



FEBRUARY 2017

VOLUME 7 :: ISSUE 2

YEARS IN
BUSINESS

FORT MCKAY WOMEN RECOGNIZED IN NISTAWOYOU PROJECT

On December 13th, Lina Gallup and Dorothy McDonald were recognized as one of ten Prominent Women Indigenous Leaders by the Women of Nistawoyou Project. All ten women recognized were acknowledged for their positive contributions and influence in significantly improving the Wood Buffalo region.

Others also nominated included: Kay Loutitt, Elsie Cardinal, Nancy Woodward, Jenny Flett, Elsie Yanik, Katie Sanderson, and Bertha Clarke-Jones. Lina Gallup felt privileged to be nominated as one of the ten women. "I am so honoured to be able to be recognized alongside with Chief Dorothy McDonald, Bertha Clarke-Jones and Elsie Yanik who are such influential and amazing women."

Gallup was acknowledged for her continuous involvement within the community and for fostering First Nation arts and culture. She has helped hundreds of Indigenous youth when she first started a group home and ran it for 17 years in the Calgary region. As a residential school survivor, Gallup understood the need to support the youth. She taught them valuable life skills and reintroduced them to their culture and language. After she left, her staff successfully continued

her mission for many years. Gallup was also a foster parent to a child whom she considers family, and is still in contact with. She turned 85 years old last month, and continues to find ways to contribute. She now spends her time finding ways to feature First Nation artifacts in and around the Regional Municipality of Wood Buffalo.

The Women of Nistawoyou Project was directed and coordinated by the Nistawoyou Association Friendship Centre. Along with the nominations, the project incorporated an exhibit featuring important documentation, illustrations, historical artifacts and events that have taken place within the Wood Buffalo region. "This exhibit will explore the Aboriginal women leaders who were historically associated with important fur trade posts in Fort Chipewyan and Fort McKay," explained Josephine Eric, Project Manager of the Women of Nistawoyou Project. "It will highlight the contributions of Aboriginal women in politics, health, and the economy as business owners, trappers, and mentors."

To see the virtual exhibit online
please go to:
www.virtualmuseum.ca.



Lina Gallup holding her certificate of recognition

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NEW STAFF AT THE HEALTH CENTRE

Tansi, Hello,

My name is Gail Braun; I am the new Community Health Nurse in Fort McKay First Nation. I am a Registered Nurse and have been in practice for over 20 years. I hail from a small Cree community in Northern Manitoba, and am proud to say I speak the Cree language. My husband and I and our three children reside in Fort McMurray and are happy to call Alberta our home. The majority of my nursing career has been in Manitoba working in small Northern communities providing a variety of services in different scopes of practice. Most recently I worked at Alberta Health Services as a Generalist Public Health Nurse for the last two plus years.

I look forward to working within Fort McKay and providing health services to the community. Over the next few weeks I hope to collaborate with the many programs in the community to offer educational programs and supports and work collaboratively for the overall health and wellness of the community and its people.

Ninanaskomon Ekosi,
Gail Braun RN

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



FORT MCKAY
FIRST NATION

NOTICE NEXT QUARTERLY GENERAL MEETING

FORT MCKAY, AB: March 7, 2017 @ 6:30 PM – 9:00 PM; Father Begin Hall, Dorothy McDonald Business Centre

FORT MCMURRAY, AB: March 8, 2017 @ 6:30 PM – 9:00 PM; Stonebridge Hotel, 9713 Hardin Street

EDMONTON, AB: March 9, 2017 @ 6:30 PM – 9:00 PM; Chateau Nova Kingsway Hotel, 159 Airport Road

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



FINDING A NEW PASSION DURING 'PAINT NITE' IN FORT MCKAY



On Friday January 13th, fifteen individuals participated in a painting workshop known as 'Paint Nite Fort McMurray'. The workshop required no previous experience or special skills... just the willingness to learn, relax and be creative while enjoying time chatting and making new friends.

"The event was a success! We

offered 15 spots and it sold out immediately!" explained Stefany Guillen, Recreation Manager. The organizers supplied all the necessary tools and for the next 2 1/2 hours, a great time was had by all. Everyone seemed relaxed and had nothing left to do but let the imagination go to work. "The teachers guided us step by step with 3 different kind of brushes. The environment was

very laid back and fun! Kim, (the teacher) demonstrated how to use the tools and encouraged everyone to add their own unique style."

By the end of the night, all participants shared a lot of laughs and were now armed with the tools to help master the art of painting. A bonus was taking the masterpieces home to share with family.



All participants with their art work at the end of the workshop. Photo: (left to right) Top: Shelley, Ashley, Marissa, Leona, Lisa, Kathleen, Renne, Ruby, and Patricia. Bottom: Adrian, Stefany, Brandy, Barb, Monique, and Savannah.



FORT MCKAY E LEARNING PROGRAM RECEIVES RECOGNITION OF HIGH ACHIEVEMENT

This past year has been one of success for the Fort McKay E Learning Program which has been identified as one of the most successful outreach programs in the province.

Frank McCalum, principal of Alberta Distance Learning Centre (ADLC) stated, "The Fort McKay E Learning Program has come to epitomize everything one would hope to see in a community based learning program. ADLC often references the Fort McKay E Learning program when asked to provide a potential model for other Indigenous communities to consider, and can confidently point to the hundreds of credits earned by its students as evidence of that success."

Mavis Sacher, principal of Scyber E Learning applauded the E Learning program's work by stating, "it is through the hard work and dedication of the mentors, Ona Fiddler-Berteig and Casey Howlett, that create such high standards and excellent success rates." Ona also added, "much of the success of the program is due to the support of Chief and Council, the parents who monitor their child's attendance and performance and to the mutually beneficial partnerships we have forged over the years with Alberta Distance Learning and Scyber.

We have been piloting various methods of administration and

have determined the most effective way to ensure success while remaining somewhat flexible. We are very proud of our successes." She further expressed her gratitude with Shell Canada, more specifically Pat Flett and Jacqueline Schick, who have consistently offered both moral and financial support to the program.

The Fort McKay E Learning Centre will be relocated back to the Dorothy McDonald Learning Centre (DMLC), where its roots go back eleven years. New and continuing students are asked to register at the DMLC for classes. Pat Flett, Shell Canada, will be conducting a vision board workshop to help students stay focused and begin thinking about their future.

Classes will continue as normal, with Mondays dedicated to fashion studies and intermittent workshops on cultural and art projects. The Friday Foods class has been very successful and will become a permanent part of the yearly program. The program will continue to have field trips into Fort McMurray for Phys Ed and one incentive trip per semester to Edmonton for students who have met course and attendance requirements. For students registered in Fashion studies (regalia making) and traditional dancers; there are plans to hopefully once again attend the Gathering of Nations Pow Wow in New Mexico.

The Fort McKay E Learning Program invites all parents of high school students to come in and discuss whether E Learning or the Frank Spragins High School in Fort McMurray which offers self paced and independent learning, will best serve the needs of the students if mainstream school is not an option. Parents of registered students should have received an email to choose a mandatory consult time before students begin classes. New students must have parents/guardians come in with them to register before they begin classes.

Contact us at 780-828-2490 or 780-792-8538 for an appointment to plan for the year.

NOTICE

The Fort McKay E Learning program is proud to offer a variety of unique programs and courses such as:

TRADITIONAL:

Regalia making, moccasin and jewelry beading, birch bark crafts, Moose hair tufting, and pottery

SELF IMPROVEMENT COURSES:

Health based programs, beginner learners preparation, time management, gun safety, First Aid,

Guiding Circles: An Aboriginal Guide to Finding Career Paths,

Registered Apprentice Program (RAP) and many more.





Brooklynn Nickita Xmas: Tea toast at Christmas party.



Student Christmas party at Ona's, followed by movie. Awesome!!!



Clay class at youth centre, the first of many we hope!!



One of many delicious dishes prepared in Foods Friday at the Youth Centre.



Student favorite at Foods Friday, homemade pizza!!!



Bowling at the West Ed, one of many Phys Ed activities for incentive trip.



Birch Bark workshop, learned so much!



Addictions week, learned a lot about fentanyl.



Last stop for students on our way home from Incentive trip to Edmonton.

APPLE SCHOOL BRINGS HEALTHY HABITS TO FORT MCKAY SCHOOL



APPLE Schools is an innovative school-focused health promotion initiative that improves the lives of more than 16,500 students annually in 63 schools across northern Alberta. The project supports healthy eating, physical activity

and mental health by implementing the Comprehensive School Health model.

How does this affect the community of Fort McKay School? Since the introduction of Apple Schools in Fort McKay School at the beginning of the 2016-2017 school year, students have been introduced to a variety of programming. With the help of community partners such as Fort McKay First Nation (Education/Culture, Recreation), Wellness Centre, Fort McKay Sustainability and the Fort McKay Group of Companies (Fort McKay Logistics), along with volunteer parents, the school has been able to implement a weekly taste testing of fruits & vegetables.

School staff, Fort McKay Recreation, and parent volunteers ran a very successful one-month cooking club that saw a total of 30 students register and attend the after-school club. The focus of the club was to take the fruit or vegetable taste test and create a simple healthy snack that kids themselves would be able to create.

The Fort McKay Recreation and Wellness Centre staff has also been instrumental in starting new physical education classes on Wednesdays and Thursdays that include a variety of activities such as Yoga, Dry Land Training, Dance Play, and Roller Blading. Students and staff have both enjoyed the variety of programming and look forward to trying new things.

LET'S SPEAK DENE!

Dene classes are being offered every Wednesday at the Fort McKay school.

Edlanete (How are you)?

Janette Flett-Jones is teaching Dene Suline on Wednesday afternoons to all students attending the Fort McKay School.

- Each class is exposed to 30 minutes of Dene language each week.
- The class will follow Alberta's Language and Culture Guide.
- Students will learn basic conversational Dene words and sentences.
- Students will be introduced to Dene Stories, legends, and songs.
- Students will be encouraged to speak dene as much as possible in a fun and interactive way.



THE NEXT GENERATION OF FORT MCKAY ATHLETES



The Fort McKay hockey players sure raised the bar during Fort McMurray's Minor Hockey week, which was held on the 13th of January and lasted for approximately one week.

HERE ARE THE FINAL RESULTS:

- Novice Maskwak won Gold
- Mustang Atom team won Silver (Tayden Shott, Noah Fitzpatrick, Desiree Orr, Draven Orr and Ashton Quintal)
- Jesse Boucher Tier 1 Pee wee Sharks won Gold
- Jayden Shott Pee wee Tigers won Silver.
- Sky Orr and Exzander Lacorde (Tier 2 Pee wee) won Gold

With such amazing results, it's no doubt we have some of the best athletes right here in our community! All of your hard work during the many practices definitely paid off during this tournament! Congratulations to all of you!

FORT MCKAY HOCKEY TEAM GOING TO ALBERTA NATIVE PROVINCIALS 2017

The Fort McKay Hockey Society is excited to announce that teams in the Initiation, Novice, Atom, Pee Wee and Juniors will be entered in the 2017 Alberta Native Provincials in Edmonton. Parents will be going around the Community with Fun-Raising, 50/50, and raffles in support of all of the community players that will be participating in this tournament. All donations are appreciated, big thank you to all of the volunteer Coaches and Managers who have been working to train the players as well as organize all of the team information and travel.



LONG-TERM CARE FACILITY CONSTRUCTION MOVING FORWARD

We have seen a great deal of variant weather over the month of January, ranging from temperatures as low as -50 degrees to +4 degrees Celsius. Regardless of the challenges these fluctuating temperatures have brought to construction crews, it still hasn't slowed the constant progress made on the Seniors Residence project.

James Owl, Executive Director of Capital Projects is happy with the rate of the development "The most significant progress has been realized over the last month with crews framing and cladding the exterior building envelope. On the interior, crews have installed the bulk of the radon/hydrocarbon mitigation system in preparation for pouring the lower floor concrete slabs. Slabs will be completed by the end of the month," he explained.

"On the upper floor, crews have begun installing steel studding and drywall to shape the upper floor partitions. Electrical and HVAC trades are also roughing in their respective trunk runs in preparation for heating and electrical devices to be installed".

Currently, seven Fort McKay employees are working on-site in various jobs including electrical, plumbing, heating, steel studding and concrete work. The number of local workers is expected to increase in the future as the project develops.

"Over the month of February we will see continued progress on the current areas of focus. Additionally we will see the installation of windows and doors and the exterior siding finishes," explained Owl.



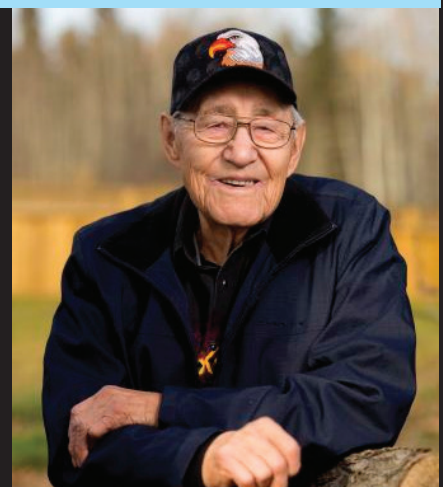
Rick Bouchier, Director of Public Works touring to review work to date on the facility. Rick is maintaining a close connection as major systems are installed and his department is essential for the long-term maintenance of the facility after its completion.

Celebrating Our Eldest Elders



We would like to wish James and Flora Grandjambe a very happy birthday!

James will be 97 years old on February 20th and Floras will be 96 years old on February 23rd!



Fort McKay First Nation Winter Festival 2017



Friday March 17th, 2017

Reawakening our Spirits ~ Round Dance

5:00pm–10:00 pm at Father Begin Community Hall in Fort McKay
Pipe Ceremony at 5pm, Supper begins at 5:30pm, Round Dance starts at 7pm

Give away, Raffles, 50/50's

Everyone Welcome!

Please join us as we kick off our winter fest 2017 with pride!

Saturday March 18th, 2017

11:00 am – Noon

Noon – 2:00 pm

Noon – 1:30 pm

1:30 pm – 2:30 pm

2:30 pm – 3:30 pm

3:30 pm – 4:30 pm

4:30 pm – 5:30 pm

5:30 pm – 6:30 pm

6:30 pm – 7:30 pm

7:30 pm – 8:30 pm

Registration & Lunch

Open Skate

Kiddies of the North (5-9 years old) Snowshoe race, snow snake, sled pull & Indian leg wrestle

Duke & Duchess (10-13- years old) Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

Prince & Princess (14–17 years old) Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

Sr. King & Queen (50+ years old) Snow snake, Moose Calling, bannock & tea making

King & Queen (18-50 years old) Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss, moose calling, bannock & tea making

Supper

Jigging Contest

Awards

*Drugs, alcohol, or violence not prohibited and will not be tolerated
RCMP, Security & EMT – Emergency Services on site*

March 18th, 2017 - Winterfest registration & lunch is in the school gym
All events are at the soccer field, the arena area, & the school gym
Supper, jigging & the awards ceremony are in the Youth Centre

For more details contact: Audrey Redcrow -
Culture & Special Projects Coordinator 780.215.2384



MEDICAL TRANSPORTATION UPDATE

- Zero tolerance: under no circumstances will any form of abuse or disrespect to Medical transportation be tolerated. Reported cases will be documented and denied future transportation.
- Medical transportation requires at least ONE day notice for all appointments. Failure to do so can result in no transportation availability.
- For any canceled appointments in Fort McMurray, a two hour notice is required.
- For any canceled appointments in Edmonton, 24 hours notice is required.
- Prior to notifying Medical transportation of a scheduled appointment, a confirmation letter from your doctor/dentist or any other medical specialist must be faxed to the Health Centre at 780-828-4132.
- When finished your appointments please call Queens Carrier @780-881-8294 for pick up.
- Please call the Heath Centre for any prescription pick-ups before 1pm. Prescriptions are available for pick up from Monday - Thursday only.
- If you are going to Edmonton for a scheduled medical appointment, and traveling with a private vehicle and want to claim mileage: please let medical transportation know. Please provide an attendance letter from your medical appointment attended. Please note: this applies only for scheduled medical appointments.
- All escorts need to be pre-approved by the Medical Transportation Coordinator. Please keep in mind, a current dated letter from your doctor stating that an escort is required for medical transportation. Without a doctors note, payment for an escort will not be approved.
- Janice Richards is the new Medical Transportation Coordinator, her number is 780-714-1311.
- For after hours, please call Edmonton Referral Unit @1-800-514-7106.

CRIME STOPPERS
ASSOCIATION OF EDMONTON AND NORTHERN ALBERTA
IS YOUR PROGRAM!

**YOU CAN BE REWARDED WITH
CASH \$\$\$\$ UP TO \$2000
BY ANONYMOUSLY HELPING
STOP CRIME IN FORT MCKAY**

**JUST CALL CRIME STOPPERS AT
1-800-222-8477, OR GO TO
WWW.CRIMESTOPPERS.AB.CA**

February is Heart Month & Anti-bully Pink T-Shirt Day

February 22, 2017

Blood pressure checks
Random blood sugar checks
Healthy snacks & door prizes!
...And an opportunity to meet our new
community health nurse.

For more information please call Belinda,
CHR at: 780-828-2455

NOTICE

Rent is due for all tenants on the 1st
of each month. Those in
arrears will not receive services.

BEAT THE WINTER BLUES WITH THESE TIPS

Many people are more sluggish in winter than in summer, and for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond getting a little gloomy. People who have SAD can experience: depressed mood, lack of motivation, fatigue, and often feel tired throughout the day. These symptoms can lead to excessive time in bed or in front of the TV, neglect of usual pleasurable activities, and reduced social contact.

SAD MOOD BOOSTERS

If you are affected by SAD there are several simple steps you can take every day to brighten up both your body and mind.

BE ACTIVE

Building activity into your lifestyle not only helps lift negative feelings, it also prevents the weight gain associated with the illness. Being physically active relieves stress, builds energy, and increases both your physical and mental wellbeing and resilience. It is as easy as walking outside for 10-20 minutes each day.

SOAK IN THE SUN

Getting in as much sunshine as possible during the winter months can help. Make sure blinds are open during the day, with a direct path to where you

sit or work. Better yet, get outside in the sunshine whenever possible.

CHOOSE HEALTHY FOODS

For energy throughout the day, eat three meals, and have healthy snacks between meals if you find yourself hungry. Choose foods from at least three to four food groups at meals and one to two food groups at snacks. For more healthy eating information visit www.healthyeatingstartshere.ca

STAY HYDRATED

Carry a water bottle to make sure you drink enough fluid during the day. The amount of fluid you need depends on your age, gender, body size and activity level. Most adults need nine to -12 cups of water per day.

CUT DOWN ON ALCOHOL AND CAFFEINE

Caffeinated and alcoholic beverages disrupt your body's internal clock, resulting in a worsening of SAD symptoms. Try cutting down, or even cutting out, daily intake of these drinks that contain caffeine such as coffee, pop or energy drinks.

If you are concerned about your mental health or someone else's, contact: Mental Health Help Line toll-free at 1-877-303-2642.



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Mondays:
Young Chef's Program (Ages 8+)
6-8 PM
Youth Program (Ages 10+) 6-9 PM
Tuesdays:
Badminton (Ages 8+) 6-8 PM
Homework Help (Grades 1-6) 6-7 PM
Youth Program (Ages 10+) 6-9 PM
Wednesdays:
Science Club (Ages 6+) 6-8 PM
Youth Program (Ages 10+) 6-9 PM
Thursdays:
YBroomball (Ages 8+) 6-8 PM
Youth Program (Ages 10+) 6-9 PM

Our hours of operation during the Teacher's Convention weeks will be determined closer to the dates.

Skiing/Snowboarding will take place on Saturday, February 4th and 11th

Community Tubing Night at Vista Ridge is scheduled for Friday, February 3rd, 2017 from 6-8 PM. The bus will leave Fort McKay at 4:30 PM SHARP.

Food and beverages will be provided upon arrival at Vista Ridge.

Please contact the Wellness Center for more details at 780-828-4312.

JOIN THE FORT MCKAY EDUCATION FACEBOOK PAGE

There you will find important community notices, budding information and anything related to the FMFN Education department !

FAMILY SUPPORT CENTRE 780-828-4650

Feb. 2 Anger Management - 1:00-3:00pm
Feb. 7 Responsibilities - 1:00-3:00pm
Feb. 9 Self Esteem - 1:00-3:00pm
Feb. 14 Emotional Awareness - 1:00-3:00pm
Feb. 16 Family Dynamics - 1:00-3:00pm
Feb. 21 Stress Management - 1:00-3:00pm
Feb. 23 Grief & Loss 1:00-3:00pm
Feb. 28 Defining Abuse - 1:00-3:00pm

N.A. on Mondays 7:00-9:00pm
A.A. on Wednesdays 7:00-9:00pm

GET INTO FITNESS!! 780-714-7094

Volleyball every Wednesdays from 7-9pm at the School's gym (18yrs+ Only)

Feb family's Activity Tubing at Vista Ridge on Friday February 3rd - registration is mandatory transportation would be available if needed

(Bus would be leaving at 4:45pm)

To Register contact Stefany 780-714-7094.

HEALTH CENTRE 780-828-2450

Physio - Monday, AM(only) & Thursday (all day)
Feb 9 - Immunization - 11am-3pm (including lunch hour)
Feb 14 - Valentine's day Blood pressure/ Random Blood Sugar checks
Feb 13-14 - Foot Care Clinic - 10am-3pm (please call for a ride)
Feb 22 - Pink Shirt Day. Anti-bullying day.
Dr. Taiwo - Feb 28, March 1 and 2.
Please call the Health Centre for scheduling an appointment.

