

LUNCH & LEARN

WITH MARC JR DOIRE!

AWN community member Marc Jr. Doire will be sharing work from his Native Studies Honors thesis, exploring the relationship between the Scrip System and the Jasper Promise, the challenges of historical scrip claims in contemporary claims-making, and the importance of building a collective understanding of our shared history.

📅 April 27th & April 29th 2026

🕒 12pm - 1:30pm Both Days

📍 AWN Office 10003 99st

AWN COMMUNITY INFORMATION SESSION

Join us for an informative session that will cover a variety of topics, including the latest updates on community governance efforts, AWN litigation, the AWN special claim, detailed reports, the Land Stewardship Program, and the Advisory Committee.

📅 April 30th 2026

🕒 5:30pm-7:30pm

📍 AWN Office 10003 99st

OPPORTUNITIES & COMMUNITY

VOLUNTEERS NEEDED

Aseniwuche Winewak Nation is looking for volunteers for our Annual Round Dance on May 2nd!

If you're interested in helping out and being part of this special community event, we'd love to hear from you. Contact Nadine at admin@aseniwuche.com for more information.

ADC & AEC BOARD OF DIRECTORS

The Aseniwuche Development and Environmental Corporation Board of Directors is seeking new members. If you are interested or would like more information, please email michelle@aseniwuche.com

MEMBERSHIP COMMITTEE

The AWN Membership Committee is seeking two volunteers. Registered AWN community members are invited to email an Expression of Interest to citizenshipclerk@aseniwuche.com

JOIN AIRSAFE MEDICAL TEAM

Join the Airsafe Medical Team, hiring certified medical professionals for industrial projects and community events in northern Alberta and western Canada.

Industrial Medics (OFA III & EMR)

- Long-term opportunities in oil & gas
- Requirements: OFA III or EMR, H2S Alive, valid Class 5 License, ACoP compliance

Event Medics (Peace River Area)

- Casual positions for local events
- Requirements: AFA or EMR (minimum), valid Class 5 License, ACoP compliance

air-safe.ca

EXPERIENCE OYEP THIS SUMMER

Join a paid 6-week summer camp where Indigenous youth live, work, and learn together. Gain hands-on experience in natural resources, trades, and STEM while building confidence and connections. Enjoy meals, activities, and a supportive camp environment—all while earning a paycheck!

Who Can Apply:

- Indigenous youth (ages 16-18)
- Eligible to work in Canada
- Must have a Social Insurance Number

Apply at: www.oyep.ca or email at oyep@dexterra.ca



CARIBOU CORNER

Antlers in Action: This Month on Caribou Patrol



THE CARIBOU

Caribou sightings are still slow, but they are starting to pick up as spring slowly (very slowly) moves into the area. As it continues to get warmer the caribou will be seen more and more often along the highway as they start moving back into the alpine regions that provide more security in the summer months.

Please keep scanning roadsides and ditches for caribou and other wildlife as you travel and be sure to report any caribou you see! Your observations are always valuable and help us better understand their movements.

UPCOMING ACTIVITIES

Caribou Patrol is planning for 2026–2027 and expanding outreach through small group and community presentations.

We offer virtual and in-person sessions, tailored to your audience.

Interested in booking? Contact Stephanie at stephanie@aseniwuche.com

STAY COZY, STAY PATROL-Y

Time is almost up! This is your final chance to order your Caribou Patrol hoodie (and more) in the colour and style you want.

Choose from a wide range of colours, adult & youth sizes, plus pull-over hoodies, zip-ups, and crewnecks.

- Closes: April 7, 2026
- Ships: June 2026

Don't miss out—once it's closed, it's gone!

RETURNING TO THE HUNT

At the Edge of Winter

Contributed by Tara Lynn Crane

Out on the lake, winter is holding on—but not for long. The youth, building new connections through the mentorship program, have spent hours on the ice making the most of these final days. Lines dropped, stories shared, and every catch a reminder of time well spent in the cold.

There's a quiet urgency now. The ice is beginning to change, and everyone knows it won't be long before it's gone.

As they pack up their gear, the focus shifts ahead. Spring is coming—the ice will break, and open water will bring a new kind of excitement. Soon, it will be early mornings, casting lines, and the start of prime fishing season.

For now, it's one last stretch on the ice—one more moment in the hunt before it begins again.

There's nothing more heartwarming than watching these young men load up a truck with their fishing gear, smiling and waving as they head off on their next adventure.

Stay tuned for April's update as we continue to support these young men through another chapter of their journey. We look forward to bridging the seasons with outdoor survival tips and hands-on learning, and to welcoming Charlie McDonald to share the importance of healing the spirit.



HEALTH & WELLNESS



Living in Grande Cache has many benefits—but accessing timely healthcare can be a challenge. Travel, limited services, and waitlists often create barriers. That’s why alternative options like virtual care, telehealth, and mobile clinics are so important. They offer flexible ways to connect with care—right from our community. This month, we’re highlighting services to help you find care that works for you and your family.

AIVCC - ALBERTA INDIGENOUS VIRTUAL CARE CLINIC

Indigenous virtual care services in Alberta — culturally safe, accessible & free.

Get care from anywhere in Alberta by phone or video. Appointments for mental health, family and community care, and virtual doctor visits.

About AIVCC

AIVCC provides culturally safe virtual healthcare for Indigenous peoples across Alberta. We focus on access, trust, and clear next steps — from understanding services to booking care. Our team delivers Virtual Doctor Visits, Mental Health Services (adults and adolescents 13+), Family and Community Care and Cancer Screening, with simple pathways and support.

- Connect with a virtual doctor via phone or secure video.
- Primary care: prescriptions/renewals, lab & imaging requisitions.
- Culturally safe mental health counselling (adults & adolescents 13+)
- Support for stress, anxiety, depression, grief, and trauma-informed care.
- Patient navigator & community care plans tailored to your goals and connect you to cultural supports.

Phone
1-888-342-4822

Email
info@aivcc.ca

Clinic Hours: Mon, Tue & Wed: 8:30 am – 8:30 pm, Thu & Fri: 8:30 am – 4:30 pm, Sat, Sun & Most Holidays: 12:30 pm – 4:30 pm

TELUS HEALTH - MYCARE

TELUS Health MyCare - Healthcare in your hands

Taking better control of your health has never been easier with the TELUS Health MyCare™ app. You can access a variety of expert clinicians from your phone, at a time that works for you. Get access to doctors, counsellors and dietitians from the comfort of your home.

Get help with countless healthcare needs

Though some situations require in-person visits, video-based consultations work great for 80 – 85% of concerns.

We can help you with:

- General consultations (pains, illness, etc.)
- Prescriptions⁴
- Orders for lab work or imaging
- Specialist referrals

We can't help with:

- Medical emergencies – please call 911



Quality care, available evenings & weekends



Accessible in rural and remote areas



Requisitions & prescriptions as needed



WHATS HAPPENING IN GRANDE CACHE?



FAMILY & COMMUNITY SUPPORT SERVICES - FCSS

Volunteer Appreciation

Greenview FCSS is pleased to invite all volunteers and their families to our Volunteer Appreciation Dinner on April 23, 2026, from 5:30 PM to 7:30 PM at the Grande Cache Inn & Suites.

We encourage you to share this invitation with others in your community who make a difference through volunteering.

Nomination forms are available online at <https://mdgreenview.ab.ca/green-view-fcss-volunteer-appreciation-2026/> or can be picked up in person at Greenview FCSS, 10001 Hoppe Ave, Grande Cache, AB, T0E 0Y0. The nomination deadline is April 7, 2026.

For more information, please contact 780-827-4336.

Home Support

Providing light housekeeping, scheduled transportation for essential needs, and meal preparation, our services are designed to help individuals maintain their independence and enjoy a high quality of life in the comfort of their own homes.



COMMUNITY LEARNING & EMPLOYMENT RESOURCE CENTRE - CLERC



CLERC at Tawow

We're excited to welcome Grande Cache CLERC to the Tawow Centre! Come meet with our employment advisors and explore the programs and opportunities available to support your goals.

Date: Wednesday, April 1, 2026

Time: 1:00 PM – 3:00 PM

Location: Tawow Centre, 10020 99 St

We look forward to seeing you there!

Service Canada 🍁



Service Canada will be in Grande Cache for these dates. Some of the services provided are:

- Employment Insurance
- Social Insurance Number
- Passport Services
- Old Age Security & Canada Pension Plan
- and more! Please reach out to CLERC for more information

Make sure to have all documents completed before hand for a smoother process.

1613 Acorn Plaza • 780-827-4168

April 14th 2026 1:00pm - 4:00pm
 Located at the CLERC Office 1613 Acorn Plaza

April 15th 2026 8:30am - 12:00pm
 Located at the CLERC Office 1613 Acorn Plaza

COMMUNITY LIFE

DID YOU KNOW?



Residents in our community have even more reasons to shop local, thanks to the ongoing promotions at Guardian Drugs:

- A 10% discount for seniors (55+) on Tuesdays.
- A 20% discount for all customers on the last Thursday of each month.

These promotions help save on essentials and provide personalized service. Some items, such as prescriptions and lottery tickets, are excluded, and customers can consult store staff for more details.

WANT TO START A CULT?

Well, I can't help you with that, but as one of the latest victims of the flu that is going around, I thought I'd share some safety tips when it comes to the flu season:

Taking care of ourselves and our community is vital, especially for vulnerable groups. Key actions include:

- Washing hands frequently with soap or using hand sanitizer
- Covering coughs and sneezes
- Avoiding face touching
- Keeping shared spaces clean and ventilated
- Maintaining a healthy lifestyle through proper nutrition, rest, and activity

If you're unwell, resting at home is important. These simple steps help protect everyone and strengthen our community.

MOMENTS OF MEMORY & JOY



HAPPY BIRTHDAY!

Wishing Land & Resources Manager Bryon Bambrick a belated happy birthday (March 16)! (Bryon has let us know his birthday actually lasts the entire month of March—we love that energy!)



HAPPY BIRTHDAY!

Wishing my grandfather, Roland, a belated happy 79th birthday (March 3)! Words can't describe how much I love him—he's truly one of a kind and always keeps us smiling with his goofy personality. He's even joked that he'll be getting married next year.
-Amber M



Lately, I've been thinking about my uncle Raymond a lot. He appeared in a dream earlier this month—I walked up and gave him a hug, and it felt so real, like no time had passed. When I woke up, it stayed with me. We weren't super close, but he was always there—a steady, familiar presence. When I worked at the mall, I'd see him sitting on a bench, and we'd wave as I passed by. It was simple, but it meant more than I realized. I think of him most in the winter. When those big, fluffy snowflakes fall, I remember he used to call them "goose socks." I never asked why, but now that's what they are to me too. It's the small things that stay with us. A word, a habit, a quiet wave. I miss him—and when it snows like that, it feels like a gentle reminder he's still around in his own way.
— Amber M

-IN MEMORY

POST-SECONDARY

GRANT MACEWAN UNIVERSITY

Grant MacEwan has started their Fall 2026 no application fee for Indigenous students. This only runs from a limited time, starting February 13th to May 15th 2026. Use code “**Tawow**” when applying. Further details can be found on their website.

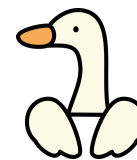


NORQUEST COLLEGE

No application fees or tuition deposits. To help remove financial barriers for Indigenous students, NorQuest waives both the application fee and tuition deposit for students who self-identify as Indigenous. This waived fee is automatically applied to your account when you complete the application process on ApplyAlberta.



BEST PRACTICES FOR MAINTAINING COMPOSURE DURING GOOSE ENCOUNTERS



5 TIPS FOR GOOSE ENCOUNTERS THIS SEASON

Prepared by people who have definitely seen some things.

As more people head outdoors, goose encounters are on the rise (sometimes called “cobra chickens” for a reason). While many are peaceful, some can become... memorable. Here’s how to stay prepared:

1. **Maintain Neutral Eye Contact**
Avoid direct eye contact—it can be seen as a challenge. But don’t look too far away either. Aim for a thoughtful, “I have errands to run” kind of stare.
2. **Execute a Controlled Withdrawal**
If a goose approaches, back away slowly. Do not run—unless you’re ready to fully commit to being chased.
3. **Manage Carried Assets**
Visible snacks increase your chances of interaction. Secure food items or consider a decoy (results not guaranteed).
4. **Recognize Escalation Signals**
Hissing, wing spreading, and a confident strut are signs things are escalating. At this point, maintaining dignity is advised.
5. **Respect Authority**
Geese operate under the assumption they are in charge. Attempts to negotiate or pass through unnoticed are unlikely to succeed.

Final Note:
Stay aware, stay calm, and try to stay slightly out of range.



TAWOW EVENTS

WEDNESDAYS

Mental Health & Addiction Drop in

1st • 8th • 15th • 22nd 11am-1pm
(No drop in on the 29th)

NA Group

1st • 8th • 15th • 22nd • 29th 2pm-3pm

THURSDAYS

Wonder Women Group

2nd • 9th • 16th • 23rd • 30th 5:30pm

FRIDAYS

Recovery Group

10th • 17th • 24th 3pm-4pm

| 2026 | | APRIL | | | | | |
|------|-----|-------|-----|-----|-----|-----|--|
| SUN | MON | TUE | WED | THU | FRI | SAT | |
| | | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 | 27 | 28 | 29 | 30 | | | |

MMIWG_{2S+} HIKE MAY 8, 2026

Join us for a hike to honour the missing and murdered Indigenous women, girls and 2Spirit+ peoples



Friday, May 8, 2026

More details to follow

HOLIDAY NOTICE

Please note that we will be closed in observance of the upcoming holiday on Good Friday (April 3rd) and Easter Monday (April 6th).

We hope everyone enjoys a safe and Happy Easter weekend!

Thank you for your understanding.



COMMUNITY VISIT UPDATE

On March 16, 2026, Myrtle Beaulieu from the Alberta Elders Abuse Awareness Council visited the Tawow Community Centre. During her visit, Tara Crane and Laverne Delorme provided Myrtle with a tour of the new Kikino Lodge. They also had the opportunity to discuss the Elder Abuse Program and share information about ongoing initiatives. Myrtle plans to return to Grande Cache in the near future, and we look forward to continuing these important conversations.

Thank you to everyone involved in making this visit meaningful.



WONDER WOMEN AT KIKINOW

Contributed by Melanie Jones

Our new "Wonder Women" group has been having fun with a great opportunity and new partner! This group of women began with a desire to serve and learn in a healthy way... and boy, they do not disappoint! The Kikino Lodge Staff invited our group to stage resident rooms.

Our women gathered items and set them up so that Elders could have an idea of how they could make it look like home. It was a fun way to contribute, and there was a lot of reminiscing about traditional Kookum kitchens. In the spirit of showcasing the talents of women in the community, quiltmakers like Rita McDonald had their work displayed for all to see.

We meet on Thursday evenings at 5:30 PM at the Tawow Community Centre, and we would love to have you join us! We cannot wait to share our next adventure, building a stronger community through the strength of our women.