



Red River Current

July/August 2015

VOLUME 6 :: ISSUE 7

CELEBRATING OUR CULTURE WITH FORT MCKAY TREATY DAYS

This year's Treaty Days was celebrated on June 18th to the 21st. Thursday evening started off the celebrations with the start of the four-day baseball tournament, the very famous Fort McKay Idol, and traditional jigging contest.

Early the next morning, a pancake breakfast was served before the events began. After everyone was well fed, many kids got on their decorated bicycles and headed for the streets together to bike across the community and partake in the kids bike parade which was followed by the main parade. After the parade, everyone gathered together at the

Amphitheatre for the opening ceremonies. Then it was time for the rest of the festivities to start!

Activities throughout the day on Friday included hand games, corporate tug-of-war, and various kids' activities. A kids' petting zoo was also set up so the little ones could have the chance to meet and even cuddle with some cute little fur balls. The evening brought everyone to the Upper Arbour and started off the night with an unforgettable traditional dance performance that was followed by

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TREATY DAYS 2015



TREATY DAYS 2015 *(continued)*



moose and duck calling contests, prize giveaways, and a round dance.

Saturday also started with a pancake breakfast followed by a variety of events such as bingo, kids activities and pony rides. The afternoon and evening was filled with exciting performances from various artists including AB Originalz, Carly Rivers Band, Stephanie Harpe Experience, and Nicely Put Together. The main event featured the Stampeders, a

Canadian classic rock band that is well known across the country. The entertainment ended with a beautiful fireworks display that lit the sky over the Athabasca River.

We would like to thank all of those who came out to participate in all of our events during Treaty Days this year. We would like to especially acknowledge all of the individuals who took time out of their busy lives to volunteer for this event... Have a great summer!



FMFN LEADERSHIP TEAM

Jim Boucher, Chief
Raymond Powder, Councillor
Gerald Gladue, Councillor
Crystal McDonald, Councillor
Peggy Lacorde, Councillor

George Arcand, CEO
Larry Hewko, CFO
Barrie Robb, CEO Business Development

ADMINISTRATION DEPT.

Dorothy McDonald Business Centre
General Delivery
Fort McKay, AB T0P 1C0
Phone: 780-828-2430

Hours of Operation:
Mon. to Thurs. - 8:30am - 4:30pm
Friday - 8:30am - 2:00pm

SUBMISSIONS

If you have any photos, stories or ideas for the Fort McKay Current, please contact Nancy Robin at:
780-715-4512 or
email: nancydoire@msn.com

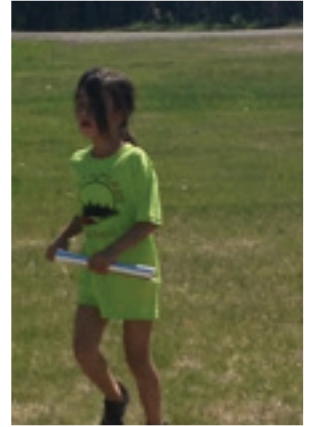


3rd ANNUAL SPORTS DAY

School sports and games are necessary for every school age child. The importance of sports and games in school embraces more than just the benefit of physical activity; it increases self-esteem and mental alertness. This year the Community Services Department along with the Fort McKay School and the Wellness Centre organized a Track and Field day.

The kids learned more about the different track & field events and then competed in the following: 50 meters, 100 meters, 150 meters, triple jump, shot put, baseball throw and we ended with a fun relay race 3x150.

Thanks everyone for the support and for helping our kids get involved in physical activities!



COMMUNITY ENHANCEMENT SOCIETY DONATES



Each year, the Community Enhancement Society (which consist of Syncrude, CNRL, and Suncor) reviews proposals from organizations within the community and allocates funds based on need. Some of the organizations that received funds this year were Mothers of McKay, Fort McKay Womens Association and the Fort McKay Métis Association. These funds will help keep the organizations running beneficial programs within our community.

A big thank you to Syncrude, Suncor, and CNRL!!!



E-LEARNING WRAPS UP AFTER A SUCCESSFUL YEAR



It is hard to believe that the end of the school year has arrived! This year's end brings with it a tremendous sense of accomplishment. A remarkable amount of learning has taken place. A total of 201 credits have been accumulated at E-Learning this school year.

The students at E-Learning not only enrolled in a full academic course load, but also gained 'Special Project' credits

by participating in workshops such as First Aid, which was relevant for summer employment. Students explored career pathways through participating in "Guiding Circles" workshop and attending "Soaring Youth Conference" where they learned about new careers in various industries. Students participated in a week long clay sculpting class offered by a former college art professor and completed a community

arts and culture project, "The Miquwahkesis Project" by painting a fox for the TOTAL Aboriginal Interpretive Trail. Students attended Indspire Awards in Calgary in order to celebrate and instill a sense of pride in aboriginal culture. Dance and cultural practices were observed at Gathering of Nations Pow Wow in Albuquerque, New Mexico. The students set up a Teepee in the Cultural Village at Treaty





Days in order to teach beading to community members and visitors.

Other noteworthy endeavors at E-Learning this semester include Physical Education. The students have been going to Yoga practices at lunch time, working out at the fitness center, running on the trails and amphitheatre steps and participating in various Physical Education field trips such as golfing, paint-balling and swimming at MacDonald Island Park. Physical Education students need to accumulate 75 hours of activity in order to obtain the credit requirement for graduation.

So many things have been accomplished this year; our students have been involved in an extraordinary number of activities. Throughout their academic workload and other undertakings our students have demonstrated great character. Our compliments to the E-Learning students; be proud



of your accomplishments this school year!

Thank you to Chief and council, parents, Shell Canada, Fort McKay Group of Companies, Enbridge and to the talented artists who have made this year a success. We look forward to

next year and invite students to register. Registration begins September 02, 2015.

*Submitted by:
Ona Fiddler-Berteig*



FORT MCKAY SUSTAINABILITY TRADESHOW SUCCESS



On June 4th, Fort McKay's Sustainability Department coordinated a trade show at the Dorothy McDonald Business Centre where 14 companies set up and manned booths at the event.

Businesses that contributed and participated to the trade-show success included TransCanada, Sunshine Oil Sands, Koch, ALPAC, Imperial, Enbridge, Suncor, Brion, Syncrude, CNRL, Cenovus, Ham-

merstone, and Husky.

With the theme of "Being a Good Neighbor", the trade show was organized to give companies in the surrounding area the opportunity to inform community members of their latest projects and job openings. Representatives were also available to answer any questions or concerns community members had. Most booths displayed information on each company's



location as well as the company's current and future developments.

Organizers were pleased with the turn out as 178 individuals dropped in to see the trade show. Some lucky folks even won door prizes that were handed out at the end of the day. The Fort McKay Sustainability Department would like to thank each and every person who took the time to attend the event.



COMMUNITY NOTICE:

Business Profit Distribution *(formerly known as PCD)*

As discussed in recent community Quarterly General Meetings, the downturn in the economy has affected most of industry including Fort McKay First Nation. As a result, our business profits have also been reduced.

Chief and Council have developed new sources of funds from various industry agreements to ensure community services can be maintained, however the money from these sources must be used only to run programs in the community and will delay funds for distribution to Fort McKay First Nation membership.

Chief and Council are working to revise the budget at this time to find ways to reduce costs even further so as to be able to have available funds to distribute to the membership later this year.

DIABETES WALK



THANKS TO ALL FOR MAKING THE WALK A SUCCESS!



FORT MCKAY E-LEARNING SCHOLARSHIP AWARD



FORT MCKAY
FIRST NATION

ABOUT E-LEARNING

Fort McKay E-Learning Centre is an alternative high school for students who are not attending mainstream high school in Fort McMurray or for adult upgrading students. The program has been operating since 2005 and has had 26 students graduate with Alberta high school diplomas.

E-LEARNING SCHOLARSHIP AWARD

E-Learning has established a scholarship award for Fort McKay student who demonstrate financial need and have been accepted into a post-secondary program of study. The bursary of \$1000 will be granted each school year. The goal of this award is to help students succeed at developing knowledge, skills and expertise in the area of study they choose without financial need hindering their success. Preference will be given to former students of the E-Learning Program.

AWARD CRITERIA

Award Category: post-secondary education awards

Deadline: Sept 1st 2015

Program of Study: open

Level of Study: diploma or degree program

Indigenous Affiliation: any

Current or former resident of Fort McKay community

CONTACT

Ona Fiddler-Berteig

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RIDE SAFE THIS ATV SEASON

As Albertans gear up for summer and outdoor activities, Alberta Health Services (AHS) reminds all residents, and particularly parents of children less than 16 years of age, to be mindful of the significant risks associated with the use of All Terrain Vehicles (ATVs).

Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

From April 1, 2014 through March 31, 2015, 318 Albertans less than 16 years of age were injured on ATVs, and 40 of these children were injured severely enough to be admitted to an Alberta hospital. Of the 40 injured children, two died as a result of their injuries.

Just this spring, from April 19 to May 10 alone, 18 children were seen in Alberta's two children's Emergency Departments (combined). Seven of these children were admitted to the hospitals, and one has died.

AHS advises all parents of children less than 16 years of age to ensure their child does not drive or ride on an ATV.

Albertans 16 years of age and older are reminded to take the following precautions to ensure their ATV excursions are as safe as possible:



ATV SAFETY TIPS:

Get Trained

Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.

Wear the Gear

A helmet can save your life: from 2002 – 2011, 44 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

Look First

Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.

Buckle Up

Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.

Drive Sober

Don't drink or do drugs before or while operating an ATV. Fifty-four per cent of those who died in ATV crashes between 2002 and 2011 tested positive for alcohol.

Seek Help

Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.

For more information on ATV safety and injury prevention in Alberta, visit <http://www.alberta-healthservices.ca/injuryprevention.asp>.



5 WAYS TO A BETTER YOU!

by: Sarah Cole, BSW, RSW

According to notmyselftoday.ca, which is a campaign focused on reducing stigma and supporting mental health at work, 500,000 Canadians miss work each week due to mental health concerns.

This year during Mental Health Week, which is May 4-10, Alberta Health Services is focusing on The Five Ways to Wellbeing. These are five simple activities that you can do in your everyday life.

The Five Ways to Wellbeing are: Connect, Be Active, Take Notice, Keep Learning and Give.

The Five Ways to Wellbeing were developed by the New Economics Foundation (NEF) from the UK Foresight Project on Mental Capital and Wellbeing. They are a set of evidence-based actions which promote people's wellbeing.

Albertans are encouraged to take on the Five Ways of Wellbeing in their life:

Connect with your family, friends, coworkers and neighbours, at home, work, school, and in your community. It is important to invest time in developing these relationships. Building these connections will support and enrich your life every day.

Be Active. Go for a walk, run, dance, or play a game. Exercising makes you feel good. Spend time out outside and do activities that you enjoy, such as gardening or cycling. Find an activity you enjoy and one that suits your fitness level.

Take Notice: Be curious. Take in things that are beautiful and unusual. Notice the seasons as they change. Be in the moment on your way to work, while eating lunch or talking with people you know. Be aware of the world around you. Be mindful of how you are feeling. Reflect on your experiences to help you appreciate what is important to you.

Keep Learning: Try something new or take up a previous interest. Sign up for that course you have been looking at. Take on a new responsibility at work. Fix up that old bike. Learn to play an instrument or a how to make a new meal for dinner. Set a challenge you would like to achieve. Learning new things will make you more confident -and it's fun, too!

Give: Do something nice for someone else; it can be a friend or someone you don't know. Thank someone. Smile. Volunteer your time. Join a group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be very rewarding and creates connections with others around you.

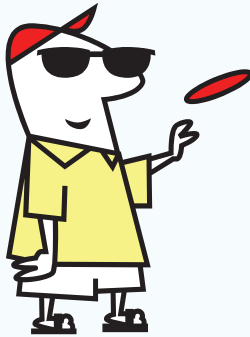
Evidence suggests that by making a small improvement in your wellbeing can help decrease mental health concerns. It can also help you grow.

For more information go to www.albertahealthservices.ca. For the full report on The Five Ways to Wellbeing go to www.foresight.gov.uk. For information about mental health in the workplace, visit www.notmyselftoday.ca. For general mental health information visit the Canadian Mental Health Association website at www.cmha.ca.



Summer Day Camp Program 2015

Ages 6-12 (And those who are 5 who have completed ECS)
Summer Camp and Summer Reading Incentive Program Schedule
Camp will run Monday to Friday, 8:30am - 4:30pm



THEME WEEKS

June 29 - July 3 Animals, Bugs and Us Week
July 6 - July 10 Drama and Theatre Week
July 13 - July 17 Planes, Trains and Auto Week
July 20 - July 24 Aboriginal Week
July 27 - July 30 Annual Camping Trip (ages 7+)
Aug 4 - Aug 7 Elements Week
Aug 10 - Aug 14 Discover E Science Camp Week
Aug 17- Aug 21 Home Economics Week



How to Register Your Child For Camp

Please fill out the enclosed form and send it with your child when they come to camp. Please fill out all the information on the form. The information is only for the use of the Fort McKay Wellness Center to ensure the well-being and safety of your child.

Children must have parent permission to leave the Wellness Center between 8:30am and 4:30pm.

**Please Note that we will be CLOSED on Friday, July 31st - Monday, August 3rd*

Meals

Breakfast, Lunch and afternoon snack will be provided. Parents who have children with special dietary needs or allergies please advise the Wellness Center Staff.

What to Bring Each Day

Parents are asked to pack one bag, backpack or duffle bag each day with the following items: Sun Screen, hat, towel, water bottle, extra clothes if needed.

**Please do NOT send toys, iPods, Nintendo DS, or games with your child.*

The Fort McKay Wellness Center will not be responsible for lost or missing items.

Friday Field Trips

During the summer we will be taking

Field trips to Fort McMurray for different activities on Fridays, so please check your child's bag for permissions slips.

Fort McMurray Public Library Summer Reading Incentive Program

SRIP will run Monday-Thursday from 2-5pm. This program includes reading buddies, art activities and outdoor games. Fridays are Field Trip Activity Days!

Every participant will be eligible to enter for weekly prizes!

The children and youth of the Fort McKay Wellness Center would like to thank the Mothers of McKay and all the people who participated in the 50/50 draws during this year's Treaty Days! The money raised will go towards providing quality programs to the children and youth in Fort McKay.

THANK YOU SO MUCH!



COMMUNITY PROGRAMS

TOTAL TAEKWONDO

When? July 6, 8, 13, 15, 20, 22, August 4, 5. (8 classes)

6-8yrs 1:00-1:30pm

9-10yrs 1:30pm-2:15pm

11-13yrs 2:15pm-3pm

At the Arena

Space is very limited!!

Register only if you child can attend to all or most of the classes (780-714-7094).

FOOTBALL CAMP

If your child is interested in Football, there is a weekend camp coming to Fort McMurray at Shell place on July 11-12th from 10-3pm. Ages 10-18yrs (co-ed)

The camp will be ran by 4 coaches:

-Donald Anderson coach of University of Ottawa

-Kwame Osei WR of the Toronto Argonauts

-Devon Bailey WR of Edmonton Eskimo

-Jermaine Oram- CB Monuntain Allison Mountiers

The Community Service department will cover 10 children's registration fee (\$150) as well transportation...

*Keep in mind that your child needs to have proper footwear.

Before you register your child, please make sure he/she is able to participate in both days.

BUDDY FITNESS CHALLENGE

Sing up yourself and your w.o. buddy in this FUN summer challenge!

6 weeks in total

4 overall winners

From July 7th to August 6th

To Register, call Stefany at: 780-714-7094

MINI CHEF

Wednesday and Fridays July

8th-31st, 10:30-11:30am

Ages: 5-7 yrs. At the arena.

Please register your child at: 780-714-7094

FORT MCKAY FAMILY SUPPORT CENTRE

780-828-4048 or

780-828-2418

**We are now located in Dorothy McDonald Centre in the same are as the Employment Centre*

Mondays

ATC Child & Family Services – Foster Program & Family Enhancement.

Alcohol Anonymous (AA)

Meeting 7:00pm – 8:30pm.

Last Monday of month-probation/ parole Services.

Tuesdays

Women`s Evening

7:00pm – 8:30pm.

Wednesdays

Victim services – Victims of Crime support, Narcotics.

Anonymous (NA) Meeting

7:30pm – 8:30pm.

Thursdays

NEAFAN – Fetal Alcohol Syndrome Assessments.

BABYSITTING COURSE

- July 23rd (Ages 11+)

FIRST AID COURSE

(2-Day) - August 18th/19th (Ages 11+)

As part of the "Safety First for Kids" program sponsored by Shell Canada, the Fort McKay Wellness Center will be offering these courses. For more information, please contact Kory @ the Fort McKay Wellness Center at: 780-828-4312.

OUTDOOR YOGA

Outdoor yoga hosted by Oranj Fitness in Fort McMurray. This event is for all ages....where? Holy Trinity football field. when? Sunday July 12 at 10am

If you wish to participate, please register at: 780-714-7094.

After our yoga session, we will be heading out Booster Juice. (make sure you have your own transportation).

