



DECEMBER 2019

VOLUME 9 : ISSUE 11

# MOOSE LAKE

## LET'S CROSS THE FINISH LINE



Fishing at Moose Lake

*Minors' Trust Payment  
to Beneficiaries* **5**

*Christmas  
Parties* **7**

*How to Recognize an  
Opioid Overdose* **11**

*Planning for the Future  
With Employment & Training* **12**

*R.A.R.A.. Nominations  
Now Available* **15**

We have made big strides in the past few weeks in our ongoing efforts to protect Moose Lake and I am proud to share this update with you all.

On the morning of Tuesday, October 29, lawyers for Fort McKay appeared before the Alberta Court of Appeal in Edmonton. They presented a strong argument that the Alberta Energy Regulator (AER) made a mistake when it approved the Prosper Rigel Project without considering its impact on our Treaty rights and before Alberta adopted the Moose Lake Plan.

Our lawyers argued the promise made by Premier Jim Prentice in 2015 to develop and implement the Moose Lake Plan represents a 21st century method of implementing Treaty 8. They also argued the constitutional interpretation of Treaty rights trumps all other legislative considerations that AER used to approve the Prosper project. We believe the Court of Appeal's decision will likely take three to six months.

On the same day, Fort McKay (story continued on p.2)

# MOOSE LAKE: LET'S C



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

launched a large public campaign to create modest political pressure and to help the new Alberta government see its opportunity to approve the Moose Lake Plan. Getting our story out to Albertans first enables us to control the public conversation. We will continue, of course, to protect our Treaty rights through the courts and to ensure responsible development. But even as the court process unfolds, Fort McKay hopes Alberta will see there is another way. That way forward is the Moose Lake Plan.

## 'Last wilderness': Alberta chief wants meeting on land approved for oilsands





# CROSS THE FINISH LINE

Our story was in the major newspapers, on radio and TV, and our ad campaign ads appeared on social media, at LRT stations stops in Edmonton, on the LED billboards inside 44 office towers in Calgary that are home to oil companies, and on radio and television newscasts.



## Varcoe: Fort McKay First Nation calls for UCP to approve Moose Lake plan



The new UCP government was forced to respond publicly and commit to the decision-making process for the Moose Lake Plan. In that, we were successful.

*"The Moose Lake 10-km zone plan aims to resolve those issues related to resource development and impacts on traditional land use. It is our desire to continue to engage with Fort McKay First Nation and other indigenous organizations with the Moose Lake management plan."* - Environment Minister Jaso Nixon (Edmonton Journal: Oct 29, 2019)

*"The government recognizes the importance of protecting Indigenous Peoples' traditional lands, including the area around Moose Lake that is integral to the Fort McKay First Nation. Sustainable resource development is vital to the region and government is committed to balancing industry interests and input with economic, conservation and treaty uses. It is our desire to continue to engage with the Fort McKay First Nation and other Indigenous organizations on the Moose Lake Management Plan."* - Indigenous Relations Minister Rick Wilson (Windspeaker.com: Nov 06, 2019)

*"It definitely needs government action. I understand Fort McKay's frustration and it's frustrating for industry too."* - Brad Gardiner, CEO of Prosper (Danielle Smith Show on Global Radio: Oct 30, 2019)

The next part of the campaign is to host a Moose Lake Together Summit early in the New Year, at which Fort McKay will share the latest draft of the Moose Lake Plan we developed with to government to the oil sands and forestry companies with leases in the Moose Lake area. We want them to see the plan has been significantly revised to address industry concerns that it would sterilize resource development. Fort McKay opposes to the placement of any central processing facilities or other large-scale infrastructure within the 10-kilometre zone and will not negotiate on that point.

I want to thank our Councillors, our community members and Elders, our lawyers, our Sustainability Department and everyone who worked on the campaign to make this possible. We will continue working to protect Moose Lake and cross the finish line.

*Chief Mel Grandjamb,  
Fort Mckay First Nation*

*To learn about the Moose Lake Plan, visit  
[www.mooselaketgether.ca](http://www.mooselaketgether.ca)*





**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.





# MINORS' TRUST PAYMENT TO BENEFICIARIES

As was presented at the July 2019 QGM, effective for the June 2019 Business Profit Distribution all minors' per capita distributions currently held and all future distributions will be directed to the Minors' Trust held with Peace Hills Trust. These funds will be invested in an appropriate conservative, low risk investment and held in the minors' name for payment when the minor comes of age and all the following conditions precedent to the payment are met:

- A beneficiary of the Trust who is at least eighteen (18) years of age but less than (21) years of age is entitled to payment out of fifty (50%) percent of the funds held in trust for that beneficiary if they provide evidence to Fort McKay that they completed an approved financial literacy course:
  - o The course of financial literacy instruction shall meet the following criteria:
    - The financial literacy course is for the purpose of preparing the beneficiary for the responsibilities of managing the funds to which they will become entitled upon ceasing to be a Minor and meeting the conditions otherwise required by the Trust;
    - Fort McKay shall determine, in its sole discretion, what constitutes an approved course of financial literacy and what constitutes satisfactory completion of the course; and
    - Fort McKay shall cover the costs of presenting the financial literacy course and shall ensure that the course is offered once per calendar year so as to be available to any beneficiary who may become eligible to receive their entitlement from the Trust in that calendar year.
- A beneficiary of the Trust is entitled to receive all remaining funds held in trust for that beneficiary upon reaching the age of twenty-one (21) years.

Fort McKay is setting up presentations of a financial literacy course with RBC in December. If you are interested in taking the course, please contact Lila L'Hommecourt at [llhommecourt@fortmckay.com](mailto:llhommecourt@fortmckay.com) or phone (780) 828-2435.



# INTRODUCING NEW EMPLOYEES IN OUR COMMUNITY



**FORT MCKAY**  
FIRST NATION

## DENISE WILKINSON

We would like to welcome our newest employee, Denise Wilkinson who is the new Director of Health and Seniors Services. Her role is to ensure that health services provided in Fort McKay meet the community's needs.

Denise has a lot of knowledge to share as she possesses a bachelor's degree in Nursing, a Post graduate diploma in Cardiac Ultrasound and a Diploma in Aromatherapy. She has worked in the health care system for over 26 years, in the private sector as well as public services and worked closely with Indigenous communities in Australia.

Denise holds a strong management background focusing in service delivery improvement and has spent the last 7 years managing seniors health and home care service delivery for AHS, "my staff provided care delivery to clients from Fort Chipewyan in the North to Conklin in the South and most communities in between," she shared.



**Denise Wilkinson**

Wilkinson will be working on improving the health care delivery system in our community in collaboration with community members. "I look forward to gaining the trust and hopefully the respect of the community over time as well as improving and closing any gaps in health care delivery to ensure the care is targeted to what the community requires".

Denise invites community members to stop by and share their health care concerns or celebrations with her, "my office door is kept open unless I am in a meeting. I am here to work for the community and the best way I can achieve that is to get to know as many community members as possible."

On her spare time, Denise loves educating herself and is always looking to learn more through courses and through travel. She is a mother of four children and a grandmother of four grandchildren with another grandchild expected in March 2020. "I also have two dogs and a cat, and they are considered my fur babies."







FORT MCKAY  
FIRST NATION

Invite you and your immediate family to one of our

## *Christmas Parties*

Sunday, December 15, 2019 • 2:30 p.m. - 8:30 p.m.  
Nexen Field House, MacDonald Island.

OR

Thursday, December 19, 2019 • 4:30 p.m. - 8:30 p.m.  
The Chateau Louis Hotel & Conference Center  
11727 Kingsway, Edmonton, AB T5G 3A1

RSVP to [apetrocco@fortmckay.com](mailto:apetrocco@fortmckay.com) or telephone  
780-714-1457 and let us know the name, age and  
gender of who plans on attending so we can  
include your whole family in the fun and games.

**HURRY!  
CALL NOW  
TO RESERVE  
YOUR  
TICKETS!**

## CALLING ALL FORT MCKAY FIRST NATION BAND MEMBERS

We are looking to update our Band Member contact list to ensure everyone receives updated information and notices for Fort McKay First Nation.

Please email:

[communications@fortmckay.com](mailto:communications@fortmckay.com) with your street address, email address, and best telephone contact number.

*Thank You!*



# *A Celebration To Remember*

*Rod Hyde would like to thank everyone for their warm wishes on his 80th birthday!*



## **HAVE YOU SEEN THIS?**

**Fort McKay First Nation is searching for a copy of a 1983 Fort McKay publication called 'FROM WHERE WE STAND'. If you or anyone you know has a copy of this document, please contact Nancy at: 780-715-4512**





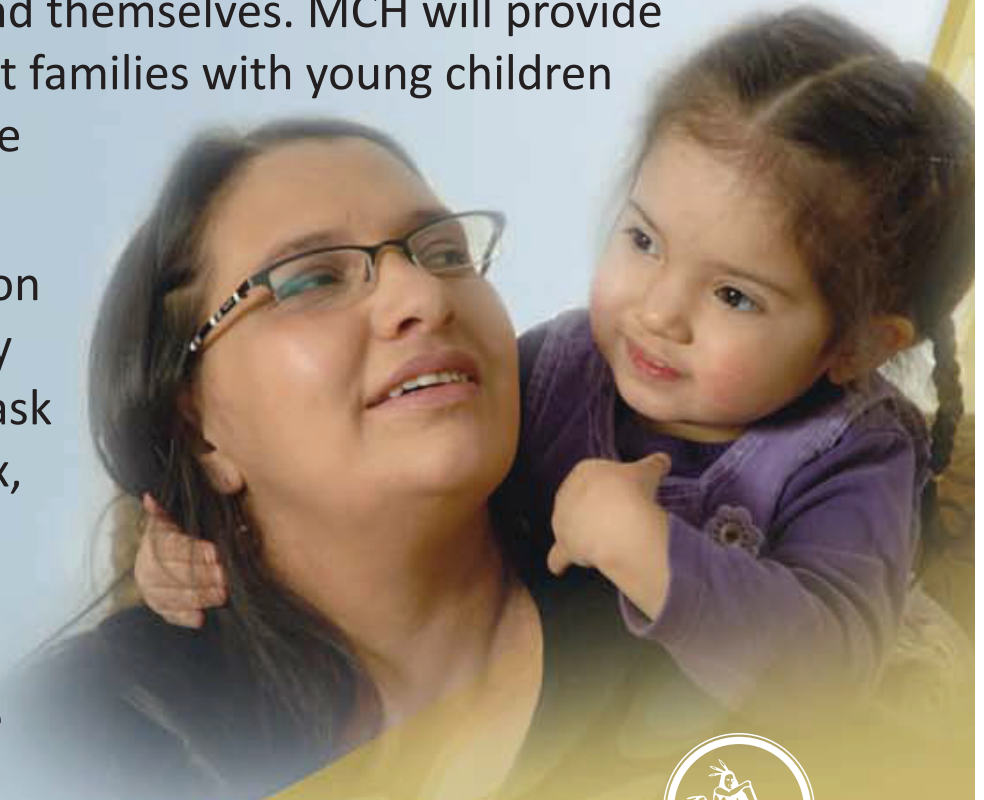


# Maternal **child** Health Program

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



# Opioids: What Are They? .....

## What are opioids?

Opioids — like fentanyl, morphine, oxycodone and hydromorphone — are medications that can help relieve pain.

## What is the difference between legal and illegal opioids?

Legal opioids are prescribed by a health care professional, most often to treat pain from conditions such as sports injuries, dental procedures, short-term acute pain or long-term chronic pain.

**Illegal opioids** are any opioids that are made, shared or sold illegally. Illegal opioids include:

- **street drugs**
- opioids **given** to you by someone who is **not your health care provider**
- opioids that are **not prescribed to you** but are stolen or taken from someone else

**It is illegal to have opioids without a prescription or to share them with someone** — even if you give them away.

**Prescription opioids** exist in many forms, including:

- tablets
- capsules
- syrups
- solutions
- nasal sprays
- skin patches
- suppositories

Some **over-the-counter medications** contain low amounts of codeine, which is an opioid. These can be sold without a prescription. These codeine medications can still be used improperly if you do not follow the directions on the package.

## How can opioids lead to a substance use disorder (addiction)?

Unlike some other medications (e.g., antibiotics), opioids are psychoactive substances. This means that they **affect your mind, mood and mental processes** and can also induce **euphoria**, or the **feeling of being “high.”** This creates the potential for them to be used improperly.



## What is fentanyl?

Fentanyl is a powerful **synthetic opioid** that is prescribed to treat severe pain.

Canada's **illegal drug supply** is increasingly being **contaminated** with **illegal fentanyl**. Most of the illegal fentanyl in Canada is produced in other countries and imported into Canada.

Fentanyl is a dangerous drug because it is 20 to 40 times more potent than heroin and 100 times more potent than morphine, which makes the risk of accidental overdose very high. There is **no way to know how much fentanyl** has been mixed into illegal drugs because **you can't see, smell or taste it**. Consuming as little as a few grains of salt worth of fentanyl can kill you.

## If you're prescribed an opioid, you should:

- ✓ **Talk to your health care provider**
- ✓ **Take it as prescribed**
- ✓ **Never give away your opioid medications that are prescribed to you**
- ✓ **Never take opioids with alcohol**
- ✓ **Never take opioids with other medications, unless your doctor tells you it's okay**
- ✓ **Never keep, throw out or flush unused or expired opioids; take them back to the pharmacy for proper disposal**

**KNOW  
MORE**

DRUGS: GET THE FACTS.  
KNOW THE RISKS.

ISBN 978-0-660-28932-8

Get the facts at [Canada.ca/Opioids](https://Canada.ca/Opioids)



Government  
of Canada

Gouvernement  
du Canada

Canada

# Know How to Recognize an Opioid Overdose

Anyone using opioids, even in small amounts, can overdose.

Fentanyl and other dangerous substances are being mixed with or disguised as other drugs like heroin, oxycodone, cocaine and ecstasy/MDMA.

## SIGNS OF AN OPIOID OVERDOSE



Blue lips  
or nails



Dizziness  
and confusion



Can't be  
woken up



Choking,  
gurgling or  
snoring sounds



Slow,  
weak or no  
breathing



Drowsiness  
or difficulty  
staying awake

## SUSPECT AN OVERDOSE?

**CALL 911**  
or your local  
emergency  
number

Ask festival  
staff for  
**HELP**

Administer  
**NALOXONE**  
if you have it

**STAY**  
with the person  
until help arrives

The Good Samaritan law can protect you from simple drug possession charges. You have the power to save a life.

**KNOW  
MORE**

DRUGS: GET THE FACTS.  
KNOW THE RISKS.

Together we can **#StopOverdoses**

Learn more at [Canada.ca/Opioids](https://Canada.ca/Opioids)



Government  
of Canada

Gouvernement  
du Canada

Canada



# 4th Annual Christmas Market

December 11  
4:30-6:30pm  
at the Band Hall



## PLANNING FOR THE FUTURE WITH EMPLOYMENT & TRAINING

The Employment & Training Department is excited to announce that it will be offering new opportunities in the new year. Thanks to the partnerships we've created with companies and educational institutes, the following opportunities may soon be available:

Partnering Educational Institute: Keyano College

- Early Learning Child Care Program
- Educational Assistant

Partnering Educational Institute: NAIT

Partnering Company: Brock

- Scaffolding Journeymen trade
- Insulation Trade
- Cooking classes???

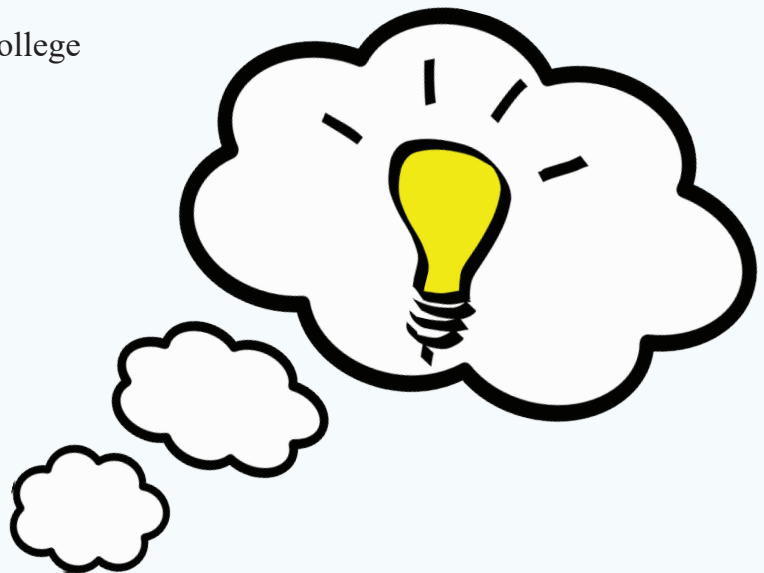
Youth – Summer employment

Partnering Company: CIVEO

- Camp life training

Driver's Training

- Class 7 & Class 5



*Stay tuned for more details in the next newsletter...*

## LOW-FAT HOLIDAY SUGAR COOKIES

## HEALTHY HOLIDAY COOKING

## LOW-FAT SPINACH DIP

With almost half the butter of most sugar cookies, you can treat yourself to one of these low-fat holiday cookies without feeling too guilty. Top with sprinkles before baking or add a glaze afterward using confectioners' sugar, lemon juice, and some food coloring.

### Ingredients:

- 5 tablespoons butter (softened)
- $\frac{3}{4}$  cup sugar
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- 1  $\frac{2}{3}$  cups all-purpose Flour
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt

### Directions:

1. Using a mixer, beat butter and sugar until creamy.
2. Add the egg and vanilla, mixing well.
3. In another bowl, whisk together the flour, baking powder and salt. Gradually stir the flour mixture into butter and sugar until dough forms. Don't worry if the dough seems a little crumbly at first, it will come together.
4. Wrap dough in plastic and chill for 2 hours in the refrigerator.
5. Heat the oven to 350 F. On a lightly floured surface, roll dough to  $\frac{1}{4}$  inch or  $\frac{1}{8}$ -inch thickness.
6. Use cookie cutters dipped in flour to make cut-outs.
7. Place cookies 1 inch apart on a parchment lined cookie sheet. Bake for 9 to 10 minutes or until the edges are lightly browned. Wait one minute and then transfer cookies to a wire rack to cool completely.

Nutritional information (per serving): 53 calories, 3 grams fat, 7 grams carbs, 1-gram protein

Spinach dip is loaded with nutrients and using non-fat sour cream and part skim ricotta makes this dip creamy and low in fat.

### Ingredients:

- $\frac{1}{2}$  cup nonfat sour cream
- $\frac{1}{2}$  cup part-skim ricotta cheese
- 2 teaspoons fresh lemon juice
- 1 clove garlic
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- $\frac{1}{4}$  cup water chestnuts, drained and chopped
- 4 scallions, thinly sliced
- $\frac{1}{2}$  teaspoon salt
- Pepper, to taste

### Directions:

1. In food processor or blender, blend sour cream, cheese, lemon juice, garlic, salt and pepper. Transfer to medium bowl and stir in spinach, water chestnuts and scallions.
2. Cover and chill for one hour serve with raw vegetables.

Nutrition information (one serving=  $\frac{1}{4}$  of dip recipe) 83 calories, 3G fat, 1 gram fiber

### JOIN US FOR THESE FUN CLASSES:

Low Fat Baking Loafs  
December 3 @ 1 Band Hall kitchen  
Wednesday, December 18 @ 1 Band Hall kitchen

Christmas Family Craft  
Monday, December 9 @ 2pm Band Hall  
Monday, December 16 @ 2pm Band Hall

To register, contact Vanessa @ 780-828-2450

*Interested in cooking classes, low fat, low sugar and healthy eating  
please contact Vanessa at the Health Centre 780-828-2450*

# CHRISTMAS ACTIVITIES WITH THE WELLNESS CENTER

## GINGERBREAD HOUSE DECORATING AT THE WELLNESS CENTER:

Tuesday, December 3rd for ages 6-8 years old from 6 pm to 8 pm

Wednesday, December 4th for ages 9-17 from 6 pm to 8 pm

## FAMILY GINGERBREAD HOUSE DECORATING CONTEST:

Tuesday, December 10th from 6 PM to 8:30 PM at the Band Hall.

Hot chocolate and festive treats will be available, as well as prizes.

Standard Gingerbread house kits will be provided, however, participants are welcome to bring their own supplies/decor to create a unique gingerbread house.

## SANTA CLAUS PARADE:

Saturday, December 7th.

The Wellness Center will be taking kids ages 9-17.

We will be travelling on the Diversified bus.

Bus leaves the Band Hall at 3:30 PM.

Permission slips will be required if children are attending with the Wellness Center.

A light dinner will be served.

Those attending are recommended to be at the Band

Hall no later than 3:15 PM,  
as the bus will be leaving on time.

## WELLNESS CENTER KID'S CHRISTMAS PARTY:

Thursday, December 12th

from 6:00 PM to 8:30 PM

at the Wellness Center.

Festive treats, Christmas themed games,  
crafts and a visit from Santa!

For children and youth ages 6-17.

## DECEMBER 16TH-20TH:

(no school for the Fort McKay school)

The Wellness Center will be open

9 am to 7 PM, Monday to Thursday

and 9 am to 5 PM on Friday.



*The Wellness Center will be closed from December 21st to January 5th.  
We will re-open on January 6th, with regular after-school hours.*





# REGIONAL ABORIGINAL RECOGNITION AWARDS NOMINATIONS NOW AVAILABLE

## SUBMIT NOMINEES BEFORE JANUARY 10, 2020

We are now accepting nominees for the 2020 Regional Aboriginal Recognition Awards. Please visit our nominations page to view the categories, and to nominate someone.

### 2020 EVENT DETAILS

32nd annual Regional Aboriginal Recognition Awards  
February 8, 2020 at 5 p.m.  
Shell Place Grand Ballroom in Fort McMurray

*Please watch our Facebook page for ticket information and event announcements!*

## WHAT IS RARA?

The Regional Aboriginal Recognition Awards recognizes individuals who have made positive contributions to the Regional Municipality of Wood Buffalo, including the communities of Fort McMurray, Fort Chipewyan, Anzac, Janvier, Fort MacKay, Conklin and Gregoire Lake in Alberta.

## VISION STATEMENT

To bestow appreciation for the achievement of Aboriginal People in, or from, this region by recognizing excellence in specific fields; by doing this in such a way that more and more people and institutions participate in ensuring that the Regional Aboriginal Recognition Awards (R.A.R.A.) make a positive impact on the lives of all people.



32ND ANNUAL REGIONAL ABORIGINAL  
RECOGNITION AWARDS

SAVE THE DATE

SATURDAY, FEBRUARY 8, 2020 AT 5:00 PM

Shell Place, Grand Ballroom  
1 CA Knight Way  
Fort McMurray, AB



# COMMUNITY PROGRAMS

## **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.

**INTERESTED IN PRENATAL CLASSES**  
Please contact Claudia @ Health Centre  
780-828-2455

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

## **4TH ANNUAL CHRISTMAS MARKET**

December 11  
From 4:30-6:30pm at the Band Hall

## **OFFICE HOLIDAY CLOSURE**

The Dorothy McDonald Business  
Centre will be closed for the holidays  
on December 23 and will  
reopen on January 6.

Chief & Council would like to  
Wish you all a Merry Christmas  
& a Happy New Year!

## **FORT MCKAY NORTH WIND DANCERS**

Pow Wow Dance practices Every Tuesday 6-7pm  
at the Band Hall  
(excluding holidays).

Everyone Welcome to attend, and tryout.

For more info. Please Contact: Audrey Redcrow  
780-215-2384 or aredcrow@fortmckay.com

Watch out for updates on our Facebook Page –  
Fort McKay Northwind Dancers and Drummers

**Interested in making a new Regalia?**

Sewing classes will be coming soon. Please  
watch out for updates.

## **FAMILY SUPPORT CENTRE**

**VICTIM SERVICES**  
Wednesdays 1:30-3:00pm

**EDMUND LEDI THERAPIST**  
Tuesdays 5:50 - 8:30pm

**GOOD BEGINNINGS**  
December 5 & 19 1:00- 2:30pm

<b>Anger Management</b>	Dec. 3, 1-3pm
<b>Stress Management</b>	Dec. 5, 1-3pm
<b>Vaping Awareness</b>	Dec. 5, 1:30-3:00pm & 5:30-7:30pm
<b>Healthy Communications</b>	Dec. 10, 1-3pm
<b>Defining Abuse</b>	Dec. 12, 1-3pm
<b>Marijuana Awareness</b>	Dec. 12, 1:30-3pm & 5:30-7:30pm
<b>Self-Esteem</b>	Dec. 17, 1-3pm

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

