



# Red River Current

NOVEMBER 2015

VOLUME 6 :: ISSUE 10

## ESQUAO LEADERSHIP DEVELOPMENT EVENT EMPOWERING WOMEN



From the left: Miranda Beaton, Pat Flett, Bernadette Swanson, Jaclyn Schick, and Marggo Pariseau.

On October 7th 2015, the Institute for the Advancement of Aboriginal Women (IAAW) came to Fort McKay to present the Esquao Leadership Development Day. Sponsored by Shell, the free event was open to all Fort McKay residents and focused specifically on skills and leadership training to empower the women in our community.

It all started about a year ago when last year, a questionnaire was provided to community

members asking them what kind of workshops they think would benefit the community. "The Institute for the Advancement of Aboriginal Women wanted to offer some workshops and we wanted to know exactly what the community wanted," explained Miranda Beaton, Human Resources Director, who helped coordinate the event.

Michelle Thrush, a Canadian Cree actress and activist, was the main presenter of the

<i>Federal Election Results</i>	<b>3</b>
<i>Common Cold &amp; Flu Information</i>	<b>4</b>
<i>Fort McKay Berry Focus Group Update</i>	<b>5</b>
<i>Anti-Bullying Campaign</i>	<b>7</b>
<i>Community Christmas Party</i>	<b>10</b>
<i>The Legend of Rainbow Crow</i>	<b>12</b>

Esquao Leadership Development Day. Michelle stands up for many causes such as the fight against violence, and green space. She is also one the leaders for the Hug-A-Native-Day campaign and one of the main actresses on APTN's TV show Blackstone.

She spoke about some of the work she is currently involved in as an activist and shared some of her experiences with

*story continued on page 2*

# ESQUAO LEADERSHIP EVENT

## *story continued from page 1*

the audience. Thrush, who is also a certified therapeutic puppeteer, discussed the importance of positive parenting while presenting an amusing and interactive puppet show to all of the kids from the Head Start program. Through her storytelling and fun activities, she taught the kids about emotions and encouraged them to be positive and kindhearted to one another.

During the afternoon, a workshop discussing

self-esteem and motivation was delivered. After the workshop, a clothing exchange was organized where women's clothes, accessories, and purses were donated and placed on tables for everyone to choose from. Miranda explained that: "We wanted to make the day fun and thought it would be a great opportunity to have a clothing exchange for the ladies who attended to go home with some new clothing and accessories."

Approximately 50 women participated in the Esquao Leadership Development Day. The response from the community was so well received that there is a possibility for that the IAAW will return to Fort McKay and offer more events of such type in the future. "It was pretty amazing! Throughout the workshops, we had people laughing, and at other times, people crying... I don't think we've ever had anything like this before in Fort McKay," explained Beaton.



### **FMFN LEADERSHIP TEAM**

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

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

### **ADMINISTRATION DEPT.**

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

Hours of Operation:  
Monday - Thursday : 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](mailto:nancydoire@msn.com)  
and [communications@fortmckay.com](mailto:communications@fortmckay.com)



**Michelle Thrush, a Canadian Cree actress and activist, was the main presenter of the Esquao Leadership Development Day.**

# FEDERAL ELECTION RESULTS GIVES RECORD TURNOUT

The residents of Fort McKay turned out in record numbers as 261 votes were cast at the Fort McKay poll in the Federal Election held on Oct.19. We were happy to see a number of first time voters. Some First Nation communities saw voter turnout increase by up to 270 percent despite the Fair Elections Act, which made it more difficult for individuals to vote without appropriate identification. The results of the Fort McKay poll were:

Number of votes:

Kyle Harrietha (Liberal Party):	161
Melody Lepine (New Democratic Party):	82
David Yurdiga ( Conservative)	9
Scott Berry (Libertarian Party)	7
Brian Deheer (Green Party)	2
Roelof Janssen (Christian Heritage Party)	0

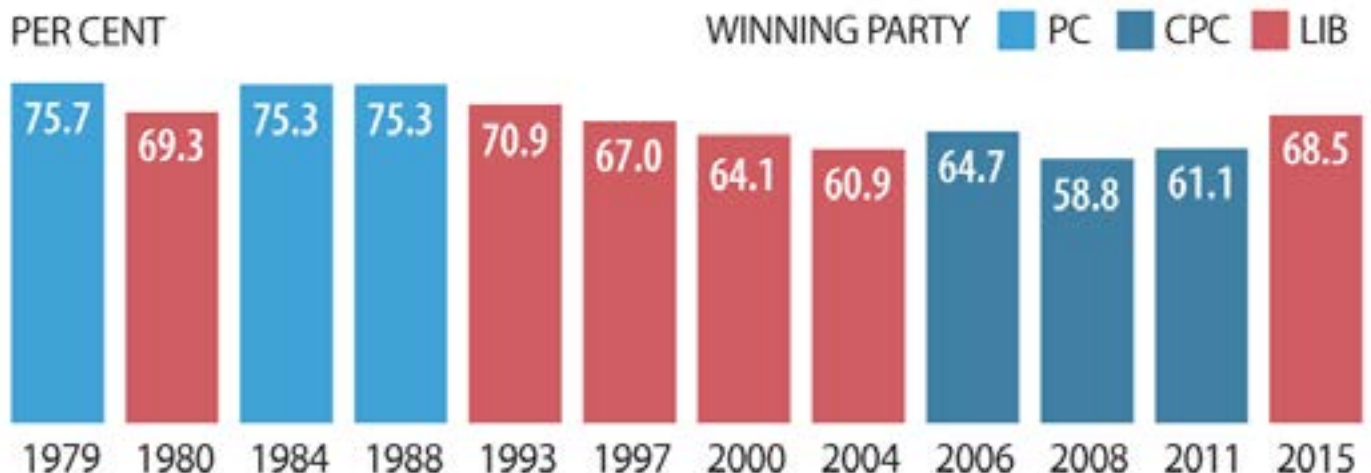
The results of the voting in the riding of Fort McMurray –Cold Lake which Fort McKay is a part of were:

David Yurdiga (Conservative)	28,615
Kyle Harrietha (Liberal)	13,399
Melody Lepine (NDP)	3,641
Brian Deheer (Green)	749
Scott Berry (Libertarian)	544
Roelof Janssen	307

As a result David Yurdiga was elected Member of Parliament for Fort McMurray-Cold Lake.

## FEDERAL ELECTION VOTER TURNOUT

*Voter turnout for federal elections since 1979:*



SOURCE: ELECTIONS CANADA

THE CANADIAN PRESS



# DO YOU KNOW THE DIFFERENCE BETWEEN THE FLU AND COMMON COLD?

## FLU SYMPTOMS:

Come on quickly and severely.  
Include fever, which tend to be higher and last longer  
(3 to 4 days)  
Include body aches and severe tiredness or fatigue.

## COMMON COLD SYMPTOMS:

Gradually get worse over a few days.  
Are more likely to include runny or stuffy nose  
Often include a sore throat  
May cause tiredness, but not extreme fatigue  
Do not usually result in serious health problems and  
hospitalizations



---

## BEST DEFENSE AGAINST THE FLU:

Get the flu shot  
Wash your hands frequently  
Stay home if you are sick!!

---

Flu clinics start October 21- walk -in at health centre from 9-4  
Monday- Thursday Friday 9-2. All children under 7 yrs old must make an  
appointment with Public Health Nurse November 4 or November 21.

**GOOD HEALTH ISN'T CONTAGIOUS.  
INFLUENZA IS.**

**CHANCES ARE, YOUR LOVED ONES  
DON'T WANT INFLUENZA ANY MORE THAN YOU DO.**

**Alberta's Influenza Immunization Program begins October 20th.  
Influenza immunization will be offered free of charge, to all Albertans six months  
of age and older.**

**Protect Yourslef. Protect Others. Get Immunized.  
Why chance it?**

**#whychanceit? | [www.ahs.ca/influenza](http://www.ahs.ca/influenza)  
Call Health Link 811**



# FORT McKAY BERRY FOCUS GROUP UPDATE



WEBA-Fort McKay Berry Group Research Team completes its third season of fieldwork.

The Fort McKay Berry Research Group has been collaborating with the Wood Buffalo Environmental Association (WBEA) since fall 2010 as a part of WBEA's Terrestrial Environmental Effects Monitoring (TEEM) program. Through a series of workshops and meetings, in which WBEA has participated, the Fort McKay Berry Group has

designed a community-based research project in which they are sharing their traditional knowledge about local berry populations.

The berry group had another successful year of research in 2015. They started in June by visiting the local three berry patches and checking plant health and flowers. The group travelled to the berry patches on a monthly basis with WBEA technicians to change out passive air monitor filters and

check weather stations. At the end of the summer, the berry group went to each patch to collect berries (blueberries and cranberries) to test for nutritional value and contaminants. Fieldwork culminates each year with a visit to a Moose Lake berry patch where the group shares traditional knowledge and collects berries for testing.

This year, WBEA also filmed interviews with the berry research group at Moose Lake, so please stay tuned for a short film on the project. The research group is also starting to compile results from previous years to submit for publication and to present at conferences. Consultant and environmental anthropologist, Janelle Marie Baker has also described the methods used for the project in paper on research as reciprocity and community-based research that will be published in 2016. We will provide updates on the publications and conferences this winter. The berry group is scheduled to meet in November to review 2014 results and 2015 fieldwork.



# ANTI-BULLYING CAMPAIGN BRINGS THOUSANDS TO WELLNESS SOCIETY



## **The event featured many performances from local artists.**

The 6th Annual Anti-Bully Show was certainly a night to remember as over 200 people attended the popular charitable event on Saturday, October 17th at the Stonebridge Hotel. Hosted by local celebrity ICEIS Rain and over 20 corporate sponsors ICEIS Safety, Garda World, and Birch Mountain Enterprises, the event was created to raise much needed awareness about bullying in the Regional Municipality of Wood Buffalo.

“There is bullying happening everywhere... it’s in the playgrounds, at schools, and even in the board rooms. And what better way to show that there is a community here that supports everything that is different with either age, gender, culture, religion, and we can all come together to celebrate with no judgment in that room for one night,” explained ICEIS Rain.

Many planned ahead and dressed to impress as the event was recorded and is expected to appear

on an episode of ‘The Queen of the Oil Sands,’ a reality show that ICEIS is working on with APTN, detailing the life of two spirited Massey Whiteknife and ICEIS Rain; both living very different lives, and sharing one body.

It was a night for everyone to be themselves Amongst the classy black and white theme, guests received VIP treatment with all evening cocktail service right at their tables. National recording artists Leanne Goose, Rellik, ICEIS Rain, and Will Belcourt joined by local artists Andrew Coish, Marlee L’hirondelle, Chantelle Schmitt and Pandora, blew the crowd away with outstanding performances. Local performer Coco Diamond had everyone in stitches with several comedic performances. Overall, guests were treated to an amazing night of laughter, fun, and entertainment, all in support of a great cause.

“It’s amazing to see this show evolve year after year. The quality of performers was outstanding and it was so rewarding to see a record breaking 23 local businesses come out to support the cause. I can truly see a difference being made,” said Amanda Main of 11-11 Marketing. ICEIS Rain described that the “best part of the night was seeing local performers get the chance to be spotlighted and shine.”

The event also featured a silent auction that included an original Russell Thomas painting of Ken Taylor, a hockey puck and card autographed by Brett Hall, a hockey stick signed by the entire

Oilers team, two gold seat tickets to an Oiler’s hockey game, as well as some exclusive bottles of wine.

Every year, all funds collected from the event go towards supporting a non-profit organization. This year, proceeds went to the Wood Buffalo Wellness Society, better known as the Mark Amy Treatment Centre. In spirit of the annual event, ICEIS Safety has also generously donated \$10,000 in skills training to the Wellness Society and another \$10,000 in winter parkas and bibs to assist homeless this winter.

Event organizers would like to thank all sponsors who generously contributed and supported the show this year. They include: ICEIS Safety, Garda World, Birch Mountain Enterprises, 11-11 Marketing, Clean Harbors, Inline Construction, Fort McKay Savanna Oilfield Rentals, Hines Industrial Site Services Group, Balsom Communications | YMM Magazine, Bad Decisions, MNP, YMM Cosmetics and Laser Clinic, Fort McKay Metis, Fort McKay Alcor, Hines Health Services, Ken MacLennan Welding, Mac City Electric, Ricoh, Northern Buffalo Construction, Shelby’s Nightclub, and the Stonebridge Hotel.

“I was overwhelmed with the amount of support the community has shown! Having everyone come together for something I am so passionate about was truly amazing,” says Whiteknife.





# 2016 GREAT KIDS AWARD



## WHAT MAKES A GREAT KID?



Alberta is home to thousands of kids who help, inspire and change the lives of others. These great kids are between the ages of five and 18 and show remarkable determination, generosity and compassion.



## HOW DO I NOMINATE A GREAT KID?



It's simple – follow the step-by-step instructions online at [www.greatkids.alberta.ca](http://www.greatkids.alberta.ca) or on the back of this sheet, then send it in by November 27, 2015!



## WHAT HAPPENS NEXT?



- Over the next few months 16 award recipients will be selected from four categories. (Ages 5-8, 9-12, 13-15, and 16-18)
- The recipients will be notified by phone and invited to the exciting award ceremony
- All nominated children and youth will receive a certificate of recognition by mail after the award ceremony takes place

[www.greatkids.alberta.ca](http://www.greatkids.alberta.ca)

# NEW SIDEWALKS FOR FORT MCKAY

Chief and Council are always thriving in finding new ways to improve and maintain the safety in the community of Fort McKay. Amongst the many projects on the go, Fort McKay's Capital Projects Department team are currently in the process of building new sidewalks along side the main roads in and all around our community.

Taking a stroll down the road will soon become safer for all of us, especially for our children. Soon, there will be no more need to walk on the slippery streets in the dead of winter as over 5280 feet of paved sidewalk is expected to be built by mid November.

This development is part of the "Aboriginal Workforce Development Project", a plan created to hire members of Fort McKay that are currently looking for employment. Rick Bouchier, Director of Public Works explained, "We paired up with the Employment Centre Coordinator to help those looking for work to find a suitable position and at the same time gain valuable work experience."



## FORT MCKAY HISTORY ~Trips to Moose Lake~



In the 1980's, the people of Fort McKay flew directly from the community to Moose Lake. The plane landed on the Athabasca River at the boat launch and picked up the travellers alongside the beach.



**Fort McKay Wellness Center Annual**  
**GIRLS SLEEPOVER**  
**PARTY**

**When: Friday, November 13th, 2015**

**Who: Girls only! Ages 7-10**

**What: A Field trip to the Oil Barons Game,  
followed by the sleepover**

**For more information,  
please contact the Wellness Center  
at 780-828-4312**

join us at our  
**Community Christmas  
Open House**

Let's catch up, visit with Santa, enjoy sweets and  
beverages, and a turkey for each household.

**Tuesday, November 17, 2015, 4 p.m. - 7 p.m.**

*For families of the Fort McKay Community.*

Dorothy McDonald Business Centre

Happy holidays from your friends at Syncrude.

**Syncrude**

# THE LEGEND OF 'RAINBOW CROW'

## ~A Lenape Legend~

It was so cold. Snow fell constantly, and ice formed over all the waters. The animals had never seen snow before. At first, it was a novelty, something to play in. But the cold increased tenfold, and they began to worry. The little animals were being buried in the snow drifts and the larger animals could hardly walk because the snow was so deep. Soon, all would perish if something were not done.

"We must send a messenger to the Creator Who Creates By Thinking What Will Be," said Wise Owl. "We must ask him to think the world warm again so that Spirit Snow will leave us in peace."

The animals were pleased with this plan. They began to debate among themselves, trying to decide who to send up to the Creator. Wise Owl could not see well during the daylight, so he could not go. Coyote was easily distracted and like playing tricks, so he could not be trusted. Turtle was steady and stable, but he crawled too slowly. Finally, Rainbow Crow, the most beautiful of all the birds with shimmering feathers of rainbow hues and an enchanting singing voice, was chosen to go to the creator.

It was an arduous journey, three days up and up into the heavens, passed the trees and clouds, beyond the sun and the moon, and even above all the stars. He was buffeted by winds and had no place to rest, but he carried bravely on until he reached Heaven. When Rainbow Crow reached the Holy Place, he called out to the

exchange for his song. Rainbow Crow asked the Creator to un-think the snow, so that the animals of Earth would not be buried and freeze to death. But the Creator told Rainbow Crow that the snow and the ice had spirits of their own and could not be destroyed.

"What shall we do then?" asked the Rainbow Crow. "We will all freeze or smother under the snow."

"You will not freeze," the Creator reassured him, "For I will think of Fire, something that will warm all creatures during the cold times."

The Creator stuck a stick into the blazing hot sun. The end blazed with a bright, glowing fire

which burned brightly and gave off heat. "This is Fire," he told Rainbow Crow, handing him the cool end of the stick. "You must hurry to Earth as fast as you can fly before the stick burns up."

Rainbow Crow nodded his thanks to the Creator and flew as fast as he could go. It was a three-day trip to Heaven, and he was worried that the Fire would burn out before he reached the Earth. The stick was large and heavy, but the fire kept Rainbow Crow



**Photograph by Charles McDonald**  
<http://birdmagic.photography>

Creator, but received no answer. The Creator was too busy thinking up what would be to notice even the most beautiful of birds. So Rainbow Crow began to sing his most beautiful song.

The Creator was drawn from his thoughts by the lovely sound, and came to see which bird was making it. He greeted Rainbow Crow kindly and asked what gift he could give the noble bird in



# CHOOSING HEALTHY AFTER SCHOOL SNACKS FOR YOUR KIDS

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.
- Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:
- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.



warm as he descended from Heaven down to the bright path of the stars. Then the Fire grew hot as it came closer to Rainbow Crows feathers. As he flew passed the Sun, his tail caught on fire, turning the shimmering beautiful feathers black. By the time he flew passed the Moon, his whole body was black with soot from the hot Fire. When he plunged into the Sky and flew through the clouds, the smoke got into his throat, strangling his beautiful singing voice.

By the time Rainbow Crow landed among the freezing-cold animals of Earth, he was black as tar and could only Caw instead of sing. He delivered the fire to the animals, and they melted the

snow and warmed themselves, rescuing the littlest animals from the snow drifts where they lay buried.

It was a time of rejoicing, for Fire had come to Earth. But Rainbow Crow sat apart, saddened by his dull, ugly feathers and his rasping voice. Then he felt the touch of wind on his face. He looked up and saw the Creator Who Creates By Thinking What Will Be walking toward him.

"Do not be sad, Rainbow Crow," the Creator said. "All animals will honor you for the sacrifice you made for them. And when the people come, they will not hunt you, for I have made your flesh taste of smoke so that it is no

good to eat and your black feathers and hoarse voice will prevent man from putting you into a cage to sing for him. You will always be free."

Then the Creator pointed to Rainbow Crow's black feathers. Before his eyes, Rainbow Crow saw the dull feathers become shiny and inside each one, he could see all the colors of the rainbow. "This will remind everyone who sees you of the service you have been to your people," he said, "and the sacrifice you made that saved them all." And so shall it ever be.

*Excerpts taken from: <http://americanfolklore.net/folklore/2010/09/>*

# COMMUNITY PROGRAMS

## WELLNESS CENTER 780-828-2412

### **Mondays**

HOME ECONOMICS (Ages 8-11) 6:00-8:00pm  
TRIVIA NIGHT (Ages 12-17) 6:00-9:00pm

### **Tuesdays**

SKATING (Ages 12-17) 6:00-8:00pm  
HOMEWORK HELP (grades 1-4) 6:00-7:00pm

### **Wednesdays**

CRAFT CLUB (Ages 12-17) 6:00-9:00pm

### **Thursdays**

SCIENCE CLUB (Ages 8-11) 6:00-8:00pm  
VOLLEYBALL (Ages 12-17) 6:00-9:00pm

### **Friday, November 13th:**

Girls Sleepover Party!!  
Ages 7-10. Field trip to the Oil Barons Game,  
followed by the sleepover

### **November 9th and 10th- NO SCHOOL**

Wellness Center will be open 9 AM to 9 PM (6-9 pm for  
youth 12-18 only)  
CLOSED- Wednesday, November 11th, 2015

## FITNESS CENTRE 780-828-2437

Artic Winter game:s registration  
deadline its on Nov 9th  
(practices will be continue be  
running on Tuesdays from  
5:30-6:15pm at the Arena).  
Try outs are Nov 28th

### **Fitness Classes:**

Mondays: 3-4pm spinning + Abs  
Tuesdays: 12-1pm yoga  
Wednesday 12-1pm  
Interval training  
Thursdays 10:30-11:30am  
Lowerbody workout  
Thursdays: 12-1pm Yoga

### **School Gym:**

Mondays and Tuesdays  
Volleyball 6-7pm youth  
Volleyball 7-9pm Adults

Family craft will continue on  
Tuesdays at the Band hall  
from 4:45-5:30pm

## HEALTH CENTRE 780-828-2450

Doctor day: Monday – Wednesday  
Physiotherapy: Monday (morning only),  
Thursday (all day)

Flu clinics start October 21.

\*walk -ins from 9-4 Monday- Thursday Fri-  
day 9-2. All children under 7 yrs old must  
make appointment with Public Health  
Nurse on November 4 or November 21.

\*Please call the Health Centre to book an  
appointment.

## FAMILY SUPPORT CENTRE 780-828-4048

Victim Services-Wednesdays  
Probation-Every 3rd Monday of the month

Nov. 3-Family Dynamics 1-3pm  
Nov. 5-Stress Management 1-3pm  
Nov. 10-Self Esteem 1-3pm  
Nov. 12-Emotional Awareness 1-3pm  
Nov.17-Healthy Communications 1-3pm  
Nov. 19-Defining Abuse 1-3pm  
Nov. 24-Responsibilities 1-3pm  
Nov. 26-Anger Management 1-3pm