

Quarterly Newsletter

July - September

MCA Office Hours **Mondays - Thursdays**

9AM - 5PM

Fridays

9AM - 4 PM (by appointment
only)

MCA Office Closures

Monday, July 1, 2024

Monday, August 5, 2024

Monday, September 2, 2024

Monday, September 30, 2024

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“Difference is of the
essence of humanity.
Difference is an
accident of birth and
it should therefore
never be the source
of hatred or conflict.”
— John Hume



Artist: Jasmin Akhter
Fort McMurray resident of Bengali decent.

Oil on canvas

“Waiting depicts Mro women dressing up as they eagerly await the return of their loved ones. The “wanclai” or short wrap around skirt, are usually made by the women themselves and reserved for special occasions. The “Saicha” or silver bangles are popular accessories.

FOLLOW US ON SOCIAL MEDIA!



@mca4wb



@mca4wb



@mca4wb



bit.ly/mcawb-YouTube



Past Events

3RD ANNUAL MULTICULTURALISM DAY FESTIVAL

We are excited to share the success of our 3rd Annual Multiculturalism Day Festival which was held on Saturday, June 1st at Heritage Village. Our heartfelt thanks go out to all our members and supporters who, without your continued support, this event would not be possible.

This year's festival featured 14 vendors representing local organizations and businesses and over 20 performances from talented local artists.

We are incredibly honoured to continue to offer a platform for our community and members to showcase their talents and traditions.

We look forward to celebrating many more Multiculturalism Days together. Click the link below to watch our recap video of this year's events.

[CLICK HERE](#)





Past Events

CANADA DAY PANCAKE BREAKFAST

The Multicultural Association of Wood Buffalo was grateful to have celebrated Canada Day with our community at this year's Canada Day Pancake Breakfast. The event brought our community together for a morning of celebration, filled with delicious food and lively activities.





MCA Programs and Services

NOTARY CLINIC for Immigrants



Last Saturday of every
month

10:00AM – 12:00PM

Syncrude Sport & Wellness
Centre (Room 1312)



Notary Clinic

The MCA offers a free Notary Clinic on the last Saturday of every month to help immigrants and newcomers notarize their documents.

The Clinic helps with documents such as

- Travel document applications
- Police record certifications
- Commissioning documents

And more!

For more details, please call us at **(780) 791-5186** or email us at welcome@mcawb.org. You can also check out our website at mcawb.org/notary-clinic for information on what to bring, what we can notarize, and other details.

Translation Services



The Multicultural Association of Wood Buffalo offers translations of documents for **Individuals & businesses in over 45 languages**



Translate documents for **Legal, Medical, Business, Personal, Technical, Education, Material** and more!

Interpretation Services



Community Interpreters assisting individuals and businesses through cross-cultural communication in **over 25 languages**



Face-to-face or over-the-phone interpretation available



24 Hour Availability*



Certified Interpreters Available



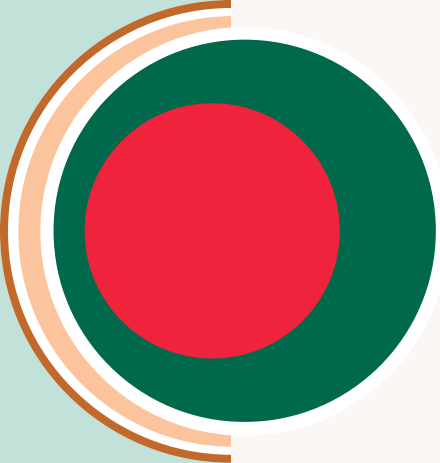
MULTICULTURAL ASSOCIATION
OF WOOD BUFFALO

Interpretation &
Translation Services

(780) 791-8960

landt@mcawb.org

Visit mcawb.org/language-services for more information!

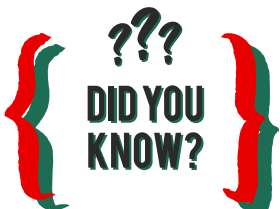


Cultural Awareness Facts

Bengladeshi Culture

Would you like to see your culture featured in the next MCA Newsletter?

Contact communications@mcawb.org to learn how!



- Although we may be familiar with the four seasons here in Canada, Bangladesh boasts SIX. They are: summer (grisma), monsoon (barsa), autumn (sharat), late autumn (hemanta), winter (shit), and spring (basanta).
- With a landmass comparable to that of the UK, Bangladesh is the 8th most populated country in the world with a population of over 170 million people (Canada, by contrast, only has 40 million)

Bangla to English

নমস্কার! (Nomoshkar) - Hello

ধন্যবাদ (Dhanyabad) - Thank you

Bengali Geography

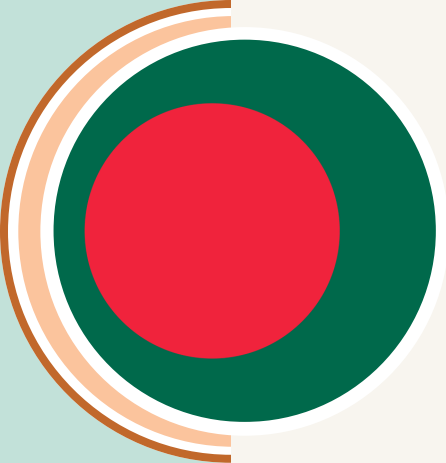
Bangladesh is a country located in South East Asia, bordered by India to the West and Myanmar to the East. The region is home to an extensive network of over 700 rivers, most notably the Ganges, Brahmaputra, and Meghna rivers, which form one of the largest and most fertile river deltas in the world. Bangladesh is also home to Cox's Bazar, the longest natural sea beach in the world, stretching over 120 kilometers along the Bay of Bengal. Additionally, the region boasts the Sundarbans, the largest mangrove forest globally, renowned for its biodiversity and as a critical habitat for the endangered Bengal tiger.

Arts and Culture

Bengali arts and culture are a vibrant tapestry reflecting its rich cultural heritage. This region boasts a unique blend of traditional and contemporary art forms, which are deeply rooted in its historical and tradition.

- **Unique Writing System:** Bangla has its own distinct script, which is one of the oldest in the world, deriving from the ancient Brahmi script. This writing system is not only used for the Bangla language but also for several other regional languages in the area.
- **Rickshaw Painting:** Rickshaw painting developed as a culturally significant art form in the 1950's. Street artists use oil paints to adorn the frames and canopy's of rickshaws. Designs can include natural motifs, religious symbolism, and even adverts for Bangla cinema. The artform has become so significant that it has been recognized as "intangible Cultural Heritage" by UNESCO.
- **Kantha Embroidery:** Kantha is a traditional form of embroidery originating from rural Bengal. It involves stitching together layers of old saris and cloths with simple running stitches to create beautiful, elaborate designs. This practice not only exemplifies recycling and sustainability but also serves as a means for rural women to express their creativity and cultural narratives through intricate patterns and motifs.





Cultural Awareness Facts

Bengali Culture

Would you like to see your culture featured in the next MCA Newsletter?

Contact communications@mcawb.org to learn how!

Bengali Cuisine

Bangladeshi cuisine is shaped by the abundance of rivers in the region and the tropical monsoon climate. Staples include rice and freshwater fish. The country's rich history and geographic location in southeast Asia contributes to the diversity of its culinary habits, with influences from the regions Mughlai cuisine, as well as middle eastern and western sources. In Bangladesh you can find rich, aromatic dishes such as Biryani and korma as well as unique seafood laden dishes like macher jhol (fish curry) and chingri malai (prawn curry).

Chingri Malai is a dish adored for its simplicity and flavour and is often prepared for special occasions. Try it out for yourself and get a taste of Bengali cuisine.



Instructions

- 1) Marinate cleaned prawns in salt and turmeric powder for 15 minutes.
- 2) Separately, blend the onions, garlic/ ginger, and tomatoes until smooth.
- 3) In a large pan, heat 2 tbps oil and fry the prawns until partially cooked (30 seconds on each side)
- 4) Remove the shrimp and set aside.
- 5) Add the whole spices to the pan, quickly toasting them.
- 5) Turn the heat to low and add the pureed onions. Cook for 8 minutes.
- 6) Increase the heat to medium high, add the pureed ginger and garlic. Cook until fragrant.
- 7) Add the pureed tomatoes, green chilies and spices (except garam masal). Cook for 7 mins.
- 8) Add the coconut milk, salt and sugar.
- 9) Bring the sauce to a boil before turning the heat to low and adding the cooked prawns.
- 10) Lastly, add the gharam masala and 1 tps ghee to finish.
- 11) Serve with rice.

Ingredients

- 500 grams tiger Prawns
- 1 teaspoon Turmeric powder
- 1 teaspoon Salt
- 400 ml Coconut Milk, fresh or canned
- 1 large Onion, for paste
- 1 Tomato, deseeded and diced for paste
- 3 large cloves of Garlic, for paste
- 1 inch Ginger, for paste
- 2 green Chillies
- 3 Cardamom pods
- 3 Cloves
- 2 inches Cinnamon stick
- 1 Bay leaf
- ¾ teaspoon Turmeric powder
- 1 teaspoon Red chilli powder
- ¼ teaspoon Bengali garam masala
- 1 teaspoon Ghee
- 2 teaspoons Sugar
- Salt to taste
- 4 tablespoons Mustard oil



Community Events

Would you like your event featured in the next MCA newsletter?

Contact communications@mcawb.org to learn how!

VOLUNTEER FEST
July 6th
11 am - 4 pm

Join us at:
Heritage Village

Games • Awards • Music • Prizes • BBQ

VOLUNTEER FEST

July 6th

Come out to Heritage Village July 6th from 11am-4pm to celebrate Community Volunteerism! Spend the afternoon meeting local social profits and learning how you can support their programming through volunteerism while enjoying Music, BBQ, Games, and Volunteer Awards. This is a free, family friendly community Event!

TREATY DAYS
JULY 26, 27 & 28, 2024
125 YEARS STRONG: HONORING TREATY 8

FRIDAY 10 AM - 4 PM	SATURDAY 10 AM - MIDNIGHT	SUNDAY 10 AM - 4 PM
CULTURAL DAY OPENING CEREMONY TRADITIONAL FOOD WORKSHOPS HAND GAMES TREATY ANNUITY PAYMENTS	PANCAKE BREAKFAST LOG SAWING REZ RIDE HORSESHOES KIDS ZONE FACEPAINTING GAMES BALLOONS BOUNCY CASTLES JIGGING COMPETITION FIRE & LIGHT SHOW MIDNIGHT BINGO	BRUNCH KIDS ZONE CONTINUES CRIB TOURNAMENT GAMES & GIVEAWAYS SPIN WHEEL PLINKO GRAND PRIZE BINGO

VENDOR VILLAGE OPEN 3 DAYS

TREATY DAYS

July 26-28

Join First Nation 268 in celebrating 125 years since the signing of treaty 8 with traditional food, games and more.

FAM EXPO
A MINI COMICON FOR ALL

PRESENTED BY
sellerdirect
Northern Homes Realty

COSPLAY RED CARPET
VENDORS SHOWCASE
VIDEO GAME STATIONS
BOARD GAME STATIONS
KIDZONE
PANELISTS
FOOD TRUCKS

JULY 28 2024
10AM-5PM
SHELL PLACE GRAND BALLROOM

FAM EXPO

July 28

Come out to Fort McMurray's own "comicon", the Fam Expo will take place on July 28th at Shell Place, offering a kidzone, vendor showcase, eSport gaming station, guest panelists, cosplay show red carpet, food trucks, and more!



Community Events

Would you like your event featured in the next MCA newsletter?

Contact communications@mcawb.org to learn how!



FORT MCMURRAY FRINGE FESTIVAL

August 31

The Fringe is an un-juried and uncensored international theatre festival with some of the largest festivals taking place in Edinburgh, Scotland and Edmonton, Alberta.

The Fort McMurray Fringe Festival will be the first in the region providing a venue for local artists to showcase their talent and creativity.



ATC CULTURAL FESTIVAL

September 12-15

The 2024 Athabasca Tribal Council Cultural Festival is taking place from September 12-15 at Snye Point Park in Fort McMurray Wood Buffalo in Northern Alberta on Treaty 8 territory. This multi-day event will feature cultural performers, traditional craft demonstrations, food and more.

To learn more visit: <https://www.atcculturalfestival.ca>



Community Events

Would you like your event featured in the next MCA newsletter?

Contact communications@mcawb.org to learn how!



Seniors Walk in Anzac

Every Tuesday & Thursday from 11:00am-1:00pm

The Anzac Recreation and Social Society welcomes seniors to stay active by walking the track for free every Tuesday and Thursday from 11am to 1pm.

Come out, get active, and socialize with members of your community. Complimentary tea and coffee is also provided.

Micisowin Farmers Market

Every Saturday until September 28th. 11am-4pm

The Micisowin Farmers Market is back every Saturday from 11am to 4pm in the Holy Trinity Parking lot.

The Farmers market brings together local artisans and vendors to bring you the best that the Regional Municipality of Wood Buffalo has to offer.



Birdhouse Comedy

Last Sunday of the month

Birdhouse Comedy is a free monthly improv comedy meet up taking place on the last Sunday of every month. Learn how to play improv games, have fun creating characters and make new connections in this safe and welcoming environment.

No experience or registration required.
<https://swampratexperience.com/birdhouse>.



Community Resources

Would you like your event featured in the next MCA newsletter?

Contact communications@mcawb.org to learn how!



Community Futures Wood Buffalo

Variety of sessions offered July- September

Community Futures Wood Buffalo is a non-profit organization that's dedicated to building an economically diverse future for the communities of our beautiful region.

They offer a wide range of in person and online sessions designed to provide business owners the necessary skills for success.

View their full event calendar at <https://woodbuffalo.albertacf.com/>

Good Beginnings

Good Beginnings offers parents free information sessions on a wide range of topics pertaining to parenting and child health.

The good beginnings summer sessions will be hosted every Saturday from 11am - 12pm at the Wood Buffalo Regional Library.



ELL Conversation Group

Every Wednesday

The weekly English Language Learners (ELL) Conversation Group at the Wood Buffalo Regional Library is geared towards TFWs and other non-permanent residents (18+) who want the opportunity to practice and improve their English.

The focus is on speaking, reading, and writing, with a different topic covered at each relaxed and informal session.

No registration required.










































Multicultural Calendar

July 2024

You can also find our Multicultural Calendar on our website at any time by visiting mcawb.org/multicultural-calendar/

Monthly Observances

- July-August Sun Dance Ritual (Indigenous/Cree/Arapaho/Cheyenne/Sioux/Plains Peoples)
- July-August Green Corn Ceremony (Oklahoma Indigenous)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <div>✓  Canada Day Canada</div> <div> St. Peter and Paul Day Chile</div> <div> HKSAR Establishment Day Hong Kong</div> <div> Independence Day Burundi, Rwanda, Somalia</div> <div> Constitution Day Cayman Islands</div>	2 <div>✓  Independence Day USA</div> <div> NAIDOC Australia</div>	3 <div> Independence Day Venezuela</div>	4 <div> Dalai Lama's Birthday (Tibet) Buddhist</div> <div> Int'l Day of Cooperatives UN</div>	5 <div>▲  1st Muharram - Islamic New Year Islam</div> <div> Tanabata Japan</div>	6 <div> Independence Day Argentina</div>
7 <div>▲  Martyrdom of the Báb Bahá'í</div> <div> Independence Day Bahamas</div>	8 <div>✓ ▲  Imamāt Day Islam</div> <div> World Population Day UN</div>	9 <div>▲  Katimát (7th Month) Bahá'í</div> <div> Battle of Boyne Ireland</div>	10	11 <div> Nadaam Festival (July 11 - 15) Mongolia</div> <div> Bastille Day France</div> <div> Republic Day Iraq</div>	12	13
14	15 <div> Umi no hi Japan</div>	16 <div>✓ ▲  Ashura Islam</div>	17	18 <div> Nelson Mandela's Birthday South Africa</div> <div> Munoz-Rivera Day Puerto Rico</div>	19	20 <div> Independence Day Colombia</div>
21 <div>▲  Guru Purnima Jain</div> <div>▲  Wassana/Dhamma Day Buddhist</div> <div> Independence Day Belgium</div>	22	23	24 <div>▲  Pioneer Day Christian - Mormon</div> <div> Simon Bolivar Day Ecuador, Venezuela</div>	25 <div> Constitution Day Puerto Rico</div>	26 <div> Day of National Rebellion Cuba</div> <div> Independence Day Liberia</div>	27
28 <div> Independence Day Peru</div>	29	30 <div>▲  Oh-Harai-Tasai Shinto</div>	31 <div>▲  Kamál (8th Month) Bahá'í</div> <div> Feast of St. Ignatius Loyola Spain</div>			



Multicultural Calendar

August 2024

You can also find our Multicultural Calendar on our website at any time by visiting mcawb.org/multicultural-calendar/

Monthly Observances

- August Native Wild Rice Harvest (Northern Cree/Ojibwa/Akgonkian Indigenous)
- August Hopi Snake Dance (Hopi Indigenous)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <div><div>▲</div>Lugnasadh Pagan, Wicca</div> <div><div>■</div>Emancipation Day Bermuda, Caicos Islands, Turks</div> <div><div>■</div>Confederation Day Switzerland</div>	2 <div><div>▲</div>Ilinden Macedonia</div>	3 <div><div>■</div>Caribana Parade African-American/Canadian Canada</div>
4	5 <div><div>✓</div><div>■</div>Civic Holiday / Heritage Day Canada</div> <div><div>■</div>Summer Bank Holiday Ireland, Scotland</div>	6 <div><div>■</div>Hiroshima Day Canada, Japan, USA</div> <div><div>■</div>Independence Day Bolivia, Jamaica</div>	7	8 <div><div>▲</div>Fravardeghan Zoroastrian</div>	9 <div><div>■</div>National Women's Day South Africa</div> <div><div>■</div>National Day Singapore</div> <div><div>●</div>Int'l Day of the World's Indigenous People UN</div>	10 <div><div>■</div>Independence Day Ecuador</div>
11	12 <div><div>●</div>International Youth Day UN</div>	13 <div><div>▲</div>Tish'a B'Av Jewish</div>	14 <div><div>■</div>Independence Day Pakistan</div>	15 <div><div>▲</div>Assumption Christian</div> <div><div>■</div>Korean Liberation Day Korea</div> <div><div>■</div>Independence Day India</div>	16	17 <div><div>■</div>Independence Day Indonesia</div>
18 <div><div>✓</div><div>▲</div>Now Ruz (Shenshai) Zoroastrian</div>	19 <div><div>▲</div>Asmá (9th Month) Bahá'í</div> <div><div>▲</div>Raksha Bandham Hindu</div> <div><div>■</div>Independence Day Afghanistan</div> <div><div>●</div>World Humanitarian Day UN</div>	20	21	22	23 <div><div>●</div>Int'l Day for Remembrance of the Slave Trade & its Abolition UN</div>	24 <div><div>▲</div>Birth of Prophet Zarathustra (Shenshai) Hindu</div> <div><div>■</div>Independence Day Ukraine</div>
25 <div><div>■</div>Notting Hill Festival England, UK</div> <div><div>■</div>Independence Day Uruguay</div>	26 <div><div>✓</div><div>▲</div>Janmashtami Hindu</div> <div><div>■</div>Summer Bank Holiday UK</div>	27 <div><div>■</div>Independence Day Moldova</div>	28	29	30 <div><div>■</div>St. Rosa of Lima Peru</div> <div><div>■</div>Victory Day Turkey</div>	31 <div><div>✓</div><div>▲</div>Paryushna-Parva (Aug 31 - Sept 8) Jain</div> <div><div>■</div>Merdeka (Freedom Day) Malaysia</div> <div><div>■</div>Independence Day Trinidad & Tobago</div>



Monthly Observances

- National Hispanic Heritage Month (USA)
- September Sunrise Dance (Indigenous Apache)

✓ Schedule Consideration ▲ Religious Day ■ Cultural/National Day ● UN and International Days

**Bahá'í and Jewish days begin at previous sundown*



Member Marketplace

Cultural Artisans



K&K Mining Canada
kkminingcanada.ca



Sunday Coffee Roaster
facebook.com/handcraftedspecialitycoffeeandtea



Fusion K Foodies
8302 Fraser Ave (Bay 4)
Fort McMurray, AB



Cuckoo for Cookies
cuckooforcookies.com



Rajasthan Creations
Rajasthancreationsbypurva@gmail.com



Ginger's Bannock House
facebook.com/GingersBannockHouse



Balloon Moose Studio
www.facebook.com/Balloonmoosestudio



Fort McMurray Métis Trading Post
themetistradingpost.ca



Nayti Food Trip Et.al



Oh My Goods
www.facebook.com/OhmygoodsAna/



Tobacco & Tulips Beadwork
www.facebook.com/profile.php?id=100084677594684



Desi Meal Time
www.facebook.com/OhmygoodsAna/



Rings N Tings
ringsntings@outlook.com



Member Marketplace

Cultural Groups



**Fort McMurray AVRORA
Ukrainian Dancers**

fortmcmurrayavroradancers.wordpress.com



Canadian Fiji Association

cfaoa.weebly.com/



**Bangladesh Association
of Fort McMurray**



Ethiopians in Fort McMurray

Ethiopiansinfortmcmurray@gmail.com



**Fort McMurray
Chinese-Canadian Society**

<https://www.facebook.com/fmChinese>



Palestinian Group

mahmoud.m.elatbash@hotmail.com



Botswana Cultural Association

violetmalatsi@gmail.com



Member Marketplace

Community Resources and Organizations



United Way Fort McMurray & Wood Buffalo

www.fmwbunitedway.com
info@fmwbunitedway.com
780.791.0077



RMWB Pulse Line 780.743.7000



YMCA of Northern Alberta northernalberta.ymca.ca

**Immigration &
Settlement Services**
newcomers@northernalberta.ymca.ca



Wood Buffalo Housing wbhousing.ca info@wbhousing.ca 780.799.4050



Wood Buffalo Food Bank woodbuffalofoodbank.com ea@woodbuffalofoodbank.com 780.743.1125



The Hub Family Resource Centre thehubfrc.ca inquiries@thehubfrc.ca 780.743.9225



McMurray Regional Law Office www.donscottlaw.ca info@mcmurrayregionallaw.ca 780.750.9888



of Northern Alberta Girls Inc. girlsincofnorthernalberta.org 780.790.9236



Fort McMurray Airport flyymm.com 780.793.8979



Fort McMurray Public School District www.fmpsdschools.ca info@fmpsds.ab.ca 780.799.7900



KidSport kidsportcanada.ca/alberta/wood-buffalo/ woodbuffalo@kidsport.ab.ca 780.790.9236



CMHA - Wood Buffalo woodbuffalo.cmha.ca adminassistant@woodbuffalo.cmha.ab.ca 780.743.1053



Fusesocial www.fusesocial.ca 780.791.9333