



JANUARY 2020

VOLUME 10 : ISSUE 1

# AUDREY REDCROW

## PART OF YMM'S TOP 50 UNDER 50

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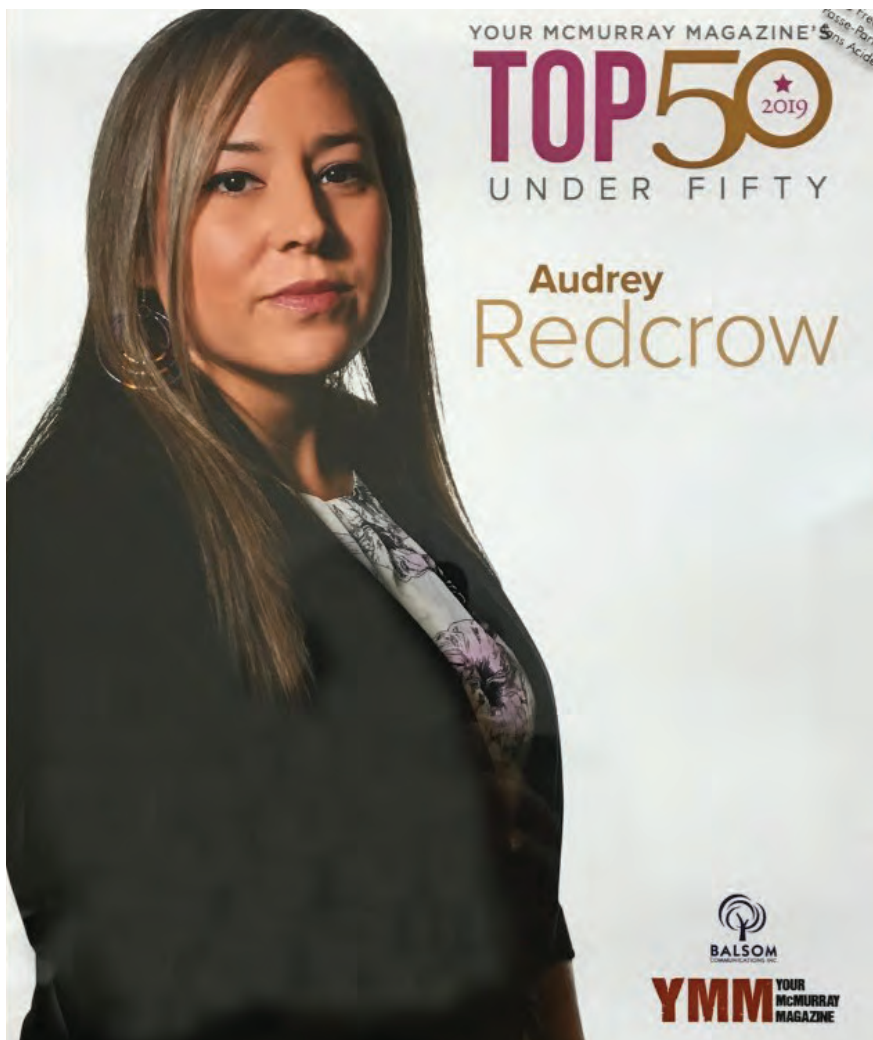
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Audrey Redcrow was recently featured in Fort McMurray's 'Your McMurray Magazine' (YMM) as one of 'Top 50 Under 50' for 2019.

Redcrow's lifelong connection to traditional practices and culture are highlighted

throughout the article. It is also pointed out that her values are characterized by her ongoing involvement at work, at home and during her free time.

A Mother of four, she ensures that she is passing on the knowledge that was once shared

to her by her grandparents to her children. Redcrow was one of the first members to become part of the North Wind Dancers group since its inception in 1986 and has always been involved since and...

(story continued on p.2)

# AUDREY REDCROW

## PART OF YMM'S TOP 50 UNDER 50

(story continued from p.1)

... is the Coordinator of the North Wind Dancers and Drummers.

“After my grandparents passed, I realized that it was up to me to bring back the traditions and carry them forward,” shared Redcrow.

At work, she brings culture into the community as the Cultural and Special Events Coordinator and organizes

many of Fort McKay's events including Treaty Days, Winter Fest, and Annual Pow Wow.

“Being a part of this community means feeling proud of where I come from, feeling welcomed, feeling like I belong here, getting the support when needed, and just being connected,” she shared. “My roots are planted here and I love this place,” she shared.

Your McMurray Magazine, also

known as YMM, is a local magazine publication that focuses on highlighting positive stories about individuals, businesses and events surrounding our region.

To read the full story featuring Audrey Redcrow from YMM, go to their website:

<https://yourmcmurraymagazine.com/features/2019-top-50-under-50/2934/audrey-redcrow>

### 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)

## LEARN TO SPEAK CREE

### Language program

Cree Class will resume again in the New Year 2020, Date and Time will be posted soon. Please call Audrey Redcrow to sign up for the 2020 program 780-215-2384 or call the Band Office 780-828-4220. I would like to thank Clara Mercer for passing on her knowledge of the Cree language to our community!

Cree Christmas songs were chanted at the Fort McKay School Christmas Concert this past holiday season. Audrey Redcrow and Hilda Orr-Desjarlais teamed up to teach the students Joy to the World in Cree, a song that was taught to us in our Cree language class by Elders Marie Boucher and Clara Mercer. Thanks to our elders for allowing us to pass on these teachings to the children at the school! Seven kids participated in total and included Ocean, River, Marie, Geanna, Lexi, Isabella, and Malibu.



# PARTICIPANTS SELECTED FOR ARCTIC WINTER GAMES 2020

It is a great honor to announce that for the second time since 2014, Fort McKay Northwind Dancers and Drummers, ages 15-19-year-old category, have been selected as Team Alberta North Cultural Participants for the upcoming Arctic Winter Games in Whitehorse March 14 to March 21, 2020!

Audrey Redcrow has also been selected as the Adult Female Coach for Team Alberta North Cultural participants along with our Drummer Nicholas Giant who was selected as Male Coach.

The Youth Cultural Participants for the 2020 Arctic Winter Games in Whitehorse are as follows.

1. Kaydence Gladue
2. Keely Courtorielle
3. Xavier Grandjambe

Congratulations to all Dene Games Athletes and Cultural Participants!

This will be an amazing opportunity for our youth and an experience they will never forget!

Go Fort McKay!!!!



**The family of both Mandy Mercredi, and Zach Humby, would like to say thank you to Chief and Council, Rick Grandjambe, Gerald Gladue, Capital Projects and everyone else who supported us during our recent loss.**





# MOTHERS OF MCKAY MOMENT



One thing I have learned in my short time here is that Fort McKay lives the saying "it takes a village to raise a child". With that in mind, I am hoping that you will consider sharing your interests and talents. At the Mother's of McKay Day Care we explore a variety of projects in our rooms throughout the year. In an effort to further extend our children's learning and build community engagement, we would like to express our interest in developing a list of partners (parents, grandparents, aunties, uncles, elders, community members) who would be able to come in and share their knowledge and skills with us. If you like to bake bread, plant a garden, pick berries, hunt or fish we want to hear from you. From Engineers to Artists and careers to hobbyist, if you believe you could contribute to the children's learning and growth, please let us know. If you would like to come in and read to a child, sing a song, teach a dance, speak Cree or Dene or simply join us for a walk we are looking for you! If you are interested in being a vital part of our child care centre, please stop by and let us know in person or email Sherry at: [sduncan@fortmckay.com](mailto:sduncan@fortmckay.com) Even just 1 visit in the year can make a difference in the life of a child. Thank you for your consideration.

Sherry Duncan, Manager, Fort McKay Child Care Centre

## Fort McKay WinterFest 2020

**FEBRUARY 28**

Hand Games Tournament, Feast and Dene Drum Dance

**FEBRUARY 29**

King & Queen of the North Competitions

*stay tuned for more details...*





# NORTHERN SPIRITS BANQUET AWARDS

## Congratulations to:

Offensive MVP -  
Everett Reid  
Defensive MVP -  
Alicia Gladue  
Dedication Award -  
Nikita A  
Team MVP -  
Alicia Gladue  
Rookie of the Year -  
Kayleigh Boucher  
Northern Spirit Award - Colt  
Gladue



## Left photo:

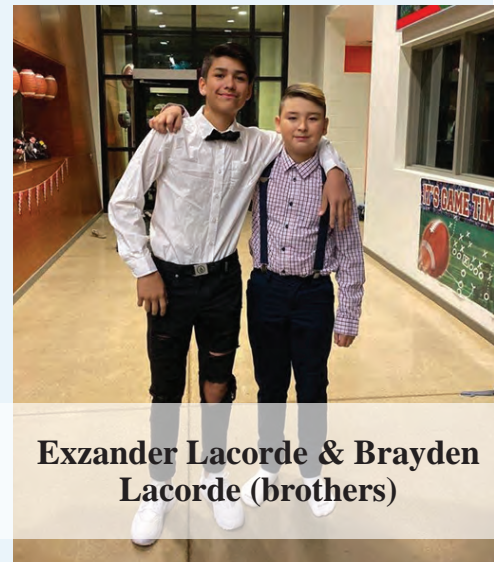
Exzander Lacorde,  
Kairo Grandjambe,  
Dakota Bujold-Hans,  
Alicia Gladue,  
Everett Reid,  
Colt Gladue, and  
Brayden Lacorde



**Colt Gladue – Awarded:  
Northern Spirit Award  
& Alicia Gladue – Awarded:  
Defensive MVP & Team MVP**



**Sky Orr**



**Exzander Lacorde & Brayden  
Lacorde (brothers)**



**Above: Senior players - Dakota Bujold-Hans,  
Colt Gladue, & Everett Reid**



**Above: Kayleigh Boucher – Awarded: Rookie  
of the Year**



# CELEBRATING THE HOLIDAYS





# DAYS WITH LOVED ONES





# INTRODUCING NEW EMPLOYEES IN OUR COMMUNITY



**FORT MCKAY**  
FIRST NATION

## CRAIG RANDELL

We would like to introduce Fort McKay's new Parks & Land Lead, Craig Randell, who is now managing Fort McKay's Park Ranger Program. Some of his responsibilities are to provide direction to community park rangers with the protection of Fort McKay's natural & cultural heritage (Moose Lake), enhance the communities experience on the land and assist the community in conservation and heritage appreciation. Additionally, he will act as an advocate for Fort McKay trappers and understand the current issues and challenges trappers are faced with on the land and develop strategies to address those concerns.

Craig brings with him experience with the Department of Natural Resources as a Forestry Technician and as a Conservation Officer with the province of Newfoundland & Labrador. In 2011, he was promoted to Detachment Supervisor with the Department of Justice / Fish and Wildlife Enforcement Division. Over the course of his career, Craig has studied small & big game populations with a focus on moose, caribou and bear. He conducted surveys and live trapping monitoring programs for species at risk in Newfoundland and Labrador and conducted patrols to protect the natural resources of the province.



**Craig Randell**

Amongst this extensive experience, he grew up in a family who were subsistence hunters & trappers and spent countless hours on the land. "I always had a love for the land and a heart to protect it for future generations. I believe in the sustainability plan to protect and enhance the Fort McKay Moose Lake Reserve for the future of community members and future generations," she shared.

This is not Craig's first time in Fort McKay. For a short time, he worked with the Department of Sustainability back in 2017-2018 as Parks & Land Lead. What he loves most about Fort McKay are the people, "They remind me of back home and where I grew up!"

He looks forward to help establish a strong protective presence on reserve & traditional land for the benefit of community members and future generations of Fort McKay and help foster a consistent program that will benefit Fort McKay for the long-term future of its members and bring a sense of pride & accomplishment to the community. "I would like to ensure the opportunity to promote traditional values are reflected in the park ranger program and promote the program as a viable career choice for younger generations in the community. I am looking forward to working, spending time in the community and on the land. My door is always open! Drop by and say hello!"

During his spare time, Craig enjoys hunting, fishing, music, woodworking.





# NATIONAL NON-SMOKING WEEK

Are you thinking Of Quitting smoking or is it a New Years Resolution? Trying to quit smoking is a lot like leaving a bad relationship. There's never a perfect time to do it, and it can be difficult. Luckily, there are many ways to quit smoking. With the help below, you can make a plan to quit smoking and stay smoke-free.

## MAKE A PLAN

You can make it easier to quit by giving yourself a head start - make a plan! Developing a plan can help you get through the tough times because you'll have your coping strategies ready.

Some ideas for your plan can include:

- counseling and support
- nicotine replacement
- prescription medication
- non-medical resources

Get started on your plan by using the daily tips below and use what works for you. Go over your ideas and prepare yourself for the next steps.

## DAY 1: PICK A QUIT DAY

- Pick a quit day and stick to it.
- Learn about your smoking triggers and make a plan to tackle tempting situations. When you have a craving, grab a healthy snack or try to keep your hands and body busy. Go for low-calorie foods like fresh vegetables, exercise, or talk to someone you trust. You can also:
  - Take a music break (instead of a smoke break) when you study.
  - Stay away from smoky areas.
  - Try relaxation breathing or yoga if you get stressed.

- Stay away from alcohol and drugs. Using alcohol or drugs can make it harder to stay away from smoking.

## DAY 2: REWARD YOURSELF

- 24 hours without smoking is a victory! Congrats! Stay focussed on your goal. Celebrate and do something special for yourself, like going to see a movie or spending time with friends.
- Choose your rewards carefully. Drinking alcohol is not a good reward because it may make you want to smoke.

## DAY 3: TAKE CONTROL

You may feel withdrawal symptoms during the first three days of being smoke-free, which can be tough. But it will get better! After three weeks they should be mostly gone - so don't give up! Day 4: Stick to the program. Keep looking ahead. Think of yourself as a non-smoker.

## HELPFUL TOOLS

- Download the free Break It Off mobile app for instant support to help you deal with triggers and cravings.
- Call a Quit Coach: Talk about quitting smoking by contacting the Pan-Canadian Quitline (1-866-366-3667)
- Use the On the Road to Quitting Guide: you'll get ideas and lots of help.
- Use the Facebook status change app: Tell everyone about your break-up with smoking! Be proud of your efforts!





# NORTHLAND SCHOOL DIVISION NO.61

## Board Highlights Regular Board Meeting

*The Board of Trustees of Northland School Division approved the following items on November 22, 2019:*

**The 2019-2020 Fall Budget.** The budget, aligned to support the “Northland School Division Strategic Plan for Board Priorities”, will see the division increase technology utilization. This move will see NSD utilize virtual options to provide more programming to students and professional learning to staff. The budget is going to strengthen support for instruction and our focus on literacy and numeracy. NSD teachers will learn a teaching strategy to help students improve current skills and comprehend information easier. The fall budget total has changed due to a decrease in provincial grants, student enrolment and higher expenses for liability, maintenance, housing and transportation insurance.

**2019-2022 Three Year Education Plan and 2018-2019 Annual Education Results Report (3YP/AERR), as presented.** The 3YP/AERR is one-way NSD communicates priorities, accomplishments, and student achievement results to students, parents, community members, and school division partners. The 3YP outlines the Board priorities and how they align with the outcome statements for NSD. The AERR portion highlights annual results from the Accountability Pillar Survey.

The survey uses a set of 16 indicators. Data on these indicators consist of surveys of students, parents, guardians, and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, provincial assessments of student learning and parental involvement. The sample size for Provincial Achievement Test (PAT) results does not include all students. NSD had six schools unable to write PAT's due to the wildfires last May and June. Last year, the overall high school completion rate increased from 14.6% to 31.1% (16.5% change) and the overall dropout rate decreased from 10.8% to 9.3% (1.5% change).

**The timeline of the “Every Season Learning Calendar.”** The approved timeline will see Trustees, Associate Superintendents and Director of First Nations, Métis and Inuit Learner Success Lorraine Cardinal-Roy present information regarding the “Every Season Learning Calendar” to School Councils/Principal Advisory Committees. Between January and March 2020, NSD will engage with communities to see if they would like to pilot the “Every Season Learning Calendar” or continue with the current calendar format.

### **NSD student attendance rate for September surpassing overall attendance target**

Director of Student Engagement, Attendance and Completion Don Tessier presented student attendance results for the month of September. Our overall attendance is 87%, which is 4.6% above the division's attendance target! Of 19 schools, eight schools improved their September 2019 attendance patterns when compared to the previous year. The results show schools are working hard to reduce the number of students attending below 70%.

*To view the Board Highlights in more detail, visit the Northland School Division website at <https://www.nsd61.ca/about-us/division-news/post/board-highlights-november-22-2019>.*





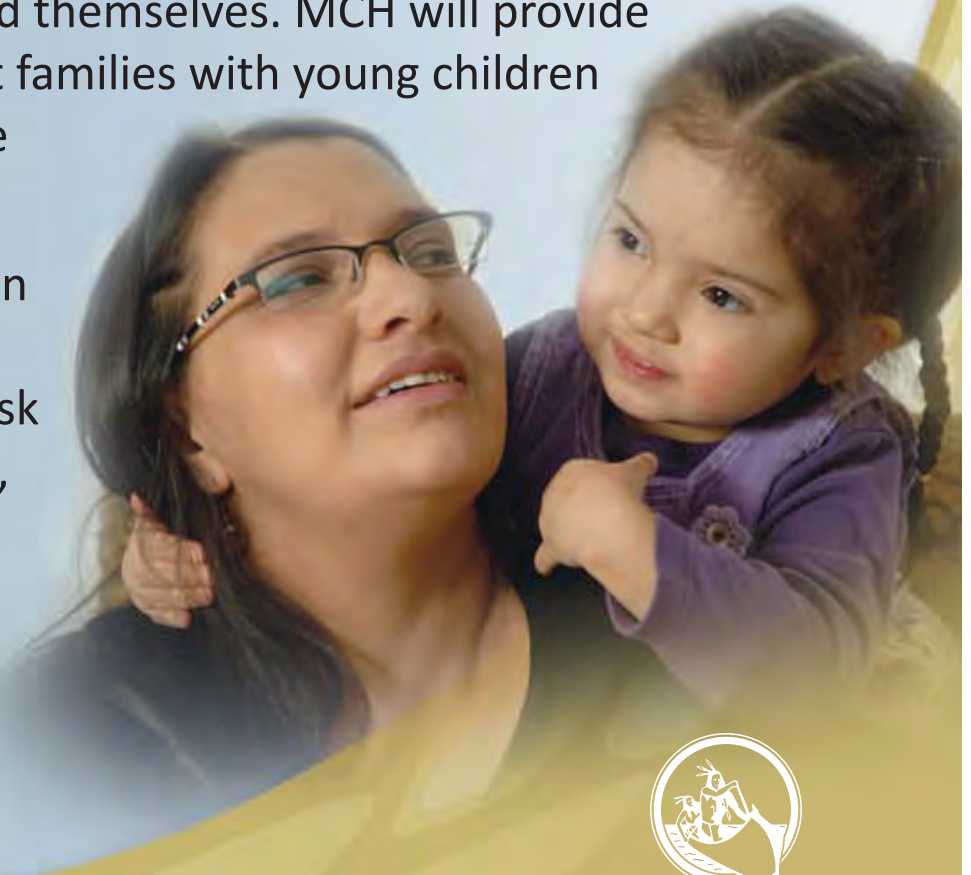


# Maternal **child** Health Program

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



# EMPLOYMENT AND TRAINING DEPARTMENT

## *Snapshot on two certifications*

### EARLY LEARNING CHILD CARE EDUCATOR

Early Childhood educators plan organize and lead activities to help children develop intellectually, physically and emotionally. They work with infants, toddlers, preschool and school aged children in a variety of settings.

Early childhood programs are based on children's interests and learning needs, and include the use of individual, small and large group activities, indoor and outdoor play, learning centres, outings and field trips. Activities are varied frequently and are designed to accommodate individual children's unique abilities. For example, a typical day's schedule might include:

A well-designed learning environment for infants, toddlers and preschoolers includes opportunities to develop independence, problem-solving, literacy, math and science skills through play experiences. Out-of-school care programs include activities designed to complement the school program, provide recreational and artistic opportunities and meet the unique needs of children aged 6 to 12. Educators in these environments are responsible for providing a safe, secure, relaxing and fun place for children to go outside of school hours.

- Certification: Provincially Regulated
- Average wage: \$18 onwards
- Education requirement: High School Diploma

### EDUCATIONAL ASSISTANT

Educational Assistants support students as part of a multidisciplinary team with teachers and other support personnel to provide meaningful instruction. Educational assistants also help teachers with non-instructional tasks. Educational assistants work for early intervention programs, schools, summer camps, childcare centres and other learning organizations. They support students, teachers and other professionals.

- Average wage: \$20 onwards
- Education requirement: High School Diploma,
- Other requirements: A first aid certificate, criminal record check and child intervention record check

Interested candidates can book an appointment with the Employment and Training office to make inquiries, learn more about these programs and the entry requirements. Together we can create a plan to work on the requirements one step at a time.

*To make inquiries call The Employment and Training Department at  
780.828.2448 / 780.828.2478*







**FORT MCKAY**  
FIRST NATION

# NOTICE

## To Members of Fort McKay First Nation

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### **Quarterly General Meeting:**

Fort McKay First Nation highly encourages all members of the Community to attend.

### **Date, Time and Location:**

#### **Fort McKay, AB**

Tuesday, January 28, 2020 at 6:30 p.m.

Fort McKay Band Hall

#### **Fort McMurray, AB**

Wednesday, January 29, 2020 at 6:30 p.m.

Radisson Hotel, 435 Gregoire Drive, Fort McMurray, AB

#### **Edmonton, AB**

Thursday, January 30, 2020 at 6:30 p.m.

The Chateau Louis Hotel & Conference Center, 11727 Kingsway, Edmonton, AB

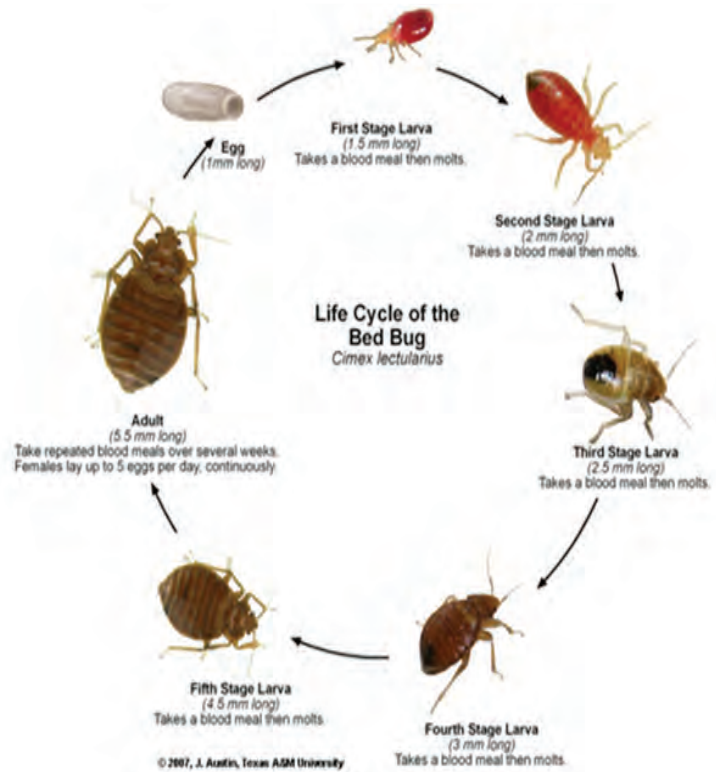
**INSPIRED BY OUR PAST, INVESTED IN OUR FUTURE**



# HEALTH IN HOUSES

Bedbugs are more common than most people realize. Bedbugs are a nuisance and do not discriminate – anyone can get them. You can have the cleanest house and you can still get bedbugs or stay at an expensive hotel and bring them home. Literally, anyone can get them and as such, there is nothing to be embarrassed about.

Bed bugs can hide just about anywhere; this is what makes detecting bed bugs so difficult. Typical hiding places are mattress seams, behind pictures, box springs, in curtains, bedframes, behind headboards, in sofas, behind baseboards, along carpet edges and night stands. Bed bugs are not just in beds although they usually hide within 3 to 6 feet of their feeding area. Bedbugs can spread via clothes, infested furniture, luggage and boxes. Check used/donated items before taking them into your home.



You should regularly inspect all sheets and pillowcases for small brown blood stains (fecal spots) and inspect the seams and folds of mattresses for live insects and bloodstains.

Tenants who think they may have bedbugs should notify the Housing office immediately. Bedbugs are easier to get rid of when caught early. The longer you have them, the longer it will take to get rid of them and the more chances of spreading to friends and families' homes increases.



**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**





# CAN YOU SEE THE DIFFERENCE?



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- It takes only a small amount to kill.

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Government  
of Canada

Gouvernement  
du Canada

[Canada.ca/Opioids](https://Canada.ca/Opioids)

Canada

# Syphilis Outbreak

November 12, 2019

## There is a syphilis outbreak in Alberta.

Syphilis is an infection caused by bacteria. You get syphilis by direct contact with someone who has a syphilis sore during oral, anal or vaginal sex. This contact may have happened at any time in your life without you knowing it happened. Not everyone who becomes infected has signs of the disease. It does not go away without treatment.

Untreated syphilis in pregnancy can cause problems such as miscarriage, birth defects and stillbirth. Syphilis is passed from mother to baby during pregnancy and birth. Syphilis that passes from the mother to the baby is called congenital syphilis. It can damage your baby's bones, teeth, vision, hearing and brain development. It can also cause low red blood cells and seizures. **It is serious.**

A simple syphilis screening blood test can tell if you have syphilis. **Syphilis is treatable.** A doctor, midwife or nurse practitioner can test for the infection and give you medicine to cure it. The medication will prevent the infection from being passed on to your baby.

You can be re-infected with syphilis even if you have been treated in the past. Your sexual partners need to be tested so they can be cured too.

All women should be screened for syphilis during pregnancy. If you are pregnant, ask your doctor, midwife or nurse practitioner about testing.

## The spread of syphilis can be stopped.

Call your doctor or HealthLink at 811 if you want more information.





# SYPHILIS Q&A

Syphilis Syphilis is a sexually transmitted infection (STI) caused by a bacteria (*Treponema pallidum*). The infection progresses in stages

## HOW DO I GET SYPHILIS?

Syphilis is passed between people through unprotected sexual contact (oral, vaginal, or anal sex without a condom). You can spread it to others without knowing it. Pregnant females can pass the infection on to their unborn children.

## HOW CAN I PREVENT SYPHILIS?

When you're sexually active, the best way to prevent syphilis is to use condoms for oral, vaginal, and anal sex.

Don't have any sexual contact if you or your partner(s) have symptoms of an STI, or may have been exposed to an STI. See a doctor or go to an STI Clinic for testing.

Get STI Testing every 3 to 6 months and when you have symptoms.

## HOW DO I KNOW I HAVE SYPHILIS?

Many people with syphilis have no symptoms, while others may have:

- sores on or near the penis or in and around the vagina, mouth, or rectum
- a rash on the palms of the hands, feet, or the whole body

The sores and rash may not be painful.

The best way to find out if you have syphilis is to get tested. Your nurse or doctor will do a blood test and test you for other STIs.

## IS SYPHILIS HARMFUL?

If not treated, syphilis may cause blindness, paralysis, deafness, brain and heart disease, and mental health problems. These effects can be prevented if you get early STI testing and treatment.

# THINGS TO WATCH FOR IN THE NEW YEAR WITH THE HEALTH CENTRE

Lunch & Learn Sessions

Good Food Boxes

Cooking classes

Walking Program

Car seat Safety

Nutrition Bingos

Moss Bags learning

Stay tuned or contact Vanessa or Claudia @ the Health Centre 780-828-2450 for more information.



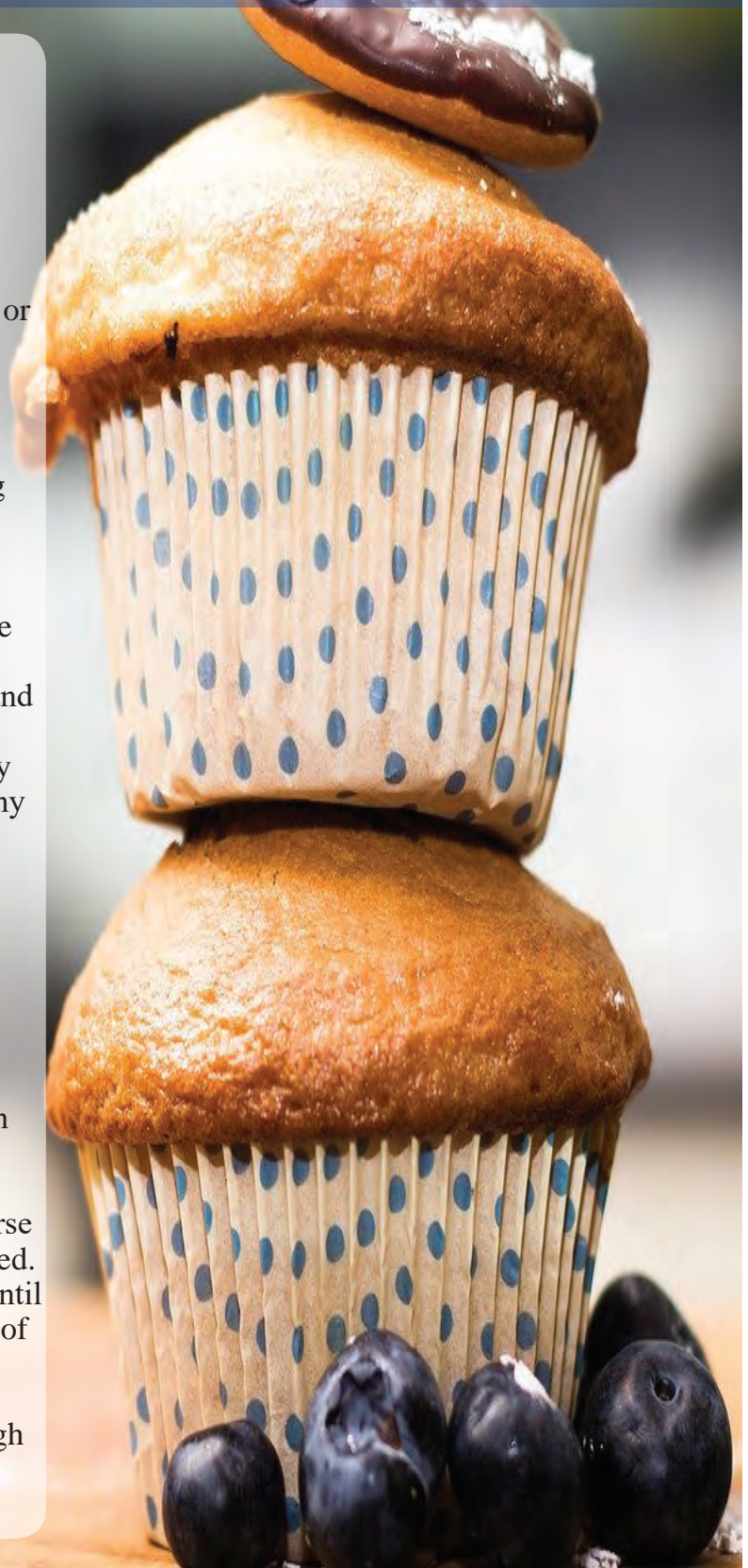
# 100% WHOLE WHEAT BLUEBERRY MUFFINS

## INGREDIENTS

- 2 1/2 cups (283g) Whole Wheat Flour
- 1 cup (213g) brown sugar
- 3/4 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon, optional
- 1 cup (128g) blueberries, fresh or frozen, or Blueberry Jammy Bits
- 1 teaspoon vanilla extract
- 1/3 cup (67g) vegetable oil
- 1 1/2 cups (340g) buttermilk
- cinnamon-sugar or coarse white sparkling sugar, for topping, optional

## INSTRUCTIONS

1. Preheat the oven to 400°F. Lightly grease the cups of a standard muffin pan (12 muffins); or line with paper baking cups, and grease the paper cups.
2. Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.
3. Whisk together all of the dry ingredients; stir in the blueberries last.
4. In a separate bowl, whisk together the vanilla, vegetable oil, and buttermilk or yogurt.
5. Pour the liquid ingredients into the dry ingredients, stirring just to combine.
6. Spoon the batter into the prepared muffin cups, filling them full. A slightly heaped muffin scoop of batter is the right amount.
7. Sprinkle the tops of the muffins with coarse sparkling sugar or cinnamon sugar, if desired.
8. Bake the muffins for 18 to 20 minutes, until a toothpick inserted into the middle of one of the center muffins comes out clean.
9. Remove the muffins from the oven, and after 5 minutes (or when they're cool enough to handle) transfer them to a rack to cool. Serve warm, or at room temperature.



*Excerpts taken from:*

*<https://www.kingarthurfLOUR.com/recipes/100-whole-wheat-blueberry-muffins-recipe>*



# HEALTH NUTRITION FACTS: IRON

Learn to make healthier food choices by using the Nutrition Facts table on prepackaged foods. Iron is found in the Nutrition Facts table.

## WHAT IS IRON?

Iron is a mineral that is important for your health. Iron plays many different roles in the body:

- Helps produce red blood cells.
- Transports oxygen throughout the body.

## DID YOU KNOW?

There are two types of iron: heme and non-heme iron. In the Nutrition Facts table, the nutrition information includes both types of iron.

Where can you find iron?

Iron can be found in:

- Dried fruits such as apricots, prunes, raisins
- Eggs
- Fish and seafood
- Enriched grain products like cereal and pasta
- Legumes such as beans, lentils, peas, soybeans
- Meat such as beef, lamb, pork, veal
- Poultry like chicken and turkey
- Some vegetables like asparagus and spinach

## WHERE CAN YOU FIND HEME IRON?

Heme iron is more easily absorbed by the body than non-heme iron. Heme iron can be found in:

- Fish • Meat • Poultry

## WHERE CAN YOU FIND NON-HEME IRON?

Most iron in the diet is non-heme iron. It can be found in:

- Eggs, Fortified grain products like cereal and pasta, Dried fruits
- Legumes such as beans, lentils, peas, soybeans
- Vegetables

### Helpful tips

Your body will absorb more non-heme iron if you eat foods that are high in vitamin C at the same meal. Vitamin C is found in foods such as:

- Broccoli
- Citrus fruits and juices such as orange, grapefruit, tangerine
- Kiwi
- Strawberries
- Sweet peppers

## HELPFUL HINTS AT THE GROCERY STORE

Use the **NUTRITION** facts table to choose and compare foods:

- to get enough iron, choose a variety of foods such as lean meats, fish, poultry, beans and lentils
- put vitamin C-rich foods in your cart. Try citrus fruit, strawberries and sweet peppers. Eating foods rich in vitamin C may help your body absorb iron from non-heme sources



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

## WELLNESS CENTER 780-828-2412

### **Mondays**

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

### **Tuesdays**

Theatre Club (Ages 8+)  
6:00pm-8:00pm  
Youth Choice (Ages 10+)  
8:00pm-9:00pm

### **Wednesdays**

Healthy Habits (Ages 8+)  
6:00pm-8:00pm  
Young Engineers (Ages 8+)  
6:00pm-8:00pm  
Youth Choice (Ages 10+)  
8:00pm-9:00pm

### **Thursdays**

"Free Being Me" (Ages 8+)  
6:00pm-8:00pm  
Homework Help (Ages 6+)  
6:00pm-7:00pm  
Youth Choice (Ages 10+)  
8:00pm-9:00pm

No School Fridays  
Open 9:00am-6:00pm  
Field Trip

\*Permission Slip Required\*  
Bus Leaves at 10:30am  
Bus Returns at 2:30pm

### **Saturdays**

Skiing/Snowboarding  
(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 ex-  
cept 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.

