



Red River Current

JANUARY 2015

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FORT MCKAY SCHOOL IMPROVES ATTENDANCE IN STUDENTS

The Fort McKay School is working on several initiatives to improve attendance and reach a 95 per cent target. When students, staff, parents and community members enter the school, a bulletin board displays the school's attendance for every month. This creates competition between classrooms and students every month and they are rewarded for their efforts.

The class with the highest attendance receives a pizza party and each student in that class receives a book for excellent attendance. Any student that has perfect attendance also receives a book to

take home. Students who achieve good attendance are recognized in the monthly newsletter and at the school assembly.

Fort McKay First Nation is lending their support to the Fort McKay School Attendance Drive by offering hot lunches at the end of each school week. The Fort McKay Arena and the Fort McKay Wellness Centre supports the school by offering after school activities. If students do not attend school they are not allowed to participate in after school programs.

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FORT MCKAY SCHOOL LAUNCHES NEW WEBSITE



The Fort McKay School has recently released a new website. The website was created as a new form of communication for students, parents, staff as well as community members!

The information provided on the website is very user friendly, and allows the user to navi-

gate through the site with ease. It supports the school's goal in keeping students, parents, staff and community members better informed.

Box Clever, an Edmonton website design and digital media agency, helped design a website for Northland School Division No.61 (NSD61) and websites for all NSD61 schools.

Every school website offers a display of news, upcoming events, information for specific needs and teacher pages. They are mobile friendly and use modern day technology.

You can check out the website yourself at:
www.fortmckayschool.ca



FMFN LEADERSHIP TEAM

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

George Arcand, CEO
Larry Hewko, CFO

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

THE WELLNESS CENTRE IS HIRING

The Fort McKay Wellness Centre is currently looking to hire a part-time Youth Recreation Programmer (temporary post-maternity leave coverage).
Approximately 14-20 hours per week.

The successful candidate must possess the following skills:

- have experience with children and kids
- be fun and enthusiastic
- have high energy and love children
- must be able to provide a Criminal Record Check and CWIS Check

If you are interested in this position, please bring your resume to the Wellness Centre. Please note that only those selected for an interview will be contacted.



STUDENTS AT FORT MCKAY IMPROVE ATTENDANCE

(continued from page 1)

In an effort to keep the Attendance Drive front and centre, Fort McKay School staff notify parents via phone and letters who have students achieving attendance below 90 per cent. At the same time, the school recognizes the effort of parents by mailing thank you letters with a Tim Horton's gift card. At the end of the school year, students are rewarded with laptop computers if they achieve 99 per cent attendance.



BINGO!

McMurray Métis (MNA Local 1935) will be hosting a Bingo the first Saturday of every month.

**Bingo will be held at the Nistawoyou Friendship Centre;
Doors open at 1:30pm. Bingo starts at 2:00pm.**

**For more information, please contact
the office at office: 780-743-2659**

BINGO!

GREATER STRIDES HOCKEY ACADEMY

The Greater Strides Academy, which was held November 28 to the 30th, was another successful event! Thanks to the support of Syncrude as our major Sponsor and also to Barge Landing for the donation of the rooms for the instructors.

We had a special guest this time around. Stephane Matteau, a former NHL player who won a Stanley Cup in 1994 with the New York Rangers came to visit the young athletes. Matteau was the player who scored the Overtime winning goal against New Jersey in Game 7 to get the Rangers to the cup final. Stephane was great company to everyone and was on the ice with the kids for two entire days!

We had 90 kids in total take part in the event. Many of the kids were from various communities including Fort Chipewyan, Janvier, Fort McMurray and of course Fort McKay. All young athletes who participated were boys and girls who ranged from 5 to 17 years of age. The weekend was a great opportunity for the youth to meet new friends.

Barge Landing provided great healthy lunches each day. David Bouchier also hosted a beautiful dinner for our guests (Hockey



Photo above: Former NHL player Stephane Matteau at the Fort McKay arena with Nikita Ahyasou during the Greater Strides Academy.



Photo above: Elder drumming with youth who participated in the Greater Strides Academy.

Society Board, Greater Strides Instructors and Stephane Matteau) at his home that was catered by Barge Landing.

We would like to thank the Bouchier Group for their continuing support of Youth Hockey in Fort McKay. Everyone participated in many ice sessions, and dryland training. They even got the chance to participate in a drumming session with an Elder who taught and talked about many traditional ways.

We look forward to the next one!!!



WBEA-FORT MCKAY BERRY PROJECT UPDATE



Have you heard about a Fort McKay berry project and are wondering what it is about? This article will hopefully answer your questions.

Who?

The berry focus group is made up of about a dozen Fort McKay residents. The project is funded by the Wood Buffalo Environmental Association (WBEA). Janelle Baker is contracted by the WBEA to support the project and she works with the WBEA and Sustainability Department staff to keep the project running. WBEA staff and technicians regularly attend meetings and field trips. The Fort McKay focus group makes the decisions about how the project will be carried out and they approve all reports and other materials before they are shared or made public.

What?

The purpose of the project is to record the focus group's knowledge, observations and concerns about berry quality, quantity and health in Fort McKay's traditional territory. The focus group also uses scientific monitoring to record weather, air quality and berry quality.

Where?

The berry focus group has four berry patches in the Fort McKay vicinity and one at Moose Lake that they use for the study. The patches were chosen by the focus group based on traditional use, accessibility, and concerns about contamination from oil sands activities.

Why?

Fort McKay is a founding member of the WBEA and has expressed concern about environmental contaminants due to industrial activity in their traditional territory. They proposed this project

and it has taken several years to become a reality. The focus group chose to study berries, and to also include air, weather, water(snow) and soil in the study.

When?

The project started with meetings in 2010. The focus group has been doing summer field work since 2012. They meet 2-3 times during the winter months and then go out to the berry patches monthly to monitor them from June to September. Just a few members usually go with the WBEA technicians on the same day each month to take scientific samples and then the rest of the group goes when it suits their schedule better and when it is a good time to check the berry patches. More time is given in the fall to pick berries. Time is given for the group to pick berries to send for testing and to also pick enough berries for their own use and for sharing in the community (from Moose Lake especially). The focus group is planning their next meeting for the end of January 2015 to review the 2014 report and materials.

Related Activities

Members of the berry focus group have attended 2 different conferences with Janelle Baker to present on the results from the project. Both times the conference has been for the Society of Ethnobiology. In 2013 the meeting was in Denton, Texas and in 2014 the meeting was in Cherokee, North Carolina. Janelle also showed some video footage from the berry project at the International Congress of Ethnobiology in Spring 2014 in the Kingdom of Bhutan. The focus group all have copies of the footage and will be given a final draft with their 2014 annual reports in early 2015.

Janelle Baker is also doing her doctoral research on



perspectives on wild food contamination with the Bigstone Cree Nation that you might hear about. They received the First Nations Environmental Contaminants Program funding and are currently taking samples from their traditional territory. Although their project is similar to the Fort McKay one, the two projects are unrelated at this time. Janelle does not share information between the two First Nations or anywhere else without permission.

What's Next?

Janelle Baker is working on a couple of publications on the results from the project. One is a photo essay and the other will talk about the findings in more detail. The focus group will verify, edit, and approve the papers in early 2015 before Janelle will submit them for publication. All focus group members will receive a final copy and extra copies will be made available for Fort McKay community members. There will be an announcement for the publication and details of the papers in the Red River Current as soon as they are available.

There are some conferences in 2015 that the group might decide to present at with Janelle. They need to first meet and work with the Sustainability Department to see if they want to do so. If they go, there will be an article to the Red River Current on their activities.



**Celina Harpe picking blueberries.
Photo by Janelle Baker**

If you have any questions that were not answered here, please contact Janelle Baker. E-mail: littleseedconsulting@gmail.com
Phone: (403) 305-3010



Janelle Baker holding up beaver pelt Fort McKay berry group gave her as a wedding present summer 2014. Photo by Eddison Lee Johnson



**Walter Orr picking cranberries.
Photo by Janelle Baker**



HOW TO STICK TO YOUR NEW YEAR'S RESOLUTION

Many people start the New Year with a new year's resolution such as quitting smoking, getting in better shape, or saving money. While it's a great way to start the year, less than 10% of New Year's resolutions are kept for the entire year. Here are some tips to follow so that you can avoid being part of the other 90% who fail each year.

1-Set yourself some realistic goals:

Make your goals achievable. Be realistic with yourself in terms of what you know you are capable of. For example: If you are trying to lose weight, celebrate one pound at a time. Don't expect to lose 10 pounds within the first month. And don't push yourself to start by going to the gym for 2 hours a day, seven days a week when you never exercised before. Instead, give yourself more realistic goals like working out for 30 minutes, 3 times a week for the first month, and then moving on to longer durations and more frequencies. It's important to take it one step at a time.

2-Make your resolution a gradual one:

Don't expect change overnight. Chances are the habit you are trying to change has been part of your lifestyle for quite some time now, so it's important to give yourself some time.

3-Focus on being positive:

Don't be mad at yourself, if you fall off the wagon. It's important to acknowledge the progress you have made even though sometimes you might get off track. If you are trying to quit smoking, don't hate yourself and give up trying if one day you cheat and have a cigarette. Instead, think of all of the cigarettes you haven't smoked and start over and try again.

4-Make sure to track your progress:

Whatever the change you are trying to make, make sure it is measurable. If you are trying to save money or pay off some debt, track down how much you save or pay each month and



compare it with your goal. There are many free apps that can assist you with tracking your goals such as: LIVESTRONG My Quit Coach (for quitting cigarettes), My Fitness Pal (losing weight) and Visual Budget: Expense Tracking (saving money/paying off debt).

5-Don't expose yourself to temptations:

If you just quit smoking and typically smoke more when you drink, don't drink! If you're trying to lose weight, skip eating out with friends and meet up with them afterwards. Save yourself from the torture, and try to avoid situations where you will have to say no. That way, you will less likely give in.

Changing old habits can be a very difficult thing to do. But by following these tips, you'll increase your chances at making your New Year's Resolution a successful one. Good luck and Happy New Year!



R.A.R.A. NOMINATIONS FORMS NOW AVAILABLE



Nominate Your Community Members!

Our Vision:

“To bestow appreciation for the achievement of Aboriginal people in or from this region by recognizing excellence in specific fields, by doing this in such a way that more and more people and institutions participate in ensuring the Regional Aboriginal Recognition Awards make a positive impact on the lives of all people.”

The 27th Annual R.A.R.A is scheduled for March 7st, 2015, at the Sawridge Hotel and Conference Centre. Nominations are now being accepted until January 23rd, 2015.

Nomination forms available at:

- Anzac ~ Municipal Office: (780) 334-2298 or Anzac Community School: (780) 334-2271
- Conklin~ Municipal Office: (780) 559-2235; Conklin Resource: (780) 559-8900; Conklin Community School: (780) 559-2228
- Janvier ~ Municipal Office: (780) 559-2230; Father R. Perin School: (780) 559-2240
- Fort Chipewyan ~ Keyano College Campus (780) 697-3767; ADCS School: (780) 697-3933; Family & Community Support Services (780) 697-9017
- Fort McKay ~ Fort McKay First Nations Office: (780) 828-4220; Fort McKay Day Care: (780) 828-0004; Dorothy McDonald Learning Centre: (780) 828-4433; Fort McKay School: (780) 828-4222
- Gregoire Lake ~ Fort McMurray First Nation Office: (780) 334-2293; Gregoire Lake Health Centre: (780) 334-2443

Nomination forms will also be available at www.raraevent.ca

Completed nomination forms may be E-mailed to the RARA Nomination Committee: rara-vol@shaw.ca or fax: (780) 334-2860



JANUARY 16-18, 2015
FORT MCKAY COMMUNITY ARENA

ROD HYDE ANNUAL HOCKEY TOURNAMENT

8 TEAMS COMPETE FOR CASH PRIZES

**1ST PLACE
\$3000**

**2ND PLACE
\$2000**

**3RD PLACE
\$1000**

50/50 draw

Raffles

Concession

3 games guaranteed

Chuck a puck competition

Skate Sharpening onsite for \$5

Alcohol free event

All of the money raised will be going towards
helping families in the community going
through medical hardships.

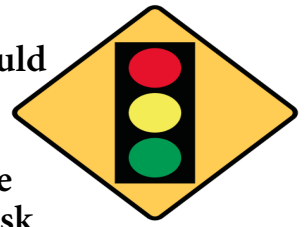


ARE YOU INTERESTED IN TAKING DRIVING LESSONS?



Do you already have your Class 7 driver's licence and would like to get some experience driving a vehicle?

To register for some 'in car' driving lessons or if you simply would like more information, please contact the Employment & Training Centre at: 780-828-2433 and ask to speak to Catherine or Charlotte.



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 3:15pm 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- 8p	Pewee/Bantam 6-7:30p	Novice Jr/Sr 6:15p – 7:30pm	Atoms 6 – 7:15p	Youth Skate 6:30p- 7:45p		
7pm				Pewee/Bant 730 – 8:30		Youth Skate 6:45 to 8	Shinny 7 – 9pm
8pm	Shinny 8pm- 9:45pm	Shinny 8pm – 9:45pm	Shinny 8pm – 9:45p	Shinny 830pm – 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.

COMMUNITY PROGRAM UPDATES

RECREATION DEPARTMENT

Check next month's newsletter for a full list of programs and activities that will be available.

WELLNESS CENTRE 780-828-4312

Monday to Thursday:
3:00pm to 5:00pm After-school Activities (Ages 6-17)

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

Mondays:

6:30-8:00 pm Vision Board (ages 10+)

6:00-7:00pm

Tutoring- grade 1 to 2

Tuesdays

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

6:00-7:00pm

Tutoring- grade 1 to 3

Wednesdays

6:00-8:00pm Science Club (Ages 10+)

6:00-8:00pm

Tutoring - grade 3-8

Thursdays

6:00-8:00pm

Floor Hockey (Ages 10+)

Vista Ridge (ages 10+)

Jan. 10 & 17 & 31

Bus leaves at 9:00am

and returns at 4:30pm

*permission slip required

Field Trips

January 16th & 30th

Bus leaves at 11:00am

and returns at 5:00pm

*permission slip required

Teen Night (ages 10+)

January 9th

*permission slip required

bus leaves at 5:30pm

Teen Night/Night Skiing

(ages 10+)

January 23rd

*permission slip required

bus leaves at 3:30pm

ELDERS CENTRE

780-828-4650

Tuesdays and Thursdays

Elders Luncheons

Wednesdays

Cultural Activities

If you need more information please contact us!

YOUTH CENTRE

780-828-4462

Check next month's newsletter for a full list of programs and activities that will be available.

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

**Mondays (half days) and
Thursdays (full days)**

Physiotherapy & Dr. Taiwo

*please call in advance to verify

Intakes:

January 26th

Check Release Date:

January 30th

Food Bank:

January 29th

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

