

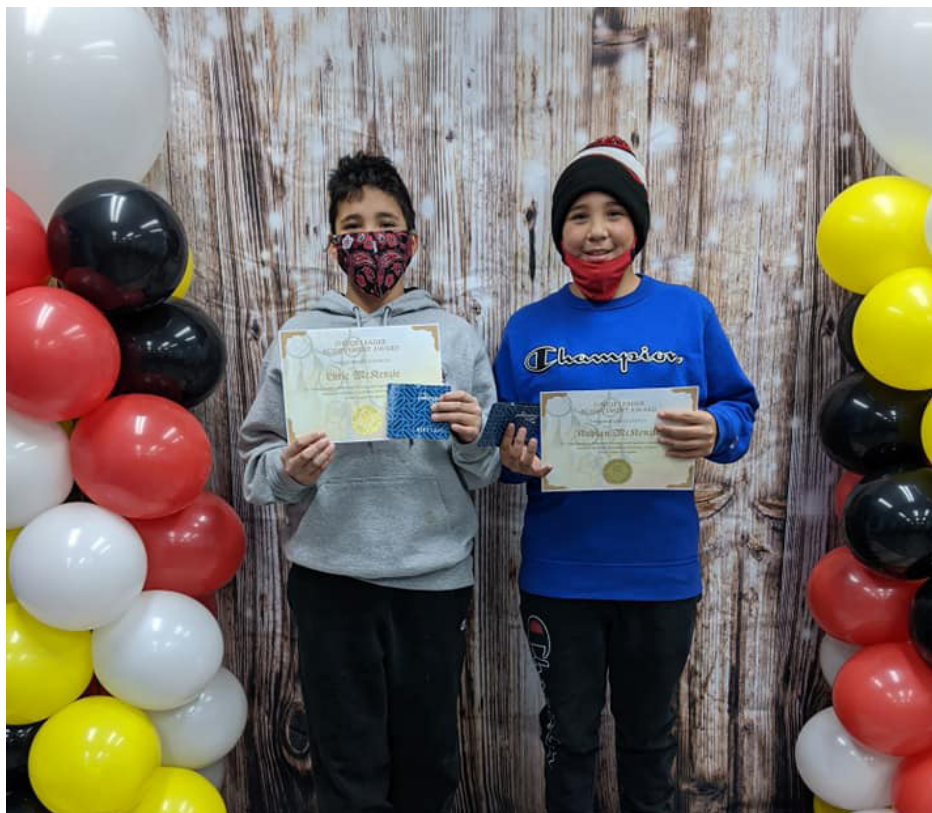


December 2020

VOLUME 10 : ISSUE 11

3RD ANNUAL JUNIOR LEADER'S ACHIEVEMENT NIGHT

<i>Youth Centre Gets New Gym</i>	3
<i>Bizzy Dat Boy's First Album Coming Soon</i>	4
<i>COVID-19 Symptoms in Comparison to the Flu</i>	5
<i>Elders Bingo & Community Bingo</i>	6
<i>Introducing New Employees In Our Community</i>	8
<i>Ways To Beat Covid-19 Isolation & Loneliness</i>	11



On Friday, October 16th, 2020, the Fort McKay Wellness Center held its 3rd Annual Junior Leader's Achievement Night to recognize the 2019 accomplishments of the Fort McKay Junior Leaders. Initially planned for March 2020, the celebration was postponed due to the COVID-19 pandemic and looked a little different this year!

The celebration took place on the evening of October 16th between 5:30 and 7:30 PM. To ensure all participants' safety, Junior Leaders signed up for a ten-minute exclusive time slot where they could bring their family, take some photos and celebrate their achievements! This year, we recognized 17 Junior Leaders who altogether completed 521 volunteer hours and fundraising for Junior Leader initiatives!

Each Junior Leader received a glass award, a gift card, and a cake to take home to share with their family! The evening was a big success, and we would like everyone to congratulate our Junior Leaders for all their accomplishments!

To view a list of this year's recipients, go to the next page.



3RD ANNUAL JUNIOR LEADER'S ACHIEVEMENT NIGHT



FMFN LEADERSHIP TEAM

Mel Grandjamb, Chief
Raymond Powder, Councillor
David Bouchier, Councillor
Melinda Stewart, Councillor
Crystal McDonald, Councillor

Chris Johnson, CEO
Alvaro Pinto, CEO Oilsands Development
and Sustainability
Stuart Randall, Senior Manager,
Business Development
James Owl, Executive Director,
Capital Projects

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

CONGRATULATIONS TO THIS YEAR'S RECIPIENTS!

Lexi Hynes-Redcrow:
104.75 hours

Paige Orr:
96 hours

Isabella Kaskeo:
89.5 hours

Chanel McClure:
54.25 hours

Geanna Grandjambe:
42.75 hours

Keira Gladue:
17.25 hours

Desiree Orr:
13.25 hours

Kinley Serafinchan:
13 hours

Emma Lee Grandjambe:
12.25 hours

River Boucher:
13 hours

Adonis L'Hommecourt:
9 hours

Chase Fabian:
12 hours

Thor Grandjambe:
12 hours

Ben Asadi:
12 hours

Tristan Grandjambe:
12 hours

Kaplin McKenzie:
4 hours

Lyric McKenzie:
4 hours

YOUTH CENTRE GETS NEW GYM!

The Fort McKay Youth Centre has seen many changes since opening its doors in 2016. One room in particular has taken on many roles and served many purposes. The initial purpose of this room within the Youth Centre was a computer room, which boasted 12 high end computers, endless amounts of games, and was one of the entertainment focal points for the youth. The computer room then was transformed into a classroom. After that, the classroom was transformed into a locker room for the Fort McKay Northern Spirits. After their season was completed the locker room was turned into a storage room. Today, this ever-changing room has taken on the role to ensure the health and vitality of the youth of Fort McKay. Rubber mats were installed along with two large multi-purpose gym racks (squat rack, chest press, pull-up, battle ropes...etc) We are excited to announce the beginning stage of the Fort McKay Youth Centre's very own gym and weight-lifting facility! More equipment, pictures, and muscle gain to come!



YOUTH CENTRE TURNTABLE DONATION



Special shout out to Bizzy (Blair) for donating his turntables to the Youth Centre. The entire Youth Centre family is forever grateful to be given the opportunity to expand our knowledge and skills within the field of music! Make sure you follow our social media pages to see what the kids create with this new amazing equipment!

Thank you again Blair !

BIZZY DAT BOY'S FIRST ALBUM COMING SOON



Blair Faichney is a rock, hip-hop and R&B singer/rapper who has been in the music industry for 15 years and has a great passion for music. "It's what makes me happy as a person because we all can relate to what everyone else is feeling with music," he explains. People may recognize his artist name, Bizzy Dat Boy, which he identified himself with while part of his formerly established group called Ab-Originalz.

His passion for music started at an early age. When he was 13 to 14 years old, Faichney participated in round dance and Pow Wow music, which allowed him to connect with his cultural identity. His parents, Bruce & Barbara Faichney, also have a passion for music and influenced Faichney. "I would sit there and watch my mom and dad sing country songs, and that made me happy. They appreciated a variety of music and knew many

songs, which is why today I know many songs of all genres".

Faichney always loved hip-hop music and was driven to start his music when Eminem came out with the movie 8 Mile. "Everybody wanted to be a rapper after that," he shared. His first song was created from his mom's tape recorder on a cassette tape, and he continued recording his songs this way for about a year until he started recording on the computer at his friend's house. He describes his music as very emotional, dark, happy and creative, whether it's fact or fiction, "I love to be open-minded when it comes to writing a song."

Faichney is currently working on his new solo album "The Storm" and has been diligently working on this project for two years. "A lot has happened during those two years, which is why I call it the storm." His first album is near completion and is expected to be available on all music platforms, including Spotify, Google Play, and iTunes soon!

His music is renowned nationwide. Bizzy Dat Boy has already opened for big names such as Madchild, Snak, the Ripper, Merkules, Twisted Trooper, Nitty Gritty Dirt Band, Prada West, and the list goes on.

He would also like to thank all of those that have supported him throughout his journey. Faichney would also like to thank his girlfriend, Tammy Shortman, for always being by his side. "She is always motivating me, inspiring me & helping me get my music heard."

A list of music videos from Bizzy Dat Boy can be viewed on www.youtube.com/bizzydataboy, and songs can be found on <https://soundcloud.com/search?q=bizzydataboy>. New Bizzy Dat Boy merchandise will be available soon!

Faichney wants to reach out to other musicians. "If anyone is interested in recording music. Please contact me at blairfaichney88@outlook.com. I am willing to help anyone that wants to create music".



COVID-19 symptoms in comparison to the flu and the common cold

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometime
 Sore throat	Sometimes	Common	Sometime
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

ahs.ca/covid



FORT MCKAY
FIRST NATION

Elders Bingo!

Every Thursday (Nov 26th, Dec 3rd, 10th and 17th)

Fort McKay FM 106.3 - 1 p.m. - 2 p.m.

**Cards will be delivered to the elders by Peggy Poitras
call 780-742-8277 to register.**

To confirm Bingo call Vanessa at **780-742-8277**



Community Bingo!

Every Tuesday (Dec 1st, 8th and 15th)

Fort McKay FM 106.3 - 1 p.m. - 2 p.m.

**Cards can be pick up at the Band Office between 9:30 a.m. - 12 p.m.
(Dec 1st, 8th and 15th) for more information call Leona at 780-881-8395**

To Confirm Bingo call Stefany at **780-7147094**

INSPIRED BY OUR PAST, INVESTED IN OUR FUTURE





FORT MCKAY NORTHERN SPIRITS MEET THE TEAM



Tristen Cree

Tristen Cree came all the way from the 468 to join our football team. He instantly contributed on defence. With his aggressive playing style, he began to rack up tackles immediately. At the end of the season, we began using him as a Tight End, where he enjoyed catching the ball.

We hope he continues playing because this young man has a bright future.



Kayleigh Boucher



Kayleigh Boucher is a team player! Always first to lead block, always in on the tackle, always positive. She was a girl, she was the youngest on the field, but that didn't stop her one bit! as you can see in the pictures she was taking on full-size d-lineman! She earned her stripes on defense by making every tackle on her side of the field. She earned rookie of the year! We are excited to see what she does in the future!



INTRODUCING NEW EMPLOYEES IN OUR COMMUNITY

KACPER OBRZAZGIEWICZ

We would like to introduce the new Director of Housing, Kacper Obrzazgiewicz, who will oversee the Housing Department of our community. His role is to help provide a high customer service standard and offer efficient management of the housing portfolio for Fort McKay First Nation.

Kacper possesses a Bachelors's degree in administrative and commercial studies, and a designation in maintenance management from PEMAC. "I worked in property management for approximately ten years, where I have utilized my education and experiences to help improve various aspects of businesses," he shares. Kacper is a strong supporter of increasing efficiency while maintaining a high level of service to customers.

Kacper worked with other Indigenous communities throughout Alberta, including Fort Chipewyan, Anzac, Conklin and Janvier. He is excited to work in our community, "I am excited to learn and experience the culture of Fort McKay First Nation, and look forward to learning the processes used by the Housing Department team."

Passionate about delivering the best customer service, Kacper has undertaken several projects to improve on this experience. "I have worked through several natural disasters, and it has always been my goal to put the best interest of the community first, and to make sure that the community has the best possible options available to them."

Besides getting to know the community, his first goal will be to analyze the Housing Department's status and determine any unmet needs and implement process improvements that will help our community.

When he is not working, Kacper loves to spend time with his family outdoors. "from mountain biking to camping and traveling, doing these activities with my wife and daughter provide me with the greatest happiness!"



Kacper Obrzazgiewicz,
Director of Housing



FORT MCKAY
FIRST NATION

Invitation for EXPRESSIONS OF INTEREST to become a member of the Fort McKay First Nation Land Code Committee

We are recruiting 5-7 Fort McKay First Nation band members, including youth and Elders, to provide input and advice on the development of a Fort McKay First Nation Land Code!

Fort McKay First Nation became a signatory to the Framework Agreement on First Nation Land Management in 2007 and we are proceeding with developing a Land Code that will allow us to govern and manage our lands and resources outside of the *Indian Act*.

Fort McKay First Nation is establishing a Land Code Committee to participate in the development of a Land Code and community vote process. **We are currently seeking interested Fort McKay First Nation band members, including Elders and Youth, to form the Committee.**

The Land Code Committee would begin with a virtual orientation session in January 2021 and should complete the Land Code development process by September 2021. Committee meetings will take place approximately 1 to 2 times a month over videoconference. We will do our best to ensure that each member of the Committee has access to the appropriate technology and materials to fully participate in discussions.

Committee members must:

- ✓ Be committed to information sharing, team building and cooperative decision-making to ensure the effective functioning of the committee.
- ✓ Participate fully in committee discussions and be able to commit to attending regular meetings or information sharing events regarding the land code. NOTE: these meetings will take place by video or tele-conference until it is safe to gather in person.
- ✓ Be able to use and/or be willing learn to use technology such as computers, iPads/Tablets and online video calling software such as Zoom or Skype.

The selection process will be based on community representation (Elder, youth, on/off-reserve, etc.) and your ability to participate on a regular basis. Successful applicants will be approved by Chief and Council.

**For more information or to submit your expression
by January 8, 2020, please contact:**

**Benita Koochicum, Coordinator, Lands and Leasing
Ph: 587-645-4351; email: bkoochicum@fortmckay.com**



Wellness Center December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Homework Help (Ages 6+) 6:30pm-8:00pm Skating (Ages 8+) 6:30pm-8:00pm	2 Outdoor Activities (Sliding, Snowshoeing) (Ages 6+) 6:30pm-8:00pm	3 Christmas Craft Night (Ages 6+) 6:30pm-8:00pm	4 NO SCHOOL – TOWN EARLY DISMISSAL – MCKAY Wellness Center Open 8:30am-5:00pm
7 Christmas Game Night (Charades, Trivia) (Ages 6+) 6:30pm-8:00pm	8 Homework Help (Ages 6+) 6:30pm-8:00pm Soapstone Carving (Ages 8+) 6:30pm-8:00pm	9 Outdoor Activities (Sliding, Snowshoeing) (Ages 6+) 6:30pm-8:00pm	10 Christmas Movie Night (Ages 8+) 6:30pm-8:00pm	11 Afterschool Program 3:00pm-6:00pm JUNIOR LEADERS MEETING (AGES 10+) 6:30pm-8:00pm
14 Christmas Game Night (Charades, Trivia) (Ages 6+) 6:30pm-8:00pm	15 Homework Help (Ages 6+) 6:30pm-8:00pm Skating (Ages 8+) 6:30pm-8:00pm	16 Outdoor Activities (Sliding, Snowshoeing) (Ages 6+) 6:30pm-8:00pm	17 Christmas Craft Night (Ages 6+) 6:30pm-8:00pm	18 NO SCHOOL – TOWN Wellness Center Open 8:30am-5:00pm
21 Christmas at Wellness Day #1 8:30am-2:30pm	22 Christmas at Wellness Day #2 8:30am-2:30pm	23 Christmas at Wellness Day #3 8:30am-2:30pm	24 Wellness Center CLOSED Christmas Holidays	25 Wellness Center CLOSED Christmas Holidays
28 Wellness Center CLOSED Christmas Holidays	29 Wellness Center CLOSED Christmas Holidays	30 Wellness Center CLOSED Christmas Holidays	31 Wellness Center CLOSED Christmas Holidays	1 Wellness Center CLOSED Christmas Holidays





CHRISTMAS AT WELLNESS DAYS!!

For **5 evenings** in December, the Fort McKay Wellness Center will be offering a 'Christmas at Wellness Days' to celebrate the holidays!

Children in the community ages 5-13 can sign up for **ONE** of the five evenings to come and celebrate with snacks, crafts, gingerbread house decorating, games, activities, prizes and a gift! Spaces are limited based on building capacity, so register early!

DECEMBER 14th from 6:00 PM to 8:00 PM

DECEMBER 15th from 6:00 PM to 8:00 PM

DECEMBER 16th from 6:00 PM to 8:00 PM

DECEMBER 17th from 6:00 PM to 8:00 PM

DECEMBER 18th from 6:00 PM to 8:00 PM

Similar to our After-School Program, **children who register will be assigned to a 'group' of 4-6 children and 1 staff member for an evening of fun.** Groups will not be permitted to mix with each other as we will be following our usual safety procedures.

The Fort McKay Wellness Center adheres to extremely strict policies and procedures to ensure the safety of all children. Extra measures include thorough disinfecting and sanitization of the entire building, all equipment and supplies used before AND after children are here. Constant sanitization also take place while programs are running. Masks are mandatory and contactless temperature checks take place upon arrival.

To register, please call 780-828-4312. Parents and guardians can register children **individually** or by **group** if parents prefer their children to be grouped with other friends/family members in their current cohort for maximum safety. Parents can even request a specific staff member to be designated for their children/cohort. If not specified, children will be grouped based on which school they attend.

Ways To Beat Covid-19 Isolation and Loneliness

There is no denying that we are living in tough times right now and trying to stay connected with others is hard, especially as Christmas is getting closer.

1. Plan and connect with others. Develop a plan that allows you to have regular contact with friends and family and well as making sure that you have access to getting your basic needs such as groceries, medicine, and other supplies that you need. Technology has come a long way and can help us connect with others. If you need support in accessing technology to reach out to others, please let us know here at the office and we will see what we can do to support you.

2. Have a list of organizations that you can reach out to when you are looking for supports. Having a list, knowing what services are in the community are huge. We are constantly updating Facebook, using the newsletter and radio to reach out and update the community on what services are available. If you are unsure, please contact us and we will be happy to help you with putting together a list of services both here in Fort McKay as well as Fort McMurray.

3. Having a pet can help with loneliness. Whether it is a cat, dog, or a fish, having company in the home can make a huge difference in combating loneliness.

4. Starting a new hobby, or finally getting some of those household projects can be a great way to feel productive and enjoy the time you are at home more. Sometimes rediscovering an old hobby or pulling out some books you have never had the time in the past to read can really help with staying busy.

5. Finally, be wary of how much news you are watching with respects to Covid-19. Overdoing all the information that is available right now can become overwhelming and can give us further anxiety, taking care of what we expose ourselves to on social media and the morning news can help us feel better about what is going on if we are getting accurate information as we need it. Take advantage of Netflix, Prime TV and other livestream tv and movie sites to get a break from what is on the news, and enjoy some down time with your favorite shows and movies.

There are many things that we can do to help deal with the isolation that we are feeling, staying positive, reaching out and staying busy can reduce anxiety and depression.

There are sites now that are offering online AA and NA meetings

<https://virtual-na.org/meetings/>

<https://aa-intergroup.org/oiaa/meetings/>

And as always, The Addictions and Mental Health Wellness team is here to support community members in any way that we can. Just reach out to us and we will support in any way that we can. If we are unable to support you we will help you find the services elsewhere.

RESOURCES ARE AVAILABLE IF YOU NEED HELP:

Mental Health Help Line: 1-877-303-2642

Addiction Help Line: 1-866-332-2322

Text COVID19HOPE to 393939



Thank You Fort McKay

My family and I would like to express our heartfelt gratitude to the Fort McKay First Nation, Fort McKay Metis, and to all the people in Fort McKay who so generously supported me when my house was devastated by the Fort McMurray flood.

Your thoughtfulness and support has made it possible for Feather, Alexis and I to move back to the comfort of our refurbished home.

Thank you for your friendship. It means a lot to me and my family.

Sincerely, Rod Hyde



REPORT AN ODOUR

1 800.222.6514



FORT MCKAY
FIRST NATION





INDIGENOUS EARLY LEARNING CHILD CARE ONLINE PROGRAM



Open to all Indigenous people who live in First Nations and Métis communities in the Wood Buffalo Region (ACFN, CPFN, FMFN#468, FMFN, & MCFN)

This 32-week online program can start you on a career path in child care.
Graduates of the program will be able to:

- Support exploration through play
- Observe and properly document a child's learning and behaviour
- Foster creativity by actively engaging children in meaningful exploration
- Create vibrant environments for children in a variety of child care settings

Upon completion of the program graduates are prepared to work as:

- Early Childhood Educators in daycares, preschools or out of school care programs
- Day home providers
- Infant Child Development Workers
- Family Resource Centre Workers

Participants must:

- Have Grade 12 or Equivalents or,
- Be a mature student (21 years or older on the first day of classes or have been out of school for at least three consecutive years)
 - a minimum of 50% in English 30-1 or
 - a minimum of 65% in English 30-2 or
 - receiving a pass mark on the College Entrance Assessment
- Be an Indigenous or Métis person residing within the ACFN, CPFN, FMFN#468, FMFN, or MCFN
- A Police Information Check with Vulnerable Sector Check will be required of all participants prior to acceptance into the program.

If you are interested in this program, please contact:

Brittany Kozak

Employment & Training Team Lead | Athabasca Tribal Council

780-791-6538, ext 246 or Brittany.Kozak@atcfnc.ca



WHAT IS SEASONAL AFFECTIVE DISORDER?

Seasonal affective disorder, or SAD, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer. Some people may have SAD during the summer months.

ANYONE CAN GET SAD, BUT IT'S MORE COMMON IN:

- Women.
- People who live far from the equator, where winter daylight hours are very short.
- People aged 15 to 55. The risk of getting SAD for the first time goes down as you age.
- People who have a close relative with SAD. SAD is sometimes called winter depression or seasonal depression.

WHAT CAUSES SAD?

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical that affects mood.

WHAT ARE THE SYMPTOMS?

If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.
- Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

HOW IS SAD DIAGNOSED?

Seek medical advice from your doctor. It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. To diagnose SAD,

your doctor will ask if:

- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.
- You have symptoms that often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.
- A close relative—a parent, brother, or sister—has SAD.
- You may need to have blood tests to rule out other conditions that can cause similar symptoms, such as low thyroid (hypothyroidism).
- Your doctor may also do a mental health assessment to get a better idea of how you feel and how well you are able to think, reason, and remember.

WHAT CAN YOU DO ON YOUR OWN TO FEEL BETTER?

Regular exercise is one of the best things you can do for yourself. Getting more sunlight may help too, so try to get outside to exercise when the sun is shining. Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.

- Moderate exercise such as walking, riding a stationary bike, or swimming is a great way to get started. But any activities that raise your heart rate—including daily chores—can help, especially if you can do them outdoors or near a sunny window.
- Try to do muscle-building exercises at least two times each week, such as weight training or stair climbing.

Moderate exercise is safe for most people. But it's always a good idea to talk to your doctor before you start an exercise program.

Albertans can also access services by calling the Addiction Helpline at 1-866-332-2322, Mental Health Helpline 1-877-303-2642 or visiting www.ahs.ca/helpintoughtimes.



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

The Wellness Center is open!

To view a list of our planned activities for this month, please go to p. 10. You can also go to our facebook page for the latest updates.

The After School Program is still full, however, we are accepting registrations for the wait list.

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

DR. O'CONNOR

Please call in advance if you need to make an appointment with Dr. O'Connor.

MEDICAL TRANSPORTATION:

Contact 780-742-8843 for after hours
Edmonton Referral Unit
1-800-514-7106 with any questions.

PHYSIO

Mondays (9am-2:30pm) & Thursdays (9-12)

DR TAIWO.

Contact the Health Centre to make an appointment

IMMUNIZATIONS

Contact the Health Centre to make an appointment with the Public Health Nurse

For more information on the services offered at the Health Centre, please contact the centre

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