



Red River Current

SEPTEMBER 2019

VOLUME 9 : ISSUE 8

YOUTH PARTICIPATE IN MARK MESSIER HOCKEY CAMP

While some enjoyed the summer heat by the beach this summer, others found themselves in the Fort McKay arena for the love of hockey, with their skates on, all eager to participate in the Messier International Hockey Camp.

The Fort McKay hockey camp was hosted July 17 to 19, 2019. The three-day event included on-ice practices and dry land training in the morning, and ended with fun hockey games during the afternoon. "We had 64 youth attend between the ages of 5 to 16," explained

Simon Adams, Director of Community Services. The Mark Messier Hockey Camp was also offered in Fort McMurray the following week where 110 youth attended.

This hockey camp was a real treat for our local athletes! These youth all got a chance to meet and train with one of the best! Mark Messier is a former professional National Hockey League (NHL) hockey player. He was part of the NHL for 25 years and played for the

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Mark Messier Hockey Camp participants

YOUTH PARTICIPATE IN MARK MESSIER HOCKEY CAMP



Mark Messier Hockey Camp participants

FMFN LEADERSHIP TEAM

Mel Grandjamb, Chief
Raymond Powder, Councillor
David Bouchier, Councillor
Melinda Stewart, Councillor
Crystal McDonald, Councillor

George Arcand Jr., CEO
Chris Johnson, CFO
Barrie Robb, CEO, Business Development
Alvaro Pinto, Executive Director, Sustainability Department
James Owl, Executive Director, Capital Projects
Noma Mangena, Director, Human Resources

ADMINISTRATION DEPT.

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

Hours of Operation:

Monday - Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 2 p.m.
Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the Red River Current, please contact the Communications Department
email: communications@fortmckay.com

(story continued from page 1)

Edmonton Oilers, New York Rangers, and Vancouver Canucks. He also played professionally with the World Hockey Association (WHA)'s Indianapolis Racers and Cincinnati Stingers. Those who know hockey know that Messier is considered to be one of the greatest hockey players of all time!

A Golf Fundraiser was also organized with the Messiers on Saturday July 20 at Fort McMurray Golf Club. Over 40,000 dollars was raised towards the Mark Messier Foundation and Wood Buffalo Kids Sport.

Fort McKay First Nation was the main sponsor for this event. Fort McKay would like to also thank the other sponsors for the Hockey Camps including Bouchier Group, Birch Mountain Enterprises, CEDA, Home Hardware and Supplement King.

Another big acknowledgement must be made to our local cooks, Rose Beaton and Evelyn Boucher, who worked tirelessly to prepare, cook and serve amazing dishes to everyone during these three days.

Everyone loved this event! It was so successful that arrangements and planning are already in the works for next summer!



THE ENVIRONMENTAL GUARDIANS FIND CARIBOU WITHIN OUR TRADITIONAL TERRITORIES



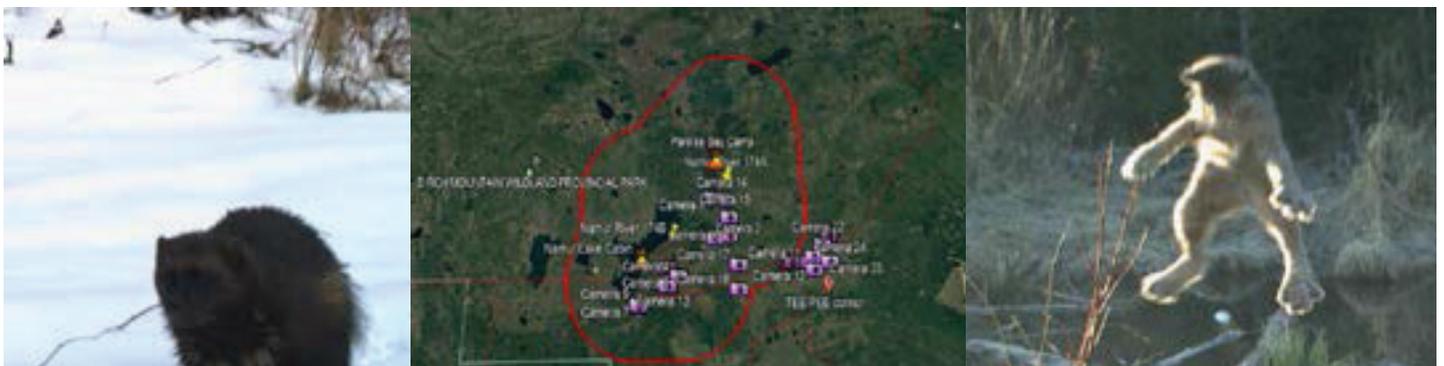
Woodland Caribou captured by wildlife monitoring cameras in the Moose Lake 10 km zone. Caribou with 24 kms apart.

Looking To expand the Monitoring Program

Fort McKay's Environmental Guardian Program is excited to announce the expansion of our wildlife monitoring program with the addition of more wildlife monitoring cameras, in addition to the 24 cameras already installed in the Moose Lake area. The current cameras have captured some exciting wildlife footage, including two woodland caribou 24km apart from one another in the Moose Lake area.

The most persistent threat to caribou populations is habitat destruction due to industrial activity. Caribou rely on old-growth forest conditions to thrive. It could take several decades for a replanted forest to be suitable for them to return.

Although some might argue otherwise, at-risk woodland caribou herds are in rapid decline across Canada, with many herds listed as unsustainable. The boreal populations of woodland caribou were listed as threatened under the federal Species at Risk Act (SARA) in 2003. At least one herd in British Columbia has ceased to exist. Alberta's woodland caribou face significant challenges unless a bold solution is found to reduce habitat loss. Current measures that focus on containing nursing animals and reducing wolf populations are failing to prevent various caribou herds from continuing to decline. Canada and Alberta have just announced they are working on a SARA section 11 agreement to protect caribou. If you would like to comment, visit <https://talkaep.alberta.ca/caribou-conservation-agreement>.



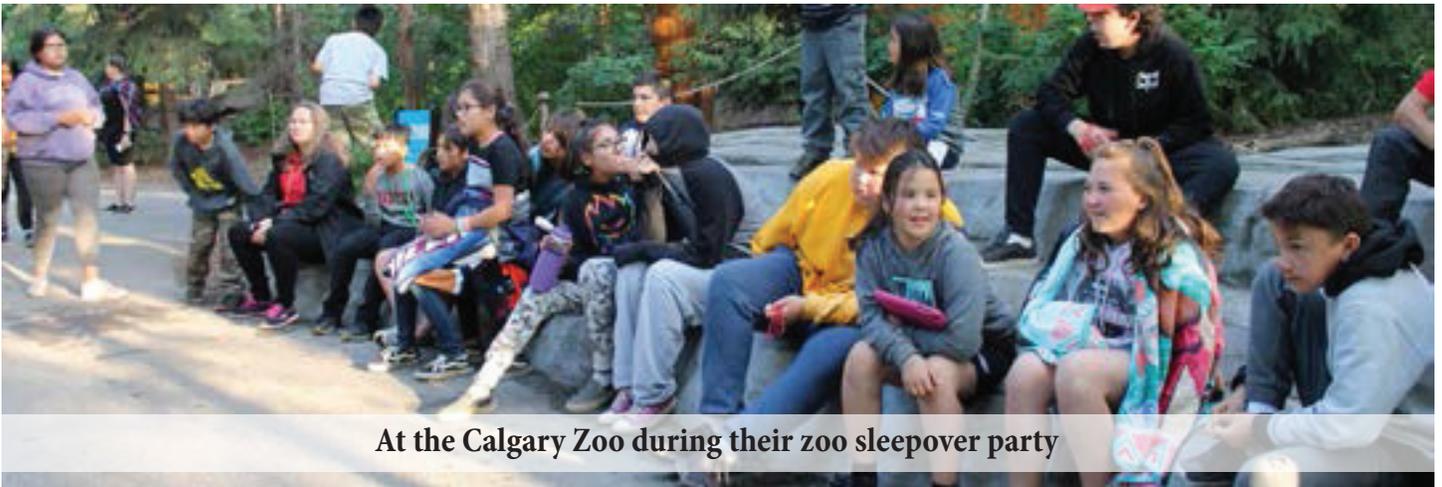
Above photo of wolverine

Above photo of Moose Lake 10 km zone

Above photo of jumping lynx



WELLNESS CENTER'S 2019 ANNUA



At the Calgary Zoo during their zoo sleepover party

The Fort McKay Wellness Center's 2019 Annual Youth Cultural Excursion began on Friday, June 28th with a bus full of 39 excited children and youth! This year, the group planned a road trip going south of Fort McKay for a full week!

The first day planned was in St. Paul, Alberta with a visit the UFO Landing Pad as well as the St. Paul Tourism Centre. They learned a little history about the construction of the 1967 landing pad along with the Tourism Visitor Centre that was built next to it in the 1990's. After the tours, the group headed to Fort Saskatchewan to go swimming, eat pizza and have a good night's sleep!

On day 2, everyone woke up bright and early eager for their next adventure, this time to the Ukrainian Cultural Village. "Here, we learned about the Ukrainian lifestyle and the many families that live in the village year-round. We enjoyed a traditional

Ukrainian meal of perogies and kielbasa!" explained Julia Soucie, Director of the Wellness Center.

During the afternoon, they visited the Reynolds-Alberta Museum in Wetaskiwin, Alberta, and experienced a variety of activities such as a 'Car Building Assembly Line', a tour of the Airplane Hangar, explored the exhibits and even got a ride in a vintage car! The evening took them to their next destination; Red Deer.

Day 3 brought them to an amazing outdoor waterpark in Blackfalds. They spent the morning in the wave pool, sliding down the waterslides and enjoying the sun while we swam in the pools. Afterwards, our travelers journeyed off to Lethbridge, Alberta where they would spend the next two nights.

Monday morning was Canada Day, and the group was excited to celebrate Canada's birthday while exploring

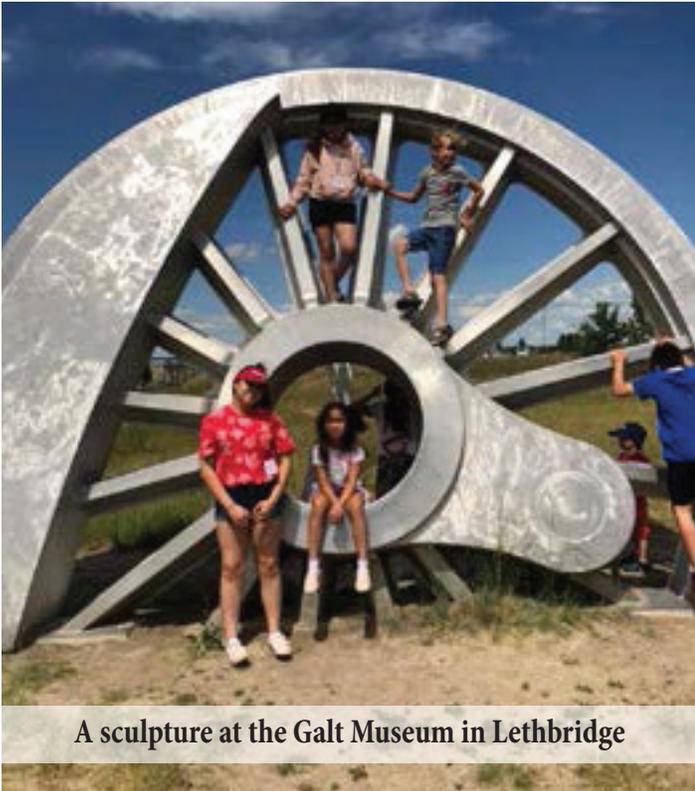


Tristan Grandjambe learning how to milk a goat at Butterfield Acres



Thor Grandjambe trying on some Army gear during a Canadian Forces presentation at Henderson Lake Park

L YOUTH CULTURAL EXCURSION



A sculpture at the Galt Museum in Lethbridge

Lethbridge! They visited the Galt Museum for a variety of Canada-themed activities and then drove down the road to Fort Whoop and learned about Indigenous Culture and played 'Canadian Song Bingo'. During the evening, they headed to Henderson Lake Park and enjoyed outdoor entertainment, booths with local artisans, food trucks and Canada-themed games. Canada Day ended with a fun swim in the hotel waterpark, followed by a beautiful fireworks display right from their hotel room.

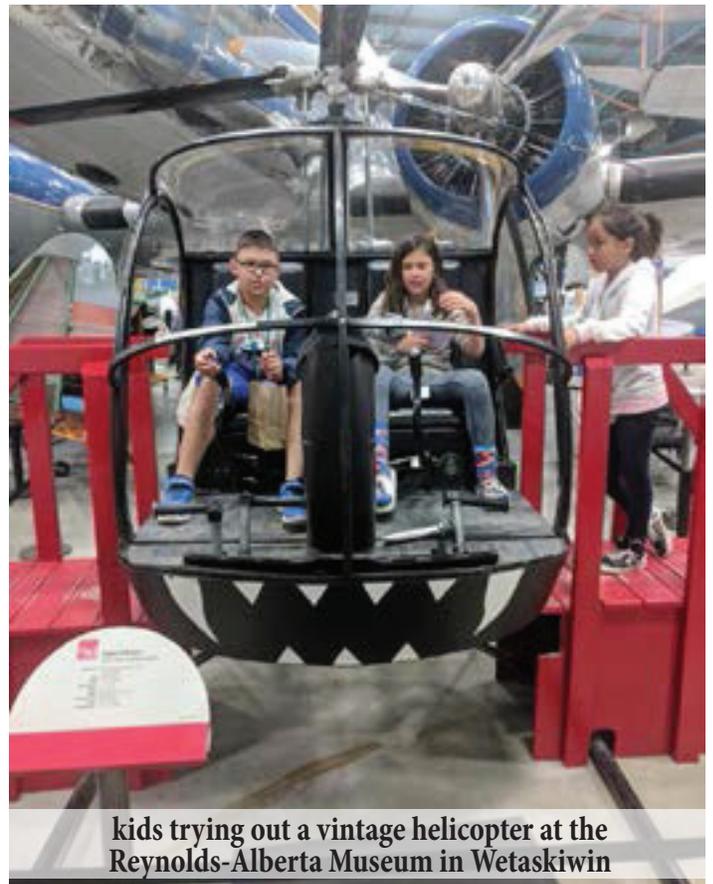
Day 5 brought the group to the big city of Calgary. They spent the morning at Butterfield Acres exploring the petting zoo, milking goats and even going on a tractor ride! That afternoon, a surprise was planned for the group. "As we drove through a quiet industrial area of Calgary and everyone all wondered where we were going. It was Shakers Amusement Centre! Everyone was thrilled to spend the afternoon learning how to drive go-karts and playing lazer tag and mini putt! We also went bowling and rock climbing as well!" shared Soucie.

That evening, everyone had a quick supper at Shakers and then went to the Calgary Zoo for a

sleepover party! "We entered the Zoo after it was closed for the evening and got to explore some of the exhibits. It was so exciting to be there after-hours because all the animals were curious and out playing around. We got to get up-close and personal with some of the animals that came right up to the fence!" Soucie explained.

The next morning (day 6), everyone was up at the crack of dawn! They spent the day exploring the rest of the zoo and broke up into small groups and seeing all the other animals. By the end of the day, everybody was exhausted! They boarded the bus to travel to Fort Saskatchewan where the group would spend their last night together before heading home.

On the last day all woke up excited to go home. Soucie shared, "after 7 days, we were all anxious to get back to our families to tell them all about the wonderful adventures we had exploring the province. We are so thankful for this opportunity. A HUGE THANK YOU goes out to CNRL and the Fort McKay First Nation for providing this AMAZING opportunity for us!"



kids trying out a vintage helicopter at the Reynolds-Alberta Museum in Wetaskiwin





FORT MCKAY
FIRST NATION

INTRODUCING IN OUR CO

IDA IRON



Ida Iron was hired as Fort McKay's Director of Education and will be monitoring all educational programs and staff, and to help with the development of the New School. She will also be helping in the transition from the Northlands school division to an Independent First Nations school.

Iron explains more, "I will be involved with the education staff to implement an exciting land based educational system, which will embrace the language and culture of Fort McKay First Nation but will also include all the necessary curriculum required for the students to achieve and be successful once they complete their education, that is offered within the community of Fort McKay."

Iron has been a teacher for 17 years, teaching classes to preschoolers all the way to grade twelve students. She worked ten years in First Nations schools, four years in high schools and one year in middle school within the provincial system. On top of that, she also has experience in developing the Treaty curriculum for classrooms ranging from grade seven to twelve.

Ida Iron has also worked in an administrative role within the education system for approximately sixteen years. She has held various significant roles including Principal, Superintendent, Director/Principal and a Director of education for a Tribal Council, all which have given her a wide range of experience and expertise.

Iron is excited to start working with our community; "I love being back in the North and working with First Nations people. This has always been my dream, to help educate as many First Nation children, youth and adults. As the Elders, Past and Present Leaders have stated, "Education is the Key" to improve the lives of our First Nations people. This has been a vision and Mission of mine ever since I first encountered Post secondary Education. There is so much to learn, and you don't ever stop learning. "

Iron looks forward to being part of the community's vision in building and operating its own school. "It's a fascinating journey, with so much potential!"



NEW EMPLOYEES COMMUNITY



FORT MCKAY
FIRST NATION

PEARLEEN KANE

Pearleen Kane is Fort McKay's new School Development Manager. She has been hired to help with new school project initiatives, along with the development and implementation of Fort McKay's land-based, language and cultural programming.

With a Masters degree in Educational Foundations, more specifically Land Based Indigenous Education, a Bachelor of Arts degree in Native Studies and a Bachelor of Education degree, Kane has a lot of knowledge to share and is a key asset in Fort McKay's newest education system.



“My long-time friend and colleague Ona Fiddler Berteig has worked for Fort McKay for a long time. I am starting to meet local people and look forward to meeting many others, especially those who follow a land based lifestyle,” she shared.

Kane is eager to learn about Fort McKay's traditions and local culture as well as establishing positive rapport with local knowledge keepers. “It is our birth right to know our authentic Nehiyaw history, language and culture must be reconciled after the many generations of colonial influence. This restorative work is critical in preserving our knowledge systems and skills for our children and the generations to come.”

Pearleen Kane is also a teacher, mother, grandmother, and long-time Nehiyaw language and cultural advocate. She likes to spend her summers engaging in land-based activities, beading, dancing at powwows and going to ceremonies. “I have traveled to many other countries and usually try to seek out the Indigenous people of the land.”

Feeling grateful, she would like to thank the community for giving her the opportunity to work here and is excited about her new endeavors; “Ninanaskomon ota e-pe atoskeyan.”



FORT MCKAY

FIRST NATION

COMMUNITY SAFETY INITIATIVE

SAFETY TIPS BROUGHT TO YOU BY THE NATIONS
SAFETY DEPARTMENT

RED FLASHING...NO PASSING!

It is illegal to pass a school bus when the red lights are flashing.

We have approximately **4 BUSES** that transport our children to school and back home again, when the buses make stops in the community we need to **STOP** and **NOT** pass as children will be exiting and may have to cross the road to get to their homes. All Drivers must respect the flashing lights on a school bus, which create a safety zone around the bus and are often children's only defence when they get on or off the bus.

- Use caution and be alert when driving near buses and in school zones.
- Watch out for alternating flashing amber lights, which means a school bus is slowing to stop where students will either be getting on or off the bus.
- Slow down and stop when the school bus activates its alternately flashing red lights. This means you must stop whether you are approaching an oncoming bus or following one. The only exception to this rule is when the bus is on the opposite side of a two-way highway that is physically divided by a median.
- Proceed only when the red lights on the bus have stopped flashing.
- Watch for school buses loading and unloading children, even if the lights aren't flashing.



INSPIRED BY OUR PAST, INVESTED IN OUR FUTURE





Kiwetinohk Iskewe Empowerment and Resilience Conference

Wednesday, September 18th, 2019 | 10 a.m. to 4 p.m.

FREE: lunch and snacks included.

Adult and Youth Streams will provide sessions for both Adults and Youth to attend. One-day conference designed to inspire women and girls, with a focus on preventing and responding to gender-based violence, family violence and sexual violence while promoting empowerment and resilience!

Free transportation to Fort McKay will be available from Fort Chipewyan, Janvier, Conklin, Anzac, Fort McMurray #468 First Nation and Fort McMurray.

Registration link: Tickets can be obtained on Eventbrite

www.eventbrite.com/e/kiwetinohk-iskewe-northern-women-empowerment-and-resilience-conference-tickets-65190542668

by email fortmckaywellnesscenter@hotmail.ca or phone: 780-828-4312

Provided by:



FORT MCKAY
FIRST NATION

Funded by:



OPEN TO ALL COMMUNITY MEMBERS & AGES!



The Health Centre will be offering the following classes based on community interest:

1. CANNING: Pickles, Beets
2. JAMS: Blueberry, Raspberry
3. LEARN HOW TO FREEZE: CARROTS, CORN, ONION
4. MAKE HOMEMADE STOCK: Vegetable Stock, Chicken Stock, and Beef Stock (awesome for homemade soups)



You must register in order to participate.

Classes are expected to be offered during the middle or end of September.

To register for any of these classes or to request more information, please connect with Vanessa from the Health Centre at: 780.828.2450

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**



CAN YOU FREEZE FRUITS & VEGETABLES?

Yes you can!

Many vegetables can be frozen to use later. Half cooking (also known as blanching) your vegetables before freezing helps them keep their taste, colour, texture and vitamins.

Great vegetables to freeze include carrots, celery, broccoli, turnip, squash, and asparagus. You can also cut and freeze these vegetables raw: peppers, onions, tomatoes, and mushrooms. Vegetables that do not freeze well: lettuce, cucumber, green onions, leeks, sweet potatoes, potatoes (other than mashed).

How to half cook or blanch vegetables:

1. Wash and cut vegetables into small pieces.
2. Get water boiling in a pot.
3. Once water is boiling, add vegetables for 1-2 minutes.
4. Remove using a slotted spoon.
5. Cool vegetables in a bowl with ice and cold water. This helps stop the cooking process.
6. Drain vegetables and pat dry with a dishcloth and put into freezer bags.

How to use frozen vegetables: Use to make soups, stews, casseroles, or spaghetti sauces. Add to a small amount of boiling water and cook until vegetables are tender. Serve with your meal.

Fruits can be cut up and frozen later.

Here's how to freeze fruits:

1. It's best to freeze fruits on a cookie sheet. This keeps the fruit pieces from all freezing together.
2. Once frozen, put fruit into freezer bags and label with name and date.

Snack Ideas:

1. Freeze the berries you pick in the summer.
2. Frozen grapes and raspberries make a sweet snack.
3. Add frozen fruit to smoothies.
4. Add to pancakes, muffins, oatmeal and waffles.

Although most fruits can be frozen, these fruits do not freeze well: Pears, cherries, kiwis, and pineapples. For more information, go to cpma.ca.

Smoothie Recipe

What you need:

- 1 frozen banana
- ½ cup of frozen fruit (mixed berries)
- ½ cup milk (can also use coconut or almond milk)
- ¼ cup yogourt, any flavour

How to make it:

1. Place all ingredient in blender
2. Blend until smooth
3. Makes 2 cups serving



COMMUNITY PROGRAMS

FITNESS CENTRE HOURS

Monday - Friday: 9 am - 9 pm
Saturday - Sunday: 10 am - 6 pm

EMPLOYMENT & TRAINING DEPARTMENT

Our office is located at the far-left corner of the band office. The office has two computers that can be used for employment and training purposes.

The Department offers resources in Employment and training including :

- Resources for Employment
- Creating resumes
- Revising and updating resumes
- Assistance creating cover letters
- Assistance with job search
- Creating a new email
- Assistance with online job applications
- Making referrals for jobs
- Assisting with employment supports

Resources for Training:

- Driver's license course and training – Class 7 and Class 5 + Road test
- Steps for researching careers to help make career choices
- Information on various Educational streams: University, College, trades, educational requirements, prerequisites
- Information on different trades that are in demand, Industry outlook and wage scales
- Information about different schools and colleges that provide different courses and training

Remember Information is power and knowledge that can take you in the direction towards your career!

FORT MCKAY HEALTH CENTRE 780-828-2450

Medical Transportation: Contact 780-742-8843 or after hours Edmonton. Referral Unit 1-800-514-7106 with any questions.

Physio – Monday and Thursdays

Immunizations – Immunization clinic is every Wednesday except for the last Wednesday of the Month. Call reception to book.

Prenatal Classes 1:1 - please call to book an appointment with Claudia.

For more information on the services offered at the Health Centre, please contact the centre during regular office hours.

FAMILY SUPPORT CENTRE

VICTIM SERVICES

*Alternating Wednesdays from
10:00am-11:00am*

NEAFAN

Alternating Thursday from 10:00am-12:00pm

WAYPOINTS

Every Wednesday from 1:00pm-3:00pm

EDMUND LEDI

Every Tuesday and Thursday from 5:00pm-7:00pm

PROBATION SERVICES

Second Monday of every month at Band hall incubator 10:00am-12:00pm

ALBERTA HEALTH SERVICES

Alternative Thursday from 10.00 am - 3.00

For more information on our services, please call 780-972-4048

