

Łuéchogh Túé

Newsletter

June 2025 Edition

SEPARATION ANXIETY

**ALBERTA SEPARATION DEBATE TRIGGERS RALLY CRY
OVER INDIGENOUS TREATY RIGHTS**

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What Alberta Separation Could Mean for First Nations

As Alberta lowers the threshold for citizen-led referendums, talk of separation from Canada is gaining traction—sparking deep concern among First Nations who say Treaty rights cannot be overridden by provincial ambition.



~Chief Kelsey Jacko on the steps of the Alberta Legislature during the recent Bill-54 protest.

The Alberta government recently passed Bill 54, a new law that significantly lowers the bar for launching citizen-led referendums—including one on Alberta separating from Canada. While Premier Danielle Smith insists that she supports a more autonomous Alberta within Canada, the legislation has sparked concern across the province, especially among Indigenous communities who see the move as a direct challenge to Treaty rights.

“As you know, at the moment, there are no petition campaigns, there’s no referendums planned. I have always said I support a sovereign Alberta within a

united Canada and my job is to get a new deal with Canada,” said Danielle Smith at a press conference in Calgary on Friday, May 16.

How Bill 54 Makes Referendums Easier to Trigger

Bill 54, officially titled the Election Statutes Amendment Act, reduces the number of signatures required to trigger a referendum from 600,000 to just 177,000. It also extends the time allowed for collecting those signatures from 90 to 120 days.

Although Premier Smith has stated that there are no current plans

for a separation vote, a group known as the Alberta Prosperity Project (APP) has already drafted a proposed referendum question.

The group envisions an independent Alberta free from federal regulation, with reduced taxes and expanded oil and gas development. They also claim residents would keep their Canadian passports and pension rights, though these assumptions lack confirmation from Ottawa.

The APP says it won’t officially launch a petition until it reaches 600,000 supporters, even though the legal threshold is now significantly lower. Premier Smith has said that if a separation

What Alberta Separation Could Mean for First Nations (cont)

referendum is legally triggered, her government would schedule a vote in 2026.

Indigenous Leaders Reject Separation Talk

The push toward Alberta independence has alarmed many First Nations leaders. On May 15, representatives and citizens from Treaty 6 (including Chief Kelsey Jacko), 7, and 8 gathered at the Alberta Legislature in Edmonton to protest the bill. Organizers called the legislation a direct threat to Treaty rights, which are protected under Section 35 of the Canadian Constitution and form the basis of a nation-to-nation relationship between First Nations and the Crown.

“Our ancestors made a sacred covenant to share the land in peace,” read one statement following the rally. “That agreement still stands. It is not up for negotiation.”

Many First Nations maintain that they are not subordinate to either Alberta or Canada. For them, Treaties are enduring legal and spiritual agreements that cannot be nullified by any provincial vote.

Government Responds—But Questions Remain

Facing pressure, the Alberta government amended Bill 54 to include a clause stating that no referendum can infringe upon existing Treaty rights. Alberta Justice Minister Mickey Amery said this was done to reaffirm the province’s commitment to Indigenous Peoples and the Constitution.

The final version of the bill, which received Royal Assent on May 15, includes the following clause: “Nothing in a referendum held under this act is to be construed as abrogating or derogating from any existing Aboriginal or Treaty rights of the Aboriginal Peoples of Canada that are recognized and affirmed in Sec. 35 of the Constitution Act, 1982.”

In a letter dated May 13 and now circulating on social media, Premier Smith appealed directly to Treaty 6, 7, and 8 chiefs for support, stating:

“I will continue to fight with all that I have to protect both the constitutional sovereignty of Alberta, as well as the rights of First Nations of Alberta.”

She also wrote that any citizen-initiated referendum “must

uphold and honour Treaties 6, 7 and 8.”

In the same letter, Smith called on chiefs to join her in lobbying the federal government for the creation of an energy corridor in Alberta, writing:

“Taking this case to Ottawa in a united fashion would send a powerful message...that our contributions to Canada will not be taken for granted any longer by the federal government.”

Looking Ahead

While the idea of Alberta separation remains speculative for now, the political landscape is shifting. With the passage of Bill 54, the possibility of a referendum—once considered out of reach—is now a real option for separatist groups.

For First Nations in Alberta, this development has heightened existing tensions over jurisdiction, recognition, and respect for Treaty rights. As debates over Alberta’s future continue, Indigenous leaders are making one thing clear: Treaties are not optional, and they are not up for negotiation.

Big Changes at CLFNS: New Outdoor Arena Coming Soon

As the old arena comes down, Cold Lake First Nations looks ahead to a new, year-round facility built for youth, community, and the future.



~ Conceptual drawing of the new outdoor arena.

If you've driven past the old arena recently, you've probably noticed something major—it's gone. The building has been taken down, and while that might feel bittersweet for some, it's also the start of something exciting for CLFNS.

The old arena held a lot of memories. It was where many of us learned to skate, played our first games, or watched friends and family hit the ice. It was a gathering place—not just for sports, but for community events and good times. Naturally, seeing it gone brings up a mix of emotions. But what's coming next is being built with just as much heart

CLFNS is planning a brand-new steel-covered arena in its place. It'll be more durable, safer, and built to last through all kinds of weather—something we know matters out here. The goal is to have a space that's open year-round and works better for everyone, especially our youth.

That's really what this project is about: the kids.

We know how important it is for youth to have a place to go—somewhere safe to hang out, be active, and feel a sense of belonging. This new arena will give them a proper spot to play hockey, skate, stay connected, and just be kids. It's an investment not only in sports but in mental

and emotional well-being. Our young people deserve quality spaces, right here at home.

In the coming weeks, the Nation will be sharing design plans and updates, so everyone can get a better idea of what the new arena will look like. Keep an eye on the CLFNS Facebook page for the latest news.

At the end of the day, this isn't just about a building. It's about creating something that brings us together. We're proud of where we've been, and we're just as proud of where we're going.

Thanks to everyone for your patience and support as we start building this new chapter.

Upcoming Elections For Chief and Council

Cold Lake First Nations will hold elections for Chief and Council in June 2025, in line with the CLFNS Election Law (1986). One Chief and six Councillors will be elected. Members are encouraged to participate in both nomination and voting to ensure strong representation.

Nomination Meetings

Two in-person nomination meetings will be held at the CLFNS Admin Building (Back Chambers):

Chief: June 11, 2025 | 2:00–4:00 PM

Council: June 18, 2025 | 7:00–9:00 PM

Nominees must be full CLFNS citizens, at least 21, and listed on the official Electors List. Full eligibility criteria are available through OneFeather or the Band Office. Both the nominee and nominator must attend the nomination meeting.

Election Dates and Voting

Chief Election: June 18, 2025

Council Election: June 25, 2025

Voting is open online or in person from 9:00 AM to 6:00 PM (MDT).
Online: www.onefeather.ca/nations/coldlake



In-person voting locations:

- Edmonton Inn (Edmonton, AB)
- CLFNS Admin Building – Back Chambers
- English Bay Community Centre

Eligible voters must be full CLFNS citizens, age 21+, and listed on the Electors List. Only one vote per election is allowed.

More Information

The Electors List, nomination forms, and the full Election Law are available at the Band Office or through OneFeather. Members are encouraged to review the materials and ensure they are registered.

Support Contacts

Voting: voterhelp@onefeather.ca

Nominations: nominations@onefeather.ca

Phone: 1-855-923-3006 | Mon–Fri, 9:30 AM–4:30 PM PT

Mailing: 209-852 Fort Street, Victoria, B.C., V8W 1H8

Official notices were issued May 26, 2025.

Lands and Resources Enhances Water Monitoring with Cutting-Edge Technology



The CLFNS Lands and Resources Department is enhancing its ability to monitor Tu (water) across Dene Ni Nenne with the addition of a new high-tech tool.

Supplied by Tribal Chiefs Ventures Inc., this compact watercraft is designed to measure water flow, direction, and movement. With this technology, CLFNS will be better equipped to track the sources of water and how it travels through our traditional territories.

This initiative marks an important step in a broader

commitment to understanding our local water systems, upholding CLFNS rights, and ensuring the long-term health and sustainability of the land and waters we call home.

For Cold Lake First Nations, water is more than a resource—it is sacred. As Dene people, we understand that water is life. It nourishes our communities, our lands, and all living beings. Our relationship with water is rooted in generations of knowledge, ceremony, and respect.

By investing in tools to monitor and protect Tu, we

are continuing the work of our ancestors and fulfilling our responsibility as stewards of the land. This effort is not just about science—it is about sovereignty, self-determination, and safeguarding our way of life for future generations.

As climate change, industry, and outside development put increasing pressure on our natural systems, initiatives like this ensure that CLFNS remains at the forefront of environmental protection, led by our values, guided by our knowledge, and grounded in our connection to the land.

COLD LAKE FIRST NATIONS NOTICE OF NOMINATION MEETINGS

Notice is hereby given that **Cold Lake First Nations** will hold Nomination Meetings on **June 11, 2025, for Chief** and **June 18, 2025, for Council**, in accordance with the *Cold Lake First Nations Election Law (1986)*, for the purpose of electors nominating candidates for the Offices of one (1) Chief and six (6) Councillors for the ensuing term of office, in Elections to be held on **June 18, 2025, for Chief** and **June 25, 2025, for Council**.

CHIEF NOMINATION MEETING JUNE 11, 2025 2:00 PM – 4:00 PM CLFN ADMIN BUILDING BACK CHAMBERS	COUNCIL NOMINATION MEETING JUNE 18, 2025 7:00 PM – 9:00 PM CLFN ADMIN BUILDING BACK CHAMBERS
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ELIGIBILITY FOR CHIEF

To be eligible for candidacy, an individual must sign a declaration stating they meet the following criteria:

- A. Must be a full citizen of the Cold Lake First Nations.
- B. Must have served on Council for at least one (1) term prior to being nominated.
- C. Must have the ability to understand and speak Chipewyan.
- D. Must have resided upon this Cold Lake Indian Nations Reserve 149, 149a and 149b for at least five (5) years prior to being eligible for nomination.
- E. Must be a direct descendant of the original citizens who were represented at the Treaty Number Six in 1876.
- F. Shall be employed neither directly nor indirectly by Federal or Provincial governments, or their agents. If previously employed with either government, a formal letter of termination of employment must be produced prior to being eligible for nomination.
- G. Any person employed by the Cold Lake First Nations must take a leave of absence for one (1) week without pay at the nomination meeting prior to being eligible for the election.
- H. Must be of good moral character.
- I. Must be of sound mind.
- J. Must possess known leadership capabilities.
- K. No person is eligible to run for Chief if they have been convicted of a criminal offence within the last five (5) years.
- L. Any person who owes the Cold Lake First Nations administration in excess of three thousand dollars (\$3000.00) and who has made no attempt to repay the loan shall not be eligible for nomination.

ELIGIBILITY FOR COUNCIL

To be eligible for candidacy, an individual must sign a declaration stating they meet the following criteria:

- A. Must be a full citizen of the Cold Lake First Nation.
- B. Must have the ability to understand an Indian language.
- C. Must have resided upon the Cold Lake First Nations Reserve 149, 149a and 147b for at least five (5) years prior to being eligible for nomination.
- D. Shall be employed neither directly nor indirectly by Federal or Provincial governments or their agents. If previously employed with either government, the person must present a formal letter of termination of their position prior to the Elections Officer allowing the persons name to be added to the list of candidates.
- E. Any person employed by the Cold Lake First Nations must take a leave of absence for one (1) week without pay at the nomination meeting prior to being eligible to seek the office of Councillor.
- F. Must be at least twenty-one (21) years old.
- G. In order to be eligible to run for Council, a person must be a direct descendent of original treaty citizens.
- H. No person is eligible to run for Council if they have been convicted of a criminal offence within the last five (5) years.
- I. Any person who owes the Cold Lake First Nations administration in excess of three thousand dollars (\$3000.00) and who has made no attempt to repay the loan shall not be eligible for nomination.

IMPORTANT INFORMATION

Full citizens of Cold Lake First Nations who are at least twenty-one (21) years of age and on the official Electors List may nominate or second candidates and vote in the Elections. Each elector can nominate one person for Chief, and can nominate one person for Council and second the nomination of another person for Council. Any person wishing to nominate and/or be nominated must be present at the Nomination Meeting. No two members of the same immediate family shall be eligible to run for Chief and Council.

Electors may vote online or in person at a polling station. The Election Law, supporting nomination documents, and the official Electors List of all eligible electors shall be posted and available during regular business hours at the Cold Lake First Nations Band Office; can be requested from the Electoral Officer; and will be available to download at the webpage listed below.

Dated May 26, 2025

For more information or assistance please contact OneFeather:

Email: nominations@onefeather.ca | Toll Free: 1-855-923-3006

Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time

209-852 Fort Street, Victoria, B.C., V8W 1H8

www.onefeather.ca/nations/coldlake




Social Development Calendar

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Intake	3 Intake	4 Intake	5 Intake	6 No Intake Parenting Workshop	7
8	9 Intake	10 Intake	11 No Intake	12 No Intake	13 No Intake File Review Home Visit	14
15	16 No Intake Monthly sign up	17 Intake	18 Intake Learners course	19 Intake Learners course	20 STAT Holiday CLOSED	21
22	23 Intake	24 Intake	25 Intake	26 Intake Cheque Release FASD Workshop	27 No Intake File Review Home Visit	28
29	30 Intake	31 3-day women's Personal Development course 10 days of	1 3-day men's Personal Development course 10 days of			


English Bay Center Calendar

Sunday Dzj'ne	Monday Dzj'ne	Tuesday Nakedzjine	Wednesday Tahdzjine	Thursday Dzj'ne	Friday Teeh'eddzjine	Saturday y Dzj'azjine
1	2 Mary Obisfield, NP Tabatha Ashdown, LPN Np Assistant 1-3 p.m.	3 Beaded Night with Jasmin 4-7 PM supper included Beaded earrings	4 Employment & Training of noon Librarian Noon Angela psychologist 8:30-12 Samantha A. Dene Wellness Soup & Bannock Noon	5 Food Pantry 10-1 Sober Social 5:30-7:30	6 Jody L. RSW Mobile Social Supports 8:30 a.m. – 1:00 p.m. Breakfast at 10 Parenting Workshop with Jody 10:30-12 PM Childcare provided	7
8	9 Mary Obisfield, NP Tabatha Ashdown, LPN Np Assistant 1-3 p.m.	10 Ribbon Skit & Shirt Workshop 2 PM – 7 PM	11 Employment & Training of noon Librarian Noon Angela psychologist 8:30-12 Samantha A. Dene Wellness Soup & Bannock Noon Ribbon skit & Shirt Workshop 4-7 PM Continued	12 Food Pantry 10-1	13 Breakfast at 10	14
15 Father's Day	16 Mary Obisfield, NP Tabatha Ashdown, LPN Np Assistant 1-3 p.m.	17	18 Chief Voting Day 9 AM -4PM Employment & Training of noon Librarian Noon Angela psychologist 8:30-12 Samantha A. Dene Wellness Soup & Bannock Noon	19 Food Pantry 10-1	20 Offices Closed Indigenous Peoples Day	21 Indigenous Peoples Day 7 AM-5 PM
22	23 Mary Obisfield, NP Tabatha Ashdown, LPN Np Assistant 1-3 p.m.	24 Beaded Night with Jasmin 4-7 PM supper included Mini mudduks	25 Council Voting Day 9 AM -4 PM Employment & Training of noon Librarian Noon Angela psychologist 8:30-12 Samantha A. Dene Wellness Soup & Bannock Noon	26 Food Pantry 10-1 Youth Party "End of School/beginning of summer party" BBQ	27 Brenda., LPN Mobile Wellness, Jody L., RSW Mobile Social Supports 8:30 a.m. – 1:00 p.m. Breakfast at 10	28 Beach Bark Projects with Jasmin 10 AM- 11 were done
29	30 Mary Obisfield, NP Tabatha Ashdown, LPN Np Assistant 1-3 p.m.					

NATIONAL
**INDIGENOUS
PEOPLES DAY**
CELEBRATION



JUNE 20
CASINO DENE PARKING LOT
FREE BBQ - ENTERTAINMENT
DOOR PRIZES + MORE



Medical Transfer Services

Reimbursement Claims

To process Specialist Reimbursement claims you must always provide the following.

- A confirmation of attendance for the clinic and/or doctor's office.
- Original meal itemized receipts, (not the debit receipt). This is for Day Trips only or if you are submitting for all services. Ex. Hotel/meals/parking fees.
- No GAS RECIEPTS (Health Canada will only pay a maximum of 0.245 cents per kms and a flat rate meal as per policy)

Clients can pick up a Reimbursement Claim form & stamped envelope from the Medical Transfer office before of after the appt and mail it to Health Canada

AB Region-Medical Transportation Non-Insured Health Benefits First Nations and Inuit Health Branch Health Canada Suite 730, 9700 Jasper Ave, Edmonton, AB T5J-4C3

Allow up to 8 weeks or more for processing
For any inquires for your reimbursement claims please contact the Edmonton referral office 1-800-514-7106.

Contact us.

Phone: 780-594-2473 ext. 2212 (Kim) or ext. 2218 (Roberta)

Direct Line: 780-594-7187

Fax: 780-594-1560

Email: kim.machatis@clfns.com or roberta.martial@clfns.com

**The Staff of MT
Medical Transfer Coordinator**

Kimberly Machatis

Data Entry Clerk

Roberta Martial

MT Drivers

Blaine Martin

Carol Piche

Peggy Scanie (Casual P/T)

For all After Hours, Weekends & Stat Holidays, please call Edmonton Referral
Directly @ 1-800-514-7106

Please Keep in mind that EDM REFERRAL will only Provide Taxi services for Client(s) who have gone in an Ambulance to the Hospital

Who We Are

About Us

Medical Transfer is a service provided under Non-Insured Health Benefits (NIHB) through the First Nations Health & Inuit Branch FNHI (Health Canada). This service is to provide medical transportation of Cold Lake First Nations members living on reserve or living in the city of Cold Lake.

* If a treaty status client resides on CLFN 149,149a & 149b medical transportation is available.

**COLD LAKE
FIRST
NATIONS**

*Medical Transfer
Services*

Local Transfer

We require 2 hr. notice for all local Medical Appointments.

*Clients under the age of 16 yrs. old require escorts, to qualify as an escort you need to be 18 years or older.

*Mt will pick up clients/escorts only, no other passengers will be allowed.

* Be prepared for pick up 1 hour before your appt.

* Treaty Numbers are a must! Please have your Treaty number.

*Please notify our office immediately if you must cancel your transportation service.

*We will provide services to BONNYVILLE for Specialist appts only.

Long Distance Transfer

Medical Transfer requires at least 1 weeks' notice for LONG-DISTANCE TRANSFERS, so all necessary arrangements can be finalized on time.

We will provide Long Distance Transportation for the following.

- Must be a Cold Lake First Nations band member, or a treaty status non-band member living on the nation.
- Must provide proper paperwork for appt. (date/time/location)
- Must have a specialist appt out of Cold Lake.
- Disabilities ex. Wheelchair
- Elders 65+, with escort.
- Client released from Hospital after surgery.
- Physically unable to ride the bus ex. Broken limbs.

The MT driver will pick up the client at their residence and will provide safe transportation. A round trip to and from your specialist appointment. A meal is also provided for the client/escort.

Referral Services to Edmonton.

To receive Edmonton Referral services for Specialist appointments, clients need to contact Kim at the CLFN Health Centre. A file will be made in the MTRS, and all services are booked by Edmonton Referral.

Client/escort must provide the following information.

- A copy of the referral letter or provide the referring physician office.
- Date/Time
- Specialist name
- Address/Telephone number of specialist

All appointments will be confirmed by Kim before the paperwork is processed.

Services Edm Referral Provide:

*Bus ticket/Taxi (depending on bus schedule)

*Taxi service to and from bus depot

*Meals/accommodations

*In-City Transportation

Please Note: For Clients going on personal vehicles. For any overnight accommodation/meals the appt must be 10:00 am or earlier. We will send a file requesting services, but it is up to Edm Referrals' discretion, as they do the bookings.

Medical Subsidy Program

Contact Info

Kimberly Machatis
 Medical Subsidy Coordinator
 Phone: 780-594-2473 ext. 2212
 Roberta Martial
 Phone: 780-594-2473 ext. 2218
 Fax: 780-594-1560
 E-mail: medical.subsidy@clfns.com



Disclaimer

*This program is not a Treaty Right and is not intended to replace or infringe Treaty Rights to health.

*The Medical Subsidy Program cannot replace employer group health insurance

*CLFN members who opt out of employer or spousal group health insurance are not eligible.

*The Medical Subsidy Program is intended to cover the shortfalls within NON-Insured Health Benefits Program (NIHB) and/or employer group health insurance when applicable.

"We still continue to fight our Treaty Right to health under the Medicine Chest Clause of Treaty 6",

CLFN Chief and Council

August 30, 2011

Mailing Address

Cold Lake First Nations Medical Subsidy
 Box 1140
 Cold Lake, AB
 T9M 1P3

**MEDICAL
 SUBSIDY
 PROGRAM**

Program Category

Prescription: 100% opioids/narcotics only covered during active treatment under specialist. Cannabis in pill form only & must be filled by pharmacy. Coverage limitation may be imposed. All over the counter medications, baby formula and supplements ie. Boost, ensure, vitamins, Tylenol etc. must be prescribed by physician or NP. Program does not cover reproductive/infertility/cryo-preservation (for any gender) erectile dysfunction medications, therapies or procedures

Optical Health

Optical: \$500.00 Eye examinations, prescription lenses, frames, surgeries, prescription contact lenses, prescription sunglasses. Must provide a copy of prescription for contacts.

Vision Surgery: (best to submit once both eyes are completed)

Lasik eye surgery: 50% or \$2500.00 max whichever is less. Once per lifetime.

Cataract surgery: 50% or \$2500.00 max whichever is less. Once per lifetime.

Eyelid surgery: 50% or \$2500.00 max whichever is less. Once per lifetime.

Oral Health

Dental: \$1500.00 Routine dental work incl but not limited to fillings, cleaning/scaling, fluoride treatments, x-rays, extractions, mouthguards, anesthesia, root canals, program does not cover teeth whitening.

Oral prosthetics: 50% or to a max of \$2500.00 whichever is less top and bottom denture plans should be all inclusive service, bridges, crowns, implants, traditional bridge, removable partial dentures, fixed bridge.
Orthodontics: 70% Once per lifetime, Treatment commenced during one fiscal year and completed in another fiscal year is eligible to be reimbursed. Must exhaust all 3 levels of appeal process through NIHB for minor child(ren).

Service Fees: \$1000.00 Acupuncture, chiropractic, rehabilitation, occupational therapy, speech therapy, physiotherapy, massage therapy, cranial therapy, Reflexology, Reiki, Naturopath (initial consultation fee only) and doctor fees. Must be a registered Massage Therapist (RMT) through the Canadian Massage Therapy Professional Associations (Services must not be provided by mother, father, sister, brother, son, daughter, grandparent, grandchild, aunt, uncle, son/daughter in law, mother/father-in-law).

NOT ELIGIBLE: No Show fines, drivers medicals, Hormonal therapy for any gender, assessment fees i.e. Psychologists for educational purposes or work related or family court purposes,

Required Aids to Daily Living: \$1000.00 Hearing aids & batteries & repairs, inhalers, wheelchairs, walkers, crutches, orthotics, compression stockings, prosthetics, sleep apnea machine and supplies (Must go through a NIHB approved provider), blood pressure machine, sheep skin covers, etc. copy of prescription will be required.

Oxygen: 100% prescription required for oxygen, and required equipment and supplies and rental fees

Form Fees: 100% Form fees or costs related to Assured Income for Severely handicapped (AISH)

Conditions of eligibility to apply.

*Must be a Cold Lake First Nations (CLFN) band member.

*Must provide copies of approval or denial letters from Non-Insured Health Benefits (NIHB) through Health Canada.

* If CLFN Member has additional health benefits a statement from provider outlining what is approved or denied.

* All requests must be supported by a completed medical subsidy application form and original invoice or receipts.

Fiscal year

***April 1st – March 31st** Once program dollars are exhausted for the fiscal year, program will be suspended until the new funding year.

*Adopted by CLFN Chief and Council
 August 30, 2011*

Self Care

BEING MINDFUL OUTSIDE

Being *mindful* allows you to focus on something which can alleviate stress. Self care doesn't have to cost anything and a few minutes is all it takes!

Here are some *mindful* things to try outside on a walk, at a park, the beach, or right outside your door.

Look

Notice the different colors in nature

Observe how light and shadow fall on something nearby

Watch something move in the breeze (leaves, grass, etc.)

Lay on a blanket and watch the clouds

See how many species of birds you can see from where you are

Listen

bird or insect sounds

Waves or trickling stream

distant human voices or laughter

Smell

Breathe deep and see what you smell; fresh cut grass, rain, flowers, plants, or trees

Touch

Feel the warmth of the sun or coolness of shade

Touch a natural texture such as grass, water, a stone

Walk barefoot or touch the ground with your hand

**Breathe when you are being *mindful* or any time you need a break.
Take 3 slow, deep breaths; in your nose, and slowly out of your mouth.**

Jody Lehr Turco, RSW

INDIGENOUS PEOPLES DAY

@ The English Bay Community Center June 21st

Schedule

- 4 AM Water Ceremony
- 7 AM Pipe Ceremony
- 8 AM Pancake Breakfast
- 9 AM Fire Ceremony
- 12 PM Nasuwe (Feast)
- 1-3 PM Activities (Tufting, Fish Scale Art, Archery, Powwow Dancing, Egwe, Bannock on a Stick).
- 4 PM Fish Fry
- 5 PM Tea Dance







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Treaty ^{'25}
DAYS

JULY 11-13

ENGLISH BAY TREATY GROUNDS

**RAIN OR SHINE
IN PERSON OR ONLINE!**

LIVE MUSIC BY THE CWEED BAND! • CAMPING • TRADITIONAL GAMES
TALENT SHOW • FEASTS • FIREWORKS • TEA DANCE • KARAOKE CONTEST
HAND GAMES • EXTREME CRAM THE CAR + MUCH MORE!

primeco dene
group of companies

Cold Lake First Nations

CASINO
DENE

Seven Lakes
Cold Lake
Cultural Services

cenovus
ENERGY

TRIVOREZ
LIVE MUSIC BY THE CWEED BAND!

COLD LAKE FIRST NATIONS

POW wow

AUG 30²⁵

ARENA DIRECTOR: RICHARD CROSS
STICK MAN: WILLIAM FAITHFUL
PIPE CARRIER: ERNEST STANLEY
HOST DRUM AND LOCATION: TBD
REGISTRATION: 9AM-12:30PM
MC: BEN CARDINAL I CO MC: WILLIS JANVIER
EMAIL: POWWOW@CLFNS.COM



KINOSOO CONNECTIONS

THURSDAY, JUNE 26
4:00 PM - 7:00 PM | KINOSOO BEACH
FREE - REGISTRATION NOT REQUIRED

Bring your family to experience Cold Lake's vibrant community in a family-friendly gathering that celebrates the rich tapestry of cultures. The event features cultural exhibits, interactive activities, and opportunities to connect with community members, showcasing the diverse threads that make up our community.

TRADITIONAL DANCE | SONG | STORYTELLING
GAMES | VENDORS | RESOURCES

Celebrating our Diverse Community!



Canadian
Race Relations
Foundation

Fondation
canadienne des
relations raciales

For more info, please contact Cold Lake and District FCSS at 780-594-4495 or email fcss@coldlake.com

INTERESTED APPLICANTS KINDLY CONTACT:
KATELYN@INDIGENOUSFRIENDS.ORG
FOR MORE INFORMATION!

Indigenous
Friends
Association

IndigiTECH Mentorship Program

100% Online Program Supporting the growth and exploration of technical skill pathways for Indigenous youth and adults in Canada (First Nations, Métis, and Inuit) aged 16 and above.

**Program Starts:
Monday, July 21st 2025**

PROGRAM OVERVIEW

PHASE ONE

12 Week Full Time 10AM-5:15PM/EST
TECH Training and Education!

PHASE TWO

3 Week Professional Development &
12 Week Paid Internship
Opportunities!

- FREE LAPTOP & ARTPAD FOR PROGRAM.
- NUTRITION & CHILDCARE SUPPORT.
- WELLNESS SUPPORT.
- TUTORING ON DEMAND.

GROW TECH SKILLS IN:

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graph TD
    A[UX DESIGN] --- B[COMMUNICATIONS AND CLIENT CARE]
    B --- C[BUSINESS & MARKETING]
    C --- D[WEB DEVELOPMENT]
  
```


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

Emergency Medical Services
911

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
988

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