



Red River Current

FEBRUARY 2018

VOLUME 8 :: ISSUE 2

FORT MCKAY PANEL EDUCATES PROSPER ABOUT MOOSE LAKE'S TRADITIONAL SIGNIFICANCE

A picturesque view of Moose Lake from the shore of the campsite.



Be Part of the Alberta Winter Games 2

Outdoor Physical Activity Challenge 4

We All Love To Skate 5

Quarterly General Meeting Notice 6

2018 Winter Festival 7

The hearing may be over, but a strong message was sent last month.

From Jan. 9 to 18, the Alberta Energy Regulator (AER) heard from witnesses and counsel representing Prosper Petroleum Ltd. and the opposing Fort McKay First Nation and Fort McKay Metis to debate the merits of the proposed Rigel oilsands project that the Nation says would negatively affect the Moose Lake area.

However, on Jan. 16 in Fort McMurray, a Fort McKay First Nation community panel tasked with articulating Moose Lake's

cultural, spiritual and historical importance made a robust case for why the area should be left alone. Collectively, the community panel gave passionate, articulate statements about Moose Lake being the last refuge for healing residential school survivors, for community members to maintain and pass on their traditional practices, and as the last refuge to escape the industrial surrounding that encircles Fort McKay.

Jean L'Hommecourt built a cabin in the Moose Lake / Buffalo Lake area. In her witness statement, Jean told the panel she chose that area instead of her native Poplar Point

because the reserve land promised both a sense of protection from industry and the opportunity to pass on the experience of living off the land from generation to generation.

"At the Buffalo and Moose Lake area, I have everything at my doorstep," she said, noting the pristine water. "It is a place where we can get our fish, we can hunt, we can trap, and we can pick medicines and berries all in the same day. ... It's always been considered a place of refuge.

"In residential school, they tried to beat our language out of us," she
story continued on page 3

BE PART OF THE NEXT ALBERTA WINTER GAMES

Fort McKay will be hosting the speed skating competition during this year's Alberta Winter Games from Feb. 16 to 19, 2018! More than 2,800 athletes are expected to compete in 22 different sporting events. Approximately 100 athletes will be in our community and participate in various speed skating races.

An opening ceremony will be held in Fort McMurray at Shell

Place on the first day. Speed skating competitions at the Fort McKay arena will include the 1500-metre, 400-metre, 300-metre, and 200-metre. Other sporting events will take place across the Wood Buffalo region and include: badminton, ringette, cross-country skiing, hockey, fencing, biathlon, figure skating, judo, artistic gymnastics, squash, curling, synchronized swimming, archery, volleyball, wrestling, alpine skiing, freestyle

skiing and snowboarding, and boxing. To view a detailed list of activities, please go the Alberta Winter Games website listed below.

Come out and join us as we welcome these participants! You can purchase tickets online at: www.albertasport.ca/alberta-games/winter-games/ or in person at the MacDonald Island Box Office.

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: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 2 p.m.
Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the Red River Current, please contact Alex Di Pietro, Communications Manager at: 780-799-6370
email: adipietro@fortmckay.com
and communications@fortmckay.com



FORT MCKAY
FIRST NATION

PROUD SUPPORTERS OF THE

2018 Wood Buffalo Alberta Winter Games

fortmckaygroup.com
fortmckay.com

FORT MCKAY PANEL EDUCATES PROSPER ABOUT MOOSE LAKE'S TRADITIONAL SIGNIFICANCE

(continued from page 1)

continued. "I am a residential school survivor, and I cannot heal without the land. ... The Moose Lake / Buffalo Lake area is an example of an area where the connection we feel to the spirits of our ancestors is very strong."

Jean's statement, along with those of her fellow panelists, was met with applause by the some 80 community members who attended the eight-day hearing.

Like Jean, Lee Wilson spoke of the devastation that the Prosper project would have on him and his family, describing their collective reaction as "utmost despair."

"If industry thinks we're not going to see or smell them up there, it's not true," he said, expressing concerns over the disruption to wildlife and pollution of the air, water and land. "With the proposed project being so close to the lake, it's going to change everything that we know up there."

Further speaking to the need to protect the area's wildlife, Lee made an impassioned reference to the bird sanctuary in Birch Mountains Wildland Provincial Park and pointed out that it is in Treaty 8 territory.

"If this process is allowed to go ahead ... we lose the option to practise our Treaty Rights," he said. "If we allow this process to go ahead, with the wildlife part or bird sanctuary – a recognized Treaty 8 reserve, then what message are we sending to the public? What message is the province sending to other First Nations? What message are we sending to the rest of Canada and the rest of the world if we allow this process to proceed?" he asked rhetorically.

Panelist Melinda Stewart spoke to the issue of the proposed Rigel project's proximity to her trapline and said she tells her daughters to take photos of the Moose Lake area because it might not be there later.



Community members advised against development at Moose Lake (pictured above) during a hearing on Jan. 16.

"We know that we cannot survive future events if we do not use the knowledge of our past," Melinda said. "Based on these lessons, I know that my ancestors – the signatories of Treaty 8 – secured promises of Treaty in order to provide future generations with a means needed to survive as a people."

Audrey Redcrow, another panelist, echoed Melinda's sentiments.

"I don't want my children to learn from what was. I want them to see what is," she said. "Our culture has been resilient, but already, so much has been taken."

Chief Jim Boucher shared his thoughts on the hearing, saying, "Our panel did an excellent job in expressing the concerns we all have about this project."

He added, "I want to thank our Hearing Team, and the community members who attended the hearing, for ensuring we were ready to take on Prosper. Their presence showed the AER and Prosper that we are united in our fight to save the Moose Lake area."

The Aboriginal Consultation Organization (ACO) has been tasked with releasing its decision on consultation adequacy within 30 days of the hearing. Following that, counsel from all three parties will make their closing arguments and the AER will announce whether or not it approves of the project.



WINTER OUTDOOR PHYSICAL ACTIVITY CHALLENGE!

In a partnership with the Communities ChooseWell Program, the Fort McKay Wellness Center and the Fort McKay Recreation Department are offering a "Winter Outdoor Physical Activity Challenge!"

Children, youth and community members are encouraged to spend time being active outdoors this winter between the months of January to March 2018.

We will be offering a variety of programs such as snowshoeing, cross country skiing and winter hiking!

Wednesday evenings in January will be snowshoeing on the Birchwood Trails

Tuesday evenings in February will be Cross Country Skiing on the Birchwood Trails

Wednesday evenings in March will be Winter hiking in a variety of locations.

Attendance will be kept during each program and the individuals who are active outdoors the most can win a prize!

** Any individuals who are over the age of 18 who are unable to participate in our planned programs can enter by taking a "selfie" of themselves being active and posting it to The Wellness Center or Fort McKay Rec Club Facebook Pages. You **MUST** spend a minimum of 60 minutes outdoors at a time being active in activities such as walking, snowshoeing, hiking, tobogganing, etc. in order to receive a participation "point." (Snowmobiling/quadding does not count)

The following prizes will be awarded at the beginning of April:

1st Place: \$200.00 Gift Card

2nd Place: \$100.00 Gift Card

3rd Place: \$50.00 Gift Card

There will be 2 prize categories: Ages 6-17 and ages 18+

**FOR MORE INFORMATION, CONTACT THE WELLNESS CENTER AT
780-828-4312 OR STEFANY AT 780-714-7094.**

2, 4, 6, 8 WE ALL REALLY LOVE TO SKATE!



The Fort McKay Learn-to-Skate Program is in full stride, and it shows.

Many motivated, enthusiastic skaters have been attending the weekly practices to improve their skating and motor skills. Skaters have been working hard to acquire and master skating skills that have been introduced, such as forward and backward skating, glides, turns, crossovers and stopping.

Skaters are working on their speed, flexibility and solid basics. This is accomplished through continuous movement on the ice, use of circuits, repetition, the fast track and effective warm-ups and cooldowns.

The objective of the Learn-to-Skate program is to provide families with a safe and welcoming first experience to the sport of skating. The Learn-to-

Skate learning environment is enhanced through fun theme days, colourful teaching aids and props, along with much praise and feedback from coaches – sticker and colouring sheet incentives are also given out at the end of every practice.

It is important to introduce skating to young children in order to ensure physical literacy, competency and confidence. Learn-to-Skate capitalizes on the key window in a child's development – this is the window when a child is most responsive to learning something new.

Overall, it is our hope that Learn-to-Skate will foster and evoke an interest in life-long participation in skating. Registration is ongoing, so if you want your child to join Learn-to-Skate please come by the arena Wednesdays at 3:15 p.m. and fill out a form.



NOTICE

TO MEMBERS OF FORT MCKAY FIRST NATION

NEXT QUARTERLY GENERAL MEETING

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

DATE, TIME AND LOCATION:

FORT MCKAY, Alta.: Tuesday, March 13, 2018 @ 6:30 to 9 p.m. Father Begin Hall, Dorothy McDonald Business Centre

FORT MCMURRAY, Alta.: Wednesday, March 14, 2018 @ 6:30 to 9 p.m. Radisson Hotel, 435 Gregoire Dr.

EDMONTON, Alta.: Thursday, March 15, 2018 @ 6:30 to 9 p.m. Chateau Nova Kingsway Hotel, 159 Airport Rd.

›Fort McKay Health Centre CPNP Program

Invites Prenatal Clients and Moms with infants less than 1 year of age to:

Healthy Eating & Nutrition Class

- Nutrition Discussions
- Baby Food Making Demonstrations
- Food tasting & more

FREE to attend
Thursday, March 1
1:30 to 3:30 p.m.

Call the Health Centre to sign up

780-828-2450

WINTER FESTIVAL 2018



SATURDAY, MARCH 10 2018

REGISTRATION 11:00 a.m. to 12:00 p.m.
OPEN SKATE 12:00 to 2:00 p.m.

KIDDIES OF THE NORTH - 5-9 YRS 12:00 to 1:30 p.m.
Snowshoe race, snow snake, sled pull & Indian leg wrestle

DUKE & DUCHESS - 10-13 YRS 1:30 to 2:30 p.m.
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

PRINCE & PRINCESS - 14-17 YRS 2:30 to 3:30 p.m.
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

SR. KING & QUEEN - 50+ YRS 3:30 to 4:30 p.m.
Snow snake, moose calling, bannock & tea making

KING & QUEEN - 18+ YRS 4:30 to 5:30 p.m.
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss, moose calling,
bannock & tea making

SUPPER 5:30 to 6:30 p.m.
JIGGING CONTEST 6:30 to 7:30 p.m.
AWARDS 7:30 to 8:30 p.m.

Registration & lunch in the Fort McKay school gym. Registration is limited and participants must be registered between 11 a.m. and 12 p.m. in order to take part in the events. All events are at the soccer field, the arena area and school gym. Supper, jigging and awards in the Youth Centre.

FOR MORE INFORMATION, CONTACT:
AUDREY REDCROW - CULTURE & SPECIAL PROJECTS LEAD 780-215-2384

SUSTAINABILITY DEPARTMENT GENERAL UPDATE

WHO ARE WE?

The Fort McKay Sustainability Department (FMSD) helps Fort McKay to ensure that, if approved, existing and planned industrial development throughout Fort McKay's Traditional Territory is carried out in the most sustainable and responsible way possible. The staff at the FMSD work in many different areas such as: Community Engagement, Trapper Relations, Environment, Regulatory, Government Relations, Long Term Agreements, and Parks and Land Use. 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. The FMSD works on your behalf to facilitate ongoing, meaningful consultation within the community, so residents know how their traditional lands are being affected by resource development in the region. 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?

These articles are intended to be a way for the FMSD to communicate what work we have been doing within our department, and also, to notify you of upcoming activities and events that are going on within the area.

In this article, we provide you with information about a regulatory hearing that took place in January, as well as upcoming community advisory group meetings.

ALBERTA ENERGY REGULATOR – HEARING WITH PROSPER PETROLEUM LTD.

Fort McKay First Nation (FMFN) and Fort McKay Metis Community (FMMC) participated in the Alberta Energy Regulator's (AER) hearing with Prosper Petroleum Ltd., a company that has proposed development of a 10,000-bpd, Steam-Assisted Gravity Drainage (SAGD) project within

four kilometres of FMFN's Reserve Land at Namur Lake.

The hearing took place from Jan. 9 to 18. Many community members attended the hearing each day in Fort McMurray, and some community members participated in the hearing by explaining the importance of the Moose Lake Area (including Moose Lake and Namur Lake). The FMSD would like to thank everyone who attended and participated.

What happens next? The Aboriginal Consultation Office (ACO) has 30 days to write a report that is then provided to the AER. Following this report, the legal teams of Prosper, FMFN and FMMC will come together to provide their final argument. The AER will then make a decision on the project. As we become aware of new updates, the FMSD will continue to provide the community with updates through the Red River Current, Facebook, the local radio station, and flyer delivery.

COMMUNITY ADVISORY GROUPS

Community Advisory Groups (CAGs) are groups of 12-15 community members who meet with different industry groups in order to learn about industrial development within Fort McKay's Traditional Territory. The purpose of the CAGs is to ensure that community members get to know company representatives, to have direct communication with companies to express their concerns, and to develop a better understanding of a project, its impacts and proposed mitigation and reclamation.

The number of companies holding CAGs changes each year, and as such, at the beginning of each year, we review the list of members and work to add community members where there is space.

If you are interested in joining a CAG, please call the FMSD at 780-828-2480 as soon as possible! If we cannot find a group for you this year, we will keep your information and do our best to fit you in when we can.



Keyano
COLLEGE

CONTEST

Ticket

FILL OUT A SHORT SURVEY FOR A CHANCE TO

Win a Gift Certificate

To fill in the survey:

**1. Come to the Learning
Centre in person**

**2. Answer the questions
posted on Facebook in a
private message**

OR

**3. Email your responses to
nyssa.papertzian@keyano.ca**

FEVER MANAGEMENT

What are normal temperatures in children?
According to the Canadian Pediatric Society, these are guidelines to follow:

- Rectal: 36.6-38.0°C (97.9-100.4°F)
- Mouth: 35.5-37.5°C (97.7-99.5°F)
- Underarm: 36.5-37.5°C (94.5-99.1°F)
- Ear (not recommended for infants): 35.8-38°C (96.4-100.4°F)
- Children may feel warm to the touch when they have a fever. However to confirm a fever, use a thermometer to measure their body temperature.

KEY POINTS:

- Fever is very common in children and is a sign that their bodies are fighting an infection
- Viral infections are the most common cause of fevers in children
- Fever itself will NOT harm your child -what's more important is how your child is behaving while unwell
- Fevers caused by common viral infections usually last three to five days

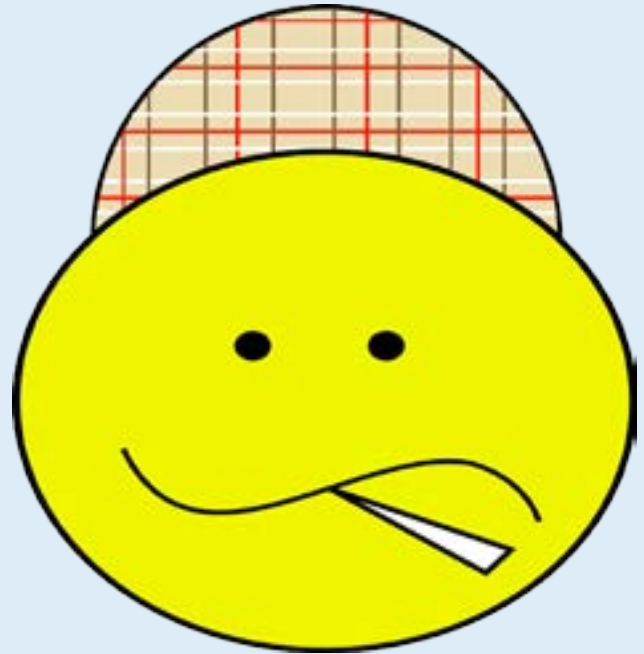
SYMPTOMS:

Usually, symptoms are mild and the child may be slightly cranky or have aches and pains. Some children may become less active and sleepier. Some fevers may cause shaking (chills). This is the way the body tries to manage temperature (this shaking should not be considered a seizure). Fevers tend to appear in the afternoon and evenings. How often and how long fever lasts depends mostly on the type of infection causing the fever.

TREATMENT

The best way to treat your child is to keep them hydrated and comfortable. Most children will get better on their own in three to five days.
Fluids: It's OK if your child eats less solid foods for a few days. Make sure your child stays hydrated. Encourage your child to drink small sips of fluids throughout the day (water, milk, soup, yogurt, popsicles or pedialyte) Monitor for dehydration.

ACETAMINOPHEN AND IBUPROFEN Fevers help the body fight an infection and do not need to be treated all the time. If your child seems



uncomfortable, you can give him or her acetaminophen or ibuprofen. Please contact your Doctor, Pharmacist or 811 for guidance on administering the proper dosage to your child, and ensure you are giving it at the recommended times.

BATHING

- Try a lukewarm bath or wet face cloths.
- Avoid cold baths because they are uncomfortable and can make your child shiver, raising his or her temperature.
- Alcohol baths or rubs are NOT recommended
- Clothing.
- Losing heat through the skin allows the body to cool down and may make your child feel more comfortable.
- Dress your child in light clothing. If your child starts to shiver, add warmer clothing - remove them when the shivering stops.

IMPORTANT:

- Products containing ASA should not be given to children because of the risk of developing a serious illness called Reye's Syndrome.
- Cough, cold and sinus products have other medications added. These products are usually not recommended or needed.

FEVER MYTHS:

- MYTH #1: Fevers Cause Brain Damage. Most

fevers are less than 42°C (108°F) and do not cause brain damage.

- MYTH #2: Fevers are Bad for Children. A fever is a sign that the body's defence system has been activated. Raising the body temperature may help the body fight an infection. The main reason to use medication like acetaminophen and ibuprofen is to help keep your child comfortable.
- MYTH #3: Fevers Should Always Respond to Anti-Fever Medicines. Anti-fever medicines usually help to bring fevers down, but this is not always the case. Whether or not the medicine works to reduce the fever back

to a normal temperature is not related to the seriousness of the infection.

WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION:

- Your child is less than three months old with a fever.
- Your child looks ill even after fever medication has been given (very sleepy, confused, irritable, or agitated).
- Your child is having trouble breathing.
- Your child is severely dehydrated.
- Your child is complaining of headaches, neck pain or stiffness or light sensitivity.
- Your child has a bruise-like rash on the body.

HEALTH CENTRE NEWS 780-828-2450

UPDATE YOUR CONTACT INFO! If you have any updated contact information, please let the Health Centre know by phone. This helps when we are trying to contact parents or caregivers about booking appointments.

MEDICAL TRANSPORTATION - Everyone must provide 24 hours notice when cancelling any scheduled appointments, or if you find your own ride into town. You must provide 24 hours cancellation notice or you will have to do a make-up trip on your own. Zero tolerance on verbal abuse, hang-ups, swearing, yelling etc. Anyone verbally or otherwise abusing the medical transportation coordinator or Health Centre staff, may be denied transportation to town, or face suspension. When attending any medical appointments, you will be provided an attendance sheet that will require the doctor to sign or provide a stamp by doctors office as verification of attendance to the appointment, this will have to be brought back to the Health Centre. Absolutely no travel in medical van to appointments if you are under the influence of alcohol or drugs. If the driver suspects you are under the influence, you will be denied your trip to town. Most routine blood work can be done at the Health Centre. The Nurse can determine by looking at the requisition if any blood work needs to be completed in town and therefore, you must bring your lab requisition form. All medical trips are to and from appointments. With the exception of prescription pickup, there will be no stopping anywhere else before or after medical appointment. Should you have any questions, please contact Medical Transportation Coordinator Tracy Waldron 780-742-8843. For the after-hours Edmonton Referral Unit, call 1-800-514-7106

IMMUNIZATION CLINICS - Feb. 7 & 14. Babies and children four to six years of age, and also those with children in Grade five, are encouraged to book an appointment during upcoming clinics to get the routine scheduled immunizations for these age groups. Should you have any questions, please contact Gail, the Community Health Nurse. Adults who have not had a booster of Tetanus with the Pertussis component are encouraged to come into the clinic for the booster vaccine.

FLU CLINICS - Ongoing, everyone 6 months of age and older is advised to receive the flu vaccine. As of Thursday, Jan. 18, there have been 1,800 hospitalizations and 46 deaths identified in Alberta attributed to Influenza. Babies, the elderly, and individuals with chronic disease are most at risk. For any questions regarding the vaccine, please call the Health Centre at 780-828-2450 and speak to Gail, the Community Health Nurse.

PRENATAL AND POSTNATAL CLIENTS, and those with babies under 1 year who may be interested in a Nutrition Class on March 1, please call the Health Centre at 780-828-2450.

DR. TAIWO – Call the Health Centre for upcoming dates and appointment times.

PHYSIO – Every Monday and Thursday. Call the Health Centre for appointment times.

FOOT CARE CLINIC - For elders and people with diabetes. Call the Health Centre to book an appointment.

EYE SCREENING - For individuals with diabetes ONLY. Will be held March 7, 8 and 9. please call the Health Centre to sign up.

COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Weekdays:

After school Activities 3 to 5 p.m.
Supper Program 5 to 6 p.m.

Mondays

Young Chefs (Age 8+) 6 to 8 p.m.
Homework Help 6 to 8 p.m.

Tuesdays

Cross Country Skiing (Birchwood Trails)
(Age 9+) Bus leaves at 5:30 p.m. and
returns at 9:30 p.m. Centre
closed at 6 p.m.

Wednesdays

Feb. 7 & 21 - Winterfest Practice
(ages 6+) 6:00 to 8:00 p.m.

Feb. 14 & 28 - OPEN 9 a.m. to 7 p.m.

*Kids in school may not attend until 3:30 p.m.

Supper Program 5 to 6 p.m.

Board Games Night

6 p.m. to 7 p.m. (Ages 6+)

Thursdays

Kickball (ages 8-12) 6:00 to 8:00 p.m.

Youth Choice (Ages 10+) 6 to 9 p.m.

No School Fridays

Open 9 a.m. to 5 p.m.

Field Trip (ages 6-13)

Swimming

Bus leaves at 1:00 p.m.

Bus returns at 5:00 p.m.

*Permission slips required

Teen Night -

Feb. 9 (Ages 10+)

Movies. Bus leaves at 5:30 p.m.

*All other kids MUST be picked up by
5:30 p.m.

Pre Teen Night

Feb. 23 (Ages 8-11)

Swimming. Bus leaves at 5:30 p.m.

*All other kids MUST be picked up by
5:30 p.m.

Skiing/Snowboarding At Vista Ridge

Feb. 3, 10, & 24)

(Ages 10+) Bus leaves at 9:00 a.m. and
returns at 4:30 p.m.

*Permission slip required

GET ACTIVE WITH THE REC CENTRE!

Tuesdays: Yoga (12 to 1 p.m.)

Wednesdays: Circuit Training (12 to 12:30 p.m.)

Thursdays: Full Body W.O.. (12 to 1 p.m.)

School Gym:

Mondays: 6 to 7 p.m. Youth Centre- Multi Sport program with S.O.S

Wednesdays 7 to 9 p.m. Adult Volleyball

Arēna:

Tuesdays: Hockey Academy

Wednesdays: Learn to Skate

Feb 16 & 17: Come and watch the Alberta Winter
Games, Speed Skating competition!

Winter Physical Challenge continues!

We will be cross-country skiing on Birchwood Trails.

Tuesdays Feb 6, 13, 20 and 27

PAINT NITE

Thursday, Feb. 17 2018

Pre-registration is mandatory and \$20 deposit is
required. (Deposit will be returned once
participant shows up to the event)

Youth 5:30 to 7 p.m.

Adults 7:30 to 9 p.m.

FORT MCKAY TREATY DAYS

June 21, 22, 23, 24, 2018

POW WOW DANCE AND DRUM PRACTICE

Every Monday 6 to 7p.m. in the Band Hall

– No registration Required –

Open to all ages! Contact Audrey for more info.

Call 780-215-2384 or email arecrow@fortmckay.com.

Please note that there will be no practices
during all major holidays.