

DECEMBER 2017 VOLUME 7 :: ISSUE 11 FORT MCKAY AND MIKISEW CREE FIRST NATIONS ANNOUNCE PARTNERSHIP



On November 22nd 2017, Fort McKay First Nation and Mikisew Cree First Nation officially announced their partnership of a collective ownership totaling 49% of Suncor Energy's East Tank Farm Development.

The \$1 billion storage facility is part of a \$13.5 billion oils sands project that will store bitumen from Suncor's Fort Hills Oilsands project. Once operational, Suncor will be the operator of the East Tank Farm Development. For the next 25 years, this large-scale project will offer steady income for both Fort McKay and Mikisew Cree First Nation. "The deal represents the largest business investment to date by a First Nation entity in Canada, and not only demonstrates the great potential for partnerships between First Nations and industry but serves as a model for how First Nations can achieve greater selfdetermination through financial independence," said Chief Jim Boucher.

Chief of MCFN Archie Waquan stated "The economic benefits generated from this deal will help our Nation build capacity within our businesses, develop infrastructure in our community, fund social

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FORT MCKAY AND MIKISEW CREE FIRST NATIONS ANNOUNCE PARTNERSHIP



FMFN LEADERSHIP TEAM Jim Boucher, Chief Raymond Powder, Councillor Crystal McDonald, Councillor Gerald Gladue, Councillor Peggy Lacorde, Councillor

George Arcand Jr., CEO, Administration Larry Hewko, CFO Barrie Robb, CEO, Business Development Alvaro Pinto, Executive Director, Sustainability Department Jauvonne Kitto, Executive Director Administration, Governance and Health James Owl, Executive Director, Capital Projects Noma Mangena, Director, Human Resources

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 (story continued from page 1)

economic programs, and provide us with the means to help pay for education and training for our youth. This will be felt in our community for generations to comes."

The agreement has been named "Thebacha" – a Dene word that means "river." To accompany the name, local artist Jade Cardinal created a logo that represents and includes each group own logo's elements. The boat represents Fort McKay First Nation, the eagle symbolizes Mikisew Cree First Nation, and the energy arc represents Suncor. At last, the waves represent the 'thebacha', the river.

The 18-year-old artist holds a passion for drawings and paintings ever since she was a child. She is currently studying at Keyano College and wants to teach in the future and be able to encourage youth to express themselves through art. "In the future I hope to practice art on a daily basis," says Jade. "I want to inspire young Aboriginal students to find their passion, and be creative."



BUSINESS PROFITS DISTRIBUTIONS PAYMENTS December 15th, 2017.

NEXT QUARTERLY GENERAL MEETING

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

DATE, TIME AND LOCATION:

FORT MCKAY, AB: December 12, 2017 @ 6:30 PM – 9:00 PM; Father Begin Hall, Dorothy McDonald Business Centre

FORT MCMURRAY, AB: December 13, 2017 @ 6:30 PM – 9:00 PM; Stonebridge Hotel, 9713 Hardin Street

EDMONTON, AB: December 14, 2017 @ 6:30 PM – 9:00 PM; Chateau Nova Kingsway Hotel, 159 Airport Road

CHRISTMAS HOLIDAYS

Christmas is almost here. It's a wonderful time to spend with family and friends and entertain. Please try and remember that neighbouring tenants may have small children or may be working during the holiday season and the noise could impact them. All tenants are entitled to have quiet use and enjoyment of their premises. Please be considerate of your neighbours during the Holiday Season.



EMERGENCIES



What is an emergency? Flooding water, no heat and no hot water are considered emergencies. Did you know that most "no heat" service calls are due to plugged furnace filters? Check your furnace filter first and change as needed before you call. Furnace filters fall under tenant maintenance unless you're an Elder. If you have one of the above emergencies, please contact 780-215-0127 by text or leave a detailed voicemail. during the Holiday Season.

SNOW REMOVAL - ONE HOT TOPIC

Capital Project Crews are out in full force when there is a snowfall. Each crew has a list of Elders, Members and Community Buildings that we help with snow removal. Please know that we will be there as soon as we are able to. If you want to ensure your name is on the list and to see if you are eligible, please contact the Housing Department at (780) 828-5555. Thank you for your patience and understanding.

MERRY CHRISTMAS & HAPPY NEW YEAR



On behalf of the Housing Department and Capital Projects, we would like to wish each and every one of you a Merry Christmas and a Happy New Year. May 2018 bring you happiness, health and prosperity!



PROSPER HEARING BUS SCHEDULE

JANUARY 9, 2018 FIRST DAY

A pipe ceremony will be held the first day of the hearing. The pipe ceremony will take place at 8:00 am in Fort McMurray- Macdonald Island Park, which means the first bus will start driving around the route at 6:00 am. It will then wait at the Band Hall for 15 minutes. If you would like to attend the pipe ceremony, please make sure you catch this bus. The bus will continue to drive in between Fort McKay and Fort McMurray for the remainder of the day.

January 9th Schedule:

Time	Depart From	Destination
6:00 am	Bus starts the route	Drive around community
6:20-6:35 am	Band Hall	Fort McMurray
10:00 am	Fort McMurray	Fort McKay
11:00 am	Bus starts the route	Drive around community
11:20-11:35 am	Band Hall	Fort McMurray
1:00 pm	Fort McMurray	Fort McKay
2:00 pm	Bus starts the route	Drive around community
2:20-2:35 pm	Band Hall	Fort McMurray
5:00 pm	Fort McMurray	Fort McKay

JANUARY 10 - 19, 2018 (WEEKDAYS ONLY):

After the first day, the bus schedule will change to reflect the start time of the hearing at 9:00 am in Fort McMurray- Macdonald Island Park. The first bus will start its route at 7:40 am and will follow the same timeline of driving around the route, then waiting at the band hall for 15 minutes before departing for Fort McMurray. The bus will continue to drive in between Fort McKay and Fort McMurray for the remainder of the day.

January 10-19th Schedule:

Time	Depart From	Destination
7:40 am	Bus starts the route	Drive around community
8:00-8:15 am	Band Hall	Fort McMurray
10:00 am	Fort McMurray	Fort McKay
11:00 am	Bus starts the route	Drive around community
11:20-11:35 am	Band Hall	Fort McMurray
1:00 pm	Fort McMurray	Fort McKay
2:00 pm	Bus starts the route	Drive around community
2:20-2:35 pm	Band Hall	Fort McMurray
4:30 pm	Fort McMurray	Fort McKay

PROSPER PETROLEUM'S RIGEL SAGD OIL SANDS PROJECT ALBERTA ENERGY REGULATOR HEARING

HEARING DATES: JANUARY 9-19 2018

The Hearing will take place In Fort McMurray MacDonald Island Park Shell Place (9:00 am-5:00 pm)

The Moose Lake and Namur Lake area is one of the last and best remaining areas in which Fort McKay can preserve its heritage and cultural activities. Fort McKay has been seeking the protection of this area for its continued exercise of Treaty Rights since 1993. Since this time, Alberta has responded to Fort McKay's concerns for the protection of the area. Currently negotiations are underway to create a protection plan for the Moose Lake area.

Prosper Petroleum Ltd. Rigel Oil Sands Project is a proposed 10,000 bbd Steam Assisted Gravity Drainage (SAGD) project. This project, as it is currently proposed would be 4 km away from FMFN's Reserve Land at Namur Lake.

A Hearing is taking place in Fort McMurray from January 9th to 19th 2018, where the AER will listen to Fort McKay's concerns with Prospers Project.

We will be providing transportation to the hearing so that you can easily attend. A bus will drive around a route, shown on the map included with this article. The schedule below lists the times the bus will drive around the community and wait at the Dorothy McDonald Business Centre (Band Hall).

Please call the FMSD (780-828-2480) with any questions and to sign up for a meeting. Tune in to our local radio station FM 106.3 for up-to-date information about the hearing!



UPDATE FROM FORT MCKAY'S KEYANO COLLEGE LEARNING CENTRE

KEYANO COLLEGE'S 2017-2018 SCHOOL YEAR GOT OFF TO A GREAT START!

Firstly, the Health Care Aide program had 5 successful graduates who will have the opportunity to be employed locally in Fort McKay's very own Elder Care Home. These students successfully completed 20 weeks of intense training in the classroom, the Northern Lights Regional Health Centre in Fort McMurray, and in the Fort McKay community. They have all done an outstanding job with their studies and we are confident that all of them will make wonderful additions to the health care team in Fort McKay.

We also had 5 students complete the Driver's Class 7 Test Preparation Course at the beginning of October. This 4 day course covers the Alberta's Driver's Guide from cover to cover in an interactive classroom format. Students left the classroom feeling confident and prepared to challenge their Class 7 Knowledge Test. So far, two students wrote their Class 7 knowledge test and both passed and are now licensed learner drivers. Way to go!

Keyano College also offered the Pre-GED Program right here in the community. The Pre-GED program is a 10 week course which focuses on strengthening students' foundational knowledge so that they are better prepared for further educational opportunities. This is a wonderful program for community members who have been out of school for some time and want practice learning in a structured environment. There are no prerequisites for this course and everyone is welcome! We are now taking applications for Pre-GED starting in January 2018.

The logical step after a Pre-GED program is a GED Preparation Program that will take you through the high school level subjects. If you have successfully completed some GED exams or earned some high school courses and want to complete your diploma, come see us.

The Social Work Department at Keyano College is also excited to announce their exclusive regional, online offering of SOWK 201: An Introduction to Social Welfare and Social Work beginning January 8, 2018. This one semester course is a great professional development offering for community members who work with the public and is also one of the required courses in the Social Work Diploma Program. The one pre-requisite, English 30-1, makes this course very accessible to the community. We are still accepting applications to this program, but act fast because December 7th, 2017 is the last day to submit your application.

For more information on any of our current or upcoming programs, please contact Nyssa Papertzian at the centre at 708-828-4433, on her cell phone at 780-715-6331 or by e-mail at Nyssa.papertzian@keyano.ca.



We would like to introduce a new employee to the community; Sherri Bennett will be joining Nyssa Papertzian at the Keyano Learning Centre. Sherri has been a Social Worker in this region for 10 years, working most recently with Stepping Stones as a counsellor and as a Family School Liaison Worker before that. Sherri is excited to make the leap to teaching adults. She has a vast array of specialized skills and training that will allow her to expand the range of programs we offer into new areas, making us more responsive to the needs of community members and leadership. Stop in and introduce yourself to Sherri and Nyssa



SERVICE CANADA MOBILE OUTREACH CLINIC

Service Canada will be in your community to offer the following services:

Social Insurance Number Applications Employment Insurance Enquiries Canada Pension Plan Enquiries Old Age Security Enquiries Guaranteed Income Supplement Enquiries My Service Canada Account Creation

> <u>When:</u> December 14th, 2017 10am – 3pm



<u>Where:</u> Fort McKay Main Hall



U SCHOOL GIVES FORT MC CAMPUS LIFE AT THE U



On the morning of October 22nd, after two months of planning and preparing, the grade 5/6 class of Fort McKay School boarded their Edmonton bound charter bus to participate in U School. Staff and students would be busy for the next 6 days attending various sessions and lectures on the North Campus of the University of Alberta during the day and participating in other fun activities each evening.

U School is a program run by the University of Alberta Senate that aims to introduce and connect students in grades 4 through 9 from socially vulnerable, Aboriginal (First Nations, Métis and Inuit) and rural communities to the University of Alberta. This has been the third year that Fort McKay School has successfully participated in the program. It is a yearlong program that includes one week in Edmonton where students focus on experiential, hands-on learning. "I passionately believe in U School and in the students of Fort McKay School. By participating in this program, it introduces the youth of our community to the countless benefits of higher education and provides them with deeper ways of learning in many curriculum areas. Plus, it's a whole lot of fun!"

explained Mai-Lynn McEwen, grade 5/6 teacher of Fort McKay School.

First stop for the students upon arrival to Edmonton was checking into their overnight accommodations at the Bennett Centre which is located in the river valley. Students stayed 3-4 to a room sleeping in bunk beds. They also took turns serving their bunkmates at meal times. After settling in, the group of 12 students and 4 adults set off on their first evening activity, painting with acrylics at 4 Cats Art Studio. The students' art projects had a First Nation and Metis focus. Each student created eagle feather paintings for them to take home. Everyone then worked together to create one large group collaboration piece. This piece is of a large medicine wheel that incorporates the Metis symbol into the middle. It represents all students at Fort McKay School. This piece and other art projects from previous U School trips can be found proudly displayed at the school.

Monday morning brought us the U of A North Campus for our first full day of U School. For some of the students it was not their first time there as they had participated in the program the previous year. For others, it was an exciting introduction to campus life. We went on a walking exploratory tour around campus and checked out the Faculty of Native Studies. While there, students learned about some of the many resources that are available to Aboriginal students on campus. Then they learned about Neuroscience and how to make music with their muscles. In the afternoon, students got to pick out their own U of A sweater from the University Bookstore thus proving by the end of their first day that they had already begun settling into campus life. It was back to the Bennett Centre for a healthy supper and then off to Millennium Place in Sherwood Park for an evening of swimming at the pool.

Tuesday at U School was all about photography. Students learned about the art of photography and how to take different types of pictures using an actual camera and not their cell phone. The

KAY STUDENTS A TASTE OF NIVERSITY OF ALBERTA

afternoon was spent in the computer lab learning how to edit their photos. To finish off their second day at U School students enjoyed a snack and a game of catch in the Quad. Any energy that was left was definitely used up during the evening activity which was 5 pin bowling. Ms. McEwen's family brought endless snacks for everyone to enjoy and share.

It was now Wednesday morning, bringing the trip to its half way point. Students and staff were starting to get tired and a little homesick, so what a perfect time to do a U School session on the importance of getting Enough Sleep and Being Fully Awake and Alive. Focus was on the process of slowing down, of really living in and appreciating the moment. This session included many energizers and mindfulness activities which was just what was needed. The Wednesday evening activities took the group the Muttart Conservatory to appreciate the beautiful plants and flowers and then off to Glazing Pots Studio in St. Albert for some more art. Students participated in a glass fusion class making their own unique fall birch tree wall hangings and customized garden stakes. It was hard work but the finished projects were absolutely stunning.

Thursday at U School took the students to the Observatory to learn about sky science. Students learned about solar flares, Aurora Borealis, meteors and solar eclipses. After lunch, students visited the Faculty of Dentistry where they participated in hands on activities while learning about dental hygiene. Thursday evening was a chance to sit back and relax at the movies. Students and staff shared countless laughs watching The LEGO Ninjago Movie. Then it was back to the Bennett Centre to pack up everything for their check out the next morning. Even though Friday was the final day of the trip, there were still lots of things to learn and do at U School. In the morning, students had a private swimming lesson in the East Pool. They then met with artist and Native Studies professor Tanya Harnett in the FAB Gallery. She spoke to the group about pollution and how it affects Alberta's indigenous populations. To finish off our week at U School, students participated in a plasma

car race, had a pizza party and got to meet the U of A mascots Guba the Golden Bear and Patches the Panda. It was an awesome send off for our return to Fort McKay.

"As a parent and chaperon, it was wonderful to see the students experience university life and come away with a better idea of what they'd like to study. For some students like my son Tayden, this was a chance for them to explore fields of study and meet mentors in a variety of educational programs. This would not have been possible without Ms. McEwen and her family who went above and beyond to make all of the activities possible for the students," shared Lolita Ladouceur regarding the school's participation in the U School program.

Students will continue to develop their journaling skills and reflect on their experiences at U School throughout the remainder of the school year. Then on June 4th, they will return to Edmonton to acknowledge their completion of the U School program. Students will attend a Convocation ceremony at the Jubilee Auditorium on June 5th where they will receive certificates of completion. For some of these students, this will be a practice run for the day when they receive their degree from the University of Alberta. *(more pictures on page 10)*



FORT MCKAY GRADE 5/6 STUDENTS GO TO UNIVERISTY OF ALBERTA

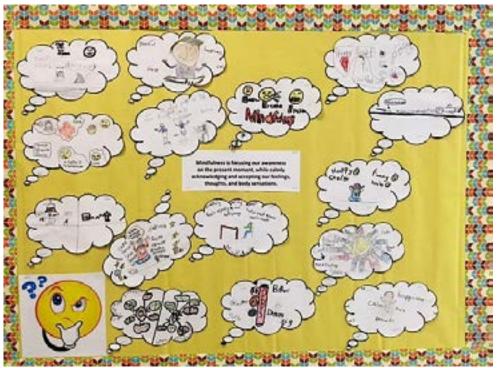


STUDENTS STAY ACTIVE AND HEALTHY AT FORT MCKAY SCHOOL

So much is happening at the Fort McKay School this year to help our kids learn new various skills while having fun and staying healthy! Below are some examples of all of the great initiatives the school is taking to make this year better than ever!

The Fort McKay School is happy to announce that community instructors Stefany Guillen-Garces and Brandy Fitzpatrick from Fort McKay Recreation are back to lead the school's Wednesday Physical Education classes. To build on the success of our partnership, Stefany has reached out to various partners like Kayla from MI Dance (Mac Island Dance) who spent a few Tuesdays in October instructing Hip Hop classes. It was clear that the students loved learning new and cool dance routines as they showed off their new skills to friends and family during the community Halloween Dance.

The Keyano Huskies basketball team has also been involved this year and sent some of their athletes along with a coach to the school to teach students about the fundamental of the sport while interacting with our athletes. As a smaller northern community, our community often relies on specialized sport or recreation activities in Fort McMurray. The idea of bringing these services into the school at a low cost has been beneficial for the students.



Mindfulness Bulletin board created by grade 5/6 students

The Fort McKay Group of Companies continues to be involved and provides students with the opportunity to learn about new fruits and vegetables with Taste Testing. Each class is given the opportunity to taste a new fruit or vegetable and if they like it, there is always extra purchased for students to snack on. Not all fruits and vegetables are fresh; students have the opportunity to taste dried, frozen or canned food as we realize that distance to the nearest grocery store can be a factor in purchasing fresh produce. The Taste Testing portion includes information from the Eating Well with Canada's Food Guide First Nations, Inuit and Métis. Students are getting a chance to learn about the recommended

number of servings each day. Students have also had the opportunity to utilize the DPA (Daily Physical Activity) bins that was given to the School by APPLE Schools. These bins can be used by students and staff during indoor recess and as part of classroom "brain break time". The best part about the bins is that they are easy to use and do not require a lot of space.

As we get closer to the Christmas break and further into our school year, we will be looking at making all School initiatives and activities sustainable. If you would like more information about these great initiatives, please contact the School Health Facilitator at lolita.ladouceur@ nsd61.ca.



R.A.R.A. NOMINATIONS FORMS NOW AVAILABLE



Nominate Your Community Members!

Our Vision:

"To bestow appreciation for the achievement of Aboriginal people in or from this region by recognizing excellence in specific fields, by doing this in such a way that more and more people and institutions participate in ensuring the Regional Aboriginal Recognition Awards make a positive impact on the lives of all people."

THE 29TH ANNUAL R.A.R.A IS QUICKLY APPROCHING! NOMINATIONS ARE NOW BEING ACCEPTED UNTIL JANUARY 10TH, 2018.

Nomination forms available at:

Anzac ~ Municipal Office: (780) 334-2298 or Anzac Community School: (780) 334-2298
Conklin~ Municipal Office: (780) 559-2235; Conklin Resource: (780) 559-8900; Conklin Community School: (780) 559-2228
Janvier ~ Municipal Office: (780) 559-2230; Father R. Perin School: (780) 559-2240
Fort Chipewyan ~ Keyano College Campus (780) 697-3767; ADCS School: (780) 697-3933; Family & Community Support Services (780) 697-9017
Fort McKay ~ Fort McKay First Nations Office: (780) 828-4220; Fort McKay School: (780) 828-4222
Gregoire Lake ~ Fort McMurray First Nation Office: (780) 334-2293; Gregoire Lake Health Centre: (780) 334-2443

Nomination forms will also be available at www.raraevent.ca Completed nomination forms may be E-mailed to the RARA Nomination Committee: raravol@shaw.ca or fax: (780) 334-2860

Wellness Center Christmas Party

Ages 6-17 Friday, December 15 2017 Syncrude Athletic Park

There will be skating, tobogganing, Christmas games, crafts, food and drinks!

Permission slips are required and will be sent home with children during that week.

Parents are welcome to join us!

Bus leaves at 4:30 PM and Returns at 9:00 PM

CINCERBREAD HOUSE DECORATING

Tuesday, December 5th, 2017 6:00 PM to 8:30 PM, 6 (and grade 1's who are 5) -8 years old

> Wednesday, December 6th, 2017 6:00 PM to 8:30 PM, 9-17 years old

Thursday, December 7th, 2017 6:00 PM to 8:30 PM Family Gingerbread House Decorating Contest *Teams consist of at least one parent and one child *prizes, hot chocolate, and snacks!

*Please register by contacting a Wellness Center Staff Member at 780-828-4312





Diphtheria, Tetanus, Acellular Pertussis (Whooping Cough) (dTap) Vaccine

DIPHTHERIA

- Nose and throat infection caused by bacteria
- Can cause trouble breathing or swallowing, heart failure, and paralysis
- 1 out of 10 people who get diphtheria will die
- Spread by coughing, sneezing, or close contact with an infected person

TETANUS

- Bacterial infection that causes spasms of the jaw (lock jaw) and other muscles
- Can lead to trouble breathing, seizures, and death
- This bacteria is common in dirt, manure, andhuman stool and enters the body by a wound or animal bite
- Tetanus disease is rare because a vaccine has been available since the 1940s

PERTUSSIS

- Infection of the airways caused by bacteria
- Causes coughing spells that can last for months
- Coughing can be so bad it is hard to eat, drink, and breathe (especially for babies)
- Can lead to pneumonia, seizures, brain injury, and death
- Spread by coughing, sneezing, or contact with an infected person

Influenza (FLU) Vaccine: Quick Facts

WHAT IT IS:

- An infection of the nose, throat, and lungs that is caused by a virus
- Symptoms start suddenly and may include: fever, sore throat, runny nose, cough, headache, muscle aches, loss of appetite, and feeling tired. Vomiting and diarrhea can happen but is more common in young children
- Pneumonia is the most common complication of influenza
- Influenza can make other health problems worse
- Even healthy, young people can get very sick and die from influenza
- Each year, more than 12,000 people in Canada are admitted to hospital and 3,500 die from influenza

HOW IT SPREADS:

- Easily spread when an infected person sneezes, coughs, or even talks
- The virus can be breathed in.
- People can be exposed to it when they touch something that carries the virus (e.g., hands, objects) and then touch their eyes or nose
- Influenza can spread before symptoms start

HOW TO PREVENT

- Get immunized
- Wash your hands with warm water and soap or
- Use an alcohol-based hand rub (hand sanitizer) often
- Cover your cough or sneeze into your arm or a tissue, not your hand
- Stay home when you are sick

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FORT MCKAY HEALTH CENTRE INFORMATION

Medical Transportation- will be CLOSED from December 23rd to January 7th, reopening on January 8th 2018 for regular hours. If you have any scheduled appointments during the Christmas break you need to contact Tracy the Medical Transportation Coordinator at 780-742-8843 to make arrangements prior to December 22nd. All other transportation emergencies during the break, please call the Edmonton Referral Unit at 1-800-514-7106.

Immunization clinics – December 6 & 13, January 10 & 17. Call Health Centre for appointment time and updates.

Parents with children aged 4-6 years and also those with children in Grade 5 are encouraged to book an appointment during upcoming clinics to get the routine scheduled immunizations for these age groups. Any questions please contact Gail the Community Health Nurse. If you have updated your contact information please call the Health Centre and let them know, this helps when we are trying to contact parents or caregivers about booking appointments.

Adults who have not had a booster of Tetanus or have had the booster without the Pertussis component are encouraged to come into the clinic for the booster vaccine. Please see the information on the dTap Vaccine.

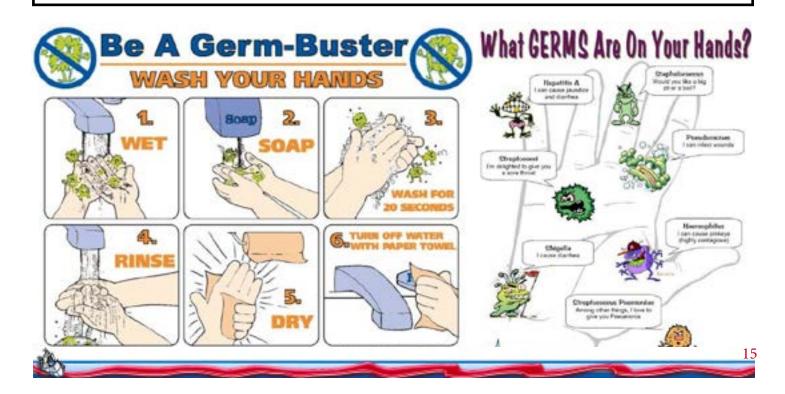
Flu Clinics - Ongoing, please call ahead to ensure a nurse is available to provide the vaccine. Any Fort McKay businesses/offices who would like the Nurse to come to their office to provide the flu vaccine are encouraged to contact the Community Health Nurse to arrange a date and time. Everyone 6 months of age and older is advised to receive the flu vaccine prior to the Christmas Holidays. Keep in mind the vaccine takes 2 weeks to be effective. Please review the Flu Information. For any questions regarding the flu vaccine please call the Health Centre 780-828-2450 and speak to Gail the Community Health Nurse.

Once again the single most effective way of preventing the spread of viruses and bacteria is GOOD HANDWASHING. Please remind all family members to wash hands regularly and thoroughly for at least 20 seconds. Pre and Postnatal clients and those with babies under 1 year who may be interested in upcoming classes, please call the Health Centre and provide your name to Belinda.

Safe Food Handling Certification will once again be provided on December 5th & 6th. The course is FREE; however you must attend both days. Please contact Belinda for details and to sign up at 780-828-2455

Dr. Taiwo - Call the Health Centre for upcoming dates and appointment times

Physio - Call the Health Centre for appointment times



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Weekdays: After school Activities 3-5pm Supper Program 5-6 pm

Mondays (Dec. 4 & 11) Young Chef's (Age 8+) 6pm to 8pm Homework Help 6:00 PM to 7:00 PM

Gingerbread House Decorating 6:00 PM to 8:30 PM Dec. 5 (Ages 5-8) Dec. 6 (Ages 9-17)

Family Gingerbread House Decorating Contest Dec. 7 - 6:00 PM to 8:30 PM *Requires a parent/child(ren) team

Teen Night Dec. 8 (Ages 9-17) *Permission slip required Bus leaves at 5:30 pm. Returns at 10 pm

Skating Dec. 12 (Ages 8+) 6:00 PM to 8:00 PM

Christmas Crafts Dec. 13 (Ages 8+) 6:00 PM to 8:00 PM

Outdoor Activities (sliding, snowshoeing) Dec. 14 & 19 - 6-8 pm- (Ages 6+)

Wellness Christmas Party Dec. 15 (Ages 6+) *Permission slip required Bus leaves at 4:30 pm & Returns at 9 pm

Skiing/Snowboarding at Vista Ridge (IF the ski hill is open) Bus leaves at 9am & returns at 4:30pm

We will be closed December 22nd to January 1st, and will re-open January 2nd-5th from 9 am to 5 pm.

GET ACTIVE AND STAY FIT!!

Pre-school gymnastics is back! from Jan,2018-March 2018 for 4-5 years old. Space is limited and \$40 deposit its required and will only return once your child attend to 50% of the classes. Classes are every Monday (12 classes) from 12-12:55pm at Norfort gymnastics. (transportation will be provided) Space its limited (1st come 1st serve)

Fitness Centre will be closed from Dec 22nd- Jan 7th and going back to regular schedule on Jan 8th (M-F 9am-10pm. Sat-Sun 2-10pm)

For Youth Centre's December calendar join us on Facebook at Fort McKay Rec Club

ANNUAL FORT MCKAY CHRISTMAS MARKET Dec 1st - 3rd 12-4:30pm at the Band Hall

OFFICE HOLIDAY CLOSURE

The Dorothy McDonald Business Centre will be closed during the Holidays starting December 25-January 5. Open January 8, 2018.

CHRISTMAS PARTIES!

Elders Christmas Party: December 6 Staff Christmas Turkey Lunch: December 20

POW WOW DANCE AND DRUM PRACTICE

Every Monday 6-7pm in the Band Hall – No registration Required – Open to all ages! Contact Audrey for more info. at 780-215-2384 or email aredcrow@fortmckay. com. Please note that there will be no practices during all major Holidays.

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