A Fort McKay First Nation Publication

Volume 13: Issue 2 • February 2023



Arctic Winter Games Torch Relay a Success!



n January 18th, the flame of the Arctic Winter Games traveled its way through our community and was proudly carried by our very own Jayden Shott, Adam McDonald, Tayden Shott, Alicia Gladue, Cruz Fabian, and Adonis Richards-L'Hommecourt. These individuals were chosen as torch bearers for their outstanding community social involvement, and for being actively engaged in promoting the categories of youth, sport, culture, or community.

Fort McKay First Nation Chief and Council would like to congratulate our torch bearers as well as the many volunteers who came out to help make the Fort McKay leg of the 2023 Arctic Winter Games, which was a huge success! It was amazing to see so many people from our community get engaged to participate and support our torch bearers along the relay route! Throughout the day, the torch bearers were greeted and cheered by many

who came out to cheer and support them. The run was also presented virtually through Facebook to allow those who could not make it out to observe the event from the comfort of their homes.

The Torch Relay started in Fort Chipewyan on January 11 and made its way across eight communities within the Regional Municipality of Wood Buffalo before ending at the Legacy Dodge Baseball Stadium in Fort Mc-Murray during the opening ceremonies on January 29. All torch bearers involved runners from Fort Chipewyan, Fort Fitzgerald/Smith's

(Story continued on p.2)

TYRELL SHOTT PLAYED IN THE GREATER METRO JUNIOR A HOCKEY LEAGUE

A few weeks ago, Tyrell Shott played in the Showcase event in Bancroft, Ontario, and is currently placed third in the power ranking in the West division of the GMHL Junior A hockey league. Tyrell plays on the Northern Alberta Tomahawks alongside two other Fort McKay players, Seth Grandjambe and Chase Fischer and, as a team, are currently sitting in second place in the West Division. This has been a very exciting year for Tyrell, as scouts have been attending and watching him in action!





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

ADMINISTRATION DEPT.

Dorothy McDonald Business Centre, General Delivery, Fort McKay, AB TOP 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 us at email: communications@fortmckay.com

Sign up for the FMFN App Today!

Stay updated with the latest community news and get important community notifications simply by downloading the Fort Mckay First Nation App on your your iPhone, iPad, and iPod touch

Never miss an update and download the app now!



Arctic Winter Games Torch Relay a Success!



(Story continued from p.1)

Landing First Nation, Conklin, Janvier, Fort McKay, Anzac, Saprae Creek, and Fort McMurray.

The 2023 Arctic Winter Games brought over 2,000 participants, coaches, mission staff, and officials from the Circumpolar region to the Wood Buffalo region! Athletes and participants came from various regions such as the Northwest

Territories, Yukon, Nunavut, Alaska, Greenland, Nunavik (Northern Quebec), Northern Alberta, and the Indigenous people (Sami) of Norway, Sweden and Finland to the Wood Buffalo region to compete and participate in what is known as the world's largest multisport and cultural event for young people of the Arctic.

Stay tuned for further details of the event, which will be posted in our next issue!



COMMUNITY PROGRAMS





SNOWMOBILE SAFETY & OPERATIONS

Canada Service Canada

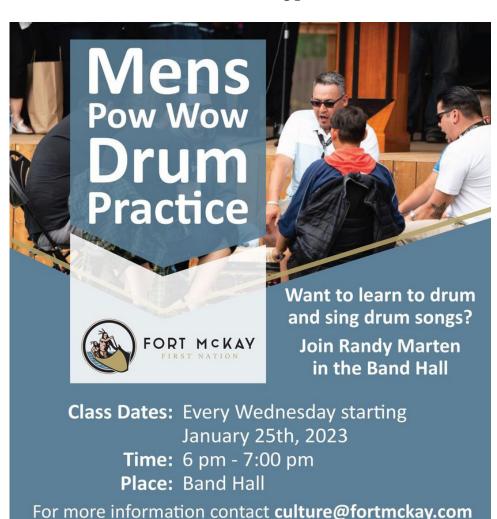
Fort McMurray | Fort McKay | Anzac & Janvier

HAVE FUN AND LEARN PROPER SNOWMOBILE OPERATION.

Learn about controls, reading terrain, turning and climbing hills.

This course is offered to all First Nations, Inuit and Métis people living in Fort McMurray, Fort McKay, Anzac, and Janvier.

If you are interested in this program, please contact: Nicole Deering Employment & Training Project Coordinator at: 780-215-0701 or email: Nicole.Deering@atcfn.ca



FORT MCKAY HEALTH CENTRE

Doctor O'Connor and Charlene will be in Fort McKay on: February 6-9 March 6-9

Please call in advance if you need to make an appointment with Dr. O'Connor.

Immunizations

Contact the Health Centre to make an appointment with the Public Health Nurse

For more information on other services offered at the Health Centre, please contact the centre

FORT MCKAY EMPLOYMENT & TRAINING

The Employment and Training Center is there to help you with creating/ updating resumes, searching for and applying for jobs, and offering support for employment and training.

For more information or to make an appointment, please contact the office at (780) 828-2478

FORT MCKAY 106.3 FM



STAY up to date with the latest news!!

Listening to Fort McKay's community radio station!

COMMUNITY NOTICE

FORT MCKAY FIRST NATION Fort McKay, AB Official Count Declaration - Ratification Vote 11 January 2023 This document declares and confirms the Official Ballot Count of ALL Ballots properly recorded for the Fort Mckay First Nation 2022 Land Code Ratification Vote immediately following the close of Regular Polls. Question: Do you approve the Fort Mckay First Nation Land Code dated TOTAL for reference October 7, 2022, and the Individual Agreement with His Majesty the King in right of Canada, dated September 15, 2022? **TOTAL BALLOTS CAST** 137 TOTAL SPOILED/REJECTED BALLOTS **INDIVIDUAL BALLOT COUNTS** 203 YES NO 34 A minimum of 25% of Eligible Voters cast a ballot in the Ratification Vote and a majority (50% +1) of the participating Eligible Voters voted "YES" meaning that Fort McKay First Nation will manage its own reserve lands under the Fort McKay First Nation Land Code. SIGNED AND DECLARED, OneFeather RATIFICATION OFFICER 250-384-8200 (ph) / 250-384-5416 (fx)

WANT TO LEARN MORE?

For additional information regarding the Land Code, please visit the Fort McKay First Nation Land Code website: www. fortmckay.com/governance/landcode/



Official Count Declaration of the Fort McKay First NationLand Code Vote

n January 11th, 2023, Fort McKay First Nation held a Land Code ratification vote to approve the Land Code and Individual Agreement, which will replace 44 sections of the Indian Act with Fort McKay's land and resource management laws and rules.

The Land Code applies to Fort McKay's First Nation's five reserves and may also be applied to any land Fort McKay adds to the reserve in the future. Fort McKay is joining over 100 First Nations that have enacted

their own land codes, with more First Nations actively engaging in the process of developing a land code for their community. The Land Code will restrict the government of Canada from managing our lands, which means Fort McKay First Nation can oversee how they use, occupy and protect its reserve land and resources under its Land laws, regulations, and policies.

Chief Grandiamb called the recent historic land code vote results "a historic event for our Nation," expressing much appreciation for the tremendous turnout of members and supporters that assisted in the realization and success of this vote. He also highlighted the importance and value of the quidance from the Elders "who generously contributed their wisdom and knowledge throughout this process," which he identifies as foundational. Additionally, he expresses gratitude to all band members, volunteers, and staff who

contributed to successfully implementing the Land Code vote project.

The official ballot count reports that 234 participating eligible voters cast their votes, and the majority voted "YES," resulting in the approval of the Land Code. Chief Grandjamb is proud of the efforts that went against the 44 sections of the Indian Act that deal with land management and is thankful to all who voted, engaged in the conversation and process, and contributed their time and knowledge. "Now we are taking back control over our reserve land and resources," he proudly stated.

Reclaiming our governing power will allow the Fort McKay First Nation to oversee our land and communities in a way that aligns with our beliefs and vision for the path forward.

Members will be updated as the process moves forward.

MAKING OUR COMMUNITY PROUD

Councillor Raymond Powder and Elder Lina Gallup Awarded the Queen's Platinum Jubilee Medal

Before the year ended, the Ministry of Indigenous Relations nominated Elder Lina Gallup and Councillor Raymond Powder for the commemorative medal, which was created in honour of the 70th anniversary of Her late Majesty's accession to the Throne as Queen of Canada.

This honour aims to recognize and celebrate residents of Alberta who have made significant contributions to the province, their communities, and its residents. Both recipients demonstrated exceptional qualities, dedication, and outstanding service to their region, the community, and people. They both received the Queen Elizabeth II's Platinum Jubilee Medal (Alberta) and certificates at the presentation ceremony, which took place on Monday, December 19th, in the Capital Room at the Queen Elizabeth II building in Edmonton.



Raymond Powder was recognized as "a proud member of Fort McKay First Nation, he currently serves as councillor and has always felt a strong duty to give back to the First Nation in appreciation for all the support he received in terms of his education and career. Raymond has devoted himself to promoting and enhancing the opportunities for his First Nation. Raymond cites working with the members of Fort McKay First Nation, and his

opportunity to make a difference one step at a time as what he values the most. What makes him proudest about the community is knowing that Fort McKay First Nation is making significant strides in creating a better life for the Nation and its people."



Elder Lina Gallup was introduced as someone who "has always been actively involved in helping others. Having seen the barriers placed in front of herself and many other Indigenous friends and relatives who attended the institutions. She dedicated her times, efforts and of course her heart to uplift the people who had been forgotten. Lina Gallup is an Indigenous Elder, great-grandmother, grandmother, mother, friend, and community advocate. She is a great example of resilience after Residential school. Lina Gallup continues to share her heart and is a much respected and loved member of her community."

Fort McKay First Nation is fortunate to have a strong community built on its people's actions. Elder Lina Gallup and Councillor Raymond Powder are remarkable examples in of community members that have contributed and invested in bettering the lives of our people, and we are proud to celebrate this moment with them.

Councillor
Raymond Powder
and Elder Lina
Gallup received
the Queen Elizabeth II's Platinum
Jubilee Medal,
which marked the
70th anniversary
of Her Majesty
Queen Elizabeth
II's accession to
the Throne as
Queen of Canada.



Congratulations to Elder Lina Gallup and Councillor Raymond Powder

U15 Panthers Get Close to Bronze During Minor Hockey Week



ast month was a busy month for Fort McKay's U15 Panthers as they participated in the Fort McMurray Minor Hockey Association's Annual Minor Hockey Week.

The Panthers started the week off very strong and they tied the three first games! The first game was against the best team in the league, the U15 Stars. "The Panthers were down 5-3 as they were going into the third period and ended up tying the game 5-5. The team showed a lot of resilience coming back to tie the game," shared coach Shay Laurent.

The second game involved a match against the U15 Falcons, and the Panthers also tied that game with final a score of 4-4. The third and final game in Round Robin was against the U15 Storm. Coach Laurent described their experience, "It was a battle! Both teams had their A game and the final score finished at 2-2, which meant we finished second in the Round Robin and were moving into the playoff round.

Before the playoff round began, the U15 Fort McKay Panthers played a fun warm-up game against the Fort McKay Braves right here at Fort McKay's arena and everyone had a blast! Both teams had a lot of fun and there certainly wasn't a dull moment or shortage of goals. Once again, this game ended with a 10-10 tie and the win had to be decided by a sudden death shootout where the Fort Mckay Panthers prevailed and came out with the 11-10 victory!

During the playoffs, the Fort Mckay Panthers played a semi-finals match against the U15 Falcons, lost during the semi-final game, and were destined to play for bronze. During the bronze medal game, the Panthers played against the U15 Stars. "It was an intense game that could have gone either way. The team played their hearts out and left it all on the ice, but we ended up losing with a score of 5-3," shared coach Laurent. "Even though the U15 Panthers finished in fourth during Minor Hockey Week, it

was a week of lessons, ups and downs, and brought us all together as a team!"

Although Minor Hockey Week may be over, the U15 Panthers still have lots of ice time ahead of them. Coach Laurent shares that the team is excited about what's around the corner, and everyone is looking forward to the year-end playoffs.

U15 Panther Team (Fort McKay): Ethan Playford, Kinley Serafinchin, Keegan Shott, Madden L'Hommecourt, Shaydon L'hommecourt, Zyree Janvier, Zachary Perreault, Kaplan McKenzie, Lyric McKenzie, Ben Asadi, Kane Folkersen, Jonah Grandjambe, Rayden Grandjambe, Ethan Cardinal, Avery Boucher, Chase Fabian, Shay Laurent – Head Coach, Brad Fabian – Assistant Coach, Simon Adams – Assistant Coach, and Deanna Simard – Team Manager.

Great playing everyone!

Ivan Boucher Opens New Martini Bar in Spruce Grove

hief Mel Grandjamb and the Fort McKay First Nation would like to congratulate member Ivan Boucher on the grand opening of his new business in Spruce Grove, The Grape and Olive Martini Bar.

"We opened on Friday the 4th of November, and we were happy to have some guests from the Nation here to support us," said Ivan. "Chief Mel Grandjamb came, as well as FMFN CEO Chris Johnson and some friends from the Fort McKay business world, including Stuart Randell, and Sami Saad from the Fort McKay Group."

Ivan's business connections in Fort McKay go back to his time running Birch Mountain Enterprises with his friends and partners Chris and Lee Wilson. He sold his shares after they built the business, and his plan at the time was to retire. Then he started flipping houses, buying and fixing them in Edmonton, which became a job until the pandemic put a stop to that.

Ivan is the kind of person where free time chafes at him. He and his wife Jennifer talked themselves into deciding not to retire, and they realized Spruce Grove needed somewhere classy where adults could go out and have a good time. Thus the idea for the Grape and Olive was formed. They chose the name on purpose, the grape for the wines they would serve, the olive an integral part of a martini.

"It was good to have family and friends at the opening, backing us," said Ivan. "From way back, even before I was with Birch Mountain Enterprises, Fort McKay First Nation has supported me all the way."

The business is up on the second floor, right in the middle of the town, and it radiates class and good cheer. The menus are seasonal, the wines curated and the martinis crafted by the expert staff. Ivan and Jennifer have created the kind of entertainment they wanted as customers.

Ivan's come a long way since his first job on the oil sands. He's worked hard and been successful, and Fort McKay First Nation would like to extend their congratulation on Ivan's new business venture. Best wishes.





CHECK OUT THEIR WEBSITE!

For more information about The Grape and Olive Martini Bar, make a reservation, learn about upcoming events or to get a peak at their delicious menu options, go online at:

www.grapeandolive.ca



YOUTH CENTRE ACTIVITIES



2023 AWG

The Youth Centre would like to acknowledge Alicia Gladue and Tayden Shott, who are both part of team Alberta North for the Arctic winter games 2023. Alicia will be participating in the Dene Games and Tayden is participating in Archery.

ART CLASSES

The Youth Centre started their 2023 art nights again this month, and are always looking for guest artists to come in!



Family Fun Day Valentine's Style!

Join us on Monday,
February 13th from 5:30 pm to
7:30 pm for some family fun
activities, such as cookie
decorating, crafts, photo booth,
and lots of games and prizes!

For more information contact Stefany at: 780-714-7094.



Fort McKay Youth Centre

FORT MCKAY WELLNESS CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Afterschool Program (Ages 5+) 3:30 pm – 6:00 pm Snowshoeing (Ages 5+) 6:00 pm-8:30 pm Sewing Club (Ages 8+) 6:00 pm-8:30 pm	2 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm Sliding (Ages 5+) 6:00 pm-8:30 pm STEM Challenge (Ages 5+) 6:00 pm-8:30 pm	Open 8:30 am-4:30 pm No School Day Field Trip (Ages 5+) *Permission Slip Required* Bus Leaves at 12:30 pm Bus Returns at 4:30 pm	4 Skiing/Snowboarding (Ages 9+) *Permission Slip Required* Bus Leaves at 9:00am Bus Returns at 5:00 pm
6 Afterschool Program (Ages 5+) 3:30 pm – 6:00 pm Art Club (Ages 5+) 6:00 pm-8:30 pm Board Games (Ages 5+) 6:00 pm-8:30 pm	7 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm Young Chefs (Ages 8+) 6:00 pm-8:30 pm Outdoor Activities (Ages 5+) 6:00 pm-8:30 pm	8 Afterschool Program (Ages 5+) 3:30 pm – 6:00 pm Snowshoeing (Ages 5+) 6:00 pm-8:30 pm Sewing Club (Ages 8+) 6:00 pm-8:30 pm	9 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm MOVIE NIGHT (Ages 5+) 6:00 pm - 8:30 pm	PRE-TEEN NIGHT Field Trip (Ages 8+) *Permission Slip Required* Bus Leaves at 5:30 pm Bus Returns at 9:30 pm	11 Wellness Center CLOSED
13 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm Art Club (Ages 5+) 6:00 pm-8:30 pm Board Games (Ages 5+) 6:00 pm-8:30 pm	14 Afterschool Program (Ages 5+) 3:30 pm – 6:00 pm Valentine's Day BINGO NIGHT (Ages 5+) 6:00 pm – 8:30 pm	15 Afterschool Program (Ages 5+) 3:30 pm - 5:30 pm Field Trip - Keyano Theatre A Dinosaur Tale (Ages 5+) *Permission Slip Required* Bus Leaves at 5:30 pm Bus returns at 9:00 pm	16 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm Sliding (Ages 5+) 6:00 pm-8:30 pm STEM Challenge (Ages 5+) 6:00 pm-8:30 pm	Open 8:30 am-4:30 pm No School Day Field Trip (Ages 5+) *Permission Slip Required* Bus Leaves at 12:30 pm Bus Returns at 4:30 pm	18 Wellness Center CLOSED
20 Wellness Center CLOSED Family Day	21 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm Paint Night (Ages 5+) 6:00 pm - 8:30 pm	22 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm Snowshoeing (Ages 5+) 6:00 pm-8:30 pm Sewing Club (Ages 8+) 6:00 pm-8:30 pm	23 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm JUNIOR LEADERS MEETING (AGES 10+) 6:00 pm - 8:30 pm	24 Afterschool Program (Ages 5+) 3:30 pm - 6:00 pm Wellness Skate at Arena 6:00 pm - 8:00 pm	25 Skiing/Snowboarding (Ages 9+) *Permission Slip Required* Bus Leaves at 9:00am Bus Returns at 5:00 pm
No School Teachers Convention Open 8:30 am – 4:30 pm	No School Teachers Convention Open 8:30 am – 4:30 pm	March 1 No School Teachers Convention Open 8:30 am – 4:30 pm	No School Teachers Convention Open 8:30 am - 4:30 pm	Open 8:30 am-4:30 pm No School Day Field Trip (Ages 5+) *Permission Slip Required* Bus Leaves at 12:30 pm Bus Returns at 4:30 pm	4 Wellness Center CLOSED



HUB ON WHEELS

Program Dates

February 1st

February 8th

February 15th

February 22nd

Location & Time

Fort McKay Band Hall

1:00pm - 2:00pm

Contact us

Questions about programming? Text us at: 780-713-9150

For More Information visit: thehubfrc.ca
Email: inquiries@thehubfrc.ca

The Hub Family Resource Centre offers free play, child development, and parent/caregiver education programs throughout Wood Buffalo! Hub programs are an opportunity to make connections with other families, engage in fun, developmentally appropriate activities, and get connected with other community resources.

Resource Networks are a province-wide Government of Alberta initiative offering programs and services that promote healthy environments and positive experiences during infancy, the early years of childhood and adolescence. In Wood Buffalo, the Family Resource Network is a partnership between The Hub Family Resource Centre, the YMCA of Northern Alberta, and WJS Canada that offers inclusive and accessible family-focused, child and youth-centred, community-based programs and services for families and children and youth ages 0-18. All Family Resource Network programs are available throughout Wood Buffalo.



To connect with our Systems Navigator to find out what programs are a good fit for your family visit thehubfrc.ca/frn





Want more health tips?

Check out Alberta Health Services' website for the latest health information at: www. albertahealthservices.ca

or simply use this QR code:



What to do When You'l

cough is your body's response to something that bothers your throat or airways. Many things can cause a cough. You might cough because of a cold or influenza (flu), bronchitis, or asthma. Smoking, post-nasal drip, allergies, and stomach acid that backs up into your throat also can cause a cough.

A cough can be short-term (acute) or long-term (chronic). A chronic cough lasts more than eight weeks. A chronic cough is often caused by a long-term problem, such as asthma. Another cause might be a medicine, such as an ACE inhibitor.

A cough is a symptom, not a disease. To treat a chronic cough, you may need to treat the problem that causes it. You can take a few steps at home to cough less and feel better.

Some people cough or clear their throat out of habit for no clear reason

How can you care for yourself at home?

- Drink plenty of water and other fluids. This may help soothe a dry or sore throat.
- Honey or lemon juice in hot water or tea may ease a dry cough.
- Prop up your head on pillows to help you breathe and ease a cough.
- Do not smoke or allow others to smoke around you. Smoke can make a cough worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.



Fort McKay Group of Companies LP • 15th Annual Golf Tournament Presented by





SAVE THE DATE!

Thursday, June 15th, 2023 Miskanaw Golf Club, Fort McMurray, AB

Interested in sponsoring?
Contact Lindsay at llatell@fortmckaygroup.com



re Dealing With a Cough

- Avoid exposure to smoke, dust, or other pollutants, or wear a face mask. Check with your doctor or pharmacist to find out which type of face mask will give you the most benefit.
- Take cough medicine as directed by your doctor.
- Try cough drops or hard candy to sooth a dry or sore throat.

Throat clearing

When you have a chronic cough or a disease that may cause this type of cough, you may often feel like you want to clear your throat. This helps bring up mucus. But throat clearing does not always have a cause.

Throat clearing can become a habit. The more you do it, the more you feel like you need to do it. But frequent throat clearing can be hard

on your vocal cords. It's like slamming them together.

To help lessen throat clearing, you can try:

- Taking small sips of water.
- Not clearing your throat when you feel you need to.
- Swallowing hard when you want to clear your throat.
- You may want to ask your doctor if a medicine that thins mucus would help.
- Call 911 anytime you think you may need emergency care. For example, call if you have severe trouble breathing.

Call your doctor or Health Link at 811, or seek immediate medical care if:

- You cough up blood.
- You have new or worse trouble breathing.



You have a new or higher fever

Watch closely for changes in your health, and be sure to contact your doctor or nurse advice line if:

- You cough more deeply or more often, especially if you notice more mucus or a change in the colour of your mucus
- You do not get better as expected



FORT MCKAY ELDERS BINGO

Dates February 2, 9, 16, & 23

Time 1:00 pm - 2:00 pm

Location Fort McKay Radio

Call Peggy for cards at 780-598-3575.

CFWE RADIO BINGO

Dates February 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, & 27

Time 6:00 pm - 7:00 pm

Location Fort McKay Radio Canada

Let's Play Bingo!



To get your cards please contact Peggy at: 780-598-3575

RARA 2023



Saturday, February 11, 2023

Shell Place Grand Ballroom Doors open at 4:00pm Program begins at 5:00pm

Evening includes award presentations, dinner, silent auction, door prizes and keynote speaker Ashley Callingbull.

GET YOUR TICKETS NOW!