



MARCH 2020

VOLUME 10 : ISSUE 3

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Let's Cross  
the Finish  
Line

*Chief Mel Grandjamb during the Moose Lake Together Summit.*



The Alberta's Court of Queen's Bench yesterday directed the Government of Alberta to make a decision regarding Prosper Petroleum's Rigel project within ten days. That decision was deeply disappointing to the Fort McKay First Nation. Fort McKay was pleased, however, to learn late in the day that Alberta will appeal the decision.

The Queen's Bench instruction to Alberta is inappropriate because the Alberta Energy Regulator's approval of the Rigel project is before the Court of Appeal and a decision

whether that approval will stand is expected in the next 60 days. Fort McKay's position is and has always been that the AER should not have approved the Rigel project in 2018 because Fort McKay was in the middle of negotiations with Alberta to protect its Moose Lake reserves and the Moose Lake area that have been ongoing for almost twenty years. Prosper's project, as it is currently configured, would have significant adverse effects on the Moose Lake area.

Alberta's decision to appeal yesterday's ruling signals to our members this government is

serious about achieving a negotiated solution that acknowledges the importance of Moose Lake to Fort McKay.

Last month, Fort McKay hosted Alberta's Environment and Parks Minister, Jason Nixon, Indigenous Relations Minister, Rick Wilson, the CEO of Prosper and representatives from all area leaseholders at the Moose Lake Together Summit in Edmonton. A key outcome was the announcement made jointly by Fort McKay and the Government of Alberta of a

*(story continued on p.2)*



# DISAPPOINTED BY COURT DECISION BUT ENCOURAGED BY GOVERNMENT'S RESPONSE

(story continued on p.1)

three-month roadmap to complete and approve for immediate implementation the Moose Lake 10-Kilometre Access Management Plan. The plan will permit carefully managed, responsible development that also protects the exercise of Fort McKay's Treaty rights and traditional land uses.

As part of the three-month roadmap to complete the Moose Lake plan, Alberta and Fort McKay will hold monthly

leadership meetings and have already begun weekly working sessions to which stakeholders from the oil sands industry, including Prosper, forestry sector and other Indigenous communities have been invited to ensure a high level of collaboration. We look forward to working with Alberta to resolve outstanding issues to balance economic, environmental, social and cultural objectives through the plan.

We will be gathering with our community to review the

Queen's Bench decision and its implications as we wait for Alberta to file its appeal. We will apply to intervene in this action to support of the government's application to overturn the Queen's Bench decision. We are not deterred, and we will, as a community, explore all the steps we must take to protect Moose Lake, including any and all available legal options to protect our constitutionally guaranteed Treaty rights and irreplaceable heritage.

## 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.

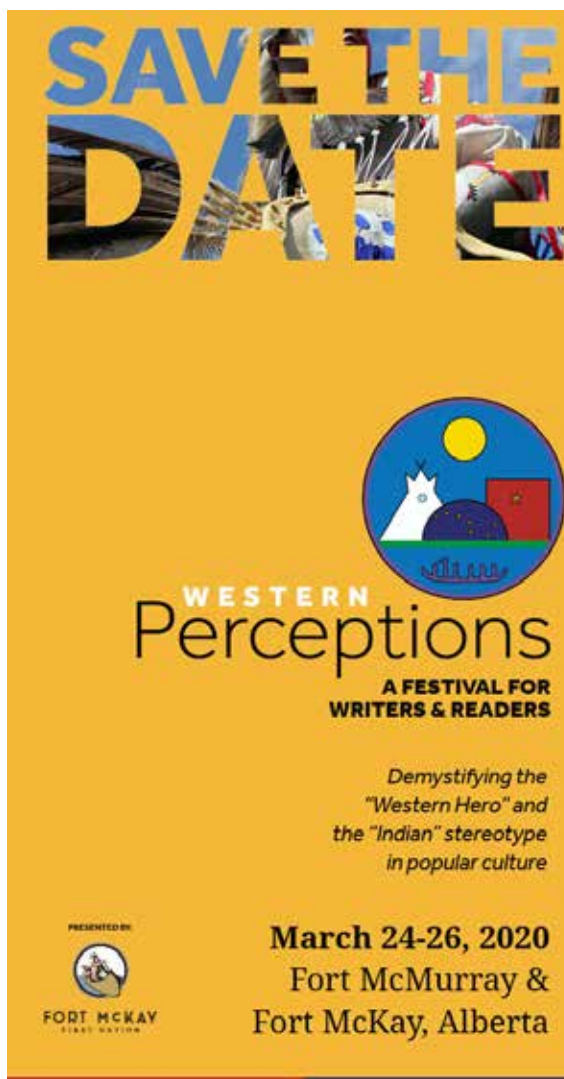
Dorothy McDonald Business Centre  
General Delivery  
Fort McKay, AB T0P 1C0  
Phone: 780-828-2430

## 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)



**SAVE THE DATE**

**WESTERN Perceptions**  
A FESTIVAL FOR WRITERS & READERS

*Demystifying the "Western Hero" and the "Indian" stereotype in popular culture*

PRESENTED BY  
  
**FORT MCKAY**  
FIRST NATION

**March 24-26, 2020**  
**Fort McMurray & Fort McKay, Alberta**

**There will also be a graphic novel (comic) workshop in Fort McKay on March 26th and all high school students are invited to come for free!!**

**For more information or to register for this event, please contact Frederick McDonald at 780-880-8484.**



# FORT MCKAY MÉTIS RIGHTS RECOGNIZED BY GOVERNMENT



From left to right: Eddison Lee-Johnson, Dwayne Roth , Loretta Waquan, President Ron Quintal, Felix Faichney, Janice Richards, and Jessica Sweetman.

Last month, Alberta's Indigenous Relations Minister Rick Wilson announced that the Fort McKay Métis community has become the first in Alberta with a credible assertion of Aboriginal harvesting rights.

As a result, the Alberta government will require industry to consult with the Fort McKay Métis when natural resource development may adversely affect those harvesting rights and traditional land use practices.

The Fort McKay Métis are our neighbours and kinship bonds have kept the two communities close for generations. As development progressed in the Athabasca oil sands, the Fort McKay First Nation provided early support to the Fort McKay Métis to build their own capacity to enable them to benefit from resource development and to represent the interests of its members to industry.

Most responsible developers active in the Athabasca oil sands already consult with the

Fort McKay Métis as a matter of sound business practice. However, to have the explicit endorsement of the provincial government that consultation of this community is required is an important milestone for this community, which has also been impacted by heavy industrial development.

I congratulate Minister Rick Wilson and President Ron Quintal on this singular achievement.

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





# NEW FORT MCKAY PRINCIPAL

Northland School Division (NSD) is pleased to announce the appointment of Michelle Wile as Fort McKay School Acting Principal.

“I am thrilled for this opportunity to work with families, the community, and most importantly, the students of Fort McKay School,” said Wile. “I am very much looking forward to engaging students with a variety of teaching methods focusing on literacy, numeracy, technology, and culture, as well as embracing the valuable resources within our community and school, to offer a full and holistic educational experience for all learners.”

Michelle, who has been an educator for 16 years, recently worked with central office as a Supervisor of Student Services and a Pedagogical Supervisor. Before transitioning to central office roles, Michelle taught grades two and four at St. Theresa School in Wabasca-Desmarais. During Michelle’s time at St. Theresa School, she experienced First Nation, Métis language and culture and learned how to weave the knowledge into the classroom. She has also taken numerous professional development opportunities to increase her literacy and numeracy abilities.



Michelle graduated with a Bachelor of Arts in 2006 at Mount Saint Vincent University in Halifax and earned a Bachelor of Elementary Education at Acadia University in 2014. She is currently pursuing an Interdisciplinary Master’s Degree through the University of Calgary and a Master’s Degree in Inclusive Education through Acadia University.

## Community Notice

**Crews from Bear Slashing/McKay Metis Corp will be conducting Firesmart thinning operations around the community for the next 4-6 weeks. For further information, please contact Capital Projects at: 780-828-5555.**



# 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 1st - \$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



# WHAT YOU NEED TO KNOW ABOUT

## Status Update

Confirmed cases reported, as of February 13, 2020:

	<b>Alberta</b> (Alberta Health)	<b>Canada</b> (Public Health Agency of Canada)	<b>Globally</b> (World Health Organization)
Cases	0	7 (ON = 3, BC = 4)	60,372
Deaths	-	0	1,369

- A pneumonia outbreak, now known to be caused by a novel (new) coronavirus, was identified in Wuhan, China on December 31, 2019. The World Health Organization (WHO) has declared the virus a public health emergency.
- **There are no confirmed or probable cases in Alberta.** Seven confirmed or probable cases have been announced in Canada.
- The current overall risk to Albertans is still considered low by medical experts.
- The World Health Organization has formally named the disease caused by this new coronavirus COVID-19 (**CO**rona**VI**rus **D**isease 2019).

## COVID-19

- Symptoms for COVID-19 infection are similar to those of influenza or other respiratory illnesses. They can range from mild to severe and include fever, cough, and shortness of breath.
- While COVID-19 can cause serious illness, many patients have reported only mild symptoms.
- There is evidence of **person-to-person spread**. COVID-19 is believed to be spread mainly by coughing, sneezing or direct contact with a sick person or with surfaces they have **recently** touched. There is no evidence that it's capable of being transmitted by imported goods.

## Current Public Health Actions

Alberta's public health officials are carefully monitoring the situation in Canada, China and around the world, and are ready to respond should there be any cases in Alberta. They are:

- working closely with federal, provincial and territorial partners to share information and assess potential health risks
- ensuring our health system is ready to respond effectively if needed
- ensuring front-line health professionals have information about the virus so they can take recommended actions and promptly report suspected cases to public health officials

Although travel-related cases may be identified in the future, the risk for Albertans is still considered low. Public health measures are in place to quickly identify potential cases and prevent the infection from spreading.



# NOVEL CORONAVIRUS (COVID-19)

## *Actions First Nation communities are encouraged to take*

- Update and inform your community members of the evolving situation.
- Review and update the pandemic annex of your All-Hazards Emergency Response Plan.
- Be aware of current public health measures.
- Educate community members on the steps they can take to protect themselves against respiratory illnesses (below).

## *Actions individuals and families can take*

To help protect against all respiratory illnesses, including the flu and COVID-19, you should:

- Wash your hands often and well.
- Avoid touching your face, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect surfaces that are frequently touched.
- Stay at home and away from others if you are feeling ill.
- When sick, cover your cough and sneezes and then wash your hands.

## *Wearing Medical Masks*

- If you are healthy, medical masks are not recommended.
- When sick, wearing a mask helps prevent illnesses from being passed on to other people. This is why people who have a cough or respiratory symptoms are asked to wear a mask and wash their hands when visiting the clinic.

## *Upcoming events*

- In-person, train-the trainer, Infection Prevention and Control (IPC) and Personal Protective Equipment (PPE) sessions in six locations around the province during the first two weeks of March. Community Health Nurses (2-3 from each community) will receive a review of infection prevention and control practices. Nurses who attend the training can then train others in the community.

## *Updates and additional information*

For current information on novel coronavirus (COVID-19), refer to the following websites, which are being regularly maintained and updated.

**Alberta Health** – [Coronavirus info for Albertans](#)

**Alberta Health Services** – [novel coronavirus \(COVID-19\)](#)

**Public Health Agency of Canada** – [2019 novel coronavirus: Outbreak update](#)

**World Health Organization** – [Coronavirus disease \(COVID-19\) outbreak](#)

**Additional information and resources for Health Staff can be found at** [OneHealth.ca](#)

**Anyone with specific questions or concerns about their health is encouraged to call Health Link at 811 for assessment and health advice.**

This Bulletin was prepared by the Office of the Senior Medical Officer of Health, Alberta Region. Should you have questions about this document, please do not hesitate to email:  
[sac.cdemergenciesab-urgencesmtab.isc@canada.ca](mailto:sac.cdemergenciesab-urgencesmtab.isc@canada.ca)



# LEARNING TO BAKE

## with the Fort McKay Wellness Center



Last month, our Young chefs learned how to bake one of many people's favourite recipe: chocolate chip banana bread. This activity was not only a super fun way to spend an afternoon with friends, but it was also an opportunity for our youth apply their mathematical and science skills. They learned about collaboration all while developing new relationships and learning to be more comfortable with food. You'll be happy to know that banana bread is very good for your heart thanks to the main ingredient. Not only are they yummy, but bananas are also very rich in potassium, a mineral that regulates blood pressure and normalized heart function.





# MESSAGE FROM THE DIRECTOR OF HEALTH AND SENIOR SERVICES

## DID YOU KNOW

Actions individuals and families can take To help protect against all respiratory illnesses, including the flu and COVID-19, you should:

- Wash your hands often and well.
- Avoid touching your face, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect surfaces that are frequently touched.
- Stay at home and away from others if you are feeling ill.
- When sick, cover your cough and sneezes and then wash your hands.

## WEARING MEDICAL MASKS

- If you are healthy, medical masks are not recommended.
- When sick, wearing a mask helps prevent illnesses from being passed on to other people. This is why people who have a cough or respiratory symptoms are asked to wear a mask and wash their hands when visiting the clinic.

## SKIING AND SNOWBOARDING *At Vista Ridge*

For Ages 9-17

VISTA  
RIDGE

### TENTATIVE DATES:

Saturday, March 7<sup>th</sup>, 2020  
Saturday, March 14<sup>th</sup>, 2020  
Saturday, March 21<sup>st</sup>, 2020  
Saturday, March 28<sup>th</sup>, 2020  
Saturday, April 4<sup>th</sup>, 2020

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

**PLEASE CHECK OUR FACEBOOK PAGE FOR UPDATES.**



## Event Community Poverty Connect

**WHEN**  
Wednesday,  
March 11, 2020  
11am-2pm

**WHERE**  
Fort McKay First Nation  
Band Hall

**Trade Show Style**  
There is no cost to attend this event!



**LOCAL SERVICE PROVIDERS**  
Information  
Education  
Referrals

**PLUS**  
Free food  
Free refreshments  
Free swag  
Free back packs/bags  
Free activities

**SHARING, LEARNING AND INFORMATION GATHERING**  
Coordinated Access  
Poverty/Homelessness  
Housing



# COMMUNITY NOTICE

## RMS Haul- Highway 63 Controlled Crossing

Please be advised starting February 21st there will be an active RMS tracking haul crossing Highway 63 2km North of gate 9. Traffic on Highway 63 will still have the right of way and there will be STOP signs for the whole traffic to adhere before crossing. This haul will continue through till March 31st. During this time, there will be traffic, as well as, Mine Entry signage. All LDV contractor vehicles are to check in and scan with Garda, who will be monitoring these points, as these temporary MEPs are for direct contractor use only when travelling from Center Pit to Pond 17 and back. All site traffic is to remain using gate 9 for shift start/end, as this is strictly a temporary construction access for the contractor haul trucks. These access points will be barricaded off when not in use. Please adhere to all signage and exercise extreme caution while approaching this crossing when travelling Highway 63. For any other information, please feel free to contact the coordinators listed below.



### Contacts:

Chris Chernoff – A Shift  
Civil Coordinator  
Mining/Tailings Projects  
Office: (780) 743-6427  
Cell: (780) 792-9673  
[cchernoff@suncor.com](mailto:cchernoff@suncor.com)

Ben Lorefice – B Shift  
Civil Coordinator  
Mining/Tailings Projects  
Office: (780) 743-6427  
Cell: (587) 646-9085  
[blorefice@suncor.com](mailto:blorefice@suncor.com)







**PROGRAMS FOR  
INDIGENOUS YOUTH & ADULTS**

CULTIVATE LEADERSHIP, RESILIENCE, CONNECTIONS, AND  
COMPASSION ON THE LAND

[outwardbound.ca/Indigenous](http://outwardbound.ca/Indigenous)

# START YOUR CAREER WITH CAREERS THE NEXT GENERATION

Our Vision "Strong, vibrant communities where youth develop successful careers."

Our Mission "Enable youth on their path to rewarding careers."

CAREERS: The Next Generation is a non-profit organization raising youth awareness of career options and helping students earn while they learn through a paid internship. We partner with government, educators, communities, industry, parents and students to introduce youth to rewarding careers and develop the skilled workers of the future.



We work with youth ages 16-25 throughout the Wood Buffalo region in Fort Chipewyan, Fort McKay, Fort McMurray, Anzac, Janvier, & Conklin.

## UPCOMING APPLICATION DEADLINES ARE AS FOLLOWS:

### Students in High School are eligible to apply for internships in:

- Registered Apprenticeship Program (RAP) – deadline to apply is March 13th
- Junior Forest Rangers – deadline to apply is April 1st

### Students who have graduated high school within the past 7 years are eligible to apply for:

- CO-OP Apprenticeship Program- deadline to apply is April 3rd

*For more info call Michelle at 780-791-8950 Check out our website at [www.careersnextgen.ca](http://www.careersnextgen.ca)*





# FORT MCKAY FAMILY SUPPORT CENTER SERVICES INFORMATION

## REFERRAL SERVICES:

Addiction Services  
Family Violence  
Gambling Addiction  
NNADAP/OTHER Treatment Referrals

## IN HOUSE PROGRAMS

Life Skills  
Wellness Program  
Anger Management  
Stress Management  
Emotional Awareness  
Suicide Prevention  
Self Esteem  
Trauma Counseling  
Grief & Loss  
Addiction Workshops  
Personal Safety Plan

## Referral Services

Prevention Services  
Support Groups



## SERVICES

Counseling  
Addiction Support  
Mental Health Support  
Suicide Intervention  
Crisis Management  
Outreach & Support

## Resources on Site

### Waypoints

Wednesday 1-3pm

### Victim Services

Every alternative Wednesday 1-3pm

### Alberta Health Services

Thursday Afternoons

### Edmund Ledi, Therapist

Tuesday and Thursday 5:30 – 8:30pm  
*APPOINTMENTS ONLY*

*Walk ins welcome!*



**I AM AN AMAZING PERSON**

Read and complete the sentences,  
you can write or  
draw the  
answers



- I am really good at
- I am proud of myself when
- I am a good classmate because
- My Special Talent is
- I know people like me because
- I feel good about myself when

# SAY GOODBYE TO ADDICTIONS

by Amaka RSW Family support Centre



Addiction oh addiction, You had always been a casual friend to me. More like an acquaintance. I enjoyed you when you were around, but didn't miss you when you were not.

Then... For many reasons, I began to rely on you more. You became a good friend, a friend that was there to console me, to feel good about life and myself. You never doubted me, but it came to the point where I as doubting myself.

The people closest to me were seeing a difference. There were a lot of questions and on my part a lot of lies. I was becoming someone they didn't like. Someone I didn't like. But...you were still there.

My relationships were crumbling around me. My family was always on guard. I have so much good in my life but I chose you over everything that is good. I have had so much shame and guilt. How could I do this? This is not me, how did I get to this place?

I let you in when I was most vulnerable and you took advantage. I am angry at this!

I will not feel the shame and guilt anymore. I can't if I want to move forward, and I DO.

I've learned so much about myself and how I let you influence me. I have dug deep and am so proud of myself. My family sees it! I see it too! I am learning the tools to cope. I am making my own rules. I am in charge of my future. Me and only Me. Not you. There will be times when you try to creep back in but I will dig deep and always remember what brought me to this place. You will not bring me down again.

I have no more secrets and I have great supports. Supports I didn't know I had. That's a beautiful thing!!

So addiction, I say good bye. I have a lot to live for and you are not part of it. So excited about my future, No more lies.

# March Is Nutrition Month

- Be mindful of your eating habits
- Take time to eat
- Notice when you are hungry and when you are full Cook more often
- Plan what you eat
- Involve others in planning and preparing meals Enjoy your food
- Culture and food traditions can be a part of healthy eating Eat meals with others



Want more Information on Nutrition and healthy meal planning?  
Contact Claudia or Vanessa @ the Health Centre @ 780-828-2450

## HEARTY MANITOBA VEGETABLE SOUP



### INGREDIENTS

1 tbsp (15 ml) Canola oil  
3 Celery stalks, chopped  
2 Carrots, chopped  
2 Onions, chopped  
1 Zucchini, chopped  
3 Garlic cloves, minced  
3 Potatoes, peeled and diced  
3 Tomatoes, chopped  
3 Bay leaves  
1 1/2 tsp (7 ml) Fresh rosemary  
1 1/2 tsp (7 ml) Fresh thyme  
4 cups (1 L) Vegetable broth  
1 can (19 oz/540 ml) Red kidney beans  
2 cups (500 ml) Chopped Swiss chard or spinach leaves  
1 cup (250 ml) Pumpkin or squash puree  
1 tbsp (15 ml) Worcestershire sauce  
1 tsp (5 ml) Prepared mustard  
1/2 tsp (2 ml) Pepper  
1 cup (250 ml) Cooked small pasta or rice (optional)  
Grated Parmesan cheese (optional)

### **DIRECTIONS:**

1. In a large soup pot, heat oil over medium heat and cook celery, onions, carrot, zucchini and garlic for about 8 minutes or until softened. Stir in potatoes, tomatoes, bay leaves, rosemary and thyme. Add broth and beans; bring to a boil. Reduce heat and simmer for 20 minutes or until potatoes are tender.
2. Stir in Swiss chard, pumpkin puree, Worcestershire, mustard and pepper; simmer about 10 minutes or until chard is wilted. Stir in pasta, if using and heat through.
3. Sprinkle each serving with cheese if desired.

**NUTRITION INFORMATION PER SERVING:** Calories: 277 kcal, Protein: 11 g, Fat: 4 g, Carbohydrate: 53 g, Fiber: 10 g, Sodium: 569 mg, Calcium: 99 mg, Iron: 3 mg

*Excerpts taken from: <https://www.unlockfood.ca/en/Recipes/Salads-and-soups/Hearty-Manitoba-Vegetable-Soup.aspx>*



# 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!**

## FORT MCKAY MEDICAL TRANSPORTATION

All Edmonton appointments must contact the office 48-hour prior, so arrangements can be made. Along with all supporting documentation.

All Fort McMurray appointments, must notify the office 24 hours in advance. If canceling contact the office ASAP

Appointment verification slips must be picked up at the Health centre prior to appointments and must be returned to the office in person or by fax 780-828-4132 after completion of appointment. We encourage all clients to make appointments on the same day (optometrist, dental, family physician, x-rays) 1 medical appointment every 14 days.

Ensure you provide the office with all required information for transportation, letter from the Dr Office/ facility confirming your appointment, if you require an escort proper documentation must be submitted as well.

Documentation can be faxed to 780-828-4132 or emailed to [mts.fortmckay@fortmckay.com](mailto:mts.fortmckay@fortmckay.com), if you don't provide these we cant make travel arrangements.

We will not tolerate any verbal abuse.



# COMMUNITY PROGRAMS

## **WELLNESS CENTER 780-828-2412**

### **Mondays**

*Movement and Mindfulness (Ages 6+)*  
6:00pm-7:30pm  
*Youth Choice (10+)*  
7:30pm-9:00pm

### **Tuesdays**

*Girls Inc. "Girls Too"*  
(Ages 9+)  
6:00pm-8:00pm  
*"Boys Choice" (Ages 9+)*  
6:00pm-8:00pm  
*Youth Choice (Ages 10+)*  
8:00pm-9:00pm

### **Wednesdays**

*Snowshoeing (Birchwood Trails)*  
(Ages 9+)  
Bus Leaves at 5:30pm  
Bus Returns at 9:00pm

### **Thursdays**

*Theatre Club (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-5:00pm

### **Skiing/Snowboarding**

March 14, 28 & April 4 Ages 9+)  
\*Permission Slip Required\*  
Bus Leaves at 9:00am  
Bus Returns at 5:00pm

For more information on our programs please contact us during regular operating hours.

## **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.