

Łuéchogh Túé Newsletter

September 2021 Edition

That's A
Wrap!

SUMMER HAS COME TO A CLOSE. LONG DAYS, LOTS OF SUN AND WASPS, LOTS OF WASPS! WE LOOK BACK AT THE FUN WE ALL HAD WHILE WE WERE “#OPENFORSUMMER”.

2

Community News

- Band Meetings Postponed
- Construction and Trades Rediness Program

3

In Depth

- #Open For Summer
- Orange Shirt Day

6

Department Updates

- Treaty 6 Arts Festival Postponed
- FASD Awareness Day

13

Community Support

- Service Canada
- Alberta Supports Services

Band Meetings Scheduled for September Postponed

COLD LAKE FIRST NATIONS
BAND MEETINGS
BUSINESS AGM
POSTPONED DATE TBD
CLFNS COMMUNITY HALL

DINNER AT 5PM, MEETING AT 6PM

URBAN MEMBER BAND MEETING
POSTPONED DATE TBD
EDMONTON INN 11834 KINGSWAY AVE, EDMONTON

DUE TO CURRENT COVID-19 RESTRICTIONS
ALL ALBERTA HEALTH GUIDELINES WILL BE FOLLOWED
DATES ARE ALL TENTATIVE AND SUBJECT TO CHANGE



Construction And Trades Readiness Program On Full Display

Along with Cenovus' housing investment came the promise of skills and trades development, only a short time later the outcome of hands on learning is beginning to take shape.



- The completed "tiny home" ready to be moved to it's final resting place.

You may have noticed a "tiny home" being built on Cold Lake First Nations. If so, you've witnessed the outcome of the Cenovus and Portage College sponsored, Construction and Trades Readiness Program.

This 24 week reoccurring program, is part of Cenovus' commitment to improving housing conditions within first nation communities. Additional to the millions of dollars invested in new homes, Cenovus along with CLFNS and Portage College have created a program that gives

community members access to hands on skills and trades development.

Students go through the step by step process of building a home from the ground up, structural, framing, roofing, siding, drywall, electrical, plumbing and finishing. Once the program is complete, students will then have acquired the skills needed to enter the construction and trades



- Walls being raised into place.



- The shingles of the "tiny home" being meticulously installed.

workforce as well as having built another home that will aid in remedying the housing crisis that befalls most first nation communities.

With continued investment from Cenovus and trades from Portage, CLFNS is moving closer and closer to that eventual goal.

#OPENFORSUMMER

We were all hopeful being “open for summer” would be “open for good” but with rising COVID-19 cases, it’s safe to say it was fun while it lasted. Here is a look back at the fun we all had.



The youth of Cold Lake First Nations had a non stop, whirlwind of fun this summer. Several CLFN departments, along with the the help of Spirit North, hosted an incredible series of youth workshops, where nation members had the opportunity to learn traditional practices like sage harvesting, drum making, berry picking and bannock making.

In between cultural learning, the attendees got to let loose with rock

climbing, baseball, swimming, competitions, races, paint ball and the ever so popular Archery Tag! Even the summer students got to jump in on the action and we can’t wait to see what incredible experiences are in store for next summer.

As well as the youth getting to make the most out of summer, Treaty Days



brought fun and excitement for the whole family! Dancing, traditional food, sporting events, canoe races, an outdoor movie and of coarse fireworks, were all enjoyed by CLFNS members and guests.

It was a great summer and we all made the most of it! Hopefully we will be “open for summer” again next year.



September 30, National Day for Truth and Reconciliation



In June, the federal government passed new legislation making September 30 a national statutory holiday commemorating National Day for Truth and Reconciliation.

The designation of this day is in response to one of the Truth and Reconciliation Commission's 94 Calls to Action and is meant to honour survivors, their families, and communities. It also ensures the ongoing commemoration of the history and legacy of residential schools will remain a vital part of the reconciliation process.

This new designated paid holiday applies to federally regulated

public and private sectors — specifically, the federal public service and employers subject to the Canada Labour Code.

PSAC's collective agreements negotiated with the federal government include provisions for an additional designated holiday if one is proclaimed by an act of Parliament. As a result, the National Day for Truth and Reconciliation will become a designated paid holiday and will allow employees in the federal public service and federally regulated workplaces to observe and participate in this important day.

Employees eligible for this new

statutory holiday do not need to request leave. It will be treated like any other statutory holiday. If September 30 coincides with an employee's day of rest, the holiday shall be moved to the first scheduled working day following the employee's day of rest.

Unfortunately, the new holiday does not apply to provincially regulated employers unless a provincial legislature makes similar amendments to provincial employment standards legislation, or your collective agreement has an existing clause accounting for new holidays proclaimed by the federal government.

- Source: <http://psacunion.ca/national-day-truth-and-reconciliation-eligibility>

Treaty Six Contemporary Art Collective Postponed

Treaty Six Contemporary Art Collective, August 19, 2021 - Due to the spiking cases of COVID-19 in Alberta and Cold Lake, we have decided to postpone the Treaty 6 Contemporary Art festival until June 10 and 11, 2022.

While we would have loved to put up the festival in September, our number one priority is protecting our audience members, elders, leaders and artists. It would break our hearts to have even one person catch COVID-19 at our event and thus, we believe that it is in everyone's best interest to postpone.

With this new date, you can expect to have a festival that is going to be 10 times better than it would've been in September! The Halluci Nation is still set to showcase their work along with many more Indigenous artists!

The Collective and collaborators have worked incredibly hard to realize the vision of the Festival and we just want to thank everyone who supported us thus far.

Stay frosty and keep six! Hiy hiy!

Take Care,

Jake Cardinal
Director
Treaty Six Contemporary

INTERNATIONAL FASD AWARENESS DAY

ALL REGIONS - MOCKTAIL CHALLENGE EXTENDED!

VIRTUAL MOCKTAIL CHALLENGE (SUBMIT BY 12:00PM SEPT. 28TH)!

KIDS COLOURING CONTEST (DRAW AT THE END OF SEPT.)

ELK POINT

MOCKTAILS AND INFO. BOOTH 6:30-8:30PM | TUESDAY, SEPT 7TH
LOCATION: ALLIED ARTS & LEISURE CENTRE 4605 - 57 AVE

**COLD LAKE
FIRST
NATION**

FREE BBQ 10-12PM | TUESDAY, SEPT 8TH. LOCATION: HEALTH CENTRE
POSTPONED PARTNERSHIP WITH COLD LAKE FIRST NATION.

COLD LAKE

FREE PANCAKE BREAKFAST (10-12 PM) | THURS, SEPT 9TH.
POSTPONED LOCATION: COMMUNITY OFFICE - 4823 50TH STRET.
SPONSORED BY: HUMPTY'S COLD LAKE & HAMELS MEATS

LAC LA BICHE

INFO. BOOTH AT LLB INFO. NIGHT 4-7 PM | THURS, SEPT 9TH.
LOCATION: BOLD CENTRE

ST. PAUL

FREE HOTDOG BBQ | THURS, SEPT 9TH CO-OP PARKING
POSTPONED LOT

BONNYVILLE

FREE HOTDOG BBQ | THURS, SEPT 9TH C2 CENTRE (INSIDE
POSTPONED AT THE GARDEN). SPONSORED BY: BLUE WAVE ENERGY

**KEHEWIN
FIRST NATION**

FREE BBQ 11-2:00 | THURS, SEPT 9TH. LOCATION: KEHEWIN
POSTPONED COUNSELLING SERVICES. PARTNERSHIP WITH MATERNAL CHILD
HEALTH AND KEHEWIN COUNSELLING SERVICES.

**FROG LAKE
FIRST NATION**

EVENT UPDATE:
THURS, SEPT 9TH 10AM | FREE BREAKFAST. LOCATION: BAND
HALL IN PARTNERSHIP WITH FROG LAKE FIRST NATION.

**SADDLE LAKE
FIRST NATION**

INFO. SESSIONS, SEPT 9TH LOCATION TBD & MORE
POSTPONED DETAILS TO FOLLOW

**BUFFALO
LAKE MÉTIS
SETTLEMENT**

FREE HOT DOG BBQ & REFRESHMENTS 11-1:30PM | THURS, SEPT
9TH. LOCATION: SENIORS CENTRE. IN PARTNERSHIP WITH
BUFFALO LAKE CONSULTATION OFFICE & BUFFALO LAKE FAMILY
RESOURCE NETWORK

**KIKINO
MÉTIS
SETTLEMENT**

FREE HOTDOG BBQ & REFRESHMENTS 4-5:30 PM | THURS, SEPT
POSTPONED 9TH. LOCATION: COMMUNITY CENTRE. IN PARTNERSHIP WITH
KIKINO CONSULTATION OFFICE AND KIKINO FAMILY RESOURCE
NETWORK.

**ELIZABETH
MÉTIS
SETTLEMENT**

FREE HAMBURGER & HOT DOG BBQ 11:00AM-1:00PM | THURS, SEPT
POSTPONED 9TH. LOCATION: COMMUNITY OFFICE. IN PARTNERSHIP WITH
ELIZABETH MÉTIS SETTLEMENT FAMILY RESOURCE NETWORK.

**FISHING
LAKE MÉTIS
SETTLEMENT**

INFO. BOOTH 10-12:00 | FRIDAY, SEPT 10TH
POSTPONED LOCATION: OUTREACH BUILDING



QUESTIONS? CALL US AT 780.594.9905

SERVICE CANADA

READY TO HELP



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: [Covid-benefits.alpha.canada.ca/en/start](https://www.covid-benefits.alpha.canada.ca/en/start)



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate for EI regular claimants is \$500 per week before taxes in most cases.

<https://bit.ly/3aGavD2> ☎ 1-800-206-7218

CANADA RECOVERY BENEFIT (CRB)

The CRB provides \$500 (\$450 after taxes withheld) per week for up to 38 weeks for workers who:

- are not employed or self-employed for reasons related to COVID-19 or have had their income reduced by at least 50% due to COVID-19
- are not eligible for Employment Insurance (EI)
- meet all the eligibility criteria for period they're applying for

<https://bit.ly/210Ub5d> ☎ 1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 (\$450 after taxes withheld) per week for up to a maximum of four weeks, for workers who:

- Are unable to work for at least 50% of the week because they contracted COVID-19
- Are self-isolated for reasons related to COVID-19
- Have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.

<https://bit.ly/36zGjZH> ☎ 1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

The CRCB provides \$500 (\$450 after taxes withheld) for up to 38 weeks per household for workers:

- unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19
- because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19.

<https://bit.ly/2F6YxXm> ☎ 1-833-966-2099

SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3o4Wq8r> ☎ 1-866-274-6627

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: [eservices.canada.ca](https://www.eservices.canada.ca)

If you've received benefits in 2020, learn how to report it for your tax return: <https://bit.ly/3bvodKA>

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to [Canada.ca/repay-cerb](https://www.canada.ca/repay-cerb) or call **1-833-966-2099**.

For a complete list of programs, services and resources available through the Government of Canada visit: [Canada.ca/coronavirus](https://www.canada.ca/coronavirus)



Date modified: 2021-05-10

SERVICE CANADA

READY TO HELP — YOUTH



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: [Covid-benefits.alpha.canada.ca/en/start](https://www.canada.ca/en/start)



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate for EI regular claimants is \$500 per week before taxes in most cases.

<https://bit.ly/3aGavD2> ☎ 1-800-206-7218

APPRENTICESHIP GRANTS

Apprenticeship Incentive Grant for Women

A taxable cash grant of \$3,000 per year/level (or equivalent) up to a maximum amount of \$6,000 per person.

Apprenticeship Incentive Grant (AIG)

A taxable cash grant of \$1,000 per year or level, for a lifetime maximum amount of \$2,000 per person.

Apprenticeship Completion Grant (ACG)

A one-time taxable cash grant lifetime amount of \$2,000 per person for registered apprentices who complete their apprenticeship training and obtain their journey-person certification.

<https://bit.ly/3a0Md7s> ☎ 1-866-742-3644

MENTAL & PHYSICAL HEALTH

Access support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls by texting WELLNESS to 686868.

<https://bit.ly/3rAp6XC>

JOBS AND OPPORTUNITIES

We are expanding existing federal employment, skills development, and youth programming to help students find employment and develop valuable skills this summer and over the coming months. Learn more about youth programs:

<https://bit.ly/2YWXcd9>

SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online.

Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3o4Wq8r> ☎ 1-866-274-6627

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: [eservices.canada.ca](https://www.eservices.canada.ca)

If you've received benefits in 2020, learn how to report it for your tax return: <https://bit.ly/3bvodKA>

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to [Canada.ca/repay-cerb](https://www.canada.ca/repay-cerb) or call 1-833-966-2099.

For a complete list of programs, services and resources available through the Government of Canada visit: [Canada.ca/coronavirus](https://www.canada.ca/coronavirus)

Service
Canada

SERVICE CANADA

READY TO HELP — SENIORS



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: [Covid-benefits.alpha.canada.ca/en/start](https://www.alpha.canada.ca/en/start)



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate for EI regular claimants is \$500 per week before taxes in most cases.

<https://bit.ly/3aGavD2>  1-800-206-7218

CANADA PENSION PLAN

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life.

<https://bit.ly/2N52j7k>  1-800-277-9914

OLD AGE SECURITY

The Old Age Security (OAS) pension is a monthly payment you can get if you are 65 and older. You may have to apply for the Old Age Security. We may not have enough information to enroll you automatically.

<https://bit.ly/2YV8s8v>  1-800-277-9914

GUARANTEED INCOME SUPPLEMENT

The Guaranteed Income Supplement (GIS) is a monthly payment. In many cases, we will let you know by letter when you could start receiving the first payment. We will send you this letter the month after you turn 64. In other cases, you may have to apply.

<https://bit.ly/3qeXkQd>  1-800-277-9914

MENTAL & PHYSICAL HEALTH

Access support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls by texting WELLNESS to 741741.

<https://bit.ly/3rAp6XC>

SOCIAL INSURANCE NUMBER

You can apply for your Social Insurance Number (SIN) online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3o4Wq8r>  1-866-274-6627

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: [eservices.canada.ca](https://www.eservices.canada.ca)

If you've received benefits in 2020, learn how to report it for your tax return: <https://bit.ly/3bvodKA>

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to [Canada.ca/repay-cerb](https://www.canada.ca/repay-cerb) or call **1-833-966-2099**.

For a complete list of programs, services and resources available through the Government of Canada visit: [Canada.ca/seniors](https://www.canada.ca/seniors)





Better Choices Better Health®

For Healthy Living with a Chronic Disease

Are you living with:

- Diabetes
- Arthritis
- Stress
- COPD
- Depression
- Fibromyalgia
- Chronic Pain
- Overweight/
Obesity
- Anxiety
- High Cholesterol
- High Blood Pressure
- Chronic Fatigue



You are not alone. Join us for a 6 week journey. Learn how others are managing and try out some new techniques with group support and understanding.

Scan the code to register!

Tuesday Mornings - 9:30am - 12:00pm
Sept 7 - Oct 12th

Or call 1-877-349-5711 or Visit

www.healthylivingprogram.ca



Alberta
Healthy Living
Program

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