



Red River Current

MAY 2016

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HONOURING REMARKABLE WOMEN AT ESQUAO AWARDS



Ona Fiddler-Berteig and
Councillor Peggy Lacorde



Holly Fortier and
Councillor Raymond Powder

On April 15th 2016, Ona Fiddler-Berteig and Holly Fortier along with other notable women of First Nations, Metis and Inuit descendants were recognized during the 21st Annual Esquao Awards. The Institute for the Advancement of Aboriginal Women hosts this event each year to honour and recognize the strength, beauty and success of influential Indigenous women from across Alberta.

Ona Fiddler-Berteig was credited for her continuous effort and dedication to her students in Fort McKay. She was presented as someone who "is willing to think outside of the box and who does whatever it takes to get what she needs to help her students achieve their goals... Ona has been a

fantastic role model for her students, proving that they can overcome adversity and become successful in their lives."

Holly Fortier was recognized for her skills in developing and presenting cross-cultural awareness workshops in order to increase awareness of First Nation culture. She was described as "a facilitator with extensive background in addressing topics such as cultural awareness, family violence, child abuse, drug and alcohol education, bullying, anger management and conflict resolution. Holly's hope is that through a better understanding of Aboriginal People and their traditional territories, participants will be encouraged to adopt a respectful understanding of the territory in which they work,

and the Aboriginal communities which they engage."

Ashley Callinbull-Burnham, the first Canadian and Aboriginal woman to win the Mrs. Universe title and also a writer known for helping Aboriginal women with equality rights, received the Dorothy McDonald Esquao Leadership Award, which was created in tribute to Dorothy McDonald. The evening was lead by Actors Fred Keating & Michelle Thrush and included performances from various Aboriginal entertainers including the Stephanie Harpe Experience, who played last year's Esquao Awards.

Congratulations to these remarkable women who help make a difference in our community!

SHINGLES VACCINE AVAILABLE AT HEALTH CENTRE

Shingles is a disease, caused by Herpes Zoster, a highly contagious virus. Zostavax is the only vaccination against shingles.

Anyone who has had chickenpox is at risk of getting shingles, but it is most common in older adults. Experts say that out of 100 people, 30 will contract the shingles sometime in their lives.

The initial symptoms resemble a cold with fairly non-specific symptoms. Most will not know

they have contracted the virus at the outset. However, a rash soon develops when the virus infects nerves in the skin, and this is excruciatingly painful. The pain is often unmanageable, and can result in chronic pain that is unresponsive to strong narcotics. In extreme cases, people have actually committed suicide as a result of the severity of the pain associated with Shingles. Typically, Shingles affects the elderly and those who have other health issues such as diabetes, cancer etc.

essence, most First Nations people at risk of Shingles must pay \$200 apiece to get this vaccine!

With the support of the Chief and Council, the Fort McKay Health Centre will be acquiring a bulk number of the vaccines to protect the Elders and the most vulnerable non-Elders. This will at no cost to community members kick off a campaign to pressure the Federal government to extend coverage to all that need this shot.

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

The vaccine unfortunately is NOT COVERED by health insurance, nor under FNIHB (Treaty Medical Coverage). In

If you would like more information about Zostavax, please contact the Health Centre at: 780-828-2450 or go to: www.zostavax.ca.



SAVE THE DATE:



The E-Learning celebration will take place 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.

LEGAL ACTIONS COMMENCE TO PROTECT MOOSE LAKE AREA



Fort McKay First Nation has filed a law suit against the Government of Alberta for a decision that opens the door to industrial development in an area that Alberta promised to protect. Just a year ago, Alberta committed to take steps 'to ensure this sacred land is protected for generations to come.'

The Alberta Consultation Office has decided that an application by Prosper Petroleum Ltd. to develop an oil sands lease on the border of Fort McKay's Moose Lake Reserve can be processed for approval by the Alberta Energy Regulator - despite the fact that the promised protection plan has not yet been implemented.

"One department of government is barreling ahead with development while Minister Phillips and other government officials are working with us to protect the same area from development" said Chief Jim Boucher, "it is extremely distressing for our community that Alberta's promise may not be fulfilled because of conflicting directions / decisions by the ACO. Former Premier Jim Prentice recognized that Moose Lake is the last and best remaining area in which Fort McKay can preserve its heritage and cultural activities. His promise of a plan to control intensive oil sands development on the borders of the Moose Lake Reserve was adopted by Premier Notley's government. The plan, once completed, will protect the ecology and natural features of the area enough to enable traditional activities, including hunting and trapping, to continue. But it will also

permit the oil sands resource to be extracted over time with controls on the pace, proximity and density of projects.

"The Moose Lake area is irreplaceable to the people of Fort McKay," confirmed Councilor Raymond Powder, "Alberta's commitment to protect it is a crucial step in ensuring our culture and traditions can survive in the face of the large scale development on our traditional lands and that surround our homes."

Prosper Petroleum intends to extract and process oil sands for more than 25 years. The first phase of its project will extend within 2 km of the Moose Lake Reserve. As a result of the Alberta Consultation Office's decision, the Prosper project is now before the Alberta Energy Regulator which has no jurisdiction to consider aboriginal or treaty rights. Nor does it have the power to delay approval of the Prosper project until a plan is in place to protect the environment and Fort McKay's rights.

"It is clear to Fort McKay that since the implementation of the new regulatory system in Alberta, the IRMS - Integrated Resource Management System - which actually is far from integrated, has allowed energy projects to be fast tracked, while limiting or even excluding First Nations opportunities to be consulted or participate in the regulatory process, bulldozing over the rights and lands of aboriginal peoples," said Alvaro Paes Pinto, Director of Strategy & Sustainability Department.

TREATY DAYS COMING SOON...

Everybody mark your calendars because Treaty Days is just around the corner! This year's celebration will start on Thursday, June 23rd and continue throughout the weekend until Sunday June 26th.

People can look forward to our traditional events such as the various kids activities, the kids bike parade, the dene hand games, a baseball

tournament, the corporate tug-of-war, a moose-calling contest and much more. There will also be camping area will be set up for visitors who are coming from out of town who would like to stay overnight.

We are extremely excited to announce that this year, Fort McKay will be also hosting a Traditional two-day Powwow as part of the festivities. The powwow will open with a traditional pipe ceremony. The Grand Entry will include all the different styles of powwow dancers, and specials such as hoop dance, iron man/woman, and drum contests.

There are always plenty of volunteer opportunities for those interested in helping out during the events. If you are interested or would like more information about the different volunteer positions available, please contact Audrey Redcrow at: 780-215-2484 or aredcrow@fortmckay.com. If you are interested in becoming a vendor at the event, all of the details and print vendor applications are at: www.fortmckay.com.



LONG TERM CARE FACILITY CONSTRUCTION BEGINS

April 19th was an exciting day for the entire community of Fort McKay when ground was broken at the future site of the Fort McKay Seniors Residence. This 16-bed facility, spanning over 28,000 square feet, will be staffed with registered nurses, personal care workers and offer physiotherapy, physician services as well as respite care and a number of support programs. "Our Elders are important to the spiritual and cultural health of our community and I am very happy that we are able to care for them close to home" said Chief Jim Boucher. Construction on the site is set to begin May 1st, completing in the summer of 2017. Fort McKay is grateful to Suncor for their continued support and to the dedication of the Clark Builders team.



NEW PHARMACY OPENS AT THE HEALTH CENTRE

With the collaboration of the Health Centre, a new pharmacy will open mid May.

The Medicine Shoppe Fort McKay is owned and operated by pharmacist Osama Beniamdeen, who has been in pharmaceutical practice since 1997. He is also the owner of three other pharmacies within the Fort McMurray region

Dr. O'Connor, Fort McKay's Health Services Director, is very pleased about the new partnership. "It feels good to be able to say that we have the first pharmacy North of Fort McMurray—indeed, the first one outside of Fort McMurray within the Wood Buffalo region!"

Beniamdeen has been connected to Fort McKay before launching this new pharmacy. He has made

many appearances at the Health Centre before and has had an ongoing rapport with many Fort McKay patients who have come to his Fort McMurray drugstore for more than ten years now.

"I really care about all of my patients," explained Beniamdeen, "We are opening this pharmacy out of appreciation for our many clients here in Fort McKay as we would like to support them for the next years to come."

Located beside the waiting area of the Health Centre, the pharmacy is now open Mondays and Tuesdays every week to work in correspondence with the Health Centre's clinic hours. All prescriptions as well as a good variety of over the counter medicine are available at the Medicine Shoppe Fort McKay.

During closing hours, people can call the Medicine Shoppe at 780-828-1470 to call in their prescription and a delivery service can be arranged. "This brings services here in Fort McKay and avoids people from driving into town," explained Dr. O'Connor.



Pharmacist Osama Beniamdeen is the owner of the the Medicine Shoppe Fort McKay.



NOTICE

FORT MCKAY

TO MEMBERS OF FORT MCKAY FIRST NATION

The Chief and Council have been contacted by an individual named Arlene Seegerts who has advised that she intends to undertake a health study of Fort McKay First Nation Members.

Members are advised that Seegerts is NOT connected to the proposed Fort McKay First Nation Health Study and she has NOT been given any permission from Chief and Council to come onto our lands to conduct a study of the community.

Members should be also advised that insofar as we are aware Seegerts is NOT a medical professional or qualified researcher.

While any Member who wishes to speak with Seegerts or share information with her is free to do so, you should be aware that the privacy and confidentiality of your medical information and health history may NOT be protected.

FORT MCKAY HOCKEY ACADEMY SEASON COMES TO AN END



Another hockey season has already come and gone! But before we take our boots off and close the arena, we would like to send out big congratulations to all of our local youth hockey players who worked hard all year and competed at this year's Native Provincials! Here are some highlights and the players who participated in the Native Provincials on various teams:

Fort McKay Maskwak Junior Novice Team had a winning record of 3 wins and 1 loss: Coaches – Kory Torraville and Brad Fabian, Team Manager – Candace Fabian, Benjamin Asadi, Shoneah Boucher, Chase Fabian, Logan Fitzpatrick, Rayden Grandjambe, Kingston Makkinga, Jaidynn McKenzie, Abigail McClure, Kalishia Mercredi, Trysten Tevely, Grayson Shott, and Tristen Grandjambe.

Fort McKay Maskwak Senior Novice Team won a Bronze Medal: Coaches – BJ Fitzpatrick, Dennis Shott and Cory Jackson, Team Manager – Lolita Ladouceur, Tayden Shott, Callie Fitzpatrick, Eric Pruden, Noah Fitzpatrick, Jonah Grandjambe, Christian Jackson, Kinley Serafinchan, Draven Seniantha, Emma Lee Grandjambe, Kaplan McKenzie, Lyric McKenzie, Shaydon L'Hommecourt, Maleisha Cooper, and Reagan Powder.

Wood Buffalo Novice Team – Won Bronze Medal: Team Manager – Deanna Shott, Kayleigh Bouchier,

Keegan Shott, Brayden Lacorde, Kaleb McKenzie, Ashton Quintal, Declan Roberts – Goalie, and Blaize Bouchier.

Fort McKay Maskwak Atom Team – Played in a very tough division and competed hard, winning 1 game and losing 3: Coaches – Eric Tevely and Dallas Roberts, Team Manager – Kelly Roberts, Exzander Lacorde, Jesse Boucher, Tyrese Shott, Sky Seniantha, Desiree Seniantha, Mataya Cooper, Kai Ro Grandjambe, Gage Roberts, Hope Grandjambe, and Jace Tevely.

Wood Buffalo Atom Team won a Bronze Medal in the Elite Division: Jaiden Shott

Wood Buffalo Pee wee Team won a Bronze Medal: Austin Beaton, James Black, and Raymond Cardinal.

Congrats to the Janvier Bantam team winning the GOLD MEDAL: Tyrell Shott and Everett Quintal.

Wood Buffalo Bantam Team battled hard losing in the Bronze medal game: Jace Shott, Reanna Whiteknife, and Keely Courtoreille.

Wood Buffalo Midget team lost a one goal game in the final of the Bronze medal game: Trace Quintal

Wood Buffalo Junior Team. Unfortunately did not make it to the finals this year but competed hard as all their games were close scores: Manager – Elissa Whiteknife, Christian McDonald, Keegan Pruden, and Riley Whiteknife.

A big thank you goes out to the parents who made sure all the kids got registered and coordinated all the hotels and fun events for the kids!

Lolita Ladouceur, Candace Fabian, Deanna Shott, Kelly Roberts and Elissa Whiteknife.

Our final Fort McKay Warriors Academy Hockey Camp will be May 13 and 14, 2016 in Fort McKay, (for kids registered in our Academy Program) Ice comes out May 15 2016.

We look forward to seeing you all again next season!



2016 **FORT MCKAY**
HOCKEY ACADEMY

YEAR END
HOCKEY CAMP

Friday, May 13th 12pm-5pm
Saturday, May 14th 10am-4pm

For info contact: 780-881-9096 or sadams@fortmckay.com

Presented by: **SULLY SPORTS** **FORT MCKAY ACADEMY WARRIORS** fortmckay@poweredgepro.com

A big congratulations to Tayden Shott and Callie Fitzpatrick who were selected to go to the Edmonton Oilers Hockey Camp April 22-24, 2016. Tayden Shott & Callie Fitzpatrick are with the Sr. Novice Fort McKay Maskwak and were selected in a lottery to attend the camp.



NEW FIRE DEPUTY CHIEF

The Fort McKay Fire Department is pleased to announce that Fire Captain James McIsaac was promoted to Deputy Chief of Operations. He was promoted due to his contribution and commitment to the FMFD over the last six years.

“I look forward to my role as Deputy Chief,” says McIsaac. “I take my work at the fire department here seriously, and I truly enjoy serving the community in this manner.”

The Fort McKay fire department would also like to congratulate firefighters Destiny Young and Dwight Flett on the completion of their Emergency Medical Response (EMR) certification course. The EMR is the first of 3 levels of emergency medical training courses. The 3 courses are EMR (Emergency Medical Response), EMTA (Emergency Medical Training Ambulance), and EMTP (Emergency Medical Training Paramedic). Young has already applied for the EMTA where upon completion she can work in an ambulance. Young’s plan is to also complete the EMTP course making her a certified



Firefighter Dwight Flett EMR, Deputy Chief James McIsaac and Destiny Young EMR, of the Fort McKay Fire Department.

paramedic. Regional Fire Chief Darby Allen says he is proud of the members of the Fort McKay Fire Department and appreciates all the hard work they do for the community of Fort McKay.

WILDFIRE SEASON IS HERE

Alberta’s Wildfire Season started on March 1. The Office of the Fire Commissioner, municipalities and fire departments across Alberta, Alberta Environment and Sustainable Resource Development, and Alberta FireSmart are all working to help raise awareness about wildfire - Wildland Urban Interface (WUI) and grass fires. During the 2015 fire season the Alberta government responded to 1,786 wildfires that burned more than 492,000 hectares, more than twice the 25-year average.

PREPARING FOR THE THREAT OF WILDFIRE IS A SHARED RESPONSIBILITY. YOU CAN DO YOUR PART:

- Don’t throw out lit cigarettes outside.
- Closely supervise all outdoor fires. Make sure the fire is out before leaving.
- Avoid burning on windy, dry days. When conditions are windy or dry, it is easy for open burning to spread out of control.
- When burning, have a hose, bucket of water, or shovel and dirt or sand nearby to extinguish the fire.
- Dispose of debris and lawn clippings quickly to reduce fuel for fire. Don’t let them linger.
- Clear leaves and other vegetative debris from roofs, gutters, porches and decks. This helps prevent embers from igniting your home.
- Remove dead vegetation and other items from under your deck or porch, and within 10 feet of the house.
- Prune trees so the lowest branches are 6 to 10 feet from the ground. Wildfire can spread to tree tops.

IF YOU SPOT A WILDFIRE, CALL 310-FIRE(3473)

Excerpts taken from: www.ofc.alberta.ca/alberta-wildfire-season

IT'S SPRING CLEANING TIME!

~A Home Maintenance Checklist~

Spring is a big month for home maintenance. They don't call it "Spring Cleaning" for nothing! You might want to focus on the exterior of your home as it has just gone through winter and is preparing for the summer heat.

- Check the exterior drainage. Will rain water flow away from the house? Puddles should not stand around your home for more than 24 hours. If water stays, or moves toward your foundation, you have a few options. First, check your gutters. It could be a bad spout or a loose connection there; they may also just need cleaning. Second, you can grade the area around your home yourself with some dirt. Third, for pavement, you can have professionals come out and raise it so it drains away from your home.
- Clean out gutters. They've likely accumulated leaves from the fall and grime/sediment from the winter snows and/or rains.
- Inspect the exterior of your home. Is any paint chipping? Is any siding damaged from winter? Are there any holes in your brick? Take a close look all around your house, and make any repairs as needed. Also be sure to check the foundation for any cracks. A good silicone/caulk can fix a lot of your problems.
- Repair/replace damaged window screens. You don't want bugs making their way in because you missed a hole in a window screen.
- Clear dead plants/shrubs from the house. This could double as a gardening tip, but if you didn't trim trees or shrubs in the fall, do so now. Plants can weasel their way into cracks and holes on the exterior of your home, causing damage and shortened longevity.
- Inspect roofing for damage, leaks, etc. Repair as needed; you may need a professional.

excerpts taken from: www.artofmanliness.com



FORT McKAY HISTORY

~Community Spring Clean Up~



The Fort McKay School students did a volunteer community cleanup each spring to raise money for field trips. This photo was taken around 1986. The building in the background was the Fort McKay Health Unit-now the Fort McKay Wellness Centre.

FOUNDATIONS FOR SUCCESS



Presents a free two-day drivers Class 7 basic education session

- Minimum age 14 and up (those under 18 need parental consent to enroll in program).
- In-class instruction.
- Will arrange for clients to go to town to write their written test.
- Proof of Identification needed such as Status Card, Any Government issued ID, Passport or two-pieces of identification.
- Mandatory attendance for both days in order to pass.
- Preregistration required a week prior to class.

DRIVER
TRAINING
up
EDUCATION



Location: Father Begin Hall, Dorothy McDonald Business Centre

When: May 10 & 11, 2016

Time: 09:00 am to 05:00 pm (both days, lunch & snacks provided)

Contact May Tourangeau at 780-828-5301 for questions and to register

Class is restricted to Fort McKay community members.



FORT MCKAY
FIRST NATION

Fort McKay First Nation
P.O. Box 5360 Fort McMurray, AB T9H 3G4
Ph. 780-828-4220 Fax. 780-828-4680

OIL PAINTING DONATED TO FORT MCKAY

The family of Wally and Lillia Walcer has donated a wonderful oil painting that was created by Gord Mullin of where the Red (McKay) River meets the Athabasca to the community of Fort McKay.

Wally Walcer is remembered by many people in Fort McKay and McMurray as a teacher from 1959 to 1961. Wally had fond memories of his friends in Fort McKay and of his favourite fishing spot, and so had this oil painting commissioned. It hung prominently in their home for many years.

Recently FMFN band member Gilbert McDonald was in touch with Wally and Lillia's daughter Audrey Walcer Tompkins who



now lives in Ontario. She wrote that her mom passed away in 2006 and her dad in 2010 and that the Walcer family wanted "to donate this picture where it belongs."

Audrey sent the oil painting to Gilbert who has passed it unto the

community of Fort McKay. The picture will be hung prominently in the Elders Room at the Fort McKay School and will be on display during the upcoming Treaty Days celebration. Fort McKay extends thanks to the Walker family.

CONGRATULATIONS!

to Jaiden Shott who has made the
AA Oil Giants Baseball Team
(9 to 10 year olds division)
Fort McMurray this year!!



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) 6-8pm
Games Tournament (12-17)
6-9pm

Tuesdays:

Archery (Ages 10-17) 6-9 pm
Homework Help (grade 1-4)
6-7pm

Wednesdays:

Hiking on Birchwood Trails (Age 10+)

*Permission slip required

Bus leaves at 5:30 pm, returns
at 10:00 pm

Closed at 6 PM

Thursday

Playground Games (Ages 8-9)
6-8pm

Softball (Ages 10-17) 6-9pm
am & returns at 4:30 pm

*Permission slip required

No School Fridays

open 9am-5pm

Field Trip (age 6-13)

Bus leaves at 1:00 pm

Bus returns at 5:00 pm

*Permission Slip Required

Pre Teen Night (April 6)

After school Activities 3:30-4:30
Supper Program 4:30-5:30pm

Pre Teen Night (Ages 8-11)

Bus leaves at 5:30 pm

*All other kids MUST be picked
up by 5:30

TEEN NIGHT (April 27)

After school Activities 3:30-4:30
Supper Program 4:30-5:30

Teen Night (Ages 12-17)

Bus leaves at 5:30 pm

*Kids 11 and under MUST be
picked up by 5:30

FITNESS CLASSES

Tuesdays: yoga 12-1pm

Wednesdays: HILT 12-12:30PM

Thursdays: Bootcamp 12-1pm

For more information, join us on
Facebook at Fort McKay Rec Club

RUNNING CLUB/OUTDOOR W.O.

Training for the 5km Hues for Hu-
manity at the Birchwood Trails. This
is a colour fun run! We will be meet-
ing every Wednesday at the Arbour
from 5-6pm, May 4th- June 1st

FAMILY SUPPORT CENTRE

April 3 - Family Dynamics

April. 5 - Responsibilities

April 10 - Defining Abuse

April 12 - Healthy Communication

April 17 - Emotional Awareness

April 19 - Grief & Loss

April 24 - Stress Management

April 26 - Anger Management

April 31 - Self Esteem

FAMILY GAMES NIGHT

Parents and children to
participate together in
an Evening of Games
where communication,
team work and
cooperation are key
Every Thursday

7 - 9pm for

the month of MAY

RSVP to Family Support at
780-828-4048

(#'s attending with ages
of children required)
Snacks provided!

GIRLS INC

Girls Inc. will running their Media
Literacy program for girls be-
tween 9-14 yrs old. The program
will increase girls' awareness
of the scope and power of the
media and the effects of media
messages on girls and wom-
en. We will be meeting every
Wednesday from 6-8pm at the
Elders Centre, refreshments will
be serve from May 4th- June 1st.
For more info, Contact Stefany
at 780-7147094 or Beverly at 780-
828-2450.

RELAY FOR LIFE 2016

The Ft McKay Walkers for Life are
creating a team for
Relay for Life. At the Casman
Centre on Friday June 10th at
7pm until Saturday at 7 a.m.
Each participant needs to com-
mit to fundraise \$150.
For more info: 780-7147094

JOIN FORT MCKAY NORTHWIND DANCERS & DRUMMERS

Interested in Dancing or Drumming?
Come to one of our practices to join in
or simply watch. Everyone is Welcome!

Pow wow Dance and Drum and Hand
Drum practice are held every Monday
& Tuesday 6-7pm at the Bandhall.

For more information or to book a per-
formance please contact Audrey Red-
crow at: 780-828-2491 or 780-215-2384.

Join our page on Facebook for up-
dates/ upcoming performance and
activities. Facebook Group - Fort McKay
Northwind Dancers & Drummers