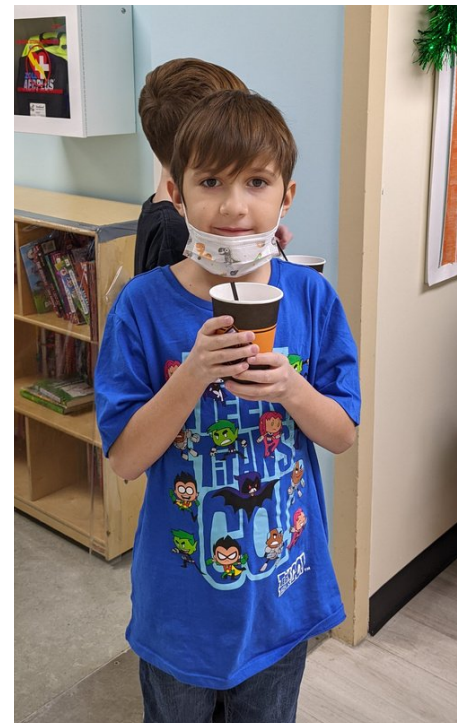


- 2 - Community Awards
- 3 - Notice of AGM
- 4 - Caribou Patrol Update
- 5 - Fish & Streams Update
- 6 - Holiday Snapshots
- 7 - Child Wellness
- 8 - Membership Progress & Next Steps



Perry Beaudoin and Stephanie Plante kindly drove the mittens all the way to Grande Cache and decorated the tree for students to browse and pick their favourite pair from the branches. They served hot chocolate and spent some time with the students who put on an impromptu performance of O Canada and Jingle Bells sung in Cree.



COMMUNITY AWARDS



This year, AWN received 10 total nominations for the 2021 Community Awards. The families of Milton Joachim, Ernie Delorme, James Wanyandie and Jason Delorme selected this year's recipients from the nominations collected. Congratulations to all of the nominees and winners. We are grateful to have people like you uplift and contribute to the community.



CLOCKWISE FROM TOP LEFT: Shirley Delorme Haggart, members of the Louis Delorme Memorial Committee, David MacPhee and Kristal Chowace

*Photos of Shirley & Kristal from Facebook
Photo of the Louis Delorme Memorial Committee
courtesy of Michelle Moberly
Photo of David, courtesy of Rachelle McDonald*

SHIRLEY DELORME HAGGART

Milton Joachim Memorial Award of Excellence

Nominated by Michelle Moberly

"I nominate Shirley Delorme Haggart for the Milton Joachim award. That woman goes way above and beyond for our community, and not just Victor Lake, but for our community as a whole."

DAVID MACPHEE

James Wanyandie Memorial Award for Cultural Preservation

Nominated by Judy Joachim

"[David] is always having people over to learn different things [whether] it's trapping, butchering, gardening, fixing his equipment or taking people down to the creek at the smoke shack. Fish and wildlife, industry, and community members come over to help or learn a range of skills."

LOUIS DELORME MEMORIAL COMMITTEE

Ernie Delorme Memorial Award for Volunteer of the Year

Nominated by Judy Joachim

"[I nominate the] Louis Delorme Committee for all the work they do to fundraise to help our youth have sports, art and cultural opportunities. As well as providing support to the Elders during Covid."

KRISTAL CHOWACE

Jason Delorme Memorial Award for Leadership

Nominated by Judy Joachim, below shared from Deidra Delorme

"As a family, we have witnessed Kristal's contributions ...providing community sports programming. [She] created and coached the young girls' baseball program. This program gave young girls the opportunity to; enhance physical fitness, confidence, female empowerment, and leadership skills."

SWIMMING SCHEDULE

Grande Cache Recreation Centre
(780) 827-2446

Open Monday to Friday, 6 a.m. to 10 p.m.
Open Saturday & Sunday, 9 a.m. to 9 p.m.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SENIOR LANE & SWIM	9:00 am - 10:30 am	9:00 am - 10:30 am	9:00 am - 10:30 am	9:00 am - 10:30 am	9:00 am - 10:30 am		
WAVELESS Leisure Pool	11:00 am - 1:00 pm 3:00 pm - 5:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm		
LANE SWIM in 25 m pool	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm		
PUBLIC SWIM All access & one lane	5:00 pm - 8:00 pm	6:00 pm - 8:00 pm	3:00 pm - 8:00 pm	6:00 pm - 8:00 pm	3:00 pm - 8:00 pm	1:00 pm - 7:00 pm	1:00 pm - 6:00 pm
HOT SPOTS Hot Tub, Sauna & Steamroom	9:00 am - 10:30 am 11:00 am - 1:00 pm 3:00 pm - 8:00 pm	9:00 am - 10:30 am 11:00 am - 1:00 pm 3:00 pm - 8:00 pm	9:00 am - 10:30 am 11:00 am - 1:00 pm 3:00 pm - 8:00 pm	9:00 am - 10:30 am 11:00 am - 1:00 pm 3:00 pm - 8:00 pm	9:00 am - 10:30 am 11:00 am - 1:00 pm 3:00 pm - 8:00 pm	1:00 pm - 7:00 pm	1:00 pm - 6:00 pm



NOTICE OF AWN ANNUAL GENERAL MEETING

Friday, January 14, 2022

Aseniwuche Winewak Nation office, 10020 99 Street, 3 p.m. to 8 p.m.

Covid-19 health and safety measures in place, please read below.

Purpose of the AGM: To present AWN's 2020/2021 financial report and field questions and feedback from Aseniwuche community members.

- Virtual AGM at 1:30 p.m., the link will be posted on the AWN Facebook page before the live event.
- Community members are invited to the AWN office between 3 and 8 p.m. to review the financial report and meet with the President and Executive Director.
- 5 members will be permitted in the board room at a time, all members are required to sign in and complete a screening questionnaire and temperature check. Masks are mandatory at all times.
- Free transportation is available. Call or text 780-827-1556 for pick-up.

AWN will host a Covid-safe AGM on Friday, January 14, 2022. For the health and safety of the community and AWN staff, we have made the above adjustments to the meeting. Thank you for understanding that we cannot proceed with a traditional AGM under the current Covid gathering restrictions. We appreciate your cooperation and look forward to seeing you on Friday, January 14!

SKATING SCHEDULE

Family Day Pass \$14.50
Adult 18+ Day Pass \$6.75

Senior 60-69 \$5.50
Senior 70+ FREE

Youth 5-17 \$5.00
Children 0-4 FREE

GST NOT INCLUDED

Equipment rentals are presently unavailable. Skaters must bring their own equipment. Hockey gear and sticks are prohibited except gloves and helmets.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family/Senior			10:00 - 11:00 am		10:00 - 11:00 am		
Noon Skate		12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	
Afternoon Public Skate		2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	
Evening Public Skate			8:45 - 9:45 pm		8:45 - 9:45 pm	8:45 - 9:45 pm	
Weekend Public Skate	6:00 - 8:00 pm						6:00 - 8:00 pm

CARIBOU PATROL UPDATE

Contributed by Stephanie Leonard

As expected, both public and patrol crew caribou sightings declined quite rapidly over December as the fall migration ended. Reports were few and far between, especially during the icy blast of winter that hit towards the end of the month. Mid-December to the end of February generally sees the fewest caribou sightings and reports of the entire year as the caribou are bunkered down in their winter habitats. However, it doesn't mean you won't see caribou on or around the highway or backroads. As always, Caribou Patrol reminds road users to drive with caution through the corridor and report any sightings near or far from Highway 40. If you're working or playing in the backcountry around Grande Cache and see a caribou, we love to hear about it!

CARIBOU NEWS

The Government of Alberta has started the next round of Caribou Sub-Regional Task Forces, and AWN has two representatives on the Berland Task Force, covering the Little Smoky and A La Pêche caribou herds. If you are interested in hearing more, please contact Stephanie Leonard or Vivian McDonald at 780-827-4014, or email info@cariboupatrol.ca.

DID YOU KNOW?

Woodland Caribou are the largest and darkest of the caribou subspecies. Their compact bodies and long thick coat make caribou well-adapted for cold environments. They have a large blunt muzzle, short wide ears, and a small tail. Adults have a brown to dark-brown coat in summer that turns grey in winter. Adults have a distinctive creamy-white neck, mane, shoulder stripe, underbelly, the underside of the tail, and patch above each hoof. A longer layer of semi-hollow guard hair supplements a dense undercoat. Their coat provides insulation against the cold and wind, and buoyancy while swimming.



Photo credit: Kent Miller for National Park Service, Public Domain

Caribou are the only deer species to have hair covering their nose, which helps warm incoming cold air before entering their lungs. It's also an excellent sniffer! A caribou's keen sense of smell helps them find food buried under the snow, locate danger, and recognize direction. Caribou mainly travel into the wind so they can pick up scents.

Caribou are generally silent animals, except after calving and during the rut. After calving, cows communicate with their young in short grunts. Males vocalize during the rut with a snorting, bellowing sound. Herds of snorting caribou may sound like pigs. Especially vocal are the bands of cows and newborn calves, constantly communicating with each other. Another sound that caribou make, though not vocal, is the sharp clicking noise resulting from the movement of the tendons snapping over sesamoid bones just above their hooves. This noise is heard most clearly on calm, cold days as groups of animals travel together.

If you found this caribou tidbit interesting and want to learn more, contact us at info@cariboupatrol.ca. The Caribou Patrol Program offers free presentations on caribou biology, the specific needs and threats of the west-central caribou herds, our program, and actions you can take to help caribou, both individually and as an organization. We're excited to meet you!



Photo credit: Caribou Patrol Program

WARMER WEATHER MEMORIES

A throwback to sunnier summer days in the field! As much as we love winter, we can't wait to trade these -30 temperatures for warmer weather out in nature.



CLOCKWISE FROM TOP LEFT: Learning how to assess stream crossings, Katie (left) and Nate (right) uninstalling stream temperature monitors after a season of data collection, Nate, Eric McDonald and Matt from the Department of Fisheries and Oceans electrofishing in Pinto Creek.

WHICH FISH ARE SAFE TO EAT? AWN WANTS TO FIND OUT!

Contributed by Nate Medinski

Happy New Year! I would like to thank everyone who completed AWN's Fish and Streams survey in December, both online and in-person, at our community engagement sessions. Congratulations to Vanessa Moberly, Judy Joachim, and Mabel Wanyandie for winning the \$100 Co-op gift card draws.

In total, we collected 35 responses from AWN community members, providing valuable ecological information about important fishing areas, concerns about contaminants in fish and water, the number of fish eaten per month, the parts of harvested fish typically consumed, and species of fish targeted. The information shared in the survey will directly contribute to an upcoming project that AWN is planning for 2022-2023.

In the survey, 29 of 35 respondents (83%) indicated they were concerned about contaminants in fish or water within the Traditional Land Use area, see Figure 1. Concerns about fish health and traditional food safety are

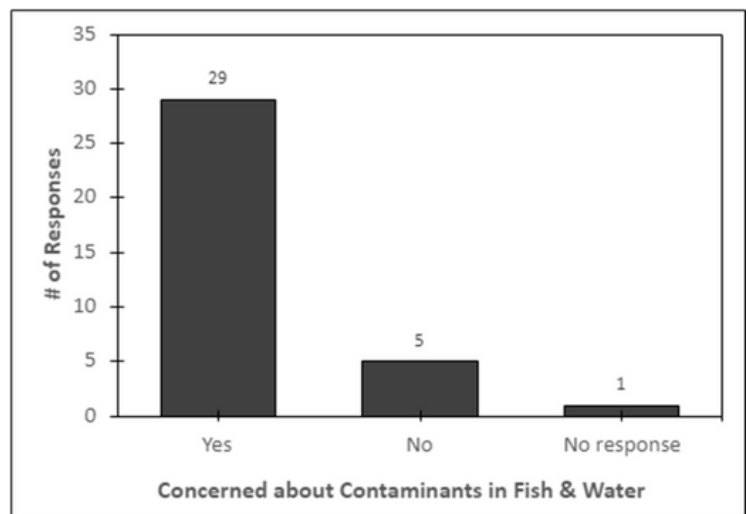
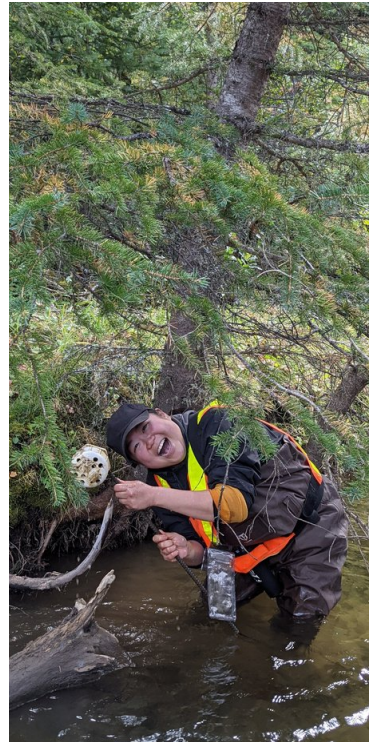


Figure 1. Summary of AWN community member responses to the survey question, "Are you concerned about contaminants (chemicals) in fish or water?"

therefore an important issue to the majority of engaged community members. Aseniwuche community members also indicated that the most important streams for fishing within the Traditional Territory are the Muskeg River (71% of respondents), followed by Sheep Creek (63%), Smoky River (60%), and the Sulphur River (40%).

To address the concerns expressed about chemicals in fish and water, AWN is in the planning stages of developing a project to study contaminants in fish and aquatic food webs in the waterbodies indicated as most important for community fish harvesting. We are planning to do this through a combination of water quality and fish tissue sampling, to better understand if and where there are contaminants such as mercury and dioxins and furans in fish and water. We'll also provide the community with information about where it's safe to harvest fish. Please reach out to Nate, AWN's Aquatic Habitat Stewardship Coordinator by email at ahr@aseniwuche.com, if you would like more information or would like to chat about fish and their habitat in more detail.

HOLIDAY FESTIVITIES

December flew by and we kept busy with gift-giving, hamper deliveries, the septic service and gingerbread decorating. Thank you again to all the industry donors that made this year's programs possible.



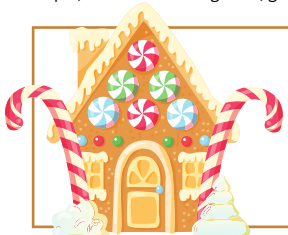
CLOCKWISE FROM TOP LEFT: Youth Aydan Joachim and Brie Kootenay-Rain packed 180 holiday hampers, Edna Doire and family's (Mercedes, Marshall, Marc Jr. and Iulia) amazing holiday meal using items from the hampers, gingerbread contest submission from Ethan Moberly, AWN administrative staff (missing Nate), Elder Christmas gifts including a fleece blanket, personalized coffee tumbler, toque, scarf and fleece gloves, gingerbread content submission from Marianne Moberly.

CNRL GINGERBREAD DECORATING CONTEST

Thanks to the generosity of Canadian Natural Resources Limited, every hamper included either a Christmas village, train or ugly Christmas sweater cookie decorating kit. AWN members expressed their creativity over the holidays and submitted photos of their creations to CNRL for judging. Winners will be announced on Facebook soon!



Canadian Natural



TEACH OLD SKILLS IN THE NEW YEAR

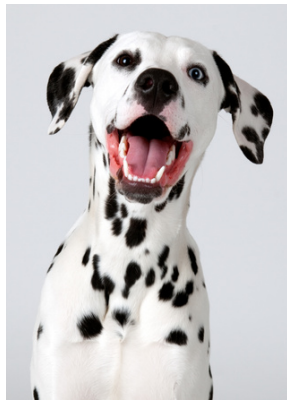
Contributed by Lorraine Delorme

No matter if it's 1922 or 2022, these essential skills will never go out of style and more importantly, will always be useful.

How to:

- Write a letter and address an envelope
- Dial a phone number
- Take down a message
- Sew a button
- Write a thank-you note
- Iron a shirt
- Save money for a rainy day
- Find a book at the library
- Do laundry
- Make bannock

LAUGH YOUR WAY INTO THE NEW YEAR



How do you know when a bike is thinking?

You can see its wheels turning.

Why is it so windy inside a stadium?

There were hundreds of fans.

Why didn't the lamp sink?

It was too light.

What did the dalmatian say after lunch?

"That hit the spot!"

What do you call a droid that takes the long way around?

R2 detour.

EASY, NO RISE PIZZA DOUGH

This is a great recipe when you don't want to wait for the dough to rise. You just mix everything together and allow it to rest for 5 minutes. This recipe makes a soft, chewy crust. Bread flour is recommended but all-purpose flour works well too.



- 1 x 0.25 ounce package active dry yeast
- 1 teaspoon white sugar
- 1 cup warm water (110 degrees F/45 degrees C)
- 2 ½ cups bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt

PHOTO: Lorraine's grandson Ari Delorme helped make the dough for pizza night at their house over the holidays.

Step 1

- Preheat oven to 450 degrees F (230 degrees C). In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.

Step 2

- Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.

Step 3

- Pat or roll the dough into a round on a lightly floured surface. Transfer the flattened crust to a lightly greased pan. Add toppings and bake in a preheated oven for 15 to 20 minutes, or until golden.

Source: Chef Rider, All Recipes

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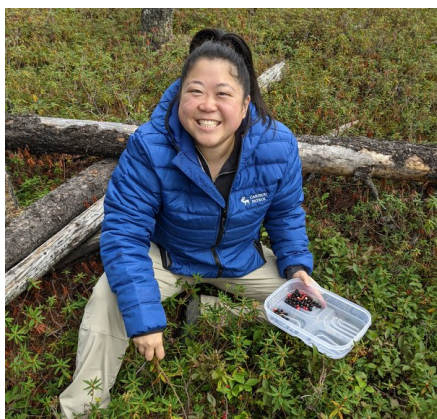


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DEVELOPMENT CORPORATION



Having the opportunity to work at AWN has forever changed my life. I'll always be grateful for everyone who warmly welcomed Adam and me with such kindness. The last two and half years at AWN have somehow gone by fast and slow at the same time. It feels like a very long time ago that I started working here, admittedly still unsure of *what* exactly AWN was. Thanks to all of your patience, openness, and willingness to share, I have come to discover it's *who* AWN is that makes this community incredibly special. Thanks to the people I have met here and whom I will never forget, my learning will continue. Thank you to everyone for the teachable moments and opportunities to broaden and shift my perspectives. Being a part of this organization for a brief moment in its lifetime has made a lasting impact on mine.

My last day working in the office was January 7, 2022. Adam and I are looking forward to moving home to B.C. at the end of the month after nearly four memorable years in Grande Cache. I will continue to be involved with AWN remotely, on a much smaller scale, until the transition is complete. Thank you again for making this experience one-of-a-kind. I wish the community and the organization all the best.

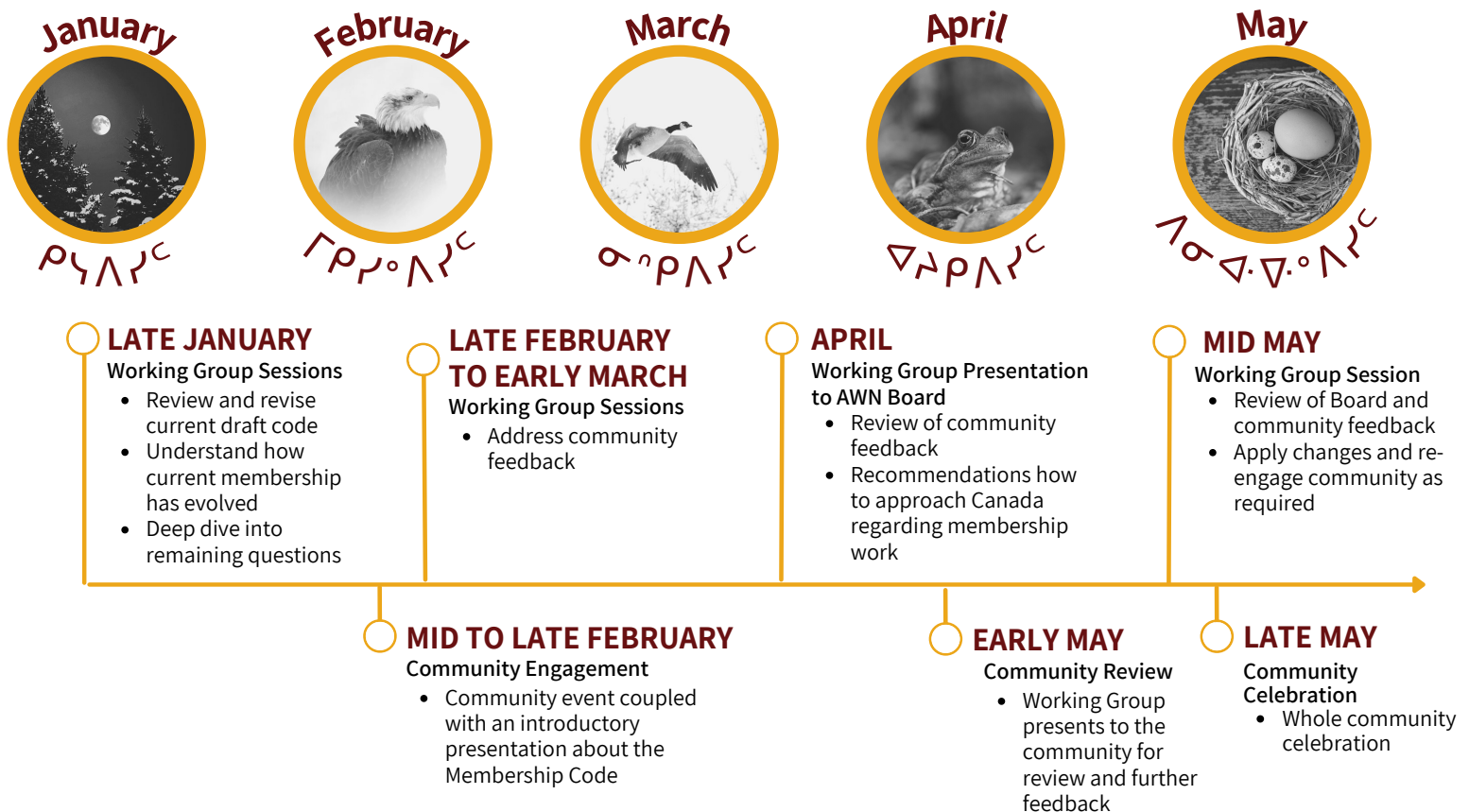
Love, Katie

AWN MEMBERSHIP

A **community-centred** voice is at the heart of the Aseniwuche Winewak Nation membership project. A lot of good work has been completed, and the hope is to be done by no later than May 2022. This is an aggressive timeline but necessary to make serious progress. This work is important and needs as many voices from the community as possible to share their thoughts. **Membership will not happen without you.**

There are 3 ways you can be involved in this work:

- 1. Membership Code Working Group:** A team of community members that have the capacity and desire to volunteer 10 to 15 hours from January to April 2022 to address in detail elements of the draft code. This is not a closed group. If you would like to be a part of this working group, we would love to have you.
- 2. Community Engagement Opportunities:** Purposeful gatherings to get feedback from the community. These will be designed to be flexible and open so that as many people as possible have an opportunity to share their perspectives.
- 3. One-on-One Conversations:** We always welcome one-on-one conversations with anyone who wants to share their perspective in a more intimate format. If this is of interest to you, please reach out to Courteney Wanyandie-Smith, and this will be prioritized.



January 2022: Convene the Membership Working Group to go through the entire draft code including validating revising key elements of the current draft code, working through outstanding questions and issues, and co-designing a community outreach approach for soliciting broader community feedback on the draft. Working sessions will also focus on what the code needs to be able to do to set the community up for long-term success.

February 2022: Community outreach to share what is being proposed in the draft code. Major themes of feedback will be captured and brought to the Working Group to go through.

March 2022: Working Group session to address specific issues that surfaced in February's community engagement process.

April 2022: The Working Group will present the membership code to the Awn Board of Directors. This presentation will seek feedback from the Board regarding the membership code's content.

May 2022: Community review of membership code and final Working Group session to address any outstanding issues. In May, we intend to hold a community celebration that closes out this phase of the project and thank one another for their commitment and dedication.

JOIN THE MEMBERSHIP WORKING GROUP

The Membership Working Group invites anyone to join who is interested in being involved and can commit 10-15 hours to this important work. Contact Courteney to be added to Membership Working Group communications.