



FEBRUARY 2020

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Chief Mel Grandjamb, photo credited to Laura Beamish/Fort McMurray Today/Postmedia Network

This article was recently posted in the Fort McMurray Today.

There is no denying Alberta's oilsands are a key driver of the provincial economy. However, declining prices, increased competition, Mideast tensions, and greater consideration of environmental performance and impacts on Indigenous people all create higher expectations of developers. Canada and the world demand responsible development

practices even as Alberta has struggled to tell the complete story of our energy sector.

Alberta's economic strength is in its partnerships. This means industry, government, and First Nations working together to responsibly develop resources, share related revenues, protect the environment, and respect treaty rights. The Fort McKay First Nation is a cornerstone of responsible growth in Alberta — always has

been and always will be. Our 30-year track record shows we work with responsible stakeholders to support resource development — from servicing the oilsands sector to purchasing a 49-per-cent interest in Suncor's east tank farm, the largest privately financed Indigenous business deal in Canada's history.

However, three decades of development also means our *story continued on p.3*



NOTICE TO ALL COMMUNITY MEMBERS: VOYENT ALERT

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

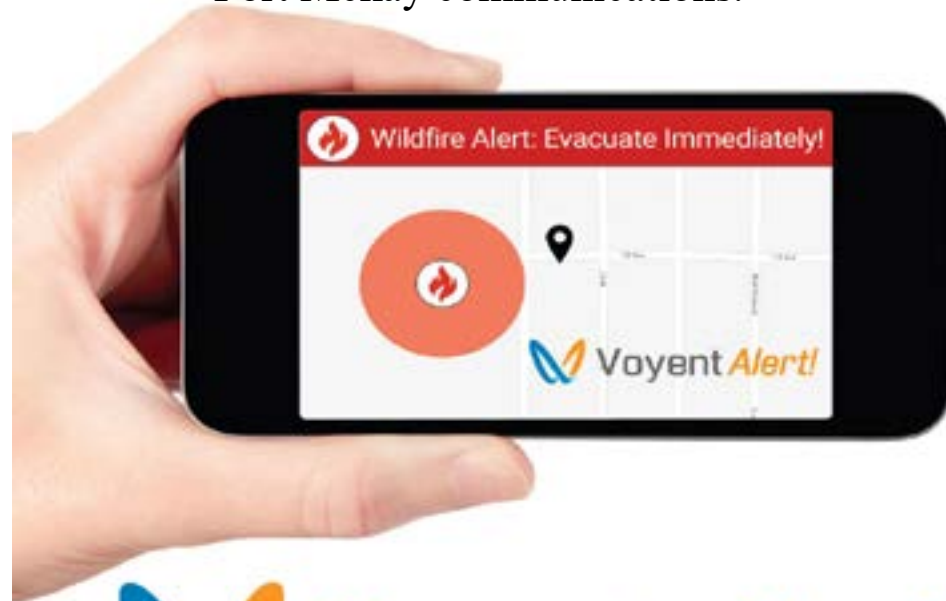
Hours of Operation:
Monday - Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 2 p.m.
Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the
Red River Current, please contact the
Communications Department
email: communications@fortmckay.com

Stay informed by downloading the Voyent Alert!
App from the Apple App Store or Google Play.

Receive real-time mass alerts in regards to safety,
emergency management, and advisories posted by
Fort Mckay communications.



 **Voyent Alert!**

RESOURCE DEVELOPMENT CAN BE A TOOL FOR RECONCILIATION

story continued from p.1

hamlet reserve is now surrounded on three sides by eight mines and three in-situ operations, some as close as three kilometres. This is why Moose Lake is critical to our community.

For 20 years, Fort McKay has worked to protect our Moose Lake reserves located 65 kilometres northwest of the hamlet. Moose Lake is the last relatively undisturbed wilderness in our territory to practise treaty rights such as the traditional harvesting of food and medicines, trapping and conducting ceremonies. It's where our ancestors have lived for millennia. It's where we pass our culture and way of life to our children. It's where I first learned to trap as a kid. But despite our best efforts to protect Moose Lake, encroaching industry threatens the ecological and cultural integrity of the area.

At the end of January, the nation will reconvene government and industry stakeholders at the Moose Lake Together Summit in Edmonton. We will review the changes introduced to the latest draft of the Moose Lake Plan as we seek a government decision to approve the document.

The key question is: can our government and industry partners rally together to cross the finish line on Moose Lake? We've had our doubts. But with the summit just two weeks away, I know we can and we will. Let me tell you why.

The Moose Lake Plan is entirely a work of partnership with the government, refined through consultation with the energy and forestry industries. The plan would create a specially managed 10-kilometre zone around our Moose Lake reserves to limit industrial impacts. The plan would permit in-situ bitumen recovery under conditions that respect treaty rights and enhance environmental protection.

In early 2018, the previous government released a draft plan that was co-developed by our staff and government staff following eight months of industry consultation. Key stakeholder comments on the draft prompted significant changes.

Unfortunately, those revisions were never shared with industry partners who objected to the first draft. Meanwhile, the Alberta Energy Regulator approved the placement of Prosper's Rigel central processing facility inside the 10-kilometre zone. This occurred as the plan, which Fort McKay expects to prohibit large-scale infrastructure inside the management zone, was still in development. As a last resort, Fort McKay challenged AER's decision at Alberta's Court of Appeals last October. The decision is outstanding.

But I am optimistic. When Premier Jason Kenney visited Fort McKay last September, he said a negotiated settlement was a better solution than a court decision. We agree.

We look forward to hosting Premier Kenney and Alberta Environment and Parks Minister Jason Nixon at the summit. Those confirmed to attend include Athabasca Oil Corporation, PetroChina, Chevron, Sunshine Oilsands, Teck Resources, AlPac, Northland Forest Products, and Indigenous Relations Minister Rick Wilson. We have also invited Prosper Petroleum and our local government and business partners in the region.

Some industry stakeholders fear the Moose Lake Plan will set a precedent. We welcome a precedent, one of responsible development among partners that aligns with Premier Kenney's vision for the energy sector, the province's commitment to safeguard treaty rights, and our desire to protect the ecological and cultural integrity of sacred lands. We can show that resource development can be a tool for reconciliation.

After 20 years, it's time to cross the finish line. A decision at the summit to protect Moose Lake is a key step for all partners toward building a stronger Alberta together.

By: Mel Grandjamb,
Chief of Fort McKay First Nation.

YOUTH PARTICIPATE IN SELF-ESTEEM PROGRAM



Youth from the Wellness recently started the “Free being me!”, a Dove self-esteem program that helps empower girls through improving body confidence and self-esteem.

The ‘Free Being Me’ program shows young people that body confidence and self-esteem comes from valuing their bodies, standing up to social pressures, and becoming more confident and supporting others to do the same.

On the first day, the group talked about body confidence, being accepting and being happy with who they are and how they look. They also discussed what makes them special as individuals, and that there is more than one way to be beautiful, and what’s inside matters most.

“It was a great start to this awesome, empowering program! I am very proud of each of these kids for participating and sharing what makes them special,” Shared Shenoah Crockett, Youth Recreation Programmer from the Wellness Center.

At the end of the session, the kids created folders of their own. Each participant placed a positive message in others’ folders showing what’s inside matters most and also writing something that makes them unique. By the end of the program, everyone will have a collection of positive messages about themselves!

Fort McKay WinterFest 2020

SATURDAY MARCH 7TH 2020

11 am – Noon	Registration & Lunch
Noon – 2:00 pm	Open Skate
Noon – 1:30 pm	Kiddies of the North
1:30 pm – 2:30 pm	Duke & Duchess
2:30 pm – 3:30 pm	Prince & Princess
3:30 pm – 4:30 pm	Sr. King & Queen
4:30 pm – 5:30 pm	King & Queen
5:30 pm – 6:30 pm	Supper
6:30 pm – 7:30 pm	Jigging Contest
7:30 pm- 8:30 pm	Awards

JIGGING CONTEST!

Sr. 55+:	1st - \$125, 2nd - \$75, & 3rd - \$50
18-54 years old st	- \$150, 2nd - \$100 & 3rd - \$70
14 – 17 years old :	1st - \$75, 2nd - \$50 & 3rd - \$25
10 – 13 years old:	1st - \$75, 2nd - \$50 & 3rd - \$25
9 & under:	1st - \$50, 2nd - \$35, 3rd - \$20

Sr. King & Queen of the North (50+ years old ... 1st - \$300, 2nd - \$200 & 3rd - \$100)
Snow snake, Moose Calling, bannock & tea making

King & Queen of the North (18 years old +... 1st - \$500, 2nd - \$400 & 3rd - \$300)
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss, moose calling, bannock & tea making

Prince & Princess of the North (14 – 17 years old... 1st - \$300, 2nd - \$200 & 3rd - \$100)
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

Duke & Duchess of the North (10 – 13 years old... 1st - \$150, 2nd – \$100 & 3rd - \$50)
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

Kiddies of the North (5 – 9 years old... all participants get ribbons)
Snowshoe race, snow snake, sled pull & Indian leg wrestle

Registration & lunch is in the Youth Centre
All events are at the soccer field, the arena area, & the Youth Centre
Supper, jigging & the awards ceremony are in the Youth Centre

For more details Contact: Audrey Redcrow,
Fort McKay First Nation - Culture & Special Projects Lead 780.215.2384

Suncor's
2020 Indigenous Student Program
Applications are now being accepted!



Our Indigenous Student Program (formerly Summer Aboriginal Student Program) is more than just a work term. It provides Indigenous students with meaningful work experiences across our Canadian operations, where you will work with some of the most talented people in the energy industry and be connected with members of our Indigenous Employee Network (Journeys) and mentors!

Ready to Apply?

- 1. Visit us at jobs.suncor.com and check out all of our student opportunities or click [here](#)
- 2. Create an account, or log in to your pre-existing candidate profile
- 3. Upload your resume, attach your transcripts and complete the application

Eligibility requirements:

- You must be planning to return to school following the summer work term and available to work from May 4 – August 28



FORT MCKAY RADIO FM
BROADCAST SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	FORT MCKAY MUSIC MIX [MUSIC]					FORT MCKAY MUSIC MIX [MUSIC]	SUNDAY GOSPEL [CFWE]
6:30 AM						SPIRIT OF THE WEST	
7:00 AM	FORT MCKAY MORNINGS [MUSIC]					CONVERSATIONAL CREE [CFWE]	TRIBAL TRAILS
7:30 AM							WITHOUT RESERVATION
8:00 AM						ABORIGINAL MUSIC SPOTLIGHT	SPIRIT OF THE WEST
8:30 AM	FORT MCKAY MID MORNINGS WITH CORT GALLUP MUSIC MIX [MUSIC]						HEARTBEAT OF NATIONS [CFWE]
9:00 AM						INDIGENOUS MUSIC COUNTDOWN	FM POW WOW POWER HOUR
9:30 AM							
10:00 AM	FORT MCKAY MIDDAYS [MUSIC]						
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	ABORIGINAL MUSIC SPOTLIGHT					AMERICAN COUNTRY COUNTDOWN WITH KIX BROOKS	COUNTRY GOLD WITH TERRI CLARK
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	FORT MCKAY AFTERNOONS MUSIC MIX [MUSIC]					TRUCKER RADIO SHOW	CORT'S COUNTRY CLASSICS
5:30 PM							
6:00 PM							
6:30 PM	BINGO [CFWE]	CORT'S COUNTRY CLASSICS	CORT'S COUNTRY CLASSICS	BINGO [CFWE]	TRUCKER RADIO SHOW	BINGO [CFWE]	INDIGENOUS MUSIC COUNTDOWN
7:00 PM							
7:30 PM							TRIBAL TRAILS
8:00 PM							WITHOUT RESERVATION
8:30 PM							
9:00 PM	EVENING MUSIC MIX [MUSIC]				FITZYS FRESH TUNES	FM POW WOW POWER HOUR	FOCUS WEEKEND
9:30 PM							
10:00 PM							
10:30 PM							FM POW WOW POWER HOUR
11:00 PM							
11:30 PM	FOCUS ON THE FAMILY					IMPRESSIONS [CFWE]	IMPRESSIONS [CFWE]
12:00 AM							
12:30 AM							
1:00 AM							
1:30 AM							
2:00 AM							
2:30 AM							
3:00 AM							
3:30 AM							
4:00 AM							
4:30 AM							
5:00 AM	FORT MCKAY MUSIC MIX [MUSIC]						



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

WHAT **YOU** WANT

You want to get to the **NEXT LEVEL**

2nd Class **Power** Engineering **A1** EXAM PREPARATION

Starting on **February 10**

Course offered in **Fort McMurray** to local **Plant Operators**

- 2 flexible sessions to match a 6/6 or 7/7 work schedule
- Classes are held Monday - Thursday at 8am - 4pm with Fridays available for tutorial or catch up
- Prepare for the ABSA exam on May 6, 2020
- 140 hours of in-class instruction

FOR MORE INFORMATION CONTACT 780.715.3903



WHAT **YOU** WANT

THE JOB
**YOU'VE
ALWAYS
WANTED**
...Can be yours.

HAUL TRUCK & HEAVY EQUIPMENT OPERATOR 2019/2020 INTAKE DATES

HAUL TRUCK

November 25 - December 20, 2019
January 6 - January 31, 2020
February 3 - February 28, 2020
March 2 - March 27, 2020
March 30 - April 24, 2020
May 4 - May 29, 2020
June 1 - June 26, 2020

HEO

November 12 - December 20, 2019
January 13 - February 21, 2020
March 2 - April 10, 2020
May 19 - June 26, 2020

Email us for more details: haultruck@keyano.ca • heo@keyano.ca





NORTHLAND SCHOOL DIVISION NO. 61 NEWS

Dr. Nancy Spencer-Poitras appointed as Superintendent of Schools and Chief Executive Officer

The Board of Trustees is delighted to announce that Nancy Spencer-Poitras has been appointed as the new Superintendent of Schools and Chief Executive Officer for Northland School Division.

Robin Guild, Board Chair, comments, “Our Canada-wide advertising resulted in a significant number of applications. Dr. Spencer-Poitras was selected from a field of truly outstanding candidates because of her demonstrated leadership capabilities, her commitment to excellence in serving our students and their families, and her familiarity with the Division.”

Dr. Spencer-Poitras has maintained an exceptional record of school and division leadership over an extensive career as an educator in Alberta. She has worked as a teacher, assistant principal, and principal with Edmonton Public Schools, as an Assistant Superintendent and Superintendent in Alberta, as well as having worked with both the College of Alberta School Superintendents (CASS) and Alberta Education. Since September 2017, Dr. Spencer-Poitras has held the position of Assistant Superintendent with Northland. In June 2019, she was named Acting Superintendent. Throughout her career, she has worked fervently to improve educational opportunities for students and children.



Dr. Nancy Spencer-Poitras

Dr. Spencer-Poitras has a solid background of research and practice in educational leadership. She holds a Bachelor of Education degree and a Master of Education degree with a specialization in Administration and Leadership. She has recently completed her Doctor of Education in Educational Research from the University of Calgary. Nancy has also been recognized provincially for her work in education. She received the Distinguished Leadership Award in 2006 and won an Excellence in Teaching Award in 1997. Nancy is committed to moving Northland forward, continuing with its best practices in education and working collaboratively with students, staff and parents to ensure the effectiveness and success of the Division.

Nancy comments, “In my previous roles with the Division, I have learned the importance of fostering and maintaining effective relationships, cultivating leadership at all levels of the Division, and continuing to be engaged in lifelong learning. I understand first-hand the need to be innovative, strategic, flexible and solution oriented as we adapt to the expectations of parents and the ever-changing educational landscape in education in Alberta. I am honoured to be chosen to serve as Superintendent of Schools.”

Nancy and her husband, Jack, are residents of Wabasca. They have four children; three boys and one girl. They have three beautiful granddaughters and are currently awaiting the birth of their first grandson.

For more information contact Curtis Walty, Communications Coordinator at 780-624-2060, 6183 or curtis.walty@nsd61.ca.

Another opportunity for NSD parents to participate in their child's education

Parents and guardians have another way to participate in the education system at Northland School Division (NSD). Until the end of February, NSD schools will be working with parents to fill out the Accountability Pillar Survey. “Accountability Pillar Survey, parent and guardian participation rate is of high importance to NSD,” said Robin Guild, Board Chair. “We want to have as many parents and guardians as possible complete the survey. We need parental involvement so we can learn what is working in schools and what needs improvement.”

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents, guardians and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning. All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Cree and Dene. The responses collected in the survey are provided to and reviewed by all school staff, the board of trustees and the Alberta Government.

“The feedback we receive from parents and guardians in the survey will help to shape school and divisional planning which directly impacts the educational experience for each child,” said Dr. Nancy Spencer-Poitras, Superintendent of Schools.

The surveys are being mailed to all NSD schools. Parents and guardians who have students in grades 4, 7 and 10 will be asked to fill out the survey (unless the school has fewer than 120 students in grades 4-12 in which case the survey will be expanded to include all parents and guardians).

Schools are implementing strategies such as organizing an event and home visits to help parents and guardians fill out this important survey. Please contact your local school if you have any questions.

All of us working together will positively impact the success for the students of NSD. Thanks so much for participating in this important survey!

NSD's Flexible Learning Program helping more students graduate in home communities

On February 1, 2017, Northland School Division (NSD) in partnership with Career Pathways School launched the Flexible Learning Program. Since its inception, the program has provided an alternative for students who want to complete high school in their home communities.

Career Pathways School Principal Angela James says they have been working hard to expand the number of courses. “We now offer over 55 different core and Career and Technology Studies (CTS) courses through the program,” said James.

Elizabeth Dunleavy, the program coordinator talks about the program currently serving more than 75 students, two of whom are educational assistants in NSD. “The educational assistants are working towards becoming part of a second NSD cohort pursuing a Bachelor of Education from the University of Calgary’s Werklund School of Education. We have students in the program as far north as Fort Chipewyan to as far south as Calling Lake, and many points in between.”


“Before NSD offered the Flexible Learning Program, students who attended schools without a high school program, had to leave home to graduate,” said Nancy Spencer-Poitras, Superintendent of Schools. “It has been exciting to watch the evolution of this program. On February 1, 2017, we started with six students and now we have 78 enrolled. That means more students will graduate as NSD students.”

“On behalf of the Board of Trustees, we thank Angela, Elizabeth and the Flexible Learning Program team for operating a successful alternative program for students,” said Robin Guild, Board Chair “this program is an example of what NSD is doing to help students graduate and be successful in life.”

For more information about the program please contact Elizabeth Dunleavy at elizabeth.dunleavy@nsd61.ca or 780-849-7837. Click on the website link to view the Flexible Learning Program course list <http://tinyurl.com/y555r8yu>.

SKIING AND SNOWBOARDING

At Vista Ridge



THE WELLNESS CENTER IS STARTING OUR ANNUAL SKIING AND SNOWBOARDING PROGRAM.

WE WILL BE GOING SKIING AND SNOWBOARDING AT VISTA RIDGE ON MOST SATURDAYS BETWEEN JANUARY AND APRIL 2020.

THIS PROGRAM IS FOR YOUTH AGES 9-17.

PERMISSION SLIPS AND WAIVERS ARE REQUIRED AND CAN BE PICKED UP AT THE WELLNESS CENTER. ONLY ONE PERMISSION SLIP IS NEEDED FOR THE SEASON. We will not be able to accept verbal permission or permission via text/social media.

IF YOU HAVE QUESTIONS, PLEASE CALL THE WELLNESS CENTER AT 780-828-4312

TENTATIVE DATES:

Saturday, February 8th, 2020
Saturday, February 22nd, 2020
Saturday, March 7th, 2020
Saturday, March 14th, 2020
Saturday, March 21st, 2020
Saturday, March 28th, 2020
Saturday, April 4th, 2020

*There will be NO Skiing/Snowboarding on February 1st, February 15th \or February 29th

THE BUS WILL LEAVE AT 9 AM **SHARP** FROM THE WELLNESS CENTER AND WILL RETURN AT 4:30 PM, UNLESS OTHERWISE NOTED.

IF THE WEATHER IS BAD OR IT IS TOO COLD, SKIING WILL BE CANCELLED.

PLEASE CHECK OUR FACEBOOK PAGE FOR UPDATES.

PINK SHIRT DAY

Wear A Pink Shirt to support Awareness on Bullying



WEDNESDAY, FEBRUARY 26, 2020



Bullying is a major problem in our schools, workplaces, homes, and over the Internet.

SHOW YOUR SUPPORT FOR AWARENESS!!!



TEACHER'S CONVENTION WEEK



FORT MCKAY TEACHER'S CONVENTION

Monday, February 10th to Friday, February 14th, 2020

The Wellness Center will be open from

8:30 AM to 6:00 PM

*Children who are in ECS at Fort McKay School and are 5 years old may attend this week as an introductory to Wellness Center Programs. A completed registration form must be completed prior to the child's first day.

FORT MCMURRAY SCHOOLS TEACHER'S CONVENTION

Monday, February 24th to Fri. February 28th, 2020

The Wellness Center will be open from

8:30 AM to 6:00 PM

Children who are in Kindergarten in Fort McMurray School and are 5 years old may attend this week as an introductory to Wellness Center Programs. A completed registration form must be completed prior to the child's first day.

FEBRUARY IS HEART HEALTHY MONTH!

STRATEGIES TO PREVENT HEART DISEASE

You can prevent heart disease by following a heart-healthy lifestyle. Here are strategies to help you protect your heart.

Heart disease is a leading cause of death, but it's not inevitable. While you can't change some risk factors — such as family history, sex or age — there are plenty of ways you can reduce your risk of heart disease.

♥ DON'T SMOKE OR USE TOBACCO

One of the best things you can do for your heart is to stop smoking or using smokeless tobacco. Even if you're not a smoker, be sure to avoid second-hand smoke.

♥ GET MOVING:

Aim for at least 30 to 60 minutes of activity daily. Regular, daily physical activity can lower your risk of heart disease. Physical activity helps you control your weight and reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and type 2 diabetes.

♥ EAT A HEART-HEALTHY DIET

A healthy diet can help protect your heart, improve your blood pressure and cholesterol, and reduce your risk of type 2 diabetes.

A heart-healthy eating plan includes:

- Vegetables and fruits
- Beans or other legumes
- Lean meats and fish
- Low-fat or fat-free dairy foods
- Whole grains
- Healthy fats, such as olive oil

Two examples of heart-healthy food plans include the Dietary Approaches to Stop Hypertension (DASH) eating plan and the Mediterranean diet.

Limit intake of the following:

- Salt
- Sugar
- Processed carbohydrates
- Alcohol
- Saturated fat (found in red meat and full-fat dairy products) and trans fat (found in fried fast food, c hips, baked goods)

♥ MAINTAIN A HEALTHY WEIGHT

Being overweight — especially around your middle — increases your risk of heart disease. Excess weight can lead to conditions that increase your chances of developing heart disease — including high blood pressure, high cholesterol and type 2 diabetes.

♥ GET GOOD QUALITY SLEEP

A lack OF sleep can do more than leave you yawning; it can harm your health. People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression.

♥ MANAGE STRESS

Some people cope with stress in unhealthy ways — such as overeating, drinking or smoking. Finding alternative ways to manage stress — such as physical activity, relaxation exercises or meditation — can help improve your health.

♥ GET REGULAR HEALTH SCREENINGS

High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

Excerpts taken from Mayo Foundation for Medical Education and Research (MFMER).

Notice

Immunization for children 4-6 years of age



Please call the FMFN Health Centre to ensure that you little ones are up to date for their vaccinations.

Many phone numbers are no longer in service or are difficult to reach.

To book an appointment /or if you have questions or concerns.
Please call: Claudia Simpson, BScN, RN on 587-644-4400.

Keep our littleones and community protected from vaccine preventable diseases.

Book Your Appointment Today!

HEART HEALTHY Breakfast Burrito

INGREDIENTS:

- AM® Original No-Stick Cooking Spray
- 7 ounces turkey smoked sausage
- 3 cups frozen hash brown potatoes, shredded style, thawed (3 cups = 9 oz)
- 1 can (14.5 oz each) Hunt's® Diced Tomatoes with Basil, Garlic & Oregano, drained
- 1 carton (16 oz each) Egg Beaters® Original (16 oz = 2 cups)
- Chopped fresh parsley, optional



1. Spray large non-stick skillet with cooking spray; set aside.
2. Cut sausage lengthwise into quarters; cut crosswise into slices.
3. Add to prepared skillet along with the potatoes; mix well.
4. Cook over medium-high heat 7 minutes or until sausage and potatoes are evenly browned, stirring occasionally.
5. Meanwhile, place drained tomatoes in microwavable dish; cover with paper towel.
6. Microwave on HIGH 1 to 2 minutes or until hot. Stir. Cover to keep warm.
7. Add Egg Beaters to skillet; cook just until Egg Beaters are set, stirring occasionally.
8. Spoon evenly onto 8 serving plates; top with the tomatoes.
9. Sprinkle with parsley, if desired.

COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Mondays

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

Tuesdays

Paint Nite (Ages 8+)
6:00pm-8:00pm
Gamers Club (Ages 8+)
6:00pm-8:00pm
Youth Choice (Ages 10+)
8:00pm-9:00pm

Wednesdays

Board Game Night (Ages 6+)
6:00pm-7:30pm
Sports Club (Ages 8+)
6:00pm-8:00pm
Youth Choice (Ages 10+)
8:00pm-9:00pm

Thursdays

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

No School Fridays

Open 8:30am-6:00pm
Field Trips (Ages 6-12)
Permission Slip Required

Skiing/Snowboarding

Feb. 8th & 22nd
(Ages 9+)
Permission Slip Required
Bus Leaves at 9:00am
Bus Returns at 5:00pm

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.

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.