



# Red River Current

NOVEMBER 2014

VOLUME 5 :: ISSUE 10

## OIL BARONS MEET THE WARRIORS

On October 21st 2014, Fort McKay received a visit from the Fort McMurray Oil Barons. The Oil Barons came to Fort McKay for the first time ever to practice on the ice at the Fort McKay Arena.

During their practice, they received plenty of attention from the Fort McKay School students as well as other community members who cheered with their friends as they practiced. The team ran drills for about two hours in front of their fans. Once their practice was over, it was then time for the Fort McKay Warriors to join in and hit the ice with the Barons.

The Fort McKay Hockey Academy Warriors had the opportunity for some one-on-one time with Oil Barons coaches Ryan Allen and Mike Brodeur and each player had the opportunity to do some drills with these professional coaches as well as work on their skills for a entire hour.

Afterwards, community members had the chance to get autographs signed from the entire Oil Barons team. Many fans brought their jerseys to get signed at the autograph station set up at the front of the rink.

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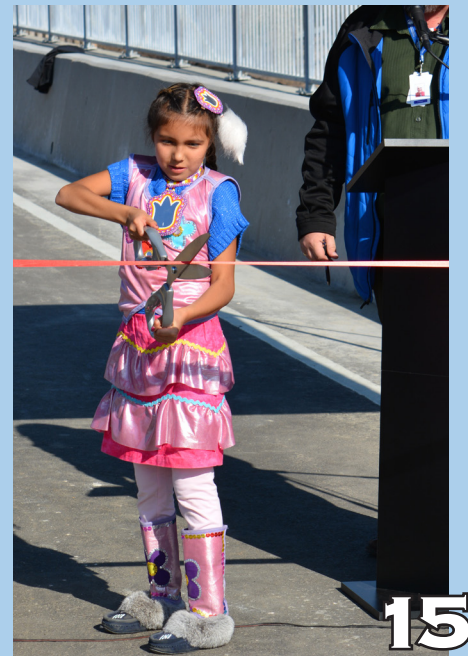
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# OIL BARONS HIT THE ICE AT FORT MCKAY'S ARENA



## FMFN LEADERSHIP TEAM

Jim Boucher, Chief  
Raymond Powder, Councillor  
Gerald Gladue, Councillor  
Ruth McKenzie, Councillor

George Arcand, CEO  
Larry Hewko, CFO/COO

## ADMINISTRATION DEPT.

Dorothy McDonald Business Centre  
General Delivery  
Fort McKay, AB T0P 1C0  
Phone: 780-828-2430

Hours of Operation:  
Mon. to Thurs. - 8:30am - 4:30pm  
Friday - 8:30am - 2:00pm

## SUBMISSIONS

If you have any photos, stories or ideas for the Fort McKay Current, please contact Nancy Robin at: 780-715-4512 or email: [nancydoire@msn.com](mailto:nancydoire@msn.com)

After the Barons worked up a sweat from a hard practice, all stomachs were growling. Everyone was invited to the Elders Centre where stew and bannock was served.

This is only the second time the Oil Barons practiced in another community. It is their way to reach out to other communities within the Regional Municipality of Wood Buffalo. Last month, the team went out to Anzac's brand new Recreational Centre for practice and a community skate.

"Sometimes, when you're out of your rink, it can be frustrating, but we managed to turn a situation into a bit of a team-builder," said Oil Barons head coach and general manager Curtis Hunt. "We wanted to give back to these communities, and build fans out of some of these younger kids."

The Barons will continue to practice around the region this year, and we hope to see them again soon...

Go Barons go!!





# ICEIS RAIN PERFORMS IN FRONT OF THOUSANDS

On September 14th 2014, Massey Whiteknife, a very well known entrepreneur and business owner in Fort McKay and Fort McMurray, took a daring step and performed in front of thousands at the Aboriginal Peoples Choice Music Awards as Iceis Rain.

Iceis sang the anti-bullying anthem 'The Queen.' The singer composes all of the music independently and writes about his personal life experience. "If you listen to the words in the music... it describes my life as a child," explained Iceis.

Before going up on stage, the performer admits being a little nervous, "Being in front of so many people was very overwhelming... There were many well-known artists there that I knew and loved, and tonight they were there to see me perform. But what was most groundbreaking was that people were not just looking at me as a guy in a dress that night, they are looking at me as an artist!"

The performance was not the only highlight for the new-found singer that evening. Iceis Rain was also nominated for 'Best Rock CD' as well as 'Best New Artist.'

'The Queen' was Iceis Rain's first album and was just launched in April of 2014. In a short time, it has already received nationwide attention.



**Iceis Rain's new album 'The Queen' was just released last April and already has received nationwide attention.**

Inside the album, Iceis Rain thanks the community of Fort McKay for all of the acceptance and support he has received from the community.

Iceis Rain will already be working on a new album starting next month. "You can expect more dance music and pop next time." The second album is expected to come out sometime in the spring of 2015.

A documentary is also in the works for Iceis, detailing all of the challenges and triumphs of

his remarkable life. The film is expected to be released in the new year.

You can find a video of Iceis Rain's performance at the Aboriginal Peoples Choice Music Awards on YouTube. You can also listen to select tracks of Iceis Rain's music by going on [www.iceisrain.com](http://www.iceisrain.com). To buy the songs from the 'Queen' album, simply go to iTunes.



# GILBERT McDONALD RECEIVES 40 YEAR RECOGNITION



**Gilbert McDonald holding Madison Elise Maxson, one of his seven grandkids.**

Fort McKay First Nation member Gilbert McDonald has reached an exceptional 40-year milestone as a member of the International Union of Operating Engineers, Local 955.

The Union honoured and recognized Gilbert for his 40 years of dedication at a banquet at the River Cree Casino Hotel on Sept. 20. He received a certificate, a pin and a beautifully engraved silver Bulova watch.

From operating all types of equipment to supervising crews of well over 40 employees, Gilbert McDonald has worn many different hats for several companies. He worked in many of the biggest companies such as Suncor, Syncrude, Shell and Imperial Oil. "The best company I ever worked for was at Bechtel Canada Co. It was a larger corporation, but this place

looked after and cared for their employees." He explains.

Throughout his career, Gilbert reached the International standard as a Journeyman Crane and Hoisting Equipment Operator (Tower Crane Operator) and Hoisting Equipment Operator (with Red Seal Certificate). He received a Diploma in Supervisor's Training and became certified Safety Auditor. He received many other certificates such as Hoisting, Engineered & Advanced Techniques, Leadership for Safety Excellence, Principles of Health & Safety Management, Flag Person Training Certification, and the list goes on. In addition, Gilbert served as the Union's business agent in Fort McMurray from 2001-2002.

During his 40 years of service with the Union, Gilbert McDonald has remained incident free. He journeyed into many parts of Western Canada to work. "I worked as far North as the Yukon and the North West Territories, and then out to Saskatchewan and British Columbia. I liked everywhere I went."

Gilbert McDonald always enjoyed the many challenges his workplace provided him. He is the successful owner of Poplar Beaver General Contracting Inc., a local Heavy Equipment Contracting company that his daughter now manages.

After so many accomplishments, McDonald is now retired. He is the proud grandfather of seven grandchildren. "I love my grandkids; they are what keep me going in life," he explains.

Even though McDonald has stopped working, he is still keeping his membership active. "This Union has provided me with much opportunity... Thanks to them, there was always work available." He now looks forward to his 50th anniversary as a Local 955 Union Member.





## NEW FORT MCKAY OFFICE TO OPEN

The Fort McKay Satellite Office will serve hamlet residents with more direct and convenient access to the Regional Municipality of Wood Buffalo.

The office will be open **every Wednesday**, as of October 15<sup>th</sup>, from 10a.m. to 3p.m at the Fort McKay Metis Group of Companies building.

For more information, please call the office at 780-828-4116 during office hours.

**Fort McKay Satellite Office**  
**Hours: 10a.m. to 3p.m.**  
**Fort McKay Metis Group of**  
**Companies Building**  
**ph: 780-828-4116**

[www.woodbuffalo.ab.ca](http://www.woodbuffalo.ab.ca)



REGIONAL MUNICIPALITY  
OF WOOD BUFFALO





# JOIN THE FORT MCKAY NORTH-WIND DANCERS AND DRUMMERS

Everyone has seen the Fort McKay Northwind Dancers and Drummers perform in Fort McKay during major events. The group consists of four male drummers and three head drummers, two traditional male dancers, two grass dancers, two traditional woman dancers, thirteen jingle dancers, and ten woman fancy dancers. They are always looking for new dancers and drummers to join the group.

Anyone can join, and dancers can begin as soon as they start to show some interest. There are some dancers in the group that are as young as 18 months old. Over time, all learn the necessary skills through practices, performances, and pow wows. "The dancers and drummers get to learn the spiritual aspects of our culture, through listening to the beat of the drum which mimics the heartbeat of Mother Nature and our own spirits. Dancing and drumming teaches respect for yourself, your regalia, your drum, and also for others," explained Audrey Redcrow, Cultural Dance Coordinator.

Classes are on Tuesdays at 5:30 pm for the younger children, and on Thursdays from 6:00 pm for the older and more advanced dancers. At these practices, everyone works on new moves or dances. The dancers and drummers also get to learn and respect many cultural traditions. "The drum opens up the realm to the spirit world and gives us that connection with our ancestors. We smudge before each dance or drum to cleanse our spirits and create a positive environment. We learn a tradition that is important to our people, and that tradition is taught at a young age in order for it to be passed on from generation to generation," shared Redcrow.

Throughout the year, the dancers and drummers are very busy. Redcrow describes the endless opportunities: "So far this year, four of our older youth and I had the privilege of attending The Arctic Winter Games 2014 in Fairbanks Alaska, as part of Team Alberta North. We have performed for many events such as the Grand opening of the new bridge, Fort McKay Treaty Days, the Elders



Christmas Party, and the Aboriginal Volunteer Firefighters Award Ceremony. We have also performed at the Treaty 8 gathering, and danced for the grand entry at our Community Round Dances."

"This year, the dancers will have the opportunity to participate in the 2015 Summer Games, and if our fundraising goals are met, some will have the privilege to participate in the Gathering of Nations 2015 pow wow in Albuquerque, New Mexico. This is the largest annual pow wow in the world. This pow wow will be an amazing experience for the dancers to interact with other tribes from around the world."

If you would like to support the Fort McKay Northwind Dancers and Drummers, they will be fundraising at many events such as the ATV Awareness Day, the Youth Centre Halloween dance, Fort McKay School Christmas Concert, and Fort McKay Elders Christmas Party. The Fort McKay North Wind Dancers and Drummers will

also be having pizza nights, family game nights,





# EXPERIENCE YOUR CULTURE THROUGH THE BEAT OF THE DRUM

movie nights, raffles, and bake sales to raise funds for their future trips.

“Please come out and join the events! Donations are always welcome, and if you would like to bake for a bake sale, that would be great! We are always looking for volunteers to help out with our 50/50 draws and raffle sales. And if you’d like, spread the word to others who may be able help and support us.”

Audrey would like to remind everyone “We know you are all very busy and caught up in today’s society. We have grown into an era where the land is getting harder to protect. Our world now revolves around industry and we are all working hard to support our families. But we still need to make time to teach our children our traditions and cultural values, show them that the land is still important and why. Tell them the stories of what used to be. Speak to them in your traditional language, and give them the tools to create a rich traditional future. We all learn from experience and it is never too late to learn. Hiy Hiy.”



# FORT MCKAY ARENA SCHEDULE

Time	Mon	Tues	Wed	Thurs	Friday	Sat	Sunday
11am	Rental Time	Rental Time	Rental Time	Rental Time	Hockey Academy 10 - 12	Rental Time	Rental Time
12pm	FMFN Staff Lunch Skate	Capital Projects	FMFN Staff Lunch Skate	Capital Projects	FMFN Staff Lunch Skate	Figure Skating 11:30am - 12:30pm	Rental Time Birthdays
1pm	School Skate 1-3p	School Skate 1-3p	School Skate 1-3p	School Skate 1-3p	School Skate 1-3pm	Learn to Skate 12:30 - 1:15p	Rental Time Birthdays
2pm						FMMHL 2pm – 6:30pm	Rental Time
3pm	Youth Skate 3pm- 5pm	Hockey Academy 3:15pm To 4:30pm	Learn to Skate 315pm To 4:15pm	Youth Skate 3pm – 6pm	Family Skate 3 – 5pm	FMMHL	Family Skate 3-4p
5pm	Atoms 5:30pm To 6:30pm	Public Skate 4:30 – 6pm	Youth Skate 4:30pm to 6pm		Novice Jr/Sr 5:30pm – 6:30pm	FMMHL	Youth Skate 4 – 6:30p
6pm	Rental Time 6:30- 8	Peewee/ Bantam 6-7:30p	Novice Jr/Sr 6:15p – 7:30pm	Peewee/ Bantam 6 – 7:30p	Youth Skate 6:30p- 7:45p		
7pm						Youth Skate 6:45 to 8	Shinny 7 – 9pm
8pm	Shinny 8pm- 9:45pm	Shinny 8pm – 9:45pm	Shinny 8pm – 9:45p	Shinny 8pm – 9:45pm	Shinny 8pm – 9:45pm	Shinny 8pm – 9:45pm	

Private Birthday Rentals are available. Registration for minor hockey ongoing. Call Simon at 780-881-9096.

## NOTICE

The Fort McKay First Nation Chief and Council has accepted the resignation of Councilor David Bouchier, effective October 1, 2014. No by-election will be called as outlined in the FMFN Election Code. On behalf of the community, the Chief and Council thank Mr. Bouchier for his years of service, and wish him well in his future endeavors.





## NEED TO USE A COMPUTER?

The Dorothy McDonald Learning Centre is opening their doors for the community for those who wish to utilise their computers throughout the week. Please keep in mind that students have first priority, and computers will only be made available when students are not utilising these computers.

It is recommended that you call before coming down to the Dorothy McDonald Learning Centre to ensure its availability.

Please contact Linda Mason at:  
780-828-4433 for more information.

## Wellness Centre Boys Only Sleep Over

Friday, November 21st

AGES 7-10

The sleepover will begin with a field trip to Fort McMurray to see an Oil Barons game, followed by a sleepover party at the Wellness Center.



# LADIES RUNNING FOR THE CURE



On Sunday October 5th 2014, a group of seven ladies joined 550 participants in Fort McMurray and took part in the 5km CIBC Run for the Cure. This year, the team consisted of (photo above, from left to right) Lisa Grandjambe, Stefany Guillen, Miranda Beaton, Brandy Fitzpatrick, Lolita Ladouceur, Inderjit Cheema, and Belinda Whiteknife. In the spirit of the event, the group called themselves the Fort McKay Boobies Team.

After hosting many bake sales, a tea party, and some 50/50 draws, the team raised an amazing \$1,090.00. They also received very generous donations of \$500 from Birch Mountain Enterprises and \$500 from the Fort McKay Métis Group. Altogether, the Fort McKay Boobies Team donated a substantial \$2,090.00 to the Breast Cancer Foundation.

The group would like to express their gratitude to all of the people that helped them with the fundraisers and would also like to give a special thanks to their sponsors.

This year, over \$100,000 was raised in Fort McMurray during the 23rd annual Run for the Cure. During this one-day event, an astounding \$25 million was raised in total across Canada to support breast cancer research, education and support programs.

All money raised by this event is invested into research and technology that focuses on decreasing the existence of breast cancer in Canadians and increasing survival rates.





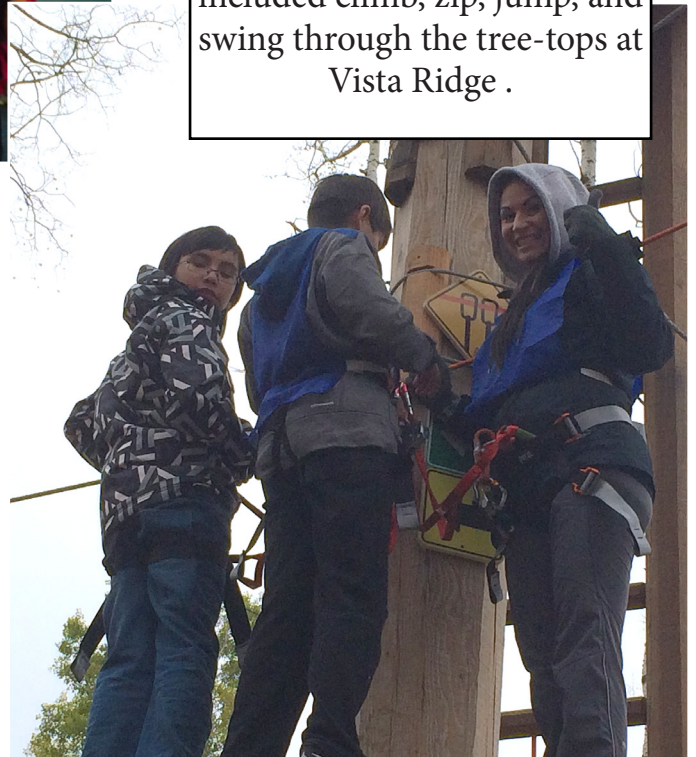
# LET THE GOOD TIMES ROLL...



Youth hanging out at the Wellness Centre.



Some kids get a chance to check out Wild Play; a big obstacles course designed for adults, teens and kids that included climb, zip, jump, and swing through the tree-tops at Vista Ridge .







# Greater Strides Hockey Academy



## Our Mission Statement

At Greater Strides, we understand the obstacles many Aboriginal players face. Whether it is peer pressure, financial, home, school, and/or team environments, our mission at Greater Strides is to provide a facility and the opportunity for high-achieving student athletes to flourish, develop their skills, and become the leaders that they want to be!

Our cultural grounding, commitment to excellence, and life skills practice will enable these young people to grow strong and prosper in whichever field they choose to establish themselves.

When a child leaves our camp with a SMILE on his/her face we consider this "Mission Accomplished".

## Some of Our Instructors

### Brantt Myhres President & CEO

Brantt Myhres is of First Nations descent. He was born and raised in Cold Lake, Alberta. Brantt played for 7 NHL hockey teams during his 10-year NHL career.

### Meagan BigSnake

Meagan is of First Nations descent. She is a former Oswego State Women's Ice Hockey player.

### Shar Mark

Shar was one of the few girls in Calgary picked to play on the Major Midget Girls Hockey Team. Shar has a true love for playing and teaching the game of hockey.

### Travis Fleury Director of Hockey CampOps

Travis Fleury, also of First Nations descent, has been involved in hockey schools for over 15 years. He has been head instructor at the hockey camps of many current and former NHL players.

### Will Pozzo

Will has years of experience running hockey camps and loves the teaching aspect!

### Shane Spriggs

Shane is a Physical Education teacher and has also run the dry land training for Jarome Iginla's summer hockey camps.

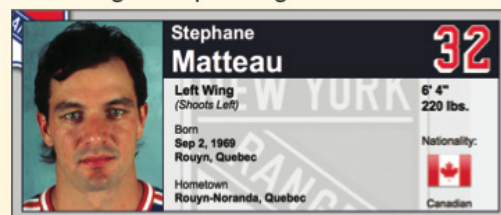
Greater Strides presents ...  
**Fort McKay Hockey Camp!**  
**November 28<sup>th</sup>-30<sup>th</sup>, 2014**  
**Fort McKay Community Arena**  
**Fort McKay, Alberta**

**This camp is FREE of charge and lunches are provided!**

For children and youth **AGES: 5 - 17**  
of First Nation & Métis descent

Our camp consists of multiple hockey-oriented programs, including: **on-ice skills development**  
**dry-land training**  
**"Hockey-Talk"**  
**team-building**  
**learning to have FUN!**

Featuring our special guest:



**ON-LINE REGISTRATION IS EASY!**

visit [www.greaterstrides.ca](http://www.greaterstrides.ca)

For more information please call

**Simon: (780) 881-9096**

**Spaces are limited! Register by Nov. 14<sup>th</sup>.**

**SPONSORED BY:**

# Syncrude



Greater Strides Hockey Academy Foundation  
#101, 12111 40<sup>th</sup> Street SE,  
Calgary, AB T2Z 4E6



Phone: (403) 281-9779

Fax: (403) 281-9783

Email: [contactus@greaterstrides.ca](mailto:contactus@greaterstrides.ca)

URL: [www.greaterstrides.ca](http://www.greaterstrides.ca)





# NUTRITION BITES: SUGAR SOURCES

Not all sugar needs to be avoided! Some sugar is naturally found in healthy foods such as fruit and milk. These foods make up part of a healthy diet, as they are full of nutrients that your child needs. Some sugar is added to food and drinks that have little no nutrition. Added sugars can be found in drinks like pop, fruit punch, and coffee drinks. Added sugar is also in chocolate, candy, frozen desserts, baked goods and processed foods such as some breakfast cereals and granola bars. Limit how much added sugar you eat.

## Shopping tips to help you reduce sugar:

- Choose cereals that are low in sugar. For a 30 gram serving of cereal, aim for less than 8 grams of sugar. You can find this information on the Nutrition Facts Table.
- Watch out for sugar in processed food. Ingredients are listed by weight, so if sugar is one of the first ingredients listed, there will be a lot of it in the food.
- Know the many words for sugar found on the label: glucose, fructose, honey, sucrose, corn syrup, high fructose corn syrup, dextrin, and concentrated fruit juice.
- Drink water or milk instead of sugary drinks like pop, slushes and iced tea.
- Eat whole fruits instead of drinking juice. Both contain natural sugars, but it is easy to drink the juice (and sugar) of many whole fruits in just one glass, box or bottle. For example, a 591 mL bottle of orange juice has the juice and sugar from 4-5 oranges. If you do drink juice, limit it to one serving (125 mL or ½ cup) of 100% fruit juice per day.

### Did you know?

One can (355mL) of  
sugar sweetened pop  
contains about  
**10 tsp (40 ml)** of added sugar.



The Alberta Nutrition Guidelines for Children and Youth suggest limiting sugar by focusing on 'Choose Most Often' and 'Choose Sometimes' foods.

Use the Healthy U Food Checker to check out foods at home!

- Alberta Nutrition Guidelines for Children and Youth: [health.alberta.ca/documents/Nutrition-Guidelines-Children-AB-2011.pdf](http://health.alberta.ca/documents/Nutrition-Guidelines-Children-AB-2011.pdf)
- Healthy U Food Checker: [healthyalberta.com/HealthyEating/foodchecker.htm](http://healthyalberta.com/HealthyEating/foodchecker.htm)

For more information, visit: [www.albertahealthservices.ca/2925.asp](http://www.albertahealthservices.ca/2925.asp)



# NEW BRIDGE OPENS



After a long wait, the new bridge construction was finally completed in September 2014. The overall cost that was spent for this project was approximately \$29 million.

The grand opening occurred on September 22, 2014. The opening ceremony had Mayor Melissa Blake, members of the engineering department (RMWB), director Emdad

Haque, consultant Stantec, MLA Don Scott, MLA Mike Allen, Fort McKay First Nation leadership, and Fort McKay Métis Community leadership attended.

The event began with a prayer from a local Elder followed by a performance by the Northwind Dancers and Drummers.

To honour Sarah Noskiye, who cut the ribbon for the original bridge as a little girl, her granddaughter Kianna Noskiye was chosen to cut the ribbon for the new bridge. The old bridge is expected to be removed this winter.

The pictures you see below are photos of the original bridge built during the 1960s.





**Syncrude Canada Ltd.**

invites you to attend a special  
**Community Christmas Feast.**

Enjoy a delicious  
Christmas  
dinner with all  
the trimmings,  
entertainment, a  
visit from Santa  
and door prizes.  
All are welcome.



# 2014 Christmas Dinner

WITH ALL THE TRIMMINGS

## 2014 COMMUNITY CHRISTMAS FEAST

**TUESDAY, NOVEMBER 18TH 6:00–8:30 PM**

For the families of Fort McKay,  
Métis Local 63 and all other  
community members

**Father Begin Community Hall**  
in Dorothy McDonald Business Centre

**Syncrude**  
Securing Canada's Energy Future

*Merry Christmas*  
from your friends at Syncrude



# COMMUNITY PROGRAMS SCHEDULE

## FORT MCKAY ARENA

### Youth Skate

Mondays 3-5pm  
Wed. 4:30pm-6pm  
Thurs. 3-6pm  
Fridays 6:30-7:45pm  
Sat. 6:45-8pm  
Sundays: 4-6:30pm

### School Skate

Monday-Thursday 1-3pm

### Family Skate

Fridays 3-5pm  
Sundays 3-4pm

### Hockey Academy

Tuesdays 3:15pm  
Fridays 11:00 am (when kids are off school)

### Learn to Skate

Wednesdays 3:15pm  
Saturdays 12:30pm-1:15pm

### Figure Skating

11:30am-12:30pm

### Peewee/Bantam

tuesdays & Thursdays  
6-7:30pm

### Novice Jr/Sr

Wednesdays 6-7:30pm  
Fridays 5:30-6:30pm

Private Birthday Rentals are available. Registration for minor hockey ongoing. Call Simon at 780-881-9096.

## WELLNESS CENTRE

**780-828-4312**

### School Nights:

3:00 PM to 5:00 PM After-school Activities (Ages 6-17)

5:00-6:00 PM Supper Program (Ages 6-17)

### Mondays:

6:00-8:00pm Movie Making (Ages 10+)

### Tuesdays:

6:00-7:00pm Dance (must be registered)  
7:00-8:00pm Open Gym

(Ages 10+)

### Wednesdays:

6:00-8:00 pm Young Chefs (Ages 10+)

### Thursdays:

6:00-8:00 pm Dodgeball (Ages 10+)

### Friday, November 7&21

Open 9am-5pm

Pre-teen trip (ages 6-9)

\*Permission slip required  
Bus leaves at 1pm returns at 4pm.

### Friday, November 14

Teen Night (ages 10+)

\*permission slip required  
Bus leaves at 5:30pm and returns at 10:00pm

Follow us on FACEBOOK for updates: Fort McKay Wellness Center

## YOUTH CENTRE

**780-828-4462**

### Mondays:

Crafts & Baking 6-8pm

### Tuesdays:

Northwind Dancers and Drummers 5:30-6:30pm

### Wednesdays:

Board Games & Legos 6-8 pm

### Thursdays:

Northwind Dancers and Drummers 6-7pm

### Fridays:

Let's Get Moving 6-7pm  
Movie night 7-9pm

\*Ski Club will start on Fridays when there is no school and when the Vista Ridge re-opens from 12-9pm.

## FORT MCKAY FAMILY

## SUPPORT CENTRE

**780-828-4048**

### Mondays:

ATC Child & Family Services – Foster Program & Family Enhancement.

Alcohol Anonymous (AA)

Meeting 7:00pm – 8:30pm.

Last Monday of month-probation/ parole Services.

### Tuesdays:

Women's Sharing Circle  
7:00pm – 9:00pm.

### Wednesdays:

Victim services – Victims of Crime support, Narcotics. Anonymous (NA) Meeting  
7:30pm – 8:30pm.

### Thursdays:

NEAFAN – Fetal Alcohol Syndrome Assessments.  
Karaoke – 7:00pm–9:00pm.

### Saturdays:

Sweat Lodge – 1:00pm.

## HEALTH CENTRE

**780-828-2450**

### Mondays-Wednesdays

The Doctor is in

### Tuesdays and Thursdays

Physiotherapy & Dr. Taiwo

\*please call in advance to verify

*If you would like to submit a story to the Red River Current, please email Nancy Robin at: [nancydoire@msn.com](mailto:nancydoire@msn.com) or call 780-715-4512*

