



DECEMBER 2016

VOLUME 6 :: ISSUE 10

YEARS IN BUSINESS

FORT MCKAY WELLNESS CENTER RECEIVES AWARD

Another well-deserved award was presented to the Fort McKay Wellness Center this year! The non-profit group has been a part of the Communities ChooseWell Program through Alberta Recreation and Parks Association since 2012, which focuses and promotes healthy eating, active living and physical activity across Alberta.

This year, ChooseWell presented the Fort McKay Wellness Center with the "Providing Health Education Award." The Wellness Center was one of only four recipients to achieve this award out of 253 communities.

Julia Soucie and Logan Bingley attended the award ceremony at the ARPA Energize Conference on October 20th, 2016 to accept the award on behalf of the community.

The individuals in the photo below are as follows: Eric Rosendahl, MLA West Yellowhead, Julia Soucie, Fort McKay Wellness Center, Logan Bingley, Fort McKay Wellness Center, Susan Laurin, ARPA President, and Lisa McLaughlin, Program Manager, Communities ChooseWell.

Congratulations on representing our community so well once again!

| | |
|---|----|
| <i>Next Quarterly General Meeting</i> | 2 |
| <i>Holiday Office Closure</i> | 4 |
| <i>Birch Mountain Enterprises Awarded</i> | 7 |
| <i>Cultural Impact Assessment</i> | 8 |
| <i>Bed Bugs Information</i> | 11 |





FORT MCKAY
FIRST NATION

NOTICE

NEXT QUARTERLY GENERAL MEETING

FORT MCKAY, AB: December 13th, 2016 @ 6:30 PM – 9:00 PM; Father Begin Hall, Dorothy McDonald Business Centre

FORT MCMURRAY, AB: December 14th, 2016 @ 6:30 PM – 9:00 PM; Stonebridge Hotel, 9713 Hardin Street

EDMONTON, AB: December 15th @ 6:30 PM – 9:00 PM; Chateau Nova Kingsway Hotel, 159 Airport Road

CHIEF AND COUNCIL HIGHLY ENCOURAGES FORT MCKAY FIRST NATION MEMBERS TO ATTEND.

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

GROUP OF COMPANIES DONATE TO THE FORT McKAY SCHOOL



On behalf of the Fort McKay Group of Companies, Fort McKay Logistics Manager Mathieu Leger presented a \$4000 cheque to the Fort McKay School Principal, Ruth Ryan on Wednesday, November 23, 2016. Some of the funds will be used for Apple School initiatives such as Cooking Club & Taste Testing.

The Fort McKay School would like to thank the Fort McKay Group of Companies for their generous donation!



LONG-TERM CARE FACILITY & CAPITAL PROJECTS UPDATE

The construction of the new long-term care centre continues to progress at a rapid rate. The steel structure construction crew wrapped up their portion of the work during the final week of November.

Steel decking will be installed during the first week of December closely followed by light steel framing in the weeks leading up to the Christmas break. After many continuous days of hard work, crews will be taking some well-deserved time off to celebrate the holidays starting December 22nd until January 3rd.

James Owl, Executive Director of Capital Projects shares his appreciation for his crew as he explains that “Community members Tyler Grandjambe and Cory Fitzpatrick are working closely with Clark Builders crews on all facets of building assembly. They will soon be joined by Kane Mckenzie who will be working with the mechanical contractor and Jarod Bouchier who will be working with the electrical contractor. Tyler, Kane and Jarod are veterans of the Youth Centre Build Team.”



In addition to this, Capital Projects crews have been very busy this last month working into the night to complete the upgrading of watermain along Bégin Avenue and Athabasca Drive.

“The original 6 inch watermain has been upgraded to 10 inches to ensure improved fireflow is available and ensure the safety of tenants that will be moving into the new Long Term Care Facility,” explained Owl.

Following pressure testing and superchlorination, the crews will be reshaping the roadways and upgrading ditches and culverts over the first week of December.



The crew has also recently formed and poured sidewalks along McKay Road in front of the New Youth Centre as part of our community beautification initiative.

Good job on all of the hard work!





ICEIS SAFETY

ICEIS SAFETY would like to thank the following sponsors for your generous contribution to our event. Your support helped to make ICEIS SAFETY 7TH Annual Anti-Bully Show an exciting and productive event and allowed us to present a gift of \$40,000 in supplies and training to the Bissell Center and Ihuman youth society.

We do appreciate your generosity and the time and effort you took to make your donation. As a big support of anti bullying I'm truly grateful that you supported us in sharing the message that bullying is happening in the school, boardroom and social media and we need to make a change.



FORT MCKAY FIRST NATION



HOLIDAY OFFICE CLOSURE

The Dorothy McDonald Business Centre will be closed during the Holidays season from

December 22, 2016 to January 3, 2016.



We wish you all a Merry Christmas and Happy New Year!



WHERE ATHLETES GAIN THE EDGE-VANTAGE

After having her first taste of coaching at the young age of 11, Kimberly Couper was quickly recognized as having an eye-for-detail with her students and for her ability to motivate and break skills down to the smallest progression.

Coming from the figure skating world, as a certified Professional Figure Skating Coach, Couper knew how important the basic fundamentals of skating are for any ice sport. Having actively competed successfully for over 14 years, Coach Kim's knowledge of skating gives her athletes an 'edge-vantage' over the others. With a strong attention to detail on every stride, turn, stop, etc. Coach Kim's students have become successful athletes by demonstrating an understanding and knowledge of correct skating technique.

Athletic Edge is one of a very small few hockey schools in Canada. It was founded in 2002 to fill a huge gap in the skating development side of hockey. Certified powerskating instructors are chosen to compliment our training team consisting of ex-professional & Olympic athletes. Athletic Edge offers a wide range of programs and training sessions from Private to Association Development Programs, from beginners to NHL players, around the world.

Over the past 5 years Athletic Edge has continued to evolved and is pleased to be able to serve ALL development needs for players, coaches & goalies, with our customized programs that include dryland, stick-handling, powerskating & skating development, goalie training, shooting, day camps, skating fitting and more! They have expanded their coaching staff, with top professionals that have the same vision for the athletes and for long term athlete development (LTAD).

Athletic Edge is pleased to be working with Fort McKay Hockey's athletes, and look forward meeting everyone over the coming months. If you would like to receive emails for events & programs please email powersk8ting@gmail.com or

visit our website for more information at:
<http://www.athleticedgegetrainingco.com/index.php>



COACH KIM STATS:

- 23+ yrs skating experience
- 19+ yrs skating Instructor
- 11+ yrs powerskating Instructor
- Certified Skate Canada:
 - Professional Coach
 - CanSkate Coach
 - CanPower Coach,
- National Coach Certified
- Level-2 Theory Coaching
- Runs Coaching Clinics
- Guest Instructor world-wide
- Tyke to NHL experience
- International Instruction



RCMP COAAC MEMBER IN FORT MCKAY



Cort Gallup of Fort McKay has been selected to be the RCMP COAAC Advisor for this region.

In Alberta, the Royal Canadian Mounted Police have the Commanding Officer's Aboriginal Advisory Committee. The COAAC works with the RCMP's Commanding Officer, by providing strategic advice and cultural perspective on matters pertaining to the delivery of respectful, quality policing to the Aboriginal people of Alberta.

The COAAC is comprised of 12 representatives from First Nations and Métis communities from across Alberta. The group meets twice a year with the RCMP's Commanding Officer and District Commanders to provide local and cultural insight that help the RCMP reduce the impact of crime in Aboriginal communities. The group also helps the RCMP identify and manage emerging issues that have the potential to weaken the strong historic relationship that exists between the Aboriginal community and the RCMP in Alberta.

The COAAC advisors are recognized as respected and resourceful representatives of Aboriginal communities who can provide guidance and support for all members of the RCMP to assist with matters

related to respectful and functioning relationships between the RCMP and the people of the Aboriginal Communities they serve.

The committee advisor positions for all 12 districts in Alberta are filled through a selection, screening and interview process. Cort Gallup of Fort McKay is the COAAC advisor for The aboriginal communities in Wood Buffalo, including fort McKay FN, Fort McMurray FN, Chipewyan Prairie FN and the Mikisew FN.

Gallup shared his thoughts, "It is an honour and a privilege to represent and to serve the Wood Buffalo aboriginal communities." He explained that the RCMP have been very supportive and cooperative with the RCMP policing issues that he has raised. "My working relationship with the RCMP is a positive one with great communication and cooperation regarding Fort McKay," says Gallup.

"The Fort Chipewyan community also has an excellent relationship with the RCMP. Some other communities, however, need a lot of work. There is friction," says Gallup.

Besides recommendations to the RCMP for better policing in aboriginal communities, there is also a list of duties that each Advisor must fulfill quarterly. Areas that Gallup has recommended for further attention so far include, regular police reporting, a greater police presence in the community, positive community engagement, improvement with follow up on crimes/criminals and participation in Fort McKay's emergency operation plan.

Gallup says making our communities safer and improving the quality of life in our communities is reward enough for being a COAAC advisor, but Gallup says there are other perks, like some travel in Alberta and meeting great people. And then there is the tailor made red blazer that all Advisors get. "I must admit, it's pretty nice," says Gallup.

If you have matters concerning the RCMP that you would like to bring attention to, or you would like to provide advice to the RCMP, contact Cort Gallup at 780-838-6061.



BIRCH MOUNTAIN ENTERPRISES AWARDED ECONOMIC DEVELOPER OF THE YEAR

In October 2016 at the CANDO Conference, Birch Mountain Enterprises (BME) was awarded the 2016 Economic Developer (ED) of the Year Award within the Aboriginal Private Sector Business Category.

With nearly a decade in business and over 250 employees, Birch Mountain Enterprises (BME), is a proven and dependable fluid handling and steaming specialist in the Fort McKay area. Specializing in safety and service, the three cofounders and owners of the company know the importance of giving back to the community and supporting Indigenous programs, employees and business.

Primarily serving Fort McMurray's oil sands clients and area, they are proud to be local and Indigenously owned. With a 60% Indigenous employment rate, BME has created numerous jobs in the community. They utilize Indigenous-owned contractors when possible, and their mandate is to support children's health and wellness programs in local Indigenous communities and is a member of the Northeastern Alberta Aboriginal Business Association.

Thanks to the generosity of BME, Fort McKay has been able to offer amazing educational, sports, health and wellness programs for youth in the community. The Fort McKay Wellness Director, Julia Soucie is quoted in saying, "BME has helped a lot of our kids to progress in their communication skills in addition to having fun!" Since 2011, Birch Mountain Enterprises has been a huge supporter of the community hockey program, resulting in a successful program with over 80 youth playing the sport.

BME was a great support to the community during the wildfire catastrophe that hit the region in May 2016; they donated truckloads of groceries and supplies to evacuees. BME is constantly striving to touch the lives of their community members and give back in any way they can.

BME is innovative and this is clear with their new Wastewater Treatment Plant project. Their



Chris Wilson, President and CEO, Birch Mountain Enterprises Photo credit: Archbould Photography

goal is to be the go-to company for these types of services and they hope to streamline their services on hauling sewage, sewage processing, bio solids management and certified laboratory services. This project will also create new job opportunities for community members, increasing the overall well-being in the community. BME is committed to environmental sustainability and everything they do is viewed through a lens of reducing environmental pollution.

BME comes from humble roots and demonstrates that with all that they do. They are extremely deserving of this award and are a great example of a thriving company that puts community and people first.

By Jocelyn Turner



SUSTAINABILITY DEPARTMENT GENERAL UPDATE

WHO ARE WE?

The Sustainability Department (FMSD) is here in your community to ensure that existing and planned industrial development throughout Fort McKay's Traditional Territory is done in the most sustainable and responsible way possible if it is going to take place. The staff at the FMSD work in many different areas such as; Community Engagement, Trapper Relations, Environment, Regulatory, Government Relations, and Long Term Agreements. These areas work together to make sure that development applications are reviewed and assessed, and that community members and trappers are engaged, so we can properly reflect their concerns to industry and government. We work to facilitate ongoing consultation within the community so residents know how their traditional lands are being affected. The FMSD demands and pushes for a higher standard from industry and government than the regulatory standards asked for today.

WHAT HAVE WE BEEN UP TO?

In the last issue we provided an update about the press release on odour and air quality issues in the community, the new Park Ranger Program, the work the FMSD has been doing to protect the Moose Lake Area, and the lawn and garden workshop event. This issue will summarize Integral Ecology Ltd.'s work on a Cultural Impact Assessment that was funded by Teck and to let you know what has happened in the Community Enhancement Society this year.

CULTURAL IMPACT ASSESSMENT

Oil sands development in and surrounding Fort McKay's traditional territory has had a great impact on the community's ability to access land to hunt, fish, trap and enjoy. Opportunities for traditional land use have lessened over time as the footprint of development has continued to grow. Fort McKay community members have

continued to express concern about the ongoing challenges with the changes to the environment and way of life as a result of industrial development.

A Cultural Impact Assessment (CIA) took place from 2015-2016 to look at the potential impact to Fort McKay's culture that industrial development has had on the community. More specifically, the study focused on the area of Teck's proposed Frontier Oil Sands Mine Project. Integral Ecology Group Ltd. was contracted by Fort McKay to guide discussions and work with the community to conduct the study and prepare a final report. A series of focus groups were held where community members discussed the Teck project and provided traditional knowledge and insight as to the impacts they have experienced.

The CIA found that there have been significant impacts to Fort McKay's traditional lands and culture that has been caused by cumulative industrial expansions that have changed the landscape over time. Community members have seen a decline in the quality of water and air and have seen changes in the abundance of wildlife, fish and vegetation. The assessment also found that industrial development has resulted in the loss of access to traditional lands as well as increased irritants nearby the community. Cumulative impacts of numerous developments have had a great impact on culture, wellbeing, loss of traditional knowledge and language. Although these impacts have been great, the community has united in a time of adversity and has strengthened cultural values.

The FMSD and Integral Ecology Group Ltd. had a final meeting with the community members who participated to review the results of the study. The results will be further discussed with Teck to propose mitigation options if the Frontier project gets approved.



COMMUNITY ENHANCEMENT SOCIETY REACHING OUT

The community Enhancement society (CES) which consist of representatives from CNRL, Suncor, Syncrude, Fort McKay Metis Association and Fort McKay First Nation would like to thank all the Fort McKay community groups that submitted proposals this year. The CES is pleased to report that all groups that submitted proposals rhave eceived funds.

The following community groups received funding from the CES:

Fort McKay Hockey Society
Mothers of McKay
Women's Association (Wellness)
Fort McKay Metis
Moose Lake Summer Retreat

The CES wishes to thank Syncrude Canada, Suncor Energy, and CNRL, the three companies that provide funding to the CES, and also thank the community groups for submitting your proposals. Good luck with your ventures!

The CES, a community based–organization that provides for the systematic distribution of funds to recognized community groups to assist in providing services to the people of Fort McKay.



Photo above: Julia Soucie, Wellness Centre. accepting her funds. **Photo below:** Daycare staff and children.



Christmas Lights Contest

Best Overall \$500

Best Native Traditional \$300

Brightest and Most Decorative \$200

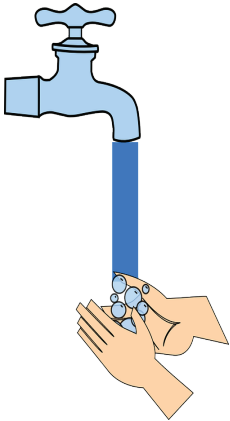
Judging will take place December 13th 2016

Brought you by the Fort McKay the Fort McKay Group of Companies



HAND HYGIENE

~Stay Healthy Indoors & Out~



Back-to-school season and cooler weather brings many Albertans back indoors and with more communal activity, there is also often an increase in the spread of common viruses and infections.

Cleaning our hands (also known as hand hygiene) is one of the best ways we can prevent germs from spreading.

The main way germs spread is through our hands. We can pick up germs almost everywhere, including telephones, doorknobs, and stair railings. We can spread these germs without even realizing it.

Our hands may look clean, but we can't see the germs that cause infections. When we forget to clean our hands, or don't clean them properly, we can spread germs to other people. We can also spread them to ourselves by touching our eyes, mouth, nose, or cuts on our bodies.

We can all do our part to prevent germs from spreading and causing infections by taking a few simple steps to keep our hands clean.

WHEN DO WE NEED TO CLEAN OUR HANDS?

- Before preparing and eating food.
- Before touching our eyes, nose, or mouth.
- After using the bathroom, blowing our nose, or coughing or sneezing on our hands.

HOW DO WE CLEAN OUR HANDS?

You can use hand sanitizers (alcohol-based hand rub) or soap and water to clean your hands.

Hand sanitizers are best to use when your hands don't look or feel dirty but should be cleaned.

Soap and water is best to use when your hands look or feel dirty, before eating or preparing food and after using the bathroom.

TO CLEAN YOUR HANDS WITH SOAP AND WATER:

1. Wet your hands with running water and apply soap.
2. Rub your hands together to make a lather. Scrub well for at least 20 seconds.
3. Pay special attention to your wrists, the backs of your hands, between your fingers and under your fingernails.
4. Rinse your hands well under running water.
5. Use a clean towel to dry your hands, or air-dry your hands.

**GOOD HEALTH ISN'T CONTAGIOUS.
INFLUENZA IS.**

**CHANCES ARE, YOUR LOVED ONES
DON'T WANT INFLUENZA ANY MORE THAN YOU DO.**

**Alberta's Influenza Immunization Program is in effect.
Influenza immunization will be offered free of charge, to all Albertans six months
of age and older.**

**Protect Yourself. Protect Others. Get Immunized.
Why chance it?**

**#whychanceit? | www.ahs.ca/influenza
Call Health Link 811**



DO YOU HAVE BED BUGS?

WHAT ARE BEDBUGS?

Bedbugs are flat, wingless insects about 0.25 in. (0.6 cm) long. They range in color from almost white to brown. They turn rusty red after feeding. Like mosquitoes, bedbugs feed on blood from animals or people.

Bedbugs have that name because they like to hide in bedding and mattresses. Bedbugs usually hide during the day and are active at night when they feed. They can go for weeks without feeding. See a picture of a bedbug .

Bedbugs do not seem to spread disease to people. But itching from the bites can be so bad that some people will scratch enough to cause breaks in the skin that get infected easily. The bites can also cause an allergic reaction in some people.

WHERE CAN YOU FIND BEDBUGS?

Bedbugs are found worldwide. They are most often found in hotels, motels, hostels, shelters, and apartment complexes where large numbers of people come and go.

Because bedbugs hide in small crevices, they can come into your house on luggage, furniture, clothing, pillows, boxes, and other objects. The bugs can hide in beds, floors, furniture, wood, and paper trash during the day.

HOW DO YOU KNOW IF YOU HAVE BEDBUGS?

The first sign of bedbugs may be red, itchy bites on the skin, usually on the arms or shoulders. Bedbugs tend to leave straight rows of bites, unlike some other insects that leave bites here and there.

LOOK ALSO FOR THESE OTHER SIGNS:

- The bugs themselves, especially along the seams of mattresses.
- Tiny bloodstains on sheets and mattresses.
- Dark spots of insect waste where bedbugs might crawl into hiding places on furniture, walls, and floors.
- A sweet odor from bedbugs' scent glands where bedbugs are found in large numbers.
- How can you treat bedbug bites?

HOME TREATMENT CAN HELP STOP THE ITCHING AND PREVENT AN INFECTION. YOU CAN:

Wash the bites with soap to lower the chance of infection.

Use calamine lotion or an anti-itch cream to stop the itching. You can also hold an oatmeal-soaked washcloth on the itchy area for 15 minutes. You can buy an oatmeal powder, such as Aveeno Colloidal Oatmeal, in drugstores. Or you can make your own oatmeal solution. Wrap 1 cup (0.2 L) of oatmeal in a cotton cloth, and boil it for a few minutes until it is soft.

Use an ice pack to stop the swelling. See your doctor if you think the bites may be infected.



HOW DO YOU GET RID OF BEDBUGS?

Bedbugs can be hard to kill. Bugs can hide in cracks and crevices in the mattress, bed frame, and box spring. They can spread into cracks and crevices in the room and lay their eggs. For these reasons, it is best to call a professional insect control company for treatment choices. The usual treatments include:

- Heat. Equipment is used to heat rooms to kill the bugs and their eggs. The temperature needs to be around 122°F (50°C).
- Insecticides. Make sure that the product the company uses has been shown to be effective against the bugs you are trying to get rid of.
- Other cleaning steps such as vacuuming or laundering things that might hide bugs. Washing and then drying items in a dryer on a hot setting is adequate to kill bedbugs in clothing or linens. Turn the dryer to the hottest setting that the fabric can handle.

When the bugs are gone, be careful not to bring bedbugs back into your house.

excerpts taken from: www.webmd.com and references taken from Healthwise



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Monday- Thursday:

After-school Activities
3:15-5:00pm

Supper Program
5:00-6:00 pm

December 5 & 6

Christmas Baking and
Christmas Crafts
6:00 PM to 9:00 PM

December 8

Wellness Centre Bake Sale!
3:15-6:30pm

December 9

Teen Night
*Permission slip required
Ages 10-17

Bus leaves at 6:30

Bus Returns at 11:00 PM

December 10

Skiing/Snowboarding
At Vista Ridge
(only if the ski hill is open)
Ages 10-17

Bus leaves at 9:00 AM

Bus returns at 4:30

*Permission slip required

December 12 & 13

Gingerbread House Making
6:00 PM to 9:00 PM
(Ages 6-8) (Dec. 13)

December 14

School Christmas Concert
CLOSED AT 6 PM

Ages 10+ are welcome to join
us at the Christmas
Concert

December 15

Wellness Center Kids
Christmas Party (ages 6-17)
6:00 PM to 8:00 PM
(Christmas games, hot choco-
late, snacks)

December 16, 17, 19

Wellness Center Youth Cultural
Excursion (centre closed)

***Closed for the Holidays starting
December 20th**

FAMILY SUPPORT CENTRE - 780-828-4650

Dec. 1 Stress Management - 1:00-3:00pm

Dec. 6 Grief & Loss - 1:00-3:00pm

Dec. 8 Defining Abuse - 1:00-3:00pm

Dec. 13 Healthy Communication - 1:00-3:00pm

Dec. 15 Anger Management - 1:00-3:00pm

Dec. 20 Family Dynamics- 1:00-3:00pm

*Please note that the Family Support Centre
will be closed for the Holidays.

OFFICE HOLIDAY CLOSURE

The Dorothy McDonald Business Centre will
be closed during the Holidays starting
December 22, 2016 – January 3, 2016.

We wish you all a Merry Christmas
and Happy New Year!

ELDERS PARTY

December 6th
2016

For more details,
please contact
the centre at:
780-828-4680

*STAY SAFE
THIS HOLIDAY
AND PLEASE
DON'T DRINK
AND DRIVE!*

COMMUNITY BBQ

Saturday, February 4, 2017

Father Begin Hall,
Dorothy McDonald
Business Centre

Stay tuned for more
details...

