

JULY/AUGUST 2018

VOLUME 8 :: ISSUE 7

CELEBRATING FORT MCKAY'S ANNUAL TREATY DAYS

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Treaty Days Photos

12th Annual Golf Tournament

Students Particiapte in Leadership Day

Moose Lake Summer Retreat

Fort McKay Students Make Honour Role List

Each year, our small community's population doubles in size during Treaty Days and is filled with hundred of visitors that come to see and be part of Fort McKay First Nation's popular and traditional celebration. This year's event was celebrated June 21st to 24th.

The celebration started on Thursday with The Fort McKay Group of Companies Annual Golf Tournament. The next four days brought sounds of drumming, singing and dancing along with kids and people paying and laughing while all having a great and unforgettable time! The celebration offered the chance for all to experience and celebrate Fort McKay First Nation's culture and participate in various traditional events and activities. Activities included a traditional pow wow, bingo, talent shows, a baseball tournament, the annual kids bike and main parade, bouncy castles, a tug-of-war, Dene hand games, a moose calling & laughing contest, Fort McKay Idol, ball hockey and so much more!

The grand opening of the Riverside / Sonîsîpîhk / Des k'e gah Care Facility was also included with this year's celebration and offered tours of the new facilitu for the first time to the public of the new facility.

Live performances and music from various artists were presented throughout the weekend along with special entertainment from George Canyon. Community BBQs and suppers were offered Friday and Saturday and a fireworks show was held Saturday evening.

story continued on page 2

CELEBRATING FORT MCKA

EVENT WINNERS:

Men's Division: Imperial Oil

LAUGHING CONTEST:

1st place: Irene Martin

2nd place: Hail Bent

(17 and under)

3rd Place: Rick Miller

1st place: Trent Boucher

2nd place: Lance Boucher

3rd place: Dennis Lacorde

Women's Division: Suncor Energy

MOOSE CALLING CONTEST:

TUG OF WAR:

A little rain didn't stop anybody as the crowd stayed and everyone seemed to have enjoyed the celebration the entire weekend!

We would like to thank our sponsors for their generous donations and support. We would like to especially acknowledge and thank all of the volunteers who worked long hours for this event. Treaty Days would not have been a success without you!

Thank you everyone for coming out and participating in this year's Treaty Days!

We hope to see you again next year!

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 Lindsey Canning, Marketing & Communications Coordinator at: 780-799-6370 email: lcanning@fortmckay.com



(Adult 18-49) 1st place: Tie Bruce Faichney and Shawna Faichney

(50+) 1st place: Ralph Simpson 2nd place: Neil Langevin

TALENT SHOW:

Jigging Tiny tots 0-5 years old 1st place: Axl Flett 2nd place: Mikayla Cardinal 3rd place: Lawson Flett

Jigging - Youth 6-12 years old 1st place: Ethan Cardinal 2nd place: Rayel Lizotte 3rd place: Christian Delorme



Y'S ANNUAL TREATY DAYS

<u>Singing - Youth 6-12 years old</u> 1st place: Learyn Piche 2nd place: Savannah Dyson 3rd place: Alayna Bouchier

Jigging - Teens 13-17 years old 1st place : Mikeela Cooper 2nd place: Hope Grandjamb

Singing- Teens 13-17 years old 1st place : Trent Boucher 2nd place: Hail Bent

Jigging - Female 18-49 years old 1st place : Susan Shott 2nd place: Melanie Desjarlais 3rd place: Stephanie Ladouceur

Singing - Female 18-49 years old 1st place: Aliyah Jackson 2nd place: Jennifer Waquan 3rd place: Megan O'dwyer

Jigging - Male 18-49 years old 1st place: Lee Nanamahoo 2nd place: Tyson Adby 3rd place: Jason Fabian

(more on page 5)

Congratulations to all of our winners!!







12TH ANNUAL FORT MCKAY GROUP OF COMPANIES GOLF TOURNAMENT



Golf tournaments and fundraisers are a sure sign that summer is in full swing. Fort McKay Group of Companies has combined the two and created a fantastic golf tournament. With over 36 teams (160 players), this year's golf tournament was a great success and raised over \$155,500 for the Fort McKay Educations Services and Programs.

The Fort McKay First Nation offers support to the Fort McKay School, which provides classes from kindergarten to grade six. Fort McKay School offers students a great education, while ensuring their cultural traditions are passed on to the next generation. Once students graduate from grade six, they are bussed daily into Fort McMurray to attend school. As of the 2017-2018 school year, the Fort McKay School had an enrolment of 76 students with four teachers and seven additional staff. With the help of our supporters, we are able to improve literacy, attendance, and infuse more Indigenous knowledge into the curriculum. We are also able to enhance parental and community engagement.

Fort McKay First Nation also supports post secondary students by providing 100% coverage of tuition and textbook costs as well as cost of living expenses. Students can earn an additional monthly Learning Incentive Supplement of \$1000.00, as long as they maintain good attendance records at school.

For the last twelve years, Fort McKay Group of Companies LP has hosted this event, which raises a substantial amount of money, allowing Fort McKay First Nation to provide their youth with education within the community. "It means we can supply our students with the necessary tools to be successful in their studies and growth as people". Says Chief Boucher. "Education is vital to the health of our community, and it is our goal to see that every child has access to high quality education. With the support of our sponsors, we are preparing our youth to be the

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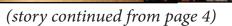


<u>Singing - Male 18-49 years old</u> 1st place: Virgil Cardinal 2nd place: James MacDonald 3rd place: Dean Boucher

Jigging - Elders 50+ 1st place: Thecla Tremblay 2nd place: Tied Ralph Simpson and Edna Blondeau 3rd place: Lorraine Bellerose

<u>Singing - Elders 50+</u> 1st place: Tied Ida Kearns and Maurice Bujold 2nd place: Roy Ladouceur 3rd place: Mark Gallup





next generation of Fort McKay First Nation leaders and entrepreneurs."

Fort McKay Group of Companies LP is a multi-million-dollar oilfield construction and services company which grosses over \$160 million dollars a year. The Group of Companies has humble beginnings, starting out with only six employees offering contracted janitorial services. In the last thirty years, Fort McKay Group of Companies LP has grown its services to include to the Site Services, Fuel and Lube Services, Reclamation Support Services, Process and Equipment Services, Warehousing, Transportation, Supply Chain, and their newest joint ventures, Nuhebah, which provides specialty and commodity chemicals to oil and gas operations and construction and manufacturing industries, and Rising Sun Services which is Fort McKay Industrial



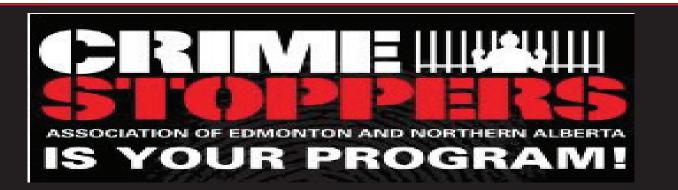
Park's only GM-approved automotive service center.

The profits generated from these services and joint ventures are used to benefit the community of Fort McKay First Nation, providing support for housing, infrastructure, health, recreation, community programs, and of course, education.

Fort McKay Group of Companies LP would like to take this opportunity to thank all those sponsors who so generously support this golf tournament. Without their sponsorship, Fort McKay First Nation students would not receive the quality of education that they currently experience. Thank you, sponsors! Fort McKay Group of Companies LP hopes to see you out on the greens again next year!



The 2018 Fort McKay Treaty Days Quad winner was our very own drum instructor Nicholas Giant. He was very excited and quotes "I've never won a \$100 quad before! Thank you Fort McKay First Nation for putting on such an amazing event"!



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

FORT MCKAY STUDENTS PARTICPATE IN LEADERSHIP DAY

Thirteen students from the Fort McKay School were invited to attend the Leadership Day that was held by St. Anne School. The Fort McMurray Catholic School District incorporated the Leader in Me by Stephen R. Covey author of The 7 Habits of Highly Effective People in all the Catholic Elementary Schools.

The children including the staff learned the 7 Habits which are:

Habit 1: Be Proactive – I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

Habit 2: Begin with the End in Mind – I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and vision, and look for ways to be a good citizen.

Habit 3: Put First Things First – I spend my time on things that are most important. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

Habit 4: Think Win-Win – I balance courage for getting what I want with consideration for what others want. I make deposits in others' Emotional Bank Accounts. When conflicts arise, I look for third alternatives.

Habit 5: Seek First to Understand, Then to be Understood – I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eyes when talking. Habit 6: Synergize – I value other people's strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people's ideas to solve problems because I know that by teaming with others we can create better solutions than any one of us alone. I am humble.

Habit 7: Sharpen the Saw – I take care of my body by eating right, exercising, and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I take time to find meaningful ways to help others.



Our young Fort McKay First Nation leaders, ready to take on the world! Back Row: Neveah (Hayah) Faichney, Shaicia Boucher, Kane Folkerson Front Row: Danica McDonald, Abigail McClure, Scarlett McClure, Hayden Faichney, Shoneah Boucher, Kye Folkerson & Emmett McIssac Indigenous Liaison, Christine Alexander

Missing: Lyric McKenzie, Kaplan McKenzie & Tayah Grandjambe



It's been a very long, cold winter and summer is almost here... finally. If you are planning on being away on vacation for a couple of weeks or longer, the Housing Department will need to be notified. In general, if Tenants are away longer than 15days, the Housing office needs to be notified of Tenant absences in case of emergency. We also need to know if someone is looking after your home while you are away and how we can contact you during your absence. Notification can be by email, phone or in writing.

Contact our office at (780) 828-5555 to discuss your vacation plans.

BE CAREFUL WHAT YOU FLUSH...



In order to help avoid plugged toilets and clogged sewer drains, there are quite a few items that should be thrown in the trash instead of down the toilet. Items such as diapers, wet wipes, bandages, dental floss, cotton swabs, condoms, cosmetics, personal hygiene products (tampons, applicators, sanitary napkins), cigarette butts, paper towels, cleaning wipes and yes, wipes that claim to be disposable, oil, grease, plastic wrapping and yes, even children's toys.

Having your toilet back up is not a pleasant experience. Help your neighbours, the community and yourself by being careful about what you flush.



August



FORT MCKAY

MOOSE LAKE SUMMER RETREAT

Registration open now July oz – August 30 Packages Available at Fort McKay Sustainability Department

2018

This camp is fully funded by Fort McKay First Nation.

Booking is now open! The dates for booking are provided on the calendar. Please contact Audrey Redcrow to book 780-215-2384. You Must Be Registered in advance to go. Pick up registration forms at Fort McKay Sustainability

This is a drug and alcohol free camp, bags will be searched upon arrival at McMurray Aviation and if found your flight is subject to cancellation Any reports of alcohol, drugs, or violence on site will be subject to loss of future travel privileges Enjoy your stay at Paradise Bay!

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Outbound/Return	2	3 Outbound/Return
6 Outbound/Return	7	B Outbound/Return	9	10 Outbound/Return
1] Outbound/Return	14	35	16	17 Outbound/Return
20 Outbound/Return	21	22 Outbound/Return	73.	24 Outbound(Return
27 Outbound/Return	28	29	30-	27 Outbound/Return
30 Outbound/Return	₽			

HERE COMES THE SUN (SCREEN)

Ah, the lazy, hazy days of summer. The sun shines brightly--and strongly. When it does, these tips will make your time in the sun safer.

Check the UV index, which measures sun strength. You can be sunburned in as little as 15 minutes. When the UV index is between 3 and 8, everyone, especially kids, needs sunscreen. If it's above 8, these tips will reduce your risk of sunburn as well as heat rash, heat stroke and, over time, skin cancer.

SAFETY TIPS

• Cover up: Wear wide-brimmed hats, UV-blocking sunglasses and thin light-coloured clothing

• Limit the rays: Take frequent breaks in the shade or indoors

• Apply and re-apply sunscreen: Put it on every two hours (at least). Match the sun protective factor (SPF) to the UV index and your skin's sensitivity to sunlight. Babies have thin skin and can burn easily. Keep them out of the sun. Use an SPF 30 lip balm on your lips.

• Stay hydrated: Bring lots of water with you when spending time outside, and drink often, before you're thirsty

• Car safety: Never leave your child or pet alone in a car. Your car can heat up quickly, even on days that do not seem very warm.

• Try to stay out of the sun between 11 a.m. and 3 p.m., when the sun's rays are strongest and the UV Index is at its highest.

SPLASH SAFELY THIS SUMME

Summer and water go together like peanut butter and jam—how can you have one without the other?

Summers in Canada are earmarked for outdoor fun, such as swimming, boating and other waterrelated activities. As pleasurable as water can be, it has some serious risks. Here's how you and your family can reduce them.

POOL SAFETY:

- Teach your child to swim. Always closely supervise children when they're in and near water.
- Have adequate barriers around backyard pools to keep everyone safe and secure.

OPEN WATER SAFETY:

- Teach children to swim parallel to shore if caught in a water current.
- Never allow children to swim in a lake if an adult is not present; be within arms' reach at all times.
- Never let small children swim in rivers or other fast moving water.

BOATING SAFETY:

- Life jackets are mandatory for all children and adults in Alberta while on a boat.
- Blow-up water rafts, mattresses or other devices are not safe replacements for a life jacket.
 Make sure your life-jackets are the right sizes for you and your children.

DIVING SAFETY:

• Diving headfirst into the water is not safe for children or adults without proper training and confirming water depths.

• Enter backyard pools, lakes and other bodies of water with unknown depths gradually and feet-first.

MAKE ALL-TERRAIN TRAVEL ALL GOOD



If you're an all-terrain vehicle (ATV) driver, it's hard to resist the allure of exploring backcountry trails during the summer. These tips will help newbies and trail veterans alike navigate the ins and outs of ATV safety.

AGE LIMITS

Some exceptions apply, but the minimum age by law for operating off-highway vehicles is 14 years. The AHS recommended age is 16.

KNOW THE RISKS

When not used safely, ATV risks include:

- Scrapes and cuts
- Strains and sprains
- Broken bones
- Dislocated joints
- Bruising
- Concussions and head injuries
- Internal injuries.

SAFETY TIPS

- Choose an ATV that's right for your size to reduce a chance of rollover or serious injury.
- Wear protective equipment such as an approved ATV helmet, eyewear and gloves.
- Wear pants, long sleeves and boots to prevent cuts and scrapes.
- Ride during daylight hours, at a safe speed, with other people around.
- Carry a first-aid kit with each vehicle.
- Don't drive while or after using alcohol or other drugs.
- Take a certification course through the Alberta Safety Council.

Visit myhealth.alberta.ca and search for ATV safety.



JANET MCDONALD RETIRES AFTER 23 YEARS OF SERVICE



Janet McDonald at her retirement party

After many years of service and dedication to our community, Janet McDonald has retired from the Fort McKay Daycare. Janet McDonald started working in our community nearly 23 years ago. Since then, she has also

created an immeasurable impact toward our

community in such a positive and remarkable way.

Janet McDonald was the first to manage the Fort McKay Daycare and has been in charge of the facility since its inception. Everyday, she projected her positive energy as a leader to the children and staff and always gave her heart and soul while she worked endless hours with enthusiasm.

Throughout the years, McDonald has shown her dedication with her i nvolvement in various other projects in our community. She sat on the Education Committee, was part of the Fort McKay Woman's Association, and was also on the editorial team of the McKay Messenger.

Fort McKay would like to thank and acknowledge Janet McDonald for her many years of service to our community knowing she has made such a positive impact in the lives on those she worked with as well as those she worked for.

We're going to miss Janet at work for being a great colleague and friend, and for everything she has done throughout the years. We wish her all the very best in the future and a long and happy retirement!

CONGRATULATIONS TO ERIN FAICHNEY ON GRADUATING FROM NECHI TRAINING INSTITUTE!

Since September of 2017 Erin Faichney has attended Nechi Training Institute for one week each month. During that time, she has completed the CAT (Community Addictions Counselling) from September 2017-Febuary 2018, followed by the ACT (Advanced Counsellor Training) from February 2018 to June 2018 and graduated the from the program on June 1st.

"Nechi Institute was an amazing experience for me while on my healing journey and the best decision I could have made for myself and my recovery. Nechi Institute helped me gain the confidence and knowledge that I need to be able to work and help people who are battling addictions. I am grateful for all the wonderful kind hearted people I have met during my training, for all of the cultural teachings, and my amazing instructors. I would like to thank my mom Doris Wellon and my uncle Mel Grandjambe who have been my greatest supporters through my training and my life. Hiy hiy", shared Faichney.



Erin Faichney with her family



CONGRATULATIONS TO BRANDON WILSON FOR GRADUATING FROM SAIT PROGRAM OF JOURNALISM

Brandon Wilson graduated from the SAIT program of Journalism in June of 2018. The two year program was the third try at school for Brandon, but the first one where he really found something he loved.

"It's been an experience, learning how to write and photograph the news," said Wilson. "As Native people we grow up wanting to tell stories, and journalism has let me do that every day."

I'd like to thank my Mom and Dad obviously because they're amazing people. Big shout out to my girlfriend Tracy. And a big thank you to everyone else who helped me along the way, especially the band for their support.



FORT MCKAY STUDENT MAKES HONOUR ROLE LIST AT FATHER MERCREDI



Congratulations to Kaden Boucher who is in grade 8 for making the Honour Role List at Father Patrick Mercredi Community High School in Fort Mcmurray this year. To be on

the Honour Role list, students must obtain an average of 85% throughout the entire school year! Kaden was also presented with the Role Model Award by consistently demonstrating the Districts four core values of responsibility, persons, community and sharing throughout the school year.



HEALTH CENTRE 780-828-2450

Medical transportation:

All Edmonton/out of town medical appointments require a minimum two weeks notice and also require appointment confirmation paperwork. It is not the responsibility of the Fort McKay First Nation Health Centre to contact the doctor's office for appointment paperwork. It is the clients' responsibility to have all paperwork faxed to Tracy Waldon at 780-828-4132. Clients going to appointments in Edmonton must confirm this at least 1 week prior to appointment date, to ensure the appointment all set up and that they are ready to go when its time to leave.

ALL CLIENTS MUST GIVE 24 HOUR CANCELLATION NOTICE FOR ANY MEDICAL APPTS IN FORT MCMURRAY AND A MINU-MUM 48 HOUR CANCELLATION NOTICE FOR ANY EDMONTON MEDICAL APPTS. IF A CLIENT IS CONTINUOUSLY A "NO SHOW" OR MISSES NUMEROUS APPOINTMENTS WITHOUT PROPER CANCELLATION THEY CAN, OR WILL, BE PUT ON REIM-BURSEMENT ONLY.

Please see below for appt policy as per Edmonton Referral/ Health Canada policy framework. SECTION 6.2- "When a client does not attend a scheduled appointment and medical transportation benefits have been provided, the client may have to assume the cost of the return trip or of the next trip to access medically necessary health services unless justification is provided to explain why the client was unable to attend or to notify the appropriate public carrier of the cancellation."

If clients have updated contact numbers, please call the Health Centre at 780-828-2450 so we can update your file.

COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Friday Field Trips

During the summer we will be taking field trips to Fort McMurray for different activities on some Fridays, so please check your child's bag for permissions slips.

How to Register Your Child For Camp

Please fill out a child registration form if you have not done so and send it with your child when they come to camp. Please fill out all the information on the form. The information is only for the use of the Fort McKay Wellness Center to ensure the well-being and safety of your child.

Children must have parent permission to leave the Wellness Center between 8:30am and 4:30pm.

Summer Day Camp Program 2018 Ages 6-13 (And those who are 5 who have completed ECS/Kindergarten)

Summer Day Camp Schedule

Camp will rún Monday to Friday 8:30am - 4:30pm

Theme Weeks

July 16 - July 20, Rainbow Week July 23 – July 27, Animal Week July 30 – August, Time Travel Week Aug 6 - Aug 10, Water Week Aug 13 Aug 17, Discover E Science Camp Aug 20- Aug 24, Discover E Science Camp Aug 27- Aug 31, Holiday Week

Please Note that we will be CLOSED the following days:

Monday, August 6th-Heritage Day Saturdays and Sundays

Hours:

Camp runs 8:30 AM to 4:30 PM Monday through Friday

SUMMER CAMP ACTIVITIES

July 23rd-26th Bike club, 10:30-11:30am, Ages 5-12yrs meeting outside the Wellness Center

July 23rd- 26th Taekwondo, 12:45-3pm, Ages 5-12yrs at the Arena (\$20 deposit its required to register)

July 30th-August 2nd Girls Inc. Leadership program, 1-3pm at the Art room (Youth Centre)

August 7th-10th Art Camp, 10:30-3pm, Ages 7-12yrs old at the Art room (Youth Centre) (\$20 deposit its required to register)

August 20th-24th Gymnastics, 1-4:30 pm 7-12yrs old at Norfort Gymnastics (transportation will be provide it, leaving at 12pm coming back at 5pm) (\$20 deposit its required to register)

For more information contact Stefany at 780-7147094

FAMILY SUPPORT CENTRE 780-828-4650

July 3	Anger Management - 1 to 3 p.m.
July 5	Defining Abuse - 1 to 3 p.m.
Julý 10	Self Esteem - 1 to 3 p.m.
Julý 12	Healthy Communications - 1 to 3 p.m.
Julý 17	Grief & Loss
July 19	Responsibilities - 1 to 3 p.m.
July 24	Emotional Awareness - 1 to 3 p.m.
July 26	Stress Management - 1 to 3 p.m.

July 11 & 25 Victim Sesrvices 9 a.m. to 12 p.m. N.A. & A.A. meetings will be available upon request Waypoints on Wednesdays 1 to 3 p.m.

FITNESS CENTRE SUMMER HOURS

Monday-Friday 9am-10pm Saturday-Sunday 10am-6pm

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