

Pikwakanagan Tibadjumowin

CHÌBAYATIGO-KÌJIGAD PIDJI-PIBON KIZIS 12TH, 2025

FRIDAY DECEMBER 12TH, 2025

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, Christmas Card, and upcoming election.

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

UPCOMING OFFICE CLOSURE

Please note that the Christmas Holidays are approaching fast and the administration building will be closing!

Effective: **December 19, 2025 - 4:30PM**

Returning: **January 5, 2025 - 8:30AM**

Attention Members

Please note that the administration is upgrading the phone system within the organization.

If you have any questions or concerns, please reach out via email. We appreciate your patience.

CHIEF & COUNCIL UPDATE

December 12th, 2025



With the new year soon to be upon us, leadership at the Renfrew County Council Table is in a transition period, and Chief Greg Sarazin is there to make sure positive relationships continue to thrive during the transition.

On Wednesday this week, the County of Renfrew elected a new Warden to lead the 17 municipalities that make up the county, into 2026. After serving his term, Renfrew Reeve Peter Emon handed the position over to Mayor for Bonnechere Valley, Jennifer Murphy, as the newly elected Warden for 2026. In her acceptance speech, Murphy highlighted the continued positive working relationship with the Algonquins of Pikwakanagan First Nation.

Chief Greg Sarazin was given the opportunity to formally congratulate the new Warden in front of the Renfrew County Council. In his address, Sarazin stated “Today we witness not only the beginning of a new term of leadership, but an opportunity to strengthen the relationships between our governments. Strong partnerships—built on respect, transparency, and meaningful dialogue—are essential as we work together for the well-being of all who live within this region.”

“On behalf of the Algonquins of Pikwakanagan First Nation, I bring congratulations to you, newly elected Warden Jennifer Murphy, on being entrusted with this responsibility. Leadership is not just about title—it is about service. I look forward to continuing our efforts together and building on the progress already underway across Renfrew County.” Chief Sarazin Said.

The County of Renfrew has a number of programs that also serve Pikwakanagan, such as MESA, the Virtual Triage and Assessment Centre, addiction treatment services, and the Heart Hub just to name a few.



Algonquins of Pikwakanagan First Nation COMMUNICATIONS

Community Update #2

AECL's GoCo Contract - Transition Update

Background:

- Back in June this year, AECL announced that a **new Leadership Team** would be taking over the management of Canadian Nuclear Laboratories (CNL), which operates on a Government Owned Contractor Operated (GoCo) structure.
- The contract was previously managed by the **Canadian National Energy Alliance (CNEA)** between Sept 2015 and Sept 2025, and the CNEA was made up of three partner companies – Atkins Realis, Jacobs Engineering and Fluor Federal Services.
- AECL announced in June that the **Nuclear Laboratories Partners of Canada Inc (NLPC)** was selected as the 'preferred bidder' for the contract to manage CNL, and that NLPC is a partnership with three primary joint venture partners; BWXT Government Group, Inc., Amentum Environment & Energy, Inc., and Kinectrics Inc., with Battelle Memorial Institute included as key subcontractor.
- The completion of this transaction was planned for September 13, 2025, but it was delayed due to an outstanding regulatory review from the Competition Bureau. Last week the Bureau notified AECL that it did not intend to challenge the proposed transaction, therefore AECL is now able to complete the process.

Current Update:

- On December 8, 2025, AECL announced that the transition to the **Nuclear Laboratory Partners of Canada Inc. (NLPC)** team would be effective December 11, 2025. AECL also said that it's important to note that CNL itself is not changing. Its missions and mandate are not changing, and it continues to be responsible for operating AECL's sites and assets and delivering on the three missions of science and technology, environmental remediation, and the revitalization of the Chalk River Laboratories (CRL).

Impact to AOPFN:

- There is little impact on AOPFN with this administrative change in who manages CNL, which is an enduring entity created by the Government of Canada to manage Chalk River Laboratories (CRL) and the Nuclear Power Demonstration Project (NPD) in AOPFN's unceded traditional territory.
- AECL has previously informed AOPFN that only the upper management of CNL will change, while the vast majority of the CNL staff that AOPFN staff work with on a regular basis, will stay in their current positions.
- In addition, all existing relationship obligations between CNL, AECL and AOPFN, especially the Long-Term Relationship Agreement (LTRA) signed in 2023, will remain in place and must be fully respected and implemented by the new management of CNL.

AOPFN Key Messages:

- Our Nation acknowledges the announcement of the new CNL operators taking over management of the CRL and NPD nuclear sites located within AOPFN's unceded traditional territory.
- We recognize that any change in operational leadership does not change our rights, existing relationship with CNL and AECL, or our expectations for respectful engagement and accountability, as per the LTRA.
- We expect to meet very soon with the new management, to let them know what their obligations are to AOPFN and begin building a relationship with that new management team that is based on trust, respect, and truth. Engagement will begin immediately and include meaningful dialogue—not after plans are finalized, but before any operational decisions are made.
- AOPFN will be monitoring how the new operator's plan to manage the site, communicate with Pikwakanagan, and respect our role in environmental stewardship. We expect open disclosure of risks, plans, and opportunities for our leadership to review and respond.
- AOPFN will hold CNL responsible through our Neyagada Wabandagaki Guardian Program (NWGP), our LTRA Working Group, our Radioactive Waste Communication and Monitoring Strategy, and the Leadership Table between the parties, to name just a few of the mechanisms we have in place, for overseeing CNL activities in AOPFN's unceded traditional territory.
- Pikwakanagan is committed to keeping our members informed and involved. We will continue to advocate strongly for our rights, health, and safety, and will take all necessary steps to ensure our voices are heard.

Honoring 50 Years of Mindiwin Manido Daycare

1975-2025

We proudly celebrate 50 years of daycare services on the ancestral lands of the Algonquins of Pikwakanagan First Nation. For half a century, daycare has stood as a place of learning, nurturing, and cultural continuity — where children are embraced by community values and the teachings of generations.

This milestone is not only a reflection of dedicated staff and families, but also of the enduring strength and resilience of the Algonquin people. As we look back on five decades of growth, we honor the vision that began this journey and the commitment that sustains it today. Together, we celebrate the children who have walked through these doors, carrying forward the language, traditions, and spirit of the land.

Chi Miigwetch to all who have contributed to this legacy. Here's to continuing the work of caring for our children and strengthening our community for generations to come.

The daycare began with a vision: to create a safe and caring environment for our children, rooted in the strength of family and the traditions of the Algonquin people. Over the years, it has grown into a cornerstone of our community, supporting families and fostering the next generation with respect for language, culture, and the land.

As we mark this milestone, we also honor those who have dedicated their lives to this work. **Norma**, who served as a supervisor for 35+ years, exemplifies this commitment. Her guidance, care, and devotion have touched countless lives and helped shape the daycare into what it is today.

Chi Miigwetch, Norma, for your unwavering dedication and love for our children. Your legacy will continue to inspire future generations.

In the spirit of this celebration, we remember that our children are **Mindiwin Manido— Children of the Spirits**. They carry the hopes of our ancestors and the promise of tomorrow.

Here's to 50 years of caring for our children and strengthening our community — and to many more years ahead.



Before Renovations



After Renovations



NOTICE:

Pick up for Christmas Cards from
Chief and Council for on reserve
members will be held Wednesday,
December 17th from 1-4pm and Thursday
December 18th from 10-4pm at the band
office

*Have a happy and safe holiday
season*



News & Events:

SWEAT LODGE TEACHINGS

You are invited to join us for teachings on the Sweat Lodge. Community Members have asked for teachings on the Sweat Lodge for a better understanding so we have arranged to have teachings provided. Karen Labreche will be sharing her teachings on the lodge. This will be offered hybrid so those who cannot attend in person can join online. This is a three and a half hour session, light snacks will be provided. Participants are encouraged to ask questions. Karen Labreche is a respected knowledge keeper and member of the Algonquins of Pikwakanagan First Nation and has offered to come and provide the teachings.

Location: Elders Lodge
Online: Microsoft Teams
Date: December 20, 2025
Time: 1:00pm - 4:30pm
For more info contact
kevinlamarr@gmail.com
or
343-997-4345



Sweat Ceremony

Date: December 21, 2025

Conductor: Karen Labreche, Algonquins of Pikwakanagan

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

Location: Cultural Grounds

How it will run:

- 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



Algonquins of Pikwakanagan
First Nation

NEW YEARS EVE SOBRIETY POW WOW

December 31, 2025

7:00pm - 1:00am

@ The Makwa Community Centre

Host Drum: Bear Creek

Co-host Drum: Spirit Wolf

Invited Drum: High Tide

Invited Drum: Indian Rd

Youth Drum: Papase

Male Head Dancer: Madden Benoit

Female Head Dancer: Alexa Robbins

Arena Director: Jason Newby

MC's: Kevin Lamarr & Blaze Commanda

**This is a drug and
alcohol free event**

Honorarium For Pre-Registered Dancers, Scan the QR to pre-register

Dancers Must Be In Regalia To Receive Honorarium

Only Invited Drums Will Receive Honorarium

<https://forms.gle/cS3CygduTCB6dRqm8>



A Community Wellness Working Group Event

Pikwakanagan Santa Claus Parade

A Minions Merry Christmas

Join us for the Annual Santa Claus Parade!

Get ready for laughter, lights, and a whole lot of yellow fun!

The Minions are taking over this year's parade to help Santa spread holiday cheer – banana- Style!

Date: Sunday December 14th, 2025

Time: 10:30 a.m. Departure

Location: Makwa Community Centre

Want to join the fun?

Register your float with Kaitlyn Luckovitch
to be part of this year's parade!

Email- brighter.futures@pikwakanagan.ca

Phone- 613-625-2682





AOPFN'S SENIORS ACTIVE LIVING
CENTRE INVITES YOU TO A

SENIORS CHRISTMAS PARTY FOR THOSE 50+

SAT
DEC 13

TURKEY
& HAM
DINNER

DOORS
@ 4PM

DINNER @ 5PM - LIVE MUSIC @ 6PM -
PRIZES TO BE WON



Makwa Centre

**MUST PRE-REGISTER FOR TICKETS AT
613-717-0738**



YOU'RE INVITED
TO OUR
**WINTER SOLSTICE FEAST
& SANTA VISIT**

WEDNESDAY

DEC | 17 | 5:30 p.m.

At the Makwa Community Centre



FHA's ANNUAL TRAPPERS CONVENTION
JANUARY 9 & 10, 2026



ADMISSION

\$10.00 per person
Kids under 12 FREE

LOCATION

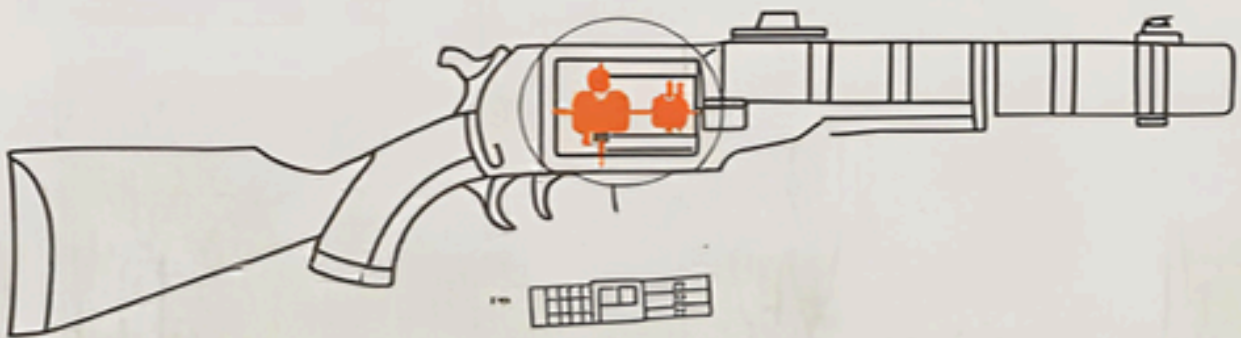
Fur Harvesters Auction
1867 Bond Street (Off Gormanville Rd.)
North Bay, ON P1B 8K6

Bring the whole family, and find out what Canada's oldest land based industry is all about! ★

FIREARMS SAFETY COURSE

FEBRUARY 7 & 8

Pre-registration required – limited spots available.



For additional details Contact
Larissa Luloff, Field Administrative
Coordinator, Natural Resources
Department

field.admin@pikwakanagan.ca
613-625-2800 ext. 249

ALGONQUINS OF PIKWAKANAGAN FIRST NATION

TRAPPING COURSE



**March 7, 8 & March 14, 15
2026**

Pre-registration is required.

For more information, please contact:
Larissa Luloff, Field Administrative Coordinator,
Natural Resources Department
field.admin@pikwakanagan.ca



Save the Date

Algongquins of Pikwakanagan First Nation
4th Annual Round Dance
SATURDAY, MARCH 14TH, 2026

Makwa Community Centre
83 Kagagimin Inamo, Pikwakanagan, ON

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



Algonquins of Pikwakanagan
First Nation

**NEW YEARS EVE
SOBRIETY POW WOW
VOLUNTEERS
NEEDED**

If you are interested in volunteering at the New
Years Eve Pow Wow please email
sonny_robbins@live.com

A Community Wellness Working Group Event



Algonquins of Pikwakanagan
First Nation

NEW YEARS EVE SOBRIETY POW WOW VENDOR SPACE AVAILABLE

If you are interested in vending at the New Years Eve Pow Wow please email sonny_robbins@live.com

A wheel of names will be used to determine the 2 vendors that will be able to set up in the lobby.

A Community Wellness Working Group Event

Resource Numbers:

ADDICTION Resources

Addictions Counsellors:

Gillian McKay
&
Sabrina
Laframboise

613-625-2259

Renfrew County Community Withdrawal Management:

613-432-7620

After Hours: National Overdose Prevention Line:

1-888-688-6677

After Hours: Drug Alcohol, Gambling Hotline:

1-866-531-2600

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

RENFREW COUNTY LEGAL CLINIC IS ATTENDING AOPFN!



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:

December 16, 2025 2:30-4:30

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

(613) 625-2259 Ext 245



1643 Mishomis Inamo,
Pikakanagan, ON



Please stay tuned for more dates.

FREE BOOKS

AT THE ADMINISTRATION
BUILDING MAIN ENTRANCE



HERE FOR ONLY 2 WEEKS

ESSENTIAL WORK SKILLS

BUILDING SKILLS FOR A SUCCESSFUL AND
PRODUCTIVE WORK LIFE



THIS 5 DAY PROGRAM IS DESIGNED TO
SET PARTICIPANTS UP FOR THE
WORKFORCE BY GUIDING THEM
THROUGH DEVELOPING AND
MASTERING CRITICAL AND ESSENTIAL
WORK SKILLS

DEVELOPING ESSENTIAL WORK SKILLS WILL ALLOW YOU TO BE MORE
ADAPTABLE, EMPLOYABLE, CONFIDENT, AND SUCCESSFUL IN THE WORKFORCE.

DURING THIS PROGRAM PARTICIPANTS WILL LEARN:

- HOW TO IDENTIFY, MANAGE, AND USE YOUR UNIQUE STRENGTHS AND WEAKNESSES
- HOW TO DEVELOP HEALTHY HABITS TO SET YOU UP FOR SUCCESS
- EFFECTIVE CONFLICT RESOLUTION STRATEGIES
- GETTING AND STAYING ORGANIZED
- LEADERSHIP SKILLS
- HOW TO BE ADAPTABLE
- TRANSFERABLE AND SOFT SKILLS
- DEPENDABILITY AND ACCOUNTABILITY IN THE WORKPLACE
- THE IMPORTANCE OF TEAMWORK
- HOW TO MANAGE TIME EFFECTIVELY
- HOW TO DEAL WITH DIFFICULT PEOPLE AND SITUATIONS
- MANAGING WORKPLACE STRESS

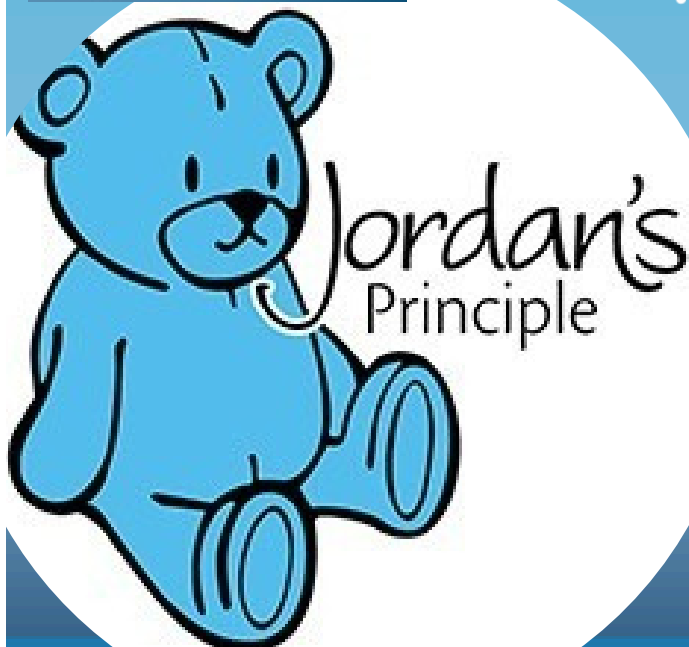
www.ncconsultingsolutions.ca
info@ncconsultingsolutions.ca
(807) 286 7001



NC CONSULTING SOLUTIONS

INSPIRING TODAY FOR TOMORROW'S SUCCESS

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

Community Health Nurse Returns

Hi Pikwakanagan! This is Jessica, the Community Health Nurse. I have just returned from maternity leave and I am excited to be back. I will be reaching out to my families in the next few weeks.



Any questions about Healthy Babies Healthy Children (children aged 0-6 years), prenatal education/support, public health, or immunizations, please contact me!

613-625-2259 x232

chn@pikwakanagan.ca

+ FREE BLOOD PRESSURE MACHINE! +

Thanks to the kindness of the **Kidney Foundation**, our Chronic Disease Management Nurse has received **10 blood pressure machines** to gift to community members managing chronic conditions – especially **diabetes and high blood pressure**, which are risk factors for kidney disease.

The first **10 people to call** will be assessed based on need and receive a free blood pressure cuff, tracking booklet, and a short appointment with our nurse Taylor to review important blood pressure information.



Algonquins of
Pikwakanagan
Health Services

call: 613-625-2259 ext 209





Health Services

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Nephrology (Dr. Ni) OTN Clinic Day	4	5	6
		Chair Exercises at Manor 11:15pm-2:15pm FLU SHOT CLINIC	Strong & Steady Program at Makwa 1pm-2pm (Walking and Group Exercise)	Chair Exercises at Manor 11:15pm-2:15pm		
7	8	9	10	11	12	13
		Chair Exercises at Manor 11:15pm-2:15pm FLU SHOT CLINIC	Strong & Steady Program at Makwa 1pm-2pm (Walking and Group Exercise)	Chair Exercises at Manor 11:15pm-2:15pm		
14	15	16	17	18	19	20
	FLU SHOT CLINIC	Chair Exercises at Manor 11:15pm-2:15pm	Strong & Steady Program at Makwa 1pm-2pm (Walking and Group Exercise)	Chair Exercises at Manor 11:15pm-2:15pm	!! Last day before Christmas closure !!	
21	22	23	24	25	26	27
			Christmas EVE	MERRY CHRISTMAS		
28	29	30	31		Wishing everyone a wonderful December!	
			NEW year's EVE			

Recalls you need know about this week - Canadian Food Inspection Agency's (CFIA) & Product Safety Recalls

Check to see if you have the recalled product (s) in your home.

YOP Drinkable Yogurt, 200 ml, all flavors

Health Hazard: Food - Extrinsic Material - due to pieces of plastic found in the container

Best Before date: up to and including Jan 12, 2026

Distribution: Ontario

What to do: Do not consume, use, sell, serve or distribute recalled products.



Pistachios and pistachio-containing products (recall for pistachios has been on for several months)

Health Hazard: Food - Microbial contamination - Salmonella

Product Codes: Raw, bulk, chopped, in shells, flavoured, mix nuts packages

Distribution: Ontario

What to do: Do not consume, use, sell, serve or distribute recalled products.



Various Everpro Gray Away Root Cover Up Spray products

Health Hazard: This product does not meet the *Cosmetic Regulations* in Canada safety information, which could result in misuse and potential harm to consumers

Distribution: Ontario

What to do: Immediately stop using the recalled product and return them to the place of purchase for a refund.



Tick Surveillance Program in Pikwakanagan

AOP health services has been participating in a tick surveillance program for a number of years with Trudy K. Stanfield, M.Sc. Regional Zoonotics Manager, First Nations and Inuit Health Branch Indigenous Services Canada/Government of Canada.

All members are encouraged to submit any ticks that they find to the Community Health Representative. Once they are submitted, they are sent away for identification and testing. This surveillance allows us to investigate what the local risk factors are for tick borne illnesses in Pikwakanagan.

A tick was submitted by a community member last week, from Pikwakanagan and we were just notified that it was a Black legged tick (commonly referred to as a Deer tick) and that the tick tested **positive** for the bacteria that causes Lyme disease in humans. The submitted tick had latched on as a result of walking through thick brush and was attached for **less** than a 24 hr period so no treatment or follow-up was required. Typically, antibiotics are required if the tick has been attached for **more** than a 24 hr, period.

This type of surveillance is informative, however if anyone has a tick attached to them and/or symptoms of Lyme disease they should always seek medical attention. If you have been bitten by a tick you should bring it to the attention of your doctor, health care provider or your pharmacist if treatment is required.

Frequently Asked Questions



What to do after a tick bite? - If you have been bitten by a blacklegged tick, watch for early signs and symptoms of Lyme disease. Remove the tick by its head, do not squeeze the body and submit the tick to the CHR (see <https://www.canada.ca/en/public-health/services/diseases/lyme-disease/symptoms-lyme-disease.html>)

Should I be worried about my pets and ticks? - Blacklegged ticks also pose a risk to dogs, cats and horses. Dogs and horses are susceptible to Lyme disease, although many do not show any symptoms. It is recommended to tell your veterinarian that your pet has been bitten by a blacklegged tick, and to discuss options for tick bite prevention.

Where and when can you be exposed? - Blacklegged ticks live mainly in grassy, bushy, or wooded areas and they feed on a wide variety of birds and mammals, including humans, pets and domestic animals. This species is most active from spring through fall, but ticks can be found in every month of the year whenever temperatures are above freezing.

How can I best protect myself and my family? - If you are spending time outdoors in an area where Blacklegged ticks live, it's a good idea to apply an approved insect repellent and to tuck your pants into your socks and wear light coloured clothing. This helps prevent the ticks from crawling under your pants and the light-coloured clothing makes it easier to spot a tick crawling on you. Make "tick" checks a habit after spending time outdoors, don't forget your pets.

Flu Shot Clinics

The Health Center will be offering flu shot clinics on three scheduled afternoons in December.

☎ Call **613-625-1175** to book your spot during one of our scheduled flu clinic days.

The afternoons of:

- ~~Tuesday Dec 2nd~~
- ~~Tuesday Dec 9th~~
- **Monday Dec 15th**



For any questions you can also contact our Chronic Disease Management Nurse

☎ **613-625-2259 ext 209**





Protect Yourself and Your Community Get Your Flu Shot!

- The flu shot is your best defense against influenza.
- Recommended for everyone 6 months and older.
- It's safe and free for community members.
- Helps protect you, your family, Elders, and community.
- You cannot get the flu from the flu shot.



Other Ways to Protect Yourself This Flu Season

- Wash your hands often or use hand sanitizer.
- Cover your coughs and sneezes with your arm or tissue.
- Stay home when sick to prevent spreading illness.
- Keep surfaces clean and disinfect high touch areas.
- Take care of your health; eat well, stay active, and get enough rest.



**Algonquins of
Pikwakanagan
First Nation**

SHARE TRADITIONS, NOT THE FLU



Adults 65 years and older are at higher risk of complications from the flu.

Contact your health centre or local healthcare provider to find out how to get your flu shot.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)

Protect yourself, your family and your community:



Get the flu vaccine every year



Clean your hands often



Cough and sneeze into your arm



Keep shared surfaces and objects clean



Stay home and away from others if you feel sick

ISBN 978-0-660-35927-4



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



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

- ~~November 26th~~
- ~~December 3rd~~
- ~~December 10th~~
- December 17th
- More dates to come after holidays



HEART WISE EXERCISE



ALL ARE WELCOME



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)

If interested, please call our Chronic Disease Management Nurse Taylor to complete a quick registration form



613-625-2259 ext 209

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



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



AOPFN EMPLOYMENT OPPORTUNITY

Training Opportunity – Bus Driver

Department: Education

Supervisor: Manager - Education

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

We're inviting community members to take part in a fully funded training program to earn their Class B licence and become certified to operate a 72-passenger bus for AOPFN!

What You'll Get:

- Hands-on training with experienced instructors.
- No experience needed – we teach you everything.
- In-demand skills & a recognized credential.
- A career with purpose – help your community every day!

Why Join Us?

- Make a positive impact on passengers and the community!
- Build confidence and expertise behind the wheel.
- Join a supportive, team-focused environment.

Apply Today!

- Limited training spots available!

The Bus Driver safely operates a 72-passenger school bus (and other vehicles) to transport students to and from local schools. They support students during loading, unloading, and travel, conduct daily safety inspections, report any issues, and follow all traffic laws to ensure a safe and reliable service.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- A valid class "G" Ontario Driver's License or higher with clear driving abstract.
- Must be 21 years of age or older.
- Clear Vulnerable sector check or ability to obtain one.
- Medical Clearance Certificate or ability to obtain one.
- Clear Vision Certificate or ability to obtain one.
- Training/Certificates related to special needs, an asset.

CONDITIONS OF ACCEPTANCE:

- Willing to obtain B Licence.
- Willing to complete MTO required training for School Bus Drivers.
- Willingness to complete First/Aide CPR and other mandatory training deemed necessary.
- willing to obtain Cultural Awareness training.

How to Apply

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

Submit to:

Human Resources Department
Algonquins of Pikwakanagan First Nation
1657A Mishomis Inamo, Pikwakanagan, Ontario, K0J 1X0

hr@pikwakanagan.ca

Subject Line: Training Opportunity – Bus Driver

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

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

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



AOPFN EMPLOYMENT OPPORTUNITY

Bus Driver

Department: Education

Supervisor: Education Manager

\$23.08 – \$25.47 hourly/ 25 hours a week

Fixed Term - January 12 - June 25, 2026

Deadline to Apply: Friday, December 19, 2025 at 4:00PM

The Bus Driver is responsible for operating a 72-passenger school bus and/or other vehicles to safely transport approved students residing in Pikwakanagan to and from designated local area educational institutions; will monitor the transportation of students and provide support to students while riding, loading, and unloading the vehicle to ensure the safety of all passengers. The Bus Driver will be responsible for conducting daily vehicle safety inspections, recording, and reporting all issues and obeying all traffic laws.

- Safe transport of approved students to and from designated local area educational institutions.
- Reviews and understands the bus route(s), times, pick up/drop off locations and riders at each stop as well as changes designed to accommodate community programming; adheres to the route(s).
- Will assist with routing and practice runs, as approved.
- Reviews Bus Registration Forms and becomes knowledgeable of the student rider's information.
- Assists in the development of strategic plans to address student medical needs and emergencies.
- In the absence of a bus monitor, will be responsible for care, control and safeguarding of AoPFN owned and approved assistive devices; will ensure devices are stored properly, charged, and available to students daily.
- In the absence of a bus monitor, will be responsible for keeping the volume of noise at an acceptable and manageable level.
- Complies with the Algonquins of Pikwakanagan First Nation Policies and Procedures and School Board Policies and Procedures, as applicable.
- Complies with the Ministry of Transportation standards and all applicable legislation such as the Highway Traffic Act, Motor Vehicle Transportation Act in the operation of a school bus and/or other vehicles carrying passengers.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Secondary School Diploma or equivalent with a minimum of three years driving experience as school bus driver.
- A valid class "B" Ontario Driver's License.
- Training/ Certificates related to special needs, an asset.

CONDITIONS OF EMPLOYMENT:

- A valid Class "B" Ontario Driver's License.
- Current and acceptable Driver's Abstract.
- 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, K0J 1X0

hr@pikwakanagan.ca

Subject Line: Bus Driver

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

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

What Algonquins of Pikwakanagan First Nation Offers:

- | | |
|-----------------------|---|
| • Pension Plan | • 14 Provincial and Federal Statutory Holidays |
| • (Permanent EE only) | • Health Spending Account |
| • Paid Sick Days | (Dental, Vision, Prescriptions, etc.) |
| • 4% Vacation | • Milestone Recognitions & Rewards |
| • Holiday Shutdown | • Half days on Fridays prior to holiday Mondays |
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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: January 2, 2026 at 4:00 pm

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 within 3 months of employment

How to Apply

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

Submit to:

Human Resources Department
Algonquins of Pikwakanagan First Nation
1657A Mishomis Inamo, Pikwakanagan, Ontario, 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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- 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:

- | | |
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| • (Permanent EE only) | • Health Spending Account |
| • Paid Sick Days | (Dental, Vision, Prescriptions, etc.) |
| • 4% Vacation | • Milestone Recognitions & Rewards |
| • Holiday Shutdown | • Half days on Fridays prior to holiday Mondays |
| • (Conditions Apply) | • (Conditions Apply) |

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

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



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:



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**

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
- Pads & Foundations
- Driveways
- Sand/Gravel/Topsoil
- Design & Installation

Cheryl Kelly - Owner
613.312.9598 or 613.312.9872

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.ALGQUINSOFPIKWAKANAGAN.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



COMMUNITY NOTICE

PUBLIC WORKS CHRISTMAS SCHEDULE

CALL 613-639-3309 for rental/housing emergencies

Other means of contact will be by email

ALL Emails will be checked often during office closure

Dustin – mgr.publicworks@pikwakanagan.ca

Bonnie – ea.publicworks@pikwakanagan.ca

Kreed – housing@pikwakanagan.ca

CURBSIDE, RECYCLE, LANDFILL SCHEDULE

WEDNESDAY DECEMBER 24th - GARBAGE CURBSIDE ONLY

LANDFILL CLOSED

THURSDAY DECEMBER 25th - NO RECYCLE & LANDFILL CLOSED

FRIDAY DECEMBER 26th – NO RECYCLE & LANDFILL CLOSED

SUNDAY DECEMBER 28th – LANDFILL OPEN 9:00 TO 3:00

WEDNESDAY DECEMBER 31st - GARBAGE CURBSIDE ONLY

LANDFILL CLOSED

THURSDAY JANUARY 1st - NO RECYCLE & LANDFILL CLOSED

FRIDAY JANUARY 2nd - NO RECYCLE & LANDFILL CLOSED

SUNDAY JANUARY 4th - LANDFILL OPEN 9:00 TO 3:00

**SEASONS GREETINGS
FROM THE PUBLIC WORKS DEPARTMENT**





ALGONQUINS OF PIKWAKANAGAN FIRST NATION **MEMBERSHIP ADDITIONS**



Name	Family Line	Date Posted	Appeal Period Ends
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, Cassidy	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
Gravelle, Peter	TenESCO	25 Nov 25	25 May 26
Zlahtic, Tiffany	Protected	25 Nov 25	25 May 26
Rathwell, Stephen	Protected	25 Nov 25	25 May 26
Zlahtic-Campbell, Sara	Protected	25 Nov 25	25 May 26
Zlahtic-Campbell, Emma	Protected	25 Nov 25	25 May 26
Dupuis, Julien	Protected	25 Nov 25	25 May 26

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:

How To Access 'Members Only' Section of Website

Please Note that the link to Regular Council meetings, 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" box (scroll down on home page or on side bar)
3. Click on "Log in as member of the Algonquins of Pikwakanagan First Nation"
4. You will be brought to the "Member Login" section
5. Click on the words "Click Here for the 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 receive access.

Field	Example	Explanation
Family Name	Bird	must be as it appears on Certificate of Indian Status card
Given Names	Thunder Bolt	must be as it appears on Certificate of Indian Status card
Registry Number	1630301001	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 verified.
Password	Tbirds	make up a password – note: it will be case sensitive
Confirm Password	Tbirds	re-enter password – note: it will be case sensitive
Address 1	10 Cloud Street	street address
Address 2	P.O. Box 100	apartment #, box # or rural route #
City	Blue Skies	community/town/city
Province	ON	province/state
Postal Code	K0J 1X0	postal code/zip code
Country	Canada	country
Phone	613 625 2800	code and number as per format