



Red River

# Current

January 2022

VOLUME 12 : ISSUE 1

## BOUCHIER FAMILY FOUNDATION ENCOURAGES GENEROSITY DURING THE HOLIDAYS

# Give Where Live



**BOUCHIER**  
FAMILY FOUNDATION



The Bouchier Family Foundation was created with the initiative to give back to the community and to other communities across Canada. Last Christmas, they participated in 12 days of giving, and this year the foundation decided to create an initiative called "Give Where You Live", which encouraged others to get into the Christmas spirit and support their community by donating to others within their community.

All those who participated donated to an organisation from their community that was then entered in a draw. Altogether, the Bouchier Family Foundation donated \$2500 to four organisations nominated through other donations via Facebook or Instagram. On December 20th, the Wellness Centre was nominated along with Wauklehegan Manor (McAdam, NB), Fort Mac Hockey Bro's (Fort McMurray AB) and the

Jack Millikin Centre (Big River, SK).

With their announcement, the Bouchier Family Foundation wrote the following statement "The Fort McKay Wellness Center provides programs for children and youth ages 5-17 in the community of Fort McKay. Currently, they have 84 children and youth registered in their programs. Their daily average

*(story continued on p.3)*





# NORTHLAND SCHOOL DIVISION NO.61 NEWS

## COVID-19 UPDATE

On December 30, 2021, the Government of Alberta extended the holiday break for all K-12 students. At this time, classes are scheduled to resume Monday, January 10, 2022.

### STUDENT LEARNING

During the week of January 4, 2022, school staff will be using this time to better prepare learning for students when classes resume on January 10, 2022. Alberta Education will provide school divisions more information in the coming days for students returning to in-school learning on January 10, 2022. NSD will communicate the information out to parents as it becomes available.

### DIPLOMA EXAMS AND PROVINCIAL ACHIEVEMENT EXAMS (PATS)

To further support high school students whose learning is disrupted by this extension, January diploma exams have been cancelled. A decision will be made later in 2022 regarding April and June diploma exams. In addition, Alberta Education is delaying the administration of PATs (Part A) to the week of January 20, 2022. They also stated that this missed instructional time will not be made up in the rest of the school year.

### RAPID TESTS AND MASKS

To assist with the safe return to classes, all school divisions will be receiving rapid test kits and additional medical masks for students and staff. The rapid tests will provide two five-test kits to each student and staff member. The distribution process for the rapid tests will be communicated when more is known about when they will arrive.

#### 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](mailto:communications@fortmckay.com)

### LET'S DO OUR PART TO STOP THE SPREAD OF COVID-19

With COVID-19 cases increasing in the province, we all have to do our part to stop the spread. Let's protect each other by practicing physical distancing, wearing a mask, staying home if you feel sick and isolating when you are required to.

We remind families and staff to monitor for symptoms of COVID-19 using the Alberta Health Daily Checklist <https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>. Students and staff must complete the checklist prior to attending school. If you or a member of your family has any of the symptoms of illness listed, please fill out the online Alberta Health Services COVID-19 self-assessment or call Health Link at 811.

The health and safety of our staff, students and community is paramount. We know discussions regarding COVID-19 are difficult and support is available. We encourage you to visit the Northland School Division Mental Health Resource webpage <https://www.nsd61.ca/covid-19-resources>.



# BOUCHIER FAMILY FOUNDATION ENCOURAGES GENEROSITY DURING THE HOLIDAYS

*(Story continued from p.1)*  
at the moment is 24 kids (due to COVID 19 restrictions). Pre-pandemic, the centre had 124 registered children and youth and a daily average of 48 participants each day.

All programs offered at the Fort McKay Wellness Center are offered free to ensure that EVERY child can participate and that no child is left behind.

Programs include the After School Program, Structured Evening Programs, Summer Camp, "No School Day Program" (for both Fort McKay School and Fort McMurray schools), Teacher's Convention Week Programs, Spring Break, and so much more. The centre is open Monday through Friday from 3 PM to 9 PM and also

operate some weekends for special events or programs."

The Wellness Center is very thankful for the nomination and would like to thank the Bouchier Family Foundation for their generous donation! Julie Soucie shared, "We are so thankful for all the kids, parents and the community for all their support. Merry Christmas to everyone and their families!"

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## COVID-19 Community Vaccine Clinics

### IMPORTANT NOTICE

**DO NOT** go to a vaccine clinic if you have symptoms.  
Call the Health Centre at 780.828.2450

DATE	TIME	LOCATION	
January 5th	10:30 am—3:00 pm	Band Hall	Walk-ins only
January 10th	10:30 am—3:00 pm	Health Centre	Appointments only
January 12th	10:30 am—3:00 pm	Health Centre	Appointments only
January 17th	10:30 am—3:00 pm	Health Centre	Appointments only
January 19th	10:30 am—3:00 pm	Health Centre	Appointments only
January 24th	10:30 am—3:00 pm	Health Centre	Appointments only
January 26th	10:30 am—3:00 pm	Health Centre	Appointments only
January 31st	10:30 am—3:00 pm	Health Centre	Appointments only

Please call the Health Centre to book an appointment.

If you need an appointment outside of these times, you can book online at <https://bookvaccine.alberta.ca/vaccine/s/booking> or call 811.

# SPREADING THE CHRISTMAS SPIRIT



# PIRIV AROUND OUR COMMUNITY



# NEW YEAR, NEW APPROACH TO HEALTHY EATING

If you are thinking about making changes to the way you eat, the new year can be a good time to start. When you try to improve the way you eat, don't compare yourself to others. A change that works for one person may not work for others.

A great place to start is to think about where you are at now. What does a typical day of eating look like? Take some time over the next few days to write down everything you have to eat and drink throughout the day. This is called a food journal. If your eating habits change on the weekend, include at least one of these days, too. You don't need to share your journal with anyone else. It is just for you. Tracking is one way to help you pick out small changes you'd like to make.

Here are some more tips to get you started on your path toward healthy eating:

- **Choose a small goal that is important to you.** For example, maybe you only eat vegetables once or twice a week. You know you can increase that amount with a few changes in your routine.
- **Break your goal down into smaller goals.** You can start with one meal or snack. For example, replace an unhealthy snack with carrots or celery sticks to increase the amount of vegetables you eat in a day.
- **Make your goal even more specific.** You can do this by setting a **SMART** goal:

**Specific:** I will choose vegetables for an afternoon snack, five out of seven days of the week.

**Measurable:** I will choose vegetables I like (such as carrots, celery or cucumber) as a snack Monday to Friday.

**Attainable:** I can reach this goal because I currently eat a snack during my workday Monday to Fridays. Instead of buying a cookie, I will buy the vegetables I like to eat and prepare them for my snacks.

**Rewarding:** This change is rewarding because it will help me build a healthy habit.

**Timely:** I will start my goal on Monday, Jan. 10.



*For more healthy eating tips and recipes, go to [ahs.ca/healthyeatingstartshere](https://ahs.ca/healthyeatingstartshere).*



# Working with your Family Support and Wellness Coordinator

The coordinator will support families who are involved with Children's Services, supports families with children in care, and will help ensure that the rights of the parents' and children are maintained.

**How can your family support and wellness coordinator help?**

- Work with Children's Services to support parents to meet their case plan goals
- Support and advocate for parents' rights to keep families together
- Connect families to support services and refer to required programs
- Coordinate case management meetings with all community services involved to monitor and share progress on plan of care
- Support families apply for Jordan's principal program funding

**Involvement in Children's' services is not a requirement to receive family support services.**

**For further information, contact Katelyn on 780-215-8146.**



**FORT MCKAY**  
FIRST NATION



# DRIVING SCHOOL



## LEARNERS LICENSE DRIVER TRAINING PROGRAM



### Get your Class 7 Learners License

Training includes theory and the written exam.

This free course is offered to all First Nations, Inuit and Métis people living in Fort McMurray, Alberta.

**2022 DATES:**

- January 15 & 16
- February 16 & 17
- March 19 & 20

**TIME:** 9 a.m.-4 p.m.

**LOCATION:** Keyano College



If you are interested in this program, please contact:

**Laurie Marion**

Employment & Training Team Lead

Athabasca Tribal Council

Cell: 780-215-0701

Email: [Laurie.Marion@atcfnc.ca](mailto:Laurie.Marion@atcfnc.ca)







# Fort McKay Elders Center January 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31  1:00 Tea & Crafts	Would you like a visit in your home from Tara or Peggy? Do you have a special project that you need help with? Or, would you just like some company? Let us know! Tara 780-742-4927 Peggy 780-598-3575			At the Elders Center, your health is important to us. We have masks and sanitizer available and encourage you to wash your hands regularly!	1 
2	3	4	5  1:00 Manicures Fruit & Yogurt Treat	6 1:00 Coffee Time	7 	8
9 1:00 Tea & Bannock 	10	11  1:00 Radio Bingo	12	13 12:30 Soup & Sandwich 2:00 Bingo 	14	15 2:00 Afternoon Social Music by Maurice Bjornd 
16 1:00 Puzzles & Pie "Warm Pie & Icecream" 	17	18  1:00 Radio Bingo	19  OUTING! CASINO & MALL 9:00AM - 2:00PM Call to book 780-742-4927	20  6:00 - 9:00 Sewing with Peggy	21 	22
23 1:00 Manicures Fruit & Yogurt Treat 	24	25  1:00 Radio Bingo	26  1:00 Bean Bag Toss	27  12:30 January Birthday Celebration 2:00 Bingo	28	29 





# The Thecla (Powder) Tremblay *Light Up Fort McKay* Community Christmas Lights Winners!

## Off-Reserve Winners!



**Charlie L'Hommecourt**  
1st Place \$1,000



**Crystal Jahraus**  
2nd Place \$800



**Verily Hill**  
3rd Place \$600



**Roxy Boucher**  
4th Place \$400



**Caleb Boucher**  
Runner-Up \$250





**The Thecla (Powder) Tremblay  
*Light Up Fort McKay*  
 Community Christmas Lights Winners!  
 On-Reserve Winners!**



**Norma Grandjambe**  
 1st Place \$1,000



**Sherry Tremblay**  
 2nd Place \$800



**Ruby McKay**  
 3rd Place \$600



**Bobby Shott**  
 4th Place \$400

**On-Reserve Runners Up!**



**Chasity Powder**  
 Runner Up \$250



**Tyler Young**  
 Runner Up \$250



**Yvonne L'HommeCourt**  
 Runner Up \$250

**On-Reserve Honourable Mentions!**



**Iris McClure**  
 Honourable Mention \$100



**Chris JR Grandjambe aka Curly**  
 Honourable Mention \$100



**Gena Calliou**  
 Honourable Mention \$100



**Hermaline Wilson**  
 Honourable Mention \$100



**Susan Shott**  
 Honourable Mention \$100



# COMMUNITY PROGRAMS

## Wellness Center January Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Wellness Center CLOSED <b>Christmas Break</b>	4 Mad Science (Ages 6-8) 6:00 pm – 7:30 pm Looney Tooneys (Ages 9+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	5 Sliding (Ages 6+) 6:00 pm – 7:30 pm Book Club (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	6 Junior Leaders Night (Ages 10+) Pool Tournament/Young Chefs 5:00 pm-7:30 pm  Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	7 Movie Night (Ages 6+) 6:00 pm – 7:30 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm
10 Young Chefs (Ages 8+) *Must Register* 5:00 pm – 7:30 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	11 Mad Science (Ages 6-8) 6:00 pm – 7:30 pm Looney Tooneys (Ages 9+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	12 Sliding (Ages 6+) 6:00 pm – 7:30 pm Book Club (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	13 Junior Leaders Night (Ages 10+) STEM Challenge 6:00 pm-7:30 pm  Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	14 <b>NO SCHOOL – TOWN SCHOOLS</b>  Wellness Center Open 9:00 am-5:00 pm
17 <b>NO SCHOOL – FORT MCKAY SCHOOL</b>  Wellness Center Open 9:00 am – 5:00 pm	18 Mad Science (Ages 6-8) 6:00 pm – 7:30 pm On My Origami (Ages 9+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	19 Sliding (Ages 6+) 6:00 pm – 7:30 pm Book Club (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	20 Junior Leaders Night (Ages 10+) Table Tennis Tournament/Young Chefs 5:00 pm-7:30 pm  Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	21 Card Games (Ages 6+) 6:00 pm – 7:30 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm
24 Young Chefs (Ages 8+) *Must Register* 5:00 pm – 7:30 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	25 Mad Science (Ages 6-8) 6:00 pm – 7:30 pm On My Origami (Ages 9+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	26 Sliding (Ages 6+) 6:00 pm – 7:30 pm Book Club (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	27 Junior Leaders Night (Ages 10+) STEM Challenge 6:00 pm-7:30 pm  Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	28 <b>NO SCHOOL – TOWN SCHOOLS</b>  Wellness Center Open 9:00 am-5:00 pm
31 Young Chefs (Ages 8+) *Must Register* 5:00 pm – 7:30 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	<p>*Scheduled activities are subject to change on short notice due to Covid-19 public health guidelines.</p> <p>**Outdoor activities are subject to change based on weather. If too cold for outdoor activities an indoor activity will take place instead. Children wishing to participate in outdoor activities MUST wear warm outdoor clothing (hats, snowpants, jacket, boots, gloves).</p>			

## 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

