



Red River Current

June 2022

VOLUME 12 : ISSUE 6

NATIONAL DAY OF AWARENESS FOR MISSING, MURDERED AND EXPLOITED INDIGENOUS PEOPLE



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On May 5th, the Fort McKay First Nation Education Department held a ceremony to commemorate the National Day of Awareness for Missing or Murdered and Exploited Indigenous People (MMEIP).

What was formerly known as MMIW has now been changed to MMEIP to include the additional 700 murdered Indigenous men and boys who have been disregarded in the past. The day is also known as Red Dress Day, and many wore red clothing to honor and remember missing and murdered Indigenous women, girls, and two-spirit people and

encourage one another to take action for change, gather as a community and pray for their spirits and their families.

The event started with Elder and Advisor Cecile Calliou, who led the ceremony with a prayer, offerings, and shared stories with the community. Following Cecile's prayers, Councillor Stewart also shared a prayer in Dene, and Councillor Powder sang a Dene drum song. Afterward, everyone left the cultural village ceremonial fire and walked down to the river to make offerings to the water to conclude the ceremony. (Story continued on p.2)

NATIONAL DAY OF AWAY MURDERED AND EXPLOIT



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

(Continued from p.1) We would like to thank the staff, elders, leadership, everyone who spoke and shared their stories, and all the ceremony participants who joined us today to learn and show support.

TAKING A STAND

Stephanie Harpe is one of the biggest advocates for the MMEIP, and has been working tirelessly to create systematic changes within our country. Just recently, she traveled to 45 different communities to present various safety and wellness clinics and completed two provincial action plans that are to be part of the National Action Plan of Canada; which holds the vision “to build a future that is safe from systemic discrimination and violence for all”.

She also sits on the round table for change for the Edmonton Police Services, representing Indigenous voices in the community and advocating how to serve Indigenous people better. With the help of Didi Grandjambe, Stephanie has created a unity pin project to promote more awareness for the MMEIP that will

be released very soon. She explained that “we want to get stickers and buttons and other types of items that will be made and shared across the country.”

Since March, Stephanie helped lead the MMEIP initiative in the Wood Buffalo region, and as a Grassroots advocate of truth and survivor, she has been asked to train all of Enbridge’s staff in Canada and the US so they can properly learn about the history of Indigenous people. With the help of her lawyer Billy Fortier, she recently took the initiative and is working on implementing an Indigenous National Alert system in Canada.

Her message is clear; “we want to ensure our basic human rights are respected. We survived genocide, we survived racism, we survived oppression, and we need everyone to demand that the legal system take better accountability and that police and RCMP do better. We need more Canadians to be more serious about this problem, and we need to have more resources and policies in these areas that will help us instead of keeping us suppressed.”

AWARENESS FOR MISSING, MURDERED INDIGENOUS PEOPLE



According to the Final Report of the National Inquiry into MMIWG, Indigenous women and girls are 12 times more likely to be murdered or missing than any other women in Canada. Moreover, It is estimated

that police have documented more than 1000 murders of Indigenous women, girls, and Two-Spirited people between 1980 and 2012, and approximately 4000 Indigenous women, girls, and

Two-Spirited people have gone missing during that same period. Although attempts have been made to change these numbers, there is still a dire need to create more awareness and change.

9:41

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TREATY DAYS

JUNE 16-19, 2022

CELEBRATING COMMUNITY,
CULTURE & CONNECTION

FEATURING:

BIG WRECK

LIVE SATURDAY
JUNE 18

PLUS:

STREETHEART



AND:
STEPHANIE
HARPE
EXPERIENCE

ALL
EVENTS
ALCOHOL
FREE!

PARADES
OPENING CEREMONIES
LIVE ENTERTAINMENT
DELICIOUS FOOD
HAND GAMES TOURNAMENT
CULTURAL VILLAGE
KIDS DISCOVERY ZONE
TEEN WONDER ZONE
TUG-OF-WAR
FIREWORKS

FOR FULL EVENT SCHEDULE VISIT FORTMCKAY.COM

JOIN US IN FORT MCKAY!

JUNE 16-19, 2022

SCHEDULE OF EVENTS

THURSDAY JUNE 16

ALL DAY	FORT MCKAY GROUP OF COMPANIES GOLF TOURNAMENT
5:00 P.M. - 8:00 P.M.	COMMUNITY BINGO

FRIDAY JUNE 17

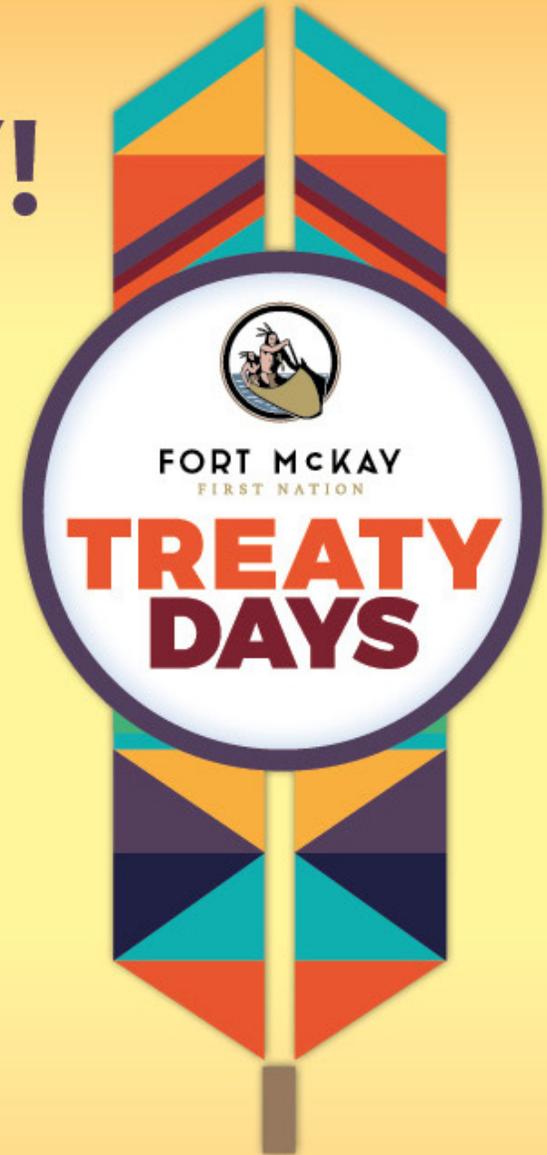
9:00 A.M. - 4:00 P.M.	REGISTRATION OPEN
9:45 A.M. - 10:00 A.M.	KIDS BIKE PARADE
10:00 A.M. - 11:00 A.M.	MAIN PARADE
11:30 A.M. - 12:45 P.M.	OPENING CEREMONIES
1:00 P.M. - 3:00 P.M.	BBQ LUNCH
1:00 P.M. - 2:30 P.M.	CORPORATE TUG OF WAR
1:00 P.M. - 5:00 P.M.	CULTURAL VILLAGE
1:00 P.M. - 5:00 P.M.	HAND GAMES TOURNAMENT
1:00 P.M. - 5:00 P.M.	KIDS DISCOVERY ZONE
1:00 P.M. - 6:00 P.M.	TEEN WONDER ZONE
3:30 P.M.	ROUND DANCE
4:00 P.M.	LINA GALLUP CELEBRATION OF LIFE
5:00 P.M. - 7:00 P.M.	COMMUNITY SUPPER
6:00 P.M. - 10:00 P.M.	SLOW PITCH TOURNAMENT
7:00 P.M. - 12:00 A.M.	FORT MCKAY IDOL: JIGGING, MOOSE CALLING AND LAUGHING CONTEST, FEATURING NICELY PUT TOGETHER

SATURDAY JUNE 18

9:00 A.M. - 11:00 A.M.	COMMUNITY BREAKFAST
10:00 A.M. - 4:00 P.M.	REGISTRATION OPEN
10:00 A.M. - 6:00 P.M.	SLOW PITCH TOURNAMENT
11:00 A.M. - 1:00 P.M.	COMMUNITY TUG OF WAR
1:00 P.M. - 3:00 P.M.	HIP HOP SHOW AT THE UPPER ARBOUR
1:00 P.M. - 5:00 P.M.	CULTURAL VILLAGE
1:00 P.M. - 5:00 P.M.	HAND GAMES TOURNAMENT
1:00 P.M. - 5:00 P.M.	KIDS DISCOVERY ZONE
1:00 P.M. - 6:00 P.M.	TEEN WONDER ZONE
5:00 P.M. - 7:00 P.M.	COMMUNITY SUPPER
6:00 P.M.	AMPHITHEATRE OPEN
7:00 P.M.	STEPHANIE HARPE EXPERIENCE
8:00 P.M.	STREETHEART
9:30 P.M.	BIG WRECK
11:00 P.M. - 11:30 P.M.	FIREWORKS

SUNDAY JUNE 19

10:00 A.M. - 12:00 P.M.	REGISTRATION OPEN
10:00 A.M. - 7:00 P.M.	SLOW PITCH TOURNAMENT
12:00 P.M. - 2:00 P.M.	COMMUNITY BBQ
3:00 P.M.	CLOSING CEREMONIES



**ALL
EVENTS
ALCOHOL
FREE!**

**CELEBRATING COMMUNITY,
CULTURE & CONNECTION**



ROD HYDE HOCKEY CLASSIC IS BACK!



The last few years Fort McKay missed the Rod Hyde Hockey Classic, but it was back in full force on May 6-8, 2022. The namesake himself Rod Hyde, who brought hockey to Fort McKay 45 years ago, was in attendance all weekend. On Friday, Hyde dropped the puck to start the tournament. Alongside him was David Bouchier, a coach, and a player in the tournament, and the sponsor of the tournament.

After three days of great, fast paced intense hockey, it was team Bouchier who hoisted the Rod Hyde cup. Team Bouchier scored 7 times in the final and shutout the second-place team, Team Canterbury.

In the bronze medal game, it was The Tomahawks over the Fort McMurray shift league 5 to 4 in overtime.

After the tournament Rod Hyde said, "It was really fun to be here, and I sure enjoyed watching the hockey. It was great caliber hockey, really, really good skating and the shooting was just fantastic."

Hyde reminisced about those times over 40 years ago when he got the Fort McKay Students into the game of hockey on an outdoor rink he built himself. "David Bouchier and ice both say that this arena sure beats that 20 below stuff on the outdoor rink."

Throughout the weekend the tournament was very well attended by spectators cheering on their favourite teams. They also enjoyed a great canteen with a wide selection of food and drinks.

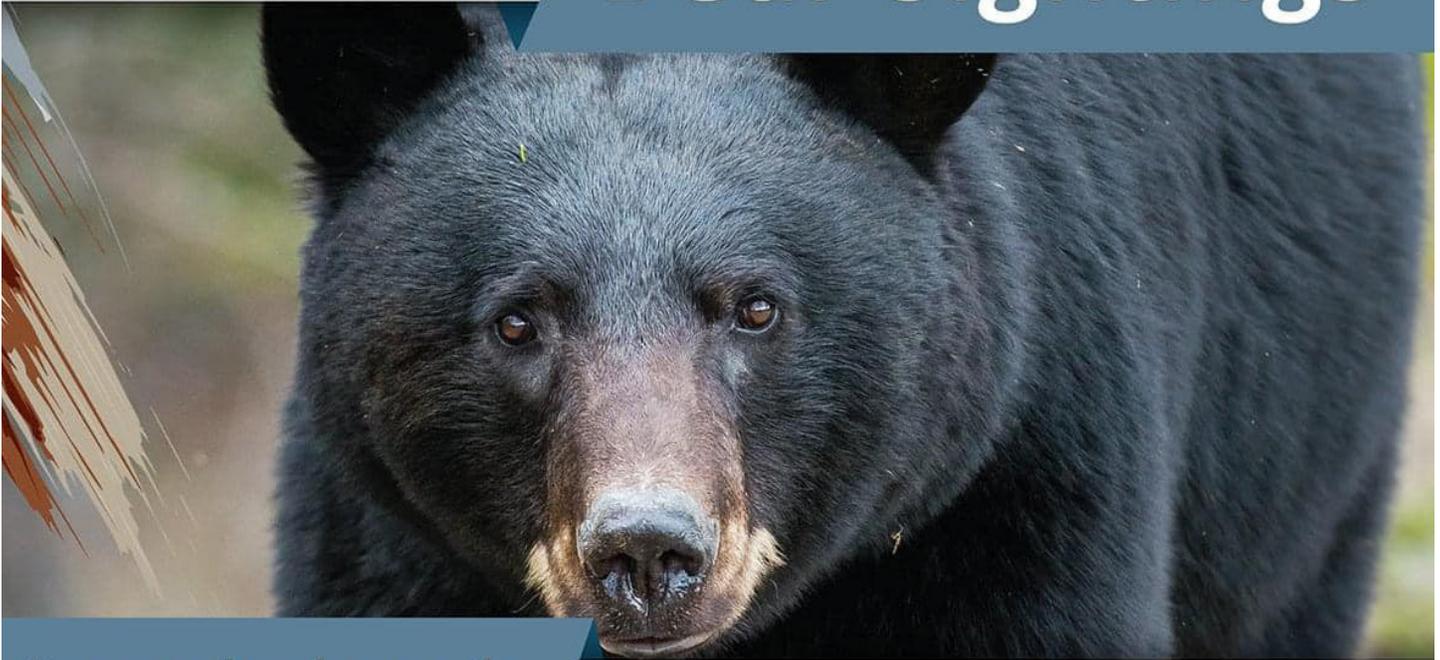
After the Cup was presented to Team Bouchier and the players were celebrating in the locker rooms, Shay Laurent, Fort McKay Arena Operator, and organizer of the tournament, said, "the tournament very successful we had a lot of fan engagement, and the teams were very happy to be here. It was cool seeing everyone at the rink and this rink being well utilized. I think it was really good hockey and I'm glad to do it again next year."

The first-place team received a whopping \$10k in prize money. The second-place team received \$5k and the third-place team received \$3k.





Bear Sightings



You may see bears 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.



MEMBERS BECOME CERTIFIED TO PROTECT AROUND OUR COMMUNITY AND



Last month, nine Fort McKay members participated in a highly recognized wildfire training program in our community through the Hinton training college, which designs and delivers more than 60 wildfire management training courses annually to various organizations around the province.

The Firetack (FTAC) program started on April 28th and consisted of seven days and 56 hours of training that involved a combination of classroom and practical settings. Specific activities throughout the week focused on providing them with the skills to understand the basics of wildfire behaviour, how wildfire situations are addressed, the benefits that can come from wildfires, and how they can be utilized to benefit the environment and

protect the community. In addition to this, participants also completed practical exercises on pump & hose installation, learned how to build a proper setup, and were taught wildfire suppression techniques.

Everyone who participated really appreciated the benefits that came from the training, especially since they are now considered to be trained personnel that could become key players in protecting and managing wildfire in the community and assisting the province when necessary. “It also paves the way for individuals to build a career in wildfire management with the province,” explained Craig Randell, Parks & Land Lead- Fort McKay Sustainability Department, who helped



PROTECT AND MANAGE WILDFIRES THROUGHOUT PROVINCE



organize the event and also participated in the program.

Once everyone completed the training, they all received a certificate of completion and could work as a team to protect the forest and wilderness throughout the region. The team is now part of an on-call list through the Alberta Forest Service and will be contacted for availability if a wildfire occurs in their area or throughout the province.

“We felt the training would benefit our Park Ranger team in case there is ever a situation where we need to respond to a fire at Moose Lake. We also envision building on this training in the future so community members could be part of the overall community safety fire plan and active

members of the Alberta wildfire team”, shared Craig Randell. Participants included Andrew Bouchier, Joe Grandjambe, Junior Poulin, James McIsaac, Nick Laurent, Shelley Cyprien, Kario Grandjambe, Christian McDonald, and Craig Randell.

We would like to congratulate all of the participants for their hard work in completing their training and thank the trainers Troy O’Connor & Brent Carpenter for facilitating and leading the group, Simon Adams for coordinating the space needed for the training through the Youth Centre, and Fort McKay First Nation for providing this wonderful opportunity to our participants!





FORT MCKAY NORTHERN SPIRITS



Football season is back and the Fort McKay Northern Spirits are back and busy practicing and playing football during our regular season. The girls have been working hard and we are looking for a win on the 28th of May to make it to the Championship game.

The team was in the spotlight during an interview with 103.7 Mix Radio station, where Coach Dylan, Alicia Gladue, Nevaeh Faichney, and Gabby Gladue spoke to Shawn Crites about how their season on the Fort McKay Northern Spirits is going.



Learn
new
Skills!



FORT MCKAY
FIRST NATION



Meet
Indigenous
role
models

Are you 12 to 14 years old?

Live in Fort McKay?

Want to earn some money this summer?

The Summer Student Lifeskills Program is for you!

July 11th - August 22nd

- 6-week program (4 days a week on Monday to Thursdays).
- Mornings (10:30 am- 12:00 pm) you'll learn life skills.
- Lunch provided (12:00 pm- 1:00 pm).
- Afternoons (1:00 pm- 3:00 pm) you'll go to the sports/recreation camp.
- You'll get \$25. /day for attending morning life skills sessions.
- You get to go to sports camp in the afternoon.
- **You MUST attend morning life skills sessions to get \$25. /day.**
- **If you ONLY attend sports camp you WILL NOT get \$25. /day.**

Just some of the stuff you'll learn about managing stress, dealing with anxiety, managing money, health and wellness, resume and interviewing skills, class 7 driving course (if you're 14), art and crafts and more!

Interested? Call Richelle & Brace at 587-644-0869 or 780-838-4154
or email fmssep@fortmckay.com



FORT MCKAY MEMBERS MAKING OUR COMMUNITY PROUD



Chief Mel Grandjamb joined Fort McKay's Brandon Wilson and Hayden Wilson at the release of Brandon's short film "Spirit of a Nation: The Places We Belong." The Chief was present to offer congratulations to the talented young filmmaker on the official premiere today, May 14, in Edmonton.

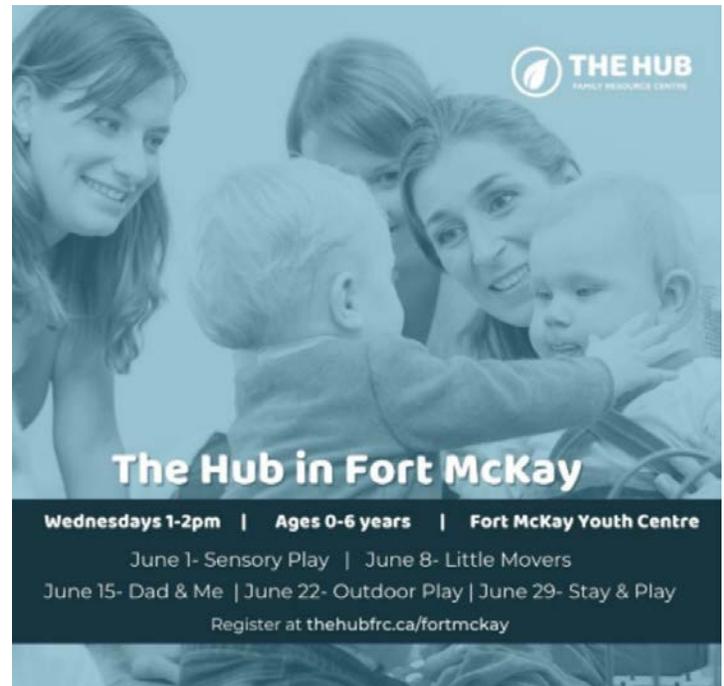
Northwest Fest, Canada's longest running non-fiction film festival, describes the 10-minute film, shot at Buffalo Lake: "Spirit of a Nation tells the story of the conflicting nature often felt by Cree people as they yearn to be back on the land of their ancestors. Director Brandon Wilson takes us to the sacred lands of the Fort McKay First Nations People in northern Alberta." Well done, Brandon!

Chief Mel Grandjamb, joined Fort McKay's future leaders Destiny Young, Amber Cardinal, Brace Grandjambe, and Richelle Stewart at the Indspire Awards held in Ottawa today. Indspire is a national charity that invests in the education of First Nations, Inuit, and Métis people for the long-term benefit of these individuals, their families and communities, and Canada. This year's event was not only a place to honour exceptional Indigenous achievers but also acted as an unofficial opening for an in-person celebration of community resilience after two years of reduced contact with friends and loved ones



THE HUB IS IN FORT MCKAY

Join us for fun, free programming at the Youth Centre every Wednesday from 1-2pm! Pre-registration is required. Register online at thehubfrc.ca/fortmckay or call Becca at 780-743-9225 extension 6.



The Hub Family Resource Centre is hosting the June Bug Family Festival back in person this year! Join us for tons of fun at Mac Island on Saturday, June 25th and Sunday, June 26th from 10am until 4pm.



Presented By:

Syncrude
Operated by Suncor

Funding for the Hub on Wheels program is provided by:



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EAT HEALTHY



Healthy eating does not have to be costly. The following tips will help you plan your grocery list, compare products, and choose foods so that you get the most nutrition for your money.

VEGETABLES AND FRUITS

- If you have a freezer, buy frozen vegetables and fruits. They're as nutritious as fresh, and they will last longer in the freezer, too. You can also find out-of-season fruits and vegetables in the freezer section.
- Choose plain frozen vegetables. The vegetables sold with added sauces may be higher in fat, sugar, and salt.
- Look for canned vegetables labelled "no added salt" or "low sodium (salt)." Rinse canned vegetables in water before eating to lower the salt even more.

GRAINS

- Compare prices to see if you can buy whole wheat or whole grain breads, crackers, and pasta at the same or a lower price than refined (white) products. Whole grains provide more nutrients and are healthier choices.
- If you have freezer space, buy whole grain bread on sale and freeze it. Buy dry pasta and grains on sale to save money while taking advantage of their long shelf life.
- Packaged seasoned rice and pasta side dishes often contain more sodium. These often cost more than plain rice and pasta. Add your own low-sodium spices and flavouring for healthier, lower cost dishes.



HY FOR LESS



PROTEINS

- Larger containers of milk may cost less and can be a good choice if you're able to use it before the best-before date. If you use fortified soy beverage or another milk substitute, compare the price of fresh to shelf-stable brands.
- When shopping for cheese, look for lower fat (20 per cent M.F. or less) on the label.
- Compare prices between lower fat cheese and regular cheese, they often cost the same. Choose lower fat, when possible.
- Dried beans, lentils, and split peas are less expensive than canned beans. They are also a lower cost option for protein than meat. Plan ahead to soak and cook dried beans so they're ready when you are.
- If choosing canned beans and lentils, look for brands with no salt added. Rinse canned beans and lentils under water to remove some of the sodium (salt) and some of the gas causing compounds.
- Eggs are usually less expensive than other protein foods such as meat. Before buying, choose a carton that doesn't have any broken shells.
- Frozen fish can be less expensive than fresh. Plain fish fillets are usually a healthier choice as they are lower in fat and sodium than battered, breaded, or seasoned fish.

For more information: Visit ahs.ca/nutritionresources and search for: Choose and Prepare Healthy Food, Weekly Menu Planner, Healthy Grocery List, Meal Planning, and Reading Labels.

COMMUNITY PROGRAMS

Wellness Center June Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Homework Help is available every evening 6:00 pm – 8:00 pm during the week. Please call to arrange for your child to get tutoring/homework help.</p> <p>**Scheduled activities are subject to change on short notice due to Covid-19 public health guidelines.</p>		<p>1</p> <p>Field Sports (Ages 6+) 6:00 pm – 7:30 pm Outdoor Art (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>2</p> <p>Girls At Bat (Ages 6+) 4:00 pm – 5:00 pm</p> <p>Junior Leaders Night (Ages 10+) 6:00 pm – 8:30 pm</p>	<p>3</p> <p>No School - TOWN SCHOOLS Open 9:00 am – 5:00 pm Field Trip – Howard Pew Park (Ages 6+) *Permission Slip Required* Bus Leaves at 11:15 pm Bus returns at 2:45 pm</p>
<p>6</p> <p>Kickball (Ages 6+) 6:00 pm – 7:30 pm Nature Walk (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>7</p> <p>Girls At Bat (Ages 6+) 4:00 pm – 5:00 pm Playground Games (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>8</p> <p>Field Sports (Ages 6+) 6:00 pm – 7:30 pm Outdoor Art (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>9</p> <p>Girls At Bat (Ages 6+) 4:00 pm – 5:00 pm</p> <p>Junior Leaders Night (Ages 10+) 6:00 pm – 8:30 pm</p>	<p>10</p> <p>TEEN NIGHT (Ages 9+) Field Trip – Syncrude Athletic Park *Permission Slip Required* Bus Leaves at 5:30 pm Bus returns at 9:30 pm</p>
<p>13</p> <p>Kickball (Ages 6+) 6:00 pm – 7:30 pm Nature Walk (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>14</p> <p>Girls At Bat (Ages 6+) 4:00 pm – 5:00 pm Playground Games (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>15</p> <p>Field Sports (Ages 6+) 6:00 pm – 7:30 pm Outdoor Art (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>16</p> <p>Girls At Bat (Ages 6+) 4:00 pm – 5:00 pm</p> <p>Junior Leaders Night (Ages 10+) 6:00 pm – 8:30 pm</p>	<p>17</p> <p>Wellness Center CLOSED</p> <p>TREATY DAYS</p>
<p>20</p> <p>No School – Fort McKay School</p> <p>Wellness Center Open 9:00 am – 5:00 pm</p>	<p>21</p> <p>No School – Fort McKay School</p> <p>Wellness Center Open 9:00 am – 5:00 pm</p>	<p>22</p> <p>Field Sports (Ages 6+) 6:00 pm – 7:30 pm Outdoor Art (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>23</p> <p>Girls At Bat (Ages 6+) 4:00 pm – 5:00 pm</p> <p>Junior Leaders Night (Ages 10+) 6:00 pm – 8:30 pm</p>	<p>24</p> <p>PRE-TEEN NIGHT (Ages 6-8) Field Trip – Mac Island *Permission Slip Required* Bus Leaves at 5:30 pm Bus returns at 9:30 pm</p>
<p>27</p> <p>Kickball (Ages 6+) 6:00 pm – 7:30 pm Nature Walk (Ages 6+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm</p>	<p>28</p> <p>Last Day of School TOWN SCHOOLS</p> <p>Wellness Center CLOSED at 6:00 pm</p> <p>Summer Camp Prep</p>	<p>29</p> <p>Last Day of School FORT MCKAY SCHOOL</p> <p>Early Dismissal (12:30 pm)</p> <p>Wellness Center Open 9:00 am – 5:00 pm</p>	<p>30</p> <p>No School – ALL SCHOOLS</p> <p>Wellness Center Open 9:00 am – 5:00 pm</p>	<p>July 1</p> <p>Wellness Center CLOSED</p> <p>CANADA DAY</p>

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FORT MCKAY

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Listening to Fort McKay's community radio station:

106.3 fm

& going on Fort McKay's Facebook page

