



Red River Current

MARCH 2019

VOLUME 9:: ISSUE 3

A NEW SCHOOL IS COMING TO FORT MCKAY



Schematic design of school

After years of anticipation, the plans for a school facility in Fort McKay First Nation are moving forward.

The 8,320 square meters school will be located near Target Road and will be facing the 900 block area residences. The building will be divided in two levels and is expected to potentially house classrooms which will be from 80m² (regular class room) to 100m² (small engines, welding); 212m² (carpentry); 261m² (automotive); cultural room and library (370m²). The building will also include a theatre, full-size gymnasium, cultural area and commercial

kitchen and gathering space. There will also be an administrative area, library, and a smoke room facility located within the school grounds.

The school design for this project has included collaborative work between Workun Garret Partnership Architects and Fort McKay First Nation. The architectural designs are currently being finalized along with the site selection for the new school. This work will gain final approval from Chief and Council at the March 2019

(story continued on page 3)

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View from archive/exhibition space towards gymnasium



FORT MCKAY
FIRST NATION

NOTICE

TO MEMBERS OF FORT MCKAY FIRST NATION

FMFN LEADERSHIP TEAM

Jim Boucher, Chief
Raymond Powder, Councillor
Crystal McDonald, Councillor
Gerald Gladue, Councillor
Peggy Lacorde, Councillor

George Arcand Jr., CEO
Chris Johnson, 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 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

Please be advised that Fort McKay First Nation is working toward providing all Child Intervention Service Delivery.

As an interim step Athabasca Tribal Council Child and Family services will be transitioning all child intervention service delivery to Northeast Alberta Children Services effective March 31, 2019. In order to complete a smooth transition of files, there will be a phased approach to the transfer of service delivery.

Please be advised that as of March 31, 2019 the Athabasca Tribal Council will no longer be engaged or provide services to Fort McKay First Nation.

Should you need to report a concern for a child or family during regular business hours (8:30am - 4:30pm Monday to Thursday and 8:30am - 2:00pm Friday) please call Tracy Howe at 780-828-4048.

To report a concern for a child or family after hours, weekends or on statutory holidays, please call Northern Alberta Child Intervention Services (NACIS) at 1-800-637-0715.



A NEW SCHOOL IS COMING TO FORT MCKAY

(Story continued from p.1) meeting. The construction is anticipated to begin in late 2019. Capital Projects and the Education Department Members recently attended a meeting at DIRT in Calgary to preview possibilities for potential design options.

This exciting initiative will have a major impact on the Fort McKay First Nation community with all the possibilities that go with a school built for Fort McKay students, parents and the community. The school programs that are currently in development will include academic programs that incorporate both the Dene and Cree culture and language, as well as, land-based education where students will learn about their rich history and culture. Innovation and ingenuity are an approach to the school building infrastructure which will include environmentally sustainable solutions and customized interiors that adapt over time. This is an impressive undertaking as the Fort McKay First Nation moves forward towards construction of the new school and programs.

The school will be named after the ‘memorable, late, Elsie Fabian’. Elsie, a mother of three, grandmother to five and great grandmother to five, was very passionate about Education and had a 25 plus service record working passionately as the Chairperson of the Fort McKay Local School Board Committee. She was also a member of the Northland School Division No. 61 Board of Trustees. This was a position that Elsie held from the inception of an elected Board of Trustees for Northland School Division No. 61 in 1983 through to 2007 when her health no longer permitted her to participate and contribute at a level that she had been accustomed. Conversations with former colleagues of Elsie always elicit positive and fondly reflective memories and stories, accentuated with smiles and chuckles.

It is our sincerest hope that the memories, the tenacity and the commitment to life long-learning and her cultural and traditional connectedness is a lesson and an inspiration to many.



31st REGIONAL ABORIGINAL

This year's Annual Regional Aboriginal Recognition Awards took place on Saturday, February 9th at Shell Place, MacDonald Island. The 31st Annual celebration was a great success as hundreds attended the ceremony and tickets were sold out days before the event!

Every year, R.A.R.A. recognizes individuals who have made a positive contribution to the Regional Municipality of Wood Buffalo. There were thirteen different categories in total, and twenty-one awards presented that evening. These categories include Citizen of the Year, Youth of the Year, Leadership, Elder, Outstanding Adult Student, Outstanding Athlete, Volunteer, Culture, Trapper, Entrepreneur, Lifetime Achievement, Artisan Award, and Junior Achievement.

Amongst those recognized, we are proud to announce that Paige Orr, Wilfred Grandjambe, and Reanna Whiteknife were awarded that evening.

Paige Orr, a grade 6 student at the Fort McKay school, was presented with the Junior Achievement Award. She was described as a

bright, intelligent student who enjoys all subjects and is always eager to help her classmates. She is a polite, kind and caring young lady who is considerate of other's well being. She is a Junior Leader with the Fort McKay Wellness Program and has completed her Babysitting Certificate. Paige is a Fancy Shawl dancer with the Northwind Dancers and has been dancing since 2014. The young dancer has attended many cultural events and is proud of her Indigenous heritage while she performs the traditional dance moves in her regalia. She was initiated into the Sacred Circle in 2013 at the Heart Lake POW WOW. This bright and gifted young lady is a source of pride for her family and a role model amongst her peers and teachers.

Wilfred Grandjambe was recognized with the Male Youth Award. Grandjambe was presented as a young man who is a proud member of the Fort McKay First Nation. He is a young role model amongst his peers and is a very kind and caring individual who appreciates and respects his Elders, teachers, and peers. He has learned many traditions from his father who takes him hunting often and shares many traditional ways



Paige Orr, was presented with the Junior Achievement Award



Wilfred Grandjambe was presented with the Male Youth Award



AL RECOGNITION AWARDS

including the importance of appreciation for our Creator. Wilfred has a strong connection to his culture and enjoys attending powwows and sweats. In the future, he would like to continue to learn about his culture and how to speak Cree. Not afraid of hard work, this young role model actively volunteers at the McKay Youth Center as a way to give back to his community.

Reanna Whiteknife was honoured with the Female Youth award. The sixteen year old is a Fancy Dancer/Jingle Dancer with the Fort McKay Northwind Dancers and has been dancing since she was only 3 years old. Whiteknife has also been part of the Alberta Native Hockey Provincial Championships for the last 8 years and in April 2018 won Gold with her team in the Female Midget Bear Division. She's competed in the Arctic Winter Games representing Team Alberta North in 2014 and again in 2018 where she brought home a Gold, 2 Silver and 1 Bronze medals. She has been recognized with numerous awards already including the Junior Achievement Award, Youth Role Model Award, and the F.M.N.I Award from 2015 to 2018. Most recently, Reanna was

selected and participated in the Miss Canada Globe Pageant held in Toronto, Ontario in August 2018, competing in the Miss Teen Category where she showcased her Aboriginal Culture with a Jingle Dance during the Talent Competition.

Since 1988, the Regional Aboriginal Recognition Awards acknowledges and celebrates Aboriginal people who contribute and make a difference in their community every year. Through a nomination process, fellow community members get to choose all of those awarded, as nomination forms are distributed every year throughout the Wood Buffalo region.



Congratulations to all of this year's award winners!

For more information or to see a full list of this year's award recipients, please visit R.A.R.A.'s Facebook page.



nted with the Male Youth Award



Reanna Whiteknife was presented with the Female Youth award



FORT MCKAY GROUP OF COMPANIES AWARDED BEST OILFIELD CONSTRUCTION & SERVICES COMPANY FOR 2019

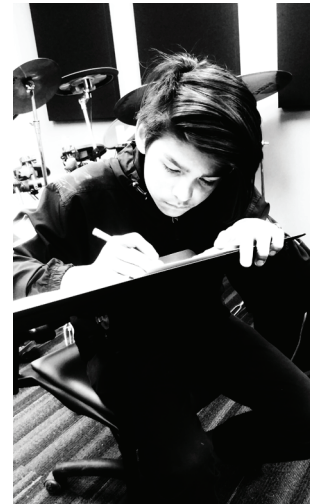


Fort McKay Group of Companies has been awarded the Best Oilfield Construction & Services Company for 2019 by the Canadian Business Awards. FMGOC was distinguished for its innovative approach, client focus and commitment to supporting their local community. FMGOC has been setting the standard for Indigenous business success in Canada. Since 1986, FMGOC continues to prosper into a financially stable, multi-million dollar operation by delivering quality service while keeping safety a priority.

FORT MCKAY YOUTH CENTRE



~The Future is Here~



The youth have been making music in the recording studio. Stay tuned to 106.3 Fort McKay Radio and you may hear a song by one of our youth in the near future!

FORT MCKAY WELCOMES DR. CHRISTINE KENNEDY

Fort McKay First Nation would like to introduce and welcome Dr. Christine Kennedy into the community.

As a graduate from the University of Oxford with a doctorate degree in Health Economics and a medical degree from the University of Calgary, Dr. Kennedy has an extensive educational background and knowledge in medicine. Currently working as the Zone Program Medical Director for Opioid Response, North Zone Alberta Health Services and part-time as a Mental Health and Addiction Physician for the Fort McMurray AHS Opioid Dependency Clinic. As well as, a Primary Care Physician for AHS inpatient treatment facility: The Recovery Centre, a Family Physician for the Chipewyan Prairie Dene First Nation Health Centre and a Family Physician for the Tsuu T'ina Health Centre and Aftercare Rehabilitation Centre.

Over the years, Dr. Christine Kennedy has written over forty peer-reviewed Research Publications, worked as an assistant professor for the Faculty of Medicine with four different universities' and has been a member on multiple committees.

Please give Dr. Christine Kennedy a warm welcome into the community.

CONTROLLED BRUSH BURNING NEAR FORT MCKAY

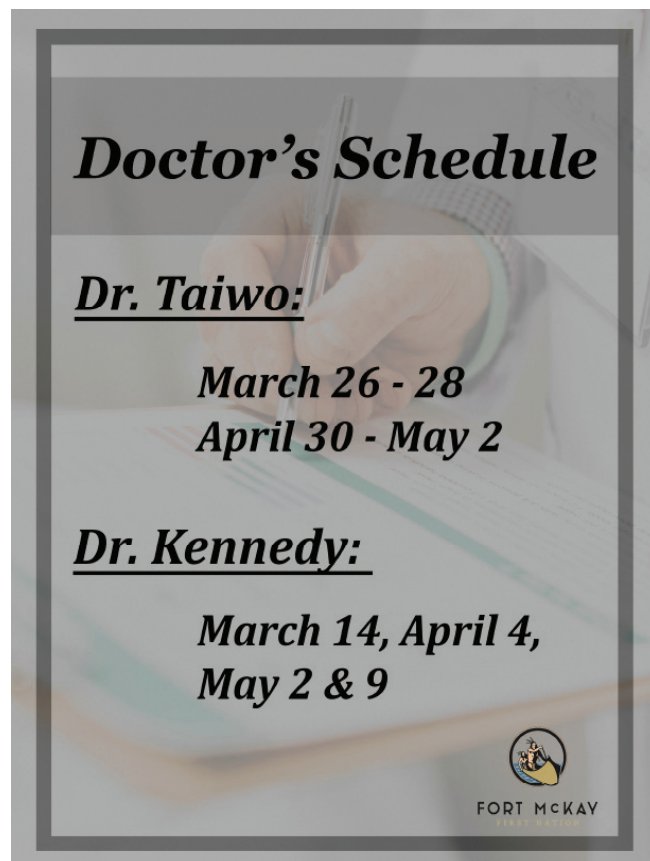
Fort Hills will be conducting controlled burning of non-merchantable timber and brush as part of the clearing operations associated with the extension of the Fort Hills Mine lease.

Burning will commence March 1st, 2019 and will continue throughout the year during favorable burning /wind conditions.

The timber salvage area and associated burn piles are on both sides of Highway 63 and includes the ATCO easement. Two general areas are associated with the burn locations; the southern portion of the lease near Fort Hills Gate 9 and the northern end of the Fort Hills lease area.

The True North Road will be sign posted where active burning is taking place.

For further information, please contact:
Amit Vama – Fort Hills (780) 715-5473
Wayne Beatty – (403) 809-6357




Doctor's Schedule

Dr. Taiwo:

March 26 - 28
April 30 - May 2

Dr. Kennedy:

March 14, April 4,
May 2 & 9



FORT MCKAY



TSAG's Connectivity Research Project



The First Nations Technical Services Group Inc. (TSAG) provides technical services and training for Alberta First Nations in the Treaty 6, Treaty 7, and Treaty 8 areas.

How are changing technologies and the evolution of connectivity going to help bring your community into the future? We have been tasked with developing a strategy to help First Nations communities use the internet to reach their connectivity goals, making them more independent and helping them to live traditional lifestyles in the modern world. Our first step is to reach out and collect data from various people who live and work in First Nations communities across the province.

We are targeting each First Nation's Band Office/Administrative Building, Health Centre, School, and Housing Department; however, all community members are encouraged to participate.

A few options to help with our data collection:

- **Community visit** – we will come to your community
- **Online survey** – we created a survey that can be completed online - anyone can complete this survey!
<https://www.surveymonkey.com/r/RJN8HLV>
- **Telephone meeting/discussion** – we will gladly discuss our project with you over the phone
- **Email correspondence** – we will gladly discuss our project via email
- **Any other means of communication, just let us know how you want to keep in touch with us!**

Our end goal at TSAG is for each Alberta First Nation community to have reliable, affordable and efficient internet connectivity to bring our communities into the future.

Please contact our IT Strategy Technicians to participate or get more information on this project:

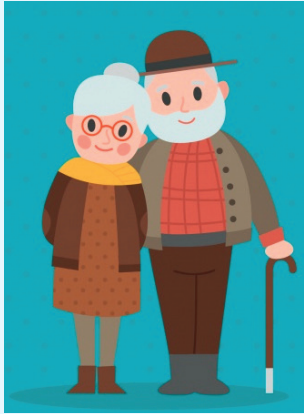
Waylon Morin – wmorin@tsag.net

Brittany Hammel – bhammel@tsag.net

Contact us today to participate!



ELDERS CENTRE ACTIVITIES!



March 16th 2019

An evening at Riverside – Singer with guitar

March 18th 2019

Supper at Buffet World for Elders

March 20th 2019

Elders Walmart Outing

March 25th 2019

Grocery Shopping Day

March 27th 2019

Elders Bingo – Elders Centre (1:30pm)

March 28th 2019

Elders Pottery at Youth Centre

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 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



INTRODUCING THE NEW CANADIAN FOOD GUIDE

WHAT'S NEW ABOUT THE FOOD GUIDE?

Canada's Food Guide, a document that promotes and provides dietary guidance to support healthy eating in the Canadian context, was updated in January 2019; 12 years since the last version. Many things are similar to the previous version, such as encouraging us to eat a variety of foods and choosing plenty of vegetables and fruit at each meal, however some things have changed. Here is an overview.

THE LOOK

The Food Guide is presented as a plate instead of a rainbow. It focuses on the proportions of food on the plate for a meal rather than recommending a number of servings to have each day. The updated food guide encourages $\frac{1}{2}$ of a plate to be vegetables and fruit, $\frac{1}{4}$ of it to be protein foods and $\frac{1}{4}$ of it to be whole grain foods. It also encourages water as the drink of choice for hydration.

PROTEIN FOODS

This category of foods includes foods previously found in the Milk and Alternatives and Meat and Alternatives groups. The new food guide emphasizes choosing foods from plant sources (beans, peas, lentils, nuts and seeds) and limiting intake of red meat (and where meat is chosen, emphasis is on lean options) .

EXAMPLES OF FOODS IN THE PROTEIN FOODS GROUP INCLUDE:

- Eggs
- Fish and shellfish.
- Beans, peas, lentils, nuts and seeds
- Lower fat dairy like milk, yogurt and lower sodium cheeses
- Lean meats and poultry

EVEN MORE EMPHASIS ON WHOLE GRAINS

While the previous food guide encouraged $\frac{1}{2}$ the grains chosen to be whole grains, the updated Food guide directs Canadians to "Choose whole grain foods". Examples include:

- Whole grain brown or wild rice
- Whole grain pasta, bread, oats or oatmeal



MESSAGES ABOUT HOW TO EAT

There is a lot of information for consumers on 'how' to eat. The new food guide provides encouragement to take time to eat, cook more often, involve others in planning/preparing and to enjoy food which includes considering the importance of tradition and culture in foods.

MESSAGES ABOUT HEALTHY HABITS

While the Canada's Food Guide snapshot provides a visual representation of foods to eat regularly there are also messages in the food guide to encourage healthy habits which influence food choices. There are specific messages to reduce highly processed foods, using food labels to inform food decisions and being aware of how food marketing can affect food choices.

Check out Canada.ca/foodguide for tips, resources and recipes to help make healthy food choices.



Fort McKay Sustainability Bison Meat Distribution

Bison meat packages will be ready for pick up at the arena to those who requested them.

If you are interested in a bison meat package and did not request one through the sustainability department please contact the office at 780-828-2480 and our FMSD Admin will add your name to our waiting list.

If you do not make arrangements to pick up, your meat package will be forfeited.



Where:
Arena

When:
March 21, 2019
10 a.m. – 2 p.m.

What:
Bison meat
package



FORT MCKAY
FIRST NATION

FORT MCKAY SUSTAINABILITY DEPARTMENT
FMSD 780-828-2480 • Melinda 780-713-9940





NOTICE

FORT MCKAY
FIRST NATION

TO MEMBERS OF FORT MCKAY FIRST NATION

BUSINESS PROFITS DISTRIBUTION:

A Distribution of Business Profits will be paid to the Members of the Fort McKay First Nation on Friday, June 14th, 2019.

LOCATION:

Father Begin Hall, Dorothy McDonald Business Centre
& Chateau Nova Kingsway (159 Airport Rd. Edmonton, AB T5G 0W6)

DATE AND TIME:

Father Begin Hall:
Friday, June 14th, 2019,
10:00AM to 2:00PM

Chateau Nova:
Friday, June 14th, 2019
12:00PM to 5:00PM

DOCUMENTATION:

Administrative Personnel have prepared a package of forms with a brief set of instructions to assist you with your payments. These forms are available for pick up at the Fort McKay First Nation Band Office.

CENOVUS ENERGY DONATES TO NORHTLAND SCHOOLS

Northland School Division No.61 (NSD) is pleased to announce a \$50,000 donation by Cenovus Energy Inc. for the 2018-2019 school year. The donation illustrates a continued commitment to support NSD's Literacy Initiative. Cenovus is providing \$20,000 for the summer reading program, \$20,000 for professional learning and \$10,000 for other projects geared towards enhancing literacy programming.



Photo left to right:

Back row: Laila Goodridge, MLA for Fort McMurray - Conklin, Maddy Daniels, Board Chair, Northland School Division, Rubi Shirley, Ward 9 Trustee, Janette Cavanaugh, Division Principal Literacy, Lise Warawa, Cenovus Energy, Tim Stensland, Area 3 Associate Superintendent, Jules Nokohoo, Vice-Chair, Northland School

DivisionFront row: Father R. Perin School students

“

I was looking for scholarships that aligned with my personal values. ”

SONJA V., Athabasca Chipewyan First Nation, Alta.
TransCanada Indigenous Legacy Scholarship Recipient



Apply for our Indigenous Legacy Scholarship

SEE IF YOU PRE-QUALIFY BY ANSWERING FIVE QUICK QUESTIONS.



ONLINE APPLICATION DEADLINE:

MAY 17, 2019 ▶ [TCscholarships.com](https://www.tcscholarships.com)





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



JOIN THE FUN WITH THE FORT MCKAY REC CENTRE

ZUMBA

March 20 and 27th, 6-7pm at the Band Hall

LADIES BOXING

6-7pm (Tuesdays, in Fort McMurray)

WOODEN ART WORKSHOP

March 15th, 7:30pm (Registration mandatory)

HIGH FITNESS CLASS (HIIT)

March 14th, 6:30-7:30pm at the Band Hall

ART CAMP

April 1 & 2 - Fort McKay students

April 15- 16 - Fort McMurray students

(7 years - 12 years old)

Location: Youth Centre

1 - 4 pm

*Please note that registration is mandatory in order to participate in all of these classes.
Please contact 780-714-7094 to register or for more information.*

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**



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Mondays

Young Chefs (Ages 8+) 6:00pm-8:00pm
Sports Club (Ages 6+) 6:00pm-8:00pm
Youth Choice (Ages 10+) 8:00pm-9:00pm

Tuesdays

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

Wednesdays

Snowshoeing (Birchwood Trails)
(Ages 9+)
Bus Leaves at 5:30pm & returns at 9:00pm

Thursdays

Mini Chefs (Ages 6-7) 6:00pm-7:30pm
Theatre Arts (Ages 8+) 6:00pm-8:00pm
Youth Choice (Ages 10+) 8:00pm-9:00pm

Fridays

Open 9:00am-5:00pm

Field Trips

March 15th - YMCA
March 22 - Mac Island
March 29- Mac Island
* Permission slips required

Saturdays

Skiing/Snowboarding
(Ages 9+)
Permission Slip Required
Bus Leaves at 9:00am
Bus Returns at 4:30pm

Junior Leader Achievement Awards Night

March 21
*Wellness Center CLOSED at 6:00pm

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

Doctor day :

Dr. Taiwo- March 26-28, April 30 - May 2
Dr. Kennedy- March 14, April 4, May 2 & 9

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

