



Red River Current

October 2021

VOLUME 11 : ISSUE 9

ELSIE FABIAN SCHOOL CONSTRUCTION IS NEAR COMPLETION



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The Elsie Fabian school is getting closer to its completion! The new school is 5725 square meters and will include a playschool, a kindergarten classroom and nine other classrooms that will benefit grade 1 to 9 students.

"There will be many new and exciting additions to the building, like a Cree language classroom, Dene language classroom, a library, home ec

room, an art room, a shop, a science lab, a cafeteria, a spiritual room, a workout room and a full-size gymnasium with a second-story running track", explained Christine Gullion, FMFN Director of Education.

The new school will incorporate a curriculum that focuses on literacy, language,

(story continued on p.2)

ELSIE FABIAN SCHOOL CONSTRUCTION IS NEAR COMPLETION



Photo Above: Chief and Council were on site in October to tour the facility's progress.

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 Randell,
Director, Strategic Portfolio Investments
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

(Story continued from page 1)

culture, and traditions of the Cree and Dene people of Fort McKay. Academic programs currently in development include Dene and Cree Language and culture and Land-Based Education, where students will learn about their rich local history. "We will also have 12 teacher housing units for staff, and a cultural Center will be built and ready on the school grounds before September", shared Gullion.

The school's construction is expected to be finalized in March 2022. The outer structure is complete, and crews are currently working on drywalling and painting the school's interior. The next development phase will involve constructing a new playground and landscaping the grounds to facilitate various sporting activities, which is expected to be completed this spring.

This exciting initiative will significantly impact Fort McKay students, parents, and the community and bring life back into our community school with a state-of-the-art facility.



Fort McKay Trappers' Course



FORT MCKAY
FIRST NATION



FORT MCKAY
TRAPPERS

Want to learn or build on your trapping skills?

We have courses on January 7th, 8th, and 9th, 2022. Individuals will need to fill in and submit a registration form no later than December 15th, 2021.

Forms can be obtained from the Band Hall, or email Ryan Grandjambe at rgrandjambe@Fortmckay.com.

For more information call **587.646.1865**.





PATHWAYS TO EARLY LEARNING AND CHILD CARE

FREE PROGRAM FOR UNEMPLOYED AND UNDER-EMPLOYED



Begin your path to a career in child care.

Program graduates will receive a Level 1 Early Childhood Educator certification and will be eligible to take the Early Learning and Child Care Certification program or the Educational Assistant program.

Program Duration: February 7, 2022 - June 17, 2022 (19-week course)



If you are First Nations, Métis or Inuit and are interested in this program, please contact:

Korissa Goudie

Employment & Training Project Coordinator | Athabasca Tribal Council

780-598-9951 | Korissa.Goudie@atcfn.ca

FORT MCKAY FIRST NATION COMPLETES SIGNIFICANT INVESTMENT IN SUREPOINT TECHNOLOGIES GROUP LTD.



Surepoint – a group of committed people who care about quality work, customer service, and building a future with Indigenous peoples", shared Chief Mel Grandjamb.

Surepoint is a maintenance-focused business in gas and conventional oil in Alberta and BC (with some international activities). This will complement our community's industrial experience and present opportunities for diversification and growth. Fort McKay now holds one of five board seats, and Chief Mel Grandjamb has been appointed as its director on the board. As a shareholder, our Nation will have the opportunity to increase its ownership in the future significantly. All profits made from this investment will be used to complete the funding for Surepoint's acquisition of Ironline's gas compression maintenance business.

Once again, Fort McKay First Nation has found another opportunity and is expanding its business through its latest partnership with Surepoint Technologies Group (Surepoint Group). Chief and Council are pleased to announce the completion of a debt and equity investment by FMFN in the Surepoint Group.

This new partnership will increase Fort McKay's business portfolio to a total of 14 companies and is part of Fort McKay's economic and geographic diversification plan to expand beyond oilsands and the Fort McMurray area.

"We have built a strong and stable business portfolio, focused on long-term economic sustainability for our Nation. Establishing business partnerships built on trust and respect is an important part of our sustainable growth plan. That's why we're proud to partner with

"We are excited to welcome FMFN as a new shareholder in the Surepoint Group and Chief Grandjamb to the Board of Directors. We are honoured to have Surepoint join the Nation's business portfolio and believe that Chief Grandjamb's business experience in building industrial service companies will be very valuable to the Board. Surepoint is committed to having one of the largest Indigenous workforces in our industry and believe it puts us in a better position to support our clients' needs", shared Trevor Muir, CEO, Surepoint Group.

With a growth and diversification strategy that is focused on creating a sustainable economic future for future generations, FMFN is committed to business interests that align with the Nation's traditional values. This new venture will help create new employment opportunities and enhance our community's cultural initiatives and environmental sustainability.



INTRODUCING 2 NEW PROGRAMS TO HELP SUPPORT YOUTH

The Wellness Center has implemented two new and exciting programs intended to help support children and youth with literacy and homework throughout the school year! “Each program is unique and offers opportunities to strengthen academic and literacy skills among children and youth”, Shared Julia Soucie, Director of the Fort McKay Wellness Center.

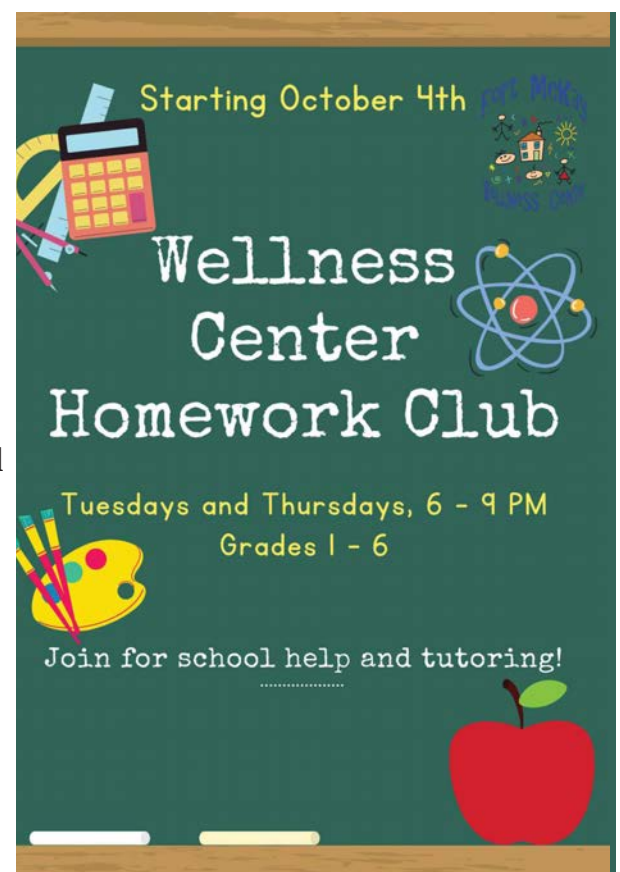
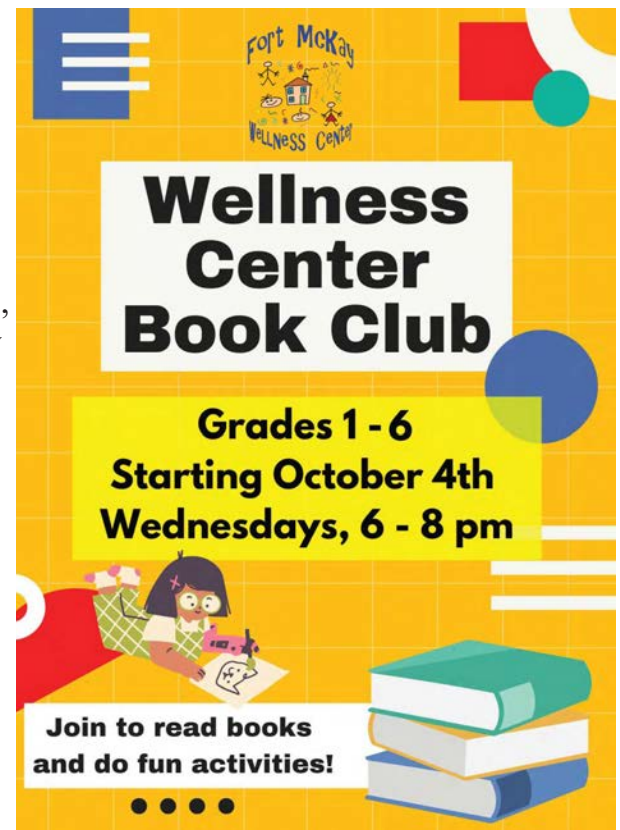
The first program, identified as the Wellness Center Book Club, is offered every Wednesday from 6-8 pm. The program already started in October and is being offered to children grades 1 to 6 each week until the end of May. Local community member Shyla Grant will be leading the new literacy club, where new books will be explored with the group each week.

“The weekly Book Club provides an opportunity for children to explore new books and strengthen their reading and comprehension skills. At the end of each evening, participants get to take home their own copy of the book! It’s a great program that keeps children engaged in literacy outside of traditional school hours,” explained Soucie.

The second program is known as the Wellness Center Homework Club, and is available twice a week, on Tuesdays and Thursdays, from 6-9 pm, for the entire school year! Chromebooks will be available during the program to help support youth with homework, tutoring sessions, and other times when children or youth will be required to use them. These Chromebooks were made possible through a partnership with the Jays Care Foundation and the Fort McKay Wellness Center.

“What I like about this program is that it offers assistance in any subject, can be tailored to meet the needs of each child and can also be available one-on-one at the request of parents or guardians,” stated Soucie.

Both of these programs have become a reality thanks to a partnership with Frontier College, a non-profit organization that believes literacy should be a given right to everyone. This national charitable literacy organization works with volunteers and community partners to give people the skills and confidence they need to reach their fullest potential.



CONGRATULATIONS TO THIS YEAR'S PUMPKIN CARVING CONTEST WINNERS



Family:

1st - Ryan Grandjambe
& Kristy Kaye
2nd - Alannis Laurent
3rd - Cheyanne

5-9 yrs

1st - Maverick (Marie
McdonaLd)
2nd - Hunter (April)
3rd - Samara

18 + yrs

1st - Kristy Kaye
2nd - Ryan Grandjambe
3rd - Ashley Laviolette

10-17 yrs

1st - Naveah
2nd - Harmony
3rd - Abigail



HALLOWEEN YARD DECOR



On Reserve Winners

Overall \$1000 - Unit 810 Tyler Young (Ashley Laviolette)
Scariest \$750 - Unit 411 Ryan Grandjambe (Kristy Kaskamine)
Best Theme \$500 - Unit 526 Patricia Grandjambe (Steven Ganter)
Runner Up \$250 - Unit 635 Dana Alook (Brian Boucher)

Honorable Mentions

Units 204 & 906

We had 16 on reserve entries!

All other entries will receive
a box of chocolates to hand out for Halloween,
thank you for participating!



ATING CONTEST WINNERS!



Off Reserve Winners

Overall \$1000 - Crystal Wagner

Scariest \$750 - Shelley Harte

Best Theme \$500 - Verily-Marie Hill

Runner Up \$250 - Shilla Hobbs

Congratulations to all the winners
and thank you for participating in the
2021 Halloween Yard Decorating Contest.

For prize details, winners can contact
Audrey Redcrow 780-215-2384
or aredcrow@fortmckay.com



FAMILY SUPPORT CENTRE HOSTS HORSE CAMP FOR YOUTH



The Family Support Centre hosted a horse camp with Blue Rein Ranch on October 16th, where youth learned how to ride, lung, groom and tack up a horse. This is the second time Blue Rein Ranch helped host activities for Fort McKay youth, and they were brought back by high demand!

The company offers a combination of counseling and animal-assisted therapy to help people heal from trauma and abuse, cope with anxiety, depression, ADHD, or grief. According to Blue Rein Ranch, spending time with animals provides a natural approach to healing. Overall, all youth had a great time, and everyone loved the entire experience!

We want to send a BIG shout out to Blue Rein Ranch for allowing our youth to experience what animal-assisted therapy is all about, and other thanks to Marvin & his family for teaching all youth how to ride, lung, groom, and tack up a horse. We can't wait to see you all again! Here are some pictures of our two visits with Blue Rein Ranch, from August and October 2021.



THE FITNESS CENTRE IS NOW SELLING WORKOUT SUPPLEMENTS!

INCLUDING PROTEIN SHAKES, BURN
CYCLES & RAPID CUT PILLS!

Accepting payment by cash,
credit/debit & (\$2 fee)

Please remember that everyone
must register to workout at the moment.



SIGN UP FOR RANDOM DIY KITS- WITH THE **FORT MCKAY REC CLUB!**

To learn more about our
fun activities and sign up,
keep an eye on our
Facebook page!

Activities are posted
weekly!



FAMILY DYNAMICS

~Helpful Advice Provided by The Addictions and

Family dynamics: Family dynamics include what roles you take on, typical family interactions, as well as multi-generational interactional patterns that have impacted the entire family system, both healthy and unhealthy (and everything else in between).

Why is it important to understand family dynamics? Family dynamics have a significant impact on health and well-being. A family dynamic can impact nearly all areas of your life, making understanding them incredibly important to individuals who are working towards living an emotional healthy life, or if looking to breaking negative familial patterns.

Understanding your family dynamic means being connected to yourself, developing insight, understanding your conscious and unconscious choices, and raising awareness, as this can help you seek out healthy relationships and experiences.

Dynamics of a healthy family unit:

- Everyone in the family has a voice and is treated with respect.
- Parent-child attachments are healthy, secure and nurturing.
- Parenting styles to provide structure and rules, but allow for flexibility, understanding and unconditional love (vs. overly rigid).
- Everyone feels loved, safe and connected.

Positive aspects of Family Dynamics and Health:

- Social relationships, such as those found in close families, have been demonstrated to decrease the likelihood of the onset of chronic disease, disability, mental illness and death.
- Social integration and social support, like marriage or a friend cohort, exhibit lower heart rate and systolic pressure, lower serum cholesterol, and higher immune function.
- Marriage. Marriage is thought to protect well-being by providing companionship, emotional support and economic security.



CS AND HEALTH

Mental Health Services/Family Support Centre~

Negative aspects of Family Dynamics and Health:

- When families experience unhealthy dynamics, they often unconsciously slip into dysfunctional family roles such as, the caregiver (enabler), the scapegoat, the hero, the lost child, the mascot or the identified patient.
- Growing up in an unsupportive, neglectful or violent home is associated with poor physical health and development.

Family Dynamics and the negative impact on Children:

- Family dynamics become the base of how a child will view themselves, their relationships, and the world around them. What is unconsciously and consciously absorbed and experienced during childhood greatly impacts their choices as adults, including who they are attracted to, what type of goals they will have, and how they handle conflict.
- Children who grow up in households with unhealthy family dynamics (abuse, neglect, overly strict parenting, insecure attachment style, etc.) are more likely to develop mental health disorders and may experience more difficulty within relationships.
- Family can also have a negative impact on children if the illness of a parent or family member results in a child taking on the role of a caretaker. When a child acts as a caretaker, he/ she often misses school and oftentimes must assume the personal or domestic responsibilities that his/ her parent(s) are not able to complete. Though some families may not have no other choice but to have a child as a caretaker, putting the child in this role could jeopardize their educational, social and emotional development.

How to ensure a positive and healthy family dynamic:

- Distinguish clear boundaries. Boundaries are limits that individuals set to prevent harm and maintain a healthy relationship with family.
- Be mindful. Mindfulness holds great significance in maintaining healthy relationships. Difference of perspective or opinions are to be expected. Ensure that you are respectful whilst listening to these perspectives to have healthy and effective communication.
- The creation of a safe space to allow healthy connection and familial growth.



Vaccine Clinics in Fort McKay

Please call the Health Centre at 780.828.4229 to book an appointment for one of the following vaccine clinics:

- COVID-19 (available to any Fort McKay resident aged 12 and older)
- Influenza (available to any Fort McKay resident aged 6 months and older)
- Routine Vaccines (e.g. MMR, etc.) for Babies and Young Children up to age 4

COVID-19 Vaccine Clinics	Influenza Vaccine Clinics	Routine Vaccine Clinics for Babies and Young Children
Wednesday, October 27th	Thursday, October 28th Elders' Fair	
Wednesday, November 3rd		Wednesday, November 3rd
	Thursday, November 4th Riverside Residents	
Monday, November 8th 1 pm – 7 pm	Monday, November 8th 1 pm – 7 pm	
		Wednesday, November 10th Preschool Health Clinic
		Monday, November 15th Preschool Health Clinic
Tuesday, November 23rd		Tuesday, November 23rd Babies
Thursday, November 25th	Thursday, November 25th	

INSPIRED BY OUR PAST, INVESTED IN OUR FUTURE



COVID-19 INFORMATION

WHAT IS ACCEPTED AS PROOF OF VACCINATION

Patrons can show proof of vaccination with one of the types of vaccine records below.

Date	Vaccine	Provider
July 18, 2021	COVID-19 mRNA - Moderna	Pharmacist
May 07, 2021	COVID-19 mRNA - Moderna	Pharmacist

Vaccine record from Alberta Health or pharmacy

Accepted only until November 15, 2021

Date	Vaccine	Provider
July 18, 2021	COVID-19 mRNA - Moderna	Pharmacist
May 07, 2021	COVID-19 mRNA - Moderna	Pharmacist



Print-out or screenshot of vaccine record with QR code

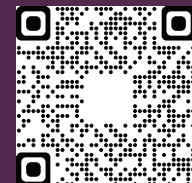
Date	Vaccine	Provider
July 18, 2021	COVID-19 mRNA - Moderna	Pharmacist
May 07, 2021	COVID-19 mRNA - Moderna	Pharmacist

Paper record from Alberta Health Services or pharmacy

Accepted only until November 15, 2021

Forgot your proof?

Scan this code to download your Alberta vaccine record.



An out of the province vaccine record, a negative test result or a medical exemption letter is also accepted.

alberta.ca/REP

Alberta



The Wood Buffalo Environmental Association (WBEA) has been operating an ambient air monitoring station in Fort McKay since 1997.

A few key pollutants of interest in the Athabasca Oil Sands Region are nitrogen dioxide (NO₂), sulphur dioxide (SO₂), particulate matter < 2.5 microns (PM_{2.5}) and ozone (O₃). This summary focuses on SO₂.

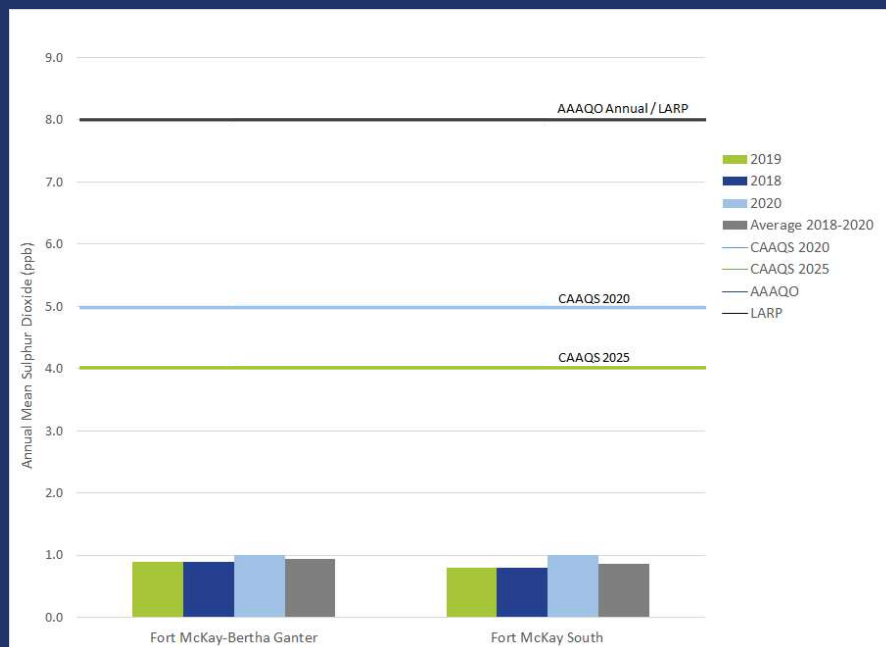
SO₂ - Sulphur Dioxide

- A colourless gas that smells like burnt matches. In the Athabasca Oil Sands Region, sulphur is emitted due to fossil fuel burning, and ambient air concentrations of SO₂ are used to detect the potential presence of an industrial emission. That industrial emission may contain other sulphur-containing gases, which can be more odorous compounds. Concentrations of SO₂ are measured in parts per billion (ppb).

This air quality summary focuses on SO₂ concentrations in Fort McKay from 2018 to 2020 and how the same compare to the three levels of air quality guidelines and limits:

- Provincial
 - Alberta Ambient Air Quality Objectives (AAAQO),
 - Lower Athabasca Regional Plan (LARP) Limit,
- Federal
 - Canadian Ambient Air Quality Standards (CAAQS) - both 2020 and 2025 achievement levels, and
- International
 - World Health Organization (WHO).

Annual Mean SO₂ -Sulphur Dioxide (ppb)



The figure to the left shows annual mean/average sulphur dioxide concentration at Fort McKay air monitoring stations from 2018 to 2020, and how the same compare to AAAQO, LARP, CAAQS, WHO air quality limits.

The figure shows that annual mean sulphur dioxide at Bertha Ganter - Fort McKay and Fort McKay South for the period between 2018 and 2020 are below provincial, federal and international air quality limits.

Stay tuned for more air quality information from the WBEA in future editions!



WWW.WBEA.ORG
INFO@WBEA.ORG



STARTS JANUARY 17, 2022



INDIGENOUS YOUTH EXPLORATION OF THE TRADES



**ARE YOU BETWEEN 18-29 AND INTERESTED
IN A CAREER IN THE TRADES?**

Introductory training courses:

**| Electrical & Instrumentation | Millwright & Insulator |
| HET & Small Engine/Power Tech | Boilermaker & Welder |**

This course is offered to all First Nations, Inuit and Métis people
living in the Wood Buffalo Region.

If you are interested in this program, please contact:

Korissa Goudie

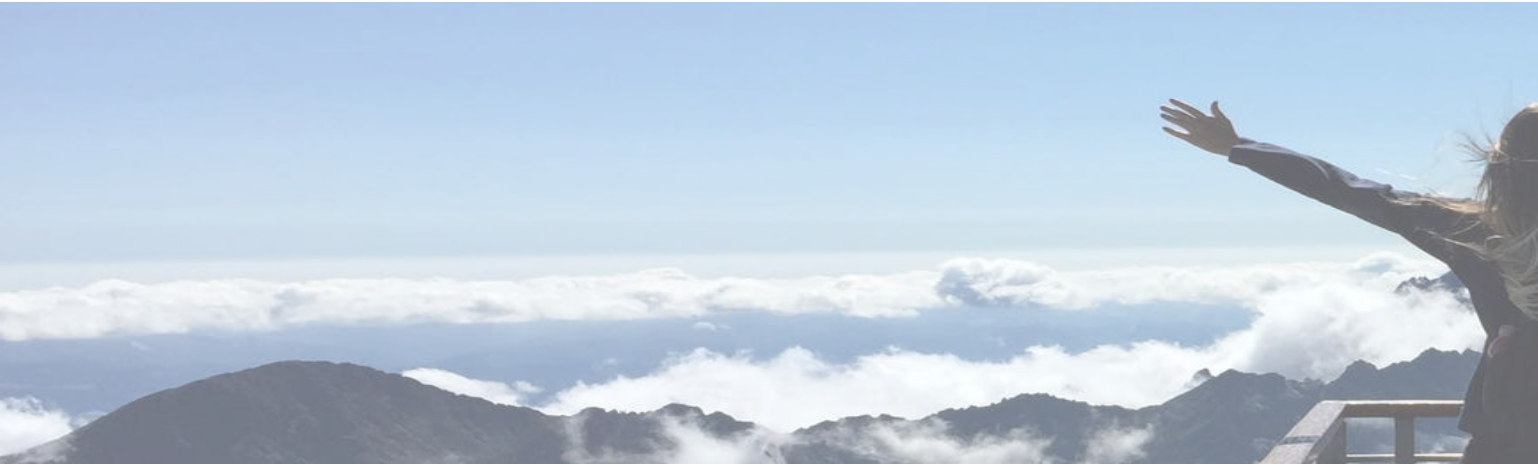
Employment & Training Project Coordinator | Athabasca Tribal Council

780-598-9951 | Korissa.Goudie@atcfn.ca



DEVELOPING

~Helpful Advice Provided by The Addictions and



SELF-ESTEEM MATTERS!

There is always a lot of talk about self-esteem but many of us have little understanding of how much our self-esteem can matter in our day to day lives. People of all ages can benefit from working on their self-esteem, as it can have positive effects on mental health and well-being.

Self-esteem is a person's view of their own self-worth or value. Usually, people describe themselves as having either "low" or "high" self-esteem. But the truth is, self-esteem is not something that stays the same throughout life, or even from day to day. Most people experience periods of both high and low self-esteem in their lifetime.

People are not born with a certain level of self-esteem, but the experiences they have, as well as their own understanding of them develops into a general sense of who they are and their own value over time. Some things that tend to affect a person's self-esteem are:

- Experiences of rejection, neglect, or abuse in the early years of life
- Bullying
- Being told negative things about themselves by important people
- Experiencing a series of what they see as failures, or being told they have failed by others
- Struggles in school or the workplace
- Having strengths that aren't recognized or acknowledged by others
- Abusive relationships
- Concerns about body image/life trajectory/social status (can be influenced by media)
- Influences of society, including experiencing of racism, sexism, ageism etc

For more information on self-esteem, or on how you can discuss it with a loved one, please contact a counselor, please call the mental health team at (780) 428-1234



SELF-ESTEEM

Mental Health Services/Family Support Centre~



There are many other factors that might impact a person's self-esteem aside from those in the list. It is important to know that low self-esteem can impact mental health, leading to anxiety, depression, eating disorders, and many other mental and physical health issues. But the good news is, there are a lot of ways people work on their own self-esteem. Below are some things that tend to be helpful:

- Explore interests and spend time building confidence in areas that you experience success in or bring enjoyment
- Be your own fact checker- our own thoughts about ourselves tend to be biased towards negatives. How we feel about ourselves in these negative thoughts are not always the facts. It can help to ask yourself what evidence you have for feeling a certain way, and whether there is another way of looking at it that is more realistic
- Be your own best friend- Spend time out loud or in your head hyping up your own good qualities the way you do for a friend or family member when they are feeling low. Repeat these self-supporting statements until they stick
- Use visuals- The problem with automatic thoughts about ourselves, is that they often happen without us even noticing. Use visuals like sticky notes on your mirror to remind yourself to check your thoughts and practice more positive self-talk
- Surround yourself with a circle of support- evidence shows that having a network of people who love you for who you are and build you up, increases self-esteem
- Focus more on effort and less on outcomes. It is possible to try your hardest and not be successful at something. Allow yourself to be proud of your effort anyways.
- Explore your good qualities that aren't related to your appearance. Not sure what your strengths are? Visit <https://positivepsychology.com/strength-finding-tests/> for suggestions on online questionnaires to help you explore your own strengths
- Show kindness to others- Evidence shows that acts of kindness to others can have a positive impact on your own self-image
- Seek counseling or other support- A counselor or therapist can help you look at other ways you can work on your self-esteem!

*ase call Mackenzie at (780) 598-3772. If you would like information on connecting with
) 780-828-4048, we are always happy to hear from you.*



COMMUNITY PROGRAMS

Wellness Center November Calendar

1 No School FORT MCKAY SCHOOL Wellness Center Open 9:00am-6:00pm	2 Every Mind Matters (Ages 6+) 6:00 pm-7:00 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	3 Book Club (Ages 6+) 6:00 pm-8:00 pm Family Feud (Ages 8+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	4 Every Mind Matters (Ages 6+) 6:00 pm-7:00 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	5 Nature Walk (Ages 8+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm
8 LEGO Builders (Ages 6+) 6:00 pm – 7:30 pm Cultural Art Night (Ages 10+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	9 SPARK (Ages 6+) 6:00 pm -7:30 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	10 Book Club (Ages 6+) 6:00 pm-8:00 pm Minute to Win-it (Ages 8+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	11 Wellness Center CLOSED Remembrance Day	12 No School ALL SCHOOLS Wellness Center Open 9:00am-5:00pm
15 No School FORT MCKAY SCHOOL Wellness Center Open 9:00am-6:00pm	16 Every Mind Matters (Ages 6+) 6:00 pm-7:00 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	17 Book Club (Ages 6+) 6:00 pm-8:00 pm Jeopardy! (Ages 8+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	18 Every Mind Matters (Ages 6+) 6:00 pm-7:00 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	19 MOVIE NIGHT (Ages 6+) 6:00 pm - 8:00 pm Youth Choice (Ages 10+) 8:00 pm – 8:30 pm
22 LEGO Builders (Ages 6+) 6:00 pm – 7:30 pm Cultural Art Night (Ages 10+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	23 SPARK (Ages 6+) 6:00 pm -7:30 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	24 Book Club (Ages 6+) 6:00 pm-8:00 pm Squid Game (Ages 8+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	25 Board Game Night (Ages 8+) 6:00 pm – 7:30 pm Homework Help (Ages 6+) 6:00 pm -8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	26 STEM Activities (Ages 8+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 8:00 pm – 8:30 pm
29 LEGO Builders (Ages 6+) 6:00 pm – 7:30 pm Cultural Art Night (Ages 10+) 6:00 pm – 7:30 pm Youth Choice (Ages 10+) 7:30 pm – 8:30 pm	30 Every Mind Matters (Ages 6+) 6:00 pm-7:00 pm Homework Help (Ages 6+) 6:00 pm – 8:00 pm Youth Choice (Ages 10+) 7:30 pm-8:30 pm	*Scheduled activities are subject to change on short notice due to Covid-19 public health guidelines*		

STAY UP TO DATE WITH THE LATEST NEWS!!



FORT MCKAY

Stay informed by :

Listening to Fort McKay's community radio station:

106.3 fm

& going on Fort McKay's Facebook page