



Red River Current

February 2021

VOLUME 11 : ISSUE 2

NEW RAPID COVID-19 TESTING AVAILABLE AT THE HEALTH CENTRE

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Fort McKay members will soon have access to rapid COVID-19 testing within the community. 'The Abbott ID Now' is expected to be at the Health Centre in mid-February. Once services are available, anyone in the community with COVID-19 symptoms will be able to contact the Health Centre for testing using 'The Abbott ID Now', where results will be ready within fifteen minutes after testing!

Although test results are quicker, the procedure is similar to regular COVID-19 testing being used across the country. Those tested first get a swab collection from their nose, which is then placed into a heated acidic solution within the device.

By mid-February, community members will be able to get tested right at the Health Centre's parking lot. There will be an outdoor testing trailer at the health center where all

COVID 19 testing will be undertaken.

All equipment used for the Abbott ID Now, including test swab consumables, have been funded through Indigenous Services Canada. "The existing health center staff will be trained to obtain the mouth swab and process it in the Abbott ID Now box", shared Denise Wilkinson, Director of the Health Centre.

(story continued on p.2)



NEW RAPID COVID-19 TESTING AVAILABLE AT THE HEALTH CENTRE

(continued from p.1)

Wilkinson is very pleased with the upcoming rapid testing site, “This is a breakthrough. The stress of waiting two to seven days for COVID results when you have symptoms will no longer be required”. The new format of rapid testing in our community will enable the Health Centre team to identify, isolate and contact trace any COVID 19 cases in the community as soon as a positive case is identified.

Only people with symptoms are eligible for the rapid testing, while all asymptomatic individuals or those who have come into close contact with positive cases will undergo the standard provincial testing at the health center.

Fort McKay is also in partnership with Suncor and piloting the use of rapid COVID-19 antigen screening to its employees. This effort will improve everyone’s protection and help maintain safety within

the workplace and our community. The 10-week pilot started February 1 and is offered to all consenting employees. Employees will get screened twice a week in an attempt to obtain early identification of COVID-19 from asymptomatic individuals.

To learn more about the ABBOTT ID Now, go to https://www.abbott.com/IDNOW.html?CID=OUS_OK

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

GIRLS INC. OF NORTHERN ALBERTA + BRAINSTEM ALLIANCE

75 Re Rhenium	89 Ac Actinium	1 H Hydrogen	49 In Indium	0 g Gluon
62 Sm Samarium	18 Ar Argon	τ Tau	STEM WORK SHOPS 	

*Join us to
investigate winter
themed scientific
questions through
land-based
learning and
hands-on
experiments!*

**Saturday, Feb. 13th
12:00 - 3:00 PM**

**Ages 8-18
Free to Attend
Workshop Kit Delivery
Register for Zoom Link!**

SUPPORTED BY:



FUN VIRTUAL WORKSHOPS WITH THE REC CENTRE

CANDLE WORKSHOP

In photo: Cheyanne Faichney



MALA BRACELETS WORKSHOP



PAINT NITE WORKSHOP

In photo: Janet MacDonald



**WE WOULD
LIKE TO THANK ALL
OF OUR PARTICIPANTS
FOR JOINING US THIS
MONTH!**

CERAMIC PAINT WORKSHOP

In photo: Val McDonald



DOG BANDANA WORKSHOP

In photo: Jake



WREATH MAKING WORKSHOP

In photo: Jodi Bujold

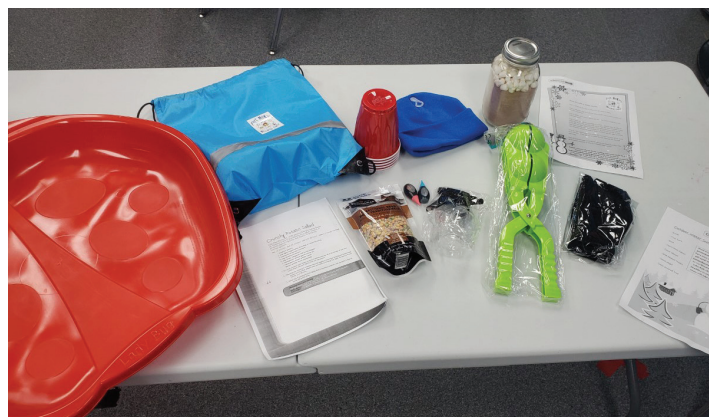


Winter Outdoor Recreation and Healthy Eating Kits



With the support of a Seed Grant from Communities Choosewell and Alberta Recreation and Parks Association, The Fort McKay Wellness Center was able to assemble and distribute 54 Winter Outdoor Recreation and Healthy Eating kits to households in the community containing equipment and activities for community members to get active outdoors during the winter months to keep healthy. Each kit also contained a variety of healthy eating recipes and all the ingredients to make a healthy soup to share with their families. Kits were delivered to households in the community who were interested in participating. We originally planned for 50 kits to be distributed, but had such an overwhelming response that we were able to distribute 54 kits!

Winter Outdoor Recreation and Healthy Eating Kits included a reflective backpack, a sled, a snowball making tool, cups for creating snow castles/snow masterpieces, a spray bottle and food colouring for snow painting, a winter hat, a pair of winter gloves, a 16-cup soup mix with all the ingredients, a jar of hot chocolate and marshmallows, a healthy eating recipe booklet and 2 different winter outdoor challenges for community members to complete and send in photos for a chance to win one of two \$100 grocery store gift cards. Our gift card winners were Camarah and Hunter! Congratulations!"



Wellness Center February Calendar



Mondays
Sliding/Tobogganing
6:00 pm to 7:30 pm

Tuesdays
Hockey
(Ice Hockey or Boot Hockey)
6:00 pm to 7:30 pm

Wednesdays
Snowshoeing
6:00 pm to 7:30 pm

Thursdays
Winterfest Games
Snow Snake/Log Toss
6:00 pm to 7:30 pm

Fridays
Winter Walks/Hiking
6:00 pm to 7:30 pm

Fort McKay School
After School Program
Wednesdays
Sliding/Tobogganing
3:15 pm to 4:30 pm

Each program is limited to a MAXIMUM of 8 participants. Snacks and warm beverages will be provided. Participants must have appropriate outdoor clothing and dressed for the weather. If the weather reaches -25 with the windchill or colder, the program will be cancelled. Participants will meet at the back of the Wellness Center at the start time of the program, except with the After School activities, where staff will meet participants outside of the school or bus drop off at the Arena. All equipment will be sanitized before and after use. Participants may not share equipment. Face coverings must be worn and social distancing will take place. Programs are subject to change at any time.

TO REGISTER FOR ANY OF THE PROGRAMS, PLEASE CONTACT JULIA SOUCIE AT 780-838-1812
OR KORY TORRAVILLE AT 780-788-5500

Town Schools
After School Program
Thursdays
Sliding/Tobogganing
3:45 pm to 5:00 pm

Scheduled activities may change at short notice due to COVID-19 public health guidelines.

Drawing Contest Winners!



We had 3 amazing submissions for our drawing contest last week. These lucky participants will receive an art kit. Great job Shoneah, Zoey and Jaidynn!





FORT MCKAY
FIRST NATION

We are grateful for our
Elders and community
leaders who were early
champions for the
protection of Moose Lake.

Enter This
Fun Contest &
Learn How to Speak
Cree & Dene

Contest runs
every 2 weeks!

More details in next
newsletter...

For more information
please contact:
Christine Gullion
Director of Education
T: 780.881.4164
E: cgullion@fortmckay.com

**Cree & Dene
Language
Contest!**

Prizes include... iPad, Apple
AirPods, or a \$300 gift card!

H'ama "ni"
Victoria Flett hulye
(Ah-ma "knee")
(hull-yeah)

Eunice nisyikason
(ni-see-ka-son).

Victor ekwa
Emily Hunter
ninikikwak
(ni-nee-key-kwak).



FORT MCKAY
FIRST NATION

MOOSE LAKE UPDATE

February 9, 2021

Dear Fort McKay First Nation members

After 20 years, the Government of Alberta has approved the Moose Lake Access Management Plan. **The plan includes a central processing facility (CPF) ban inside the 10-kilometre special management zone (10KMZ).**

Last May and September you participated in community consultations on the May 2020 draft MLAMP presented by government. That draft did not include a CPF ban inside the 10KMZ. During our community consultations, you were clear. You told us that CPFs should NOT be allowed inside the 10KMZ. We delivered that clear message to Alberta in December 2020.

By approving MLAMP with the ban, Alberta has adopted a policy that will support the exercise of our Treaty rights and our Cree and Dene cultures in proximity to our Moose Lake reserves, help maintain the ecological integrity of the area, and permit carefully managed resource development to proceed within clear rules.

We are grateful for our Elders, community members, community leaders, and the Sustainability Department team for working tirelessly for the protection of Moose Lake and for the full implementation of our Treaty rights.

We hope you share our joy in the government's MLAMP announcement today. We look forward to celebrating with you as a community and to hosting Premier Kenney and Ministers Nixon and Wilson when it is safe to do so.

Thank you for your continued support while our Council focused on finalizing an MLAMP that respects our Treaty rights. Our Nation has shown what we can accomplish if we work together.

Thank you. Kitatamihin. Mahsi cho.

Sincerely

Chief and Council

Chief Mel Grandjamb

Councillor David Bouchier

Councillor Crystal McDonald

Councillor Raymond Powder

Councillor Melinda Stewart

Questions about MLAMP?

Reach out to Bori Arrobo (Director, Sustainability Department) barrobo@fortmckay.com or 780.828.8814

Get the latest MLAMP updates.

www.mooselaketoegether.ca, www.fortmckay.com, Facebook (@fortmckayfirstnation), Twitter (@FortMcKay and @chiefgrandjamb), LinkedIn (Fort McKay First Nation), Fort McKay 106.3 FM



FORT MCKAY
FIRST NATION



SUSTAINABILITY DEPARTMENT

WATER QUALITY MONITORING AT MOOSE AND NAMUR LAKES

Even with COVID restrictions and corresponding precautions in place, our Environmental Guardians successfully completed the 2020 annual summer water monitoring program at Moose Lake and Namur Lake with virtual guidance from Associated Environmental.

Pandemic response restrictions allowing, the Guardians will also conduct monthly winter water monitoring in 2021 to assess water quality changes during ice-covered months; ice-cover can have significant impacts on oxygen levels, which are obviously important if you are a fish trying to survive through winter.



Paradise Bay Narrows

WILDLIFE MONITORING AT MOOSE AND NAMUR LAKES



A Black Bear investigates one of Fort McKay's wildlife cameras deployed at Moose Lake during summer 2020

Twenty-four new cameras will be added to the Moose Lake wildlife monitoring program during Q1/Q2 2021, bringing the total wildlife cameras deployed to 78. To date, the Environmental Guardians have catalogued over 500,000 photos and more than 62,000 videos since 2018 documenting 29 different wildlife species. Future plans are to expand the wildlife camera network farther into the northeast portion of the Moose Lake area.

REPORT AN ODOUR

To report an odour, please call:

Alberta Environment Hotline: 1 800 222 6514 (24 hrs)

For up-to-date information during odours and other air events in the region, please call:

WBEA Air Information Line: 1 866 685 3699 (24 hrs)

If an odour is making you feel sick or you have health concerns, please call:

Alberta Health Link: 1 866 408 5465 (24 hrs)





YOUR GED AND A NEW CAREER IS ONLY 18-WEEKS AWAY

In-person classes starting February 1st, 2021

This 18 week course includes:

- Community Adult Learning Program (CALP)
- GED Certification
- Career planning
- Employment skills

Participants must:

- be Indigenous
- be at least 18 years of age
- complete an academic placement assessment
- currently be a resident of Fort McMurray

If you are interested in this program, please contact:

Brittany Kozak

Employment & Training Team Lead | Athabasca Tribal Council
780-791-6538, ext *246 | 587-645-5929 | Brittany.Kozak@atcfnc.ca



COVID-19 INFORMATION

HELP IS HERE FOR YOU

The COVID-19 outbreak has changed our daily routines and adjusting hasn't been easy. Not for anyone. If you or someone you know is feeling overwhelmed and struggling to cope, help is available—24/7.

Visit alberta.ca/mentalhealth to find resources.



WHAT'S YOUR NEW YEAR RESOLUTION?



New Years Resolutions: this is the time of year that we often consider making “New Years Resolutions”, that often include losing weight, better eating habits, quitting a habit such as smoking, drinking or other substances we may be using, finding a better job, and the list goes on and on...Although our intentions are good, often we pick goals that are unrealistic or just too hard for our lifestyles and where we are at.

So, what are some ways that we can set goals and have success in the upcoming new year?

Reflecting at what has been working for us, what we have had success at and how we can build on this is one way to do this. Sometimes sitting down and really thinking about the areas we have seen success can really help us see that in at least one area of our lives we may be doing really good and building on this success can set us up for even more positives as we go.

I will give an example; I have been focusing on drinking more water during the work week. I have a routine that allows me to drink water on my commute to and from work (no more coffee) and at least one more large glass in the morning, and again in the afternoon while I sit at my desk. I have had success in this, and it's now part of my daily routine. However, on the weekends I continue to drink too much coffee and no water.

I have decided that I will now drink one large glass of water before my morning coffee, and with meals I will drink at least a small glass of water, rather than juice or milk. As well I grabbed a bottle of water to drink on the drive to the grocery store, as drinking water when I'm driving is something that is actually pretty normal for me now.

That's it, that's my goal, to take a habit that I am comfortable with during the week and now work it into my weekends. I know I will continue to see better sleep, better skin and all the other benefits that come with drinking lots of water and less coffee.

Keeping it simple is often what helps us see the most success in life changes, and expanding on these success is a great way to enjoy the positive changes and begin to develop new goals that work and fit into our lives.

Please remember that the Addictions and Mental Health Wellness office is here to support you in whatever your goals may be, and if we are not able to help you, we will assist in finding the resources that can.

Our office can be reached at 780-828-4048 and you can ask for Nadine or Amaka.



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. 5. 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

