



May 2020

VOLUME 10 : ISSUE 5

# A HISTORIC VICTORY FOR TREATY RIGHTS AND INDIGENOUS COMMUNITIES



“THE HONOUR OF THE CROWN ... DOES REQUIRE THAT THE CROWN KEEP PROMISES MADE DURING NEGOTIATIONS DESIGNED TO PROTECT TREATY RIGHTS.”

—ALBERTA COURT OF APPEAL  
APRIL 24, 2020



Future generations of Fort McKay First Nation and Indigenous communities across Canada will look back on this historic day affirming the power of Treaty rights.

The Fort McKay First Nation is deeply moved by the decision on April 24th from the Court of Appeal to rescind the Alberta Energy Regulator's approval of Prosper's Rigel Project. In its unanimous decision, the Alberta Court of Appeal overturned AER's approval of the Prosper Rigel Project and directed that any future proceeding must reconsider the project, and AER must consider the 'honour of

the Crown.' The court also strongly implied that Alberta should complete the Moose Lake Plan expeditiously, and that the plan must be figured into any future resource decisions.

Today's decision takes an unequivocal stand on Indigenous treaty rights. Judge Greckol said in a concurring opinion that augments the unanimous decision that:

"The honour of the Crown may not mandate that the parties agree to any one particular settlement, but...

*story continued on p.3*

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# ATTENTION!

## Service Canada Ready to Help

If you require assistance accessing services,  
please complete an online request at:

**Canada.ca/service-canada-e-services**



Canada

A Service Canada officer will contact you  
within 2 business days.

Follow the infection prevention and control guidance provided by  
the Public Health Agency of Canada available at:

**Canada.ca/coronavirus**

If you experience these symptoms, please contact your health care  
provider or your local public health unit.

### 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

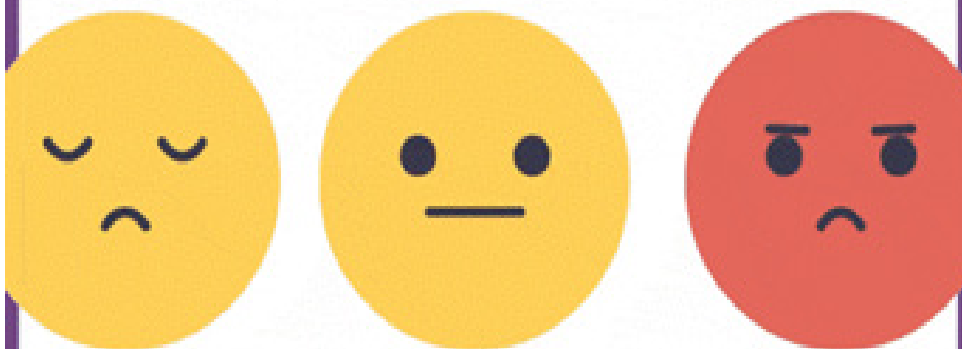
### Hours of Operation:

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)

IT'S NORMAL TO FEEL SAD,  
STRESSED, CONFUSED, SCARED  
OR ANGRY DURING A CRISIS.



TALK TO PEOPLE YOU TRUST.  
THE FORT MCKAY YOUTH CENTRE IS HERE  
FOR YOU...

CONTACT US THROUGH FACEBOOK OR INSTAGRAM AND  
ONE OF OUR TEAM MEMBERS WILL BE THERE FOR SUPPORT.

ONE-ON-ONE INDIVIDUALIZED SUPPORT THROUGH TEXT,  
CALL, MESSENGER

 @fort\_mckayyouth

 @FortMcKayYouthCentre

# A HISTORIC VICTORY FOR TREATY RIGHTS AND INDIGENOUS COMMUNITIES



*story continued from p.1*

it does require that the Crown keep promises made during negotiations designed to protect treaty rights. It certainly demands more than allowing the Crown to placate [Fort McKay First Nation] while its treaty rights careen into obliteration. That is not honourable. And it is not reconciliation."

From the start, Fort McKay wanted only fair consideration of our 20-year struggle to protect Moose Lake as the last intact piece of wilderness in our traditional territory, even as it was encroached upon by oil sands development. This decision provides everyone with clear direction and increases the certainty industry requires to make sound business decisions.

As we celebrate this momentous decision that acknowledges Moose Lake is a sacred landscape, Fort McKay—like all Albertans—continues to focus our efforts to manage the impact of the

global collapse of oil prices on our businesses and ensure the health and safety of our community members through the COVID-19 pandemic response.

This decision states clearly that true reconciliation requires genuine respect and consideration of Treaty rights. Reconciliation must be co-created through partnerships with Indigenous communities moving forward. This clarity will support our efforts to help economic recovery by setting new ground rules for engagement.

We anticipate Alberta will approve the Moose Lake Plan in the late spring and that Fort McKay will have finally obtained the government's commitment to jointly protect Moose Lake. We look forward to crossing the finish line with Minister Nixon, Premier Kenney and the entire Cabinet to complete the Moose Lake Plan.





# CHARLENE AND DR. JOHN O'CONNOR JOIN HEALTH CENTRE TEAM



**Doctor John O'Connor and Charlene O'Connor**

Chief and council are pleased to announce that Doctor John O'Connor and Charlene O'Connor have rejoined the team at the Fort McKay Health Center since April 20th.

John and Charlene have been involved with Fort McKay since 1998 and worked full-time for Fort McKay from 2009 - 2016. For over 20 years, they have dedicated their time by providing health care services to Indigenous communities around the Wood Buffalo region.

Aside from offering medical care, Dr. O'Connor was also instrumental to our community by participating in Environment Canada funded research that analyzed the impact the surrounding oil industry may have on our health. The O'Connors were also involved in the Fort McKay arm of the Canada-wide Futures Project - a study driven mainly by Environment Canada, researching the health of Indigenous communities utilizing MRI imaging.

Since 2016, Dr. O'Connor has been working as a Hospitalist at the Northern Lights Health Centre (NLHC) in Fort McMurray, in addition to serving as Council Member for the College of Physicians and Surgeons of Alberta (CPSA). Charlene has been running the office and enjoyed her time being the grandma to 3 granddaughters in Fort McMurray while their daughter Justine worked as an ER nurse at the NLHC. "We were approached by Chief Mel Grandjambe in 2019,

to consider returning to Fort McKay, and after much discussion, were happy to do so. We missed the community - never really lost the connection though, and working together as a "mom and pop operation", shared Dr. O'Connor. "We both missed the people of Fort McKay, and the sense of community. It was like coming home!"

Dr. O'Connor holds a true passion in the field of medicine. Aside from being a family physician, he is a member of the Rural Health Professions Action Plan (RHPAP), the Council of the College of Physicians and Surgeons of Alberta (CPSA), the Canadian Association of Physician for the Environment (CAPE), the Safe Drinking Water Foundation of Canada (SDWF), and is a Clinical Lecturer U of A Department of Family Medicine.

The O'Connors will be providing primary care at the Health Centre, 3 to 6 days per month. If you would like to book an appointment with Doctor O'Connor, please call the Health Center at 780-828-2450. Please remember that the Health Centre is only accepting pre-booking appointments due to the COVID-19 prevention measures currently in place.

"We plan to serve the community to the best of our abilities, especially in this CoVid-19 pandemic," stated Dr. O'Connor, "We view your health, and safety, as our priority. Your well-being and privacy are a sacred trust which we will promote and totally respect."

Their recommendation to all: "is to heed the advice of the Chief and Council, Alberta Health Services, and Public Health, regarding social distancing and hand washing. Additionally, we urge people to wear masks at all times when in public, to protect others you may meet. Think of the motto: I PROTECT YOU, YOU PROTECT ME. We will all get through this if we stay apart-united we fall, divided we stand!"

They both look forward to hug all of their Fort McKay 'family' members, when social distancing measures are ended. Welcome back John and Charlene! The community has missed your presence and is incredibly happy to have you back during this much-needed time!

# HEALTH CENTRE IS OFFERING FREE COVID-19 SIGNS FOR YOUR HOME

The health staff are holding signs available to display on your home to help others understand that you are trying to protect yourself and your family from COVID 19

Please call the Health Centre if you would like one and we will deliver it to your front porch maintaining a safe distance of course!

Call for your sign now!  
780 828 2450



## COMMUNITY NOTICE



There is a new interim Membership liaison that you can bring any membership related questions and/or concerns to:

Lila L'Hommecourt

Office: 780-828-2435

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



FORT MCKAY  
FIRST NATION

Let's work together to '*flatten the curve*' so we reduce the chances of the COVID-19 virus getting into our community.

Plan ahead, so you make **One Trip** to get everything you need.

Cutting down on trips out of the community protects everyone

**If you can, Stay Home!"**





# HAVING FUN AND STAYING CONNECTED DURING ISOLATION



While everyone has been living in isolation, the Fort McKay Wellness Center, Youth Centre and Recreation Centre have all been working hard at making isolation fun for all of us with various virtual activities, workshops and contests.

For the last 6 weeks, these organizations worked in partnership to come up with a plan that promotes fun engaging activities for the entire community while keeping everyone at a safe distance. The staff have been thinking outside the box to especially keep our young ones busy and happy during these challenging times that the COVID-19 pandemic has brought upon us.

So far, the fun has been endless! The Wellness Center has been organizing a variety of activities lead by their facilitators that consist of cooking classes, scavenger hunts,

dance off competitions, building forts, DIY videos, building board games and more! Staff has also made themselves available to chat either by telephone, texting or through social media and offer mental health support for those who may be having difficult time coping.

The Youth Centre has also been ensuring there is plenty to do. Activities involved sharing ideas such as healthy recipes and fun contests like photography, drawing and poem writing. Online house parties and games have also been implemented to keep the youth connected with one another. There are daily video challenges that encourage friendly competition and a chance to move with physical activity. Many of these activities involve the latest social media aps youth enjoy such as Tic Toc.

And the fun isn't just for our younger generation! Thanks to the Recreation Centre, adults have enjoyed weekly community bingos to keep entertained. Fun home workout videos are also posted 3 times a week to encourage us all to stay active! Families have been challenged to go outside and participate in a snowman building contest, engage in window art activities, and even join a NHL20 online tournament! And since we all love to eat, healthy recipes and snack ideas have been shared to encourage and learn healthy eating habits.

These examples only scratch the surface of all the latest activities that have been taking place at a distance. There have been so many options to keep ourselves busy and stay connected! And it is thanks to our community providers for offering such amazing activities and support during these challenging times.

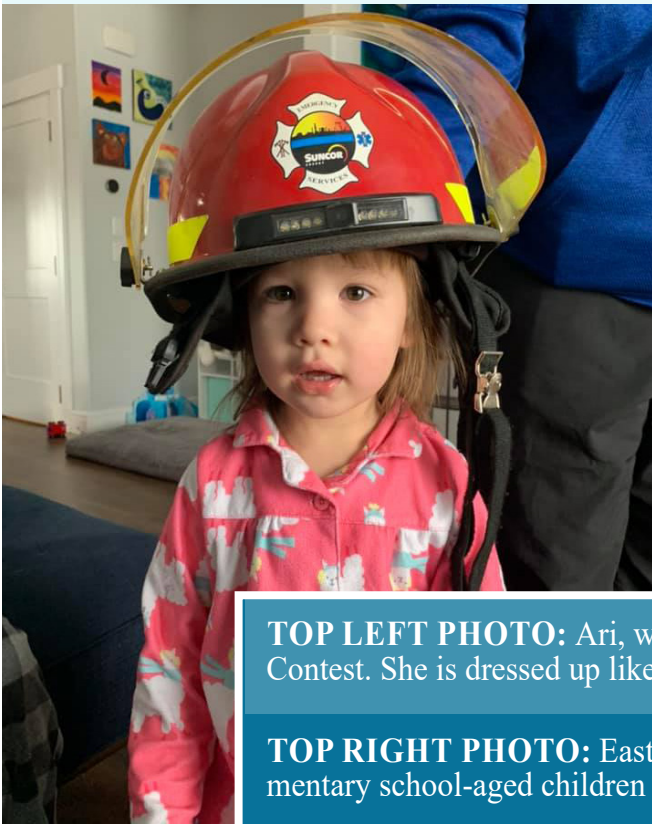
To view a full schedule of this month's planned activities, please go to page 6-7.

Stay home. Stay Safe!



# WELLNESS CENTER

## Contest Winners



**TOP LEFT PHOTO:** Ari, winner of our Dress Up/ Look-a-like\ Contest. She is dressed up like her firefighter dad!



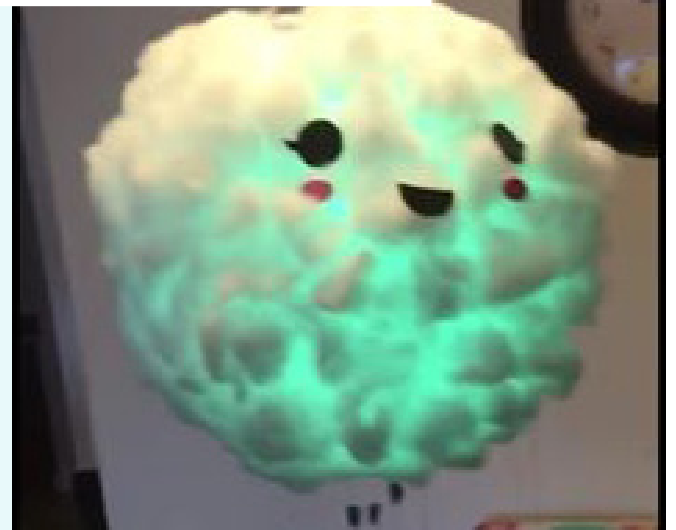
**TOP RIGHT PHOTO:** Easter baskets that were delivered to elementary school-aged children and youth on Good Friday



**BOTTOM LEFT PHOTO:** Orb created by Ryleigh and Victoria Block, winner of our Builder's Competition!

**BOTTOM RIGHT PHOTO:** Kinley, winner of the Scavenger Hunt competition

We would like to also congratulate Logan Fitzpatrick as the winner of our Spring Colouring Contest!!





# MONTHLY COMMUNIT

## MAY 4TH – 10TH

### ALL WEEK

Scare your Family Video - Wellness Center  
Talent Show-Contest - Wellness Center  
Photography contest- themes are announced weekly -Youth Centre  
Tik tok- post a video of a voice over just for fun! - Youth Centre  
Family contest: relay races competition – Rec Centre  
18yrs + Jigging contest – Rec Centre  
Plank challenge – Rec Centre

### MONDAY MAY 4TH

Scare your Family Video - Wellness Center  
Gardening/Landscaping Contest Registration until June 30th, 2020 - Wellness Center  
Drawing contest: theme TBA - Youth Centre  
Post a picture of a stretch or yoga post on social media - Youth Centre

### TUESDAY MAY 5TH

"Play in the Yard" – Wellness Center  
Physical challenge- anything that requires "Up-down motion" done by the song "Bring up Sally"-Youth Centre  
6 words poem – Youth Centre  
Community Bingo 18yrs + Rec Centre

### WEDNESDAY MAY 6TH

Roblox online – Wellness Center  
Post healthy recipes – Youth Centre  
Post a video of something that brings you joy/happiness – Youth Centre

### THURSDAY MAY 7TH

Mini Chef's Online -Wellness Center  
House party- online games – Youth Centre  
#see50do50 - post a video doing 50 Jumpin Jacks – Youth Centre  
Community Bingo 18yrs + Rec Centre  
Wellness Wed:Post on FB family crafts – Rec Centre

### FRIDAY MAY 8TH

Essential Worker Awards Starts – Wellness Center  
Meme is posted on IG/FB. Youth are asked to caption it – Youth Centre

## MAY 11TH – 17TH

### ALL WEEK

Family contest: homemade project (2 pictures need to be posted. 1 making it + finished product) Rec Centre

### MONDAY MAY 11TH

Build a Birdhouse Contest -Wellness Center  
Jays Care Challenges/Girls at Bat – Wellness Center

### TUESDAY MAY 12TH

community bingo 18 yrs+ Rec Centre

### WEDNESDAY MAY 13TH

Roblox online – Wellness Center  
Girls Inc.- Wellness Center  
Get to Know Each other Questionnaires – Wellness Center  
Wellness Wed: FB discussion about fav podcast – Rec Centre

### THURSDAY MAY 14TH

Mini Chef's Online – Wellness Center  
hockey challenge: how many times can you juggle the puck- Rec Centre

### FRIDAY MAY 15TH

Random Acts of Kindness Week Starts – Wellness Center  
May long weekend STAY AT HOME CAMPING contest – Rec Centre

Do you or someone you know in need of Mental Health Support? Our staff is there for you! We are available to chat via phone, messenger, social media or texting





# Y ACTIVITY SCHEDULE

## MAY 18TH -24

### ALL WEEK

"Challenge Your Community" (Challenge your friends/family to do an activity – Wellness Center

Random Acts of Kindness Week - Wellness Center

Science Week – Wellness Center

Family contest: rock painting/ drop off (picture of you painting the rock + drop off on someone's step) – Rec Centre

### MONDAY MAY 18TH

Jays Care Challenges/Girls at Bat – Wellness Center

### TUESDAY MAY 19TH

community bingo 18 yrs+ Rec Centre

### WEDNESDAY MAY 20TH

Roblox online with Candace – Wellness Center

Girls Inc. – Wellness Center

Wellness Wed: fb discussion Fav book -Rec Centre

### THURSDAY MAY 21ST

Mini Chef's Online – Wellness Center

Elephant painting: online tutorial – Rec Centre

community bingo 18 yrs+ Rec Centre

### FRIDAY MAY 22ND

Poetry Contest Starts – Wellness Center

## MAY 25TH – 31ST

### ALL WEEK

Poetry Contest – Wellness Center

### MONDAY MAY 15TH

Poetry Contest – Wellness Center

Lego Contest – Wellness Center

Home workout videos – Rec Centre

### TUESDAY MAY 26TH

Netflix Party- Watch a Move with the Wellness Center community bingo Wednesday - Rec Centre

### WEDNESDAY MAY 27TH

Roblox online – Wellness Center

Girls Inc – Wellness Center

### THURSDAY MAY 28TH

Mini Chef's Online- Wellness Center

community bingo 18 yrs+ Rec Centre

### FRIDAY MAY 29TH

Outdoor Physical Activity Contest Starts – Wellness Center

Family fun: post a pic/video of your family playing hopscotch outside – Rec Centre

## **10 WAYS** TO PROTECT YOURSELF FROM INFECTION



Wash your hands regularly and carefully



Avoid touching your own face



Put on gloves if necessary



Do not touch mucous with your fingers



Avoid shaking hands and hugging people



Press elevator buttons with your knuckle



Avoid busy places and events



Keep distance from who infected



Sneeze and cough into tissues



Dispose of used tissues quickly



# CONGRATULATIONS

## to all of our winners!



### FAMILY BAKING CONTEST WINNERS:

Hailey and Hunter Calliou  
Samantha Cree and family  
Miranda Beaton and  
Jaxson

### FAMILY CONTEST BUILD A SNOWMAN WINNERS:

Kandis and Alivia  
Jane and Tasia



### 10 DAYS ONLINE FITNESS CHALLENGE WINNERS:

Charlene Boucher  
Angelique Orr  
Mandy Cooper  
300 Squats  
137 Push ups  
275 crunches

### NHL 20 (PS4) ONLINE TOURNAMENT WINNER:

Dominic Lacorde

### FRENCH BRAID CONTEST WINNER:

Laura Boucher



### FAMILY CONTEST WINDOW ART WINNERS:

Kristy + Aurora  
Cheyanne + Darius  
Miranda + Jaxson

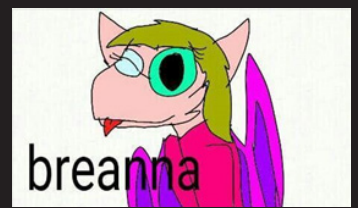
### NHL 20 (XBOX) ONLINE TOURNAMENT WINNER:

Dylan Auger





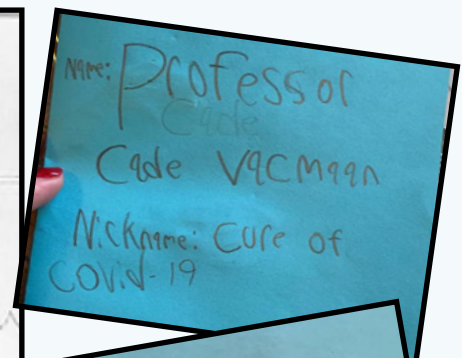
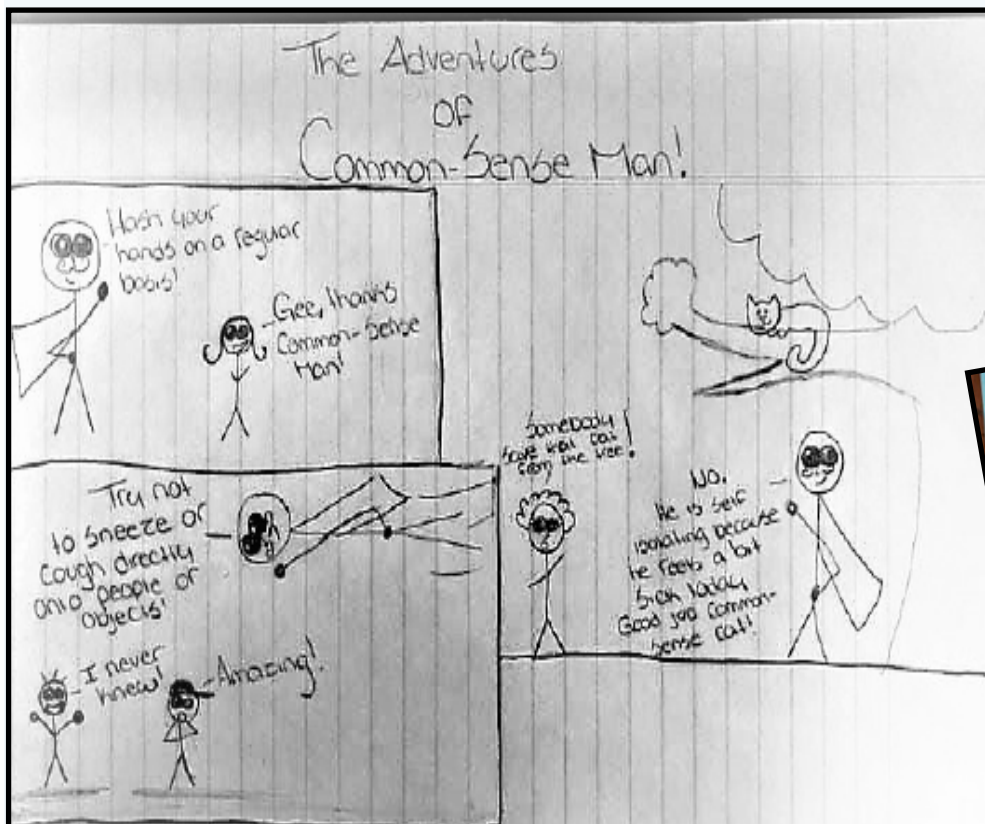
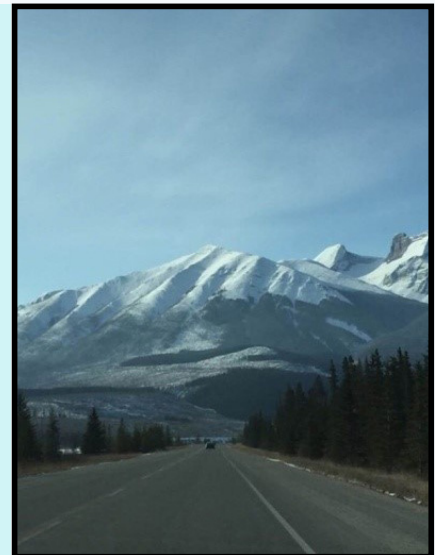
# Youth Centre Fun Contest winners



**ABOVE PHOTO:**  
Congratulations to *Harmony Orr*, our  
winner of 'Draw a Youth Centre Staff  
Member'

**LEFT AND RIGHT PHOTOS:**  
Photography Contest Winner:  
*Tyler Grandjambe*

**BOTTOM PHOTOS:**  
Contest Winner "Draw a superhero that  
would help us during this time" *Aiden  
L'Hommecourt*





# sleep hygiene

## What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

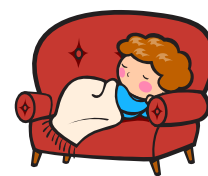
There are many medications which are used to treat insomnia, but these tend to be only effective in the short-term. Ongoing use of sleeping pills may lead to dependence and interfere with developing good sleep habits independent of medication, thereby prolonging sleep difficulties. Talk to your health professional about what is right for you, but we recommend good sleep hygiene as an important part of treating insomnia, either with other strategies such as medication or cognitive therapy or alone.

## Sleep Hygiene Tips

- 1) **Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- 2) **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
- 3) **Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.
- 4) **Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- 5) **Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- 6) **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.



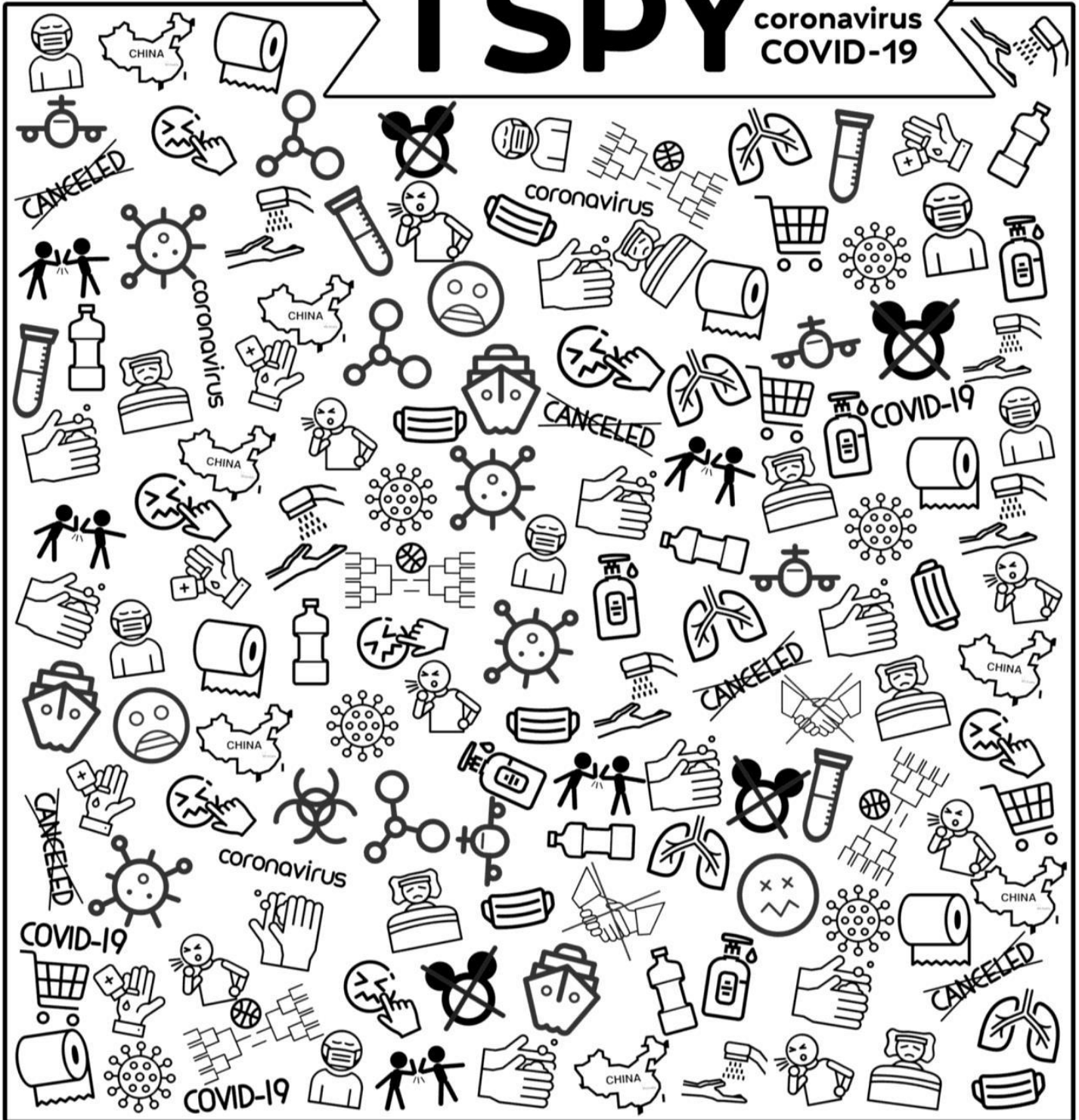
- 7) **No naps.** It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- 8) **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- 9) **Bathtime.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- 10) **No clock-watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as *"Oh no, look how late it is, I'll never get to sleep"* or *"it's so early, I have only slept for 5 hours, this is terrible."*
- 11) **Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. Because a diary involves watching the clock (see point 10) it is a good idea to only use it for two weeks to get an idea of what is going and then perhaps two months down the track to see how you are progressing.
- 12) **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- 13) **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- 14) **The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eyemask to block out early morning light and earplugs if there is noise outside your room.
- 15) **Keep daytime routine the same.** Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.





# I SPY

coronavirus  
COVID-19



- |   |  |   |  |   |  |   |  |   |             |   |  |   |          |   |  |   |  |   |          |
|---|--|---|--|---|--|---|--|---|-------------|---|--|---|----------|---|--|---|--|---|----------|
| 2 |  | 4 |  | 4 |  | 5 |  | 4 |             | 5 |  | 7 |          | 4 |  | 6 |  | 5 |          |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 | coronavirus | 6 |  | 7 |          | 4 |  | 7 |  | 5 |          |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |             | 7 |  | 5 | CANCELED | 9 |  | 6 |  | 3 | COVID-19 |

# Self Care

take a hot shower or bubble bath...

...take a nap

do your nails...

...watch or read something positive

laugh...

...give yourself space from  
distraction & stress...



## Bear Season

Attention Fort Mckay Community Members. It's that time of year again. The bears have awoken for the season. As FMFN is cleaning the community and changing over to bear-proof bins for the season, please be mindful of how garbage is stored and ensure pets and birds are not being fed outdoors. Together we can manage wildlife risk in the community.





# GET MEDICAL ADVICE ON YOUR PHONE

Babylon by TELUS Health is a free healthcare mobile app that allows you to check symptoms, consult with doctors\* and access your health records.

## Check your symptoms

Get peace of mind 24/7 with our chat-style Symptom Checker. Powered by Artificial Intelligence, it asks you questions about your symptoms to suggest possible courses of action.

## See a doctor

Have a video consultation with one of our licensed in-province doctors, even on evenings and weekends.

## Get a prescription or referral

After your consultation, get prescriptions and referrals for diagnostic tests or specialists as needed, directly through the app.



## HOW TO PROTECT YOURSELF FROM SYPHILIS

### SYPHILIS

Syphilis is a sexually transmitted bacterial infection that is on the rise in Canada. Syphilis is transmitted through oral, genital, or anal sex with an infected person. A pregnant woman with syphilis can pass it on to her unborn child, sometimes causing birth defects or death. Although less common, it can also be transmitted through sharing needles or through broken skin.

### MINIMIZING YOUR RISK

Following these suggestions can help you avoid contracting and transmitting syphilis:

- Learn about safer sex and needle-sharing practices.
- Make informed decisions. Talk to your partner(s) about their STI status and the use of protection.
- Correctly and consistently using a condom during sex reduces the risk of STIs.
- Get tested for syphilis if you are sexually active. If you are diagnosed and treated for syphilis, follow up with your doctor after treatment to make sure the infection is gone. It is also important that you or someone from your public health department notify sexual or needle-sharing partners who may have been put at risk of infection. They will also need to be tested and possibly treated.
- Avoid unprotected sexual activities that may put you at risk for reinfection until both you and your partner(s) have completed your antibiotic treatment and have been told the infection is gone.

*For supply of safe sex protection please contact Health Centre at 780-828-2450. Supplies can be dropped off.*



# Fruits

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

RASPBERRY  
 LIME  
 BLACKBERRY  
 BLUEBERRY  
 WATERMELON  
 ORANGE  
 BANANA  
 PAPAYA  
 LEMON  
 KIWI  
 STRAWBERRY  
 GRAPE  
 APPLE

Play this puzzle online at : <http://thewordsearch.com/puzzle/183/>

## 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.





# Carrot & Cabbage Thoran



*Dependable carrots pack big taste and lots of nutritional value: vitamin A (beta-carotene), potassium and fibre. Vitamin A is essential for good vision and immunity (preventing disease).*

## INGREDIENTS

2 tsp (10 ml) coconut oil  
1½ tsp (7 ml) black mustard seeds (optional)  
10 fresh curry leaves (optional)  
1 diced jalapeño  
3 cups (750 ml) green cabbage, chopped  
6 large carrots, grated  
1 cup (250 ml) grated coconut (fresh or frozen)  
1 tsp (5 ml) turmeric  
½ tsp (2½ ml) freshly ground black pepper

## PREPARATION

Heat the oil in a deep pan over medium-high heat. Add the mustard seeds and curry leaves and cook until the seeds begin to pop and splutter, about 30 to 60 seconds. Add the jalapeño, cabbage, carrots, coconut, turmeric and pepper and stir to mix well. Cover with a lid and cook on low heat until the vegetables are tender, about 10 minutes. Serves 8.

## THE LOWDOWN

Per serving: 80 calories, 5 g total fat (4 g saturated fat, 0 g trans fat), 40 mg sodium, 8 g carbohydrate, 3 g fibre, 1 g protein.





**FORT MCKAY**  
FIRST NATION

## We Are Here To Help

Fort McKay First Nation recognizes a lot of our members on and off reserve may be struggling during this difficult time, we understand how tough this time can be, the **Family Support Center** is maintaining services for members, just call one of the numbers below for counselling support or to arrange a visit in-person.

This support is available to all members on and off reserve daily from 9:00 a.m. to 4:00 p.m. We can assist in addressing several issues such as domestic violence, alcohol and drug abuse, anxiety and depression, suicidal ideation, healthy living choices. There is also after hours call counselling.

The **Family Support Center** can refer you refer to physicians and other specialized Mental Health professionals for those that require further assistance.

### Do you feel like the walls are caving in?

- Are you feeling anxious, or depressed?
- Are you struggling with drugs and alcohol?
- Do you feel overwhelmed and just want to talk?
- Do you have P.O. ordered counselling?

### Hold on there is help!

- One on One counselling
- Addiction support and referrals
- Suicide intervention
- Crisis management
- Relapse prevention services
- After hours on-call counselling/support

### We can help!

Please feel free to call or text the following numbers

**Amaka 780-799-6370** - Mental Health & Addictions

**Erin 780-370-4941** - Addiction Support

Please call the above numbers and a staff member will book either an in-person appointment or discuss a time suitable to meet over the phone.

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







**FORT MCKAY**  
FIRST NATION

## Additional help available for addiction and mental health

Please see links below:

### AA/NA meetings:

<https://smartrecoveryalberta.org/>

<https://meetings.intherooms.com/aa/Wellbriety-/all/109435>

[www.intheroom.com](http://www.intheroom.com)

### Mental Health:

#### Help in Tough Times | Alberta Health Services

At some point in our lives we all have stressful times. We can be impacted by such things as financial pressures, unexpected difficulties, unemployment, or stressful situations such as the current outbreak of the novel coronavirus (COVID-19). Support is available from Alberta Health Service Addiction and Mental Health.

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

<https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

<https://www.cci.health.wa.gov.au/Resources/For-Clinicians>

#### Mental Health and the COVID-19 Pandemic

A webpage designed to help people with concerns and questions about the impact of the COVID-19 pandemic on their lives and mental well-being.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Ahs has launched the **Text4Hope** mental health and wellness support tool that is free for all Albertans to subscribe.

Check out this link : <https://www.albertahealthservices.ca/topics/page17019.aspx>

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



# Grounding

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

**USING THE 5-4-3-2-1 TECHNIQUE**, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



**What are 5 things you can see?** Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



**What are 4 things you can feel?** Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



**What are 3 things you can hear?** Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



**What are 2 things you can smell?** Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



**What is 1 thing you can taste?** Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

## CATEGORIES

Choose at least three of the categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible.

**Movies**

**Sports team**

**Animals**

**Countries**

**Colors**

**Cities**

**Books**

**Cars**

**TV shows**

**Cereal**

**Fruits & Vegetables**

**Famous People**

For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say "apple, banana, carrot," and so on.





# Techniques

## BODY AWARENESS

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

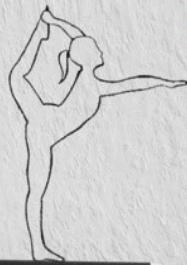
## MENTAL EXERCISES

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.



# DRAWING CONTEST!





## TIME TO SHOWCASE YOUR TALENTS!!!

Dance? Art? Sports? Cooking? Draw a picture of something that you are good at!

Send it to us on Facebook, Instagram, OR post it in your story!

DON'T FORGET TO TAG US :)

 @FortMcKayYouthCentre  
 @fort\_mckayyouth

# Fort McKay Youth Centre PHOTOGRAPHY CONTEST

## LET'S SEE WHAT YOU GOT!!!!

Every Friday we will post the topic for the weekend.

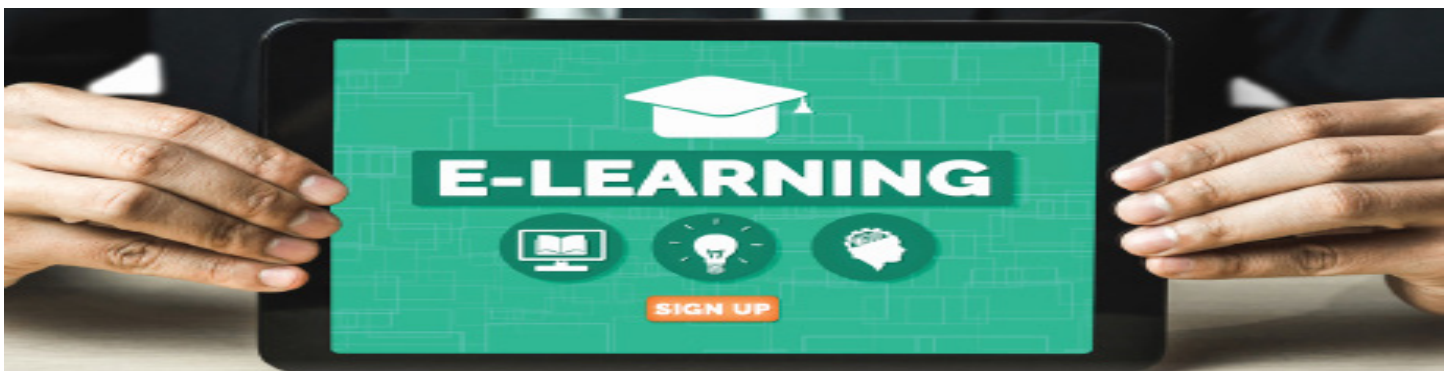
Participants have ALL weekend until

**8pm SUNDAY NIGHT**

to snap the perfect shot and submit their photo to either the Facebook or Instagram page.

@fort\_mckayyouth

@FortMcKayYouthCentre



## **FREE** online courses *with the* **Community Adult Learning Program** (CALP)

### MONDAY - THURSDAY

- English Pre-GED at 1pm
- Math/Numeracy Mixed Level at 2pm
- English Language Learning Mixed Level at 3pm

To register email [indigenous.ed@keyano.ca](mailto:indigenous.ed@keyano.ca)



COMMUNITY ADULT  
LEARNING PROGRAM







**FORT MCKAY**  
FIRST NATION

## Gardening/Landscaping Contest 2020

**Registration starts on May 1st.  
Judging will take place on June 30th, 2020.**

Interested participants **MUST** register by contacting Audrey at [aredcrow@fortmckay.com](mailto:aredcrow@fortmckay.com) or Julia Soucie at [fortmckaywellnesscenter.ca](http://fortmckaywellnesscenter.ca) and provide their Name, House Number, Phone Number and Category they would like to enter.

Categories and prizes are as follows:

### **Kids Garden (for participants 17 years old or Younger)**

- 1st place:** 14 ft. Trampoline
- 2nd place:** Bike, Scooter and Helmet
- 3rd place:** Gardening Basket

### **Adult/Elder Category (ages 18+)**

- 1st prize:** 4 piece Patio Set
- 2nd prize:** KitchenAid BBQ
- 3rd prize:** Grocery Gift Card with grocery delivery

### **Family Category**

**(For 2 or more individuals at the same household)**

- 1st prize:** 4 piece patio set
- 2nd prize:** Aqua Sports Inflatable Waterpark
- 3rd prize:** Grocery Gift Card with grocery delivery

**Criteria:** You **MUST** register prior to June 1st . The entire property will be part of the judging, so participants are required to clean up all garbage and debris around their property, including the ditches by their household. On June 30th, a panel of judges will drive by registered houses and select winners for each category. Winners will be contacted by phone and posted on social media.

For more information, participants can contact **Audrey Redcrow** at 780-215-2384 or **Julia Soucie** at 780-838-1812

## Good Luck everyone!



# COMMUNITY PROGRAMS

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

Amid the current COVID-19 Outbreak,  
The Wellness Center is closed for the  
time being.

In the meantime, we are still running  
"virtual programs" online via our  
Facebook Page "Fort McKay  
Wellness Center".

To view a list of our planned virtual  
activities for this month, please  
go to p. 6-7.

You can contact us by email to  
fortmckaywellnesscenter@hotmail.ca  
if you do not have access to Facebook  
and would like to receive email  
updates or if you would like more  
information on latest program initiatives.

## **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.

## **STAY UP TO DATE WITH THE LATEST NEWS!!**



**FORT MCKAY**  
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### **Stay informed by :**

Listening to Fort McKay's community radio station:  
106.3 fm  
& going on fort mckay's facebook page

