



# Red River Current

JUNE 2018

VOLUME 8 :: ISSUE 6

## GRAND OPENING OF FORT MCKAY'S LONG-TERM CARE FACILITY

|                                      |    |
|--------------------------------------|----|
| Quarterly General Meeting            | 2  |
| Fort McKay Receives Award            | 3  |
| Treaty Days 2018                     | 6  |
| Girls Take Gold in Hockey Tournament | 9  |
| New Alert Communication              | 14 |



After many years of planning, building, and hard work, crews have finally completed the construction of the Fort McKay Continuing Care Facility in December 2017.

There will be a grand opening ceremony on June 22. Everyone is invited! This will also be an opportunity for the public to get a tour of the new Riverside (Sonîsipîhk, Des k'e gah) Continuing Care Facility.

The facility includes 14 single units, two double units. All bedrooms are comfortably spacious with over 500 square feet and include a separate seating area and private bathroom. The building also includes a kitchen, a large dining/lounge room, a cultural room and various offices for its staff.

“Our Elders have asked for this centre for a long time. The spiritual and cultural health of Fort McKay residents relies on our

Elders, so to be able to have a place for them to receive the specialized care they need within the community means a great deal to us,” shared Chief Boucher.

Since July 2016, Clark Builders, WGP, and Fort McKay First Nation have collaboratively worked together to accomplish this project. The facility is expected to create a number of jobs that comprise of nurses, LPNs, HCAs, cooks, cooks helpers, and janitors.





**FORT MCKAY**  
FIRST NATION

# NOTICE NEXT QUARTERLY GENERAL MEETING

**June 12 – 14, 2018**

**Edmonton, AB:**

Tuesday, June 12th @ 6:30 PM Chateau Nova Hotel, 159 Airport Road, Edmonton, AB T5G 0W6

**Fort McKay, AB**

Wednesday, June 13th @ 6:30 PM, Father Begin Hall, Dorothy McDonald Business Centre

**Fort McMurray, AB**

Thursday, June 14th @ 6:30 PM, 435 Gregoire Dr, Fort McMurray, AB T9H 4K7

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

## **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

## **FORT MCKAY PROTECTIVE SERVICES TIPS** **~Protecting your Home~**

### HOW INSIDE LIGHTS CAN PROTECT YOUR HOME

- If you or your neighbours work long hours, make sure to use timers to switch the lights on and off, so it appears that someone is home.
- Make sure you and your neighbours don't keep extra sets of keys under doormats or anywhere where someone can find them.

### HOW OUTSIDE LIGHTS CAN PROTECT YOUR HOME

- Poor lighting can hide all kinds of suspicious activity. If your outside lights are not working, ensure they are upgraded and or changed to keep prowlers away.
- Encourage your family members and neighbours to set up motion-activated outdoor lights as well.

### HOW USING YOUR LOCKS CAN PROTECT YOUR HOME

- Make sure you or you neighbours don't keep extra sets of keys under doormats or anywhere where someone can find them.
- Lock your doors & your windows.
- It's an easy step to take towards safety and peace of mind.



# FORT MCKAY PRESENTED WITH ABORIGINAL ECONOMIC DEVELOPMENT CORPORATION OF THE YEAR AWARD



Fort McKay First Nation and the Fort McKay Group of Companies were recognized by the CCAB with the Aboriginal Economic Development Corporation (AEDC) of the Year Award on May 10, 2018 at the Westin Calgary.

The Canadian Council Aboriginal Award (CCAB), a non-profit organization and non-partisan association, presented the award to Chief Jim Boucher along with Councillor Crystal McDonald and Councillor Peggy Lacorde at the awards ceremony.

President & CEO of CCAB, JP Gladu, explained why Fort McKay was chosen in a press release; "Fort McKay First Nation (FMFN) and Fort McKay Group of Companies (FMGOC) under the extraordinary leadership of Chief Jim Boucher for over 30 years has led a remarkable economic and social transformation for their community and valued partnerships. The prosperity that FMGOC has fueled is a model that CCAB is honoured to celebrate as the 2018 Aboriginal Economic Development Corporation (AEDC) recipient. Their innovation and willingness to explore diverse business enterprises has placed FMFN in a league of its own. Congratulations,"

Fort McKay was recognized for seizing the opportunity for its community in business and partnership with the forestry, oil sands, and pipeline industries in Alberta while still respecting and preserving cultural values. Starting with the establishment of the Group of Companies in 1986, Fort McKay First Nation has continuously progressed since with the Group of Companies and its several successful joint ventures that offer a bright future for our community.

"After more than 30 years of successful partnerships with industry, it is an honour and privilege to be recognized with this award. I am grateful to the Canadian Council for Aboriginal Business and Sodexo Canada for understanding the importance of Indigenous collaboration on industry projects. It is collaboration, as well as the work of our staff and management, that has led to nearly zero unemployment and unprecedented economic success in our community. We look forward to continuing making progress by fostering existing relationships and seeking new opportunities," shared Chief Jim Boucher.

For more information, go to: [www.ccab.com/2018-annual-calgary-gala/](http://www.ccab.com/2018-annual-calgary-gala/)





FORT MCKAY  
FIRST NATION

# TREATY DAYS

June 21- 24, 2018

Traditional Pow Wow  
(Saturday, June 23)

## Everyone Welcome!

You're invited to experience this exciting four day event.  
Come CELEBRATE OUR CULTURE and participate in a variety of  
traditional events!

Special Entertainment with George Canyon · Grand Opening of Continuing Care Facility  
Community Bingo · Memorial Baseball Tournament · Kids Bike Parade  
Kids Activities + Bouncy Castles · Face Painting · Fire Works Show  
Dene Hand Games Tournament · And much more!

### Platinum Sponsors



### Lead Sponsors



*Inspired by our past, invested in our future*  
[www.fortmckay.com](http://www.fortmckay.com)



FORT MCKAY  
FIRST NATION

# TREATY DAYS

Traditional Pow Wow  
Saturday, June 23, 2018  
Everyone Welcome!

**Grand Entry 1pm and 7pm**

Featuring:

**Host Drum: Northern Cree**

With Emcees: Hal Eagletail & Adrian LeChance

Arena Director: Bryce Morin

Tipi day pay · Dancers day pay · Drum day pay · Giveaway · 11:30pm Fireworks  
YOU MUST BE REGISTERED TO RECIEVE TIPI DAY, DRUM DAY AND DANCERS DAY PAY

Camping available no power hookups (fire ban in effect)

Vendors Welcome (must apply online, and pay before set up)

First Aid & RCMP onsite · 24 hour security onsite

This is a drug and alcohol-free event.

Violators will not be permitted or tolerated.

Committee is not responsible for travel or related expenses.

**For more information contact:**

Audrey Redcrow  
780.215.2384  
aredcrow@fortmckay.com

OR

Fort McKay First Nation  
780.828.2430  
Monday to Friday

**Sponsored By:**

**Syncrude**

*Inspired by our past, invested in our future*  
[www.fortmckay.com](http://www.fortmckay.com)

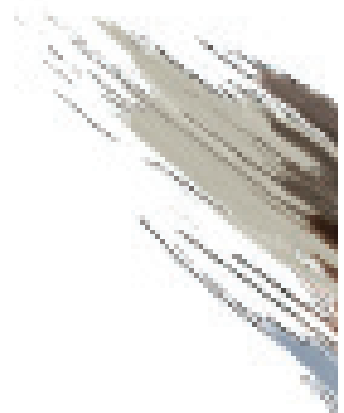




# FORT MCKAY

FIRST NATION

## Fort McKay First Nation 2018 Treaty Days - Event Schedule



| Thursday June 21, 2018                        | Location             | Time            |
|---|----------------------|-----------------|
| Fort McKay Group of Companies Golf Tournament | Miskanaw Golf course | 7:30am - 5:00pm |
| Community Bingo                               | Band Hall            | 5:30pm - 8:00pm |

| Friday June 22, 2018                            | Location                          | Time                |
|---|-----------------------------------|---------------------|
| Memorial Baseball Tournament                    | Baseball Field                    | 9:00 am - 6:00 pm   |
| Kids Bike Parade                                | Ft. McKay Store – Wellness Centre | 9:45 am - 10:00 am  |
| Main Parade                                     | Kiryano Building - Southside      | 10:00 am - 11:00 am |
| Opening Ceremonies                              | Amphitheatre                      | 11:30 am - 1:00 pm  |
| INAC Treaty Payout                              | Gazebo                            | 12:30 pm - 3:30 pm  |
| Community BBQ                                   | Behind Bandhall                   | 1:00 pm - 3:00 pm   |
| Corporate Tug of War                            | Behind Bandhall                   | 1:30 pm - 3:00 pm   |
| Kids Activities: Bouncy Castles + Face Painting | Arena                             | 2:00 pm - 5:00 pm   |
| Dene Hand Games Tournament                      | Upper Arbour                      | 2:00 pm - 5:00pm    |
| Culture Village                                 | Beside Band Office                | 3:00 pm - 5:00 pm   |
| Grand Opening of Continuing Care Facility       | Continuing Care Facility          | 3:00 pm             |
| Moose calling & Laughing Contest                | Upper Arbour                      | 4:00 pm - 5:00 pm   |
| Community Supper                                | Band Hall                         | 5:00 pm - 6:00 pm   |
| Fort McKay Idol - Kids                          | Arbour                            | 5:00 pm - 7:00 pm   |
| Jigging contest                                 | Arbour                            | 6:00 pm - 6:30 pm   |
| Fort McKay Idol - Adults                        | Arbour                            | 7:00 pm - 9:00 pm   |
| George Canyon Concert                           | Upper Arbour                      | 9:00 pm – 11:00 pm  |



| Saturday June 23, 2018                         | Location        | Time                |
|--|-----------------|---------------------|
| Memorial Baseball Tournament                   | Baseball Field  | 9:00 am - 6:00 pm   |
| Community Breakfast                            | Band Hall       | 9:00 am - 11:00 am  |
| Kids Activities Bouncy Castles + Face Painting | Arena           | 12:00 pm - 5:00 pm  |
| Culture Village                                | Band office     | 11:00 pm - 5:00 pm  |
| Dene Hand Games Tournament                     | Upper Arbour    | 2:00 pm - 5:00 pm   |
| Pow Wow 1 <sup>st</sup> Grand Entry            | Upper Arbour    | 1:00 pm - 6:00 pm   |
| Community Supper                               | Band Hall       | 6:00 pm - 7:00 pm   |
| Entertainment                                  | Amphitheatre    | 7:00 pm - 11:00 pm  |
| Second Grand Entry                             | Arbour          | 7:00 pm - 11:00 pm  |
| Pow Wow Specials                               | Arbour          | 8:00 pm - 9:30 pm   |
| Give Away                                      | Arbour          | 9:30 pm - 10:15 pm  |
| Closing Ceremony                               | Arbour          | 10:30 pm - 11:00 pm |
| Fire Works                                     | Athabasca River | 11:30pm - 12:00 am  |

| Sunday June 24, 2018         | Location       | Time              |
|------------------------------|----------------|-------------------|
| Memorial Baseball Tournament | Baseball Field | 9:00 am - 6:00 pm |
| Youth Ball Hockey Tournament | Arena          | 10:00am - 1:00pm  |

Alcohol, drugs, and violence are not permitted and will not be tolerated.

RCMP and Security, on site baggage checks.

Vendors welcome, applications are available at the Fort McKay First Nation Band Office.

Please contact Audrey Redcrow at 780.215.2384 or [aredcrow@Fortmckay.com](mailto:aredcrow@Fortmckay.com) for any questions or comments.

This year's main performer is George Canyon, Canadian country music singer. Canyon has been nominated and won countless awards including 2 Juno Awards in 2005 and 2007. George's latest album "I Got This" was released in February 2016 and dominated the Number 1 position on the Canadian Country Music sales charts for 5 weeks. The album was supported with a coast-to-coast Canadian Tour and garnered two top 10 radio singles, 'I Got This' and 'Daughters of the Sun'. George is set to release his new album 'Southside of Heaven' on May 25th, 2018.

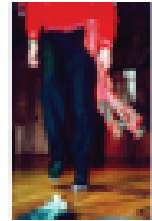
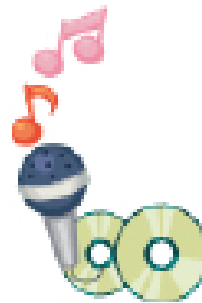




FORT MCKAY  
FIRST NATION

# McKay's Talent show

**Friday June 22**  
**Singing & Jigging**  
**5-9pm/Amphitheatre**



## Singing & Jigging only (for both competitions)

**Tiny Tots: Ages 0-5 (open mix)**

**Adult Female: Ages 18-49**

**Youth: Ages 6-12 (open mix)**

**Adult Male: Ages 18-49**

**Teen: Ages 13-17 (open mix)**

**Golden Years: Ages +50 (open mix)**

**Saturday June 23**  
**Laughing & Moose Calling**  
**7pm/Amphitheatre**



## Laughing & Moose Calling only (for both competitions)

**Laughing: (Open mix)**

**Moose Calling: (Open mix)**

**All aged group**



**17yrs & under**

**18yrs-49yrs**

**50yrs**

Registration will take place at the Amphitheatre. No entries after category have started. No more than 10 entries per category for each category. Please contact Lisa Grandjambe @780.880.9468, or Belinda Whiteknife @780.828.2455 for more information.



# GIRLS TAKE GOLD AT ALBERTA NATIVE HOCKEY PROVINCIAL CHAMPIONSHIPS



Reanna Whiteknife, Keely Courtorielle along with their friend Bella Herman participated in the 25th Annual Alberta Native Hockey Provincial Championships in Edmonton on April 5th – 8th. Normally the girls play with the Wood Buffalo Native Youth Hockey Club but this year they decided to play on an all-girls team. Thank you to the Piikani First Nation for allowing the ladies to join their team. After 6 games, the Piikani Lady Warriors won gold in the Female Midget Bear Division.

Congratulations to Reanna, Keely and Bella  
on a job well done!



**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**

# ICEIS FEATURED AS “QUEEN OF THE OIL PATCH” ON APTN



Starting with nothing, Massey Whiteknife has shown the world how far one can go with a certain level of motivation, determination and will power.

He is known nationally for his many incredible accomplishments; owner and CEO of the ICEIS Group of Companies, an occupational safety and health and consulting company and as ICEIS Rain, a drag queen and pop singer. Whiteknife appeared in the 2013 documentary film ‘Oil Sands Karaoke’ and also produced the film God’s Acre in 2016.

Whiteknife’s life has been so fascinating that Great Pacific Media decided to produce another documentary series detailing his extraordinary story as Massey and as Iceis Rain.

The documentary ‘Queen of the Oil Patch’ will be released on June 5 features on APTN East and HD at 10:30 p.m. ET, APTN West at 10:30 p.m. MT and on APTN North at 4:30 a.m. CT. The series includes 8 episodes, each a half-hour in length.

Viewers can expect lots of laughs and emotional moments, “When I decided to go forward with the show I was either all in or nothing at all. I exposed my heart and soul ... every flaw and every thing

going on in my life. I was willing to show my life fully and let everyone know that I’m just like everyone else and it’s my life it’s an adventure but it’s also a lonely life and I too am trying to find out who I am or who I’m going to be,” shared Whiteknife.

A media release described the documentary; “Queen of the Oil Patch is a series about a man seeking happiness and acceptance. It’s about family, love, and compassion. It’s about community and courage. It is a series that will leave you feeling inspired.”

The documentary was filmed in Fort McKay, Fort McMurray, Fort Chipewyan, Peace River, Edmonton, and Winnipeg. It took over six months of filming to create ‘Queen of the Oil Patch’.

Whiteknife is this year’s Grand Marshal for the Peace River Gay Pride, the keynote speaker for the Survivors Conference in Quebec and for the National Mental Health Conference in Calgary, and sits on a panel for Business Development in Canada in Edmonton. You can also look out for Whiteknife’s new album, which is coming out June 8.



# ACADEMIC UPGRADING

**Are you a few credits short of graduating?  
We can help you get on the right track.**

**Now accepting applications for September**

**Deadline: June 14th, 2018**

**780-828-4433 or 780-715-6331**

**FORT MCKAY**



# **FORT MCKAY WELLNESS CENTER JUNIOR LEADERS RAFFLE TICKETS NOW ON SALE!!**

Come support the Fort McKay Wellness Center Junior Leaders by purchasing a raffle ticket, and you could win:



**TWO ECONOMY CLASS RETURN TICKETS FOR TRAVEL TO ANY AIR CANADA-SCHEDULED DESTINATION IN NORTH AMERICA, INCLUDING HAWAII, MEXICO AND THE CARIBBEAN, GENEROUSLY DONATED BY THE **AIR CANADA** FOUNDATION.**

**TICKETS ARE \$10 EACH!!**

**ONLY 1,000 TICKETS ARE AVAILABLE!!**

**(Must be at least 18 years of age to purchase. Raffle licence No. 488151)**

**Tickets can be purchased in person, with cash only, at the Fort McKay Wellness Center or through authorized ticket sellers. The Fort McKay Wellness Center would like to send a big THANK YOU to the Air Canada Foundation for its donation.**

(Raffle rules and regulations follow those set out by the AGLC. A copy of the rules and regulations can be accessed at the Wellness Center, or can be found on the back of ticket stubs.)

# ANNUAL BISON HARVEST

Two bison were harvested last month as an annual tradition for our community. Both animals were donated and brought from Syncrude Canada's Bison Ranch.

Meat was butchered and then distributed to various community members. Other meat samples were collected and sent for testing.

This event is organized and sponsored by the Fort McKay Group of Companies and Syncrude. For more information about the harvest, please contact the Sustainability Department at: 780-828-2480.



## DO YOU HAVE A STORY TO SHARE?

The Red River Current is looking for stories about individuals who go above and beyond and deserve to be recognized. If you are or know someone who has an inspiring story to share with the Red River Current, we would love to hear from you! Please contact Lindsey Canning, Marketing & Communications Coordinator at: 780-799-6370 email: [lcanning@fortmckay.com](mailto:lcanning@fortmckay.com) and [communications@fortmckay.com](mailto:communications@fortmckay.com)

# THANK YOU!

**Nyssa and Sherri would like to extend our sincerest gratitude to the community of Fort McKay for another successful school year.**

## HAVE A GREAT SUMMER!

We are CLOSED  
Fri. June 15th-Mon. Aug. 13th.

FORT MCKAY



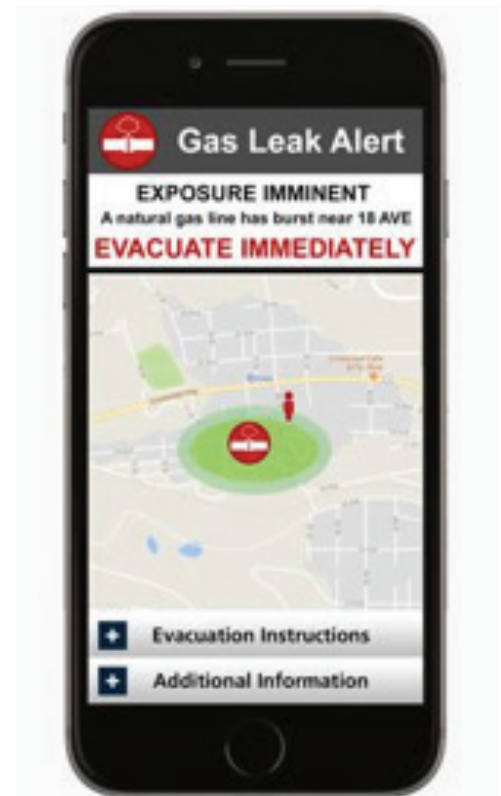
# Summer Vacation

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 15 days, 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.

## NEW ALERT COMMUNICATION!

Voyent Alert! is a smart notification platform specifically designed to meet the needs of small to medium sized municipalities, regional governments, school districts and First Nation Communities. The flexible platform serves the dual purpose of alerting and advising community members during a critical incident as well as providing targeted day-to-day communication services.

Capital Projects will be implementing a call answering service for Fort McKay First Nation Community Members to provide a flexible after hour call answering service. To access the call answering service call 780-828-5555.



We are pleased to let Fort McKay First Nation tenants know that we now offer online banking as a convenient method to pay rent. Please contact the Housing Department at (780) 828-5555 to find out how to get started and to obtain your account information

# FORT MCKAY FIRST NATION RESPONSIBLE PET OWNER BYLAW

The FMSPCA has been working hard to ensure the safety of our community and pets. Here is an update of the progress that has been made lately:

- 15 Stray Dogs Have Been Seized Since April 16th, 2018
- Two Dogs Have Been Surrendered To The FMSPCA
- The Other 13 Dogs Were Released To Their Respective Owners.
- FMSPCA a 100 % No Kill Facility

## WHAT HAPPENS TO THE DOGS AT THE FMSPCA?

- Dogs Seized from Fort McKay go through medical and behavioural assessments within the first 24 hours of admission to determine suitability for adoption.
- FMSPCA does not euthanize dogs to make time or space. As long as the dog remains happy and healthy in the shelter, the dog will remain available for adoption indefinitely.
- If the dog is not suitable for our regular adoption program, it may be transferred to another rescue agency
- Once an animal is surrendered to the Fort McMurray SPCA we cannot release outcomes of the animal to you or your family members.



# BEAR AWARENESS

**DO YOU KNOW BEARS?**

A bear's sense of smell is **7x** greater than a **bloodhound** which is about **2,100x** greater than a **human**

A bear has been known to detect a human scent **14 hours** after the person passed along the trail

| Grizzly Bears        | Black Bears         |
|----------------------|---------------------|
| 5-12 ft<br>STANDING  | 4-7 ft<br>STANDING  |
| 300 - 1200<br>POUNDS | 150 - 850<br>POUNDS |

**BEARS CAN RUN UP TO 50 FEET PER SECOND**

**DID YOU KNOW?**  
Grizzly bears can be **black**  
Black bears can be **brown** or **white**  
IN WHICH CASE THEY'RE CALLED **Kermode** or **Spirit Bears**

**NOT EVERY BEAR ENCOUNTER IS A PICNIC**

Bears have excellent **memory** and **problem solving** skills and learn from their experiences with humans



# OFF-HIGHWAY VEHICLES

WILDFIRE PREVENTION TIPS



## FOREST PROTECTION AREA OF ALBERTA

Alberta's Forest Protection Area (FPA) covers approximately 60 per cent of the province's landmass. The province is responsible for managing wildfires in this area. Wildfire protection in Alberta is shared between Alberta Wildfire (inside the FPA) and the municipalities and counties outside the FPA.

For more information:  
[wildfire.alberta.ca/wildfire-map/administrative-boundaries.aspx](http://wildfire.alberta.ca/wildfire-map/administrative-boundaries.aspx)

## FOREST AND PRAIRIE PROTECTION ACT

If you're responsible for starting a wildfire, you can be charged under the Forest and Prairie Protection Act (FPPA), fined and held liable for all costs associated with fighting the wildfire. All Alberta legislation, including the FPPA, can be found at the Queen's Printer.

For more information:  
[qa.alberta.ca](http://qa.alberta.ca)



FOR MORE INFORMATION:  
[wildfire.alberta.ca](http://wildfire.alberta.ca)  
 PFFC.WFIO@gov.ab.ca  
 1-866-FYI-FIRE



REPORT WILDFIRES  
**310-FIRE**

Alberta  
**FIREBANS**.ca



Alberta Government

OCTOBER 2014  
 ISBN 978-1-402-2245-7 (Paper)  
 ISBN 978-1-402-2245-8 (Cover)

# OFF-HIGHWAY VEHICLES

Off-highway vehicles (OHVs) include all-terrain vehicles, quads, trikes and other vehicles designed for travelling off public roads and on unpaved trails and rough terrain. Debris falling from these vehicles can start a wildfire. You can reduce the risk of your vehicle causing a wildfire with a few simple precautions.

## HOW OHVS CAN START WILDFIRES

- Exhaust systems heat up to temperatures in excess of 204°C – hot enough to fry an egg and start a wildfire.
- At these temperatures, grass, muskeg, moss or other debris that has built up on your machine can heat up, smoulder and ignite.
- The smouldering debris can drop to the ground as you're riding, starting a wildfire.

## HOW YOU CAN PREVENT WILDFIRES

- Before you ride, clean out hot spots and remove debris from your machine.
- After riding through muskeg or tall grass, stop and remove any build-up from your machine.
- Carry a small shovel, collapsible pail or fire extinguisher.
- Wash your quad and keep it clean; do not wash in streams or creeks.
- Make sure your muffler and spark arrestor are working properly.
- Stop frequently. Take the time to knock debris from your machine's hot spots. If the debris is smouldering, soak it, stir it, and soak it again to make sure it's out.

## CHECK THESE HOT SPOTS

- 1 Exhaust and muffler
- 2 Under the seat
- 3 Wheel wells
- 4 Engine and manifold





# WHAT IS A BOIL?



A boil is a skin infection that starts in a hair follicle or oil gland. Most boils are caused by a germ (staphylococcal bacteria). This germ enters the body through tiny nicks or cuts in the skin or can travel down the hair to the follicle.

## SYMPTOMS OF BOILS:

A boil starts as a hard, red, painful lump that becomes softer, larger, and more painful. Soon a pocket of pus forms on the top of the boil. These are the signs of a severe infection:

- The skin around the boil becomes infected. It turns red, painful, warm, and swollen.
- More boils may appear around the original one.
- A fever may develop.
- Lymph nodes may become swollen.

## WHEN TO SEEK MEDICAL CARE

- You start running a fever.
- You have swollen lymph nodes
- The skin around the boil turns red or red streaks appear.
- The pain becomes severe.
- The boil does not drain.
- A second boil appears.

## BOILS TREATMENT -- HOME REMEDIES

- Apply warm compresses and soak the boil in warm water. Once the boil comes to a head, it will burst with repeated soakings.
- When the boil starts draining, wash it with soap until all the pus is gone and clean with rubbing alcohol or salt water (less painful).
- Apply a medicated ointment and a bandage. Continue to wash the infected area two to three times a day and use warm compresses until it heals.
- Do not pop the boil with a needle. This could make the infection worse.

## MEDICAL TREATMENT FOR BOILS

The doctor may prescribe antibiotics if the infection is severe.

## NEXT STEPS -- FOLLOW-UP

Whether the boil is drained at home or is lanced by a doctor, you will need to clean the infected area two to three times a day until the wound is healed. If the area turns red or looks as if it is getting infected again, contact your doctor.

*both article adapted from WebMD*

# WHAT IS A STYE?



It's a pimple or abscess that forms on your upper or lower eyelid, sometimes the bacteria, germs and dead skin cells get trapped and block an oil duct. Then it gets inflamed.

- If it comes back, your doctor may give you an antibiotic cream or ointment to put on the spot. Or you might take antibiotic pills. This will be determined by the doctor.

## WHAT CAUSES STYES?

Usually it's a combination of a clogged oil gland and a certain type of bacteria. Most of the time there's no problem. But when conditions are right, the bacteria overproduce and create a pimple.

## WHAT ARE THE SYMPTOMS?

A stye is a red, hot, very tender swollen bump near the edge of your eyelid.

## HOW DO YOU TREAT THEM?

Styes can be painful and ugly. But they're just a blocked oil gland on your eyelid and should go away on their own or with simple treatment in a few days.

Most of the time you can treat a stye at home:

- Apply a warm compress at the first sign to the affected eye for 10 to 15 minutes 2 to 4 times a day for several days. Keep your eye closed while you use the compress. When the stye comes to a head, keep using the compresses to put pressure on it until it ruptures. **DON'T** squeeze it -- let it burst on its own.

## CALL YOUR DOCTOR IF:

- Swelling doesn't go down in a few days or seems to get worse
- Your eyelid is so swollen you can't see
- You have pain in or around the eye
- Your styes come back. This can be a symptom of other chronic skin.

## HOW TO PREVENT STYES:

- If you get a lot of styes, you may need to take better care of your eyelids. You want to get rid of the germs and dead skin cells that bacteria like to feed on.
- Mix few drops of mild baby shampoo and warm water. Use a cotton swab or washcloth to gently brush the soapy solution along the base of your eyelashes. Keep your eyes closed. Or rub your closed lids with a washcloth dipped in baby shampoo while you're in the shower. You don't need more than 30 seconds per eye. The technique doesn't matter; it's the motion that keeps your lids clear of debris.
- Also, don't put expired makeup, used towels, or dirty hands on your eyelids.





# SCREEN TEST IS COMING TO:

## Fort McKay

Dorothy McDonald Business Centre

# June 12 & 13

To book a mammogram call

**Belinda at**

**780-828-2455**

Screen Test brings breast cancer screening to women in rural areas with mobile mammogram clinics

A mammogram can help find breast cancer 2 - 3 years before it can be felt

Women 50-74 should plan to have a screening mammogram every 2 years and may self-refer

There is no cost for this service

To learn more about breast, cervical, or colorectal cancer screening in Alberta visit:

 SCREENING  
FOR LIFE.CA



FORT MCKAY  
FIRST NATION

# Riverside (Sonîsîpîhk, Des k'e gah) Continuing Care Facility Grand Opening Ceremony

Our Elders are intricately vital to the spiritual and cultural health of Fort McKay residents. The Continuing Care Facility will allow our Elders to remain in the community while receiving the specialized care they need and will ensure our community remains spiritually and culturally healthy.

We invite you to join us for the grand opening of this facility.

Friday, June 22nd, 2018  
Fort McKay First Nation  
3:00 pm

Light refreshments will be served.

## HEALTH CENTRE 780-828-2450

Clients calling in or visiting the Health Centre are encouraged to please update their contact information with the Health Centre. This helps when we are trying to contact parents or caregivers when booking appointments.

### Medical Transportation

- For Medical transportation. Any medical appointments for Fort McMurray, require a minimum of three hours' notice to book transportation.
- Any medical appointment cancellations require 24 hours' notice.
- Any out of town medical appointments require supporting documentation, a copy of the appointment should be delivered to the Health Centre to process the referral.
- If a medical escort is required for an out of town appointment, you must provide a Doctor's letter with doctor's signature giving a valid reason for medical escort. If no doctor's note is provided then a medical escort will be denied.
- Any questions please contact Medical Transportation coordinator Tracy Waldron 780-742-8843
- Or after hours Edmonton Referral Unit 1-800-514-7106

**Physio** – Monday and Thursdays

**Doctor day** – Call Health Centre

**Beginners walking club** – every Friday mornings @10:45am-11:45am (Starting at the Family Support Centre)

Call Belinda@780.828.2455

**Immunizations** – TBA or Call Health Centre for more information@780.828.2450

**Breast screening Clinic** – June 12 & 13 to book appointment please call Belinda@780.828.2455



# COMMUNITY PROGRAMS

## WELLNESS CENTER 780-828-2412

### Weekdays:

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

### Mondays

Playground Games (Ages 6-7)  
6 to 7:30 p.m.  
Young Chefs (Ages 8+) 6 to 8 p.m.  
Youth Choice (Ages 10+) 8 to 9 p.m.

### Tuesdays

Art Attack (Ages 8+) 6 to 8 p.m.  
Kickball (Ages 8+) 6 to 8 p.m.  
Youth Choice (Ages 10+) 8 to 9 p.m.

### Wednesdays

Well-Being Wednesdays  
(Ages 8+) 6 to 8 p.m.  
STEM Activities (Ages 6-7) 6 to 7:30 p.m.  
Youth Choice (Ages 10+) 8 to 9 p.m.

### Thursdays

**Gamers Club (Ages 10+) 6 to 8 p.m.**  
**Youth Choice (Ages 10+) 8 to 9 p.m.**

### Pre Teen Night: Mac Island - June 1

Mac Island (Ages 8-11 )  
\*Permission slip required  
Bus leaves at 5:30 p.m.  
Bus Returns at 10 p.m.

### Bike Decorating for Treaty Days

June 21 - 6 to 8 p.m.

### Young Chef's End of Year Party

6 to 8 p.m. (Ages 8+, who participated in  
Young Chef's throughout the year)  
Young Chef's Choice 8 to 9 p.m.

### Babysitting Course - June 25 & 28

\*\*Junior Leaders Only. 6 to 9 p.m.  
\*\*Mandatory for Room Leaders

June 15- closed at 5 p.m. (school dance)  
June 22 - closed (Treaty Days)  
Center will also be closed June 29th to  
July 8th for our annual trip

## FAMILY SUPPORT CENTRE 780-828-4650

June 5 Anger Management - 1 to 3 p.m.  
June 7 Healthy Communications - 1 to 3 p.m.  
June 12 Responsibilities - 1 to 3 p.m.  
June 14 Defining Abuse - 1 to 3 p.m.  
June 26 Emotional Awareness - 1 to 3 p.m.  
June 28 Family Dynamics - 1 to 3 p.m.

N.A. on Mondays 7 to 9 p.m.  
A.A. on Wednesdays 7 to 9 p.m.

## SUMMER CAMP AT THE WELLNESS CENTER

Summer camp starts Monday, July 9th!  
Monday through Friday, 8:30 a.m. to 4:30 p.m.  
for months of July and August.

Summer camp is free to attend!

Children must be ages 6 to 13 years old  
(and 5 year olds who have completed  
ECS/Kindergarten and going into grade 1)

For more information, please contact the  
Wellness Center.

## DO YOU HAVE A STORY TO SHARE?

The Red River Current is looking for stories  
about individuals who go above and  
beyond and deserve to be recognized. If you  
are or know someone who has an inspiring  
story to share with the Red River Current, we  
would love to hear from you!

Please email us at: [nancydoire@msn.com](mailto:nancydoire@msn.com)  
or  
[communications@fortmckay.com](mailto:communications@fortmckay.com)

## FORT MCKAY TREATY DAYS

June 21 to 24, 2018

