



Red River Current

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FORT MCKAY RECOGNIZED BY CONSULTING ENGINEERS OF ALBERTA



Fort McKay’s Namur Lake Air Monitoring Station was recognized for its innovative and environmental design during the 2018 Consulting Engineers of Alberta (CEA) Showcase Awards Gala on Feb. 23.

“Thirty-six solar panels provide the primary source of electricity for the Namur Lake Air Monitoring Station, which is a world’s first off-grid continuous air-monitoring station. So, we are pretty excited about that, and we are very happy to see the station getting recognized by the 2018 CEA awards,” said Ryan Abel, Manager, Regulatory and Technical for the Fort McKay Sustainability Department.

Among these categories, Fort McKay was presented with the Environmental Award of Merit for its off-grid, solar-powered air quality-monitoring station. With the help of Amec Foster Wheeler, SkyFire Energy, Sea Box, Wood Buffalo Helicopter and SCL Instrumentation, the Namur Lake Air Monitoring Station was built and installed in the Fall of 2016. Its purpose was to test air quality in the Moose Lake region where more oilsands companies continue to develop.

The station was engineered primarily to utilize electricity from solar panels and has a back-up generator for times when the panels can’t offer enough power. On average, these panels have the ability to produce more than 9,000 watts of electricity from the sun. As a result, the environmental project has provided continuous monitoring while still keeping the Moose Lake area protected from pollution.

“Having a sophisticated and sensitive air-monitoring station in the Moose Lake area is very important to Fort McKay, as it

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FORT MCKAY RECOGNIZED BY CONSULTING ENGINEERS OF ALBERTA

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gives us a number of tools to better understand what is happening today with air quality,” said Abel.

“This data will then help us identify any air-quality changes that might occur in the future and help us to address issues in air quality,” he continued. “Information is power and being able to collect all this data using almost entirely the

power given off from the sun is the icing on the cake!”

This project is the first of its kind being fully self-sustainable in a remote location and is fully owned by the Fort McKay First Nation. Through the Fort McKay Sustainability Department, the Namur Lake Air Monitoring Station provides assurance that the air quality in the Moose Lake region is continuously tested independently, and as a result, protected for future

generations.

Since 1996, the CEA awards have highlighted and recognized some of the best engineering projects throughout the province and the world. The Fort McKay First Nation, once again, has been presented as a role-model community to the rest of the world through its progressive and environmentally conscious endeavours.

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
and communications@fortmckay.com

CLOSING ARGUMENTS HEARD FOR RIGEL PROJECT

The Alberta Energy Regulator (AER) heard closing arguments on March 14 for an oilsands project that would affect the Moose Lake Area.

A hearing was held in January, during which the Fort McKay First Nation presented its reasons for opposing the Rigel oilsands project.

The Alberta Government released its Draft Moose Lake Management Zone Plan in February. Prior to finalizing the plan, it sought feedback from Indigenous groups, industry and the general public until March 30.

The Aboriginal Consultation Organization (ACO) was tasked with determining whether there was adequate consultation for the project.

A decision from the AER was expected within 90 days of the hearing's conclusion.



Treaty Days 2018

June 21 to 24, 2018

Bingo

Baseball Tournament Parade

Grand Entry

Second Annual Traditional Pow Wow

Kids' Activities

Cultural Village

Dene Hand Games Tournament

Concert and Live Entertainment

AND... A Fireworks Spectacular!

PARTICIPANTS KEEP ACTIVE DURING MILD WINTER FEST 2018

Attendees took advantage of the mild temperatures on March 9 and 10 at multiple community sites for Fort McKay's annual Winter Festival.

To kick off festivities, the Community Round Dance was held on Friday evening. A traditional feast was prepared by Rose Boucher and a drum dance preceded songs of good healing sung by Cree drummers Nick, Randy, Mitch, Jimmy, Bryce, and Xavier.



"The drumming and dancing really brought our community together, as most – if not all – participated in dancing the night away," shared Cultural and Special Events Lead Audrey Redcrow, who organized the event.

According to Redcrow, Winterfest is an important event for attendees to live past traditions.

"It's a big event for our community," she said. "The goal is to bring people together, and also, to bring traditional activities back into our community."

The night was filled with fun contests, including jigging, moose calling, and even a potato dance. Giveaways were handed out and everyone left with a gift or two of appreciation at the end of the night.

Participants as young as five years old competed in the following day's activities. Games included snowshoe races, snow snake, sled pull, Indian leg wrestling, log toss, moose calling, bannock and tea making, and jigging.

"Bannock and tea making is probably the best part of Winterfest," Redcrow said. "Everybody watches and stands around the fire during the competition."

As the event carries no entry fee, people came from all over to partake in the fun. In total, 67 participants signed up and competed in Winterfest this year.

The Fort McKay First Nation would like to thank all staff and volunteers who helped organize this year's Winterfest.

"Everyone did a wonderful job with the setup, and also, volunteering with the Winterfest activities all day long. We are very grateful to have them all as part of our Winterfest Committee," Redcrow said. "On behalf of the Fort McKay First Nation and our Winterfest Committee, we would like to thank everyone for coming out to Winterfest 2018 and hope to see you all again next year!"

FORT MCKAY WOULD LIKE TO CONGRATULATE THIS YEAR'S WINNERS!

King and Queen of the North 2018

Bryce Faichney and Michelle Richer

Senior Queen of the North 2018

(Last year's reigning champ) Lorraine Albert & Maurice Bujold

Prince and Princess of the North 2018

Tyson Adby and (Last year's reigning champ) Reanna Whiteknife

Duke and Duchess of the North 2018

Kairo Grandjambe & Alicia Gladue

Kiddies of the North 2018

Theresa Boucher & Savannah Dyson (girls) with a tie for 1st place (boys) Keegan Shott & Maddon L'Hommecourt





FORT MCKAY WELLNESS CENTER JUNIOR LEADERS RAFFLE TICKETS NOW ON SALE!!

Come support the Fort McKay Wellness Center Junior Leaders by purchasing a raffle ticket, and you could win:



TWO ECONOMY CLASS RETURN TICKETS FOR TRAVEL TO ANY AIR CANADA-SCHEDULED DESTINATION IN NORTH AMERICA, INCLUDING HAWAII, MEXICO AND THE CARIBBEAN, GENEROUSLY DONATED BY THE **AIR CANADA FOUNDATION.**

TICKETS ARE \$10 EACH!!

ONLY 1,000 TICKETS ARE AVAILABLE!!

(Must be at least 18 years of age to purchase. Raffle licence No. 488151)

Tickets can be purchased in person, with cash only, at the Fort McKay Wellness Center or through authorized ticket sellers. The Fort McKay Wellness Center would like to send a big THANK YOU to the Air Canada Foundation for its donation.

(Raffle rules and regulations follow those set out by the AGLC. A copy of the rules and regulations can be accessed at the Wellness Center, or can be found on the back of ticket stubs.)

WHAT IS HAPPENING AT THE FORT MCKAY SCHOOL?



Logan Fitzpatrick and Grayson Shott demonstrating "Finger Pull" at the Youth centre as part of what they learned at the School.

Kids at Fort McKay School have been busy with various exciting activities in the last month that encourage and promote a healthy lifestyle. Below is a recap of what the school has been up to...

The school partnered with Elite Football through Fort McKay Recreation and offered football training on Tuesdays. Students were able to discover the basics of football and all enjoyed learning about the sport. Ms. Stefany and Ms. Brandy continue to offer classes on Wednesdays in a variety of sports, and both students and staff love having them come into the school!

The Arctic Winter Games have been a part of the community's Annual Winter Festival and were introduced to APPLE Schools as part of the "monthly campaigns." Over the past couple of months on Tuesdays, Ms. Stefany and Ms. Ladouceur have shown students how to "Finger Pull, Leg Wrestle, and Snow Snake." A few students who already had experience demonstrated these sports to their class and guided other students at their stations.

March was nutrition month, and students learned about the Alberta Nutrition Guidelines – specifically, "choose most often, choose sometimes and choose least often." Through the morning snack program, students are now given "choose most often or choose sometimes foods," such as fresh fruit, yogurt, cheerios and milk, biscuits, crackers and cheese, etc. Both students and staff have commented about the new snack items, and there are fresh fruits available for snack.

In the past, the school has offered pizza and wings on report card night for students and parents. With nutrition month, the school staff offered healthy food options such as fruit platters, cheese and crackers, as well as water and 100 per cent fruit juice. Students are becoming more aware of their own food choices and will often comment when they observe adults who are consuming "choose least" food/beverages.

The Grade 5/6 class attended the HASS Symposia in Fort McMurray on Feb. 7, 2018. Students participated in a variety of activities, such as Dance Play, Mindfulness, etc. The class was able to interact with other students from Grades 4 to 6 throughout the Wood Buffalo Region.

As the weather gets warmer, students will have more opportunities to play outside during physical education, recess, and other activities. It is important to dress your child according to the weather or in layers as the mornings tend to be cooler. Winter boots or rubber boots may offer more protection from the elements, especially as the snow melts.

Fort McKay School would like to thank Birch Mountain Enterprises for donating two garbage bins to the school, as the ECS and Learning Commons rooms were being switched. The painting crew painted some of the school and the Grade 5/6 class suggested that the gymnasium be painted in the medicine wheel colours.

If you would like more information on any of our programs, please contact the School Health Facilitator at lolita.ladouceur@nsd61.ca

HIGH-PROFILE HOCKEY SCHOOL RETURN

The 3 Nolan First Nation Hockey School event was back in Fort McKay once again from Feb. 23 to 25 to direct another hockey skills development camp for community youth.

Led by two former NHLers, Brandon Nolan and his father Ted Nolan, the weekend guaranteed to teach young athletes additional skills and techniques on the ice. During his NHL coaching experience, Ted Nolan was awarded NHL Coach of the Year for his work while coaching the Buffalo Sabres in 1996-97.

The event also included Hockey Canada High Performance Certified Coach Mike Heffering. With the presence of such highly qualified professionals, the weekend promised many new learning opportunities for young athletes.

More than 60 kids registered and participated in this year's hockey camp. Throughout the two-day event, youth learned to further refine their hockey skills through various drills on and off the ice. Also presented was a film about Jordan Nolan, which detailed his life story as a child leading up to winning the Stanley Cup in 2012 and 2014.

In addition to learning new hockey skills, athletes participated in team-building workshops and were taught the importance of being healthy and living an active lifestyle, how to be positive role models, and how to become future leaders in their communities.



A signed Jordan Nolan jersey was given to the community that is now hanging in the community arena.

In addition to the hockey camp, Ted Nolan also offered a two-hour presentation for interested coaches from the region. Approximately 35 people attended the event.

3 Nolans First Nation Hockey School has operated since 2013, impacting the lives of hundreds of youth from across Canada.

Fort McKay would like to thank all of the children who participated in the event, as well as BJ Fitzpatrick, who put it all together for his community.



NS TO FORT MCKAY FOR ANOTHER YEAR



FORT MCKAY PROTECTIVE SERVICES TIPS

~Calling the Police~

HOW YOU CAN HELP THE POLICE DO THEIR JOB:

1. Report Your Complaint ASAP
2. Report As Much Detail As Possible
3. Report Suspicious Activities
4. Report Suspicious People

EMERGENCIES TO REPORT IMMEDIATELY:

Impaired drivers, violence, gunshots, motor-vehicle collisions that include injuries.

WHAT NUMBER DO I CALL FOR NON-EMERGENCIES?

Wood Buffalo Detachment Non-Emergency Complaint Line at: (780) 788-4040

NON-EMERGENCIES INCLUDE:

Noise complaint, theft of licence plate, ongoing drug trafficking, assault/incidents that occurred more than 12 hours ago.

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. 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!



OPINION: FORT MCKAY FIRST NATION SHOWS ALBERTA HOW TO MANAGE A BUDGET

by Tom Flanagan

One of the greatest First Nation success stories is the Fort McKay First Nation, situated in the heart of the oilsands. It has never produced a drop of oil or earned a dollar in royalties, but it has achieved a standard of living comparable to other Canadian communities by selling services to oilsands companies — janitorial care, earth-moving, trucking and workforce lodging, to name a few. Now, only about five per cent of its income comes from government transfers — the other 95 per cent stems from business ventures.

Like the rest of Alberta, Fort McKay was rocked by the drop in oil prices from a high of US\$109.89 per barrel (West Texas Intermediate) in June 2014 to US\$29.67 in January 2016. After years of running a healthy surplus, Fort McKay's revenue plunged by 37 per cent in one year, and the budget went into the red. But the deficit lasted only one year. Fort McKay reduced discretionary spending, liquidated unprofitable investments, and reoriented their business strategy toward income stability. Soon they were back in the black.

Compare this to what has happened in Alberta.

Under the Progressive Conservative governments of Ed Stelmach and Alison Redford, the province ran large deficits since 2008, even though oil prices averaged about US\$90 a barrel in that period. Alberta was by far the wealthiest and most prosperous province in Canada, yet the government could not live within its means. It used up the “rainy day” fund established in Ralph Klein's administration, squandering the surplus that might have cushioned the province against the fiscal shock of 2015.

Then, instead of adjusting to the new and less-favourable environment, the Notley NDP government drove spending even higher while continuing to borrow more than \$10 billion a year. Alberta's government is now deeply in debt with no realistic plan for getting back to budget balance.

Alberta politicians of all parties, instead of sitting in Edmonton, should take a trip to Fort McKay to learn the simple-but-profound lessons of good fiscal management. Run a surplus when times are good. Don't build up spending commitments that are unsustainable in less-prosperous times. React quickly when things do go south (as they always do, sooner or later). Cut discretionary spending to restore a balanced budget within a reasonable span of time. Above all, don't start borrowing to fund ongoing operating expenses; it only postpones the day of reckoning and makes it more painful when it comes.

Simply put, a huge dose of humility is in order for Alberta's politicians. For the last 10 years, their fiscal management has been outclassed by a small remote First Nation whose people a generation ago were hunters and trappers in the wilderness. And it's not just the politicians — the people of Alberta should learn these lessons. Late former premier Jim Prentice was right when he said that, if you want to understand Alberta's fiscal problems, “look in the mirror.” That he lost the 2015 election only shows how right he was. (Mr. Prentice was, by the way, a great friend of Fort McKay.)

Like Alberta, Fort McKay has an elected government. Their leaders have exercised prudent management only because their voters have supported fiscal discipline. Where were Alberta's voters when the provincial government was — and still is — recklessly piling up debt? Why have they voted for parties who tried to escape from fiscal challenges by borrowing money? Look in the mirror to see what went wrong. And look at Fort McKay to see how to set things right.

Tom Flanagan is professor emeritus of political science at the University of Calgary, senior fellow at the Fraser Institute, and author of a new Fraser Institute study on the Fort McKay First Nation.

This article originally appeared in the Edmonton Journal on March 16, 2018.



SUSTAINABILITY DEPARTMENT GENERAL UPDATE

WHO ARE WE?

The Fort McKay Sustainability Department (FMSD) helps the Fort McKay First Nation to ensure that, if approved, existing and planned industrial development throughout Fort McKay's Traditional Territory is carried out in the most sustainable and responsible way possible. The staff at the FMSD work in many different areas, such as: Community Engagement, Trapper Relations, Environment, Regulatory, Government Relations, Long Term Agreements, and Parks and Land Use. These areas work together to make sure that development applications are reviewed and assessed, and that community members are engaged, so we can properly represent their concerns to industry and government. The FMSD works on your behalf to facilitate ongoing, meaningful consultation within the community, so residents know how their traditional lands are being affected by resource development in the region. The FMSD demands and pushes for a higher standard from industry and government than the regulatory standards asked for today.

WHAT HAVE WE BEEN UP TO?

These articles are intended to be a way for the FMSD to communicate what work we have been doing within our department, and also, to notify you of upcoming activities and events that are going on within the area.

CARIBOU RANGE PLANNING PROCESS

The Fort McKay First Nation has been monitoring Alberta's Caribou Range Planning Process. In 2017, the FMSD was contacted to attend a series of information sessions where Alberta provided updates on the development of its Draft Range Plan. The FMSD has attempted to make the government aware that Fort McKay's Aboriginal and Treaty Rights have already been

significantly impacted by the decline in caribou populations. Caribou are no longer being harvested or used for the transmission of traditional knowledge because of the decline. We have expressed our concern to both the Province and Federal Government for the lack of consultation Fort McKay has had on the development of the Draft Plan.

In December 2017, Alberta released the Draft Range Plan. Currently, the Province is holding a series of information sessions that are open to the public. If you would like to provide any personal comments on this process, or to find out about a public session, you can visit the Province's website at <https://talkaep.alberta.ca/caribou-range-planning>. The FMSD is requesting consultation and an opportunity to conduct a traditional land-use study in the community. If you would like to be considered for future engagement on caribou range planning, please contact the FMSD office at 780-828-2480.

COMMUNITY ADVISORY GROUPS

Community Advisory Groups (CAGs) are made up of 12 to 15 community members who meet with a range of different companies in order to learn about the development within Fort McKay's Traditional Territory and to express their concerns directly with industry.

The FMSD has taken a new approach to CAGs this year and has started the year meeting internally with each CAG to provide an update on company operations, to identify community members' main concerns, to create goals and to identify solutions that will then be provided as feedback to each industry group. Typically, companies that hold CAGs meet two to three times a year. We hope the new format for the CAG meetings will give community members a voice and make sure their concerns are heard. So far, community members have met with CNRL, Suncor, Teck, Syncrude and Imperial CAGs.



RONALD LAKE BISON HERD

The FMSD has been busy with gathering information on the Ronald Lake Bison Herd with the community. In 2017, Environment and Climate Change Canada (ECCC) approached the FMSD to gather information for an Imminent Threat Assessment. The Ronald Lake Bison Herd is a unique herd north of Fort McKay. ECCC is working to understand if the bison are at risk, and what those risks might be. In November 2017, the FMSD hosted workshops that discussed a series of topics, such as the bison habitat, potential threats, cultural importance, and management solutions. The information gathered from the community will assist the FMSD in writing reports that will be provided to the Minister of ECCC so that she can make an informed decision on the status of the bison. If you have gone out on the land to hunt bison, or you have seen bison in the traditional territory and would be interested in learning more about the work we are doing, please call the FMSD office at 780-828-2480.



Are you FIRST NATIONS, MÉTIS OR INUIT?

STUDENTS HAVE THE OPPORTUNITY TO SELF-IDENTIFY AT REGISTRATION AND IT CAN BE UPDATED AT ANY TIME.

WE OFFER:

- Designated staff to contact for students who are Canadian First Nations, Métis, or Inuit.
- Student Support Services.
- Access to Elders, Aboriginal community leaders, and mental health coordinators.
- Experiences with learning traditional teachings.
- Aboriginal awareness including Treaty Rights.
- Classroom activities to promote cultural awareness.

At Keyano College, we are committed to personal excellence. As a student who is **CANADIAN FIRST NATIONS, MÉTIS, or INUIT**, the college has opportunities and experiences specific to your needs.

TripleP Positive Parenting Group

This six-week program will increase your skills to manage your child's behaviour in a group setting. Parents will discuss and share ideas about parenting, as well as receive practical information that they can incorporate into everyday interactions with their children. Join our Parent Coach, Adewunmi, and other parents as they engage in conversation!

Location: Fort McKay Youth Centre
April 19, 2018 1 to 3 P.M.
April 26, 2018 1 to 3 P.M.
May 3, 2018 1 to 3 P.M.
May 17, 2018 1 to 3 P.M.
May 24, 2018 1 to 3 P.M.
May 31, 2018 1 to 3 P.M.

For registration details, contact Kayla Boucher at the Fort McKay Youth Centre Family Support Office at 780-828-4048 OR 780-881-7569
Snacks and Coffee will be provided.

PACIFIERS (SOOTHERS): A USER'S GUIDE FOR PARENTS

Babies are born wanting to suck. Some even suck their thumb or fingers before they are born. This is a natural behaviour that allows them to feed and grow.

If your baby wants to suck in between feedings, a pacifier can help. But it should never be used instead of feeding, and it should never be used without the extra comfort and cuddling a parent can provide.

THE DO'S AND DON'TS OF PACIFIERS

- Do not start using a pacifier until breastfeeding is going well. One exception is for premature or sick babies in the hospital who can benefit from using one for comfort.
- Always see if your baby is hungry, tired or bored before giving him a pacifier.
- Sterilize the pacifier by putting it in boiling water for five minutes before the first use. Make sure it's completely cooled down before giving it to your baby. Keep it clean by washing it with hot, soapy water after each use. Don't "clean" the pacifier by sucking on it yourself because it can spread germs from you to your child.
- Always check for cracks or tears before giving a pacifier to your baby. Replace the pacifier every two months.
- Never dip the pacifier in sugar or honey. This will hurt your baby's teeth. Honey can lead to botulism, which is a type of food poisoning.
- Never make your own pacifier out of bottle nipples, caps or other materials. These can cause choking and death.
- Don't let your older child crawl or walk around with a pacifier.
- Use the pacifier only when your child needs comfort. Using it all day long can affect your child's ability to learn to talk and can cause problems with teeth.
- Never let your baby or child chew on a pacifier. It could break down and cause choking and death.

WHAT ARE THE ADVANTAGES OF USING A PACIFIER?

- You can control the use of a pacifier, but it's harder to control thumb sucking. When it's time to stop using a pacifier, you can throw it away. You can't throw away a thumb!
- Several studies suggest that using a pacifier during the first year of life decreases the risk of sudden infant death syndrome (SIDS).

CAN THERE BE PROBLEMS WITH USING A PACIFIER?

- Using a pacifier incorrectly can lead to problems with breastfeeding, teeth (cavities and overbite), and possibly, ear infections.
- Homemade pacifiers, sweetened pacifiers or pacifiers tied around a baby's neck are NOT SAFE and could lead to injury or death.



HERE ARE SOME TIPS TO HELP YOUR CHILD STOP USING A PACIFIER:

- Limit the times your child uses a pacifier. Use it only for sleep time and comfort.
- Never use punishment or humiliation to force your child to give up using a pacifier.
- Include your child by asking him to throw it away or leave it under the pillow for the "soother fairy." This is especially helpful if your child is older.
- Start a reward chart to mark your child's progress.
- Praise your child when she gives up the pacifier. Tell her you are proud that she is growing up and give her lots of hugs and cuddles.
- Allow your child to express his feelings. If he's upset or angry, give him special cuddles to help him cope.
- If your child asks for the pacifier again (and she probably will), don't give in. Remind her that the pacifier is gone and that she is grown up now.

(adapted from Caring for Kids.ca)

HEALTH CENTRE 780-828-2450

Clients visiting the Health Centre are encouraged to update their **contact information**. This helps when we are trying to contact parents or caregivers about booking appointments.

Medical Transportation

As per the policy regarding appointments, Section 6.2, states:

When a client does not attend a scheduled appointment and medical transportation benefits have been provided, the client may have to assume the cost of the return trip or of the next trip to access medically necessary health services – unless justification is provided to explain why the client was unable to attend or to notify the appropriate public carrier of the cancellation.

Please keep you Medical Transportation Co-ordinator informed well in advance of any changes to your appointments.

Should you have any questions, please contact Medical Transportation Co-ordinator **Tracy Waldron at 780-742-8843**

You may also contact the after-hours Edmonton Referral Unit at 1-800-514-7106

Immunization clinics – April 4 Babies and children aged **four to six years old** – and also, those with children in **Grade 5** – are encouraged to book an appointment during the upcoming clinic 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. Babies, elderly, and individuals with chronic disease are most at risk. Should you have any questions regarding the vaccine, please call the Health Centre at **780-828-2450** and speak to Gail, the Community Health Nurse.

Thank you to the five new moms who attended our first Nutrition Class on March 1. We hope to have regularly scheduled clinics in the near future.

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

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



*NEW DATE: MAY 18 & 25
JUNE 1, 8 & 15

LET'S MAKE HEALTHY HABITS!

5-WEEK WALKING CLUB FOR BEGINNERS

WHEN: MAY 18 & 25
JUNE 1, 8 & 15
10:45 A.M.
TO 11:45 A.M.

ALL AGES

COST: FREE

MEET AT FAMILY SUPPORT CENTRE

SIGN UP WITH

CHARLENE@780.828.4048

DUE TO LACK OF INTEREST, WE HAVE CHANGED THE DATE

FOR MORE INFO, CONTACT
BELINDA@780.828.2455



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 7 p.m.

Tuesdays

Dodgeball (Ages 10+) 6 to 8 p.m.
Youth Choice (Ages 10+) 8 to 9 p.m.

Wednesdays

Traditional Arts (Age 8+) 6 to 8 p.m.
Youth Choice (Ages 10+) 8 to 9 p.m.

Thursdays

Science Club (Ages 6 to 7) 6 to 7:30 p.m.
Floor Hockey (Ages 8 to 11) 6 to 8 p.m.

Teen Night

April 13 (Ages 10 to 17)
*Permission slip required
Bus leaves at 5:30 and returns at 10 p.m.

Pre Teen Night

April 27 (Ages 8 to 11)
*Permission slip required
Bus leaves at 5:30 and returns at 10 p.m.

Field Trip

April 20 (Ages 6 to 13)
Swimming at YMCA
Bus leaves at 1 and returns at 5 p.m.

SPRING BREAK CAMP

April 3 to 6
8:30 a.m. to 4:30 p.m.
(ECS students welcome to participate
with registration)
Breakfast, lunch and snacks provided!

*Please note that the Wellness Center will
be closed on Easter Monday.

FAMILY SUPPORT CENTRE 780-828-4650

April 3 Anger Management - 1 to 3 p.m.
April 5 Defining Abuse - 1 to 3 p.m.
April 10 Self Esteem - 1 to 3 p.m.
April 12 Healthy Communications - 1 to 3 p.m.
April 17 Grief & Loss - 1 to 3 p.m.
April 19 Responsibilities - 1 to 3 p.m.
April 24 Emotional Awareness - 1 to 3 p.m.
April 26 Stress Management - 1 to 3 p.m.

N.A. on Mondays 7 to 9 p.m.
A.A. on Wednesdays 7 to 9 p.m.
Walking Club on Fridays 10:45 to 11:45 a.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

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 and
communications@fortmckay.com

