

Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD AKAKODJISH KIZIS 20TH, 2026

FRIDAY FEBRUARY 20TH, 2026

WWW.ALGONQUINSOFPIKWAKANAGAN.COM | 613-625-2800

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Membership Notice

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

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

Website Information

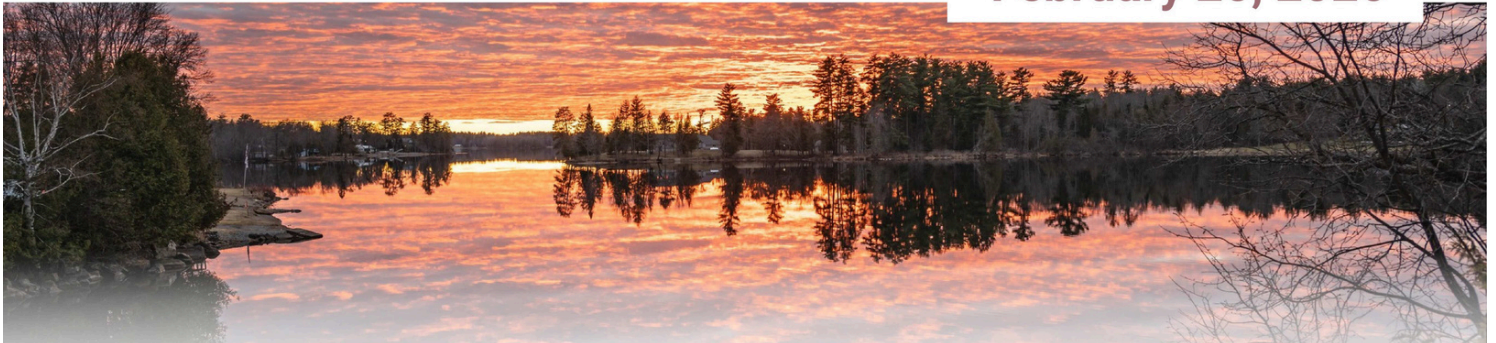
Don't forget that you can access the members only section at algonquinsofpikwakanagan.ca by clicking on the "Membership Section" under the Pikwakanagan tab.

FEBRUARY IS HEART HEALTH MONTH!



CHIEF & COUNCIL UPDATE

February 20, 2026



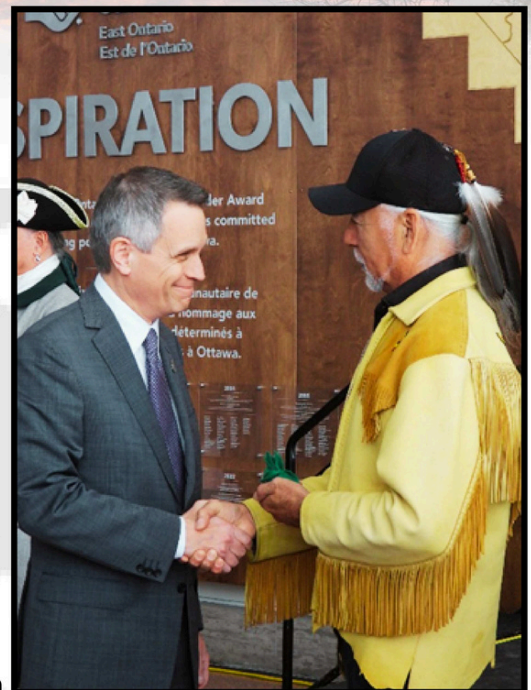
On February 17, 2026, the City of Ottawa celebrated Heritage Day 2026, celebrating 200 years since the founding of Bytown, which would later be renamed Ottawa. The event was held at City Hall and Chief Greg Sarazin was there representing Pikwakanagan.

This year's theme is, *"Voices of a City: Celebrating Two Centuries of Collective Histories and Local Heroes."*

Speaking from the podium and addressing all of the dignitaries, including Mayor Mark Sutcliffe and the Ottawa City Councillors Chief Greg Sarazin stated, *"We are gathered here to celebrate Heritage Day 2026, and the 200th anniversary of Ottawa."* And *"I wish to remind you, that the history of this place, stretches back far beyond 200 years. The lands we are now on have belonged to the Algonquin Nation since time immemorial, and today, these lands remain uncaded and unsundered."*

"These lands continue to carry our stories, our responsibilities, our rights and the spirits of our ancestors. Recognizing heritage means recognizing First Nations presence—not just historically, but today and into the future."

The rivers, forests, and cultural landscapes that define Ottawa today, have sustained Algonquin communities for countless generations.



ALGONQUINS OF PIKWAKANAGAN - FINAL LIST OF CANDIDATES

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

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

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

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

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

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

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

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

Dated February 13, 2026.

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

Email: nominations@onefeather.ca | Toll Free: 1-855-923-3006

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

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

www.onefeather.ca/nations/pikwakanagan



OneFeather



Algonquins of Pikwakanagan First Nation

Notification of Vacant Registered Traplines

Dear Members,

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

Traplines Available:

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

PE060

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

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

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

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

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

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

1657A Mishòmis Inamo
Pikwakanagan, Ontario K0J 1X0

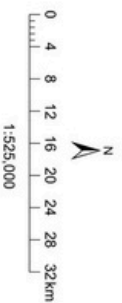
Tel: (613) 625-2800

Fax: (613) 625-2332

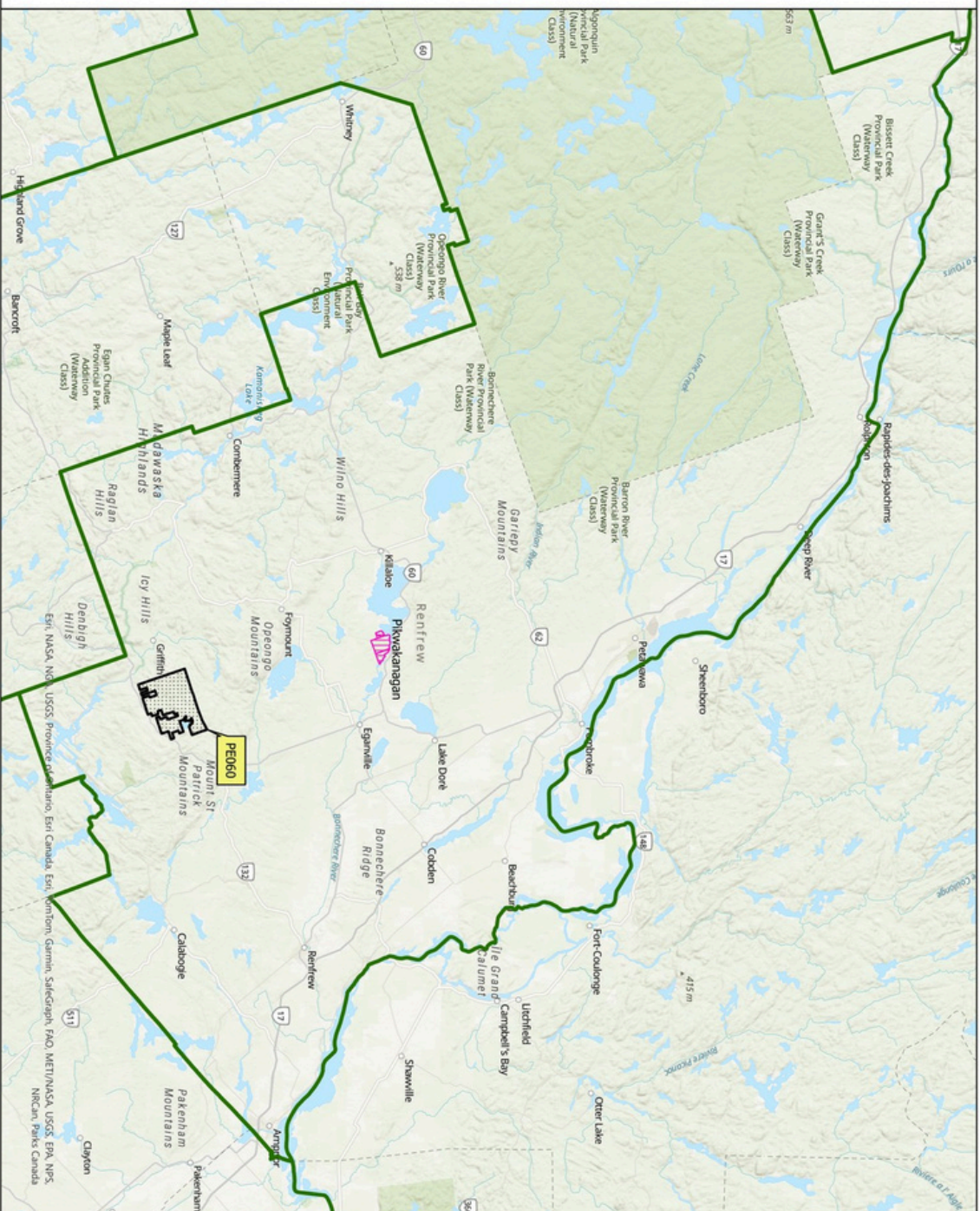


Pembroke District Vacant Trapline

January 16th, 2026



- Vacant Trapline Area
- MNR District
- First Nation Reserve



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

Data Sources:
Ministry of Natural Resources, 2026

Projected Coordinate System:
NAD 1983 UTM Zone 18N

Geographic Coordinate System:
GCS North American 1983

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



AOP_{FN} Limited Partnership

**2026
BACK
TO**

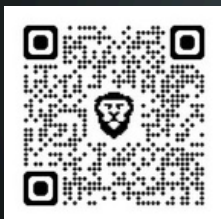
NEW!!!

EXISTING!!

BUSINESS!

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

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



bdo@pikwakanagan.ca
procurement.officer@pikwakanagan.ca
Unit 3469 Kokomis Inamo
613-625-1551

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

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

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

We're here to help!

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

NOTICE

Anishinabe Algonquin Nation Consultative Culture Circle

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

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

The Algonquin Anishinabe Nation Consultative Circle mandate is to:

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

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

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

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

If you are interested, please contact:

Alanna Hein, Manager, Political Operations

1657A Mishomis Inamo

Pikwakanagan, ON

K0J 1X0

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

REQUEST FROM MINIDIWIN MANIDO DAYCARE

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

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

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



Annual Pikwakanagan Fishing Derby Results

Adults

1st Place: Bayan Mullin
White fish, 9.40 lbs
Prize: Chain saw, Buddy heater, Gift card
2nd Place: Cindy Corbett
Pike, 9.18 lbs
Prize: Chain saw, gift card
3rd Place: Baily Hein
Pike, 7.90 lbs
Prize: Buddy heater, gift card
4th Place: Mystery Wight Peter Commanda
Pike, 1.98 lbs
Prize: Tackle box, rod (first fish weight in)

Raffle Winner: Cliff Meness
Prize: Party pack of Booze/gift card

Entry Fee (Registration): Audrey Corbett
Prize: Portable ice shack, buddy heater, gift card

Kids

1st Place: Candance Kaguncen
Pike, 2.42 lbs
Prize: Tackle box, fishing rod & gift card
2nd Place: Memphis Kohoko
Pike, 2.24 lbs
Prize: Gift card, tackle box, gift card
3rd Place: Foster Corbett
Pike, 1.94 lbs
Prize: Gift card, rod

50/50 Winner: Harold Autayo
Prize: \$500

Valentine's Gift Basket (made by Nicole Bernard):
Cindy Corbett, gift card

We would also like to give thanks to all our amazing sponsors who help make this possible:

Nigig Nibi Kiwin Gamik, Chief & Council, Nicole Bernard, Greg Gervais (Dinesen Tackle), Whiteduck's Wellness,
Smoke Signals, Oasis, Grass Roots, Al's Bait & Tackle,

Koho Kompany Meats

Samuel Commanda, Jo Ann & Breeze Veenstra

Francis Tomasini (Thanks for offering your trailer if the weather got cold)



Sweat Ceremony

Date: February 22, 2026

Conductor: Dean Sayers, Batchewana FN

Time: Sweat Ceremony 1:00 p.m. (fire will be lit at 11:00 a.m.)

Location: Cultural Grounds

How it will run:

- This sweat will be for letting go.
- Fire will be lit at 11:00 a.m.
- ceremony will start at 1:00 p.m.
- Food will be provided at the end of Ceremony
- New people are always welcome
- any questions or concerns can be addressed by conductor on day of ceremony

What you will need:

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

**For more information contact
343-997-4345**

or

kevinlamarr@gmail.com

Public art information session

February 24, 2026 5pm – 6.30pm

Makwa Community Centre, 83 Kagagimin Inamo, Golden Lake, ON KOJ 2A0

The City of Ottawa's Public Art Program invites Anishinabe Algonquin visual artists to an information session for two new public art opportunities. Public Art Program staff will also be available to support with preparing proposals.



Chief William Commanda Bridge

Lead Anishinabe Algonquin artist for Chief William Commanda Bridge project



Lansdowne 2.0

Anishinabe Algonquin Cultural and Public Art Coordinator

In addition, there will be an online information on Zoom on **February 27, 2026** from **6.30pm – 8pm**. Please register at publicartprogram@ottawa.ca



@publicartottawa



ottawa.ca/publicartprogram



Community Car seat Clinic

Makwa
Community
Centre

February 27
2026

Hosted by
certified CPST
Technicians

WHAT:

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

INFO NEEDED FOR REGISTRATION:

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

TO REGISTER:

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



Algongquins of Pikwakanagan 4th Annual Round Dance

SATURDAY, MARCH 14, 2026

Makwa Community Centre

83 Kagagimin Inamo, Pikwakanagan, ON

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

Invited Singers

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

Master of Ceremonies

Beendigaygizhig Deleary

Pipe Carrier

Harvey Dreaver

Stickman

Brennan Govender

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

Alcohol & Drug Free Event





JOIN THE



Round Dance Planning Committee

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

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



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

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



Correctional Service
Canada

Service correctionnel
Canada

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

CORRECTIONAL SERVICE OF CANADA (CSC)

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

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

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

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

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

Indigenous Initiatives

Ontario Regional Headquarters

Correctional Services of Canada

445 Union Street W, PO Box 1174

Kingston, ON

K7L 2R8

Attention: Leanne Mulenga

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

Canada



Correctional Service
Canada

Service correctionnel
Canada

ADVERTISEMENT OF INTEREST FOR ELDER HELPERS

CORRECTIONAL SERVICE OF CANADA (CSC)

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

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

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

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

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

Indigenous Initiatives

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

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

Canada

Resource Numbers:

ADDICTION Resources

Addictions Counsellors:

Gillian McKay
&
Sabrina
Laframboise

613-625-2259

After Hours: Drug
Alcohol, Gambling
Hotline:

1-866-531-2600

Renfrew County Community Withdrawal Management:

613-432-7620

After Hours:
National Overdose
Prevention Line:

1-888-688-6677

Medical & Foodbank Resources

VTAC:

1-844-727-6404

Telahealth

1-866-797-0000

Poison Control

1-800-268-9017

The Sharing Place
Golden Lake
(11185 Hwy 60)

613-625-2600

Food Vouchers
(Pikwakanagan Social
Services)

613-639-1633

Pikwakanagan Drug Tip Line

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

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

This line is only intended for drug-related information.

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

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

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



Algonquins of Pikwakanagan First Nation Community Support Personnel

Who are the CSP

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



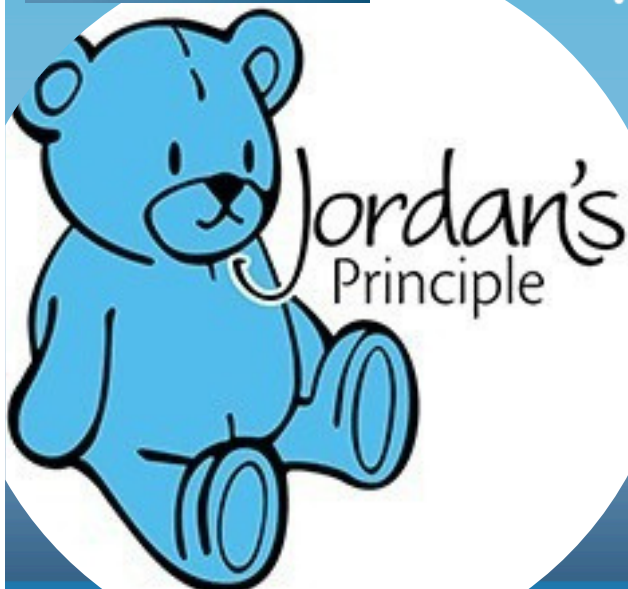
- Operates 7 days a week
- Wellness Checks
- Assist with special events & recreation
- Assist where they are needed
- Providing support to the community
- Ensuring the safety & well-being of the residents

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

613-401-7446

csp@pikwakanagan.ca

Ensuring First Nations Children (0-17) Have Access to Educational, Social and Medical Supports



Examples of Supports Available

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

CONTACT US

Pamela Scheel-Jordan's Principle Navigator
613-401-2812
jpnav1@pikwakanagan.ca



PIKWAKANAGAN COMMUNITY HEALTH UPDATES



Overdose Alert

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


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


NEED SOMEONE TO TALK TO?

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

Available 24/7 across Canada.

You are not alone.

 9-8-8

 9-8-8

VIRTUAL SAFE SPACE

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

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

Confidential. Judgment-free.

 1-866-688-6677

Community Overdose Safety Reporting



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

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

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
















Mental Health Services

613-625-2259



Substance Use Support Resources












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



Additional Resources



Food Security	Medical Resources
<p>Food Vouchers</p> <p> Please call to check eligibility.</p> <p> 613-625-2259 (ext. 226)</p> <p> Health Center</p> <p>The Sharing Place Food Bank</p> <p> 613-625-2600</p> <p> Golden Lake (11185 Hwy 60)</p>	<p>VTAC</p> <p> 1-844-727-6404</p> <p>Telehealth</p> <p> 1-866-797-0000</p> <p> askadoctor.help</p> <p>Poison Control</p> <p> 1-800-268-9017</p>

CHILDREN'S ORAL HEALTH INITIATIVE



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

What do I do?



DENTAL SCREENING



Fluoride Varnish
Applications



Dental Sealants
and temporary
fillings



Oral Health
Knowledge

 613-401-3769

 cohi@pikwakanagan.ca

February is Heart Health Month!

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

Take steps to protect your heart:

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



Tips on taking your blood pressure at home:

How to Check Your Blood Pressure at Home:

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

What Your Numbers Mean

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

Why Blood Pressure May Be High

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

When to Get It Checked

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

If you have any questions you can reach out to our Chronic Disease Management Nurse Taylor Murphy:
613-625-2259 ext 232



Wellness Hub

Located at 101 Kiwita

What is the Wellness Hub?

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



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



Learn about supports and services available to AOPFN members



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

Who do I contact?



Chrystal Toop



613-401-0821



101 Kiwita Inamo
Pikwàkanagàn ON K0J 1X0

Medicine Mondays

Stop by and enjoy a cup of tea, learn about traditional medicines and practices.

STARTS
FEBRUARY
9TH!



101 Kiwita, Pikwakanagan
10am-12pm

AOPFN HEALTHY BABIES HEALTHY CHILDREN

BREAKFAST CLUB

TUESDAYS

8:30 - 10:00

101 KIWITA

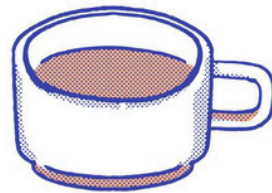
Caregivers and Children aged 0-2 years (all
children aged 0-6 welcome!)

Schedule:

8:30-9:00 – Waffles and fruit

9:00-9:10 – Story time

9:10-10:00– Free Play and clean up



Email CHN if interested! chn@pikwakanagan.ca



STRONG & STEADY

INDOOR WALKING AND EXERCISE PROGRAM

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

Every Wednesday for the winter months

Location: The Makwa Center Main Floor

Time: 1:00pm - 2:00pm

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



HEART WISE EXERCISE
CERTIFIED CLASS

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

MOVE AND HAVE FUN

What does the hour look like?

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

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

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

Call 613-625-2259 ext 232

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



FORMER CHAIREXERCISECLASS
HAS BEEN RESTRUCTURED TO...

MIND & MOTION CIRCLE

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

WHEN ? WHERE ?

Tuesdays 1:00pm-2:00pm
&
Thursdays 1:00pm-2:00pm

Tennisco Manor



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

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

If you have any questions please call Taylor at 613-625-2259 ext 232



MOVEMENT IS MEDICINE LUNCH & LEARN

*with Community Health and Guest Speaker
Physiotherapist Malika Richards*

*Friday February 27th
11am-2pm*

@ The Elder's Lodge



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

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



ICE
INDIGENOUS
& COMMUNITY ENGAGEMENT



AOPFN Limited Partnership

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

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

TRAININGS:

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

**12
SPOTS**

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



Indigenous Tourism Entrepreneurship Training Program

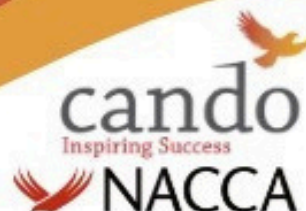
Applications Now Open
Deadline February 27th

TOURISME
OTTAWA
TOURISM



ADAWE





Public Services and
Procurement Canada

Services publics et
Approvisionnement Canada

JOIN US FOR THE

NATIONAL CAPITAL REGION CONSTRUCTION PROCUREMENT MENTORSHIP SESSIONS

IN PARTNERSHIP WITH: CANDO, NACCA & PSPC

This program will focus on:

Supporting Indigenous communities, businesses, and organizations by providing skills and training required to participate in the multi-generational construction procurement opportunities in the National Capital Region

Benefits:

- Participation in virtual National Capital Region Construction Procurement Mentorship sessions
- Individual support for business development related to the construction sector
- Doing Business with the Federal Government
- Explaining Indigenous Participation Plans and their purpose
- Finding Opportunities, Marketing and Supports

Registration is required, and all sessions are free.



MENTORSHIP INCLUDES:

9 (1-hour) Virtual Sessions

Tuesdays & Thursdays
(every other week)

March 10 – May 5, 2026

10:00 – 11:00 AM ET

REGISTER BY FEBRUARY 27TH



For more information please contact:
Procurement Team, team@edo.ca



CALL TO TENDER

CALLING LOCAL CATERERS

WOMEN'S DAY EVENT

Nigig Nibi Ki-Win and AOPFN Health Services are hosting a Women's Day event March 8 at the Bingo Hall.

We are looking for someone who can provide:

- ☒ Hot and cold beverages
- ☒ Light appetizers/snacks
- ☒ Individual desserts
- ☒ Set up and clean up

A beautiful occasion to celebrate and uplift women—
with a menu as sophisticated as the moment itself.

DEADLINE FEBRUARY 20

Selected applicants notified Feb. 25

preventionprograms@nigignibi.com
613-625-2173 or in-person (basement)

“CALL TO TENDER”

The following is a list of duties that is required: For the Algonquins of Pikwàkanagàn First Nation, Assisted Living Care Facility (Tennisco Manor)

Scope of Work:	The worker is to supply all necessary materials and labour required to perform the work noted below: <ul style="list-style-type: none">• Plane or cut down doors and closet doors to fit over flooring – ensure adjustments for closet doors. Apply floor transitions, remove flooring from one bathroom and lay new flooring and apply baseboards. Repair flooring in second bathroom.
Equipment and Material:	Responsibility of the contractor.
Duration of Contract:	10 days maximum
Tender Closing Date & Time:	26 th February, 2026
Tender Submission Requirements:	A complete tender must include the following: <ul style="list-style-type: none">• Tender Form completed in full; (see below)• Have experience in the work to be performed
Companies:	If bidding as a company, all other individuals must meet the above requirements. 1. – named on the policy as an insured if the company is the successful bidder. If bidding as an individual, provide proof of experience.
Contract Award:	The Algonquins of Pikwakanagan First Nation is not obligated to accept the lowest or any tender.
Site examination:	The bidder is encouraged to contact the person below to arrange for a site inspection of all work to be performed.
Tender Submission:	Submit “Tender” in a sealed envelope clearly marked: “Tender for Work Orders – Tennisco Manor”
Addressed to:	Peggy Dick, R.N., Supervisor, Homecare (613)625-1230 Algonquins of Pikwàkanagàn First Nation, Assisted Living Care Facility 1657A Mishomis Inamo, Pikwàkanagàn, Ontario K0J 1X0

TENDER FOR “Miscellaneous and flooring installation”

AND ADDRESSED TO:

Algonquins of Pikwàkanagàn – Assisted Care Living Facility
P.O. Box 86
Pikwakanagan, Ontario
K0J 1X0

Attention: Peggy Dick, R.N., Supervisor Homecare

LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED.

.....

My tender for “Miscellaneous and flooring installation” at Assisted Care Living Facility (Tennisco Manor) is: \$_____

Name: _____ **Signature:** _____

Phone Number: _____ **Date:** _____

Community Information:

SNOW REMOVAL FOR HOME CARE CLIENTS

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

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

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

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

Thank you for your ongoing patience and understanding.



Pikwákanagán Excavating & Landscaping

Clear, Dig, Build - Experience the difference!

Large & small equipment for your excavating needs



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



Cheryl Kelly - Owner
613.312.9598 or 613.312.9872





AOPFN EMPLOYMENT OPPORTUNITY

Literacy Librarian

Department: Education

Supervisor: Manager, Education

Fixed Term Contract, March 9, 2026 - March 5, 2027

\$28.00 - \$40.00 hrly/ based on experience/ 15-20 hrs. /wk

Deadline to Apply: Friday, March 6, 2026 at 4:00PM

The Literacy Librarian will be responsible for supporting library operations. They will foster foundational skills in reading, writing, and mathematics through curated resources, specialized programming, and instructional support; promote early learning, support adult education, and integrate digital, cultural, and math literacy into accessible, engaging community spaces.

DUTIES AND RESPONSIBILITIES:

1. Service Delivery

- Provides early literacy and numeracy support, focusing on basic skills like number sense, shapes, patterns, reading, and writing for young children.
- Provides instruction and programming by delivering workshops, sensory play, math game sessions, and storytelling events to make learning active for young children.
- Supports adult learners in their pursuit of a Canadian Adult Education Credential (CAEC); provide workshops on budgeting, excel, etc.
- Assists users to navigate the internet, manage data and understand privacy.
- Manages day-to-day library operations, including circulation, registration, cataloguing, resource acquisition, inventory and database.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Post-secondary education in Education or a related field OR secondary school completion with at least 2 years' experience supporting diverse learners in delivering educational programs across settings such as public libraries, early learning centres, or schools.
- Proficient in computers, software applications such as MS Office and use of technology for research and the development of client literacy skills.

CONDITIONS OF EMPLOYMENT:

- Successful completion of a General Library Services Certificate – Ontario Library Services EXCEL program.
- Current acceptable Vulnerable Sector Check
- Valid CPR/First Aid & AED Certification

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: Literacy Librarian

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.

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.algonquinsopikwakanagan.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



EMMA MADINAMAGE MIDJM
The Sharing Place
Food Bank

HOURS

OPEN the second Thursday of each month, unless indicated

10 AM TO 12 PM

JANUARY 9	FEBRUARY 13	MARCH 13 (EASTER)
APRIL 10	MAY 8	JUNE 12
JULY 11	AUGUST 14	SEPTEMBER 11
OCTOBER 9 (THANKSGIVING)	NOVEMBER 13	DECEMBER 18 (XMAS)

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

613-625-2600

email for information or to e-transfer donations at
thesharingplacefb@gmail.com

Facebook: www.facebook.com/emmthesharingplace

ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

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

Community Information

ADMIN OFFICE HOURS

Monday - Friday

open	8:30am
close	12:00pm

open	1:00pm
close	4:30pm

FOR YOUR INFORMATION

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

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

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

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

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

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

NOTICE:
KILLALOE OPP RECORD CHECK APPLICATIONS ARE
NOW ONLINE.

Waste Disposal Site

Wednesday: 12:00pm - 6:00pm

Sundays: 9:00am - 3:00pm

Curbside Pick Up



Garbage: Wednesday
Cardboard: Thursday
Containers: Friday





ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
Ellis, Emery	Protected	22 May 25	22 Nov 25
Bujold, Susan	Lamure	11 Jun 25	11 Dec 25
Harnum, Ben	Lavalley	12 Jun 25	12 Dec 25
Harnum, Alexis	Lavalley	12 Jun 25	12 Dec 25
Harnum, Ty	Lavalley	12 Jun 25	12 Dec 25
Witherspoon, Rebecca	Lavalley	16 Jun 25	16 Dec 25
Witherspoon, Ryan	Lavalley	16 June 25	16 Dec 25
Magee, Kathleen	Meness	19 Jun 25	19 Dec 25
Evans, Wren	Meness/Jocko	27 Jun 25	27 Dec 25
Evans, Lochlan	Meness/Jocko	27 Jun 25	27 Dec 25
Burns, Jennifer	Aird	03 July 25	03 Jan 26
Waiser, Amanda	Lamure	08 July 25	08 Jan 26
Alexander, Jordan	Tenesco	08 July 25	08 Jan 26
Witherspoon, Donald	Lavalley	17 July 25	17 Jan 26
Mills, Nichole	Lavalley	17 July 25	17 Jan 26
Bernard, Lilly	Bernard	18 July 25	18 Jan 26
Bernard, Harper	Bernard	18 July 25	18 Jan 26
Gravalle, Gregory	Tenesco	18 July 25	18 Jan 26
Bujold, Mary	Pesindewate/Lamure	21 July 25	21 Jan 26
Hallick, Brian	Lavalley	28 July 25	28 Jan 26
Lepine, Allen	Sharbot	28 July 25	28 Jan 26
Belanger-Dorvan, Katlyn	Baptiste	13 Aug 25	13 Feb 26
Gorgichuck, Keanna	Baptiste/Benoit	14 Aug 25	14 Feb 26
Faulkner, William	Sarrazin	14 Aug 25	14 Feb 26
Gorgichuck, Kassidy	Baptiste/Benoit	22 Aug 25	22 Feb 26
McEwen, Earleen	Baptist/Benoit	22 Aug 25	22 Feb 26
Pascoe, Logan	Sharbot	08 Sept 25	08 Mar 26
Pederson, Kaitlyn	Tenesco	08 Sept 25	08 Mar 26
Beauchamp, Evelyn	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Beauchamp, Lisa	Lamure/Pesindewate	09 Sept 25	09 Mar 26

Larabee, Jerome	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Jones, Stacey	Amikons	15 Sept 25	15 Mar 26
Burke, Robin	Lavalley	16 Sept 25	16 Mar 26
Sarrazin, Orion	Sarazin	18 Sept 25	18 Mar 26
Sarrazin, Everest	Sarazin	18 Sept 25	18 Mar 26
Sarrazin, Hudson	Sarazin	18 Sept 25	18 Mar 26
Carle, Isaiah	Lavalley	26 Sept 25	26 Mar 26
Logan, Rosie	Amikons	01 Oct 25	01 Mar 26
Decaire, Barry	Francios	22 Oct 25	22 Apr 26
Jones, Hunter	Amikons	22 Oct 25	22 Apr 26
Harris, Jeffery	Ignace	22 Oct 25	22 Apr 26
Lagace, Nancy	Baptiste/Kikons	22 Oct 25	22 Apr 26
Benoit, Kenneth	Benoit	27 Oct 25	27 Apr 26
Sherbert, Gavin	Charbot	04 Nov 25	04 May 26
Allair, Eric	Tenesco	07 Nov 25	07 May 26
Reece, Nia	Lavalley	07 Nov 25	07 May 26

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