



Red River Current

March 2021

VOLUME 11 : ISSUE 3

FORT MCKAY ELDERS RECEIVE FIRST DOSES OF COVID-19 VACCINES

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Fort McKay's eldest Elder, Lina Gallup, is amongst the first group of people that received the COVID-19 vaccine

Our COVID-19 vaccine clinic for FMFN members 65 years of age and older had a great turnout last month!

Vaccine clinics were held February 4th and 25th, and more than 75% of Fort McKay Elders, over the age of 65 received the vaccine as part of Alberta's phase 1B, while Riverside residents already received their two doses on February 23rd.

The vaccines are safe, effective and will save lives. Vaccines distributed included Pfizer: mRNA and Moderna: mRNA, and evidence suggest they are both over 90% effective once a second vaccine is taken, approximately 35 days after the first vaccination. These vaccines will help prevent us from getting sick or protect us from getting severely sick if we get sick with COVID-19.

Fort McKay's eldest Elder, Lina Gallup, is amongst the first group of people that received the vaccine, and would like to encourage other community members to do the same, when the opportunity arrives; "it's so important, it could save your life!" She says she can't wait for her second shot so she can hug her great-grandchildren.

(story continued on p.2)

FORT MCKAY ELDERS RECEIVE FIRST DOSES OF COVID-19 VACCINES

(story continued from p.1)

We want to thank all of the Elders who rolled up their sleeves to help protect our community! The Health Centre will contact any on-reserve members who could not attend a vaccine clinic and are eligible to receive the vaccine to schedule an appointment.

All Albertans are being vaccinated as fast as possible, and over 200,000 doses were already administered. The next

phase of vaccine distribution is expected to be available between April to September for other high-risk populations, and will include all Albertans aged 65-74, First Nations, Inuit and Métis people aged 50 to 64, on and off-reserve or Métis Settlements, and individuals with a high-risk underlying health condition.

The Health Centre is working very closely with FINHB and Public Health Watch Facebook to get the latest information and will share it

with the community as soon as it is received. We encourage community members to continue listening to the radio and reading community leaflets dropped at your door.

For the latest information on Alberta's COVID-19 vaccine rollout, visit <https://www.alberta.ca/covid19-vaccine.aspx>

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 Randell,
Director, Strategic Portfolio Investments
James Owl, Executive Director,
Capital Projects

ADMINISTRATION DEPT.

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

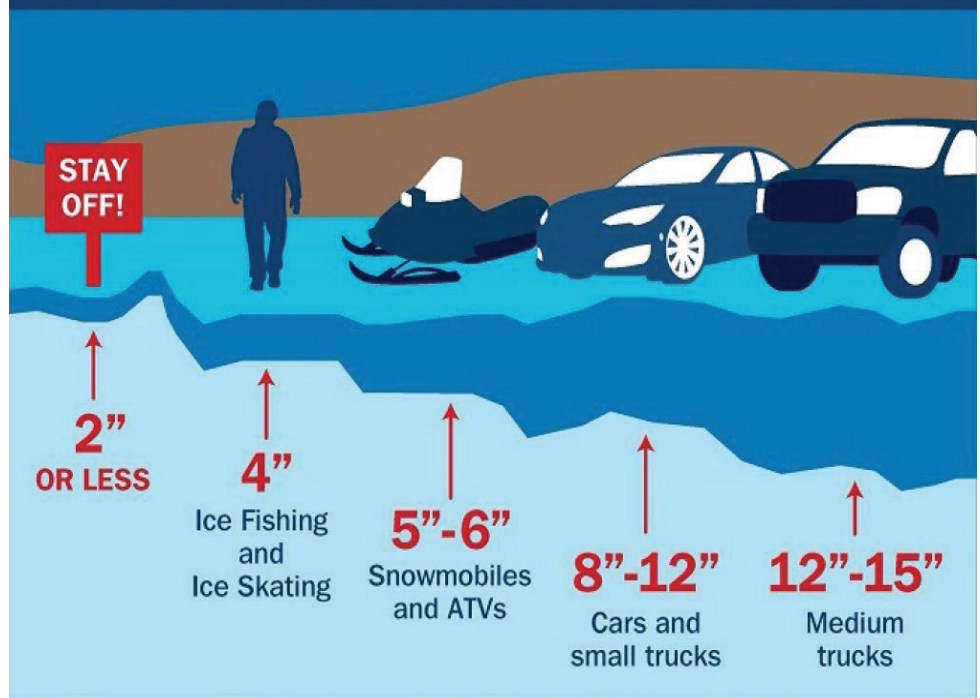
Hours of Operation:
Monday - Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 2 p.m.
Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the Red River Current, please contact the Communications Department
email: communications@fortmckay.com

Ice Thickness Chart

Safe Ice Depths



Note: These are rough guidelines for clear ice only.

"Ice Thickness Safety Chart." The Old Farmer's Almanac. N.p., n.d. Web. <<http://www.almanac.com/>>.



MOOSE LAKE WINTER CAMP 2021

For all Fort McKay Community Members who are interested in staying at the Paradise Bay camp during the winter months, please note the cabins will be open for overnight visitors.

COVID-19 guidelines have limited the number of spaces, and to ensure the health and safety of our members, you will need to reserve your cabin prior to your travel.

Please contact Audrey Redcrow at 780.215.2384 to arrange accommodations.





ALBERTA INDIGENOUS VIRTUAL CARE CLINIC

**CALL OUR VIRTUAL CLINIC
TODAY AT: 1.888.348.4822**

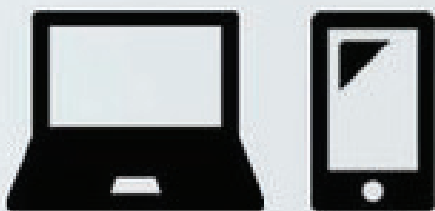
Hours of Operation

Monday - Friday 8:30 am - 4:30 pm

Saturday - Sunday 12:30 pm - 4:30 pm

www.aivcc.ca

Providing same day care to rural and urban First Nations, Métis and Inuit People and their families residing in Alberta via secure video or phone service. All physicians are either Indigenous themselves or experienced in working with Indigenous communities.



SAMUEL RIVER CREE NOMINATED FOR ASBA AWARD

Fort McKay school student Samuel River Cree was recently nominated by the Alberta School Boards Association (ASBA) with an award for his demonstrated strength and commitment toward his educational pursuit.

Fort McKay school Principal Michelle Wile first nominated Samuel, and elaborated that, “while Samuel is known for his kindness and care, he also exhibits all of the traditional teachings in his actions and interactions within the school. Samuel is known for his wisdom not only about his traditional knowledge, but also his commitment to literacy as well as many other academic subjects. Samuel demonstrates what it means to do the right thing in every situation, and this is demonstrated through his actions as well as his encouragement to the students in the classroom.”

The Alberta School Boards Association (ASBA) awards recognizes First Nations, Métis and Inuit students who model strength and commitment in the pursuit of their personal education path and embrace their own gifts, strengths and potential while celebrating the ways of their people.

Fort McKay would like to send a big congratulations to Samuel for his nomination and proven efforts toward his education and a bright future!





FORT MCKAY
FIRST NATION

INTRODUCING NEW IN OUR COMMUNITY

MACKENZIE CAMERON



Mackenzie Cameron; Addictions and Mental Health Promotion Facilitator

Mackenzie Cameron is the new Addictions and Mental Health Promotion Facilitator for in our community. In her role, she will be supporting the community by developing and delivering programs and support systems that will help promote individual well-being and mental health, all while assisting with challenges related to Addictions. Her responsibilities cover community education, groups, presentations, and the development of other programs that might address the community's addictions and mental health needs.

Mackenzie is a registered Social Worker and obtained a Bachelor of Social Work in 2013. Since then, she has worked in various sectors that include child welfare, victim services, and youth mental health services. In her last role, she provided addictions, mental health and physical health support to the homeless population in Fort McMurray with an interdisciplinary team through Alberta Health Services.

She is passionate about working in a role that can bring positive change within our community and believes in developing services that promote acceptance and non-judgement. "It is important for me

to seek out opportunities where I can work in a way that promotes social justice and addresses social issues that impact the lives of my clients. I hope to take what I have learned from previous roles and support some of the unique programming needs for this community".

She is most looking forward to gaining a deeper understanding of our community and culture. Mackenzie is also looking forward to developing programs that will properly support our community's needs. "There is a level of creativity and responsiveness in this position that appeals to me. I also feel that there is an excellent team forming here that I am eager to work with".

Mackenzie has been practicing in her field since she was 21. She moved to Fort McMurray from Kelowna, B.C., with her husband in 2019 and her three dogs, who keep me very busy when she is not working. She also enjoys reading, spending time outdoors, and travelling with her husband when she can.

She is very thankful to be able to work in such a beautiful setting, "since the first time I came out to Fort McKay, I have been in awe of how beautiful the scenery is here. I am so looking forward to seeing the river again once the weather warms up. I love the strong sense of community here and the warmth of the community which I have felt since arriving".



NEW EMPLOYEES COMMUNITY



FORT MCKAY
FIRST NATION

CATHY PAYNE

Cathy Payne is the new Fort McKay Nurse Manager of the Riverside Continuing Care Centre. Her role involves administering the facility's day-to-day operations and caring for the Elders residing in the building to ensure they are receiving the best possible care from qualified staff.

Cathy is a Registered Nurse and provided health care services to First Nations communities and urban settings for more than 30 years. She brings with her extensive experience in acute care and as a nurse manager of acute care and occupational settings. Her recent involvements include collaborating with various First Nations leaders to help enhance each community's health support services.

Cathy has worked with community members for many years in different settings and already knows many of our Elders, leadership, and medical staff. "I have already met so many amazing people and was fortunate enough to meet Dorothy McDonald-Hyde in her later years. We would talk for hours about her community's vision for economic independence and supporting health in her community," she shared.

Even though this position is new to Cathy, she already feels connected to Riverside; and participated in some preliminary meetings with the centre's design team that considered various ideas and approaches to properly support ageing clients and ensure the right level of care is established.

With her wide range of experience and skillset, Cathy looks forward to making a difference in peoples' lives while reconnecting with Elders and working with families, community members and staff to make Riverside the best possible home-like environment. "Assisted living helps people maintain their independence for as long as possible, and Riverside supports this philosophy. Unfortunately, for many years, First Nations People within this area did not have the option of ageing in their communities. This facility is such a unique achievement... one to be proud of!"

Because Cathy enjoys talking with Elders and learning about their history, this position is both professionally and personally rewarding for her; "traditional storytelling brings me back to a life that was in tune with nature. I have learned a lot about tradition ceremony, hunting and gathering and days of travel on the river."

When she is not working, Cathy enjoys recreating art pieces from wool, and is learning how to bead with the hopes to make her own moccasins one day.



**Cathy Payne, Nurse Manager of the
Riverside Continuing Care Centre**



Enter This Fun Contest And Learn How to Speak Cree/Dene

The Cree and Dene Languages are only spoken by a few of the older people in Fort McKay. Students are taught the two languages at school, but the language is not reinforced in the home. The only way to learn a language is to speak it as much as possible. If the children and parents have the opportunity to speak the language and practice oral conversation at home, we will have both parents and children learning the language. This language learning will succeed if it is practiced at home as well as at school. This is also a great way for parents and children to bond!

How to enter the contest:

Every two weeks, we will be sharing a new dialogue!

See right page for this month's dialogue.

- A) Listen to the dialogue that will be shared on radio, website, and Facebook site.
- B) Practice the phrase at home. When you think you know the phrase you can call the following numbers weekdays from 9:00 to noon. Call Janette at 780 799-5384 for saying the phrase in Dene; or Eunice at 780 266-5342 for Cree. Every person that gives an oral retelling of the dialogue will have their name go in for a chance to win an awesome prize. If you want, you can get two entries every two weeks by saying the dialogue both in Cree and Dene.
- C) There will be a new contest every two weeks.
- D) We will be handing out prizes in each age category every two weeks.

Prizes will be awarded in the following categories:

- Ages 2-12
- Ages 13-17
- Ages 18 and older

- E) Prizes will include \$300.00 Gift Cards, Ipads, Apple Air Pods, etc.

This month's contest includes a dialogue that will help you talk about the weather (see script on the right). The contest will run from March 8-26.* The words in parenthesis are showing you how to pronounce the words.



English	Cree
what is the weather like outside?	Tansesi kisikaw wayawitimihk (Tan-see-sih-key-si-cow wah-ya-we-tim-ihk)
It is nice outside	Miyo kisikaw wayawitimihk (me-you key-see-cow wah-ya-we-tim-ihk)
It is sunny today	Sakastew anohc (Sa-kas-tew ah-noh-ch)
I think its going to snow tomorrow	Nitehten ewi mispohk wapahki (Ni-the-teen e-we miss-pohk wah-pah-kih)
It is going to be windy	Wiyotin (We-you-tin)

English	Dene
How's the weather outside?	Bit'azı edláhı́t'é? (be-daw-zay eh-glaw-who-tay)
It's beautiful outside	Dzı horélya (jee who-rell-yeah)
The sun is shining but it is very cold	Ts'e?él ʔú ʔedza dúe. (jay-ull oooh ed-zaw do-eh)
I think it might snow tomorrow	K'abi de tsı́t hóto. (gah-be cheel who-toe)
It is going to be very windy	Nı́łts'i nátser hasi. (kneel-chee not-sir hah-see)





FORT MCKAY
FIRST NATION

INTERESTED IN JOINING THE COMMUNITY SAFETY INITIATIVE COMMITTEE?

DEADLINE

March 8, 2021

SUBMIT EXPRESSION OF INTEREST

To the band office receptionist and asked to put the EOI in the safety mail slot or email amckenzie@fortmckay.com

**CAN YOU VOLUNTEER YOUR TIME TO
ATTEND 6 MEETINGS A YEAR? TO
DISCUSS IMPORTANT COMMUNITY
SAFETY ISSUES AND CONCERNS.**

**PLEASE COMPLETE THE ATTACHED
FORM AND SEND IT IN.**

**OPEN TO YOUTH
AGE 15-17
ADULTS
AND ELDERS. 9
SPOTS TO FILL!**

**ARE YOU
INTERESTED IN
BEING A PART
OF A TEAM
AIMED AT
MAKING OUR
COMMUNITY A
SAFER PLACE?**

**IS SAFETY IN
YOUR
COMMUNITY
A PASSION
OF YOURS?**

**SHARE YOUR
IDEAS AND
MAKE A
DIFFERENCE!!**





FORT MCKAY
GRADUATE!

CONGRATULATIONS BRYCE

We would like to congratulate
Bryce Fabian Jr., for his hard work and
perseverance in obtaining his High
School Diploma!

Now that you've graduated, we wish you
the best as you take on new and
exciting challenges!!



Help celebrate and revitalize our culture



If you have traditional skills and are interested in sharing
them with others during cultural events, activities, or
classes, we would love to hear from you.

*Beading, tufting, trapping, woodworking,
carving, animal skinning, animal skin
stretching, gathering medicines, hide tanning,
hide work (moccasins), birch bark art, filleting
fish, drum making, regalia making, ribbon
skirt/shirt making, embroidery, arts and
crafts, or other skills you would like to share.*

Contact Audrey Redcrow at 780.215.2384
or aredcrow@fortmckay.com



FORT MCKAY
FIRST NATION



10 WAYS TO HELP SOMEONE WHO IS FEELING DEPRESSED

When people you care for are depressed, support, and positive, healthy encouragement can play a significant role in their recovery. Helping them cope with their depression can also help them reduce their own negative thoughts and build strength, positivity, and quality of life. However, be aware that helping someone who is depressed can be emotionally exhausting if you are not mindful of your own needs.



So what is depression? Depression is a mood disorder that causes a constant feeling of sadness and loss of interest in basically everything you do.

Common symptoms include:

- sadness, tiredness, trouble focusing or concentrating, unhappiness, anger, irritability
- frustration, loss of interest in pleasurable or fun activities, sleep issues (too much or too little), no energy, craving unhealthy foods, anxiety, isolation etc.

While it may not be easy, you can make a huge difference in the recovery of a person suffering from depression. Why not help someone today?

Call Family support Centre Fort McKay on these numbers for Counselling/therapy!
Amaka 780-799-6370, Nadine 780-881-9651

10 WAYS TO HELP SUPPORT A DEPRESSED PERSON IN THEIR RECOVERY WHILE MAINTAINING YOUR OWN EMOTIONAL BALANCE:

1. Be aware of the signs (see symptoms above).
2. Share what you have observed and let the person know why you are concerned because they are loved and deserve to feel better. Also, getting proper treatment will help them feel better.
3. Practice compassionate listening by being patient and encouraging, e.g., "I am here for you.", rather than saying, e.g., "This is just a phase; it will pass."
4. Encourage them to seek treatment or, in the case of a depressed child or adolescent, help the young person get treatment. (i.e Call family support Centre)
5. Recommend helping resources, such as counselling /therapy, online resources or helplines
6. Offer to accompany your loved one for a physical (to rule out a physical illness) and to any other appointments to keep them on task.
7. Act as a mediator if the depressed person is too young or ill to provide necessary information to a counsellor /therapist.
8. Arrange for hospitalization if the depressed person is suicidal or hallucinating or delusions.
9. If the depressed person is functional and refuses treatment, seek others' assistance — friends, doctor, clergy, elders, relatives — who might convince him or her that treatment is needed and will help.
10. If you have encouraged the depressed person to seek treatment and they refuse, and the person is having a demoralizing impact on those around him or her, further action is needed.





Starting March 1st, fun new outdoor programs!

Mondays
Snow Soccer
6:00 pm to 7:30 pm

Tuesdays
Outdoor Games
6:00 pm to 7:30 pm

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

Thursdays
Outdoor
Scavenger Hunts
6:00 pm to 7:30 pm

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

Fort McKay School
After School Program
Mondays - Snow Painting/
Playground Games
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
Tuesdays - Snow Painting/
Playground Games
Thursdays - Sliding/Tobogganing
3:45 pm to 5 pm

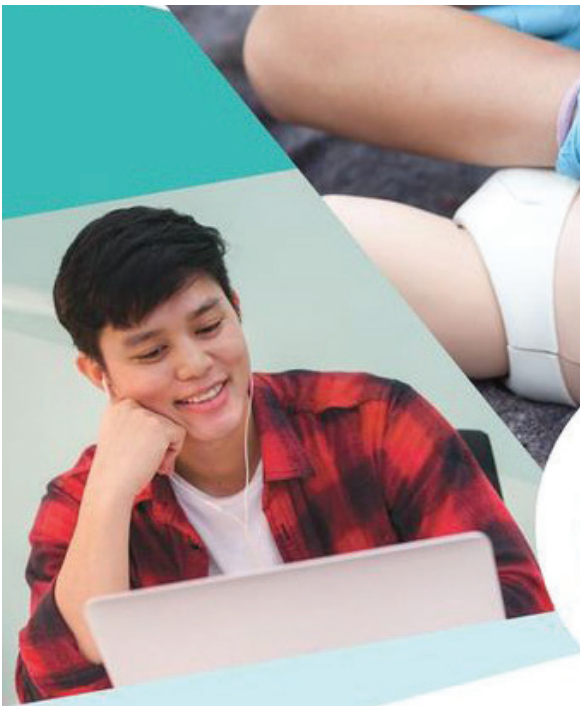
Scheduled activities may change at short notice due to COVID-19 public health guidelines.



JOIN THE REC CENTRE

And Have Some Fun!





**\$50
Amazon
Gift Card
to be
WON!**

3-DAY COURSE
4:00pm-6:00pm daily

AVAILABLE DATES

March 9, 10 and 11
March 29, 31 and April 1
April 6, 8 and 10

STAYING SAFE ON YOUR OWN + FIRST AID ONLINE COURSE

FOR ALL ATC COMMUNITY MEMBERS
AGES 9-11

Register early to have the handout package delivered to you. Late registrations will be emailed the handout package.

ACFN & FM468FN CONTACT:

Lisa Crookedneck

Athabasca Tribal Council

Lisa.Crookedneck@atcfnc.ca | 780-215-3975

CPFN, FMFN & MCFN CONTACT:

Natasha Green

Athabasca Tribal Council

Natasha.green@atcfnc.ca | 780-215-3885

Learn how to stay safe at home and within the community while understanding the importance of responsibility while being accountable for yourself. Recognize and respond to unexpected situations like strangers, unanticipated visitors, and inclement weather. Learn the basic of first aid and other skills.



Can you be a warrior for Ameilia?



Meet 10-year-old Ameilia, a member of the Fort McKay First Nation. Ameilia is a loving, courageous and strong little girl that is full of life. She's a feisty hockey player, adored by her cousins, and the only child to parents Cory and Chasity. Ameilia is fighting Acute Myeloid Leukemia (AML) and the only cure for her is a stem cell transplant.



Ameilia urgently needs a stem cell transplant

but has yet to find a donor. Ameilia's best match is likely someone who shares her mixed ethnicity of Indigenous and European descent.

Did you know that only 1.3% of the Canadian Blood Services' Stem-cell Registry is made up of people of Indigenous descent and only 3.5% of mixed ethnicity? That makes it even harder for patients like Ameilia to find a match. Your donation could help Ameilia and help save lives of Indigenous people across Canada. Over 800 patients are waiting to find their match. Donors who register will be screened as potential matches for all patients on the waiting list.

How can you help?

- Go to www.blood.ca/match4ameilia
- Complete your information.
- You won't see Ameilia's name on the form, but all donor applications with the TOP 1C0 postal code will have kit sent to Fort McKay First Nation's Health Centre.
- Our Health Centre team will call you once your screening kit arrives to make arrangements to have your swab done at the Health Centre.
- If you don't have access to the Internet or need help filling out the donor application, our Health Centre team can help. Just call **780.828.4229**.
- Our Health Centre team will mail all completed swabs to Canadian Blood Services.
- Complete your on-line application at www.blood.ca/match4ameilia as soon as possible so you can have your screening kit included in the bulk community shipment to Fort McKay's Health Centre.

The goal is 500 swabs for Ameilia. 100 done. 400 to go. You can help!



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

