



## Kapawe'no Wellness Centre Steps Up with Exciting June 2026 Event Lineup

The Kapawe'no Wellness Centre is pleased to announce an exciting lineup of cultural classes, traditional teachings, and recreational activities for community members this month. Whether you are looking to learn traditional dances, connect with land-based teachings, practice the Cree language, or get out on the golf course, there is something for everyone.

### Traditional Dance Lessons

Come out and learn traditional dance styles with instructors Cassidy Halcrow and Asa Thunderchild-King. This two-day workshop will take place on June 16th and 17th, 2026, from 5:00 PM to 8:00 PM at the Kapawe'no Nation Hall. For more information regarding these sessions, please call 780-751-3085.

### Land-Based Teaching with Elder Diane Halcrow

Connect with cultural knowledge and traditional practices through immersive Land-Based Teaching sessions guided by Elder Diane Halcrow. These meaningful sessions will be hosted at the Wellness Centre on June 8th and June 22nd, 2026, running from 5:00 PM

more on page 2



*Happy Father's Day*  
to all the wonderful fathers, grandfathers,  
and father figures across our community

Greetings from the  
Kapawe'no First Nation  
Chief and Council



## ***Kapawe'no Wellness Centre Steps Up with Exciting June 2026 Event Lineup*** from page 1

to 7:00 PM. Community members seeking further details are invited to contact the Wellness Centre at 780-751-3085.

### **Cree Language Classes**

Keep our language alive and strong by joining the upcoming Cree Classes at the Wellness Centre. Sessions are scheduled for

June 9th and June 23rd, 2026, from 5:30 PM to 7:30 PM. Light snacks will be provided for all participants during the class. If you require more information, please call 780-751-3085.

### **Youth Golf Outing**

Youth between the ages of 12 and 18 are

invited for a fun day out at the High Prairie Golf Course on June 12th, 2026. Participants will meet and leave from the Band Hall at 4:30 PM. To participate, please register by June 10th by calling Kara at 780-751-3085, and make sure to indicate if you require a ride or if you will be bringing your own golf clubs.

## **Mental Health First Aid Training Coming to KFN Hall**

The Kapaweno First Nation community is hosting a three-day Mental Health First Aid training session this month to help members build important skills for supporting community wellness. The training will take place at the KFN Hall from June 8th to June 10th, 2026. The daily schedule is set for 9:00 AM to 4:00 PM on both June 8th and June 9th, and will conclude on June 10th from 9:00 AM to 2:00 PM.

Regarding important details for the session, please note that participants must attend all three days to receive their certificate, and a complimentary lunch will be provided to participants on all three days of the training.

Additionally, there are only 14 spots available for this session, so early registration is highly encouraged. To secure your spot, please contact the Alice Halcrow Healing Centre by calling 780-751-2284.



## **Muskwa Journal**

The Official Newsletter Kapawe'no First Nation



### **Larissa Auger**

Newsletter Coordinator  
(Internal Office & Membership Clerk)  
larissa@kapaweno.ca



### **Boh Kubrakovich-Kiniw**

Content and Design  
(Senior Political Advisor)  
boh@kapaweno.ca



Phone: 780.751.3800  
E-mail: admin@kapaweno.ca  
Address: P.O. Box 10, Grouard, AB T0G 1C0



LEARN MORE ABOUT US  
KAPAWE'NO FIRST NATION



# Grouard Water Service Disruptions and Boil Water Advisory Update

Big Lakes County issued an important update regarding the recent water service disruptions and the ongoing Boil Water Advisory for the entire Hamlet of Grouard. As of June 1, 2026, the Boil Water Advisory remains in effect until water quality testing is fully completed and the notice is formally lifted by the County. Community members are advised to continue following standard boil water safety procedures.

A scheduled timeline was executed this week to complete the necessary construction, system flushing, and safety testing:

## Monday, June 1:

Water service remained active throughout the day, allowing residents time to gather supplies while continuing to follow standard Boil Water Advisory procedures.



## Tuesday, June 2:

Water service was shut off starting at approximately 8:00 a.m. for the final scheduled full-service disruption of this project to allow construction work to wrap up. Minor disruptions occurred during subsequent system flushing.

## Wednesday, June 3 & Thursday, June 4:

Waterline flushing began across the system, and water samples were successfully collected and submitted for strict regulatory lab testing.

## Friday, June 5:

Water sample safety results were expected. Once all regulatory requirements are verified as met, the Boil Water Advisory will be officially lifted.

## Grouard Truckfill Status

The Grouard Truckfill remains open and is completely unaffected by the Boil Water Advisory. Community members utilizing water hauled directly from the truckfill do not need to boil it before consumption.

## TO PREPARE FOR A TOTAL WATER OUTAGE TOMORROW, FOCUS ON THESE FOUR STEPS IMMEDIATELY:

### 1. Fill the Tub & fill 5-gallon pails

Clean it first with a quick scrub.

Fill to the brim before the water stops.

Purpose: Use this water in buckets to "pour-flush" toilets.

### 2. Fill Every Container

Drinking: Fill all pitchers, jugs, and reusable bottles.

Cooking: Fill your largest pots and leave them on the store.

Hygiene: Fill a sink or basin for quick hand rinsing.

### 3. Finish Chores Now

Laundry: Run every necessary load today.

Dishes: Clear the sink and run the dishwasher tonight.

Showers: Ensure everyone bathes before the cutoff time.

### 4. Setup a "Dry" Station

Hand Sanitizer: Place it by every sink.

Paper Goods: Put out paper plates to avoid dirtying dishes.

Wet Wipes: Keep these handy for cleaning faces and hands



# Health Centre Offers Private Counselling Support This June

Reaching out for support takes real strength, and the Kapawe'no Health Centre wants community members to know they do not have to carry life's heavy loads all by themselves. It is common to feel like you should handle everything on your own or worry about being a burden to loved ones, but letting people in is simply a way of being real with those who already care about you.

Waiting until things get completely overwhelming can be exhausting, and just like doing preventive maintenance on a vehicle before it breaks down, taking care of your mental well-being early makes a massive difference.

Counselling provides a completely private, confidential space with honest support and absolutely no judgment. Working with a professional helps you cut through the noise, put words to what you have been carrying,

and build a practical game plan with the right tools for life's challenges. When that heavy pressure quietly lifts, it allows you to catch your breath, think clearer, sleep better, and show up as the best version of yourself at home and at work. Registered Psychologist

Cam Burbank is available at the Health Centre throughout the month of June to provide this confidential care. To feel some relief and book a private session, community members can call the Health Centre directly at 780-751-2284.

Date	Day	Hours
June 9	Monday	8:30 am – 4:30 pm
June 11	Wednesday	8:30 am – 7:00 pm
June 12	Thursday	8:30 am – 1:00 pm
June 23	Monday	8:30 am – 4:30 pm
June 25	Wednesday	8:30 am – 7:00 pm
June 26	Thursday	8:30 am – 1:00 pm

## Weekly (NA) & (AA) Meetings

Kapaweno First Nation community members are invited to attend our weekly NA/AA meetings. These meetings offer a supportive environment for individuals on their journey to recovery and wellness.

The meetings take place every Thursday from 6:00 PM to 7:00 PM and are hosted at the Kapaweno Centre's Community Space, where attendees are asked to watch for signs posted at the front.

To ensure a caring and safe space for everyone, all participants must be sober and not under the influence before joining the group. Refreshments will be provided for those who attend, and all are welcome to join this community healing space.

## Let's Celebrate! Grouard and Kapawe'no Grad Parade

You're invited to join the community in celebrating our local graduates! This year, we are honoring 17 graduates, all with roots from Grouard. Having 17 graduates in one single year is a huge achievement, and we want to show them our pride, our love, and our community spirit!

The celebration will take place on June 10th starting at 6:30 PM, and you can show your support by watching the parade directly from your front lawn as they drive by.

For more information, please call Sam H at the Health Centre.



# Community Supported by Jordan's Principle Application Intake Session

A Jordan's Principle Application Intake Assistance session was successfully held in the community. Staff members from the First Nations Health Consortium were on-site to directly assist community members with their applications, welcome visitors, and answer any questions. The gathering highlighted a shared mission of working together, honoring, advocating, and enabling equitable access to meet the needs of First Nation People.

The intake session took place on Monday, May 25, 2026, and ran from 10:00 AM to 3:00 PM. It was hosted at the Kapawe'no First Nation Alice Halcrow Healing Centre.



For those who were unable to attend or still need assistance, information remains available through the website at [www.abfnhc.com](http://www.abfnhc.com) or by calling the toll-free support line at 1-844-558-8748.

## Red Dress Awareness: MMIP Shirt Design Contest Open

The Kapaweno First Nation is hosting a design contest for Missing and Murdered Indigenous People (MMIP) awareness. This is your opportunity to design the official Red Dress shirt that will be worn during our upcoming MMIP Walk on October 5th.

Regarding the contest details and rules, the event is open to all KFN citizens and residents. All contest submissions will be uploaded to the official KFN Facebook page, and the winners will be determined by the number of "likes" each photo receives. The deadline for entries is July 3rd, 2026. If you require more information regarding submission rules or contest details, please contact the Health Centre by calling 780-751-2284 or by emailing [mtc@kapaweno.ca](mailto:mtc@kapaweno.ca).



# Good Food Box Update for KFN Residents

The Kapawe'no Good Food Box program is a community initiative for residents of the Kapawe'no First Nation designed to provide consistent, affordable access to fresh fruits and vegetables. It utilizes bulk purchasing to ensure families have access to nutritious produce at below-market retail prices. Attention KFN Residents of Kapawe'no! We have important dates and updates regarding the upcoming Good Food Box program.

For the June order and distribution details, the payment deadline is Thursday, June 11th, 2026, and the distribution will take place on Monday, June 15th, 2026, from 4:00 PM to 5:00 PM at the KFN Hall. Please note that if you are unable to pick up your box during the distribution hour, you must make alternative arrangements in advance. Thank you for your cooperation!



As an important program update, please plan accordingly as there will be no Good Food Box in July, and the program will resume following the summer break.

## Baby Oral Hygiene Care Session at the KFN Health Centre

The KFN Health Centre is hosting a special Baby Oral Hygiene Care session as part of its Pre-Post Natal Class. This event is designed to offer trusted care, guidance, and support for your little ones' growing teeth.

Parents and caregivers are invited to join the session to learn practical tips and essential information for maintaining excellent infant oral health. The event will take place on June 25th, 2026, from 1:00 PM to 3:00 PM at the KFN Health Centre.

Attendees will receive helpful items and resources, including baby toothbrushes, drinking cups, educational handouts on oral health, and vital "Do's and Don'ts" to protect developing teeth. The class is



hosted in a safe and hygienic environment, providing personalized care tailored to your family's needs by experienced and certified caregivers. There will be exciting door prizes for participants!

If you have any questions or would like to learn more, please contact Gereda at 780-751-2284.

### Health Professional Dates for the Month of June 2026

#### Psychologist:

9th, 11th, 12th, 23rd, 25th, 26th

#### Footcare:

4th, 23rd

#### Dentist:

8th, 17th

#### Massages:

3rd, 10th, 17th, 24th

#### *Shicoby Halcrow, Receptionist*

Alice Halcrow Healing Centre

Phone: (780)751-2284

Fax: (780)751-2363

# Community Gathered for Bioengineering Engagement Session

Kapawe'no First Nation members and residents recently came together to work toward a stronger, safer, and more resilient community. An informative and collaborative engagement session focused on a Bioengineering Willow Staking Project was held on Thursday, May 21, 2026. The event took place from 5:00 PM to 7:00 PM at the Administration Building, where a supper was served to all who attended.

The main topic of the session focused on how bioengineering, and specifically a willow staking project, can serve as a natural solution to address ongoing flooding along Narrows Road. Attendees learned how this method supports a healthier environment and protects community lands and homes for generations to come. Kristen Andersen of Sweetflag Environmental led the presentation, sharing her professional expertise and passion for



natural solutions and community well-being. The evening concluded with great conversation, as organizers emphasized how

much they valued the community's input in building these collaborative solutions together.

# Small Engine Repair Workshop Coming This June

The Kapawe'no First Nation is hosting an exciting, hands-on Small Engine Repair Workshop later this month. Scheduled to run from June 23 through June 25, 2026, this three-day event will teach participants how to maintain and repair common equipment like chainsaws, weed eaters, generators, water pumps, and pressure washers. While the specific workshop location on the nation will be announced soon, anyone interested in gaining these valuable skills is encouraged to apply early.

The program is open to community members who are at least 16 years old, and there is no maximum age limit for adults who wish to attend. To secure a spot, you must apply in person at the KFN Office before the upcoming deadline on June 19, 2026. For more information, please contact Gloria Auger at the office at 780-751-3800 or by cell at 780-523-8107 as soon as possible so you do not miss out on this great opportunity.



EVERYONE WELCOME,  
PLEASE JOIN US!

KAPAWE'NO FIRST NATION

# KAPOW'N

## CULTURAL DAYS

DAY 1  
JUNE 25<sup>TH</sup>

4PM: OPENING CEREMONIES

5PM TO LATE EVENING:  
TRADITIONAL FEAST FOLLOWED BY  
ROUND DANCE HOSTED BY KFN  
AT THE BAND HALL

5PM - 7PM: REGISTRATION  
FOR DAY 2 ACTIVITIES  
AT THE BAND HALL

JUNE 25-27, 2026

DAY 2  
JUNE 26<sup>TH</sup>

9AM-10AM: PANCAKE BREAKFAST  
10AM-3PM: DRUM MAKING  
10AM-3PM: MEDICINE WHEEL TEACHING  
10AM-3PM: SMUDGE BOWL MAKING CLASS  
10AM-3PM: RIBBON SKIRT MAKING  
10AM-4PM: CRAFT TENT FOR KIDS AGES 5-17  
12PM-1PM: LUNCH  
1PM-4PM: HAND GAMES  
5PM-10PM: SUPPER AND  
TRADITIONAL GAMES

DAY 3  
JUNE 27<sup>TH</sup>

10AM-11AM: BREAKFAST  
1PM-2PM: LUNCH, TACO IN A BAG  
11AM-4PM: CARNIVAL RIDES & GAMES,  
LIVE MUSIC BY MIDNIGHT THUNDER,  
TOONIE CONCESSION  
(ALL PROCEEDS GOING TO HIGH PRAIRIE  
FRIENDSHIP CENTRE)

For Day 2 daytime activities (drum making, medicine wheel teaching, smudge bowl, ribbon skirt) you'll need to REGISTER in advance, as space is limited.

For more information please contact:  
[kapownculturaldays@gmail.com](mailto:kapownculturaldays@gmail.com)

