



# Red River Current

JANUARY 2018

VOLUME 8 :: ISSUE 1

## BRINGING LANGUAGE BACK INTO OUR COMMUNITY



The class choir the 'Northern Bush Cree Singers', performed their Christmas song during the Elders Christmas Party.  
photo credits: Audrey Redcrow

*Prosper Hearing Update* 2

*Introducing Health Care Aids* 3

*Prosper Hearing Bus Schedule* 4

*North Wind Dancers & Drummers* 6

*What's Going on at Fort McKay School* 7

A six-week Cree language class was offered last month in Fort McKay to all community members registered with instructor Clara Mercer.

In total, seventeen students were registered for the program. Classes were offered twice a week and students participating ranged from beginners to advanced levels. Audrey Redcrow, Cultural & Special Events Lead described the class environment as they, "learned about the Cree language, old style Cree, how to say everyday words, conversational Cree, and how to sing Christmas

songs Silent Night and Joy to the World in Cree."

The class choir the 'Northern Bush Cree Singers', performed their Christmas songs in Cree in front of many during the Elders Christmas Party on Tuesday December 12, and during the Fort McKay Staff Christmas party. "We hope this will inspire more of our people to keep speaking the language and pass it on. We also hope for more people to join us in 2018 for another fun filled six-week Cree class," explained Redcrow. A Dene language class taught by Jeanette Flett-Jones is also expected to take place this

year. Stay tuned for registration that will soon be posted in the New Year.

Audrey Redcrow expressed her gratitude to all of those involved, "I would like to give a big thank you to our Cree teacher Clara Mercer, her assistant Roy Ahyasou our wonderful Cree choir teacher Marie Boucher, and her amazing guitar player James for gifting us with his knowledge of the language, the songs, sharing stories, and for the pride in being able to speak our language. It has been an honour to sit by your side and learn from you all."



# PROSPER PETROLEUM'S RIGEL SAGD OIL SANDS PROJECT ALBERTA ENERGY REGULATOR HEARING

## WHAT:

Fort McKay First Nation is participating in the Alberta Energy Regulator's Hearing process to express its concerns with the Prosper Petroleum Ltd. Rigel Oil Sands Project, which is a proposed 10,000 bpd Steam Assisted Gravity Drainage project that would be 4 km away from Fort McKay First Nation's Reserve land at Namur Lake.

## WHERE:

The Hearing will take place in Fort McMurray at MacDonald Island Park, Shell Place.

## Tentative Hearing Start and End Times for Each Day:

DATE	START & END
<b>Week 1</b>	
<b>Jan 9</b>	<b>9:00-4:45 pm</b>
<b>Jan 10</b>	<b>8:30- 5:00 pm</b>
<b>Jan 11</b>	<b>8:30- 6:00 pm</b>
<b>Jan 12</b>	<b>8:30- 12:30 pm</b>
<b>Week 2</b>	
<b>Jan 15</b>	<b>8:30- 6:45 pm</b>
<b>Jan 16</b>	<b>8:30-5:45 pm</b>
<b>Jan 17</b>	<b>8:30-6:30 pm</b>
<b>Jan 18</b>	<b>8:30-5:00 pm</b>

## WHEN:

The Hearing is scheduled from January 9-18 2018, from 8:30 am to 5/6 pm every day. Fort McKay Community members will be providing witness testimony on January 15, 16 and 17. Come and show your support!

## TRANSPORTATION:

We will be providing transportation to and from Fort McMurray, every day of the hearing (please see p. 4 & 5). A light breakfast and lunch will be provided at MacDonald Island Park. Busses will leave from the band hall every day of the hearing at exactly 7:30 am, and 11:30 am.

## MORE INFORMATION:

Tune in to the FMSD Facebook page and our local radio station FM 106.3 for up-to-date information about the hearing!

### FMFN LEADERSHIP TEAM

Jim Boucher, Chief  
Raymond Powder, Councillor  
Crystal McDonald, Councillor  
Gerald Gladue, Councillor  
Peggy Lacorde, Councillor

George Arcand Jr., CEO, Administration  
Larry Hewko, CFO  
Barrie Robb, CEO, Business Development  
Alvaro Pinto, Executive Director, Sustainability Department  
Jauvonne Kitto, Executive Director Administration, Governance and Health  
James Owl, Executive Director, Capital Projects  
Noma Mangena, Director, Human Resources

### ADMINISTRATION DEPT.

Dorothy McDonald Business Centre  
General Delivery  
Fort McKay, AB T0P 1C0  
Phone: 780-828-2430

### Hours of Operation:

Monday - Thursday: 8:30am - 4:30 pm  
Friday: 8:30am - 2 pm  
Closed daily: 12 - 1 pm

### SUBMISSIONS

If you have any photos, stories or ideas for the Red River Current, please contact Nancy Robin at:  
780-715-4512 or  
email: nancydoire@msn.com  
and communications@fortmckay.com



# INTRODUCING HEALTH CARE AIDS FOR OUR LONG-TERM CARE FACILITY

With the Long-Term Care Facility approaching its final completion, Fort McKay has hired two Certified Health Care Aids for our Elders who will be residing in the building on a full-time basis.

Jane Tina Mercredi and Peggy Poitras both recently graduated from the Health Care Aid program offered through Keyano College. This 20 week program teaches the knowledge and skills to those who want to provide care to clients needing assistance.

They also participated in a five-week practicum at Northern Lights Regional Health Centre working on the fourth floor as Health Care Aids. Some responsibilities included helping seniors with various activities including mealtime, keeping rooms tidy and transporting elders. Through this, Mercredi and Poitras have already been acquainted with some of our Elders currently staying at the hospital. They have also met many Elders in our community by volunteering during the Elders Christmas Party.

Throughout the practicum, Jane Mercredi shares her learning experience. “We learned to practice patience more and to especially appreciate it. In this job, you need to take your time, be gracious and slow your speed down to work at their pace.” What she enjoys most about her work is the knowledge she gains through conversations with Elders. “I always loved to be around Elders since I was little girl. It’s all about listening to them. I respect their conversations and advice.”

Peggy Poitras knew she would love this type of work before taking the course, as she is no stranger to the type of responsibility this type of position involves. Poitras cared for her mother Norma Grandjambe who had been hospitalized for the last 4 years of her life for two years. “I helped with everyday tasks like feeding tube, giving medication, and became very familiar with most medical terms used in the hospital.”

In order for students to graduate from the program, they needed to get a passing grade of 70%.



**Peggy Poitras recently graduated from the Health Care Aid program through Keyano College**

“Theory was really enjoyable because we worked as a team. We had a study group that met everyday after class and together we studied medical terms and abbreviations together”, shared Mercredi. Both expressed their gratitude for each other’s support as well as their teacher Barb, who is also a retired Registered Nurse.

Poitras plans to continue her education and get certified as a Licensed Practical Nurse in the future. “It’s something my mom always thought I would be good at and wanted me to do, and I look forward to learning more about this type of work”. She hopes to register for the LPN program through Keyano College next year.

We are very lucky to have these newly qualified professionals working in the Long Term Care facility that will be opening very soon! Stay tuned for more news on the opening dates of the facility in one of our next issue!



# PROSPER HEARING BUS SCHEDULE

## Changes have been made!

### JANUARY 9 - 18, 2018 (WEEKDAYS ONLY):

The start time of the hearing in Fort McMurray is 8:30 am.

The first bus will start its route at 7 am and will follow the timeline in the table. Bus will wait at the band hall for 10 minutes before departing for Fort McMurray. Transportation provided by Sakasteew. Please make sure you are aware of the times the bus leaves in Fort McMurray and make sure you are able to get back to the community.

**\*We are not responsible if you miss the bus!**

### JANUARY 9-18 SCHEDULE

<b>TRIP # 1: Fort McKay to Fort McMurray</b>	
<b>Times</b>	<b>Depart From</b>
7:00 am	Bus Drives around the community route (see map)
7:20- 7:30 am	Bus Departs from Band Hall
8:20 am	Bus Arrives at MacDonald Island Park

<b>TRIP # 2: Fort McMurray to Fort McKay</b>	
<b>Times</b>	<b>Depart From</b>
10:15 am	Bus Departs from MacDonald Island Park
11:00 am	Bus will drop members off at the Band Hall

<b>TRIP # 3: Fort McKay to Fort McMurray</b>	
<b>Times</b>	<b>Depart From</b>
11:00 am	Bus Drives around the community route (see map)
11:20- 11:30 am	Bus Departs from Band Hall
12:10 pm	Bus Arrives at MacDonald Island Park

<b>TRIP # 4: Fort McMurray to Fort McKay</b>	
<b>Times</b>	<b>Depart From</b>
3:00 pm	Bus Departs from MacDonald Island Park
3:45 pm	Bus will drop members off at the Band Hall

<b>* TRIP # 5: Fort McKay to Fort McMurray</b>	
<b>Times</b>	<b>Depart From</b>
3:45 pm	Bus Drives around the community route (see map)
4:05- 4:15	Bus Departs from Band Hall
5:00 pm	Bus Arrives at MacDonald Island Park

<b>* TRIP # 6: Fort McMurray to Fort McKay</b>	
<b>Times</b>	<b>Depart From</b>
5:15 pm	Bus Departs from MacDonald Island Park
6:00 pm	Bus will drop members off at the Band Hall and along the community route (see map)



# FORT MCKAY HOSTING SPEED SKATING COMPETITION FOR ALBERTA WINTER GAMES 2018



The Regional Municipality of Wood Buffalo is hosting this year's Alberta Winter Games and is expected to bring over 2800 athletes from around the province to compete in 22 different sporting events.

Fort McKay will be hosting the speed skating competition from February 16th to 19th 2018! Approximately 100 athletes are expected to visit our community and participate in the event.

Come out and join us as we welcome these participants! You can purchase tickets online at: [www.albertasport.ca/alberta-games/winter-games/](http://www.albertasport.ca/alberta-games/winter-games/) or in person at the MacDonal Island Box Office.

## THE COMMUNITY OF FORT MCKAY

### The Prosper Hearing Bus Route

- Bus route is marked in **red arrows** showing the direction.
- The Bus will first drive around the route then wait at the Band Hall
- If you would like a ride, please wait at the band hall or outside along the route at the scheduled times.
- Please View Bus Schedule for Times



### PLEASE NOTE:

**\*THE HEARING ENDS AT DIFFERENT TIMES EACH DAY**

\*Trip 5 & 6 may or may not run depending on the schedule of the day. Please check with the bus driver prior to getting on the bus for the day's schedule.



# FORT MCKAY NORTH WIND DANCERS & DRUMMERS

1  
9  
8  
7



1  
9  
8  
7

and

2  
0  
1  
7



and

2  
0  
1  
7

Thank you to all of our participants and parents for the hard work and dedication to our program, our elder advisor and the one who started our group back in 1987 Clara Mercer, our wonderful community of Fort McKay, the Fort McKay School, Sakasteew Transportation, and our sponsors Fort McKay First Nation and Imperial Oil for your support with keeping up traditions for our young dancers and singers.

We have had an amazing first half of the season, and look forward to more fun in the New Year.

Classes will resume on Monday January 15, 2018 at the Youth Centre. Everyone is welcome to join.

We wish you all a safe and fulfilled very Merry Christmas and Happy New Year.

For more information, upcoming events, or to book a performance, please contact Audrey Redcrow 780.215.2384, email [aredcrow@fortmckay.com](mailto:aredcrow@fortmckay.com), or check out our Facebook page Fort McKay Northwind Dancers and Drummers.



# WHATS GOING ON AT THE FORT MCKAY SCHOOL



The cold winter months tend to keep the kids indoors during recess as students are forced to stay inside when it is -20 or colder for safety concerns. The Fort McKay School has taken advantage of these moments and still get kids moving by practicing jigging and songs for the Christmas Concert.

This time of year is also a time for students and staff to become involved and give back to their community. Together, they collected items for the food bank, and filled many boxes that were delivered to the local food bank.

All staff worked diligently together for the Christmas Concert Raffle with the goal to raise funds for those in our community diagnosed with cancer and those in remission that have suffered complications. The school received many generous donations including two Edmonton Oilers tickets with one night accommodation (from Fort McKay Logistics), and two Samsung galaxy tablets with screen covers (from Birch Mountain Enterprises). Various other items were donated by Fort McKay Métis Group, TJs Oilfields, Fort McKay Sustainability, Mammoet, and Finning Canada. Thank you to our sponsors for making the Christmas Raffle a success!

At Fort McKay School, we are big on celebrating success! Students who have helped with composting collection each received a certificate along with an APPLE Schools pencil and eraser. Through composting, older students have the opportunity to lead and mentor younger students and teach them about responsibility and respecting our school community. Students involved with the Fort McKay Northwind Dancers and Drummers also had the opportunity to open the School Christmas concert and showcase their cultural teachings. These students often perform throughout Wood Buffalo Region and practice in the evenings under the direction of the Cultural Coordinator Audrey Redcrow.

The ECS class each decorated a "feelings" rock, which represented different feelings. Rocks left over from a gardening donation will also be used to create "kindness rocks" and students will be able to access when they need a positive message to brighten their day. Each class has been working on kindness to one another and doing kind things for other people. The Grade 1/2 class students created a list of positive, kind traits each day. Seeing these traits or messages really boosted their self-esteem and many were excited to say something positive about each other.



At Fort McKay School,  
every student is...  
"Proud to be a McKay Kid!"



# QUITTING TOBACCO

For many people, giving up tobacco is easier said than done. Giving it up may be one the toughest challenges you face in life, but it will also be one of your most rewarding.

Everyone who uses tobacco can benefit from quitting and gain the health rewards that come with it. When you quit cigarettes and other tobacco products —no matter how old you are—you can decrease your risk of early death, heart attack and stroke, cancer, lung disease and sexual and reproductive problems.

There are other benefits to quitting as well, which are more immediate. For example, within 20 minutes of quitting smoking, your blood pressure drops to a level similar to what it was before your last cigarette. Within eight hours, the carbon monoxide level drops in your body and the oxygen level in your blood increases to normal. Within 48 hours, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve. Within a year of quitting smoking, your risk of suffering a smoking-related heart attack is cut in half; so is your chance of getting cancer in your mouth, throat, esophagus, bladder, kidney, and pancreas. And within five years of quitting, you have the same chance of having a stroke as a non-smoker.

Being tobacco-free also means you're not exposing loved ones to second-hand and third-hand smoke, and you're setting a positive example for those around you who may be inspired to quit as well. Those are some pretty big rewards when you think about it, for both yourself and your loved ones!

People use tobacco for different reasons, and there is no shortage of good reasons to quit.

Longevity, quality of life, the cost of cigarettes or chewing tobacco, the impact it has on your friends and loved ones: these are all factors that may motivate you. But even with all of the motivation, quitting can still be a difficult process.

The nicotine in tobacco is an extremely addictive substance and when you stop using tobacco, your body starts to recover and you may feel strong symptoms of this recovery. Quitting can be done though! Especially with the right planning, tools and support.

Whether you're just starting to consider quitting smoking, or you've already committed to quitting, the help you are looking for is available from AlbertaQuits. There are a wide range of services to help you quit, including a free online service, a free phone service operated by trained cessation counselors, text support, and a group program called QuitCore that will teach you how to quit and connect you with others who are also quitting.



*For more information on supports available to help you quit, visit [www.AlbertaQuits.ca](http://www.AlbertaQuits.ca) or call 1-866-710-QUIT.*





# GOOD JOB STUDENTS!

We would like to recognize 10 students ranging from Grade 7-12 that attend Father Mercredi High School who have all achieved a mark over 75 percent during their studies of the first semester. Janette Flett-Jones, High School Liaison & Dene Language Instructor, explains “these students have worked hard, kept a positive attitude about school and are definitely good role models to their fellow friends and students.”

## CONGRATULATIONS TO:

Grade 7: Kaden Boucher, Hunter Faichney, Kianna Umperville

Grade 8: Rane Grandjambe

Grade 10: Marcus Faichney, Mary(Brace) Grandjambe, Hope McClure

Grade 11: Dustin L’Hommecourt

Grade 12: Hail Bent, Chance Paquette

Keep up the good work and making our community proud!



# HEALTH study

## UPDATE

MRI

science  
environment  
healthcare  
wellness

Fort McKay Alliance Study MRI  
scanner comes to the  
community on  
January 15th!

# DON'T MISS OUT!

Get your health study  
questionnaires in ASAP to the Health  
Centre so you can be scheduled for  
your MRI!



FORT MCKAY  
FIRST NATION

To participate in  
this study or for  
more information  
please contact  
Theresa Maffenbeier  
at 780 881-8947.

# WHAT ARE SEXUALLY TRANSMITTED INFECTIONS?



Sexually Transmitted Infections (STIs) are some of the most widespread infections in the world, and affect both men and women. Almost half of all STIs occur in people younger than 25.



Many people may not have symptoms but are still able to spread an infection. An STI, sometimes referred to as an STD (sexually transmitted disease) are passed from one person to another through unprotected sexual contact or through intimate contact without penetration, or by sharing needles or during the delivery of a baby.

There are at least 20 different STIs caused by viruses, bacteria, and protozoa. Some of the most common STIs are: Chlamydia, Gonorrhea, Genital herpes - increases risk of HIV. Genital warts or human papillomavirus (HPV). Certain high-risk types of HPV can cause cervical cancer in women (Vaccine Preventable), Hepatitis B - Increases risk of liver cancer (Vaccine preventable), Syphilis, Trichomoniasis, Human immunodeficiency virus (HIV) causes AIDS.

Bacterial STIs can be treated and cured, but STIs caused by viruses usually cannot be cured. You can get a bacterial STI over and over again, even if you were treated for and cured of in the past. Exposure is more likely if you have more than one sex partner or do not use condoms.

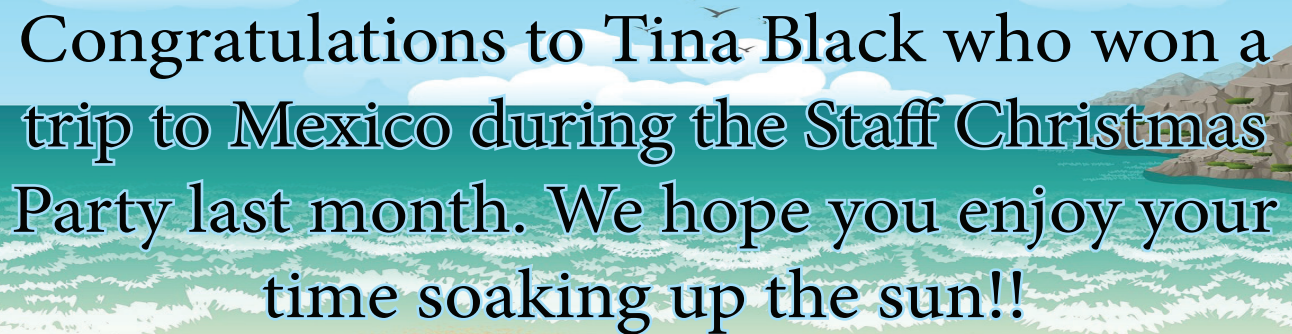
Sexually active teenagers and young adults are at high risk for STIs because they have biological changes during the teen years that increase their risk for getting an STI and they may be more likely to have unprotected sex, engage in high-risk sexual behaviours, or have partners who have high-risk sexual behaviours.

## THE 2010 PUBLIC HEALTH AGENCY OF CANADA STI INFORMATION SHOWS THAT:

- Young women ages 15 to 24 and young men ages 20 to 29 are more likely to get STIs. Chlamydia and Gonorrhea are the most commonly diagnosed and reported STIs in Canada in these age groups.
- Gonorrhea has increased by 94 percent over the past 10 years. Men account for two-thirds of reported cases.
- About 70 percent of adults will have had genital types of HPV at least once in their lifetimes. Teen and young adult women and men are most affected.
- Genital herpes infection affects women more than men, and is common in teen and adult women and men.
- There was a 20 percent rise in HIV positive test reports between 2000 and 2004. It is more common in injection drug users, men who have sex with men, and young women ages 15 to 19.
- Syphilis rates have increased across Canada in the past 15 years. Men ages 30 to 39 who have sex with men and sex workers are most affected.
- Hepatitis B. Acute hepatitis B is twice as high for men than for women. It is highest in adults ages 30 to 39. Injection drug users, people with multiple sex partners, and people who have sexual or household contacts with an acute or chronic carrier are most affected.

It is important to seek treatment if you think you may have an STI or have been exposed to an STI. Early treatment can cure a bacterial STI and prevent complications. Testing and treatment is available at the Fort McKay Health Centre 780-828-2450 or at Fort McMurray Public Health 113 Thickwood Boulevard 780-791-6182.





Congratulations to Tina Black who won a trip to Mexico during the Staff Christmas Party last month. We hope you enjoy your time soaking up the sun!!

## HEALTH CENTRE NEWS

**UPDATE YOUR CONTACT INFO!** If you have any updated contact information please call the Health Centre and let them know. This helps when we are trying to contact parents or caregivers about booking appointments.

### MEDICAL TRANSPORTATION

Everyone must provide 24 hour notice when cancelling any scheduled appointments. If you find your own ride into town you must provide 24 hour cancellation notice or you will have to do a make-up trip on your own. Zero tolerance, on verbal abuse, hang-ups, swearing, yelling etc. Anyone verbally or otherwise abusing the medical transportation coordinator or health centre staff, may be denied their trip to town, or face suspension. When attending any medical appointments, you will be provided an attended sheet that will require the doctor to sign or provide a stamp by doctors office as verification of attendance to the appointment. This will have to be brought back to the health centre. Absolutely no travel in medical van to appointments if you are under the influence of alcohol or drugs. If the driver suspects you are under the influence you will be denied your trip to town. Most routine blood work can be done at the health centre. The Nurse can determine by looking at the requisition if any bloodwork needs to be completed in town, therefore you must bring your lab requisition form. All medical appointments trips are to and from appointments with the exception of prescription pick up. There will be no stopping anywhere else before or after medical appointment. Any questions please contact Medical Transportation coordinator Tracy Waldron 780-742-8843 or after hours Edmonton Referral Unit 1-800-514-7106

### IMMUNIZATION CLINICS

January 10 & 17. Call Health Centre for appointment time and updates. Parents with children aged 4-6 years and also those with children in Grade 5 (these require a three dose series and should be started as soon as possible), you are encouraged to book an appointment during upcoming clinics to get the routine scheduled immunizations for these age groups. Routine baby vaccines will also be scheduled during these times. If you have any questions please contact Gail your Community Health Nurse. Adults who have not had a booster of Tetanus or have had the booster without the Pertussis component are encouraged to come into the clinic for the booster vaccine.

**FLU CLINICS** - Ongoing, everyone 6 months of age and older is advised to receive the flu vaccine. Keep in mind the vaccine takes two weeks to be effective. For any questions regarding the vaccine please call the Health Centre 780-828-2450 and speak to Gail, Community Health Nurse.

**PRE AND POSTNATAL** clients and those with babies under 1 year who may be interested in upcoming classes, please call the Health Centre and provide your name to Belinda 780-828-2455

**DR. TAIWO** – Call the Health Centre for upcoming dates and appointment times.

**PHYSIO** – Every Monday and Thursday. Call the Health Centre for appointment times.

**FOOT CARE CLINIC** for elders and people with diabetes. Call Belinda to book an appointment 780-828-2455



# COMMUNITY PROGRAMS

## WELLNESS CENTER 780-828-2412

### Weekdays:

After school Activities 3 to 5pm  
Supper Program 5 to 6 pm

### Mondays (Dec. 4 & 11)

Young Chef's (Age 8+) 6pm to 8pm  
Homework Help 6pm to 8pm

### Tuesdays

Floor Hockey (Boys 8+) 6pm to 8pm  
DIY Creations (Girls 9+) 6pm to 8 pm

### Wednesdays

Snowshoeing - Birchwood Trails (Age 9+)  
Bus leaves at 5:30 pm  
& returns at 9:30 pm.  
\* Center Closed at 6pm

### Thursdays

Soccer (Ages 6+)  
6 pm to 8 pm

### Pre-Teen Night

January 12  
\*Permission slip required  
Ages 8-11  
Bus leaves at 5:30 pm

### Teen Night

January 26  
\*Permission slip required  
Ages 10-17  
Bus leaves at 5:30 pm  
\*Kids 9 and under MUST be picked up  
by 5:30

### Skiing/Snowboarding At Vista Ridge!

January 13, 20 & 27 Ages 10+  
Bus leaves at 9am & returns at 4:30 pm  
\*Permission slip required

**\*The Wellness Center is open until 9 PM  
Monday through Thursday. Programs  
from 8 PM to 9 PM are for youth ages 10  
and up.**

## GET ON THE ICE!

### Fort McKay PEP Hockey Academy

on Tuesdays starting January 9th  
6 to 7 p.m. Initiation/Novice  
7 to 8 p.m. Atom and Up

### Power Skating

Thursdays (January 11, 18 & 25)  
6 to 6:30 p.m. beginner  
6:30 to 7:30 p.m. Advanced Initiation and Novice  
7:30 to 8:30 p.m. Atom & Up

### Learn to Skate

Every Wednesday  
from 3:15 to 4:15 pm

## GET THE LATEST NEWS & UPDATES!

Follow us on twitter & on facebook!

## FORT MCKAY WINTER FEST

March 2 & 3 2018  
See more details in our next newsletter!

## FORT MCKAY TREATY DAYS

June 21, 22, 23, 24, 2018

## POW WOW DANCE AND DRUM PRACTICE

Every Monday 6 to 7pm in the Band Hall  
– No registration Required –  
Open to all ages! Contact Audrey for more info.  
at 780-215-2384 or email aredcrow@fortmckay.  
com. Please note that there will be no practices  
during all major Holidays.

