

Łuéchogh Túé

# Newsletter

October 2022 Edition

# OUR STORY WILL BE TOLD

THE FILM “THREE CIRCLES - THE PAST PRESENT AND FUTURE OF THE DENESULINE OF ŁUÉCHOUGH TÚÉ” IS SET FOR RELEASE

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## Three Circles - The Past Present And Future Of The Denesuline

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**Cold Lake First Nations has a robust and complicated history, from the original signing of Treaty 6 to the Canadian Government's seizure of our traditional territory, our new documentary will allow the world to hear our story.**

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The long awaited premier of the documentary, "Three Circles – The Past, Present and Future of the Denesuliné of Łuéchogh Túé" will take place on October 21st to coincide with the

grand opening of the newly renovated Council Chambers.

The film showcases our history, beginning with the signing of the original Treaty

6, the seizing of the Air Weapons Range (CLAWR) and the modern rebirth of Cold Lake First Nations as a leader in Industry and economic growth. Filmed entirely in and around



- Late Elder Brian Grandbois as he describes the lies of the Treaty, from the film "Three Circles"

Łuéchogh Túé and starring only Cold Lake First Nations members, the film provides a fist hand view of the strength and determination of our community and our ability to overcome adversity through our guiding ethos "The Three Circles of Livelihood".

Originally the film was conceived as an orientation video for the Cold Lake Air Weapons Range (CLAWR). Known simply as "Dene 101", the video was intended to give a brief history of CLFNS as it pertained to the traditional use of the CLAWR.

During the filming process, a much more detailed and heart wrenching story began to emerge. As told from first hand accounts by the late Brian Grandbois, and Elise Charland, their personal stories bring to light the absolute devastation and complete loss of livelihood

## Three Circles - The Past Present And Future Of The Denesuline

caused by the Royal Canadian Air Force's seizure of the CLAWR.

Our Dene strength is on full display we overcome

adversity and progress form the chaos of the second circle (present) into the light of the third circle (future), where our business acumen

natural entrepreneurial spirit has turned us into a major economic player on the regional stage.



- Elder Maynard Metchewais looks over the shores of Primrose Lake, from the film "Three Circles".

Showing after our film, as the feature presentation, is a special screening of "Guitar Lessons", a recently released, Alberta made, independent film starring musician Corb Lund and comedian Conway Kootenay. The film is making rounds across small communities in northern Alberta. Filmed in and around High Level and featuring a predominantly

indigenous cast, it tells the story of a struggling 15 year old and an ageing musician turned old oilman, who together learn about life while bonding over guitar lessons. Yet to be announced cast members will be in attendance and a Q+A and autograph session will take place after the showing.

The event is 12+, starting

at 6pm at the CLFN Administration Building.

Tickets for the event are free but seats are limited. A live stream will be available for the premier of "Three Circles".

Contact [loretta.mcfeters@clfns.com](mailto:loretta.mcfeters@clfns.com) to reserve yours.

## 10K Fun Run A Huge Success!



On Sept 10th 2022 a 10k Walk and Run was held here in Cold Lake First Nations.

We had 120 people sign in and hit the trail, encouraging all skill levels to take part. Many people brought their kids, and the event was enjoyed by all ages.

Notice all the bright colours? We had a contest for who could dress the most colourful! Along with creative costumes of course. There were many laughs

shared and it was a good way to encourage people to participate so even if some could only walk the trail they were still eligible to win prizes!

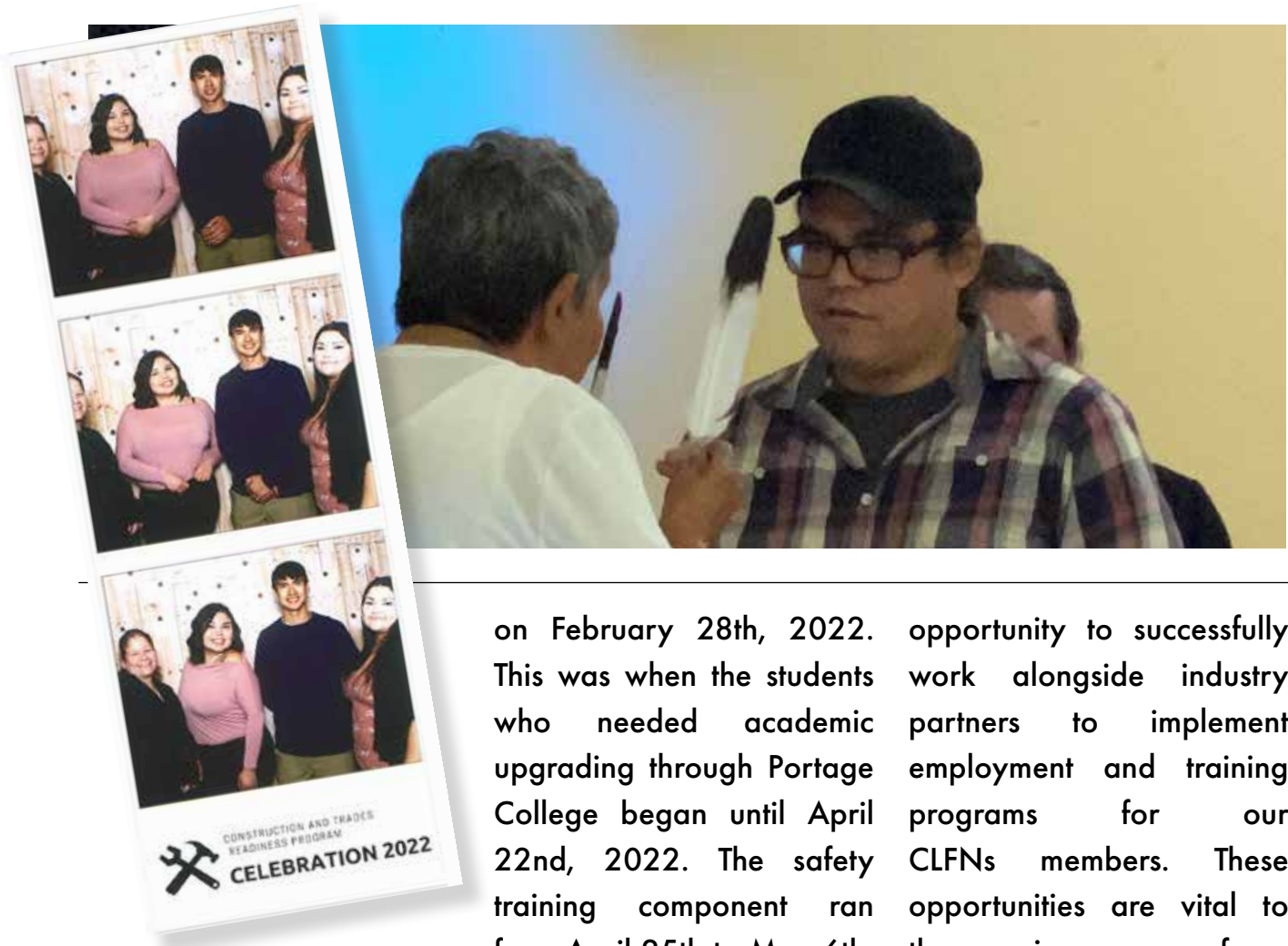
We even added a cultural element where we asked all in attendance to come up to the microphone and share some words they knew in Dene so we could all learn as a group. This portion was overseen by one of our fluent Dene speakers in the community, Lynda Minoose.

After the run we had a BBQ and the kids had a chance to win toys by entering a colouring contest. It was a great day and we're already planning for next year.

The event was sponsored by ISCA, KSR department of the U of A, with Seven Lakes, and Primco donating to our prize pool. Casino Dene provided the BBQ afterwards.

Hosted by Trainer Jesse Bird and the CLFN Fitness Centre.

## Trades And Rediness Program Graduation



On September 15, 2022, we celebrated the hard work and commitment of Patti Wheaton, Robin Martial, Teddy Grandbois, and Valerie Martial. The program was a collaborative effort to train CLFNs members by providing them with the necessary support, skills, and tools to achieve their goals successfully. The total program started

on February 28th, 2022. This was when the students who needed academic upgrading through Portage College began until April 22nd, 2022. The safety training component ran from April 25th to May 6th. Upon completing the safety training, the work team constructed a greenhouse for the CLFNs Youth Centre and a gazebo for the FCSS Department. The project's execution phase lasted from mid-May until August 16th, 2022, when the CLFNs student team wrapped up the operation.

We are thrilled to have the

opportunity to successfully work alongside industry partners to implement employment and training programs for our CLFNs members. These opportunities are vital to the ongoing success of our trainees to maximize the potential to create long-term jobs. Therefore, supporting our former and future students ensures they have the foundation to achieve favourable outcomes. This is part of our initiative to increase the number of housing construction tradespeople with the goal of our people building our own homes.

# Truth And Reconciliation On Full Display In The Lakeland

September 30th was the second, annual “National Day for Truth And Reconciliation” and the communities surrounding CLFNS held several events in support.

4-Wing Cold lake hosted a flag raising ceremony, where the Metis, Treaty Six, and Cold Lake First Nations flags were raised high above the CFB Cold Lake Golden Jubilee cenotaph. Following the raising was the unveiling of



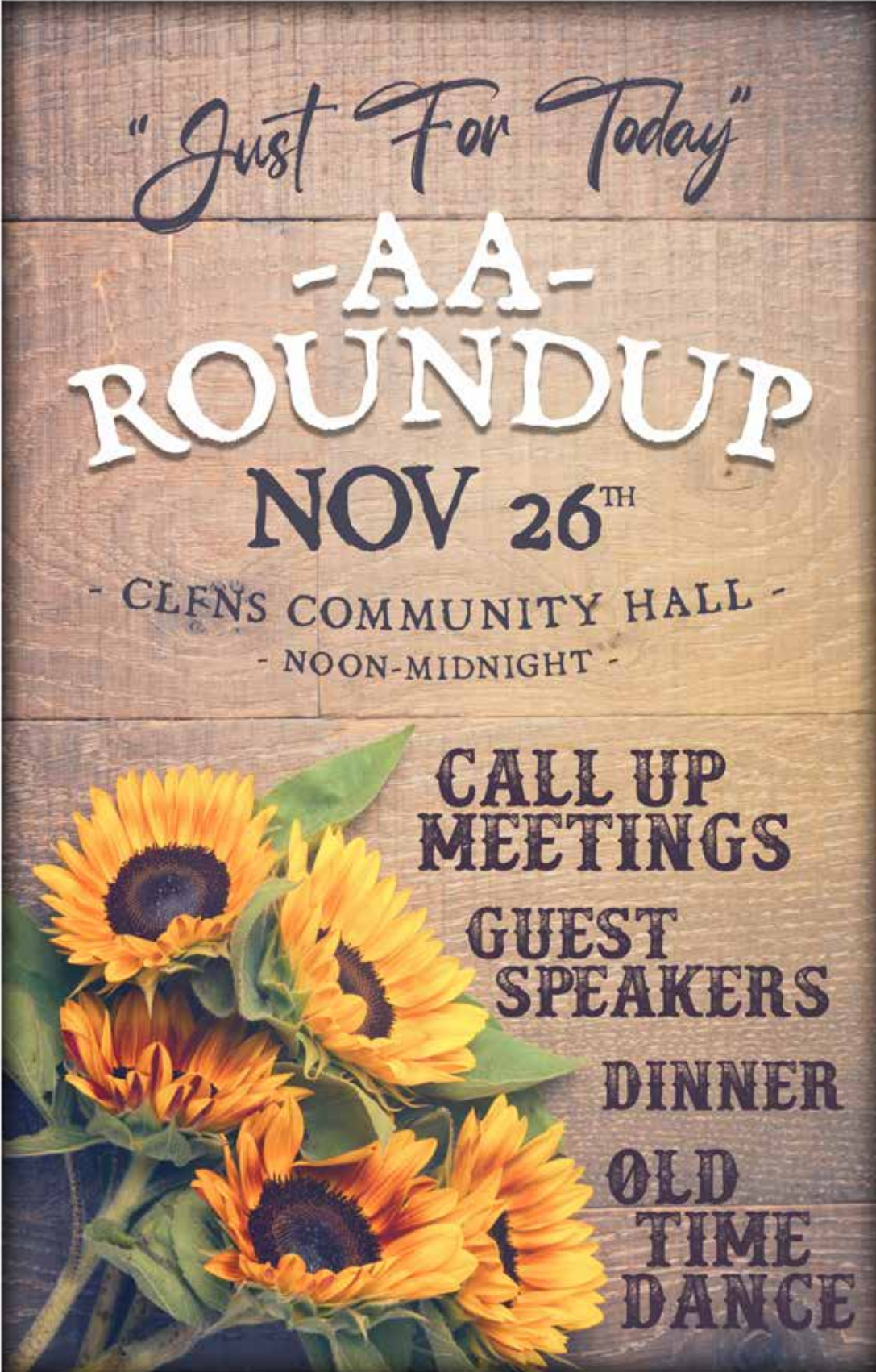
the new “7 Feathers” crosswalk mural, painted by members of the Defence Aboriginal Advisory Group who’s mandate is more visibility, more education and more compassion.

The City of Cold Lake also hosted a flag raising ceremony where the Metis and Treaty 6 flags were raised along side The City of Cold

Lake’s, The Province of Alberta’s and Canada’s.

Several members of CLFNS were invited to speak including, Chief Kelsey Jacko , Tom Piche, Agnes Gendron and Linda Minoose. Their speeches were impassioned and echoed the sentiment that and our communities are heavily integrated as we are all one big family.





*"Just For Today"*  
-AA-  
**ROUNDUP**  
**NOV 26<sup>TH</sup>**  
- CLFNS COMMUNITY HALL -  
- NOON-MIDNIGHT -

**CALL UP  
MEETINGS**  
**GUEST  
SPEAKERS**  
**DINNER**  
**OLD  
TIME  
DANCE**

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

# MEMBERS OF COLD LAKE FIRST NATIONS

# NEVER MISS AN UPDATE

## GET THE APP

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.



### HOW TO GET THE APP

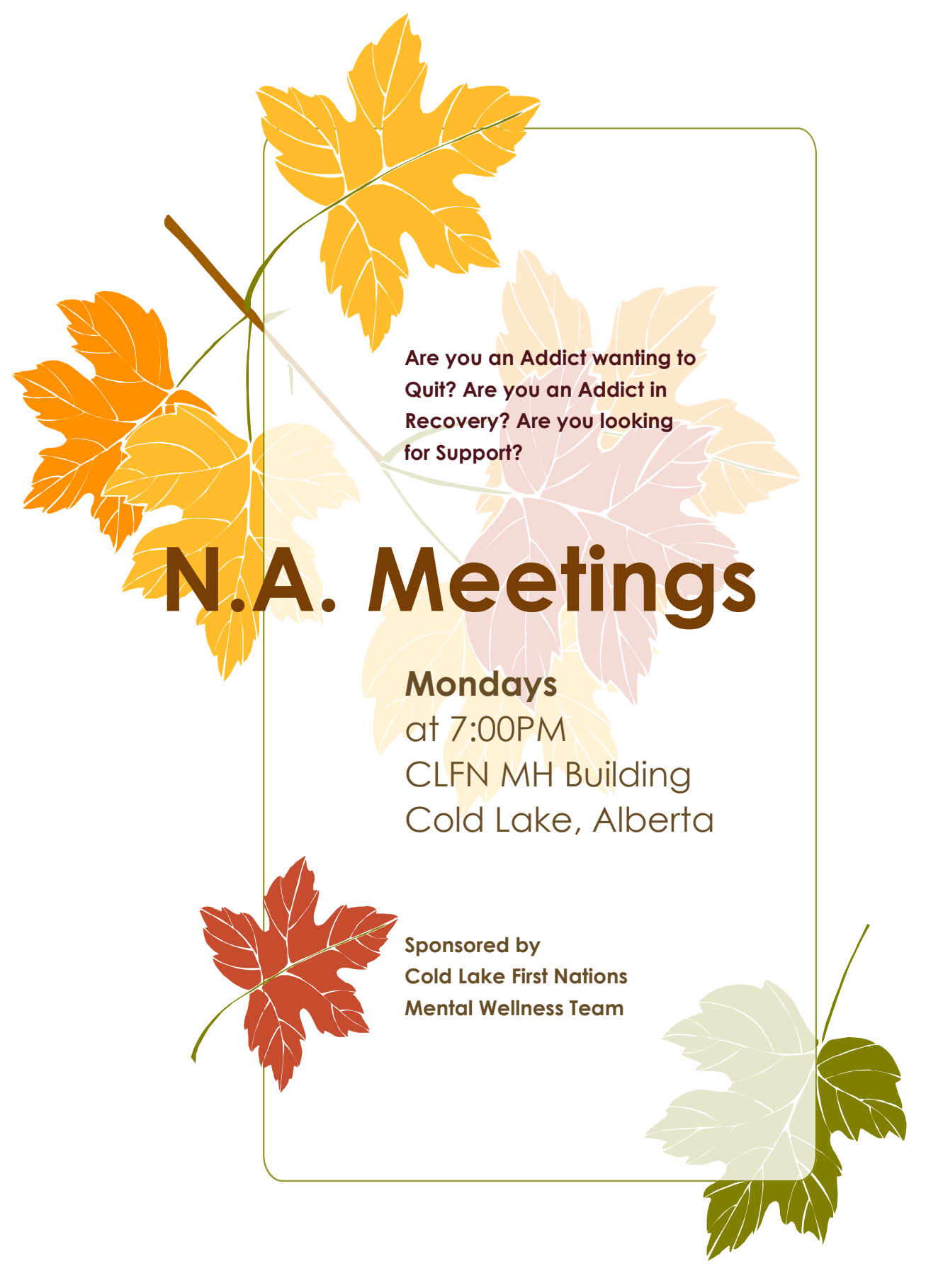
- 1 Scan the QR code below or visit the App Store or Google Play Store and Search 'Łuéchogh Túé Community News'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link in your email address



- NEWS
- EVENTS
- SURVEYS
- JOB OPENINGS

Download the free app today





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

# **N.A. Meetings**

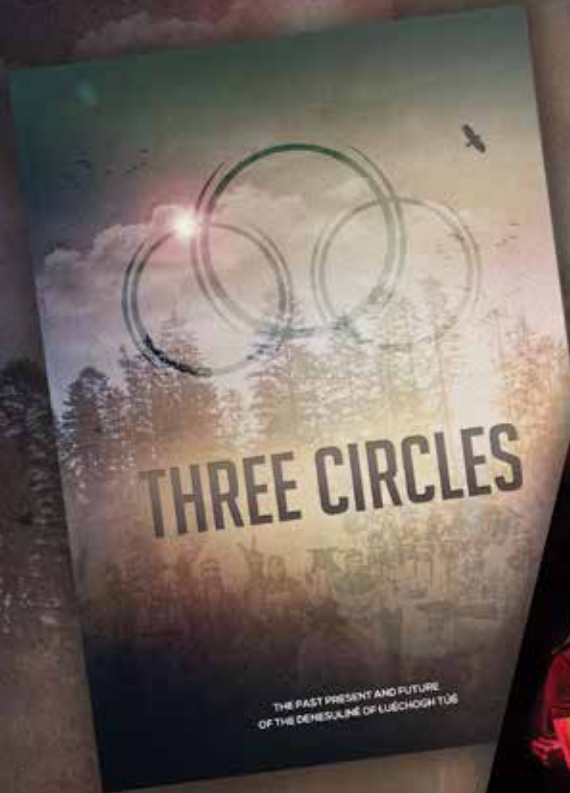
**Mondays**  
at 7:00PM  
CLFN MH Building  
Cold Lake, Alberta

**Sponsored by  
Cold Lake First Nations  
Mental Wellness Team**

# CLFNS BACK COUNCIL CHAMBERS GRAND OPENING

FEATURING THE PREMIER OF  
**THREE CIRCLES - THE PAST PRESENT AND FUTURE  
OF THE THE DENESUŁINÉ OF ŁUÉCHOH TÚÉ**

AND A SPECIAL  
SCREENING  
OF GUITAR LESSONS!



PLUS A Q+A AND  
AUTOGRAPHS/PICTURES  
WITH CAST MEMBERS  
OF GUITAR LESSONS!

## FRIDAY, OCTOBER 21

CLFNS ADMINISTRATION BUILDING | DOORS AT 5PM

TICKETS INCLUDE POP AND POPCORN, 12+  
EMAIL [LORETTA.MCFEETERS@CLFNS.COM](mailto:LORETTA.MCFEETERS@CLFNS.COM) TO RESERVE

[WWW.CLFNS.COM](http://WWW.CLFNS.COM) - [WWW.FACEBOOK.COM/GUITARLESSONSMOVIE](http://WWW.FACEBOOK.COM/GUITARLESSONSMOVIE)



## CDP October Calendar



**October 13 - Goal setting get together**

**October 17 - Meal Prep Monday**

**October 26 - Diabetes Social**

**October 28 - Family Fun Box pick up**

**To enquire or register call Brittany  
780-594-2473**



## CLFNS PHARMACY

Open Wednesday  
evenings  
6:30pm-7:30pm  
at the Health Center

For assistance and to use the service  
Please Call:

**1-780-800-0704**

## Language Department Hiring Elder Language Instructor







The Denesųliné Language and Culture Department is seeking an interested Elder to be a Denesųliné Language Instructor to our preschoolers Monday-Thursdays 9-2pm

The applicant must be fluent, reliable, have own transportation, and provide both a Criminal Records Check and Child Intervention Record Check.

We plan to run the program beginning in October and into the winter months

Please contact Mariah Russell at 780-545-9385 during business hours for more information.

## October Youth & Family Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1.
2.	3. Administration day No Programming	4. Fall Centre Piece 5pm-7pm	5. Learn Dene Words 5pm-7pm	6. Cooking with Sesun'e 5pm-7pm	7. No School Friday	8.
9.	10. 	11. How to build a smoke house Day 1 5pm -7pm	12. How to build a smoke house Day 2 5pm -7pm	13. Learn Hand Games 5pm-7pm	14. Payday Pot	15.
16.	17.	18. Learn to cut Meat 5pm-7pm	19. Smoke Meat 5pm-7pm	20. Parent Appreciation Night 5pm-7pm	21. 	22.
23.	24.	25. Pumpkin Carving 5pm-7pm	26. Houted House Making Kits 5pm-7pm	27. Cherry Grove Haunted House 5pm -7pm	28. Payday Pot	29.
30.	31. Halloween					

Dene Gothe Youth Center CLFNs, please call 780-594-7111 to register for any events

Children 12 and under need to be accompanied by parent or chaperone

**EVERY WEDNESDAY  
THE COMPUTER LAB  
WILL BE AVAILABLE  
TO USE FOR ANY  
ONLINE TRAINING  
PURPOSES!**

**PLEASE CALL AND  
BOOK A TIME IN  
ADVANCE  
EVERY WEDNESDAY**

**Cold Lake First Nation**  
Every Wednesday 9:00-12:00 & 1:30-4:00



If you are interested give us a call at Employment and Training 780-594-7183 ext. 132



# CLASS 7 LEARNERS PREPARATION CLASS

»» THIS WILL BE HELD AT  
COLD LAKE FIRST NATION



ALL AGES  
WELCOME

October 24-26, 2022

For Further Information Please Call Mariah Janvier @780-594-7183 ext. 132



# ELDERS SOUP AND BANNOCK

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

For more information please  
Contact Barb 780-815-1182

EVERYONE WELCOME



CLFNS **FARMER'S**  
**MARKET**

**EVERY SECOND FRIDAY  
UNTIL CHRISTMAS  
10AM - 1 PM**

CLFNS ADMINISTRATION BUILDING  
BACK COUNCIL CHAMBERS

EMAIL [DANIEL.MCLAUGHLIN@CLFNS.COM](mailto:DANIEL.MCLAUGHLIN@CLFNS.COM) TO RESERVE YOUR TABLE





# OPEN HOUSE



**When it comes to your education, it's about you.**

We have many programs to choose from with certificate, diploma and degree options. Come check out our Open House, where you can connect with advisors, ask questions and find out which program is the perfect fit for you. PLUS, all students who apply at the event will have their application fee waived.\*

\*One application per person

## Cold Lake Campus

November 2, 2022 | 6:00-8:00 PM

**Join us for a free BBQ and student tours!**

## Programs and Training

- Academic Upgrading
- Business
- Community Social Work
- Culinary and Hospitality
- Early Learning and Educational Assistant
- Environmental Studies
- Hairstyling and Barbering
- Pre-Hospital Care
- Native and Fine Arts
- Nursing
- Trades and Technology
- University Programming

For more information about important dates and events, call or text us at 780-720-4224.



# 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](http://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](http://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](http://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](http://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](http://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