

Pikwakanagan Tibadjimowin

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- Lawn Tractor for sale
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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.

Chibayatigo-Kijigad, Aditagagomin-Kizis 28, 2026
Friday, August 28, 2026



Algonquins of Pikwàkanagàn First Nation

Community Notice Precautionary Boil Water Advisory Lifted

The Algonquins of Pikwàkanagàn First Nation is pleased to advise community members that the **Precautionary Boil Water Advisory has been lifted**, effective immediately Aug 27, 2026.

Health Canada advised bacteriological water samples collected from the water treatment plant and distribution lines, as well as Schedule 23/24, General Chemistry and Gross Alpha/Beta water samples collected from the Water Treatment Plant have been received and are within the Guidelines for Canadian Drinking Water Quality and Ontario Drinking Water Standards, deeming the water potable.

This advisory was put in place as the new Water Treatment Plant was brought online and the necessary steps were completed to transition to the new system.

We sincerely thank all community members for their **patience, understanding, and cooperation** throughout this process. We recognize the inconvenience the advisory may have caused and appreciate everyone's continued support as we worked to bring the new water treatment plant online safely and successfully.

The new Water Treatment Plant represents an important investment in the community's infrastructure and will help support the delivery of safe and reliable drinking water for generations to come.

Mígwech,

Algonquins of Pikwàkanagàn First Nation Administration

1657A Mishòmis Inamo
Pikwakanagan, Ontario K0J 1X0

Tel: (613) 625-2800

Fax: (613) 625-2332



Algonquins of Pikwakanagan
First Nation
COMMUNICATIONS

Consultation Department Communications Program

Community Update #2 Announcement

**Regarding the Offsite Contamination Incident at
Chalk River Laboratories (CRL) in September 2025**

Event Summary & Root Cause Analysis results
are now available online!



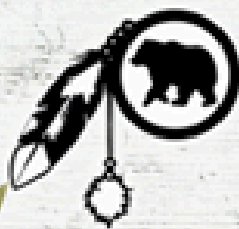
Back in October 2025, the Consultation Communications Program, the **Algonquin Foods Program (AFP)**, communicated to membership in the AOPFN Newsletter, about an **Offsite Contamination Incident at Chalk River Laboratories (CRL)**.

Because this incident was **'unplanned'** and through the **AFP communication priorities and risk levels**, this incident was classified as a **level 2, medium risk event** communication to AOPFN membership.

To read the full **Event Summary** and **Root Cause Analysis results**, please go to the AOPFN website, under Consultation and AFP, to view a 4 page summary on this Incident from Sept 2025.

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





**AOPFN
CONSULTATION**

*Advanced notification
of Upcoming*

ALGONQUIN KNOWLEDGE & LAND USE STUDY

Are You a Land User?

*We are looking for Algonquins of Pikwakanagan First Nation
Members to participate in our new study!*

What is an Algonquin Knowledge and Land Use Study (AKLUS)?

An AKLUS is used to map AOPFN knowledge, land use, and places that have been used by AOPFN members.

How can I participate?

We will be interviewing land users in the community as well as remotely. There will be an honorarium for participating.

In-person Options: in
Pikwakanagan and Ottawa areas

Virtual Options: Anywhere

**To participate, or for more
information, contact:**

Sam Whalen

projectco08@pikwakanagan.ca
or

613-625-4010 Ext: 313

*Your input helps to protect land and waters from developments that can
impact land users in our unceded traditional territory*

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



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

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.

≡ 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



REMEMBER,
LEARN,
CONNECT.

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

COMPLETE OUR
SHORT SURVEY

GET A RAFFLE
TICKET

ENTER TO WIN
Prizes! ♥

EVERYONE IS WELCOME.

Everyone, Every Story, Every Life Matters.

For more information, contact
the Mental Health & Addictions
Support Counsellors.
781.950.0000

MINDIWIN MANIDO DAYCARE

GIFTS FROM THE SPIRIT

PRESCHOOL GRADUATION Celebration! ♥

KWEY DAYCARE FAMILIES, ♥

We are excited to come together as a daycare community to celebrate a very special milestone for our preschool children who are beginning the next part of their journey into school.

**MONDAY,
AUGUST 31, 2026**

PRESCHOOL GRADUATION CELEBRATION

11:00 A.M. - 2:00 P.M.

All Mindiwin Manido Daycare families are warmly invited to join us as we honour and celebrate our preschool graduates.

A light lunch and refreshments will be provided.

CELEBRATING OUR CULTURE ♥

Families and children are encouraged to wear their regalia as we celebrate together and reflect the culture, identity, teachings, and community that are an important part of Mindiwin Manido Daycare.

REMINDER FOR GRADUATING FAMILIES ♥

Monday, August 31 will also be the final day of daycare for our preschool graduates who are leaving us to begin school.

We are very proud of each of our graduates and grateful to have been part of their early learning journey. We look forward to celebrating this important milestone together with all of our daycare families.

CONGRATULATIONS TO OUR 2026 PRESCHOOL GRADUATES! ♥

MINDIWIN MANIDO DAYCARE
GIFTS FROM THE SPIRIT
♥ ♥ MIIGWECH ♥ ♥

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.

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.

HELP US CLOTHE OUR CHILDREN IN CULTURE ♥

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. ♥



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!

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.

ONCE A MONTH
AN HONORARIUM WILL BE PROVIDED.

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

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

FRESH HARVEST AVAILABLE!

TAKE WHAT YOU NEED!

Welcome to the Community Garden!

Located behind the Tennisco 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! ♥

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

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



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, 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.


**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



YOUR OPPORTUNITY.


AOPFN Limited Partnership


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.



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



Omâmiwinning pîmajîwôwin

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/join/268085454986362?p=cR8E1Hbw6vq4UTP2ua>
manager@thealgonquinway.ca



SEPTEMBER 2026

Healthy People. Strong Community. Brighter Together.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>Strong and Steady 10am-11am Play Group 10am-11:30am</i>	2	3 <i>Foot Care Clinic</i>	4 <i>Office Closed at 12:00</i>	5
6	7 <i>Labor Day Office Closed</i>	8	9	10	11 <i>Strong and Steady 10am-11am</i>	12
13	14	15 <i>Strong and Steady 10am-11am Play Group 10am-11:30am</i>	16	17 <i>Foot Care Clinic</i>	18	19
20	21	22 <i>Play Group 10am-11:30am</i>	23 <i>Strong and Steady 10am-11am</i>	24 <i>Fall Harvest Workshop 1pm-3pm</i>	25 <i>Pizza Party 5-6pm</i>	26
27	28	29 <i>Play Group 10am-11:30am</i>	30 <i>Truth and Reconciliation Day Office Closed</i>			

Please note that event dates and times may occasionally change. For the most up-to-date information, please follow our Facebook page, Pikwakanagan Health Services, where we will post any last-minute cancellations, date changes, or time changes. If you have registered for a specific program or event, you will also be contacted directly with any important updates.



Arthritis Awareness Month shines a spotlight on the millions of Canadians living with arthritis and the critical role healthcare professionals play in their care.



September is Arthritis Awareness Month

Visit Arthritis.ca for great online resources about risk factors, management, exercises, nutrition etc! Contact our Chronic Disease Management Nurse Taylor Murphy for other available resources relating to arthritis and chronic pain!

613-625-2259 ext 232

September Schedule

STRONG & STEADY EXERCISE PROGRAM

Location: Makwa Center

☀️ Weather permitting: Walk on the ball field

☁️ Rainy day: Walk indoors

Tuesday Sept 1st 10am-11am

Friday Sept 11th 10am-11am

Tuesday Sept 15th 10am-11am

Wednesday Sept 23rd 10am-11am

NO CLASS LAST WEEK OF SEPT



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

A safe, adaptable exercise class based on Western University's Seniors Exercise Program guidelines. Exercises can be modified to suit all fitness levels and abilities. Led by Taylor, a Certified Seniors Fitness Instructor and Heart Wise Exercise Certified through the Ottawa Heart Institute.

📞 Questions? Call 613-625-2259 ext. 232

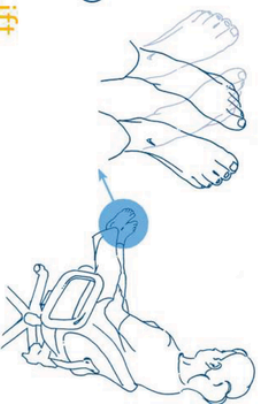
👉 Drop-in welcome! Participants receive an exercise swag bag with their own equipment and a registration form.

TOP 10 EXERCISES

All exercises should be performed 20 times or as tolerated

1 Ankle Circles

- Sit upright, keep abdominal muscles tight, chest high with legs stretched out in front
- Slowly circle your feet in one direction 20 times, then in the other direction 20 times (If you have difficulty try using one leg at a time)



2 Heel/Toe Lift

- Sit upright on the edge of a chair or stool with your feet flat on the floor
- Lift heels for three seconds, keeping toes on the floor
- Return feet to flat position then lift toes for three seconds



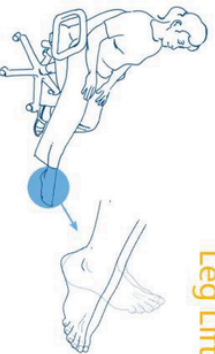
3 Knee Raises

- Sit upright on the edge of a chair or stool
 - Keeping abdominal muscles tight, lift one knee as high as you can without bending your back (You can assist lifting your knee higher with your hands)
 - Slowly lower your foot down to the floor
- (Note: Avoid this exercise if you've had a total hip replacement)**



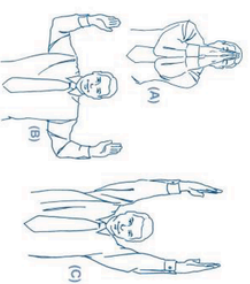
4 Leg Lift with Ankle Movements

- Sit upright, keeping abdominal muscles tight and back supported, then slowly straighten your knee
- With the knee slightly bent, point your toes straight ahead, then reverse to point toes toward the ceiling
- Lower leg
- Repeat with other leg



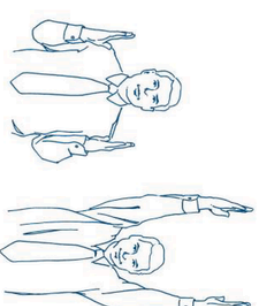
5 Shoulder Stretches

- Sit or stand with good posture, forearms close together in front of the body **(Note: This start position is not suitable for those with osteoporosis)**
- Open arms at shoulder height, elbows bent and palms facing forward, squeezing shoulder blades together
- Stretch arms overhead, keeping elbows out in line with body



6 Forward Arm Reaches

- Sit or stand upright with arms at your side, elbows bent and thumbs pointing back toward your shoulders
- Stretch arms overhead
- If one of your arms is weak, you can help it by placing your hand under the elbow and assist the weak arm to the overhead position
- Lower arms slowly to the start position



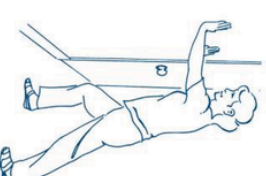
7 Shoulder Squeeze & Wrist Stretch

- Put palms and fingers together
- Hold arms stretched out together in front of your body
- Pull hands in towards your chest, making your elbows point outwards to each side
- Press palms together as you move them closer to your body and squeeze shoulder blades together



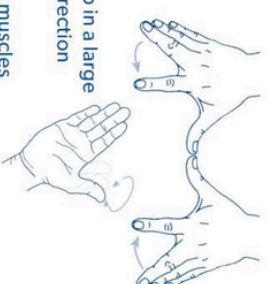
8 Hip & Calf Stretch

- Stand upright, keep abdominal muscles tight with arms outstretched and hands against a wall, elbows straight and feet hip-width apart
- Keep shoulders and hips in a straight line as you place one leg behind you
- Bend the knee of the front foot keeping heel of the back foot on the floor to feel the stretch in the calf on the back of the leg
- Hold for 10 to 20 seconds, breathing deeply
- Alternate legs **(Note: If you cannot keep your heel on the floor bring your back foot forward more)**



9 Finger Walk & Thumb Circles

- Sit with hands on table, fingers pointing forward
- Slide thumbs toward each other
- Slide each finger one at a time towards the thumb
- After the little finger has completed the "walk", lift your hands and put them down straight



10 Walking

- Take a walk every day, walking allows you to stretch your back and leg muscles and helps joints from becoming stiff due to inactivity
- Pay attention to good posture; stand tall, chest high and keep abdominal muscles tight

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
chneikwakanagan.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
chneikwakanagan.ca

Prevent Mosquito Bites

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



Algonquins of Pikwakanagan First Nation

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



 **Algonquins of Pikwakanagan First Nation**

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-scooter riding 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-scooter riding!



Algonquins of Pikwakanagan First Nation

Jessica Schwan, Community Health Nurse



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



AOPFN EMPLOYMENT OPPORTUNITY

Bus Driver

Department: Education

Supervisor: Manager - Education

\$23.08 - \$25.47 hourly depending on experience - Part Time Permanent

Seasonal: September - June - 5 hrs./ day (Spilt Shift) - 5 days/ week

Deadline to Apply: Friday, September 11th, 2026 at 4:00 P.M.

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.
- Be a role-model that promotes an environment that is safe emotionally, mentally, and physically for the students.
- Maintains the cleanliness of the vehicle daily and ensures supplies and materials available.
- Assists with scheduling vehicle maintenance and repairs.
- 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, KOJ 1X0

hr@pikwakanagan.ca

Subject Line: 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
 - (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

Transportation Monitor

Department: Education Services

Supervisor: Manager, Education Services

\$20.40 - \$22.52 hourly/ based on experience/ education

3-4 hours/ day - 15-20 hours/ week

August 28th, 2026 - June 25th, 2027 - Possibility of Permanency

Deadline to Apply: Friday, Sept 11th, 2026 at 4:00 PM

The Transportation Monitor is responsible for monitoring the transportation of students and providing support to students while riding, loading, and unloading any designated education transportation service vehicle, including buses, vans, and other approved vehicles to ensure the safety of all passengers. The Transportation Monitor supports a safe and distraction-free environment, allowing the driver to focus on the safe operation of the vehicle and may be assigned to any designated transportation service based on student and operational needs.

DUTIES AND RESPONSIBILITIES:

1. Service Delivery

- Performs transportation monitoring duties on any designated education transportation service or approved vehicle as operational requirements dictate and may be reassigned to different routes, vehicles, or transportation services to meet student needs.
- Complies with and implements the "Guide for School Bus Safety & Behaviour Expectations."
- Reviews and understands the assigned transportation route(s), times, pick up/drop off locations and riders at each stop as well as changes designed to accommodate community programming.
- Will assist with routing and practice runs, as approved.
- Reviews Student Transportation Registration Forms and becomes knowledgeable of the student rider's information.

For full Job Description please email hr@pikwakanagan.ca

REQUIREMENTS:

- Secondary School Diploma or equivalent, combined with a minimum of one (1) year of experience providing direct care and supervision to children and youth under 18 years of age.
- Training, education, or experience supporting children and youth with diverse needs, including developmental, physical, behavioural, medical, or accessibility needs, is considered an asset.

CONDITIONS OF EMPLOYMENT

- Current acceptable Vulnerable Sector Check.
- Valid CPR/First Aid & AED Certification.
- Able to travel and have access to a dependable vehicle.
- Able to lift up to 40lbs.

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: Transportation Monitor

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,
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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.



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 _____

Call To Tender

Catering Services for Fall Equinox Feast

The meal should reflect the fall harvest and traditional seasonal foods of our Algonquin territory. Preference will be given to menus including locally sourced and seasonal ingredients, deer/moose/fish where available, squash, corn, beans, wild rice, root vegetables, berries, apples, maple and bannock for approximately 220 community members.

Please submit tenders to Jayden at The Algonquin Way Cultural Centre or programcoordinator@thealgonquinway.ca by 12pm Friday, September 11, 2026. For any additional information or questions, please call 613-625-1958.

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.

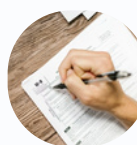
Any emergency requests for police assistance or other call for service should go through normal channels.

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



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





LAWN TRACTOR FOR SALE

42-in 452CC double blade Gas Lawn
Tractor Black brand new never used
\$2,500.00.

Warranty can be set up in your name



BOOK NOW

SANDY NASH



Contact us
613-717-2894

You may call ☒

or set up an appointment ☒
to view

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, Jailyann	Lavalley	05 Jun 26	05 Dec 26
Diver, Lorrie	Tenisco	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
Ozawanimke, Biwaaseyaabin	Sarazin/Meness	24 Aug 26	24 Feb 27
Wawaasgoneh, Anong	Sarazin/Meness	24 Aug 26	24 Feb 27
Fitzgerald, Krystin	Benoit	24 Aug 26	24 Feb 27
Fitzgerald, Connor	Benoit	24 Aug 26	24 Feb 27
Fitsgerald, Hailey	Benoit	24 Aug 26	24 Aug 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!