



May 2021

VOLUME 11 : ISSUE 5

TAYDEN SHOTT RECEIVES HONOURING SPIRIT: INDIGENOUS STUDENT AWARD



Tayden Shott is amongst 12 other students from across Alberta who were recognized for this year's Honouring Spirit: Indigenous Student Awards.

The event is hosted each year to acknowledge and celebrate exceptional First Nation, Metis, and Inuit students attending a school in Alberta that act as role models. These individuals are recognized for their strength and commitment in pursuing education while embracing their talents and culture. The Alberta School Boards highlights that "these awards provide the opportunity to celebrate the unique qualities of students who inspire their peers, teachers, education leaders and community members while respecting the agency of other students to do the same in their own ways".

The group was awarded in October 2020, however, because of the COVID-19, the provincial ceremony could not take place. As an alternative, the Alberta School Boards Association (ASBA) created a special video celebration that honoured the recipients' accomplishments. These 12 recipients were chosen out of 242 nominations that were sent this year! Tayden was specifically nominated by Cindy Bourque-Punko and Elaine Dampier, staff at the Holy Trinity Catholic School, for his contributions in class and his strong connections to the land and his culture.

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Chief & Council Host Virtual
Community MLAMP Celebration 4

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Book a Cabin at
Paradise Bay, Moose Lake 13



TAYDEN SHOTT RECEIVES HONOURING SPIRIT: INDIGENOUS STUDENT AWARD

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At the age of 11, Tayden took his trapper's certification course, and on his 12th birthday, he signed on as his dad's Junior Trapper on the family trapline. He loves spending time on the line with his cousins and friends, showing them his bush skills. The trapline is a special place for him. At the age of 12, he passed his PAL firearms licensing and worked on getting his hunter education course.

Tayden loves hunting and fishing and, most of all, loves sharing with the Elders in the community who cannot hunt for themselves. Tayden was diagnosed with speech and language impairments at a young age and worked hard to overcome the obstacles when it came to learning. He has put extra time into his school work to maintain his grades and found ways of learning that works for him. Tayden's goal is to become a Fish and Wildlife

Officer and own his own guiding business in the future.

Lorrie Jess, President of the ASBA, shared in a press release, "all nominees—from across Alberta serve as a powerful reminder of the strength of our young people in showing courage and leadership." Congratulations to Tayden for this outstanding award and for especially making our community proud!

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

PROGRAMS

INDIGENOUS CANCER SHARING CIRCLE

JOIN INDIGENOUS PATIENTS & CAREGIVERS ACROSS THE PROVINCE

- **What:** Sharing circle co-facilitated by an Elder
- **When:** First Monday of the month
- **Time:** 2 - 3:30pm MDT
- **Cost:** Free (Wellspring membership required)
 - Visit wellspringcalgary.ca or call 1-866-682-3135 to sign up as a member
- **Where:** Online or by phone
- **Who:** All Indigenous cancer patients and caregivers are welcome

NO ONE HAS TO FACE CANCER ALONE

Register by calling Nancy
Bilodeau from Wellspring
toll free at 1-866-682-3135



CHIEF & COUNCIL HOST VIRTUAL COMMUNITY MLAMP CELEBRATION



COVID-19 public health restrictions may have prevented our community from gathering, but it couldn't stand in the way of community spirit. To celebrate the Moose Lake Access Management Plan, Chief and Council hosted a virtual community celebration on Friday evening, April 9th.

Chief and Council recognized and thanked those who fought to protect Moose Lake, including previous leadership, Elders, youth, FMFN members, as well as employees and consultants.

"This is an important step towards the protection of Moose Lake and our constitutionally recognized Treaty rights. We are grateful for our Elders and for our community leaders before us, who are early champions for Moose Lake and our Treaty rights. Our Council is so proud to be able to deliver this milestone announcement for you all today," shared Chief Mel Grandjamb during the celebration.

Party bags were delivered to homes in the community, and the night ended with spectacular fireworks that could be seen and heard throughout the community across Fort McKay. Although we may have celebrated in our own homes or backyards, the enthusiasm and energy could be felt throughout the community, and this special celebration united and brought us closer together.

The MLAMP is an essential step towards protecting Moose Lake. The provincial government's approval of MLAMP in February 2021 acknowledged its obligation to protect our Treaty rights and offered renewed hope for a more respectful Treaty partnership with Alberta to fully realize the promises of Treaty 8.

When it is safe to do so, we will come together as a community to celebrate MLAMP and the next steps to protecting Moose Lake.



FORT MCKAY S

This year's 2021 Springfest Celebration was organized very differently due to COVID restrictions. However, despite the restrictions, we were able to deliver lots of fun for everyone! This week-long festivity was hosted from April 6 to the 9th. It included many fun activities and contests that promised fun challenges for all community members, such as jigging, moose calling, window decorating, and more! The week also included a radio bingo, a talent show, Cree story times and much more! Altogether, we had over 100 individuals participate in our contests and activities! Everyone did such a great job! It is clear that there are so many talented people in our community, making it very difficult for judges to make a decision.

In addition to joining many fun activities, all of those who participated in the Springfest entered a draw for a chance to win various amazing prizes. We would like to congratulate all of this year's winners that were announced throughout the week from our Facebook live door prize draws and won the following items: **Lawnmower** - Johnny Arnold Mercredi Orr, **Swimming Pool** - Aurora Grandjambe, **Trampoline** - Colton Young, **Waterpark** - Shelley Cyprien, and a **Patio Set** - Emma Proulx.

Congratulations to all the winners, and thank you all for participating in Springfest 2021!

Talent Show Winners:

Age 0-3: 1st Price Poulin, 2nd Josiah Fabian, 3rd Eden Laliberte

Age 4-6: 1st Phoenix Laliberte, 2nd Aurora Grandjambe, 3rd Creedon Gladue

Age 7-9: 1st Ethen Asadi Fabian, 2nd Samara Donofrio, 3rd Mackayla Cardinal

Age 10-12: 1st Ethan Cardinal, 2nd Sadie Gladue

Age 13-17: 1st Paige Orr, 2nd Kairo Grandjambe

Age 18-54 (Men): 1st Bryce Fabian, 2nd Skylar Nelson, 3rd Trent Cardinal

Age 18-54 (Women): 1st Heather Richards, 2nd Natasha Orr, 3rd, Maureen Grandjambe

Age 55+ (Men): 1st Maurice Sr. McDonald

Age 55+ (Women): 1st Lorraine Bellerose, 2nd Barbara (Barbie) Faichney

Jigging Contest Winners:

Age 0-3: 1st Mason Cardinal, 2nd Price Poulin, 3rd Johnny Arnold

Age 4-6: 1st Stella Dyson, 2nd Aurora Grandjambe, 3rd Vance Cardinal

Age 7-9: 1st Mackayla Cardinal, 2nd Samara Donofrio, 3rd Emma Proulx

Age 10-12: 1st Ethan Cardinal

Age 18-54: 1st Trent Cardinal, 2nd Rebecca Fabian

Age 55+: 1st Lorraine Bellerose

Moose Calling Contest Winners:

Age 4-6: 1st Aurora Grandjambe

Age 10-12: 1st Ethan Cardinal

Age 18-64: 1st Jessie Kendell, 2nd Thomas Pederson

Age 55+: 1st Maurice Sr. McDonald

Window Decorating Contest Winners:

Best Overall: Shelley Cyprien

Best Theme: April Beaulieu

Best Traditional: Sam Jr. Howe

Most Creative: Ryan Grandjambe

Most Colourful: Tyler Young

Bingo Winners:

1 line: Lina Gallup

2 lines: Bernadette Gladue

Letter X: Bernadette Gladue & Chelsea Skinner

Picture Frame: Mary Tourangeau

Full Card: Karla Beaulieu

Bonanza: Julia Huppie

Consolation Winners: Tina Black, Hilda Orr-Desjarlais, & Iris McClure



Springfest 2021



INTRODUCING NEW IN OUR COMMUNITY

KAREN AUGER



Karen Auger,
Land-Based Learning Manager

Fort McKay First Nation would like to welcome Karen Auger, who is the new Land-Based Learning Manager. In her role, Karen will be creating and developing a curriculum focusing on land-based learning for the Elsie Fabian school. Since starting her position, she has already drafted a framework centred on the six seasons, identified as “Decolonizing Through Land-Based Learning.” In Addition to this, Karen will also be coordinating training and personal development opportunities for employees and community members.

Karen holds a Bachelor of Education and has previously worked for Northland School Division in her home community of Wabasca (Sandy Lake) and the Bigstone Cree Nation School- Oski Pasikoniwew Kamik. She has experience teaching students, more specifically in grades 1, 2 and 4, and also worked as a cultural coordinator. Moreover, she possesses a thorough understanding of curriculum and unit building. She has

previously created lesson plans that brought in cultural infusion in many areas and ensured that lesson plans were linked to the Alberta Curriculum outcomes from the Program of Studies.

Karen brings with her an immense passion for culture and reconnecting with the land. “The languages and connection to the land are truly a beautiful thing. I am very honoured to have been chosen to be a part of a team that brings life to who we are as Indigenous people and why learning and teaching about ‘Wahkowsowin-interconnectedness’ are so vital”, she explained. Karen speaks Cree and is the proud grandmother of 12 grandchildren!

She looks forward to getting our land-based learning initiatives started and especially meeting everyone!

NEW EMPLOYEES COMMUNITY



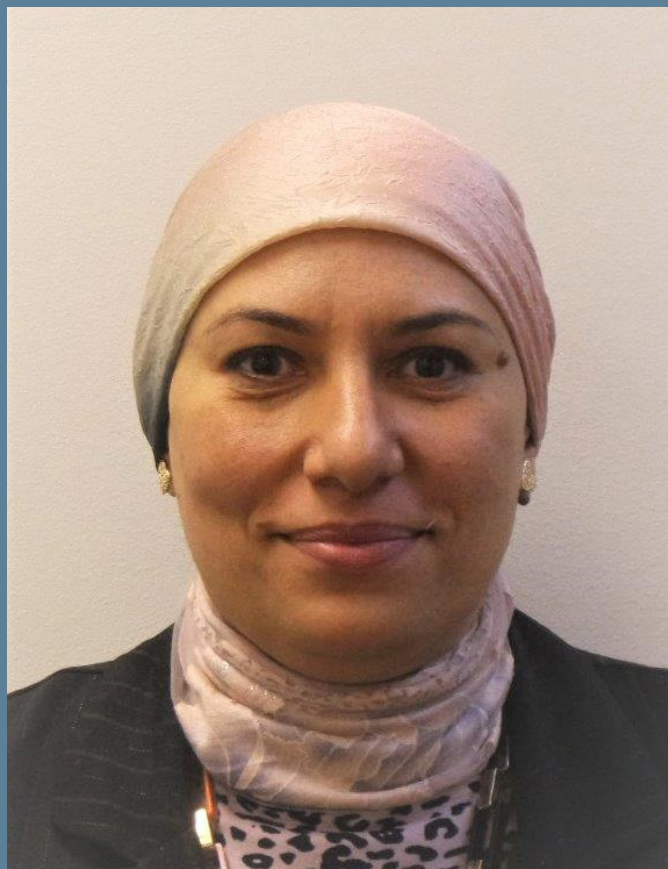
FORT MCKAY
FIRST NATION

NOHA EL-BANNA

Fort McKay would like to introduce the new Director of Human Resources and Social Development, Noha El-Banna. Noha will be responsible for the delivery of strategic human resources functions within our community.

Noha is a strategic human resources executive who is passionate about finding ways to help organizations with the rising pressures of their complexities. Noha has over 20 years of experience providing expert counsel to businesses and government agencies operating in a complex industry, policy, and organizational environments in Canada and internationally. She has worked with organizations in the United States, Middle East, Africa, and the United Kingdom.

She knows how organization and employee can best work together to drive organizational strategies and achieve business results. Noha has led large-scale consulting projects within many organizations in the innovation and change process.



Noha El-Banna,
Director of Human Resources

Above her extensive experience, she possesses various qualifications. Noha is a certified facilitator for Change Management Methodology, Lean Six Sigma, EQi 2.0 Emotional Intelligence, MBTI, Predictive Index, Situational Leadership, Insights Discovery, 7 habits of highly effective people and Leading at the speed of trust. Noha has worked with various industries, including Pharmaceuticals, Government, UN, NGO, Multinational Consumer Goods, Oil and Gas.

She is thrilled about working in our community and starting this new position; “Fort McKay’s values; people, accountability, culture and equity match my own. What is most important to me is finding a place where individuals want to work together as a true team. I see that reflected here. The additional benefit of having the same values and community interests lead me to want to be here more than anywhere else”.

Welcome to the community Noha!



THE GYM IS OPEN!

SPACE IS LIMITED AND YOU MUST
BOOK AHEAD OF TIME ONLINE...
IT'S EASY! HERE'S HOW:

1. create your own account at www.SignUpGenius.com,
2. search sguillen@fortmckay.com to find the sign up options.



Please note the at the moment only 1 person or 2 from the same household are allowed at a time.

Hours:

Monday - Friday: 8:30am-10pm

Saturday - Sunday: 12-8pm

Join the Rec Club for Fun Activities!



Check out our
Facebook page to
learn about our
fun
activities
that take
place each
month!

Fort McKay
Rec Club



Learning How to Cook With the Wellness Center

The Fort McKay Wellness Center has been offering a variety of outdoor and virtual programs over the past few months. The most popular program has been our "Virtual Young Chefs Program", which takes place on Wednesday evenings at 6:30 pm on Zoom. Participants receive a program kit delivered right to their home full of all the ingredients they will need to make the meal or treat of the day! We currently have 18 Young Chefs who participate in the program, and it has been a huge success! Participants are welcome to complete the meals or baking on their own time, or join us live on Zoom for a step by step, interactive experience!

So far, our Young Chef's have learned to make banana bread, ooey-goey Mac and Cheese, pancakes, blueberry muffins, homemade pizza, and so much more! The Virtual Young Chef's Program will run until the end of June. Once participants participate in 4 of the Zoom sessions, they will receive their own Young Chef's Kit with all the tools they will need to become a Master Chef! Congratulations and thank you to all the children and youth who have made this program a great success!



**AMAZING
YOUNG
CHEFS!**



UNDERSTANDING TRAUMA AND ADDICTIONS

Most people's lives are touched by addiction in some way. Understanding addiction is a complicated process that can lead to feelings of internal conflict for those trying to support a loved one, or who are experiencing addiction themselves. Much of this conflict comes from seeing those with addictions continue to use substances despite the harm it causes to self and others. The issue is further complicated by the fact that many agencies, communities, and people view addiction as a choice, where the inability to quit is seen as a moral or personal weakness. These views of addiction have existed for many years, and can contribute to feelings of stigma, shame, and hesitance to seek help.

While there are certainly elements of personal choice related to addiction, for instance when, how, and why a person may decide to reduce use or quit, research has shown is that addiction is a medical condition, resulting from pathways in the brain that contribute to the continued use of substances. New developments in research have helped identify the structures in the brain that can reinforce addictive behaviors and point to why it can be so challenging for those addicted to substances to simply "quit."

So, if addiction can result from mechanisms within the brain, then how do some people who use substances become addicted, while others do not? While there are many factors that influence a person's chances of becoming addicted, one factor that has been found to be strongly related to substance abuse is the experience of trauma, especially trauma in childhood. Some studies have found that as many as 60% of individuals abusing substances had a history of childhood abuse.

Trauma is the response to a deeply distressing event that overwhelms the ability to cope. It may arise from a single event, or from the prolonged experience of stressful events. There is also secondary trauma, which can result from close contact with a person who has experienced trauma. There is also what is known as



inter-generational trauma, which can result when the trauma experienced by one generation of a family or community is passed down to future generations. Intergenerational trauma can result where there have been experiences of war, oppression, discrimination, colonialism, or a lack of safety.

There are many ways in which people react to traumatic events, from making a full recovery, to the development of disorders, such as Post-Traumatic Stress Disorder. For this reason, each person's vulnerability to developing an addiction in connection to trauma will vary. Therefore, while not everyone who has traumatic events in their past will develop an addiction, it is highly likely that those who do experience addiction have experienced a previous traumatic event.

So how does this knowledge change how support is offered to those living with addictions? Dr. Gabor Mate, a physician who works with individuals with addictions in Vancouver Eastside, suggests that approaches should be compassionate, non-judgmental, free from



punishment, and offered at all stages of a person's substance use, including before a person expresses a desire to stop using. This may look like supporting individuals with active addiction to increase their safety while using, such as ensuring medical needs are met or providing access to information and supplies to prevent the spread of infections. This also includes recognizing that some people must be supported to address the impact of their trauma, as well as their addiction, to make a recovery.

In any sense, knowing that trauma is a contributing factor of addictions can help

cultivate a spirit of empathy and support in communities for individuals experiencing addictions, which in turn can help reduce barriers to accessing services to those who need it most. It is important however, to remember that compassion does not equal enabling or condoning of the harm that addiction can cause, and that boundaries around what help and support you can provide to others are essential for your own well-being.

Mackenzie Cameron, Addictions and Mental Health Promotions Facilitator, RSW

Youth and Family Cree Language Program

Starting April 28 to
March 2022

Join us each week on Wednesday at 6 -8pm on Zoom . Learn through Elder Lead Cultural teachings with our Cree instructors through family activities each week. Please register to participate as space is limited by contacting Georgina at 780-743-8555 or at nistawoyoureception1@gmail.com

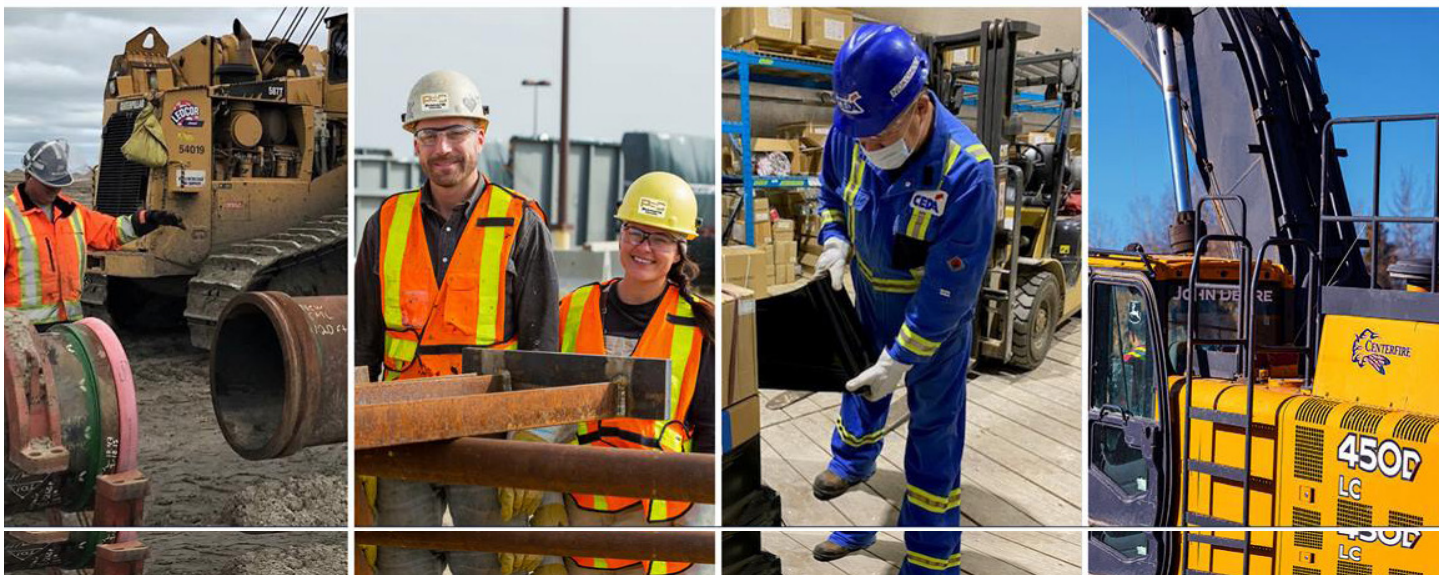


Funded by the
Government
of Canada

Canada



IF YOU IDENTIFY AS A **FIRST NATIONS, MÉTIS** OR **INUIT** PERSON



LOOKING TO START A REWARDING CAREER IN THE
OIL AND GAS INDUSTRY?

GREATER REGIONAL **INDIGENOUS** PARTNERSHIP

is seeking eligible applicants to train for 4 weeks
towards a rewarding career.

GRIP 4 WEEK TRAINING INCLUDES:

- Interpersonal Skills for Employment
- Fundamentals Safety & Team Training
- Company Specific Training
- Post-employment Support

ELIGIBLE CANDIDATES:

- First Nations, Métis, Inuit, and non-status Indigenous residents of Wood Buffalo
- 18 + years of age, ability to demonstrate physical fitness and health per occupational requirements
- Class 5 Driver License Mandatory

All applicants must meet with an employment coordinator to determine eligibility for sponsorship.

Training starts **June 7, 2021** at the Keyano Clearwater Campus.
Call Brittany Kozak at Athabasca Tribal Council **587.645.5929**
or email **brittany.kozak@atcfnc.ca**



Do you qualify? Indian Day School Funds

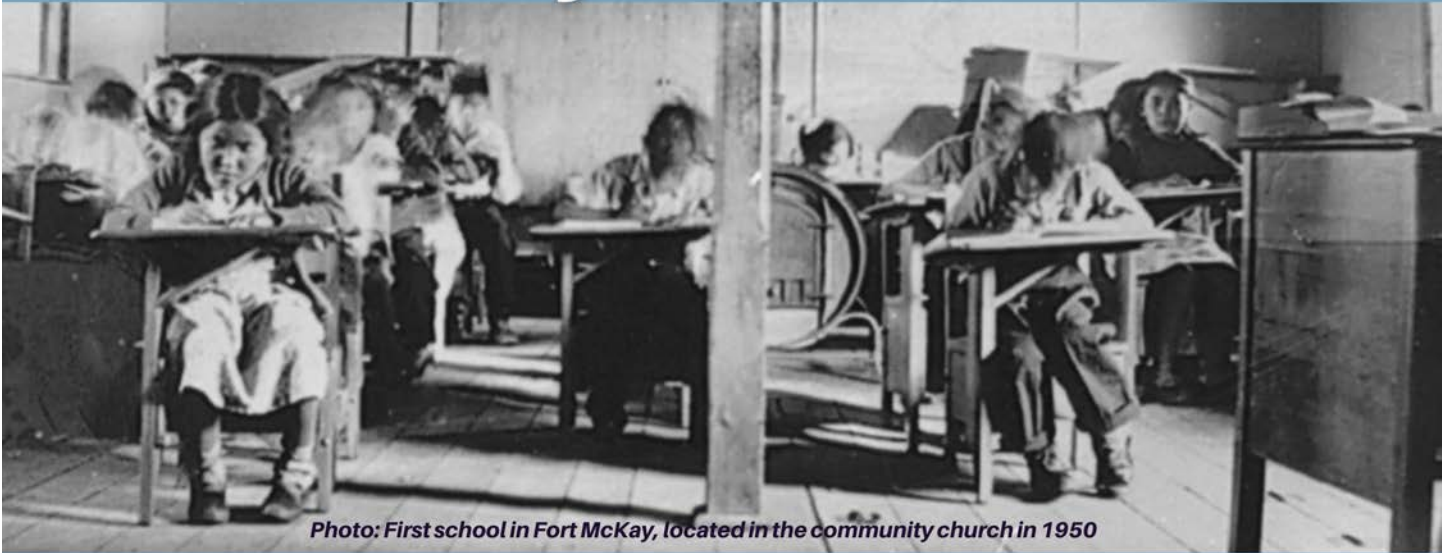


Photo: First school in Fort McKay, located in the community church in 1950

If you or anyone in your family attended Fort McKay School between 1949 - 1963, you are eligible to apply for the Indian Day School Funds.

Applications are available by contacting Tracy Howe @ 780-742-6436. Assistance will be available to you to help complete the forms.

Deadline for application is June 2022.



FORT MCKAY
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Moose Lake Cabins



Fort McKay First Nation members, are you interested in booking a cabin at Paradise Bay to spend time on the land with your family or to practice your Treaty rights?

Please contact Audrey at aredcrow@fortmckay.com or call 780-215-2384.





FORT MCKAY
FIRST NATION

FIRE/POLICE/AMBULANCE EMERGENCY/CRISIS 911 HEALTH LINK 811

Fort McKay Addictions and Mental Health Services	780.828.4048
Nadine Dalheim (Manager Addictions/Mental Health Services & Addictions Therapist)	780.881.9651
Amaka Chijioke – (Addictions and Mental Health Counsellor)	780.799.6370
Erin Faichney – (Addictions Support)	780.370.4941
Mackenzie Cameron (Addictions & Mental Health Promotions Facilitator)	780.598.3772
Sarah Callin (Youth Counsellor)	780.381.1995
Rayleene (AB Native Counselling services)	780.743.1888
Community Bylaw Officer	780.828.5555 (Press 3)
Community Corrections (Probation)	780.743.7190
Some Other Solutions Society for Crisis Prevention	780.743.8605
Provincial Court	780.743.7195
Court of Queen’s Bench	780.743.7136
Waypoints Crisis Line (Women’s Shelter)	780.743.1190
Elder Abuse Hotline	780.743.1190
Alcoholics Anonymous	780.743.0099
Kids Help	PHONE: 780.743.7416, TEXT: 686868
Fort McMurray Child Intervention Services	780.743.7416
Lawyer Referral Services	1.800.661.1095
Legal Aid Alberta	1.866.845.3425
Mental Health Help Line	1.877.303.2642
Poison & Drug Information Service	1.800.332.1414

INSPIRED BY OUR PAST, INVESTED IN OUR FUTURE





Bear Sightings



Now that spring is here, you may see a bear in or near the community. For your own safety please follow these guidelines.

How can I keep bears wild and out of my backyard?

- Keep your garbage and recyclable bottles and cans in bear-resistant, airtight containers.
- Outdoor compost attracts bears. Look into using an indoor composter.
- Remove bird feeders from your yard in the months when bears are active – usually from the beginning of April until the end of November. Be sure to clean up any spilled bird seed from the ground.
- Clean your barbecues. Scrub your barbecue clean after each use and store it in a bear-resistant building, such as the garage or shed.
- Consider removing fruit trees and berry-producing bushes from your property. Bears are attracted to the fruit and berries. If you must keep the trees, pick the ripening fruit as early as possible and store them in secure, airtight containers.
- Never leave food out for wildlife.
- Let your neighbours know if you've seen a bear in the community.
- Call Fish and Wildlife for more advice.

What should I teach my children about being safe around bears?

- Do not approach the bear or irritate it by yelling or throwing things at it.
- Never run away from a bear. Back away slowly and find a safe place, such as a building or vehicle.
- Stay with your group and back away from the bear together.
- As soon as you've reached a safe place, tell an adult that you've seen a bear.
- Stay away from areas that may attract bears.
- Bears are more active at dusk, night and dawn.

How can I keep my pets safe?

- Always keep your dog on a leash.
- Feed your pets and store pet food indoors. Keeping pet food outside can attract bears.

What should I do if I see a bear in my backyard?

- Do not panic. Do not run.
- Notify the Fort McKay Park Rangers on **780-598-9644** or Fish & Wildlife on **780-743-7200**.
- Once the bear has left the area, remove anything from your property that might attract a bear.



Wellness Center May Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
3:10pm - 5:30pm	Outdoor After School Program	Outdoor After School Program	Outdoor After School Program	Outdoor After School Program	Outdoor After School Program (all schools- two separate groups) 3 PM to 5:30 PM
4-5pm			Girls At Bat		
6-8pm	Kickball	Art in The Park	Basketball	Archery	No School Days Outdoor Program 12:30 PM - 4 PM
virtual program	DIY Projects 6:30 PM	Healthy Minds, Healthy Lives	Virtual Young Chef's	Craft Night 6:30 PM	

STAY UP TO DATE WITH THE LATEST NEWS!!



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FIRST NATION

Stay informed by :

Listening to Fort McKay's community radio station:

106.3 fm

& going on Fort McKay's Facebook page

