



The CALLING LAKE Spirit

PUBLISHED BY THE CALLING LAKE COMMUNITY SOCIETY

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**Let's Learn,
Understand &
Reflect as we
Celebrate.**

**Happy Canada
Day!**

Volunteers do not necessarily have the time
THEY JUST HAVE THE HEART

**VOLUNTEERS
WE NEED YOU**
29 & 30 AUGUST

**FORT MCMURRAY
CASINO**
ALL travel meals and hotel will be paid for. All funds raised will remain in the Calling Lake Community

To sign up; contact
Nora at 780-953-0664
noraross63@gmail.com

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The power of
a Dad in a
child's life is
unmatched

Greetings from the President,

So, what's coming up this spring and summer?

Well. Let's try to capture most of it



Historical Committee: working on the facility and artifacts. Upgrades to building being sought and the establishment of drop-in hours for those who would like to visit the building. Did you know this is bookable for small meetings? They have received \$25,000 in funding from the MD but are always looking at new creative ideas to raise more.

Seniors committee: Seniors luncheons, quilting b's, bingos, fundraisers, drop in coffee, community wood program (thank you ALPAC) oh and they also received a grant for \$20,000 to promote more seniors' activities. You have some Idea? Get involved. They are always looking for new ideas and projects. Something about a hat making course I heard of; might involve my wife Judy who took a course on how to do it. 😊

Sports, Recreation and Culture: Sport for Life nationally, has committed \$20,600 to Calling Lake youth. There may be additional funding available at a later date. The funding is for Physical Literacy in youth by providing more opportunities for participation. Not necessarily all is for sport, it can involve culture, dance, and/or many other activities. There is a world conference in New York this year on Physical Literacy and representatives from Calling Lake will be in attendance. Our association is in a partnership with the M.D. and the school in bringing this to Calling Lake. Want more information? Feel free to ask, and if you like, get involved.

Community Development: In conjunction with Bigstone and the M.D. we provided funding for the winter carnival. Also, we have set up a bereavement fund for those who unfortunately lost loved ones. We have also continued to think of ways that the old Job Corps site can be utilized. I know this facility would be great for something; what is that?? Having ideas is great, wanting to be involved and learn more is better.

Community meeting on May 21 at 11: am topics were;

Our three-year plan: It is always being updated. We need people to provide feedback on this plan.

A financial update from Tim Siewert our treasurer, special thanks to Melaney Guthrie for supplying accounting services.

Lake Quality: Petra Rowell gave us a great update on the basin and how Calling Lake is apart of this, and how it feeds the river. Orlof Lake actually feeds another system. Who knew!

Lake sampling is being done this summer. They are looking for volunteers with boats to take the people out to take samples from the lake. Annette Manning is our contact for this.

RCMP: An update by Constable Griffen and Lovell provided great information on home security, and yes Video Surveillance is very useful in court for the RCMP..

Fire Dept: Update from Reanna Courtorielle our Fire Chief on the importance of volunteer recruitment, and how our department had to fight a forest fire as no one was available from Alberta departments to fight it. They probably saved a lot of homes from being burned down.

MD update supplied by council member Cheri Courtorielle, great news about the senior housing project, spray pad for kids that is now open, and new branding going on for communities within the MD, and how they are pressuring the RCMP to have staff members in Calling Lake.

Bigstone update given by Gloria Anderson. Priorities are healing centres, rehabilitation support for those recovering from addictions, mental health support for those in need, and how to get support. Possibility of Bigstone police being implemented. The need for cooperation and seeking understanding from the different factions of people who make Calling Lake home. Communication being a two-way street for everyone.

Sport, Recreation and Culture update from Angela Lightning. Spray park; Sport for Life funded for local people to attend the International Physical Literacy Conference in New York. The staff said it was life changing. This past winter they opened a lighted skating trail with bonfire pit/area. It was well used and very well received.

Recreation and Sailing club update by Nora Ross. The facilities are rentable. There will be sailing lessons offered this summer to youth and hopefully to adults.

School update: Our principle is leaving! Jason Wilks sat on our board and will be sorely missed. A great connection allowed us to assist in setting up indoor and outdoor archery, contributing to team uniforms, fundraisers, and special gifts for those who graduated.

Historical update. Wilf Brooks advised that plans are being made for the Centre to be open on weekends. The committee is continuously collecting and cataloging artifacts. People may drop in to see what is there. Also feel free to contribute knowledge and/or an item.

Fundraising, Nora Ross landed us a CASINO in Fort Mc Murray. VOLUNTEERS NEEDED! All travel, food, and accommodation is covered. This could raise \$20,000 to \$35,000 in funds for the CLCS that would all be spent in the Calling Lake Community. Please step up and help us raise those funds, the work is not difficult and you will be trained on site. August 29,30.

Pancake Breakfast and AGM. September long weekend. MORE TBA. We are starting to collect items for the prize tables. Wonderful donations and creations were donated last year (are you crafty?). Please donate to this event.

AGM September Long weekend TBA. We have changed the AGM to align with the Year End (which is in August) this will give all members a better understanding of our financials.

A special thanks to key partners, MD of Opportunity and Bigstone.

To all of our sponsors, I dare not list as I know I'd miss some, thank you!

VOLUNTEERS! This group is growing all the time and many hands make light work. All this would not be possible without you.

Membership? NO CHARGE just fill out the form so we know how to contact you to share information.

Lastly, my time as President will be drawing to an end at the September AGM. We will be in need of passionate people for some board positions. Please keep this in mind and think about becoming a board member.

Sincerely, Roger Smolnicky

Calling Lake Historical Project Committee

ᑭᑲᑲᑲ ᑲᑲᑲᑲ Calling Lake History Gathering

This logo speaks to the intent and spirit of the work being done to gather and share Calling Lake's history.

The entire image forms a circle – the sharing circle that unites us in seeking our history.

Its eagle feather symbolizes honour and respect for the courage, strength and wisdom that has created our beautiful community.

Its spoked wheels recall our ties to communities near and far from which people came.

Its four colors honour the four directions and speak to those things that mean so much to us as people living together at Calling Lake:

- The blue of our lakes and rivers, which folks have travelled and relied on for food.
- The green of our forests, which have given us home, income and lifestyle.
- The orange of the sun we all enjoy here, also depicted in the Calling Lake Community Society logo.

◻ Running through it all, the white of winter – and of skies dancing with clouds.



Together, we hope to honour and learn from our history.



A project of the Calling Lake Community Society
callinglakehistory@gmail.com



Hilda Crawford and her daughter Sandra



Hunting and gathering continues to be the theme for the Calling Lake Historical Committee. The expanding list of “friends of the project” now includes a dynamic team at Elk Lake that has been researching and recording that area’s history for decades.

Kathy Stubbs, Wilf Brooks, writer Cheryl Mahaffy, forest historian Bruce Mayer and author/historian Blair Jean visited Elk Lake on April 19, 2023. After a “get to know you” meeting over lunch, hosted by Marvin Bjornstad, Billie Milholland and Vicki Brooker of the Elk Point Historical Society, we toured Mural Park and the Peter Fidler Statue, two of the Elk Point Society’s many projects. Next, we visited the Interpretive Centre on the banks of the North Saskatchewan River, where Fort George and Buckingham House once stood. We ended the day with a very informative round table discussion.

Meanwhile, we continue to follow leads and catalogue the collection. Several new items were both gifted and loaned to us this winter, so the space has a new look. A big thank you to the MD and Merle Laroche who painted the walls in Indigenous colours. It looks fantastic.

The Centre was open from 1:00 - 4:00 pm on Friday, Saturday and Sunday of the May long weekend. Many thanks to all who chose to visit! We appreciated the help identifying people in our pictures collection whose names have been lost over time.



Rudy Wiselka (left),
Jerry Bauer and Wilf
Brooks meeting in
Athabasca, March 23,
2023

Early Logging History in Calling Lake

Forest History Association of Alberta

“When Jerry Bauer was 17, he came to the Calling Lake area to work with his older brother Mike at Mike’s sawmill. Sixty-five years later, Jerry Bauer drove to Calling Lake to talk to anyone who might be able to help him locate the old sawmill operation. All he could recall was a “fork in the road, a steep hill on either side of a creek, and that Calling Lake was about 17 miles” away.

As part of the Calling Lake Community Society (CLCS) work, an interview was set up with Jerry Bauer on March 23, 2023, to gather and share information on Calling Lake’s rich history of logging and sawmilling. Those in attendance were Jerry Bauer, Wilf Brooks (CLCS History Committee), Rudy Wiselka (long-time sawmill owner in Calling Lake), and Bruce Mayer (Forest History Association of Alberta).

From historical files, the group determined that Mike Bauer’s sawmill operated from 1956 to 1960 in Section 30, Township 74, Range 22, W4M, just south of Rock Island Lake. Trees came from permits held by Steve Pidzarko and Sebastian Wolok, and local farmer permits coordinated by Joseph Shewchuk. Jerry Bauer recalls that his brother, a gifted inventor and mechanic, set up two Chrysler motors to power the sawmill.

Jerry Bauer recalls going to Tanasiuk’s hall in Calling Lake to watch a “cowboys and Indians” movie. When the “Indians” were doing well, the locals from Calling Lake were cheering and yelling; when the cowboys were doing well, the white guys were cheering and yelling. He said the evening was enjoyed by everyone.

With the sawmill located just south of Rock Island Lake, it seems the “Y” Jerry Bauer remembers in the road is the intersection of the old Sandy Lake trail and the newer trail to the west of Rock Island Lake that later became Highway 813. If so, the steep hill on either side of the creek is most likely where the old road crosses Rock Island River. Jerry Bauer recalls the hills were a challenge in early spring, with mud and frost coming out of the ground. Calling Lake Forest Ranger Bill McPherson would remind all sawmill operators each year to shut down and get out of the bush before spring break.

Was our lake ever known as 'Talking Lake'?

Calling Lake Historical Committee

Look closely at the map shown here, and you'll see that our lake is labeled "Talking Lake." Curious! Note also the HBC label by the lake, indicating a Hudson's Bay Company post.

This is **an excerpt of** a map we received from Blair Jean of Fort McMurray, who with Allison McKinnon has written extensively about the history of the Clearwater River watershed and surrounding areas. Someone posted the map on Blair's very informative "Blair Jean Author Historian" Facebook page, and he kindly passed it to us.

Early map of 'Talking Lake'

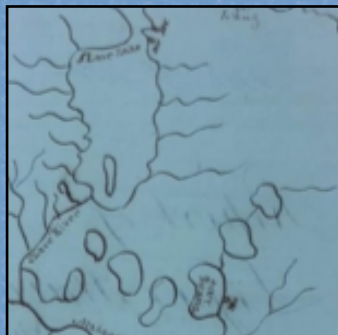
The map is not totally accurate, Jean notes, "But it is good to know there was an HBC trading post at Calling Lake at the time."

We shared the map with Mark Lund, another great friend of the Calling Lake History Project, and he in turn passed it to Andreas Korsos, who has carefully studied maps of historic fur trading posts. Korsos responded that he has found no record of a post at Calling Lake, but that short-lived outposts (common as the HBC and rival North West Company played hopscotch in pursuit of furs) weren't always included on official lists of posts. He speculates that people from the Lac la Biche settlement came here to trap, and that a permanent post would have been unprofitable without a local population. "I would suspect that if there was a post at Calling Lake it was seasonal and likely of not long life."

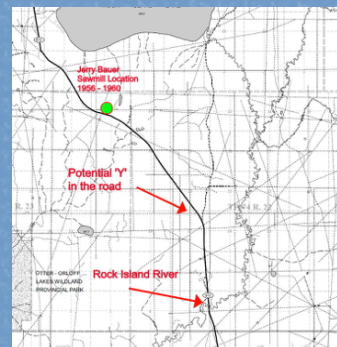
The person posting the map labeled it "Map drawn by Peter Fidler, likely 1819/1820." But Korsos believes someone else, perhaps an HBC employee, drew the map, for three reasons:

- The map is less accurate than a surveyor and cartographer of Fidler's skill would produce.
- Fidler's early-career exploration of the Athabasca didn't include the area around what we know as Calling Lake.
- By 1819, Fidler was busy with the Red River Settlement in Manitoba, from which he never returned.

Every answer raises another question. Can you help? Have you ever heard that Calling Lake was once called "Talking Lake" – or that the HBC set up a post here? If so, contact us by email or phone: callinglakehistory@gmail.com, 780-719-9949 (Kathy), 780-289-8615 (Wilf).



Rock Island map showing Mike Bauer's sawmill location, the 'Y' in the road and the Rock Island River crossing



THE ALBERTA LAKE MANAGEMENT SOCIETY

Calling Lake volunteer/ participation 2023 update with the Alberta Lake Management Society (ALMS)

Who Is Alberta Lake Management Society?

The Alberta Lake Management Society (ALMS) has several objectives, one of which is to collect and interpret water quality data on Alberta Lakes. Equally important is educating lake users about their aquatic environment, encouraging public involvement in lake management, and facilitating cooperation and partnerships between government, industry, the scientific community, and lake users. You can see their website here: www.alms.ca

What does Calling Lake Community Society do with ALMS?

Through previous AGM updates, you may be aware that we are lucky to have Calling Lake picked to participate in several sampling programs through ALMS. We have managed to continue our involvement with a commitment to sample during the winter and every other year for summer data capture. On occasion, our volunteers support requests for additional grab samples for analysis for U of A research biologists or other government agencies when necessary.

The goal is to capture as much research and data about our lake to have sufficient information for our community to ask questions to make data-driven future decisions. This work will help us explore the concerns and questions that many ask as we observe our lake such as:

- How has the lake changed over time with the impacts of industry, new lagoons, settlement, and activities on/around the lake?
- Are algae blooms the same, worse, or better than the past? How do they compare to other lakes? Is the lake healthy for our future?
- Are winter conditions changing on the lake?
- How can this data be used for future stewards of the lake?

2023 Winter Sampling

Owen and Tamara Larson were instrumental as volunteers for the **Winter Lake Keepers Program** to take lake samples through the ice to study: lake hypoxia; cyanobacteria conditions (yes – there is algae in the winter!); water temperatures and phosphorus; amongst other measures in the Athabasca River & Lesser Slave Lake Watershed.

To read about the 2022 report – check out www.alms.ca and **Winter Lake Keepers Reports** on their website here: https://alms.ca/wp-content/uploads/2022/11/WLK_2021-2022_Final_2022-11-10.pdf

We are anxious to see the 2023 results to compare history – and sincerely thank Owen and Tamara for their ongoing support to our community!



THE ALBERTA LAKE MANAGEMENT SOCIETY

Volunteers needed now to schedule Summer Samples

We are back on the list and in need of volunteers to help with the **Summer Lake Watch Program** to collect data with a Water Technician from ALMS. **5 spots need to be filled** (one sample per month between June to September) that will need a calm morning for roughly 2-3 hours with a volunteer and boat. Don't worry – windy days or poor weather can be rescheduled.

Your morning involves taking the Water Technician and their equipment to various points across the lake to take samples from the top, middle and bottom level of the lake, measure and record temperature readings and capture samples ALMS to take back for analysis in Edmonton. It is a memorable way to learn more about lake health, involve children to learn more about biology and participate in capturing this important information.

We need 5 volunteers that we will coordinate a date, meeting location and introduction /briefing on what to expect.

Please sign up for:

2023 Sampling Volunteer Calendar

	Name	Cellphone / contact	Preferred Dates
June Sample			
July Sample	T&D Bone		
August Sample			
Early September			
Back up Volunteer	Annette Manning	780-9163803	



Contact to volunteer: Annette Manning at amanning@epcor.ca / 780 916-3803 to coordinate or for more information about our ALMS program participation.

Fish Health Monitoring – Metis Nation Study

Did you know that the Metis Nation of Alberta does **fish health monitoring across Alberta**? In 2021, the Fish Health monitoring program was launched as part of ALMS to collect data on fish health, including weight, length, condition, and palatability.

The 2022 results were released in April summarizing the fish monitoring across many lakes including results from Lesser Slave Lake, Lac La Biche, Moose Lake, and Pigeon Lake. Check out Metis Nation of Alberta: Fish Health Monitoring or the link here:

<https://storymaps.arcgis.com/stories/0a8e922a5fb64f25b0e16a4a4331f2a5>

Thank you for our previous and future volunteers – information and data help build our knowledge and effectively plan for the future!



Calling Lake Municipal Campground
online bookings open March 1, 2023

\$36/night to book online go to:
<https://www.campspot.com/book/calling-lake-municipal-campground>
Open May-September
email: campcl@mdopportunity.ab.ca

Calling Lake, AB



Calling Lake School Report

We are finishing up a busy year at Calling Lake School.

Our land-based learning courses have been an important part of our school programming this year. Moose camp in the fall and ice fishing in February were highlights. We learned about traditional harvesting and food preparation methods from our local knowledge keepers. Land based learning also gave our students an opportunity to learn traditional teachings.

We have partnered with the Woodland Operators Learning Foundation (WOLF) and ALPAC to learn about the forestry industry. "Forestry Week" at Calling Lake School took place from May 1st to 5th. Our high school students completed 5 forestry CTS courses and earned 55 credits. They learned about operating forestry equipment on WOLF simulators and talked to experts from ALPAC about the wide range of careers in the forestry economic sector. The week was a great learning experience, and we are looking forward to building on it next year.

Our archery club had a successful season. We participated in several Edwin Parr Invitational Tournaments in Athabasca, and our young archers did very well in their first shoot. We hope to build on our success next year.

Our Assurance Plan has been posted on our website for your consideration. Calling Lake School is focused on improving in three areas:

- 1) Literacy and Numeracy
- 2) Making students feel safe and welcome at school.
- 3) The amount of mental health supports available to our students.

We are grateful for all the support from our community.

This will be my last year at Calling Lake School. It has been great working with the students, staff and community over the last three years. I wish everyone the best of luck in their future endeavors.

Jason

Calling Lake Public Library

Offers good reading for everyone.

Open Monday – Friday
from 10 am – 4:30 pm

<https://libraryaware.com/2SPX44>

CALLING LAKE PUBLIC LIBRARY SUGGESTS THAT YOU




Explore the stories of local people with the M.D. Opportunity No. 17 Oral History Project

GO TO
www.callinglakelibrary.ab.ca
AND FOLLOW DIRECTIONS



At times I think to myself,
"Drop the book and get stuff done!"
Then, I laugh and turn the page.




**Calling Lake
Community
Church**

*From God...Love
Through Jesus...Love
By the spirit...Love*

Bible Study

CALLING LAKE
COMMUNITY CHURCH
TUESDAYS @ 7 PM
PASTOR NATHAN GULLION
780-499-6824



KITO SAKAHEKAN SENIOR'S



Since the last meeting we held on May 8, 2023, we made a couple of purchases; 6 outdoor foldable resin picnic tables and some new chairs for inside use at the Seniors Centre.

On May 17/23 we hosted our monthly BINGO. Lillian Anderson was our caller, and she makes it fun and interactive. The group really enjoys her style. We had approx 20 players.

The Spring Tea was held on May 24/23. We had 33 people sign up for the event, but attendance was less than ½ of total. Gerry, Melaney and Carol planned a real nice afternoon with 3 flavors of tea and a delicious spread of squares, and cookies. The room was elegantly decorated with table linens and flowers, and everyone wore a fun hat. Loreen Janzen entertained the guests with playing her guitar and singing. There were 3 Tea pots and a hanging floral basket that were won as door prizes. The winners of the tea pots were Sylvia Auger, Vivian House, and Ingrid Law. Lorieda Crane won the hanging floral basket. A nice time was had by all.



A 45 min class: designed for seniors, or any adult with limited mobility. This class takes place sitting on a chair, preferably without arms, to enable ease of movement. Some standing poses, using the aid of a chair may be incorporated.

The purpose of the class is to bring gentle movement into the body that will lead to greater mobility, lengthen and strengthen muscles, increase lung capacity using different breathing techniques as well as enhance the nervous system to decrease stress and increase mindfulness. Techniques that balance hemispheres of the brain, stimulate brain activity and increase the cardiovascular system are used as well as movements such as Kyria (repetitive movement working with energy). Combining these techniques can create an overall sense of well being by connecting mind, body and soul.

DID YOU KNOW
On mail days, Tuesday & Friday the Seniors Centre is open for coffee.
11:00 am – 1:00pm

June 5-10th was SENIORS WEEK and we had events each day. The planning and events were hosted by the excellent effort of the Seniors Committee, MD of Opportunity, and Bigstone Wellness working together.

The MD kicked off the week with a Pancake breakfast on Monday which was held at the Rec Centre,

Tuesday at the Rec Centre was a Health Walk with Mona from Bigstone Wellness where she offered health checks which included blood pressure, heart rate and glucose.

On Wednesday the MD hosted their famous lunch (Indian Taco's) and BINGO.

Thursday at the Senior's Centre Mona and Jennifer hosted a fun and relaxing afternoon painting rocks.

On Friday at the Seniors coffee, Constable Adam Lovell joined the group and had an open discussion on issues the seniors were concerned with.

The final day Saturday, Recreation organized a special Canoe Ride. 2 canoes each carrying 10 people. One canoe was filled with the participating seniors and the 2nd boat carried the drummers who were all students from our school. Great job by all! It was awesome.

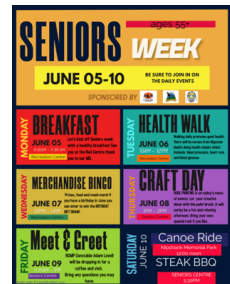
The Seniors Committee did a fantastic job organizing and hosting the meal that wrapped up the week with their annual BBQ. Held outdoors with approx. 90-100 guests. The main course consisted of steak, baked potatoes with all the toppings, Caesar salad, garlic toast, baked bean, and pickles. Dessert was carrot cake, white/strawberry cake, and watermelon. Steve Kalwarowsky won the birdbath door prize. Congrats.

A big shout out to all the organizers who came together to create this wonderful busy week.

The staff from the Jaybird Arena and Recreation Centre, Bigstone Wellness, Donna Vermette and Mona Gladue, and the Seniors Committee. Melaney & Dave, Gerry & Howard, Carol & Rick.

There are many days and hard work put into these events and seeing our Seniors gathering for the events make it so special and rewarding. Thank you all.

Jennifer



SPORT

RECREATION

CULTURE



After competing in the NATIONAL ABORIGINAL HOCKEY CHAMPIONSHIP (NAHC)

May 8-13, Team Alberta has returned home from Winnipeg



I'd like to thank the Calling Lake Community Society for sponsoring me for the Oskana Cup 2023. I was asked to play in a hockey tournament for the Hurricanes. The tournament was held on May 11-13th in Regina Sask. The team was co-ed and in the U13 Division. It was a challenging weekend winning and losing and I'm proud to say we placed 4th out of 11 teams. It was so much fun, I made new friends and experienced some great hockey but most of all I got to play the sport I love!

Okanees Johnson

Team Alberta closed out the NAHC in fifth place. Opening the tournament with a win, the team faced strong goaltending throughout the round robin, to finish with a 12-2 record. Opposition goaltending continued to be the story in the quarter final where Team Alberta Male outshot Ontario by more than 20 shots but fell 3-2. Our team was named the Most Sportsman Like Team of the tournament and Jaxen Gauchier was selected as the Most Sportsman Like Player for Team Alberta Male.

"The boys did a great job and I am super proud of them. They competed and battled in every zone on the ice" said Darren Reid, assistant coach of the team. "We made a young team and we as coaches were very proud of them and how far they came over the 10 days. I was honored that our team was named most Sportsmanlike team of the tournament."

The 2024 edition of the NAHC will be held in Alberta for the first time ever as Grande Prairie will welcome the country to Treaty 8 Territory in northwest Alberta.





BIGSTONE CREE NATION
 BCN is very active within the community.
 Checkout some of the events, and opportunities
 being offered.

GET ACTIVE

Bigstone Community Wellness
 Presents:
**CALLING LAKE
 SLOW PITCH
 CLUB!**
 "DROP-IN ALL AGES"
 EVERY WEDNESDAY FROM
 5:00 PM TO 6:30 PM
 STARTING MAY 17TH @
 CALLING LAKE BASEBALL
 DIAMONDS!
 CONTACT GIBBYN @ 780-331-2005 FOR MORE INFO



**4th Annual
 MEN'S HEALTH
 TOURNAMENT
 2023**
SATURDAY
**EAGLE POINT
 GOLF COURSE**
 2600 Eagle Ridge Drive
 Wabasca, AB T0G-2K0

72 SPOTS AVAILABLE
 FOUR MAN BEST BALL

PRIZE FOR BEST DRESSED
 TEAM "HAWAIIAN THEME"

FREE EVENT FOR WABASCA, CALLING LAKE,
 AND CHIPWEYAN LAKES RESIDENTS ONLY
 MUST PARTICIPATE IN HEALTH SCREENING
 BEFORE THE TOURNAMENT



**JB GAMBLER
 STORE**

SOFT ICECREAM	HOTDOGS
Baby cone \$1	Hot dogs \$4.00
Baby cup \$2	Corn dogs \$4.50
Reg cone \$3	Smokies \$5.00
Waffle \$4.50	
Sundae \$4	
SLUSHIES	NEW
Small 12oz \$3.30	ATM MACHINE
Med 16oz \$3.99	
Large 20oz \$4.80	
XLarge 24oz \$5.50	

STORE HOURS
 Mon - Fri 8:30am - 8:00pm
 Sat / Sun 9:00am - 7:00pm
 Holidays 10:00am - 4:00pm
 180 MOOSE DRIVE
 780-331-2005

**CALLING LAKE
 CLOTHING BANK**

**CELEBRATE
 INDIGENOUS
 DAY**

**NATIONAL INDIGENOUS
 PEOPLES' DAY CELEBRATION
 2023.**

Chip Lake	Calling Lake	Wabasca
June 16th @ Chipewyan Lake School	June 20th @ Calling Lake School	June 21st @ Wabasca MD George D. Auge Hall/BCN Grounds
11:00 AM - 2:30 PM	9:00 AM - 3:30 PM	10:00 AM - 7:00 PM

**COME CELEBRATE WHAT IT MEANS TO
 BE INDIGENOUS**

SPONSORS: Headwater Bigstone Community & Public Health Mistassini NSD &
 Home Hardware Vanderwell Contractors Spur Petroleum Alberta-Pacific Forest Industries
 Bigstone Group of Companies Pelican Automotive and Safety Supply Ltd RCMP Northern Food S
 Calling Lake Health Centre Willow Video & Confectionary Bigstone Fire Department Angles Bakk
 Agenda will be available at each venue.

FCSS Find us on Facebook!
 Bigstone Community Wellness
 780-891-3777 or 1-877-767-7060
 Find us on Facebook!

**CLOTHING
 DRIVE**

Calling Lake
 Clothing Bank
 is getting low on
 inventory.
 Donations needed

PLEASE DONATE
 gently used
 clothing, shoes
 hand bags/back packs
 fabrics/bedding

Contact Joanne to drop off
 at 780-327-9825

We also
 accept
 household
 and kitchen
 items

Our building is located
 behind the MD offices
 on Central Drive

**Bigstone
 Community Wellness
 New Office Hours**
8:30 AM - 8:00 PM
 Monday - Friday
 Starting July 3rd, 2023.

Bigstone Community Wellness
 780-891-3777 or 1-877-767-7060
 Find us on Facebook!
 www.bigstonehealth.ca

**SUPPORT
 GROUP**



Bigstone Community Wellness Presents
**Grief & Loss
 Support Group**

**Tuesdays
 6:00 PM - 8:00 PM**

Starting Date: June 27th, 2023
**Please call Jasmine
 at 780-891-3777 to Register.**

Bigstone Community Wellness
 780-891-3777 or 1-877-767-7060
 Find us on Facebook!
 @ Bigstone Community Wellness



Want to keep informed?
 Follow us on Facebook @
BIGSTONE COMMUNITY WELLNESS

CALLING LAKE SAILING & RECREATIONAL CLUB

Calling Lake Sailing Club

The Calling Lake Sailing club is open for the summer season. We are looking forward to welcoming present and new members for this year. We have lots of events planned.

Our new washrooms are installed, deck stained, clubhouse floor painted. We plan on replacing the roof this year, have the ground under the clubhouse leveled and filled.

We will have **Youth and adults Learn to Sail weekend July 22/23**. We will be looking for volunteers for sailing help, food prep, etc. More info on that coming, please join the Facebook Page "Calling Lake Sailing & Recreational Club" to keep updated on all the activities.

We had our first bottle drive May long weekend, thanks so much for donating your bottles, along with the poker rally, it is the only way we raise money to pay the ongoing bills. Thanks to Keith & Carmen Miller, Owen & Tamara Olsen for picking bottles & Chris & Ernie Provencher for providing a trailer and taking the bottles to the bottle depot.

Our next bottle drive is **Monday July 3rd** please save your bottles for us. You can always drop them off at The Ross Cabin Block 2 Cabin 1670 South Beach.

The clubhouse is available for rent this summer. It's a private secluded Lake front space with access to the clubhouse, 2 fridges, running water toilets, plenty of space for campers at a very reasonable price. Best kept secret for waterfront fun.

Contact Nora at 780 953 0664 or Chris Provencher for more info.



Are you looking for a peaceful, private waterfront location for your wedding, family reunion, or group camping event?

Check out the Calling Lake Sailing & Recreational Club clubhouse. This hidden gem is available to rent. Includes firewood, running water toilets. A clubhouse right here in Calling Lake for reasonable rates. Large grassy area for multiple campers. Beautiful sandy beach. Dates are still available for this summer. Contact Nora for more information at 780-953-0664



CREATE AND TASTE SOMETHING NEW

Hawaiian fruit salad recipe is loaded with juicy fruit and cheesecake flavor! It's so quick and simple to make and is always a crowd-pleaser!



Simple recipe ideas for the whole family to enjoy

WATERMELON STRAWBERRY SMOOTHIE



Did you Know..?
Strawberries dried in the oven. Taste like candy but are healthy & natural. 3 hrs at 210 degrees... Might be better than Twizzlers.



Campfire Pizza Sandwiches

Great recipe for when you are out camping!

- These grilled sandwiches are easy to make!
- Spray the outside of an English muffin with cooking spray.
- Open up the muffin.
- Spread pizza sauce on the open face side of both pieces of muffin.
- Add shredded pizza cheese to each side.
- Add pepperoni or any other desired toppings.
- Carefully close up the sandwich.
- Place the sandwich into a cast-iron pie iron*
- Grill over the campfire

*Pie Irons can be purchased from Canadian Tire or Amazon.

Any day can be craft day!

ALLELIQUARDS.ETSY.COM
"Smiling Suns" Set
Painted rocks for color sorting, matching, and memory games!



Driftwood Glass Bead Suncatcher...

DIY do it yourself



Summer Olympics - Hold Your OWN Olympic Games!

Soak orange peels in vinegar for two weeks in a sealed mason jar. Then pour the vinegar into a spray bottle. Use for cleaning or bug spray. This is great for ants!

www.thefarmhouse.com



DIY BUG SPRAY

For mosquitoes, black flies and ticks

- 20 drops lavender
- 17 drops lemon grass
- 15 drops eucalyptus
- 15 drops tea tree
- 12 drops peppermint
- 2 oz bottle add water

MD of OPPORTUNITY #17



NEW SPRAY PARK
NOW OPEN



GOOD TO
KNOW

Gravel Sales 2023

The MD of Opportunity will be selling gravel to residents in Wabasca, Sandy Lake and Calling Lake

2 - 10 yard loads of gravel per property while supplies last. \$375 per load includes spread. Once your gravel is delivered MD will spread on your driveway or access to water & sewer tanks.

If you have any questions , please call 780-891-3815

Transfer Site Hours

Sunday - Thursday

10-6

Friday & Saturday

CLOSED

RECREATION CENTRE AND GYM
OPEN DAILY 12 NOON - 8:00 PM

Keep up to date on upcoming events over the summer months. Follow us on our **Facebook Pages:**

Calling Lake Recreation Activities and Calling Lake Miscellaneous Info.

June 21 - Indigenous Days

July 1 - **Canada Day**

August - Treaty Days

Did you know the Recreation Centre has an outdoor Pickle Ball court? Give it a try today.



Become a member....

We have a mandate to provide a forum for community development and community wellness. This will be accomplished by:

Supporting as many community projects as possible for all ages groups (children to seniors)

Engagement of all citizens, including full and part time residents and guests to Calling Lake.

Becoming a member is appreciated and will provide you:

- A forum to offer input and learn about who we are.
- An annual report to be mailed out once a year.
- Access to information regarding lake matters.
- Updates regarding community developments and events.
- Quarterly Community Newspaper via email or paper copy.

Become a member to support our community

Membership Form

Please Circle: **Renewal** **New Membership** **Date**

First Name:

Last Name:

Home address:

Province:

City:

Postal Code:

EMAIL:

Calling Lake Address:

Postal Code:

Please Circle: **South Beach**

North Beach

CL Drive

Jeremy Nipshank

Two Mile

Central

Hwy 813.

Calling River Area

Reserve

Home Phone #:

Lake or Cell #:

Drop off this form at Calling Lake Post Office or by:

Mailing address: Box 44 Calling Lake Alberta, T0G 0K0

Email: callinglakecommunity@gmail.com