



# The CALLING LAKE Spirit

PUBLISHED BY THE CALLING LAKE COMMUNITY SOCIETY

## CONTACT US:

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FACEBOOK: Calling Lake Community Society

### Annual Pancake Breakfast a Big Success



Over 400 guest attended. 40 doanted raffle items raised \$1790.00 & 5 donated online auction items raised \$1950.00.

A grand total of \$3740.00.  
Thank you  
Calling Lake!

## IN THIS ISSUE:

*upcoming Events*

*messages from organizations*

*results from past events*

*Nature*

*craft ideas,  
recipes  
and more*

The

# Calling Lake Community Society



photo taken by  
Richard Gladue

Fall Greetings,

I had the pleasure of meeting some cabin owners' relatives from Germany. They spoke little English but their feelings and broken English said it all. They fell in love with Canada, Alberta and most importantly the community of Calling Lake. The fall colors were out in full force with vibrant orange, and red coloured leaves, along with breath taking sunsets. They did tell me over 600 pictures were taken!

I must congratulate the MD on hosting a very informative Reconciliation event at the Community Complex and to Bigstone Health Commission who we (CLCS) partnered with on the food baskets for all students.

An interesting fact that our Society had invested over \$15,000 into Calling Lake in our last fiscal year (our year end is September) and this year with the Historical Committee becoming activated we are on track to do about \$30,000!

We strive to partner with activities within the community and thank the many partners that we have done projects with so far. Of course, much thanks to the MD of Opportunity, Bigstone Cree Nation Health Commission and Northlands School Division. There are many new initiatives on the horizon but until signed off all I can say is stay tuned!

Sincerely,

Roger Smolnicky

CHRISTMAS MARKET  
SAT. DECEMBER 3, 2022  
COMMUNITY COMPLEX  
10 AM-2 PM  
details to follow on our  
facebook page



Mary & Gordon Logan next to the load of gravel purchased by Kevin Englund, supporting the CLCS online Charity Auction.

The Auction was held in September.

Thank you to our prize donors, Wilf Brooks, Dale Klein & family, Pat & Dave Woodworth, Roger & Judy Smolnicky and the MD of Opportunity. We raised over \$1900.

Thanks also goes out to the winning bidders, Corina Cole, Virginia Olson, Mona Gladue, Lionel Cherniwchan.& Kevin Englund.



# Historical Centre



I would like to thank everyone who has helped make the Historical Centre what it is today. We cannot tell you how we appreciate all the input from so many people, from Calling Lake residents to non resident people with a past connection to the lake. From our sourcing of artifacts and stories over the past two years and before, to the 2 day workshop on the forest industry that was so well attended by so many. Many people came forward from within and from outside of the community to participate.

Our open house over the 3 days of the Labor Day weekend, which attracted approximately 80 visitors, brought us another wealth of information and contacts. We were privileged to have Mr. Ike Glick in the community for the Labor Day weekend. Ike and his wife Milly (deceased) came and lived in Calling Lake from 1955 to 1967 they were with the Mennonite Volunteer Service whose mandate was to bring education and health care to remote areas of Alberta. Isaac met with a few people who remembered both Ike and Millie's love and devotion to the community.

We continue to catalog items, their status, on loan or donated. Curtis Cardinal and his information team gave us a great start with what was already on site, in what is now the "Historical Centre" where the CLCS society now has a three year lease to continue our work.

On that note we have in the past two weeks have had loaned to us a pair of beaded moccasins made by the late Rose Cardinal, a movie camera that was owned by the pilot Junior Fix and we have had donated a Browning 22 caliber gun (deactivated) that was once owned by Nick Tanasiuk who with his wife Rose were in 1921 the first settlers at Rock Island. In 1946 due to unfair government taxes on their land and business at Rock Island they moved to Calling Lake opened a store that initially was called "Nick's General Store" later to be renamed the "Moosehorn Market".

On September 22, 2022 we had a Calling Lake Historical display at the RCMP and Bigstone reconciliation ceremony that was held in the Athabasca Detachment yard. We had numerous Calling Lake residents come by. One resident identified an unknown lady in one of our historical photos. One of our goals is to identify as many of the unidentified persons in our picture collection as we can.

We continue to "hunt and gather" and to research our Calling Lake history for this we need your input, we need you to share your stories of your family history whether your family came to this wonderful part of Alberta in the 1800's 1900's or 2000's we want to record it all.

## Contact Us

**Kathy Stubbs**

780-719-9949

[kdstubbs@deltahelicopters.com](mailto:kdstubbs@deltahelicopters.com)

**Wilf Brooks**

780-289-8615



**Ike Glick**



**Catherine Bouskyous  
and Ike Glick**

**UPCOMING**

**Nov 11/22**

**Open House**

**Nov 12/22**

**Luncheon**

**details to be posted**



# KITO SAKAHEKAN SENIORS

## NEXT SENIOR'S BIRTHDAY BINGO

TUES DEC 6/22  
recreation centre

details will be posted



🎃 Great Seniors Event 🎃



## Senior's Centre Open

11:00 am –  
1:00pm  
Tuesday's and  
Friday's

Drop in for  
Coffee or Tea  
and  
enjoy a social  
visit

At the Seniors meeting held Wednesday May 4th, 2022 the members attending voted unanimously to dissolve the Kito Sakahekan Seniors Society and create a committee that will continue to provide activities for seniors in the community. This committee will be part of the Calling Lake Community Society. As per provincial regulations all assets will be transferred to the Community Society. The required paperwork was completed and submitted to the provincial government. Formal papers of dissolution were received in July. The bank account was closed, and a cheque was presented, by Seniors President Claudette Ouellette, to Jennifer Schacher representing the Community Society. All funds will be earmarked for use by seniors only.

Many thanks to all those dedicated volunteers who served on the Kito Sakahekan Board of Directors, to those who were happy to volunteer their time in any way needed, and to those who participated in the many activities offered over the years.

A special thank you to Hilda Crawford and Claudette Ouellette. Both ladies served as Society President for many years. Their leadership and hard work were instrumental in maintaining services, offering information sessions and providing fun activities.

The new Seniors Committee is comprised of Jennifer Schacher, Gerry Stockburger, Melaney Guthrie, Cindy Uchtyl, Blaine Woodall, Vivian House, Mona Gladue, Donna Vermette, and Peter Bigstone. They were hard at work in June organizing a barbeque to celebrate Seniors Week. Many thanks to the committee members and other volunteers who made an enjoyable evening possible.

Please feel free to contact Gerry at 780.331.2882 or Mel at 780.331.3333 for information or to volunteer for upcoming events.



Claudette presenting the cheque to Jennifer



# Calling Lake Women's Wellness Committee

Calling Lake introduces you to it's  
newest committee,

## The Women's Wellness Committee

This groups objective is to offer a venue  
to gather females in our community  
together to engage with each other,  
share our stories, learn and educate  
together. All to celebrate women!

The first event hosted on July 16/22.  
Simple stated,

## Women's Wellness Celebration

We are grateful to have been sponsored  
by Bigstone Health Commission, FCSS,  
The Calling Lake Community Society and  
the Kito Sakahekan Seniors Committee.

We had a healthy luncheon, 2 fabulous  
guest speakers, an activity creating  
vision boards, raffle items, door prizes  
and information booths all pertaining to  
women's wellness.

66 guests attended, we raised \$680 for  
future events. Big thanks to the  
organizers, sponsors, donations for  
raffles and of course the guests.

**Save the Date  
Saturday November 26/22**

**Let's Get Creative  
Christmas Crafting**

**Details to be posted**



## CALLING LAKE PUBLIC LIBRARY

If you have visited the Calling Lake Library anytime in the past 14 years you have at some point been welcomed by Diane Collyer. And while her smiling face is gone, the memories of her pleasant and helpful manner linger on with library patrons.

Diane and John Collyer became permanent residents of Calling Lake in 1997 after enjoying summers at the lake as children. They became immersed in the community. Diane served as a volunteer on the Fire Department for 19 years and as a volunteer on Search and Rescue for 15 years. During this time she also became involved at the library.

Diane started as a casual employee but soon started job sharing, on a permanent basis, with Chuck Watson. Diane worked hard learning the rules governing public libraries in the province, and how to operate the software designed to manage all aspects of library operation. She constantly expanded her knowledge through webinars and in person training sessions.

Diane took on the job of Library Manager and as such was responsible for the smooth operation of the Wabasca and Calling Lake Libraries, supplying support to Red Earth Creek library while interacting successfully with the MD Library Board and Peace Library System. She ran the local book club, arranged author visits, implemented special programs and attended numerous meetings, seminars, conferences and symposiums related to providing excellent service to patrons.

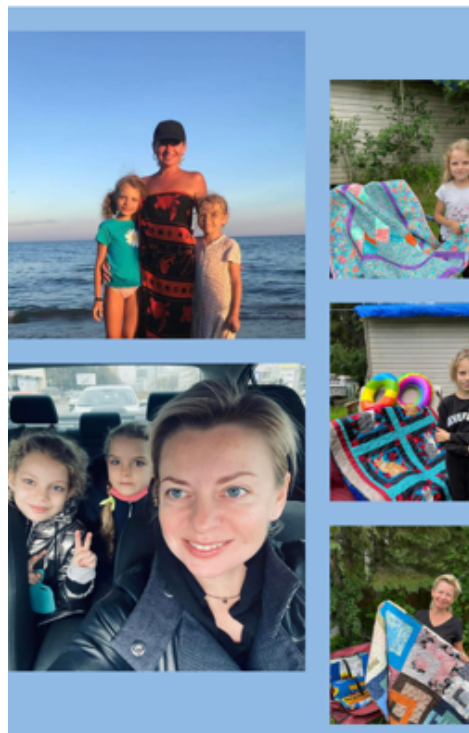
Diane was committed to promoting literacy and the love of reading and learning in our community. It is with gratitude for her service that we wish Diane all the best in her retirement.



### HAPPY RETIREMENT DIANE



Meet Iryna and her daughters Veronica and Christina. They arrived safely from Ukraine and have spent their summer in Calling Lake with their host David. **The Spruce Country Stitches** welcomed them and presented each of them with a quilt. They are settling nicely into Canada residing in the city.



13 quilts donated to families arriving from Ukraine in the Mundare. Distributed by Val owner of The Chicken Coop Quilt shop





## Calling Lake Sailing and Recreational Club



The Calling Lake Sailing and Recreational Club had a very busy summer.

The clubhouse/grounds were booked July 9th for a wedding. Volunteers came together to install our new running water and washrooms, paint the floors of the clubhouse, stain the deck and railings, plus replenish the wood pile. We also managed to acquire a sea can for boat storage. everyone worked really hard and it showed.

We had 4 successful bottle drives where so many people donated their empties to help the clubs ongoing expenses. Samatha & Paul Bellina stepped up to hold a family dance on the August long weekend which was well attended. Chris and Ernie Provencher organized the poker rally where we had over 300 hands sold.

We had 2 sailboats donated to the sailing club this summer. Thank you to Dwight Manning and Gerry & Howard Stockburger. They will be on the lake next summer. We hope to host a few "learn to sail" camps for both kids and adults next year along with some other family activities.

To keep up to date, please join our Facebook Page:  
[Calling Lake Sailing & Recreational Club](#)

Nora Ross

## Calling Lake School Update

We are excited about the upcoming school year. We have many exciting things planned for our students.

We started our school year with a Pipe Ceremony. Thank you to our local Knowledge Keepers who shared their wisdom with our students and staff. Your support is greatly appreciated. We look forward to working with you throughout the school year.

We are looking forward to growing our Land Based Learning program this year. We would like to thank ALPAC for their support in building our outdoor classroom. We hope to have the construction done this fall.

We are excited about the Physical Literacy Project we are working on with Sport for Life. Calling Lake is one of three places in Alberta to receive grant money from the Federal Government to encourage our youth to improve their overall wellness through lifelong activity. Watch for project activities at the school and the Recreation Centre in the coming months.

As a school community, we will be focusing on three priorities:

- 1) The wellbeing of our students, staff and community
- 2) Improving student attendance
- 3) Improving Literacy skills across all grades in our school.

We will be communicating the steps we are taking to reach these goals as the year progresses.

The school community would like to thank the Calling Lake Community Society for all the support we have received last year. We look forward to our continued partnership in the coming school year.

Jason Wiks / Principal

## CALLING LAKE FOOD & CLOTHING BANKS

All local Calling Lake Community Members are eligible to pick up a Food Hamper on a monthly basis. You will need to call in to register before **5 pm** the Friday before pick up. Pick up date is usually the 2nd or 3rd Saturday of the month.

Pick up time is 10 am - 1 pm.  
Sorry, No Deliveries.

Please call or text Joanne Hicks to register at 780-327-9825.  
Watch monthly for the dates to be posted.

The Calling Lake Clothing Bank will be opened during pick up times,  
10am - 1 pm

Calling Lake Food Bank Helping Hands



Be sure to check out the wide selection of groceries, snacks, drinks and lunches. The best icecream ever when in season





SEPTEMBER 30, NATIONAL DAY OF

# TRUTH AND RECONCILIATION

Calling Lake was host to an interactive educational presentation honouring the Awareness and Celebration of Indian Residential Schools.

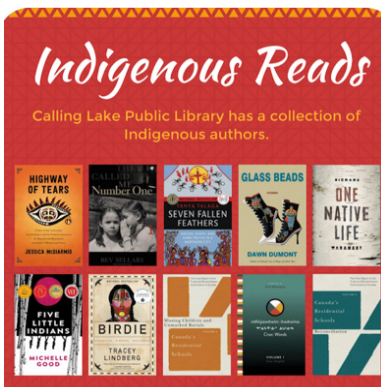
The facilitators did an excellent job along with the guest performers Rona Yellow Robe and Cindy Paul to demonstrate and educate this important part of Canada's history.

This day was supported by the MD of Opportunity and FCSS (Family & Community Support Services). If you ever get a chance to be a part of one of these exercises I highly recommend you attend.

EVERY CHILD MATTERS



Great finds at our own, Calling Lake Public Library. ↓



**OSKAYA AYAMICHIKEWAK  
Young Readers Program**

**Need new books for your child?**  
We have partnered with Dolly Parton's Imagination Library to bring young Métis readers a **FREE BOOK** every month!

This program promotes early literacy and paves the way for a lifelong love of reading.  
Email [youngreaders@metis.org](mailto:youngreaders@metis.org) to get the online form, or pick up a hard copy at your local MNA office, fill it out, and mail it in to start receiving your books.  
Parent/Guardian applicant or child must be an MNA citizen.  
Children are eligible from birth to their 5th birthday.

Have questions? Email [mnaacts@metis.org](mailto:mnaacts@metis.org) today!

Métis Nation of Alberta - Provincial Office  
Della Gray Building | 11120 Kingsway Avenue | Edmonton  
780-455-2200 | 1-800-252-7533 | [albertamnis.com](http://albertamnis.com)

USA AND CANADA

## Indigenous-Owned Bookstores

USA	CANADA
<b>Nā Mea Hawai'i</b> HONOLULU, HI	<b>Back Alley Book Nook</b> ATHABASCA, AB
<b>AfriWare Books</b> MAYWOOD, IL	<b>Barely Bruised Books</b> OTTAWA, ON
<b>Libélnla Books</b> WATERLOO, IA	<b>Chat Noir Books</b> NEW LINCOLN, ON
<b>Books &amp; Burrow</b> PITTSBURG, KS	<b>Goodminds</b> BRANTFORD, ON
<b>Birchbark Books</b> MINNEAPOLIS, MN	<b>Iron Dog Books</b> VANCOUVER, BC
<b>Red Planet Comics</b> ALBUQUERQUE, NM	<b>Librairie Hannenorak</b> WENSALE, QC
<b>Talking Leaves</b> CHEROKEE, NC	<b>Massy Books</b> VANCOUVER, BC
<b>Bird Cage Book Store</b> RAPID CITY, SD	<b>ONLINE</b>
<b>Red Salmon Arts</b> AUSTIN, TX	<b>Raven Reads</b> SUBSCRIPTION BOX
	<b>Strong Nations</b> ONLINE BOOKSTORE

atlibro


# WHAT'S NEW

Have you seen the newest attraction in the community?

The water spray park has been installed and tested. Get ready to stay cool and have some fun in the sun in the summer of 2023!


Well done, MD of Opportunity!



 **NOTICE**  
**BEAVER BOUNTY**

The MD of Opportunity are issuing a beaver bounty of \$100.00 per beaver within the Hamlets of Wabasca, Calling Lake and Red Earth Creek.

**Please call your local MD office for more information:**  
Wabasca 780 891-3815,  
Calling Lake 780 331-3860  
Red Earth 780 649-3428



**BEAR SAFETY**

 **NEVER FEED OR APPROACH BEARS**  
Intentionally feeding bears or allowing them to find anything that smells or tastes like food teaches bears to approach homes and people looking for more. Bears will defend themselves if a person gets too close, so don't risk your safety and theirs.

 **SECURE FOOD, GARBAGE AND RECYCLING**  
Food and food odors attract bears, so don't reward them with easily available food, liquids or garbage. Restrict curbside placement of garbage bin to the morning of pick up. Bear resistant waste containers. Use bungee straps to secure the lid of the garbage containers.

 **REMOVE BIRD FEEDERS WHEN BEARS ARE ACTIVE**  
Birdseed and grains have a lot of calories, so they are very attractive to bears. Removing feeders is the best way to avoid creating conflicts with bears.

 **NEVER LEAVE PET FOOD OUTDOORS**  
Feed pets indoors when possible. If you must feed pets outside, feed in single portions and remove food and bowls after feeding. Store pet food where bears can't see or smell it.

 **CLEAN AND STORE GRILLS**  
Clean grills after each use and make sure that all grease, fat and food particles are removed. Store clean grills and smokers in a secure area that keeps bears out.

 **ALERT NEIGHBORS TO BEAR ACTIVITY**  
See bears in the area or evidence of bear activity? Tell your neighbors and share information on how to avoid bear conflicts. Bears have adapted to living near people; now it's up to us to adapt to living near bears.

 **Fish and Wildlife**  
310-0000 





**Calling Lake  
Community Church  
Sunday Services**

Begins Oct. 30<sup>th</sup> & Nov. 6<sup>th</sup> & Nov. 13<sup>th</sup>

**Time of service @ 1:30 pm**

We are transitioning from Wednesday services to our Sunday services to accommodate the community.

Our Bible study days are also moving from Thursdays to Tuesdays starting Oct. 25<sup>th</sup> @ 6:30 pm

Contact info: Nathan Gullion Ph. 780-499-6824  
Email: nathangullion@hotmail.ca

**For the Glory of God!**



**Dear God**

Please keep my family, friends and loved ones safe. Please watch over them always, and let good health, happiness and good fortune befall them. AMEN!

**Share your prayer**

*one small  
positive  
thought  
in the morning can  
change  
your  
whole day.*

*those we love  
don't go away  
they walk  
beside us  
every day  
unseen, unheard  
but always near  
still loved,  
still missed  
and very dear.*

simply designing

**Never regret a day  
in your life.**

Good days  
Give you happiness,  
Bad days  
Give you experience,  
Worst days  
Give you lessons,  
And best days  
Give you memories.

**Advice  
From A Sunflower**

Staying in your spaces

know your roots  
spread seeds of  
happiness  
rise, shine &  
hold your head up high  
keep your face to the  
sunshine  
keep growing

## FUN WITH FOODS



## WHAT HAPPENS IN AUTUMN

In autumn, the leaves start to change color. They change to red, yellow, and brown. In autumn, the leaves start to fall off of the trees. That is why autumn is also called the fall.

In autumn, the weather starts to get cooler. We start to wear long sleeved shirts, long pants, and sweaters.

School starts in autumn. We see children getting on yellow buses and going to school. Trees start to spread their seeds in autumn. Acorns are the seeds for oak trees.

Pine trees have pinecones for seeds. They fall off of the trees in autumn so new trees can start to grow in the spring.

In autumn, the birds migrate south. To migrate means moving from one place to another for a long time.

In autumn, some animals, like bears, hibernate for the winter. Hibernation is when some animals go to sleep.

They sleep all the way through the winter!

In autumn, we see fall fruits and vegetables. Apples are a delicious fall fruit.

Pumpkins are ready to pick in autumn. Pumpkins are fall vegetables called gourds.

Here's a pumpkin patch. We can pick a pumpkin for Halloween.

Halloween is in autumn.

Here's a jack-o-lantern. Isn't it scary?

You can also make a pumpkin pie. Pumpkin pie is a tasty fall treat.

Some sports start in autumn and go through the winter, and some sports come to an end.

In autumn, hockey season starts.

Best of all, in autumn, we have the World Series! Autumn is a busy and fun time of the year.

On the Equinox the sun spends almost the same amount of time above and below the horizon. The sunrise and sunset are about 12 hours apart everywhere on Earth. The daylight hours are a little longer. This happens on the Autumnal Equinox and the Vernal Equinox (in Spring)

### Upcoming Markets.....



**Support the  
Athabasca Farmer's  
Market.  
Located in the  
Multiplex**



# RECIPES, CRAFTING AND FUN PAGE

Cut a zucchini into thin slices and toss in 1 Tbsp olive oil, sea salt, and pepper. Sprinkle with paprika and bake at 450°F for 25 to 30 minutes. Using paprika not only to flavor this healthy snack, but also to boost your metabolism, reduce your appetite, and lower your blood pressure.



take care of yourself like you would take care of a PLANT:



## Zucchini Carrot Oatmeal Muffins

Preheat oven to 350  
ingredients

- 2 1/2 cups flour, 1Tbsp baking powder, 1 1/2 tsp cinnamon, 1tsp salt,
- 1 1/2 cup sugar, 3 eggs, 1 egg white, 3/4 oil,
- 1 cup shredded zucchini, 1 cup grated carrots, 3/4 cup raisins (optional)

### Instructions

Squeeze the liquid out of zucchini and carrots, mix dry ingredients in a bowl and set aside. In a separate bowl, whisk eggs & oil. Stir in zucchini, carrots and raisins. Spray muffin tins, fill each muffin cup 3/4 full and bake for approx 20

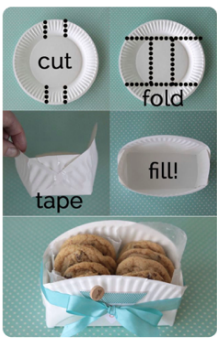


## Easy craft to package up your baking gifts

Simple



Simply Southern, Sweet, Classy and Sassy ☆



A Cute & Clever Way to Package Homemade Cookies ☆

Get Inspired!



Old Christmas Cards Make New Gift Tags and Canning Jar Toppers ☆

# DATES TO REMEMBER

## SENIOR'S BIRTHDAY BINGOS

TUES OCT 25/22  
recreation centre

TUES DEC 6/22  
recreation centre



**Save the Date**  
**Saturday November**  
**26/22**

**Let's Get Creative**  
**Christmas Crafting**

Senior's Centre  
Open

11:00 am –  
1:00pm  
Tuesday's and  
Friday's

CHRISTMAS MARKET  
SAT. DECEMBER 3, 2022  
COMMUNITY COMPLEX  
10 AM-2 PM  
details to follow on our  
facebook page

Drop in for  
Coffee or Tea and  
enjoy a social visit





## 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**

### 2022-2023 Membership Application

<b>Please Circle:</b>		<b>Renewal</b>	<b>New Membership</b>		
<b>First Name:</b>		<b>Last Name:</b>			
<b>Home address:</b>		<b>Province:</b>			
<b>City:</b>	<b>Postal Code:</b>	<b>EMAIL:</b>			
<b>Calling Lake Address:</b>		<b>Postal Code:</b>			
<b>Please Circle:</b>	<b>South Beach</b>	<b>North Beach</b>	<b>CL Drive</b>	<b>Jeremy Nipshank</b>	<b>Two Mile</b>
	<b>Central</b>	<b>Hwy 813</b>	<b>Reserve</b>		
<b>Home Phone #:</b>		<b>Lake or Cell #:</b>			
<b>Drop off this form at Calling Lake Post Office or by:</b>					
<b>Mailing address: Box 44 Calling Lake Alberta, T0G 0K0</b>					
<b>Email: callinglakecommunity@gmail.com</b>					



**DON'T DELAY  
FILL OUT THIS FORM TODAY**

*Calling Lake Historical Committee*

will be opening the  
Historical Information Center

on

November 11, 2022 10am-2pm

for a moment of acknowledgment & history sharing



*Lest We Forget*