



Red River Current

APRIL 2019

VOLUME 9:: ISSUE 4

WINTERFEST FUN 2019



Leona Grandjamb enjoying the activities during Winterfest

2019 Election Results 2

Chris Koch Speaks at Youth Centre 5

Treaty Days 2019 6

Good Times With the Wellness Center 7

Picture This 8

What an amazing day of Winterfest fun we had here in Fort McKay!

This year's winter event was hosted on March 9th and included a day filled with fun activities and entertainment for all ages! Activities included snowshoe races, snow snake, sled pull, Indian leg wrestling, log toss, moose calling, bannock, tea making and jigging.

With cash prizes for adults and medals for the kids, people came from all over to partake

in the fun! There were over 56 participants that competed in this year's Winterfest. The entire event was completely free to all who participated!

After a full day of great outdoor activities, the evening continued at the Youth Centre and included moose calling and jigging contests, a delicious dinner prepared by Rose Beaton and special entertainment from Rick Grandjambe and Nicely Put Together Band.

Thank you to all our amazing staff and volunteers who put so much effort into organizing Winterfest! Without these remarkable individuals, Winterfest would not be such a success. These include the Fort McKay Wellness Centre staff, Fort McKay Recreation Department, the Youth Centre Staff, Capital Projects, Fort McKay Finance Department, Wapose Emergency Services Inc, Simon Adams, Stefany Guillen, Lisa Powder,

story continued on p.3



FORT MCKAY W



Sloan Whiteknife



Hope Grandjambe participating in sled pulls

FMFN LEADERSHIP TEAM

Mel Grandjamb, Chief
Raymond Powder, Councillor
David Bouchier, Councillor
Melinda Stewart, Councillor
Crystal McDonald, Councillor

George Arcand Jr., CEO
Chris Johnson, CFO
Barrie Robb, CEO, Business Development
Alvaro Pinto, Executive Director, Sustainability Department
James Owl, Executive Director, Capital Projects
Noma Mangena, Director, Human Resources

ADMINISTRATION DEPT.

Dorothy McDonald Business Centre
General Delivery
Fort McKay, AB TOP 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 the Communications Department
email: communications@fortmckay.com

NOTICE

TO MEMBERS OF FORT MCKAY FIRST NATION



FORT MCKAY
FIRST NATION

2019 ELECTION RESULTS

Fort McKay First Nation (FMFN) elected a new Chief and Council on April 5, 2019. FMFN is pleased to announce and welcome Chief Mel Grandjamb and Council Members David Bouchier, Raymond Powder, Melinda Stewart and Crystal McDonald.

Chief and Council look forward to working for the community and furthering relationships with industry partners and government.



INTERFEST 2019



Rain participating in leg wrestling



Hope Grandjambe participating in log toss

BIG CONGRATULATIONS TO THIS YEAR'S WINNERS:

King and Queen of the North 2019:
Alice Ladouceur and Willis Augier

Senior King and Queen of the North 2019:
Sloan Whiteknife and Leona Grandjambe

Prince and Princess of the North 2019:
Seth Lee Berland and (3x reigning champ)
Reanna Whiteknife

Duke and Duchess of the North 2019:
River Boucher & Neveah Faichney

Kiddies of the North 2019:
1st Hayden Faichney, 2nd Savannah Dyson,
3rd Emmett MacIsaac

Jigging Competition:
Kiddies 9 and under 1st Patience Grandjambe,
ages 10-13 1st Ethan Lavallee,
ages 14-17 with a tie for 1st
Hope Grandjambe & Mikeela Cooper,
ages 18-54 1st Felicia Badger,
ages 55+ 1st Sloan Whiteknife

Rose Beaton, Councillor Raymond Powder, and many others! These people worked diligently and did a wonderful job with setting up and volunteering with the Winterfest activities all day long. We are very grateful to have them part of our Winterfest committee!

A special thanks to Fort McKay First Nation for sponsoring this amazing event and Fort McKay Group of Companies for sponsoring the prize payout for the King and Queen of the North competition.

On behalf of Fort McKay First Nation and our Winterfest Committee, thank you to everyone for coming out to Winterfest 2019, and we hope to see you all again next year!



Hayden, Summer, Savannah, Gracie, Princess, Maayah, and Victoria





Indigenous Artist Call

FireSmart Canada is working to develop a cohesive, integrated and culturally-informed booklet highlighting Indigenous-informed (First Nations, Métis and Inuit) wise practices and related narratives about wildfire prevention and wildfire risk reduction.

This call aims to celebrate the creativity of Indigenous artists from across Canada. As such, an important part of creating your wildfire-related illustration is to make beautiful artwork that also communicates one or more of the following wildfire-related themes: advancing Indigenous knowledge through wildfire, healing and protecting the land, respecting wildfires as living entities, connecting with communities



Please visit www.firesmartcanada.ca/indigenous-informed-firesmart-booklet for more information.

SAFE DISPOSAL OF MEDICATION ROUND-UP

This Initiative is part of a community effort to prevent the abuse of prescription drugs and prevent accidental OPIOID overdose.

Keeping Our Community Safe together!
We can work as a team by creating awareness!

You can drop off any type of the following medications at the Fort McKay Health Centre:

- Out dated (expired)
- Unused or unwanted

Please contact the Health Centre at 780-828-2450 for more details on Safe Disposal.
Contact us if you have any questions or are looking for support.



CHRIS KOCH SPEAKS AT YOUTH CENTRE



A group of Fort Mckay youth with Chris Koch during his appearance

Chris Koch, a world renowned motivational speaker, appeared in front of many inspired youth at the Youth Centre on April 5.

Koch was born without arms and legs. Despite the challenges he was faced with on a daily basis as a kid, he said life was easy. Koch has travelled around the world to share his story while inspiring and motivating others.

Throughout his presentation, he shared his philosophy about changing obstacles into opportunities. “We can choose to be angry for what we don’t have or be thankful for what we do have.”

There is very little Chris can’t do. Born and raised in the small community of Nanton, Alberta, Koch learned to drive the tractor at a very young age. He enjoys skiing, snowboarding, skateboarding, surfing and golfing. Chris is a farmer and has been farming his entire life. “If you want to do something bad enough, you will find a way to do it.”

In 2017, he long boarded the 10K of the IWB Basel in Switzerland. Later, Chris completed a full marathon in Calgary in 2016. In 2015, he was presented with the Multi-Sport Achievement Award from Alberta Sports Hall of Fame, and was recently featured on the Oprah Winfrey Network. His next plan is to hike up Mount Everest while raising funds for the ‘Child Amputee (CHAMP) Program’ as well as the community of Nepal.

Through his inspiring story, he gets to do what he loves most. “I get to travel around the world, inspiring and motivating people,” he explained. “If I am able to do all of these things, you guys are also capable of absolutely anything! If I can, anybody can!”

Over a dozen youth personally met Chris Koch and heard his moving story. His story is an inspiration to others facing challenges in their lives, giving hope and optimism.

To learn more about Chris and his story, please go to www.ifican.ca.





FORT MCKAY
FIRST NATION

TREATY DAYS

June 21 - 23, 2019

Everyone Welcome!

1899
2019
120TH ANNIVERSARY

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

Special Entertainment from



With Local Supporting Acts

North Country Rock, Black Eyed Creez
AB-Originalz, Nicely Put Together Band
and Stephanie Harpe Experience

FREE
ADMISSION!



FORT MCKAY
FIRST NATION

TREATY DAYS

1899
2019
120TH ANNIVERSARY

VENDOR APPLICATION

JUNE 21 - 23

Want to be a vendor at the
2019 Treaty Days ?

Fill out a vendor application today!

For more information, please email
communications@fortmckay.com

OR call 780-828-2415



GOOD TIMES WITH THE WELLNESS CENTER



Logan Bingley (Staff), Shaniya Kragnes, Isabella Kasokeo, and Marie Boucher



Hayden Faichney-Boostrom, Jacob Eisler, and Benjamin Asadi



Shaniya, Marie, and Draven Orr



Angel Ward



Angel, Draven, Shaniya, Isabella, and Marie



Tristan Grandjambe, Chanel McClure, Denea McDonald, and Kinley Serafinchan



Keira Gladue, and Paige Orr



FORT MCKAY
FIRST NATION

Picture This!

Fort McKay First Nation is looking to develop a database of images of our beloved community and community members of present and past, and we need your help! It's an unfortunate fact: Our aboriginal languages are dying out and our culture is in jeopardy of being lost. So, let's not let the people you knew who have passed, and those still with us, be forgotten as well.

We are asking for you to loan us your photos so that we can make digital copies. We are looking for pictures of the community and its people from the past to the present Any pictures that you choose to share will help - So please dig through those shoe boxes, photo albums, storage boxes and cookie tins and let's keep Fort McKay's history alive!

It would be helpful if you could name the people on the back of the photos from left to right, row by row, along with the approximate date the picture was taken. You don't have to write on the photo itself, you can include the information on a separate sheet of paper.

All photographs will be handled with extreme care, copied and returned to you once processed.

To participate in this project please contact:

Communications@fortmckay.com
780-828-2415

Hiy Hiy, Merci Cho, Thank you



APRIL IS NATIONAL ORAL HEALTH MONTH

HEALTHY EATING

- Promotes strong teeth, gums & bones
- Good oral health helps us talk, smile and have positive self-image
- Unhealthy eating can result in oral disease, pain & tooth loss

OVERALL HEALTH & WELLNESS

- Good oral health gives us a better quality of life



5 STEPS TO A HEALTHY MOUTH

1. Keep Your Mouth clean by brushing 2 times a day, daily flossing, & eating a well-balanced diet.
2. Check Your Mouth looking for signs of gum disease
3. Eat A Well Balanced Diet
4. See Your Dentist Regularly
5. Don't Smoke or Chew Tobacco

For more information, please call the Fort McKay Health Centre @ 780-828-2450. OR visit www.albertahealthservices.ca/info/Page14890.aspx & www.canada.ca/en/public-health/topics/oral-health.html

DIABETES WALK

Join us on May 23rd
to raise awareness
around Diabetes!

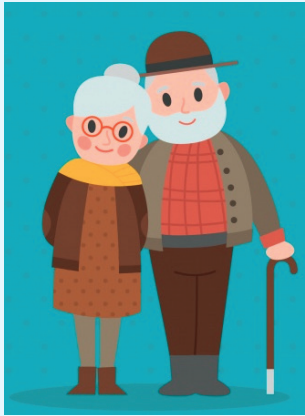
Walk starts at 11am

BBQ Lunch

Stay tuned for more information!



ELDERS CENTRE ACTIVITIES!



April 08, 2019

April 10, 2019

April 13, 2019

April 15, 2019

April 17, 2019

April 22, 2019

April 24, 2019

Grocery Shopping

Elders Paint Day @ Riverside 1-3 p.m.

Elders Dinner, Fish Place

Seafood Buffet-Leave McKay @ 5:30p.m.

Movie & Popcorn Afternoon

Easter Bingo - April Birthdays

Grocery Shopping

Elders Walmart Outing

Tuesdays & Thursday - Elders Lunch
Grocery Shopping Day - Call Rosita for Pick up

Please call Rosita for registration of outings 780-742-5015

A FRIENDLY REMINDER *From the Fort Mckay Medical Transportation*

- All medical appointments should be made in advance for prior approval (24-hour notice). Any last minute booking must come from the community health nurse. To avoid any delays on medical transportation services.
- Policy states that only 1 (one) medical visit to the family physician every 2 weeks, unless otherwise requested by your family physician and a medical note must be provided to the medical transportation coordinator for your file.
- Clients should be contacting the Medical Transportation Coordinator to book any transportation services, and Edmonton Referral@1-800-514-7106 for after hour services. Do not contact the medical driver for appointments.
- It is the client's responsibility to ensure confirmation of appointment letters are sent from their doctor/dental/specialist appointments to the medical transportation coordinator prior to booking Fax 780-828-4132. (PLEASE NOTE): This is not the Medical Coordinator's responsibility.
- If requiring an escort, clients must ensure to provide the proper documentation to the Medical Transportation Coordinator.
- It is the client's responsibility to contact the Medical Transportation Coordinator if they will be cancelling the transportation services, as soon as possible. Failing to do so will flag the client's file, resulting in no access to transportation services unless the client has provided proof of attendance to the scheduled appointment.
- All after hours appointments must be called into Edmonton Referral Unit@ 1-800-514-7106
- If you have any questions and or concerns please contact the Medical Transportation Department @ 780-828-2453

ANNUAL RETINOPATHY CLINIC

(diabetes eye screen)

Tuesday, May 7th & Wednesday, May 8th 2019
Fort McKay Health Centre

For appointments or more information please call:
Claudia Simpson, Public Health RN or
Vanessa Cadieux, Community Health Representative
at: 780-828-2450

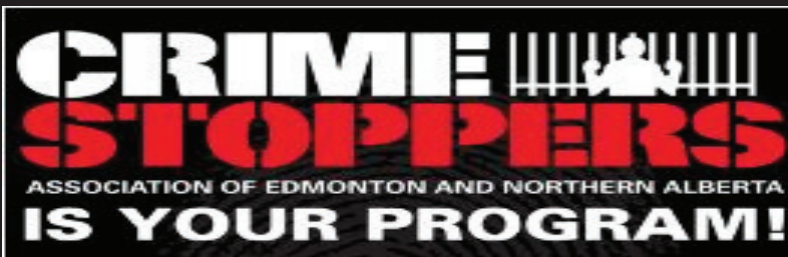
If you have been diagnosed with diabetes; it is important to have your eyes screened annually to make sure there are no changes to the back of your eyes (the retina).

If changes are noted, a close follow up will be required

For more information on diabetes and eye care please check out the link below:
<https://www.diabetes.ca/diabetes-and-you/complications/eye-damage-diabetic-retinopathy>



Protect your Eyes – Get Screened!



**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**



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Mondays (April 8&29)

Young Chefs (Ages 8+) 6:00pm-8:00pm
SPARKS (Ages 6+) 6:00pm-7:30pm
Youth Choice (Ages 10+) 8:00pm-9:00pm

Tuesdays (April 30)

Homework Help (Ages 6+) 6:00pm-7:00pm
Outdoor Games (Ages 8+) 6:00pm-8:00pm
Youth Choice (Ages 10+) 8:00pm-9:00pm

Thursdays

Pottery Club (Ages 8+) 6:00pm-8:00pm
Art Attack (Ages 6+) 6:00pm-7:30pm
Youth Choice (Ages 10+) 8:00pm-9:00pm

Fridays

Open 8:30am-5:00pm

No School Fridays – ALL Field Trip (Ages 6-12)

Permission Slip Required
Bus Leaves at 1:00pm
Bus Returns at 5:00pm

Wellness Center Spring Break Camps

Open 8:30am-6:00pm
Fort McKay School – April 1st-5th
Fort McMurray Schools – April 15th-18th

JUNIOR LEADERS MEETING

April 10 2018, 6:00pm-7:00pm

****The Wellness Center will be CLOSED from Friday, April 19th to Wednesday, April 24th for Good Friday, Easter Monday and our Casino Fundraiser****

We will re-open on Thursday, April 25th with our regular after school hours
April 2019

For more information about our activities and programs please contact the Wellness Center during regular operating hours.

FORT MCKAY HEALTH CENTRE 780-828-2450

Medical Transportation: Contact 780-742-8843 or after hours Edmonton. Referral Unit 1-800-514-7106 with any questions.

Physio – Monday and Thursdays

Immunizations – Immunization clinic every Wednesday except for the last Wednesday of the Month.

For more information on the services offered at the Health Centre, please contact the centre during regular office hours.

FAMILY SUPPORT CENTRE

VICTIM SERVICES

Alternating Wednesdays from 10:00am-11:00am

NEAFAN

Alternating Thursday from 10:00am-12:00pm

WAYPOINTS

Every Wednesday from 1:00pm-3:00pm

EDMUND LEDI

Every Tuesday and Thursday from 5:00pm-7:00pm

PROBATION SERVICES

Second Monday of every month at Band hall incubator 10:00am-12:00pm

ALBERTA HEALTH SERVICES

Alternative Thursday from 10.00 am - 3.00

For more information on our services, please call 780-972-4048

