

I would like to give a shout out in our community to those who supported and shopped local this Christmas season. Through my little home business Chickadee Creations by Jennifer. I had 41 orders for my 6 pocket tote bags, then additional orders for my comfort wheat bags, snap bags and wine bottle bags. You ladies and gentleman kept me very busy. I so much appreciate your interest in my products and was happy to make them for you to gift. So, thank you Amber, Becky, Clarice, Donna, Mona, Norma, Patricia, Rose, Sabrina, Sarah, Shawn, Shelly, Valerie, and Willie.

2021 Chocolate Fundraising for Santa's Anonymous

This fundraiser was a success! Thank you to everyone who purchased the chocolates to support Santa's Anonymous. Our Chocolate sales were over \$1000. We earned back 25% of those sales to donate. Our donation of \$527.68 went towards gift cards to reach local teenagers.

On top of the donations from the chocolates, the Calling Lake Community Society also received a \$5000 Grant from the MD of Opportunity and handed it over to Joanne Hicks to support an existing Santa's Anonymous/Christmas food hamper initiative. She was partnered with Athabasca Santa's Anonymous for the Calling Lake families.

Thank you to all who donated supported and volunteered. We appreciate everyone involved. Well done.



Thank you Don Budney for again coming to the rescue with getting furnace going at Grampas house. Spent hours doing it but you got it done and refused payment for your labour. Very much appreciated. Calling Lake is lucky to have you there. 👍❤️



The CALLING LAKE Spirit

PUBLISHED BY THE CALLING LAKE COMMUNITY SOCIETY



<https://callinglake.ca>

PO BOX 44
CALLING LAKE, AB
TOGOKO



CALLING LAKE COMMUNITY SOCIETY



CALLINGLAKECOMMUNITY@GMAIL.COM



Photo Credit: Kirk Richardson, Wabasca

A note from the President

Our volunteer board members need a special praise.

During these trying times all have stepped forward in their own special way to help our community. Through these exceptionally talented volunteers we have accomplished many great feats.

Donations to foodbank, wood program for those in need, help to those that have experienced loss, citizens on patrol, historical data collection, school uniforms, fund raising through sale of calendars and chocolates are to name a few. I know I could go on.

What needs to be remembered is that these are volunteers. When you see them, say thank you, better yet ask how you too can become involved. Our association is growing and will always need fresh faces, ideas and manpower, please don't be shy and join us in making Calling Lake a great place to live and play.

Sincerely,

Roger Smolnicky

President

send in your SHOUT OUTS...

callinglakecommunity@gmail.com

WALK WITH ME

This free virtual workshop is intended for Indigenous caregivers working in Indigenous communities. The "Walk With Me" workshop draws heavily on Indigenous culture and tradition as it seeks to take participants through the cycle of suicide grief.

Wabasca - February 4th, 2022

Peerless & Trout Lake - March 4th, 2022

Calling Lake - March 19th, 2022

Red Earth Creek - March 9th, 2022

Wabasca - March 23rd 2022

Maximum of 20 participants at each session

To Register: Email

janice.auger@mdopportunity.ab.ca

with CSP Workshops as subject line, please

include your P.O Box Address

or call 780-773-5564 for more information.



PEE KIS KWE TAN
"Let's Talk"



Calling Lake Public Library

ADULT BOOK CLUB

Love to read? Join the book club.

When possible we meet once a month at the Seniors Centre to discuss a book chosen by our librarian. The following is a description of November's selection,

The Book Woman of Troublesome Creek.

The **Pack Horse Library Project** was a Depression era government program that served remote regions in the Appalachian Mountains between 1935 and 1943 by supplying books and other reading materials. Female Pack Horse Librarians were often referred to as Book Women.

Inspired by the true blue-skinned people of Kentucky **The Book Woman of Troublesome Creek** is the story of Cussy Mary, a brave and dedicated Pack Horse Librarian who rides her mule over difficult terrain to deliver books to remote residents of Eastern Kentucky.

Cussy Mary is a young woman who lives with her father, a coal miner suffering from "black lung", who is active in the forbidden coal miner's union movement. Cussy Mary is a "Blue" — believed to be the last of a line of blue-skinned people, whose skin appears the unusual shade due to a rare genetic disorder. As a Book Woman, Cussy Mary is highly regarded, but as a Blue, she is feared and reviled, and experiences racism, discrimination and violence.

The book's themes include the importance of promoting literacy, and the importance of understanding those who we see as "different". The rural historic setting paints a picture of natural beauty alongside harsh living conditions and the people who seek to make a life there.

The January Book Club offering is **Once Upon a River**, by Bonnie Jo Campbell.

For more information or to join the book club please call the library at 780.331.3027

CLCS News

Well we had good intentions again over the fall and winter to host some community events. Unfortunately this COVID continues to set us back or slow us down. The Pancake Breakfast, the Parking Lot Market and the Car Show and Shine were set to go in September but had to be cancelled due to the pandemic. We did get creative with the donations we received for the Pancake Breakfast Raffle.

We decided that we would hold Facebook auctions and raise money that way. We have held 3 auctions so far and have raised over \$1500 so far! The money raised went to printing the Community Spirit newsletter and along with donations from **Ja-de Landscapes** and the community society we were able to purchase sport attire for the Calling Lake school Archery and volleyball teams! We also used some of the money to print volume 4 for the Spirit Newsletter in October.



If you would like to see what will be up for auction next, please go to the **Calling Lake Community Society Charity Auction** Facebook page.

CLCS ran a membership contest for current and new members this fall. We had the majority of current members renew and had many new members sign up. Thanks so much to Tom Lavender & TB Architecture who kindly donated 2 Oiler tickets and an Ethan Bear jersey for a prize. The lucky member was Dorthey Grey. Congratulations!



Calling Lake School Update

It has been a challenging school year

The pandemic has impacted every aspect of our day to day operations. Our students, families and staff are doing the best they can under difficult circumstances.

Some highlights for this school year:

- Through grants from the federal government, we have been able to hire 9 Educational Assistants to support students on our school.
- Our land based learning program is offering COVID safe experiences for our students. We would like to thank our local knowledge keepers for offering their time and wisdom.
- We have cleaned up our science lab and are looking forward to engaging our students with many hands on learning experiences
- We had a brief window to play volleyball and start our archery program. It was great to see our students enjoying extra-curricular activities again.

Once we can have guests back in the school, the Calling Lake Student Print Shop will be open for business. Please contact Ms. Courtorielle at school for more information.

The school staff and students would like to thank the community for all the support we have received this school year. We look forward to seeing you back the school this spring.

2022 COMMUNITY CALENDAR

Happy New Year. Wishing everyone good health and happiness in 2022. Our calendar is available for \$10. We can mail it to you for an extra \$5. The photos are from Calling Lake Residents. Get yours today.

Available for pick up at the Post Office. Text Jenn at 780-777-5390 for more information.



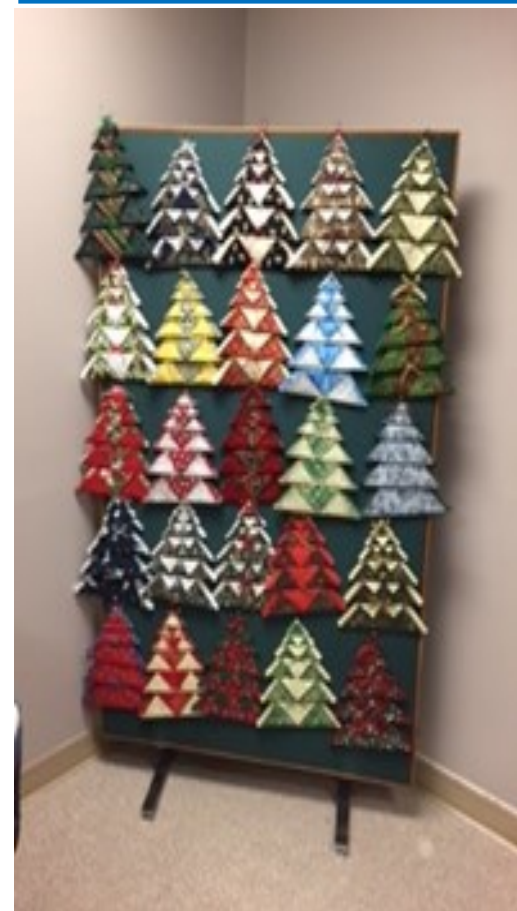
Spruce Country Stitches

We continue to meet weekly to sew and to visit. Come and join us at the Seniors Centre on Tuesday at 7 PM.

For Christmas we made tree quilts to enjoy in our homes. We also made tree door hangings for the residents at the lodge in Wabasca. Our group has been making quilts to give to families who have experienced loss of loved ones. Many quilts have been donated this past year. If you know of anyone who would appreciate one, please let me know.

At Christmas we were able to have a small Christmas party and this was a lot of fun for all of us. Getting together as a group has also given us an opportunity to clean up projects that we started at home, and share our finished projects with each other. This gives us all inspiration. Keep putting those scraps of fabric together. With good fortune the COVID issues will soon be in the past allowing us to socialize a lot more.

Gerry Stockburger



ATHABASCA HEATING & AIR-CONDITIONING LTD

Athabasca Heating and AC
4915 - 51 St
Athabasca, AB T9S 1E7
Ph: 780.675.5565 Fax: 780.675.5580
<http://www.athaheating.com>

"Edmonton's Premiere Flooring Showroom" After Eight Floorings Inc.

~ Est. 1976 ~
Lee Filewich
Sales Consultant
Office: (780) 454-2481
Cell: (780) 297-1019
Fax: (780) 452-1845
Toll Free: 1-866-454-2481
Email: lfilewich@a8flooring.ca
11605 - 156 Street, Edmonton, Alberta T5M 3T8

CALLING LAKE ROOFING

New Roofs - Reroofs - Repairs
Free Estimates
Call Cecil:
Hm: 780-331-2914 Cell: 780-675-0612

BLUE SPRUCE CONTRACTING LTD.

SPECIALIZING IN
DANGEROUS TREE REMOVAL
& CROWN REDUCTION
Aerial Lift Service, CHIPPING
PRUNING & HEDGING, STUMP GRINDING
CALL GREG
10% SENIORS DISCOUNT
HOME 780 675 5177 CELL 780 689-6801

B VILLE BOAT LIFTS & DOCKS

The Original "Roll-A-Dock" 
Hewitt Lifts & Canopies
www.hewitt-roll-a-dock.com

****Exclusive Pontoon Legs****

LIONEL BONNEVILLE
Box 299
Athabasca, AB T9S 2A3
Phone: 780-675-4010
Fax: 780-675-5088
E-mail: lbplumb@mcsnet.ca
Website: www.lb-plumbing.com

Cycle Works

MOTORSPORTS
ACCELERATE YOUR RIDE

5688 - 75 Street, Edmonton, Alberta T6E 5X6 • www.cycleworks.com
Tel: 780 440 3200 ext. 2342
Cell: 780 819 2666
Fax: 780 440 3700
Email: aconn@cycleworks.com

Andrew Conn
Chief Sales Manager

SIGHTS AND ARMS

Firearms Sales Services & Training

Paul Stubbs
Owner - President
825-223-9863 Work
780-940-1666 Mobile
paul@sightsandarms.com

11-J Rayborn Crescent, St Albert, Alberta T8N4A9
www.sightsandarms.com

 **LONE STAR**
METAL ART & CREATIONS

Custom Metal Art and Signs

Phone: 780-331-3333
lonestarmetalart@telus.net

KITO SAKAHEKAN SENIORS

Happy New Year to all. So far it's been a mixed bag of good and bad. The year started off with brutal cold but has improved to a more tolerable temperatures and we were lucky enough to have missed the freezing rain. COVID is still sticking to show us humans that there are bigger and stronger things than we are. God bless the scientists that have provided us with the tools to end this pandemic.

Kito Sakahekan Seniors Society has been quiet for the past year, no birthday bin-gos, no coffee time, no socializing... getting pretty boring.

In December we had a daily draw for a \$100 dollar gift card. All that was needed to enter was to be a permanent resident and be over 55 years of age. 31 people won gift cards, and I am sure they came in handy before and after the holidays. Thank you to Jen for being our go to person for this. Without your help, we would not have been able to do the draw. Stay tuned folks, more ideas in the works, more information to come.

Our wood program is up and running. \$60 per load for seniors and those on AISH. \$100 per load for non seniors.

Call Chester (780-519-9130) or Randy (780-213-2481) to arrange for delivery.

Stay safe everyone. We will you a health, happiness and peace in 2022

Claudette Ouellette

Chairperson

KITO SAKAHEKAN SENIORS Society.



Delta Helicopters Ltd.

“Committed to a Safe Experience”

Toll Free: 1-800-665-3564 24 hours

ANY SPORT ANY TIME
CHEAP SEATS
SPORTING GOODS

- HANDGUNS, RIFLES, SHOTGUNS
- CALLS, SCENTS, CAMO, KNIVES
- AMMUNITION & RELOADING
- HUNTING & FISHING LICENCES
- FISHING TACKLE & FAT E-BIKES
- ARCHERY SALES & SERVICE
- UNDER ARMOUR & BADLANDS
- SCOPE INSTALL & BORESITE

ANITA VEENSTRA
4914 - 50 Street Athabasca, AB T9S 1E3 Mainstreet Athabasca
Phone: 780-675-2000 Toll-Free: 1-866-700-3337 (DEER)

SPORTS Excellence cheapseatssports@telus.net

Jennifer Schacher
Independent Consultant

780-777-5390
jenniferstea@shaw.ca

Steeped Tea
INDEPENDENT CONSULTANT

mysteepedtea.com/jenniferstea

CHICKADEE CREATIONS
by JENNIFER

Hand crafted & sewn for your use
Tote Bags, Wheat Bags, Yoga Bags & Snap Bags

Email: jlschacher@shaw.ca Phone: 780-777-5390

SUPPORT AND SHOP LOCAL



WE INVITE YOU

To advertise your home based business or a service you are offering on our new

SUPPORT AND SHOP LOCAL

page in the Calling Lake Spirit.

Here's what you need to know...

Our goal with this page is to give local entrepreneurs, business owners and managers a tool to promote their product and services. We publish the Calling Lake Spirit paper 4 times a year. It is distributed for FREE to our community and all CLCS members either by email, in your Calling Lake postal box or by mail.

To help cover the printing cost of the Spirit, we are offering these advertising rates:

- Business Card for \$25
- ¼ page Ad for \$100
- Special Feature including a ½ page ad with a ½ page approved editorial for \$200

We hope you choose to share your business in the Calling Lake Spirit.

Please contact Jennifer to book your advertising space.

Phone or text

780-777-5390

Winter Fun for Kids



Winter Word Search

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



Winter	Cold	Frost
December	Freezing	Ice
January	Snowman	Scarf
February	Snowflakes	Mittens



River of Life and Little Cub Workshops

Promoting life in Indigenous Children; Preventing Suicide in Children

River of Life is an interactive virtual half-day workshop created for individuals working with Indigenous young people 12 and up.

Little Cub is a virtual half-day, discussion-based workshop examining suicide prevention in Indigenous children and communities.

Wabasca - February 5th,

Wabasca - March 18th

Peerless Lake - February 25th

Red Earth Creek - March 5th

Calling Lake - March 16th

All workshops are FREE!

Maximum 20 participants at each session.

To Register: Email janice.auger@mdopportunity.ab.ca with CSP Workshops as subject line, please include your P.O Box address or call 780-773-5564 for more information.



PEE KIS KWE TAN
"Let's Talk"



CALLING LAKE NATURE

Red Breasted and White Breasted Nuthatches

The name Nuthatch probably results from the corruption of the word “nuthack” which refers to its’ habit of hacking away at a seed with its beak until it opens. Known as the “upside a nuthatch’s foot has one big toe (the hallux) that faces backward, while its other three toes face forward. They are able to walk head first down the trunks of trees by moving only one foot at a time while the hallux toe on the other foot holds firmly to the bark. Known as the “upside down” bird, it is often observed creeping headfirst down tree trunks while searching cracks and crevices for insect food.

Nuthatches are monogamous and defend a territory throughout the year. The female White-breasted Nuthatch rarely strays far from her mate and stays in constant vocal contact when they are more than a few yards apart Male White-breasted Nuthatches are less wary of danger when foraging with their mates than when they are alone. The female mate plays the dominant role as “watchdog” when they are together, leaving the male more time to concentrate on hunting for food. The White-breasted Nuthatch is a common visitor to bird feeders.

They typically take a single sunflower seed and fly to a nearby tree, then wedge it into the bark and hack it open with repeated blows from their bill.

During the winter, White-breasted Nuthatches will often forage together with other birds such as chickadees, and Downy Woodpeckers in a group known as a foraging guild. Nuthatches are able to recognize the alarm calls of these species and can thus reduce their own level of alertness by relying on vigilance of these other species. This leaves them with more time to concentrate on finding food.

White-breasted Nuthatches are bolder and braver when they forage together with chickadees and woodpeckers than when they foraging alone. A breeding pair may smear insects around their nesting cavity to deter squirrels.

The longevity records for Nuthatches are: White-breasted – 9 years, 10 months; Red-breasted – 7.5 years; Brown-headed – 5 years, 9 months; Pygmy – 8 years, 2 months.



DYI Pine Cone Bird Feeder

Gather a pinecone, peanut butter, a pipe cleaner, a Popsicle stick, and a small dish of birdseed. Twist a pipe cleaner to the top of the pinecone. Then have kids spread peanut butter in all of the nooks and crannies using a Popsicle stick. If the peanut butter is too thick to spread soften by heating up. Next, kids should roll the sticky cone in birdseed.

Enjoy watching the birds feed!

November's Winter Market

The Market was held in the Calling Lake Community Complex. It turned out to be the smallest Market we have ever hosted. This doesn't mean it was a bad market. The 5 vendors who attended were all pleased with sales they were able to generate. Over the 4 hours. Thank you to the community residents who came down and supported and shopped local!

The vendors included: Beverly Mitchell with the awesome paintings, Patricia Woodworth with her beautiful quilted items and baked good, Willie Nadasdi with her decorative sewn Trees and Birds along with delicious loaves and cookies. Jennifer Schacher with products from Sipology by Steeped Tea and her Products from Chickadee Creations by Jennifer, The Calling Lake Community Society had a table with the chocolates from Purdy's and also kicked off one of the live auctions by highlighting the items. The Calling Lake Clothing bank also had a bin for collection of warm clothing items.

