



# Red River Current

MAY 2018

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## FORT MCKAY YOUTH REPRESENT TEAM ALBERTA IN ARCTIC WINTER GAMES

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For many months, young athletes have been preparing and training from around the world to compete in the 2018 Arctic Winter Games.

Hosted every two years, the Arctic Winter Games offer an opportunity for young athletes to compete in several sports while exchanging cultural customs from various areas of the north around the world.

Mikeela Cooper, Reanna Whiteknife, Hanna Black and Riley Whiteknife, all from Fort McKay tried out and qualified

to represent the northern Alberta team and participated in this major sporting event on March 18 to 24, 2018.

The games were hosted in Fort Smith and Hay River, Northwest Territories as over 2,000 athletes competed in various sports. Teams from the circumpolar regions included Alaska, Greenland, Northern Alberta, the Northwest Territories, Nunavut, Yukon, Nunavik, Russia and Scandinavia.

Featured sports include snowboarding, basketball, figure skating, curling, hockey, speed skating, cross-country skiing, table tennis, biathlon ski, biathlon snowshoe, snowshoeing, badminton, volleyball, gymnastics, soccer, wrestling, hockey, dene games, and dog mushing. All four youth from Fort McKay decided to participate in the Dene Games, which comprise of Snowsnake, Stick Pull, Hand Games, Finger Pull and Pole Push.

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# COMMUNITY SAFETY ALERT

Please be advised that the warm weather will bring new hazards in our ditching systems, stay clear of these areas.

A few safety tips for all our members to ensure that everyone remains safe as we eliminate this hazard.

- Ensure that you direct your children to stay away from the frozen overflow as there is the potential of drowning and unknown hazards hidden underwater if the ice breaks.
- If your children are playing outside, keep an eye on them as they might get curious and go on the ice.
- Ensure other parents are aware of the hazards associated with the ditching system.
- If you notice children playing at or near any overflow call them away from the ditch and contact the child's parent immediately.

Together we can ensure the safety of our children and the general public.

If you have any further questions or concerns in regards to health and safety please don't hesitate to contact the health and safety department. Angela McKenzie, OHSE Director, 780-370-7319.

## 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](mailto:lcanning@fortmckay.com)



# CLASS 7 TEST PREPARATION

Mon. May 7 - Thurs. May 10  
9:30-2:30

KEYANO COLLEGE  
FORT MCKAY

Please register by calling 780-828-4433 or 780-715-6331





# FORT MCKAY YOUTH REPRESENT TEAM ALBERTA IN ARCTIC WINTER GAMES

Instead of medals, ulus are given to the winners during the Arctic Winter Games. The ulu looks like a woman's skinning knife that was traditionally used in the Northern Arctic regions.

Reanna Whiteknife, 15, won the silver ulu during the Stick Pull and Pole Push event and received a bronze ulu for Finger Pull in the Juvenile Female Division. She also came in fifth place during the Snowsnake event. At the end of the games, Whiteknife was honoured with the gold for All Around Juvenile Female.

Mikeela Cooper, who is only 14, went home with a silver ulu in the Pole Push competition. She also came in fourth in Finger Pull and ninth in Stick Pull event.

Hanna Black came in 13th place in Finger Pull.

Riley Whiteknife, 22, came in 10th during the Finger Pole event and 6th in Stick Pull (Open Male).

Overall, the Dene team from Alberta North returned home with a total of 15 ulus. Alberta North took first place winning 133 ulus during the 2018 Arctic Winter Games!

The next Arctic Winter Games will be held in Whitehorse in 2020.







# 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!

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  
Special Entertainment with George Canyon  
And much more!

For more information contact: [communications@fortmckay.com](mailto:communications@fortmckay.com)



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



# INDSPIRE AWARDS RECOGNIZE NICOLE BOURQUE-BOUCHIER

Nicole Bourque-Bouchier was nominated this past March during the 2018 Indspire Awards in the category of Business and Commerce in Winnipeg.

She was introduced as “a business leader, philanthropist, and an advocate for Indigenous women’s economic empowerment. Her success is a signal to young Indigenous women, that with hard work and dedication, you can achieve anything” in the Indspire website.

She is an inspiration to many. Starting a business with simply one piece of equipment, Nicole Bourque-Bouchier has come a long way since she started her company with her husband, David Bouchier.

“Like any other business our first 3-5 years with Bouchier was very difficult. A lot of sleepless nights and time away from the family in order to get things running and establish a reputable business,” she explained.

Bourque-Bouchier is now the CEO and part owner of one the most successful Aboriginal-owned and operated businesses. The company employs more than 1000 people and offers contracting, construction, maintenance, and general site services. Part of the company’s mission statement is “to provide employment opportunities and mentorship to people of Aboriginal descent”.

Nicole Bourque-Bouchier is a leader in the business world, and believes in giving back to her community. Personally, and through the company, she is a big supporter of the community and is continuously involved with local organizations such as education and sports.

Nicole has also been recognized as one of Alberta’s 50 most influential people by Venture magazine. She has been presented with the Rotary Club of Fort McMurray Oil Sands Integrity Award and the Ernst & Young’s Oil and Gas Entrepreneur of Year award. More recently, she received the 2015 Alberta Women Entrepreneurs Award, has been recognized as Canada’s Top 100 Most Powerful Women and has accepted the MacEwan University 2016 Allard Chair in Business.



**Nicole Bourque-Bouchier and her husband, David Bouchier during the Indspire Awards**

Bouchier-Bourque believes anyone can reach their goals and shares her advice “most importantly believe in yourself, have a sense of vision for the future. It’s important to always dream and set those goals for you and your family. You can’t get anywhere if you first don’t understand where you want to go!”

“The 2018 Indspire Awards are the highest honour bestowed on Indigenous people, marking the significant contributions of our people in Canada,” stated Roberta L. Jamieson, President and CEO of Indspire and Executive Producer of the Indspire Awards. “We not only recognize the recipients’ individual successes, their discipline, drive and determination to set high standards and accomplish their goals, but also share and celebrate the impacts of their stories and journeys with all Canadians.”

The Indspire Awards are presented each year and celebrates the achievements reached by inspiring Indigenous people nationally.



# YOUNG LEADERS RECOGNIZED

Volunteering is vital to our community and offers fundamental support to valuable causes and those in need. Volunteers make the world a better place! It is inspiring to see volunteers at work, and especially inspiring to see younger generations choosing to offer their time to help others in need.

The Fort McKay Wellness Center organized an evening to acknowledge some of these inspirational leaders who believe in giving back to the community. The Junior Leader Achievement Night was organized March 29, 2018 and recognized Fort McKay's youth that took time out of their busy lives to help out and volunteer.

throughout the 2017 year. Recipients include Jonah Grandjambe, Brayden Lacorde, Damien Richards, Desiree Orr, Draven Orr, Kianna Grandjambe, Keira Gladue, Keon Grandjambe, Mataya Cooper, and Paige Orr.

Those who exceeded 10 hours of volunteering throughout the year were honoured with glass engraved awards featuring a bear, moose or wolf. All recipients received a gift card for their effort and contribution. They include: Brace Grandjambe, Wilfred Grandjamb, Richelle Stewart, Russell Grandjambe, Hale Bent, Hope McClure, Kaydence Gladue, Sylus Grandjambe, Josie Grandjambe, Emma Lee Grandjambe, Maleisha



“The Junior Leader Achievement Awards acknowledges young leaders, ages 10 to 17 who are positive role models that contribute to the community and the Wellness Center through volunteering, fundraising and helping others around them.” Shared Julia Soucie, Director of the Wellness Center.

A total of 22 junior leaders received awards! The awards night was celebrated with a pizza party at the Band Hall in the Dorothy McDonald Centre. Throughout the evening, each ‘Junior Leader’ was personally recognized with a speech highlighting all their accomplishments!

Certificates of Achievement were given to those who put in up to 10 hours of volunteering

Cooper, and Lexi Hynes-Redcrow.

“Lexi Hynes-Redcrow is our superstar this year. Ever since she was 6 years old, she has been helping out at the Wellness Center. Even though she is only 9 years old, and a Junior Leader In-Training, she has put in the most volunteer hours this year, over 60 to be exact, so we felt it was important to recognize her and her amazing accomplishments,” explained Soucie.

Volunteering makes a difference! It makes a difference in organizations, communities and around the world! Congratulations to these amazing young leaders in our community for the exceptional contributions they have made this year. You all make our community proud!





Congratulations  
to all of you!!





The Health Centre & the Recreation  
Departments invite you to



*Healthy Cooking for Good life  
Every Thursday in May at Youth  
Centre (Except May 17/Diabetes  
Walk this day)*

*Fee: **FREE** to all community  
members*

*10:45am -1pm*

*Diabetic friendly menu/Canada food  
guide*

**Classes include:**

- Food displays – sugar/salt and fat intake
- Blood pressure/Diabetes information, together with BP & Random blood sugar checks (optional)
- Meal prep tips
- Nutritional information, portioning tips and how to create balanced meals

The Healthy Cooking class is a free series of cooking classes designed to promote health eating and nutrition education and demonstrated way to make cooking fun and enjoyable.

## **Date – Menu – Door prizes**

### **May 3 'Breakfast'**

**Fruit Milk shake, Blueberry oat bran muffin, western omelet**

*Door prizes: Blender, flying pan, muffin pan and cook book*

### **May 10 'Lunch'**

**Harvest Garden Barley soup, veggie salad, sliced apple**

*Door prizes: Soup pot, salad spinner and cook book*

*(May 17 Diabetes Walk no class today)*

### **May 24 'Dinner'**

**Chicken/Beef Chili, spinach salad, 1% milk**

*Door prizes: Crock pot, salad bowl set and cook book*

### **May 31 'Dessert'**

**Bumbleberry oat crisp, chocolate zucchini cake**

*Door prizes: Dessert glass tray, veggie tray, hand blender and cook book*

**Please contact Stefany @780-714-7094 or Belinda @780-828-2455 to register**



**FORT MCKAY**  
FIRST NATION







# Diabetes Walk

When: Thursday  
May 17, 2018 @ 11am



Starting at the SCHOOL

BBQ Lunch will be  
Provided



Free T-shirts



Come walk & show your support to  
prevent diabetes!

**EVERYONE WELCOME..**

For more information,  
please call Belinda at the  
Health Centre 780.828.2455



FORT MCKAY  
FIRST NATION







# BREAST SCREENING MOBILE CLINIC



## WHEN:

**June 12/18 – Tuesday**

**Time: 10:50am – 5:30pm**

**June 13/18 – Wednesday**

**Time: 9am-3:30pm**

## WHERE:

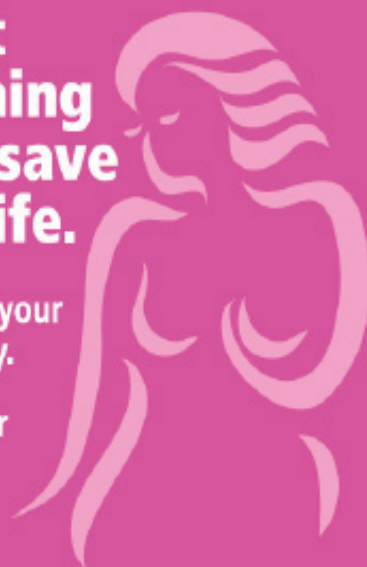
**Health Centre (Parking Lot)**

- Screening is for 40yrs or older (only)
- Door prizes & refreshments

**breast  
screening  
could save  
your life.**

Don't miss your  
opportunity.

Accept your  
invitation.



**FORT MCKAY**  
FIRST NATION

**Please Call Belinda to book appointment. 780-828-2455**





## 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

**Immunization clinics** –To be determined. The Fort McMurray Public Health Office has regular clinics scheduled daily, please book at least 2 to 3 weeks prior to when immunizations are due to ensure you will be seen as per the recommended immunization schedule. Call 780-791-6247 to book an appointment.

Adults who have not had a **booster of Tetanus with the Pertussis component** are encouraged to come into the clinic for the booster vaccine.

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

**Physio** – Every Monday and Thursday, call the Health Centre for appointment times.



### 5 WEEK WALKING CLUB FOR BEGINNERS

*WHEN: MAY 18 & 25*

*JUNE 1, 8 & 15*

*10:45AM-11:45AM*

*ALL AGES*

*COST: FREE*

*MEET AT FAMILY SUPPORT CENTRE*

*SIGN UP WITH*

*CHARLENE@780-828-4048*

*OR MORE INFOR CONTACT*

*BELINDA@780-828-2455*

**DUE TO LACK OF INTEREST WE HAVE CHANGED THE DATE**

***\*NEW DATE: MAY 18 & 25***

***JUNE 1, 8 & 15***

***LET'S MAKE HEALTHY HABITS!***



**FORT MCKAY**  
FIRST NATION





# 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 Chef's (Age 8+) 6 to 8:00 p.m.  
Homework Help 6 to 7:00 p.m.  
Youth Choice (Ages 10+) 8 to 9:00 p.m.

### Tuesdays

Relay Races (Age 8+) 6 to 8 p.m.  
Tenni-Ball (Ages 8+) 6 to 8:00 p.m.  
Youth Choice (Ages 10+) 8 to 9:00 p.m.

### Wednesdays

Amazing Race (Age 8+) 6 to 8 p.m.  
Archery (ages 8+) 6 to 8 p.m.  
Youth Choice (Ages 10+) 8 to 9 p.m.

### Thursdays

Basketball (Age 10+) 6 to 8:00 p.m.  
Youth Choice (Ages 10+) 8 to 9:00 p.m.

### Teen Night: Escape Rooms - May 4 (Ages 10-17)

\*Permission slip required  
Bus leaves at 5:30 p.m.  
Bus Returns at 10 p.m.

### Pre Teen Night: Mac Island - May 11 (Ages 8-11)

\*Permission slip required  
Bus leaves at 5:30 p.m.  
Bus Returns at 10 p.m.

### Field Trip - May 18

Ages 6-13  
Syncrude Athletic Park  
Bus leaves at 1:00 p.m.  
Bus Returns at 5:00 p.m.

### Teen Night: Color Me Mine - May 25 (Ages 10-17)

\*Permission slip required  
Bus leaves at 5:30 p.m.  
Bus Returns at 10 p.m.  
Breakfast, lunch and snacks provided!

## FAMILY SUPPORT CENTRE 780-828-4650

May 1	Healthy Communications - 1 to 3 p.m.
May 3	Self-Awareness - 1 to 3 p.m.
May 10	Responsibilities - 1 to 3 p.m.
May 15	Stress Management - 1 to 3 p.m.
May 17	Self Esteem - 1 to 3 p.m.
May 22	Anger Management - 1 to 3 p.m.
May 29	Defining Abuse - 1 to 3 p.m.
May 31	Grief & Loss - 1 to 3 p.m.

N.A. on Mondays 7 to 9 p.m.  
A.A. on Wednesdays 7 to 9 p.m.  
Walking Club on Fridays 10:45 to 11:45 a.m.

## 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 information: 780-215-2384  
or email: aredcrow@fortmckay.com.  
No practices during all major holidays.

## MONEY MANAGEMENT

Mon. May 14-Thurs. May 17  
10:00-1:00

KEYANO COLLEGE  
FORT MCKAY

Please register by calling 780-828-4433 or 780-715-6331

