



Red River Current

OCTOBER 2019

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FORT MCKAY'S 3RD ANNUAL TRADITIONAL POW WOW

Fort McKay's 3rd Annual Traditional Pow Wow had an extraordinary turnout this year as it welcomed over 300 registered dancers for the event! The 2-day celebration was held August 23 & 24 and welcomed dancers of all ages from various communities.

The event was emceed by Hal Eagletail, a member of the Northern Dene TsuuT'ina Nation known for his humour and abundant knowledge in culture, medicine and history. The Pow Wow included two grand entry on both days while

drumming was performed by Blackstone.

Registration for the event included a free community dinner and camping was available on site at no cost for travellers from outside the area. For the two days, the Arbor was filled with vibrant colors from beautifully decorated regalias and the sounds of drums echoed throughout the community.

Cultural & Special Events Lead
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FORT MCKAY'S 3RD ANNUAL TRADITIONAL POW WOW



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 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 the Communications Department
email: communications@fortmckay.com

(continued from p.1) Audrey Redcrow is delighted with this year's outcome, "there were many happy faces, and we are now the talk of the pow wow trail for Fort McKay's amazing hospitality and overall great event!" The Pow Wow offered a chance for people to get together to dance, sing, reunite with friends and celebrate as a community.

The creation of this event took a lot of effort from so many people! Redcrow emphasizes all the hard work that came from the volunteers, "I would like to thank all volunteers and staff who went above and beyond to help make this possible".

Fort McKay would like to thank everyone for coming out and looks forward to the next year's traditional Pow Wow!



FORT MCKAY FIREFIGHTER TEAM WINS IN NATIONAL COMPETITION

Last August, the Fort McKay Fire Department participated in a National Firefighting competition in Eskasoni First Nation, Nova Scotia and won first place!

The Fort McKay team was accepted into the Nationals after placing first in the provincial competition earlier this summer. This year, a total of eight teams from across the country competed in the national event.

Deputy Fire Chief Ron Quintal shared his experience, “we took a much different approach to training this year, as our entry was on short notice. We concentrated our efforts on the skills involved like hose rolling, donning & doffing of breathing apparatus, bucket toss as well as speed walking drills. It was an absolute honour to know that our team won the 30th anniversary event. As coach and a competitor, I am so proud of the team we put together.”

Aside from the competition, the three-day event included opportunities for the fire fighters to share experiences and learn from one another

through various firefighting drills, and training workshops.

“The host community of Eskasoni First Nation were amazing, in our 5 times to the Nationals, never had we felt so welcomed. Seeing the indigenous peoples, and territory was an experience that will always stay with us,” said Quintal.

The Fort McKay Fire Department also got to share their story about the time they fought the 2016 wildfire in Fort McMurray; a wildfire so indestructible it was called the ‘beast’. “To be able to come back and speak about that experience of The Beast with the different firefighters and have them ask questions and show them pictures, I mean it’s a pretty cool experience,” he said. This competition was the first for the Fort McKay team since the 2016 wildfire.

Since 2007, The Fort McKay Fire Department has been competing in various events and made it to the Nationals competition five times so far.

This is their second win in Nationals as they tied in first place with the Saskatchewan team back in 2014.

“The heart that our team showed was a testament to the drive and determination that our community has on a daily basis. We’re proud to have shown the greater indigenous world a glimpse of what our community can do,” shared Quintal.

This was the 30th annual National Firefighting Competition and was hosted by the Aboriginal Firefighters Association of Canada. The team plans to compete again next year and hopes to see more Indigenous communities get involved in the future.

The team would like to thank Chief & Council of the Fort McKay First Nation, President & Council of the Fort McKay Metis Nation, and their many sponsors; Syncrude, Suncor, CNRL, Birch Mountain, RMWB Fire Service as well as the community of Fort McKay for their continued support. “We could not have achieved our goal of winning without them,” expressed Quintal.



Fort McKay Firefighter Team at the national competition



FORT MCKAY
FIRST NATION

NOTICE

TO MEMBERS OF FORT MCKAY FIRST NATION

NEXT QUARTERLY GENERAL MEETING:

FORT MCKAY, AB:

Tuesday, October 8 @ 6:30 PM,
Fort McKay Youth Centre

FORT MCMURRAY, AB:

Wednesday, October 9 @ 6:30 PM,
Radisson Hotel, 435 Gregoire Dr.

EDMONTON, AB:

Thursday, October 10 @ 6:30 PM,
Chateau Nova Hotel, 159 Airport Road

**FORT MCKAY FIRST NATION STRONGLY ENCOURAGES
OUR MEMBERS OF THE COMMUNITY TO ATTEND.**

*For more information, please contact: Fort McKay First Nation Administration, Dorothy McDonald Business Centre,
780-828-4220, www.fortmckay.com*

FIRE SAFETY INSPECTIONS

Over the next few months the Housing Department will have an inspector checking for fire safety in all homes.



Please ensure you make time for this important exercise and work with staff to ensure the safety of your family in your home.





Fort McKay First Nation Chief 1976-1980

Chief Marcel Ahyasou

November 15, 1942 to September 8, 2019

On behalf of Chief and Council, Fort McKay First Nation extend their sincerest condolences to the family of Elder Marcel Ahyasou for their loss.

We and the whole community mourn the loss of a respected Elder and Former Chief and great leader of our Nation, whose guidance and wisdom will be sorely missed. Marcel's family is in our thoughts and prayers during this difficult time.

The wake was held on Thursday September 12, 2019 at 6 p.m.
and the service followed on Saturday September 14, 2019 at 2 p.m.
They all took place in the band hall.



FORT MCKAY
FIRST NATION

Halloween SAFETY



During the Halloween season it is important to keep your safety in mind when planning costumes, decorations, treats and activities. Make sure that Halloween is a safe and happy experience for the whole family by preparing ahead of time.

For more information visit <https://www.canada.ca/en/health-canada/services/home-safety/halloween-safety.html>

Don't forget to stop by the Fort McKay Health Centre for treats
Thursday, October 31, 2019

FORT MCKAY'S FIRST FOOTBALL TEAM



The Fort McKay Youth Centre would like to formally introduce to you, The Fort McKay Northern Spirits!!

As the first fully on reserve football team in Alberta, the Northern Spirits are tackling an array of hurdles during their first official football season. Every weekend for the months of September to December, the team will be commuting to Edmonton and surrounding areas to face-off with their opposing teams. Despite the weekly 8-hour commute, the Northern Spirits are showing up to each and every game with heart, soul, and determination. The team has a total of 4 games under their belt, and are expected to take part in 5 more before the season come to an end.

To date, there are a total of 22 youth registered on the Northern Spirits, and that number keeps growing by the week! The team consists of both male and female players ages 12 – 14 years of age and come from all surrounding communities of Wood Buffalo including Fort McMurray,

Lac La Biche, and Anzac. In addition to the players, the team is complete with an all-youth support team consisting of 2 Team Managers (Mikeela Cooper & Rane Grandjambe), an “H2O Technician” (Desiree Orr), and 2 Coaches (Colt Gladue & Seth-Lee Berland).

The Northern Spirits have invested immense amounts of time, effort, and energy into this pilot program and it shows within every detail. Everything from the team name of “Northern Spirits”, to the team colours of mint green, pink, and black (to symbolize the northern lights), and even the logo (Marcus Faichney) was created by Fort McKay’s very own talented and creative youth.

This team truly is an inspiration to watch grow and develop as the season progresses. We are all excited to see what the future has in store for the Northern Spirits, and look forward to an exciting and eventful remainder of the season!



INTRODUCING NEW EMPLOYEES IN OUR COMMUNITY



FORT MCKAY
FIRST NATION

SHERRY DUNCAN

How are the children?

In some cultures, we greet each other with good morning, hello, or even with a simple smile. In one indigenous community they greet each other with the phrase “How are the children?” This allows each community member to reflect on the most precious citizens with every greeting.

I am delighted and honored to be part of your community as I join the dedicated team as Manager here at the Fort McKay Child Care Centre. Families arrive here each day placing trust in us to care for their child. I have already witnessed the childcare providers demonstrate their commitment and dedication for your children through their interactions and the conversations I have already observed in my short time here. As I learn the names of the children and families, I recognize many of the family names. Having lived in the Fort McMurray area for the last 16 years I have taught many of your children at Father Mercredi and Sister Mary Philips.



Sherry Duncan, Manager of Childcare Centre

When I was in Northern Ireland participating in the World Forum on Early learning and childcare, one of the universal themes is the importance of quality childcare. As an instructor and then Chair of Childhood Studies at Keyano College, I taught my students about being present with children in many different ways paying attention to all areas of their growth and development. As the teacher of 3 and 4 years old children I practiced and refined my own experiences being in their presence listening learning, guiding, reflecting and growing in our early childhood community classroom. My own 9-year-old grandchild reminds me every day of the importance of the multigenerational family and the unique bond I have as her grandmother.

I invite you to stop by and share stories, have a cup of tea or bring me tales of your own childhood. Today at the Childcare Centre, if you ask me “How are the children” I would respond, “At the Childcare Centre, your children are loved”.





Maternal **child** Health Program

The Maternal Child Health Program (MCH) is a program that is for pre pregnancy, pregnancy and birth to children age 6.

A program for women and parents to achieve their goals for their children and themselves. MCH will provide home visits, support families with young children to help them get the services they need.

For more information contact Fort McKay Health Centre and ask for Vanessa Cadieux, Community Health Representative or Claudia Simpson, Public Health Nurse at **780-828-2450**.



FORT MCKAY
FIRST NATION

JUNIOR LEADERS T

AN AMAZING AND UNFO

After three years of fundraising for the trip of a lifetime, the dreams of 10 Junior Leaders finally became a reality! The trip took place in August, and for five days, many memories were created throughout this amazing and unforgettable journey.

On Monday, August 26th, 2019, all ten excited girls boarded a plane, looking forward to 5 days of sunshine, adventures and relaxation! Four of the girls had never been on an airplane before! You could see the excitement in their eyes as they boarded their very first airplane in Fort McMurray heading to Kelowna, BC. As the plane took off, the sounds of giggles and squeals were heard throughout the cabin.

The group arrived in Kelowna later that night. After getting their rental vehicles, they travelled to a hotel in Penticton, a place they would call home for the next 4 nights. "We enjoyed a swim under the moonlight in the outdoor pool. The weather was beautiful, and the youth were excited to have the freedom to create their own itinerary for the coming days," shared Julia Soucie, Director of the Wellness Center.

Tuesday morning, the youth woke up with great excitement. First stop was Osoyoos, a desert-like scenery. They visited the local museum, a quaint

building with a large hanger filled with history and artifacts of the Osoyoos area. "We learned about the culture, the desert and even saw a collection of bugs that were local to the area. We enjoyed learning about life in Osoyoos and how much it has changed from many years ago," shared Soucie.

They leaders also went to the famous candy store in town and enjoyed the scenery while eating ice cream on the hot, beautiful day! Later, the group travelled to the edge of the mountain to visit the nk'Mip Desert Cultural Centre. Located on traditional First Nation territory, they explored the desert as part of a guided tour with a local Indigenous tour guide, who demonstrated plants that were native to the area, and gave an overview of the different species of snakes in the area, including the rattle snake!

After the desert tour, they went inside the Cultural Centre for the "Snakes Alive" Presentation and learned about 9 different types of snakes that can be found in the Osoyoos desert, safety tips, and what to do if bitten by a poisonous rattlesnake. A chance to get up close and personal with a variety of snakes such as the ball python and gopher snake was part of the presentation.

Wednesday morning, the group went to North to Kelowna and spent the day exploring the city. First



TRIP TO KELOWNA: UNFORGETTABLE JOURNEY

stop was the Kangaroo Creek farm; a hands-on, interactive farm, where the youth were able to get close to kangaroos, wallaby's, wallaroo's, sugar gliders and pot-bellied pigs! The girls were able to pet each of the animals and watch them hop around the farm.

As school was just around the corner, the Junior Leaders also scheduled a school shopping trip at the Orchard Park Shopping Centre. They picked out new outfits, enjoyed shopping at all the stores, and even picked out a few souvenirs for themselves to bring home.

In the evening, they stopped for a swim at the Okanagan Lake. "It was around 6 pm and the sun was setting, but that didn't stop us from putting on our swimsuits and enjoyed an evening swim! We swam in the lake for a few hours under the moonlight, surrounded by mountains and fresh air," shared Soucie.

Thursday was saved for an exploration of the Penticton area and more of the Okanagan Valley. They started the morning with a train ride at the Kettle Valley Steam Railway in Summerland, where they boarded the open-air car and sat back and enjoyed the train ride. "We all dressed up in fake moustaches, enjoyed fresh raspberries at the

rest stop and took in the beautiful scenery," informed Soucie.

They girls also visited the S.S. Sicamous, an old boat that was turned into a museum. Though much smaller, the boat resembled the "Titanic" and had fancy ballrooms, sleeping chambers, a "tea" drinking lounge and a spectacular view of the lake. Within close distance of the boat was another lake and called for one more swim. There, they also checked out the Wibit, a large inflatable obstacle course set up in the lake.

Later, everyone went to a small amusement park that offered a variety of activities. The group tackled the high ropes course, took the go karts for a ride, did gymnastics on the jumping pillows and even sprayed each other on the bumper boats! It was a great time with lots of laughs!

Friday morning, the group drove back to Kelowna for their flight home. Soucie explains their experience, "we had so many wonderful memories that strengthened our friendships during the trip. It was an amazing experience that the Junior Leaders worked so hard for. The Junior Leaders look forward to getting back into volunteering and fundraising and are already planning their next trip!"



SENIORS TEAM TAKES FIRST AT 2019 SENIOR MEN'S FIRST NATION CUP



From July 30th to August 1st, several teams from various First Nation communities participated in the 16th Annual Senior Nations Cup. This year's annual event was held at Wolf Creek Golf Course, in Ponoka Alberta.

The tournament was hosted by Samson Cree First Nation. The three-day tournament is organized specifically for men over 50 who possess a love for golf and offers a chance for all to enjoy themselves and play against people within their own age group. All players are divided in 2 divisions; Seniors (50+) and Super Seniors (60+).

Frederick McDonald of Fort McKay and his team participated in the tournament and took first place in the men's Seniors team. "This year's tournament was held on a tough course", McDonald explained, "I pulled together teams with members from Mikisew First Nation, Chipewyan Prairie First Nation and Fort McKay First Nation." On his team included Tom Ross, Charles Nokohoo, Cliff Bird, Merv Laliberte, Stuart Tourangeau, and Raven McDonald (caddy). The Super Seniors team included Ed Courtoreille, Ron Janvier, Jack Poitras, and Lawrence Courtoreille, which placed well in consolation.

According to the resort, Wolf Creek is known as 'one of the world's best courses by young touring professionals. Each hole offers a variety of strategies and possibilities for the golfers. It is said that 'creative shot-making and precision are the

key to playing your best on the Old Course.'

"It took 11 years to finally win the Senior Men's First Nation Cup; we had placed 2nd, 3rd and 4th over the years and in those years that we weren't in the top 4, we did win consolation."

McDonald would like to thank the Fort McKay First Nation Chief and Council for providing this opportunity by supporting this year's competition, "without them we would not have been able to play."

Congratulations to Frederick McDonald and his winning team!





FORT MCKAY
FIRST NATION

Immunizations

Every Wednesday, Except last
Wednesday of each month.
Walk in's Welcome.

Get Immunized, get updated on
your shots.

By being vaccinated, you prevent
viruses and bacteria from reaching
those who cannot be vaccinated
against them such as, babies too
young and adults with weak
immune systems.

Please call Fort McKay
Health Centre to book your
appointment on 780-828-2450
or to contact Claudia Simpson,
Public Health Nurse.



HOW TO BE AN INFLUENZA CHAMPION

ARM YOURSELF AGAINST INFLUENZA:



Get Immunized

Getting your influenza immunization every season – and as early in each season as possible – is the single most effective way to arm yourself against influenza. All Albertans six months of age & older should be immunized each season. No matter how healthy you are now, without immunization, you are at risk. Why chance it?



Cover Your Cough

Cover your nose and mouth with a tissue when sneezing or coughing.

If you don't have a tissue, always cough or sneeze into your arm, not into your hands.

Throw away tissues after wiping your nose or covering a cough, and wash your hands.



Clean Your Hands

Using soap and warm water, wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing foods.

Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled.

Make a point of keeping hands and fingers away from your eyes, nose and mouth.



Stay Home When Sick

If you have symptoms of illness, including fever, cough, headache and extreme tiredness, stay home from work, school, daycare, or any social function.

Please also refrain from visiting family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered from any illness.

Visit www.ahs.ca/influenza

Call Health Link 811

Alberta
Government

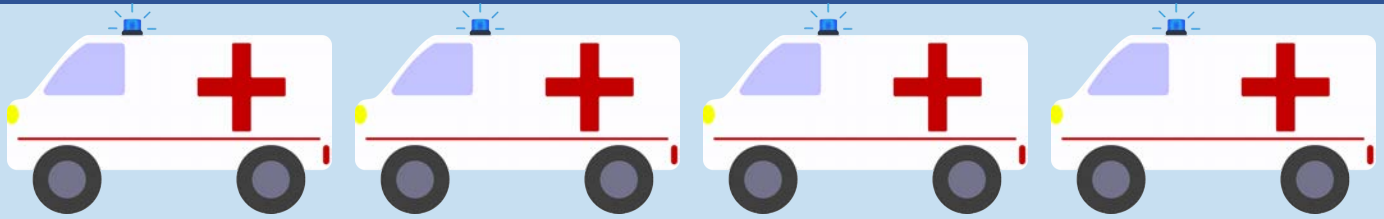
Alberta Health
Services

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A FRIENDLY REMINDER



From the Fort McKay Medical Transportation

Please note all Medical Transportation appointments must be booked with the medical travel coordinator, prior to travel arrangements being made. For whatever reason you can't get a hold of transportation, leave a message or contact Edmonton Referral Unit 1-800-514-7106 Not the driver.

Before booking for medical transportation services, you must provide a confirmation of a scheduled appointment from your doctor or the medical facility in a timely manner 24-hour notice as all trips are pre-arranged. Emergency transportation will be provided if you have been assessed by the Community Health Nurse.

You may have the Dr's office fax your information to our office at 780-828-4132, or you can personally drop it off with the Medical Transportation Coordinator at the Fort McKay Health Centre.

If for any reason you do not attend your scheduled appointment when the medical transportation service has been arranged, the member may have to assume the cost of the next trip (next schedule appointment), unless justification can be provided as to why you were unable to attend. Please contact the Medical transportation ASAP for all reschedules/cancellations.

Justification may include, but is not limited to, unforeseen circumstances such as Health services delivery delays, severe weather conditions, family or personal emergencies.

Edmonton Referral (1-800-514-7106) will only cover afterhours emergencies, if you were transported via ambulance to the hospital, they will return you to the community.

For further information regarding the Non-Insured Health Benefits (NIHB) Program Policy. Please follow the link below. A copy of the NIHB Medical Transportation Policy and Framework is available at the reception area of the Health Centre.

<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/reports-publications/non-insured-health-benefits/non-insured-health-benefits-nihb-medical-transportation-policy-framework-july-2005-first-nations-inuit-health.html>



COMMUNITY PROGRAMS

FITNESS CENTRE HOURS

Mondays

12-1pm Lunch w.o (gym)

Tuesdays

12-1pm lunch w.o (gym)
6-7pm ladies boxing (town)
7-8pm coed kickboxing (town)

Wednesdays

12-1pm Yoga (gym)
6-7pm Zumba (band Hall)

Thursdays

6-7pm Yoga (band Hall)

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 is every Wednesday except for the last Wednesday of the Month. Call reception to book.

Prenatal Classes 1:1 - please call to book an appointment with Claudia.

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

EMPLOYMENT & TRAINING DEPARTMENT

Mondays

SPARK (Ages 6+) 6pm-7:30pm
Skating (Ages 8+) 6pm-8pm
Youth Choice (Ages 10+) 8pm-9pm

Tuesdays

Homework Help/Reading Buddies (Ages 6+) 6pm-7pm
Sewing Club (Ages 8+) 6pm-8pm
Youth Choice (Ages 10+) 8pm-9pm

Wednesdays

Hiking – Birchwood Trails (Ages 9+)
Permission Slip Required
Bus Leaves at 5:30pms & returns at 9:00pm

Thursdays

Culture Club (Ages 8+) 6pm-8pm
Mini Chefs (Ages 6-7) 6pm-7:30pm
Youth Choice (Ages 10+) 8pm-9pm

No school Fridays

Open 9am-5pm
Field Trip – (Ages 6-12)
*Permission Slip Required

FAMILY SUPPORT CENTRE

VICTIM SERVICES

*Wednesdays from
1:30-3:00pm*

Healthy Communications

October 10, 1-3pm

Healthy Thinking & Living

October 11, 1-3pm

Handling Emotions

October 17, 1-3pm

Family Dynamics

October 19, 1-3pm

Self-Esteem

October 24, 1-3pm

Defining Abuse

October 26, 1-3pm

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

