November 2026

# MUSKWA JOURNAL

KAPAWE'NO FIRST NATION



## Administration

**GREETINGS**

As we reflect on the season and the many activities taking place across Kapawe'no First Nation, we are grateful for the strength, care, and involvement shown throughout our community. This newsletter highlights the many ways we come together: celebrating student success, supporting families, welcoming health-care providers, strengthening culture through Cree classes and gatherings, and creating opportunities for wellness, learning, and recreation.

We extend our congratulations to the Class of 2026 and to every student who has completed another successful school year. Your hard work, perseverance, and accomplishments are a source of pride for your families and our entire community. We also recognize the staff, volunteers, Elders, Knowledge Keepers, and community members whose time and guidance help make these successes possible.

As we move into the coming weeks, we encourage everyone to take part in the programs, services, surveys, open houses, and community events included in this issue. Whether you are attending a wellness program, joining a cultural activity, sharing your feedback, or spending time with family and friends, each connection helps strengthen our community.

We also hold close those who are grieving and offer our sincere condolences to the family and loved ones of Rose (Halcrow) Laboucan. May the care, prayers, and support shared by the community continue to bring comfort.

Thank you to everyone who contributes to the well-being of Kapawe'no First Nation. We wish all community members a safe, healthy, and enjoyable season filled with rest, connection, and hope.

Sincerely, Administration

## AVAILABLE SURVEY'S

**Careers & Skills Snapshot 2026**

We invite you to participate in our Skills & Careers 2026 Snapshot. If completed by December 10, 2026 you will be entered to win a 500 dollar gift card,
(Draw on December 15, 2026).

**Peace keeping Survey**

Needs to be Done by
NOVEMBER 10th 2026




## Audit and Trust Follow-Up Meeting

**SATURDAY, NOVEMBER 28th 2026**
**Meeting starts at 10:00am followed by lunch at 12:00 pm**
**Zoom link on Kapaweno Website along with meeting notes from last meeting.**

# FUN ACTIVITY

## Canadian Remembrance Day Word Search

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

### Words to Find

ARMISTICE
ARMY
BATTLEFIELD
CANADA
CANADIAN
CENOTAPH
CEREMONY
COMMEMORATE
COURAGE
FALLEN
FREEDOM
HEROES
HONOUR
LEGION
MEMORY
MILITARY
NAVY
PEACE
POPIES
POPPY
REMEMBRANCE DAY
RESPECT
SACRIFICE
SERVICE
SOLDIERS
TROOPS
UNIFORM
VALOUR
VETERANS
WREATH

# Dearest Condolences to Family and close ones to Rose Laboucan.

## With Heartfelt Thanks

Our family extends our heartfelt thanks to everyone who supported us as we said goodbye to our beloved mom, Rose (Halcrow) Laboucan. Your kindness, generosity, prayers, and presence have brought us comfort during this difficult time.

We offer special thanks to Kapawe'no First Nation Chief and Council, Chief Sydney Halcrow, Councillor Pam Halcrow, Elder Diane Halcrow, Elder Lillian Lacombe, Kapown Rehabilitation Centre, Michelle Knibb and Effie Anderson. We are deeply grateful for the generous donations and spiritual support offered in Mom's memory. Your thoughtfulness helped ease the burdens of these difficult days and meant more to our family than words can express.

To Mom's beloved siblings, our brothers and sisters and their families, all our relatives and family friends, thank you for your outpouring of love, care, and support. Coming together to honour and celebrate Mom's life reminded us of the deep family connections she cherished. Your presence, shared memories, and care for one another have been a source of strength and comfort.

We sincerely thank Father Victor Ezenwanee for the beautiful funeral Mass and the comfort offered through prayer and remembrance. We also extend our heartfelt gratitude to cultural Knowledge Keepers Asa Thunderchild and Cassidy Halcrow for their spiritual support. Your care and guidance helped us honour Mom's life with love and respect.

We extend a special thank you to Fern Halcrow and Josh Halcrow for planning, preparing, and cooking the meals served during the wake and funeral. Your time, care, and hard work brought comfort to our family and to those who gathered to honour Mom

To the Chapel of Memories, thank you for the outstanding funeral arrangements, thoughtful planning, and compassionate, supportive service. Your kindness and attention to detail brought reassurance to our family as we prepared to say goodbye.

To everyone who honoured Mom and stood beside our family, thank you. Every donation, prayer, shared memory, and act of kindness has meant so much to us. We will remember your generosity as we carry Mom's love and memory forward.

With love and sincere gratitude,
The Family of Rose (Halcrow) Laboucan

## Treaty Cards

**Every Wednesday!**

Larissa will be doing them from **9am-4pm**.
please call Janelle and make an appointment.

**Make sure you have a Valid ID**

## Social Assistance Dates

**NOVEMBER 18 - 19**

please Call Janelle to schedule an appointment.




# Dr. Smart Aghadueki

**My name is Dr. Smart Aghadueki, and I am a dedicated and compassionate family physician with a strong passion for providing quality, patient-centered healthcare, particularly to individuals and communities with limited access to medical services.**

**I received my medical training in Nigeria, where I practiced medicine in various capacities, gaining valuable clinical experience while caring for patients from diverse backgrounds. Nine years ago, I relocated to Canada, where I have continued my medical career with a deep commitment to serving communities and improving access to healthcare.**

**Throughout my professional journey, I have always been motivated by a genuine desire to help others, especially those living in rural, remote, and underserved communities. I firmly believe that everyone deserves access to quality healthcare, regardless of their geographical location or personal circumstances.**

**For me, practicing medicine goes beyond diagnosing and treating illnesses. It is about listening to patients, understanding their concerns, building meaningful relationships, and providing compassionate, respectful, and culturally sensitive care.**

**I am truly delighted to have the opportunity to serve the Kapawe'no First Nation community. I look forward to getting to know community members, understanding their healthcare needs, and working together to promote health, wellness, and a better quality of life.**

**My guiding philosophy has always been simple: Medicine is more than a profession; it is a calling to serve humanity, bring hope, relieve suffering, and make a meaningful difference in the lives of others.**

**I look forward to becoming a trusted part of the community and contributing positively to the health and well-being of everyone I have the privilege of caring for.**




# Dr. Omosigho Izedonmwen (Dr. Omo)

**My name is Dr. Omosigho Izedonmwen (Omo), and I currently practice at the High Prairie Health Complex. I arrived in High Prairie approximately six months ago from Toronto with my wife. We have two sons who are currently pursuing their graduate studies in Ontario.**

**I received my medical training at the University of Benin in Nigeria and subsequently pursued a career in Family Medicine, driven by a commitment to providing comprehensive, compassionate, and patient-centered care.**

**With a particular interest in community health, I believe that good healthcare extends beyond treating illness. It involves understanding the needs of individuals, families, and the broader community, while promoting prevention, healthy living, early detection of disease, and equitable access to quality healthcare.**

**I take a holistic approach to patient care and value working collaboratively with patients, families, and other healthcare professionals to address both immediate health concerns and long-term wellness.**

**Once again, I am delighted to join the Kapawe'no community. I look forward to sharing knowledge and experiences, learning from others, and contributing with compassion and commitment to the health and well-being of our patients, families, and community.**

WELCOME TO OUR NATION



# Natasha Burger, RN

**Natasha Burger, Chronic Disease Management Nurse, is a registered nurse currently working out of the High Prairie Community Health and Wellness Clinic, PCA.**

*Natasha tells us that person centered health has been a passion over more than 30 years of nursing, much of it in the High Prairie hospital ER, as well as Edmonton and central Alberta sites. Having grown up locally and now back in the community, she brings an understanding of rural living that can only be achieved by experience.*

**We are thrilled to be hosting her at the Alice Halcrow Healing Centre; self-refer for education and support on chronic conditions such as diabetes, COPD, heart/stroke/hypertension, serious illness conversations or general lifestyle coaching.**

**Walk-ins will be welcome**

# Health Centre Information



## DENTAL CARE

Dr. Witzki will be on-site for dental care, including dentures, cleaning, and cavity treatment.

**AVAILABLE DATES: March 4th , 9th , and 18th , 2026**

## GOOD FOOD BOX

**DEADLINE: NOVEMBER 23RD AT 4PM**
(NO LATE EXEPTIONS)

**PICK-UP: NOVEMBER 30TH**
**PICKUP AT 3:30PM AT THE HALL**

IF YOU ARE NOT ABLE TO PICK UP PLEASE MAKE ARRANGEMENTS. IF WE HAVE "NO SHOWS" WE WILL GIVE THEM TO THE NEXT PERSON ON THE WAITING LIST.

**NO DELIVERIES & NO REFUNDS.**

## Foot Care Clinic

With Tommy

Learn what our foot care clinic offers, from gentle nail care to help with foot pain. Services include:

- Nail Trimming & Filing
- Ingrown toe nail removal
- Callus & corn removal
- Diabetic foot Care
- Foot Massage

DATES AVAILABLE : November 12,19th




## Massage Therapy

*With Kassandra Bodnar*

Kassandra will here on
November 12 ,18, and 25th 2026
Please call the health centre to book an appointment

## Struggling with mental health? or just need someone to talk to?



CAM BURBANK

Cam Burbank is a Registered Psychologist with the College of Alberta Psychologists and an avid life-long learner.
Call Health Centre and Book an Appointment

Available Dates:
November 3rd - 4th - 5th - 17th - 19th -20th

# KAPAWE'NO CONSULTATION OFFICE



Special points of interest:

- Nehiyawak Nations Summer Gathering
- Back to School Blitz
- Open House

CONTACT INFORMATION:

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Hello Kapawe'no members and residents! We hope you are staying warm and cozy now that it is starting to cool off. Enjoy the nice weather 😊

Consultation would like to thank everyone who has been engaging with our office whether it be attending our open houses, sharing knowledge or completing surveys that help us gather more information. Feedback is always appreciated.

There are a few things we would like to highlight within our office. We had the privilege of partaking in the first annual Nehiyawak Nations Summer Gathering, thank you to everyone who came and made it a success. Thank you to the host Nations of Sucker Creek First Nation, Whitefish Lake First Nation along with us Kapawe'no First Nation. Our leadership from each Nation, our guest speakers, participants and last but not least the many volunteers and sponsors. We look forward to next year's Summer Gathering.

It was so nice to see everyone that participated in our Back to School Blitz. All the children with their cool new hairdo's, many thanks to the hairdressers and barber. Thanks to all the departments for participating in making this another successful experience for the students. Congratulations to the two winners of our educational scholarship award; Raelynn Lamouche and Raven Anderson. They were the first recipients to receive the scholarship funds, and we are very proud of them. We wish them both the best in their future endeavors. Congratulations to Chloe Calliou-Halcrow and Liam Sutherland on winning the door prize; a Chromebook. 😊

*__Heads-up__* We will be hosting a couple Open Houses; one pertaining to a Moose Study and the other covering a wide range of topics. Topics will include but not limited to, choosing a suitable location for buffalo, questionnaire on if we want to have a farm to raise beef, 2027 Nehiyawak Nations Summer Gathering, creating a Recreation Committee, Adventure Trail information and signage. **Watch for the posters** 😊

Our willow staking project kicked off the week of October 5-9 on the Northshore road. Nation members, project team, and consultation technicians went out Monday -Thursday and wrapped things up in the office on Friday. Big thanks to all who participated and made this happen. Erosion and flooding have always been an issue on that road; it will be exciting to see if the natural remedies will help with those issues. We will report back in the spring.

We continue to get many projects on a daily basis regarding Oil and Gas, Forestry, Nuclear Power, Species at Risk, Regulations, please call or stop in if there is something of interest or concern to you. If you have any questions about the lands at any time or are experiencing/observing any issues (for example, if you come across a gate that limits your access, we might have the code or can get you one), feel free to contact us and we will do our best to answer any questions.

## Thank you!



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# Exciting Events Coming up!

## DISNEY ON ICE!

An exciting trip coming up here on the November 21st!

Families that signed up for an exciting weekend out will be heading to Edmonton, Ab to see Disney on Ice and some well needed family time at Galaxy land. Bus will be leaving here on Friday November 20th




## Cree Classes

Cree Classes will be held at the Wellness Centre on November 10th 5-7pm
&
December 1st 5-7pm
Snacks Provided
Need more information please call 780-751-3085

**CATERING CALL OUT**

**KAPAWE NO COMMUNITY CHRISTMAS DINNER**

**FRIDAY DEC 04, 2023**

Menu: Ham, Turkey, Stuffing, Red mashed potatoes, Gravy, 2 Vegetables, 1 Salad, Dessert, Coffee/Tea, Crackers, Cheese, Utensils, Napkins
For 200 People

Submit Bids to
HealthA2@kapaweno.ca
Deadline for bids :Nov 16/26 12PM

## YOUTH GYM NIGHT

**NOVEMBER 19th 2026**

Kara is hosting a youth gym night at the KFN school Gym for youth **ages 10-17 from 6:00-7:00pm.**

For more information or to sign-up please **call the wellness center @ 780-751-3085**

## A Message from Wellness Manager

Hello, Kapawe'no Citizens.
The Wellness and other Kapawe'no staff thank all the Families for attending our Family Fall Feast. We all enjoyed the laughter and great memories we shared. Moving forward, we have lots of great Events and workshops coming up; be sure to check your mailboxes. The Wellness Centre doors are always open if anyone needs any assistance or help with anything. Even stop by to have a coffee and talk.
Thank you,
**Jarett Knibb**

# Calendars

## 2026 . NOVEMBER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 DENTIST<br>PSYCHOLOGIST | 5 | 6 | 7 | 8 |
| 9 | 10 MASS FLU CLINIC 3-8PM<br>CREE CLASS | 11 OFFICES CLOSED<br>REMEMBRANCE DAY | 12 FOOT CARE<br>MASSAGES | 13 | 14 DR. OMO | 15 |
| 16 DEADLINE FOR CHRISTSMAS DINNER CATERING BID | 17<br>PSYCHOLOGIST | 18 DENTIST<br>MASSAGES | 19 FOOT CARE<br>YOUTH GYM NIGHT | 20 PSYCHOLOGIST<br>DISNEY ON ICE | 21 | 22 |
| 23 GOOD FOOD BOX MONEY DUE<br>DENTIST | 24 | 25<br>MASSAGES | 26 DR. SMART<br>RN NATASHA | 27 | 28 | 29 |
| 30 GOOD FOOD BOX PICK-UP | | | | | | |

## 2026 . DECEMBER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | 1<br>CREE CLASS | 2 | 3 | 4 COMMUNITY CHRISTMAS DINNER | 5 | 6 |
| 7 | 8 | 9 | 10 ELDERS AND YOUTH CHRISTMAS PARTY | 11 | 12 | 13 |
| 14 | 15 | 16 OFFICES CLOSED IN AFTERNOON<br>CHRISTMAS BREAK | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 Merry Christmas | 26 | 27 |
| 28 | 29 | 30 | 31 | 2027 New Year | | |