

Pikwakanagan Tibadjimowin



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Membership Notices:

Level One Fire Ban in effect - only 2x2 fire pits or propane fire pits only!

ATTENTION RESIDENTS:

For emergencies requiring immediate assistance
please call **911**

For in Community Support Personnel assistance
please call **613-401-7446**.

For general inquiries please contact Emergency
Management Lead, Steve Benoit tel:613-625-2800
ext. 251 cell: 613-401-0689 or email:
ems.lead@pikwakanagan.ca.

*Chìbayàtìgo-Kìjìgad, Adìtagágomìn-Kìzìs 21, 2026
Friday, August 21, 2026*

COMMUNITY UPDATE

Home Retrofit Program – Round 1 Participants

Thank You for Your Patience!

We would like to extend our sincere thanks to all participants who have enrolled in the first round of the Home Retrofit Program.

Our team is **currently awaiting final funding approval before we can move forward** with the next phase of the program. While we understand that participants are eager to see this important community project move forward, the funding approval process is outside of our control and may take some additional time.

What This Means for You

- ✓ Your participation in the program remains active.
- ✓ No further action is required from participants at this time.
- ✓ We will provide updates as soon as funding approval is received.

We Appreciate Your Understanding

We understand that this delay may be frustrating, and we sincerely appreciate your patience and continued support. Our team remains committed to delivering this program and helping improve the comfort, efficiency, and sustainability of homes within our community.

For questions or additional information, please contact:

Starla Lightbody-Sarazin
(613) 625-4010 ext. 311
cepc@pikwakanagan.ca



Omàmìwininì Mìdjiman Ijichigewin and Neyagada Wàbandàngakì Guardian Program Community Update #2

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

B420A Fuel Storage Tank Removal Project:



- The **B420A Fuel Storage Tank Removal Project** is a project that the **NW Guardians** have been involved (monitoring) with since July 2025.
- In March 2026, the Algonquin Foods Program (AFP) communicated to AOPFN Membership about an oil spill incident that occurred at the B420A work site on Jan 14, 2026 at Chalk River Laboratories (CRL).
 - The first oil spill incident occurred when CNL was flushing out all remaining fuel oil from a registered Petroleum Storage Tank System, when the pumper truck tank overfilled, and the overflow channeled through an overflow pipe onto the asphalt road.
 - Approximately 35 L was captured by a spill tray, and the other 35 L went onto the asphalt pad, but since the total amount was **under 100L**, the **event did not require public notification**.
 - CNL notified the ECCC Spills Action Centre the day after the incident on Jan 15/26 and AOPFN was notified by CNL on Jan 21/26.
- CNL confirmed that the oil had no chance to migrate to the river because of the cold weather and the viscosity of the oil and that the oil was also confined to a small area adjacent to the pumper truck.

B420A Oil Spill Incident #2:

On June 10, 2026, **CNL notified AOPFN about another oil spill incident at the B420A site** at Chalk River Laboratories (CRL). The NW Guardians were already onsite at CRL and prioritized the B420A oil spill over other planned activities, allowing AOPFN to monitor the cleanup.

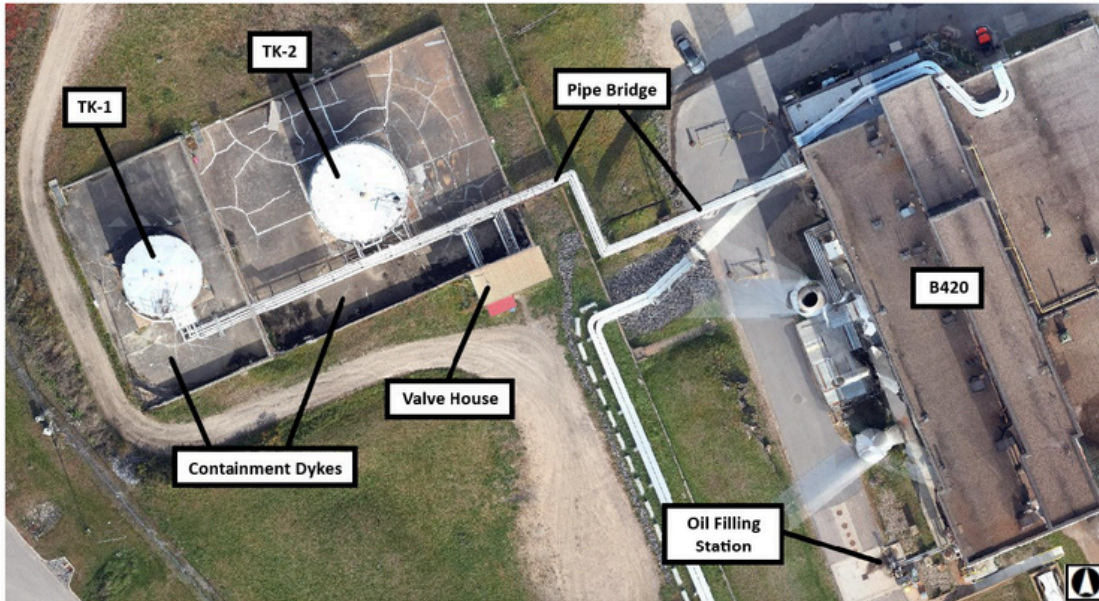
Incident Timeline:

- **June 8 (Mon)** - Oil was observed in the secondary containment area around Bunker C Tank #1 by a CNL employee, during a walkdown.
- **June 9 (Tues)** - CNL responded and assessed the situation. They used spill mats and berms to further contain the spill, within the secondary containment area. A third party contractor was contacted to remove the oil/water mixture.
- **June 10 & 11 (Wed & Thurs)** - After the initial actions were taken by CNL to place the spill mats and berms, the NW Guardians who were already onsite, were able to join the Indigenous Relations and Facility Decommissioning staff, for a pre-job summary of this event, a B420A tank removal project overview, as well as monitor the cleanup efforts on June 10 & 11.



Key Information:

- This oil spill incident poses **no immediate threat to the public or to the environment**.
- This spill came from a tank which once contained heavy oil and was **not radiological**.
- It was determined that the leak was caused by hot weather warming the sludge in the previously drained tanks, causing it to expand and liquify, raising the levels above the valve, which was not properly sealed.
- An improper seal on the valve allowed for approximately 65L of oil to leak out of the tank, into the secondary containment area, where it was contained further with spill matts and burns. Since the total amount was **under 100L**, the **event did not require public notification**.
- A Private Contractor used a vacuum truck, heated pressure washer, and environmentally friendly degreaser to drain, and clean the containment area.
- CNL replaced blank with a new gasket and bolts on the tank valve to ensure that it is secure against further leakage.



Next Steps:

CNL plans to decommission the B420A tanks between the end of October to early November, and in the meantime, CNL is looking to have the same contractor (GFL) to return to 'vacuum' out the heel of the oil that is remaining in the tanks. CNL will ensure that our NW Guardians have the opportunity to observe the oil removal activity and the remaining decommissioning work as well.

For more information please contact the **Consultation Department**
at communications.consultation@pikwakanagan.ca





Algonquins of Pikwàkanagàn First Nation



ALGONQUINS OF PIKWAKANAGAN FIRST NATION **FIRE DEPARTMENT**



Community Update

Public Works is pleased to announce with full support of Chief and Council that the First Nation has been awarded funding and commitment from **Indigenous Services Canada (ISC)** and **Chief and Council** to support the next phase (Design and Project Management) towards the construction of a **new Community Fire Station**.

This is an important investment in the safety, well-being and future of Pikwàkanagàn. A new fire hall will strengthen our community's emergency response capacity and provide our firefighters with a modern facility to support their vital work protecting our members, families, homes and community infrastructure.

Fire protection and emergency preparedness are essential components of a safe and resilient community. Indigenous Services Canada has recognized the importance of strengthening emergency management and fire protection capacity in First Nations communities, including investments that support community preparedness and mitigation.

For the Algonquins of Pikwàkanagàn First Nation, this funding represents an important step forward in addressing our community's infrastructure needs and ensuring that our emergency response services have the facilities they need to serve our community effectively.

Planning and next steps for the new fire hall will continue in the coming weeks, and the First Nation will provide further updates to members as the project progresses.

The Algonquins of Pikwàkanagàn First Nation look forward to moving this important project forward and building a stronger, safer and more resilient community for generations to come.

Migwetch from Algonquins of Pikwàkanagàn First Nation Administration

**1657A Mishòmis Inamo
Pikwakanagan, Ontario K0J 1X0**

Tel: (613) 625-2800

Fax: (613) 625-2332

Events:

NIGIG NIBI KI-WIN GAMIK COMMUNITY ENGAGEMENT SESSION

Monday August 24th, 2026



4:30-7:30



Kilby Farms
12127 Highway 60,
Golden Lake, ON

Join Nigig Gamik for an evening of community, connection, and conversation at Kilby Farms. Come learn about updates to our organization, services, and programming, explore the new forest pathway and beach area, and hear about future plans for land-based programming, cultural activities, and ceremonies. We will gather in circle to share ideas, hear community voices, and help shape the future together. **Community Feast will be served at 5:00 PM.**

613-625-2173

www.nigignibi.com



FAIR VOICES FOR STRONG DECISIONS

The Algonquins of Pikwakanagan First Nation is seeking fair, respectful, and impartial individuals to serve as

Appeal Board Members

Training will be provided

APPLICATION DEADLINE:

August 31, 2026 by 4:30pm

Apply to: Jan Leroux,
mgr.lem@pikwakanagan.ca

Please include a short letter of interest or summary of relevant experience.



Minan- Blueberries UPDATED!

Huglis has closed their blueberry picking early this year, so we will no longer be going to Huglis to pick blueberries.

Thursday August 27th, 1-3pm

Come to 101 Kiwita to bake and preserve the blueberries. Share your favourite recipes and learn new ones! All are welcome!

You'll take home fresh blueberries, preserves and baking!



Contact Community Health to
RSVP.

613-625-2259/chn@pikwakanagan.ca



Save the Date! ♥

OVERDOSE AWARENESS DAY

Community BBQ ♥



AUGUST 31, 2026



11:00 AM - 1:00 PM



FIRE HALL

Join the Mental Health & Addictions Support Counsellors as we come together to recognize Overdose Awareness Day. ♥



FREE BBQ



HARM REDUCTION
INFORMATION



PRIZE
DRAW

COMPLETE OUR
SHORT SURVEY

GET A RAFFLE
TICKET

ENTER TO WIN
Prizes! ♥



REMEMBER,
LEARN,
CONNECT.

Let's build a
safer, more
supportive
community
—together.

EVERYONE IS WELCOME.

Everyone, Every Story, Every Life Matters.

For more information, contact
the Mental Health & Addictions
Support Counsellors.
613-625-2259

Mindiwin Manido Daycare
is celebrating our

PRESCHOOL GRADUATION Ceremony

MONDAY AUGUST 31ST **11:00 AM TO 2:00 PM**

ALL DAYCARE FAMILIES ARE INVITED!
INCLUDING TODDLER DAYCARE FAMILIES

Honoring Our Little Graduates
Today we celebrate their learning, their growth, their laughter, and their dreams. We give thanks to their families, our community, the Elders, Knowledge Keepers, and the Creator for guiding them every step of the way.

Miigwech to all who nurture our children.

TOGETHER we raise strong hearts. **TOGETHER we build bright futures.** **TOGETHER we walk in love and respect.** **TOGETHER we carry our culture forward.**

LIGHT REFRESHMENTS WILL BE SERVED

THANK YOU FOR SUPPORTING OUR LITTLE LEARNERS as they take this next big step!

FRESH HARVEST AVAILABLE!

TAKE WHAT YOU NEED!

Welcome to the Community Garden!

Located behind the Tennesco Manor, help us share our harvest with the community! Enjoy fresh, healthy vegetables for you and your family.

COME BY AND PICK SOME TODAY!

WHAT'S READY:

- ✓ BEANS
- ✓ ZUCCHINI
- ✓ PEPPERS
- ✓ CUCUMBERS
- ✓ JALAPENOS
- ✓ CARROTS
- ✓ ONIONS
- ✓ RADISHES
- ✓ PEAS
- ✓ HERBS

FRESH • LOCAL • FREE

THANK YOU FOR SUPPORTING OUR COMMUNITY GARDEN! ♥

MINDIWIN MANIDO DAYCARE
To the **PIKWAKANAGAN Community**

WE ARE LOOKING FOR SOMEONE IN OUR COMMUNITY TO MAKE RIBBON SHIRTS & RIBBON SKIRTS FOR THE CHILDREN AT OUR DAYCARE.

HELP US CLOTHE OUR CHILDREN IN CULTURE

Our children. Our future.
At Mindiwin Manido Daycare, we are proud to raise our children with strong cultural teachings, language, and traditions. Ribbon skirts and ribbon shirts help our children feel proud of who they are, where they come from, and the beautiful culture we carry every day. These regalia pieces are worn for everyday learning, special events, ceremonies, and celebrations.

WE ARE HOPING FOR:

- Ribbon skirts in children's sizes
- Ribbon shirts in children's sizes
- Made with care, cultural respect, and good medicine
- Open to designs that reflect our language, land, and traditions

HONORARIUM IN LIEU for your time, skill and contribution.

YOUR GIFTS SUPPORT OUR CHILDREN, OUR CULTURE, AND OUR FUTURE.
Miigwech for sharing your gift with us!

INTERESTED OR KNOW SOMEONE WHO WOULD BE PERFECT?

Please reach out! | Manager Stacey Irwin
mgr.daycare@pikwakanagan.ca | 613-504-1640

Together, we raise strong, proud, and culturally grounded children. ♥

MINDIWIN MANIDO DAYCARE
Nurturing Little Spirits
CULTURE • LANGUAGE • COMMUNITY

WE ARE LOOKING FOR SOMEONE TO TEACH THE DANCES TO OUR CHILDREN!

We are looking for a Knowledge Keeper, Dancer or Experienced Individual to come into our daycare **once a month** to teach traditional dances to the children in a fun, positive and culturally appropriate way.

- Help our children connect with our culture and traditions
- Support cultural identity and pride
- Create meaningful, fun and engaging learning experiences

ONCE A MONTH AN HONORARIUM WILL BE PROVIDED.

We value and respect our culture and look forward to working with someone who shares this passion with our little ones.

INTERESTED?
Please contact Stacey Irwin, Manager
mgr.daycare@pikwakanagan.ca | 613-504-1640 | Mindiwin Manido Daycare Pikwakanagan First Nation

Community Engagement Session Thursday September 17, 2026 5:30-8:00pm at the Makwa Center

Topic:

Alexandra Bridge Replacement Project
Discussion on Ecological & Archaeological Work



Agenda:

5:30pm - **Opening Prayer and Feast**
6:00-8:00pm - Presentation by Public Services
and Procurement Canada (PSPC), questions from
membership and a **Prize Draw** at the end.

Join Online



For more information please contact:
Michelle Galoni at coordinator.projects@pikwakanagan.ca
or Andre Carle at projectco2@pikwakanagan.ca



Community Engagement Session Monday September 21, 2026 5:30-8:00pm at the Makwa Center

Topic:

Alexandra Bridge Replacement Project
Incorporated Artwork Engagement with the PSPC



Agenda:

5:30pm - **Opening Prayer and Feast**
6:00-8:00pm - Presentation by Public Services
and Procurement Canada (PSPC), questions from
membership and a **Prize Draw** at the end.

Join Online



For more information please contact:
Michelle Galoni at coordinator.projects@pikwakanagan.ca
or Andre Carle at projectco2@pikwakanagan.ca



**Assembly of First Nations (AFN)
4th National Climate Gathering
October 5-8, 2026
Hamilton, ON**

**“Strengthening
First Nations
Climate Leadership:
Braiding
Relationships,
Knowledge
Systems, and
Inherent
Responsibilities”**



<https://afn.ca/events/the-assembly-of-first-nations-afn-4th-national-climate-gathering/>

Attention all AOPFN Youth

The 2026 Gathering is hosting a **Youth Day** on **Monday October 5**, from **9am to 5pm**.

Consultation is able to pay for 1-2 AOPFN Youth (under 30) to participate in this event,
so if you are passionate about climate change and the environment, and want to
learn more about the solutions that First Nations are advancing on, then please contact the
Consultation Department at communications.consultation@pikwakanagan.ca
by Friday September 4, 2026



www.nigignibi.com
NIGIG NIBI KI-WIN GAMIK

Attention Pikwakanagan Community Members



ARTIST: JACKIE TRAVERSE
"FULL MOON CEREMONY"

URGENT NEED: Tibànòde Caregivers

There is an immediate need for a safe home in this community for a child (age 6-10) on a short-term or long-term basis.

All necessary supports provided by Nigig Gamik.

Please reach out to us today.

Call (613) 625-2173

Find out more and speak with our staff TODAY!

Omâmiwinniṅ pimāᑭᑭwōwin



ANNUAL GENERAL MEETING

November 7th 2026

10:00AM - 12:00PM

WE INVITE YOU TO JOIN US FOR OUR ANNUAL GENERAL MEETING.

OUR MISSION: TO REVITALIZE, REINTEGRATE, ENHANCE AND PROTECT THE CULTURAL TRADITIONS, CUSTOMS, PRACTICES, HERITAGE, LANGUAGE, AND ARTS OF THE ALGONQUINS OF PIKWAKANAGAN FIRST NATION.

WE DO THIS BY:

- COLLABORATION AND PROVIDING CULTURAL SUPPORT TO THE PROGRAMS AND ACTIVITIES OF AOPFN;
- PRESERVE AND TEACH THE ALGONQUIN LANGUAGE TO THE MEMBERS OF AOPFN;
- GATHER AND PRESERVE THE HISTORY OF THE AOPFN AND ITS MEMBERS;
- PROVIDE CREATIVE AND CULTURAL OPPORTUNITIES FOR MEMBERS TO GATHER IN A POSITIVE ENVIRONMENT;
- SUPPORT SCHOOLS AND EDUCATORS AND OTHER FIRST NATIONS WITH INDIGENOUS EDUCATION RESOURCES AND LAND-BASED LEARNING;
- PROVIDE CULTURAL GUIDANCE/CONSULTATION TO MAINSTREAM ORGANIZATIONS WORKING IN THE SPIRIT OF TRUTH AND RECONCILIATION;
- ACT AS STEWARDS IN MAINTAINING AN URBAN ALGONQUIN PRESENCE FOR EDUCATION AND CULTURAL PURPOSES ACROSS THE TRADITIONAL TERRITORY.

WE WILL BE LOOKING FOR YOUTH AND ELDER MEMBERS TO JOIN OUR BOARD, SO IF YOU'RE INTERESTED IN UPLIFTING AND SHARING OUR CULTURE COME BY TO LEARN MORE ABOUT US.

RSVP ONLINE NOW!

IF YOU DO NOT HAVE ACCESS TO A COMPUTER AND WOULD LIKE TO RECEIVE REMINDERS ABOUT THE AGM CALL OP @ 613-625-1958

Link to Join Virtually

<https://teams.microsoft.com/meet/268085454986362?p=cR8E1Hbw6vq4UTP2uA>
manager@thealgonquinway.ca



Nigig Nibi Ki-win Gamik

MEN AND WOMEN'S CIRCLES



We need your input!!!

We are seeking community input to ensure this programming reflects the real needs, interests, and voices of community members. These groups are meant to be safe, culturally grounded spaces



Please scan the QR code or go to <https://forms.office.com/r/FBAVEeRBuU> and fill out our questionnaire.



Nigig Nibi Ki-win is

Seeking Youth Helpers

for Programming, Events & Ceremonies

School Volunteer
Hours
or
Honourarium



Please fill out
this form to
Register

If you have any additional questions please contact:
Raven Aird, Programming Assistant

(613) 401 - 5861
raird@nigignibi.com
Nigig Office
(613) 625 - 2173



NIGIG NIBI KI-WIN GAMIK

NOW ACCEPTING REGALIA & RIBBON SKIRT DONATIONS



HAS YOUR REGALIA BEEN RESTING AND YOU DONT KNOW
WHAT TO DO WITH IT? LET'S HONOUR IT TOGETHER BY
BRINGING IT BACK INTO THE CIRCLE

We are seeking donations for Pikwakanagan families
without regalia. All sizes and styles accepted.
Donations will be gifted to community families on and
off the First Nation.

613-625-2173

NIGIG NIBI KIWIN GAMIK

COMMUNITY DRUM NIGHT

WEDNESDAYS
BI-WEEKLY STARTING JUNE 24, 2026
5:30PM TO 7:30PM

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

Program Highlights

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

5:30PM to 7:30PM

@ THE MAKWA COMMUNITY CENTRE

FOR MORE INFORMATION EMAIL : RAIRD@NIGIGNIBI.COM



EVERYONE
IS
WELCOME

Children under 11 must be
accompanied by adult


AOPFN Limited Partnership

CNL
 Canadian Nuclear Laboratories

CNL, IN COLLABORATION WITH OCNI AND LOCAL ECONOMIC DEVELOPMENT GROUPS

YOU'RE INVITED!

REGISTERED AOPFN BUSINESSES

INFORMAL GATHERING & NETWORKING

AT THE GERMANIA CLUB


SEPTEMBER 23, 2026


3:00 PM – 5:00 PM


GERMANIA CLUB
 15 Bennett St,
 Pembroke, ON
 K8A 3Y6


CONNECT
 Meet CNL representatives,
 industry partners, and fellow businesses.


COLLABORATE
 Share ideas and explore
 opportunities.


GROW
 Build relationships and strengthen
 our presence in the nuclear industry.


TOGETHER
 Let's build a stronger future for
 Algonquin businesses.



YOUR OPPORTUNITY.


AOPFN LP REGISTERED BUSINESSES ARE INVITED
 to attend and network!

PLEASE REGISTER – SPACE IS LIMITED!

QUESTIONS?
 Crystal Benoit
 Business Development Officer
 AOPFN Limited Partnership
 613-625-1551
 bdo@pikwakanagan.ca


AOPFN Limited Partnership

CNL
 Canadian Nuclear Laboratories

CNL, IN COLLABORATION WITH OCNI AND LOCAL ECONOMIC DEVELOPMENT GROUPS

CALLING ALL

AOPFN REGISTERED BUSINESSES

INDUSTRY DAY

AT CNL!

SEPTEMBER 24TH, 2026 | 8:00 A.M. – 2:30 P.M.


 AOPFN Limited Partnership would like to showcase your business at our booth—or come check it out for yourself!



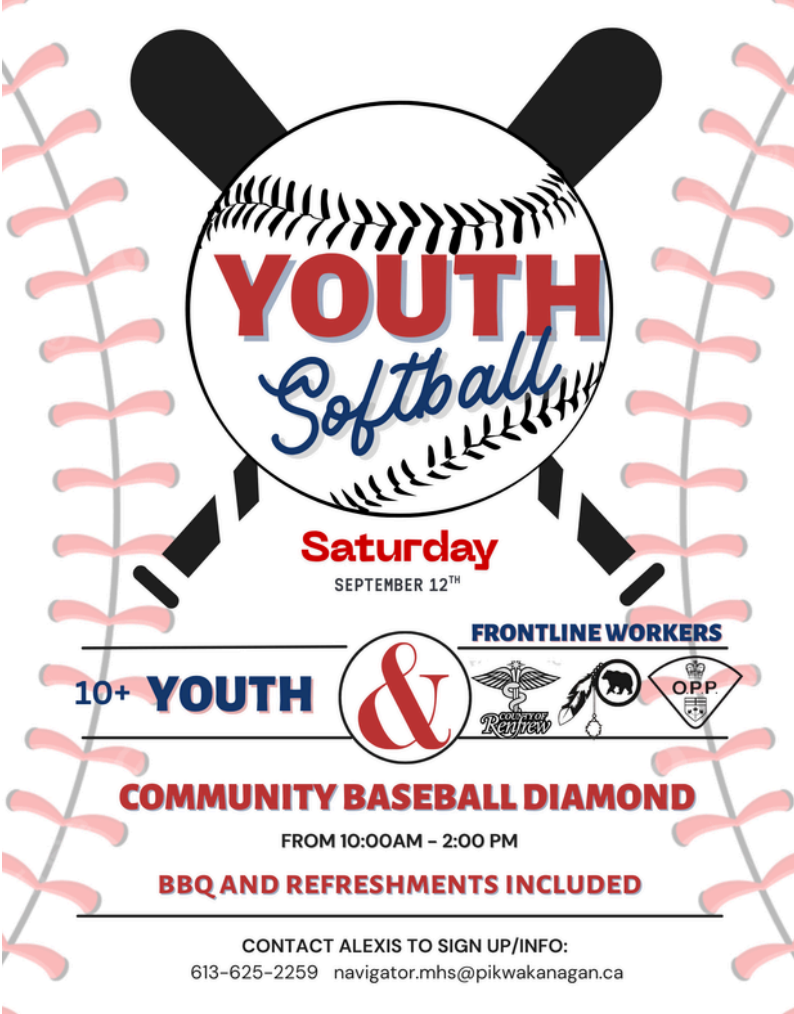

WHAT TO PROVIDE:

- ✓ Brochures
- ✓ Flyers
- ✓ Product information
- ✓ Business cards


BY DATE:
 SEPTEMBER 18TH, 2026


QUESTIONS?
 Crystal Benoit
 Business Development Officer
 AOPFN Limited Partnership
 613-625-1551
 bdo@pikwakanagan.ca

HELP SHOWCASE ALGONQUIN BUSINESSES AND BUILD STRONG RELATIONSHIPS.



YOUTH Softball

Saturday
SEPTEMBER 12TH

FRONTLINE WORKERS

10+ YOUTH &

COMMUNITY BASEBALL DIAMOND

FROM 10:00AM – 2:00 PM

BBQ AND REFRESHMENTS INCLUDED

CONTACT ALEXIS TO SIGN UP/INFO:
 613-625-2259 navigator.mhs@pikwakanagan.ca

Will Session 2026

Lands, Estate & Membership Department will be hosting
 Will Sessions on **October 5th, 6th & 7th 2026**

To ensure your spot please contact
 Curtis Jahn ☎ (613) 625-2800 Ext: 231 or
coordinator.lem@pikwakanagan.ca

Location: Health Centre - Round Room
Time: 9am-4pm



Health Updates:

POISONOUS PLANTS

Wild Parsnip

Wild Parsnip sap contains chemicals that can cause your skin to react to sunlight, causing intense burns, rashes, or blisters. The plant can be found in disturbed areas such as abandoned yards, dumps, meadows, fields and ditches. It can grow up to 1.5 meters tall and has yellow-green flowers in an umbrella shape. The stem is smooth with few hairs.

Giant Hogweed

Giant Hogweed sap contains chemicals that can cause your skin to react to sunlight, causing intense burns, rashes, or blisters. This usually happens within 48 hours. The plant is usually found along ditches, stream banks, and vacant lots. Giant Hogweed can grow up to 5 metres tall. The stem is hollow, hairy, and has purple blotches.

Poison Ivy

Poison Ivy is often found in trail openings, forests and meadows. Leaves of three, leave it be! The leaf margins can be smooth, wavy, lobed, or toothed. The entire plant is poisonous!

Some people are more sensitive to poison ivy than others.

Please don't hesitate to contact your Health Care Provider if you have questions or concerns

Community Health

Melissa Pessendawatch, Community Health Representative
Jessica Schwan, Community Health Nurse

613-625-2259
chrpikwakanagan.ca
chnpikwakanagan.ca

Potential Exposure?

If you suspect exposure to Wild Parsnip or Giant Hogweed, immediately cover your affected skin to prevent sunlight exposure. Keep your skin covered for at least 48 hours. Wash your skin with soap and water as soon as possible. Watch out as sap can transfer directly from the plant or from plant to clothes to skin.

If you suspect exposure to poison ivy, wash your skin with water ASAP - it only takes 10 minutes for the sap to penetrate the skin. Soaps that contain emollients or oils can actually spread poison ivy sap over more of your skin. A linear rash resembling bug bites may appear within 12-48 hours after exposure. The rash can progress into blisters.



Wild Parsnip



Giant Hogweed



Poison Ivy



Eastern Ontario Medical Officer of Health Warns of Rising new Tick-Borne illness

Canadians exploring the outdoors this summer are being warned about threats other than Lyme disease from tick bites as cases rise. While Lyme disease is the most common concern about ticks, health officials are increasingly worried about another tick-borne disease called anaplasmosis.

Experts reported their concerns about the "rapidly rising" incidents of anaplasmosis, the second most common disease spread by ticks in Ontario. "We're now sounding the alarm once again that ticks and tick-borne illnesses are an emerging concern in eastern Ontario," Dr. Paul said. "Now it's not only Lyme disease; it's also anaplasmosis."

Researchers described the case of a 79-year-old man from a rural area in eastern Ontario 2 hours drive from Pikwakanagan who had shown up at a community hospital this month with "fatigue, chills and generalized weakness that led to a fall."

He tested positive for anaplasmosis that resulted but eventually recovered after treatment. The province reported over 10,000 cases of Lyme disease have been recorded in Ontario since 2021. Since 2023, there have also been more than 300 cases of anaplasmosis.

"The patient's cognition normalized within 24 to 48 hours, and his blood counts, renal function, and liver (enzymes) gradually improved for the remainder of his hospitalization."

What are the symptoms?

Experts say symptoms can include fever, weakness, headache and gastrointestinal distress.

Anaplasmosis can damage vital organs, causing hospitalization from health problems such as myocarditis, encephalitis, acute respiratory distress syndrome, and acute renal failure, though they are less common and death is rare, experts say.

Is there a treatment?

Recognizing the disease early and getting treatment can prevent "life-threatening complications," according to the report.

The current treatment recommended is 100 mg of oral doxycycline, twice a day for 10 to 14 days, researchers wrote. Patients typically improve within 24 to 48 hours of treatment, but if there is no change, health-care providers should consider "alternative diagnoses."

Melissa Pessendawatch, CHR, Community Health

Dump Standing Water

Renfrew County District Health Unit's Mosquito Surveillance Program has detected a mosquito with West Nile Virus in Arnprior



Eliminate mosquito breeding sites by emptying containers that collect water

West Nile Virus

- West Nile Virus is a mosquito-borne illness. Most people who are infected with West Nile virus have no symptoms, but others may have a mild - severe illness - especially those who are older and those with underlying health conditions.

Community Health

Melissa Pessendawatch, Community Health Representative
Jessica Schwan, Community Health Nurse

613-625-2259
chrpikwakanagan.ca
chnpikwakanagan.ca



Algonquins of Pikwakanagan First Nation

August Schedule

STRONG & STEADY EXERCISE PROGRAM

Location: Makwa Center

☀️ Weather permitting: Walk on the ball field

☔️ Rainy day: Walk indoors in the gymnasium or upstairs

📅 Tuesday, August 4

1:00 PM – 2:00 PM

📅 Tuesday, August 11

1:00 PM – 2:00 PM

📅 Tuesday, August 18 ★

10:00 AM – 11:00 AM

📅 Tuesday, August 25 ★

10:00 AM – 11:00 AM



HEART WISE EXERCISE
CERTIFIED CLASS

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

MOVE AND HAVE FUN

What does the hour look like?

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

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

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

Call 613-625-2259 ext 232 if you have any questions or you can drop in to class! You will be provided an exercise swag bag with your own equipment and a registration form

LUNCH AND LEARN:

LONGEVITY WITH VICTORIA CLEARY

Hosted by Community Health
Chronic Disease Management and
Seniors 50+ Active Living Center



Date: Friday, August 28th
 Time: 11:00 AM – 1:00 PM
 Location: Elders' Lodge
 Lunch Provided

Join us for an informative session with Guest Speaker
Victoria Cleary, Athletic Therapist, as she discusses the
importance of restorative performance and
musculoskeletal health in the aging population.

Victoria will share practical, evidence-informed strategies
to help:

- Reduce physical strain and discomfort
- Improve movement and daily function
- Support long-term health, strength, and resilience
- Incorporate simple strategies into everyday life



Registration Required:

- Cheryl – Tennis Manor: 613-717-0738
- Taylor – Health Services: 613-625-2259



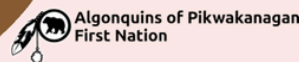
NATIONAL Breastfeeding WEEK

October 1-7, 2026

Share your Breastfeeding Story

*In honour of National Breastfeeding Week, the
Community Health Nurse is creating a
collection of the community's stories. If you
would like to share your breastfeeding
journey, whether it be struggles, words of
encouragement or solutions that worked for
you, I would love to include them.*

Share your story by
scanning here or reach
out to CHN Jessica at
chn@pikwakanagan.ca /
613-625-2259



Want free testing for STIs or HIV?

Get registered
Get screened in
Get to the lab
Get your results



GetaKit.ca



06.2024

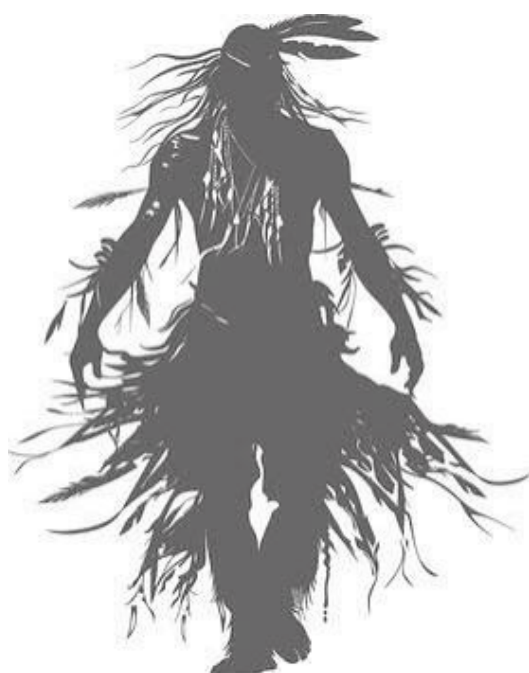


uOttawa



ONTARIO
HIV TREATMENT
NETWORK

Posted by Algonquins of Pikwakanagan Health Services



JOIN THE

ADULT GRIEF

SUPPORT GROUP

JOURNEY WITH ONE ANOTHER.

JULY 27

MEMORY COLLAGE

Create a collage representing our grief and ways we are reminded of loved ones we have lost.

AUGUST 10

EMOTIONS & CLAY

Explore clay and how it can hold the shape of our grief.

AUGUST 24

SYMBOL ART

Create artwork using found natural materials to express loss.

AUGUST 31

HELP FROM TREES

Create a tree of support to help with grief and loss.

SEPTEMBER 21

DIY HOPE PROJECT

Decorate stones of hope or gratitude journal.

SEPTEMBER 28

MEMORY STONES

This final session we will complete our stones and add them to the Kiwita Community Garden.

EMAIL TO REGISTER

INTERN.MHS@PIKWAKANAGAN.CA



WELLNESS SUPPORT GROUP

WELLNESS HUB

101 KIWITA

Email to register: intern.mhs@pikwakanagan.ca

SUNDAYS 1:30-4:30 PM

JULY 26

Nature Portraits

Connect with nature by creating a self-portrait using natural materials as colors and textures.

AUGUST 9

Forest Walk

Take a guided walk in a natural setting, focus on the sounds around you.

AUGUST 16

Plant Medicine Care

Take a brief and gentle walk to identify and gather medicinal plants and learn about protocols and safe use.

AUGUST 30

Gratitude Journal

Customize your own gratitude journal and find out about the different ways they can be used for wellness.

SEPTEMBER 20

Story Scrolls

Join us in using assorted materials and mediums, such as paper, cloth or video to illustrate and express key moments from your stories.

SEPTEMBER 27

Vision Boards

Create a vision board of personal wellness goals and intentions, incorporating teachings from throughout the program.

REFRESHMENTS PROVIDED. REGISTRATION REQUIRED

COPING AFTER BABY WORKSHOP



For expecting or new moms (of babies up to 18 months of age) who are having feelings of sadness, worry, or anger.

FREE

ONLINE

WORKSHOP

A Cognitive Behavioural Therapy (CBT)-based workshop led by public health nurses. This workshop explores practical strategies to manage symptoms of depression and anxiety by recognizing and gaining control over thoughts, feelings, and behaviours.

Some time just for you—a chance to pause, breathe, and focus on your own well-being.

Part 1: September 15, 2026 (10 a.m. – 1 p.m.)

Part 2: September 22, 2026 (10 a.m. – 1 p.m.)

Contact Us

For more information and to determine eligibility, please contact Family Health:

613-735-9774 or 1-800-267-1097

familyhealth@rcdhu.com

Scan the QR code:



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

Visit us at www.rcdhu.com

Shared by Jessica Schwan, Community Health Nurse.
If you need a device to access this program, contact the CHN at 613-625-2259

Helmets on!

Wearing a helmet while biking and e-scootering reduces the odds of any head injury by up to 80% when compared to non-helmet wearers

Parents - please ensure your children are wearing helmets while biking and e-scootering!



Algonquins of Pikwakanagan First Nation

Jessica Schwan, Community Health Nurse



COMMUNITY HEALTH AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Algonquins of Pikwakanagan Health Services						1
2	OFFICE CLOSED LONG WEEKEND!	Strong and Steady 1pm- 2pm at Makwa	5	FOOT CARE CLINIC DAY	6	7
9	10	Play Group 101 Kiwita 10am-11:30 Strong and Steady 1pm-2pm at Makwa	12	13	POWOW WEEKEND	15
16	17	Play Group 101 Kiwita 10am-11:30 Strong and Steady 10am-11am at Makwa	19	FOOT CARE CLINIC DAY	20	21
23	24	Strong and Steady 10am- 11am at Makwa	26	Blueberry Workshop (Baking and Jam making) 101 Kiwita 1pm-3pm	Lunch & Learn: Guest Speaker Victoria Cleary (Athletic Therapist) 11am-1pm Elders Lodge	22
30	31					



CEREMONIAL PRACTICES

Ceremony is an essential part of traditional native healing. Physical and spiritual health are ultimately connected. For a person with diabetes, spiritual ceremonies can reduce stress in their lives and renew their determination to manage their disease. Some have found that their blood sugars return to their target range. Certain diabetes medications and insulin can cause risk for low blood sugar (hypoglycemia), and fasting can cause additional risk. Fasting is one of the many ceremonies that have been practiced in First Nation and other Indigenous Nations for many years and can be an important way to connect with self, spirituality, tribe and heritage.

RESOURCE DEVELOPED BY:

Mahawk Council of Akwesasne
James Smith Cree First Nations
National Indigenous Diabetes Association
Mahawks of the Bay of Quinte



National
Indigenous
Diabetes
Association



ENGAGING IN INDIGENOUS CEREMONIAL PRACTICES WITH DIABETES

PARTNERING NATIONS FOR
THE BETTERMENT OF OUR PEOPLE

DISCLAIMER

The health information is information resource only and does not replace medical advice.

ENGAGING IN INDIGENOUS CEREMONIAL PRACTICES WITH DIABETES

BEFORE THE EVENT

- ◆ Talk to elders and those who have diabetes to gather their wisdom
- ◆ Be well
- ◆ Drink plenty of water to prepare for sweating/fasting
- ◆ If your blood sugars are out of target, wait until they are in better control
- ◆ Continue to take your long acting insulin
- ◆ Let the leader know that you are living with diabetes
- ◆ Wear a medical alert bracelet/necklace so people are aware you are living with diabetes
- ◆ Make a lunch or bring healthy snacks
- ◆ Limit fried foods, sugary sweets, and processed food. Talk to a dietitian
- ◆ Bring something to treat a low sugar in case your sugars drop... 1/2 can regular pop, small juice box, 3 tsp sugar or cubes, glucose tablets

Ceremony can be safely practiced while living with diabetes.

With proper preparation and guidance from your healthcare team, individuals living with diabetes can participate fully in ceremony. This resource will guide you on how to balance ceremony and diabetes care, ensuring you can practice safely and with confidence.

DURING THE EVENT

- ◆ Don't go alone
- ◆ Drink water if it is allowed
- ◆ Be careful to not get too close to the fire/rocks with your feet as you may not feel the heat
- ◆ Do not take fast acting insulin
- ◆ Check with the leader to ask if you can leave the ceremony to check your sugar if you are not feeling well

AFTER THE EVENT

- ◆ Drink liquids
- ◆ Check your blood sugars. If they are less than 4, take a fast sugar that is equal to 3 teaspoons
- ◆ Take the fast acting insulin with your next meal
- ◆ Slowly eat the snacks/food that you brought
- ◆ Embrace the experience
- ◆ Blood sugar can continue to fall up to 24 hours after the activity

POWOWS & DANCING

- ◆ Follow the same protocol for sweats, encouraging good hydration throughout the dance
- ◆ Rest in between dances
- ◆ Practice before the event to prevent not feeling well

FASTING

- ◆ Seek diabetes educator or HCP direction as an individualized assessment should be done by a health care provider 1-3 months prior to fast

NUTRITION TIPS

- ◆ Drink plenty of fluids: water, milk, unsweetened drinks, and herbal/traditional teas
- ◆ If possible, limit caffeinated drinks like coffee, tea, and soda
- ◆ When possible, focus on fruits and vegetable and include nutrient rich foods such as traditional, high fiber, and protein rich foods
- ◆ Encourage mindful eating (gratitude for the food and its origin, attention to natural hunger cues, attention to the look, taste, smell and feel of the food)





AOPFN EMPLOYMENT OPPORTUNITY

Community Wellness Worker

Department: Health Services

Supervisor: Health Services Manager

\$47,320.00 - \$68,000.00 annually - Based on Education & Experience

35 hours/ week - Full Time Permanent

Deadline to Apply: August 28th, 2026 at 4:00PM

The Community Wellness Worker provides holistic, culturally grounded, trauma-informed wellness services to adults (18+), families, and the broader community. Rooted in the understanding that culture is healing, the role delivers individual supports, group programming, cultural healing activities, and community events that strengthen identity, balance, and connection.

The position works closely with Elders, Knowledge Keepers, Cultural Leads, and interdisciplinary partners to support healing from intergenerational trauma, enhance cultural identity, and contribute to the development and operation of the Community Wellness Hub.

DUTIES AND RESPONSIBILITIES:

1. Wellness Services & Individual Supports (18+)

- Provide culturally grounded, trauma-informed intake, wellness assessments, and goal setting for adults
- Offer one-on-one counselling, supportive listening, crisis support, and short-term intervention using trauma-informed approaches.
- Support adults and families through wellness planning, case management, and continuity of care.
- Connect individuals to cultural healing, ceremony, land-based supports, and internal/external services.
- Coordinate referrals and ensure service pathways that are culturally safe, strengths-based, and trauma-informed.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Degree or currently completing a degree in Social Services, Indigenous Wellness, Mental Health, or a related field.
- Experience providing individual supports, counselling, or wellness services.
- Demonstrated experience in trauma-informed care and trauma-informed approaches.
- Knowledge of Algonquin culture, traditions, and healing practices.
- Valid Class G driver's license and reliable vehicle.

CONDITIONS OF EMPLOYMENT:

- Cultural Awareness Training and participation in cultural development
- Mandatory compliance training as deemed necessary.
- Satisfactory Criminal Record Check and Vulnerable Sector Screening renewed as required.
- A valid CPR and First Aid certification renewed annually or as required by certification standards.
- Willingness to travel as required for meetings, training, and community or external engagements.
- Commitment to ongoing professional development and role-related training.

How to Apply

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

Submit to:

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

hr@pikwakanagan.ca

Subject Line: Community Wellness Worker

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

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

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

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

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

What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



AOPFN EMPLOYMENT OPPORTUNITY

Archaeology Coordinator

Department: Consultation

Supervisor: Manager, Consultation

35 hr/week - Fulltime - Permanent

\$51,122.00 - \$56,429.00 annually/ Based on Experience & Education

Deadline to Apply: Friday, August 28, 2026 at 4:00PM

The Archaeology Coordinator is responsible for supporting project management and project functions related to the AOPFN Archaeology program. This includes internal and external archaeology projects, intake, reporting, budgeting, and coordinating and overseeing the Anishinabe Odjibikan archaeological field school.

DUTIES AND RESPONSIBILITIES:

Project Delivery

- Monitoring and bringing to action requests (internal and external) from archaeology consultants or proponents (i.e. project notification, identify the scope of participation, develop budget and workplan, conduct community engagement, work directly with proponent) as assigned
- Procurement of funding opportunities or other contracts/agreements;
- Develop specific scope of work and budgets;
- Seasonal supervision of the Anishinabe Odjibikan archaeological field school;
- Operate as a field technician or field supervisor as required for Anishinabe Odjibikan school;
- Oversee sub-contracts and ensure the deliverables are met;
- Maintain field training and certifications, etc.
- Email correspondence and tracking;
- Timekeeping (timesheets, hours on site-project tracking, etc.)
- Conduct archaeological assessment technical report reviews;
- Project report and project descriptions reviews;
- Field liaison, monitoring, coordination and intake processing;
- File management
- Research and report writing;

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Completion of graduate studies programs related to anthropology/archaeology or completion of Anishinabe Odjibikan archaeological field school

How to Apply

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

Submit to:

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

hr@pikwakanagan.ca

Subject Line: Archaeology Coordinator

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

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

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

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

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

What Algonquins of Pikwakanagan First Nation Offers:

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

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

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



AOPFN EMPLOYMENT OPPORTUNITY

Neyagada Wabandangaki Guardian Field Supervisor (3 positions)

Department: Consultation

Supervisor: Neyagada Wabandangaki Operations Manager

Starting at \$56429.00 annually/ based on experience

35 hour/week - Full-Time Permanent

Deadline to Apply: Friday, August 28, 2026 at 4:30PM

The Neyagada Wabandangaki Field Supervisor provides supervision and leadership to the Neyagada Wabandangaki Guardian team while on and off the field of work. The Field Supervisor will help maintain a consistent Guardian presence across the territory, support ongoing monitoring of project activities for potential impacts to AOPFN rights and interests, and ensure monitoring information is properly collected, stored, and reported.

The position also involves coordinating and reporting as required to AOPFN internal consultation teams, advisory committees, the Executive Director of Operations, Chief and Council, and community members, using Indigenous policies, AOPFN laws, and applicable federal and provincial regulations. The Field Supervisor must be able to prepare both detailed and high-level monitoring reports and maintain a high standard of accuracy. This role requires strong confidence in both field and office settings, leadership to coach/mentor other staff, and ongoing training and certifications (e.g., first aid) to maintain proficiency.

DUTIES AND RESPONSIBILITIES:

1. Supervision

- Provides supervision, coordination, and oversight of Guardian Team functions, services, projects, and initiatives.
- Assists to develop and implement work plans, priorities, and resource allocation to support program and community objectives.
- Supervises field program implementation, performance, reporting, and evaluation to ensure quality, accountability, compliance, and continuous improvement.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Secondary School Diploma with a minimum of two (2) years of related experience, or completion of a Guardian Program (Neyagada Wabandangaki or equivalent) with a minimum of two (2) years of related experience.
- Environmental training and certification, is considered an asset.
- Valid Class G Drivers Licence and an Acceptable Drivers Abstract

CONDITIONS OF EMPLOYMENT:

- Cultural Awareness Training & Mandatory compliance training as deemed necessary.
- Willingness to travel as required for meetings, training, and community or external engagements.
- Must meet physical requirements of the position: ability to travel in extreme weather during all seasons; physically demanding and moving, hiking long distances, packing heavy field equipment to remote sites; physically able to lift a minimum of 50lbs.
- Ability to work irregular work hours, including some overtime and overnight trips or monitoring for nocturnal species
- Commitment to ongoing professional development and role-related 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: Neyagada Wabandangaki Guardian Field Supervisor

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 <ul style="list-style-type: none">• (Permanent EE only) | • 14 Provincial and Federal Statutory Holidays |
| • Paid Sick Days | • Health Spending Account
(Dental, Vision, Prescriptions, etc.) |
| • 4% Vacation | • Milestone Recognitions & Rewards |
| • Holiday Shutdown <ul style="list-style-type: none">• (Conditions Apply) | • Half days on Fridays prior to holiday Mondays <ul style="list-style-type: none">• (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.

Program Support Staff

Nigig Nibi-Ki-win Gamik is seeking a Program Support Staff to provide program assistance and support for day-to-day program-related matters at Nigig Nibi Ki-win Gamik Society. Must be ready, willing and able to develop and maintain a good working relationship with all Nigig staff, local and associated organizations and associations, as well as business associates of Nigig Nibi Ki-Win Gamik Society ("Nigig"), including community and community partners.

The Program Support Staff provides a complete range of professional support to the Programming team and assists in the facilitation of culturally and/or socially relevant programming to promote wholistic wellness for Algonquin children, youth and families.

The Program Support Staff will provide professional program support with integrity, professionalism, and sound judgement, as well as ensure complete confidentiality of information and respects and safeguards privacy entitlements of all members of the community.

Position Details:

- Post Secondary education related to social services, early childhood education, recreation or Grade 12 with relevant work experience
- A minimum of a "G" class licence
- Must enjoy and have experience working with children and youth
- Ability to work flexible hours, including evenings and weekends
- Maintain effective interpersonal relationships with clients, staff, management team and community

Scan here for more information:



Benefits

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



Algonquins of
Pikwakanagan First
Nation



AOPFN Limited Partnership

CALL TO TENDER

◆ CATERING FOR AOPFN CAREER & ENTREPRENEURSHIP FAIR ◆

AOPFN LIMITED PARTNERSHIP

AOPFN Limited Partnership is inviting local community caterers to submit a tender to support **AOPFN Career & Entrepreneurship Fair**.



SCOPE OF WORK:

The caterer must be prepared to serve **125 plates** of a traditional Algonquin meal. Caterer must submit a menu, be accommodating various dietary restrictions, and be able to deliver to on-reserve location. Meals must arrive and be ready to serve **15 minutes** prior to the time designated by AOPFN Limited Partnership.



EQUIPMENT & MATERIALS:

Caterer must use their own cooking equipment and ingredients, along with supplying plates/bowls, napkins, and utensils.



DURATION OF CONTRACT:

Sept 29th, 2026
12–1:30 pm



TENDER CLOSING DATE & TIME:

Sept 4, 2026, at 12 pm.



TENDER SUBMISSION REQUIREMENTS:

A complete tender must include the following:

- Tender form completed in full;
- Menu



CONTRACT AWARD:

AOPFN Limited Partnership is not required to accept the lowest bid or any particular tender.



TENDER SUBMISSION:

Submit Tender to Crystal Benoit bdo@pikwakanagan.ca or in person within business hours at the AOPFN Limited Partnership office located at 469 Kokomis Inamo, Unit 3, Pikwakanagan in a sealed envelope dated and marked "**Tender for Catering Service**".

TENDER FORM FOR CATERING SERVICE



AOPFN Limited Partnership

SEPT 29TH, 2026

Submit My Tender for Catering Service as:

\$ _____ per plate, dated this _____ day of _____, 2026

(Name) _____ (Signature)

Email _____ Phone Number _____

Community Resources:

ADDICTION Resources

Addictions Counsellors:

Gilliam McKay
&
Courtney Roach
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

TeleHealth:

1-866-727-0000

Poison Control:

1-800-268-9017

The Sharing Place Golden Lake (11185 Hwy 60)

613-625-2600

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.

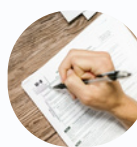
Any emergency requests for police assistance or other call for service should go through normal channels.

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

Ensuring First Nations Children (0-17)

Have Access to Educational, Social
and Medical Supports



Examples of Supports Available

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



CONTACT US

Pamela Scheel- Jordan's Principle
Navigator

613-401-2812
jpnnav1@pikwakanagan.ca

Anishinabek Nation Students **CULTURAL SUPPORTS GRANT**

INTAKE OPEN

Successful applicants will be reimbursed up to **\$300** per student, per year, for projects/activities completed between **September 1, 2025 and August 30, 2026**.

APPLY TODAY



Learn more about your eligibility and the application process by visiting the site link below:

www.surveymonkey.com/r/CulturalSupports2026

If you have any questions, please
e-mail: natasha.george@anishinabek.ca



FREE COMMUNITY TRAINING OPPORTUNITY

DIGITAL SEX TRAFFICKING

&

DIGITAL SAFETY for Parents

Digital safety expert teaches how predators are luring children online, current unsafe apps, tips to keep children safe and how to talk to children openly about online safety.

This training is offered as modules online that can be done at your own pace

Limited spots & must be completed by September 20th

Please email raird@nigignibi.com for registration info and coupon code



If you do not have access to a computer or internet, support can be provided to allow access

Open to Pikwakanagan Community & their Families



AOPFN Limited Partnership

Mamidosewin Rental Fee Increase

To adjust to increased costs, effective September 1, 2026 the Mamidosewin Gathering Place, (formerly known as The Bingo Hall) rental rates will be:

\$75 per hour for external users (users who are not part of AOPFN)

\$60 per hour for all AOPFN programs, services and departments, including Nigig Nibi Ki-win Gamik

\$50 per hour private events

Thank you for your understanding.



Regular Council Meetings

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

Available to view online in the
members-only section of
www.algonquinsofpikwakanagan.com

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



EMMENA-MADINAMAGE MIDJM
The Sharing Place
Food Bank

HOURS

OPEN the second Thursday of each month, unless indicated

10 AM TO 12 PM

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

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

613-625-2600

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

Facebook: www.facebook.com/emmthesharingplace

ALGONQUINS OF PIKWAKANAGAN ELDERS LODGE

For Rentals contact Rose Yankoo at

elderslodgepik@gmail.com

**Reminder - for sanitary purposes
individuals hosting meals & catering
are required to supply their own dish
cloths and towels**



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

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

Large & Small Equipment for All Excavating Needs!

CHERYL KELLY, OWNER



ADMIN OFFICE HOURS

Monday - Friday

open	8:30am
close	12:00pm

open	1:00pm
close	4:30pm

Waste Disposal:

Wednesday 12:00pm - 6:00 pm

Sundays 9:00 am - 3:00 pm

Curbside Pickup

Garbage: Wednesday

Cardboard: Thursday

Containers: Friday

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.

www.algonquinsofpikwakanagan.com

Laws and By-Laws hard copies can be
requested from the Lands, Estates &

ANIMAL CONTROL OFFICER

Available from 8:30-4:30 everyday

Laura Pelkey

613 401-9685

riverviewrescues@gmail.com

Available from 8:30-4:30 everyday



Membership department.

Call 613-625-2800, Email

mgr.lem@pikwakanagan.ca,

land.officer@pikwakanagan.ca,

assistant.lem@pikwakanagan.ca

**Notice: Killaloe OPP Record Check
applications are now online.**



ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS



Name	Family Line	Date Posted	Appeal Period Ends
Hutchcroft, Sophia	Commanda	09 Apr 26	09 Oct 26
Mascitti, Christina	Amikons	09 Apr 26	09 Oct 26
Miscitti, Elizabeth	Amikons	09 Apr 26	09 Oct 26
Helka, Leah	Partridge	09 Apr 26	09 Oct 26
Gagnon, Barry	Meness	10 Apr 26	10 Oct 26
Thompson, Teddy	Commanda/Benoit	10 Apr 26	10 Oct 26
Thompson, Nora	Commanda/Benoit	10 Apr 26	10 Oct 26
Moore, Karen	Benoit	10 Apr 26	10 Oct 26
Nieman, Jennifer	Lavalley	10 Apr 26	10 Oct 26
Paige, Stephanie	Baptiste	10 Apr 26	10 Oct 26
Cort Junior, James	Meness/Ignace	15 Apr 26	15 Oct 26
Cort, Kylee	Meness/Ignace	15 Apr 26	15 Oct 26
Cort, Jace	Meness/Ignace	20 Apr 26	20 Apr 26
Jocko, Bruce	Jocko	20 Apr 26	20 Oct 26
Jocko, Haddon	Jocko	20 Apr 26	20 Oct 26
Bennett, Robert	Tennescoe	20 Apr 26	20 Oct 26
Payer, Phys	Commanda	23 Apr 26	23 Oct 26
Sarazin, Anthony	Sarrazin	23 Apr 26	23 Oct 26
Snippe, Connor	Lavallee	05 May 26	05 Nov 26
McLean, Mandy	Tenesco	05 May 26	05 Nov 26
McMunn, Christina	Commanda/Lamure	14 May 26	14 Nov 26
Olmstead, Chadwick	Lavalley	04 Jun 26	04 Dec 26
Allair, Alexandra	Tenisco	04 Jun 26	04 Dec 26
Canavan, Kirsta	Whiteduck	05 Jun 26	05 Dec 26
Canavan, Michael	Whiteduck	05 Jun 26	05 Dec 26
Shelley, Jailynn	Lavalley	05 Jun 26	05 Dece 26
Diver, Lorrie	Tennisco	06 Jun 26	06 Jan 27
Shelley, Melanie	Lavalley	06 Jun 26	06 Jan 27
Jones, Diana	Benoit/Baptiste	06 Jul 26	06 Jan 27
Jones, Georgia	Benoit/Baptiste	06 Jul 26	06 Jan 27

Jones, Leah	Benoit/Baptiste	06 Jul 26	06 Jan 27
Matt, Micayla	Tennisco	13 Jul 26	13 Jan 27
Cehade, Sherbert	Sharbot	14 Jul 26	14 Jan 27
Fawcett, Kaitlyn	Lavalley	23 Jul 26	23 Jan 27
Glassford, David	Meness	23 Jul 26	23 Jan 27
Carnahan, Kenneth	Meness	28 Jul 26	28 Jan 27
Carnahan, Cloe	Meness	28 Jul 26	28 Jan 27
Pilatzkie, Emily	Lavalley	06 Aug 26	06 Feb 27
Clee, Kimberly	Commanda/Lamure	06 Aug 26	06 Feb 27
Manderstorm, Abbigail	Baptiste	06 Aug 26	06 Feb 27

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





Pikwakanagan Members: **How to Register & Re-Register!**

1

GO TO OUR WEBSITE

Visit algonquinsofpikwakanagan.com
in your browser.

2

CLICK Register

Click the red "Register" button in the top
right corner of the homepage.

3

ENTER YOUR INFORMATION

Fill out the Member Registration Form
and submit it.

4

WAIT FOR APPROVAL

Once your request is approved, you'll
receive an email with instructions to set
your password and access the login
page.

IMPORTANT:

These emails may land in your **Junk or Spam Folder**,
so please check there if you don't see anything in your
inbox. If you run into any issues at all, just reach out to
comms.itsupport@pikwakanagan.ca - we're here to
help every step of the way!

