



# Red River Current

FEBRUARY 2016

VOLUME 6 :: ISSUE 2

## PLANS FOR LONG TERM CARE FACILITY APPROVED BY ELDERS

After years of anticipation, the plans for the Fort McKay long-term care facility have been finalized. On January 20th 2016, Chief and Council met with the Elders of Fort McKay to discuss and approve the final plans for the facility.

The 24,896 square foot seniors residence will be located adjacent to the daycare and Elders Centre and will be facing the Athabasca river. The building will be divided into two levels and is expected to house a total of 16 units; 2 – double units, 1- palliative care, and 13 single units. All bedrooms will be over 500 square feet in size and will include a separate seat-

ing area and private bathroom. The facility is also expected to have a kitchen, a large dining/ lounge area, and a cultural room along with various offices for its staff.

The project will be the result of the collaborative work of Clark Builders, WGP, and Fort McKay First Nation. At this point, the team has selected the construction site and completed a geotechnical investigation.

The architectural designs are currently being finalized, along with preparation for its construction site. The construction is expected to begin in April .

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# STUDENTS COMPLETE HEAVY EQUIPMENT OPERATOR TRAINING



## 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  
Closed daily: 12 - 1pm

## SUBMISSIONS

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

On December 11th, 2015, nine students completed a six-week program offered by Keyano College that included 210 hours of Heavy Equipment Operator simulator training.

All of the students who received this opportunity were supported by Fort McKay First Nation who funded 8 band members and Fort McKay Group of Companies funded one student. Everyone displayed enormous amounts of interest as they pulled together to complete the program.

All nine students successfully completed and passed the Heavy Equipment Operator course. Upon completion, all students received six certificates, one for each type of equipment they trained on which included mining trucks, wheeled loaders, excavators, graders, dozers, articulated trucks, and off-highway trucks.

Of the nine students who completed this course, four have already been offered jobs and industry partners are currently working with Fort McKay to get the rest of the students hired. We would like to congratulate all of the students for demonstrating a lot of passion and dedication in completing this course.

We are also very grateful and would like to thank Les Hewlett, the instructor, for his encouragement and belief in the students. Throughout the program, Les connected with each student in a very special way. We would also like to thank Keyano College and acknowledge all industry partners who have supported this program. One last thanks to the Fort McKay First Nation's Human Resources Workforce Development team for the hard work in ensuring that this program was a success.

# ANNUAL WINTERFEST



**SATURDAY MARCH 12, 2016**

**OPEN SKATE: 12-5 PM  
LUNCH AVAILABLE**

**KIDDIES OF THE NORTH - 5-9 YRS**

Snowshoe race, snow snake, sled pull & Indian leg wrestle

**DUKE & DUCHESS - 10-13 YRS**

Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

**PRINCE & PRINCESS - 14-17 YRS**

Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

**KING & QUEEN - 18+ YRS**

Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss moose calling, bannock & tea making

Supper, Jigging Contest & Awards ceremony  
at the Band hall.

Registration at the Fort McKay School gymnasium: 11 AM - 12 PM

All events will take place in the soccer field, the arena  
& the school gym.



# LOCAL YOUTH WIN ART CONTEST

We are very proud to announce that Marissa Cardinal, a Fort McKay E-Learning student, and Richelle Stewart from Holy Trinity were chosen along with three other winners for the 2015 Winter Art Street Banner Contest for RMWB. Four other E Learning students also submitted banners, which they created in Garry Berteig's studio in Fort McMurray.

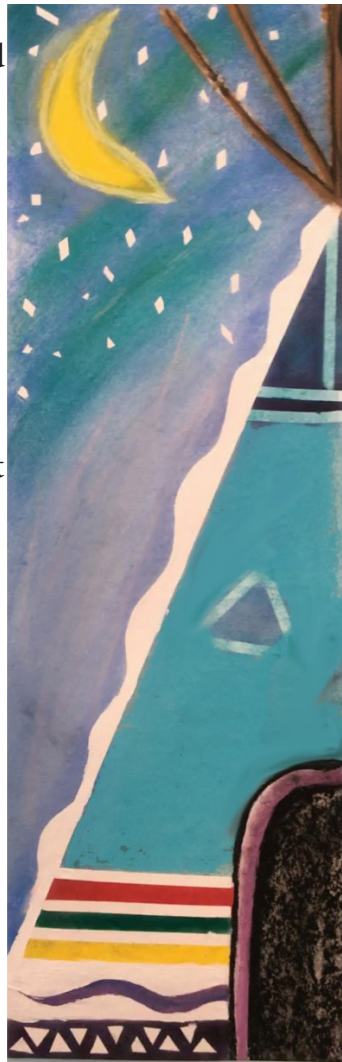
Cardinal's work, entitled 'Winter Memories,' illustrates the joys of winter and was inspired by the time she spent with her grampa in the tipi and in sweats. She is thinking about studying art at Keyano College after graduation.

The winning works will be on display at Macdonald Island from Jan 18th to Feb 3rd. Reproductions will be hung on the light poles on Franklin Avenue and Thickwood Boulevard in Fort McMurray from January to April 2016.

Communities in Bloom committee members will personally meet each winner and deliver a prize for their hard work and to extend congratulations. The next banner competition theme is My Home-Wood Buffalo landmarks. Winners of this competition will receive \$500.00 and have their banners displayed throughout the city on light poles. E-Learning hopes to have students submit for this competition.

The E Learning program aims to incorporate art into its programming for students to explore their creative nature. Past projects include making dance regalia, moccasins and fans, sewing, clay sculpture, painting, painting on sculpture and dancing. They hope to add birch bark basketry and embellishment, more beading, and are investigating the possibility of having students learn to smoke tan hide and learn to build traditional cabins.

Registration for September courses begin at the end of August. For more information please call 780 828 2490, Ona @ 780 792 8538 or Casey @ 780 215 5868.



**Banner on the left created by Marissa Cardinal, a Fort McKay E-Learning student. Banner on the right created by Richelle Stewart from Holy Trinity.**



## SAVE THE DATE:



The 10 year anniversary for the E-Learning program will be celebrated on Saturday, May 26th. All 26 graduates will receive invitations to attend and a request for a guest list. Venue for this very special celebration will be announced soon.

This event will be open to the public.



# ELDERS ♥ PETS ♥ ELDERS

Numerous studies have shown that owning a pet benefits a person's physical and mental well-being. Elders will soon get all the help they need to own a loving pet and receive the benefits that come from this special relationship. The Fort McKay First Nation administration is offering TWO great programs through the SPCA for Elders with pets.

## **NINE LIVES PROGRAM:**

Studies indicate that companionship, including pet companionship, is key to seniors' health. The FMSPCA Nine Lives Program provides companionship for the elderly and a home for senior felines that have been long term residents of the shelter. The FMSPCA provides all necessary supplies and services including food, litter, yearly vaccines, proper care training and health checks. An SPCA representative visits foster homes on a monthly basis, not only providing a health check for the animal but company for the senior. The SPCA assumes all responsibility for the animal while in foster care, this includes any medical care products and the cost of medical services.

## **ELDERS FOOD PROGRAM:**

The FMSPCA Elders Food Program provides food and proper care supplies such as leashes, collars and cat litter to community elders for their pets.

To sign up and/or to be considered for the program contact Cort Gallup, 780-838-6061. Supplies are delivered to the Elders' home on a monthly basis.



**Fort McKay Elder Maurice Bujold  
and his dog Bandit.**

## **E-LEARNING CENTRE REGISTRATION POLICY 2016**

Please regard the following registration policies for the winter semester of 2016:

Semester Start Date – February 1, 2016

SCcyber online courses registration deadline– February 29, 2016

Last day to drop courses with no penalty March 14, 2016 (students must be caught up in all coursework by this date, otherwise they will be dropped from the course)

ADLC module courses open registration



# TAKING CARE OF YOUR HOME THROUGHOUT THE WINTER



It is important to conduct home maintenance and repairs to your home on a regular basis in order to avoid bigger problems down the road. Winter is usually a good time for this as we find ourselves spending more time in our homes than any other season of the year. Below is a checklist to help you go through your home to ensure safety and proper upkeep:

- Examine attic for frost accumulation.
  - Ensure air vents (intake, exhaust and forced air) are not blocked by debris.
  - Test ground fault circuit interrupter(s) on electrical outlets monthly by pushing the test button, which should then cause the reset button to pop up.
  - Check and clean or replace furnace air filters each month.
  - Clean and dust bathroom fan, fire and smoke detectors.
  - Inspect pressure gauge on all fire extinguishers; recharge or replace if necessary.
- 
- Check fire escape routes, door and window locks and hardware, and lighting outside of house; review escape procedure with all family members. .
  - Monitor your home for excessive moisture levels such as condensation on your windows.
  - Tighten any handles, knobs, racks, etc. Go through the house and inspect anything that could have a loose screw.
  - Check caulking around showers and bathtubs; repair as needed.
  - Remove showerheads and clean sediment. This prolongs its life and helps with water pressure.
  - Clean drains in dishwasher, sinks, bathtubs and shower stalls.
  - Test plumbing shut-off valves to ensure they are working and to prevent them from seizing.
  - Examine windows and doors for ice accumulation or cold air leaks. Repair as appropriate.
  - Check roof for ice dams or icicles.
  - Monitor outdoor vents, gas meters and chimneys for ice and snow build-up. Consult with a qualified service technician for information on how to safely deal with any ice problems you may discover related to your heating system. **THIS IS A DANGEROUS SITUATION AND SHOULD BE DEALT WITH IMMEDIATELY.**
  - Check electrical cords, plugs and outlets for all indoor and outdoor seasonal lights to ensure fire safety; if worn, or if plugs or cords feel warm to the touch, replace immediately.

*Tips and references provided by the Canada Mortgage and Housing Corporation (CMHC) and [www.housing.yk.ca](http://www.housing.yk.ca). For more information, go to: [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca).*



# NOTICE

FORT MCKAY  
FIRST NATION

## TO MEMBERS OF FORT MCKAY FIRST NATION

Over the last year, Fort McKay First Nation has undertaken two independent water studies; one with Health Canada and the other with Hatfield Consultants. Hatfield provides high-quality environmental services internationally. These studies were conducted to determine the current status of drinking water in the community.

The outcomes of these studies were reviewed with the RMWB, the operators and maintenance of the Fort McKay water treatment plant. The data was also reviewed by Dr. John O'Conner who undertook further testing throughout our water system. The results were conclusive and we are now in a position to advise that our present water system meets Canadian drinking water guidelines and is considered safe drinking water. This is great news.

Effective April 1st, bottled water will no longer be delivered to homes in the community.

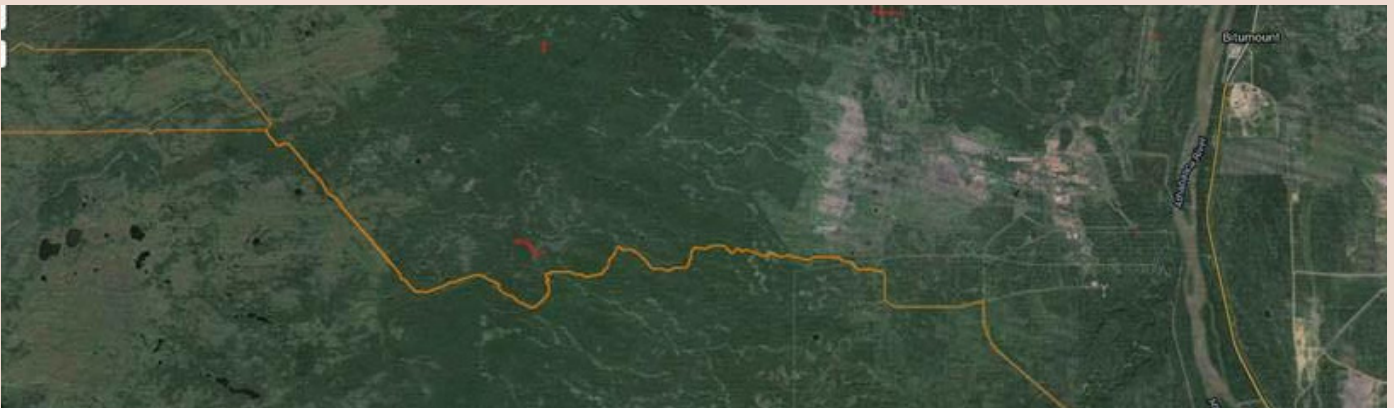
We would like thank community members for your patience as we move forward in ensuring our drinking water is safe.

## ADVISORY: CNRL TO INCREASE ROAD USE TO MOOSE LAKE

The Sustainability Department has been notified that CNRL will be using the Moose Lake road to access some well sites on the West side of their Horizon project.

Over the next few days there will be a dozer, grader, and water truck working along the road. A drill rig will arrive during the first week of February when more traffic is expected. Work in the area will be ongoing until the first week of March. CNRL has indicated that there should be no disruption of travel for community members to or from Moose Lake.

See the map below for an approximate idea of where work will take place. If you have any questions please contact the Sustainability Department at 780.828.2480.



# PRIVATE TUBING PARTY AT VISTA RIDGE

On February 19th, The Fort McKay Wellness Center has rented out the tube park at Vista Ridge just for Fort McKay! The Wellness Center will be taking all kids ages 6-17 with a signed permission slip.

The entire community is welcome to join and any adults or families who would like to attend can register through Stefany with the Recreation Department. All children under 18 who are not attending with Wellness need to be accompanied by an adult.



Buses leave at 4:30 PM from the Arena  
Buses return to Fort McKay at 9:30 PM at the Arena



There will be 2 buses- one for the Recreation Department and one for the Wellness Center

Pizza and drinks will be provided upon arrival at Vista Ridge  
For more information, please contact the Wellness Center at 780-828-4312

## FORT MCKAY HISTORY



Fort McKay School students on the steps of the Legislative Assembly  
in Edmonton circa 1973-74



Fort McKay Northwind  
Dancers and Drummers

Fundraiser

# VALENTINES FAMILY DANCE

Friday February 12, 2016

Admission \$2/person  
Concession –  
pop, chips, hotdogs

Raffles & 50/50's  
\$2 per ticket or 3 for \$5

Selfie Photo props

Contests :  
Best Valentines themed  
outfit boy & girl

Best Dancer boy & girl

We are looking for  
volunteers!

**PLEASE DONATE!**  
Any donations for our  
raffles or small items to fill  
the themed baskets would  
be appreciated!  
valentines basket, girls toy  
basket, boys toy basket

For more information, to  
make a donation, or to  
volunteer, please call  
Audrey Redcrow  
at: 780-215-2384

# JOIN THE FORT MCKAY NORTH WIND DANCERS & DRUMMERS



Are you interested in dancing or drumming? If so, why not come out and join one of our practices to observe or even join in!

Everyone is Welcome!

Fort McKay Northwind Dancers & Drummers Schedule:

Pow wow and Hand Drum practice:  
Monday & Tuesday 6-7pm at the Bandhall

For more information or to book a performance please contact;  
Audrey Redcrow  
Fort McKay First Nation  
Cultural Coordinator  
Office: 780-828-2491  
Email: [aredcrow@fortmckay.com](mailto:aredcrow@fortmckay.com)  
Cell: 780-215-2384

Join our page on Facebook for schedule changes and upcoming  
performance and activities.  
Facebook Group - Fort McKay Northwind Dancers & Drummers





# FEBRUARY SCHEDULE

**To book your seat please call  
Ryan Gladue at: 780-828-2496 or 780-715-1501**

*We accept company P.O. or company cheque*

## COURSES

## DATES

**OSSA Fall Protection**  
9:00 am - 5:00 pm (8 hours)

February 1, 5, 9, 15, 19, 23, 29  
March 4

**OSSA Confined Space Entry and Monitor**  
9:00 am - 1:00 pm (4-6 hours)

February 2, 8, 12, 16, 22, 26  
March 1

**Standard First Aid Level C - AED**  
9:00 am - 5:00 pm (8 hours)

February 3, 4, 10, 11, 17, 18, 24, 25  
March 2, 3

**Bear Awareness (Suncor approved)**

Offered daily



Available at Band Hall lower level!

## RADIO BINGO

### CARDS SOLD BY ICEIS SAFETY!!! MONDAYS and THURSDAYS

Play EVERY Monday & Thursday nights in the comfort of your home with family or friends. Play radio bingo on the radio frequency in your region throughout Alberta, on SHAW 852 or TELUS OPTIK 7056. Don't forget to buy the **BLACK** Bonanza cards for more chances to WIN.

The **BLACK** \$2.00 Bonanza bingo cards can be purchased for every Monday & Thursday games. You **MUST** buy a minimum of 1 Blue booklet for \$5.00 to purchase a **maximum of 5 Black \$2.00 Bonanza cards per person.**

**\*\* THE BLACK CARDS ARE PLAYED TOGETHER WITH THE OLIVE GREEN CARDS FOR GAME 7 (SERIES 7) FOR THE \$10,000 PAYOUT \*\***



# TALKING TO YOUR KIDS ABOUT BULLYING

Teens can be under a lot of pressure as they deal with hormonal changes, heartbreaks, anxiety about school, relationships, etc. With so much going on in your teen's life, it is important to watch for signs that they may be struggling with bullying. If your teen seems unusually anxious, worried about going to school or withdrawn, take some time to check in and let them know you are there to support them.



## BULLYING CAN TAKE DIFFERENT FORMS:

- Verbal: name calling, gossiping and negative comments about a person's interests or background (e.g. culture, race, ethnicity, religion, gender or sexual orientation).
- Physical: hitting, tripping, pinching and unwanted sexual touching.
- Social: leaving someone out on purpose, telling others not to be friends and spreading rumors.
- Cyber: the use of email, text messages, social media and internet sites to socially exclude, embarrass and damage reputations and relationships.

## WHAT TO DO IF YOU SUSPECT YOUR TEEN IS BEING BULLIED?

- Start the conversation. Talk often and openly.
- Offer comfort and encourage your teen to talk about their feelings.
- Work with your teen's school to monitor, prevent and stop bullying behaviours.
- Make safety arrangements. Be sure your teen knows how to get help.
- Build confidence. Teach your teen to be assertive, not aggressive.
- Stand up for your teen. Get involved in bullying awareness and prevention programs.
- Be a role model.



Adult intervention is key to bullying prevention. Being informed about bullying is the first step in addressing bullying behaviour and promoting healthy relationships. Take action with teachers and other adults in your community to implement anti-bullying programs to help end negative implications caused by bullying. For more information and resources on bullying awareness and prevention, check out what [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca) has to offer.

*Article provided by Alberta Health Services.*



# COMMUNITY PROGRAMS

## WELLNESS CENTER 780-828-2412

### **Mondays:**

Afterschool Activities 3:30-5 pm  
Supper Program 5-6 pm  
Home Economics (8-11) 6:00 pm to 8:00 pm

### **Tuesdays:**

Afterschool Activities 3:30-5pm  
Supper Program 5-6 pm  
7 Teachings (Ages 12-17)  
6:00 pm to 9:00 pm

Homework Help (grade 1-4)  
6:00 pm to 7:00 pm

### **Wednesdays:**

Afterschool Activities 3:30-5 pm  
Supper Program 5-6 pm  
Sliding/Outdoor Games (Ages 12-17)  
6:00 pm to 9:00 pm

### **Thursday**

Afterschool Activities 3:30-5 pm  
Supper Program 5-6 pm  
Kickball (Ages 12-17)  
6:00 pm to 9:00 pm

### **Friday Feb. 5**

Activities 3:30-4:30pm  
Supper Program 4:30-5:30  
Teen Night  
\*Permission slip required  
Ages 12+. Bus leaves at 5:30 pm  
\*Kids 9 and under MUST be picked up by  
5:30 pm

**Feb. 12:** OPEN 9 am - 5 pm

Valentine's Day Party 2- 5 pm

Bake Sale 1-5 pm

NO FIELD TRIP

**Feb. 19:** Tubing at Vista Ridge

Bus leaves at 4:30 pm & returns at 9:30 pm

\*Permission Slip Required

\*\*Open to the whole community

**Feb. 26-** OPEN 9 am-5 pm

Skiing/Snowboarding at Vista Ridge (Ages  
10+)

Bus leaves at 11 am & returns at 6 pm

\*Permission slip required

**Saturday Feb. 6 & 20 :** Skiing/Snowboarding  
at Vista Ridge (Ages 10+). Bus leaves at 9  
am & returns at 4:30 pm

\*Permission slip required

## FAMILY SUPPORT CENTRE - 780-828-4650

Feb. 2 Grief & Loss - 1:00-3:00pm

Feb. 3 New Beginnings – 12:30-3:30pm

Feb. 4 Stress Management – 1:00-3:00pm

Feb. 9 Self Esteem – 1:00-3:00pm

Feb. 10 New Beginnings – 12:20-3:00pm

Feb. 11 Responsibilities – 1:00-3:00pm

Feb. 16 Defining Abuse – 1:00-3:00pm

Feb. 17 New Beginnings – 12:30-3:30pm

Feb. 18 Healthy Communication – 1:00-3:00pm

Feb. 23 Emotional Awareness – 1:00-3:00pm

Feb. 24 New Beginnings – 12:30-3:30pm

Feb. 25 Defining Abuse – 1:00-3:00pm

## GET INTO FITNESS!!

Mondays: Tabata training 12-1pm

Tuesdays: Yoga 12-1pm

Tuesdays: mommy and me bootcamp (3m-2yrs)  
3:45-4:30pm

Tuesdays: Yoga Bootcamp 4:30-5:30 pm

Wednesdays: 20-20-20 (20 mins cardio, 20 mins  
weight, 20 mins abs) 12-1pm

Thursdays: yoga 12-1pm

Youth Open Gym

13-17 yrs old

Mondays and Wednesdays 6-7pm

Adult Drop-in Volleyball

Mondays and Wednesdays 7-9pm

## HEALTH CENTRE- 780-828-2450

Dr. O'Connor – Monday to Wednesday

Dr. Al-Naami (Pediatrician) – Feb 09/16

Dr. Taiwo – Feb 23-25/16

Immunizations – Feb 17/16

Physiotherapy – Mondays (9am-12:40pm)

Thursdays (9am-2pm)

Social Intake – Feb 23-26/16

Cheque Release Feb 29/16

Food Bank: 780-743-1125 (call Food bank to  
book an appointment)

*Please call the Health Centre for scheduling an  
appointment. 780-828-2450*

