



# Red River Current

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## FORT MCKAY YOUTH MEDAL AT ARCTIC WINTER GAMES



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“Lets talk about feeling proud!” Stefany Guillen expressed on facebook when she announced the results of the 2016 Arctic Winter Games. Mikeela Cooper, Alice Ladouceur, and Riley Whiteknife represented Team Alberta, and also Fort McKay respectfully and skillfully.

The journey started off slowly as stormy weather led to closures throughout Iqaluit, and delayed those heading to the Arctic Winter Games

(AWG) in Nuuk, Greenland by up to 24 hours. Consequently, the games were forced to delay the opening ceremony so that all can attend.

The Fort McKay youth participated in the Dene Games; Snownake, Stick Pull, Hand Games, Finger Pull and Pole Push. Each athlete should be proud of their results, as their training and hard work is evident.

**The results are as follows:**

**Alice Ladouceur:** 4th place snownake, 2nd place hand games, 3rd place finger pull, 3rd place pole push and 1st place in the all around Junior Girls.

**Mikeela Cooper:** 4th place hand games, 3rd place pole push (Juvenile Girls)

**Riley Whiteknife:** received the Fair Player Pin Award (Open Male)

*continued on page 3*



# FORT MCKAY SUPPORTS ANTI-BULLYING CAMPAIGN



## 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](mailto:nancydoire@msn.com) and [communications@fortmckay.com](mailto:communications@fortmckay.com)

Fort McKay First Nation is participating in an anti-bullying program with the collaboration of the Athabasca Tribal Council and the RCMP Foundation. A ceremony was conducted on February 24th to launch the new program at the Fort McKay School.

The Anti-Bullying Program, known as WITS (Walk Away; Ignore; Share; Talk About It), offers teachers, families and communities the resources to build a responsive environment that will help teach kids how to deal with bullying and peer victimization. This program is available to all students, as young as Early Entry Preparation all the way to grade seven.

“This is a great opportunity for the students! It will help them know what to do if they ever get bullied or see someone else being bullied. It teaches the students to use their wits”, explained Ruth Ryan, Principal of the Fort McKay School.

The opening ceremony began with a speech from Constable Daryl Spindor, who then read the students a book called *Walrus's Gift* by H.E.

Stewart. After the ceremony, the RCMP officer passed around special constable badges for all of the students to keep.

“The project was funded by Hope Henderson, the CEO of the RCMP Foundation, who graciously donated the Keynote Address funds to a pilot project on the W.I.T.S. Program to take effect at the Fort McKay School.” Explained Councillor Raymond Powder, who attended the ceremony. “The end goal is to create awareness, stimulate dialogue, address the issue and for students to become Honourary Constables, where the students take an oath to stand up to bullying and help others who are being bullied.”

All of the program's resources have already been sent to the school and are currently being used in the classrooms. An RCMP officer will be revisiting the students throughout the year and will continue to support and implement the program.

To find out more information about WITS, please check out the program's website at: [www.witsprogram.ca](http://www.witsprogram.ca)



# FORT MCKAY YOUTH MEDAL AT ARCTIC WINTER GAMES

Mikeela Cooper shared about the competition: “Before each and every one of the events, I felt very nervous because of my size. But after each one I felt relieved I didn’t die nor get hurt.”

Proving that hard work pays off, all three met once a week and practiced for each event before the Alberta Team tryouts. And after the team was selected they participated in a training camp located in Grand Prairie, AB.

Throughout the week, the girls also entered the AWG’s talent show and received a speaker as a gift for their participation. “The best part of this experience was how all the kids were able to socialize with other teams. After competing, everyone would go to the school’s lobby and play some music, cards, hand games, trade pins and just hang out. It was like they all were part of the same family,” said Stefany Guillen, Recreation Manager. “We had an excellent group of kids. They all helped and supported each other and most importantly, they were all well behaved and represented our community with pride!”

This was certainly one event our young athletes will never forget! At the end of a very exciting and exhausting week, we are proud to say that Team Alberta came in third place with a total of 88 medals. Over 240 athletes, coaches and cultural participants represented Alberta. The next Arctic Winter Games will be held in 2018 in the South Slave Region of Canada’s Northwest Territories.

“I will never forget this trip, the friends I’ve made and the amazing scenery of Greenland!” shared Mikeela Cooper who is looking forward to the 2018 Arctic Winter Games and hopes to participate again.



Mikeela Cooper (first on the left) and Riley Whiteknife (middle) at the Arctic Winter Games.



Alice Ladouceur stands on the podium after receiving her medal.



# LONG TERM CARE FACILITY CONSTRUCTION



Fort McKay's Long Term Care facility construction will be soon be underway! The project is expected to start this month and its construction phase is projected to last approximately 14 months.

Costing and final contract details are expected to be completed

during the first week of April, and contract signing is anticipated for the week of April 12th. Clark Builders were chosen once again to be the Construction Manager responsible for building the new facility.

As with the Youth Centre, Fort McKay First Nation staff will be

utilized throughout the project with key training opportunities including electrical, plumbing hvac, concrete forming, siding, painting and footing projects.

Watch for activity over the next few weeks!



FORT MCKAY  
FIRST NATION

## NOTICE

### TO MEMBERS OF FORT MCKAY FIRST NATION

#### MOOSE LAKE ROAD CLOSURE

Effective Monday, March 28, 2016 the Moose lake road will be closed for the season and will be undergoing all bridge removals

Note: Weather conditions may cause the road to be closed earlier than the date noted

For questions / more information please contact:  
Frederick McDonald at 780.370.8374





# WINTERFEST RESULTS



CONGRATULATIONS TO ALL OF OUR WINNERS!

## KING AND QUEEN

1st Place Kevin and Sherri  
2nd place Cole and Sarah  
3rd Place Willis and Star

## PRINCE AND PRINCESS

1st Place Lane and Alice  
2nd Place Dominick and Reanna  
3rd Place Wilfred and Stephanie

## DUKE AND DUCHESS

1st Place Logan and Mikeela  
2nd Place Jayden and Ashley  
3rd Place Kairo and Carmen

## KIDDIES OF THE NORTH

1st place Silus and Eva  
2nd place Keegan and Lexi  
3rd place Seth and Alisson

## JIGGING CONTEST WINNERS:

18yrs+ 1st place Trace,  
2nd place Sherri, 3rd Place Kelly  
14-17 yrs old 1st place Dominick,  
2nd place Reanna, 3rd place Tyrell  
10-13yrs old 1st place Kionna, 2nd  
place Mikeela, 3rd place Hope



# 28th REGIONAL ABORIGIN

On Saturday March 5th, over 400 people made their way to Shell Place at MacDonald Island Park to celebrate and honour this year's recipients of the Regional Aboriginal Recognition Awards.

The event, which has been hosted annually for 28 years, presented a total of fifteen awards throughout the evening. These categories included Citizen of the Year, Male Youth of the Year, Female Youth of the Year, Leadership, Elder, Outstanding Adult Student, Outstanding Athlete, Volunteer, Culture, Trapper, Entrepreneur, Lifetime Achievement, Arts Award, and Junior Achievement.

Of the awards given out that evening, we are proud to announce that Benjamin Richard Asadi, Keegan Pruden , as well

as David Bouchier and Nicole Bourque-Bouchier were awarded amongst others.

Benjamin Richard Asadi, who is only six years old, received the Junior Achievement Award. He was acknowledged for his passion in school, and described as a boy who is "above grade level in reading and numeracy and excels in all activities made available to him". The young student currently has knowledge of three languages! Aside from speaking English, he is currently learning Cree and Farsi from his parents. Benjamin is also very involved in sports after school and is part of the Fort McKay Hockey Warriors. It was also said that: "He is a young, yet proactive community member that puts the concerns of others before him."

Keegan Pruden was honoured with the Outstanding Athlete Award. Keegan is 19 years old and has been playing hockey ever since he was little boy. This last year, Pruden has worked on learning the Power Edge Pro (PEP) hockey program and attaining his coaching certification. He is a true mentor and enjoys helping others in the hockey academy. Keegan was a volunteer coach for the Fort McMurray Jr. Oil Barons U16 Hockey Team. During the ceremony, he was defined as a guy who "lives a very healthy lifestyle to stay fit both mentally and physically. He works out every day, trains very hard.... Carries a passion for playing hockey, but more importantly for being a role model to others and practicing what he preaches".



Keegan Pruden



Benjamin Richard Asadi





# AL RECOGNITION AWARDS

Nicole and David were introduced as “a husband and wife team that are partners in life and in business and together have demonstrated that through hard work, great success can come from humble beginnings.” David first started his business with one single piece of equipment and with his wife transformed their company into a multi-million dollar business that employs hundred of employees today. They have been awarded the Oil and Gas Entrepreneur of the Year Award for the Prairies Region by Ernst



Nicole Bourque-Bouchier

been recognized as one of Alberta 50 most influential people by Venture magazine.

Congratulations to all of you!!

Since 1988, the Regional Aboriginal Recognition Awards acknowledges and celebrates Aboriginal people who contribute and make a difference in their community every year. Through a nomination process, fellow community members nominate their peers throughout the Wood Buffalo region.

## SUSTAINABILITY DEPARTMENT PROMOTES EMPLOYEE

The Fort McKay Sustainability Department is pleased to announce the promotion of long-time team member Bori Arrobo to the position of Manager, Environment & Regulatory Affairs within our organization. Mr. Arrobo has been a dedicated employee here at the Fort McKay First Nation for more than 3 years. He has previously worked as a Team Lead, and has consistently helped us to achieve the Sustainability Department's objectives.

In assuming his new duties as Manager, Environment & Regulatory Affairs, Mr. Arrobo will oversee the Environmental and Regulatory interests of the Fort McKay First Nation. He will also continue to deal directly with community members, industry and government.

The staff of the Fort McKay First Nation are all supportive of Bori as he assumes his new role within our Organization. We urge community members take a few moments to extend your personal congratulations to him when you are able to.

*-Submitted by sustainability Department*



# PRE-GENERAL EDUCATION DIPLOMA & GED PLUS TRAINING



The GED PLUS Program recently began on March 14th 2016, with twelve students (five women and seven men), seven weeks after the initial anticipated start date of January 25th. There was a lot of enthusiasm and high energy from everyone for this long awaited day. Given that the start date was postponed, the students were given the opportunity to meet the requirements the Pre-GED program was born. The students worked tirelessly with the amazing Facilitator from Keyano College Angela Ross and Savannah Kaiser, and after seven weeks were able to test and register for the GED PLUS training. Thank you so much ladies for going above and beyond your call of duty and for making this happen for the students and the community. This is just ushering the new beginning of what is possible. I must say the students have high expectations of themselves, they are willing, able and ready to do whatever it takes to take their lives to the next level. Congratulations for stepping in and challenging yourselves!

For the next twelve weeks please help us support these individuals in whatever way possible, at home and even dropping in at the college, I totally believe they will ever be grateful for that. Remember, their success is the success of the community as a whole. Most of the students gave up their jobs to pursue this academic achievement to make

themselves more marketable and open more doors, especially in the Trades Industry and Operator jobs.

GED certificate is an equivalent to Grade 12 diploma and is accepted in some trades apprenticeship training and other occupations such as Health Care Aide. One of the mandates for Steps Forward and Foundation for Success is to capacitate the community members by bringing in training that is relevant and beneficial to them. In our efforts to realize this - We are opening a Pre-GED class to prepare students for the GED PLUS training, We are looking for individuals (men and women) who did not graduate with a Grade 12 diploma and still want to have a certificate that is recognized in some areas. If this sounds like what you have been waiting for or even if you are not sure we invite you to come and meet with the amazing staff at the Employment and Training Office. Or call 780-828-2448 and we will support you in finding the program that is a good fit for you.



Join us as we Congratulating these individuals and wish them SUCCESS!

*-Submitted by: Easter Bhebhe*





# TIPS FOR PROSPECTIVE COLLEGE STUDENTS

If you are a Fort McKay First Nation band member and are thinking about going to college or university in the fall, start preparing now!

## BEFORE APPLYING:

- Research the programs you are interested in
  - there are many post-secondary options in Alberta, across Canada, and beyond!
- Things to consider:
- Do you have all the high school prerequisites for the program? If not, you may have to upgrade first.
- - How many years of study does the program require, and what designation will you graduate with? Certificates are usually one year, diplomas are usually two years, and undergraduate degrees are usually four years. How many years of study are you willing to commit to reach your goal?
- Are the credits at the institution transferable? Public institutions have agreements so that students can transfer their credits if they wish to do so. Private institutions do not usually have these agreements, and are not funded by ATC or the Fort McKay Education Department.
- If you are planning to leave home to go to a college or university, consider taking some university transfer courses at Keyano College first. This may help you save money and ease your transition into post-secondary learning.

## READY TO APPLY?

- Many colleges and universities have an online application form available online, and some are set up so that the whole application process is completed online. Visit the institution's website to see how to apply. You can also check out "Apply Alberta" at <https://www.applyalberta.ca/pub/>, which is the online application system for twenty-three institutions in Alberta. Most schools have an application fee. Usually the amount is around \$100 to process your application, and a credit card is often required.
- You will need to order your high school transcripts and have them sent directly to the college or university registrar's office. If you attended



high school in Alberta, you can request your Alberta high school transcripts online. For more info, visit the ALIS website at <https://alis.alberta.ca/hs/ep/pps/high-school-transcripts.html>.

- Give yourself options! Apply to your first-choice school, but you may also want to apply to other institutions.
- Apply with the Education Department at Athabasca Tribal Council, Call (780) 791-6538 and speak to the Education Coordinator. Apply with ATC as soon as possible - the deadline is usually June 15th, but the funding is limited. \*\*\*All FMFN students must apply with ATC as they receive our federal education funding.
- Apply for Learning Incentive Support (LIS) funding through our Education Department here at the First Nation before June 15. Application forms are available by calling the Education Support Coordinator at 780-828-2429 or by emailing [education@fortmckay.com](mailto:education@fortmckay.com).
- Consider applying to student housing. Often staying in a dormitory is cost-effective, and it can be a great way to make friends.
- Budget! Estimate your monthly expenses, including rent, utilities, groceries, transportation, school supplies, entertainment, internet, cell phone, travel home, etc.

If your student funding will not cover your monthly expenses, it is time to plan ahead by working to save money in the coming months to cover the shortfall and looking at ways to reduce your expenses. You may also want to consider discussing a student line of credit with your bank.

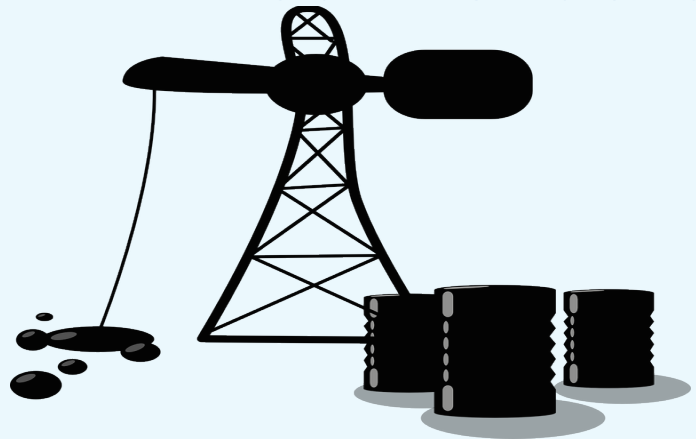


# TOUGH TIMES IN INDUSTRY BRINGS CHANGE IN COMMUNITY ADVISORY GROUPS

Times are tough in Alberta and Oil sands companies have been hit particularly hard. They have laid people off and have stopped or slowed down a lot of their development. With reduced budgets and with fewer updates on their projects, companies have approached the Fort McKay Sustainability Department and told us that there may be fewer meetings this year.

In the past, companies had 2-4 Community Advisory Group (CAGs) meetings each year. The Sustainability Department expects that a lot of the SAGD (Steam Assisted Gravity Drainage) developers will be decreasing the amount of CAGs due to this economic climate and many of these SAGD projects are still in the application phase and not producing. The larger developers and miners are more likely to maintain the regularity of their meetings. For some of you who are already members of a CAG, that means there may be less Community Advisory Group (CAG) meetings to attend. Of those companies that mine oil sands, we expect that Shell Canada, Teck Resources, Suncor Energy, and Syncrude Canada will meet with their CAGs quarterly (but, they may eventually decide to cut back on the number of CAG meetings as well). CNRL has already reduced to three CAG meetings this year. Of the SAGD companies, we anticipate Koch and Brion Energy will continue to meet with their CAG four times a year, the other eight companies that held CAG meetings may only meet once this year. We will also continue to hold special focus group meetings as the need arises from Band administration, industry, multi-stakeholder groups, and Government.

Focus group meetings are meetings held to discuss specific topics with the community. A CAG meeting is held with one company to discuss a wide range of topics such as air, water, tours, project updates, etc. CAGs give community members the opportunity to engage first hand with company representatives, listen to company updates, ask questions, relay your concerns regarding the company and their projects, and suggest potential solutions and mitigation options to improve a project.



What does this mean to you? The Sustainability Department wants to give as many people as possible a chance to participate in CAG meetings and so it is responding to this change by reviewing the membership in each CAG. The Sustainability Department will complete their review of CAG membership this Spring. We will continue to do our best to respond to requests from community members to participate in our ongoing consultations, but it is clear that we cannot accommodate every request.

As a member of a CAG, you collect a great deal of information about a company and build relationships with a company and their representatives. It is important that you share your knowledge from these CAG meetings with other community members and relay community feedback, comments, questions and concerns back to the company and to your fellow CAG members. These are important commitments that require you to regularly attend the CAG meetings. However, if a CAG participant misses 3 or more meetings, that person will be replaced by another community member that can commit to attending the meetings more frequently. Please contact our department if your number should change.

We need to be fair and equitable to all community members and to those that participate in CAG meetings.

If you have questions or interest in participation in industry-related meetings, contact Jessica Montour at 780-828-8806.

*-Submitted by: Sustainability Department*





# YOUTH CENTRE CONSTRUCTION: *Getting Closer To The End*



As the weather is changing rapidly, so is the construction site for the new Youth Centre. Crews are currently installing exterior aluminum frames and glass while also installing drywall on interior and painting of some surfaces is underway. Phenolic siding panels and trims have also been mounted to the exterior walls.

“Kane Mackenzie has been instrumental in maintaining pace with the Mechanical Contractor, Maximum Waterworks. He is currently a 2nd year Plumbing and HVAC Apprentice and is gaining valuable commercial Experience,” explained James Owl, Director, Major Projects.



Jared Bouchier has also been working hard with the electrical contractor, DC Wiring as a 2nd year Electrical Apprentice. He is looking forward to utilizing his new skills by servicing electrical needs in Fort McKay when he completes his apprenticeship.

It is without a doubt that all of those working on the project have been working hard to meet their objectives as James Owl also announced an earlier completion date. “We are well on schedule and have advanced completion date from July 12th 2016 to July 1st. Additionally, the project is comfortably within its budget and we are forecasting to complete on budget as we close in on the final 12 weeks of construction.”

## *Stan Powder-Dodman*

*1950-2016*

*We are saddened by the recent passing of Stan Dodman-Powder in Hay River NWT. Stan was a dedicated teacher at the Fort McKay School from 1980-1985 who will always be remembered for his good humour, storytelling, love of poetry, and concern for his students.*



# FORT MCKAY POTABLE WATER

Every day, in every Wood Buffalo community, we turn on taps, flush toilets, take baths or showers, wash our clothes – and do a dozen other things that use water.

The Regional Municipality of Wood Buffalo is committed to maintaining high standards for our potable water. Our treatment process exceeds both federal guidelines and provincial standards to ensure we deliver a quality service to our residents.

**Check out these websites for more information about efficient water use and water conservation:**

#### GOVERNMENT OF ALBERTA

Water for Life – [www.waterforlife.alberta.ca](http://www.waterforlife.alberta.ca)

Alberta Municipal Water/Wastewater Partnership (AMWWP) – [www.transportation.alberta.ca/2779.htm](http://www.transportation.alberta.ca/2779.htm)

Alberta’s River Basins – [www.environment.alberta.ca/apps/basins](http://www.environment.alberta.ca/apps/basins)

One Simple Act – [www.onesimpleact.alberta.ca](http://www.onesimpleact.alberta.ca)

Alberta’s Oil Sands – [www.oilsands.alberta.ca](http://www.oilsands.alberta.ca)

#### GOVERNMENT OF CANADA –

[www.on.ec.gc.ca/reseau/watertips](http://www.on.ec.gc.ca/reseau/watertips)

#### ALBERTA ORGANIZATIONS

Regional Aquatics Monitoring Program (RAMP) – [www.ramp-alberta.org](http://www.ramp-alberta.org)

Alberta Environmental Network – [www.aenweb.ca](http://www.aenweb.ca)

Alberta Water Council – [www.albertawatercouncil.ca](http://www.albertawatercouncil.ca)

Alberta Water Portal – [www.albertawater.com](http://www.albertawater.com)

All municipal treatment facilities use the multiple barrier treatment approach consisting of coagulation, flocculation, sedimentation, filtration and disinfection. This process has proven itself to be reliable and robust. As well, both on-line analyzing and grab samples are analyzed and continuously monitored to ensure water quality. Bacteriological samples are sent to the Public Health Lab in Edmonton on a regular basis.

#### WATER QUALITY IS MEASURED USING THESE PARAMETERS:

- Chemical: nutrients, minerals, metals, organic compounds
- Physical: turbidity, temperature, total dissolved solids
- Biological: e-coli, total and fecal coliforms

#### WATER CONSERVATION

Water plays a vital part in our lives, every day. We use it; we drain it away. We count on it to be there when we turn on the tap. But will this essential resource be as accessible – and as economical – for our children, and their children? The more water we use, the more it costs everyone in our community now and in the future. Access to clean water is not free, and unlimited water cannot be guaranteed without each of us respecting and protecting this precious resource.

Together, we all own water, life’s essential element. Together, we all have a responsibility to use it wisely.

A variety of water efficient fixtures and appliances are available on the market. Retro-fitting and/or replacing older, less efficient fixtures can help reduce your household’s water consumption.

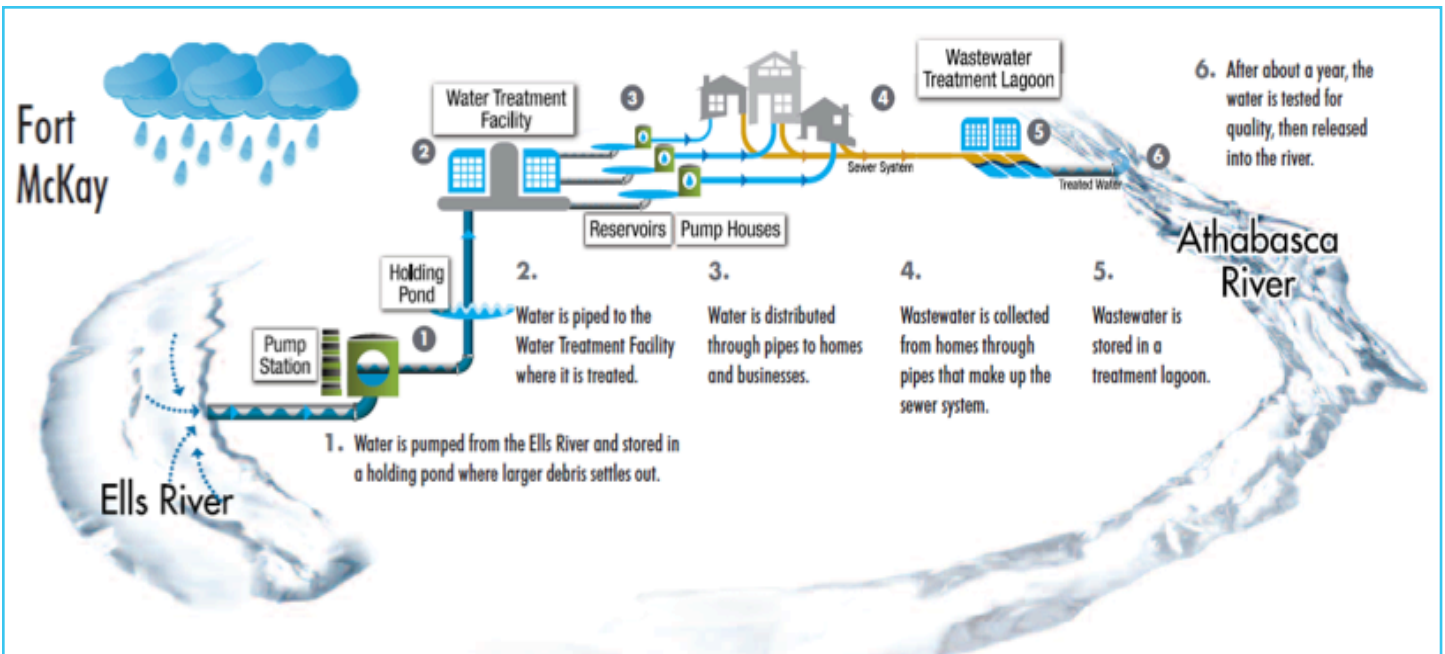
*-Submitted by: Jauvonne Kitto*

	Elders		Multiplex		Home #1		Home#2		Home #3	
	THM	HAA	THM	HAA	THM	HAA	THM	HAA	THM	HAA
<b>Yearly Avg</b>	<b>0.066</b>	<b>0.044</b>	<b>0.055</b>	<b>0.045</b>	<b>0.060</b>	<b>0.050</b>	<b>0.066</b>	<b>0.039</b>	<b>0.034</b>	<b>0.027</b>
<b>2015 Avg</b>	<b>0.046</b>	<b>0.033</b>	<b>0.045</b>	<b>0.038</b>	<b>0.047</b>	<b>0.037</b>	<b>0.059</b>	<b>0.040</b>	<b>0.047</b>	<b>0.034</b>
<b>2014 Avg</b>	<b>0.072</b>	<b>0.047</b>	<b>0.058</b>	<b>0.046</b>	<b>0.063</b>	<b>0.053</b>	<b>0.068</b>	<b>0.069</b>	<b>0.021</b>	<b>0.020</b>
<b>2013 Avg</b>	<b>0.064</b>	<b>0.062</b>	<b>0.070</b>	<b>0.070</b>	<b>0.094</b>	<b>0.083</b>	<b>0.064</b>	<b>0.058</b>	<b>0.038</b>	<b>0.047</b>
<b>2012 Avg</b>	<b>0.078</b>	<b>0.064</b>	<b>0.073</b>	<b>0.062</b>	<b>0.086</b>	<b>0.068</b>	<b>0.082</b>	<b>0.073</b>	<b>0.039</b>	<b>0.037</b>
<b>2011 Avg</b>	<b>0.127</b>	<b>0.0134</b>	<b>0.127</b>	<b>0.141</b>	<b>0.130</b>	<b>0.156</b>	<b>0.124</b>	<b>0.116</b>	<b>0.104</b>	<b>0.106</b>

## FORT MCKAY WATER QUALITY







[www.rmwb.ca](http://www.rmwb.ca)



REGIONAL MUNICIPALITY  
OF WOOD BUFFALO

## SHOWCASING OUR ABORIGINAL ART

For the last few years, Lina Gallup has been working hard at incorporating aboriginal artifacts in and around the regional Municipality of Woodbuffalo by advertisings and promoting various cultural artwork created by various local artists.

Being an elder who possesses a lot of pride and a passion for her culture, Gallup has been also providing native Canadian handicrafts for corporate showcase displays to various companies, cultural centres and museums. “I truly believe that by keeping the few remaining artisans busy making moccasins, mukluks, mittens, drums etc. and showcasing this beauty will help keep this art alive,” she explained.

On March 7th 2016, Gallup arranged and set up a cultural display within the Fort McKay School. All of the cultural items in the display, such as mukluks, moccasins, birch bark crafts and hand drum were generously donated by The Bouchier Group.

Through these cultural displays, Lina truly believes that: “together, we can keep this most beautiful part of our culture flourishing.”



**Principal Ruth Ryan and Fort McKay Elder Lina Gallup with the cultural display that was installed in the Fort McKay School.**



# 9-1-1

## National Telecommunicators Week – April 10 - 16

Regional Emergency Services (RES) Public Safety Communications Branch provides emergency dispatch to the Regional Municipality of Wood Buffalo. When you dial 9-1-1 you are connected locally to the RES Telecommunicators who dispatch services for fire and medical related emergencies. If your emergency requires police, the Telecommunicators will immediately transfer you to the RCMP dispatch centre for further assistance. If you are experiencing or are a witness to an emergency, please remember the following:

- **Try to stay calm**

- Telecommunicators will be able to help you quickly and more efficiently if you stay calm.

- **Listen carefully & answer questions**

- Keep answers quick and concise so that the Telecommunicators can determine and dispatch the necessary emergency services.
- Be prepared to tell the address of the emergency, the phone number you are calling from, and details about the emergency. Depending on the type and severity of the emergency, the Telecommunicator may continue to ask you a series of questions.

- **If you call 9-1-1 by accident – DO NOT HANG UP!**

- Telecommunicators will follow up with all calls. If you accidentally call 9-1-1, stay on the line and explain that it was a mistake to avoid emergency services from being dispatched.

- **Is it an emergency?**

- If the situation does not require police, fire or an ambulance, do not call 9-1-1.
- ONLY CALL 9-1-1 in an emergency.

**For more information visit [www.rmwb.ca/911](http://www.rmwb.ca/911)**

[www.rmwb.ca](http://www.rmwb.ca)



REGIONAL MUNICIPALITY  
OF WOOD BUFFALO





# ZIKA VIRUS: *What You Need To Know*

The Zika Virus is an infection spread by mosquito bites, acquired in the countries listed below. Canada is excluded from this list so far, due to our climatic conditions.

Symptoms include headache, fever, eye redness, aches and pains, and a fine red rash—almost identical with the flu. The majority of those infected will not know they are—having no symptoms. And about 20% will only feel mildly unwell for a few days. A complication (rare) that may be linked with the virus is Guillain Barre Syndrome, a serious and potentially life-threatening condition.

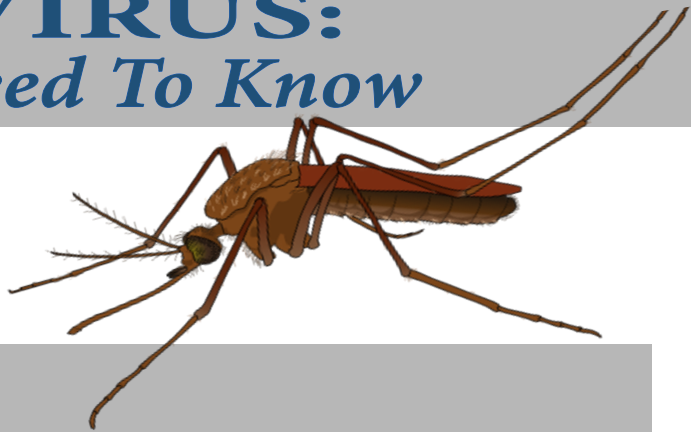
## **YOU MUST TAKE PRECAUTIONS TO AVOID BEING BITTEN:**

- keep all possible skin covered when out in the sun
- use a mosquito repellent containing DEET—and if using sunscreen, apply the 'screen 15 mins before using the repellent.

## **IMPORTANT:**

Pregnant women or those contemplating getting pregnant should ideally avoid travel to the countries listed as high risk areas. There is a strong suspected causal link between the Zika Virus and microcephaly, a condition where babies are born with small heads, and brain maldevelopment. Indeed, avoiding getting pregnant for at least 2-3 months on returning from the most at risk locales is very important. Ultrasound scanning is very useful for diagnosing Microcephaly.

Reports suggest that the virus can be transmitted through blood donation, sexual contact, and possibly via saliva. Current knowledge recommends precautions—condom use for 6 months



## **CURRENT LIST OF HIGH-RISK COUNTRIES:**

**The Caribbean:** Aruba; Barbados; Bonaire; Cuba; Curaçao; Dominica; Dominican Republic; Guadeloupe; Haiti; Jamaica; Martinique; the Commonwealth of Puerto Rico, a US territory; Saint Martin; Saint Vincent and the Grenadines; Sint Maarten; Trinidad and Tobago; US Virgin Islands.

**Central America:** Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Panama  
**The Pacific Islands:** American Samoa, Marshall Islands, New Caledonia, Samoa, Tonga  
**South America:** Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Suriname, Venezuela.

**Africa:** Cape Verde

after infection, for instance, and also for the duration of pregnancy for male partners of pregnant women.

There is a simple blood test available for those deemed requiring confirmation of active infection.

As research and experience around Zika expands, more information will be forthcoming.

*To view the latest information about the Zika virus, please go online:*

[www.health.alberta.ca/health-info/zika-virus.html](http://www.health.alberta.ca/health-info/zika-virus.html)

[www.who.int/mediacentre/factsheets/zika/en/](http://www.who.int/mediacentre/factsheets/zika/en/)



# COMMUNITY PROGRAMS

## WELLNESS CENTER 780-828-2412

### **Mondays:**

Afterschool Activities 3:30-5  
Supper Program 5-6 pm  
Home Economics (8-11)  
6:00 pm to 8:00 pm  
Mantracker (Ages 12-17)  
6:00 pm to 9:00 pm

### **Tuesdays:**

Afterschool Activities 3:30-5  
Supper Program 5-6 pm  
Game Show Night (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  
Supper Program 5-6 pm  
David Yurdiga, MP  
Meet and Greet  
6:00 PM to 8:00 PM  
Ages 12-17

### **Thursdays:**

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

### **No School Fridays:**

OPEN 9 AM to 5 PM

### **PRE TEEN TRIP April 15 & 29 (AGE 6-13)**

Bus leaves at 12:00 pm  
Bus returns at 4:30 pm  
\*Permission Slip Required

### **TEEN NIGHT April 8 & 22**

After school Activities 3:30-4:30  
Supper Program 4:30-5:30  
Teen Night (Ages 12-17)  
Ages 12+  
Bus leaves at 5:30 pm  
\*Kids 11 and under MUST be  
picked up by 5:30

## FAMILY SUPPORT CENTRE 780-828-4650

April 5- Self esteem  
April 7 – Responsibilities  
April 12- Defining Abuse  
April 14- Healthy Communication  
April 19 – Emotional Awareness  
April 21 – grief & loss  
April 26- Stress Management  
April 28 – Anger Management

## RECYCLING PROGRAM LAUNCH

On April 20th 2016  
from 11:30 AM to 1:00 PM  
at the Fort McKay School.

*More Details to come...*

## HEALTH CENTRE 780-828-2450

Dr. O'Connor –  
Monday to Wednesday

Physiotherapy –  
Mondays (9am-12:40pm)  
Thursdays (9am-2pm)

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

*Please contact the  
Health Centre if you  
would like to schedule  
an appointment or for  
more information about  
our programs at:  
780-828-2450*



## ICEIS SAFETY

### WILDLIFE AWARENESS & OUTDOOR SAFETY COURSE

#### SUNCOR CERTIFIED

#### MARCH/APRIL SPECIAL \$100.00 PER PERSON

- Responding appropriately to encounters with bears and other wildlife such as cougars, moose, elf, wolves, snakes, and insects.
- Bear habituation, diet, and human bear conflicts.
- Recognizing & reacting appropriately to defensive and predatory encounters.
- Provide the knowledge on how to prevent human-wildlife conflict & hierarchy of controls.
- Practical experience using bear spray.
- Outdoor safety.

