



Red River Current

February 2022

VOLUME 12 : ISSUE 2

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Fort McKay is proud to announce that BJ Fitzpatrick has been nominated by Your McMurray Magazine's (YMM) as part of the 2021 Top 50 Under 50 recipients!

Each year, an exclusive selection panel chooses individuals within the Regional Municipality of Wood Buffalo who display grit, determination, loyalty, kindness and generosity. YMM's website states, "The Top 50 Under 50 – Class of 2021 is a group of people who are ignited by

positivity, who are fuelled by the promise of positive outcomes. They are hardworking, trailblazing, unstoppable people, each with their own unique stories, but tied together with a common thread of philanthropy and love for the community."

This is the sixth year YMM recognizes recipients for the Top 50 under 50. In addition to being awarded, all recipients received a photograph and video production and other

promotional items to thank them for the incredible things they do within the Wood Buffalo region.

BJ was recognized for all of the hard work and time he has invested in making a positive impact within his community and surrounding area. He is a graduate of Lakeland College Firefighter Training and was specifically acknowledged for his work with Suncor

(Story continued on p. 2)



BJ FITZPATRICK IS PART OF YMM'S TOP 50 UNDER 50

(Story continued from p.1)

Emergency Services and for his volunteer work as a hockey coach, sports programming, events and camps, and an Indigenous Liaison for Suncor!

During an interview with YMM, BJ answered the following questions:

YMM: What accomplishment are you most proud of?

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

BF: Receiving the Governor General of Canada Medal of Bravery for an incident that occurred early in my career as a firefighter/EMT is an accomplishment I am most proud of. I had the opportunity to travel with my family to Ottawa and attend the ceremony at Rideau Hall. It was a truly humbling experience because I got to hear all the other stories of heroism from throughout the country as they too received their award.

YMM: Who is your hero?

BF: I have two that I would consider heroes.

First of all, Ted Nolan, former NHL Coach of the Year, because of the constant adversity he takes head-on throughout the years he played and coached. I remember how proud my mom was that he was coaching in the NHL and how he represented our Indigenous people in such a positive light. Watching him coach in the Olympics for Latvia in 2014 was another great moment that I remember being very proud to watch with amazement. I had the privilege of meeting and becoming friends with Ted and his son Brandon when they were brought into Fort McKay for their 3 Nolans Hockey camp.

Second of all, Dorothy McDonald, my late aunt. She was a strong and influential leader for Fort McKay and its

people, standing up to the big companies so that they would recognize the importance of working with us and not against us. She stood up to companies using Fort McKay as a throughway to let semis and heavy trucks drive through the community with little regard for its members. Her dedication to her people helped spearhead other opportunities for Fort McKay to become a self-sustaining and contributing entity in the oil business.

YMM: What is the best advice you ever received?

BF: Respect your elders. There are so many people I look back on now and think of how they influenced the person I have become, teachers, coaches, aunts and uncles, parents and grandparents and all the great things they've taught me. I am constantly learning from others and hope that I can pass on some wisdom to others.

Once again, Congratulations BJ, on being part of YMM's Top 50 under 50!

To view BJ's profile along with a list of this year's recipients, go to: <https://yourmcmurraymagazine.com/top50/class-of-2021/>



KAYDENCE GLADUE ACCEPTED INTO THE DIGITAL AUDIO PRODUCTION DIPLOMA PROGRAM



Congratulations to Kaydence Gladue, who was recently accepted into the Pixel Blue Colleges Digital Audio Production Diploma Program! The college is located in Edmonton and is considered to be the leading digital arts post-secondary institution in the region, and offers a unique educational experience in all digital media.

Kaydence is expected to start her full-time diploma program studies on March 14, 2022. Some of her courses will include 2D Animation & Illustration, 3D Animation & Modeling, Digital Audio Production, and Graphic Design & Photography. Throughout the program, Kaydence will learn the fundamentals of audio theory and experience hands-on interactions with the hardware and software tools commonly used in the industry. When she has completed the program, possible career choices can range from being a Music Producer, Audio Engineer, Music Editor, Sound Technician, Sound Designer, and Digital Audio Editor.

Kaydence has already made strides in this direction and recently released a new song which can be found on: https://www.youtube.com/watch?v=GSLn80awN_o

Way to go, Kaydence, and we wish you the best with your upcoming studies!





NORTHLAND SCHOOL DIVISION NO.61 NEWS

Air filtration upgrades protecting Northland students and staff

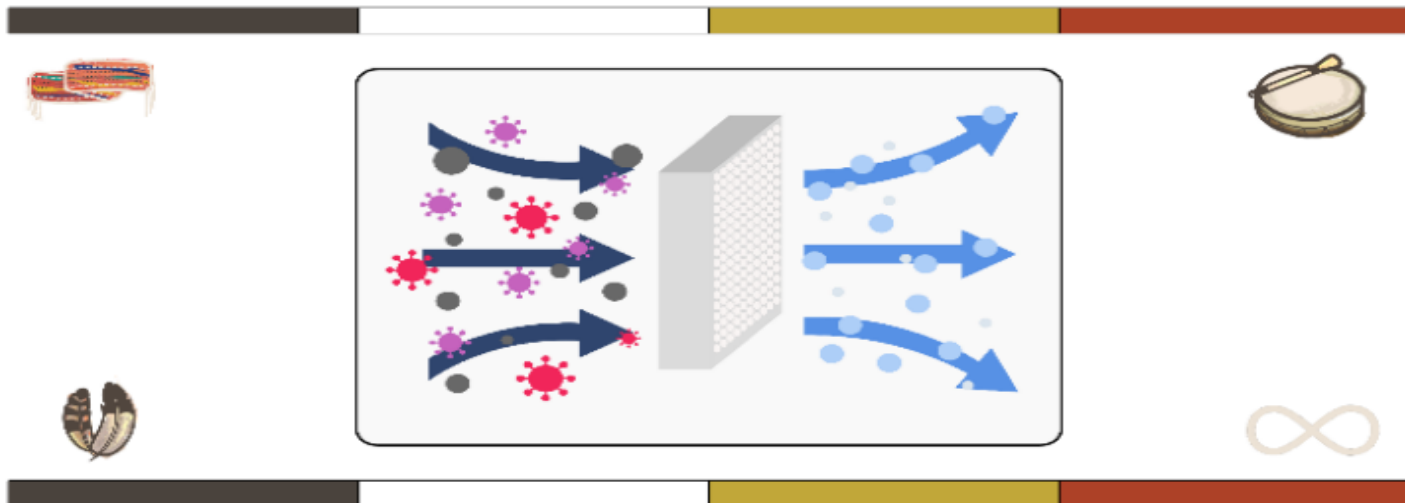
Northland School Division is pleased to share a proactive move they made in September of 2021 to prevent COVID-19 transmission. Before the 2021-2022 school year began, Northland School Division upgraded filters to improve air quality and better protect students and staff against potential airborne transmission of COVID-19.

“We installed MERV 13-rated filters, which are capable of capturing particles between 0.3 micros and 1.0 with 98% efficiency,” said Dr. Nancy Spencer-Poitras, Superintendent of Schools. “Since the beginning of the school year, we have exceeded safety requirements set by Alberta Health Services and the Government of Alberta. We will continue to lead by example in our efforts to have the health and safety of students and staff as our first priority.”

“The Board is very supportive of this proactive move to protect students and staff from potential airborne transmission of COVID-19,” said Robin Guild, Board Chair. “We understand this is still a challenging time for families. As a Board, we remain focused on engaging with the communities on topics such as COVID-19 and making sure we are doing everything we can to ensure students achieve academic success.”

In addition to the air filtration upgrades, Northland implemented a number of health measures in the 2021-2022 Back to School Plan. In September 2021, measures included mandatory masking for all staff and students Grade 4-12 and highly recommended masks for students in Kindergarten - Grade 3, enhanced cleaning, daily screening, cohorting, physical distancing and enhanced protocols for field trips.

For more information please contact Media Relations Manager Curtis Walty at 780-624-2060 ext. 6183 or curtis.walty@nsd61.ca



FORT MCKAY COVID-19 CASES ARE RISING

It is critical that we all work together to stop the spread of COVID-19 within our community. If you or your family members are isolating, please stay home for the recommended isolation period of 10 days (unless you are double vaccinated and have no symptoms after 5 days of isolation, after which you must wear a mask at all times).

Please note: All members must take a rapid test when attending appointments at the Health Centre.

Some Services, Elders, children and the vulnerable people in the community are at risk unless we act and prevent any further spread of COVID-19 in the community.

Stay safe, practice social distancing, stay home if possible, and please use a non-medical mask (cloth mask not recommended) when you leave the community and enter businesses or enjoy services available to you.

Remember to wash your hands frequently.

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	
February 2 nd	10:30 am -2:45 pm	Health Centre	Appointments only
February 7 th	10:30 am -2:45 pm	Health Centre	Appointments only
February 9 th	10:30 am -2:45 pm	Health Centre	Appointments only
February 14 th	10:30 am -2:45 pm	Health Centre	Appointments only
February 16 th	10:30 am -2:45 pm	Health Centre	Appointments only
February 23 rd	10:30 am -2:45 pm	Health Centre	Appointments only
February 28 th	10:30 am -2:45 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.





COMMON SAFETY ORIENTATION

Alberta

– ONLINE –

Service
Canada

This course is offered to all First Nations, Inuit and Métis people living in the Wood Buffalo Region.

This online course provides new workers with safety messaging that explains safe work practices and how to recognize and address hazards in the workplace.

Participants will learn the 10 Life Saving Rules, emergency preparedness and response procedures, and how to report both incidents and near misses.

REGISTRATION DEADLINE: FEBRUARY 25, 2022

Learn more at: atcfn.ca/common-safety-orientation



SCAN ME

If you are interested in this program, please contact:

Natalie Cunningham

Employment & Training Project Coordinator | Athabasca Tribal Council

780-598-3590 | Natalie.Cunningham@atcfn.ca



CULTURAL DEPARTMENT HOST HAND DRUM MAKING CLASSES

The Fort McKay Cultural Department has received much positive feedback from those who participated in the virtual Hand Drum Making classes organized on January 17 & 18.

Instructor Randy Marten helped host the workshops and has been working with the Fort McKay Culture Department as a drum/song instructor since 2014. Last summer, he was invited to the Youth Summer Camp program in MooseLake, where he taught youth how to build drums and shared much of his knowledge of the drum with the group.

“Through his knowledge and the stories he shares, his teaching style has helped many youths practice the natural laws such as patience, respect, and love for themselves and others around them. Altogether, 15 drum kits were prepared, 9 participants registered for the hand drum making class, and 8 completed their drums,” shared Audrey Redcrow, Cultural & Special Events Lead.

One of the participants commented, “It sure takes a lot of patience and hard work to build a drum, but it is worth it.”

The owner of Fort McKay Offroad, a long-time sponsor for the cultural and special events in Fort McKay, was inspired by these classes and offered \$100 gift cards to each participant who completed a drum and hosted a random draw for the participants who painted their drums and submitted photos by February 1 for a chance to win 1 of 3 gift cards valued at \$200, \$100, and \$50. The company says they plan to continue contributing to these programs at random to help inspire more participation in Fort McKay’s culture and keep up the Traditions for generations to come.

“The Fort McKay Cultural Department would like to thank all participants for joining the classes and for submitting photos to share with the community, the Fort McKay Offroad, for their generous donations and continued support, and Randy for sharing his Knowledge and the drum traditions”, shared Audrey Redcrow.

More Hand Drumming Practice classes are expected to be hosted virtually during the beginning of February. For more information on any of these events, please contact Audrey Redcrow at: aredcrow@fortmckay.com.



FORT MCKAY LAND CODE COMMITTEE IS UNDER THE FRAMEWORK AGREEMENT



WHAT IS THE FORT MCKAY FIRST NATION LAND CODE?

Fort McKay First Nation became a signatory to the Framework Agreement on First Nation Land Management in 2007. The Framework Agreement is a First Nation-led initiative that enables First Nations to take back control of their reserve lands from the Government of Canada. To do this, Fort McKay will develop a Land Code which will become our own Land Law. The Fort McKay First Nation Land Code will replace the 44 sections of the Indian Act that currently manage our reserve lands. *The Land Code will not come into effect unless Fort McKay First Nation's eligible electors, those on and off-reserve, vote in its favour.*

WHY IS IT IMPORTANT TO FORT MCKAY FIRST NATION?

Under the Framework Agreement on First Nation Land Management, 44 sections of the Indian Act no longer apply to a First Nation's land and resources. Instead, Fort McKay First Nation can manage reserve land and resources under its own Land Code and laws, and the Government of Canada will no longer have any say in how Fort McKay chooses to use, occupy, and protect its reserve land.

FRAMEWORK AGREEMENT IMPLEMENTATION IS:

A First Nations driven process to recognize the Inherent Right of lands and resources self-governance and to:

- Protect treaty rights
- Protect our lands from expropriation
- Develop land laws and environmental protection
- Strengthen land administration for our First Nation
- Establish rules and procedures for land use
- Establish community-based approvals for land decisions
- Define our legal status and authority as decision-makers over our lands



DEVELOPING A FORT MCKAY LAND CODE ON FIRST NATION LAND MANAGEMENT



HOW CAN YOU BECOME INVOLVED?

Stay informed and up to date - Information on this important initiative will be regularly shared on the Fort McKay First Nation website and social media pages. Newsletters and information will also be shared in the community.

Talk to the Land Code Committee members – a list of the current committee members is on the Fort McKay First Nation website under the Land Code - ask them what this is all about.

Attend a community meeting – community meetings to share information on the Framework Agreement and Land Code will be held online and in person (once it is safe to do so). Meeting dates and times will be posted online and around the community.

Vote – Fort McKay First Nation members 18 years and up will be asked to vote on the final version of the Land Code. We are planning to hold the vote this year, but the exact date of the vote will not be set until April.

Update your information - keep your personal contact information up to date with Fort McKay First Nation by contacting Tara Telnes at: ttlenes@fortmckay.com

FOR MORE INFORMATION

on the Fort McKay First Nation Land Code,
or to learn about opportunities to provide input on its development,
please contact:

TARA TELNES,
Fort McKay First Nation Land Management Technician
ttlenes@fortmckay.com
or visit www.fortmckay.com/governance/land-code/

SCAN FOR MORE



MYTHS AND FACTS WHEN IT

~A Message From Al

Wearing a mask is a proven way to help reduce and prevent the spread of COVID-19. But even now, there is a great deal of misinformation circulating about masks and their safety and effectiveness. Here are some of the myths about mask use, along with the facts.

MYTH: Surgical or non-medical masks aren't truly masks. To be a mask it should have engineered breathing openings that allow for the free flow of air when people inhale or exhale.

FACT: Surgical and non-medical masks are masks – protective face coverings that help capture your respiratory particles and prevent exposure to the infectious respiratory particles of others. These masks are not intended to seal airtight against the face.

Respirator masks, such as N95s, do have a proper seal on the user's face and force inhaled air to be pulled through the respirator's filter material to provide protection. It should be noted that masks with exhalation valves are specifically not recommended because they allow infectious respiratory particles to spread outside the mask. They don't provide protection to others.

MYTH: The use of surgical or non-medical masks is dangerous to health because the masks trap exhaled carbon dioxide and reduces oxygen.

FACTS: As noted, these masks are not designed to cause a tight seal. And the science shows that wearing a mask does not affect our lung function or oxygen levels, or cause a buildup of carbon dioxide. There is also the obvious fact that physicians and other healthcare staff routinely wear masks for extended periods, with no ill effects.

Concerns have also been raised about how children may be affected by wearing masks, but studies have found no respiratory impact on children from wearing masks, though mask use may not be recommended for children with certain conditions.

MYTH: Masks trap heat and moisture and serve as a breeding ground for bacteria.

FACTS: The masks in use are either single-use disposable items or are reusable items that should be washed daily when used. There is no evidence to suggest facemasks increase the chance of developing pneumonia or other infections as long as masks are kept clean and used properly. Anti-bacterial masks are also available for individuals with particular concerns but are not necessary, nor recommended, for general use.

A related contention is that the heat and moisture associated with wearing the mask will cause them to degrade, causing people to breathe in chemicals and fibres from the mask. However, surgical masks are regulated by Health Canada to ensure their safety. Non-medical masks are generally made of cloth that is unlikely to degrade from regular wear or cleaning. Individuals should dispose of a mask if it is damaged in any way.



COMES TO WEARING MASKS

berta Health Services~



MYTH: Masks don't actually work to prevent the spread of COVID-19 and are incapable of stopping viral transmission.

FACT: The use of masks to reduce the emission of respiratory particles – source control – has been part of medical science for years.

With COVID-19, masks are effective at blocking most large droplets, but can also block the exhalation of fine droplets and particles. They can also help prevent the inhalation of these respiratory particles. Furthermore, numerous studies have demonstrated that mask use has been effective in reducing the risk of transmission and reducing the spread of COVID-19.

One final reminder – wearing masks is just one action people should take to limit the spread of COVID-19 to go along with physical distancing, hand hygiene, and staying home when you are sick. Vaccination remains the most powerful protection against COVID-19.

For more information, please go to www.albertahealthservices.ca



CONFIDENTIALITY

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

At Fort McKay Addictions and Mental Health, our team is committed to providing confidential services.

Confidentiality is the legal and ethical responsibility to keep information clients share with counsellors or mental health/addictions service providers private.

This means that any involvement with the Mental Health and Addictions team, or information shared when receiving services from our team, cannot be disclosed to anyone else unless you give consent/permission.

In Alberta, privacy laws are outlined in the Protection of Personal Information Act, the Health Information Act, and the Freedom of Information and Protection of Personal Privacy Act.

The members of our staff belong to Professional Regulatory Associations. These include the Alberta College of Social Workers, Canadian Addiction Counselor Certification Federation, and the Psychologist's Association of Alberta.

These associations require people working within these jobs to keep client information confidential and private.

Can my confidentiality ever be breached without my consent?

Yes- But only in very specific cases, which are as follows:

1. If there is a concern regarding abuse of a minor
2. If there is a concern that a client will harm themselves, or another person
3. If a court of law subpoenas a client's file

If none of these situations apply, then your information can only be shared if you have provided your verbal or written consent. There are times you may want your information shared, for instance if you need a professional to help you speak with other service providers. In this case, only information you agree to being shared will be, with your consent.

If you have questions about how our team will protect your information and maintain confidentiality, please call the Addiction and Mental Health Team at 780-828-4048.

We are happy to speak with you and answer any questions or concerns you may have.





FORT MCKAY
FIRST NATION

Addictions and Mental Health Team



Hazim Al-Faouri

Mental Health and Addictions Therapist

Office: **780 828 4048** | Cell: **780 215 4462**

E-mail: halfaouri@fortmckay.com

Katelyn Willier

Family Support and Wellness Coordinator

Office: **780 828 4048** | Cell: **780 215 8146**

E-mail: kwillier@fortmckay.com

Jullianna Barlett

Sober Living House Coordinator

Cell: **780 881 6072**

E-mail: jbarlett@fortmckay.com

Nadine Dalheim

*Manager of Addictions and
Mental Health Services*

Office: **780 828 4048**

Sarah Callin

Youth Counsellor

Office: **780 828 4048**

E-mail: scallin@fortmckay.com

Mackenzie Cameron

*Addictions and Mental Health Promotions
Facilitator (Registered Social Worker)*

Office: **780 828 4048** | Cell: **780 598 3772**

E-mail: mcameron@fortmckay.com





RARA 2022

POSTPONED

Saturday, June 11, 2022

NOMINATION SUBMISSIONS EXTENDED
TO FRIDAY, FEBRUARY 4, 2022

Nominate someone deserving today!
www.raraevent.ca/nomination-forms/



Housing Contact Information

For all housing information call **780.828.5555**
or email **housing@fortmckay.com**

If the above line is busy then please call
Paul Kim on 780.713.5112



THE HUB IS IN FORT MCKAY

The Hub Family Resource Centre (the Hub) is offering fun, free programming in Fort McKay!

We do not have any programming planned in Fort McKay due to the restrictions, but if there is any supports you are needing virtually please reach out to Becca at 780-743-9225 ext. 6 and we can set something up.

The Hub Family Resource Centre's Rural Community Programming is supported by the Wood Buffalo Community Foundation and Suncor.

Did you know that Wood Buffalo Family Resource Network programs are available in Fort McKay? The Wood Buffalo Family Resource Network is a partnership between The Hub Family Resource Centre, the YMCA of Northern Alberta, and WJS Canada.



All programs are voluntary and free of charge.



Family Resilience Program: This program provides in-home supports for families with children ages 7-18 years. Family Support Workers help families manage day-to-day parental stressors and enhance each family's ability to care for their children.

Family Connect: Home Visitation: This program provides in-home supports for families with children ages prenatal to 6 years old. Families are empowered to set their own goals and make positive decisions on their own, with the on-going support of their Home Visitation Worker.



Caregiver Education: This program provides individual and group parenting supports for families with children ages 0-18 years experiencing everyday parenting challenges such as toddler tantrums, teen alcohol use and navigating family separation and divorce.

Child Development and Social Support: This program offers fun child development and social support programs for you and your children to engage in together. See the schedule above for programs happening in Anzac this month.

Looking for programs and services? Not sure which program will best meet your needs? Contact our Systems Navigator, Alana, at 780-743-9225 ext. 1 or a.hansen@thehubfrc.ca.



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

The Wellness Center is currently only offering virtual programming.

Due to COVID restrictions, there will be no After School Program or in-person programming until further notice. We will update everyone via Facebook once program plans are in place.

If you do not have access to Facebook and would like to receive email updates or would like more information on latest program initiatives, you can contact us by email to fortmckaywellnesscenter@hotmail.ca

Stay safe everyone!

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

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 during regular office hours

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

