



# Red River Current

MARCH 2018

VOLUME 8 :: ISSUE 3

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Cecile Calliou receives her award of recognition during the Canada 150+ Medals Award ceremony at the McDougal Centre in Calgary, Alta.

Cecile Calliou was invited to the Canada 150+ Medals Award ceremony on Nov. 16, 2017 at the McDougal Centre in Calgary, Alta.

During the ceremony, she was recognized for her services throughout the years in relation to community and culture. On behalf of the Senate of Canada, she received the Senate Sesquicentennial Medal for her valuable services to the Nation during the 150th anniversary of the Senate of Canada.

Calliou ran two Child Welfare Group Homes for Aboriginal

Youth for 30 consecutive years. One of the homes was owned and operated by Calliou and the other was owned and operated by her mother.

“We had a strong cultural program to both homes and ran them predominately by Aboriginal staff,” she explained.

Calliou is a certified trainer for Suicide Prevention, holds a Bachelor of Social Work degree, and is a Licensed Practical Nurse. She worked in addictions, with the Red Cross, and was the Aboriginal Liaison for Alberta Health Services.

Additionally, Calliou has been involved in various other community enhancement initiatives throughout her life. She worked with the Calgary Sexual Assault Centre, was part of the ASIST Council, and the Alberta Association of Services for Children and Families. She also sat on the Placement and Review Committee at the Native Child Welfare District Office for 20 years. And this only scratches the surface of her many involvements.

*Story continued on page 2*





FORT MCKAY

# NOTICE TO MEMBERS OF FORT MCKAY FIRST NATION

## NEXT QUARTERLY GENERAL MEETING

CHIEF AND COUNCIL HIGHLY ENCOURAGES ALL FORT MCKAY FIRST NATION MEMBERS TO ATTEND.

### DATE, TIME AND LOCATION:

FORT MCKAY, Alta.: Monday, March 12, 2018 @ 6:30 to 9 p.m. Father Begin Hall, Dorothy McDonald Business Centre

FORT MCMURRAY, Alta.: Tuesday, March 13, 2018 @ 6:30 to 9 p.m. Radisson Hotel, 435 Gregoire Dr.

EDMONTON, Alta.: Wednesday, March 14, 2018 @ 6:30 to 9 p.m. Chateau Nova Kingsway Hotel, 159 Airport Rd.

### 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: 8:30 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 Alex Di Pietro, Communications Manager at: 780-799-6370  
email: [adipietro@fortmckay.com](mailto:adipietro@fortmckay.com)  
and [communications@fortmckay.com](mailto:communications@fortmckay.com)

## CECILE CALLIOU RECOGNIZED BY SENATE OF CANADA

*(continued from page 1)*

Always wanting to do more, Calliou has spent much of her spare time volunteering for various organizations. She was the Master of Ceremony for Missing and Murdered Women events in Calgary and Fort McMurray. She is a leader in the Calgary region and positive role model to all who know her.



“In many ways, I am very fortunate to have been given the opportunities that came my way — the opportunity of change in making a better world for our future generations to come,” shared Calliou.

Congratulations, Cecile, for your remarkable achievements and for making your country proud!



# SPEED SKATING EVENT BRINGS HUNDREDS TO FORT MCKAY



Hundreds of visitors came to our community last month to witness the speed skating competition during the 2018 Alberta Winter Games hosted from Feb. 16 to 19.

Approximately 90 athletes, ranging from 11 to 14 years of age, participated in various speed skating events including the 1500-metre, 400-metre, 300-metre, and 200-metre. Fort McKay's Community Services Director Simon Adams was in charge of organizing the event.

"This was our first real big event aside from Treaty Days. It brought about 300 to 500 people to our community each day for three consecutive days. Hosting this event created really good exposure for our community," he explained.

Although Fort McKay does not have a team yet, the event offered a chance for youth to experience and get exposed to a new sport. Many youth also received free passes to all events of the Alberta Winter Games.

"It is good exposure for our kids to watch a new sport," explained Adams, who is planning to

incorporate speed skating and coaches' clinics next year and hopes to start a speed skating club in Fort McKay after the event. "This will be the first of its kind in our area and will be open to all youth and adults in the Wood Buffalo region."

Adams couldn't be happier with the organization of the event.

"We scored an A+++ this weekend from Alberta Sport Connection, Alberta Winter Games Host Society, and most of all, by Alberta Speedskating," he said.

The Alberta Speedskating officials specifically acknowledged Fort McKay for its quality of ice and effort that was taken in transforming the rink to meet the needs of a professional event.

Adams would like to thank all of the volunteers who spent endless hours preparing and helping organize the speed skating event.

"Fort McKay pulled off a very high-profile event this past weekend. Our volunteers should be very proud of their accomplishments!! They all put Fort McKay on the map in the speed skating world!! This event wouldn't have been as successful without your help and dedication!" Adams said.

More than 2,800 athletes from around the province competed this year in different sporting events. Other sporting events included badminton, ringette, cross-country skiing, hockey, fencing, biathlon, figure skating, judo, artistic gymnastics, squash, curling, synchronized swimming, archery, volleyball, wrestling, alpine skiing, freestyle skiing and snowboarding, and boxing. These events were hosted in various parts of the Wood Buffalo region.

## DO YOU HAVE A STORY TO SHARE?

The Red River Current is looking for stories about individuals who go above and beyond and deserve to be recognized. If you are or know someone who has an inspiring story to share with the Red River Current, we would love to hear from you! Please contact Alex Di Pietro, Communications Manager at: 780-799-6370 email: [adipietro@fortmckay.com](mailto:adipietro@fortmckay.com) and [communications@fortmckay.com](mailto:communications@fortmckay.com)



# REGIONAL ABORIGINAL RECOGNITION AWARDS

This year's Regional Aboriginal Recognition Awards were celebrated Saturday, Feb. 10 at Shell Place, McDonald Island Park in Fort McMurray. Awards were presented to recognize the efforts made by those who go above and beyond. Those recognized also present themselves as positive role models within the Regional Municipality of Wood Buffalo, including the communities of Fort McKay, Fort McMurray, Fort Chipewyan, Anzac, Janvier, Conklin and Gregoire Lake.

Fifteen awards were presented throughout the evening, and categories for nominations included: Female & Male Youth, Female & Male Junior Achievement, Elder, Trapper, Adult Culture, Leadership, Outstanding Athlete, Outstanding Adult Student, Art, Volunteer, Entrepreneur, Female & Male Citizen & Lifetime Achievement. Among those recognized included Fort McKay community members Logan Fitzpatrick, Shalicia Boucher and Arnold Faichney.

Logan Fitzpatrick received the Fort McKay Junior Achievement award and was introduced as a confident 8-year-old who loves school and does her very best at all times. She is committed to learning and has already received many awards in culture, language arts and school attendance. Last year, she was given the Citizenship Award at the Fort McKay School. Aside from school, the young student is enrolled in power skating, the Hockey Academy and participated in the Alberta Native Hockey provincials.

Shalicia Boucher was awarded Female Junior Achievement for the Fort McMurray Catholic School District. The Grade 6 student was called an outstanding young woman who is a wonderful example for her peers. Proud of her culture and traditions, Boucher is also known for her kindness, generosity and respect for others. She is a dedicated athlete and a natural leader in volleyball and basketball. Recently, Shalicia joined "Backpacks for the Homeless Project" and helped the Centre of Hope by



fundraising and packing 250 backpacks full of essential items for the homeless in the Wood Buffalo region.

Arnold Faichney was honoured with this year's Trapper award. Growing up around the outdoors as a child, he took over the family trapline after his parents passed away. Faichney is an expert in his field with 50 years of experience in trapping. He is known for his love of the bush and his pride in trapping. He shares his knowledge throughout the community and enjoys working on traditional crafts at home. His children spend a lot of time with him while he teaches the techniques of skinning, stretching and tanning hides just as he was taught. He ensures nothing is wasted by sharing with his fellow Elders and takes only what is needed. Faichney is respected in our community for his pride in trapping and being able to pass these traditions onto our younger generation.

Congratulations to all of this year's nominees! It is without a doubt that you make our community shine!



# CELEBRATING 25 YEARS AT THE BISON RANCH



Two bison grazing

The 25th anniversary for the Beaver Creek Wood Bison Ranch at Mildred Lake was marked on Feb. 16, 2018.

Syncrude first launched the ranch in 1993 to see if large mammals could withstand and survive on its newly reclaimed land that was once used for oil extraction.

Since the ranch's opening, the bison has become an important part of Syncrude's identity.

"The herd has demonstrated our commitment to returning the land we disturb to a part of the boreal landscape capable of sustaining the largest land mammals in North America," said Greg Fuhr, Syncrude's Vice President – Mining. "We're very proud to mark this anniversary with our close neighbours at the Fort McKay First Nation, our partners in bringing back the wood bison to our region."

Before choosing the bison for the farm, the large oil company approached Fort McKay for its input. Chief Jim Boucher explained why the bison was recommended, saying "Our people have a long-standing relationship with the bison, which is why one of our most important spiritual lakes is called Buffalo Lake."

Bison roamed the area here years before the oil industry and Fort McKay thought it would be great to bring the animal back into the region.

"Our people have eaten meat from bison in that herd – we have an affinity for it because it is a good, lean,

healthy meat. We see it as a significant entity for the future," Chief Boucher said.

Rick Bouchier is no stranger to the ranch, as he was one of the first employees hired to work there. Jack Peden, the first Manager of the Beaver Creek Wood Bison Ranch, trained Bouchier. Peden, also known as Torchy, was known to Fort McKay and owned a gas station in the community at the time.

Bouchier started with little experience, but over the next three years, was able to differentiate one bison from another through each characteristic trait.

"They may look all the same from afar, but each has different features," he said.

Bouchier designed the bison ranch logo and focused on emphasizing the difference between wood bison and plains bison.

Bouchier loved getting up-close and personal with the bison. He mostly remembers Sunday mornings when he would watch them roam as he drove up to the herd.

"I would slowly drive up to them and play pow wow music and they would all come up and follow me," he said. "Over time, they started accepting me unafraid while circling my vehicle. They knew I wasn't going to hurt them."

Bouchier is happy to see the ranch still standing today.

"The bison ranch changed everything in the area. Through land reclamation, it put back the land back to the way it was before. This reclamation program and ranch could help bring back diversity of wildlife into our area," Bouchier said.

Twenty-five years later, a large herd is still seen from Highway 63 as people drive to and from Fort McKay. Syncrude has demonstrated with the bison ranch that our land can still be recovered through land reclamation after oil extraction.



# FMFN ADDS PROTECTIVE SERVICES MANAGER

The Fort McKay First Nation (FMFN) has hired Ronald “Billy” Piche to serve as Protective Services Manager.

Born in Fort McMurray, Piche said he and his family are excited about learning the local language and immersing themselves in the community.

“We are so thankful to be part of such a rich history, and the Cree and Dene culture,” said the father of three. “Being born in Fort McMurray, I feel like I have come full circle and have come back to my birthplace where I belong. I am looking forward to building new relationships and meeting the members of the community.”

Piche spent more than 10 years as a police officer with the Blood Tribe Police Service in Stand Off, Alta., prior to joining the FMFN. Having served the Blackfoot community, he has gained extensive experience working in a First Nations community and has had the opportunity to become familiar with the Indian Act.

“I look forward to the challenges ahead and working towards meeting the needs of the Fort McKay First Nation,” said Piche, a current band member of Chipewyan Prairie First Nation.

Priding himself on strong report writing, risk assessment and communication skills, Piche is enthusiastic to be serving as a liaison between community and the Regional Municipality of Wood Buffalo (RMWB).

Piche received his training in 2007 at Depot Division with the Royal Canadian Mounted Police (RCMP), graduating with a rating of Superior in final detachments.

In his spare time, Piche has enjoyed serving as a volunteer hockey coach for various age groups and teams in Alberta, including for the female Midget Triple-A Edmonton Thunder. Other interests include hunting, camping and cooking by the campfire with his three daughters and his wife Janessa.



Ronald “Billy” Piche

In his own words, Piche said his family “would rather go camping than go anywhere else.” Please join us in welcoming Piche to Fort McKay.

**CRIME STOPPERS**  
ASSOCIATION OF EDMONTON AND NORTHERN ALBERTA  
**IS YOUR PROGRAM!**

**YOU CAN BE REWARDED WITH CASH \$\$\$\$  
UP TO \$2000 BY ANONYMOUSLY HELPING  
STOP CRIME IN FORT MCKAY**

**JUST CALL CRIME STOPPERS AT  
1-800-222-8477, OR GO TO  
WWW.CRIMESTOPPERS.AB.CA**



# WINTER FESTIVAL 2018



**SATURDAY, MARCH 10 2018**

**REGISTRATION 11 a.m. to 12 p.m.**  
**OPEN SKATE 12 to 2 p.m.**

**KIDDIES OF THE NORTH - 5-9 YRS 12 to 1:30 p.m.**  
Snowshoe race, snow snake, sled pull & Indian leg wrestle

**DUKE & DUCHESS - 10-13 YRS 1:30 to 2:30 p.m.**  
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

**PRINCE & PRINCESS - 14-17 YRS 2:30 to 3:30 p.m.**  
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

**SR. KING & QUEEN - 50+ YRS 3:30 to 4:30 p.m.**  
Snow snake, moose calling, bannock & tea making

**KING & QUEEN - 18+ YRS 4:30 to 5:30 p.m.**  
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss, moose calling,  
bannock & tea making

**SUPPER 5:30 to 6:30 p.m.**  
**JIGGING CONTEST 6:30 to 7:30 p.m.**  
**AWARDS 7:30 to 8:30 p.m.**

Registration & lunch in the Fort McKay school gym. Registration is limited and participants must be registered between 11 a.m. and 12 p.m. in order to take part in the events. All events are at the soccer field, the arena area and school gym. Supper, jigging and awards in the Youth Centre.

**FOR MORE INFORMATION, CONTACT:  
AUDREY REDCROW - CULTURE & SPECIAL PROJECTS LEAD AT 780-215-2384**



# CALLING ALL COMMUNITY MEMBERS!



The Fort McKay First Nation is looking for historic photos of the community and wants to hear from you. If you have physical or digital photos on file, please send them to [communications@fortmckay.com](mailto:communications@fortmckay.com). The FMFN plans to build an archive with as many submissions as possible to ensure memorable images can continue to live on in a public archive for safekeeping. Originals are preferred, but electronic submissions will also be accepted. We can't wait to see the amazing images you have to share!

## THANK YOU!!

The Fort McKay Wellness Center held another successful casino fundraiser once again on Jan. 29 and 30. This fundraiser would not be possible without all the volunteers who came out and supported us!

**We would like to send A HUGE THANK YOU to all of our volunteers:**

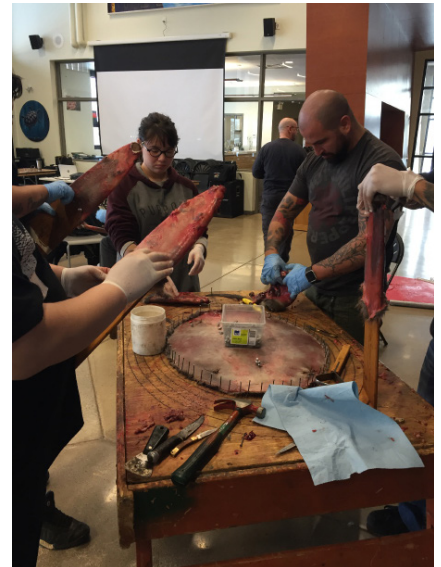
Sunshine Oilsands (Tye Bietz and Laurie Wilson-Temple), Georgette Yellowknee, Stephanie Grandjambe, Janice Richards, Didi Grandjambe, JJ Grandjambe, Ruby McKay, Melinda Stewart, Audrey Redcrow, Sheldon Shott, Deanna Simard, Stefany Guillen-Garces, Kory Torraville, Candace White, Logan Bingley, and Julia Soucie.

**Thank you again for supporting the Fort McKay Wellness Center!**





# TRAPPERS COURSE OFFERED TO COMMUNITY



A trappers course was offered to all interested Fort McKay community members from Jan. 26 to 28. The course was delivered by the Alberta Trappers Association and offered through the Sustainability Department. For three days, presenters taught the basics of trap setting, practices of trapping and preparation of a harvested animal for market. In total, 11 participants registered for the program. Upon completion, each trapper received a certificate and became officially qualified to head out on the trapline!



# AFTER SCHOOL FUN AT THE WELLNESS CENTER

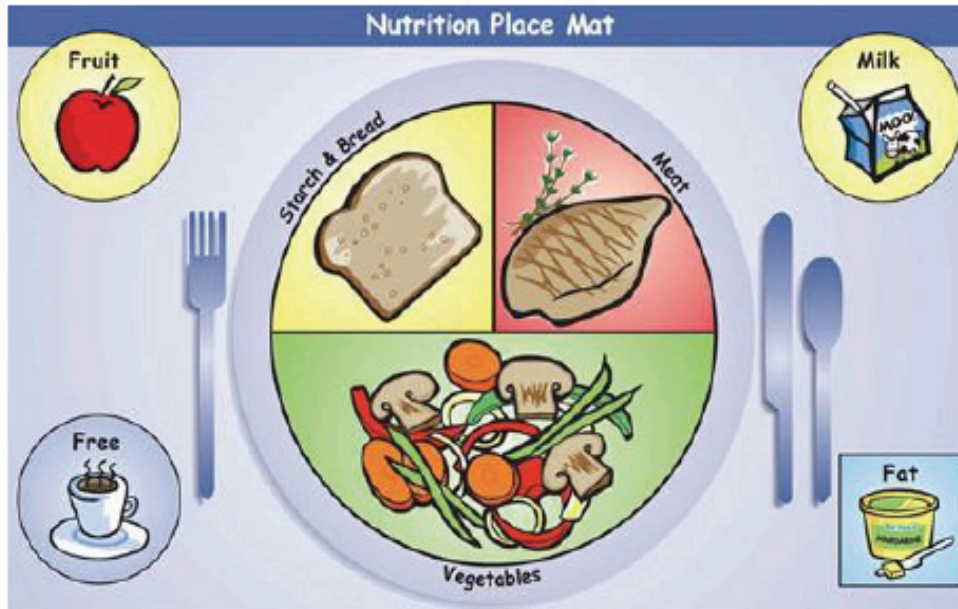




## MARCH IS NUTRITION MONTH



The Plate Method is a great tool to help you manage your diet and help prevent or delay cardiovascular diseases, diabetes, cancer and other chronic illnesses. Remember to eat healthy, participate in regular physical activity and maintain a healthy weight.



### FOR BEGINNERS

EVERY FRIDAY IN APRIL  
10:45 A.M. TO 11:45 A.M.

ALL AGES

COST: FREE

WEEKLY DOOR PRIZES

MEET AT FAMILY SUPPORT

CENTRE. PLEASE SIGN UP WITH

CHARLENE @ 780-828-4048. FOR

MORE INFO, CONTACT: BELINDA @

780-828-2455



## LET'S MAKE HEALTHY HABITS!



## HEALTH CENTRE 780-828-2450

Please update your **contact information** with the Health Centre. Providing up-to-date contact information 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 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 Co-ordinator or Health Centre staff may be denied transportation to town, or face suspension.
- When attending any medical appointments, you will be provided an attended sheet that will require the

Doctor's signature or a stamp provided by the Doctor's office as verification of attendance to the appointment. This sheet will have to be brought back to the Health Centre.

- There will be absolutely no travel in medical vans 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 blood work needs to be completed in town. Therefore, you must bring your lab requisition form.
- With the exception of prescription pickup, all medical-appointment trips are to and from appointments. There will be no stopping anywhere else before or after medical appointments.

Should you have any questions, please contact Medical Transportation Co-ordinator **Tracy Waldron at 780-742-8843**. For after-hours inquiries, please contact the **Edmonton Referral Unit at 1-800-514-7106**.

**Immunization clinics** – March 7 and 14 Babies and children **aged four to six years old**, and also those with children in Grade 5, are encouraged to book an appointment during upcoming clinics to get the routine scheduled immunizations for these age groups. Should you have any questions, please contact Gail, the Community Health Nurse.

**Adults** who have not had a booster of Tetanus with the Pertussis component are encouraged to come into the clinic for the booster vaccine.

**Flu Clinics** – Ongoing Everyone six months of age and older is advised to receive the flu vaccine. As of Thursday, Jan. 18, there have been 1,800 hospitalizations and 46 deaths identified in Alberta attributed to Influenza. Babies, the elderly, and individuals with chronic disease are most at risk. For any questions regarding the vaccine, please call the Health Centre at 780-828-2450 and speak to Gail, the Community Health Nurse.

**Prenatal and Postnatal** clients, as well as those with babies less than a year old who may be interested in a Nutrition Class on March 1, please call the Health Centre at 780-828-2450.


**Dr. Taiwo** – Call the Health Centre for upcoming dates and appointment times.

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


**Naloxone Training** – Members of the public are encouraged to attend the Naloxone Training, which will be held on March 27 from 1 to 3 p.m. The training is free and everyone who attends will get a Naloxone kit.

**Diabetic Eye Screening & A1C Clinic** – All individuals with diagnosed Diabetes are encouraged to attend this clinic to have their eyes screened for any potential damage related to diabetes. This is NOT an eyeglass or optometry clinic. For Diabetics ONLY. A foot care clinic for Diabetics will be held in conjunction with the eye screening. Should you have any questions, please call the Health Centre at 780-828-2450.

From March 1 to 15, there will be limited clinical services available at the Health Centre. You are encouraged to utilize the after-hours clinic in town located at 8600 Franklin Ave. (phone number 780-743-3900), or call 811 if you have any questions. For any emergencies, please call 911 immediately.



CALLING  
ALL  
DIABETICS...

Diabetic 

Eye Screening &  
A1C Clinic

**When: MARCH 7 10**  
A.M. TO 3 P.M.



# COMMUNITY PROGRAMS

## WELLNESS CENTER 780-828-2412

### Weekdays:

After school Activities 3:15 to 5 p.m.  
Supper Program 5 to 6 p.m.

### Mondays

Young Chefs (Age 8+) 6 to 8 p.m.  
Homework Help 6 to 8 p.m.

### Tuesdays

Craft Night (ages 8 to 11)  
6 p.m. to 8 p.m.  
Youth Choice (Ages 10+)  
6 to 9 p.m.

### Wednesdays

Winter Hiking on Birchwood Trails  
(Age 9+)  
Bus leaves at 5:30 p.m.  
Bus returns at 9:30 p.m.  
Center Closed at 6 p.m.

### Thursdays

Basketball (ages 8 to 11)  
6 to 8 p.m.  
Youth Choice (Ages 10+)  
6 to 9 p.m.

### Teen Night

March 9 (Ages 10+)  
Bus leaves at 5:30 p.m.  
\*All other kids MUST be picked up by 5:30

### Skiing/Snowboarding At Vista Ridge

March 3, 17 & 24 (Ages 10+)  
Bus leaves at 9 a.m.  
Bus returns at 4:30 p.m.  
\*Permission slip required

### Tubing at Vista Ridge!

March 23 (Ages 6 to 17)  
Bus leaves at 4 p.m.  
Bus returns at 9 p.m.  
\*Permission Slip Required  
\*\*Open to the whole community

The Wellness Center will be closed on  
March 30 for Good Friday.  
The Wellness Center will be open April  
3 to 5 from 8:30 a.m. to 4:30 p.m. for  
Spring Break Camp (Closed Monday,  
April 2 for Easter Monday).

## FAMILY SUPPORT CENTRE 780-828-4650

March 1 Stress Management - 1 to 3 p.m.  
March 6 Defining Abuse - 1 to 3 p.m.  
March 8 Family Dynamics - 1 to 3 p.m.  
March 13 Anger Management - 1 to 3 p.m.  
March 15 Emotional Awareness - 1 to 3 p.m.  
March 20 Grief & Loss - 1 to 3 p.m.  
March 22 Self Esteem - 1 to 3 p.m.  
March 27 Healthy Communications - 1 to 3 p.m.  
March 29 Responsibilities - 1 to 3 p.m.

N.A. on Mondays 7 to 9 p.m.  
A.A. on Wednesdays 7 to 9 p.m.

## POW WOW DANCE AND DRUM PRACTICE

Every Monday 6 to 7p.m. in the Band Hall  
– No registration Required –  
Open to all ages! Contact Audrey  
for more information: 780-215-2384  
or email: aredcrow@fortmckay.com.  
No practices during all major holidays.

## FORT MCKAY TREATY DAYS

June 21 to 24, 2018

## DON'T FORGET!!

The Winter Outdoor  
Physical Activity Challenge continues  
through the end of March.



**WINTER OUTDOOR  
PHYSICAL ACTIVITY  
CHALLENGE!**

