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Newsletter

November 2023 Edition

GHOSTS AND GOBLINS INVADE!

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SPIDERS INVADE THE NATION IN SEARCH OF CANDY**

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Halloween Descends Up On CLFNS

Ghosts, goblins, and witches, oh my! Cold Lake First Nations brought the Halloween spirit to life in a spine-tingling soir ee that had everyone on the edge of their broomsticks. With a hauntingly delightful array of activities, this year's Halloween was a scream, filled with eerie excitement and spooky fun.

- October 26 -31, 2023.



~ Spooks and goblins partake in the Halloween festivities at CLFNS.

The Annual Halloween Dance kicked off the festivities with a bang, or should we say, a howl! The community center was transformed into a bewitching ballroom where monsters and mummies, princesses and pirates, and creatures of all kinds danced the night away. With live music that would wake the dead, the band had everyone grooving like zombies,

showcasing some killer dance moves that would make even a skeleton jealous.

But what sets Cold Lake First Nations apart is the spirit of togetherness. The Halloween Candy Drive-Thru was a wickedly clever solution to ensure safe trick-or-treating. Thanks to the gracious volunteers and the generous donations from

CLFNS businesses, the event was sweeter than a cauldron of candy corn. Kids and parents alike cruised through, popping open their trunks to collect treats and experience Halloween magic, all while maintaining a safe distance.

Wax on, wax off! Candle Making Night was a smashing hit as families came together to craft spooky,

Halloween Descends Up On CLFNS (cont)



~ The huge crowd of spooks and ghouls at the CLFNS Halloween Dance.

sweet-scented candles. The glow from these creations illuminated homes, casting a cozy yet eerie ambience throughout the night. It's like Cold Lake First Nations had its very own army of ghostbusters, warding off the darkness with the power of candles.

And let's not forget the pièce de résistance: the Youth Center Pumpkin Carving Party. With faces both funny and frightening, young and old gathered to carve, scoop, and craft their own pumpkin masterpieces. The talent on

display was enough to turn anyone green with envy. These carved pumpkins transformed the youth center into a ghoulish garden of grinning gourds.

The magic of Halloween couldn't have been possible without the support of the community and CLFNS businesses. A heartfelt thank you to the CLFNS departments, Primco Dene, Hotel Dene, Casino Dene, 7-Lakes, Tri-Rez Grader Division, and Comec for their generous sponsorship and enthusiastic participation.

Your contribution brought Halloween to life in a way that left us all bewitched and spellbound.

Cold Lake First Nations knows how to throw a Halloween party that keeps spirits high and everyone coming back for more. The spooky memories created this year will haunt our hearts for years to come. Until next Halloween, keep those broomsticks ready, your candy stashes overflowing, and your heart full of Halloween spirit. Thank you for a bewitching night, Cold Lake First Nations

CLFNS Youth Shine at North American Indigenous Games 2023

The North American Indigenous Games (NAIG) 2023 in Halifax, Nova Scotia witnessed a remarkable display of talent and determination from young athletes representing Cold Lake First Nations. These inspiring individuals showcased their skills in various sports, highlighting the resilience and spirit of the community.

- Halifax, Nova Scotia, July 15th-23rd, 2023.



Logan Scanie: Lacrosse Star

At just 14 years old, Logan Scanie has made quite a name for himself on the lacrosse field. Starting his journey into lacrosse at the tender age of 7, he quickly fell in love with the game. Winning three lacrosse banners over the years, Logan's dedication and passion are undeniable. He recently earned a spot on Team Alberta after going through three rigorous NAIG tryouts. The opportunity to represent both Cold Lake and Alberta at NAIG is a

dream come true for Logan, who aspires to make it to the National Lacrosse League (NLL) someday.

Elaine Clark: Water Enthusiast

Elaine Clark, a grade 11 student from Stony Plain, Alberta, is making waves in the world of swimming. When she's not training for NAIG, you can find her at the pool as a lifeguard and swim instructor. Elaine's part of a summer swim team and even enjoys playing water polo during the winter. Her

enthusiasm is truly contagious, and she's excited to represent CLFN on the Female U19 Team Alberta Swim team at NAIG.

Kailey Clark: Soccer Sensation

Kailey Clark, a first-year Kinesiology student at Red Deer College, is a force to be reckoned with on the soccer field. She's currently playing college soccer for the Queens soccer team and couldn't be more thrilled to represent CLFNS on the Female U19 soccer team at NAIG. Beyond

CLFNS Youth Shine at North American Indigenous Games 2023 (cont)



~ Logan Scanie at the NAIG display in Halifax.

her athletic pursuits, Kailey enjoys spending time with her family and her trusty dog, Nala.

Tara Clark: Rising Star in Athletics

Tara Clark, a 13-year-old dynamo from Stony Plain, is set to make a mark in the athletic arena. She'll be competing in Shot Put, Javelin, 150m sprint, and the 2K cross country run as part of the Female U14 athletics

team at NAIG. Tara's sports repertoire extends to volleyball, basketball, and being part of a summer swimming team. The community is proud of her achievement and excited to see her shine.

Summer Desjarlais: Badminton Breakthrough

Summer Desjarlais, a fifteen-year-old athlete with an innate talent for various sports, achieved a remarkable feat by making the U19 badminton team for Alberta at NAIG, despite being 15 years old. She's been working tirelessly to compete against older players aged 17-19. Summer's dedication and support from her cousin Hayden Cardinal have been instrumental in her journey.

Brodie Snow Gendron & Levi Scanie: Hockey Enthusiasts

Hockey enthusiasts Brodie Snow Gendron and Levi Scanie, both Cold Lake First Nation members, continue to



~ Tannis Ashley-Rae Lewis, the only female golfer at the NAIG.

CLFNS Youth Shine at North American Indigenous Games 2023 (cont)



~ The participants in the Alberta Indigenous Games in Edmonton, Ab.

make their community proud. Brodie, a Cold Lake First Nation member, is enjoying his last year in minor hockey. He has a history of playing hockey in Europe and is currently part of High Prairie. Levi Scanie, on the other hand, has been supported by his grandparents to pursue his passion for hockey. They both expressed profound gratitude for the sponsorship that enabled them to continue playing the sport they love.

Jordyn Makokis & Mitchel Makokis: Hockey Heroes

Jordyn Makokis and Mitchel Makokis showcased their hockey skills on the Native Provincial stage. Jordyn played defense and made significant contributions to her team, while

Mitchel, despite falling short in the bronze game, managed to score four goals during Native Provincials as a defense-man.

Riley Scanie: Hockey Lover

Riley Scanie, a dedicated hockey player, expressed his deep appreciation for the opportunities provided by sponsors that allowed him to pursue his passion for the sport.

Tannis Lewis: Golf's Rising Star

Tannis Lewis, a member of Cold Lake First Nations, is making history as the only female in her age group representing Alberta in golf at NAIG. Her passion for golf began when her grandfather gifted her first

set of clubs. She's determined to be a strong contender and role model at NAIG.

Cold Lake First Nations is immensely proud of these young athletes, whose hard work and dedication have paid off. The entire community extends its gratitude to sponsors who made these incredible journeys possible. These athletes are not just representing their communities but embodying the spirit of unity, resilience, and excellence. Their achievements serve as an inspiration to the younger generation and a testament to the power of dreams and determination. We congratulate them and hope to see them at NAIG 2026!

EVERYONE IS INVITED TO THE

COLD LAKE FIRST NATIONS

CHRISTMAS

MARKET

FRESH BAKING, GIFTS, JEWELRY, CRAFTS, DECOR
AND MUCH MORE! 10AM - 1PM

Friday, November, 10, 24

Friday, December, 08, 22*

CLFNS COMMUNITY HALL

*TENTATIVE DATE

MEN'S GROUP

WEDNESDAY
EVENINGS
FCSS BUILDING



LIGHT SNACKS SERVED
HEAR AND SHARE STORIES
CONTACT GARRETT TO REGISTER 587-201-1267



Youth And Family Calendar

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	31	1.	2.	3.	4.
Challenge week 1 Make any clothing or accessory of your choice with Ribbon on it. If you need a sewing machine, youth center is open						
5.	6.	7 Cooking with Grandma	8 Kids Dene Bingo 5pm-7pm	9 High school 10am	10	11 
Challenge 2: Makeup and Hair creative styles (Braids etc)						
12	13 Office Closed	14 Medicine doll	15	16 Medicine bag	17	18
Challenge week 3 creative native. Make Earrings, Artwork, Bead, Science experiments' etc						
19	20	21 Making Moccasins 5pm-7pm	22 Making Moccasins 5pm-7pm	23 Making Moccasins 5pm-7pm	24 Santa Claus Parade 6pm	25
26	27	28 Movie Night	29	30 Mini Modeling show 5-8pm	Dec 1st	

DENE WELLNESS

HEALTH FAIR



Tues NOV 14, 2023 FROM 11AM-3PM
Cold Lake Band Hall

JOIN US FOR FREE

- BLOOD PRESSURE CHECK
- BLOOD SUGAR TEST
- NUTRITION ASSESMENT
- TRIBAL CHIEFS OAT NURSE
- VICTIMS SERVICES & RCMP INFORMATION
- CPR DEMONSTRATION
- AND MUCH MORE

COME & SEE EVERYTHING ABOUT HEALTH AND HEALTHY LIFE

ORGANIZED BY **Dene Wellness**

FOR MORE INFO: CALL (780) 594-1471



MISSING



JOSHUA LEE ANDREW

LAST SEEN ON SEPTEMBER 1, 2022 AT HIS RESIDENCE
ON COLD LAKE FIRST NATIONS- ENGLISH BAY RESERVE

AGE 35 - BROWN EYES
SHAVED HEAD - 6'4" - 250 LBS

\$10,000 REWARD

FOR ANY NEW INFORMATION THAT LEADS TO THE FINDING
OF JOSHUA LEE ANDREW

 **780-201-5586 - 780-594-3301**

#HELPBRINGJOSHUAHOME





Comedy Night

Nov 16, 2023 5-9pm

Kokum Ernestine & Moshum Alphonse
Karaoke Coffee House



Cold Lake Band Hall
Cold Lake First Nation

Made with PosterMyWall.com

Presented by Confederacy of Treaty Six First Nations

COLD LAKE FIRST NATIONS COME AND MEET THE TREATY SIX NIHB NAVIGATOR – RHONDA WASKAHAT

In person presentation on;

- Treaty Right to Health
- Non-Insured Health Benefits program
- Appeal Process (information and intakes)
- NIHB Express Scripts Canada Website and creating accounts

*Registered service providers of the NIHB program may be obtained through the Navigator

NOVEMBER 23, 10AM - 4PM
NOVEMBER 24, 10AM - 12PM

Lunch will be provided

NATIONAL ADDICTIONS AWARENESS WEEK



November 14-19, 2023

14

Tuesday

Health Fair

11am-3pm Band Hall

15

Wednesday

Check Stop

Community Safety Check Stop with
Victims Services on Main Road

16

Thursday

Comedy Show & Karaoke

6pm-9pm Band Hall

18

Saturday

A.A. Roundup

Noon-Midnight Band Hall, Call Up Meeting,
Guest Speaker, Supper and Old Tyme
Dance

19

Sunday

Gospel Jamboree

12-8pm Band Hall., Gospel
Music, Supper and sharing

www.clfns.com

Write with FosterWlyWeb.com



**09
NOV**

PRESENTED BY THE W.A.G.E. PROGRAM
LIGHT SNACKS AND REFRESHMENTS

**05
PM**

★ LOVE IS LOVE ★

**LGBTQ2S+
AWARENESS
NIGHT**

CLFNS FCSS BUILDING

ALL ARE WELCOME TO ATTEND
CONTACT 780-594-7186 TO REGISTER



KEEP THE CIRCLE STRONG

A.A. Roundup

SATURDAY

18

NOVEMBER

FREE ENTRY
OLD TIME
DANCE
SUPPER
SPEAKERS

STARTS AT 12 PM

COLD LAKE BAND HALL

COLD LAKE FIRST
NATION

WORLD DIABETES DAY WORKSHOP

November 14

Join us at the
hotel Dene from
8:30 - 4:00





Keep the Circle Strong

GOSPEL

Jamboree

SUNDAY

19 Nov 2023

TIME: 12 PM

 Cold Lake Community Hall
Cold Lake First Nations 149

Host **DENE WELLNESS**



WREATH MAKING

Workshop

DECEMBER 9, 2023

1:00 – 3:00 PM

CLCLC CLASSROOM

\$125 PER PERSON

(MATERIALS INCLUDED)


Presented by:

BUDS N BLOOMS
Florist



**REGISTER
TODAY**

1301 – 8 Avenue, 2nd Floor
(above Cold Lake North Library)

 780-639-3134

November is Family Violence Prevention Month in Alberta

One woman or girl is killed every 48 hours in Canada, most are killed by men.

Children who witness violence in the home have twice the rate of psychiatric disorders as children from non-violent homes.

The taxpayer has spent 7.4 billion to deal with the aftermath of spousal violence alone.

Crime information provided by the Canadian Women's Foundation.

Alberta has the third highest rate of self-reported spousal violence among Canadian provinces.

November is a time to increase awareness of the warning signs of family violence and the resources and supports available so we can work together to end family violence and build healthier relationships in our communities.

Helpline Stats 2022-23



JOIN US!



STEPPING STONES
Crisis Society

Paint the Town Purple

Local organizations are teaming up with our Outreach team to **paint the town purple** in an effort to raise awareness of family violence in our community. If you'd like to participate, please contact us at:

priorities@SteppingStonesSociety.ca

Visit our rotating displays in **Cold Lake** and **Bonnyville** throughout November to pick up resources and swag. Locations will be posted on our Facebook page weekly.

Awareness Walk and Candlelight Vigil

At 3PM November 30th we are hosting our annual Candlelight Vigil. **New this year** we will begin the event with an awareness walk downtown and back. Please email for more details:

outreach@SteppingStonesSociety.ca



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