

Łuéchogh Túé

Newsletter

March 2020 Edition

DO YOU KNOW YOUR STORY?

**CLFNS DEVELOPING SEVERAL METHODS TO
HELP TEACH AND UNDERSTAND OUR HISTORY**

2

February in Review

- Dene 101
- CLFNS Embracing New Technology

6

In-Depth

- Understanding Bill C-92

7

Upcoming Events

- NHL Star Coming to CLFNS
- Red Cross Training
- Law Workshops

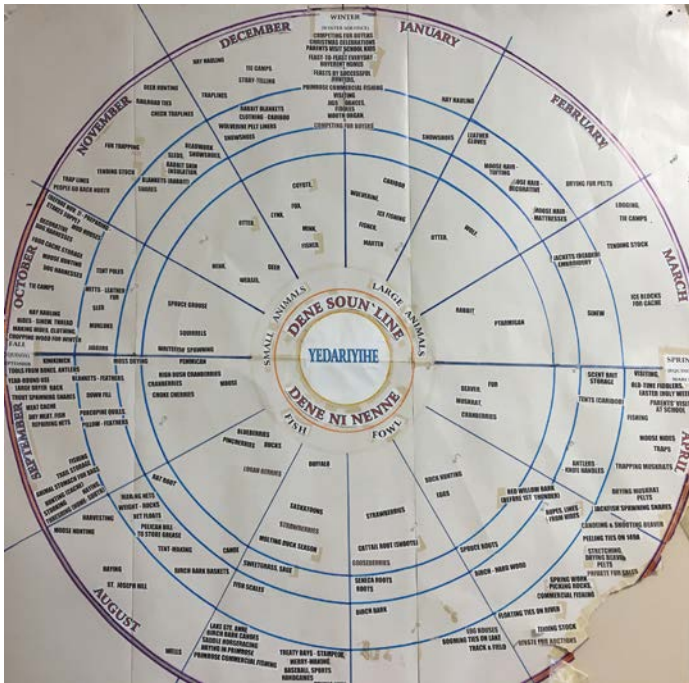
10

Department Info

- Employment and Training
- Health Department
- Youth and Family Events
- Social Development
- Language and Culture

CLFNS' History Starts With Dene 101

February 27, 2020



The original pre-1952 circle of livelihood (above) and the traditional Dene Suline territory map (below).

The Lands and Resources Department hosted a "Dene Suline 101" presentation to room full of students and Elders. The open floor workshop tells of our early hunting and trapping life on the now Cold Lake Air Weapons Range (CLAWR) and how Cold Lake First Nations (CLFN) was a wealthy and robust Nation until the livelihood of our parents and grandparents was taken and was replaced by the Canadian Government's welfare system. In 1952 our people were removed from the CLAWR and banned from coming back until 1995. It was noted that in early 1900's a single trapping season would bring upwards of \$40,000+ to each family and comparatively the government offered only two payments, in 1953 and 1954 and the welfare system as a replacement. The Elders noted that welfare was \$229 per month. Dene Suline or CLFN 101 serves as an essential starting point to understanding the history of our Nation and what makes us a strong and resilient people.

There is a professional documentary currently in production on the topic and it is scheduled to be released within the next few months.



CLFNS Embracing New Technology

February 14, 2020

Coming at you live! From Cold Lake First Nation's new multi-million dollar production studio is what it looks like, but thanks to the affordability and availability of "green screen" technology we are able to do it for a microscopic fraction of the price. Fin and Kelsey (seen in the photo below) appear to be on a full Hollywood production sound stage but are actually sitting on

a small desk in front of a large green cloth. This technology is featured in our new Community Updates section of our YouTube page. Using this tech allows us to communicate with community members in an eye catching and interesting modern method, similar to what most professional "youtubers" do.



- Screen capture from the latest community updates feature from youtube.com/coldlakefirstnations.

Social media has become an integral part of our society and how we communicate with each other. CLFNS has made great strides to be leaders in our ability to get information to our members in fast and captivating ways. We've employed multi-angle live streaming of important presentations and events, as well as continuous facebook updates and live question and answer sessions with our members.

We look forward to engaging with our youth and teaching them how they can utilize this technology for

their own YouTube channels as well as developing a digital archive, that can be referenced at anytime by our community members, on any of the topics or events that have been captured.

All of our videos are available at youtube.com/coldlakefirstnations.

Understanding Bill C-92 (kids in care)

Reducing the number of Indigenous children in care

The Government of Canada has co-developed, with Indigenous peoples, provinces and territories, new legislation to reduce the number of Indigenous children and youth in care and improve child and family services.

The Act respecting First Nations, Inuit and Métis children, youth and families came into force on January 1, 2020.

About the act

Co-developed with Indigenous, provincial and territorial partners, the act:

- affirms the rights of First Nations, Inuit and Métis peoples to exercise jurisdiction over child and family services
- establishes national principles such as the best interests of the child, cultural continuity and substantive equality
- contributes to the implementation of the United Nations Declaration on the Rights of Indigenous Peoples
- provides an opportunity for Indigenous peoples to choose their own solutions for their children and families

On June 21, 2019, the Act respecting First Nations, Inuit and Métis children, youth and families became an official law, and on January 1, 2020, its provisions came into force.

What happened on January 1, 2020

Indigenous groups who wish to do so can design and deliver child and family services solutions that best suit their needs. Just as the act was co-developed with our partners, we will continue to work with them through the transition and implementation phases of the act.

- As of January 1, 2020:
- Indigenous groups who have developed their own legislation will have 2 options to exercise jurisdiction under the act.
- Every service provider delivering child and family services to Indigenous children and families will need to follow the minimum standards found in the act.
- Existing agencies will continue to provide services to Indigenous children.
- Agreements related to existing delegated agencies will remain valid unless the parties decide otherwise.

Understanding Bill C-92 (kids in care)

- If Indigenous groups are currently at discussion tables to conclude agreements, they can still exercise jurisdiction under the framework of the act.
- Indigenous groups that choose to exercise their jurisdiction could continue working with delegated agencies or could create their own delivery service models.
- The act provides that agreements such as treaties and self-government agreements in relation to child and family services between Indigenous groups and federal, provincial, or territorial governments that predate the coming-into-force of the act prevail in case of conflict.
- To facilitate the work of those providing child and family services, information will be posted on the Indigenous Services Canada (ISC) website related to notices of intent, coordination agreements and Indigenous laws as they are made available.



In Canada, 52.2% of children in foster care are Indigenous, but account for only 7.7% of the child population according to Census 2016. This means 14,970 out of 28,665 foster children in private homes under the age of 15 are Indigenous.

Results from the 2011 National Household Survey also show that 38% of Indigenous children in Canada live in poverty, compared to 7% for non-Indigenous children.

Source: Government of Canada website, <https://www.sac-isc.gc.ca/eng/1541187352297/1541187392851>



WE NEED YOU

The Canadian Red Cross, in partnership with the CLFNS Emergency Management department are pleased to announce a presentation by Red Cross. The goal is to train our members to assist our community in times of disasters and/or major emergencies. You can help insure no family faces disaster alone. You can be part of the largest humanitarian organization in the world. Highly trained volunteers respond to an average of 300 responses in Alberta every year. Red Cross provides training and support so that you are prepared to offer help during a disaster.

Please contact **John Piche at 780-545-6113** for more information and to register for this exciting opportunity to be of service to our nation and our neighbors.



MARCH 19, 2020 | 2PM-3:30PM | LARGE COUNCIL CHAMBERS



Legal Workshops

March 10, 2020

ABC's of the Child, Youth and Family Enhancement Act:

9:00 – Noon

Parenting Workshop: 1:00 – 4:00

March 11, 2020

Reporting Sexual Assault: 9:00 – Noon

Kinship & Foster Care: 1:00 – 3:00

Children Going to Court: 3:00 – 4:30

Integrated Services Building

Lunch and snacks will be provided

All Workshops are all from a Legal Perspective

Presented by **Cold Lake First Nations FCSS**, Sponsored by **Portage College**
For Registration please contact **Judy Nest** at 780-594-1471 or judy.nest@clfns.com

SPEND THE DAY WITH NHL STAR

JASON SIMON

- 9am Opening prayer
- 9:05am Introduction guest speaker JASON SIMON
- 9:10am Presentation Grow up Indigenous on a

- First Nation
- Pursuing Dreams (NHL)
- Topics: Bullying, Peer Pressure, Racism
- Drugs & Alcohol, asking for help recovery
- Goal setting, Visualization



Living a healthy life style, Mentally Physically, Spiritually, Asking for HELP

- 10:30am Question & answer, Raffle NHL Alumni stuff, sign Hockey cards (provided)
Pictures etc.

11-12pm Floor hockey

12noon Closing



MARCH 14 LE GOFF SCHOOL

LUNCH PROVIDED TO THOSE THAT ATTEND

For more information please call Loretta 780-594-2473 Ext 2207

Soup and Bannock



Every Wednesday
12pm, English Bay

Come on out to E-bay for some hot lunch! Bring your whole family, neighbours or co-workers and tell your friends too!

Family Swimming

March 13
6-8pm, JJ Parr

Deadline for registration is Thursday Mar 12 @ 3pm
Call Roberta @ 780-815-0346 for more information



Let's Learn Our Dene Language

Every Wednesday
5pm, English Bay

Bowling Night

March 12
5pm, Marina Bowling Center

All Registrations must be
Before Wed, Mar 11 @ 3pm – Ph.780 639-9906/780-815-0346
Please Note: Come a little earlier so others aren't waiting...



Movie Matinee



March 14
12:30pm, Grand Square Cinema

Call Roberta @ 780-815-0346 for more information
Limitations are 3 ticket passes per family.

CSTS 2020 is Here!

Take it for FREE until December 31, 2020

Your ACSA is pleased to announce the launch of the new version of Construction Safety Training System (CSTS) 2020.

CSTS 2020 is the upgraded version of CSTS-09. CSTS 2020 consists of CSTS 2020 Fundamentals and optional Add-on Modules.

On its own, CSTS 2020 Fundamentals is an interactive nine-module online course that serves as a general construction site orientation for workers new to the construction industry. And, it takes only 2 to 3 hours to complete.

The job-specific Add-on Modules allow employers to customize the CSTS training to fit their specific site requirements. The modules range between 5 to 15 minutes each and can be taken separately.

CSTS 2020 is mobile-friendly and compatible with most digital devices with access to the internet. This version does not use Adobe Flash.

For more information, please refer to the CSTS 2020 Information Sheet.

To take the course now, Google ACSA and then create & sign into your ACSA account.



Obtaining Lost or Stolen Safety Tickets

It is at your OWN expense that these tickets will be replaced.

Enform Safety Tickets

1-800-667-5557

Log onto Enform.ca, type in Username/Password if known.

If unknown, you can call them.

Fee \$26.25

This includes H2S, Ground Disturbance, TDG

St. Johns Ambulance First Aid Tickets

1-800-665-7114

You can go into any St. Johns Ambulance Offices and they can reprint tickets right there for a cost of \$21.00.

Tital Safety Tickets

1-780-645-1162

TDG, Confined Space. WHMIS - \$10.00 fee

First Aid - \$50.00 fee

H2S - Enform

Alberta Construction Safety Association

1-800-661-2272

CSTS Safety Ticket

Go to website to create student services portal to reprint another ticket. You can call them with your name/birthdate, and they can tell you if you have a ticket, but they cannot print tickets for you.

Astec Safety-food Safe

780-812-3080

Can call them for a replacement card

Thank-you,
Employment and Training Department

Medical Subsidy Program

Disclaimer

- This program is not a Treaty Right and is not intended to replace or infringe Treaty Rights to health.
- The Medical Subsidy Program cannot replace employer group health insurance.
- CLFN members who opt out of employer group health are not eligible.
- The Medical Subsidy Program is intended to cover the shortfalls within Non-Insured Health Benefit Program (NIHB) and/or employer group health insurance when applicable.
- Any children must be a member of CLFN and must be registered within 1 year and 6 months of birth, otherwise they will not be eligible for further assistance.

Program Overview General Public 0-64 years of age

- **Dental** - \$1000/fiscal year, Dentures - \$2500 top plate/ \$2500 bottom plate- per person/8yrs.
- **Prescriptions** – 100% CAD All prescriptions will be eligible.
- **Services Fees** – program to cover \$750 per fiscal year – which includes acupuncture, chiropractor, podiatry, rehabilitation physiotherapy. No shows/missed appointments fees are ineligible.
- **Vision** - \$300/fiscal year this includes eye examinations, prescription lens & frames, contact lenses and surgeries.
- **Orthodontic** – (17 yrs & under only) to cover 70% of total cost of the treatment plan (once in a life time)
- **Required Aids to living** - \$500 per fiscal year.
- **Oxygen** – 100% (prescription required)
- **Form Fees** – 100% person/fiscal year. For fees or costs related to AISH forms.

Elder Medical Subsidy Program (65 years & older only)

- As per program over view guidelines listed
- **Dental** - \$1500/fiscal year, Dentures - \$4000 bottom plate/ \$4000 top plate, **Prescriptions** – 100%,
- **Services Fees** - \$1000/fiscal year, **Optical** - \$500/fiscal year (1 pair a year),
- **Aids to Daily living** - \$1000/fiscal year, **Oxygen** – 100%, Form Fees – 100%/fiscal year.

Conditions of Eligibility to apply

- Must be a registered Cold Lake First Nations member
- Must provide copies of denial or approval letters from Non-Insured Health Benefits.
- If CLFN member has additional health benefits a statement from provider outlining what is approved and denied
- All requests must be supported by medical documentation and proposed treatments plans when necessary.

Fiscal Year

- April 1 – March 31
- Once program dollars are exhausted for the fiscal year, program will be suspended until the new funding year.

Payment information when requesting reimbursement

- Required original receipt (photocopies will not be accepted or reprints)
- Must have all receipts taped to an 8x10 blank paper.
- FNIBH approval or denial statement.
- Employee benefits statement if applicable
- Application must be filled out & signed by client who received services. Parents/or guardians must sign on behalf of minors.

Please Contact: Kim Machatis @ 780 594 2473 ext. 2212 **Email** @ medical.subsidy@clfns.com

Mailing Address: Cold Lake First Nations Health Services PO Box 8100 Cold Lake, AB T9M 1N1

Medical Transfer

Local Appointments

- **2 hour notice** is required to coordinate pick up times. Escort/parents required for clients 15 years of age or younger.
- MT will only pick up the client/escort **ONLY** no other passengers allowed, unless pre-approved by MT coordinator.
- **Be prepared to be picked up 1 hour before appt.** Notify MT if you need to cancel your pick up.
- We will only transport to Bonnyville for **Specialist appointments only.**

All specialist appointments must be pre-approved by the Regional Office in Edmonton before any services will be provided.

Please keep in mind that NOT all early morning appointments will be approved for overnight accommodations. They may be deemed a day trip. Please have all appointments in as soon as possible.

Edmonton Referral Services - Please contact 1 800 514 7106 upon arrival in Edmonton

To receive Edmonton Referral Service for Specialist appointments clients need to contact Kimberly Machatis at the CLFN Health Centre prior to their appointment. **All specialist appointments MUST BE PRE-APPROVED and entered into the MTS system along with all the paperwork required.** MT requires at least 1 week or more notice for all specialist appointments, so that all necessary arrangements can be made on time.

- A Referring Letter (letter stating which doctor or clinic referred you to the specialist) or Requisition (letter stating the appointment info). The referral must be made by a local physician. **Without the necessary paperwork no services will be provided.**
- Please provide name, date, time, address and telephone number for the specialist.
- Services provided: Bus ticket - for client/escort (if required), Cab – to and from Cold Lake Bus Depot, meals/accommodations.
- Private Vehicles mileage (590km x 0.185 = \$109.15) will only be provided on a reimbursement basis only from Health Canada. **NO CHEQUES or CASH** is provided for gas money. **Client must get a confirmation of attendance letter/note;** fill out and sign the reimbursement form, mail it to Health Canada and the cheque will be issued from Health Canada in Ottawa, For round trip appointment reimbursement, please provide ITEMIZED meal receipts only, parking only and the confirmation letter/note. The cheque will be mailed at a later date and/or will be deposited in your bank account if you mailed in your direct deposit slip.

For more information please contact Kimberly Machatis at Medical Transfer 780 594 7187



Youth and Family Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1.	2.	3. HIGH SCHOOL LUNCHEON Call Melissa	4.	5. No Gym tonight	6. Family Spirit Martial Arts Self Defence Lessons Call Loretta	7.
8.	9.	10. ABCs Workshop- Legal information workshop 2 days 9am:430 Call Judy	11.	12. Gym Night 5-6 Call Loretta Grief and Loss 7pm Call Judy	13. Swimming Call Roberta	14. Matinee Call Roberta Jason Simons presentation LeGoff School 9 am
15.	16.	17. Happy St Patrick's Day Tea Party and Movie Call Loretta	18.	19. Gym Night 5-6 Call Loretta	20. TEEN Night 5-7 pm Call Loretta	21.
22.	23.	24.	25.	26. Gym Night 5-6 Call Loretta Grief and Loss 7pm Call Judy	27.	28.
29.	30.	31.				

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** 780-594-2473 ~ **Melissa** 780-594-7183 ~ **Roberta** 780-639-9906 ~ Judy & Pamela 780-594-1471

Health Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Doctor Clinic & Dietician Please call the Health Centre to book your appointment.	1	2 WBC	3 WBC Dr Ghauri Dr Clinic	4 WBC	5 Dietician AHS Presentation	6	7
WBC (Well Baby Clinic) Contact Lillian to book an appointment.	8	9 WBC	10 WBC	11 WBC Empowering Women	12 Dr Ghauri Dr Clinic	13 Baby Shower	14
Crib Night Contact Mary to register.	15	16 WBC Rhymes that Bind	17 WBC Healthy Hearts Club Happy St Patrick's Day	18 WBC	19 Traditional Parenting 9 am – 3 pm	20 Dr Ghauri Dr Clinic	21
MCH Contact Rita to register	22	23 WBC Rhymes that Bind	24 WBC Prenatal Class Crib Night	25 WBC Footcare Clinic MCH & Empowering women Dr Ghauri/Dr Clinic	26	27 Breastfeeding Support Group	28
Diabetic Social & Healthy Heart Club Contact Brittany for more	29	30 WBC Rhymes that Bind	31 WBC Diabetes Social				

AHS Presentation – Maintaining Health Relationships, Please Call Lillian to register.

Breastfeeding Support Group – 10 am – 12 pm, please call Kristina to register or for any questions

Empowering Women – Please call Kristina to register.

CLFN Health Centre 780-594-2473 Fax 780-594-0084

Social Development

Monday	Tuesday	Wednesday	Thursday	Friday
Intake 2	Intake 3	Intake E-Bay only 4	Intake 5	No Intake 6
Intake 9	Intake 10	Intake E-Bay only 11	No Intake Case Conference 12	No Intake Case Conference 13
No Intake Training 16	No Intake Training Career Success Workshop 17	No Intake Training Career Success Workshop 18	No Intake Training 19	No Intake 20
Intake 23	Intake Career Success Workshop 24	No Intake Career Success Workshop 25	Cheque Distribution 26	No Intake 27
Intake 30	Intake Career Success Workshop 31			

Language & Culture

Dzìk'ere	Nakedzìne	Tahdzìne	Dìdzine	Łuets'eldeli Dzine
2 9:00am-12:00pm Dene 201 1:00-4:00pm Syllabics	3	4	5 9:00am-12:00pm Dene 116 3:00-4:00pm Drumming	6
9 9:00am-12:00pm Dene 201 1:00-4:00pm Syllabics	10 ICE FISHING	11 ICE FISHING	12 9:00am-12:00pm Dene 116 3:00-4:00pm Drumming	13
16 9:00am-12:00pm Dene 201 1:00-4:00pm Syllabics	17	18	19 BLUE QUILLS SYMPOSIUM 3:00-4:00pm Drumming	20
23 9:00am-12:00pm Dene 201 1:00-4:00pm Syllabics	24	25	26 9:00am-12:00pm Dene 116 3:00-4:00pm Drumming	27
30 9:00am-12:00pm Dene 201 1:00-4:00pm Syllabics	31			

Det'anichok Zae ~ Eagle Moon

NOTE: All activities are at the PLC Building except for Drumming and Rabbit Snaring which will be held at LeGoff School. Dene 201 and Dene 116 are UnBQ courses.

OFFICE HOURS: Mon – Thurs 8:30 am - 4:30 pm Fri 8:30 am - 2:00 pm

Office: 780-594-7168 **Cell:** 780-545-9073

Email: lynda.minoose@clfns.com or mariah.palinrussell@clfns.com

Are You a Victim of Crime?

You have rights and can access services, support, information & referrals

Cold Lake Victim Services will be at Integrated Services on:

Dene Wellness

Mar 09 9 am - 3:15 pm

Mar 10 9 am - 3 pm

Mar 13 9 am - 12 pm

Mar 20 9 am - 2 pm

Mar 23 1 pm - 3:15 pm

Mar 24 10 am - 3 pm

Mar 30 10 am - 2 pm

English Bay Centre

Mar 11 10 am - 2:30 pm

Mar 18 10 am - 2:30 pm

Mar 25 10 am - 2:30 pm

To make an appointment,

Contact us at:

780-594-3302 ext.3

Cold Lake Victim Services

Emergency Contact List

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

780-639-3322

Bonnyville Health Centre

780-826-3311

CLFN Emergency Management

John Piche 780-545-6113

CLFN Health Centre

780-594-2473

Dene Wellness

780-594-1471

PUBLIC WORKS

780-594-1073

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

Power Outages Atco Electric

1-800-668-5506

Gas Emergencies Northeast Gas

780-826-4002

Alberta One-Call

1-800-242-3447

