



Red River Current

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YOUTH ATTEND INDSPIRE AWARDS



From left to right: Jaclyn Schick, Taylor McDonald, Nickita Black and Pat Flett.

Last month, E-Learning students Nickita Black and Taylor McDonald were among students from across Canada to attend the 2016 Indspire Awards in Vancouver, B.C., which included the accompanying Soaring: Indigenous Youth Career Conference.

Before the award show took place the girls attended various career workshops and explored the University of British Columbia. On a tour of the campus, the students were shown a special door that only Aboriginal graduates can use during graduation ceremonies. They also attended a trade show where they received information from various universities and colleges across Canada along with details about

their programs and scholarships. Nickita and Taylor also found time to explore the great city of Vancouver with their chaperone Ona Fiddler-Berteig, who organized a bicycle ride through Stanley Park, an exploration of the Capilano Suspension Bridge, and, of course, an opportunity for shopping!

During the awards show, the girls were moved by the stories of the award winners, from young achievers just starting out to elders who have devoted their lives to the betterment of Indigenous peoples. During entertainment interludes, the Indspire Awards showcases the talents of Indigenous actors, singers, dancers, and entertainers. The show concluded with a dynamic performance with vocals by

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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.

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YOUTH ATTEND INDSPIRE AWARDS

(story continued)

Fort McKay First Nation member Stephanie Harpe and Juno Award-winning blues musician Murray Porter. The finale performance of the song “In This Canoe Together” was lauded with a standing ovation. An edited version of the 2016 Indspire Awards will be broadcast on Global TV and APTN in the coming months. A list of the award winners can be found at Indspire.ca.

The Fort McKay E-Learning Centre would like to thank Shell

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

Canada for sponsoring six students from the region to attend the Indspire Awards. Shell Canada also sponsored the Soaring: Indigenous Youth Career Conference. In addition, Community Liason Officer Pat Flett and Community Relations Representative Jaclyn Schick ensured that all travel, accommodation and meals were secured for the E-Learning students so that the trip was everything it could be. Pat Flett was pleased with how the students represented their communities. “The feedback I received from my colleagues was very positive. They said ‘the students from your communities were very mature and respectful – they were engaged and very interested.’ This of course makes us all proud of the

selection of young ambassadors to the community...I am grateful to be a support in giving this experience,” stated Flett.

Attending Indspire has become an annual tradition for the E-Learning program. It is an opportunity for students to attend a truly inspirational event – an event that is social, entertaining, and educational in its celebration and promotion of the Indigenous heroes that walk among us. For many students, this event is life changing: the Indspire Awards is an opportunity to see and hear tremendous Indigenous success stories on a national level. And, perhaps for the first time, students have their eyes opened to the innumerable career possibilities available to them.

While in Vancouver, Stephanie also performed with Murray Porter at the Fairview Pub, and at radio personality Suzette Amaya’s Indspire after party with Michel Bruyere, who is the drummer for Buffy St. Marie. The Stephanie Harpe Experience has played a number of notable venues, including numerous Fort McKay Treaty Days, the 2015 Esquao Awards, and Rockfest 2015.



From left to right: Shakti Hayes, Murray Porter, Stephanie Harpe, Michel Bruyere, Beaver Thomas



FORT MCKAY

UNITY DAYS



MARCH 18 1:00 - 6:00 PM
MARCH 19 11:00 AM - 5:00 PM

LOCATION: BAND HALL

For more information, please contact Stefany: 780-714-7094

VISIT UNITYCHARITY.COM
FACEBOOK.COM/UNITYCHARITY
  [@UNITYCHARITY](https://TWITTER.COM/UNITYCHARITY)


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TRAPPERS TRAINING COURSE PROVES TO BE A SUCCESS

Congratulations to all those who participated in the Trappers Training Course that was offered January 18th - 23rd by the Sustainability Department.

Eleven community members enrolled in the program which included a family of four and all successfully passed the course. We'd like to acknowledge Terrance Harpe and his family for turning the course into a fun family event.

The Trappers Training course was organized by the Sustainability Department in conjunction with the Alberta Trappers Association. Both play an important role in providing Fort McKay members with training and skills development. The Sustainability Department also plays a critical role in engaging



The Harpe family after successfully completing the trappers training course.

and providing support for community members who wish acquire a trapline.

It was recently reported by Fish and Wildlife that there are approximately 30 traplines open in the Northeastern part of Alberta; between Fort McMurray, Birch Mountain Wildland Park, the Saskatchewan border and the Northwest Territories. Fish and Wildlife application forms are available in the Sustainability office for community members who are interested in applying for a trapline or to view maps.

AJ Callbeck, instructor for the Alberta Trappers Association, wishes all the participants the best of luck in their future trapping endeavors. He noted that his most enjoyable experiences teaching trappers courses have been in Fort McKay because the participants are always engaged and willing to laugh at his jokes.

The Sustainability Department will also be offering gun safety training for restricted firearms. This three evening course will allow participants to apply for a Possession and Acquisition License (PAL) when successfully completed.



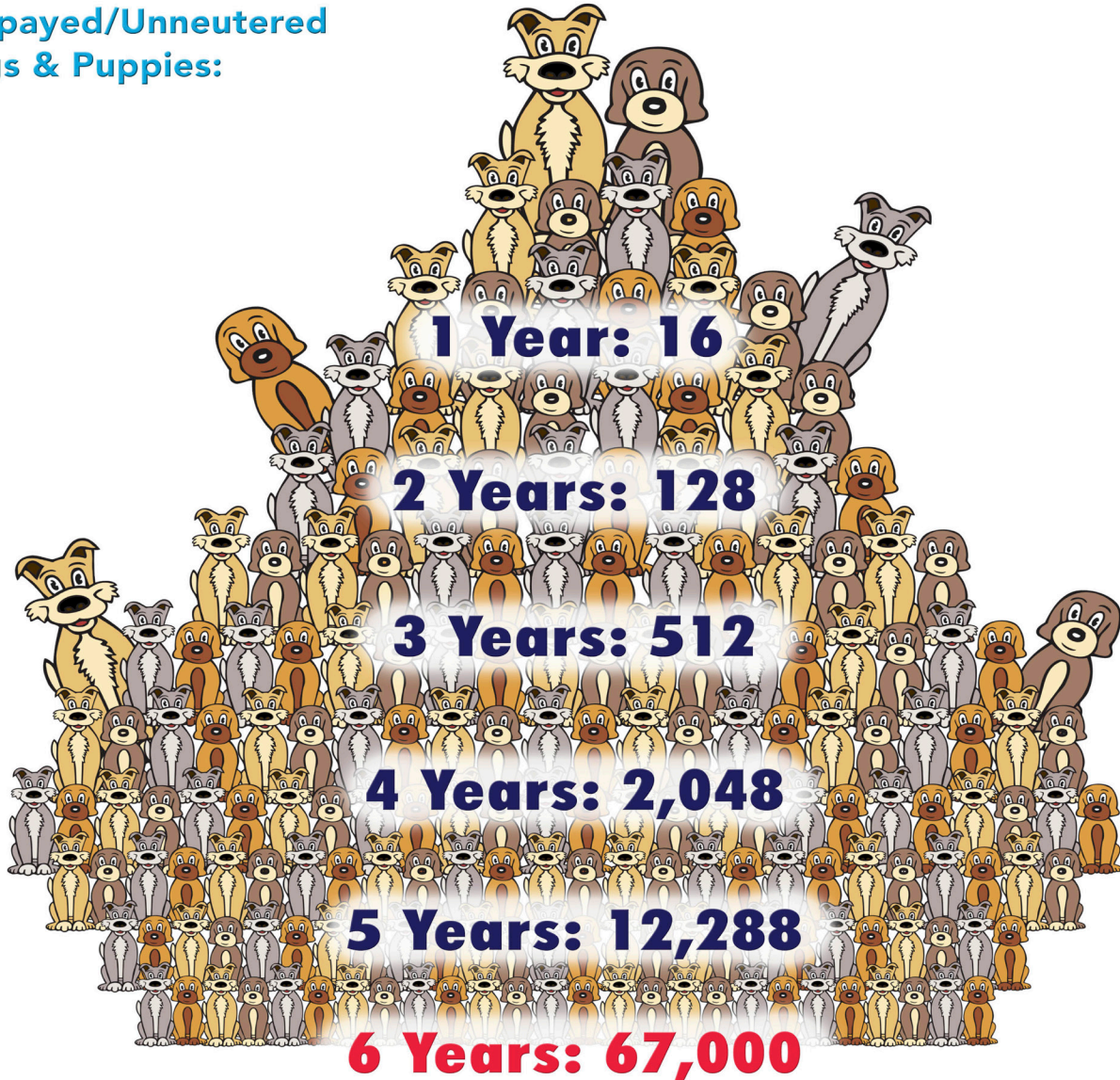
Adam McDonald and AJ Callbeck discussing trapping technique.



DID YOU KNOW?

Each day over 70,000 puppies and kittens are born in the US, and because of overpopulation, more than 3.7 millions animals are still being euthanized each year in shelters across the country. You can help.

Unspayed/Unneutered Dogs & Puppies:



© 2011 North Shore Animal League America

By spaying and neutering just one male and one female dog,
more than 67,000 births can be prevented in just six years!

Make an appointment with your local veterinarian today to have your pet spayed or neutered!

Aurora Veterinary Clinic
(780) 715-1127

**Wood Buffalo Small
Animal Hospital**
(780) 715-9369

**Fort McMurray Animal
Hospital**
(780) 743-4044





NOTICE

FORT MCKAY TO MEMBERS OF FORT MCKAY FIRST NATION

Fort McKay residents have the opportunity to join a health study that involves both Indigenous and non-Indigenous people from across Canada. This study, known as the Canadian Alliance for Healthy Hearts and Minds (CAHHM), seeks to learn more about the causes and the development of common and serious health problems, particularly heart disease, stroke, dementia and cancer, and to develop better tools for early diagnosis to improve the future outcomes of individual affected by these common diseases.

In joining the CAHHM, approximately 200 Fort McKay residents will become part of a national data platform consisting of approximately 1800 other Indigenous participants from across Canada and approximately 9700 Canadian participants, in total.

If you chose to be part of the CAHHM you would be asked to:

- Read and Sign an informed consent form to show you fully understand and agree to participate
- Provide personal information on questionnaires
- Undergo a medical exam and provide a blood sample for measurements used to understand cardiovascular health risks (e.g., cholesterol);
- Undergo Magnetic Resonance Imaging (MRI) to look for early signs of change in the function of the brain, blood vessels and heart to understand early signs of heart disease, stroke and related brain disorders and the decline of memory and brain function and;
- Consider granting approval to the CAHHM to access your provincial medical records to track your health in the past, present and future and;
- Consider granting approval to have your blood stored for up to 25 years for future genetic studies that could show to be risk markers for these health conditions.

All parts of the study are completely voluntary and your health details would be kept private and confidential. By participating in this study, you will be helping to establish a baseline for health of the Fort McKay Community, which will be invaluable in the future.

**Hockey
game on
the AVC
road pond
in 1977**



FORT MCKAY HOCKEY SOCIETY HITS THE ICE IN FORT CHIPEWYAN



On February 13th, the Fort McKay Hockey Society travelled north to Fort Chipewyan to participate in the Fort Chipewyan Pond Hockey Festival. A total of 35 kids participated in the event, 23 were from Fort McKay.

With players' ages ranging from four to 17 years old, the tournament was divided into a number of divisions; Jr. & Sr. Novice, Atom & Pee Wee and Bantam and Midget. Fort McKay was able to bring 14 of their 34 Novice players giving the only Novice age player from Fort Chipewyan a chance to play with his own age group for the very first time!

This was a unique Pond Hockey festival as most tournaments require a full team in order to

register and play. With this particular Pond Hockey tournament, participants were able to register as individuals and not as a team, which is very different from organized Minor Hockey tournaments.

Several volunteers from Fort McKay stepped up to manage teams, coach, assist in the benches, coordinate the score board and ref the games. Big thanks to Simon Adams, BJ Fitzpatrick, Dennis Shott, Lolita Ladouceur, Brad Fabian, Candace Fabian, Alannis Laurent, Willis Augier, Trace Quintal, Jaiden Boucher, Justice Grandjambe, Trace Quintal, and Joanne Powder. The Fort McKay Hockey Society is very grateful for all the volunteers, their help during the tournament and

continuous support throughout the season.

By bringing youth together and allowing them to play competitively within their own age groups, the Fort Chipewyan Pond Hockey Festival supports the development of hockey players.

The Fort McKay Hockey Society has come a long way since it started. They developed their own hockey program and have reached out to other communities like Fort Chipewyan and Janvier. The Society also works hard to involve older youth as mentors in the program by giving them the opportunity to take on leadership roles such as referee and assistant coach positions.



FORT MCKAY FIRST NATION & NORALTA LODGE JOIN FORCES

Fort McKay First Nation (FMFN) together with Noralta Lodge are pleased to announce their shared ownership in a new accommodations service company. The company will service clients out of Noralta Lodge's Fort McMurray Village location ("the Village") and is designed to provide leading workforce accommodations and logistics solutions to the oil and gas industry.

Fort McKay First Nation is a prominent and respected First Nation business leader in the Alberta oil sands region. Noralta Lodge's Village, which houses 5 open lodges with over 3000 guest rooms, is located on Fort McKay

First Nation traditional lands in close proximity to several major oil sands production sites.

"This new company brings together two industry leaders and gives both a strong competitive advantage. It significantly increases our ability to compete for market share in a challenging marketplace by aligning our offering to better meet the diverse needs of producers working in the region," said Corey Smith, President and CEO of Noralta Lodge. "We're pleased to be able to offer this new company's services to industry."

"We are proud to announce the

addition of this new company to the Nation's business portfolio." Said Mr. Barrie Robb, CEO Business Development, Fort McKay First Nation. "In light of the current economic times, we are fortunate to be able to continue to grow. We feel that Noralta Lodge understands the mission of the Nation's business portfolio which is to generate profits which can be reinvested in the community of Fort McKay, and they will be valuable co-owners in this new company."

This service company will be officially launched in March 2016. More information will become available in the coming weeks.

HAPPY



We would like to wish James Grandjambe a Happy Birthday! On February 20th, James turned 96 years old. He is seen here with 2 of his great grandchildren, Tristan and Emmalee Grandjambe.

BIRTHDAY!!

HOW TO TALK TO YOUR CHILDREN ABOUT DRUGS AND GAMBLING



Children are smart and are continuously learning. The best person to show them how to make good decisions is you. The thought of children using drugs can be very scary, but children will understand and hear better when being talked to in a calm voice.

Take time to learn the facts about different drugs and gambling. Share and talk about these facts in a safe environment demonstrating they can trust the information you give them.

THINGS TO REMEMBER

Start teaching children about drugs at a young age. Talk about the dangers of prescription drugs in the medicine cabinet and the harmful effects of cigarette smoking and high alcohol consumption. Start talks by asking what they understand about drugs and alcohol, if they are concerned about anyone's use, or if they have been asked to use. Be informed about what they know.

A DRUG IS A SUBSTANCE THAT'S TAKEN TO CHANGE THE WAY THE BODY AND MIND WORK

Different drugs affect the body in different ways, but all drugs chemically alter the brain. They can affect the way a person thinks, feels and acts. Drugs can be helpful or harmful. Talk about when properly taken, medicine can be helpful, however if abused and over used, can make a person very ill. Discuss the different types of drugs like

prescribed and non-prescribed medicine, legal and illegal drugs.

TALK ABOUT GAMBLING IN A WAY THAT CHILDREN UNDERSTAND

It's good to use real-life examples. Ask if they've ever made a bet with anyone about doing something that is hard or unsafe. An example might be betting a chocolate bar that someone couldn't walk along the top of a fence. Explain that this is a type of gambling. In this example, if the person takes the bet and walks on the fence, he or she is at risk of getting hurt. The person betting may lose the chocolate bar. Both people are risking something they value, whether they know it or not.

Children gamble for fun and don't usually think of it as gambling. They usually call it betting or daring. By using these types of words, it is easier for children to understand what gambling is.

TRY TO THINK OF GOOD EXAMPLES

Have you seen a movie or read a book with someone in it who has a drug or gambling problem? Ask if they have any examples to share? Talk about the people in the book or movie. Talk about their lives and the decisions they make. Use this time to give good information. Keeping children informed is the best way to help them make good decisions.

Article provided by Alberta Health Services

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.



FORT MCKAY HISTORY

~Stories My Granny Told Me~

“Stories My Granny Told Me” is a collection of short tales written by the young people of Fort McKay in the 1980s. Most of these stories were passed on to the students by their mothers and grandmothers and were told in a traditional setting. In most instances they were originally told in Cree and Dene, the native languages of Fort McKay and then translated into English. Very little editing was done in order that the essence of the tales would not be lost.

WHY THE BEAR HAS A SHORT TAIL

One day, Muskwa the bear was very hungry. He was walking along the riverbank when he saw a fox put his tail in the water and use it to catch fish. So the bear tried to catch some fish the same way. He didn't catch any fish right away. The bear fell asleep with his tail in the water. The next morning when the bear woke up he couldn't get his tail out of the water. He called the moose and the other animals to pull him out. They pulled so hard that his tail snapped off. From that day on the bear has had a small tail.



HOW THE SKUNK GOT ITS STRIPES

One day, a skunk (cee-gawg) was walking down the road. He was hungry and spotted a bear. The bear was eating a fish. The skunk thought the bear was friendly, so he walked right up to him. The bear yelled and the skunk started to run away. The bear just caught the skunk on the back with his claws. From that day on, the skunk has had a stripe down its back and never asks any bear for any food.



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Monday-Thursday

Afterschool Activities 3:30-5 pm

Supper Program 5-6 pm

Mondays:

Home Economics (8-11) 6-8 pm

Tech Rules! (Ages 12-17)

6:00 pm to 9:00 pm

Tuesdays:

Game Tournament (12-17)

6:00 pm to 9:00 pm

Homework Help (grade 1-4)

6:00 pm to 7:00 pm

Wednesdays:

Healthy Living Program

(Ages 12-17)

6:00 pm to 9:00 pm

Thursday

DancePI3Y (Ages 6 +7)

6:00 pm to 7:00 pm

Basketball (Ages 12-17)

7:00 pm to 9:00 pm

Friday March 4- TEEN NIGHT

Activities 3:30-4:30pm

Supper Program 4:30-5:30pm

Teen Night (Ages 12-17)

Ages 12+

Bus leaves at 5:30 pm

*Kids 11 and under MUST be

picked up by 5:30pm

Friday March 11

OPEN 9 AM to 5 PM

Pre Teen Trip (age 6-13)

Bus leaves at 12:00 pm

Bus returns at 4:30 pm

*Permission Slip Required

Friday March 18

Activities 3:30-4:30

Supper Program 4:30-5:30pm

Pre Teen Night

(Ages 8-11)

Bus leaves at 5:30 pm back at

10pm

*Permission Slip Required

We will be closed from Thursday,
March 24th to Sunday April 3rd for
a Junior Leader's Trip.

FAMILY SUPPORT CENTRE - 780-828-4650

| | |
|----------|-------------------------------------|
| March 1 | Stress Management 1:00--3:00pm |
| March 3 | Anger Management 1-3:00pm |
| March 8 | Self Esteem - 1:00-3:00pm |
| March 10 | Responsibilities - 1:00-3:00pm |
| March 15 | Defining Abuse - 1:00-3:00pm |
| March 17 | Healthy Communication - 1:00-3:00pm |
| March 22 | Emotional Awareness - 1:00-3:00pm |
| March 24 | Grief & Loss - 1:00-3:00pm |
| March 29 | Stress Management 1:00--3:00pm |
| March 31 | Anger Management 1-3:00pm |

For more information, please contact the Family Support Centre.



SKIING/SNOWBOARDING AT VISTA RIDGE

Ages 10+

Bus leaves at 9 am

Bus returns at 4:30pm

*Permission slip required

FORT MCKAY ANNUAL WINTERFEST

Saturday, March 12th
Registration start at 11am

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

HEALTH CENTRE 780-828-2450

March is Nutrition Month!

Dr. O'Connor:

Monday to Wednesday

Dr. Al-Naami (Pediatrician):

March 15

Dr. Taiwo:

March 29- March 31

Immunizations:

March 9 & 23

Physiotherapy:

Mondays (9am-12:40pm)

Thursdays (9am-2pm)

Social Intake: March 28-30
Cheque Release: March 31st

Food Bank: March 24

*please call 780-743-1125 to
book an appointment.

Contact the Health Centre for
scheduling an appointment
at: 780-8282450.

*We have a resident doctor
here with us for the next 6
weeks, her name is
Dr. Jill Galipeau*

