



June 2021

VOLUME 11 : ISSUE 6

TREATY DAYS CELEBRATION IS JUST AROUND THE CORNER!

Moose Lake Cabin Rentals 2

Wellness Center Virtual Program Activities 5

NSD launching an online school for the 2021-2022 school year 6

Scholarships, Bursaries & Education 7

What is Trauma, and How Does it Affect Our Mental Health 8



Get ready for an exciting month Fort McKay! With summer just around the corner and the kids getting out of school and on summer break very soon, we are excited to announce that, regardless of the varying social restrictions, Treaty Days will be celebrated this year from Sunday, June 20th to Monday, June 21st.

The two-day event promises something fun for everyone in the community! As people can

expect, most activities will be hosted virtually, either through zoom or Facebook, to ensure they are organised in a fashion that still considers the health and safety of each person.

However, community members can still expect to see and participate in some of Treaty Days' more traditional activities that generally occur each year, such as the talent show, jigging contest, moose calling contest and more!

This year, our Treaty Days celebration promises to bring lots of competition, laughter, prizes, and most importantly, lots of fun for everyone!

To see more details about this year's activities, please see the poster on page 3. More information and details will also be posted on our Facebook page as we get closer to the event.

Until then, let the countdown begin!





FORT MCKAY
FIRST NATION

Moose Lake Cabins

Open July 5 - September 24



**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.**

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



Treaty Days 2021



FORT MCKAY
FIRST NATION

Sunday
June 20th -
Monday
June 21st

Events will include:

Swag Bags, bingo for 18+ & Kids, Family Support. Zoom virtual opening ceremonies, virtual video and photo contests. Facebook live Cree and Dene stories. Virtual cultural village crafts, education celebration, comedy show and fireworks!

Sponsored By





LOOKING FOR SOMETHING TO DO?

Join Our Virtual Workshops!

Fort McKay Rec Centre



Diabetes Awareness Walk 2021!



FORT MCKAY
FIRST NATION

DATES:

July 13th at 1pm
July 14 th (Elders Walk) at 11am
July 15th at 1pm

This year, we will be hosting three walks to show our support for Diabetes. Call Vanessa at 780-742-8277 to sign up.

Come walk, learn and ask questions!

(Max 10 people per walk. Walk starts at the Health Centre)

Show your support for Diabetes Awareness, and enter to win a prize draw and receive a bagged lunch!



Fort McKay Wellness Center

Virtual Programs June 2021



MONDAYS - TRIVIA/GAME NIGHT



TUESDAYS - CRAFT CLUB



WEDNESDAYS - YOUNG CHEFS



THURSDAYS - GIRLS AT BAT



FRIDAYS - WEEKEND CHALLENGES AND PHOTO CONTESTS

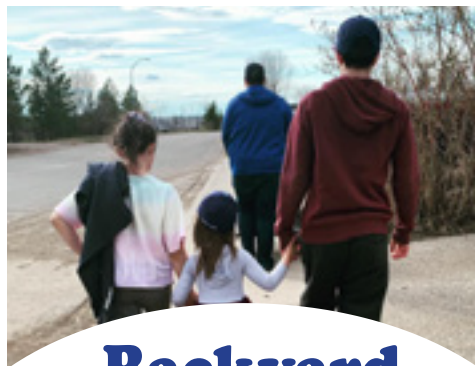


****Programs are subject to change on short notice due to covid-19 public health guidelines****

All virtual programs will take place via Zoom every week (Monday to Thursday) starting at 6:30 pm each evening.

All programs requiring materials such as Young Chefs and Craft Club will be delivered prior to the program.

To register for any of the programs, please contact Julia Soucie at 780-838-1812, or Kory Torrance at 780-788-5500



Backyard Fun Photo Contest

Thanks to all of those who participated!





NORTHLAND SCHOOL DIVISION NO.61 NEWS

NSD launching an online school for the 2021-2022 school year



A new learning environment is going to give Northland School Division (NSD) students another avenue to accomplish academic success. NSD is pleased to announce that they will be operating an online school for the 2021-2022 school year. The online school will serve students in grades kindergarten to grade 9.

“During this challenging time due to COVID-19, we purposefully invested in leveraging the use of technology to support and improve the student learning experience,” said Dr. Nancy Spencer-Poitras. “We have put ourselves in a position to offer this learning experience with the technology infrastructure upgrades we made and the skills NSD staff have acquired through division-sponsored professional learning. There’s also demand for online learning that includes incorporating Indigenous language, culture, and local knowledge into the curriculum for the communities we serve. “We are excited to make this happen.”

“This is an exciting day for Northland School Division families,” said Robin Guild, Board Chair. “A student should have the ability to choose their own learning path. The online

school provides another choice for NSD students in Kindergarten to Grade 9. As a Board, we have focused on improving communication with communities. Today’s announcement is an example of what NSD is doing to achieve excellence in learning, leadership, and relationships.”

The online school will utilize a whole school and personalized approach to learning where learners participate in inclusive and engaging online learning experiences. In this environment, student voice and choice will be encouraged and celebrated within a kind and caring community of learners.

“NSD students who participated in at-home/online learning this year received a quality learning experience,” said Spencer-Poitras. “The online school will give NSD students the same quality learning experience as in-school learning. The incorporation of Indigenous language, culture, and local knowledge into the curriculum will further support a holistic program.”

Registration details for the online school will be communicated in the coming weeks.

POST-SECONDARY SUPPORT PROGRAM

The Post-Secondary Student Support Program is to provide support to Fort McKay Band members who are pursuing Post-Secondary Education, such as:

Application fee support
Tuition & book fees support
Technology fee support
Tutoring fee support
School supplies support
Living allowance for full-time students

Email education@fortmckay.com to get your application and set up an appointment with the Post Secondary Coordinator to learn more.

SCHOLARSHIPS AND BURSARIES



Deadline is June 15th

The deadline is approaching for NSD students to apply for our bursaries and scholarships! Applicant must be, or have been registered as a Northland School Division student for six years and must be a resident of the Northland School Division area. We award the following bursaries and scholarships each year for students who are entering post-secondary institutions:

- Two bursaries of \$20,000 each to students entering a university program for an education degree.
- Four scholarships of \$800 each to students entering a university program in a faculty other than the education faculty.
- Four scholarships of \$800 each to students entering a college or technical institute.
- Three scholarships of \$1000 in memory of Adele Grace Carifelle for a student pursuing studies in the areas of early childhood education, computer-related studies, or social work.

Don't miss this opportunity! Visit our website for more information <https://www.nsd61.ca/.../student-bursaries-and-scholarships>.

UNDERSTANDING TRAUMA

~Helpful Advice Provided by The Addictions and Mental Health Services/Family Support Centre~



TRAUMA

Personal tragedies, natural disasters, crime, terrorism – all of these traumatic events can change how we think and feel about ourselves, others, and the world.

Our feelings of shock, disbelief, fear, and confusion often fade in the days and weeks after the trauma. But sometimes they don't. Our thoughts and memories can continue to affect our mental, physical, and spiritual wellbeing long after the trauma. We can feel overwhelmed, hopeless, and emotionally or physically drained.

News and social media connect us to sad and tragic stories from around the world (things like terrorist attacks, natural disasters, hate crimes, and even the COVID-19 pandemic). Seeing or hearing about these stories over and over again can affect us. It can also trigger personal trauma.

COPING

Everyone deals with trauma differently, and there's no right or wrong way to feel.

Take care of yourself. That includes getting a good sleep, getting back to a routine, eating well,

exercising, taking part in an activity you enjoy, reaching out or reconnecting with others, and just taking the time to relax.

Do you find it hard to get to sleep or stay asleep? Do you have trouble concentrating? Is it hard to control thoughts or memories of the trauma? Feelings of isolation, anxiety, panic, and self-doubt are all normal, but they can also be signs that you're struggling to cope.

Don't ignore your feelings. Be patient with yourself and your recovery. Therapy can help you find healthy ways to cope, refocus, and heal.

WHEN YOU'RE READY, WE'RE HERE TO LISTEN AND TO HELP.

If the way the trauma made you feel isn't fading, and those feelings are getting in the way of you living your life, reach out.

Amaka at 780.799.6370
or achijioke@fortmckay.com

Nadine Dalheim at 780.881.9651
or ndalheim@fortmckay.com



INDIGENOUS ART CONTEST



FIRST NATIONS
HEALTH CONSORTIUM

Reaching Milestones...

The First Nations Health Consortium is here. *Every day we are working with families to meet their child's needs.*

We do this by connecting families and their children to those needed health, social and education services and equipment to support them in their journey to a healthy and sustainable tomorrow.

Theme: "Making it Happen....Making it Matter"

We help to make things happen because every child's journey matters.

Cash prizes with artist credit:

- **First: \$750**
- **Second: \$500**
- **Third: \$250**
- **Other: \$100 for every picture used in the report or other publications**



CONTEST RULES:

- Open to all Alberta Indigenous artists
- Must be of high quality illustrating the message of "Making it Happen....Making it Matter"
- FNHC will have full rights to use the art in other publications and communications
- Entries judged and winners announced by First Nations Health Consortium
- Submit entries along with your contact information by email to communications@abfnhc.com.

Contest closes: June 16, 2021

Contest conducted by First Nations Health Consortium: www.abfnhc.com; 1-844-558-8748



START SEPTEMBER 2021



INDIGENOUS EARLY LEARNING CHILD CARE ONLINE PROGRAM

FOR THE RURAL WOOD BUFFALO REGION INDIGENOUS COMMUNITY MEMBERS



This opportunity to start a career in child care is open to all Indigenous community members residing in the rural Wood Buffalo Region.

COMPLETE THIS 1-YEAR CERTIFICATE IN JUST 32-WEEKS ONLINE!

Graduates of this online program are able to be employed as:

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

Program provides students with:

- Level 2 Early Childhood Educator Certificate (Level 1 NOT needed to take Level 2)
- Skills to support exploration through play
- Skills to observe and properly document a child's learning and behaviour
- Skills to foster creativity by actively engaging children in meaningful exploration
- Skills to create vibrant environments for children in a variety of child care settings

Participants must:

- Be an First Nation, Indigenous, Inuit, or Métis person residing within the rural Wood Buffalo Region.
- A Criminal Record Check and Vulnerable Sector Check will be required of all participants prior to acceptance into the program.
- Complete an Accuplacer Test

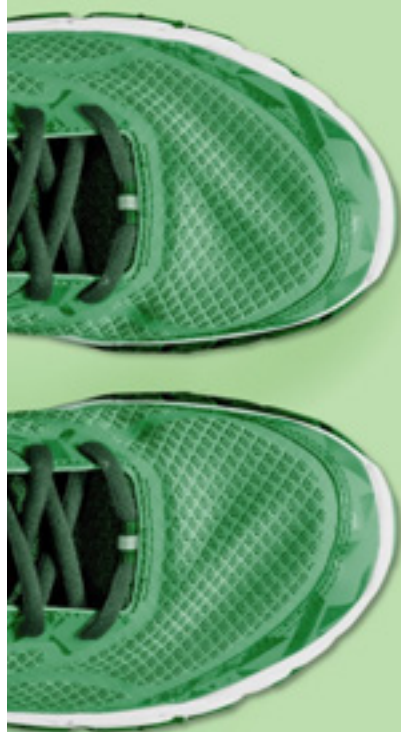
If you are interested in this program, please contact:

Korissa Goudie

Employment & Training Project Coordinator | Athabasca Tribal Council
780-598-9951 | Korissa.Goudie@atcfn.ca

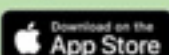


Bringing communities together with physical activity.



Join the challenge

by downloading the ParticipACTION app.



- ✓ Track your activity.
- ✓ Win awesome prizes.
- ✓ Support your community.
- ✓ Get motivational content to help you stay active and healthy.

Everything gets better when you get active.

Community Better Challenge:

This June, **Fort McKay** will be participating in the ParticipACTION Community Better Challenge, the physical activity challenge that rallies communities to get moving. From June 1 – 30, let's get active to support **Fort McKay's** quest to be Canada's Most Active Community and win \$100,000 for local physical activity initiatives.

Programs and Activities:

Throughout the month of June, there will be a variety of physical activity programs offered by the Wellness Center and Recreation Department (Rec Club) that community members can participate in to help achieve our goal of becoming Canada's Most Active Community!

How to Join:

Participate by downloading the (FREE) ParticipACTION app where you can track your activity for the community of Fort McKay and contribute to the challenge. Every move counts!
#CommunityBetterChallenge
The Fort McKay Wellness Center and The Fort McKay Recreation Department will also track all minutes submitted to Julia, Kory or Stefany.

Additional Prizes:

There will also be local prizes for the "Most Active Community Member" in each age category (0-5, 6-11, 12-17 and 18+) for those who log the most minutes of physical activity locally, as well as a Physical Activity Photo Submission contest where community members can submit photos of them being active for a chance to win great prizes!



FORT MCKAY

Funded by the
Government
of Canada

Canada



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.

As the restrictions are continuously changing, we invite you to regularly check our Facebook page for the latest updates.

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

Stay informed by :

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

