



Red River Current

June 2020

VOLUME 10 : ISSUE 6

CHIEF AND COUNCIL ESTABLISH RELAUNCH PLAN

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Over the past month, Chief and Council with the help of senior staff and Emergency Management Personnel have watched closely as Alberta prepared for and implemented Phase One of its Relaunch Strategy. Well before the first case of COVID-19 was confirmed in Canada, we committed to a plan that would help us achieve the goal of protecting the health and safety of our Elders,

community members and staff at the highest level. The Fort McKay First Nations Relaunch Plan remains true to the original objective whilst providing a measured restoration of business activities.

Together we have come a long way in this current Pandemic, and we find ourselves at the point where we can begin moving towards the progressive re-establishment of programs and services for the community of Fort McKay First Nation. The approach will continue to be calculated and cautious, while our Relaunch Plan will balance the need for full-service delivery with the logic of employing proven physical distancing procedures in carrying out daily business activities.

As we progress through this relaunch plan, we may find that how we conduct business may change forever. We are confident that the proactive planning, and foresight that has guided the development of this strategy will ensure that

all program and service objectives are met and exceeded and as always, the members of the Fort McKay First Nation will receive top level service delivery.

To all Elders, the membership of Fort McKay First Nation, and our dedicated staff, we thank you for your patience, commitment and sacrifices that have contributed significantly to our COVID-19 response efforts to date. It is this level of commitment that continually ensures that we achieve our collective goals and provide for the well being of all.

Thank You

Chief and Council

*To review all information
of the Fort McKay
Relaunch Plan,
please go to p. 4 & 5
of this newsletter issue.*



COMMUNITY NOTICE:

2020 Annual Treaty Days Postponed Due to COVID-19



The Annual Treaty Days Celebration for 2020 is postponed until the fall.

Dates will soon be announced.

Check out our next newsletter issue for more details...

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



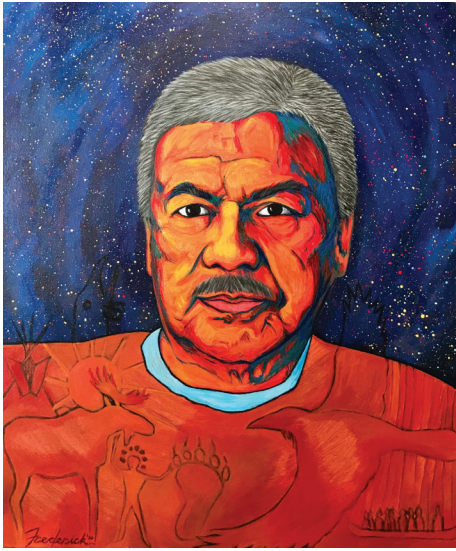
FORT MCKAY
FIRST NATION

Quarterly General Meeting

Due to Covid-19 restrictions and our commitment to protecting the health and wellness of our members, Fort McKay's upcoming Quarterly General Meeting will be hosted as an online session on **Thursday, June 25, 2020 at 6:30 p.m.** via Zoom. Please go to <https://bit.ly/3htBEM7> to register.

This is strictly for Band Members only.





***Chief and Council's thoughts are with
Rick's family, he will be truly missed
by everyone in Fort McKay. This beautiful
painting and poem were sent with much love
by his brother Federick.***

Rick, With a capital 'P'

Within our closed-in world
Heaven's stars talk to us
countless generations
looked up – listened, heard whispers

from all our beginnings
we've each heard those haunting voices
coming through countless ages
magical whispers – sssshhhh

the softest of crackles
another talks to us
cup your hands to your ears
hear those midnight calls - whissperrr

Spontaneous, generous, stubborn
ohhhh, his whisper will stand out
look up at the North Star every so often
and you will see, where now, he lives....

hard-headed, temperamental, hard-working
you can't take those things away
why would you want to?
he perfected techniques to a 'T' – lovingly teasing

family man, small circle of friends, impulsive
surveying the river in his boat
taking care of situations, always
eyes scanning the horizon, attentive

'Bullheader', Grandpa called him
who would know better than he?
a wicked sense of scathing, biting humour
young brother was the brunt of many

on those calm days on the river
the banks zipping by – peaceful, serene
the boat carving through the mighty river
it brought us all to life – don't be sad

long ago we hit a sand bar, I was driving
my brothers jumped in; truth be told – I made them
eventually I had to jump in too
all 3, working together, we got out

man, of few words – Rick, with a capital 'P'
you knew what he meant
of course you do; he made it clear
when he talked – people listened

for his kids, grandkids and close friends – a big Heart
he would give the shirt off his back, to anyone
and yes he would tell you to 'go fuck yourself', situation depending
expert at 'tough love' – in his own loving way

I'm standing on my deck, searching the stars
looking to see if 'He' has a message
the morning arrives, a glorious red ball breaks free from the horizon
its' blazing red halo reminds me of the circle of life

I'm thinking his stories will live in each of us
we'll take them out and share them
with a beer, around a fire, under a starry sky
open your heart – just like he would

if some times he crosses your mind
when looking at the North Star, remember
there has never been one
such as he....

Frederick R. McDonald, 04/2020....

FORT MCKAY RELAUNCH PLAN

STAGE	TRIGGER	WORK MODE	
1	Alberta Relaunch Strategy Phase 2 Commences.	First Nation: Minimum Essential Services Personnel on-site. Limited Staff Working Remotely. Métis Nation: Staff providing essential services remotely. Minimum Essential Services Personnel on-site.	First Nation: Police Fire Ambulance Security Rangers DMBC Reception Elders Care Housing Sanitation Roads
2	Alberta Relaunch Strategy Phase 3 Commences.	First Nation: Minimum Essential Services Personnel on-site. Limited Rotating Staff in Offices. Some Staff Working Remotely. By Appointment Only. Métis Nation: Staff to return on a staggered schedule. Minimum Essential Services Personnel on-site. Some remote working continues. Office(s) closed to the public – visitors via appointment only.	First Nation: Police Fire Ambulance Security Rangers DMBC Reception Elders Care Housing Sanitation Roads Family Support Sustainability
3	30 Days After FM Enters Phase 2.	First Nation: Minimum Essential Services Personnel on-site. Limited Rotating Staff in Offices. Some Staff Working Remotely. By Appointment Only. Métis Nation: Staff schedules to be adjusted accordingly. Office operations resume with restrictions. Office open to the public – restrictions apply. Some staff working Remotely.	First Nation: All Services Provided the FMFN and External Partners, Except Daycare.
4	30 Days After FM Enters Phase 3 Enhanced Occupational Health and Safety Policy is implemented.	First Nation: All staff onsite working under Enhanced FMFN Occupational Health and Safety Policy. Métis Nation: All staff onsite working under Enhanced FMMN Occupational Health and Safety Policy.	First Nation: All Services Provided the FMFN and External Partners.



SERVICES AVAILABLE		FACILITIES OPEN	COMMUNITY MEASURES
	Métis Nation: Police Fire Ambulance Security Reception Elders Care Housing Social Supports Education/Training and Employment Culture Government Relations Infrastructure Sustainability	First Nation: DMBC (Limited) Youth Centre (Limited) Health Centre (Limited) Riverside (No Visitors) North Shop (Limited) Métis Nation: MMSC Office - Closed Community Office - Closed	Stay Safe at Home Curfew in effect. 11 p.m. to 5 a.m. Community Security Gate in effect. Gatherings: Indoor 15 or less Outdoor 20 or less
	Métis Nation: Police Fire Ambulance Security Reception Elders Care Housing Social Supports Education/Training and Employment Culture Government Relations Infrastructure Sustainability	First Nation: DMBC (Limited) Youth Centre (Limited) Health Centre (Limited) Riverside (No Visitors) North Shop (Limited) Sustainability (Limited) Wellness (Limited) Family Support (Limited) Métis Nation: MMSC Office - Limited Access by appointment only. Community Office - Limited Access by appointment only. <i>Office operations will resume as reported 14 days following the launch of Stage 2.</i>	Stay Safe at Home Curfew in effect. 11 p.m. to 5 a.m. Community Security Gate in effect. Gatherings: Indoor 30 or less Outdoor 50 or less
ded by ernal	Métis Nation: Police Fire Ambulance Security Reception Elders Care Housing Social Supports Education/Training and Employment Culture Government Relations Infrastructure Sustainability	First Nation: DMBC Youth Centre Health Centre Riverside (Limited) North Shop Sustainability Wellness Family Support Seniors Centre (Daycare Closed) Métis Nation: MMSC Office – office open. Restrictions apply. Community Office – office open Restrictions apply. <i>Office operations will resume as reported 30 days following the launch of Stage 2.</i>	Stay Safe at Home Curfew in effect. 11 p.m. to 5 a.m. Community Security Gate (Relaxed Hours). Gatherings: Indoor 50 or less Outdoor 100 or less
ded by ernal	Métis Nation: All Services Reinstated.	First Nation: All Facilities Open with Health Advisory Notices and Full Staff in place. Métis Nation: MMSC & Community Offices (no restrictions, visitors must follow health guideline and Safety Policies) <i>Office operations will adjust as reported 30 days following the relaunch of office operations in stage 3.</i>	Stay Safe at Home Curfew Terminated. Community Security Gate as Required Only. Practice safe distancing.



MONTHLY COMMUNITY

JUNE 1ST-7TH

WELLNESS CENTER ACTIVITIES

Roblox online with Candace
Wednesday

Mini Chef's Online (Candace)
Thursday

Girls Inc.
Wednesday

Themed Dress Up Week
All Week

Outdoor Physical Activity Contest
(All week, until Thursday)

Solve the Riddle Challenge
Friday, Saturday & Sunday

Sidewalk Chalk Art Contest
All week

Jays Care Challenges/Girls at Bat
Monday & Tuesday

Mental Health Support- Staff available to chat via phone, messenger, social media or texting

BINGO

Every Tuesday and Thursday
Collect your game card at the Youth Centre between 9:30 a.m. – 12 p.m. on bingo days. There are prizes to be won and delivered to the door step of each winning player.

JUNE 8-14TH

WELLNESS CENTER ACTIVITIES

Roblox online with Candace
Wednesday

Mini Chef's Online (candace)
Thursday

Girls Inc.
Wednesday

Nature in Your Back Yard
All Week

Solve the Riddle Challenge
All week, until Thursday

Spread Some Cheer in the community
Making cards/notes to be delivered to Elders in the community, All week

Jays Care Challenges/Girls at Bat
All Week

BINGO

Every Tuesday and Thursday
Collect your game card at the Youth Centre between 9:30 a.m. – 12 p.m. on bingo days. There are prizes to be won and delivered to the door step of each winning player.

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

JUNE 15TH-21ST

WELLNESS CENTER ACTIVITIES

Roblox online with Candace
Wednesday

Mini Chef's Online (Candace)
Thursday

Girls Inc.
Wednesday

Bike Decorating
All Week

Exercise Tag
All week

Jays Care Challenges/Girls at Bat
Monday & Tuesday

BINGO

Every Tuesday and Thursday
Collect your game card at the Youth Centre
between 9:30 a.m. – 12 p.m. on bingo days.
There are prizes to be won and delivered to the
door step of each winning player.

JUNE 22ND-28TH

WELLNESS CENTER ACTIVITIES

Roblox online with Candace
Wednesday

Mini Chef's Online (Candace)
Thursday

Girls Inc.
Wednesday

Baking/Cooking Contest
All Week

Pyjama Party!
All week

Jays Care Challenges/Girls at Bat
Monday & Tuesday

BINGO

Every Tuesday and Thursday
Collect your game card at the Youth Centre
between 9:30 a.m. – 12 p.m. on bingo days.
There are prizes to be won and delivered to the
door step of each winning player.

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



MENTAL HEALTH AWARENESS

This month is Mental Health Awareness month and as such we would like to encourage everyone to enjoy the sunshine. We want to say a big thank you to everyone for staying safe and striving to keep the community safe. The Family Support Centre doors are open for counselling sessions and referral to treatment centres are between the hours of 9 a.m. – 4 p.m. Monday to Thursday and Fridays we are open 9 a.m. – 1 p.m. Please call the following numbers to book an appointment with Amaka or Erin.

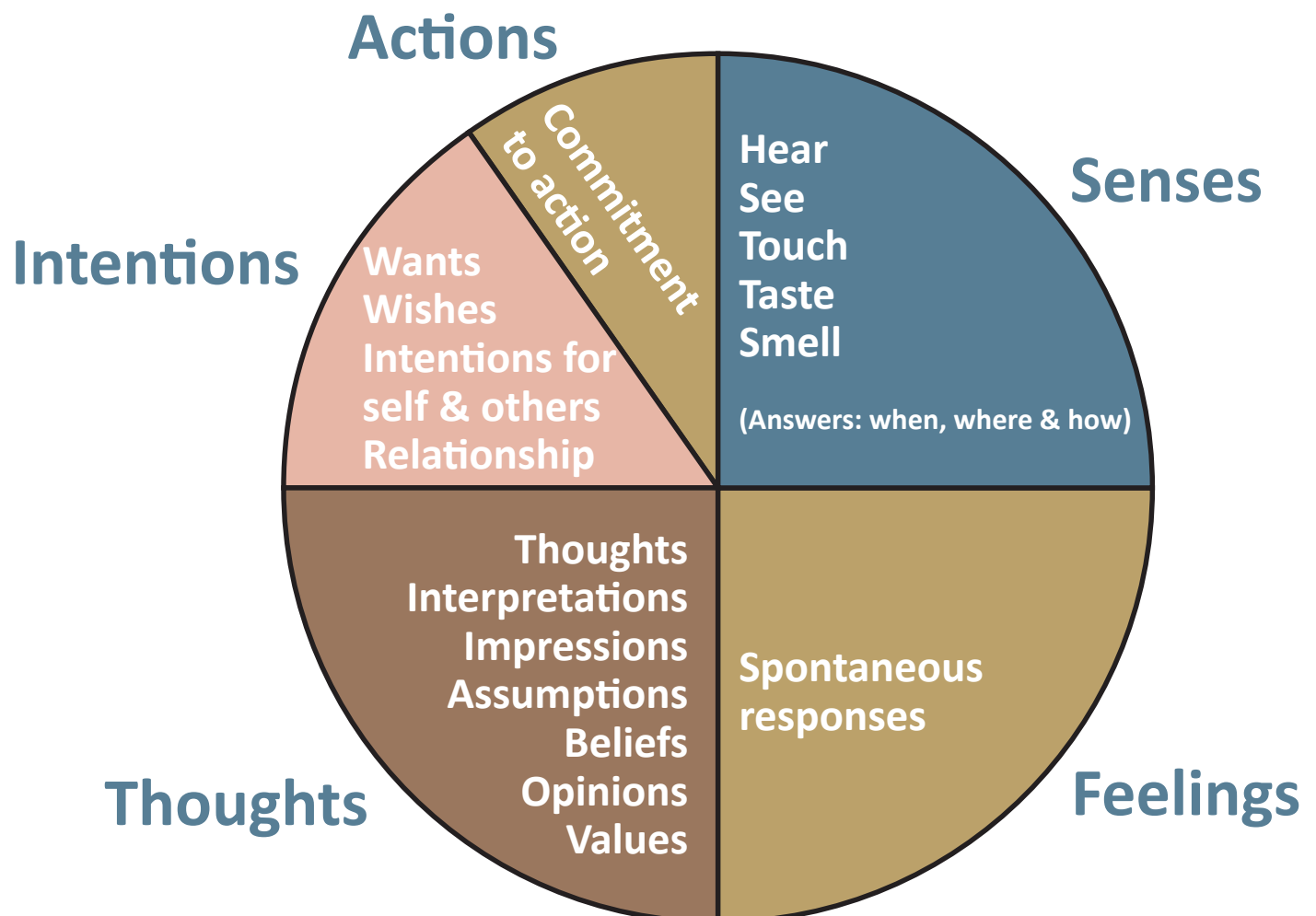
Amaka: Mental Health and Addictions 780-799-6370.

Erin: Addiction Support 780-370-4941.

We are still able to send clients to treatment centres, although currently, we are limited to two locations because of the COVID-19 pandemic.

Bingo is held every Tuesday and Thursday. If you wish to take part you must come and collect your game card at the Youth Centre between 9:30 a.m. – 12 p.m. on these days. There are prizes to be won and delivered to the door step of each winning player.

Awareness Wheel



Mindfulness Activity Card

Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.

Mindfulness Activity Card

Sit very still and notice one thing that you can see, hear, feel, taste and smell.

Mindfulness Activity Card

Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.

Mindfulness Activity Card

Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.

Mindfulness Activity Card

Close your eyes and sit quietly. Notice the way that your clothes feel on your body. Notice your shirt, pants and shoes. Do you notice anything you didn't notice before?

Mindfulness Activity Card

Sit quietly and place a small object in your hand. A pencil, eraser, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.



Keeping Social Distancing Fun

Are you social distancing? Here are a few fun things you can do at home to keep yourself busy while social distancing!

1. CLEAR OUT YOUR WARDROBE

Dedicate your new-found time and attention to sorting out your clothes, declutter your home, ditching items you haven't worn for six months or more and co-ordinating clothes into sections so it's easier to browse in the mornings. This is a great opportunity to get inspired by new outfits or rediscover an old favourite. You will need: Vacuum storage bags.

2. GIVE YOURSELF A GEL MANICURE

Sometimes it's the small things in life that make us feel better, with a fresh manicure being right up there. Take some time for yourself, push your cuticles down, slather on some hand cream and choose a shade that makes you smile from ear to ear. You will need: An at-home gel kit.

3. READ A BOOK

It's time to read that book that's been sat on your shelf for the last few months. Get inspired by a best-selling memoir, indulge in a celeb-approved book or escape to a different world for a few hours. Hot drink and a blanket may be desirable. You will need: A Kindle Paperwhite or some real books.

4. START A PODCAST

Obsessed with podcasts? Are you and your family hilarious? Maybe it's time you looked into making a business out of podcasting. You'll need all the technical equipment, but first, swot up on how you're going to make your millions from your dining room table. You will need: A book about podcasting for beginners.

5. WRITE A LETTER

Remember how enjoyable it was to receive a letter in the post? Do that with your friends and family - make their day. Buy some nice paper and send some love to a friend or family member. You will need: Fancy calligraphy writing skills and a pen and paper.

6. BUY A DARTBOARD

Can't go to the pub? Bring the pub to you with a cool dartboard. Maybe buy one that is magnetic, so it is a lot safer if you have children. You will need: A dartboard.

7. TV

Did you miss the Game of Thrones craze or are you late to the Grey's Anatomy party? Now's the time to catch up on all that TV you've been curious about, so get comfy and get ready to commit hours of your life to watching someone else's dramas. If you want to watch the Kardashians from day one, be sure to sign up to Hayu.

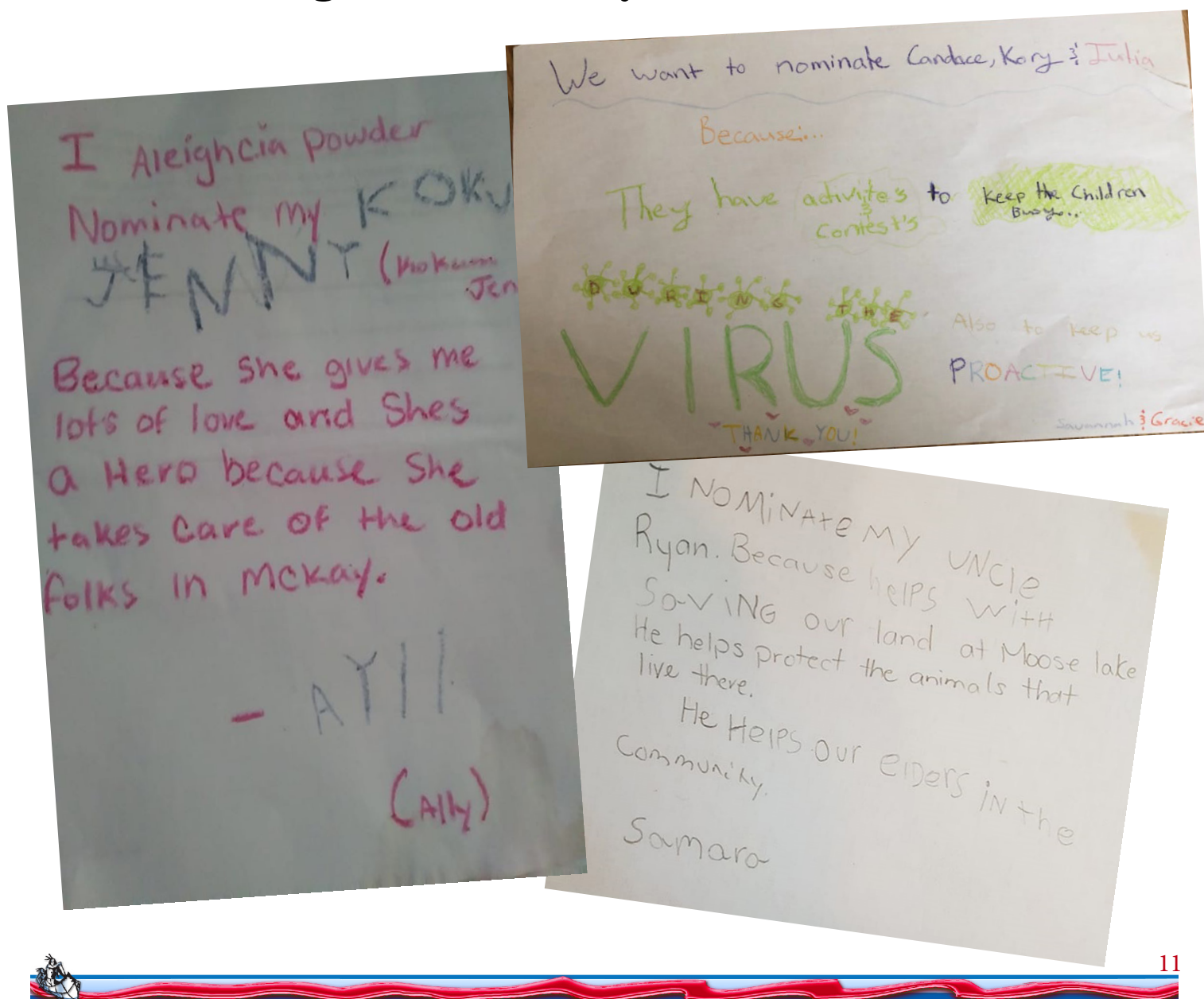




Wellness Center Youth NOMINATE ESSENTIAL WORKERS

Last month, the Wellness Center invited children and youth of all ages to nominate an essential person in their lives and enter a draw with the chance to win an amazing gift basket. Below are some of the nominations submitted by participants. The Wellness Center is happy to announce that the winner was Ryan Grandjambe, who was nominated by Samara. Ryan won a gift basket full of goodies and Samara got a \$25 Indigo gift card for her nomination.

Congratulations Ryan and Samara!



NSD STUDENTS RECEIVE DONATION FOR EDUCATIONAL SUPPORT

A recent act of kindness is impacting hundreds of families in the Northland School Division. The Métis Nation of Alberta (MNA) and Rupertsland Institute (RLI) donated 175 Chromebooks to support online learning for Metis students in the division.

“On behalf of the Board of Trustees, I wish to extend our thanks to the Métis Nation of Alberta and Rupertsland for the donation,” said Robin Guild, Board Chair. “This act of generosity is helping families who need technology support at home.”

On March 27, 2020, NSD launched a “Continuing Student Learning Plan”. The plan incorporates paperbased learning and the use of technology to deliver content, encourage participation and collaboration. It allows educators to assess and provide feedback to students.

“When in-person classes were cancelled, we contacted families to help them prepare for paper based or online learning, said Dr. Nancy Spencer-Poitras, Superintendent of Schools. “Programming was then developed depending on the needs of the students and the resources they had available. We appreciate how the Métis Nation of Alberta and Rupertsland Institute are supporting NSD families. Even during this challenging time, it’s important to help students acquire the foundational knowledge they need to be successful in life. We are grateful for the support received from education partners.”

“In this unprecedented time, MNA and RLI are determined to help ease the stresses of education interruption on our students and parents,” said MNA President and RLI Board of Governors Chair Audrey Poitras. By providing access to online learning tools, we are working to ensure no Métis family is left behind during this pandemic.”



“We are proud to provide our Métis students with devices so they can continue to engage and succeed with online learning and the digital classroom in the months ahead. We believe that working in partnership with CASS (College of Alberta School Superintendents) and school authorities reflects a best practice where no child gets left behind in these unprecedented times”

The donation is helping families located in Anzac, Calling Lake, Conklin, Elizabeth Metis Settlement, Fort McKay, Gift Lake Metis Settlement, East Prairie Metis Settlement, Fishing Lake Metis Settlement, Janvier and Wabasca-Desmarais.



Always Changing & Growing Up

Activity Sheet 7

Scrambled Words

Here's a fun way to remember important facts about health and grooming.

Read the clue on the right, then unscramble the letters on the left and write your answer in the blank space.

Unscramble the circled letters, and complete the sentence at the bottom of the page.

- 1 R I O N T N T I U _____ You get this from the nutrients in food.
- 2 C E X I (S) E R E _____ A way to improve your strength and coordination.
- 3 P O O M S H (A) _____ You wash your hair with this.
- 4 O O E D N A R T D _____ Use this under your arms.
- 5 (A) L G S N D _____ These produce sweat and oil.
- 6 C N A (E) _____ Hormones, not chocolate, cause this.
- 7 T R I D _____ When this blocks pores, skin breaks out.
- 8 E U R T O P (S) _____ This is good when you are standing or sitting up straight.
- 9 M I N G W I M S _____ A wet way to exercise.

Puberty is the perfect time to get in great physical _____.

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



© 2020 P&G Always Changing Puberty Education Program

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.

a prescription or referral

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



babylon

by  TELUS Health

Free

Online Tutors

Join

Rodney Grosse & Nick Walsh
for online tutoring

Rod Grosse

CALN, Photography, Computers and Math Instructor
Westwood Community High School

Mr. Nicholas Walsh
High School Science
Frank Spragins High School

When: Mondays & Wednesdays

Where: Google classroom

Time: 3:30pm - 5:30pm

Contact Info:

Rodney Grosse

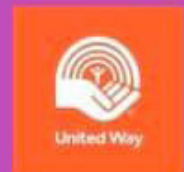
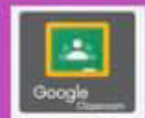
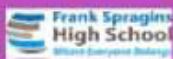
rodney.gosse@fmpsd.ab.ca

Nicholas Walsh

nicholas.walsh@fmpsd.ab.ca

Easiest way is to send us an email (non-business) and we will invite from inside the classroom.

All Grades, All subjects.



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



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 or Julia Soucie at 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
FIRST NATION

Stay informed by :

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

