



JANUARY 2017

VOLUME 7 :: ISSUE 1

YEARS IN
BUSINESS

CHIEF BOUCHER SPEAKS OUT AT ASSEMBLY OF FIRST NATION GATHERING



Last month, many First Nation leaders gathered from across the country for the Assembly of First Nations Special Chiefs Assembly to discuss fundamental issues including the approval of the Kinder Morgan Trans Mountain pipeline expansion.

Recently approved by the Federal government, the \$6.8 billion project is expected to begin construction in September 2017 and will add 980 km to its existing pipeline carrying over 800,000 barrels of crude oil per day from Alberta to British Columbia.

Many are concerned of the environmental impacts the expansion might have in certain areas. Chief Boucher however, feels differently. He spoke out about the benefits during the gathering and explained the positive impact oil has had on Fort McKay and that the end of oil sands development would be devastating for this community. "When it comes to pipelines and oilsands development, it's clear from our perspective that we need to do more," he explained. "We're pro-oilsands; if it weren't for the oil my people would be in poverty right now."

What benefits can be gained from this new project? First, it is expected to create over 15,000 new jobs in British Columbia and Alberta. The expansion also promises economic benefits, as it will facilitate Canada's ability to export oil by accelerating the movement of oil to the West Coast for marine transportation and market it worldwide and hence increasing the value of Canadian crude oil.

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NOTICE

ELDERS MEETING:

Date: January 10th, 2017 Time:
12:00 PM

Place: Youth Centre

AGENDA

Lunch: 12:00 PM – 1:00 PM
Discussion: 1:00 PM – 2:30 PM

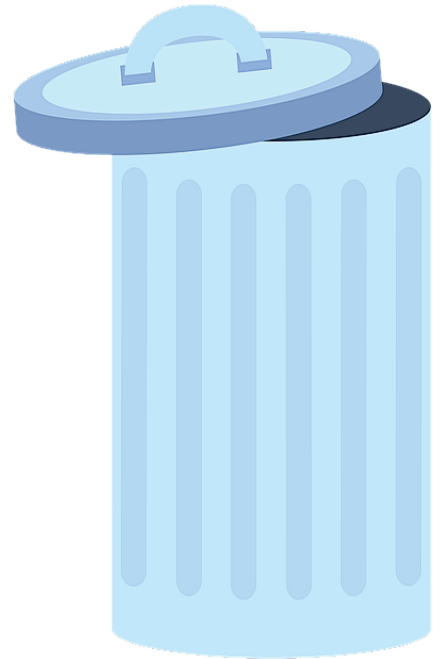


COMMUNITY GARBAGE PICKUP

There have been some complaints concerning sluggish garbage pickup. Although we strive to ensure we can maintain a high level of service, it is important to keep in mind that there are times when Public Works is short staffed or emergencies have occurred within the community that require our absolute attention. As a consequence, garbage

pickup may be affected. Please be advised that we are always doing our best to restore service as quickly as possible when these situations occur. Please note that there are a number of bins located at the north shop to dispose of garbage for those who would like to or are able to dispose their trash during these situations.

The garbage transfer station in the community is often seen as a dumping ground for articles that are no longer wanted and it can get very expensive to dispose of items dumped after hours or during the night. Large furniture items, vehicle parts and whole vehicles should be disposed of during a pre-planned community collection day. If you find yourself needing to dispose of a vehicle and nighttime seems the only safe time to perform the drag and drop operation keep in mind



that there are now night vision cameras at the entrance to the transfer station and that vehicle vin numbers can be traced to the owner.

Please help us ensure that we can maintain budget lines and that large articles are not costing the entire community when being disposed of.

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

SNOW & ICE REMOVAL

During the month of December, Public Works crews were busy controlling snow and ice, delivering wood to elders and those with disabilities as well as disposing of garbage from curbside.

In order to keep our community list updated, the assistance of tenants around the community is sometimes required. Our crews especially

rely on having an accurate list of tenants that meet the criteria of elders or disabled when performing snow and ice control activities. It is difficult and is even considered 'not politically correct' to make assumptions on a tenant based on their age or physical capabilities, and therefore imperative to keep Public Works informed of those who require assistance based on age or disabilities.



LONG-TERM CARE FACILITY

Another milestone was reached in December as construction of the Fort McKay Seniors Residence maintained its pace and the structure was closed in the week before Christmas break.

“This is a significant achievement considering the elements that the crews have faced since the start of the project. Reaching this milestone ensures that construction can re-commence and momentum is not lost following the Christmas shutdown.” Explained James Owl, Executive Director of Capital Projects.

During the month of December the 2nd floor, deck and roof decks were installed. Light gauge framing was started on both floors and the exterior facade of the structure is now clearly outlined.

The projects for January include pouring the



concrete floors decks, continuing with light gauge steel framing and roughing in for electrical, plumbing and HVAC.

HOUSING MATTERS

During the months of November and December, many tenants scheduled appointments to renew leases and make arrangements to catch up with rental and arrears payments.

The Fort McKay First Nation Council and Senior Administration have been targeting arrears and scheduled rent payments as a key area of focus. It is imperative for the financial health of the organization that all sources of income are collected.

For those who have not scheduled appointments with the Housing Department, keep in mind that the focus will not fade and that those who have significant arrears and are not paying rent regularly will receive immediate action notices in January can face eviction. Also keep in mind that no repairs or renovations of any kind will be performed on rental units that are not up to date with payments.

MOOSE LAKE WINTER ROAD

This year, the Moose Lake Winter Road Program will commence January 3rd, 2017. Over the week of January 3rd to the 9th, crews will be installing ice bridges at five crossing areas and preparing the surface of the nearly 65 km stretch from CNRL landing to paradise Bay.

For those using the road alignment while accessing Moose Lake and Namur Lake areas with

snow machines or ATVs, be aware that crews will be working at various locations and to use caution.

As the roadway is prepared and smoothed, crews will be pulling and locating old rig mats at various locations to improve access for community members during spring, summer and fall.





GET READY PROGRAM

CREATING CAREER OPPORTUNITIES IN YOUR COMMUNITY

www.getreadypgprogram.com

OPPORTUNITIES FOR ABORIGINALS, BY ABORIGINALS

COMPANY OVERVIEW

ICEIS Safety is the foremost First Nations job readiness training firm in Alberta. Founded in 2005 and based in Fort McKay, ICEIS is the only certified distributor of the Get Ready Program.

VALUES

Our mission is to help Aboriginal individuals and communities work alongside non-Aboriginal organizations to develop opportunities for collaboration by training and preparing Aboriginals to be job-ready in our extensive network of oil and gas organizations.

GET READY PROGRAM

Accredited by both the CCPC and Indigenous Canada, the Get Ready Program is a unique job readiness program that boasts an 80%

success rate for finding employment for First Nations people.

For over 10 years we have worked alongside Aboriginals to prepare them for the workforce and help them find employment. To be successful, participants must first be prepared and trained for the work to come. They must then actively take control of their futures by looking for employment.

The Get Ready Program was designed to work with individuals and communities to accomplish both of these tasks as quickly and efficiently as possible, and our 80% success rate is proof the system works.

HOW IT WORKS – TRAINING

The Get Ready Program received accreditation because it is one of the most effective ways of developing an individual's experience prior to hiring.



Our online training platform means the training is accessible anywhere and at any time.

Participants registered for the program choose 12 courses to complete from our library. These courses include health and safety, skills development, and human resources.

Once completed, participants receive a certificate from the Get Ready Program certifying them to move on to the second part of the program– Mentorship.

HOW IT WORKS – MENTORSHIP

We know that a certificate by itself won't find anyone a job. That's why the Get Ready Program also includes one year of mentorship with the goal of finding employment for participants as soon as possible.

We start by leveraging our extensive network of over 1600 companies with Aboriginal Hiring Policies. We then work with participants to develop their resumes and collect monthly reports on applications sent out, interviews conducted, and offers received.

PREPARATION→PROCESS→PLACEMENT

In this way we guarantee active participation in the job-hunting process, one of the main reasons for our 80% success rate.

WORKING WITH FIRST NATIONS COMMUNITIES

“As a past participant in a program similar to the Get Ready Program, I was disheartened to see a number of things lacking to make as many

people as possible successful. I didn't get the right training – training employees were looking for, and that made it much more difficult to find work. I had to figure out the right process on my own, finding training, taking courses, tweaking my resume, all so that I could be seen as qualified enough to work.

Coming from an Aboriginal community, I know first-hand what it takes to overcome the fear of leaving, to deal with past abuses, and to do the things I need to to be successful, and I've designed the Get Ready Program to help every member of the community to find the success I have.” Massey Whiteknife, Founder of the Get Ready Program

I work directly with over 1600 organizations who have Aboriginal hiring requirements, and fight as an advocate to ensure our community members are hired. I speak the language of the First Nations, and share both the culture of our past, and the challenges of our future. Together we can build the future we want.

MAKING IT WORK

The Get Ready Program is proud of our 80% success rate, and we have an official mandate to keep that as a minimum, always with a goal of improving.

We are driven to ensure training is completed, resumes are optimized, applications are sent, follow ups are made, and every individual is receiving the coaching, support, and love they need to find employment and success.

To receive more information about the Get Ready Program or to find out how to register, please contact ICEIS Safety at: 780-828-2496.



NOTICE

ICEIS SAFETY WILL NO
LONGER BE
SELLING BINGO CARDS



FORT MCKAY
FIRST NATION

Job Opportunities

FMFN Long Term Care Facility



We are looking for Fort McKay band and community members to fill various positions within the FMFN Long Term Care Facility.

Registration and assessments are now taking place at the Dorothy McDonald Keyano College until Jan. 18, 2017. If possible, please bring the following documents with you to registration:

- ❖ **Resume**
- ❖ **High School Transcript**
- ❖ **Immunization records**
- ❖ **Copy of Government ID & Status Card**

If you would like to work at the Long Term Care Facility or for more information, contact Nyssa @ 780-828-4433 or visit the local Keyano College

or

Contact Easter @ 780-828-2448 / 780-742-6652 or ebhebhe@fortmckay.com

or

visit us at the Employment and Training office

Hours

Monday through
Thursday:

8:30am – 12:00p

1:00pm – 4:00pm

Friday

8:30am – 2:00pm



WORKSHOP FOR INDIGENOUS LANGUAGE INSTRUCTORS



Indigenous Language Instructors for Northland School Division No.61 (NSD61), KEE TAS KEE NOW Tribal Council (KTC), Bigstone Cree Nation and High Prairie School Division participated in a workshop during the week of December 5, 2016. This professional learning opportunity primarily focused on unpacking the Cree Language Program of Studies and learning how to translate the information into teaching moments. The Cree Language Program of Studies is a legal document approved by Alberta Education that outlines what students learn and what outcomes they should achieve.

The program allows for teachers to involve Elders and community members in the learning process for topics like local community history, local family dynamics or storytelling. Linda Pelly-Landrie, who teaches Indigenous Language Education courses at the University of Alberta, guided instructors through the unpacking journey.

“Some instructors brought their ideas to the table to show how they teach Cree Language,” said Pearl Calahasen, First Nations, Métis Pedagogical Supervisor for NSD61. “One showed how she teaches Cree as a first language for all levels and others talked about developing posters using the words and changing things so spelling is consistent. We also reviewed resources currently used and new

resources to support the program of studies.”

As a group, instructors developed a better understanding for the Total Physical Response (TPR) theory. TPR is a method of teaching language or vocabulary concepts by using physical movement to react to verbal input. Indigenous Language instructors participated in an engaging activity to see how this technique can be used with students. Following the TPR exercise, the workshop concluded with a talking circle which allowed instructors to reflect on what they learned and an opportunity to provide feedback for future professional development. Calahasen says the talking circle taught her that instructors are hungry for more learning.

“During evaluation, they [instructors] told us they want to learn more about the Cree Language program of Studies, how to build long range plans, learn more about classroom management and what kind of resources are we going to be using, so we can deal with it as a group,” said Calahasen. “We [NSD61 First Nations, Métis Education] know the areas we have to concentrate on for workings moving forward.”

This was the second workshop organized for Indigenous Language Instructors. Upcoming workshops will be announced in 2017.



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?

Happy New Year from the FMSD! In the last issue we provided an update about Integral Ecology Ltd.'s work on a Cultural Impact Assessment that was funded by Teck and about what happened in the Community Enhancement Society this year. This issue provides you with a review of the Elders' Christmas Party held in December.

The FMSD Annual Elders' Christmas Party This year the Elders' Christmas party was held on Tuesday, December 6, 2016. The light-hearted, reindeer-themed party had a fun photo booth with props to take pictures, decorative cupcakes and a variety of mocktails. Industry partners were also in attendance and were able to enjoy a social day together with the Elders.

THE FMSD STAFF

During the event we shared many laughs through fun games. The ECS and Grade 1 children put on a beautiful performance with a mixture of holiday-themed songs and a traditional drum song. Hal Eagletail was the MC for the day and the comedian Don Burnstick put on a great show filled with laughter.

The FMSD Elders' policy includes Elders ages 60 and up. These Elders living in Fort McKay received meat packs as their Christmas gift. Elders in the hospital in long term care received personalized gifts that would help to make their stay in the hospital more comfortable.

The FMSD wanted to say thank you to Rose Boucher for catering the event. The food was delicious! Also a big thank you to Simon Adams and staff from the arena as well as staff from Group of Companies for volunteering your time to the event and gift delivery! The FMSD has digital copies of the photos taken in the photo booth. If you are interested in seeing your photos, please come to the Sustainability Department.





SHOVELLING SNOW WITH CARE

Shoveling snow. Two words that many like to avoid but unfortunately most have to do when winter strikes. Aside from being a somewhat tedious task, shoveling can also be a very dangerous activity. The physical demands of shoveling combined with cold temperatures can pose fatal risks on the heart. By taking the following precautions, you're doing your body a favour.

- Warm up. Shoveling is just like any other form of exercise. It's a good idea to limber up with some basic stretches before you begin.
- Layer upon layer. The body quickly generates heat when shoveling. By dressing in thin, breathable layers, you can avoid overheating.
- Avoid a full stomach. Be sure to digest your meals before picking up the shovel. A full stomach can cause strain on the heart during physical activity.
- Take a break. Giving yourself a breather in the middle of strenuous shoveling is good for the muscles, especially the heart muscle.
- Use the buddy system. Even shoveling is better when you do it in twos. You cut your work and half and you have a pal to keep you company. Plus, you can look out for one another should anything serious happen.
- Consult your doctor. Those who are older, overweight, out of shape and/or have a history of heart disease in the family should seek expert advice from their doctor before taking their chances.



HOW EXACTLY DO HEART ATTACKS OCCUR WHEN SHOVELING?

Strenuous exercise and cold weather each have the ability to increase blood pressure and heart rate. They can also elevate blood concentration of fibrinogen, a protein associated with blood clotting. But when strenuous exercise and cold weather are combined, the risk of heart attack is even greater.

As your heart beats faster, the shape of your blood vessels can change. Studies have shown that those who have died while shoveling snow or performing other vigorous winter activities, have plaque inside their blood vessels that has ruptured. This rupture may be caused by an increase in blood pressure or changes in vascular tone linked to physical exertion.

Research also indicates that acute heart problems increase in connection with significant dips in outdoor temperature. One study notes that a 10-degree drop in temperature represents a 38 percent increased risk of a recurrent heart attack.

Source: Heart and Stroke's Point of View - Should heart patients shovel snow? [External Link](#), published by the Heart and Stroke Foundation of Canada. *Excerpts taken from: Alberta Health Services*



MAKE YOUR NEW YEAR'S RESOLUTION WORK

HAVE YOU MADE A NEW YEAR'S RESOLUTION AND WANT TO MAKE IT A HABIT?

You're not alone. Every year, people set goals wanting to change their lifestyle.

To get into action, the first step is to jot down ideas for changes you want to make. From this list, pick one that you feel ready to start. Then make it a SMART goal.

Deciding to lose weight is a goal that many people choose. To make it a SMART goal, focus on behaviour you will do every day, instead of the outcome (weight loss).

A SMART GOAL IS:

SPECIFIC: Decide what you are going to do and how to do it.

MEASURABLE: Keep track of how you are doing.

ATTAINABLE: Pick something you think you can do.

REWARDING: Think of how good you will feel when you make small changes.

TIMELY: Give yourself a time limit.

Using the SMART guidelines can help you to set a goal that is within reach. Changing too many things at once can be overwhelming. To make lasting changes, work on what you can stick with. A SMART goal example is packing

a lunch that includes vegetables at least three days of the week.

Once you've set your goals, think about what might prevent you from achieving your goals. This can help you plan ways to get around barriers. For example, if your goal is to pack a lunch that includes vegetables, your barrier may be that your weeknights are always busy and this prevents you from cutting up vegetables. To work around this barrier, you could wash and cut up vegetables on Sunday night and pack them for the week. It takes a bit of planning, but a little thought and time up front will help you achieve your goal.

Remember to reward yourself and to monitor your progress. Celebrate when you stick to your goal for a month. If your plan isn't working, take time to ask yourself why, and adjust the plan so you can make it happen.

No matter how committed you are to reaching your goals, attempting too many changes all at once is not realistic. Set goals that you know you can achieve; achieving those goals can give you the confidence to set new ones. Wishing you a happy, healthy 2017!

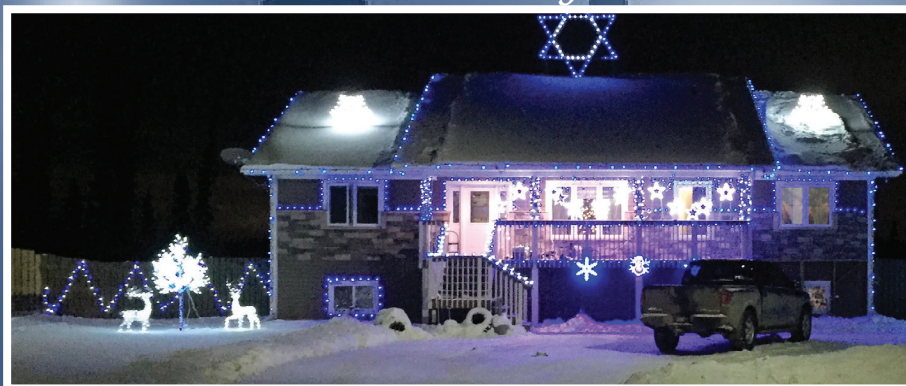
For a SMART goal setting worksheet visit www.ahs.ca and search Setting SMART Goals.



Christmas Lights Contest

Congratulations to the winners of the Christmas Light Contest:

Brightest and Most Decorative:
Norma Grandjambe



Best Overall:
Georgette Yellowknife



Best Native Traditional:
Thecla Tremblay

