



Red River Current Newsletter

A Fort McKay First Nation Publication

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Annual Winterfest Brings Our Community Together



As the day went on, participants in the Duke and Duchess, Prince and Princess, and Sr. King and Queen categories took part in similar competitions. The Jr. Elder King and Queen and King and Queen categories competed in snow snake, sled pull, Indian leg wrestling, log toss, moose calling, bannock, fire, and tea making contests.

In addition to the traditional games, the festival also featured a jigging contest for all ages. The winners of each category received cash prizes, while all participants received ribbons for their efforts.

(story continued on p.2)

On Sunday, March 19th, Fort McKay First Nation hosted its annual Winter Festival at the Youth Center. The event saw community members from all ages come together to participate in traditional games, enjoy a warm meal, celebrate their culture, and most importantly, have fun!

The day started with registration and lunch in the Youth Centre, where participants could sign up for the various games and activities that would take place throughout the day. At noon, the Kiddies of the North aged 5-9 kicked off the events with many exciting activities such as the snow-shoe race, snow snake, sled pull, Indian leg wrestling, and log toss.



MOOSE LAKE DRUMMERS LOGO CONTEST WINNER

Congratulations to our Moose Lake Drummers Logo Competition winner Samantha Bacon-Quintal.

As a mom and artist, Samantha specializes in flat-stitch bead work. Samantha was born and raised in Fort McMurray, AB.

Congratulations Samantha!



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 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 us at email:
communications@fortmckay.com

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Annual Winterfest Brings



(story continued from p.1)

After a full day of competition,
everyone gathered for a warm supper
before heading over to the Band Hall
for the final events. The night's
entertainment included moose calling
and jigging performances and the
award ceremony.

The Senior King and Queen of the
North category saw community Elders
aged 65 and up competing in moose
calling, bannock and tea making, and
a snow snake toss. The Jr. Elder King
and Queen category featured
participants aged 50-64 competing

in similar events, while the King and
Queen of the North category featured
a more extensive list of challenges,
including a snowshoe race, sled pull,
Indian leg wrestling, log toss, and
more.

Overall, the Winter Festival was a
successful event that brought our
community together to participate in
fun, traditional activities and celebrate
culture. The organizers would like to
thank everyone who participated and
volunteered to make this event
possible. We look forward to seeing
you all at next year's Winter Festival.



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Our Community Together



FORT MCKAY HEALTH CENTRE

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!



Lina Gallup Receives Several Honours

Fort McKay First Nation Chief and Council would like to congratulate Elder Lina Gallup on her recent string of achievements as well as recognizing her remarkable life. Just recently Lina was honoured as a recipient of the Queen's Platinum Jubilee Medal alongside Councillor Raymond Powder. Lina was also asked to light the cauldron that signified the opening of the Arctic Winter Games and was disappointed she didn't get to do it by dogsled, the original plan.

And to top all that, Lina was recognized as a Community Builder in a recent awards ceremony in Fort McMurray. This was a special award given to outstanding people for indelible effort, long service, and a sustained level of excellence and there is no one who deserves this more than Lina. Her entire life, and she is 92 on her next birthday, has been one of resilience, compassion, and example.

Lina had already lived more lives and experienced more of life itself than most when she was granted the first licence awarded to a member of the First Nations in Alberta to look after homeless and orphaned children. The Nekinan Group Home would help and care for more than 1700 children over the 20 years Lina was in charge before she finally called it a day and returned to her first home.

It's been a long journey. Although her family is from Fort McKay, Lina was born near Fond-du-Lac, Saskatchewan as her father was a trapper along the shores of Lake Athabasca.

Her grandfather was Louis Fosseneuve, a contemporary of Louis Riel and originally known as Sure Shot for his hunting skills (later he became Captain Schott after shooting the Grand Rapids in a scow of his own design).

Life was good, until the day the RCMP and Government officials came and took Lina and her two sisters Rose and Freda, and put them in the residential school

system. Lina was 6. It took 65 years for her to come home to Fort McKay and live in the Nation again.

Lina spent thirteen years at St. Bernard's in Grouard. Then they put her on a train to Edmonton. It was 1950, the ticket was one way, and



Lina had no skills, no experience, and no real chance at useful employment. Her first job was as a cleaner in the geriatric patients' ward.

It was dismal, but Lina never gave up. Over the years the cleaning jobs became better, she grasped every

meagre opportunity she earned and eventually she gained a place as a nursing student. She also met her husband, the love of her life. She settled down in Calgary, had a family and for the

first time in forever, she was happy. But she wanted to help children. She'd spent thirteen years learning all the wrong ways to do so from her time in Grouard. At Nekinan Home, she was able to do everything the right way. And she did.

To encapsulate Lina's years would take a book, maybe two. She has lived a life of such care, compassion, and love that everyone who has met her is affected by her warmth. Her strength of Spirit is so profound she could overcome her horrible start in life and find within herself the love that she never received.

Now retired, Lina's last and most important job was helping to teach the youth about the culture of our Nation and its people. She also shared her story of the residential schools. "I wanted people to know what happened."

She is still a wealth of knowledge among the elders and a vital part of the history of the Nation.

Congratulations on your honours Lina, as well as a life well-lived.



YOUTH SUCCESS STORY

Youth Takes Gold Medal Victory



The recent hockey tournament held in Kelowna was a remarkable event that showcased some of the finest young talent from across the region. Many players demonstrated their exceptional skill and dedication on the ice.

One of the tournament's standout players was Leanne Grandjambe, a young goaltender from Fort McKay. Leanne played an instrumental role in her team's success, recording four shutouts in round-robin play and ultimately leading the Wood Buffalo Huskies Girls travelling team to a gold medal victory in the Alleys Angels Kelowna female U13 hockey

tournament. Her performance earned her recognition as one of the top goaltenders of the tournament.

Leanne's talent as a goaltender is not the only thing that sets her apart from her peers. She is also a role model for other young athletes in the Fort McKay community, demonstrating that hard work and dedication can pay off in a big way. Her success in the tournament is a proud moment for her community and inspires other young people to pursue their dreams and goals.

In addition to Leanne, several other players from the region also participated in the tournament. Their dedication and commitment to the sport were evident throughout the event, with many playing key roles in their teams' success. The tournament allowed these young athletes to showcase their skills and demonstrate incredible talent within the Fort McKay First Nation community.

As the players returned home from the tournament, they were greeted with cheers and accolades from their families and community members. Their success on the ice is a source of pride for our community and serves as a reminder of the importance of supporting and nurturing young talent in all areas of life.



FORT MCKAY CULTURAL PROGRAMS AND SPECIAL EVENTS

DANCER AND DRUMMER PERFORMANCES

- Traditional Healing Assistance
- Round Dance / Dene Dance
- Cultural Workshops
- Moose/Buffalo Lake Summer Retreat
- Moose Lake Camps and Events
- Employment Opportunities
- Community and Special Events

CREE & DENE CLASSES

Every Tuesday Cree class on Zoom.

Every Wednesday Dene class on Zoom.

To register, contact

culture@fortmckay.com

DRUM PRACTICE

Every Wednesday at 6 pm in the Band Hall.

All males welcome. Drop In, no registration required!

FORT MCKAY FIRST NATION MOOSE LAKE BAND MEMBER SUMMER RETREAT BOOKINGS

July 01 - September 24, 2023

If you would like to be a volunteer or be a Resource Worker for some of our programs or events, please submit an email, please include what events you are interested in, or what skill sets you can provide. First priority will be given to community members.

For more information about our upcoming programs, please contact:

Audrey Redcrow
Cultural and Special Events Lead
780-215-2384
Aredcrow@fortmckay.com

WELLNESS CENTER APRIL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Nature Walk (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Karaoke Night (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>4</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>SPARK (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Sewing Club (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>5</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Medicine Bags with Becky Fabian (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>6</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Boys Night Program (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Girls Night Program (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>7</p> <p>Wellness Center CLOSED</p> <p>GOOD FRIDAY</p>
<p>10</p> <p>Wellness Center CLOSED</p> <p>EASTER MONDAY</p>	<p>11</p> <p>Wellness Center Open 8:30 AM to 4:30 PM</p> <p>SPRING BREAK</p>	<p>12</p> <p>Wellness Center Open 8:30 AM to 4:30 PM</p> <p>SPRING BREAK</p>	<p>13</p> <p>Wellness Center Open 8:30 AM to 4:30 PM</p> <p>SPRING BREAK</p>	<p>14</p> <p>Wellness Center Open 8:30 AM to 4:30 PM</p> <p>Field Trip (Ages 5+)</p> <p>*Permission Slip Required*</p> <p>Bus Leaves at 12:30 PM Bus Returns at 4:30 PM</p>
<p>17</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Nature Walk (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Karaoke Night (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>18</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>SPARK (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Sewing Club (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>19</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Perler Bead Medallions with Becky Fabian (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>20</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Boys Night Program (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Girls Night Program (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>21</p> <p>NO SCHOOL DAY</p> <p>Open 8:30 am – 4:30 pm</p> <p>Field Trip (Ages 5+)</p> <p>*Permission Slip Required*</p> <p>Bus Leaves at 12:30 PM Bus Returns at 4:30 PM</p>
<p>24</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Nature Walk (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Karaoke Night (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>25</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>SPARK (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Sewing Club (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>26</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Lanyards with Becky Fabian (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>27</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>Boys Night Program (Ages 5+) 6:00 PM – 8:30 PM</p> <p>Girls Night Program (Ages 5+) 6:00 PM – 8:30 PM</p>	<p>28</p> <p>Afterschool Program (Ages 5+) 3:30 PM - 6:00 PM</p> <p>PRE-TEEN NIGHT (Ages 8+)</p> <p>Field Trip</p> <p>*Permission Slip Required*</p> <p>Bus Leaves at 5:30 PM Bus Returns at 9:30 PM</p>

CONGRATULATIONS TO OUR NEW BOARD MEMBERS

On the left:

Métis rep: Ronald Quintal
Board Chairman: Tina Black
Community Member:
Lisa McKenzie
Cree Elder/Treasurer:
Lorraine Huppie

On the right:

FMFN Member: Stan Laurent
FMFN Member: Katelyn Willier
Dene Elder: Myrna McClure

Board Members will announce the first meeting date after the School Board Training Session in April.

Introducing Our New Fort McKay School Board



Fort McKay Celebrates Land Code Vote Results With Round Dance



Fort McKay First Nation recently held a Round Dance honouring the successful Land Code Vote. The event was well-attended, with community members coming together to celebrate this historic moment for the Nation. The Land Code Vote will bring many benefits to the community, including greater control over our lands and resources and the ability to create our own by-laws concerning land and resource management.

The Round Dance was held on Friday, March 18, at Elsie Fabian School. The event began with a traditional pipe ceremony at 4:00 pm, followed by a feast of stew, fish, and bannock at 5:30 pm. Opening remarks and prayers were given at 6:30 pm, and the Round Dance itself began at 7:00 pm. A giveaway was held at 10:00 pm to thank everyone who attended the event.

Transportation was provided to and from the event, with Sakasteew Transportation offering a shuttle service from Fort McMurray Stonebridge Hotel to Elsie Fabian School and back. The shuttle ran several times throughout the evening, making it easy for community members to attend. Many community members wore

ribbon skirts and shirts during the Round Dance to honour the occasion. The event was documented through photography, and more photos have also been shared on our Facebook page.

The Land Code Vote is a significant moment for Fort McKay First Nation. It allows the Nation to take control of its lands and resources, ensuring that they are protected and used to benefit the community. With the Land Code in place, the Nation will have greater economic development opportunities and will be able to create our own laws related to land and resource management. This will help ensure that the community's voice is heard, and their rights are protected.

In conclusion, the Land Code Round Dance was a great success and marked a momentous occasion for Fort McKay First Nation. The community came together to celebrate this historical moment and to look forward to a brighter future. With the Land Code in place, the Nation will have greater control over its lands and resources, ensuring that they are used to benefit our community and protect our way of life.

NOTICE OF ELECTION

Notice is hereby given to the Electors of Fort McKay First Nation that an **Election will be held on April 5, 2023**, to elect one (1) Chief and four (4) Councillors.

The Election will be held in accordance with the Fort McKay First Nation Election Code.

Advance voting will take place on Saturday, **April 1, 2023**, between the hours of **10:00 am and 8:00 pm** at the following locations:

Fort McKay: Fort McKay First Nation, Dorothy McDonald Business Centre (Band Hall), 94405 Fort McKay Road

Fort McMurray: Miskanaw Ballroom South, MacDonald Island Park

Edmonton: Chateau Nova Kingsway, 159 Airport Rd NW, Edmonton

Election Day voting will take place on Wednesday **April 5, 2023**, between the hours of **10:00 am and 8:00 pm** at the following locations:

Fort McKay: Fort McKay First Nation, Dorothy McDonald Business Centre (Band Hall), 94405 Fort McKay Road

Fort McMurray: Miskanaw Ballroom South, MacDonald Island Park

Edmonton: Chateau Nova Kingsway, 159 Airport Rd NW, Edmonton

In accordance with the Fort McKay First Nation Election Code valid photo identification will be required.

Youth Enjoy an Afternoon Tubing at Vista Ridge All Seasons Park



Art night

Come paint, color, sculpt, and draw!
every Thursday after 5:30 pm

Frederick McDonald Nominated for International Award

Fort McKay First Nation Chief and Council congratulate Fred McDonald on his international award nomination for a poem from his recently published book.

Fred was recognized by the Spur Literary Awards from the Western Writers of America (WWA). Considered to be North America's premier celebration of literature about the West, Fred was a finalist with his poem *The Last Request*, a tale of a journey a daughter undertakes with her dad's ashes, on horseback, into the mountains and the past.

"It's an honour to be recognized by the Western Writers of America," said Fred. "The post-reconstructionist work the WWA have done in recent years has made it possible for Indigenous writers like myself to compete as equals instead of merely being seen as caricatures of the old Western narrative."

Well-known for his work as a painter, Fred Junior (so-called to distinguish himself from his dear, departed Dad, Fred Senior) has broadened his horizons into literary matters with the publication of his first collection of poetry. *Dreams and Journeys* is a look through Fred's eyes at his world, both now and in the past.

Fred was born and raised locally and grew up in the bush and on the land beside the Athabasca River. His parents taught him the traditional ways of hunting and trapping and, though he has travelled the world over, Fred's heart will always bring him home, to Fort McKay, his family, and his community. This grounding is reflected in his art. His paintings tell stories filled with the imagery of his people, and now his poetry is an extension of that same storytelling. The poems are richly imagined yet warm-hearted; easy to read, eager to be read again.

Fred's poetry is of its own time and place in the community. His memories of playing golf on MacDonald Island that once belonged to his



great-grandfather become an examination of what is gone forever. A story about John Wayne is also a portrait of a way of life, growing up in a sharing community, making do with little. Elsewhere there is anger in the platitudes of perfidious colonizers and fear in the reminiscences of the Horse River Fire, while memories of a family canoe evoke the traditions of the past alongside the sound of the passing, rushing water.

Fred is a world-renowned, award-winning artist, painter, photographer, and now an internationally recognized poet. He is also a former business leader in the Fort McKay community, past CEO of the Fort McKay Group of

Companies. He served as the President of the Northern Alberta Aboriginal Business Association and was awarded the Regional Aboriginal Recognition Award. Yet if pressed to describe himself he would say he is a man of his people, his Nation, and, most of all, his family.

Nothing says this better than his opening words to his collection. "I dedicate this book to my daughters, Raven, Genny, and Grace, and to my grandchildren, Sebastian, Jewel, Johnny, and Zoe. Your unconditional love inspires."

Well done, Fred!

Get Your Shingles Vaccine



The Shingles vaccine (Shingrix) is now available at the Medicine Shop in the Morrison Center, in Fort McMurray for all community members aged 50 years or older. Those between the ages of 50 to 64 years will be covered by the Fort McKay Health Centre and those who are 65 years old or more will be covered by NIHB. If you would like to take the vaccine, please call 780-792-0708 to make an appointment.

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:



Do You Know

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes of its onset. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.



SAVE THE DATE!

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

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



Know the Signs of a Stroke?

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

Remember: FAST.

The acronym “FAST” is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

Mini-Stroke

Some people experience what is called a mini-stroke. This is when a blood vessel becomes briefly blocked by a small clot and you are affected for less than 24 hours.

The symptoms of a mini-stroke are the same as a stroke. Even if the symptoms go away quickly, see your health care provider. Without treatment, you could be at risk for stroke within 5 years. A mini-stroke is a warning that there is something seriously wrong with how blood is flowing to the brain.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit www.myhealth.alberta.ca



FORT MCKAY ELDERS BINGO

Date
Thursdays

Time
1:00 pm - 2:00 pm

Location
Fort McKay Radio

Call Peggy for cards at
780-598-3575.

CFWE RADIO BINGO

Date
Mondays and Saturdays

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



SAVE THE DATE

JUNE 15-18, 2023

CELEBRATING
COMMUNITY,
CULTURE &
CONNECTION

