



Pikwakanagan Tibadjumowin

Chìbayatigo-kìjigad Namegosi Kizis 26th, 2025

Friday October 3rd , 2025

www.algonquinsofpikwakanagan.com 613-625-2800

Content:

- Council update
- News & Events
 - Culture Camp
 - Algonquin Park Fisheries and Aquatic Ecosystems
 - Harvest Information
- Health Updates
 - Active Living Fair
 - Lunch and Learn
 - Heart Diseases Screening Day
 - Carrot and Ginger Soup
- Resources & Phone numbers
- Job Readiness Program
- Employment Opportunities
 - Employment Development Coordinator
 - Administrative Assistant
 - ECE
 - PSW
- External Employment Opportunities
 - Roofing Laborer
 - Outreach and communications lead
 - Outreach and communications assistant
- Membership Additions
- Community Information

Membership Notice

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

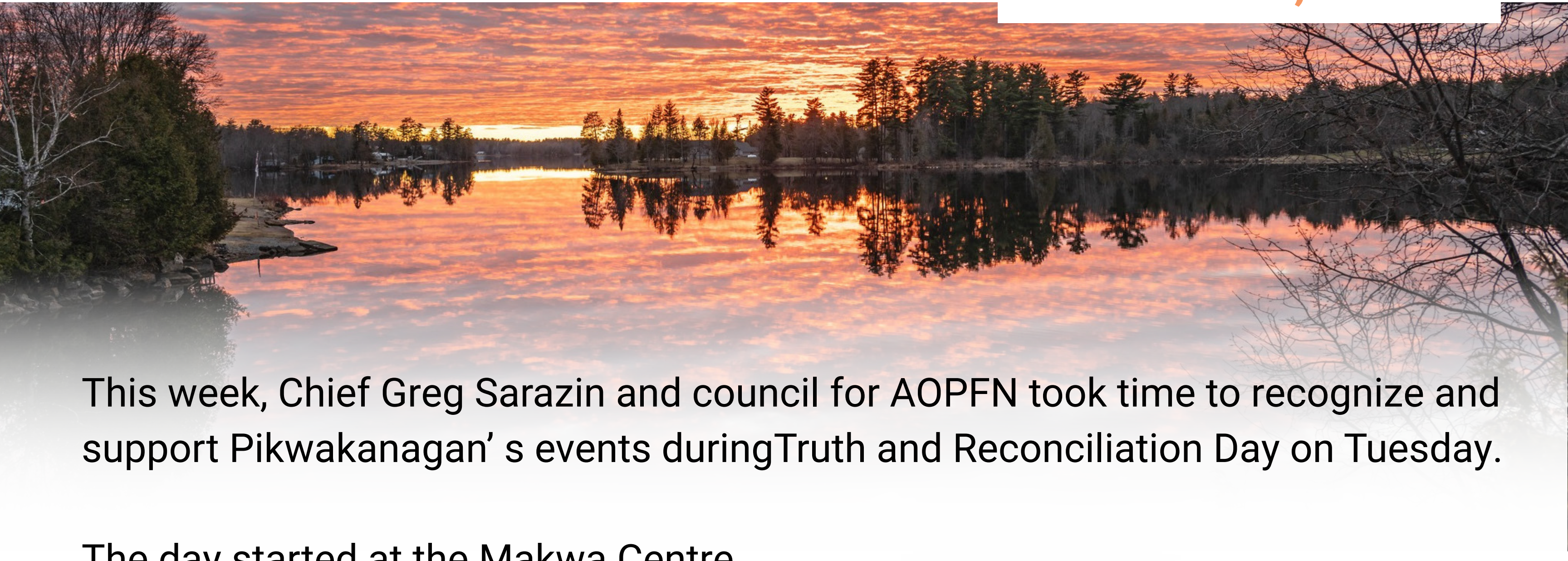
➤ Contact - Curtis Jahn at 613.625.2800 ext 231
Email - coordinator.lem@pikwakanagan.ca



***The
ADMINISTRATION
office will be closed
at 12:00 Friday Oct
10, 2025 and all day
Monday Oct 13,
2025***

CHIEF & COUNCIL UPDATE

October 3, 2025



This week, Chief Greg Sarazin and council for AOPFN took time to recognize and support Pikwakanagan's events during Truth and Reconciliation Day on Tuesday.

The day started at the Makwa Centre, where dozens wore their orange to join in for "A Walk to Remember". Hosted by **Sports and Rec**, the day featured a feast, a video featuring Shirly Commanda, a Residential School Survivor, and a walk down to Rocky Point where flowers were released into the water in memory of the children, and in honor of all Residential School survivors.



Following the walk, **Nigig Nibi Ki-win Gamik Society** also hosted an afternoon of healing at the cultural grounds, where Chief Greg Sarazin provided a welcome to all those in attendance.

"Today, as we come together, we must remember the truth of what our people experienced in those institutions. Our children were taken, their language and culture were denied, and many were left with deep scars—scars that affected not only them but generations that followed. These truths are painful, but they must be spoken, so the silence is broken, and healing can continue." -**Chief Greg Sarazin**

Upcoming Harvest Dates

Cow Moose Season

October 11, 2025 -
December 21, 2025

Bull Moose Season

October 11, 2025 -
January 15th, 2026

Calf Moose Season

October 11, 2025 -
January 15th, 2026



Bow Season Outside WMU 51 & 54

Cow - September 1, 2025 -
December 21, 2025

Bull - September 1, 2025 -
January 15, 2026

Calf Season September 1,
2025 - January 15, 2026

Deer Season

September 1, 2025 -
January 15, 2026

Elk Season

September 1, 2025 -
December 21, 2025

For additional information reach out to Natural Resources Department
613-625-2800 ext 249 field.admin@pikwakanagan.ca



AOPFN Limited Partnership

October 2025

To all AOPFN Band Members

Re: Kilby Property 12127 & 12239 Highway 60 (Farm and Beach Property)

The Kilby Farm and Beach Property was purchased in 2021 by 2480446 Ontario Inc., AOPFN's land holding corporation. **The property is managed by AOPFN Limited Partnership** for economic development purposes.

In the past, there has been confusion and misunderstanding regarding the usage of this property. Some band members have used the property without permission. A small number of individuals have also caused damage. Unauthorized use and damage create significant risks for AOPFN, including legal liabilities and increased insurance costs.

The Kilby Farm property is NOT a park or a campground. The property should be treated like any other part of our community that has been allocated to a specific purpose.

Unauthorized use of the property will not be tolerated.

The AOPFN Limited Partnership will notify the OPP of any unauthorized access or damage to the property.

Unauthorized use will result in **trespassing** charges. The OPP is prepared to press **more severe charges** if damage occurs.

The Kilby Farm and Beach Property needs to be maintained and protected for uses that benefit the community as a whole; it is not for individuals to use for their own entertainment.

Thanks for your cooperation. We wish you a happy and safe long weekend!

COMMUNITY HEALTH OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lunch and Learn #1 Breast & Cervical Cancer Screening Education at Elders Lodge 11am-2pm	2 Chair exercises at Manor 1:15pm-2:15pm	3	4
5	6	7 Chair exercises at Manor 1:15pm-2:15pm	8	9 Chair exercises at Manor 1:15pm-2:15pm	10 Health Center closed at 12:00pm 	11 
12 	13  HAPPY THANKS GIVING	14 Chair exercises at Manor 1:15pm-2:15pm	15	16 Chair exercises at Manor 1:15pm-2:15pm	17	18
19	20	21 Chair exercises at Manor 1:15pm-2:15pm	22 Community Nordic Fall Walk 1:15pm-2:15pm 	23 SENIORS ACTIVE LIVING FAIR AT MAKWA 1PM-6PM 	24	25
26	27	28 Chair exercises at Manor 1:15pm-2:15pm	29	30 Chair exercises at Manor 1:15pm-2:15pm	31	



OCTOBER 2025

Scan the QR code to sign up for prevention programs! ---->



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Family FACTS 5:00-6:00pm at the Bingo Hall	2 Tot FACTS 4:30-6:00pm at Nigig Building	3 BOO!	4
5	6 -Makwa Minis 10:00-11:30am at Nigig -Lunch time Yoga 12:00-1:00pm the Makwa at -Wellness 5:00-7:00pm at Nigig	-Guitar Lessons 3:00-8:00pm at Nigig Building -Caregivers Support Group 5:00-7:00pm at Nigig	8 Family FACTS 5:00-6:00pm at the Bingo Hall	9 Tot FACTS 4:30-6:00pm at Nigig Building	10 	11 
12	13 CLOSED	14 -Guitar Lessons 3:00-8:00pm at Nigig Building -Pet Therapy 5:00-7:00pm at Nigig	15 Family FACTS 5:00-6:00pm at the Bingo Hall	16 Tot FACTS 4:30-6:00pm at Nigig Building	17	18 
19 	20 Wisdom of the Heart 5:00-7:00pm at Nigig -Makwa Minis 10:00-11:30am at Nigig -Lunch time Yoga 12:00-1:00pm at the Makwa at	-Guitar Lessons 3:00-8:00pm at Nigig Building 21 -Caregivers Support Group 5:00-7:00pm at Nigig	22 Family FACTS 5:00-6:00pm at the Bingo Hall	23 Tot FACTS 4:30-6:00pm at Nigig Building	24	25
26	-Lunch time Yoga 12:00-1:00pm at the Makwa 27 -Teen Boys Wellness 5:00-7:00pm at Nigig	Guitar Lessons 28 3:00-8:00pm at Nigig Building	29 Family FACTS 5:00-6:00pm at the Bingo Hall	30 -Tot FACTS 4:30-6:00pm at Nigig Building -Strong Roots 6:00-7:00pm NIGIG -Makwa Haunted House 5pm - 8pm	31 Happy Halloween 	



NEYAGADA WĀBANDĀNGAKĪ

Culture Camp



Algonquins of Pikwakanagan
First Nation

NOTICE: DATE AND TIME CHANGE

OCTOBER 6 – OCTOBER 10



Day 1: Harvest Teaching

On the first day, we will tour the Community and learn about the traditional birch bark canoe making process. Although it is past the harvest season, a Knowledge Holder will explain how the materials are gathered.



Day 2-4: Birch Workshop

For 3 days, participants will work hands-on with birch bark, learning traditional techniques to craft meaningful items that reflect our connection to the land and water.



Day 5: First Paddle Ceremony

Last day of the camp is dedicated to the launching of the full-sized birch bark canoe built by the Neyagada Wābandāngak Guardians under the guidance of Crockett Sarazin, a ceremonial feast **ending at 12PM**

LIMITED SEATS
AVAILABLE RSVP BY
SEPTEMBER 19 EMAIL
BELOW



469 Kokomis Inamo - Guardian Trailer



(613) 401 - 5521



projectco.nwgp@pikwakanagan.ca





**Algonquins of Pikwakanagan
First Nation**

COMMUNITY MEETING

Join Chief and Council along with

The Emergency Response Control Group for an update on the

STATE OF EMERGENCY

WHEN

WEDNESDAY, OCTOBER 22, 2025

FROM 6 P.M. - 8 P.M.

WHERE

MAKWA COMMUNITY CENTRE

83 Kagagimin Inamo, Pikwakanagan

zoom

ID: 613 625 2800

Pass: Niganizi



Light Refreshments Provided



GET READY FOR THE

HAUNTED MAKWA

ENTER IF YOU DARE...

OCTOBER 30TH, 2025

5PM TO 8PM

 **Hall of Screams** – A spooky but kid-friendly walk-through experience for our little ghouls and goblins.

 **The Cursed Gymnasium** – For the brave and bold, enter if you dare ... Don't miss out on the scares, surprises, and Halloween fun for all ages!

 **At the Makwa Centre**

 **For more information, contact:** brighter.futures@pikwakanagan.ca



MAKWA CENTER



Algonquins of
Pikwakanagan
Health Services

WINTER WALKING PROGRAM

Beat the winter blues this year and keep moving with us!

*We're back for our second winter of the Walking Program! As the cold sets in, join Taylor and Darce indoors every **Wednesday from 1:15 pm–2:15 pm (starting late November through the end of winter)** for fun, movement, and motivation. **Start date TBD.***

Walk to music, set personal goals, and enjoy exciting incentives to help you stay on track. Along the way, we'll mix in other exercises and share tips from our Chronic Disease Management Nurse Taylor to support your health and wellness.

Stay warm, stay active, and let's have fun together this winter!

*Please contact Taylor if you are interested in joining us this winter season
613-625-2259 ext 209*



TWICE WEEKLY LOW IMPACT CHAIR EXERCISES

Tuesdays 1:15pm-2:15pm
Thursdays 1:15pm-2:15pm

In the common room of
Tennisco Manor



**JOIN ONE OF OUR HEART
WISE FITNESS PROGRAMS
WITH OUR CHRONIC
DISEASE MANAGEMENT
NURSE / SENIORS FITNESS
INSTRUCTOR TAYLOR**

AND FITNESS COORDINATOR DARCE



Come move with us! Our Chair Exercise sessions are fun, flexible, and great for all levels. You can stay seated or stand if you prefer as we follow along with safe and easy YouTube workouts. Try out a mix of yoga, Pilates, strength, balance, coordination and yes, even some cardio!

Contact: Taylor at Health Services
613-625-2259 ext 209



Youth Art Contest

AGES 21 AND UNDER

ART PROMPTS

What does community mean to you?
What makes you feel happy? A place
that feels special to you.

ENTRY DEADLINE

October 15 2025 at 12:00pm

Text your artwork to **250 999 1745** with your name, age,
and a brief description of your art!

GRAND PRIZE

\$100

TWO \$50 PRIZES

FOUR \$25 PRIZES



**33100 HWY
41, Eganville**

LEKBOR Manor Haunted Walk

October 17th- 7-9pm

October 18th- 3-5 pm (kid haunt) & 7-9pm

October 24- 7-9pm

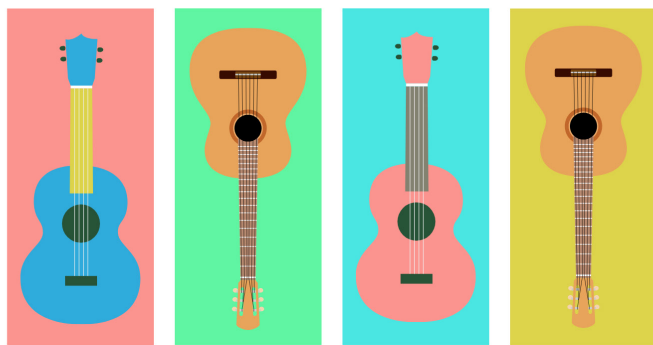
October 25- 3-5pm (kid haunt) & 7-9pm

HALLOWEEN NIGHT October 31st 7-9pm

Free Hotdogs and water during the kid haunt.

Donations greatly appreciated.

Once again we will be supporting the local youth program.



GUITAR LESSONS!

30 MINUTE
LESSONS

FACILITATED BY
DAN DUBEAU

ACCOUSTIC
LEAD
BASS

STARTS: TUESDAY AFTERNOONS

FIRST SESSION STARTS AT 3:00 PM SEPTEMBER 16TH

LOCATION: NIGIG NIBI KI-WIN – DOWNSTAIRS LEVEL

DURATION: 9-WEEK SESSION (WEEKLY LESSONS)

GROUP OR INDIVIDUAL LESSONS AVAILABLE

\$ NOTE: 9-WEEK COMMITMENT REQUIRED

CANCELLATION FEES APPLY



OPEN TO CHILDREN & ADULTS

LIMITED AVAILABILITY PLEASE CONTACT

BHUNT@NIGIGNIBI.COM



MAKWA MINI'S

Play Circle

A welcoming space for caregivers and their little ones (ages 0–2) to connect, share, and play together. This circle is about building community while our children explore and grow in a safe environment.

Nigig Nibi Ki-win (Upstairs level)

10:00 AM - 11:30 AM

- **October 20th**
- **November 3rd**
- **November 17th**
- **December 1st**
- **December 15th**

**To register, scan the QR code or email
Preventionprograms@nigignibi.com**



NIGIG NIBI KI-WIN

“STRONG ROOTS”

PARENTING SKILLS &
WELLNESS PROGRAM



A SUPPORTIVE ENVIRONMENT FOR
PARENTS AND CAREGIVERS TO GAIN
KNOWLEDGE, STRENGTHEN FAMILY
DYNAMICS AND IMPROVE OVERALL
WELL-BEING.



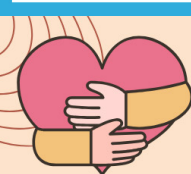
**Nigig Nibi Ki-win Gamik
(1467 Mishomis Inamo)**

Time: 6:00pm - 7:00pm

October 30th and November 27th

To register, Scan the QR code or contact

preventionprograms@nigignibi.com



Caregiver Support Program

The Caregiver Support Program is here to recognize and uplift the incredible caregivers in our community who open their hearts and homes to children and babies. This program offers a safe and supportive space to connect, share, and heal together.

Oct 7th, Oct 21st, Nov 25th, Dec 9th 5:00 pm-7:00 pm at Nigig.

Caregivers can take part in:

- Sharing circles & community connection**
- Cultural teachings, medicines, and healing practices**
- Supports as needed**
- Grocery and meal supports**
- Access to resources and wellness tools**

This program is designed to bring comfort, encouragement, and relief so caregivers feel seen, valued, and supported by their community.

Contact: scan QR code or email preventionprograms@nigignibi.com for registration!

HAPPY TAILS HEALING

NIGIG NIBI KI-WIN IS EXCITED TO ANNOUNCE PARTNERSHIP WITH ST. JOHNS
AMBULANCE THERAPY DOGS OF RENFREW COUNTY!

JOIN ROBERT AND HIS DOG MAGGIE FOR A EVENING OF COMFORT,
CONNECTION AND WAGGING TAILS.



DATES:
TUESDAY, SEPTEMBER 16TH
TUESDAY, OCTOBER 14TH
TUESDAY NOVEMBER 4TH
TUESDAY, DECEMBER 16TH



TIME: 5:00 PM – 7:00 PM
LOCATION: NIGIG NIBI KI-WIN, MAIN LEVEL

 A MEAL WILL BE PROVIDED!

SPACES ARE LIMITED, CONTACT RALLARD@NIGIGNIBI.COM FOR
REGISTRATION

COME EXPERIENCE THE JOY AND HEALING POWER OF OUR FURRY FRIENDS,
YOUR TAIL-WAGGING THERAPY AWAITS! 🐾💕



WISDOM OF THE HEART CIRCLE

*A gathering for youth girls and their male caregivers, guided by
Anishinaabe values*

September 29th - October 20th - November 17th

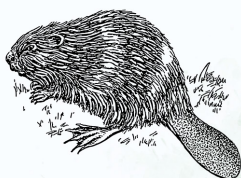
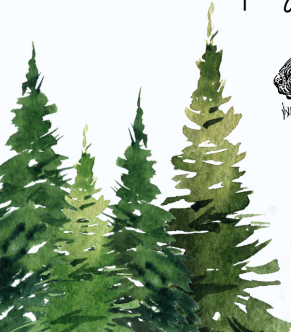
At Nigig Nibi Ki-win

5:00PM - 5:30PM - Shared Meal

5:30PM - 7:00PM - Circle & Teachings

Facilitated by Elder Francis Sarazin

*All youth girls and their male caregivers are welcome
walking together in a good way.*



For registration or for more information
contact:

preventionprograms@nigignibi.com

Family Facts Nights

Join us every Wednesday
starting October 1st 2025
from 5–6 PM at the
Pikwakanagan Bingo Hall
Enjoy a warm, fresh meal
together and take home
groceries for your family.

To register or for more information please
call 613-625-2173, scan the QR code or
contact:
preventionprograms@nigignibi.com

MIDDAY YOGA



BREATHE*STRETCH*RESTORE

JOIN US FOR A SOOTHING
MIDDAY YOGA SESSION
DESIGNED TO HELP YOU RELEASE
TENSION, QUIET THE MIND, AND
RETURN TO YOUR DAY
REFRESHED.
BEGINNER FRIENDLY
ALL LEVELS WELCOME.

MONDAYS IN OCTOBER
6TH, 20TH, 27TH
12:00-1:00PM

MAKWA CENTRE

PREVENTIONPROGRAMS@NIGIGNIBI.COM
613-625-2173

RENFREW COUNTY LEGAL CLINIC IS ATTENDING AOPF



RENFREW COUNTY
LEGAL CLINIC

What the RCLC can assist with:

- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)
- Housing Law (for tenants only)
- Canada Pension Plan
- Workplace Safety and Insurance Board (WSIB)
- Human Rights
- Employment Law (non-union matters)
- Debt and Collection Agencies
- Services for Victims of Crime
- Seniors Law
- Sexual Harassment in the Workplace

THINGS TO KNOW:

- Renfrew County Legal Clinic will be attending the Health Services Building once a month to offer free legal advice and support.
- No appointment needed.
- First come, first serve basis.

THE RENFREW COUNTY LEGAL CLINIC WILL BE HERE:

September 16, 2025 2:30-4:30

Please stay tuned for more dates.

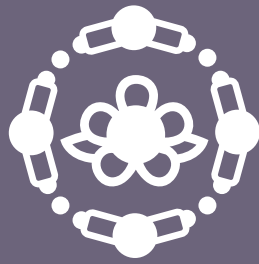
FOR MORE INFORMATION CALL
EMMA; THE RESTORATIVE
JUSTICE WORKER AT AOPFN

(613) 625-2259 Ext 245



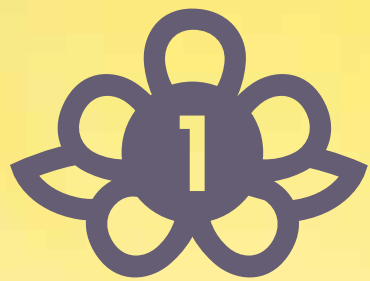
1643 Mishomis Inamo,
Pikakanagan, ON





First Nations Child and Family Services and Jordan's Principle Settlement

The Claims Period is now open.



**Removed
Child Class**



**Removed Child
Family Class**



Learn more at
www.FNChildClaims.ca

Free mental health and wellness support:
1-855-242-3310 • www.HopeForWellness.ca Kids
Help Phone • 1-800-668-6868 • text 686868



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



613.312.9598 / 613.312.9872

Clear, Dig, Build... Experience the Difference!

Lot Clearing / Prep Pads & Foundations
Trenching / Drainage Driveways
Sand, Gravel, Topsoil Tree / Brush Removal
Licensed Septic System Installs

Cheryl Kelly, Owner



BINGO HALL RENTAL

EMAIL KAREN BRETHOUR AT
EA.LP@PIKWAKANAGAN.CA

OR

CALL KAREN AT AOPFN LIMITED PARTNERSHIP TO
ARRANGE BINGO HALL RENTALS
613-625-1551 EXT:1

PLEASE LEAVE A MESSAGE IF YOU REACH VOICEMAIL
SO WE CAN RETURN YOUR CALL IN A TIMELY MANNER

**KEYS WILL BE AVAILABLE FOR PICK UP 8:30-12:00 &
1:00 - 3:00**

RENFREW COUNTY LEGAL CLINIC IS ATTENDING AOPFN!



RENFREW COUNTY
LEGAL CLINIC

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FOR MORE INFORMATION CALL
EMMA; THE RESTORATIVE
JUSTICE WORKER AT AOPFN

(613) 625-2259 Ext 245

1643 Mishomis Inamo,
Pikakanagan, ON

Youth Basket Ball

with Coach Garry
Benoit

Tuesday Evenings
Sept 2 - Oct 7

Ages 11-17

Makwa Centre

6PM-9PM

A Community
Wellness Initiative



AOPFN Limited Partnership

AOPFN Members Training Preference Survey:

Full Name:	
Email Address:	
Phone Number:	

Please check all areas that apply to your training interests:

Category	Check
Leadership Development	☐
Cultural Heritage and Language	☐
Entrepreneurship and Business Skills	☐
Health and Wellness Programs	☐
Environmental Sustainability	☐
Technology and Digital Skills	☐
Construction/Electrician/Plumbing	☐
Other Trades	☐
EXCEL and Microsoft Office	☐
Other	☐

Check all Training Formats You Prefer:

Category	Check
In-Person Workshops	☐
Online Webinars	☐
Self-Paced Online Courses	☐
Mentorship Programs	☐
Community Events	☐

Would you like to participate in future surveys?

Category	Check
☐ YES	☐ NO

To submit electronically please use this link: <https://form.jotform.com/252505296170051>
To submit by email: bdo@pikwakanagan.ca or procurement.officer@pikwakanagan.ca Or
paper copy submissions available at the AOPFN LP Office Unit 3-469 Kokomis Inamo

HIGHLIGHTS FROM COMMUNITY HEALTHS RECENT LUNCH & LEARNS!



We've had some great conversations around health these past months!

Last month, we gathered to talk about women's heart health with guest speaker Marion Martell from The Canadian Women's Heart Health Alliance.

This month, we welcomed an amazing team from The Ottawa Hospital Indigenous Cancer Care Unit and Lisa Beedie the Lead for Indigenous Health from Ontario Health for the first of two sessions.

In recognition of Breast Cancer Awareness Month we discussed breast and cervical cancer screening on Oct 1st.

Do you know the current guidelines for when to get these screenings done? Check them out here: www.cancercareontario.ca

And there's more to come! The Ottawa Hospital team will be back on Friday, November 28th for another Lunch & Learn, this time diving into colon and lung cancer, plus offering free screenings with an onsite Nurse Practitioner!

Don't miss this chance to learn, connect, and take charge of your health!

To register: contact our Chronic Disease Management Nurse Taylor at 613-625-2259 ext 209



50+ ACTIVE



LIVING

FAIR

DATE
23.10.2025



**THURS. OCTOBER 23
FROM 1 PM - 6 PM**

 **AT THE MAKWA CENTRE**

**REGISTER IN ADVANCE FOR YOUR CHANCE
TO WIN A DOOR PRIZE - 613-625-2259 EXT.
241 OR HCC@PIKWAKANAGAN.CA**

EVENT HIGHLIGHTS:

- HEALTHY DINNER
- GUEST SPEAKERS
- ACTIVE LIVING DEMONSTRATIONS
- PRIZES AND GIFT BAGS



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Algonquins of
Pikwakanagan
Health Services

Valvular Heart Disease Screening Day

Date: Wednesday November 19th

Location: Health Services

Valvular heart diseases are dysfunctions of the “doors” that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada. Heart valve problems are often undetected, and late detection may have severe consequences.

The University of Ottawa's Heart Institute mobile screening program offers early detection, diagnosis and treatment.

We are seeking community members and staff 50+ who have not yet had this screening done and who currently do not have any know heart disease



Your 30-to-60-minute appointment involves:

- a mini ultrasound of your heart
- questioning, measurements, and rapid finger poke blood tests to evaluate your cardiovascular risk factors
- A cardiologist will review the results and recommendations will be provided at the end of your visit.



Sign Up



If interested Call 613-625-2259 ext. 209 to talk to our Chronic Disease Management Nurse Taylor to fill out an eligibility form and get signed up!

THE OTTAWA HOSPITAL INDIGENOUS CANCER UNIT LUNCH AND LEARN SERIES

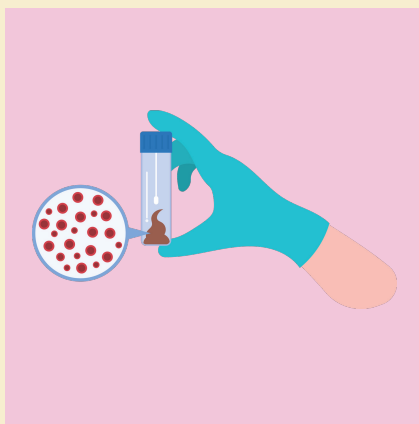
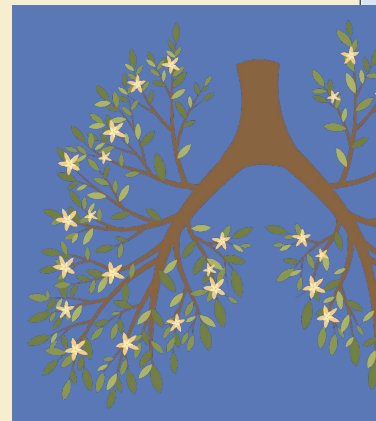
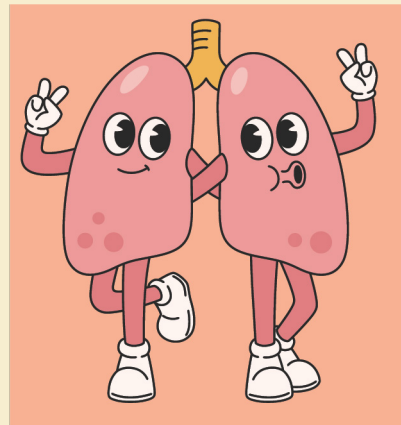
Join us for a community Lunch & Learn with professionals from the Ottawa Hospital Indigenous Cancer Unit to share the latest information on lung cancer and colon cancer screenings. Risk Assessment Screening Available!

Where: The Elders Lodge

Date: Friday Nov 28th, 2025

Time: 11:00am-2:00pm

Register: Call our Chronic Disease Management Nurse Taylor at Health Services 613-625-2259 ext 209 to sign up



**Lunch and Beverages
provided for those who
attend!**



The Ottawa
Hospital

L'Hôpital
d'Ottawa



Algonquins of
Pikwakanagan
Health Services

Community Fall Nordic Walk

Wednesday, October 22nd 1pm-2pm



We invite everyone who already has a pair of Nordic walking poles from last year to dust them off and come join our Chronic Disease Management Nurse Taylor and Fitness Coordinator Darce for a guided fall Nordic Walk! If you're new and interested in learning, we'll provide you with your own pair of poles to use during the walk and keep for future outings!

Nordic walking is more than just a stroll — it's a fun, low-impact, and heart-healthy activity. According to the Ottawa Heart Institute, here are some benefits and fun facts about Nordic walking:

- Engages 90% of your muscles — compared to just 50% when walking without poles.
- Burns up to 20% more calories than regular walking, making it an excellent way to boost fitness.
- Reduces pressure on hips and knees by sharing weight with the poles, making it easier for those with arthritis or joint pain.
- Improves posture and balance, which is especially helpful for older adults or those with chronic conditions.
- Enhances cardiovascular health by turning walking into a whole-body aerobic workout.

Come walk with us, enjoy the crisp fall air, and experience how Nordic walking can support your health and wellbeing! Please let Taylor know if you will be joining and to get the location details 613-625-2259 ext 209



Cancer screening is about helping you live a good life

Cancer screening is testing done on people who have no symptoms and generally feel fine, but are at risk of getting cancer. Regular screening is important because it can find some cancers or pre-cancers early when treatment has a better chance of working.

Four organized cancer screening programs are offered to eligible people in Ontario.

BREAST Mammogram



Women* 40 to 74 years old who are eligible

If you think you may be high risk for breast cancer and are 30 to 69 years old, talk to your health care provider.

Every 2 years for most

*Breast cancer screening is recommended for women, Two-Spirit people, trans people and nonbinary people ages 40 to 74 who are eligible for screening through the Ontario Breast Screening Program (OBSP).



COLON Fecal Immunochemical Test (FIT)

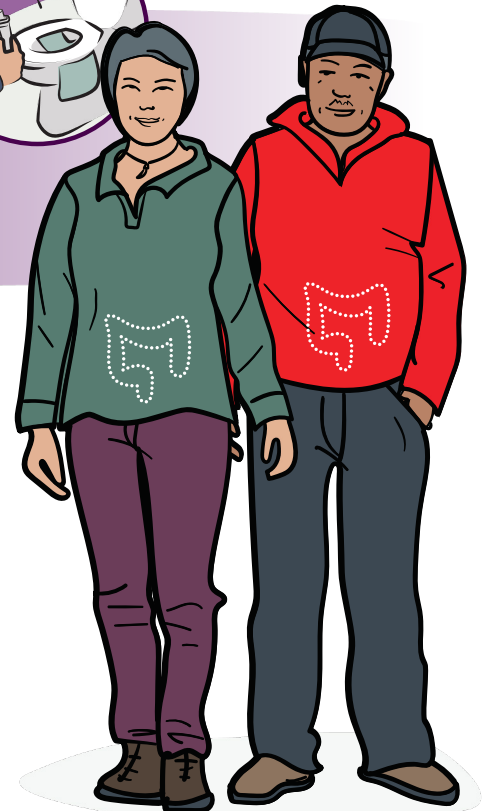


People 50 to 74 years old who are eligible

If you have a parent, sibling or child who was diagnosed with colon cancer, please contact your health care provider to see if you should be screened with a different test.

Every 2 years for most

Test can be done at home.



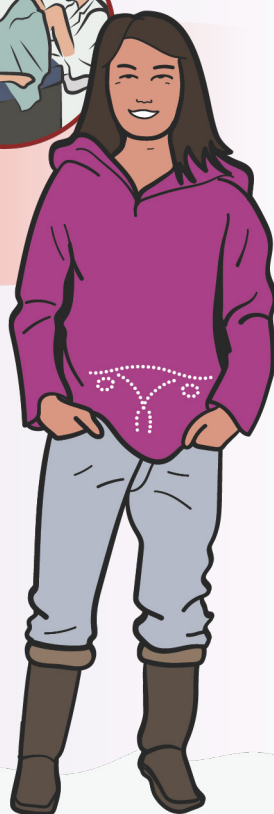
CERVICAL Cervical Screening Test



Women* 25 to 70 years old who are eligible

Every 5 years for most

*Cervical screening is recommended for eligible women, Two-Spirit people, transmasculine people and nonbinary people with a cervix.



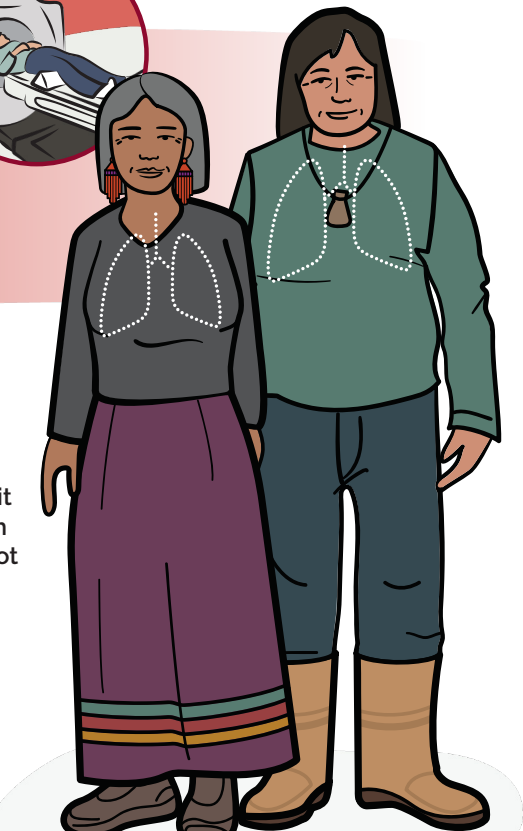
LUNG Low-Dose Computed Tomography (LDCT)



People 55 to 80 years old who are eligible

If you are age 55 to 80 and have smoked cigarettes every day for at least 20 years — it does not have to be 20 years in a row, which means there could be times when you did not smoke — talk to your health care provider about being referred to an Ontario Lung Screening Program (OLSP) location, or contact an OLSP location directly.

Every year for most



The screening tests are free for eligible people in Ontario. Make sure your Ontario Health Insurance Plan (OHIP) card is up to date. You might get a letter from Ontario Health (Cancer Care Ontario) asking you to get screened for cancer. These letters are part of Ontario's cancer screening programs.

Please contact your health care provider to learn more about your screening options. If you do not have a health care provider visit: iphcc.ca

For more information about cancer screening, visit: cancercareontario.ca/getchecked

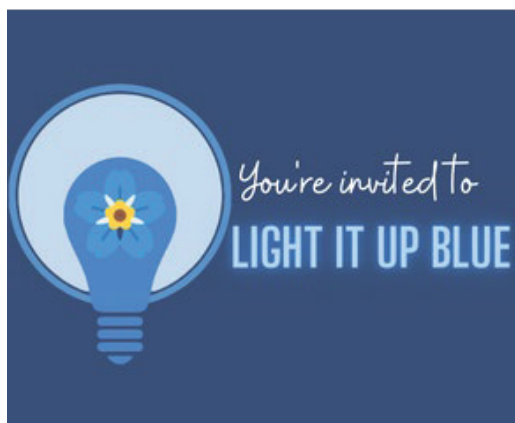
Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca

Document disponible en français en contactant info@ontariohealth.ca

Production of this resource has been made possible through collaboration and financial support from the Canadian Partnership Against Cancer Corporation and Health Canada. The views expressed herein do not necessarily represent the views of Health Canada or the Canadian Partnership Against Cancer.



Ontario Health
Cancer Care Ontario



SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH IF I WERE TOM

<https://ifiweretom.ca>

IF I WERE TOM is a website that gets you started down that path for preparing for prostate cancer. There are videos on this website that cover different aspects of the process from the beginning with the diagnosis. After watching each video you'll see relatable steps with what to do. Are you still trying to figure out what to do?

What will your next steps be? Tom is dealing with prostate cancer for the first time. The waiting. The treatments. The side effects. What would you do in his place?

In Canada, 1 in 8 men are diagnosed with prostate cancer. But the good news is that nearly 100% of men are alive five years after their prostate cancer diagnosis. By doing your research, building a plan, and sticking to it, your odds get even better.

It's always important to make an informed decision when dealing with your health. But it's even more important when you're dealing with prostate cancer. If I Were Tom is an interactive website that will take you through Tom's journey with prostate cancer to help you make decisions on yours.

Review your treatment options through expert videos and tips. Understand the side effects and impacts on your quality of life before you make your decision. And learn what you can do to improve your quality of life with, and after, cancer, sources and tips that will help you choose your next steps.

Prostate cancer grows slowly when it's confined to the prostate. You usually have time to understand whether you're a better candidate for active surveillance, surgery, or radiation. If you're in advanced stages, you'll need to make decisions about hormone therapy, chemotherapy, and other treatment options.

Historically, blue has been associated with men, which aligns with prostate cancer primarily affecting males; it embodies hope, compassion, and unity in the face of the most prevalent cancer in men. Blue represents the empowerment and solidarity of the patients, partners, and loved ones affected by prostate cancer, and the commitment of our community to providing support.

We're here to raise awareness about the most common cancer in men **by lighting Canada in blue** all September long.

chr@pikwakanagan.ca

Supporting First Nations Children

Meet Your Jordan's Principle Navigator

Hello, my name is Pamela Scheel, and I am the Jordan's Principle Navigator for the Algonquins of Pikwakanagan First Nation, currently working within Health Services. Since 2024, I have been dedicated to supporting children and families in the community by helping them access essential services and funding through Jordan's Principle.

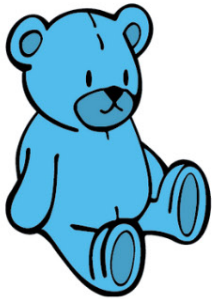


How I Can Help

- ✓ Assist with individual and family requests
- ✓ Follow up on existing applications
- ✓ Coordinate supports and services
- ✓ Help with the appeals process



What Is Jordan's Principle?



Jordan's Principle ensures First Nations children 0-17 can access public services when they need them. Requests must be linked to a health, education, or social need and are reviewed on a case-by-case basis.

Examples of Possible Supports

- 🏥 Health Supports: Medical supplies, dental, and vision care
- 📖 Education Supports: Psychological assessments, tutoring, assistive technology
- 🏠 Social Supports: Cultural activities, daily living needs (clothing, food, hygiene)
- 💚 Mental Health Supports: Counseling, respite support, behavioral guidance
- 🧸 Specialized Equipment & Sensory Items: Weighted blankets, noise-cancelling headphones
- 🧑‍🔬 Therapy Supports: Occupational, physical, speech therapy

If you have or know a child who needs support, please don't hesitate to contact me.



612-625-2259 ext. 233



jpnnav1@pikwakanagan.ca

Addiction Resources

Addiction Counselors:

Gillain McKday
&
Sabrina Laframboise

613-625-2259

After Hours:
Drug Alcohol,
Gambling Hotline

1-866-531-2600

After Hours
National Overdose
Prevention Line:

1-888-688-6677

Renfrew County
Community
Withdrawal
Management

613-432-7620

Medical & Food bank 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
Health Services)

613-625-2259

Pikwakanagan Drug Tip Line

OPP Community Street Crime Unity 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 Crime Stoppers 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



INTERIOR SYSTEMS CARPENTRY JOB READINESS PROGRAM FOR INDIGENOUS PEOPLE

START DATE:

OCT. 27TH
MONDAY
8 WEEK PROGRAM

1-4TH week: Learn theory & Practical Skills

5-8TH week: Job Placement

Application Deadline:
Tuesday, September 30th

DRYWALL

FRAMING

SAFETY CERTIFICATIONS

+ MUCH MORE



TO APPLY:

Contact **Ross Holden** at
Mobile Resources Group

• (613) 276-8375

•

ross.holden@mobileresources.ca

📷 @local_2041

f Carpenters' Union Local 2041



**\$800/WEEK
COMPENSATION**

**PPE & MILWAUKEE
TOOLS PROVIDED**

This Employment Ontario Program is
funded in part by the Government of
Canada and the Government of Ontario.

Canada

EMPLOYMENT
ONTARIO

Ontario



AOPFN EMPLOYMENT OPPORTUNITY

Employment Development Coordinator

Department: Human Resources

Supervisor: Manager, Human Resources

\$47,320 - \$56,429 annually/ based on experience/ education 35 hour/week - 1 yr Contract - Possibility of Permanency Deadline to

Apply: Friday, October 10, 2025 at 4:00PM

The Employment Development Coordinator supports and manages employment development initiatives for Algonquins of Pikwakanagan First Nation members. They plan, organize, and coordinate programs and services, provide guidance to maximize employment opportunities, and assist HR by delivering and coordinating staff training.

DUTIES AND RESPONSIBILITIES:

- Assist and support clients in the application process for Kagita Mikam.
- Keep up-to-date and knowledgeable of trends, activity, potential employment opportunities for new initiatives.
- Use all forms of communication to actively promote job opportunities and maintain the temporary help lists.
- Coordinate and develop summer student employment and youth work experience programs (including applications for funding and final reports)
- Conduct client assessments to match their skills and interests to appropriate training programs and employment opportunities.
- Assist and coordinate with AOPFN projects such as Career Fairs, Trade Forum, Open House, etc.
- Encourage community groups, organizations, and programs to create placements that will permit participants to gain practical work experience.
- Assist clients in resume writing, cover letter preparation, and interview preparation.
- Collaborating with Education Services for training programs for Adult Learning, Skilled Trades, and other opportunities for students, continued learning, licenses, etc.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Post Secondary certificate or diploma related to Career Development, Administrative Support, Business or Human Resources;
- Secondary School Diploma with 2 years current work experience in training and development, administration or human resource support.

CONDITIONS OF EMPLOYMENT:

- An acceptable Criminal Records Check
- Willing to attend Cultural Awareness Training, Mental Health First Aid, Effective Business Writing and Communication with Tact and Professionalism.

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, K0J 1X0

hr@pikwakanagan.ca

Subject Line: Employment Development 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

Employee Benefits:

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

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 - Communications

Department: Consultation

Supervisor: Consultation Manager

\$47,320.00 - \$52,232.00 annual/ Permanent Full-Time

Deadline to Apply: Friday, October 10, 2025 at 4:00PM

Under the direction of the Communications Specialist, the Administrative Assistant provides administrative services in support of the Algonquins of Pikwakanagan First Nation's Consultation and Engagement Process within Pikwakanagan and throughout the unceded Algonquin Traditional Territory. Provides administrative support in the areas of consultation, engagement, new and existing initiatives, programs and services that enhance and benefit the Algonquins of Pikwakanagan First Nation.

DUTIES AND RESPONSIBILITIES:

1. Administrative Support

- Completes all assigned administrative tasks i.e. correspondence, filing systems, bring forward systems, preparing financial and narrative reports, letters, briefing notes, proposals, presentations, news copy, communiques, databases, etc., and arranges as to format.
- Coordinates and attends meetings (virtual, in person, community, committee, team); records and transcribes meeting notes and minutes; ensures conciseness of information; disseminates information to ensure direction is received in a timely fashion.
- Monitors and responds to emails from archaeological firms, proponents, or consultants and provide information related to monitoring of projects.
- Coordinates, organizes, arranges, and confirms logistics for field work and reviews reports from field work and returns comments to proponents in a timely fashion
- Track and document field work through timesheets and tracking documents.
- Tracking established milestones and deliverables of projects
- Organize and review (or arrange review for) reports from field work and return comments to proponents before deadlines.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Grade 12 Diploma with at least one year of work experience in the administrative field including reception services or 3 years experience in a related field with willingness to obtain further education;
- Computer experience that includes internet and software applications such as MS Word, Excel, Publisher, and Outlook.

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, K0J 1X0

hr@pikwakanagan.ca

Subject Line: Administrative Assistant - Communication

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

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

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

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

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

What Algonquins of Pikwakanagan First Nation Offers

Employee Benefits:

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

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AOPFN EMPLOYMENT OPPORTUNITY

Education Liaison

Department: Education

Supervisor: Manager, Education

\$37,698.75 - \$41,613.75 annually/ based on experience/ education

25 hour/week - 45 weeks/ year

Part-time, Permanent - Seasonal

Deadline to Apply: Friday, October 17th, 2025 at 4:00PM

The Education Liaison will provide individualized assistance and inter-system coordination to students and families to develop positive communication and improved educational opportunities/outcomes for students while ensuring students have access and exposure to their culture.

DUTIES AND RESPONSIBILITIES:

1. Service Delivery

- Acts as first point of contact to receive students.
- Acts as a mentor and an advisor and playing an essential role as an advocate for each learner with teachers, other school staff, families, community resources etc.
- Works with a range of stakeholders to support learning and engagement with culturally responsive approaches, activities, and events.
- Develops plans during breaks in regular programming for participating students, whenever needed.
- Supervises students as needed and assists and maintains proper order and discipline.
- Tracks and monitors academic achievement and well-being (i.e., engagement in school activities, attendance, credit accumulation, suspension/expulsion).

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Post Secondary Diploma in Indigenous Studies or in a related field such as Child and Youth Worker with a minimum of one year experience performing advocacy/liaison in a variety of educational systems, childcare centres, child welfare organizations, preferably in a First Nation community OR;
- Secondary School Diploma with relevant training/certificates and a minimum three-year work experience performing advocacy/liaison in a variety of educational systems, childcare centres, child welfare organizations, preferably in a First Nation

CONDITIONS OF EMPLOYMENT

- Current acceptable Vulnerable Sector Check
- Current and up-to-date immunization record.
- 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, K0J 1X0

hr@pikwakanagan.ca

Subject Line: Education Liaison

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

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

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

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

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

What Algonquins of Pikwakanagan First Nation Offers

Employee Benefits:

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

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.

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AOPFN EMPLOYMENT OPPORTUNITY

Early Childhood Educator

Department: Mindiwin Manido Day Care

Supervisor: Daycare Supervisor

\$49,628/ annually - 40 hours a week - Full -Time Permanent Deadline to Apply: **Posting will continue until roles are filled.**

The Early Childhood Educator is responsible for the overall daily supervision, monitoring, care and nurturing of children enrolled in the Mindiwin Manido Day Care programs; The Early Childhood Educator is responsible for the delivering of a children's educational and developmental program that encompasses a wholistic and interdisciplinary team approach. The Early Childhood Educator will interact and communicate with parents/guardians for the overall benefit for the child and/or children.

- Assists children with nutritional and personal care needs including but not limited to toilet, diapering
- Procedures, personal hygiene and medical.
- Interacts with children and builds positive relationships.
- Ensures an inclusive environment for all children.
- Assists with the development, implementation, evaluation and modification of a children's educational and cultural program.
- Provide activities and opportunities i.e. learning through play that encourage curiosity, exploration, and problem-solving appropriate to the development levels of the children.
- Creates an environment conducive to the learning of Algonquin culture and language development and appropriate to the physical, social, intellectual, and emotional development of the children.
- Observes, guides and facilitates the development and positive behaviour of children.
- Use and promote active listening skills.
- Assist with the development, implementation, evaluation and modification of individual educational and developmental plans (IEDP);
- Maintains daily journals and/or portfolios of each Childs' progress, including samples of their artwork, writing, etc

For full Job Description please email hrassistant@pikwakanagan.ca

REQUIREMENETS:

- Successful completion of Post Secondary Education diploma in Early Childhood Education
- 1-year experience working in a licensed child care group setting as an Early Childhood Educator.
- Registered and in "good standing" with the College of Childhood Educators of Ontario (CECE)

CONDITIONS OF EMPLOYMENT:

- An acceptable Criminal Records Check and Vulnerable Sector Check; annually.
- Certificate of medical health by a physician and complete record of immunization; annually.
- Current First Aid and CPR "Level C" AED certification; annually
- In professional 'Good Standing' with the College of Early Childhood Educators, on an ongoing basis.
- Maintain 'Registration' with the College of Early Childhood Educators on an annual basis.

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, K0J 1X0

hr@pikwakanagan.ca

Subject Line: Early Childhood Educator

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

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

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

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

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

What Algonquins of Pikwakanagan First Nation Offers

Employee Benefits:

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

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AOPFN EMPLOYMENT OPPORTUNITY

Personal Support Workers & Homemakers

Department: Health Services

Supervisor: Client Care Coordinator

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

HOMEMAKER: \$20.00 hourly/ Casual

Deadline to Apply: Until positions are filled.

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

DUTIES AND RESPONSIBILITIES:

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

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Demonstrated good written communication skills.
- Possess certification as a Personal Support Worker(asset)
- or Health Care Aid with at least one 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 Aide and CPR Certification or willingness to complete within 3 months of employment
- Cultural awareness training or willingness to complete withing 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, K0J 1X0

hr@pikwakanagan.ca

Subject Line: Personal Support Worker or Homemaker

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.

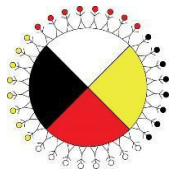
What Algonquins of Pikwakanagan First Nation Offers

Employee Benefits:

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

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ENAGB Indigenous Youth Agency

Eshkiniigjik Naandwechigegamig, Aabiish Gaa Binjibaaying, A Place for Healing Our Youth, Where Did We Come From

(4) BOARD MEMBER CALL OUT

These positions are open to those that are indigenous living in the province of Ontario and a youth between the ages of 18-29 yrs

The "Eshkiniigjik Naandwechigegamig - A Place for Healing Our Youth" – "Aabiish Gaa Binjibaaying – Where Did We Come From?" – ENAGB Indigenous Youth Agency is not-for-profit charitable organization in Toronto committed to providing programming and services to Indigenous youth in North America. We do this to support young people in becoming responsible, participating citizens leading our Indigenous communities.

We are currently seeking for a (4) committed youth volunteers with a range of skills for a position on the ENAGB Indigenous Youth Agency, Board of Directors.

We are looking for individuals who are passionate about our mission and vision for the youth (see www.enagb-iy.ca). We need a collaborative and a committed team players to participate as a director, including the possibility of a sub-committees related to our activities and growth.

In addition to those qualities, we are looking for those with specific knowledge and experience in any of the following areas:

- Programming for youth
- Mental Health, substance misuse & harm reduction
- 2-Spirit & LGBTQ+ programming
- Culture and language of the Inuit, Metis and/or First Nations
- Recreation
- Homelessness
- Child development
- Lived or living the experience of homelessness, and/or substance misuse
- Fundraising
- Finance
- Information Technology
- Government Relations

At minimum, the Board meets twelve times a year with online meetings and may meet in person from time to time.

If you have a genuine interest in supporting and mentoring young people, we invite you to apply for this exciting opportunity. To apply, please submit your letter of interest by October 6, 2025, 4 p.m. to president@enagb-iy.ca



ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
Reynolds, Caitlyn	Pisandawatch	17 Apr 25	17 Oct 25
Minnie, Robert	Lavallee	17 Apr 25	17 Oct 25
Sherbert, Talen	Sharbot	17 Apr 25	17 Oct 25
Snippe, Mackenzie	Lavallee	23 Apr 25	23 Oct 25
Cordone, Benjamin	Tenascon	23 Apr 25	23 Oct 25
Lamure, Sierra	Commandant/Lamure	01 May 25	01 Nov 25
Lamure, Raymi	Commandant/Lamure	01 May 25	01 Nov 25
Lamour, Cameron	Sharbot	01 May 25	01 Nov 25
Sherbert, Ocean	Sharbot	09 May 26	09 Nov 25
Sherbert, Tristin	Sharbot	09 May 26	09 Nov 25
Sherbert, Kane	Sharbot	09 May 25	09 Nov 25
Lamure, Benjamin	Lamure	12 May 25	12 Nov 25
Chehade-Sherbert, Elijah	Sharbot	12 May 25	12 Nov 25
Kapitanchunk, Walker	Protected	14 May 25	14 Nov 25
Switzer, Lakota	Lavallee	15 May 25	15 Nov 25
Swan, Madeline	Benoit/Baptist	21 May 25	21 Nov 25
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-Donvan, Katlyn	Baptiste	13 Aug 25	13 Feb 26
Gorgichuck, Keanna	Baptiste/Benoit	14 Aug 25	14 Feb 26
Faulkner, William	Sarrazin	14 Aug 25	14 Feb 26
Gorgichuck, Kassidy	Baptiste/Benoit	22 Aug 25	22 Feb 26
McEwen, Earleen	Baptist/Benoit	22 Aug 25	22 Feb 26
Pascoe, Logan	Sharbot	08 Sept 25	08 Mar 26
Pederson, Kaitlyn	Tenesco	08 Sept 25	08 Mar 26
Beauchamp, Evelyn	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Beauchamp, Lisa	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Larabee, Jerome	Lamure/Pesindewate	09 Sept 25	09 Mar 26
Jones, Stacey	Amikons	15 Sept 25	15 Mar 26
Burke, Robin	Lavalley	16 Sept 25	16 Mar 26
Sarrazin, Orion	Sarazin	18 Sept 25	18 Mar 26
Sarrazin, Everest	Sarazin	18 Sept 25	18 Mar 26
Sarrazin, Hudson	Sarazin	18 Sept 25	18 Mar 26
Carle, Isaiah	Lavalley	26 Sept 25	26 Mar 26
Logan, Rosie	Amikons	01 Oct 25	01 Mar 26

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

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.

The Sharing place food bank Hours

OPEN the second Thursday of each month, unless indicated

- January 9
- February 13
- March 13 (Easter)
- April 10
- May 8
- June 12
- July 11
- July 11
- August 14
- September 11
- October 9 (Thanks giving)
- 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

Conways Pharmacy Remote Dispensing Location

BUSINESS HOURS

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

We are closed weekends and
Holidays
Delivery available Friday

Phone: 613-625-9974
Fax: 613-625-2068

Thank you
Natalie Commanda, Pharmacy
Technician
Joseph Conway, Pharmacist

Algonquins of pikwakanagan elders lodge

For rentals contact Rose
Yankoo at

elderslodgepik@gmail.com

Reminder – for sanitary
purposes individuals
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.algonquinsofpikwakanagan.com/laws-and-by-laws/>
hard copies can be requested from the lands, estates, and membership department.

613-625-2800 | mgr.lem@pikwakanagan.ca

lands.officer@pikwakanagan.ca
assistant.lem@pikwakanagan.ca

Notice:

Killaloe OPP record check applicant are now online.

WASTE DISPOSAL SITE HOURS



Wednesdays

12:00 PM- 6:00 PM

Sundays

9:00 AM - 3:00 PM

CURBSIDE PICK UP



Garbage

Wednesday

Cardboard

Thursday

Containers

Friday



Community Information

How to Access 'Members Only' Section of Website

Please Note that the link to Regular Council meeting, minutes and agenda packages are available in the Members only section of the website.

Steps:

1. Open a browser and enter: www.algonquinsofpikwakanagan.ca
2. Find the "Member Login" (scroll downn on home page or on side bar)
3. Click on "Log in as a member of the Algonquins of Pikwakanagan First Nation"
4. You will be brought to the "Member Login" Section
5. Click on the works "Click here for registration form"
6. You will be brought to the "Membership Registration"
7. Click the "Register" button and wait for your email notification

This website contains content that is private for Algonquins of Pikwakanagan members only. To access the private content, please fill in the registration form. A membership official will verify your membership in the community and you will recieve access

Field	Example	Explanation
Family Name	Bird	Must be as it appears on Certificate of Indian Status card
Given Name	Thunder Bolt	Must be as it appears on Certificate of Indian Status Card
Registry Number	16303031001	10 Digits starting with 1630 on Certificate of Indian Status card
Date of Birth	2006/01/01	Enter as per format
Email Address	thunderbird@gmail.com	Every member must have their own email address. This address with the password will be used to log in once membership has been verifies
Password	Tbirds	make up a password- note: it will be case sensitive
Confirm Password	Tbirds	re-enter password - note: this well be case sensitive
Address 1	10 Cloud Street	Street address
Address 2	P.O. Box	apartment #, Box # or rural rout#
City	Blue Skies	Community/Town/City
Provice	ON	Province/state
Postal Code	K0J 1X0	Postal Code/Zip Code
Country	Canada	Country
Phone	613-625-2800	code and number per format