Łuéchogh Túé Newsletter

September 2022 Edition

GOODBYE SUMMER!

ANOTHER SUMMER HAS COME TO A CLOSE HERE IS A LOOK BACK AT ALL THE SUN AND FUN THAT WAS HAD

Summer Fun Wrap-Up

As the crisp cool air begins to sweep across the fields and the kids have all returned to school, summer has surley come to close. Here is a look back at all the fun we had in the sun.

This summer was the biggest and funnest summer to happen since before the pandemic. With all remaining restrictions removed, we the people came out in full force and soaked up every minute of sun, fun and excitement.

The big kick off was Treaty Days, where people came from all over Alberta to celebrate a full three days of all of the things that make us First Nations proud!

Games, food, music, dancing and fireworks filled the weekend as we were reunited with all the familiar faces that many of us haven't seen since the summer of '19.

After the big weekend, the Youth Summer Program kept the children of CLFNS on their toes with weeks of conoeing, hiking, archery, paint ball, swimming and a dizzying trip to the new Kinosoo Ridge Adventure Park!

- Eager contestants race to "cram the car" at Treaty Days.

It felt great to finally be able to go outside and explore all the wonderful things summer in Alberta has to offer without restrictions or fear serious public health concerns. Kids got to be kids and families were finally able to reunite without hesitation or fears of repercussions.

As we settle into shorter days and cooler nights, last year's ominously foretelling #openforsummer campaign seems like a distant, bad memory and with high vaccination rates and the removal of all remaining mandates, we should be able to remain having fun, together.

With the colder weather comes Christmas cheer and family gatherings and hopefully this year we can celebrate like it's 2019 and not 1919.

Summer Fun Wrap Up (Cont)

CLFNS Girls Bring Home Medals At Alberta Indigenous Games

It was a valiant fight as several CLFNS girls bring home medals from the recent Alberta Indigenous Games.

- L-R Kaylee Memnook-Charland, Summer Desjarlais, and Cosirii Desjarlais proudly pose with their new silver medals.

Terri Desjarlais, Summer Desjarlais, Cosirii Desjarlais, Hayden Cardinal, Tyra Memnook , Kaylee Charland-Memnook, Marley Metchewais and Whitney Janvier all played in the Intermediate volleyball girls division at the 2022 Alberta Indigenous Games in Edmonton. They placed 7th out of 26 teams.

The girls fought valiantly, playing against older teams and did not get any practice together except the day before the tournament. Even with the odds stacked against them, the girls did well in the playoffs and came very close to winning medals in the main tournament.

The girls also place 3rd in the Junior Division for Beach Volleyball. They fought hard and almost made it to the first and second match in a round robin beach volleyball tournament. They won 3rd place on August 15. The Cold Lake Volleyball Team received a bronze medal for beach volleyball.

Summer Desjarlais , Kaylee Charland-Memnook and Cosirii Desjarlais also placed 2nd for Soccer at Rundle Park from August 12-14. These three girls received a silver medal.

Additionally, on August 15 and 16, Kaylee Charland-Memnook received 3 medals for Track and Field. She received Gold for the 4x100 relay race, Silver for Long Jump, And Bronze for the 100m dash.

On behalf of the pretty little hitters team we would like to say thanks for all the donations of bottles and money from various people, a lot of drivers to and from the games, money from Primco and CLFN.

August Dene Laws Camp Recap

In August, a culture camp was held at Jíe Hochįla to gather community members to discuss Dene Teachings and ways of knowing to inform the Cold Lake Dene Laws Journey. CLFN members shared their knowledge about the Treaties as well as how to smoke fish. CLFN invited the Wahkohtowin Law and Governance Lodge to lead discussions to engage with Dene teachings to inform law development.

"Masi. We had an amazing time. Reminds me of when I was younger. It needs to continue. Our elders need to sit with the young ones and share. I think that this was a positive step in the right direction."

Mahsi cho to everyone who supported the camp including elders and everyone who attended, the cook, cook helpers, camp helpers, night watch, cultural director, fish teacher, the Lands and Resources department, and Chief Kelsey Jacko for stopping in!

The team is planning more activities to engage with CLFN members in the fall. If you have any questions, please contact Janelle Charland (jcharlan@ualberta.ca) or Monica Janvier (janviermonica@gmail.com).

CLFN Youth Take 1st Place At Indigenous Rookie League

Coaches: Smiles and Sarah Pimentel

Workers: Melissa Scanie and Loretta Mcfeeters

We would like to thank the parents, grandparents and children who never gave up and made the summer months memorable.

Cold Lake First Nations Cub's placed 1st out of the 6 surrounding nations. Congratulations Cubs!!!!

For More Information please contact the Dene Wellness Staff 780-594-1471

MEMBERS OF

COLD LAKE FIRST NATIONS

NEVER MISS AN UPDATE

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The app uses state-of-the-art technology to notify Cold Lake First Nations members of breaking news, documents, videos, and events, instantly delivered via push notifications.

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HOW TO GET THE APP

1. *Scan the QR code below or visit the App Store or Google Play Store and Search 'Łuéchogh Túé Community News'*
2. *Tap 'Register' under 'Member Login'*
3. *Fill out your information and press 'Register'*
4. *Click the verification link in your email address*

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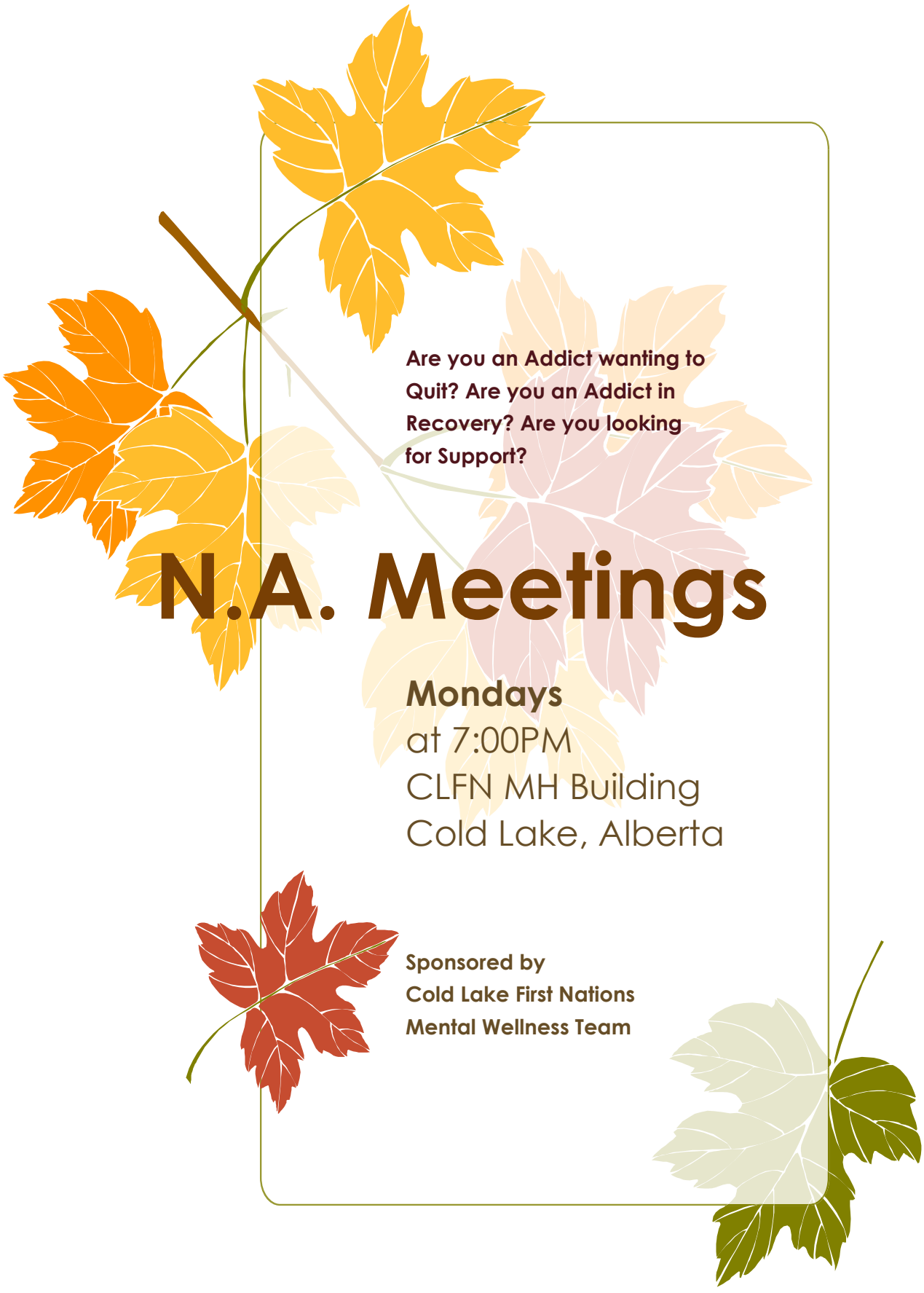


Are you an Addict wanting to Quit? Are you an Addict in Recovery? Are you looking for Support?

N.A. Meetings

Mondays
at 7:00PM
CLFN MH Building
Cold Lake, Alberta

Sponsored by
Cold Lake First Nations
Mental Wellness Team

Just a friendly reminder from the Health Department

Covid is still alive and well and circulating!

Please remember at community events and funerals socially distancing and masking are still encouraged especially if you are at risk

If you become symptomatic with a sore throat, fever, headache, runny nose or cough STAY HOME!

Test yourself daily while sick with a free rapid test. Swab both sides of the back of your throat (where the little dangly thing is) and then your nose for best results.

If you have symptoms of COVID-19, you should stay home and away from others until your symptoms have improved, you feel well enough to resume normal activities, and have been free of fever for 24 hours without the use of fever reducing medication.

If you test Positive for COVID-19 on a molecular (rapid point-of-care) or if you have symptoms and test positive on at-home rapid test, see below for additional information on your **recommended** isolation.

If you test positive for COVID-19, you should follow the isolation recommendations below:

- You should stay home and isolate for at least 5 days from when you first started having symptoms of COVID-19 or had your positive test (if you never had symptoms). You should keep isolating until your symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication.
    - You are the best person to decide if your symptoms are improving. An improvement in symptoms means that you are feeling better than you did in the previous days and you have no new COVID-19 symptoms.
    - Some symptoms may continue after you're no longer able to spread the virus to others. If you still have a cough, loss of sense of taste or smell, or fatigue that is not getting worse after 5 days of isolation, you do not need to keep staying home.
- To further reduce the chance of spreading COVID-19 to others, you are recommended to wear a mask while indoors and around other people. You should wear a mask for 10 days after your symptoms start.

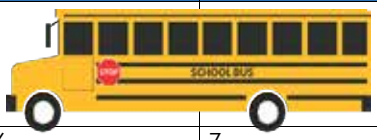
If you test negative* on a COVID-19 test and continue to have symptoms, you should stay home and away from others until your symptoms have improved, you feel well enough to resume normal activities, and have been free of fever for 24 hours without the use of fever reducing medication.

We recommend you notify your close contacts so others who are sick or at risk of getting sick are aware, and can follow recommendations for close contacts. There is no legal obligation for you to share this information.

After 2 ½ years of covid the public health landscape is much different than it was at the beginning of this pandemic, even much different than 6 months ago! We need to learn to live with covid 19 just as we have lived with influenza, measles, mumps, or the chicken pox. This virus isn't going anywhere anytime soon but the good news is it has become less virulent. **There are no more public health restrictions in Alberta**. Symptomatic clients are *recommended* to stay home while they are sick but isolation, at this point in time, is not mandatory. Only symptomatic people *should* be staying home. Others in the household are free to come and go as they choose but must monitor for symptoms and rapid test should they feel unwell. People *should* stay home for 5 days from the onset of their symptoms until their symptoms begin to improve, they *should* be encouraged to wear masks when out in the public for an additional 5 days and they *should* avoid contact with high-risk groups such as the elderly and immunocompromised.

There is no mandatory reporting of Covid 19, there is no mandatory isolation for covid 19 and there is no contact tracing for covid 19. Going forward our education around **staying home when your sick is the main message we all need** to hammer home and adhere too in order to move forward through this pandemic.

September CLFNs Youth & Family Events



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1. **Community BBQ & Youth Fundraiser** 10am-2pm	2.	3.
4.	5. **Labour Day** Office Closed	6. First Day of School **Parents/Guardian night 5-7pm**	7. **Family Ball Hockey** 5-7pm	8. **Learners Prep** 5-7pm	9.	10.
11.	12. Administration Day. No Programming	13. **Elders & Youth Gathering** 5-7pm	14. **Picking Sage** 5-7pm	15. **Cooking with Grandma** 5-7pm	16. **Payday Pot** 9am to 1pm	17.
18.	19. Administration Day. No Programming	20. **Fedora Hat** 5pm-7pm	21 **Youth Retreat** Treaty 1-11 Gathering	22. **Youth Retreat** Day 2	23. **Youth Retreat** Day 3	24. Return home
25.	26. Administration Day. No Programming	27. **Beading** with Katherine 5-7pm	28. **Beading** with Katherine 5-7pm	29. **Learning how to clean fish** 5pm-7pm	30. **National Truth and Reconciliation Day**	

Please call 780-594-7111 to register for events. Parent/Guardians are required to children 12 and under

September/Deni
moose rutting moon
(Denie Elk enad e zae)

AGES: 5YRS - 1 0YRS OLD

Before/After School Program: Sept 6 starts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Primco End of Summer Event CLFN Ball Diamonds	2 Admin day/ no programming	3 
4 Traditional Animal/Food Theme	5 Labor Day Stat Holiday	6 Dene Language through Visual/Oral Art	7 Dene Language through Visual/Oral Art	8 Dene Language through Visual/Oral Art	9 Admin day/ no programming	10 
11 Traditional Canning/Food Preservation	12 Cultural Teachings Visual/Hands On	13 Cultural Teachings Visual/Hands On	14 Cultural Teachings Visual/Hands On	15 Cultural Teachings Visual/Hands On	16 Admin day/no programming	17 
18 Hunting Theme	19 Dene Language through Visual/Oral	20 Dene Language through Visual/Oral Art	21 Dene Language through Visual/Oral Art	22 Dene language through Visual/Oral Art	23 Admin day/no programming	24 
25 Hunting Theme	26 Cultural Teachings Visual/Hands On	27 Cultural Teachings Visual/Hands On	28 Cultural Teachings Visual/Hands On	29 Cultural Teachings Visual/Hands On	Stat Holiday 30 	

HOURS OF OPERATION: MONDAY -THURSDAY7:30AM - 8:30AM/3PM - 6PM
CONTACT: BEV SCANIE (780) 815-1141 TO REGISTER

@YAGOLE DAYCARE

ELDERS SOUP AND BANNOCK

CLFN elders 65+
Every Tuesday from 12pm-2pm @ elders building

For more information please
Contact Barb 780-815-1182

IT'S OKAY TO ASK FOR HELP

MENTAL HEALTH RESOURCES

It is important to remember that you are not alone and help is available. There are many **resources** available to get you and your loved ones through difficult times. **Call 911** if you or someone you know is in immediate danger or needs urgent medical care.

The Hope for Wellness Help Line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention. Call the toll-free Help Line at **1-855-242-3310** or connect to the online chat at **www.hopeforwellness.ca**.

Indian Residential Schools Crisis Line

The Indian Residential Schools Crisis Line is available 24 hours a day for anyone experiencing pain or distress as a result of his or her Residential School experience. Contact the free 24 hour Residential School Crisis Line at **1-866-925-4419** if you require emotional support.

Missing and Murdered Indigenous Women and Girls Support Line

An independent, national, toll-free support call line is available to provide support for anyone who requires assistance. Contact the free 24 hour support line at 1-844-413-6649.

Wellness Together Canada

The Wellness Together Canada online portal offers immediate, free and confidential substance use and mental health supports, in English and French, 24 hours a day, 7 days a week at **1-866-585-0445**. Interpretation services are available via CanTalk, including in 24 Indigenous languages at **www.wellnesstogether.ca**.

Kids Help Phone

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. Kids, teens and young adults from coast to coast to coast can connect with a volunteer crisis responder by calling **1-800-668-6868** or by texting **686868** or through Facebook Messenger **www.kidshelpphone.ca/messenger**.

Canada Suicide Prevention Service

If you're thinking about suicide, are worried about a friend or loved one, or are having trouble with the loss of a loved one from suicide, the Canada Suicide Prevention Service provides 24/7 phone support at **1-833-456-4566**, or text support from 4 p.m. - 12 a.m. ET or by texting **45645**.

First Nations
Drinking Water
SETTLEMENT

The First Nations Drinking Water Settlement Claims Process is Open

The claims process for individuals and Impacted First Nations in the First Nations Drinking Water Settlement is open. Impacted First Nations have until December 2, 2022 to accept the Settlement Agreement by submitting a Band Council Acceptance Resolution. The deadline for individuals to submit a claim is March 7, 2023.

This is the first drop in recognizing the communities impacted. See what claims process is right for you and access the online Claim Form at **www.firstnationsdrinkingwater.ca**

How do you know if you are eligible? You might be included in the settlement if you:

- are a member of a First Nation; and
- were born before November 20, 1995 and lived on an Impacted First Nation that was under a drinking water advisory that lasted for a year or longer, between November 20, 2013, and June 20, 2021; or
- were born on or after November 20, 1995 and lived on an Impacted First Nation that was under a drinking water advisory that lasted for a year or longer, between November 20, 1995, and June 20, 2021.

The settlement also includes children, those under disabilities (someone who is unable to manage their affairs due to mental incapacity) and loved ones who passed away on or after November 20, 2017 (if they also meet the criteria above). Additional compensation may be available for those who followed long-term drinking water advisories but still suffered Specified Injuries.

To learn more, visit **www.firstnationsdrinkingwater.ca**

If you would like to receive a paper copy of the Claim Form or have questions about making a claim, call the Administrator toll-free at **1-833-252-4220**.

Scan here to sign up for settlement updates

Emergency Contact List

POLICE EMERGENCY CALL 911

HEALTH LINK
DIAL 811

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

FCSS
780-594-7186

Youth Center
780-594-7111

Le Goff School
780-594-3733

Integrated Services
780-594-8723

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

Petro Canada Station
780-594-1661