COLD LAKE FIRST NATIONS

Łuéchogh Túé

Community Newsletter

VOLUME 4, ISSUE 7
July 2019 Edition

CLFN Celebrates National Indigenous Peoples Day



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OUR OUTSTANDING MEMBERS | pg. 3

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Flip to page 4 & 5 for information on Treaty Days 2019!



National Indigenous Peoples Day, July 21, 2019

















Recognizing Our Outstanding Members!

The Lands and Resources Department would like to acknowledge five exceptional children who voluntarily came out to help clean off our vandalized building. Each of these kids received a gift for their volunteering skills and for setting a good example for the younger generation.

Thank you to Tristan Noel, Hailey Muskego, Zachary Cardinal, Akima McFeeters and Brian Grandbois!







"We are so pleased and extremely grateful for all their help. It definitely brought our spirits up to see how much they cared for our community! We hope to see more and more youth, community members, and people get more involved with CLFN. As for our youth, keep your head up and continue to do good! People are watching your good deeds, praying for you and looking to see all the good stuff that you are bringing to the Nation. We are always here, if you need help!"

-The Lands and Resources Department

THE DESTINY OF YOUR HARD WORK IS ALWAYS SUCCESS

CONGRATULATIONS GRADUATES OF 2019

POST SECONDARY GRADUATES

Ryan Lynch – Masters in Business Management

Tyesha john – Diploma in business administration management

Shirley cardinal – ba of arts in dene language

Margaret martial - ba of arts in dene language

Bridget Machatis - ba of arts in dene language

Charlotte Martial – correctional service diploma

Tristan eiriksson – after degree in bachelor of education

GRADE 12 GRADUATES

Marie Blackman

Cassidy Billette

Kenita Charland

yndes Grandbois

Serenity Jacko

Brina Janvier

Talon John

Jacob Keating

Darius MacGowen

Sage Martial Soloway

Kiara Scanie

Nadya Scanie White

Tyrese Scanie Marten

Tristan Piche

Dana Herman

Liam Nest

Samuel bear



Cold Lake First Nations

Łuechok Tue Tsąmba Nalye Dziné

TREATY DAYS

July 12-14, 2019

English Bay Treaty Grounds

www.clfns.com

Friday

MEALS & CEREMONIES

8AM - 9:30AM
Pancake Breakfast | Big Top
Sponsored by CLFN Health Centre

10AM - 11AM
Grand Entry & Opening Ceremonies
Chief & Council Swearing In | Big Top

11:30AM - 3:30PM
Annuity Payment | Big Top

5PM - 7PM
Traditional Feast | Big Top

GAMES

1PM - LATE
Hand Games | Top of Hill

2PM - 6PM
Canoe Tug of War | Beach

3PM
Junior Volleyball (Age 10-15) | Beach

3PM - 5PM
Adult Merchandise Bingo | Big Top
(Age 40+)

ACTIVITIES

12PM - 3PM
Paint Class with Jill Janvier | Grass

7PM - 9PM
Tea Dance | Grass

9PM - 1AM
Country Fyre Band | Big Top



Times & details subject to change

Saturday

GAMES

11AM - 2PM
Kids & Adults Dene Cultural Games
| Grass

11AM-3PM
Kids Games | Grass

1PM - 3PM
Adult Tug-Of-War | Grass

3PM - 4PM
Teen Canoe Races | Beach

3PM
Adult Volleyball (Age 16+) | Beach

4PM - 5PM
Adult Canoe Races | Beach

6PM - 8PM
Adult Triathlon | Grass

6PM - LATE
Hand Games Main Tournament
| Top of Hill

8PM - 9PM
Cram The Car Contest | Grass



MEALS & CEREMONIES

5PM - 7PM
Community BBQ Dinner | Big Top
Sponsored by Seven Lakes Oilfield Services. Big thanks to volunteers from CFB Cold Lake

ACTIVITIES

10AM - 1PM
Kids Garbage Clean Up Challenge
| Info Booth

11:30PM-2:30PM
Free Family Portraits | Grass

1PM - 5PM
Talent Show - Vocals | Big Top

2PM - 5PM
"The Joe Show" Walk Around
Entertainer & Face painting | Grass

7PM - 8PM
"The Joe Show"
Stage Performance | Big Top
Magic, Comedy, and ventriloquism

9PM - 1AM
Country Fyre Band | Big Top

10PM - 11:30PM
Movie Under the Stars | Beach

11:30PM
Fireworks Spectacular | Beach

Times & details subject to change

Sunday

MEALS & CEREMONIES

12PM
Fish Cookout | Outside Big Top

5PM
Closing Remarks | Big Top

GAMES

1PM - LATE
Hand Games Main Tournament
Continued | Top of Hill

3PM - 5PM
Adult Lumberjack | Grass

ACTIVITIES

10AM - 1PM
Kids Garbage Clean Up Challenge
| Info Booth

1PM - 5PM
Talent Show
Jigging, Fiddling, etc | Big Top

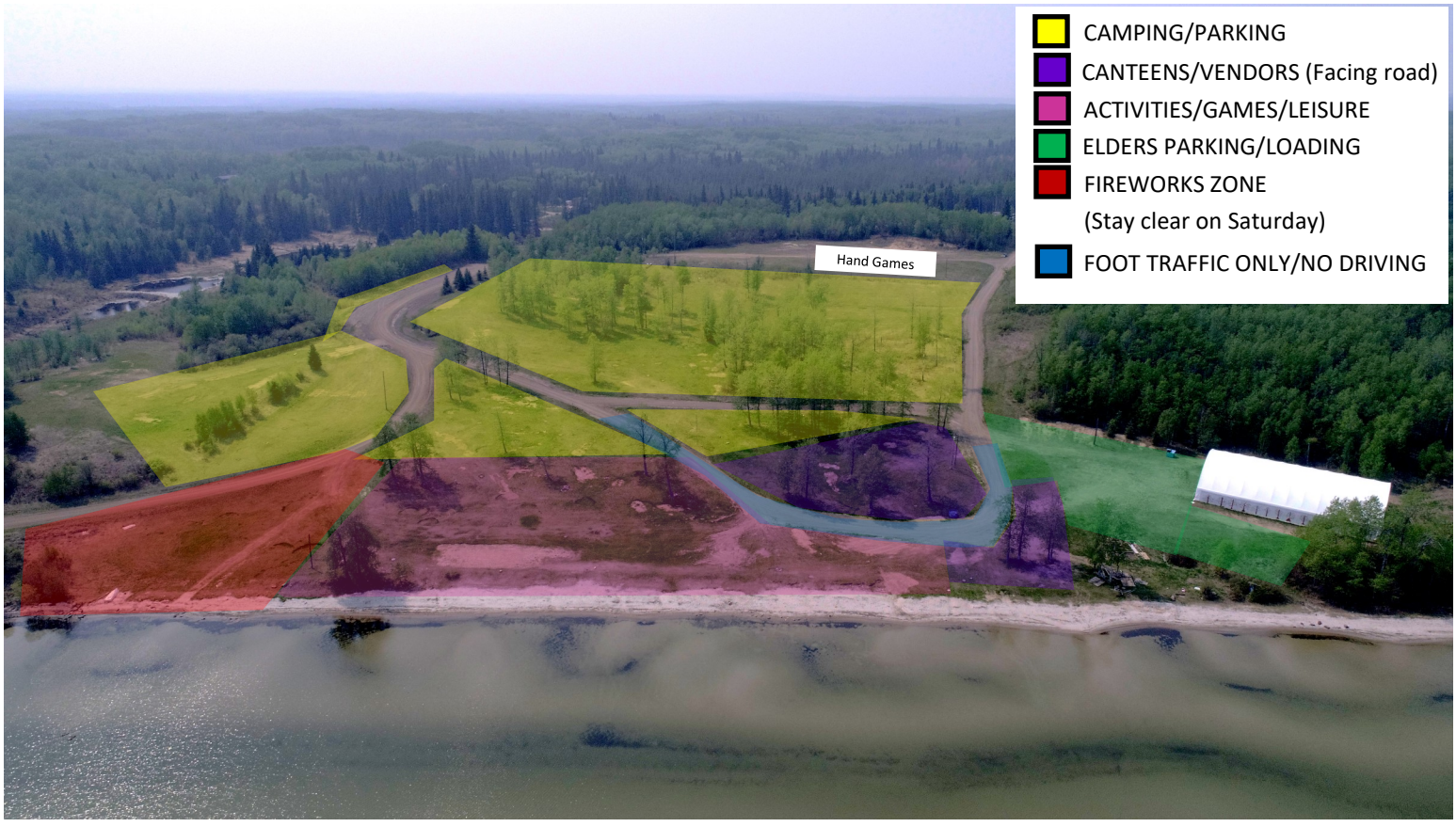
2PM - 4PM
Bannock & Tea ($20 entry) | Grass



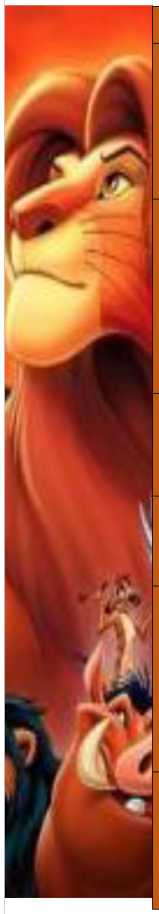
Times & details subject to change

Grounds Map

As you plan where to set up your camp, we kindly ask you to stay within the designated (yellow) camping/parking areas to ensure clear space for games, activities and vendors ...for the enjoyment of everyone!



July 2019 CLFNs Youth & Family



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1. Canada Day Office Closed	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12. 13. Cold Lake First Nations Treaty Days Celebration	
14.	15. Youth Gathering Conference Tsu Tina Nation 13-17 years old Contact Loretta or Pamela	16.	17.	18.	19.	20.
21.	22.	23. Paintball Age 8-12 4:30 Call Loretta	24. Paintball Age 13-17 4:30 Call Loretta	25.	26. Drugs & Safety Parent information seminar. Call Judy	27. Community Yard Sale 8am-3pm Community Hall
28.	29. Camp ActUa: Science camp for ages 6-12 years old. Contact Loretta to Register	30.	31.	1.	2.	

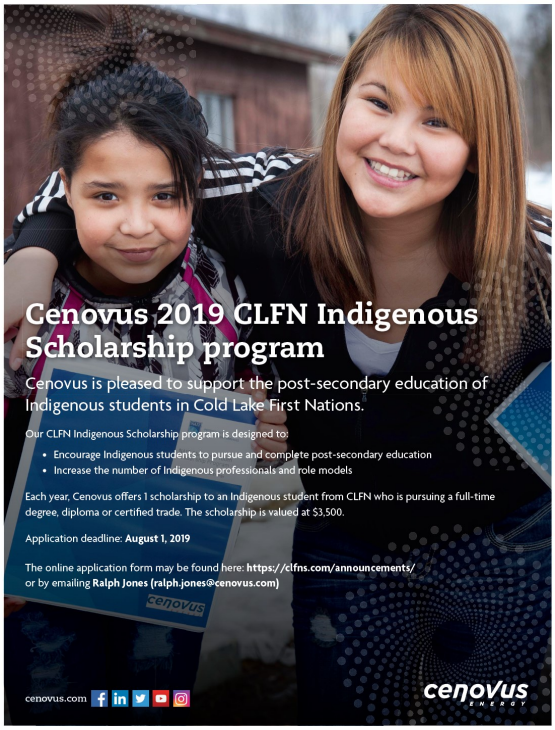
Collaboration of Youth and Family Programs in all departments, if you are interested in any of the programs please call the contact listed by them

Loretta McFeeters 780-594-2473~ Melissa Scanie 780-594-7183~Roberta Nest 780-639-9906~Judy Nest 780-594-1471~
Tracy Yuzicapi 780-594-1471~Pamela Scanie 780-594-1471 Tammy Janvier 780-594-7183

July 17th at English bay there will be a meeting to present the results of some of the fish monitoring work the Lands and Resource Department has been doing.

The department is looking for people that want to learn to fish.

We have all the gear, just need people who want to learn and bring home fish for their families.



North East Alberta Apprenticeship Initiative

N.E.A.A.I North East Alberta Apprenticeship Initiative

Looking for work? Let us help!

- Skills Assessments for Trades and Non-Trades
- Help with Registration for Apprenticeships
- Resume Building and Job Search Assistance
- Tutoring from Entrance Exam to Red Seal
- Mentorship and Support

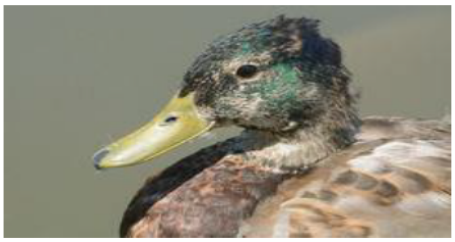
NEAAI will be at the Cold Lake First Nation, after lunch on the following dates:

May 22, 2019
June 12, 2019
July 11, 2019

780-812-6672
www.tcetsa.ca/NEAAI

Echedh Zae
(Molting Month)

Dene Language and Culture



Dzi̧k'e	Dzi̧k'ere	Nak'edzi̧ne	Tahdzi̧ne	Didzi̧ne	Łuetseldelidzi̧ne	Dzi̧t'azi̧
	1 Canada Day	2 Moccasin making English Bay Center 8:30-4:30	3 Staff Dene Classes PLC 2:00-4:00	4 Moccasin making English Bay Center 8:30-4:30	5	6
7	8 Moccasin making English Bay Center 8:30-4:30	9	10 Staff Dene Classes PLC 2:00-4:00	11 Moccasin making English Bay Center 8:30-4:30	12	13
14	15 Moccasin making English Bay Center 8:30-4:30	16	17 Staff Dene Classes PLC 2:00-4:00	18 Moccasin making English Bay Center 8:30-4:30	19	20
21	22 Moccasin making English Bay Center 8:30-4:30	23	24 Staff Dene Classes PLC 2:00-4:00	25 Moccasin making English Bay Center 8:30-4:30	26	27
28	29 Moccasin making English Bay Center 8:30-4:30 Xah Tue Camp	30 Xah Tue Camp	31 Xah Tue Camp			



Cold Lake First Nations Dene Language and Culture Department

We will be having a 2 week camp for kids ages 9-14 at Xah Tue (Primrose Lake)

Week 1– July 29– August 2 Ages 9-11

(Leave CLFN Band office @ 9:00 am July 29 and return August 2 @ 4:30 to CLFN Band office)

Week 2—August 5-9 Ages 12-14

(Leave CLFN Band office @ 9:00 am August 5 and return August 9 @ 4:30 to CLFN Band office)

Registration Forms can be picked up at the Band Office, English Bay Centre or from the PLC office

Children will experience our culture first hand by going to our traditional territory and explore fishing, hunting, berry picking, birch bark basket making, canoeing and canoe safety, and some survival skills.

This is not a day camp, your child will be required to stay there the week .

MUST BE ON THE CLAWR ACCESS LIST

We will be having orientation if your child is not on the List.

First 25 Children registered in each age group will be selected.

CLFN HEALTH CENTRE

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Canada Day Office Closed	WBC 2	WBC 3	4	5	6
7	WBC 8	WBC 9	WBC 10	11	12 Treaty Days Pancake Breakfast	13
14 Treaty Days	WBC 15	WBC 16	WBC 17	18	19	20
21	WBC 22	WBC 23	WBC 24	25 Dr Winterstein	26	27
28	WBC 29	WBC 30	WBC 31			

Treaty Days – July 12th to13th, Pancake Breakfast at the Treaty Day grounds

WBC – Well Baby Clinic, please call Lillian to book.

Upcoming events

Crib Night
will return in September

All Programs will be back in September

Remember to stay hydrated, Drink lots of water.

Use sunscreen to protect yourself from sunburn.

Upcoming Clinics

Doctor Clinic
Will return in September

Dietician
Will return in September

Please call the Health Centre for an appointment with the Doctor or Dietician.

Do you have something that you'd like to see in our newsletter?

Please send your ideas, feedback and submissions to:

newsletter@clfns.com

Elders and Special Needs

JULY

2019

Happy Canada Day

Treaty Days 2019

Elder's Lac St Anne Trip

Happy Birthday Everyone

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day	2 Home visits	3 Meals on Wheels	4 Home Visits	5	6
7	8 Meals on Wheels	9 Hospital Visits	10 Meals on Wheels	11 Treaty Days	12 Treaty Days	13 Treaty Days
14 Treaty Days	15 Meals on Wheels	16 Home Visits	17 Meals on Wheels	18 Home Visits	19 Hospital Visits	20
21	22 Meals on Wheels	23 Home Visits	24 Lac St Anne	25 Elders Shopping	26 Home Visits	27
28	29 Meals on Wheels	30 Elders Shopping	31 Meals on Wheels			

HERITAGE DAYS AT SUCKERVILLE

Suckerville is our traditional settlement on Primrose Lake. All members are welcome to come out to reconnect with this important part of our history.

During this time, camping can occur at Suckerville only from August 5-9 2019

Important Reminders:

- Volunteers from 4-Wing will accompany CLFN members to the Suckerville site starting on July 5 and continue to July 9.
- No 4-Wing escort is required for the fish camp. **UPDATE July 3, 2019 – ROAD CLOSED DUE TO TORNADO DAMAGE**
- Participation is not funded and no costs will be reimbursed for participation, supplies, food, fuel, etc.
- There is no cell phone service at either location.
- You must be on the Access List to gain access to CLAWR. If you are not on the list, you require orientation by no later than the Wednesday July 3 2019.



2019 Heritage Days

Suckerville - Open Friday Jul 5 2019 from 5:00pm to Tuesday Aug 9th at 10:00 AM

Fish Camp (Purple Area) - Open 24 hours, 7 days a week unless otherwise notified.

UPDATE July 3, 2019 – ROAD CLOSED DUE TO TORNADO DAMAGE

APPROVED DATES

FRIDAY JULY 5 -9, 2019 SUCKERVILLE (START JULY 5 @ 1700 / 5:00PM)

MORE INFORMATION PLEASE CONTACT THE

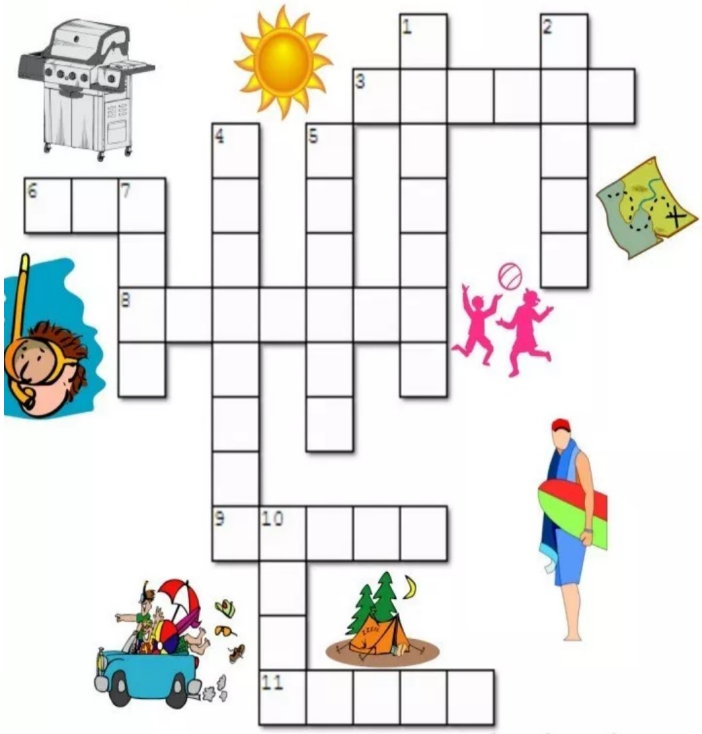
LANDS AND RESOURCES DEPARTMENT

780-594-7183



Summer Road Trip Crossword

Complete the crossword below



Across

3. School is out, it's time for _____ vacation.
6. Don't forget to bring the ___ in case we get lost!
8. We might go _____ and sleep in a tent.
9. I love burgers cooked on the _____.
11. My dad is going to _____ the car while mom checks the map.

Down

1. My family packed a whole set of _____.
2. We build sandcastles on the _____.
4. I can't wait to jump in the pool and go _____.
5. My mom, dad, brothers and sisters are my _____.
7. I have to ____ my suitcase.
10. We are taking a family ____ trip.



Summer Holiday Word Hunt



Can you find the words 'summer' and 'holiday' 8 times each?

n	s	u	m	m	e	r	k	q	o	i	g
s	n	h	o	l	i	d	a	y	s	y	z
s	u	m	m	e	r	i	k	w	b	s	o
h	g	s	z	s	h	o	l	i	d	a	y
o	m	h	p	u	r	s	u	m	m	e	r
l	s	o	y	m	h	o	l	i	d	a	y
i	u	l	h	m	i	a	g	c	c	a	s
d	m	i	q	e	s	u	m	m	e	r	u
a	m	d	l	r	s	u	m	m	e	r	m
y	e	a	x	h	o	l	i	d	a	y	m
d	r	y	h	o	l	i	d	a	y	r	e
h	o	l	i	d	a	y	a	g	x	w	r

Dene word of the month:

sa = Sun





EMERGENCY CONTACT LIST

MISCELLANEOUS NUMBERS

Dangerous Goods

24 Hours 1-800-272-9600

Poison Centre 24 Hours

1-800-332-1414

CANADA SUICIDE PREVENTION

1-833-456-4566 OR TEXT 45645

ERCB Bonnyville

780-826-5352

Power Outages Atco Electric

1-800-668-5506

Gas Emergencies Northeast Gas

780-826-4002

Alberta one-call

1-800-242-3447

POLICE EMERGENCY CALL 911

Cold Lake R.C.M.P.

24 Hours 780-594-3301

Office Hours 780-594-3302

Victims Services

Dave Zimmerman 780-594-3302 ext.3

Cold Lake Ambulance Authority

780-594-6674

Cold Lake Healthcare Centre

(780) 639-33

Bonnyville Health Centre

(780) 826-3311

Cold Lake First Nations

Director Of Emergency Management

John Piche 780-545-6113

CLFN Health Centre

Office Hours 780-594-2473

EDMONTON REFERRAL NUMBER

1-800-727-7910

Dene Wellness

Office Hours 780-594-1471

PUBLIC WORKS

780-594-1073