



COMMUNITY SERVICE DIRECTORY 2005



Lac La Biche & Regional FCSS

- **Child Abuse Hotline:** 1-800-387-5437
- **Crime Stoppers:** 1-800-222-8477
- **Gambling Hot Line:** 1-800-665-9676
- **Hospital:** 623-4404
- **Kids Help Line:** 1-800-668-6868
- **Mental Health Crisis Services:** 1-877-303-2642
- **Poison Control Centre** 1-800-332-1414
- **Victim Services** 623-4012/623-4380
- **Women's Shelter** 623-3100

EMERGENCY

911

**FOR FIRE,
AMBULANCE,
MEDICAL & POLICE
SERVICE**

This directory was created as an information service for the residents of this community, and the organizations and agencies working within its boundaries. We thank everyone who cooperated in providing information for this resource. If you know of corrections or changes that would help this directory become more accurate, please call the **Lac La Biche & Regional FCSS** office at 623-7979 or fill out the form included at the back of this directory and mail it to the address provided.

A CROSS INDEX begins on page 39

Population: Lac La Biche & Lakeland
County: 8082
Incorporation: 1919 as a Village; 1980 as a
Town
Designation: Lac La Biche: Town.
Plamondon: Village
County: Lakeland County
Health Unit: Lac La Biche Community
Health Services 623-4471
Health Centre: W. J. Cadzow Health Centre
9110 - 93rd Street,
Lac La Biche, AB
PHONE: 623-4404

**Emergency
Services
9-1-1**

R.C.M.P.: Lac La Biche Detachment
#11 Nipewan Road.
Lac La Biche 623-4380
623-4012 (Admin.-Info)
Fire: **Hylo** - 623-4400
Buffalo Lake: 689-2170;
Caslan: 689-3911;
Kikino: 623-7868; **Rich Lake**
623-3238
Ambulance: Lac La Biche & District
Regional EMS 623-8072
Wandering River: 771-3911
Mayor: **Duane Young** (Lac La
Biche)623 – 4323
Robert Richard (Reeve of
Lakeland County)623-1747
Administrator: Lac La Biche: David Sarsfield
County Administrator: Duane
Coleman
Provincial MLA: Hon. Ray Danyluk (Lac La
Biche - St.Paul Const.)
4434 – 50 Avenue
St. Paul, AB T0A 3A2
780-645-6999; Toll free from
Lac La Biche 623-1730;

fax 780-645-5787;
laclabiche.stpaul@assembly.ab.ca
website:www.raydanyluk.com
Constituency Assistant:
Rhonda Lafrance
Federal MP: Hon. Leon Benoit,
Lakeland Constituency
Box 300, 5004 - 49 St.,
Mannville, AB T0B 2W0
763-6130, 1-800-463-1194
e-mail: benoit@parl.gc.ca
WEBSITE: www.leonbenoit.com

Public School Dist: Northern Lights School
Div. 69

Attractions or Events: Lac La Biche Beaver Lake
Pow Wow Days (and Fish Derby) usually
August long weekend; Lac La Biche Mail Run
Days - Dog Races in January; Car Races (on the
Lake) in March; Lac La Biche Rodeo;
Plamondon Humdinger Days; Plamondon Mud
Bog; Hylo Harvest Days; Buffalo Lake Rodeo;
Beaver Lake Pilgrimage; Kikino Silverbirch
Rodeo; Heart Lake Treaty Days. For more
information on events and dates phone 1-877-
623-9696 or see RCDC entry on page 21 for
contact information.

Nearby Communities and population:
Beaver Lake First Nation (748)
Buffalo Lake Metis Settlement (999)
Breynat (131) Caslan (551)
Heart Lake First Nation Hylo (148)
Kikino (152) Wandering River (271)

**For more information on
programs/services/organizations contact:**
Lac La Biche & Regional Family & Community
Support Services
Box 387 Anita Polturak, Coordinator
Located on second floor - McArthur Place
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7979
Fax: 623-3510
e-mail: fcss@townllb.com

AA (see AADAC)

Aboriginal Headstart Programs

Awasisak Family Development Circle
Box 2360

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-4742

Contact(s): Darlene Thompson, CEO

Area: Headstart Programs can be found in
Lac La Biche, Kikino, Buffalo Lake,
Elizabeth Metis Settlement,
Bonnyville, and Fishing Lake Metis
Settlement.

Clients: Preschool program for children 3 - 4

Description: The Headstart program provides a service for families with children who are experiencing difficulties or delays in speech and language, cognitive development, socialization, or age appropriate behaviours. It is dedicated to assisting families and educators help children develop skills necessary for successful learning.

Date last updated: 03 Jan 04

Aerobic Fitness Class

Lac La Biche Cardio Fitness
107 Tim's Drive

Lac La Biche, Alberta T0A 2C0

Class location – Central Elementary Gym

Phone: 623-3410

e-mail: llbfit@telusplanet.net

Contact(s): Sue LaPierre Owner/AFLCA certified instructor

Hours: September–May, Tues/Thurs even.

Access: walk-in, mail, phone, e-mail

Clients: ladies only

Fees: drop in fees, Fitness “10 Pass”, full pass

Description: Group fitness using martial arts based technique including Cardio-Tai-Chi, Boxing, and Tae Quon Do styles. Pilates, Yoga-Chi and resistance bands are also utilized in these classes. The goal of the program is to assist participants with weight loss, stress reduction, increased muscle tone, increased muscular strength and endurance, as well as to improve cardiovascular fitness and over all health.

Date last updated: 06 Jan 04

Aerobic Fitness Classes

Fitness Works

P.O. Box 566

Plamondon, Alberta T0A 2C0

Phone: 780-798-2200

Fax: 780-798-3299

Contact(s): Deborah Menard (A.F.L.C.A.
Certified Instructor, B.Ed.)

Hours: October-April (sessions)
Mon. & Wed. 6:30-7:30 p.m.

Area: Plamondon, Atmore, Wandering River,
Lac La Biche

Access: walk in, mail, phone, fax, CLASS
(623-5544)

Clients: public

Fees: varies per session; drop-in fees
available

Description: Administered through C.L.A.S.S. (see p. 5677777777777777), these group fitness classes offer a variety of aerobic (step, low impact) and toning exercise. Using a step allows a participant to go high or low energy, getting a great low impact cardio workout that's fun! Toning exercises are based on a variety of yoga, pilates, callanetic, and core training techniques. Health and wellness – the best place you can be for yourself.

Date last updated: 23 Feb 05

AIDS/HIV/Sexually Transmitted Disease Information

1-800-772-2437

Alberta Ag-Info Centre

1-866-882-7677

Fax: 403-742-7527

Hours: 8:00 a.m. – 5:00 p.m. Mon-Fri except
Stat holidays

Area: Alberta

Access: phone or fax

Clients: public

Description: This call centre will provide access to information around the provincial agriculture department including general inquiries on agriculture. Access available to the following specialists: cereal, oil seeds, forage, beef and marketing.

Date last updated: 03 Jan 04

Alberta Alcohol and Drug Abuse Commission – AADAC - Lac La Biche

Box 1058 Provincial Building

9503 Beaverhill Road

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-5227

Fax: 623-5296

e-mail: laclabiche@aadac.gov.ab.ca

Contact(s): Laura Heal, Area Supervisor

Hours: Mon. to Fri., 8:15 - 12:00, 1:00 am to
4:30 p.m.

Area: Caslan, Buffalo Lake, Heart Lake,
Plamondon, Venice, Wandering
River, Atmore, Beaver Lake, Hylo,
Lac La Biche, Kikino

Access: walk-in or by appointment

Clients: No restrictions

Fees: None

Description: Services include: a) one on one addictions counselling and family counselling; b) supply a resource person at parent meetings to answer any questions concerning alcohol, drugs and gambling; c) facilitate additional workshops as requested to in-service teachers on alcohol, drugs and gambling; d) facilitate additional workshops as requested by communities on alcohol, drugs, gambling and communication of such with children; e) assist and support other self-help groups wherever possible, such as AA (Alcoholics Anonymous), Al-Anon, Al-Ateen; NA (Narcotics Anonymous); GA (Gambler's Anonymous); make referrals to Women's Outreach Program; f) programs to assist in tobacco use prevention and cessation. NAAW - National Addictions Awareness Week, 3rd week in November (annual).
Date last updated: 02 Feb 04

Alberta Brain Injury Initiative

St. Paul Abilities Network
P.O. Box 457
4915 – 51 Avenue
St. Paul, Alberta T0A 3A0
Phone(s): 1-866-645-3900
780-645-3441
Fax: 780-645-1885
e-mail: tgilroyed@spanet.ab.ca
Website: www.stpaulabilitiesnetwork.ca
Contact(s): Tracey Gilroyed, Service Coordinator
Diane Padlesky, Service Coordinator
Hours: 8:00 a.m. – 4:30 p.m., Mon-Fri
Area: Northeastern Alberta
Access: walk-in, mail, phone, appointment, fax, e-mail
Clients: Individuals with acquired brain injury and their family/support network
Fees: none

Description: The Alberta Brain Injury Initiative assists adults with a brain injury, their families and caregivers through support, coordination of services, advocacy, education, community capacity building and the delivery of supportive community living services. Causes of brain injury can include:

- ❖ traumatic or direct contact force to the head such as motor vehicle accidents, accidents and falls, sports injuries, assault;
- ❖ Pathological such as stroke, tumor, liver or kidney disease, viral meningitis, encephalitis;
- ❖ Chronic such as abuse of alcohol and drugs including inhalation of toxic substances;
- ❖ Non-traumatic accidents such as near drowning and suffocation.

We promote an improved life quality for brain injury survivors.
Date last updated: 07 May 04

Alberta Fish and Wildlife Division

P.O. Box 959
9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5247
Fax: 623-5360
e-mail: mary.johnston@gov.ab.ca
Contact: Administration can direct calls
Hours: Monday to Friday 8:15 to 4:30 p.m.
Area: northeastern region
Access: walk-in, mail, phone, fax, e-mail
Clients: services are for the public
Fees: some fees are applicable for specific services/permits

Description: Manages fisheries and wildlife in the Lac La Biche Area.
Date last updated: 09 Jan 04

Alberta Human Resources and Employment

Alberta Job Corps - Lac La Biche

Box 2113
34 Nipewan Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5338
Fax: 623-1980
Contact(s): Colin Anderson, District Manager
Dale Crossland, Supervisor
Hours: 8:15 a.m. to 4:30 p.m. Mon. to Fri.;
closed for lunch
Area: Lac La Biche.
Access: Walk in, by appointment, phone.
Clients: Must be Support for Independence client, anyone on assistance, youth (17-24 years of age)

Description: Preparing clients for the competitive job market and/or re-entry into the work force. This program provides job training and job placement to meet the demands of the job market in this area. Provides referral to other agencies, as needs are identified. Community projects for non-profit groups.
Date last updated: 16 Jan 04

First Nations Liaison Unit - Northern Region

Box 1410 Lakeview Bldg.
15 Nipewan Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5109
Fax: 623-2165
Contact(s): Bruce Anderson, Regional Manager
Janet Auger, Program Specialist
Date last updated: 14 Jan 04

Fraud Investigation Unit - Northeast Region

Box 1410 Lakeview Bldg.

15 Nipewan Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5106
Fax: 623-5355
Contact(s): Hal Marcelin, Supervisor
Date last updated: 16 Jan 04

Northeast Region – Lac La Biche District Office

Lac La Biche District Office
Box 420 Provincial Bldg.
9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5215
Fax: 623-5489
Contact(s): Colin Anderson District Manager
Celine Berlinguette, Office/Business
Manager
Hours: 8:15 to 4:30, closed at noon
Area: Within the boundaries of Wandering
River, Hylo, Atmore, Lac La Biche,
Buffalo Lake, Sandy River
Fees: No charge

Description: After govt. restructuring in May
1999 major components of Human Resources Dept.
became: Career Development, Family and Social
Services including Office of the Public Guardian
(except Persons with Developmental Disabilities, and
Children's Services), Labour (except Building Codes,
and Information Management and Privacy), Workers
Compensation Board. This includes the Alberta
Learning Info. Services, and Income, Employment
and Support Services (incl. AISH and Supports for
Independence Programs). Date last updated: 17 Feb 04

Alberta Human Rights & Citizenship

Commission Toll Free 310-0000 780-427-7661

Standard Life Centre
10405 – Jasper Avenue, 8th floor
Edmonton, Alberta T5J 4R7
Phone(s): 780-427-7661
Fax: 310-0000 780-427-6013
Website: www.albertahumanrights.ab.ca
Hours: Mon-Fri 8:15-4:30

Description: Independent agency of the Alberta
Government. Investigates and resolves complaints of
discrimination, provides information, educational
resources and financial assistance to help individuals
and organizations to combat discrimination.
Date last updated: 09 Jan 04

Alberta Justice - Community Corrections

Lac La Biche Sub-Office
Box 666, Provincial Building

9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5233
Fax: 623-5491
e-mail: linda.houseman@gov.ab.ca
Contact(s): Linda Houseman, Correctional
Service Worker

Arlene Hrynyk, Assistant
Correctional Service Worker
Angela Duhamel, Reception
Hours: 8:15 – 4:30, Mon to Fri, closed for
lunch
Area: Lac La Biche, Beaver Lake, Boyle,
Buffalo Lake, Good Fish Lake,
Plamondon, Wandering River &
surrounding areas
Access: walk in, mail, phone, appointment,
fax, e-mail
Date last updated: 09 Jan 04

Alberta Mental Health Board – see Mental
Health Services

Alberta Parks & Protected Areas

Box 1019, 2nd Floor Provincial Building
9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5235
Fax: 623-5239
Contact(s): Luc Nowicki, District Team Leader
Hours: Mon. to Fri., 8:15 am - 4:30 p.m.,
closed for lunch
Area: Northern Alberta
Access: Walk-in, appointment, phone, fax
Fees: Fees for some services

Description: Rural management of resources in
parks and protected areas. Also manage recreation
areas in the Lac La Biche region such as provincial
parks and recreation areas. Date last updated: 09 Jan 04

Alberta Sustainable Resources

Box 450, 2nd Floor Provincial Building
9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5240
Fax: 623-4584
Contact(s): Jackie Cardinal, Admin. Officer
Shawn Fullerton, Reception
Hours: Mon. to Fri., 8:15 am - 4:30 p.m.,
closed for lunch
Area: Lac La Biche area
Access: Walk-in, appointment, phone, fax
Fees: fees for permits

Description: Resource managers for public green zones, including land surface & forestry, mining, oil sands exploration. Date last updated: 09 Jan 04

Alkareem Mosque - Lac La Biche Muslim Association

Box 641
10230 - 94 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4578
Fax: 623-4578
Contact(s): Dr. Dhari L. Al-Asee, Imam
Ahmed Taha
Hours: Open 24 hours a day for prayers
Area: Lac La Biche
Access: walk in, mail, phone, appointment,
fax
Clients: All are welcome

Description: Religious classes are held for children, women and men. The Mosque is open for tours for the public. For more information on tours and other activities phone Ahmed Taha at 623-4863 or cell 623-8481. Date last updated: 09 Jan 04

Amisk Community School

Bag 5000
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4548
Fax: 623-4659
Contact(s): Clifford Cardinal, Principal
Access: walk in, phone, appointment, mail
Clients: Students of Beaver Lake First Nations

Description: Kindergarten to Grade 9. Date last updated: 09 Jan 04

Anglican Parish of Lac La Biche

Box 242
10103 Churchill Drive
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2531; 525-2627
Fax: 623-2531
e-mail: dioath@telusplanet.net
Contact(s): Don or Jennifer Scott
Area: Lac La Biche area & Rich Lake
Access: walk in, mail, phone, by
appointment, fax, e-mail
Clients: No restrictions
Fees: None

Description: Worship Services and Sunday School at **St. Andrew's** in Lac La Biche, on Churchill Drive every Sunday 10:30 a.m.; at **St. Mary The Virgin** - Rich Lake, at 2 p.m. second and fourth Sundays. Spiritual Services available include premarriage

counselling, marriage counselling, individual counselling, grief counselling. Weekly Communion Services (Holy Eucharist); Monthly Healing Service. Date last updated: 29 Apr 04

Art Club

Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2108
Contact(s): Clara McArthur
Clients: anyone interested in developing artistic talent

Description: The club meets the 3rd Monday of the month at 7:00 p.m. in the Heritage Centre (except in July & August). This club works to develop members' talents in painting and drawing by helping each other grow in their skills. Instruction videos are used occasionally, and workshops are held in the spring on art techniques. Date last updated: 09 Jan 04

Associated Medical Clinic

Box 510
10017 - 101 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4421
Fax: 623-1920
e-mail: clinic91@telusplanet.net
Hours: 8:30 a.m.-5:00 p.m., closed at lunch
Fees: third party billing

Description: Family medical clinic. Date last updated: 09 Jan 04

Athabasca/Wabasca - Mr. Mike Cardinal, MLA

P.O. Box 1769
Athabasca Centre
Athabasca, Alberta T9S 2B4
Phone(s): 675-3232; (310-0000) 415-4815
Fax: 675-2396; (310-0000) 415-4818
e-mail: donna.ballard@gov.ab.ca
Access: Legislature Address: Room 420,
Legislative Building, Edmonton T5K
2B6
Clients: Constituents

Date last updated: 09 Jan 04

Beaver Lake Cree Nation Band Administration

Box 960
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4549
Fax: 623-4523
Contact(s): Alphonse Lameman - Chief
Ron Lameman - Administrator
Hours: Mon. to Thurs., 8:30 am-4:30 pm;
every 2nd Fri., 8:30 am-3:00 pm

Area: Beaver Lake and surrounding area
Access: walk-in, phone, mail, fax, appointment
Clients: Residents of Beaver Lake Cree Nation Reserve
Description: Administration of the financial affairs; Public Works Operations and Maintenance; Human Resources and Development; Finance; Social and Community Development including Youth and Senior's Programs, Housing, Education, Health, and other band programs. Date last updated: 09 Jan 04

Beaver Lake Health Services

Box 1950
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4276
Fax: 623-4569
Contact(s): Marilyn Gladue, Health Director
Debra Gordey, Nurse in Charge
Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri.
Area: Beaver Lake Cree Nation
Access: Walk-in, phone
Fees: None

Description: This Centre is staffed with a Registered Nurse and two full-time Community Health Representatives. Programs include: immunization; communicable disease; sexuality; community awareness; crisis intervention; and maternal and child health. Provides home visits for elders, assistance with medical transportation for referrals to Edmonton for status Indians, and local transportation for medical appointments. Provides a Health Education Resource Room (broad spectrum of health issues), Brighter Futures program, Positive Indian Parenting Program, Home-care program and Headstart program. Environmental Health: provides monitoring of water supply, sewage system, land fill and general health inspections. Also community wellness, NNADP (National Native Alcohol Drug Program) and home and continuing care. Date last updated: 09 Jan 04

Beaver Lake Seniors Programs

Box 960
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4276
Contact(s): Elaine Lameman, Elders Advocate & Home Care Coordinator

Description: A wide array of services for Seniors are offered. Helps to bridge the gap in language and cultural diversity between Native and Non-Native seniors;; advocates for the needs of seniors. Date last updated: 09 Jan 04

Beaver Lake Wah-Pow Detoxification and Treatment Centre

Box 1648
(located on Beaver Lake First Nations)
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2553
Fax: 623-4076
e-mail: wahpowme@telusplanet.net
Contact(s): Doreen Lameman, Executive Director
Madeline Pruden, Program Coordinator
Hours: Seven days a week; 24 hour supervision and counseling
Area: Canada
Access: Call and ask for the "Intake Department".
Clients: A treatment facility for natives and non-natives with drug and alcohol problems
Fees: No fees except for Day Care if needed

Description: A treatment facility for natives and non-natives with drug and alcohol problems. The centre is located on the Beaver Lake Reserve, 25 km southeast of Lac La Biche. Has a bed capacity of 25, which provides male and female accommodations. Also has four self-contained family units. The centre is open 7 days a week and provides 24 hour supervision and counseling. The program: the length of stay for the treatment program is 42 days. During the resident's stay the following services are provided: family counseling, group discussion, lectures on drug and alcohol abuse, native culture (which consists of a lecture by elders followed by a sweat ceremony), two week follow-up, individual counseling, recreation and swimming. Wednesday AA meetings are open to the community. Date last updated: 10 Feb 04

Binnema, Aukje W.

P.O. Box 2340
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2097
Fax: 623-2120
Contact: Aukje Binnema
Area: Lac La Biche and Athabasca
Access: Phone, appointment
Fees: Most services are covered by Employee Assistance programs

Description: Counseling services for individual or relationship counseling. Offering long and short term therapy for individuals, families and couples; group

therapy, workshops, retreats, intercultural education, consultation and support. Date last updated: 03 Jan 04

Bluebird Counselling

P.O. Box 1213
Lac La Biche, Alberta T0A 2C0
Phone(s): 623.7291
Fax: 623.7291
e-mail: joybelle@telusplanet.net
Contact: Grace Miller, Psychologist
Hours: Mon-Fri, during the day
Area: Lac La Biche & area
Access: phone, appointment
Clients: Anyone with insurance or the ability to pay
Fees: \$90/one hour session

Description: Psychological therapy for families, couples or individuals. This includes children, school age and up. Services may be insured, partly or completely, by employers (e.g. ASEBP, ALPAC), Blue Cross, W.C.B. or First Nations. Date last updated: 25.08.03

Buffalo Lake Administration and Community Services

P.O. Box 20
Caslan, Alberta T0A 0R0
Phone(s): 689-2170
Fax: 689-2024
Contact(s): Harold Blyan
Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri.
Area: Buffalo Lake Settlement Area
Clients: Any settlement member can use the services

Description: Community Services provides Homemaking Services, Victims Services, Wood and Propane Assistance Services, adult education, Early Intervention Programs, Fine Option and Community Hours for Correctional Services, medical trips, Elders Society, and Senior's Programs. Date last updated: 09 Jan 04

Buffalo Lake Community Health Services

c/o Lac La Biche Community Health Services
Box 869
9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 689-4771 or 623-4471
Fax: 689-5835 or 623-2615
Contact(s): Sherry Hamilton, Settlement Nurse
Lorri Chachula, Community Health Representative
Hours: 8:30 a.m. – 4:30 p.m. Mon. to Fri.
Area: Buffalo Lake Metis Settlement
Access: walk-in, phone
Clients: Settlement Residents

Description: A full range of community based services including: public health services, immunization in school, Home Care, Palliative Care, Newborn home visits, Pre-natal Services and the Injury Control Project. Information provided for general health inquiries, and coordination of other health services such as hearing screening, A Registered Dietitian is available and Mental Health and dental referrals. Date last updated: 09 Jan 04

Buffalo Lake Early Intervention Program and Early Childhood Programs

Box 20
Buffalo Lake Metis Settlement
Caslan, Alberta T0A 0R0
Phone(s): 689-2170
Fax: 689-2024
Contact(s): Adele Patenaude
Rachel Sharron
Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri. and evening programs
Area: Buffalo Lake Metis Settlement
Access: walk in, fax, phone
Clients: All ages (families) of Buffalo Lake Settlement area

Description: The Early Intervention Program is for 0 to 18 years, but coordinators work with children, youth and their families. Activities include summer recreation programs, educational workshops, movies, bowling, swimming, presentations (teen abuse, dating abuse), addiction, and parenting and FAS programs. Date last updated: 09 Jan 04

Buffalo Lake Fire Department

(Buffalo Lake Metis Settlement Council)
Caslan, Alberta T0A 0R0
Phone(s): 689-2170
Contact(s): Blaine Rose
Access: Has the emergency 911 service
Date last updated: 09 Jan 04

Buffalo Lake Head Start Program

Box 15
Caslan, Alberta T0A 0R0
Phone(s): 689-3855
Fax: 689-3868
Contact(s): Lorna Delorme, Supervisor
Hours: 8:30 a.m. to 4:30 p.m. Sept. to June
Area: Buffalo Lake Metis Settlement
Clients: 3-4 year olds
Fees: None

Description: By "Learning Through Play" children receive a head start socially and learn to interact with each other. Home visitation for the

families is also offered through this program, and healthy family lifestyle support. Date last updated: 09 Jan 04

Buffalo Lake Metis Settlement Council

P.O. Box 20
Caslan, Alberta T0A 0R0
Phone(s): 689-3981
Fax: 689-2024
Contact(s): Horace Patenaude - Council Chair
Harold Blyan - Administrator
Hours: 8:30 a.m. - 4:30 p.m. Mon. to Fri.
Area: Buffalo Lake Metis Settlement

Description: The Council provides leadership for the Settlement serving the following areas: Community Services, Housing, Recreation, Health, Public Works, Education, etc. Date last updated: 23 Apr 04

Buffalo Lake Recreation /Community Centre

Box 20
Caslan, Alberta T0A 0R0
Phone(s): 689-4446, or 689-2170
Fax: 689-4448
e-mail: blmsrec@telusplanet.net
Contact(s): Randy Berard, Recreation Director
Hours: 8:30 a.m.-4:30 p.m. Mon. to Fri.
Area: Buffalo Lake Metis Settlement
Access: Walk-in, mail, fax, e-mail
Clients: Settlement members
Fees: None

Description: Organizes community events and activities and maintains facilities: ball diamonds, campsite, outdoor arena, rodeo grounds, and recreation centre. Activities include minor ball, minor hockey, Cadet Corp., badminton, volleyball, and floor hockey. Date last updated: 23 Apr 04

Canada Post

10204 – 101 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4715
Website: www.canadapost.ca
Contact(s): Berni Fontaine, Postmaster

Description: Canada Post provides mail delivery and other postal services to the area including: regular mail, Express Post (1–2 days), and Priority Post (next day delivery). The outlet also provides a wide range of products for all mail packaging/delivery needs such as: stamps, envelopes, parcel paper, tape, padded packaging, etc. Date last updated: 09 Jan 04

Canadian Parents for French – Lac La Biche/Plamondon Chapter

Plamondon, Alberta T0A 2T0

Phone(s): 623-1763
Contact(s): Chris Moseley
Hours: Meets regularly

Description: Promotes second language learning in the community and in the school by advocacy, public articles. Date last updated: 23 Apr 04

Caritas Services Inc.

Box 577
10115 Churchill Drive
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3910
Fax: 623-4495
e-mail: caritas@telusplanet.net
Contact(s): André Piquette, Chartered

Psychologist
Hours: Day, evening or weekend appointments can be arranged
Area: Athabasca, Lac La Biche, Cold Lake
Access: Phone, appointment, fax, e-mail
Clients: Anyone
Fees: Fee for service

Description: Services available include: individual therapy, marriage counselling, family counselling, assistance for children with special needs, standardized psychological testing. Date last updated: 21 Feb 04

Caslan Fireman's Association

P.O. Box 9
Caslan, Alberta T0A 0R0
Phone(s): 689-2514
Fax: 689-4000
Contact(s): James Henson, Fire Chief
Keith Lien (689-3347)
Terri Peterson (689-5368)

Hours: Regular monthly meetings
Area: Township of Caslan from SH 885 to Amisk Lake; mutual aid with Lakeland County and Buffalo Lake
Access: phone, fax
Clients: Public use
Fees: No fees

Description: Volunteer Firemen. Some fundraising is done. Training and services in fire and rescue, vehicle extrication, ice and water rescue. Date last updated: 03 Jan 04

Caslan Pioneer Club

P.O. Box 166
Caslan, Alberta T0A 0R0
Phone(s): 689-2510
Contact(s): Glen Meyer, President
Hours: last Tuesday of the month
Area: Caslan

Access: phone
Clients: seniors from the Caslan area
Fees: \$5.00/year
Description: Senior citizen organization. Meets monthly to socialize and play cards.
Date last updated: 03 Jan 04

Caslan School

P.O. Box 8
Caslan, Alberta T0A 0R0
Phone(s): 689-2118
Fax: 689-2840
e-mail: rwicker@nlsd.ab.ca
Contact(s): Rob Wicker, Principal
David Skoglund, Assistant Principal
Kelly Waters, Art Smar Coordinator
Jana Geisler, FOW
Access: Northern Lights School Div. #69
Clients: Grades 1 to 9 and Kindergarten
Date last updated: 09 Jan 04

Catholic Women's League – Wandering River

P.O. Box 60
Wandering River, Alberta T0A 3M0
Phone: 771-3733
Contact(s): Vivian Aubee
Hours: Meets 1st Wednesday of the month
Access: walk in, mail, phone
Clients: Wandering River community at large; also Christian Life Services

Description: Provides help to the community, contributes to hotlunches in the school. Contributes to and provides referrals to Santa's Anon, food bank, provides Sunday School during church service. Any help needed in the community contact the CWL; will provide assistance (e.g. fire victims).
Date last updated: 21 Feb 04

Central Elementary School

Box 1020
10309 102 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4215
Fax: 623-1780
e-mail: bmaceachern@nlsd.ab.ca
Website: <http://www.nlsd.ab.ca/centelem>
Contact(s): Bill MacEachern, Principal
Craig Hutchings, Assistant Principal
Hours: 8:30 a.m. to 4:00 p.m.
Area: Northern Lights School Div. # 69
Access: walk in; mail; phone; appointment; fax; e-mail
Clients: Grades 4 - 5
Fees: None
Date last updated: 09 Jan 04

CHILD ABUSE HOTLINE 1-800-387-5437

Centre for the Financial Services OmbudsNetwork

1 Queen Street East, Suite 1605
Toronto, Ontario M5C 2X9
Phone: 1-866-538-3766
Fax: 416-777-9716
e-mail: info@cfson-crcsf.ca
Website: www.cfson-crcsf.ca
Hours: Mon.-Fri.; 9 a.m.-7 p.m. (Eastern Standard Time)
Area: All of Canada
Access: mail, phone, fax, e-mail
Clients: All consumers of Canadian financial services & products
Fees: None

Description: The Centre for the Financial Services OmbudsNetwork (CFSON) provides a complaint, referral and information service to Canadian financial services consumers. Delivering single-window access to high-quality, independent, impartial and effective complaint resolution services in the banking, life and health insurance, general insurance, securities and mutual funds industries.
Date last updated: 12.29.03

Community Housing (Low Income)

See under **Greater North Foundation**

Community Learning for Adult Students Society (C.L.A.S.S.) – Lac La Biche & District

(formerly Lac La Biche Further Education Council)
Box 417
Located in Portage College - 9531 94 Ave.
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5544
Fax: 1-866-201-5592
e-mail: class@portagecollege.ca
Contact(s): Jennifer Gauthier, Coordinator
Hours: Tues. & Thurs. 9 a.m.-4 p.m., September through June
Area: Central Northeast Alberta
Access: Located in Portage College
Clients: Adults
Fees: Courses are offered on a cost recovery basis.

Description: C.L.A.S.S. is committed to life-long learning. Its purpose is to facilitate the development and delivery of learning opportunities through community cooperation, to enhance quality of life for adults in Lac La Biche and Region. The Council offers a variety of non-credit, general interest courses. The

types of courses offered primarily fall into the following categories: Occupational Skills; Technical and Practical Skills; Personal Development; Professional Development; Health Education; Home and Family Education; Arts, Crafts & Hobbies.

Date last updated: 27 Apr 04

Community Living Association for the Little Divide

Box 2078
10018 – 103 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2800
Fax: 623-3874
e-mail: clald3@telusplanet.net
Contact(s): Jody Nicholson
Hours: Mon. to Fri. 8:30-4:30, closed during lunch
Area: Lac La Biche and surrounding area.
Access: walk in, mail, phone, appointment, fax, e-mail
Clients: individuals with disabilities
Fees: programs are funded

Description: CLAD offers support services to children and adults with disabilities. All services are individualized and designed to be both community and in-home based. Services can include supported living arrangements, employment supports, independent living skills training, and respite for families.

Date last updated: 21 Feb 04

Craigend Recreation and Agricultural Society

Box 1961
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7570; 623-2571
Contact(s): Carl Beniuk, President
Doris Burdek, Secretary
Hours: meet every 2nd Monday of the month @ 7:30 p.m.
Area: Craigend
Clients: residents of the Craigend area
Fees: \$10.00/year

Description: Promotes recreational and agricultural development in the community. The Craigend Community Centre is located 32 km southeast of Lac La Biche and is one of the largest hall facilities in the rural area. The centre serves a recreation population of about 330 rural residents and offers an outdoor rink, ball diamond, tennis courts, and a large children's playground. The hall has a senior's centre attached to the main facilities. The Society rents the hall out for weddings, receptions or private events. The hall is used for the seniors, 4-H, floor curling, Whist

drives, church services, potluck dinners, birthday parties or other activities as requested.

Date last updated: 03 Jan 04

Craigend Seniors' Sunset Club

Box 689
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7872;623-7991
Contact(s): John Yakoweshen, President
Lil Lewiski, Treasurer
Fees: \$5 yearly membership

Description: Drop in Centre open every week. Meets regularly in the winter for curling, birthday parties every three months, whist drives, pool table, shuffleboard, darts and carpet bowling, TV, exercise club. Horseshoe equipment available in the summer. Small kitchen and a hall.

Date last updated: 03 Jan 04

Credit Counselling Services of Alberta

1-888-294-0076

#440, 10123 – 99 Street
Edmonton, Alberta T5J 3H1
Phone: 780-423-5265
Fax: 780-423-2791
e-mail: chochau@creditcounselling.com
Website: www.creditcounselling.com
Contact(s): Colleen Hochhausen, Counsellor
Hours: 9:00 – 5:00, Mon-Fri
Area: Alberta
Access: walk-in, mail, phone, appointment, fax, e-mail, website
Clients: All Albertans
Fees: Some fees apply

Description: Not for profit, consumer debt counselling service. Our job is to help people manage their money, talk about the wise use of credit and for those having financial difficulties, provide options. We do this by staffing our information line Monday-Friday 9 a.m. – 5 p.m., as well as provide free printed material and workshops on debt management, budget basics and re-establishing credit. We also administer the orderly payment of debt program.

Date last updated: 09 Jan 04

CRISIS COUNSELLING 1-800-565-3801

(North eastern Alberta)

CRISIS MANAGEMENT HELP LINE

1-800-779-5057

Dayspring Christian Fellowship

P.O. Box 1784
10206 – 103 Avenue
Lac La Biche, Alberta T0A 2C0

Phone(s): 623-7602
Fax: 623-7148
Contact(s): Gregory Bitely, Pastor
Hours: Office hours 9:30-4:00 Mon-Fri.
Area: Lac La Biche and surrounding area.
Access: Walk-in, appointment, phone, fax
Clients: Open to the public
Fees: none

Description: Sunday Services at 10:30 a.m. and 6:30 p.m., as well as Kids of Faith Children's Church. Wednesday evening Bible study at 7:00 p.m. Used Clothes Giveaway the first Thursday of the month; for more information on this call Crystal Boychuk at 623-9224. Date last updated: 02.08.02

Dr. Swift Middle School

Box 780
10140 - 104 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4129, or 623-4646
Fax: 623-2101
e-mail: graab@nlsd.ab.ca
Contact(s): Garry Raab, Principal
Sam Abougouche, Vice Principal
James Trodden, Vice Principal

Hours: 8:00 a.m. to 4:00 p.m.
Area: Northern Lights School Div # 69
Access: walk in, phone, mail, fax, e-mail
Clients: Grades 6, 7 and 8
Fees: None

Date last updated: 09 Jan 04

École Beauséjour

Box 180
Plamondon, Alberta T0A 2T0
Phone(s): 798-2045
Fax: 798-2250
Contact(s): Larry Lynch, Principal
Mrs. Rena Braund, Vice Principal
Area: Plamondon, Lac La Biche, Athabasca, Boyle and surrounding area
Access: East Central Francophone Education Region # 3
Clients: Francophone Students

Description: Grades 1 - 12, Kindergarten and Pre-School. This is a French only school. Working with the SPEF to run a French pre-school.

Date last updated: 09 Jan 04

École Plamondon School - (providing English, French and Russian languages)

Box 90
Plamondon, Alberta T0A 2T0

Phone(s): 798-3840
Fax: 798-3850
Contact(s): Richard Cullis, Principal
Melanie Hunter, Vice Principal
Access: Northern Lights School Div. # 69
Clients: Grades 1 to 12, Kindergarten

Description: This school offers grades K - 12, Early Intervention programs, English education, French Immersion, and a Russian language program.

Date last updated: 09 Jan 04

Elders Night Out Society - Buffalo Lake

P.O. Box 20
Caslan, Alberta T0A 0R0
Phone(s): 689-2170

Description: Social programming for Elders. Drop-in centre has pool tables, shuffleboard. Activities are planned such as crib tournaments, social meals/gatherings, travelling and field trips.

Date last updated: 23 Apr 04

Emergency Medical Services Medicare Ambulance Service Inc.

P.O. Box 402
4925 - 47 Street
Redwater, Alberta T0A 1K0
Phone: 911 for emergencies
780-942-4703

Fax: 780-942-4741
e-mail: info@calusplane.net
website: www.medicare-ems.ab.ca

Contact(s): Judy Schuele, General Manager
James Wright, Assistant Gen. Mgr.

Hours: 24 hour emergency service
Area: Lakeland County, Lac La Biche
Access: Phone 911
Clients: anyone

Fees: as scheduled with the local municipalities & Alberta Blue Cross
Emergency Medical Service p. 36

Description: Medicare Ambulance Service Inc. is dedicated to delivering safe, proficient and professional pre-hospital care and services. We endeavour to be active in our communities, assisting in educating people about drug and alcohol abuse, seatbelt utilization, the PARTY program and when to use the ambulance. If it is your medical emergency, let us help you deal with it.

Date last updated: 24 Feb 04

Evangelical Free Church

Box 1139
Highway 55
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4677
623-2900 (night youth line)

Contact(s): Pastor Charles Fish, Pastor
Hours: 9-4 Tues.-Thurs; 9-12 Fri.; Sun.
 Services
Area: Lac La Biche
Access: Walk-in, by appointment, phone.
Clients: Open to all people
Fees: No charge
Description: Spiritual Service at Lac La Biche on Sundays at 10:55 a.m., Sunday School for all ages at 9:45 a.m. Children's Club (Awana) Monday 6:30-8:00 pm; Youth Group, Fridays at 7:00 p.m.; Ladies Bible Study, Tuesday 10:00 am; Women's Ministry; Premarital counselling, marriage counselling, referrals; Grief Share (to help people who have lost a loved one). Nursery Care and Children's Church available. Bible Study and Prayer at 7:00 p.m. Summer programming varies from the regular winter programming. For more information call the church. Everyone Welcome! Date last updated: 24 Feb 04

Farmers' Market - Lac La Biche

Site 643, Comp 8 RR 2
 Lac La Biche, Alberta T0A 2C2
Phone(s): 623-4768
Contact(s): Freda Phillips, Manager
Hours: Fri., 3:00 - 5:30 p.m. Starts the first Friday in May to second Friday in October
Access: Held at the Recreation Grounds
Fees: \$5 a table or \$25 for the season

Description: Under the Ag Society, the Farmers Markets within the province of Alberta are governed by a joint agreement between the program guidelines of Alberta Agriculture, Food and Rural Development and the Farmers' Market Section of the Public Health Act. To be recognized and be granted the privilege of being a Farmers' Market, groups must make application to the Farmers Market Administrator. Forms are available by telephoning (780) 422-1789. *Make it Bake it Grow it Sell it!* Date last updated: 03 Jan 04

Federal Government Info 1-800-622-6232

4-H Lac La Biche – District

Box 190
 Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2649 (1); 623- 2571 (2)
Website: www.ropingtheweb.ca
Contact(s): (1) Debbie Burdek, District Council President
 (2) Doris Burdek, Regional Key Leader
 (3) Fran Beniuk, Lac La Biche Club

Leader
 (4) Colleen Pierce, Plamondon & Area Club Leader
Hours: 1 business meeting/ month; avg. 1 project meeting/month
Area: Lakeland County
Access: phone, mail, attend meetings
Clients: General Public
Fees: \$35.00/member /year
Description: This is a program aimed at youth ages 9-21 years. This program is designed to promote self-confidence and develop skills in public speaking, life skills, marketing, organizational skills, responsibility (care of animals, project management), parliamentary procedure. Examples of types of activities include: animals (beef, horse, dogs, lamas, etc.), photography, cooking, sewing, computer, etc. Visit the website for more information on all project areas. In spring (May or June) there is an Achievement Day to showcase club members' projects. Date last updated: 03 Jan 04

Gambling Help Line 1-800-665-9676

Gateway Dental Clinic

Box 2111
 10213 – 101 Street
 Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4226
Hours: 8:00 a.m.-5:00 p.m., Mon-Fri.
Fees: Call for information

Description: General family dentistry. Date last updated: 16 Jan 04

Gee, Dr. R. Dentist

Box 60
 10123 - 101 Avenue
 Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4910
Hours: 8:00 a.m.-4:30 p.m., Mon-Thurs.
Fees: Call for information

Description: A family dental clinic. Date last updated: 16.06.03

Girl Guides of Canada

33 Pine Lane Park
 Lac La Biche, Alberta T0A 2C2
Phone(s): 623-4871
Contact(s): Juanita Backstrom
Hours: September to end of April
Area: Lac La Biche & surrounding area; member of national organization
Access: Walk-in, mail
Clients: Girls, women ages 5 to adult

Description: To help girls develop confidence, respect & kindness through caring, sharing, & fun such as games, music, dancing, camping. Activities to develop citizenship, leadership, community service, and teamwork. Has been the leading organization in meeting the needs of girls and women. Age groups are: SPARKS ages 5-6; BROWNIES ages 7-8; GUIDES ages 9-12; Pathfinders ages 12-15.

Date last updated: 09 Jan 04

Grassland and District Agricultural Society

P.O. Box 118

Grassland, Alberta T0A 1V0

Phone: 780-525-3959

Contact(s): Terry Coverly, President

Area: Grassland and surrounding areas

Access: mail or phone

Clients: no restrictions – can be used by members and non-members

Fees: \$5.00 per year memberships

Description: Grassland Agricultural Society serves as a hub of many agricultural districts and the community hall serves as the central gathering place for many events. These include weddings, dances, picnics, graduations, craft fairs, meetings, Christmas parties, and community plays. Date last updated: 21 April 04

Greater North Foundation

Box 154

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-3331

Fax: 623-3636

e-mail: housing8@telusplanet.net

Contact(s): Lorraine Turgeon

Hours: 9 a.m. to 5:30 p.m. Monday, Tuesday and Thursday, closed for ½ hour lunch. Closed Wednesday & Friday

Access: Walk-in, mail, phone, appointment, fax, e-mail

Clients: Seniors & low income families

Fees: none

Description: Manages the following senior's accommodations: Island View Home, Place Bouvier, and community housing. Rent for the self-contained units is based on 30% of income.

Date last updated: 21 Feb 04

Hand 'n Hand Trilingual Playschool

P.O. Box 220

Plamondon, Alberta T0A 2T0

Phone: 798-3840 (school); 623-2711

Contact(s): Glenda Bouvier

Hours: September-May

Area: Plamondon & Lakeland County

Access: phone, mail or by appointment

Clients: for children ages 3-5 years

Fees: call for information

Description: This is a preschool providing pre-school educational and play activity for children 3-5 years old in English, French and Russian. Our program runs Monday through Thursday, mid-September to mid-May. We offer morning and afternoon sessions with a 2 day or 1 day a week enrollment.

Last Updated: 26 Apr 04

Healthy Babies

Canada Prenatal Nutrition Program

P.O. Box 869

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-4471; 826-3381

Fax: 623-2615

Contact(s): Jeanine Kearns, Outreach Worker
Linda Fox, Coordinator (Bonnyville Health Unit)

Area: Lac La Biche, Buffalo Lake Metis Settlement, Kikino Metis Settlement, and surrounding area

Access: walk-in, mail, phone, by appointment, fax or e-mail

Clients: High Risk pregnant women

Fees: none

Description: This program was developed to assist pregnant women at risk in having healthy babies. This is done by encouraging healthy eating, breastfeeding, promoting a healthy lifestyle for the mother and infant, and connecting the mother with other services in the community. Eligibility is determined by one or more of the following: previous difficult pregnancy or low birth weight babies; no partner; teen mothers; stressful environment; financial difficulties. This program is available in Bonnyville, Cold Lake, and Fishing Lake Metis Settlement as well.

Date last updated: 16 Jan 04

Heart Lake First Nations Administration

P.O. Box 447

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-2130

Fax: 623-3505

Contact(s): Maurice Dale Monias, Chief
Ed Cardinal, Administrator

Hours: 9:00 a.m. to 5:00 p.m. Mon. to Fri.
(closed 12 to 1)

Area: Heart Lake

Access: walk-in, phone, appointment

Clients: Reserve residents

Description: Oversees the administration of band affairs such as Finance, Social Services including programs for Youth and Seniors, Education, Economic Development, Fire Prevention, Housing, Health, and Public Works Operations and Maintenance.

Date last updated: 26 Apr 04

Heart Lake First Nations - Social Services

Box 447
Lac La Biche, Alberta T0A 2C0

Phone(s): 623-2130

Fax: 623-3505

Contact(s): Jenny Ladouceur, Social Worker

Hours: 9:00 a.m. to 5:00 p.m. Mon. - Fri.

Description: Provides social services to Reserve residents including programs for Youth and Seniors.

Date last updated: 16 Jan 04

Heart Lake Kohls School

Box 1619
Lac La Biche, Alberta T0A 2C0

Phone(s): 623-2330

Fax: 623-2331

Contact(s): Dave Lumsden, Principal

Description: Offers Kindergarten (Early Childhood Services) and regular school Grades 1 to 9.

Date last updated: 16 Jan 04

Heart Lake Lena Obichon Health Centre

Box 817
Lac La Biche, Alberta T0A 2C0

Phone(s): 623-7477

Fax: 623-8155

Contact(s): Wally Sinclair, Interim Health Director

Hours: Mon. to Fri. 8:30 a.m. to 5:00 p.m.
Emergency on-call nurse 24 hours

Area: Heart Lake First Nations

Access: Walk in, appointment, phone, fax

Clients: Treaty/band members. Community members - some restrictions.

Fees: None

Description: Public Health services including School Immunization, Home Care, Palliative Care, Newborn home visits, Pre-natal Services, and general health inquiries for communicable diseases. Coordination of other health services such as hearing screening, dietetic services, Mental Health Program, Travel Coordinator, Head Start Program, Alcohol and Drug Counselling, assault and abuse Programs, and FASD programs.

Date last updated: 16 Jan 04

Home Support Program

P.O. Box 1996

10115 – 101 Avenue, Suite 201
Lac La Biche, Alberta T0A 2C0

Phone: 623.7474

Fax: 623.8004

e-mail: mecafs@telusplanet.net

Contact(s): Doris Nashim

Hours: 8:30 – 4:30, Mon-Fri

Area: Lac La Biche & Lakeland County

Access: Walk-in, phone, mail, fax, e-mail, appointment

Clients: General Public

Fees: Phone for information

Description: A Meals-On-Wheels program has been established. Work is being done to establish a light house keeping program, respite care, companion sitting and relief childcare. This program is provided in a partnership between Metis Child and Family Services Society and the Lac La Biche & Regional FCSS.

Date last updated: 18.06.03

Home Visitation Program

Lac La Biche, Alberta T0A 2C0

Phone: 623-7979

Fax: 623-3510

Contact(s): Wanda Swan, LLB Worker

Pat Butcher, Program Coordinator

Hours: variable, dependent upon client needs

Area: Lac La Biche & surrounding area

Access: by phone, fax, appointment, e-mail

Clients: Young families in need of mentoring

Fees: None

Description: This is a voluntary program for young families providing mentorship and support in learning positive parenting skills. All program staff have been trained in *Invest in Kids* Home Visitation.

Date last updated: 17 Feb 04

Hope Haven Women's Shelter

Box 2168
93rd Street & 94th Avenue
Lac La Biche, Alberta T0A 2C0

Phone(s): 623-3100 (crisis line)
623-3104 (office)

Fax: 623-2094

Contact(s): Cassandra Putnam, Director
Margaret L'Hirondelle, Supervisor
Irene Gostevskyh, Outreach Worker
Janice Munn, Outreach Worker

Hours: 24 hours - 7 days a week

Area: Lac La Biche/Athabasca and surrounding areas

Access: walk in, mail, phone, fax, e-mail

Clients: regular status shelter with 21 day stay accessible by women (and their children) in crisis;
- outreach, weekly support and group, public presentations and information available to community

Fees: None

Description: Provides emergency shelter accommodation (food, shelter, clothing) for women and their children; lay counseling, referral and advocacy for individuals affected by physical, sexual, emotional, financial or spiritual abuse or neglect; 24-hour crisis support line; childcare program; educational presentations, information and materials. Offers an Outreach program providing individual support and a weekly women's support group (children's group runs concurrent) Available to community members and residential clients. *Believes all people have the right to be treated with dignity, respect and compassion in a non-judgmental, supportive manner empowering all to make positive changes in lifestyle.* Date last updated: 03 Jan 04

Hylo and District Volunteer Fire Department Society

Box 70

Hylo, Alberta T0A 1Z0

Phone(s): 623-7698

Contact(s): Elson Walker, Contact

Ken Kaufman, Deputy Chief

Hours: When needed.

Area: Hylo, Lac La Biche and surrounding areas

Clients: Anyone in the area in need

Description: Volunteer firemen. Volunteer fire department, part of the Lakeland County.

Date last updated: 16 Jan 04

5HV Seniors' Club *move*

Box 47

Hylo, Alberta T0A 1Z0

Phone(s): 623-4501, 623-7662

Contact(s): Sherril Verboom, President

Olga Michetti, Secretary/Treasurer

Hours: Every Tues. evening for coffee

Access: walk in, phone

Clients: Anyone wanting to come for coffee

Fees: \$5.00/year for 50+years of age (membership)

Description: Activities include: provide soup, buns and pies for the Hylo Harvest Day; pancake breakfasts for special events; organize social gathering opportunities; we help with the traveling mammogram testing. A soup lunch is served the last Tuesday of the

month. The Centre is open for community groups to use, and for members.

Date last updated: 16 Jan 04

Hylo/Venice Recreation & Agricultural Society

Box 28

Hylo, Alberta T0A 1Z0

Phone(s): 623-2661; 623-2755

Fax: 623-2015

(Hylo/Venice Rec. & Ag Society cont'd.)

e-mail: c/tpeats@telusplanet.net

Contact(s): Joanne Gashinsky, Secretary/
Treasurer; Thelma Peats

Hours: 1st Tuesday each month

Area: Hylo & Venice

Access: walk in, mail, phone, fax, e-mail

Clients: Anyone in the Hylo/Venice area

Fees: \$25/family - one time membership

Description: Hylo is an unincorporated hamlet located 25 km. Southwest of Lac La Biche and serves a recreation population of 384 people. The community has a Community Hall complete with an active curling club, senior's centre and skating rink. The Society promotes recreational and agricultural activities, and sponsors different activities within the community including the *Early Spring Poker Rally* and *Good Old Harvest Days* at the end of August.

Date last updated: 03 Jan 04

Impaired Drivers' Program **1-800-272-5968**

Injury Prevention

P.O. Box 869

9503 – Beaverhill Road

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-4471

Fax: 623-2615

Contact(s): Anna-Marie Adolf, Public Health
Nurse

Area: Lac La Biche, Lakeland County,
Kikino & Buffalo Lake Metis
Settlements

Access: open to any requests for service

Fees: none

Description: For issues or concerns regarding injury prevention.

Date last updated: 16 Jan 04

Insurance Council **1-800-465-3367**

Island View Home

Box 154

102 04 - 104 Avenue

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-3331

Fax: 623-3636
e-mail: housing8@telusplanet.net
Access: Greater North Foundation
Clients: Seniors needing subsidized housing
Fees: call for information

Description: There are 24 senior's self-contained housing units. Date last updated: 17 Feb 04

J.A. Williams High School – Grades 9-12

P.O. Box 480
9108 – 103 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4271
Fax: 623-2766
e-mail: tmoghrabi@nlsd.ab.ca
Website: www.nlsd.ab.ca/jaws
Contact(s): Terry Moghrabi, Principal
Maurice Richard, Assistant Principal
Aurele Malo, Assistant Principal

Access: Northern Lights School Div. #69
Hours: 8:00 a.m. to 4:00 p.m. on regular school days

Clients: Grades 9 – 12
Fees: some fees for specific courses

Description: J.A. Williams High School offers a full program of studies to the 601 students that attend grades 9 through 12. This program includes a Career and Technology program that has J.A. Williams High School in partnership with Portage College for Forestry Studies, Fabrication Studies, Construction Technology, and Mechanics, including a Grade 9 Industrial Arts program. This CTS program is supplemented with studies in Computer Technology through three computer labs situated throughout the school. Students have the opportunity to participate in programs of study that lead to university and college entrance, apprenticeship programs, as well as a Work Transitions program that leads directly into the work force upon graduation. A full range of extra curricular opportunities exist for students, including all Alberta School Athletics Association programs of inter-school sports, music, and drama, as well as opportunities for student leadership, community projects, and strong support for an international student exchange program. In addition, the school offers programs of study in both Arabic and Native Studies as part of the regular school program. The school has strong relationships with various businesses and corporations throughout the community that sponsor various attendance programs, student achievement recognition awards, and support various sport programs.

Date last updated: 16 Jan 04

Key-Way-Tin Bible Institute

Site 633, Comp 8
Lac La Biche, Alberta T0A 2C1
Phone(s): 623-4565
Fax: 623-1788
e-mail: kbi@telus.net
Contact(s): Dave Petkau, Director
Hours: Seasonal. Sept. to May
9:00 a.m. to 4:30 p.m.
Area: Canada
Access: Through application: phone, mail, fax.
Clients: Native Christians.
Fees: Fees for students
Description: Native Bible School, NCEM
Missionary Training Course, North Quest (Native Youth Retreat). Date last updated: 16 Jan 04

Kids' Help Line 1-800-668-6868

Kids' Stuff Playschool Association

Box 2104
10150 - 104 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2970
Contact(s): Kim Nowicki, Coordinator
Hours: mid September – mid May each year
Area: Lac La Biche & Area
Access: Walk in, mail, phone
Clients: For 3 - 5 year olds
Fees: Call for information

Description: We are a non-profit organization which provides pre-school educational and play activities for children 3-5 years old. Our program runs Monday through Thursday, mid-September to mid-May. We offer morning and afternoon sessions with a 2 day or 1 day a week enrollment.

Date last updated: 16 Jan 04

Kikino Aboriginal Metis Head Start Program

Box 101
Kikino, Alberta T0A 2B0
Phone(s): 623-7001
Fax: 623-7004
e-mail: kihead@telusplanet.net
Contact(s): Jean Cardinal, Supervisor
Edna Desjarlais, Support Worker
Hours: September to June
Access: Walk in, mail, appointment, phone, fax
Clients: Community members. Age group 3, 4 and 5 years. Afternoon - 0 - 3.5 years.

Fees: None
Description: Children learn through play. Afternoon programs, e.g. workshops, moms/dads/tots, adult crafts, children's crafts, teaching parents the importance of immunization, childhood diseases, community kitchens, teaching breadmaking, pickling and pie making. Anyone interested in FASD workshop is welcome, as well as Nobody's Perfect for Young Adults.
Date last updated: 17 Feb 04

Kikino Community Health Services

(Aspen Regional Health Authority)
Box 129
Kikino, Alberta T0A 2B0
Phone(s): 623-7797 or 623-4471
Fax: 623-4212 or 623-2615
Contact(s): Laverne Wright-Ozga, Settlement Nurse
Beverly Littlechilds, Community Health Representative

Description: A full range of community based services including: public health services, school immunization, Home Care, Palliative Care, newborn home visits, pre-natal services, Injury Control Project, general health inquiries for communicable diseases, coordination of other health services such as hearing screening. Dental and dietitian services are available at this Health Facility by appointment. Mental Health Services are available once every two weeks, and an AADAC representative is available upon referral.
Date last updated: 16 Jan 04

Kikino Family Circle Society Early Intervention Program

Box 85
Kikino, Alberta T0A 2B0
Phone(s): 623-4131
Fax: 623-4092
e-mail: kiyouth@telusplanet.net
Contact(s): Pauline Thompson
Hours: 9:00 a.m. to 4:30 p.m. Mon. - Fri.
Area: Kikino
Access: Walk-in, by appointment
Clients: All residents of Kikino Settlement
Fees: None

Description: This non-profit Society Board meets monthly and oversees the Youth and Early Intervention programs. Programs are provided to fulfill the expressed needs of the community and all aspects of early intervention. Assists families to remain together. Workshops held in areas such as drug and alcohol abuse, healthy alternatives, staying in school, and child neglect. Workers liaise closely with other community

agencies such as the Health Unit, government departments.
Date last updated: 17 Feb 04

Kikino Metis Settlement Administration

General Delivery
Kikino, Alberta T0A 2B0
Phone(s): 623-7868
Fax: 623-7080
Contact(s): Roger Littlechilds, Administrator
Floyd Thompson, Chairperson of Council
Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri.
Area: Kikino area.
Access: Walk-in, by appointment, phone.
Clients: Metis from the Settlement area

Description: Oversees the administration of Settlement affairs such as Finance, Social Services including Youth and Seniors Programs, Education, Economic Development, Fire Prevention, Housing, Health, and Public Works Operations and Maintenance.
Date last updated: 17 Feb 04

Kikino Recreation (Minor Sports)

General Delivery
Kikino, Alberta T0A 2B0
Phone(s): 623-7868
Fax: 623-7080
Contact(s): Gloria Collins, Contact Person
Clients: Metis from the Settlement area

Description: Promotes recreational and sports activities for youth under 18 years of age such as ball, hockey, golf, swimming, Silverbirch Rodeo etc.
Date last updated: 17 Feb 04

Kikino School

General Delivery
Kikino, Alberta T0A 2B0
Phone(s): 623-3153
Fax: 623-2380
Website: www.nlsd.ab.ca
Contact(s): Dana Robb, Principal
Access: Northern Lights School Division No. 69
Clients: Kindergarten and Grades 1 to 6
Date last updated: 16 Jan 04

Kikino Seniors Advisory Committee

General Delivery
Kikino, Alberta T0A 2B0
Phone(s): 623-7868
Contact(s): Floyd Thompson or Karen White
Call for Further Information
Date last updated: 17 Feb 04

Kinsmen Club of Lac La Biche

Box 2364

Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7147
Contact(s): Rob Kruk, President
Mark Froehler, Vice-President
Hours: Meeting 1st Tuesday evening of the month
Area: Lac La Biche & surrounding area
Access: Phone or mail
Fees: phone for information

Description: A Service Organization for young men and women. Raise money for charitable causes. Offers personal development and family activities. Nationally, Kinsmen and Kinettes support Cystic Fibrosis research having raised over 27 million dollars for research nationally since 1969. Other national programs supported include Children's Charities, Youth Programs, disaster fund, Hal Rogers Endowment Fund, etc. Locally, they have supported Minor Sports, Youth and Family Programs, Lamoureux Children's Home, Adult Literacy Program. Provincially, KIN supports STARS, Crime Stoppers, Child Abuse and Family Violence Programs. Date last updated: 04 Jan 04

Knights of Columbus

Box 2116
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3241, 623-4218
Contact(s): Jim Courtoreille, Grand Knight
Ernie Sehn, Treasurer
Hours: meetings every 2nd Wed. eve. 7:30
Area: Lac La Biche area
Access: Phone
Clients: for Catholic men
Fees: call for information

Description: This group works to support the local Catholic churches and youth groups, financially through fundraising (i.e. bingos). The group owns and maintains the local *K of C* grounds, with a large grounds and chalet. There are six soccer fields on the grounds that are run by the Junior Soccer Association. There are also social activities, i.e. curling bonspiels for members, social meetings with other *K of C* groups from the surrounding area. Date last updated: 16 Jan 04

Lac La Biche Aboriginal Head Start Program

(Metis Child & Family Services Society)
Box 243
10147 - 105 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3641, 623-3725 (HLW)
Fax: 623-3606, 623-2156 (HLW)
e-mail: llbhs@telusplanet.net
Contact(s): Tilda Heron, Centre Supervisor
Fay Lucy, Home Liaison Worker

Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri.
Sept. to June
Area: Lac La Biche
Access: Walk-in, mail, phone, fax, e-mail
Clients: Aboriginal families
Fees: No charge

Description: A not-for-profit association that offers learning through play experiences for Aboriginal children 3 to 4 years. The program is designed to meet the needs of children through contributing to their developmental, social, physical, intellectual, cultural, educational, and spiritual skills. Daily transportation is provided as well as a nutritious breakfast and snack. Parents, families, and community members are given the opportunity to become involved through field trips, parent meetings, afternoon and evening programs, and volunteering. This program is governed by a Board overseeing the Head Start programs in Buffalo Lake, Kikino and Lac La Biche. Date last updated: 06 Oct 04

Lac La Biche Agricultural Society

P.O. Box 695
Lac La Biche, Alberta T0A 2C0
Phone(s): 623.7913
Fax: 623.7913
e-mail: llbagsv@telusplanet.net
Website: www.laclabicheregion.ab.ca
Contact(s): Velina Turgeon, President
Hours: meet 2nd Monday of each month
Access: walk-in, mail, phone, fax, e-mail
Clients: public

Description: Activities include: arts & craft sales, Farmers' Market, horticultural & handicraft show, annual rodeo, - Safety 1st Quad Rally, horticulture club, clinics & courses. The horse shows feature Kids Farm Fest, heavy and light weight horse shows, halter classes, team penning and more as well as youth leadership activities and maintenance of McArthur Place flower beds. Hosts an annual dinner theatre and arts silent auction. The Society sponsors 3 scholarships for \$1000 each year for students enrolled in agriculture, horticulture, or veterinarian courses. The Society is working to start construction on agricultural grounds and services building in the spring of 2004. Date last updated: 03 Jan 04

Lac La Biche and District Chamber of Commerce

P.O. Box 804
McArthur Place
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2818
Fax: 623-3510
Contact(s): Hajar Haymour, President

Hours: Aimy Schamehorn, Executive Dir.
8:30-4:30 office; regular monthly meetings
Area: Lac La Biche & area
Access: Walk-in, mail, phone, appointment, fax
Clinets: Businesses in the area
Fees: Variant – phone for information
Description: A volunteer group working to promote trade and tourism in the area. This is done through trade shows, public speakers, working with municipal and provincial standing committees, economic development agencies, and show casing local businesses.
Date last updated: 17 Feb 04

Lac La Biche and District Curling Cub

Box 1137
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4255; 623-4924 (eve.)
Fax: 623-5616
Contact(s): Brenda Robitaille, President
Hours: winter season
Area: Lac La Biche & area
Access: mail or phone
Client(s): General Public
Fees: league fees - \$120/year
Facility available for rent
Description: Facilities include 4 sheets of ice on Main Street, east side with Recreation Complex. Curling Rink season from Mid October to end of March for the regular leagues. Bonspiels in March and April. Teams make up Ladies' Evening, Mens' Evening, Mixed evening, Super League (for more competitive curlers), Seniors' League (Monday afternoon throughout season), a Junior Learn to Curl Program.
Date last updated: 27 Apr 04

Lac La Biche and District Further Education Council (see Community Learning for Adult Students Society)

Lac La Biche and District Public Library

Box 2039
10307 - 100 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7467
Fax: 623-3510
e-mail: llbplib@hotmail.com
Contact(s): Ron Weir, Librarian
Area: Lac La Biche and Lakeland County
Clients: All can use in-house services; fee for borrowing materials

Description: Provides library services to the Town of Lac La Biche and Lakeland County. Has 6 computer stations and over 22,000 items including CD's, books, magazines and cassette tapes. There are programs for children, and the library is part of the Northern Lights Library System which allows access to books in libraries province wide. Date last updated: 16 Jan 04

Lac La Biche and Regional Family & Community Support Services (FCSS)

Box 387
Located on second floor - McArthur Place
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7979
Fax: 623-3510
e-mail: fcss@townllb.com
Contact(s): Anita Polturak, Coordinator
Roxanne Suhan, Chairperson
Hours: 8:30 a.m. to 4:30 p.m.
Area: Lakeland County and Lac La Biche
Access: Phone, mail, e-mail, walk-in, appointment

Description: Through Community Development FCSS works to strengthen, enhance and stabilize both family and community well-being. This is done by providing assistance to groups bringing services to the community focusing on wellness. The assistance is in the form of expertise &/or administration, and funding which can be accessed through an application process. FCSS publishes community resource directories (both pocket size and comprehensive) and supports volunteer work.. This office also works with other community groups to have the **YELLOW RIBBON** program in the community.
Date last updated: 17 Feb 04

Lac La Biche Birding Society

Box 1270
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4177; 623-5333; 623-5435
Fax: 623-4584; 623-2266
e-mail: maccagno@yahoo.ca
ted.johnson@gov.ab.ca
Contact(s): Tom Maccagno
Jennifer Okraine, Secretary
Ted Johnson
Hours: 2nd Wed each month, 7 p.m. at the Legion
Area: Lac La Biche & surrounding area
Access: mail, phone, fax
Clients: general public
Fees: Yearly - \$10.00/single; \$15.00/family

Description: The Birding Society organizes a bird count in December, a species count in May, field trips and guest speakers. The Society is a member of the

Federation of Alberta Naturalists, and participates in activities with organizations with similar interests, from other parts of the province. The public is encouraged to participate in all of the activities. As a matter of interest, over 60% of wild bird species in Alberta are found in the Lac La Biche area. Hosting *Botany Alberta 2004* on June 18-20. Date last updated: 16 Jan 04

Lac La Biche Canadian Native Friendship Centre

P.O. Box 2338
10105 Churchill Drive
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3249
Fax: 623-1846
e-mail: info@nativefriendship.ca
Contact(s): Ken Bourque, Exec. Director
Raylene Joe, Program Coord.
Anita Laroque, Youth Coord.
Sylvia Quintal, General Information
Hours: 8:30 to 4:30 p.m. Mon. to Fri.; closed for lunch
Area: Town and surrounding communities.
Access: Walk-in, phone
Fees: None

Description: A non-profit organization committed to the physical, mental, emotional and spiritual well-being of all its people. The commitment is realized through the implementation of culturally relevant programs, workshops, education, meeting social needs, developing leadership, increasing awareness and establishing resources for community development. Some ongoing activities: bingo fundraising, Santa's Helpers, Seniors' Fish Fry, talent shows, sober dances, Volunteer Appreciation Night, Drop in Centre (for information and referral), Summer Student Program (youth centre activities), and operates the **Waskaysoo Food Bank**. Date last updated: 16 Jan 04

Lac La Biche Child Care Association

Box 417
Lac La Biche Child Care Centre (Portage College)
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5690
Fax: 623-5714
e-mail: daycare@portagec.ab.ca
Contact(s): Debbie Martyn, Director
Hours: Office open Mon. to Fri., 8:00 am - 4:30 p.m.
Area: Lac La Biche and surrounding area
Clients: Anyone from within the community and surrounding area.
Fees: Call office for information

Description: This non-profit Centre is located in Portage College and is licensed for 80 children. Services are provided for children with varying abilities; staff work closely with other community organizations to meet the individual needs of all children in the daycare. Date last updated: 16 Jan 04

Lac La Biche Dance Society

P.O. Box 2244
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2148
Contact: Connie Wood
Hours: monthly meetings
Area: Lac La Biche & surrounding area
Access: phone
Clients: anybody
Fees: call for information

Description: This club offers Jazz, tap, ballet, modern and hiphop dance. Qualified instructors follow a set curriculum. The dancers perform at festivals and performances in the community. Date last updated: 01 Mar 04

Lac La Biche Elks Lodge

Box 324
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2734
Contact(s): Arnold Claxton, Exalted Ruler
Hours: meet the 4th Wed. of each month
Area: Lac La Biche & surrounding area
Access: phone
Clients: anyone over 18 – men and women are welcome
Fees: call for information

Description: This is a service club to help children, youth and seniors through fund raising (i.e. bingos, the walk-a-thon which is a provincial initiative). Social activities occur throughout the year. The Elks also sponsors the Purple Cross Fund to help certain groups, and draws from an international fund on behalf of children & youth. Date last updated: 26 Apr 04

Lac La Biche Figure Skating Club

Box 1284
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4606
Contact(s): Shelley Thody, Secretary
Hours: 1 meeting/month
Area: Lac La Biche & area
Access: mail, phone
Client(s): General public
Fees: call for information

Description: The club organizes lessons for Canskate which is for learning to skate and test-stream

which is figure skating lessons. Date last updated: 16 Jan 04

Lac La Biche Fire Department

Box 847
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4311 **EMERGENCY 911**
Fax: 623-3540
Contact(s): Micheal Wood, Fire Chief (623-0123)
Hours: meetings & training – 1st and 3rd
Wednesdays, 7:30 pm – 9:30 pm
Area: Town of Lac La Biche & Lakeland
County
Access: phone, fax, mail
Clients: Public use
Fees: No fees to join; fees for services
determined by municipal guidelines

Description: Volunteer firefighters providing
structural and wild-land fire suppression and vehicle
extrication services. Date last updated: 16 Jan 04

Lac La Biche Golf & Country Club

Box 1538
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4288 (April – October)
Off season call 623-3235
Contact(s): Dallas Johnson, Golf Professional
Brydon Ward, President
Jared Hodgins
Hours: April – Oct., call for hours
Area: Lac La Biche & area
Access: walk in, mail, phone, appointment
Clients: open to members and public
Fees: call for information

Description: One of northeastern Alberta's finest
18 hole golf courses. Date last updated: 26 Apr 04

Lac La Biche Health Unit (Aspen Regional Health Authority)

Aboriginal Liaison - Metis Settlements

Box 869
9503 Beaver Hill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4471
Fax: 623-2615
e-mail: ldescham@aspenrha.ab
Contact(s): Lorraine Deschambeau, Aboriginal
Liaison
Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri.
Area: Buffalo Lake, Kikino, Elizabeth,
Fishing Lake Metis Settlements
Access: Phone, by appointment, e-mail, mail

Clients: Metis Settlement residents

Fees: No charges or fees

Description: A liaison with the four Metis
Settlements and community organizations in the Aspen
Region to promote and facilitate access to health-
related programs and services. Date last updated: 14 Jan 04

Lac La Biche Community Health Services

P.O. Box 869
9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4471
Fax: 623-2615
Website: www.aspenrha.ab.ca
Hours: 8:30 a.m. to 4:30 p.m., Mon - Fri
Area: Buffalo Lake Settlement, Kikino
Settlement, Lac La Biche,
Plamondon and rural areas,

Clients: All residents covered by Alberta
Health Care Insurance

Description: Provides a wide range of
community based services and is available to all
residents. This includes: Environmental/Health
inspection, Home Care nursing, and public health
nursing. Date last updated: 16 Jan 04

Lac La Biche Heritage Society - Seniors Activity Centre

Box 237
10112 102 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-8350
Contact(s): Leo Gaudet, President
Stella Scott, Vice President
Hours: 9:30 a.m. to 2:30 p.m. (times may
vary) Monday to Friday
Clients: Ages 50 plus
Fees: \$10 a year/individual

Description: This society works to ensure
recreational opportunities for seniors including floor
curling, pool, shuffleboard, cards (table games), darts,
ladies crafts, exercise and fitness activities, carpet
bowling. Member of the Alberta Senior's Games. *Eat
To Live Lunch* every Wednesday starting at 12:00 for
\$5.00/person. The facility can be rented (capacity of
200). It has kitchen facilities. Many volunteer
opportunities are available. Date last updated: 16 Jan 04

Lac La Biche Huskies Football Team

c/o J.A. Williams High School
Box 480
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4271, 623-7111

Fax: 623-2766
e-mail: frankcollins_hc@hotmail.com
Contact(s): Frank Collins, Head Coach
Matt Dyck, Coach
Hours: executive committee meets year
round
Area: Lac La Biche & area
Access: mail, phone, fax, e-mail
Clients: High School Students
Fees: call for information
Description: The team is active during the month
of May, and then from the end of August until the
beginning of November. This team is governed by the
Alberta School Athletic Association (ASAA) rules, and
is for students in grades 9-12. Date last updated: 23 Jan 04

Lac La Biche Indoor Sports Association

Box 1506
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2228
Contact(s): Rene Schaub, President
Hours: all year
Area: Lac La Biche & area
Access: Walk-in, by appointment, phone
Fees: Yes
Description: The Indoor Sports Association is an
independent self-sufficient society that promotes
recreational opportunities for youth and adults. Their
program facilities are the Jubilee Hall and the Heritage
Centre, where they help to sponsor the following
programs and activities: archery, army cadets, boxing,
dancing (ballet, jazz, tap), judo, search and rescue,
seniors' floor curling, and tae kwon do. For
information on rental of Jubilee Hall call Darlene
Murphy at 623.4337. Date last updated: 17 Feb 04

Lac La Biche Junior Soccer Society

P.O. Box 1907
Lac La Biche, Alberta T0A 2C0
Phone: 623-7424; 623-2294 (registrations)
Website: laclabichesoccer.com
Contact(s): Henry Hau, President
Annette Sturges, Registrar
Hours: regular monthly meetings
Area: Lac La Biche & area
Access: walk-in, phone, mail
Clients: for children ages 5-18 years
Fees: various
Description: This society coordinates junior soccer
for the area including registrations and practices.
Currently fundraising for the Harvey Marchildon
Soccer Fields at the Knights of Columbus grounds. For
team information (i.e., game cancellation, game or

practice status due to weather) call your team manager.
Date last updated: 19.April.05

Lac La Biche Mission Historical Society

Site 640, Comp 2, RR # 2
(by the Old Mission Road northwest)
Lac La Biche, Alberta T0A 2C2
Phone(s): 623-3274
Fax: 623-3471
e-mail: libmiss@telusplanet.net
Contact(s): Lucie Le Rouzic
Angela, v.p. 623-3946
Hours: 10 a.m.-5 p.m. from mid-May to
September long weekend
Area: Lac La Biche
Access: walk in, mail, phone, fax
Clients: Open to the public
Fees: call for information
Description: To research, promote, preserve
and maintain the Lac La Biche Mission Historical
Site. Bilingual Interpretive guides are available to
provide tours of the site. Tea Room provides
beverages and light snacks (homemade bread &
jam); a gift shop is on site. Period role playing and
group tours are available. Call for more information.
Event/meeting rooms are available for rent. The Lac
La Biche Mission is designated as a Provincial
Historical Resource and a National Historical Site.
Date last updated: 16 Jan 04

Lac La Biche Moms & Tots

Box 2416
Elks Hall
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2601
Contact(s): Lorraine Cullis, President
Hours: Wednesdays, 9:30 a.m. – 11:30 a.m.
Area: Lac La Biche & area
Access: Walk in, mail, phone
Clients: parents/care givers with young
children
Fees: \$3.00 drop in; \$30.00/season
Description: Moms & Tots is an opportunity for
caregivers to socialize and meet other people. This is
also an opportunity for young children to learn
socialization skills in a group setting.
Date last updated: 28 Apr 04

Lac La Biche Nordic Ski Club

Box 935
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4571
Fax: 623-5675
e-mail: skiberry@telusplanet.net

Contact(s): Lorne Moen, President
Area: Lac La Biche & area
Access: mail, phone, e-mail
Clients: public
Fees: \$55.00/year/family;
\$20.00/year/individual

Description: This is a community based club that promotes and encourages fitness, outdoor activities and competition. The club also maintains cross country ski trails at Shaw Lake and organizes the annual *Lac La Loppet* cross country ski competition. Various programs are available including coaching for competitive skiing, Jackrabbit Ski Program (for children), and ski touring. This club is a member of *Cross Country Ski Alberta*. All interested people are invited to participate in the club and its activities.

Date Last Updated: 03 May 04

Lac La Biche Off-Campus School

Box 1859
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2657, 623-2658
Fax: 623-4726
Contact(s): Joseph Wood, Principal
Area: Lac La Biche, Heart Lake, Caslan,
Plamondon, Beaver Lake, Buffalo
Lake
Access: Northern Lights School Division No.
69 or through the school
Clients: Off-campus Education Program for
grades 8 to 12

Description: It is used by students aged 13 - 20 who have had troubles in the mainstream school system. The students work on individual educational programs based on their needs. They work on regular academic subjects, physical education, life skills and diploma preparation.

Date last updated: 23 Jan 04

Lac La Biche Recreation Department

Box 836
McArthur Place
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4255
Fax: 623-3510
Contact(s): Don Benson
Hours: Office: 8:30 am - 4:30 p.m.
Area: Lac La Biche and surrounding area.
Access: For more information call the
Recreation Dept. Office or drop by
McArthur Place.
Clients: No restrictions
Fees: Varied

Description: Strives toward increasing recreational and cultural opportunities for the community. Special events are coordinated through the Recreation Department or in conjunction with other agencies or community organizations. Facilities include: The Centennial Arena; Multi-Cultural Building; Fastball and Baseball Diamonds; Dumasfield Playground; Outdoor Skating Rinks, Recreation Grounds and Midway Area; Post Park and Mission Park; Big Dock/boat launch area; tennis courts/soccer fields; lighted ski trail, school gyms and sports fields. Recreation programs and activities include: a Summer Playground Program and various introductory sport and art clinics; summer special events; officiating and coaching clinics; men's hockey; men's and women's fastball; mixed, women's and men's volleyball; adult and junior soccer; aerobics programs; mixed slo-pitch; hunting; Lakeshore Walking Trail.

Date last updated: 03 May 04

Lac La Biche Regional Community Development Corporation

Community Futures Development Corp.
Box 2188
10106 102 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2662
Fax: 623-2671
e-mail: rcdc@telusplanet.net
Website: www.laclabicheregion.ab.ca or
www.rcdc-rerc.com

Contact(s): Kal Polturak, Manager
Jane Palmer, Assistant Manager,
Economic Development & Tourism
Hours: 8:30 to 12:00, 1:00 to 4:30 p.m.
Area: Lac La Biche, Lakeland County,
Plamondon, Kikino Settlement,
Buffalo Lake Settlement, Caslan and
Wandering River areas

Description: The scope of work includes 3 primary areas: business development and financing; entrepreneurial training; community promotion. The office is under contract with all 3 levels of government including: ***Western Economic Diversification – Canada; Alberta Human Resources and Employment; Town of Lac La Biche; Lakeland County.***

Date last updated: 23 Jan 04

Lac La Biche Rodeo Association

Box 787
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4829
Fax: 623-2200
Contact(s): Jim Courtoireille, President

Hours: January–April, monthly meetings
Area: Lac La Biche & surrounding area
Access: Mail, phone
Clients: General public
Fees: \$150.00/year for competitive membership in Lakeland Rodeo Association

Description: To organize, promote and put on the annual Lac La Biche Rodeo. Date last updated: 16.06.03

Lac La Biche Seventh Day Adventist Church

General Delivery
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7101
Contact(s): John Skoreyko
Website: www.adventist.org
Hours: weekly services on Saturdays
Area: Lac La Biche & area
Access: walk in, mail, phone
Clients: all are welcome
Fees: none

Description: Sabbath School at 10 a.m. which includes Bible study, personal sharing, praise singing. Divine Worship is 11:00 a.m. - 12:15 p.m.. Potluck lunch usually follows the service. Date last updated: 05 May 04

Lac La Biche Shooting Association

P.O. Box 1824
Lac La Biche, Alberta T0A 2C0
Contact: Harvey Strom, President
Hours: 8 monthly meetings/year – 4 general, 4 executive
Area: northeastern Alberta
Access: phone
Clients: public
Fees: yearly - \$25/single, \$35/family

Description: The Association organizes fun shoots, rifle sightings in the fall, and occasional social gatherings. A trap house is available for trap shooting. Memberships are available at Lac La Biche Sporting Goods. Date last updated: 05 May 04

Lac La Biche Silhouette Square Dance Club

Site 645, Comp 3, RR #2
Lac La Biche, AB T0A 2C2
Phone: 623.7870; 623.2207
Contact(s): Alma Hocko, Zea Fisher
Hours: meet 5-6 times/year
Area: Lac La Biche area
Access: mail or phone
Clients: anyone
Fees: \$4.00/dance

Description: The Square Dance club meet to have fun and exercise by square dancing. Leopolt and Josephine of Red Deer come to call the dances. Other callers are also available. Beginners are most welcome.

Date last updated: 23 Jan 04

Lac La Biche Sled Dog Association

Box 839
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7919 (after 5 p.m.)
Contact(s): Bert Arthurs, Director
Brian Shapka, President

Access: phone
Clients: general public

Description: This group works to help promote the Lac La Biche Mail Run Days, usually held on the 3rd weekend of January. Date last updated: 03 May 04

Lac La Biche Town Office

Box 387, 10307 - 100 Street
2nd Floor, McArthur Place
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4323
Fax: 623-3510
e-mail: townllb@townllb.com
Contact(s): David Sarsfield, Chief Administrative Officer
Duane Young, Mayor

Hours: 8:30 a.m. to 4:30 p.m.

Area: Lac La Biche

Description: Provide Municipal Services, including fire, police, water treatment, recreation, FCSS, and facilities (Jubilee Hall, curling rink, arena, library, and the McArthur Room).

Date last updated: 18.06.03

Lac La Biche United Church of Canada

Box 265
10204 102 Avenue
Lac La Biche, Alberta T0A 2C0
Hours: Sunday Serves at 11:00 a.m., daily check of messages left
Area: Kikino, Lac La Biche, Rich Lake & surrounding area
Access: Walk-in, mail

Description: Spiritual Service; available for individual counselling, provide referral services. Church services. Date last updated: 03/14/02

Lac La Biche Whitecap's Swim Club

Portage Pool
Box 325
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2695, 623-5511

Fax: 623-5615
e-mail wendy.webb@portagecollege.ca
Contact(s): Wendy Webb, President
Hours: 4:30 p.m. – 5:30 p.m. Mon.-Fri.
Area: Lac La Biche & area
Access: walk in, mail, phone, fax, e-mail
Clients: Ages 6 to 18, who can swim at least 1 length of the pool
Fees: variable, dependant on days/week & number of members/family

Description: Our club operates from September 1 to March 31, Monday-Friday. We provide qualified coaching for a variety of swimming levels from beginner to experienced. Our members range from those seeking recreational or fitness swimming to those interested in competitive swimming. Our competitive swimmers travel to approximately 8 swim meets at various locations in Alberta each season. The swim club also hosts our own swim meet each year in about mid-March (*Tides of March*) with approximately 150 swimmers participating.

Date last updated: 17 Feb 04

Lacalta Lodge

Box 900
10112 103 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4364
Fax: 623-8186
e-mail lacalta@telusplanet.net
Contact(s): Terry Michetti, Lodge Manager
Florence Sturek, Activities Coor.
Hours: 24 hours a day.
Access: Greater North Foundation.
Clients: Over 65 years, must be independent
Fees: Single - \$767/month
Double - \$848/month.

Description: Lacalta Lodge has 40 units. Endeavours to provide safe, comfortable accommodation while encouraging a sense of respect, dignity and self-worth for senior citizens who are able to remain independent with the assistance of community based services. Services provided: full course meals with additional snacks provided, housekeeping, laundry, activity programs, 24 hr. non-medical supervision (all staff trained in First Aid and CPR), home care services (on an as-needed basis requested by clients).

Date last updated: 23 Jan 04

Ladies Fastball

Box 836
Lac La Biche, Alberta T0A 2C0
Phone(s): 623.4255; 623-4924
Fax: 623-5616

Contact(s): Brenda Robitallie
Fees: call Recreation Office for information

Description: Between 6 to 12 teams play and practice twice a week between May and June.

Date last updated: 23 Jan 04

Lakeland Archers

Box 1226
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2228
Contact(s): Rene Schaub, President
Area: Lac La Biche Area
Access: mail, phone
Access: membership available to the public
Fees: Membership: \$55/individual/year;
Family of 4 - \$135/year (for more information call)

Description: Certified coaches hold classes 2 times per week to learn how to maintain and shoot a bow, generally for juniors. Member families have open access to the facility. The season is usually from September to April. There are competitive shoots organized throughout the province from January to August.

Date last updated: 27 Apr 04

Lakeland Centre for Fetal Alcohol Syndrome

4817 – 52nd Street, 2nd Floor
P.O. Box 479
Cold Lake, Alberta T9M 1P1
Phone(s): 1-877-594-5454; 780-594-9905
Fax: 780-594-9907

e-mail: amfascen@telusplanet.net

Website: www.lakelandfas.com

Contact(s): Audrey McFarlane, Regional Program Coordinator;

Kim McKinnon, Admin. Assistant

Hours: 8:15 am – 4:30 pm, Mon-Fri

Area: Lakeland Area of Aspen Health Authority

Access: walk in, mail, phone, appointment, fax, e-mail

Clients: Anyone who is wanting a diagnosis of Fetal Alcohol Syndrome Spectrum Disorder or information about the disorder

Fees: There is a fee for the Diagnosis but the organization will work with families to find a funder. It is not the intention for families to be burdened by these costs.

Description: The Lakeland Centre for Fetal Alcohol syndrome offers the following regional services:

- Information
- Referral Services
- Workshops on FAS

- Diagnostic Services for children and adults. These services are accessed by contacting the office and talking with Audrey McFarlane. The Centre provides one program that is specific to the Cold Lake area: *First Steps* is a mentorship program to work with high risk women who are pregnant and have addiction issues with alcohol or drugs. This is an intensive prevention program that will hopefully be expanded to other communities in the region. Date last updated: 29 Jan 04

Lakeland Chiropractic Clinic

Box 756
 10004 – 101 Avenue
 Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4650
Fax: 623-4655
e-mail: kzach@telusplanet.net
Hours: Monday – Saturday
Area: Lac La Biche & area
Access: mail, phone, appointment, fax, e-mail
Clients: public
Description: Dr. Zachkewich has been practicing in Lac La Biche since 1996. In addition to using traditional chiropractic techniques, he also uses state of the art diagnostic, treatment, and rehabilitative systems. The Clinic has a full service exercise facility with a trainer on staff. Dr. Doug Hall joined the practice in 2003; is available Mon and Wed, practicing in Boyle on Tuesday (689-3344). Date last updated: 28 Apr 04

Lakeland County

P.O. Box 1679
 Lac La Biche, Alberta T0A 2C0
Phone(s): 623-1747
Fax: 623-2039
Contact(s): Duane Coleman, Chief Administrative Officer
 Robert Richard, Reeve
Hours: Mon. to Fri., 8:30 to 4:30
Area: Serves the rural areas outside Lac La Biche including Craigen, Hylo, Imperial Mills, Owl River, Rich Lake, north to Plamondon
Clients: Rural residents
Description: Services includes fire and ambulance emergency services, roads, lighting, boat docks, support and funding for the community halls, and recreational facilities and needs in the rural areas. Date last updated: 30 Jan 04

Lakeland Interpretive Centre and Regional Leisure Complex Society

Box 836
 McArthur Place

10307 – 100 Street
 Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2818
Fax: 623-3510
e-mail: interp@telusplanet.net
Contact(s): Brydon Ward, President
 Aimy Schamehorn, Ex. Director
Hours: 8:30 am – 4:30 pm, Mon. to Fri.
Area: Town of Lac La Biche & Lakeland County
Access: walk-in; mail; phone; appointment; fax; e-mail
Clients: area residents and area visitors
Fees: none

Description: The Society, a registered charity, is currently undertaking the construction of an Interpretive and multi-use facility. Programs will include interpretive exhibits and displays, community type facility for local groups. Educational programming will be offered, as well as tourist information services. Date last updated: 17 Feb 04

L'ACFA – L'Association Canadienne Française de Régionale de Plamondon/Lac La Biche

P.O. Box 487
 Philip Menard Cultural Centre
 Plamondon, Alberta T0A 2T0
Phone(s): 798-3896
Fax: 798-3909
e-mail: acfapl@canoemail.com
Website: www.francalta.ab.ca/plamondon
Contact(s): Bonita Marchand, Community Development Coordinator
Hours: 8:30 – 4:00, Mon. to Fri.
Area: Plamondon, Lac La Biche
Access: Walk in, mail, phone, appointment, fax, e-mail

Description: Community Development for seniors, youth, economy, tourism, cultural policies and activities done all in French and bilingual services. Currently working in coordination with the French mobile radio station to come to the area, as well as in the process of developing a community radio station. Provides support to the Lac La Biche Mission and Plamondon Museum. Cultural Centre can be rented for public use, has a stage and kitchen facilities. A Music recording studio exists. Free access to Internet. Available on loan to members are books, music and videos in French. Date last updated: 30 Jan 04

Law (Dial-a-Law) 1-800-332-1091

Legal Aid Society of Alberta 1-780-645-6205

Lindsay Medical Clinic

Box 570
9706 – Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3000
Fax: 623-3500
Hours: 9:00 a.m. – 5:00 p.m.
Area: Lac La Biche & surrounding area
Fees: for uninsured medical services
Description: A family medical clinic.
Date last updated: 30 Jan 04

Little Beaver Day Care Centre

Box 960
(Beaver Lake First Nations)
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3110
Fax: 623-3114
Contact(s): Charlene Cardinal, Acting Director
Hours: 8:00 – 5:00 Mon.-Fri., year-round
except holidays
Area: Beaver Lake First Nations Reserve
Access: phone
Clients: 6 months to 4 years
Fees: \$10.00/day or \$5.00/half day
per child
Description: This day care is for the community at
large.
Date last updated: 17 Feb 04

Little Divide Search and Rescue

Box 1425
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-8467
Fax: 623-3545
Contact(s): Janice Shelton
Richard Amiot
Paul Hawthorn, President
Area: Lac La Biche, Plamondon,
Wandering River, Caslan and
surrounding areas
Fees: No charge
Description: Land and water search and rescue and
recovery. Provides training for members and
certification in First Aide, Man Trackers, search and
rescue fundamentals, CPR, etc. Date last updated: 30 Jan 04

Lord of Glory Lutheran Church

Box 1617
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-8467 or 623-3545
Contact(s): Pastor Mac de Waal, Pastor

Lila de Waal, Diaconal Minister
e-mail: mac.dewaal@lordofglory.ca
Website: www.lordofglory.ca
Hours: 9:30 a.m. Worship Service, 10:30
a.m. Sunday School
Access: Services held at the United Church,
10204 102 Avenue
Date last updated: 30 Jan 04

Mental Health Services

(Aspen Regional Health Authority)
P.O. Box 297, Govt. Courier Box #3
Main Floor, Provincial Building
9503 Beaverhill Road
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5230
Fax: 623-5232
e-mail: mhc-lacl@amhb.ab.ca
Contact: Pierre Gelinias, Clinical Supervisor;
Therapists: Pearl Elliott, Brenda
Truss, Wilma Badenhorst, Kirstan
Sykes
Hours: 8:00 to 4:30 p.m., Mon. to Fri.
Area: Lac La Biche & area
Access: Referrals, appointments, phone, walk-
ins. Mental Health Services **Crisis
Line: 24 hour** services available to
residents of Aspen RHA. **1-888-255-
3353**
Clients: Adults, children and families suffering
from mental illness and/or emotional
and behavioural disturbances
Fees: No fees for service, coverage by
Alberta Health Care
Description: Offering individual psychotherapy,
family therapy, child management counselling, and
behavioural therapy. Counseling services include
consultation, assessment, and treatment; individual
and family counselling; and behavioural therapy
for diagnosed mental illness. Consultation and
specialized treatment programs for psycho-
geriatrics, children and adolescents, and the
clinically, mentally ill. Last date updated: 30 Jan 04

**Metis Child & Family Services Society (Lac La
Biche Branch)**

P.O. Box 1996
10115 – 101 Avenue, Suite 201
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7474
Fax: 623-8004
Contact(s): Donna Webster, Executive Director
Trina White, Program Manager

Hours: 8:30 a.m. to 4:30 p.m., Mon. to Fri.
Area: Lac La Biche and surrounding area
Access: Drop-in, Intake, self-referral, family referral
Clients: Services are available to all families and youth requiring assistance
Fees: All services are confidential and free of charge

Description: Metis Child & Family Services has support services available through family support and youth support. In the Youth Support Program, workers help youth learn skills that deal with personal life situations and assist youth to assess and communicate their needs and relate to resources within the community. CHOICES (stay in school incentive) workers work with youth that have a high risk of dropping out, being suspended or expelled, or experiencing academic failure. The Elder Program works to have the Elders available as a support system and be advisors in all programs. The Community Support Home Program provides a minimum of 6 foster care placements within Aboriginal support homes in Lac La Biche and the surrounding area. Also hosting the Home Support Program in partnership with Lac La Biche & Regional FCSS. Also provides Meals on Wheels in the community. Date last updated: 30 Jan 04

Metis Nations of Alberta - Zone 1

P.O. Box 1350
10106 102 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3039; **Toll free: 1-800-638-5704**
Fax: 623-2733
e-mail: mnazone1@telusplanet.net
Contact(s): George Quintal, President
Rick Boucher, Vice President
Hours: 9:00 a.m. - 5:00 p.m. Mon. to Fri., closed from 12 noon to 1 p.m.
Area: Northeastern Alberta including Lac La Biche, Athabasca, Fort McMurray, Fort Chipewyan, Calling Lake, Conklin, Buffalo Lake and Kikino Metis Settlements
Access: Walk-in, by appointment, phone, fax, e-mail
Clients: Metis
Fees: None

Description: This office is mandated to serve off-settlement and on-settlement Metis. Offers resource personnel for the following issues: forestry and lands; economic, education and career development; agriculture; social services; housing; justice; and health. They are willing to share information in the form of

discussion with other agencies and communities. Offers Youth Employment Programming and Career Placement Opportunities. Also hosts the *Seniors Assistance Program* in partnership with Lac La Biche & Regional FCSS. Date last updated: 30 Jan 04

Metis Nations Wilderness Camp

Box 298
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-1711, 623-1799
Fax: 623-1721
Contact(s): Don Turcotte, Camp Manager
Lori Durocher, Office Manager
Hours: 8:00 a.m. to 4:00 p.m. Mon. to Fri. (office hours)
Clients: Metis & Aboriginal
Description: This is a male adult Minimum Security Camp for Alberta Justice. Date last updated: 17 Feb 04

Metis Settlement, Child & Family Services Region 10 Authority

Region Office
5025 – 49 Avenue
Room 401, Provincial Building
St. Paul, Alberta T0A 3A4
Phone(s): 645-6227
Fax: 645-6385
Website: www.metis-settlements.org
Contact(s): Shannon Trotter, North East Area Manager
Hours: 8:15 a.m. to 4:30 p.m., Mon. to Fri. Closed from 12-1
Area: Northeast Alberta Region – Fishing Lake, Kikino, Elizabeth and Buffalo Lake Metis Settlements
Access: Toll-free Government RITE line: 310-0000. Satellite offices located at each Metis Settlement.
Field Office at Buffalo Lake: 689-5562 or 689-5563; fax 689-5564.
Field Office in Kikino: 623-6980 or 623-6981; fax 623-6970.
Clients: Resident Settlement Members
Fees: None

Description: One of Alberta's ten Regional Authorities with responsibility to plan and deliver child and family services for its residents. Alberta Metis Settlements have the option as land-based aboriginal people to establish their own Authority. Delivers the following legislated services: Child and Family Services; Resources for Children with Disabilities; Licensing of Social Care Facilities; Child Care Services; Child in Need; Prevention of Family

Violence; Early Intervention; Court Services;
Development of Culturally Appropriate Services and
Community Capacity. Date last updated: 17 Feb 04

Metis Urban Housing Corporation of Alberta Inc.

M & M Building (physical setting)
107 10107 102 Avenue
Lac La Biche, Alberta T0A 2C0 - OR -
11922 - 121A Street (mailing address)
Edmonton, Alberta T5L 0A2

Phone(s): 623-3277

Fax: 623-3803

Contact(s): Arema Laboucane

Access: walk-in; mail; phone; fax

Area: Lac La Biche & surrounding area

Clients: Aboriginal people

Fees: For rental of shelter facilities

Description: This is a federally funded subsidized shelter agency providing rented shelter accommodation to low and moderate income aboriginal families. Rentals are based on confirmed household incomes. Date last updated: 30 Jan 04

Miksau Retreat

Box 2340
Lac La Biche, Alberta T0A 2C0
19 km from town on the Old Century road on lake,
12 km from Plamondon

Phone: 623-2097

Fax: 623-2120

e-mail: auk@telusplanet.net

Contact(s): Aukje W. Binnema, Director

Hours: All year round

Area: Northern Alberta

Access: mail, phone, appointment, fax, e-mail

Fees: Personal Investment, Employee Assistance Program

Description: We provide workshops and retreats for personal and professional enhancement, stress management, self-care, bioenergetics exercise classes, artwork shops, parenting workshops, Natural Environment (opportunity to connect with nature). Facilities are available to rent for small group meetings. Date last updated: 03 Jan 04

Minor Hockey

Box 1625
Lac La Biche, Alberta T0A 2C0

Phone(s): 623-2698

623-7706

Contact(s): Gwen Beniuk, Treasurer
Yvonne Zevola

Hours: September to March

Area: Lac La Biche and Lakeland County

Access: mail or phone

Clients: All minor hockey aged children (4-18 years)

Fees: Set each year

Description: The Minor Hockey Association promotes recreational opportunities to youth ages 4 - 17. Teams at each level of hockey from Initiation to midget as well as a girls, team. Practices during the week and league games for Novice level and up on weekends. These programs have a usual participation of 230 youth. Date last updated: 30 Jan 04

Mission View Funeral Chapel Ltd.

Box 1829

Sentinel Industrial Park

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-1815 (out of town call 1-866-623-1815)

Website: www.missionview.net

Contact(s): Derrick Kruk

Hours: 24 hour service

Area: Lac La Biche & surrounding area

Access: walk in, mail, phone, appointment, e-mail

Clients: public

Fees: call for information

Date last updated: 27 Apr 04

Music Festival Association

Box 2317

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-4337

Contact(s): Darlene Murphy

Description: The Association coordinates and administers the local music festival usually held in late March or early April, taking into consideration the Easter/spring break on the school calendar. Date last updated: 30 Jan 04

National Crime Prevention Centre

1-877-302-NCPC (6272)

Native Counselling Services of Alberta - Lac La Biche

Box 988

10140 101 Avenue

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-4869 or 623-0520 (cell)

Fax: 623-4866

Contact(s): Ralph Whitford, Court Worker/Parole Officer

Hours: 8:30 a.m. to 4:30 p.m. Mon.–Wed.
closed 12–1 p.m.
Area: Lac La Biche/Boyle and surrounding
areas
Clients: Open to referrals from community
Fees: Services are free and confidential
Description: Assistance to people who become
involved in the justice system through criminal, family
and youth court. Insures clients understand their legal
rights and responsibilities. Provides counselling and
support, court representation, referrals to local helping
agencies, and presents legal alternatives and sentence
options to the court. Date last updated: 27 Apr 04

New Life Victory Fellowship

P.O. Box 703
On Highway 36, edge of town
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7600
Fax: 623-7675
Contact(s): Pastor Les Bourassa
Hours: Office – 9 a.m.-3:00 p.m., Mon-Thur
Area: Lac La Biche & surrounding area
Access: walk-in, mail, phone, fax, e-mail
Clients: open to everyone
Description: Worship Services at 10 a.m. on
Sunday, children's Sunday School at 11 a.m. on
Sunday. **Youth group** is on Friday at 7 p.m. (Claude
Gaudet, coordinator); Bible study is on Wednesday at
7:30 p.m. Prayer in the church on Thursday 7:30 p.m.
and in homes as needed. Date last updated: 27 Apr 04

Normandeau Recreation

P.O. Box 2369
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7913
Contact(s): Velina Turgeon, President
Hours: 4-5 meetings per year
Area: Normandeau area
Access: mail, phone
Clients: anybody
Fees: call for information
Description: This is a small country hall with
complete kitchen facilities, available for any
functions. Call for information on rental. Bi-weekly
whist drives from January-April; other social
functions throughout the year. Date last updated: 05 Feb 04

North Central Child & Family Services Authority – Lac La Biche Area Office

Box 420 Provincial Building
9503 Beaverhill Road

Lac La Biche, Alberta T0A 2C0
Phone: 623-5215
Emergency No. 1-800-638-0715
Fax: 623-5489
e-mail: laclabiche.cw@gov.ab.ca
Contact(s): Elden Block, Senior Team Lead
Hours: Office 8:15 a.m. to 4:30 p.m. Mon. to
Fri.; 24 hour on-call service.
Area: Wandering River, Plamondon, Lac
La Biche, Cold Lake, St. Paul,
Bonnyville and areas in between
Access: Phone, mail, walk-in
Fees: None

Description: Each Authority oversees a range of
services including Child Protection, Adoption
Services, Day Care Programs, Family Violence
Prevention, Resources for Children with Disabilities,
and Early Intervention Programs. Each Authority has
a board with members from within the community to
design programs in ways that best meet the needs of
the region. This community-based system will allow
services and programs to be planned on the basis of
local needs. All of the services mentioned above may
or may not be offered at this site.

Date last updated: 30 Jan 04

North Star Villa

Box 263
10102 – 102 Avenue
Plamondon, Alberta T0A 2T0
Phone(s): 798-3834
Contact(s): Claude Gaudet, Housing Manager
Suzanne Gaudet
Area: Plamondon
Access: mail or phone
Clients: Seniors

Description: There are 4 senior's self-contained
units in Plamondon. This is subsidized housing with
rent based on a percentage of yearly income.

Date last updated: 30 Jan 04

Northern Lights School Division No. 69 Sub Office

Box 870
10220 101 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4414
Fax: 623-4041
Website: www.nlsd.ab.ca
Contact(s): Glenn Zacharuk, Assistant
Superintendent
Kirk Jensen, Director of Student
Services

Diana Wabie, Director of Aboriginal Services

Description: School Division Administration, including the Community Wellness Program, native liaison, special education, etc. Date last updated: 30 Jan 04

Northern Lights Square Dance Association

General Delivery
Kikino, Alberta T0A 2B0
Phone(s): 623-7868
Fax: 623-7080
Contact(s): Roger Littlechilds
Gerald White (623-2782)

Description: Provides square dancing activities.
Date last updated: 27 Apr 04

Order of the Royal Purple - Lac La Biche

Box 1777
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-7419 or 623-4286
Contact(s): Val Pawlik, Honoured Royal Lady
Louise Beatch, Secretary
Hours: Monthly meeting, 3rd Wednesday
Area: Lac La Biche
Access: Mail or phone
Clients: Open to women
Fees: \$30.00/year

Description: The Order of the Royal Purple has various social activities for its members as well as fund raising. Fundraising is through bingos. The money raised is used to support local charitable organizations.
Date last updated: 30 Jan 04

Owl River Recreation Association

Box 728
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2166, 623-7646
(623-3499 hall)
Contact(s): Maxine Cardinal, President
Grace Johnston, Treasurer
Bernice Cardinal, rental (623-2339)
Hours: Varied
Area: Owl River
Clients: Open to everyone
Fees: Varied

Description: The Owl River recreation area is located about 40 km. from Lac La Biche on the north and west shore on HWY 858. This Association serves an area population of about 480 people. The community has a relatively new community centre that houses a hall with kitchen facilities, playground, skating rink and large yard. Activities include recreation and social development, and adult socials.

The building is available for rental for weddings, anniversaries, family reunions, wakes, funerals and community functions (capacity 250). Free campsite ¼ mile from the hall.
Date last updated: 30 Jan 04

Parents' Help Line

1-888-603-9100

Paroisse St. Isidore Parish (Catholic Church)

Box 118
Plamondon, Alberta T0A 2T0
Phone(s): 798-3760
Fax: 798-3730
Contact(s): Father Hong Nguyen, Pastor
Rose Marie Menard, Secretary
Hours: Pastor: every day, available.
Secretary: Tues. and Thurs. 9:00 a.m. to 4:00 p.m.
Area: Plamondon, Breynat, Wandering River, Atmore
Clients: Anyone. No restrictions

Description: Plamondon - Sunday Eucharist Celebrations at 11:00 a.m. Weekday Masses at 9:00 a.m. except the first Friday of the month at 7:30 p.m. All Spiritual Needs: baptisms, marriages, marriage preparation courses, first communion, confirmations, funerals, spiritual counselling. Adult Choir – is coordinated by Ramona St. Jean. Youth Choir – is coordinated by Claire Richard and is for youth interested in music within the church.. Altar Servers – is coordinated by Anita Gauthier. The Alter Servers Group has monthly meetings where children ages 8 to 14 years learn more about God and their religion, learn alter servers duties, learn to co-operate and simply have fun together.
Date updated: 07 Feb 04

Pioneer Villa

P.O. Box 263
10030 – 100 Avenue
Plamondon, Alberta T0A 2T0
Phone(s): 798-3834
Contact(s): Claude Guadet, Housing Manager
Suzanne Gaudet
Area: Plamondon
Access: mail or phone
Clients: Seniors
Fees: Unit rental costs

Description: There are 8 senior's self-contained housing units. This is subsidized housing, with rent based on a percentage of yearly income. This housing complex has a common area with laundry facilities and a sitting area.
Date last updated: 30 Jan 04

Place Bouvier

Box 154

10211 - 103 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3331
Fax: 623-3636
e-mail: housing8@telusplanet.net
Contact(s): Lorraine Turgeon
Access: Greater North Foundation
Clients: Seniors subsidized housing
Fees: Call for information

Description: There are 18 senior's self-contained housing units.
Date last updated: 18 Feb 04

Plamondon & Wandering River Community Resource Society

Box 149
Wandering River, Alberta T0A 3M0
Phone(s): 798-2557; 771-2400
Fax: 798-3008; 771-2375
Contact(s): Debbie Menard, Supervisor
Hours: Office: Wandering River – Tues to Thurs, 9:00-4:00; Plamondon, Mon. Tues. Thurs. Fri. 9-3:30; the Youth Centres in Wandering River and Plamondon have hours that vary (We also work outside of the office; please leave a message if we are not in)
Clients: Individuals, Families, Groups
Access: Referral, walk-in, mail, phone, appointment, fax

Description: Have one youth centre in each of the 2 communities that provide preventative programming and youth activities/events. Provide counselling services to families, individuals and groups. Have resources, and can facilitate lessons, on topics such as anger management, grieving, self-esteem, etc. Also run an annual youth summer camp for 2 weeks in August.
Has a resource library in both communities for anyone wanting to do self-help.

Date last updated: 03 May 04

Plamondon Fitness Group

Le Groupe Fitness
P.O. Box 180
Plamondon, Alberta T0A 2T0
Phone(s): 798-3285 (President)
Contact(s): Tracy Gauthier, President
Hours: School Calendar year (Sept-June)
Monday-Thursday 5:30-9:00 p.m.
Lundi-Jeudi 1730-2100h
Area: Plamondon, Grassland, Wandering River, Hylo, Lac La Biche

Access: walk in, mail, phone (contact persons)
Clients: open to public ages 16 yrs+ ouvert au public âge 16 + annee
Fees: \$5 drop in fee (par une fois); \$25/10 punch pass (par dix fois); \$35/monthly pass (par mois)

Description: A volunteer group that operates a fully equipped weight training room (life fitness equipment) for the public. Fitness classes are offered throughout the year lead by a certified instructor (A.F.L.C.A.) Une salle d'entraînement pour la communauté s'arranger par un groupe de bénévoles. Des classes de fitness sont offert pendant l'année par une monitrice certifier (A.F.L.C.A.).
Date last updated: 21 Mar 05

Plamondon Minor Hockey

P.O. Box 305
Plamondon, Alberta T0A 2T0
Phone(s): 798-2120
Contact(s): Effie Chaschin
Hours: Meets monthly
Area: Plamondon area
Access: mail, phone
Clients: for youth ages 5-16 years
Fees: contact for information

Description: The association administrates and coordinates fundraising efforts for the minor hockey. Also encourages participation of children and youth in hockey to develop sportsmanship, volunteerism, and team working skills
Date last updated: 17 Feb 04

Plamondon Moms & Tots

(Time Out To Socialize – T.O.T.S.)
Box 566
Plamondon, Alberta T0A 2T0
Phone(s): 798-3752 (Hall), 798-22002200
Contact(s): Deborah Menard, President
Hours: Thursdays, 10:00 a.m.-noon, October to May
Area: Plamondon, Grassland, Wandering River, Hylo, Lac La Biche
Access: walk in
Clients: Parents/caregivers & their children 0-5 yrs
Fees: \$20/year, plus take turns providing snack

Description: We are a non-profit volunteer group that provides the opportunity for moms, dads, or caregivers and their children ages 1-5 to meet together to socialize and have fun. Parents or caregivers have a chance to establish a support network of friends and a much needed weekly outing. Children are provided with a large indoor area to run around and play with

toys, as well as the opportunity to develop their social skills. We all work together to make TOTS happen as we all take turns providing the weekly snack, help to set-up and clean-up. TOTS is held at the Plamondon Community Hall.

Date last updated: 28 Apr 04

Plamondon Municipal and School Library

Box 90

Plamondon, Alberta T0A 2T0

Phone(s): 798-3852

Fax: 798-3850

Contact(s): Lise Arsenault, Library Clerk
Don Chrysanthou, Chairperson

Hours: 8:30 to 3:30 Mon.–Fri.; Wed.
evening 7:00-8:00 p.m.

Area: Plamondon; Lakeland County

Access: walk in, mail, phone, appointment,
fax, e-mail, or through students

Clients: No restrictions

Fees: call for information

Description: Library also has a listening centre with TV/VCR and CD/cassette player, a Family Literacy Tote Bag Program which encourages students to take home different levels of books for the whole family, Elementary Supplementary Needs collection of child-centred stories, and Middle and High School Supplementary Needs resources. Internet available at the library. A member of the Northern Lights provincial inter-library loan system, whereby books can be accessed from libraries across the province.

Date last updated: 17 Feb 04

Plamondon Pioneer Club

Box 560

Plamondon, Alberta T0A 2T0

Phone(s): 798-3233/798-3786

Contact(s): Roy Middleton

Marie Bourassa

Hours: monthly meetings

Access: walk in, mail, phone

Clients: Seniors – 45+ years

Fees: \$5.00 per member/year

Description: Drop in Centre is located in a building behind the Catholic Church on the main street. Members drop in regularly to socialize or play pool, shuffleboard, carpet bowling and floor curling. A meal is served Thursdays at noon from October to May. Bingo is played once a month. The hall is used for funeral lunches, and Family Clinics the 2nd and 4th Wednesdays of each month when a public health nurse is available. The hall is also available for use by services groups.

Date updated: 30 Jan 04

Portage College

P.O. Box 417

9531 - 94 Avenue

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-5551, or 623-5580

TOLL FREE: 1-866-623-5551

Fax: 623-5639

e-mail: info@portagecollege.ca

Website: www.portagecollege.ab.ca

Contact: Admissions Office (623-5580)

Hours: Office Hours 8:15 – 4:30; Mon.
through Fri. except statutory holidays

Area: Portage College offers quality educational programming through the main campus in Lac La Biche and community campuses in Athabasca, Bonnyville, Buffalo Lake, Cold Lake, Elizabeth Settlement, Fishing Lake, Frog Lake, Goodfish Lake, Saddle Lake, St. Paul, Vegreville, and Wainwright.

Access: Walk-in, by appointment, phone, e-mail

Clients: Some academic requirements may apply. Portage College is a public college open to adult learners.

Description: Portage College is a public, board governed college open to all adult learners. As a post-secondary institution, the college offers adult basic education, university and college entry preparation, employment entry and career programs. There are over 30 certificate and diploma programs available in six different areas of study: Business, Human Services, Health and Wellness, Native Arts and Crafts, Trades and Technical, and Academic Upgrading for general and university transfers. Portage College is a regional college providing educational programming in 13 northern Alberta communities. The college honours the cultural diversity that exists in and around the surrounding communities. Portage College prides itself in providing quality programs and services, giving students personalized attention in a friendly, caring atmosphere, both in and out of the classroom.

Date last updated: 10 Feb 04

Portage Pool

Box 325

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-5511

Fax: 623-5615

e-mail: pool@portagecollege.ca

Contact(s): Monique Gingras, Aquatic Manager

Hours: Mon-Wed 8 am – 9 pm; Tue-Thurs
6:45 am – 8 pm; Fri 11:30 am-8 pm;
Sat-Sun 2:30 pm – 7:30 pm

Area: Lac La Biche & surrounding area
Access: walk in, mail, phone, fax, e-mail
Clients: public
Fees: call for information

Description: The pool offers various public and family swim times as well as lane and adult swim. Red Cross swim lessons, life-guarding courses, first aid, CPR, babysitting and boating courses are also available. The pool is also available for private rentals and private lessons. Contact the pool for a full description of courses available. Date last updated: 30 Jan 04

Pow Wow & Fish Derby Association

Box 836
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4255
Fax: 623-3510
Contact(s): David Sarsfield

Description: All events, festival and the Fish Derby are held the long weekend in August.

Date last updated: 03 May 04

Program for Adult Learning

Box 1934
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-2477
Fax: 623-2477
Contact(s): Linda Weir, Contact Person
Hours: Tues. and Thurs. 9:00 to 5:00
Access: Century 21 Building, Room 211
Clients: Public
Fees: No charge for services.

Description: This volunteer organization works to provide: tutoring on a one-to-one basis; learning materials that are adult oriented; learner and tutor work at their own pace without the confines of a rigid curriculum; learner and tutor make their own arrangements for sessions. Areas of learning include basic math, basic reading, basic writing and learning to speak English. Confidentiality is ensured. Small classes for English as a Second Language are arranged if needed. Also run family literacy projects intermittently throughout the year. Date last updated: 30 Jan 04

Public Legal Education Program

P.O. Box 417
9531 - 94 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5680
TOLL FREE 1-866-623-5551
Fax: 623-5682
e-mail: public.legal@portagecollege.ca
Contact(s): Sue LaPierre, Program Coordinator
Doris Couillard, Aboriginal Liaison

Hours: 8:15 – 4:30, Monday-Friday
Area: Northeastern Alberta
Access: walk-in, mail, phone, appointment, fax, e-mail
Clients: General Public
Fees: none (subsidized fee may apply to some seminars)

Description: The Portage College Public Legal Education Program is a public service initiative offered in partnership with *The Alberta Law Foundation*. The program offers learning opportunities to communities throughout northeastern Alberta through the provision of information and education on a variety of legal topics. Date last updated: 28 Apr 04

Red Cross Emergency Response

Box 2310
Lac La Biche, Alberta T0A 2C0
Phone: **1.888.800.6493 TOLL-FREE**
Edmonton Office: 1-780-423-2680
Contact(s): Alma Hocko, Treasurer
Sandi Missler
Hours: Meets as needed
Area: Lac La Biche and area

Description: Red Cross Emergency Responder: teams of volunteers work directly with their local Fire Department (in the Region) and respond to fire and disaster calls as required. The Red Cross assists people left homeless in the aftermath of a disaster. Team members are called upon to provide essential services, such as shelter, food, clothing and personal services. Team members also provide contact numbers to the evacuees to help them contact other agencies to re-establish themselves. All team members receive specialized training from the Red Cross and are certified in First Aid and CPR. Date last updated: 30 Jan 04

Regional Emergency Medical Serv.

AMBULANCE

Box 868
Lac La Biche, Alberta T0A 2C0
Phone(s): **911 (Emergency)**
623-7153 (Emergency)
623-8072 (office)
Fax: 623-8076
Contact(s): Floyd House, Director
Hours: 24 hour emergency service, Basic Life Support
Area: Kikino Region
Access: Telephone
Description: Basic and on call Advanced Life Support. Date last updated: 26 Apr 04

Rich Lake Golden Age Pioneers

Box 7, Site 3
St. Lina, Alberta T0A 2Z0
Phone(s): 726-2225
Contact(s): Richard Schoff, President
Elizabeth Kinnunen, Treasurer
Hours: Active all year round, regular
monthly meetings
Area: Rich Lake, Eleanor Lake,
Normandeau, St. Lina
Access: Walk in, mail, phone
Clients: Anyone over the age of 50 or anyone
wanting to use or rent facilities
Fees: Facility rental - \$75.00; yearly
membership \$5.00/person

Description: The Pioneers is a Senior Citizen's
Organization located at the recently updated and
expanded community centre in Rich Lake. Activities
include: ladies meet for sewing and fellowship once a
month; pot luck suppers; floor curling every
Wednesday night, and bonspiel once a year
involving about 140 seniors. Whist drives every
second Sunday in winter Date last updated: 10 Feb 04

Rich Lake Recreation and Agricultural Society

Box 40, Site 5
St. Lina, Alberta T0A 2Z0
Phone(s): 623-7673
Contact(s): Alvin Kumpula, President
Debbie Vizeau, Secretary
Hours: Monthly meetings, 2nd Mon. of the
month
Area: Eleanor Lake to Beaver River,
Briarville to eastern boundary of the
county
Access: walk in, mail, phone
Clients: this Society works for area
residents
Fees: \$1.00/year

Description: The communities of Rich Lake and
Elinor Lake are located about 60 km. south of Lac La
Biche and serve a recreation population of about 366
people. Rich Lake has recently updated and expanded
its community centre to incorporate the senior's centre.
Rental to local groups such as clubs, **Seniors, Tops,
Moms and Tots.** Hosts meetings for area
organizations. Capacity of hall (with kitchen) is 299,
and about 100 in the Senior's Centre. Adjoining
campground and two ball diamonds are available for
rent. Has an outdoor skating rink. Manages the Fork
Lake campsite. Organizes a Ball Tournament, Trade
Show, Barbecue, quad rally, snowmobile rally and
other occasional social events. Date last updated: 30 Jan 04

Royal Canadian Army Cadets – Lac La Biche

Box 4
Hylo, Alberta T0A 1Z0
Phone(s): 689-2249
Contact(s): Jake Dufault
Cost: No fees

Description: The Cadets meet Thursday evenings
from 6:45 p.m. to 9:15 p.m. at the Jubilee Hall. This is
a program for boys and girls ages 12 to 19 years. The
program promotes leadership, citizenship, physical
fitness and general knowledge of the Canadian Armed
Forces. This youth organization has a summer camp,
international travel, camping, outdoor adventure
training, first aid, shooting, marksmanship, canoeing
and music band. High school credits can be earned
through this program; uniforms are supplied; volunteer
opportunities. GREAT ADVENTURE

Date last updated: 17 Jan 04

Royal Canadian Legion - Lac La Biche (McGrane Branch #28)

Box 114
10101 Churchill Drive
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4334
Contact(s): Howard Thomas, President
Denis Burrell, Treasurer
Hours: Wed. to Fri. open at 4:00 p.m. to
9:00 p.m. Saturdays from 2:00 until
9:00 p.m. (closed earlier if possible)
Clients: Members and the public

Description: The canteen is open to members and
their guests. Two meeting rooms are open to the public
and have a capacity of 20 and 40 people. The Old Pub
(now a meeting room) was originally built in the
1920's. On Fridays a Steak Barbecue is held.
Shuffleboard, pool, crib and darts available. Every third
Friday is non-smoking night at the Barbeque night.
Supports many community organizations such as
Scouts, Cadets and Junior Sports, Portage College,
Band Concerts, Concerts in the Park, Bicentennial
events, and the DARE Program. Bingos for fund raising
and the Poppy Fund supports veterans and their
families. Date last updated: 05 March 04

Royal Canadian Legion Ladies Auxiliary - Lac La Biche

Box 114
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4334
Contact(s): Lorna McDonald
Hours: General meeting, 1st Tues. of the
month @ 7:30 pm
Area: Lac La Biche & area

Access: mail, phone
Clients: see description
Fees: \$15.00/year

Description: Membership is open to ladies over 18. Supports all Legion activities and provides catering to special events and funerals. Fundraising is also used to support local community organizations. Social activities include: all Legion sports/acitvities and Friday night barbecue steak supper at the Legion.

Date last updated: 05 Mar 04

Royal Canadian Mounted Police - Lac La Biche Detachment

Box 810
11 Nipewan Road
Lac La Biche, Alberta T0A 2C0

Phone(s): **911 Emergency**
623-4380 Emergency
623-4012 Administration

Fax: 623-2588

Hours: Front Office 8:30 a.m.-5:00 p.m.
Mon. to Fri.; closed Sat. and Sun.

Area: 17 km. north of Wandering River, west of Atmore. Lac La Biche, Rich Lake, Kikino, Wandering River, Plamondon, Heart Lake, Beaver Lake, Owl River

Access: Walk-in, phone, fax

Fees: General Information – no fee;
Criminal Record Check has a fee.

Description: In addition to the regular law enforcement services the RCMP are also involved with the Youth Justice Committee, provide a school liaison member, host a Native Summer Student program, and provide an Auxiliary Constable program. Programs offered or have been sponsored by the RCMP include Victim Services, Citizens on Patrol (COPS); Crime Prevention Programs, Safe and Courteous Driver Award Program, DARE (Drug and Alcohol Resistance Education), PARTY Program (Prevent Alcohol and Risk related Trauma in Youth) and Rural Crime Watch.

Date last updated: 30 Jan 04

St. Catherine's Catholic Church

Box 930
10303 – Sir Winston Churchill Drive
Lac La Biche, Alberta T0A 2C0

Phone(s): 623-4371

Fax: 623-4704

Contact(s): Father James M^cHugh, Priest
Irene Cloutier, Secretary

Hours: Office – Tues-Fri 9:00-12:00

Area: Lac La Biche; Hylo/Venice; Heart Lake; Owl River; Eleanor Lake; Beaver Lake

Access: Walk-in, by appointment, phone

Clients: For the public

Description: Spiritual Service at St. Catherine's (Lac La Biche), St. Anne Parish (Venice), and Beaver Lake Mission. Confessions Saturday at 7:00 p.m., sick calls, Certificates (during office hours). Meeting regularly are the Youth Group, Catholic Women's League (CWL), Choir (Wed. evenings), Catechism classes, and the RCIA (for instruction in the Catholic faith). Call the office for information on places and times of meetings, and for the names of coordinators.

Date last updated: 09 Jan 04

Schizophrenia Society

623-3264

Scouts Canada – Lakeland Association

RR # 1, Site 632, Comp 10
Lac La Biche, Alberta T0A 2C1

Phone(s): 623-2689; 623.2881

Fax: 623-2883

Contact(s): Linda Johnson, Anne Robinson

Description: Scouts is a program aimed at ages 5 years and up, developing & promoting skills in leadership, physical fitness, cooperation and citizenship through both individual and group activities. BEAVERS is for 5–7 years of age; CUBS is for 8–10 years of age; SCOUTS is for 11-14; VENTURERS is 14–17; ROVERS is for 18-25. Boys and girls are welcome to join.

Date last updated: 30 Jan 04

Seniors Assistance Program

P.O. Box 1350
Lac La Biche, Alberta T0A 2C0

Phone(s): 623.3039

Fax: 623.2733

Contact: Christine Cardinal

Hours: 9:00-4:30, Mon-Fri; home appointments can be arranged

Area: Lac La Biche & Lakeland County

Access: Walk-in, phone, fax

Clients: Seniors

Fees: None

Description: This program is available to the community at large offering assistance to seniors with filling in forms, information about available government programs, accessing vital information. This program is provided in partnership between Lac La Biche & Regional FCSS and the Metis Nations of Alberta, Zone 1.

Date last updated: 10 Feb 04

Seniors Information Line

1-800-642-3853

Société des Parents pour l'Éducation

P.O. Box 487

Plamondon, Alberta T0A 2T0

Phone(s): 623-1963, 798-2920

Fax: 798-3909

Contact(s): Natasha Contant, President
Lina Labonté, Vice President

Hours: 1 meeting/month

Area: Plamondon, Lac La Biche, Boyle,
Athabasca and surrounding area

Access: mail, phone, fax

Clients: Francophone families/individuals

Fees: none

Description: This group has a mandate to provide a French pre-school program and to provide support to the Francophone school for cultural/education opportunities. Date last updated: 20 Apr 04

Student Health Initiative **623-5230**

Suicide Crisis Line **1-877-303-2642**

T.O.P.S. (Take Off Pounds Sensibly)

P.O. Box 2227

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-3173, 798-2282

Website: www.tops.org

Contact(s): Violet Bouvier, Co-leader
Cindy Plamondon, Leader

Hours: Wednesdays, 8:45 a.m. – 10:00 a.m.

Area: Plamondon, Lac La Biche &
surrounding area

Access: walk in, mail, phone

Clients: open to all interested individuals

Fees: \$25.00/year to International
organization; \$10/month for local
chapter expenses

Description: This is a support group to assist members in their journey to lose weight, eat properly, learn good nutrition and exercise information/support. Members assist each other in learning overall healthy lifestyle habits. The International organizational fees includes a subscription to the monthly TOPS magazine. NEW MEMBERS WELCOME! Date last updated: 10 Feb 04

Tribal Chiefs Child and Family Services - Beaver Lake Sub-Office

Box 1147

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-7750

Fax: 623-2758

Contact(s): Clara Gladue, Case Work Supervisor

Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri.

Area: Beaver Lake Cree Nation

Clients: Residents of Beaver Lake Cree
Nation

Description: Services are contracted to Tribal Chiefs to provide and be responsible for child welfare services. Provides some intervention and prevention community services. **Head Office** is located in St. Paul, with sub-offices in Heart Lake and Whitefish Lake. Date last updated: 10 Feb 04

Tribal Chiefs Child and Family Services - Heart Lake Sub-Office

Box 1147

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-7705

Contact(s): Wendy Cardinal, Case Work
Supervisor

Hours: 8:30 a.m. to 4:30 p.m. Mon. to Fri.

Area: Heart Lake

Clients: Residents of Heart Lake

Description: Services are contracted to Tribal Chiefs to provide and be responsible for child welfare services. Provides some intervention and prevention community services. **Head Office** is located in St. Paul, with sub-offices in Beaver Lake and Whitefish Lake. Date last updated: 10 Feb 04

Ukrainian Culture Society and Cerna Ukrainian Dance Club

Box 1558

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-2795

Contact(s): Jim Booth

Hours: monthly meetings

Area: Lac La Biche & surrounding area

Access: mail, phone

Clients: anyone

Fees: \$25.00/family/year for club fees

Description: This society coordinates Ukrainian dance lessons for ages 4 – adult. Fees for the lessons vary, depending on age and level. Call for further information on this. Dancers participate in performances and competitions. The Club organizes the Malanka celebration and the year end performance for the dance club. Date last updated: 17 Feb 04

Ukrainian Orthodox Church of All Saints

Box 514

Lac La Biche, Alberta T0A 2C0

Phone(s): 623-4189

Contact(s): Henry Pohranychny

Hours: 1 regular service/month and special
holidays

Area: Lac La Biche
Access: Mail, phone or by appointment.
Clients: Anyone in need

Description: Spiritual Services including worship services, Bible studies, and fellowship/social gatherings.
Date last updated: 14 Mar 04

Vera M. Welsh Elementary School

Box 55
9912 - 103 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4672
Fax: 623-2084
Website: www.nlsd.ab.ca/schools/veram
Contact(s): Don Bollinger, Principal
Janice Fulawka, Vice Principal
Access: Northern Lights School Division # 69
Clients: Grades 1 to 3, Kindergarten, and Early Intervention

Description: An elementary school serving Grades Kindergarten to 3, and Early Intervention Programs.
Date last update: 10 Feb 04

Victim Services Unit - Lac La Biche

Box 810
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4012; 623-4380 (emergency)
Fax: 623-2588
Contact(s): Angie Sehn, Coordinator
Hours: 24-hour crisis.
Area: Lac La Biche and surrounding areas.
Access: RCMP emergency line 623-4380.
Clients: Any victims
Fees: None

Description: Provides assistance to victims of crime through 24 hr. crisis support; information on police files and the Court System; referrals to other service providers; court orientation, preparation and accompaniment. Also offer victim impact statements program, child witness programs, court case results, and public presentations. Volunteers are the backbone of Victim Services and Lac La Biche is still actively recruiting. Volunteers will receive extensive training in areas such as RCMP orientation; communication protocol; crisis intervention; domestic violence; bereavement; sexual abuse; alcohol abuse; court system; break and enters; home security; and crime prevention. Please contact the Victim Services Coordinator if interested in becoming a volunteer or participating in some of the training sessions.
Date last updated: Feb 04

Wandering River Community Library

Box 30

Wandering River, Alberta T0A 3M0
Phone(s): 771-3939
Contact(s): Linda Maciocha

Description: This Library is located in the school and is part of the Northern Lights provincial inter-library loan system. Open Mondays 4-7 p.m.
Date last updated: 10 Feb 04

Wandering River Lions Club

P.O. Box 32
Wandering River, Alberta T0A 3M0
Phone: 771-2345
Contact: Sharon Hatch, President
Hours: Meeting once per month
Access: Mail, phone
Clients: All are welcome
Fees: Annual fee for membership

Description: International and community services. Focuses on Diabetes and vision support and numerous other community supports. Operates and maintains the Lions Park Campground on Round Lake (Corrigal Lake). Supports school and community activities. A non-profit charitable organization.
Date last updated: 21 Feb 04

Wandering River Recreation Association

P.O. Box 90
Wandering River, Alberta T0A 3M0
Phone: 771-3757
Contact(s): Bernie Tynan, President
Hours: Monthly meeting on 3rd Wednesday
Area: Wandering River & district
Access: Mail, phone
Clients: Anyone in the community
Fees: Hall rental and skating fees

Description: This organization maintains the hall and the rebuilt skating rink. Hosts the golf picnic, New Year's Dance, Hallowe'en Dance and also rents cross country skis to residents.
Date last updated: 21 Feb 04

Wandering River School

P.O. Box 30
Wandering River, Alberta T0A 3M0
Phone(s): 771-3939
Fax: 771-2117
Contact(s): Tim Murphy, Principal
Access: Northern Lights School Division #69
Clients: Kindergarten to Grade 8

Description: A small school facility that is also available for community functions.
Date last updated: 10 Feb 04

Wandering River Women's Institute (WI)

P.O. Box 60
Wandering River, Alberta T0A 3M0

Phone: 771-3733
Contact: Vivian Aubee, President
Hours: Monthly meetings first Thursday of the month at 1:00 p.m.
Area: Wandering River
Clients: anyone is more than welcome
Description: Services to Wandering River residents like fire victims and other community services. Supports the school library, contribute to volunteering in the school and in the community for whatever services are needed. Hosts the Shrove Tuesday Pancake supper and 1st of July celebration and parade; make referrals to and contributes to the Food Bank and Santa's Anon. Not for profit and very community minded. **CELEBRATING 40 YEARS in WANDERING RIVER!!** Date last updated: 21 Feb 04

Waskaysoo Community Food Bank

Box 2338
(located at the Friendship Centre, on Sir Winston Churchill Drive)
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-3249
Fax: 623-1846
Contact(s): Hazel Desjarlais
Hours: 8:30-4:30 p.m. closed 12-1 Wed. only

Description: **Open to all people in need**, this food bank is operated out of the Friendship Centre on Wednesdays. Date last updated: 10 Feb 04

William J. Cadzow Health Centre

Box 507
9110 - 95 Street
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4404
Fax: 623-5904
Website: www.aspenrha.ab.ca
Contact(s): Gisliind Moehrle, Facility Manager
Hours: Acute Care Service 24 hours; Emergency Services, 24 hours
Area: Lac La Biche and area
Access: walk in, mail, phone
Clients: Open to all

Description: This Health Centre has 23 Acute Care beds providing 24 hour acute care and 24 hour emergency service. Other on-site services are physiotherapy, occupational therapy, dietitian and respiratory therapy. Date last updated: 03 May 04

William J. Cadzow Health Centre - Continuing Care Facility

Box 507
9110 - 93 Street

Lac La Biche, Alberta T0A 2C0
Phone(s): 623-4404
Fax: 623-5904
Contact(s): Gisliind Moehrle, Facility Supervisor
Description: This facility has 41 continuing care beds and 1 respite bed. It is physically integrated with the William J. Cadzow Health Centre in Lac La Biche. For more information call the Site Coordinator. Date last updated: 03 May 04

Youth Assessment Centre

North Central CFSA, Region 7
Box 1089
9540 94 Avenue
Lac La Biche, Alberta T0A 2C0
Phone(s): 623-5266
Fax: 623-5364
Contact(s): Elden Block, Program Manager
Hours: 24-hours – residential facility
Access: The School is under Northern Lights School Div. # 69
Clients: The School supplies services for Grades 5 to 10 students who live at the Centre

Description: A Residential Treatment Centre for youths. Services provided by the Youth Assessment Centre include: a) basic physical, medical and emotional care; b) crisis intervention and short term residential care; c) assessment and treatment based on in-depth observation of the youth. Date last updated: 21 Feb 04

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COMMUNITY SERVICES DIRECTORY for LAC LA BICHE *Updating Form*

- Use this form to correct or update information already contained in the directory, or to inform us of programs or services you think should be included in this directory.
- Use a different profile sheet for each program.
- Make as many photocopies of this page as you need.
- There **MUST** be a phone number or address listed or some way to contact the organization or program. **If not, it will not be included in the Directory.**
- It is important that someone responsible for each organization or program listed has given permission for entries and names to be used in the printed Lakeland Link Directory and subsequent internet site. **A signature must appear at the end of the form.**
- Please complete all the boxes below no matter how insignificant they may seem.
- Please mail/fax or deliver the completed updating sheet to one of the addresses indicated on the back of this page.

Program name <i>(if applicable)</i>	Check the name to be used in the Directory.
Official name of agency/organization	
Mailing address <i>(used for delivering i.e. box number)</i>	Village/Town/City Postal Code
Street Address <i>(physical location)</i>	Village/Town/City Postal Code
Telephone Number(s)	Fax Number(s)
E-MAIL:	WEBSITE:
Contact Person(s)	Name <u>Position in Organization</u>
Contact Person(s)	Name <u>Position in Organization</u>
Regular or seasonal hours of operation	
Geographical area served	
How can services be accessed <i>(how can people contact you?)</i> <input type="checkbox"/> walk in <input type="checkbox"/> mail <input type="checkbox"/> phone <input type="checkbox"/> appointment <input type="checkbox"/> fax <input type="checkbox"/> E-mail other:	
Who can use your services <i>(are there any eligibility restrictions?)</i>	
Fees or charges	

<p>Description of Service, Organization or Program: <i>(it is very important that this section be completed)</i></p> <ul style="list-style-type: none"> • Describe what your agency/organization does. • List the programs and services you offer. • Describe any special circumstances or pertinent details that would be helpful to know. 	
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As a representative of the above agency/organization, I authorize Lac La Biche & Regional FCSS to include information on this agency/organization in the Community Resources Directory resource data base, both the printed version and on the Internet site. To the best of my knowledge, the above information is accurate.

Signature: _____ Date: _____

The Community Resource Directory reserves the right to edit entries for space, clarity, and format and to verify the information provided on this sheet. Every effort will be made to ensure accuracy, however, we assume no responsibility for errors or omissions.

Return to:

**Anita Polturak, Coordinator
Lac La Biche & Regional Family & Community
Support Services
Box 387
Lac La Biche, Alberta T0A 2C0
Phone: 780-623-7979 Fax: 780-623-3510**