



NOVEMBER 2019

VOLUME 9 : ISSUE 10

# NEW EMPLOYEES AT THE FORT MCKAY GROUP OF COMPANIES



**Rosita Hirtle, Recruitment Specialist and Bobby Shott, Business Development Manager, Mining Division.**

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Chief Mel Grandjamb and Council are very happy and proud to see two Fort McKay First Nation Band Members in their new roles at Fort McKay Group of Companies. Rosita Hirtle is the new Recruitment Specialist and Bobby Shott is Business Development Manager, Mining Division.

Chief & Council are upholding their commitment to place our members in management positions and wish Rosita and Bobby success in their new roles.

Rosita and Bobby are pictured representing Fort McKay Group of Companies at the Treaty 6 job fair in Edmonton.



# FIRE SAFETY INSPECTIONS

The Housing Department will be carrying out Safety Inspections in all homes within the community, and will make recommendations for improvements when needed. These inspections are a key component to ensuring occupant safety and protecting the assets of the community.



Tenant assistance is key to the success of this initiative.  
Please call 780-828-5537 now to be scheduled in for an inspection.

## 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)

## 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!*





# KIWETINOHK ISKEWE EMPOWERMENT AND RESILIENCE CONFERENCE



Nicole Bourque-Bouchier speaking at conference

Fort McKay First Nation and The Wellness Center partnered together this year to organize the Kiwetinohk Iskewe Empowerment and Resilience Conference that took place on September 18th, 2019.

The Conference offered a variety of workshops intended to raise awareness and prevent gender-based violence, physical violence and sexual violence among women and girls, while promoting empowerment and resilience! Altogether, 125 youth and adults attended the event.

Workshops included sessions from Canadian Mental Health Association, YMCA of Northern Alberta, Waypoints, Northreach Society, and Some Other Solutions. Participants spent the entire day learning various strategies that help

reduce violence and at the same time, created new friendships from all over the region.

The day also comprised of presentations from special guests Mary Black and Blain Constant from Winnipeg, Manitoba, who shared their personal stories of healing from trauma. Nicole Bourque-Bouchier was also part of the event and delivered a powerful keynote speech that left participants feeling empowered!

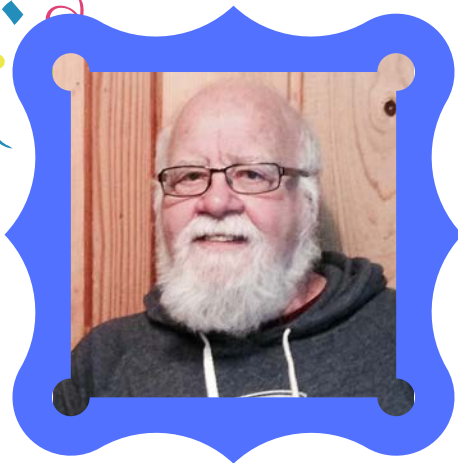
A BIG THANK YOU goes out to the Fort McKay Wellness Center and Fort McKay First Nation for organizing and hosting this conference. We would like to also acknowledge our government for providing support with grants.

*Photo credits go to Lori-Lei Mercredi*



Participants during workshops

**HAPPY  
BIRTHDAY**



In 1939, on Halloween night  
The witches delivered a bundle of fright  
(The storks took the day off you see)  
And that is how our friend Rod came to be  
Then in the year 1975



In Fort McKay, a man did arrive  
Hair so long, bell bottoms so wide  
(Some people called him Mr. Raw Hide)  
So many roles! He leaves us in awe  
Principal, husband, brother-in-law  
Teacher, Coach, Uncle, Friend, Grampa, Dad  
He's one of the best we've ever had  
Rod spent his life helping us learn  
And when we were naughty, he could be stern  
But he always taught with compassion and care  
If anyone needed him, he would be there  
He taught us our numbers, but also about life  
To be our best, to try to be nice  
He coached hockey so us kids could have fun  
We thank you, Rod, for all you have done ♥



*Happy 80th Birthday Rod! Love from your family and friends*



**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  
November  
1st, 2019

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.



# ELDER LINA GALLUP FEATURED IN SHORT DOCUMENTARY

A Mother's Voice is a documentary about Fort McKay Elder and residential school survivor Lina Gallup. The short documentary was produced and created by Film Producer Holly Fortier, Lina's Daughter.

In the film, Gallup shares her story of when she was taken away from her home by two RCMP at the age of six. For the next thirteen years, Lina spent in a residential school without her family where she was forbidden to speak her language or practice her culture.

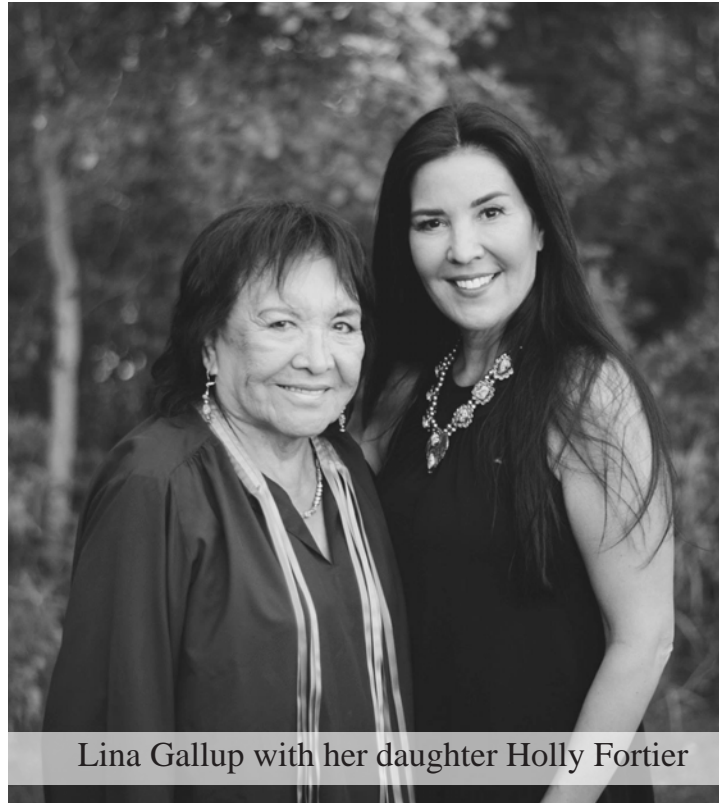
This exceptional documentary is the beginning of many other stories that are now being shared about residential school worldwide. Over 150,000 kids were forced into residential schools, separated from their families, losing their culture and identity.

Residential schools made their mark, and this mark has affected thousands from one generation to another. The trauma was not only felt by the individual, but also by the family and the entire community. Sharing the truth is an important part of healing and reconciliation.

"I have a business that delivers Indigenous Awareness Trainings to industry, government, businesses, agencies. I have taught thousands and thousands of people across Canada. And thousands and thousands of people have said to me that they had no idea of Canada's Indian Residential Schools. I am also a filmmaker and thought it would be such perfect platform to share our story", shared Fortier.

Fortier is the founder and operator of Nisto Consulting, a company that also offers Indigenous Awareness Training. Her presentations share a story that is of heavy subject matter but delivers crucial information in a kind and humble way. It is her mission to bring people into more meaningful and respectful relationships with each other; Indigenous and non-Indigenous Canadians.

Gallup's story is an excellent example that even



Lina Gallup with her daughter Holly Fortier

through such traumatic experiences came strength & resiliency.

Fortier described her mother as "determined, strong and resilient. We know the historical trauma and intergenerational impacts, but my mom changed her story and ultimately mine, my children and my grandchildren. And also the thousands of youth that came to the Group Home that she owned and operated. I am so proud of her!".

ORANGE SHIRT DAY was September 30, a day to remember the thousands of First Nations, Métis and Inuit children that were removed from their homes at this time of the year and forced to attend residential schools.

The documentary can be found on Youtube: [https://www.youtube.com/watch?v=Ip3yGEKGCX4&-feature=youtu.be&fbclid=IwAR2c7pUiM9ruJB-WGPy3miIc\\_4qm6PCM32GUWz2KNf0\\_klAx-CIqVMrfbi4aw](https://www.youtube.com/watch?v=Ip3yGEKGCX4&-feature=youtu.be&fbclid=IwAR2c7pUiM9ruJB-WGPy3miIc_4qm6PCM32GUWz2KNf0_klAx-CIqVMrfbi4aw) To learn more about Fortier's company, please visit: [www.nistoconsulting.com](http://www.nistoconsulting.com).



# A MOTHERS OF MCKAY MOMENT

## ~The best hand held device for your child~



In this age of ever changing technology I have been asked by parents for recommendations for the most suitable apps and hand held devices for preschool age children.

For those who have an understanding of child development, you will know that children at this age are growing rapidly in all areas; socially, emotionally, physically, creatively and intellectually. As parents we want what is best for our children and we are sometimes swayed by the media and “the next big thing”.

So, what is the best hand held device for your child? It is your own hand.

What are the best apps? The best “apps” are not found on any fancy piece of technology. They are not really apps at all. The best interaction with children is reading a book with the child by your side, going for walks and talking about nature or having the child help stir the batter for the muffin tins. These typical daily interactions introduce a variety of social, language, math and science skills. From mixing and pouring to weather and identification of trees on the walk through the forest, children are actively engaged in the process of learning. Children don’t learn language using apps, they learn to communicate and process language by engaging in conversation with others. From babbling and cooing to using single words – children use the visual cues of your face, tone, voice inflection and body language – all skills that cannot be learned by playing with technology. On the long drive to Fort McMurray tell stories, listen to their stories, look at the changing seasons or play car games. Give your child the best gift you have to offer. The gift of your time.

Sherry Duncan; Mother's of McKay (MOM) Child Care Manager

### IMPORTANT NOTE FROM THE DAY CARE:

If you have a child in the day care centre – have you signed up for SeeSaw yet? You should have received a text with all of the information on how to sign up. This is a way for you to see pictures of what is going on during the day. Child Care providers will make an effort to post a few pictures each week so that you can see what your child is doing during their time with us. If you deleted the text or would like it sent again, please stop and ask Sherry in the front office of the Day Care centre.



# GET YOUR DRIVER'S LICENSE!



## CLASS 7 & CLASS 5

DO YOU WANT TO GET YOUR DRIVER'S LICENSE?  
THE EMPLOYMENT AND TRAINING DEPARTMENT CAN ASSIST YOU

### Class 7

15 hours in classroom session by a driving school that will  
prepare you to write the Class 7 test.  
MUST attend 15 hours - 2 days of learning session Assist with  
transportation to town to write the knowledge test

### Class 5

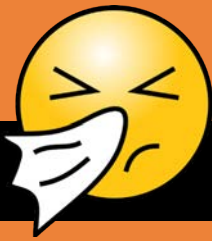
Driving lessons with the Driving school  
Road test booking and appointment at the  
registry. School rental car for the road test  
Transportation can be provided to town and back

To make inquiries call the  
Employment & Training Department:  
780.828.2448 / 780.828.2478

**FULL Participation is  
REQUIRED!**

# FLU FACTS:

## Flu, Cold or Stomach Flu?



### SYMPTOMS:

Fever  
Chills, aches, pain  
Loss of appetite  
Cough  
Sore Throat  
Sniffle or sneezing  
Involves whole body  
Symptoms appear quickly  
Extreme tiredness  
Complications

### INFLUENZA :

Usually high  
Frequent  
Sometimes  
Usual  
Sometimes  
Sometimes  
Often  
Always  
Common  
Pneumonia,  
chronic conditions  
worsen, can be life  
threatening

### COLD:

Rare  
Slight  
Sometimes  
Sometimes  
Common  
Common  
Never  
More gradual  
Rare  
Sinus/ear infection

### STOMACH FLU :

Rare  
Rare  
Common  
Rare  
Rare  
Rare  
Stomach/bowel only  
Fairly quickly  
Sometimes  
Dehydration

*Protect yourself and your family!*

**GET YOUR FLU SHOT THIS FALL**

*For more information about the flu or vaccination,  
please contact the Health Centre at: 780-828-2450*







**FORT MCKAY**  
FIRST NATION

# Culture Department presents **FREE CREE CLASS** with Elder Clara Mercer

**Where: Fort McKay Elders Centre**

**When: 7 p.m. - 9 p.m.**

**8 week program every Tuesday - Thursday**

Week 1 - October 15, 16, 17	Week 2 - October 22, 23, 24
Week 3 - October 29, 30, 31	Week 4 – November 5, 6, 7
Week 5 – November 12, 13, 14	Week 6 – November 19, 20, 21
Week 7 – November 26, 27, 28	Week 8 – December 3, 4, 5

## **Space is Limited**

To Register and for more information,  
contact Audrey Redcrow during business hours

Monday – Thursday 8:30 a.m. – 4:30 p.m.

and Friday 8:30 a.m. – 2 p.m.

Office: 780-828-4220 ext. 2461

Cell: 780-215-2384

Email: [aredcrow@fortmckay.com](mailto:aredcrow@fortmckay.com)

All minors must be accompanied by an adult

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

# FORT MCKAY MEDICAL TRANSPORTATION

## FREQUENTLY ASKED QUESTIONS

### **WHO QUALIFIES FOR THE BENEFITS?**

Anyone who has a treaty number qualifies

### **WHO MAKES THE ARRANGEMENTS FOR ME?**

The staff at the nearest Health Centre makes the arrangements from your area only. If you are going to Edmonton, Edmonton Referral Unit coordinates it.

### **WHO DO I CONTACT IN MY AREA?**

Janvier: Contact medical Centre at: 780-697-3245

Fort McMurray: Contact ATC-Medical Transportation 780-791-6538 ext. 251 or 250

8:30 am- 4:30 pm Monday to Friday except Holidays

Fort McKay Health Centre contact: 780-828-4229

Gregoire Lake Health Centre contact: 780-334-2443

***If you need assistance after 4:30 pm call Edmonton Referral at: 1-800-514-7106***

### **IS MY FAMILY INCLUDED IN MY BENEFITS?**

No, they are not unless they have their own treaty number. Babies are covered up to the age of 18 months under his/her parents.

### **IF I DRIVE TO AN APPOINTMENT DO I GET REIMBURSED?**

Yes, you do get reimbursed for fuel after you fill in a claim form available at Health Centres.

### **IF I HAVE AN ESCORT, DOES HE/SHE HAVE TO PAY THEIR OWN WAY?**

No, they do not pay their own way. It is under the client.

### **WHAT DOCUMENTS ARE REQUIRED FOR AN ESCORT?**

We require a medical practitioner supply a written note that an escort is medically required.

### **HOW CAN I RECEIVE OR SEND MY DOCUMENTS TO SEND THEM IN FOR REIMBURSEMENT?**

You can pick them up at the Health Centre in your area, email or fax.

### **HOW LONG DO I HAVE TO CANCEL A REFERRAL?**

You have 24 hours to cancel to assure future services.

### **HOW LONG DO I HAVE TO SUBMIT REIMBURSEMENTS?**

You have one year from the date of appointment to submit reimbursement.



# 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

## 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.

**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.

## COMMUNITY ROUND DANCE

The Fort McKay Cultural Department  
Will be hosting a Round Dance in  
Collaboration with the Family Support  
Center for National Addictions  
Awareness Week (NAAW)

Come Rock your Mocs

Thursday November 21, 2019  
5pm-10pm

There is no school Friday November 22, so  
please come out and join us for an  
evening of healing and fun!

5-7pm Feast

7pm-9:30pm Round Dance

9:30pm Give Away

## FAMILY SUPPORT CENTRE

### VICTIM SERVICES

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

**Anger Management** November 5, 1-3pm

**Stress Management** November 7, 1-3pm

**Healthy Communications** November 12, 1-3pm

**Healthy Thinking & Living** November 14, 1-3pm

**Self-Esteem** November 26, 1-3pm

**Defining Abuse** November 28, 1-3pm

### National Aboriginal Addictions Awareness Week:

*Join us for activities and presentations to raise  
awareness of the issues surrounding addictions  
& how healing can be found.*

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

