

UPDATE **PLAYGROUND IMPROVEMENTS** CALLING LAKE

SOF-SURFACE PRODUCT INSTALLATION HAS BEEN COMPLETED ON JEREMY NIPSHANK MEMORIAL PARK & SKATEBOARD PARK PLAYGROUNDS

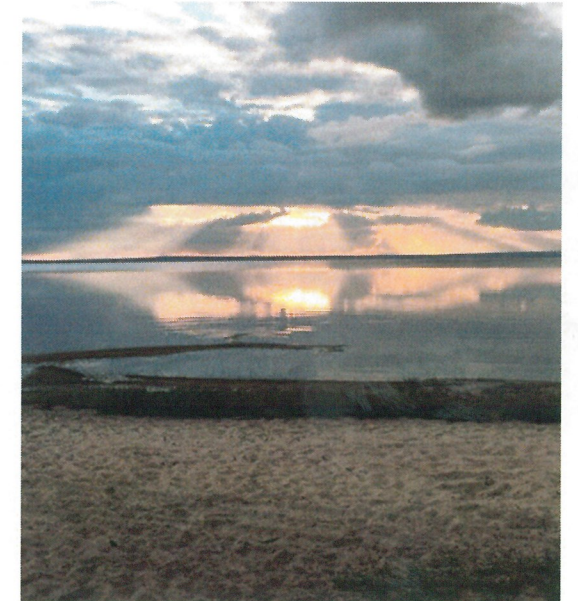


SEPTEMBER 2020

THE CALLING LAKE SPIRIT

VOLUME 1

This is the first CALLING LAKE COMMUNITY SPIRIT newsletter. We will at this time be publishing 4 times a year with the hope of increasing to 6 or 8 times a year. To accomplish this we need your help with community input, thoughts and idea's. In trying to help promote local business, if you have a service or business advertising is free, again we just need your input. For more information contact:
Jennifer Schacher at (780) 777-5390 or
Kathy Stubbs at (780) 719 9949.



CALLING LAKE SAFETY AND SECURITY UPDATE

CITIZENS ON PATROL

This is a group of volunteers that have stepped forward to provide eyes and ears for the RCMP. If something suspicious is happening in our community we have the ability to directly let the RCMP know that something is happening. If you would like to step forward as a volunteer please see the notice at the Post office for more information. During the last year we have learned a lot about restorative justice, rehabilitation centers, Job Core, and continue to learn about the ins and outs of the community. Seeking understanding is our main focus right now and how to make the best impact possible in a positive manner.

If any one would like to join our working committee please feel free to contact us through the community association.

THE TROUBLE WITH LIFE IN THE FAST LANE IS THAT YOU GET TO THE OTHER END IN AN AWFUL HURRY.

~ John Jensen

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CALLING LAKE LIBRARY OPEN

Diane Collyer ~ Library Manager

The Calling Lake Public Library reopened on June 22.

During the provincially mandated closure the library was thoroughly cleaned and sanitized. A total inventory was also completed. The library reopened during Phase Two with the following restrictions.

Due to AHS and Alberta Government regulations we had to make changes for the library. Hours are now 10:00-4:00 Monday to Friday until further notice. Numbers of patrons in the library are limited to two, with patrons being asked to use masks and gloves that are provided for their use along with hand sanitizer. At this time there is no computer use, with Wi-fi being available outside the building. We are asking that there be no lingering in the library and persons under sixteen not to use the library.

The summer reading program is being offered this year as a virtual program. Please visit ABSRC.ab and TDSRC.ca to join the reading clubs. The programs offer reading, games and videos for our patrons to access. Conal Mullen, who does Magic shows that are in connection with the summer reading programs has videos on YouTube, that Conal has offered for patrons to use. Please visit our website (callinglakelibrary.ab.ca) and also Instagram and Facebook for updates.

The library managers from the Peace Library System have a coffee chat monthly to keep all managers up to date on how each library is handling changes and any new changes that we, as library managers need to know about.

Keeping Seniors Connected is a program we offer if you need help with your electronic devices. Visit or call the library (780-331-3027) to arrange technical help sessions with Chuck. The service is available at no charge to seniors (+55) who are residents of Calling Lake.

Please join us at the Library. We would love to see you there!

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 Guides me through her
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Each season, storm cloud,
 Blossom and bird
 Is tutorage in science

Her motherly love tugs
 At my heartstrings with
 Every sunrise and sunset

Nature raises my spirit
 Using the simplest gestures,
 A gentle breeze, black starry
 nights

Like rich fertile soil she
 Feeds my soul with blends
 Of boreal forests beside beaches

As a coniferous cone drops
 And seedlings take root
 I too am kept grounded

This Mother Nature nurture
 Makes me grow and
 She makes me whole

© Cheryl McConnell

Back to School Word Search

T V Q Y Q K B I M T Y Q P X M N F I
 E Z C R T X M J N C J T E S N E P V
 A N E C R E A D I N G U F W L E S K
 C O Y L X O X S E P Y H R F Q R P X
 H T R O J K E O I Q J L I S R A E O
 E E A P Q A J J G Y V B E L D S N B
 R S R L A P I C N I R P N R J E C H
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 S O C K H O P Z R E C E S S K A A S

BELL):BOOKS):BOYS):CLASSROOM):DESK):ERASER):EXAM
):FRIENDS):GIRLS):HOMEWORK):LEARNING):LIBRARY):LOCKER
):LUNCHBOX):MASKS):NOTES):PENCIL):PENS):PRINCIPAL
):READING):RECESS):SANITIZE):SOCIALDISTANCING):SOCKHOP
):STUDY):TEACHERS):TESTS):WRITING):



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Calling Lake Community Association

Wilf Brooks ~ Association President

As some will recall this is not the first time this name has been in our community and it is exciting to see it back in front of us again.

It is a mandate of the board (carried over from the old Cottager Association for now) to engage and learn about as much as we can about our community needs and wants over the next year during a tough time with Covid dictating much of how we can engage folks. We are fortunate to have Angie Lightning and Roger Smolnicky as new board members, filling the two vacant seat, as we develop a more diverse Board of Directors going forward.

We will be looking to have a great representation of all aspects of our community working as a team on committees and or the board by next year in May when we will have our first AGM.

The Association has identified FIVE pillars of development and each plays an important role in developing and maintaining our Calling Lake Culture.

1. Community Development
2. Safety and Security within our community
3. Education, including grade school and post-secondary adult education
4. Economic Development
5. Recreation, Arts and Sport

Within each of these areas there will be many common threads and these must be all woven together and of course always tied back to what we call "Lake Matters", the reason we all came together at Calling Lake.

We just completed a successful Parking Lot Market which gave folks an opportunity to participate in economic and community development. We are reaching out to all community members to get involved in many ways in the near future and beyond. We are open to all idea's and suggestions.

PLEASE GET INVOLVED, CLCA NEEDS YOUR INPUT!

We are now gathering names and information of folks who may wish to offer their input and thoughts as to WHAT the CLCA should look like as it develops over the next few months. We will have a membership drive before the end of this year, but we need input and ideas now.

We are asking you to send your contact information and thoughts you have as to where we should get involved to by mail or email:

CLCA: PO Box 44 Calling Lake
CallingLakeCommunity@gmail.com

What do you feel should be the priorities for this organization to focus on?

SPRUCE COUNTRY STITCHERS

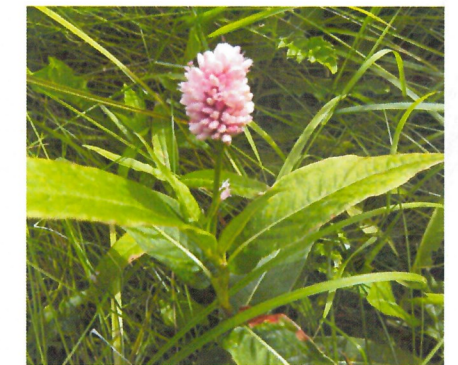
We started quilting about 15 years ago with 3 in the group. As the years have gone by we have about 12 to 18 attending each week. We meet every Tuesday evening at the Senior's Center from 7-9PM. The seniors group have very generously let us use the space and also have given us funds for sewing machines and quilting supplies. It is amazing to see all the beautiful quilts, wall hangings, table runners and other things that the ladies have made. For many it has been the very first time to make a quilt and I just love to see them with a finished project. It is wonderful to see the ladies smiles and see them growing in confidence. We invite you to come and join us on Tuesday evenings. Our start up will be Sept 9 or 16/20. Watch for posters or our Facebook page. If you are not into sewing come to visit and bring any handicraft you would like to do. Some knit, some sew and some just visit. We do have a great time, learn a lot all accompanied with a lot of laughs.

Gerry Stockburger for Spruce Country Stitchers.



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CALLING LAKE NATURE

This flower is called a Water Smartweed (Polygonum amphibium), and can be seen in the 2 mile creek area. They typically grow in muddy soil or shallow water.

WATCH OUR NEXT EDITION FOR THE CALLING LAKE COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION FORMS, DETAILS, BENEFITS, AND COST.



BLUE JAYS

Did you know that the blue jay often mimics the call of hawks?

This large songbird has vivid blue colouring above with white plumage below. Blue jays have a prominent blue crest (which is lowered when they are feeding peacefully or when they are tending their nestlings) and a bold black 'necklace'. Their wings and tail are barred with black and the wings also sport a bold white wing bar. The pigment melanin in blue jay feathers, is actually brown; the blue color occurs as a result of the scattering of light through cells on the surface of the feathers. All colours pass through the feathers except blue. Blue jays are omnivores. Most of their diet is vegetable matter (75% likely) including acorns, seeds, grains, berries and small fruit.



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They eat many insects (caterpillars, grasshoppers, etc.) and also have a liking for birds' eggs, frogs, baby birds, etc. A mated pair (who often mate for life) will build a nest together in a tree- twigs, weeds, bark strips etc. are used and sometimes mud is added to hold it all together. 4-5 eggs are generally laid and incubation (which is carried out by both parents – more by the female) is about 16-18 days. Both parents bring food for the hatchlings and the young vacate the nest 17-21 days post hatching. About 3 weeks later begins the young begin the search for their own food.

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Other interesting facts about blue jays:

- 1) Sometimes they rub ants on the underside of their wings - called anting. Ants contain formic acid and blue jays rub this acid out before ingesting them.
- 2) It is difficult to tell male and female blue jays apart because their plumage is the same colour. This is called sexual monomorphism.
- 3) One of the main predators of blue jays is the red-shouldered hawk. These intelligent birds can warn other blue jays of the presence of this predator by imitating the sound of the hawk. They may also imitate the hawk to scare other birds away so they can be first in line at a food source! Along with hawk imitations, they make gurgling sounds and, of course, their usual raucous "jay, jay" call.
- 4) Blue jays do not necessarily have a predictable migration pattern – they may stay in a habitat all year long, for years. Then, suddenly, they decide to 'hit the skies' and head south. This behaviour may have to do with food availability, but there is not a definitive reason as yet figured out.

As always, if you see injured or orphaned wildlife, please contact us at 403-946-2361.

Calling Lake Seniors Club

Kito Sakahekan Seniors Society is Calling Lake Seniors Club, where friendship and community come together. Anyone in the community 55 years or older is welcome to be part of the club and participate in activities.

We are funded by FCSS and community health and safety of our seniors is our main objective.

The Seniors Club has been active in the community for decades and has provided entertainment and support on various occasions. Seniors from our club were front and center helpers during the Wabasca wildfire evacuations. Seniors could be seen working in the kitchen preparing and serving food, chatting with the evacuees and offering smiles and encouragement.

Pre-Covid activities included twice weekly coffee hour at the club where you could catch up on news in the community. Monthly birthday Bingos gave members a chance at winning gift cards and birthdays of the month were recognized and celebrated.



Our yearly Christmas Dinner and Dance is always an even to look forward to. Meals are catered by local cooks and the entertainment provided is a local band with many individuals taking the stage to entertain.

We have an active and imaginative entertainment committee with many planned events for 2020. Unfortunately, Covid arrived and we had to cancel the planned golf and fishing tournament. We hope to run events like these in the future.


Other past activities include a 50's Sock Hop, Halloween supper and dance, craft days, movie nights and game afternoons featuring crib tournaments. The seniors also hosted Shrove Tuesday Pancake Brunch as well as a June BBQ honoring the workers from Job Corp in thanks for the help with the wood program.

WATCH OUR NEXT EDITION FOR THE CALLING LAKE COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION FORMS, DETAILS, BENEFITS, AND COST.

The wood program provided seniors and those on AISH a chance to purchase fire wood at a low cost. The trees were donated by ALPAC, Job Corp and Work Corp bucked and split the trees. Loads of firewood were then delivered to individuals. Thank you to the MD office staff who collected the payment and verified that the service was for seniors only.

When our world returns to normal (our New Normal) we will resume community social activities. Our first event is the return of our Birthday Bingo, September 10th in the Complex at 1:00pm. We are limited to 40 people and will be adhering to the Alberta Health protocols of wearing masks, social distancing and providing a sanitization station on site.

Join us for coffee (for now only on Fridays) from 11:30am to 12:30pm. Please wear a mask and come meet with friends and community seniors for a chat.



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Calling Lake Community Association Parking Lot Market

Thank you to our Community for supporting the Market we hosted. You as a vendor or a shopper made the Sale a success. We will work on more events like this throughout the year.



Parking lot Market Sept 6/20



Calling Lake Search and Rescue

NOW RECRUITING!

Calling Lake Search and Rescue is an active volunteer search team and a member of SAR Alberta and providing rescue services to Calling Lake, Wabasca and neighboring communities. We are now accepting applications for volunteers to strengthen our growing team and better serve our community.

Are you physically fit, enjoy the wilderness and are interested in contributing the safety and wellbeing of your fellow community members? If so, sign up and join our team!

Prior search and rescue experience is not required. Members of Calling Lake Search and Rescue team receive basic training in search techniques, first aid, navigation, and wilderness survival. Specialized training for equipment operation (ATV, UTV, Snowmobile, etc.), man tracking, swift water rescue, ice rescue and wilderness first aid training is also available.

A SAR Basic Training Course for new recruits is currently being scheduled for October 2020

Please email sarcl.president@gmail.com if you are interested.

Allen Young
President

Calling Lake Search and Rescue (SARCL)

Jason Wiks Appointed Calling Lake School Principal

Northland School Division (NSD) is pleased to announce the appointment of Jason Wiks as Calling Lake School Principal. Mr. Wiks joins the Northland family after serving four years as Associate Principal at R.F. Staples Secondary School.

"I look forward to working with the students, parents, staff and the community in Calling Lake to create a positive learning environment," said Wiks. "We will continue the many excellent programs at Calling Lake School and work together to get better every year. I will be moving to Calling Lake in August and I hope to meet as many families as possible before school starts in September. Have a great summer and I will see you all in the fall."



"I am excited to have Jason join the Northland team," said Dr. Nancy Spencer-Poitras, Superintendent of Schools. "His experience and commitment to offering engaging and innovative learning projects for students, will enhance programming for the students of Calling Lake and Northland School Division."

Jason's career in education started overseas in 1994. Over a three year period, Mr. Wiks worked in South Korea and Turkey. In Canada, he has accumulated a lot of experience working with Indigenous and rural communities in Saskatchewan and Alberta.

In 2001, Jason joined the Alberta Distance Learning (ADLC) team as a teacher, project coordinator and an associate principal. During his 14 years with ADLC, he was part of the team that developed innovative learning projects for students across the province.

Projects include dual credit programming, online/face to face forestry related courses through a partnership between Woodland Operations Learning Foundation (WOLF) and ADLC and an app created to offer high school entrepreneurship courses.



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After 12 years at ADLC, Jason moved back into a more traditional teaching role at Pembina North Community School. From 2014-2016, Mr. Wiks established a junior high program with a dedicated focus on numeracy and literacy. Over a two year period, the school piloted the new Career and Technology Foundations (CTF) program. In addition to his innovative work at ADLC, Jason spent a few summers working in partnership with Rupertsland Institute, InRoads Mountain Sport and Vista Virtual School to deliver programming for Métis youth focused on environmental science, forestry and eco-tourism.

Jason's education includes a Master's Degree in Distance Education and an Advanced Graduate Diploma in Distance Education Technology from Athabasca University and a Bachelor of Education from the University of Saskatchewan.



When there is a bear in your backyard or a community playground or park:

- Do not panic and do not run.
- Gather all members of your group together and move toward the nearest safe place, such as a building or vehicle. Be sure to keep children and dogs close and calm. Don't let anyone leave the group.
- Do not approach the bear, feed the bear or take risks just to get a picture.
- Don't crowd the bear. Make sure it has an escape route.
- Contact the nearest Fish and Wildlife office by calling 310-0000 or, if after regular business hours, call the Report a Poacher line at 1-800-642-3800.
- Once the bear has left the area, remove anything that might have attracted the bear. Talk to your neighbours and community members about following the same preventative measures. If food sources remain in the area, the bear will likely return.

Help your children learn to respect wildlife and to make safe decisions. Teach them to:

- Never approach a bear or irritate it by yelling or throwing things at it.
- Never run away from a bear. Back away slowly and find a safe place to go, such as a building or a vehicle.
- Stay with your group and back away from the bear together.
- As soon as you've reached a safe place, tell an adult that you've seen a bear.
- Stay away from places that may attract a bear, such as garbage bins, berry patches, and along creeks and rivers.
- Bears are more active at dusk, night and dawn. At those times, play close to the house and stay close to friends or adults.

All bears are individuals, so each bear encounter will be unique. Serious attacks are rare, but you must always be cautious.

Bear spray is a proven bear deterrent. Carry a canister of bear spray, as well as a noisemaker, whenever heading into bear territory.

For More Information

Alberta BearSmart guides focus on:

- residents in bear country
- outdoor recreation
- hunting
- farming and ranching
- industrial worksites in bear country

If a bear persistently returns to your yard or community, or if the presence of a bear is a public safety concern, call the nearest Fish and Wildlife office (310-0000 toll-free), or the 24-hour Report A Poacher line at 1-800-642-3800.

Alberta BearSmart Community program

To learn more about the Alberta BearSmart Community program, contact your local Fish and Wildlife office or visit Alberta Sustainable Resource Development's website at www.bearsmart.alberta.ca

ISBN No. 978-0-7785-9371-3 (Printed Edition)
978-0-7785-9372-0 (Online Edition)
Pub No. 1/506
Revised March 2011

Government of Alberta

Calling Lake Sailing Club

Nora Ross ~ Sailing Club President

Calling Lake Sailing Club had a very quiet summer due to Covid. Even though we could not host any events, the bills still must be paid. To that end we held bottle drives each long weekend and thanks to your generosity and our volunteers we raised enough for our yearly costs! We also rented out the clubhouse twice this summer and received a donation from the Caouette family in memory of "Grandma" Irene Riddle. Thank you so much.

Looking forward to next year, we are hoping we can resume our Friday Happy Hours with each block participating, the poker rally, a dance or two, sailing lessons, community markets, guest speaker just to name a few ideals we are working on. The clubhouse & grounds are available for rent, contact Nora Ross for info, 780 953 0664 . We also provide winter and summer storage for boats, trailers, ice shacks. Contact Ernie at cprovencher20@gmail.com or 7809162746

We do have the opportunity to work a Casino in Calgary, possibly in Nov/Dec or early in the new year. If you are interested in helping us raise money for the club let us know. Contact Nora @ 780 953 0664 or clsclub@gmail.com.

Keep up to date with all our activities and events by joining our Facebook Page "Calling Lake Sailing & Recreational Club"

See you all next Year!

Calling Lake Sailing & Recreational Club

Spirits of Missing and Murdered Indigenous women



When releasing a fish, never just throw it into the water. If you have to handle a fish, release it gently and headfirst. A fish will often swim away on its own. If it doesn't, hold the fish gently in front of its tail and slowly move it back and forth to push fresh water over its gills. Release it when it begins to swim away.

If the fish will be used for food, dispatch it quickly and keep it on ice.

A nation that forgets its past has no future.

Winston Churchill

Safe Fish Handling

- Remember the 'fair chase' principle: minimize the time that you 'fight' the fish once it is on the hook. Fighting or 'playing' a fish to exhaustion dramatically increases the chances of dying.
- Keep fish in the water while handling and releasing them. If you must handle fish, completely wet your hands or wear soft cotton or wool gloves that have been soaked in water. This prevents damage to the fish's protective mucous surface.
- Act quickly by having your measuring board ready if you must measure your catch. Minimize the time the fish is out of the water.

Prepare in advance to release your fish by choosing a hook that can be removed from the fish's mouth easily and use a landing nets to ensure a quick release. Use needle-nose pliers to remove hooks and never tear a hook from a fish. If the hook is deep in the fish's throat, snip the line and release the fish, leaving the hook in place. The hook will fall out or eventually dissolve.

When handling a fish that is to be released, be gentle. Don't squeeze the fish or put your fingers in its eyes or gills; those increase mortality. Limit the time the fish is out of the water, and whenever possible, unhook the fish without removing it from the water.

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Bigstone Dental

Born and raised in Edmonton, AB, we are excited to welcome Dr. Jordan Poon to be part of the Bigstone Dental Team!

Dr. Jordan earned his Bachelors of Science from the University of Alberta, and attended the University of Southern California where he earned his DDS. After spending one year at the Brookdale Hospital for his General Practice Residency, he returned home to practice dentistry and serve the local community he grew up in. In his spare time, he enjoys watching sports, playing tennis, and reading. Please join us in welcoming Jordan to our community!

Contact

Box 488, Unit 7-911 Stony Point Rd. Wabasca, AB T0G 2K0
780-891-2722 www.bigstonehealth.ca

