

Quarterly Newsletter

July - September 2026

MCA Office Hours
Mondays - Thursdays

9AM - 5PM

Fridays
(by appointment only)

MCA Office Closures
Wednesday, July 1
Monday, August 3
Monday, September 7
Wednesday, September 30



IN THIS ISSUE

pg. 2 -- Upcoming MCA Events
pg. 3 -- MCA Programs and Services
pg. 4 - 5 -- Cultural Awareness:
Across the World
pg. 6-7 -- Community Events
pg. 8 -- Community Resources
pg. 9 - 11 -- Multicultural Calendar
(July - September 2026)
pg. 12 - 13 -- MCA Member Marketplace

**Our diversity of faith and
color and creeds—that is
not a threat to who we are. It
makes us who we are.**

Michelle Obama





Upcoming Events



July 14, 2026 (5 – 6:30 PM)

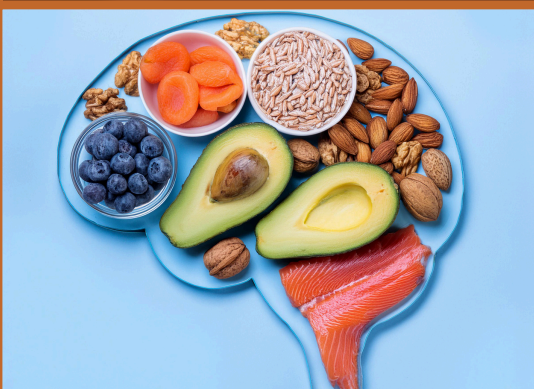
Understanding Cyber Security

Join the MCA in a free informative workshop and learn how to navigate the internet in safe and cautious ways.

The Multicultural Association of Wood Buffalo will be hosting a free informative workshop presented by RBC and in partnership with the Wood Buffalo Regional Library. This workshop aims to provide participants with understanding and skills needed to navigate digital platforms and learn to protect personal data.

Registration is free, register today at:

www.eventbrite.com/e/understanding-cyber-security-tickets-1990888541220?aff=oddtcreator



August 20, 2026 (1 – 3 PM)

Healthcare and Nutrition Essentials

Join the MCA in a free informative workshop presented by Alberta Health Services and learn about essentials when it comes to taking care of your health and nutrition.

Registration is free, register today at:

forms.cloud.microsoft/r/vsdMKLL2iD



Seniors Coffee Social

Connect with community resources, benefits, and organizations with programs for seniors in the RMWB through these informative and social sessions.

Upcoming Dates:

- **August 22, 2026 (1 - 3 PM @ MacDonald Island Park)**
- **September 18, 2026 (10 AM - 12 PM @ Golden Years Society)**



Alberta Culture Days

Enjoy free cultural workshops throughout the month of September!

More details to come, please follow us on Facebook or Instagram to keep up to date with announcements as they come



MCA Programs and Services

NOTARY CLINIC for Immigrants

Upcoming Dates:

July 25, 2026

August 29, 2026

September 26, 2026

**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.

* please note that there is no Notary clinic in December due to Winter Holidays

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

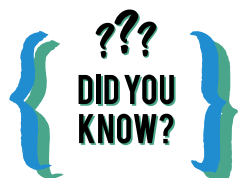


Visit mcawb.org/language-services for more information!



Cultural Awareness: Across the World

Would you like to see your culture featured in the next MCA Newsletter?
Contact communications@mcawb.org to learn how!



- There are over 7,000 languages spoken around the world!
- The top 3 most spoken languages on Earth are: English, Mandarin Chinese, and Hindi
- The oldest known musical instrument, a flute made from bone, is over 40,000 years old!
- Over 3,800 distinct cultures have been identified by anthropologists in the world, however it is estimated that there are tens of thousands of cultures that can be found globally.
- The oldest language still actively spoken today is Tamil, with a history spanning over 2,000 years! Tamil originates from India, and is primarily spoken in Tamil Nadu, Puducherry, and northern Sri Lanka.
- The world's oldest known art pieces can be found in the Chauvet Cave in France, having been created around 30,000 years ago.

What is Culture?

From the perspective of anthropology, culture is known as a learned set of behaviours and ideas that people acquire as members of society.

Why is it important to understand culture and cultural differences?

Culture attributes to how we view and interact with the world around us. By being culturally aware, we are better able to adapt and cooperate with people of diverse backgrounds and overcome any challenges that may arise due to cultural differences. Cultural understanding also helps lead the way to stronger and healthier communities, as it opens the door to different perspectives and ideas that can help better society.

Want to learn more about how to
become more culturally aware?

Check out MCA's Cultural
Awareness Training at
mcawb.org/cat





Cultural Awareness: Around the World

Would you like to see your culture featured in the next MCA Newsletter?
Contact communications@mcawb.org to learn how!

Mesopotamian Stew Recipe

The oldest recorded recipe was written around 1730 BCE, coming from the Yale Culinary Tablets. These tablets are a collection of clay tablets that originated from ancient Mesopotamia.

Enjoy the following recipe, courtesy of homepressurecooking.com, for a taste of history.



Mesopotamian Stew

as on homepressurecooking.com

Serves 4

Ingredients

- 500 g lamb, cut into chunks
- 2 onions, chopped
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 cup chickpeas, cooked
- 4 cups beef broth
- 2 carrots, sliced
- 2 potatoes, diced
- salt and pepper, to taste

Directions

1. Heat olive oil in a large pot over medium heat.
2. Add lamb chunks and brown on all sides.
3. Add chopped onions and minced garlic. Cook until onions are translucent.
4. Stir in cumin, coriander, and turmeric. Cook for another minute.
5. Add beef broth, chickpeas, carrots, and potatoes. Bring to a boil.
6. Reduce heat, cover, and simmer for 1 hour and 30 minutes.
7. Season with salt and pepper to taste. Serve hot.

Notes

This stew is best enjoyed with a side of flatbread.



Community Events

Would you like your event, program, service or resource featured in the next MCA newsletter?

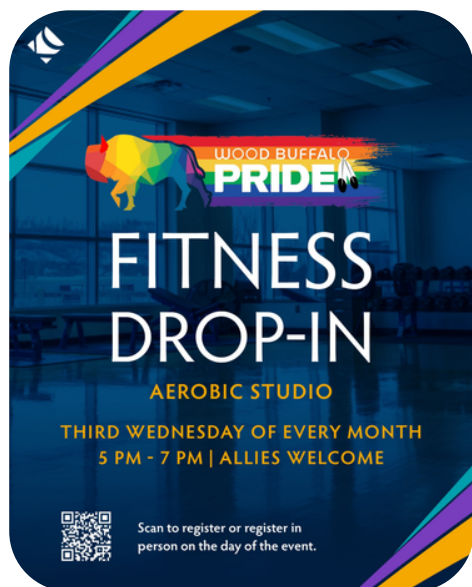
Contact communications@mcawb.org to learn how!



ELDERS & SENIORS COFFEE & CULTURE

Bi-Weekly on Tuesdays (1 - 3 PM)

Elders & seniors 55+ are invited to join Nistawoyou Friendship Association for some coffee, tea, snacks, chats bi-weekly on Tuesdays! Bring any unfinished projects you would like to work on while socializing or just bring yourself and join us for some friendly conversation. No registration required! Just drop in!



PRIDE COFFEE SOCIAL AND CRAFTS CIRCLE

Third Wednesday of each month (5 - 7 PM)

The Pride Fitness Drop-in is a dedicated time for individuals who identify as Two-Spirit, lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual, and other diverse sexual and gender identities, as well as allies to access the fitness space in a setting centred on comfort, privacy, and respect.

To maintain safety, privacy, and trust:

- Pre-registration is required.
- Only registered participants may enter.
- No photography, video recording, or device recording permitted.
- Respect confidentiality. Do not share who attends this space.
- Gender-inclusive change rooms are available during this time.
- Participants may dress in alignment with their identity and comfort.
- Harassment, discrimination, invasive questioning, or disrespectful behaviour will not be tolerated.
- Staff are present to support safety and enforce policies.

Breaches of privacy, comfort, or respect will result in removal from the space and may lead to further action under institutional conduct policies.

If you need assistance or wish to report a concern, please speak with the Fitness Liaison at the front desk or contact us at GuestServices@keyano.ca

This initiative was shaped through community input and is designed to reduce barriers and create a space where participants can move freely, focus on their wellbeing, and feel supported.



Community Events

Would you like your event, program, service or resource featured in the next MCA newsletter?

Contact communications@mcawb.org to learn how!



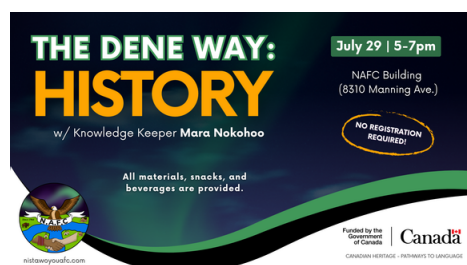
THE DENE WAY: TRADITIONAL FOODS

July 15, 2026 (5 - 7 pm)

Join Nistawoyou Friendship Association for an engaging session exploring traditional Indigenous foods, their preparation, and the stories and history connected to each dish. Participants will have the opportunity to sample traditional foods while learning about how they were made, preserved, and shared within the community.

This session will also explore the history of survival and daily life in earlier times, highlighting the knowledge, skills, and traditions that sustained Indigenous peoples for generations. Open to everyone, this is an opportunity to learn, connect, and experience culture through food and storytelling.

All ages welcome. No registration required. Food and beverages provided.



THE DENE WAY: HISTORY

July 15, 2026 (5 - 7 pm)

Join Nistawoyou Friendship Association for an engaging session exploring the traditional shelters and methods of transportation used by Indigenous peoples in earlier times. Participants will learn about how people lived on the land, the materials and knowledge used to create shelters, and the ways communities travelled throughout the region. The session will also include sharing local history and lived experiences, offering an opportunity to learn through storytelling, discussion, and cultural teachings. Participants will take part in a hands-on craft connected to the teachings shared during the session.

All ages welcome. No registration required. All materials, snacks, and beverages included.



PRIDE BEACH DAY

August 8, 2026 (11 am - 3 pm)

Come to Camp Yogi on August 8 for an inclusive, family-friendly Pride Beach Day! Join community for swimming, a picnic, and family fun! See you there!



Community Resources

Would you like your event, program, service or resource featured in the next MCA newsletter?

Contact communications@mcawb.org to learn how!



ELL CONVERSATION GROUP

Every Wednesday at the Wood Buffalo Regional Library

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.

Good Beginnings



GOOD BEGINNINGS

**Every Wednesday (11 am – 12 pm)
at Thickwood Public Health Office**

Support Group for Parents and Caregivers with Infants Birth–18 months of age.

This program allows families an opportunity to connect with other families in our community, to build friendships along with learning about child growth and development!

No pre-registration is required. Just drop-in if you wish to attend!

TRANS

SUPPORT GROUPS

NEW DATES & TIMES!

JOIN US ON	TIME	GROUP
THE FIRST THURSDAY OF THE MONTH	6-7 PM	YOUTH TRANS SUPPORT SUPPORTING HEARTS CAREGIVERS
	7-7:30 PM	SUPPORT GROUP SOCIAL
	7:30-8:30 PM	ADULT TRANS SUPPORT

WBPRIDE.CA/SUPPORT-GROUPS

TRANS SUPPORT GROUP

First Thursday and Third Sunday of each Month

Join Wood Buffalo Pride for an evening of connection and peer support! Trans Support Groups are held on the first Thursday of the month at CMHA on Manning. Gender affirming gear is available free of charge.

6-7:30 PM: Youth Trans Support Group & Supporting Hearts Caregivers Group

7:30-8:30 PM: Adult Trans Support Group

Adult Trans Support Group: Whether you're questioning your gender or have fully transitioned, this is a safe, positive, and supportive space for adults.

These support groups are possible in partnership with CMHA and with support by the Regional Municipality of Wood Buffalo. For more details visit wbpride.ca/support-groups

JULY 2026

Observance Type

- ✿ Schedule Consideration
- ✿ Cultural/National Day
- ✿ UN and International Days
- ✿ Religious Day

Monthly Observances

- Multicultural Communications Month (International)*

Notes

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

This calendar has been created for use in the Regional Municipality of Wood Buffalo by the Multicultural Association of Wood Buffalo.
All Rights Reserved.

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1 ✿✿ Canada Day Canada ✿ HKSAR Establishment Day Hong Kong ✿ Independence Day Burundi, Rwanda, Somalia ✿ Madeira Day Madeira ✿ Constitution Day Cayman Islands	2	3 ✿ Independence Day Belarus	4 ✿✿ Independence Day USA
5 ✿ NAIDOC Australia ✿ Independence Day Cape Verde, Venezuela	6 ✿ Dalai Lama's Birthday (Tibet) Buddhist ✿ National Day Comoros ✿ Independence Day Malawi ✿ Int'l Day of Cooperatives UN	7 ✿ Tanabata Japan ✿ Independence Day Solomon Islands	8	9 ✿ Independence Day Argentina, South Sudan	10 ✿ Martyrdom of the Báb Bahá'í ✿ Matarki Indigenous/Maori, New Zealand ✿ Independence Day Bahamas	11 ✿ Nadaam Festival (July 11-15) Mongolia ✿ World Population Day UN
12 ✿ Battle of Boyne Ireland ✿ Independence Day Kiribati, São Tomé and Príncipe	13 ✿ Kalimát (7th Month) Bahá'í ✿ Statehood Day Montenegro	14 ✿ Bastille Day France ✿ Republic Day Iraq	15	16	17	18 ✿ Nelson Mandela's Birthday South Africa ✿ Munoz-Riviera Day Puerto Rico
19	20 ✿ Umi no hi Japan ✿ Independence Day Colombia	21 ✿ Liberation Day Guam ✿ Independence Day Belgium	22 ✿ Tish'a B'Av Jewish	23	24 ✿ Pioneer Day Christian - Mormon ✿ Simon Bolivar Day Ecuador, Venezuela	25 ✿ Constitution Day Puerto Rico
26 ✿ Day of National Rebellion Cuba ✿ Independence Day Liberia	27	28 ✿ Independence Day Peru	29 ✿ Guru Purnima Jain	30 ✿ Independence Day Vanuatu ✿ Emancipation Day Bermuda	31 ✿ Feast of St. Ignatius Loyola Spain	1



2026 AUGUST

Observance Type

- 🌸 Schedule Consideration
- 🌿 Cultural/National Day
- 🌟 UN and International Days
- 🌺 Religious Day

Notes

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

Monthly Observances

- Multicultural Communications Month (International)*

This calendar has been created for use in the Regional Municipality of Wood Buffalo by the Multicultural Association of Wood Buffalo.
All Rights Reserved.

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1 🌺 Kamál (8th Month) Bahá'í 🌺 Lughnasadh Pagan, Wiccan 🌿 Independence Day Benin 🌿 Emancipation Day Turks and Caicos Islands 🌿 Confederation Day Switzerland
2 🌺 Ilinden Macedonia	3 🌸🌿 Civic Holiday / Heritage Day Canada 🌿 Summer Bank Holiday Ireland, Scotland	4 🌿 Constitution Day Cook Islands	5 🌿 Independence Day Burkina Faso	6 🌿 Hiroshima Day Canada, Japan, USA 🌿 Independence Day Bolivia, Jamaica	7 🌿 Independence Day Côte d'Ivoire	8
9 🌿 National Women's Day South Africa 🌿 National Day Singapore 🌟 Int'l Day of the World's Indigenous People UN	10 🌿 Independence Day Ecuador	11 🌿 Independence Day Chad	12 🌟 International Youth Day UN	13	14 🌿 Independence Day Pakistan	15 🌺 Fravardeghan Zoroastrian 🌺 Assumption Christian 🌿 Korean Liberation Day Korea 🌿 National Day Congo 🌿 Independence Day India
16 🌿 Onam (Aug 16-25) India	17 🌿 National Day Gabon 🌿 Independence Day Indonesia	18	19 🌺 Asmá (9th Month) Bahá'í 🌿 Independence Day Afghanistan 🌟 World Humanitarian Day UN	20	21	22
23 🌿 St. Rosa of Lima Peru 🌟 Int'l Day for the Remembrance of the Slave Trade & its Abolition UN 🌿 Notting Hill Festival England, UK 30 🌿 Constitution Day Turks and Caicos Islands 🌿 Republic Day Kazakhstan 🌿 Victory Day Turkey	24 🌺 Birth of Prophet Zarathustra (Shenshal) Hindu 🌿 Independence Day Ukraine 31 🌿 Summer Bank Holiday UK 🌿 Merdeka (Freedom Day) Malaysia 🌿 Independence Day Kyrgyzstan, Trinidad & Tobago	25 🌺🌺 Eid-Maulad-un-Nabi Islam 🌿 Independence Day Uruguay	26 🌿 Independence Day Moldova	27 🌺 Raksha Bandham Hindu	28	29



2026 SEPTEMBER

Observance Type

- ✿ Schedule Consideration
- ✿ Cultural/National Day
- ✿ UN and International Days
- ✿ Religious Day

Notes

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

Monthly Observances

- Multicultural Communications Month (International)*

This calendar has been created for use in the Regional Municipality of Wood Buffalo by the Multicultural Association of Wood Buffalo. All Rights Reserved.

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 ✿ Constitution Day Slovakia ✿ Independence Day Uzbekistan	2 ✿ Independence Day Vietnam	3 ✿ Republic Day San Marino	4 ✿✿ Janmashtami Hindu	5 ✿ Ksmavani Jain ✿ Father's Day New Zealand ✿ International Day of Charity UN
6 ✿ Father's Day Australia ✿ Independence Day Swaziland	7 ✿✿ Labour Day Canada ✿ Independence Day Brazil	8 ✿✿ Paryushna-Parva (Sept 8-15) Jain ✿✿ Īzzat (10th Month) Bahá'í ✿ Independence Day Macedonia ✿ International Literacy Day UN	9 ✿ Independence Day Tajikistan	10 ✿ St. George's Caye Day Belize	11 ✿ Meskerem (New Year) Ethiopia	12 ✿ Gahambar Paitishahem (Sept 12 - 16) Zoroastrian
13	14 ✿ Ganesh Chaturthi Hindu	15 ✿ Dashalakshani-Parva Jain ✿ Samvatsari Jain ✿ Hispanic Heritage Month USA ✿ Independence Day Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua	16 ✿ Día de la Independencia Mexico ✿ Independence Day Papua New Guinea	17 ✿ Constitution Day USA ✿ Int'l Day for the Preservation of the Ozone Layer UN	18 ✿ Independence Day Chile	19 ✿ Independence Day Saint Kitts, Nevis ✿ Oktoberfest (Sept 19 - Oct 4) Germany
20 ✿✿ Yom Kippur Jewish	21 AUTUMN EQUINOX International ✿ Kiero No Hi Japan ✿ Independence Day Malta ✿ International Day of Peace UN	22 ✿✿ Rosh Hashana Jewish ✿ Independence Day Bulgaria, Mali	23 ✿ Mabon Pagan, Wicca ✿ Unification Day Saudi Arabia	24 ✿ Our Lady of Las Mercedes Dominican Republic, Peru ✿ National Day Guinea-Bissau ✿ Heritage Day South Africa ✿ Republic Day Trinidad & Tobago	25 ✿✿ Sukkot Jewish ✿ Ananta-Chatudasi Jain ✿ Trung Thu Vietnam ✿ Chuseok Korea ✿ Harvest Moon Festival China, Hong Kong, Taiwan ✿ Matsu Festival China, Taiwan	26 ✿ World Maritime Day UN
27 ✿ Mashiyat (11th Month) Bahá'í	28	29	30 ✿✿ National Day of Truth and Reconciliation Canada ✿ Botswana Day Botswana ✿ San Geronimo Day Indigenous, USA	1	2	3





Member Marketplace

Community Resources and Organizations



**United Way
Fort McMurray &
Wood Buffalo**
www.fmwunitedway.com
info@fmwunitedway.com
780.791.0077



RMWB Pulse Line
780.743.7000



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



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



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



**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



Justin Slade Youth Foundation
communications@jsyf.ca
780.715.0010



United4Change
united4change.ca
united4chnge@protonmail.com



Markaz Ul Islam
markazulislam.com
780.791.1602



**YMCA of Northern
Alberta**
northernalberta.ymca.ca
**Immigration &
Settlement Services**
newcomers@northernalberta.ymca.ca



Wood Buffalo Pride
wbpride.ca
info@wbpride.ca
587.646.6626



Member Marketplace

Local Member Cultural Organizations and Artisan Marketplace



**Fort McMurray
Botswana Association**



**Colombians in
Fort McMurray**



**Bangladeshi Society
of Wood Buffalo**



**Fort McMurray Avrora
Ukrainian Dancers and
Cultural Society**
fortmcmurrayavroradancers.ca
fortmcmurrayavroradancers@outlook.com



**Fort McMurray Chinese-
Canadian Cultural Society**



**Nigerian Canadian Association
of Fort McMurray**
ncafm.ca



Canadian Fiji Association



The Crafted Writer
jffateach@gmail.com
306.51.3585



Nayti's Kitchen
tinramos12@yahoo.com



Tobacco & Tulips



Balloon Moose Studio
balloonmoose.ca
balloonmoosestudio@gmail.com
780.607.0049



Sazari South Indian
sazarirestaurant.com
587.452.4200



Sunday Coffee Roaster
Coffee.Sunday@yahoo.com
780.370.3837



Oh My Goods
(780) 531-0449



Siam Thai Kitchen
siamthaikitchen.ca
780.750.1808



Macao Imperial Tea
macaoimperialteacanada.com
780.750.0560