

Łuéchogh Túé

Newsletter

August 2021 Edition

TREATY DAYS A SUCCESS!

**A GLOBAL PANDEMIC, EXTREME HEAT, THUNDER,
LIGHTNING AND A TORNADO WARNING
COULDN'T STOP CLFNS FROM CELEBRATING!**

2

Community News

- New Speed Limit
- Meet The New Personal Trainer

3

In Depth

- Treaty Days 2021
a Success!

6

Department Updates

- Summer Youth Program
Update
- Family Golf

13

Community Support

- Cenovus 2021
Indigenous Scholarship
- Treaty 6 Contemporary

New Lower 80km Speed Limit At Casino Intersection

You may notice vehicles moving a little slower past the Casino Dene intersection. The speed limit has now been reduced to 80km an hour. Since it's construction, this intersection has always been an area of concern with a serious blind spot coming around the Beaver River hill. The new lower limit should reduce the risk of incidents and make for safer entering and exiting of the Petro-Canda gas station. Slow down, and take caution when approaching the area.



Meet The New CLFNS Personal Trainer



Hello, my name is Jesse Bird, I'm a certified Personal Trainer and the new Fitness Coordinator here at CLFN. Originally from Manitoba, I'm a proud indigenous man from Peguis First Nations and I'm very happy to be able to offer my services to benefit the community.

For the past 2 years I worked as a

military Trainer at 4-Wing Cold Lake Air force base. Before fitness I used to work in mental health for many years. Now, I take all the skills I've learned in my previous career and blend it with my fitness knowledge to deliver a unique form of training that I call compassionate Personal Training.

Over the years I've done workshops

and fitness classes for other health organizations in the area (Kehewin Band Office, Frog Lake Health Centre, Bonnyville Indian-Metis Rehab).

All skill levels are always welcome and I hope to see you at our new Fitness Centre, located across from the Health Centre here in CLFN. Come say hi!

Cenovus Energy Signs Power Purchase Agreement with CLFN

Cenovus Energy Inc. has entered into a power purchase agreement (PPA) to buy solar-power produced electricity and the associated emissions offsets from a partnership between Cold Lake First Nations (CLFN) and Elemental Energy Inc., helping Cenovus advance two of its environmental, social & governance (ESG) focus areas by addressing climate & greenhouse gas (GHG) emissions as well as further supporting Indigenous reconciliation through economic engagement.

The southern Alberta project will add 150 megawatts of renewable energy to the province's electricity grid once completed and is expected to begin producing electricity in 2023. Cenovus has signed a 15-year PPA for the full output of the facility, providing the offtake contract necessary for the construction of the project and ultimately helping Cenovus mitigate its scope 2 emissions. Scope 2 emissions are those represented by purchased or acquired electricity, steam, heat and/or cooling. In Cenovus's case, these emissions primarily result from purchased electricity.

"Through this agreement we're reinforcing our commitment to using multiple levers and innovative approaches to help us in our long-term ambition of achieving net zero emissions by 2050," said Alex Pourbaix, Cenovus President & Chief Executive Officer. "This is also an excellent opportunity to further build



- Aerial view of Elemental's Brooks, AB Solar Project

on our long-standing relationship with Cold Lake First Nations in its partnership with Elemental."

CLFN, part of the Denesųliné Nation with 3,000 members and reserve lands around Cold Lake and Primrose Lake near some of Cenovus's oil sands projects in northern Alberta, has been a long-time supplier of services at Cenovus's projects. Vancouver-based Elemental Energy is a privately held developer, investor and operator of renewable energy projects, including two existing solar facilities in Alberta.

"Cold Lake First Nations is excited to partner with Elemental Energy and Cenovus on this important project. As stewards of the land, our Nation fully supports sustainable renewable energy development respecting environmental, economic, cultural and social contexts, while realizing long-term economic benefits through an ownership stake in the project," said Cold Lake First Nations Chief Roger Marten. "The project exemplifies the relationships we've built with our partners and creates an innovative path for economic

reconciliation."

"This project represents a milestone for Elemental by building on our track record of Indigenous partnerships and working with corporations to build large scale projects that advance Canada's renewable energy economy," said Jamie Houssian, Principal, Elemental Energy. "We are excited to demonstrate the power of collaboration with Cenovus, Cold Lake First Nations, and Elemental coming together to create a project that unites both purpose and profit."

In addition to climate & GHG emissions and Indigenous reconciliation, Cenovus has also identified water stewardship, biodiversity and inclusion & diversity as its other significant ESG focus areas. The company anticipates it will release its comprehensive 2020 ESG report in the fourth quarter of 2021, which will include new ESG targets for each focus area, as well as pro forma metrics for the combined company to reflect Cenovus's acquisition of Husky Energy on January 1, 2021.

Treaty Days 2021 A Success!

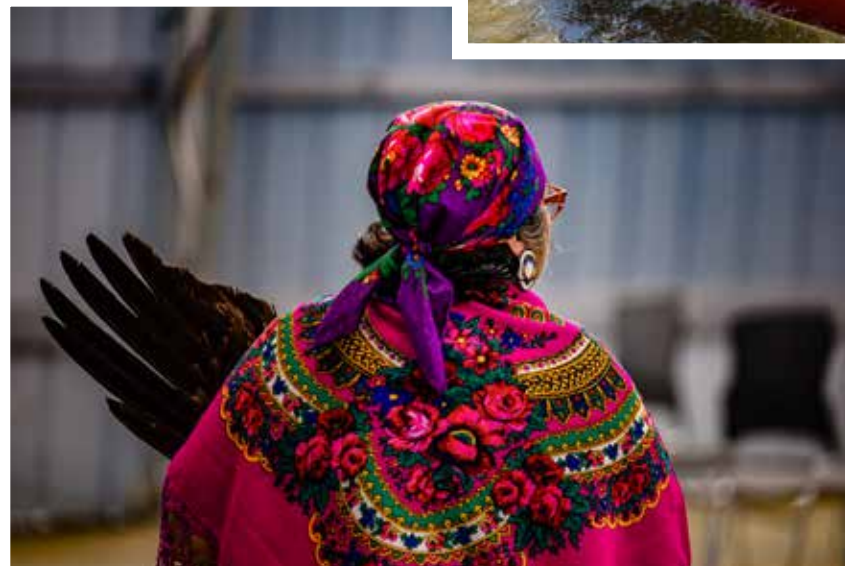
Our resilient, indigenous spirit was on full display at this year's Treaty Days. Pandemics, tornadoes, heat waves, thunder and lightning storms all were no match for this year's attendees.



In late spring the decision was cautiously made to press forward with Treaty Days. The COVID-19 pandemic was still in full swing and the decision was made on the hopes, that the newly announced vaccine would finally bring an end to seemingly endless cycle of mask mandates, social distancing and lock downs. Well, with a strong push from the Provincial Government, a vaccine lottery and a little help from the creator, Treaty Days 2021 (TD21) was able to proceed, and the

attendees came out to celebrate in full force.

The theme of this year's event "every child matters" was in honour of the recently discovered children from former residential schools. All volunteers and guests wore orange shirts in memorial and the evening's fireworks display included a special orange display synchronized to



traditional indigenous drumming.

The local RCMP, as well as Cold Lake Mayor, Craig Copeland made appearances at the opening ceremonies, Mayor Copeland spoke of the solidarity the City of Cold Lake shares with Cold Lake First Nations and the joint statement that was released pertaining to the partisan support of the Canada Day ceremonies that were recently held in Cold Lake.

Treaty Days 2021 A Success! (cont)

The day's events came as challenge when the afternoon temperature rose to above 30 degrees. Water and shade were in high demand for the event participants, and the cool lake waters were a welcome reprieve from the scorching afternoon sun.

Canoe Races, Bannock and Tea, Traditional Games and the ever popular Lumber Jack/Jill all pressed forward in defiance of the heat. With an abundance of water and the EMS on site, contestants were able



to power through and complete all but a couple events that had to be cancelled due to time constraints.

As the afternoon wound down, the attendees were treated to a traditional Dene feast of moose and freshly harvested fish, complete with bannock and all the trimmings.

Things got a little tense as a large storm cell rolled across the English Bay Treaty Grounds, an emergency alert with a tornado warning forced

attendees to temporarily seek shelter, but the storm quickly passed and left a bright orange sky, complete with double rainbows in it's wake. With a little cooling intermission, the night ended succesfully with an outdoor movie, dance and special fireworks display, (albeit with a few misfires from the heavy rain).

Although it was shorter then usual, TD21 was a unique and fun filled experience that shall be forever remembered.



Treaty Days 2021 A Success! (cont)

COLD LAKE FIRST NATIONS TREATY DAYS 2021

THANK YOU TO OUR SPONSORS!



primco dene
group of companies



Canadian Natural



interpipeline



Summer Youth Program Update

The CLFN youth program ran it's first overnight canoe trip! The youth, after participating in canoeing and land skills training, paddled out to a remote site on French bay and stayed the night. Next up is an epic trip to Northern Saskatchewan where we will do three days of white water canoe training and 3 days of flat water tripping. The program continues to offer tons of opportunities each week to get outside. We focus on sports and land skills. Check out the facebook page to see this week's list of activities and sign up your kids. New schedule published every Wednesday because some of these activities, like canoeing, are weather dependent.





BEST RECIPES FROM YOUR KITCHEN

THIS IS A CALL OUT TO ALL CLFN HOME
COOKS TO SHARE THEIR HEALTHY HOME
RECIPES



ALL RECIPES WILL BE COMBINED TO MAKE A
COLD LAKE FIRST NATIONS HEALTHY COMMUNITY
COOKBOOK



SUBMISSIONS CAN BE MADE TO BRITTANY DAINE AT THE
HEALTH CENTRE, EITHER IN PERSON OR BY EMAIL
BDAINE@ONEHEALTH.CA

SUBMISSIONS WILL BE ACCEPTED UNTIL SEPTEMBER 1, 2021

Youth and Family Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1.	2.	3. ← Ribbon skirt making- Call Lori →	4.	5.	6. 	7. Frog Lake P.W ?ahenetzi- "It is beautiful" Youth Workshop Call Roberta M.
8. Frog Lake Pow Wow	9.	10. 	11.	12. 	13 Bonnyville Friendship Center Cultural camp Call Lori	14. ?ahenetzi- "It is beautiful" Youth Workshop Call Roberta M. Mini Golf Call Judy
15.	16. Berry Picking Call Barb	17.	18. Paintball 13- 17yrs old Call Dana	19. Paintball 8- 12yrs old Call Dana 	20.	21. ?ahenetzi- "It is beautiful" Youth Workshop Call Roberta M.
22. ?ahenetzi- "It is beautiful" Youth Workshop Call Roberta M	23. Berry Picking/ Healing Camp Call Barb	24. Archery 2 groups 6-12/13-17 Call Dana 	25. Community Feast Call Judy 	26.	27.	28  Call Judy
29	30.	31. 	Sept 1 st Paintball 8-12yrs old Call Dana			

August 2021 CLFNs Youth & Family

Loretta & Roberta M. 780-594-2473~ ~Roberta N.780-639-9906~Judy, Pam & Dana 780-594-1471~
Barb 780780-815-1182~ Lori 780-573-3091

Fitness Center Naming Contest

Did you know CLFN has a brand new fitness facility nearing the end of renos? It's true! With a Fitness professional on staff to organize fitness classes, one on one sessions, provide exercise info and more! This facility is available to all band members, including those who live on or off reserve and all staff working for CLFN.

We're looking for a catchy name for our fitness facility.
To enter, and for your submission to count send and email to:
jesse.bird@clfns.com

#CLFN #ColdLakeFirstNations

Yard & Garden Contest 2021

**Judging will be the week of August 16 – August 18,
2021.**

Winners will be announced August 20, 2021.

**Please contact Barb at 780-594-2473 ext. 2202 if
unavailable please leave a message with the following
information.**

Name

Phone Number

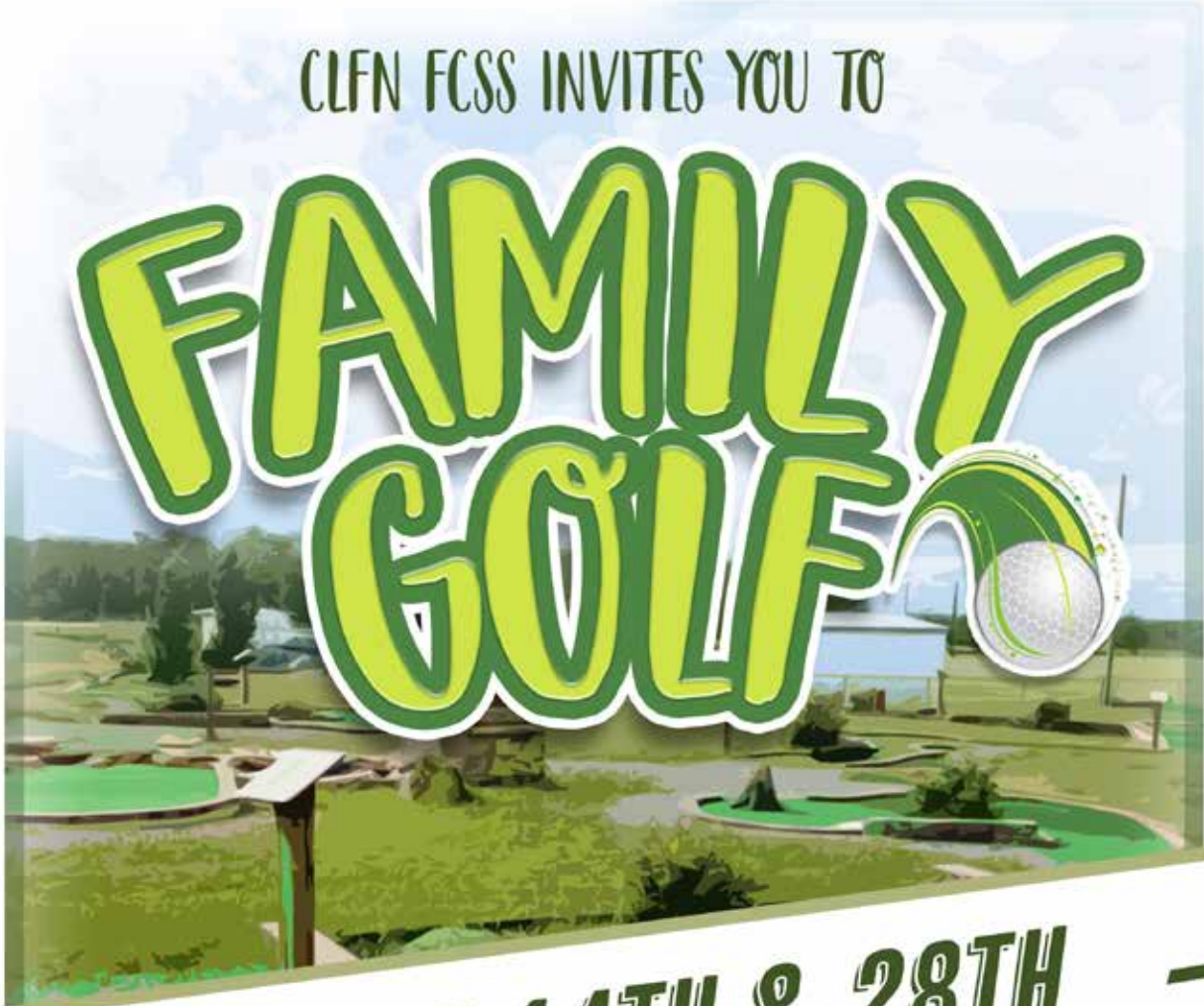
House Number

Which category you are entered in (Yard or Garden)



CLFN FCSS INVITES YOU TO

FAMILY GOLF



AUGUST 14TH & 28TH

ARMORE GOLF & COUNTRY CLUB

MINI OR FULL COURSE, FUN FOR EVERYONE!

(4 PER FAMILY) REGISTRATION IS REQUIRED, CONTACT JUDY AT 780-815-1061.

MUST PROVIDE OWN TRANSPORTATION

PAHENETPI

it is beautiful

Summer Youth Workshops

Facilitator Michael Fraser

Co host- Roberta Martial

Age range for these programs are 13-24yrs old

Group options to sign up for are Group 1,2 or 3

Bagged lunch and snacks are provided for each group

Group 1

Saturday July 3, 2021 - stretching/fleshing 2 hides. (6hrs)

Introduction to ribbon Skirt Making

Saturday July 10, 2021 - scrape the two hides from the previous Saturday. (6hrs)

Continue with ribbon skirt from previous class

Saturday July 31, 2021 - Drum making with 10 boys/men. (6hrs)

sewing introduction, making your own mask (4 hours)

Group 2

Saturday August 7, 2021 - stretching/fleshing 2 hides. (6hrs)

Introduction to ribbon Skirt Making

Saturday August 14, 2021 - scrape the two hides from previous Saturday. (6hrs)

Continue with ribbon skirt from previous class

Sat/Sunday August 21-22, 2021 - Rattle making with 10 girls/women. (4hrs each day)

Boys/Men - Sewing introduction, making your own mask

Group 3

Saturday August 28, 2021 - Drum making with 10 boys/men. (6hrs)

Girls to Woman – Sewing introduction, Making your own Masks

To Register call 780-594-2473 ext2207

Space is limited

WHAT DOES #EveryChildMatters MEAN TO YOU?

**MEG Energy invites Indigenous Peoples
in your community to draw what
'Every Child Matters' means to you.**

The selected artwork will be printed on the front of orange t-shirts to be worn by MEG employees on National Truth & Reconciliation Day (September 30th).

HOW TO ENTER!

- Submit an 8.5 X 11 inch drawing to communityrelations@megenergy.com by Friday, August 6, 2021
- Please use only black (one colour)
- Will accept your drawing as a high resolution image (taken by phone camera) or a scanned PDF
- Please include your name, age, phone number, and community affiliation
- By submitting a drawing you consent MEG to use such drawing for the purposes of this request and t-shirts to be created by MEG



**All submissions will be
entered into a random draw
to win prizes from MEG!**





**THE TREATY SIX
CONTEMPORARY
ART FESTIVAL**
COLD LAKE, TREATY SIX TERRITORY

FRIDAY SEPTEMBER 10, 2021

T H E A T R E

Josh Languedoc - Kchewin Native Dance Theatre - Ayla Modeste
Rebecca Sadowski - Barry Bilinski - Aerial Sunday-Cardinal - Cedar T

S P O K E N - W O R D

Tarene Thompson - Gabe Calderon - Xam Eitsirhc Introducing: Madeline Badger

SATURDAY SEPTEMBER 11, 2021

V I S U A L A R T

Lana Whiskeyjack - Tiffany Shaw - Stacey Rogers - Chris Lighting - Cindy Santa
Jill Janvier - Arsan Buffalo - Jim Gladue - Paityn Wheeler - Juanita Jordan
Gregory Deagle - Clarissa Deagle - Clarissa Fehler - Jaimee Hele
Wade Stamp - Brandy Blossom

Introducing: Shawnee Buffalo - Tessa Cornelsen - Bella Maclean - Graham Vivier
Veronica Cardinal - Janae Blyan

M U S I C

DJ Kookum

The Halluci Nation

(formerly known as A Tribe Called Red)

IHuman Studios Cypher - Debbie Houle - Fawn Wood - Jarrid Lee - Robin Cisek
Tchutchu - Electric Religious - Northern Cree - Alex Kusturok

Introducing: Dashxwn

Cenovus 2021 CLFN Indigenous Scholarship program

Cenovus is pleased to support the post-secondary education of Indigenous students in Cold Lake First Nations.

Our CLFN Indigenous Scholarship program is designed to:

- Encourage Indigenous students to pursue and complete post-secondary education
- Increase the number of Indigenous professionals and role models

Each year, Cenovus offers 1 scholarship to an Indigenous student from CLFN who is pursuing a full-time degree, diploma or certified trade. The scholarship is valued at \$3,500.

Application deadline: **August 28, 2021**

The online application form may be found here: <https://clfns.com/announcements/> or by emailing **Alex Okinczyc** (alex.okinczyc@cenovus.com)

cenovus.com



cenovus
ENERGY

Emergency Contact List

**HEALTH LINK
DIAL 811**

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
Roy Dell 780-594-7184**

**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**