistant at the AOPFN Limited Partnership office (ea.lp@pikwakanagan.ca) or call/text Karen 613-717-4222 to arrange a site inspection to familiarize yourself with the work that needs to be completed.

Successful bidder must provide a valid WSIB clearance certificate as well as Property Damage and Personal Liability Insurance Certificate.

**Submission of tender:** Submit a sealed envelope, clearly marked, “Beach Tender – Attn: Karen” and drop off to the Limited Partnership office 469 Kokomis Inamo, Unit 3 between 9 & 12 or 1 & 3 Monday to Friday.

.....  
[AOPFN LP 2026 Tender for graveling laneway into and around Community Beach 942 Ininatig Inamo](#)

I \_\_\_\_\_ have completed site inspections, read the tender requirements and am hereby submitting my tender as \$ \_\_\_\_\_ per month.

Date: \_\_\_\_\_ Contact #: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**CALL TO TENDER**

For

Ground Maintenance

Algonquins of Pikwakanagan Native Elders Lodge

**SCOPE OF WORK**

Cut grass, whipper snip and trim shrubs around building.

Clean flower beds, rake and pick up garbage (debris around garbage container).

**Duration of contract: June , 2026 to September 30, 2026**

**Tender closing Date and Time June 19 2026 at noon.**

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

- Tender form completed in full (see below);
- Must have own riding mower or lawn mower and other equipment required to complete the scope of the work listed above.
- Provide material and supplies needed to complete the scope of work listed above.

**Contract Award:** The Algonquins of Pikwakanagan Native Elders is not obligated to accept the lowest or any tender.

**Site Examination:** The bidder is encouraged to do a site inspection on their own accord to review the amount of work to be completed.

**Tender Submission:** Submit "Tender" in a sealed envelope clearly marked. " Tender for Ground Maintenance" and addressed to Sandy Nash C/O 469-2 Kokomis Inamo, Pikwakanagan, On K0J 1X0

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**2026 TENDER FOR GROUND MAINTENANCE**

I \_\_\_\_\_ **having carefully**

Read the tender specifications and completed a site inspection (optional). I am submitting my tender as:

\$ \_\_\_\_\_ per month,      Date: \_\_\_\_\_

\_\_\_\_\_(Signature)

\_\_\_\_\_(Phone Number)



Indigenous  
Skills  
Employment  
Apprenticeship and  
Development



ICE  
**INDIGENOUS**  
& COMMUNITY ENGAGEMENT



**AOP**<sub>FN</sub> Limited Partnership



# WORKERS HEALTH AND SAFETY TRAINING

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



**August 6, 2026**



**12:30pm– 2:30pm**



**96 Chibekana Inamo  
Pikwakanagan**

**7 Spots  
Available**

To register contact:

Sasha Sarazin

[employment.officer@pikwakanagan.ca](mailto:employment.officer@pikwakanagan.ca)

or

613-625-2800 ext:248





**AOPFN Limited Partnership**



Indigenous  
Skills  
Employment  
Apprenticeship and  
Development



**ICE**  
**INDIGENOUS**  
& COMMUNITY ENGAGEMENT



# FIRST AID & CPR TRAINING



2 day First Aid and CPR/AED  
course being



Only 12 Spots Available

**DATE**



TO BE DETERMINED



**TO REGISTER CONTACT**

**CONTACT SASHA SARAZIN**

[employment.officer@pikwakanagan.ca](mailto:employment.officer@pikwakanagan.ca)

or

613-625-2800 ext 248



Indigenous  
Skills  
Employment  
Apprenticeship and  
Development



ICE  
INDIGENOUS  
& COMMUNITY ENGAGEMENT



AOPFN Limited Partnership



# WHMIS Training



**August 6, 2026**



**9:30 am - 11:30 am**



**Elders Lodge  
96 Chibekana Inamo  
Pikwakanagan**

**5 Spots  
Available**

FLAMMABLE LIQUID

To register contact:  
Sasha Sarazin  
[employment.officer@pikwakanagan.ca](mailto:employment.officer@pikwakanagan.ca)  
or  
613-625-2800 ext:248

## Resource Numbers:

### Ensuring First Nations Children (0-17)

Have Access to Educational, Social  
and Medical Supports



### Examples of Supports Available

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



#### CONTACT US

Pamela Scheel-Jordan's Principle  
Navigator

613-401-2812  
jpnnav1@pikwakanagan.ca

# Community Information:



## Regular Council Meetings

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

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

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

## Conways Pharmacy Remote Dispensing Location

### BUSINESS HOURS

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

**We are closed weekends and Holidays**

Delivery available Friday

Phone : 613-625-9974

Fax: 613-625-2068

Thank you  
Natalie Commanda, Pharmacy Technician  
Joseph Conway, Pharmacist



## HOURS

OPEN the second Thursday of each month, unless indicated

**10 AM TO 12 PM**

JANUARY 8	FEBRUARY 12	MARCH 12
APRIL 9	MAY 14	JUNE 11
JULY 9	AUGUST 13	SEPTEMBER 10
OCTOBER 8 (THANKSGIVING)	NOVEMBER 12	DECEMBER 17 (XMAS)

For information or emergency and after hour needs phone and leave a message at:

**613-625-2600**

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

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

## ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

For Rentals contact Rose Yankoo at  
[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**

# HOMEMADE TICK REPELLENT SPRAY

## for yourself & your pet(s)

### Vinegar-Based Tick Spray

#### *Ingredients:*

- 1 cup Apple Cider Vinegar
- 1 cup distilled water
- 20 drops of Citronella essential oil
- 10 drops of Eucalyptus essential oil
- 10 drops of Rose Geranium essential oil



#### *Instructions:*

1. Mix Apple Cider Vinegar and distilled water into a spray bottle or mixing container.
2. Add Citronella, Eucalyptus, and Rose Geranium essential oils.
3. Shake well to combine mixtures
4. Spray onto skin and clothing before heading outdoors.
5. Reapply as needed, especially after sweating or swimming.

### Aromatic Tick Repellent Collar - for pets

#### *Ingredients:*

- 1 fabric collar or bandana
- 5 drops of Cedarwood essential oil
- 5 drops of Lemonwood essential oil
- 5 drops of Lavender essential oil
- Brush or rubber glove

#### *Instructions:*

1. Lay the fabric collar or bandana on a flat surface.
2. Mix Cedarwood, Lemongrass, and Lavender essential oils in a small container.
3. Brush the oil mixture evenly into the collar and allow it to dry.
4. After allowing it to dry, place it back around your pet's neck.
5. Replace the collar after every 2 weeks or as needed for continuous protection.

Presented by Omamiwinini Pimadjowin - The Algonquin Way Cultural Centre  
from  
<https://www.livinggreenandfrugally.com/2-homemade-tick-repellent-recipes/>



# BE PREPARED FOR A POWER OUTAGE

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

## A POWER OUTAGE CAN:



**DISRUPT**  
communications,  
water, and  
transportation



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



**CAUSE**  
food spoilage  
and water  
contamination



**PREVENT**  
use of medical  
devices and  
critical equipment



**AFFECT**  
heating, cooling,  
and other essential  
systems

## PROTECT YOURSELF DURING A POWER OUTAGE



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



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



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



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



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



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



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

## BE PREPARED BEFORE THE POWER GOES OUT



Keep flashlights and extra batteries.



Have a battery-powered radio.



Store water and non-perishable food.



Charge phones and power banks.



Keep a first aid kit and essential supplies.



Make a plan and stay informed.



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



**REPORT OUTAGES**  
Contact your utility provider or visit their website.

**PREPARE TODAY. PROTECT YOUR FAMILY. PROTECT YOUR COMMUNITY.**



**Steve Benoit**  
Emergency Management Lead

Tel: 613-625-2800 ext. 251  
Cell: 613-401-0689  
Email: [ems.lead@pikwakanagan.ca](mailto:ems.lead@pikwakanagan.ca)

# WILDFIRE

BE PREPARED. STAY ALERT. STAY SAFE.

**DISASTER CAN STRIKE FAST.**  
YOUR PREPARATION CAN SAVE LIVES.



## KNOW THE RISKS



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

## PREPARE YOUR HOME



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

## IF A FIRE APPROACHES



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

## EVACUATION PLAN



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

## MAKE A GO BAG



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



Non-perishable food & utensils



First aid kit & medications



Flashlight & batteries



N95 masks



Important documents (copies)



Phone charger / power bank

## WILDFIRE SAFETY TIPS

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

## CHECK BEFORE YOU GO!

Make sure your campfire is DEAD OUT!



**CHECK**

Check ashes, embers & surrounding areas.



**DROWN**

Drown the campfire with plenty of water.



**STIR**

Stir the ashes, add more water and stir again.



**FEEL**

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

**ONLY YOU CAN PREVENT WILDFIRES.**

## STAY INFORMED



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



Sign up for local emergency alerts.



Visit official websites for fire danger ratings & restrictions.



IN AN EMERGENCY  
**CALL 911**



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

## FOR MORE INFORMATION OR ASSISTANCE



**Steve Benoit**  
Emergency Management Lead



Tel: 613-625-2800 ext. 251



Cell: 613-401-0689



Email: [ems.lead@pikwakanagan.ca](mailto:ems.lead@pikwakanagan.ca)



For local fire bans, restrictions and updates, visit: [www.ontario.ca/page/fire-danger-ratings](http://www.ontario.ca/page/fire-danger-ratings)





# SCHOOL BUS REGISTRATION

for the 2026–2027 School Year

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

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



## WHO IS ELIGIBLE FOR TRANSPORTATION?

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

## WHO NEEDS TO REGISTER?



### NEW STUDENTS

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



### RETURNING STUDENTS

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



## HOW TO REGISTER

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



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

OR



Fillable online at:

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



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



## WHAT'S NEXT?

In August, parents will receive a confirmation letter with:



Bus Stop Location



Pick-up & Drop-off Times



Other Important Transportation Details



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





# MINDIWIN MANIDO DAYCARE

## REGISTRATION!

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

### HOW TO REGISTER:

1



Complete the  
Registration Form

Join the  
Waiting List

2



Confirm Placement  
Availability

3



You will be  
contacted when  
a space becomes  
available.

#### WHAT YOU MAY NEED:



Parent/Guardian  
Contact Information



Child's Full Name  
and Date of Birth



Expected Due Date  
or Anticipated Start Date



Any Medical or  
Support Needs

#### CONTACT US:



Phone:  
613-625-2047



Email:  
supervisor.daycare@  
pikwakanagan.ca



Location:  
83B Kagagimin  
Inamo, Pikwakanagan

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



## **Pikwákanagán Excavating & Landscaping**



Clear, Dig, Build - Experience the  
difference!

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




Cheryl Kelly - Owner  
613.312.9598 or  
613.312.9872





# BENOIT ANISHINAABE VENTURES (BAV)

TOOLS • TEACHINGS • CULTURE

 [bavpik.ca](http://bavpik.ca)

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

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

## WHAT WE OFFER

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



## LEARNING LODGE

HANDS-ON WORKSHOPS • REAL SKILLS • ANISHINAABE TEACHINGS



PASSING DOWN KNOWLEDGE



RESPECTING THE LAND



BUILDING SKILLS



STRENGTHENING COMMUNITY




## COMING SOON / GROWING


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

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

## GET INVOLVED

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

 613-281-9521

 [bavpik@gmail.com](mailto:bavpik@gmail.com)



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

# Community Information:

## ADMIN OFFICE HOURS

Monday - Friday

open 8:30am  
close 12:00pm

open 1:00pm  
close 4:30pm

## FOR YOUR INFORMATION

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

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

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

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

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

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

NOTICE:  
KILLALOE OPP RECORD CHECK APPLICATIONS ARE  
NOW ONLINE.

## Waste Disposal Site

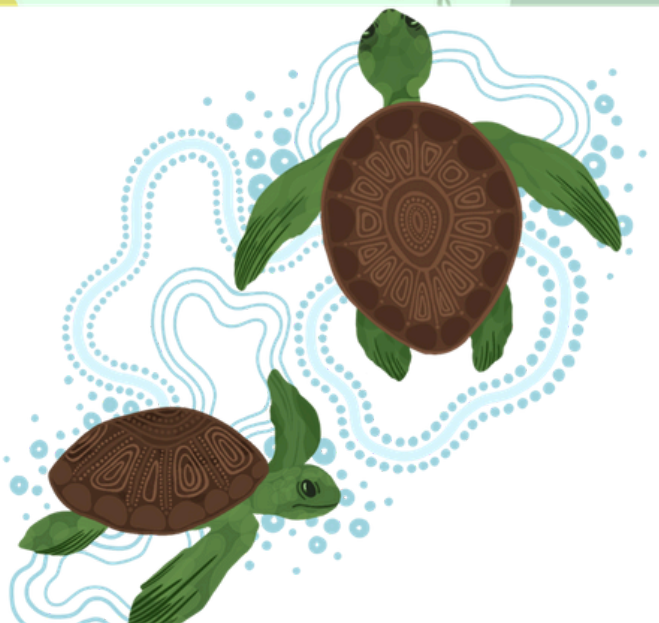
Wednesday: 12:00pm - 6:00pm

Sundays: 9:00am - 3:00pm

## Curbside Pick Up



Garbage: Wednesday  
Cardboard: Thursday  
Containers: Friday





ALGONQUINS OF PIKWAKANAGAN FIRST NATION  
MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
Grandmond, Krystina	Pisinawate	17 Dec 25	17 June 26
Guidry-Grandmond, Ayden	Pisinawate	17 Dec 25	17 June 26
Guidry-Grandmond, Genessee	Pisinawate	17 Dec 25	17 June 26
Simpson, Linda	Protected	18 Dec 25	18 June 26
Mikaelian, Natalie	Sararas	8 Jan 26	8 July 26
Kuiack, Christopher	Lavalley	12 Jan 26	12 July 26
Peters, Charamin	Jocko	22 Jan 26	22 July 26
Reynolds, Cecil	Leclair	22 Jan 26	22 July 26
Heron, Jelisa	Lavallee	22 Jan 26	22 July 26
Gould, Donna	Benoit/Baptiste	22 Jan 26	22 July 26
McKie, Patrick	Kakwabit	23 Jan 26	23 July 26
Beard, Deborah	Meness	27 Jan 26	27 July 26
Sherbert, Norman	Sharbot	10 Feb 26	10 Aug 26
Kuehni-Kohoko, Layten	Kohoko	10 Feb 26	10 Aug 26
Babcock, Christine	Lavalley	10 Feb 26	10 Aug 26
Hutchcroft, Sophia	Commanda	09 Apr 26	09 Oct 26
Mascitti, Christina	Amikons	09 Apr 26	09 Oct 26
Miscitti, Elizabeth	Amikons	09 Apr 26	09 Oct 26
Helka, Leah	Partridge	09 Apr 26	09 Oct 26
Gagnon, Barry	Meness	10 Apr 26	10 Oct 26
Thompson, Teddy	Commanda-Benoit	10 Apr 26	10 Oct 26
Thompson, Nora	Commanda/Benoit	10 Apr 26	10 Oct 26
Moore, Karen	Benoit	10 Apr 26	10 Oct 26
Nieman, Jennifer	Lavalley	10 Apr 26	10 Oct 26
Paige, Stephanie	Baptiste	10 Apr 26	10 Oct 26
Cort Junior, James	Meness/Ignace	15 Apr 26	15 Oct 26
Jocko, Bruce	Jocko	20 Apr 26	20 Oct 26
Jocko, Haddon	Jocko	20 Apr 26	20 Oct 26
Bennett, Robert	Tennescoe	20 Apr 26	20 Oct 26
Payer, Rhys	Commanda	23 Apr 26	23 Oct 26
Sarrazin, Anthony	Sarrazin	23 Apr 26	23 Oct 26
Snippe, Connor	Lavallee	05 May 26	05 Nov 26
McLean, Mandy	Tenesco	05 May 26	05 Nov 26
McMunn, Christina	Commanda/Lamure	14 May 26	14 Nov 26
Olmstead, Chadwick	Lavalley	04 Jun 26	04 Dec 26

