

# 2023

## Bistcho Lake WINTER WELLNESS CAMP

### DENE THA FIRST NATION

Family & Community Wellness, Meander Group, Missing & Murder Women's Group, Men's Group and other Individual members. Dene Tha on the land Mental Wellness supports at risk community members one-week outdoor sessions for different program. To participate in ice fishing, rabbit snaring, hunting, sharing circles, nature walks, storytelling, sightseeing and photography and much more.

What does the land teach us?

- Revitalize ceremonial practice on the land & celebrations of land.
- Knowledge sharing & practice rites-of-passage activities.
- Reconnect to land/history & teachings.
- Time spend outdoor is relaxing & calming.

Looking to the land as our first teacher can help us understand the world and our roles and responsibilities to all living things. Our Elders and knowledge keepers have always shared these ways of knowing, seeing and doing through storytelling, songs and ceremonies and through the Dene language. Val Raddi - CHR



*"If the very old will remember,  
the very young will listen." -  
Chief Dan George.*



### Brief History

In the late 1920s, Dene Tha people settled along the Bistcho Lake to hunt, fish and trap along the great lake. Surviving in the wilderness was always a challenge for our people but always determined to overcome whatever difficulties faced and live to tell inspiring stories. It was a rough life, about real people who face injuries, cold and yet are determined to make a living. In the 1930s, people relocated to Meander, Habay and Zama Lake area when a major flu outbreak devastated the area and a lot of people died. Today you can still see the grave site withered by age and time against the backdrop of blue sky. It is our custom when we take anything from the earth, medicine, roots, fish we offer tobacco in return for what we take..



History:

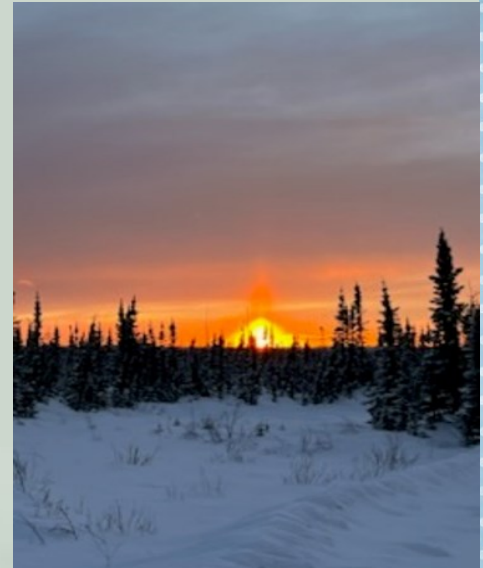
Bistcho Lake is an Indian reserve #213 of Dene Tha First Nation in Alberta, located within Mackenzie County. Jackfish point and Bistcho Lake are part of the Dene Tha First Nation traditional lands and reserve land. The log cabins are located on the southern shores of this lake. It is a remote area and can only be reached by road in winter, by truck or snowmobile. The lake is accessible in winter through Zama City, a 72km drive from Chateh, and from there a further 60 km trip via winter road to the lake itself. From High Level to Zama City is 149.18 km drive and then to the lake is 60 km. If you are making this trip, it is important to contact a responsible family member, or local band office before heading out. Weather and road conditions are always changing!

February 5- 10, 2022

## 5 DAY WINTER CAMPS

### Winter Activities:

- Sleep in a cozy cabin
- Ice fishing
- Hunting
- Sightseeing
- Photography
- Rabbit snaring
- Skidoo rides
- Nature walks
- Storytelling



### Our Annual Trip to the Bischo Cabins.

Lots of fish! Cooking fish on open fire is the best!

Don't bother to wake me up, had the best sleep in ages.

I love the scent of winter, for me, its about the feeling you get when you smell Bannock.

Where no one intrudes, many can live in harmony.



*The beauty of Bistcho Lake .*