

Łuéchogh Túé

Newsletter

October 2023 Edition

Why We Wear Orange

**LONG BEFORE THE CANADIAN GOVERNMENT
REWARDED THEMSELVES WITH A HOLIDAY, WE BEGAN TO
WEAR ORANGE AND HERE'S THE STORY WHY.**

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Why We Wear Orange

Over the last several years, orange shirts emblazoned with term “Every Child Matters” have become a rallying cry for First Nations Communities. It is a powerful symbol of a growing movement and the world is starting to take notice.



~ Every year the leaves turn orange in solidarity with the “Every Child Matters” display at the English Bay Treaty Grounds.

Orange Shirt Day, observed on September 30th, started with a story from Phyllis Webstad. When she was six, her cherished orange shirt was taken from her upon her arrival at a residential school. This day is now about remembering the suffering of our Indigenous children who were forced into these schools and honoring their resilience.

Why is Orange Shirt Day important?

Honoring Survivors and

Victims: It’s a tribute to survivors and those who never returned home from residential schools.

Education and Awareness: It’s a chance for all Canadians to learn about the dark history of these schools, fostering understanding.

Reconciliation: It’s a call to work together to heal the wounds of the past and build better relationships with Indigenous communities.

Cultural Preservation: It reminds us to celebrate and protect Indigenous cultures and traditions.

Community and Solidarity: It brings Indigenous and non-Indigenous Canadians together, promoting unity for a more just society.

National Day for Truth and Reconciliation: Acknowledging the Past

This day, also on September 30th, is rooted in the Truth and

Why We Wear Orange (cont)



~ Students proudly display the "Every Child Matters" flag during the Reconciliation Walk.

Reconciliation Commission (TRC), which investigated the tragic legacy of the Indian Residential School System from 2008 to 2015.

Why is the National Day for Truth and Reconciliation important?

Honoring Survivors and Victims: It pays respect to those who survived the residential schools and those who didn't.

Education and Awareness: It encourages learning about the history and legacy of these schools, so we can understand the past.

Reconciliation: It's a commitment to making things right, bridging gaps, and healing.

Cultural Preservation: It emphasizes preserving and celebrating Indigenous cultures.

Community and Solidarity: It unites Indigenous and non-Indigenous Canadians in a shared journey toward a more inclusive society.

Commemorating Both Days

On these days, people wear orange shirts for Orange Shirt

Day and take part in various events. Schools, businesses, and organizations often hold educational programs and ceremonies to show their support for reconciliation.

Wearing an orange shirt symbolizes that every child matters and signifies our commitment to acknowledging the past. These days remind us that reconciliation requires effort, understanding, and unity. By coming together to honor the resilience of Indigenous peoples, we believe in a brighter future where we can heal and reconcile as one community.

Le Goff School Officially Renamed

Language preservation is essential part of reconciliation, restoring what was taken by the credential school system. For his work at the former Le Goff School, in there preservation of the Dene language, John N.A Janvier has been memorialized as the school he once taught at now bares his namesake.



~ A recent photo of the late John N.A. Janvier .

In a profound and symbolic move, the Le Goff School has undergone a transformation, emerging as the newly named John N. A. Janvier Sekwi Honelten Kóę (School). This change carries deep cultural significance for our community and represents a powerful step towards reclaiming and preserving Déné heritage.

The renaming of the school pays tribute to a prominent figure in our community, John N A Janvier. Mr. Janvier was a dedicated

advocate for education and the preservation of the Déné language. His unwavering commitment to both these causes left an indelible mark on the community, making him a natural choice as the school's namesake.

The renaming of the school is not merely a change in nomenclature; it is a reflection of our community's determination to reconnect with its Déné heritage. By honoring John N A Janvier, a man who worked tirelessly

to ensure the continuation of Déné traditions and language, the school takes a significant step towards preserving and celebrating its cultural roots.

For the community, the John N. A. Janvier Sekwi Honelten Kóę is more than just an educational institution. It is a symbol of identity, a reminder of the rich Déné heritage that has been passed down through generations. The school's new name serves as an inspiration for students to embrace our cultural background and take

Le Goff School Officially Renamed (cont)



~ The John N.A. Janvier Renaming Ceremony and orange shirt giveaway. .

pride in our Déné identity.

While the name has changed, the commitment to educational excellence remains unwavering. The John N. A. Janvier Sekwi Honelten Kóę continues to provide a nurturing environment for students to learn, grow, and thrive. It remains dedicated to fostering a sense of cultural awareness and appreciation while offering a high-quality education.

The renaming of the school has sparked a sense of unity and pride within the

community. It is a testament to our community's resilience and its determination to ensure that the Déné heritage is not forgotten but cherished and passed on to future



~ The crowd at the John N.A. Janvier Renaming Ceremony wearing orange in support of National Day for Truth and Reconciliation.

generations.

The renaming of the Legoff School to John N. A. Janvier Sekwi Honelten Kóę is a powerful symbol of the community's commitment to reclaiming its Dene heritage. It honors the legacy of John N A Janvier, celebrates the richness of Dene culture, and inspires the community to embrace its identity with pride. This change represents not only a new name but also a renewed sense of purpose and cultural preservation, ensuring that the Dene heritage continues to flourish in the heart of the community.

New Skate Park Almost Ready To Open



~ A CLFNS family proudly dons their competition regalia.

In a significant development for the youth and skateboarding enthusiasts of Cold Lake First Nations, a highly anticipated skate park is soon to make its debut, bringing a wave of excitement to the community.

Located at the heart of the Cold Lake First Nations, this state-of-the-art skate park is all set to become a central hub for skaters of all levels, offering a safe and vibrant space for both locals and visitors. This remarkable project, which has been in the works for several years, underscores our community's dedication to providing engaging and healthy recreational opportunities for our youth.

The skate park offers a wide range of world-class features suitable for skaters of all skill levels. Whether you're a beginner testing your skills or an

experienced skater performing impressive tricks, this park has something for everyone. It features various ramps, rails, and obstacles designed to challenge and inspire skaters of all ages.

Safety remains a top priority, and the skate park has been constructed with this in mind. Top-notch protective gear, including helmets and pads, will be available through the Youth Center to ensure that skaters can enjoy their passion safely.

The skate park's opening is expected to have a profoundly positive impact on our community. It provides a constructive outlet for our youth, encouraging physical activity and fostering a sense of camaraderie. Additionally, it offers an alternative to negative influences, helping young minds grow into confident, healthy, and responsible individuals.

Chief Kelsey Jacko of Cold Lake First Nations expressed his excitement about the skate park, stating, "This project underscores our commitment to our youth's well-being. We believe that offering them positive recreational opportunities will aid in their growth and development."

The anticipation and excitement surrounding Cold Lake First Nations' new skate park are undeniable. This state-of-the-art facility not only promises an exhilarating recreational experience but also embodies unity, cultural appreciation, and positive community growth. As the skate park opens its doors, it heralds a new era in Cold Lake First Nations, characterized by excitement, togetherness, and endless possibilities.

Medical Services

Do you need an appointment?

15 minutes (non-complex)

Primary Care
Evening Clinic
4-7pm

Please call after Noon to book
Same day bookings



(780)594-2473



COLD LAKE FIRST NATIONS
HEALTH CENTER

Available
October
10th, 24th

NATIONAL
FIRE
PREVENTION
WEEK
OCTOBER
8-13

**JOIN US
FOR A BBQ
AT THE
FIREHALL!
AND A
FIRE SAFETY
PRESENTATION
AT THE SCHOOL
FRIDAY, OCT 13**

**DOOR
PRIZES!**

**DO YOU WANT
TO BE A VOLUNTEER
FIRE FIGHTER?
CONTACT DARRELL MCCAIG
TODAY!**

Youth And Family Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. Office Closed in Lue of Truth and Reconciliation Day	3 Ribbon Skirt 5pm-7pm	4 Ribbon Skirt 5pm-7pm	5 Ribbon Skirt 5pm-7pm	6	7
8	9 Thanksgiving Day	10 Admin Day in Office No Programming	11 Cooking With Setune 5pm-7pm	12 Youth Empowerment conference	13	14
15	16 Admin Day no programs	17 Build a smoke house week 5pm-7pm	18 On-line challenge, visit CLFN Youth page for more details. facebook	19	20	21
22	23 Admin Day No Programs	24 Movie Night 6:30pm	25 Halloween bleach shirts 5-7pm	26 Mini Halloween Party 5-7pm	27	28 Halloween Dance 7-11pm
29	30 Admin Day No Programs	31 Halloween Drive Thru at community hall 12-3pm	1 Youth Center program	2 Youth Center Program		4

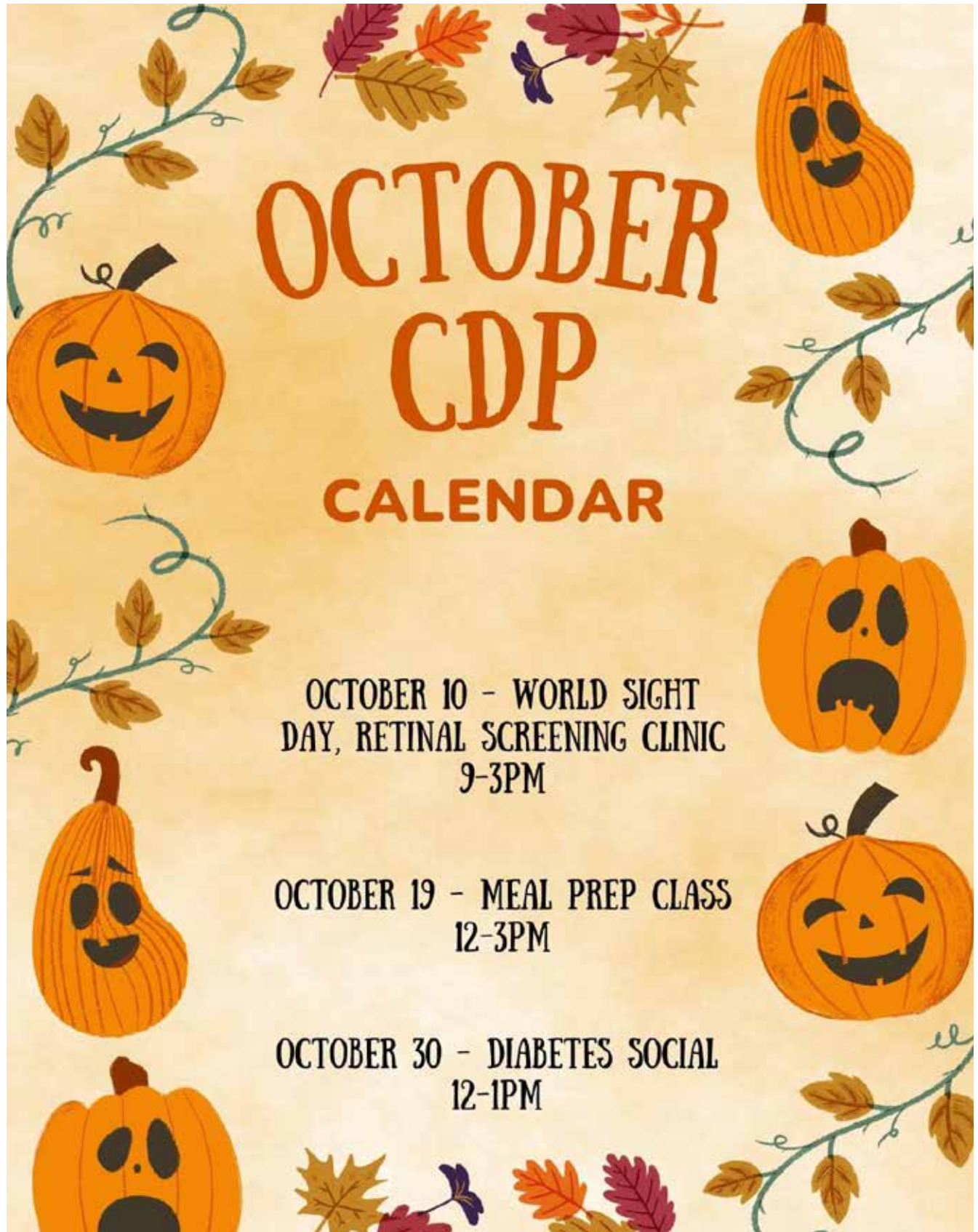
Please call youth center to register for any programs 780-594-7111

Youth 12 and under need to be accompanied by parent guardian.

Health Department Update

All Health Services Staff will be in training on **October 17-18** for the Accuro EMR. This training is essential to the Health Services team to assist with appointment bookings, statistic collection and continued follow-up with clients. To ensure all staff, including our fill-in receptionists, are fully trained our phones will be off. Just to clarify we will not be open for services, including Nurse Practitioner appointments, for these two days.

Messages will be checked, and phone calls will be returned when staff are available.



• COLD LAKE FIRST NATIONS •

FARMERS MARKET

• FRESH BAKING AND PRODUCE •



FRIDAY, OCTOBER 13 & 27

BEGINS AT 10AM
CLFNS COMMUNITY HALL

MEN'S SUPPORT GROUP

OCTOBER 11
HOTEL DENE &
CONFERENCE CENTER
5PM TO 8PM



DINNER PROVIDED
HEAR AND SHARE STORIES WITH ELDERS
CONTACT FCSS AT 780-545-0361 TO REGISTER

Candle Making
HALLOWEEN
- Theme Night -



OCTOBER 19 + 26

CLFNS FCSS BUILDING - LIMITED SPOTS AVAILABLE
CONTACT FCSS AT 780-594-7186 TO REGISTER



COLD LAKE FIRST NATIONS HEALTH CENTER

FLU CLINIC

**October 17th & 24th
4:00 - 6:30 PM**

Please bring your Alberta Health Care

FOR MORE INFO CALL (780)594-2473

COLD LAKE FIRST NATIONS HEALTH CENTER

FLU VACCINE AVAILABLE



STARTING:
HIGH RISK
October 3rd

GENERAL PUBLIC
October 16th

Please stop by the office and bring
your Alberta Health Care

MORE INFO CALL (780)594-2473



Dene Wellness Presents: Pathways to Healing

Weekly Harm-Reduction Facilitated Circle: A Safe Space for Understanding and Support

Navigating the challenges of substance use and abuse can often feel isolating and overwhelming. Dene Wellness is committed to creating a community where everyone has the opportunity to heal and grow.

When: Every Thursday
Time: 5:30 PM - 8:00 PM
Where: Dene Wellness Centre

What to Expect:

- ❖ A judgment-free, confidential space for sharing and listening
- ❖ Empowering discussions about strategies for reducing harm and improving well-being
- ❖ Resources, tools, and community support
- ❖ Refreshments and a comfortable, welcoming atmosphere

Registration & Fees:

This circle is ****FREE**** for all Cold Lake First Nations community members and friends. Due to the sensitive nature of the discussions and to maintain a safe space, the number of participants is limited. Early registration is strongly recommended. Please contact Lisa @ Dene Wellness to reserve your spot.

Who is this for?

- ❖ Anyone who is directly engaging in substance use and looking for harm-reduction techniques
- ❖ Family and friends impacted by a loved one's substance use
- ❖ Community members seeking to better understand the complexities surrounding substance use and abuse
- ❖ Healthcare providers, educators, and advocates interested in harm reduction within the community

In this circle, we acknowledge each other's paths and challenges, providing collective wisdom and individual support. Whether you're seeking harm-reduction strategies or you're a family member looking for guidance, this facilitated circle aims to uplift, inform, and empower.

For more information and to reserve your spot, please contact:

☎ 780-594-1471

✉ ifthehelps@gmail.com

✨ *Your journey to healing starts with understanding and community. Let's walk this path together.* ✨



Dene Wellness Presents: Your Journey to Well-Being

Weekly Mental Health & Wellness Topics: Transform Your Life, One Tuesday at a Time

Are you looking to strengthen your emotional well-being? Want to better understand how to maintain a balanced mental health lifestyle in today's fast-paced world? Cold Lake First Nations is thrilled to bring you a weekly series focused on Mental Health and Wellness.

When: Every Tuesday
Time: 5:30 PM - 7:30 PM
Where: Dene Wellness Centre

Topics Include But Are Not Limited

To:

- ❖ Trauma and its Effects
- ❖ Understanding Anxiety
- ❖ Stress Management
- ❖ Navigating Relationship Challenges
- ❖ Cultivating Resilience & Inner Strength
- ❖ The Importance of Mindfulness
- ❖ Emotional Intelligence
- ❖ Healthy Communication
- ❖ Substance Abuse & Recovery Paths
- ❖ Balancing Work, Family, and Self
- ❖ Coping with Grief & Loss

Registration & Fees:

This program is ****FREE**** for all Cold Lake First Nations community members and friends of members. Limited seats are available, so early registration is recommended. Please contact Lisa@ Dene Wellness to secure your spot.

What To Expect:

- ❖ 30+ Expert-led sessions with unique topics covering a broad spectrum of mental health and wellness issues
- ❖ Q&A sessions, interactive activities, and take-home resources
- ❖ A supportive, confidential environment to share and grow

Your mental health is an important part of your overall wellness. Take the first step in your journey to a more balanced life by joining us every Tuesday. This is not just an event but a community initiative aimed at nurturing the soul and elevating the spirit.

For more information and to reserve your spot, please contact:

📞 780-594-1471

✉ ifthehelps@gmail.com

🌟 *Healing is a journey, and you don't have to walk it alone. Join us!* 🌟

TO EMBRACE AND RECONNECT *our traditional roles*



.....
Topics Include: Empowerment of Indigenous women, men & youth • Mental Wellness of Families and Individuals • Trauma & Suicide Prevention • The effects from Residential Schools • 2SLGBTQ+ • Traditional Medicines • How should we deal with Discrimination • Mentorship of youth • Awareness of: Domestic Violence, Lateral violence • Awareness of Elder abuse • Addictions: Drugs and Alcohol • Bullying and cyber bullying • Human Trafficking • Healing strategies •
.....



OCTOBER 11, 12, 13, 2023
DELTA HOTELS EDMONTON SOUTH
CONFERENCE CENTRE
REGISTRATION FEE: \$350

(*IF REGISTERING AS A GROUP OF 10, INDIVIDUAL FEE IS \$300)
VENDOR FEE \$400
BUSINESS FEE \$1000



For more information contact: Roxanne Moyah: (780)903-1740 • roxannemoyah@gmail.com

Please make copies and post on
your Community Bulletin Board

BUILDING A STRONG SHARED ENERGY FUTURE, TOGETHER.



AT TC ENERGY, WE'RE MAKING PROGRESS ON THE TRANSITION TO CLEANER ENERGY -

WHILE GROWING MUTUALLY BENEFICIAL RELATIONSHIPS NOW AND FOR GENERATIONS TO COME. We're a team of 7,000+ energy problem solvers working to move, generate and store the energy North America relies on. Today, we're taking action to make that energy more sustainable and more secure. We're innovating and modernizing to reduce emissions from our business. And, we're delivering new energy solutions - from natural gas and renewables to carbon capture and hydrogen - to help other businesses and industries decarbonize too.

DID YOU KNOW?

TC Energy provides Indigenous Legacy scholarships in support of Indigenous students pursuing a full-time, post-secondary education program. Check to see if you pre-qualify now at [TCEnergy.com/community-giving/scholarships](https://www.tcenenergy.com/community-giving/scholarships).

Empowering students across North America
Our scholarships are an easy way to get financial support for school. Now with 800 scholarships available across Canada, the U.S. and Mexico, **you could receive a scholarship valued at up to \$5,000!**

FOLLOW US:
@TCEnergy

 TC Energy



JOIN OUR TEAM OF ENERGY PROBLEM SOLVERS

We need diverse, open, curious minds to help us look at problems differently and contribute unique solutions through their work. Sound like you?

Our energy problems solvers:

- Take on exciting, innovative and challenging projects
- Enjoy competitive compensation and benefits
- Make a positive difference in the communities we serve
- Help create cleaner energy solutions for a better shared future

APPLY TODAY

FOR MORE INFORMATION OR
TO APPLY, WE INVITE YOU TO VISIT:

[GOTOCAREERS.CA/
TCENERGY](https://www.gotocareers.ca/tcenenergy)



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Mail to: Suite 200 - 38 Auriga Drive Nepean, Ontario K2E 8A5 Phone/ Fax: 1-866-440-7257

ID 362

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
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**