

Quarterly Newsletter

October – December 2026

MCA Office Hours **Mondays – Thursdays**

9AM – 5PM

Fridays

(by appointment only)

MCA Office Closures

Monday, October 12, 2026

Wednesday, November 11, 2026

December 24, 2026 to

January 1, 2027



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**“Diversity is being invited to
the party; inclusion is being
asked to dance.”**

Vernā Myers





Upcoming Workshops

Please note that all workshop dates are tentative, and may change, please contact welcome@mcawb.org for more information



October 7, 2026 (1 – 3 PM)

Resume Development Workshop

Join the MCA in a free informative workshop and learn how to prepare your resume for your job hunting!

Contact welcome@mcawb.org for more details on how to register!



October 15, 2026 (1 – 3 PM)

Winter Preparedness Workshop

Join the MCA in a free informative workshop and learn the best practices in getting prepared for winter in Wood Buffalo!

Contact welcome@mcawb.org for more details on how to register!



October 21, 2026 (1 – 3 PM)

Job Interview Preparedness Workshop

Join the MCA in a free informative workshop and learn how to best prepare for your job interview!

Contact welcome@mcawb.org for more details on how to register!



November 4, 2026 (1 – 3 PM)

Positive Parenting in Canada Workshop

Join the MCA in a free informative workshop and learn more about practical parenting tools and understanding the unique challenges that parents can face when moving to a new country.

Contact welcome@mcawb.org for more details on how to register!



November 12, 2026 (1 – 3 PM)

Holiday Budgeting Workshop

Join the MCA in a free informative workshop and learn more how to best budget for a busy holiday season!

Contact welcome@mcawb.org for more details on how to register!



Upcoming Events



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:

October 17, 2026 (1 - 3 PM) at Nistawoyou Friendship Centre
November 7, 2026 (1 - 3 PM) at the Legion as part of Indigenous Veteran's Day (observed on November 8)

Visit mcawb.org/seniors-outreach for more details.



Multicultural Cookery Returning in October!

The Multicultural Cookery returns in October! Experience culture at a culinary level and learn how to make mouthwatering dishes as part of this event series! Schedule to be announced soon, so be sure to visit our social media pages, or mcawb.org/cookery to keep up to date!



Annual General Meeting November 30, 2026 (7-9 PM)

Join the MCA for our Annual General Meeting and celebrate our volunteers and the amazing successes of the 2025-26 year! Contact events@mcawb.org for more details. Location to be announced.



Human Rights Day Conversation Café December 10, 2026

Join the MCA for a panel discussion as part of our yearly celebration of International Human Rights Day.

Theme and details to be announced.



MCA Programs and Services

NOTARY CLINIC for Immigrants

Upcoming Dates:

October 31, 2026

November 28, 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

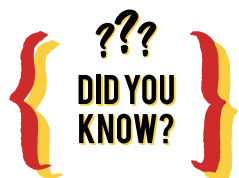


Visit mcawb.org/language-services for more information!



Cultural Awareness: Osnabrück, Germany

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

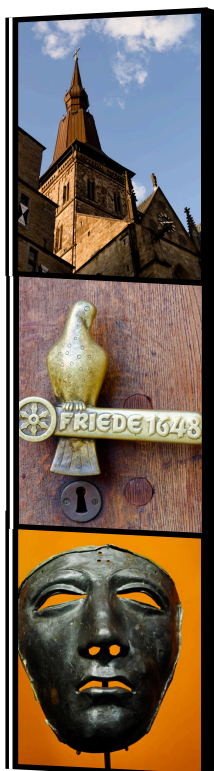


- It is considered bad luck in Germany to congratulate someone before their actual birthday.
- It is considered rude in Germany to start eating before everyone has sat down at the dinner table.
- In Northern Germany, you may get pranked by your friends when you turn 25 and are still unmarried. They will hang garlands around your house, and you can only take it down after finishing different tasks. For women, the garland will consist of old (cigarette) boxes, and for men, socks will be used. This is switched around on a leap year.

Hobby-horse Riding of Osnabrück

Since 1953, the city of Osnabrück commemorates the signing of the Westfaelischer Friede (Peace of Westphalia), a historical event that ended the Thirty Years' War. This event is acknowledged on October 25 each year and is celebrated by residents riding wooden horses around the town's marketplace.

Pictured around Osnabrück



Osnabrück Marienkirche:
a picture of a church
located on the Marktplatz in
Osnabrück

Osnabrueck Rathaus Taube:
a picture of the door handle
of the townhall. This relates
back to the Peace of
Westphalia.

This is a mask that was found around
Osnabrueck, in Kalkriese. A historical
battleground was found of the Battle of the
Teutoburg Forest (9 CE, 2000 years old!!!). In
German, we call it the Varusschlacht.



Osnabrück Rathaus:
A view out of the
townhall onto the
Marktplatz in
Osnabrück.

Osnabrück Standesamt:
This is the official office
of where to get married
in Osnabrück!



Cultural Awareness: Osnabrück, Germany

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Contact communications@mcawb.org to learn how!



German Glühwein

as on www.thekitchn.com

Serves 4 - 6

Ingredients

- ½ medium orange
- ¾ cup water
- ¼ cup turbinado or granulated sugar
- 10 - 20 whole cloves
- 2 cinnamon sticks
- 2 whole star anise
- 1 (750-milliliter) bottle dry red wine
- Rum or amaretto, for serving (optional)

Directions

1. Using a vegetable peeler, remove the zest from a medium orange in wide strips, taking care to avoid the white pith; set aside. Juice 1/2 the orange and set the juice aside.
2. Combine 3/4 cup water and 1/4 cup turbinado or granulated sugar in a large, nonreactive saucepan and boil until the sugar has completely dissolved. Reduce the heat and add 10 to 20 whole cloves, 2 cinnamon sticks, 2 whole star anise, orange zest, and orange juice. Simmer until a fragrant syrup forms, about 1 minute.
3. Reduce the heat further and add 1 (750-milliliter) bottle dry red wine. Let it barely simmer for at least 20 minutes but up to a few hours. Keep an eye out so that it doesn't reach a full simmer.
4. Strain and serve in small mugs, adding a shot of rum or amaretto and garnishing with the orange peel and star anise if desired.

Notes

You can refrigerate in an airtight container for up to 3 days





Community Events

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

Contact communications@mcawb.org to learn how!



SENIORS WELLNESS EXPO

October 1, 2026 (1 – 4 PM)

Join MacDonald Island Park, Wood Buffalo Regional Library and St. Aidan's Society for the second year in a row as they bring you the Seniors Wellness EXPO.

This EXPO brings together local service providers, programs, and resources all in once place. This is the place to be if you are looking for health services, community programs, or wanting to connect with others.

In addition to information tables, there will also be free activities to enjoy throughout the afternoon at MacDonald Island Park.

Activity Schedule:

- 1:00pm-4:00pm: Expo Booths & Socializing – CNOOC Fieldhouse 1
- 1:00pm-4pm: Carpet Bowling – CNOOC Fieldhouse 1
- 2:00pm- 3:00pm Facilitated Carpet Bowling session – CNOOC Fieldhouse 1
- 1:00pm-4pm: Pickleball –CNOOC Fieldhouse 2
- 1:00pm – 2:00pm: Ageless and Unstoppable Fitness Class – The Studio

Stop by Guest Services on October 1 to get your wristband for free full-day access to the pool, fitness centre, running track, and climbing wall.

For questions and other inquiries, please contact MacDonald Island Guest Services at (780) 791-0070.



MEDICINE BAG WORKSHOP

October 5, 2026 (5 – 7:30 PM)

In recognition of the National Day of Truth and Reconciliation (September 30), the Wood Buffalo Regional Library and Spirit Creative will be hosting a Medicine Bag Workshop. All are welcome to join. No registration is required, and all supplies and light refreshments will be provided.



Community Events

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

Contact communications@mcawb.org to learn how!



COFFEE & CULTURE 55+ October 6, 2026 (1 - 3 PM)

Elders & seniors 55+ are invited to join Nistawoyou Association Friendship Centre for some coffee, tea, snacks, chats on Tuesdays! (Bi-weekly.)

Bring any unfinished projects you would like to work on while socializing or just bring yourself and join in for some friendly conversation. No registration required! Just drop in!

This program is made possible by the Tomorrow Project by FuseSocial | Senior Subsector.



60+ WELLNESS SERIES HOSTED BY YMCA OF NORTHERN ALBERTA

TRAIL WALK
SEPTEMBER 16
10:30 - 11:30 AM

**SEASONAL NUTRITION
AND HEALTHY
COMFORT FOODS**
OCTOBER 21
10:30 - 11:30 AM

HOLIDAY MOVIE & TREATS
NOVEMBER 18
10:30 - 12:00 PM



60+ WELLNESS SERIES October 21 (10:30 - 11 AM) and November 18 (10:30 - 12 PM)

Join the YMCA Northern Alberta for their monthly Wellness Series session! Everyone welcome. Registration is not required. Time: 10:30 to 11:30 am.

For more information please contact Amanda Macintosh at amanda.macintosh@ymcanab.ca or call 780-978-4565.

October session: information session on seasonal nutrition and healthy comfort foods.

November session: holiday movie and treats



PRIDE MARKET November 1, 2026 (11 AM - 4 PM)

Join Pride YMM for a Pride Market! This market is for local artisans, artists, creative entrepreneurs, and small businesses in the RMWB. Registration is open to 2SLGBTQIA+ community members and allies. Shop a variety of vendors and creative small businesses and support local!

- The Stonebridge Hotel Ballroom will have gender neutral washrooms available for the duration of the marketplace
- This venue is physically accessible with automatic doors, and accessible washrooms
- Free parking is available
- ATM onsite



Contact communications@mcawb.org to learn how!



No registration required.



TRANS SUPPORT GROUP

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

www.mcawb.org

2026 OCTOBER

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.
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SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
				✿ National Day China ✿ Independence Day Nigeria, Tuvalu ✿ International Day for the Elderly UN	✿ Ghandi's Birthday India ✿ Mehragan India, Zoroastrian ✿ Independence Day Guinea ✿ International Day of Non-Violence UN	✿ Simchat Torah Jewish ✿ National Day Iraq ✿ Foundation Day Korea ✿ Day of German Unity Germany
4	5	6	7	8	9	10
✿ Independence Day Lesotho ✿ Feast of St. Francis of Assisi Italy	✿ Republic Day Portugal ✿ World Teacher's Day UN	✿ Armed Forces Day Egypt	✿ World Habitat Day UN	✿ Kathina Hindu	✿ Han-Gul Day Korea ✿ Independence Day Uganda ✿ World Post Day UN	✿ Fiji Day Fiji ✿ Double Tenth Day Taiwan ✿ Curacao Day Curacao ✿ World Mental Health Day UN
11	12	13	14	15	16	17
✿ Coming Out Day LGBTQIA2+ ✿ International Day of the Girl UN	✿ Gahambar Ayathrem (Oct 12 - 16) Zoroastrian ✿ Thanksgiving Canada ✿ Columbus Day USA ✿ Indigenous People's Day Indigenous, USA ✿ Independence Day Equatorial Guinea ✿ Dia de la Raza Mexico ✿ Day of Respect for Cultural Diversity Argentina ✿ National Heroes Day Bahamas ✿ National Day Spain ✿ Nossa Senhora de Aparecida Brazil	✿ Int'l Day for Natural Disaster Reduction UN			✿ 'Ilm (12th Month) Bahá'í ✿ National Boss Day USA ✿ World Food Day UN	✿ Durga Puja Hindu ✿ International Day of Eradication of Poverty UN
18	19	20	21	22	23	24
✿ Chung Yeung Festival China, Hong Kong, Taiwan ✿ Independence Day Azerbaijan	✿ Constitution Day Niue ✿ National Heroes Day Jamaica	✿ ✿ Dussehra Hindu, Nepal		✿ Abu Simbel Festival Egypt	✿ Chulalongkorn Day Thailand	✿ Independence Day Zambia ✿ United Nations Day UN ✿ World Development Information Day UN
25	26	27	28	29	30	31
✿ Labour Day New Zealand	✿ Pavarana Buddhist ✿ Bank Holiday Ireland ✿ National Day Austria	✿ Independence Day St. Vincent & the Grenadines, Turkmenistan	✿ National Day Czech Republic ✿ National Day 'Ochi' Greece	✿ Karva Chauth Hindu ✿ Republic Day Turkey		✿ Samhain Pagan, Wicca ✿ Halloween Canada, USA ✿ Reformation Day Chile



2026 NOVEMBER

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*

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SUN	MON	TUE	WED	THU	FRI	SAT
DAYLIGHT SAVINGS TIME ENDS International 1	2	3 ✿ Bunka No Hi Japan ✿ Separation Day Panama ✿ FSM Independence Day Micronesia ✿ Independence Day Dominica	4 ✿ Qudrat (13th Month) Bahá'í ✿ Take Our Kids to Work Canada ✿ Constitution Day Dominican Republic	5	6 ✿ Mahavira Nirvana Jain ✿ Int'l Day for Preventing the Exploitation of the Environment UN	7
✿ All Saints Day Christian ✿ Revolution Day Algeria ✿ Independence Day Antigua, Barbuda	✿ All Souls Day Christian ✿ Día de los Muertos Mexico ✿ Dia de Finados Portugal	8	9	10	11 ✿ Birthday of the Bahá'u'lláh Bahá'í ✿ Remembrance Day Australia, Canada, UK ✿ Veteran's Day USA ✿ Armistice Day Poland ✿ Independence Day Angola, Poland	12
✿ Diwali Sikh, Hindu ✿ Indigenous Veteran's Day Canada, Indigenous	✿ Constitution Day Dominican Republic ✿ Independence Day Cambodia	13	14	15	16	17
✿ Shichi-Go-San Japan ✿ Republic Day Brazil ✿ National Day Palestine	✿ International Day of Tolerance UN	18	19	20	21	22
✿ Independence Day Lebanon	✿ Qawl (14th Month) Bahá'í ✿ Kinro Kansha No Hi Japan	23	24	25	26	27
✿ First Sunday of Advent Christian ✿ Int'l Day of Solidarity with Palestinian People UN	✿ St. Andrew's Day Scotland, Romania ✿ Independence Day Barbados	1	2	3	4	5



2026 DECEMBER

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*

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SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1 ✿ Rosa Parks Day USA ✿ National Day Central African Republic, Romania ✿ Independence Day Portugal ✿ World AIDS Day UN	2 ✿ National Day Laos, Myanmar, UAE ✿ Int'l Day for the Abolition of Slavery UN	3 ✿ International Day for Disabled Persons UN	4 ✿ Hanukkah (Dec 4-12) Jewish	5 ✿ Discovery Day Haiti ✿ Int'l Volunteer Day for Economic & Social Development UN
6 ✿ St. Nicholas Day Christian, Dutch, Eastern Europe, Germany ✿ Constitution Day Spain ✿ Independence Day Finland	7 ✿ Pearl Harbour Day USA ✿ International Civil Aviation Day UN	8 ✿ Feast of the Immaculate Conception Christian ✿ Bodhi Day Christian	9 ✿ Independence Day Tanzania ✿ Int'l Anti-Corruptions Day UN	10 ✿ Constitution Day Thailand ✿ Human Rights Day UN	11 ✿ International Mountain Day UN	12 ✿ Masá'il (15th Month) Bahá'í ✿ Jamhuri (Independence Day) Kenya ✿ Our Lady of Guadalupe Mexico
13 ✿ Aga Khan's Birthday Islam Ismaili ✿ Luciadagen Sweden	14 ✿ Butter Lamp Festival Buddhist, Tibet	15 ✿ Bill of Rights Day USA	16 ✿ Posadas Mexico ✿ Day of Reconciliation South Africa ✿ Bijoy Dibash Bangladesh ✿ Independence Day Bahrain, Kazakhstan	17 ✿ National Day Bhutan	18 ✿ Republic Day Niger ✿ Independence Day Qatar ✿ International Migrants Day UN	19
20 ✿ Independence Day Macau ✿ Human Solidarity Day UN	21 ✿ Yule Pagan, Wicca	22 ✿ WINTER SOLSTICE International ✿ Tohji-Tasai Shinto	23 ✿ Suez Victory Day Egypt ✿ Joseph Smith's Birthday Christian-Mormon	24 ✿ Adam's Peak Pilgrimage Sri Lanka ✿ Independence Day Libya	25 ✿ Christmas Day Christian ✿ Navidades Puerto Rico ✿ Jinnah's Birthday Pakistan	26 ✿ Death of Prophet Zarathustra Zoroastrian ✿ Boxing Day Canada, Ireland, UK ✿ Kwanzaa (Dec 26-Jan 1) African, Canada, USA ✿ Wren Day/St. Stephen's Day Ireland ✿ Junkanoo Bahamas
27	28	29 ✿ Independence Day Mongolia	30 ✿ Rizal Day Philippines	31 ✿ Sharaf (16th Month) Bahá'í ✿ Gahambar Maidyarem (Dec 31-Jan 4) Zoroastrian ✿ Omisoka Japan ✿ Hogmanay Scotland	1	2





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



**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 Avroa
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
jfateach@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