



January 2021

VOLUME 11 : ISSUE 1

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2020 has, without a doubt, been an eventful and challenging year for all of us. As we look forward to the next chapter 2021 will bring, let us look back and recap some of the 2020's most challenging moments from Covid-19.

Covid-19 has changed how the entire world operates and dramatically impacted our lives. It changed how we think, act, socialize with others and how we respond to situations as a community. Who would have

thought that Covid-19 would close borders, stop all travel plans and impact the entire world?

In efforts to slow the spread of the virus, schools closed their doors and, as an alternative, established online learning methods for their students. Simultaneously, teachers, kids and parents developed new ways of learning and became proficient with computer technology. Millions of people started to work from home, and businesses found

unique approaches to operate their companies, such as offering curb-side services during government-enforced restrictions. The term 'social distancing' remained part of everyday conversations, and virtual meetings became the best approach to connect with others.

These circumstances pushed us to think outside the box, adapt to a new way of life while appreciating

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STARTING A NEW YEAR WITH STRENGTH AND RESILIENCE

(story continued from p.1)

the little things we once didn't. Thankfully, the race for a vaccine is finally coming to an end, and vaccines are finally being distributed internationally.

Despite all of these challenges, our community has demonstrated strength and resilience. We have become stronger, more connected as a community. Neighbours helped each other and supported one another throughout many difficult times, and

displayed genuine compassion for one another.

Chief and Council were proficient in being proactive and developed a safety plan that prioritized our community's health and well-being. Mental health services expanded to meet everyone's needs, and the Health Centre expanded its team to serve our most vulnerable population better. The Wellness Center, Youth Centre and Rec Centre found ways to continue offering their services

and offered virtual activities that kept our families happy and busy.

As hard as 2020 has been to the entire world, we found a way to strive and adapt through the most challenging times. This defines who we are as individuals, families, and as a community. Who knows what 2021 has in store for us. One thing is for sure; whatever comes our way, we will get through it together as a community.

Happy New Year, everyone!

FMFN LEADERSHIP TEAM

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

Chris Johnson, CEO
Alvaro Pinto, CEO Oilsands Development and Sustainability
Stuart Randall, Senior Manager, Business Development
James Owl, Executive Director, Capital Projects

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 the Communications Department
email: communications@fortmckay.com

If you harvest and use traditional foods and medicines from our traditional territory, the FMFN Traditional Resource Consumptive Use Survey is for you.

Did you know that current provincial water quality standards don't consider our traditional uses? Taking part in this survey will help us create the safest guidelines for eating and using our traditional foods and medicines.

Information from this survey will be confidential and will stay in our community.

Want more information? Want to get involved?

Call Lolita Ladouceur (Manager Community Development, Sustainability Department) at 780.881.6136.

This is a Fort McKay First Nation, Athabasca Chipewyan First Nation, and Mikisew Cree First Nation collaborative study. Technical support provided by Integrated Toxicology Solutions, Thompson Aquatic Consulting, and Integral Ecology Group. Funding provided through Alberta Oilsands Monitoring Program. Survey information will be available in March 2021.



**For more information on this study and survey, please go to:
<https://bit.ly/35gDHi4>**



UGLY SWEATER CONTEST

Winners!



FAMILY CATEGORY
Shelley & Stuart Tourangeau \$100
April Mercredi \$50

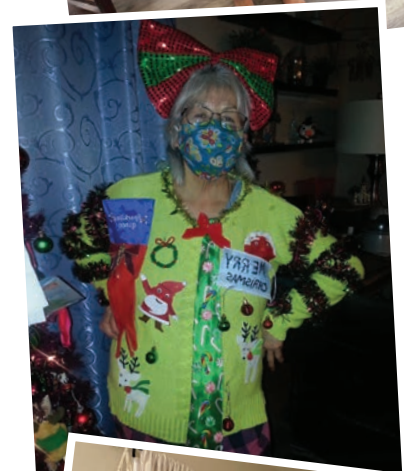
0-4 CATEGORY
Aurora Grandjambe \$100
Skye Denego – (Dora L'hommecourt) \$50
Benson Whiteknife \$25
Bryson Whiteknife \$25



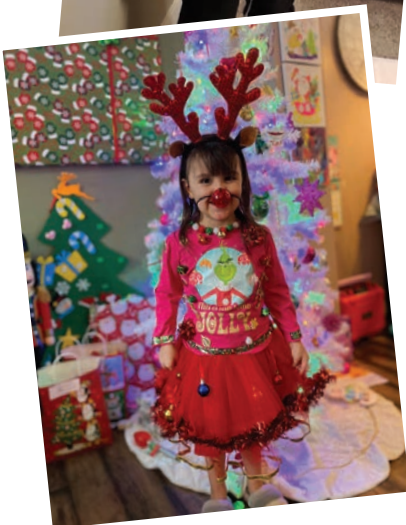
5-9 CATEGORY
Victoria Block \$100
Leighton Young \$50
Axel Flett \$25
Lawson Flett \$25



10-17 CATEGORY
Milesa Cooper \$100
Brannon Boucher \$50
Pam Scott \$50



18-59 CATEGORY
Brian Boucher \$100
Riley Whiteknife \$50
Rebecca Fabian \$25
Ryan Grandjambe \$25



60+ CATEGORY
Dora L'hommecourt \$100
Hermaline Wilson \$50

Thanks to all of those who participated in this year's event!



EMERGING TALENT WITHIN OUR COMMUNITY

Dakota Bujold-Hans and Modeling



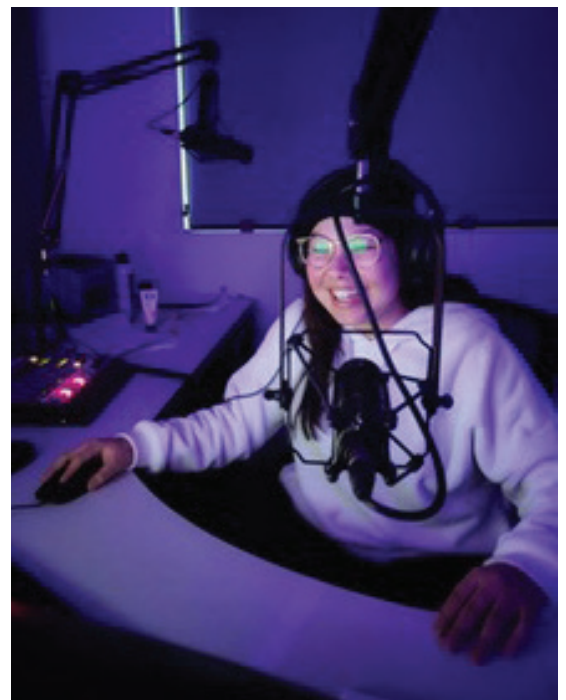
Introducing Dakota Bujold-Hans! It was noted by numerous people that the camera always seems to have a gravitational pull towards Dakota. Even within candid and unplanned moments, photographs that are taken of Dakota are striking and she manages to captivate her audiences. This undeniable talent encouraged Dakota to express her interest in modeling. Shortly after expressing her interest, she was booked in for her first photography session with a local photographer (Destiny Ezurs Photography) Little did the photographer know at the time that this young model would use this photoshoot to convey a vital and moving message.

For Dakota's final wardrobe change she chose to address an issue that she holds very close to her heart. Dakota painted her hand red and placed the wet paint over her mouth; a red hand imprint covering her mouth leaving a symbolic representation of Canada's Missing and Murdered Indigenous Women. Dakota currently has two professional photoshoots under her belt, and she has many more photo shoots planned for the future! Keep an eye out for this up-and-coming talent.

Kaydence Gladue and Music

Kaydence Gladue is making waves within not only the community of Fort McKay, but nationally as well. Kaydence has always had a passion for writing and music. Only a few years ago however, Kaydence decided to take this passion to the next level. Kaydence started coming to the Youth Centre and spending countless hours within the radio stations recording studio. She put immeasurable amount of time, effort, and energy into learning the dynamics of the various systems that go into recording and producing music. Before long, she was creating entire songs. Kaydence takes pride in not only writing and recording all of her own music, but she also is the only individual responsible for producing and editing her music. As result, every song you hear is 100% a product of her very own blood, sweat, and tears.

Kaydence recently dropped her first song "Moving On" onto Apple Music. This is Kaydence's first single, however she has big plans to drop her whole album sometime in the near future! Stay tuned!



Wellness Center January Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
4 Wellness Center CLOSED Virtual Programs	5 Wellness Center CLOSED Virtual Programs	6 Wellness Center CLOSED Virtual Programs	7 Wellness Center CLOSED Virtual Programs	8 Wellness Center CLOSED Virtual Programs
11 Around the World (Ages 6+) 6:30PM-8:00PM	12 Skating/Outdoor Games (Ages 8+) 6:30PM-8:00PM	13 STEAM Activities (Ages 6+) 6:30PM-8:00PM	14 Movie Night (Ages 6+) 6:30PM-8:00PM	15 EARLY DISMISSAL – MCKAY SCHOOL (12:30PM) NO SCHOOL – TOWN SCHOOLS WELLNESS CENTER OPEN 8:30AM-5:00PM
18 Around the World (Ages 6+) 6:30PM-8:00PM	19 Skating/Outdoor Games (Ages 8+) 6:30PM-8:00PM	20 STEAM Activities (Ages 6+) 6:30PM-8:00PM	21 Charades/Pictionary (Ages 6+) 6:30PM-8:00PM	22 AFTERSCHOOL PROGRAM 3:00PM-6:00PM Youth Choice (AGES 10+) 6:30PM-8:00PM
25 Around the World (Ages 6+) 6:30PM-8:00PM	26 Skating/Outdoor Games (Ages 8+) 6:30PM-8:00PM	27 STEAM Activities (Ages 6+) 6:30PM-8:00PM	28 Trivia Night (Ages 6+) 6:30PM-8:00PM	29 NO SCHOOL – ALL SCHOOLS WELLNESS CENTER OPEN 8:30AM-5:00PM

****Reminder: Evening programs are open to all Fort McKay children (not just those registered in our After School program)****

One on One “Homework Help/Tutoring” will now be available Monday-Thursday from 6:30PM-8:00PM. **Please call to register.**

Any questions about our evening programs or Homework Help/Tutoring, please call us at the center at **780-828-4312**

4:30 pm—8:30 pm | Tuesdays | Wednesdays | Thursdays

VIRTUAL
TUTORING
GRADES 7-12 STUDENTS

No need to register!
Just go to the following link to drop in:
<https://meet.google.com/zrk-xttf-rid>



What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine

Vaccination is one of the most effective ways to prevent the spread and reduce the impact of infectious diseases, whether it's seasonal flu or childhood infections. A safe and effective vaccine(s) for COVID-19 will protect us against the novel coronavirus and will be an important step to safely resume normal life in Canada and around the world. The Government of Canada is working on all possible fronts to secure access to safe and effective vaccines and related supplies for Canadians. Here is what Canadians need to know about a future COVID-19 vaccine.



Only vaccines that are safe and effective will be approved for use in Canada. Canada is recognized around the world for its high standards for [drug and vaccine review, approvals](#) and [monitoring](#) systems; these will not be compromised. The Government of Canada has gained real-time access to manufacturer clinical trial data for the most promising vaccine candidates, and is working with the global regulatory community to make sure COVID-19 vaccines are safe and effective before regularity approval is granted.



A vaccine will be available to everyone. Because of the unprecedented global funding and collaboration, more than 150 vaccine candidates are being researched around the world at this time. The Government of Canada is [investing in made-in-Canada research and has already made advanced purchase agreements](#) of many hundreds of millions of doses of the most promising vaccine candidates from around the world. This will give Canadians access to safe and effective vaccines as soon as they are ready. Not all vaccines will make it past the finish line, so that's why we are purchasing in advance a number of the most promising vaccine candidates. Health Canada is focusing on [reviewing and approving](#) COVID-19 vaccines as quickly as possible, while ensuring that they are well-studied and safe.



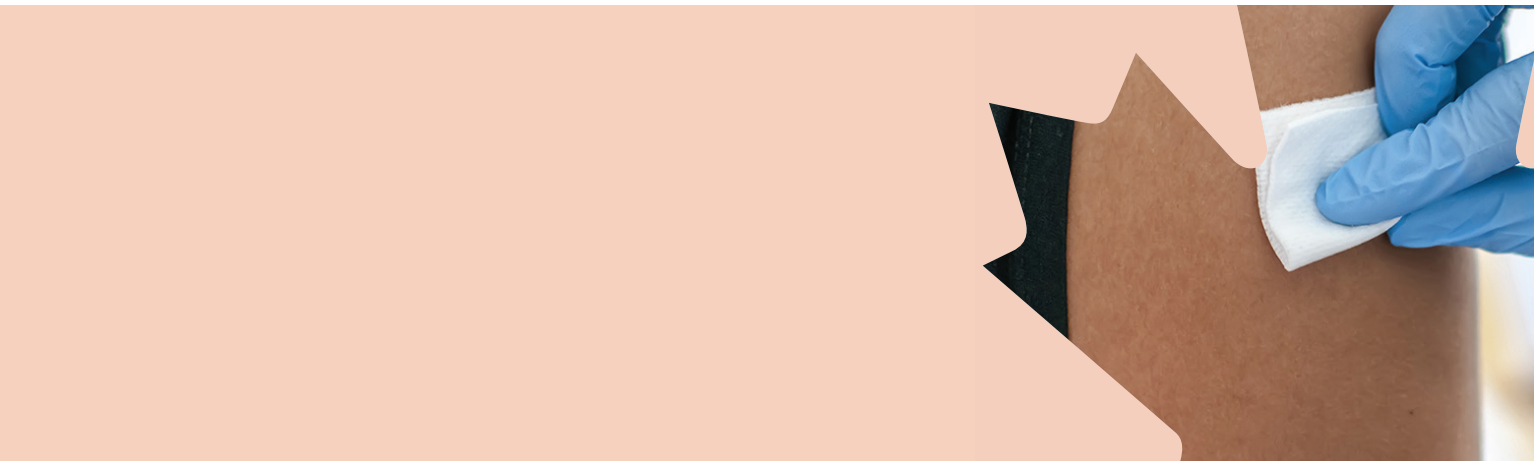
Because there will be limited quantities at first, once a vaccine is approved for use, key populations will need to be prioritized. We expect to have a limited supply of just a few million doses in the early weeks and months once Health Canada approves a vaccine(s) for use in Canada. That means governments will work together and continue to seek input from independent experts, like the [National Advisory Committee on Immunization](#) (NACI), to make decisions about how to prioritize vaccination. This will allow us to make the most impact by protecting high-risk populations and those who help keep our pandemic response, society and economy running. When there are enough vaccine(s) available, the vaccination program will be expanded.



Government of Canada
Gouvernement du Canada

Canada





Building up immunity takes time. One dose of vaccine may not be enough to provide individual protection. You may need to get a second shot to allow your body to develop adequate immunity. We don't yet know what level of immunity in the population is sufficient to achieve [community immunity](#). Until that time, Canadians should continue to wash their hands, [stay home](#) when sick, maintain [physical distancing](#), [wear a face mask as appropriate](#), and keep using good [cough](#) and [surface](#) hygiene.



COVID-19 vaccines will be free. As more vaccines are made and distributed, we expect to be able to offer free vaccination to every Canadian who wants one. We know that we live in a global community, so we have committed to making sure [low and middle-income economies around the world will also have access](#) to safe and effective COVID-19 vaccine(s). Until we're all protected, we're still at risk of a resurgence of illness from COVID-19.



Vaccination is a choice you should make to protect yourself, your family and community. Vaccination is a [personal choice](#) that the vast majority of Canadians agree is part of good health and important for prevention of serious disease.



We are committed to working with Canadians and keeping you informed. Things are bound to change, and so too will our approaches. We will rely on Canada's well-established public health system, the expertise and insights of researchers, health professionals, industry, community leaders and Indigenous knowledge to guide us through this journey to bringing Canadians a safe and effective COVID-19 vaccine. You can stay up to date by visiting [Canada.ca/coronavirus](#) and trusting [credible sources](#) of information.

We can all do our part in preventing the spread of COVID-19. For more information, visit

[Canada.ca/coronavirus](#)

or contact 1-833-784-4397



HELPING MANAGE ANXIETY AFTER A LOSS



Loss is difficult--even more so during a pandemic.

Worry and anxiety can develop after a major loss. Anxiety is a general feeling of tenseness or uneasiness. Anxiety can cause physical symptoms, such as an upset stomach or a headache. It can also cause you to act in ways that are unusual for you, such as being more demanding, less patient, or more irritable.

Worries and anxiety can sometimes seem to take over your life, making you feel like everything is falling apart at the same time. You may need to slow down and take things one at a time. If you are feeling overwhelmed, ask for help from someone you trust.

You can manage your worry and anxiety by:

- **Talking or writing about the things that are bothering you.** Even if you are not sure what is bothering you, finding words for your feelings often helps you figure out what is causing your anxiety.
- **Taking charge of whatever you can.** Making plans to deal with your day-to-day activities and concerns helps relieve the worry and anxiety that springs from a sense of insecurity. However, resist the urge to make major life decisions when you are anxious or worried.
- **Allowing other people to do some things for you that you would normally do yourself.** This may be difficult. If worries and concerns are interfering with your ability to take care of personal needs such as getting groceries and other responsibilities, ask for help from others. Allowing other people to help you, such as dropping off groceries, also helps them, because it gives them an opportunity to show their care and concern for you.
- **Asking for comfort.** You may need to talk to someone you trust to help you feel less anxious and worried. Talk to someone you trust. This is not a sign of weakness—it is a sign that you are aware of your need and you are taking good care of yourself.



Grieving is hard.

It's okay to feel sad, angry, hurt, and frustrated. We feel all these things because we've lost someone we love.

Grieving takes time and everyone's journey is different. There will be good days when a smile or laugh comes easy, and there will be not-so-good days when grief hits hard again. You can find comfort in memories, hope in acceptance, and healing in a new healthy routine.

**When you're ready, we're here.
To listen. To support. To help.**

Call Nadine at **780.881.9651**
or Amaka at **780.799.6370**

Some Other Solutions 24-hour crisis line
1 800.565.3801

Mental Health Hotline **1 877.303.2642**

Kids Help Phone **1 800.668.6868** | online chat
<https://kidshelpphone.ca> | text connect
to **686868**



FORT MCKAY
FIRST NATION



INDIGENOUS CLASS 2-S



Have a new career in just 5-weeks with local job opportunities!

Get a driver's licence to operate commercial vehicles or school buses by completing Indigenous Class 2-S offered through ATC.

- Training includes a government-mandated number of training hours for in-class, in-yard and in-vehicle modules.
- Successful students will gain their commercial driver's license.
- Local employers are ready to hire students who successfully complete the program.

Participants must:

- be Indigenous
- be 21 years of age
- have a valid Class 5 Advanced Drivers License (minimum 2 years)
- have a clean drivers abstract
- pass drug and alcohol tests
- pass a vision test
- pass a medical examination by physician

If you are interested in this program, please contact:

Brittany Kozak

Employment & Training Team Lead | Athabasca Tribal Council
780-791-6538, ext *246 | 587-645-5929 | Brittany.Kozak@atcfn.ca





INDIGENOUS EARLY LEARNING CHILD CARE ONLINE PROGRAM



Open to all Indigenous people who live in First Nations and Métis communities in the Wood Buffalo Region (ACFN, CPFN, FMFN#468, FMFN, & MCFN)

This 32-week online program can start you on a career path in child care. Graduates of the program will be able to:

- Support exploration through play
- Observe and properly document a child's learning and behaviour
- Foster creativity by actively engaging children in meaningful exploration
- Create vibrant environments for children in a variety of child care settings

Upon completion of the program graduates are prepared to work as:

- Early Childhood Educators in daycares, preschools or out of school care programs
- Day home providers
- Infant Child Development Workers
- Family Resource Centre Workers

Participants must:

- Have Grade 12 or Equivalents or,
- Be a mature student (21 years or older on the first day of classes or have been out of school for at least three consecutive years)
 - a minimum of 50% in English 30-1 or
 - a minimum of 65% in English 30-2 or
 - receiving a pass mark on the College Entrance Assessment
- Be an Indigenous or Métis person residing within the ACFN, CPFN, FMFN#468, FMFN, or MCFN
- A Police Information Check with Vulnerable Sector Check will be required of all participants prior to acceptance into the program.

If you are interested in this program, please contact:

Brittany Kozak

Employment & Training Team Lead | Athabasca Tribal Council
780-791-6538, ext 246 or Brittany.Kozak@atcfn.ca

COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

The Wellness Center is open!

To view a list of our planned activities for this month, please go to p. 8. You can also go to our facebook page for the latest updates.

The After School Program is still full, however, we are accepting registrations for the wait list.

You can contact us by email to fortmckaywellnesscenter@hotmail.ca if you do not have access to Facebook and would like to receive email updates or if you would like more information on latest program initiatives.

FORT MCKAY HEALTH CENTRE 780-828-2450

DR. O'CONNOR

Please call in advance if you need to make an appointment with Dr. O'Connor.

MEDICAL TRANSPORTATION:

Contact 780-742-8843 for after hours
Edmonton Referral Unit
1-800-514-7106 with any questions.

PHYSIO

Mondays (9am-2:30pm) & Thursdays (9-12)

DR TAIWO.

Contact the Health Centre to make an appointment

IMMUNIZATIONS

Contact the Health Centre to make an appointment with the Public Health Nurse

For more information on the services offered at the Health Centre, please contact the centre

STAY UP TO DATE WITH THE LATEST NEWS!!



FORT MCKAY
FIRST NATION

Stay informed by :

Listening to Fort McKay's community radio station:

106.3 fm

& going on Fort McKay's Facebook page