



Red River Current



SEPTEMBER 2016

VOLUME 6 :: ISSUE 7 **YEARS IN
BUSINESS**

GOVERNOR GENERAL AWARDS FORT McKAY FOR OUTSTANDING SERVICE



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On June 24th, Canada's Governor General David Johnston visited Fort McKay to award the community with a Commendation for Outstanding Service and acknowledge the extraordinary efforts that were made during the Fort McMurray wildfires in May 2016.

During his presentation, he expressed his admiration: "You opened your doors and found places for people to take shelter and sleep. You offered meals to the hungry, medicine to the sick, diapers to those with young

children. You gave comfort and helped people feel safe and secure during a frightening, uncertain and very difficult time. And let's not forget this fact: Fort McKay itself was threatened by the wildfires. This makes your response even more admirable".

The commendation cited: "The Governor General's Commendation for Outstanding Service is awarded to the community of Fort McKay in recognition of the extraordinary efforts made in the face of devastating wildfires in May 2016."

"During the peak of the wildfires, the entire community welcomed thousands of evacuees and provided them with food and temporary shelters. The community of Fort McKay demonstrated initiative and selflessness, and is to be commended for its tremendous spirit and the remarkable example it has set."

The commendation for Outstanding Service is awarded only on rare occasions and resulted from a collective effort within our community. We should all be proud of ourselves!



LISTEN TO YOUR NEW & LOCAL RADIO STATION ~CIYU 106.3 FM~



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

Very soon, you will be able to tune in to 106.3 FM and hear a familiar voice broadcasting the latest news, events and entertainment. Paul Fitzpatrick has recently been hired as the Operations Manager for our upcoming radio station CIYU 106.3 FM.

Fitzpatrick was born in Fort McMurray and is a proud member of the Fort McKay First Nation. He grew up listening to an eclectic mix of music that included country and folk to heavy metal and everything in between. He remembers fondly that Casey Kasem and the weekly top 40 was his introduction to truly great radio. Paul successfully applied for the Radio and Television program at the Northern Alberta Institute of Technology (NAIT) back in 2010. Following his practicum with Sonic 102.9FM in Edmonton, Alberta, Paul earned his Broadcasting Diploma from NAIT.

Paul and his 3 brothers have always been involved in sports, specifically hockey and baseball. He is certain that sports are going to be a big part of the programming at CIYU 106.3 FM in the near future. As the Operations Manager at CIYU Paul is excited about what this could mean for the community of Fort McKay. "I truly believe that this radio station can bring us together. I want Elders to tell their stories and I want the youth to do their own show on air. Community involvement is going to be paramount in driving this station forward. If it takes a village to raise a child, as the saying goes, the same saying can be applied to this new radio station. It will take a Village"

The new radio station is still in the testing phase and will officially launch on September 9th 2016. CIYU 106.3 FM is in need of a nickname, you can get involved by filling out survey and drop it off at the Band Hall front desk attention Simon Adams.



FORT MCKAY'S NEW FIRE GUARD

A new fire guard now surrounds Fort McKay to protect the community from wildfires. During the Horse River Wildfire, the Fort McKay First Nation Chief and Council decided to immediately start the creation of a fireguard around Fort McKay. All the trees in a wide swath around Fort McKay were clear-cut. All the trees and bush (fuel) were then removed and/or mulched to create a barrier in which wildfires cannot cross.

As of July 4, the Horse River wildfire is classified as “under control.” The wildfire is completely contained and will be extinguished. The Horse River Wildfire remains estimated at 1.5 million acres in size. It is the third biggest Alberta wildfire in recorded history. The biggest was the Chinchaga Wildfire (4 million acres) in 1950, but part of that fire was in B.C. The second biggest was the Richardson Wildfire in 2011 at 2 million acres.

Due to deep burning embers, the estimated time of complete extinguishment of the Horse River Wildfire is after the winter when the snow melts. Years earlier, a fire near Syncrude, a “peat fire” burned for 10 years, throughout the winter underneath snow packs.

There have been 10 new wildfires in the Fort McKay area since the Horse River Fire, all started by lightning. All the new fires have been extinguished. Fort McKay residents are asked to call 310-FIRE to report new fires (not 911).



Completed fireguard with fuel (trees and bush) removed and/or mulched.



FORT MCKAY FIRE GUARD – NORTH AND EAST SIDES:

Fort McKay Fuel Break and Treatment Areas, 33.95 ha, 6.96 ha, and 4.79 are being mulched. 9.96 ha block requires vegetation to be mulched, a 20 meter strip of timber to be left along roads to E & W. 3.87 ha block will be thinned/pruned/piled/and burned by hand



FORT MCKAY FIRE GUARD - SOUTH AND WEST SIDES:

Fort McKay West Fuel Break – 58 ha debris has been piled for burning in winter 2017/18

submitted by: Cort Gallup

LONG TERM CARE FACILITY

Construction of the new Long Terms Care Facility has started and crews are expected work on this project for many months to come. James Owl, Director of Major Projects explains the scope of work: "With the help and guidance of our main contractor, Clark Builder, Fort McKay crews will be working on various components of the project including the foundation, exterior building envelope and interior finishes." Owl says the development is expected to be complete in the fall of 2017 with an anticipated schedule of 14 months. Because of the magnitude of this project, there will be periods where roadways will be temporarily closed to the public to help facilitate the completion of certain components.



FEATURING FORT MCKAY'S NEWEST JOINT VENTURE



DENE KOE

[den-ay kuhway]

In April 2016, Fort McKay First Nation and Noralta Lodge launched a new venture called Dene Koe Workforce Lodging & Services. The name itself, pronounced "Den-ay Kuh-way," means people's home, or village in Dene and reveals the company's motto; offering a home away from home to those who are working or visiting the region.

By bringing together the trustworthy, relationship-driven culture of Fort McKay

First Nation, and the regional industry expertise of Noralta Lodge, this new team offers to deliver unmatched hospitality and comfort.

"Having our nation's culture reflected in the company serves as a reminder that yes, we are a First Nations community and that we are also a forward thinking business minded community. We are excited about this partnership and look forward to welcoming customers to Dene Koe," Chief

Jim Boucher expressed in a press release.

The lodging facility is located at Noralta Lodge's Fort McMurray Village, and includes five buildings that offer 3500 spacious rooms, delicious cuisine, and industry leading amenities such as a state-of-the-art fitness facility. Dene Koe will also be offering other various services to oil industries in the area that include management, and guest transportation.



NORTH WIND DANCERS & DRUMMERS END OF YEAR TRIP



The Fort McKay North Wind Dancers and Drummers love to celebrate! And this summer, they celebrated the end of this season with a trip to the Calgary area.

On July 28th, the group traveled to the Tsuu'Tina Reserve on the outskirts of Calgary and stayed at the Grey Eagle Resort and Casino. On the first day, they headed to Calaway Park for a day of fun, rides, and carnival treats! On the following two days, the dancers went to the Pow wow grounds for the Grand Entry and danced the day and night away!

"The trip was a way to show the appreciation of our group for all the hard work they do in keeping the culture alive in our community," explained Audrey Redcrow, Cultural & Special Events Coordinator. In total, seven parents and nineteen dancers were able to make it to the four-day trip to Calgary.

Redcrow is pleased for the wonderful year they have had as a group, "I would like to thank the community for their support. I would especially like to acknowledge the parents, young dancers and drummers who showed their love and cultural pride through traditional dance and drum. Thanks to all of you who have attended practices this past year, fundraised, and did numerous performances around the region! You are all wonderful spirits and we look forward to seeing you again for the new program."



FORT MCKAY NORTHWIND DANCERS & DRUMMERS LOGO CONTEST!

We are searching for talented artists to come up with a cultural and traditional style Logo for our group.

The contest is open to all ages and will be showcased at every exhibition and pow wow performance we attend!

The winner will receive a gift card and bragging rights!

Contest date: August 31st to September 30th 2016!
The Winner will be announced on October 07th, 2016

Please submit your entries before September 30th, 2016 to the front desk of the Band Office: Attention Audrey Redcrow or by email to: aredcrow@fortmckay.com

Don't forget to add us on facebook to get all the updates: Fort McKay Northwind Dancers and Drummers

FORT MCKAY NORTHWIND
DANCERS & DRUMMERS
2016 - 2017
PROGRAM REGISTRATION
Monday September 06th 2016
6-7pm at the bandhall

STEPS FORWARD AND FOUNDATIONS FOR SUCCESS PROGRAM UPDATES

Steps Forward and Foundations for Success are resuming programs and activities previously interrupted by the Wild Fires. To ensure that we have those community members previously registered for courses, we are asking for your assistance to help spread the word that programs are resuming and that all students contact the office.



The class 7 driving training course will be offered September 13th & 14th, 2016. Those who previously registered are asked to call the office and confirm their spot in the course. New registrations are also being accepted. Registration deadline is August 30th, 2016. This is a two day mandatory-in-class training in Fort McKay. Transportation and exam fees may be provided to eligible candidates to go to Fort McMurray on the third day and write the class 7 exam. Not having a driver's License is a huge barrier in getting employment, you are encouraged to register!

The GED Plus program will resume on September 6th, 2016 and run for 4 weeks. Please call the office and confirm your availability. The GED program is Grade 12 equivalent and is recognized for enrolling into trades programs such as Carpentry, HEO, Welding and some college programs like Health Care Aide. It is Fort McKay First Nation's aim to offer this program regularly to empower Fort McKay residents to improve their employability skills and meet the labor market demands. We thank our sponsors and partners; Keyano College, Alberta Human Services, Ruppertsland Institute, ATC, and industry partners; Shell, Imperial Oil and Husky Energy for their continued support.

We are opening registration for Pre-GED/Community Adult Learning Program (CALP), a program that prepares adult learners for GED. The intended start date is mid-September. If you were not able to graduate from High School and would like to have a recognized certification that would make you more marketable please call the number below. We are working hard to have another GED Plus Training start in January 2017 – if you are planning on having GED certificate by 2017 this is the time to prepare for it.



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 : **Goal Setting, Career Development, Assessments, Planning, Coaching, Career Counseling** :
 : **and Personal Development - The Steps Forward and Foundations for Success Programs have** :
 : **it all. Come and meet with one of our team members and we will be happy to support you.** :
 : **Submitted On Behalf of Steps Forward & Foundations For Success.** :
 : **Call: Easter Bhebhe @ 780-828-2448 to schedule an appointment.** :
 :
 :



CAREERS NEXT GENERATION SIGN AGREEMENT WITH FORT MCKAY



From left to right: Jerry Heck, Senior Vice President, Growth, Christina Gray, Minister of Labour, Councillor Raymond Powder, and Andy Neigel, President CAREERS.

On August 11th 2016, Careers Next Generation celebrated its 25th anniversary at Keyano College. Many attended the event including Alberta's Minister of Labour, Christina Gray.

During the celebration, Careers announced their new campaign to help bring up the number of youth involved in the trade industry and help the increase in demand to rebuild Fort McMurray.

"With having to build over 2,000 homes in the next few years there's a real opportunity particularly in trades like carpentry, plumbing and electrical," explained Andy Neigel, CEO and president of Careers Next Generation.

They are hoping to double or even triple the amount of youth registered this year to help meet the demand in the rebuilding effort of Fort McMurray. A Memorandum of Understanding was signed by Councillor Raymond Powder and Careers Next Generation with the goal to engage more aboriginal youth in the co-op apprenticeship program in the future.

"Fort McKay First Nation is very excited to partner with Careers, Next Generation on this project which focuses on our youth and education. This program will help ensure our youth have the necessary tools to transition into the workforce and remain close to home," says Chief Boucher.

Since 2010, over one thousand aboriginal students from across the province have participated in Careers Next Generation's programs and benefited from its 'learning while working' experience. Last year, they had 109 aboriginal youth participate. They are hoping to register over 200 this year.

Careers Next Generation is a non-profit organization that promotes awareness to students of the various career choices available. The program assists students and connects them into the work force allowing them to expand their skills and become more employable in the future. Their mission is simple: 'Enable youth on their path to rewarding careers.' If you are interested in learning more about Careers Next Generation and its programs, please check out their website: www.nextgen.org



FORT MCKAY
FIRST NATION



Community Celebration 2016 - Event Schedule

Thursday September 08, 2016	Location	Time
Fort McKay Group of Companies Golf Tournament	Miskinaw Golf course	8:00am
"BULL" Memorial Baseball Tournament	Baseball Field	4:30 - 9:30pm

Friday September 09, 2016	Location	Time
"BULL" Memorial Baseball Tournament	Baseball Field	9am – 6pm
INAC Payout	Upper Arbour	12 – 3pm
Hand Games Demonstrations	Upper Arbour	2pm – 4pm
Youth Centre Grand Opening	Youth Centre	4pm – 5pm
Recognition Presentation – Industry Partners	Band Hall	5pm-6:00pm
Community BBQ – Dene Koe	Band Hall	6:00-7:00pm
Entertainment – Mago Crew	Band Hall	7pm – 9pm

Saturday September 10, 2016	Location	Time
"BULL" Memorial Baseball Tournament	Baseball Field	9am – 6pm
Kids Activities – Bouncy Castles + Face Painting	Upper Arbour	1pm – 5pm
Dene Hand Games Tournament	Upper Arbour	1pm – 5pm
Community Bingo 18+	Band Hall	3pm – 5pm
Evening Community Supper - ESS	Band Hall	5:30pm – 7pm
Tea Dance – Dene Drummers	Upper Arbour	7pm – 10pm

Sunday September 11, 2016	Location	Time
"BULL" Memorial Baseball Tournament	Baseball Field	9am - 6pm

Please contact Audrey Redcrow at 780.215.2384 or aredcrow@fortmckay.com for any questions or comments.

www.fortmckay.com



ELDERS ENJOY RETREAT AT LAC STE. ANNE



25 Elders traveled to Lac Ste. Anne for their Annual Retreat in July. The event lasted 2 days and included group prayers, story telling, and a chance to meet people from different communities.

We would like to thank all of those who helped out during this event and already look forward to the next one!

SUSTAINABILITY DEPARTMENT HOST ELDERS BBQ

On July 27th, 2016, the Fort McKay Sustainability Department hosted a BBQ and Bingo at the Elders Centre. Food was catered by Rose Beaton and the Sustainability staff helped to serve and engage in conversation with Elders. Fort McKay's Wayne Courchene put on his bingo caller hat and entertained Elders with jokes throughout the event. There were four games of bingo with a variety of happy winners. A final fifth game was played for the grand prize of an outdoor gazebo which was won by Rita Rolland. The door prize was a beautiful wooden mail sorter handcrafted by Scotty Stewart, won by Elsie Rolland.

Congratulations to all the winners! The Sustainability staff had a great time with the Elders and always appreciates spending time with them and other members of the community!



From left to right: (Front Row) Gail Matchullis; Rebecca Fabian; Falguni Amin; Nancy Parker; Jean L'Hommecourt (Back Row) Eber Araujo; Bori Arrobo; Alvaro Pinto; Ryan Abel; Karla Buffalo; Jessica Montour; Wayne Courchene.



NEW YOUTH CENTRE CONSTRUCTION PROJECT COMPLETE

On July 18th, the Youth centre project was officially completed on schedule! At the moment, youth centre staff are diligently preparing the interior for programming to start after the grand opening, scheduled for September 9 2016.

Capital projects staff are taking care of the final stages as they are vigorously landscaping the exterior for the grand opening. "The project was very successful! It was completed on budget, on schedule and employed Fort McKay members during most stages of the construction", explained James Owl, Director of Major Projects. "The project is definitely one to be proud of!"

The Youth Centre has a full kitchen, computer lab, photo lab, theatre, arts and crafts room, ceramics kiln and it's very own Radio Station, CIYU 106.3 FM.. FM.



Capital Projects workers put the finishing touches on the Fort McKay Youth Centre. Photo taken by: Cort Gallup

COME VISIT OUR
TEMPORARY
ADDRESS
MON-THURS
8AM-4PM

SHELL BUILDING
301 - 122
RIVERSTONE RIDGE
T9K 1S6

1-800-661-0575

WE STAND STRONG

Athabasca Tribal Council Update:

We are still displaced from our Waterways office but thanks to Shell we have a temporary office space for our entire team of 27 people. Our support and services did not cease through displacement and we are confident that our temporary office space will allow us to stand stronger together for our Member Nations.



CHECK US OUT ON
SOCIAL MEDIA

FB: @ATHABASCA
TRIBAL COUNCIL
T: @ATHABASCATC

PLEASE SEND MAIL
TO:

9206 McCormick Drive
Fort McMurray, AB
T9H 1C7

Our temporary location is
open

Monday-Thursday 8am-4pm

SUMMER FUN !!



August Family event at Wild Play...



Be Fit For Life...



Gymnastics...



Soccer



Taekwondo

IMPORTANT INFORMATION ABOUT YOUR SMOKE AND CARBON MONOXIDE ALARMS

Excessive wildfire smoke in our area may have affected some smoke and carbon monoxide (CO) alarms. To help keep your family safe, follow these three simple steps to check all alarms in your home.



1. CLEAN and CHECK AGE of alarms:

Take down and vacuum every alarm thoroughly. Then, turn over and check the alarm's DATE of MANUFACTURE. Any smoke alarm made before 2006 should be REPLACED. Do the same for any carbon monoxide alarm (or combination CO/smoke alarm) made prior to 2009. This goes for all alarms... whether battery powered, plug-in or hardwired.



2. CHANGE BATTERIES and TEST:

For alarms that are up-to-date, install fresh batteries and push the Test button. If alarm DOES NOT sound, remove the batteries and REPLACE the alarm. Do the same if an error message appears on CO alarms with digital display.



3. INSTALL and MONITOR:

If alarm DOES sound when the Test button is pushed, it can be RE-INSTALLED. After you clean, test and replace/re-install non-working or outdated alarms, continue to monitor alarm performance and test regularly. If you have any doubts about an alarm, or if an alarm rings randomly following re-installation, it's best to REPLACE it.

How to Participate

If you have tested your alarms and have some that no longer operate, here's how to participate in the EXCHANGE PROGRAM:

- 1) Bring your non-working alarms to one of the four Fire Halls listed between 8:30 am and 8:00 pm (7 days a week)
- 2) At the Hall, complete the short ALARM EXCHANGE form
- 3) Speak with a member of the Fire Department about your home's particular alarm needs
- 4) Return home with your new alarms and install them immediately

Fire Hall 1
Downtown
2 Tolen Drive

Fire Hall 3
Thickwood
101 Cornwall Drive

Fire Hall 4
Timberlea
101 Paquette Drive

Fire Hall 5
Airport
200 Airport Road

IMPORTANT: This is an EXCHANGE program. You must bring non-working alarms to a Fire Hall (details on the right) to exchange for new ones. Supplies are VERY limited. If you need new alarms and have the means to replace them, please do so. This way, more of the alarms generously donated by Kidde, will be available.



Canada's #1 provider of smoke
and carbon monoxide alarms

Safe at Home.ca



SMOKE ALARMS & CO DETECTORS



Installing and maintaining smoke alarms and carbon monoxide (CO) detectors in your home is your first line of defense from a devastating fire, severe injury/illness or death. Follow the necessary precautions to ensure your systems are effectively protecting your home and family.

Smoke Alarms

Without warning, a fire can spread throughout your home very quickly, significantly decreasing the amount of time you and your family have to safely escape. Install and maintain smoke alarms to ensure your family has time to get out!

- Smoke alarms should be installed on every level of your home, including outside all sleeping areas.
- Install smoke alarms according to manufacturer's instructions.
- Smoke alarms are available in ionization and photoelectric systems. Determine which system best suits each area of your home:
 - > Ionization Systems - Respond to fast flaming fires that generate a lot of heat but not necessarily a lot of smoke. Install in living and sleeping areas of the home.
 - > Photoelectric Systems - Respond to smoldering fires that produce a lot of smoke with less heat. Install near kitchens, as they are less prone to nuisance alarms caused from cooking.

CO Detectors

CO, the "silent killer" will not tell you when it is in your home hurting you and your family. CO detectors are the only way to effectively determine that the poisonous gas is in your home.

- Carbon Monoxide (CO) is a poisonous gas that is odourless, colourless and tasteless.
- Exposure to CO can cause symptoms such as dizziness, headache, nausea, fatigue, burning eyes, vomiting, or loss of muscle control.
- Sources of CO in the home come from gas or oil furnaces, hot water heaters, gas stoves, fireplaces, wood-stoves, propane fired appliances used indoors, clogged or leaky chimneys, exhaust ducts and vehicle exhaust fumes.
- If you experience symptoms, or your CO detector is alarmed, leave the home immediately and call 9-1-1 from a safe location. Do not re-enter the home until a qualified technician has corrected the problem.
- Install CO detectors on every level of your home, including outside all sleeping areas.
- How to prevent CO poisoning:
 - > Ensure fuel burning appliances are installed by a professional technician and maintained and inspected regularly.
 - > Never use a charcoal barbecue grill, portable gas grill or similar equipment inside a home, tent, trailer or garage.
 - > Never operate a vehicle in an enclosed area.
 - > Keep all flue vents and chimneys clear of debris and other blockages.
 - > Never block or plug a furnace combustion air intake or a fresh air vent.
 - > Never store anything close to your appliances that could restrict air circulation.

Smoke Alarm and CO Detector Maintenance

Maintaining smoke alarms and CO detectors is a very simple and important task. The following recommendations will help you ensure your systems are working effectively.

- Test smoke and CO alarms at least one a month.
- Replace the batteries in your systems at least once a year.
- Replace your smoke alarms once every 10 years and your CO detector as per manufacturer's instructions.
- Never paint over an alarm, and regularly clean off dust to ensure the system is working effectively.
- If an alarm goes off unnecessarily (nuisance alarm), relocate the alarm farther from the kitchen, bathroom or appliance — never remove a battery or disconnect a system to prevent a nuisance alarm.

www.woodbuffalo.ab.ca



REGIONAL MUNICIPALITY
OF WOOD BUFFALO



BACK TO SCHOOL HEALTH CHECKLIST

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead: taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.
- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your

children, including contact information for parents, physicians, etc.

- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>



LAWRENCE BULL POWDER 3RD ANNUAL MEMORIAL BALL TOURNAMENT



**September 9th-11th
Fort McKay Ball Field**

**NSA Rules Apply
Umpires for all games
6/4 with Extra Hitter**

- 6 teams
- \$400 entry-fee
- Cash Prizes, 1st, 2nd & 3rd
- Bat Raffle
- Homerun derby Saturday evening

For registration contact Stefany at 780-7147094



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

**We will be open after school until 9 PM
from Monday to Friday
3:30-5:00 After School Activities
5:00- 6:00 PM - Supper Program
6:00 - 9:00 PM- Scheduled programming for
various age groups**

*For a more detailed list and information of
our activities, please contact the
Wellness Center.*

BE PART OF THE PRIME MINISTER'S YOUTH COUNCIL

*If you are aged 16 to 24, now is your
chance to apply to become one of
the Youth Council members.*

*The Council will advise the Prime
Minister on national issues such as
employment, access to education,
building stronger communities,
climate change and clean growth.*

*The Council will meet multiple
times a year.*

*You have until October 7 to join the
second wave of members who will
meet with the inaugural members
and the Prime Minister in 2017.*

*To apply or to get more
information go to:
[https://www.canada.ca/en/campaign/
prime-ministers-youth-council.html](https://www.canada.ca/en/campaign/prime-ministers-youth-council.html)*



JOIN NORTHWIND DANCERS & DRUMMERS

Fort McKay Northwind Dancers and Drummers
2016 – 2017 program registration will be
Monday September 06, 2016 6-7pm at the
band hall. For more information, please contact
Audrey Redcrow at 780-215-2384.

HEALTH CENTRE- 780-828-2450

Immunizations available every Wednesday
Physiotherapy – Mondays (9am-12:40pm)
Food Bank: 780-743-1125
(Call Food bank to book an appointment)

*Please call the Health Centre if you would like
more information or to schedule an appointment.*

REGISTER FOR FALL PROGRAMING WITH KEYANO COLLEGE



*August 29 to September 2 is your last week
to register for post-secondary programs!*

*Upgrading
Health Care Aide
Post-Secondary
Aboriginal Entrepreneurship*

GED Plus Training to resume September 6 at 9am

*For information please contact:
Your local Keyano College Learning Centre
Or Janet Lowndes: 780-838-4368 or 780-791-8967.*

