



# Red River Current

MARCH 2015

VOLUME 5 :: ISSUE 11

## NEW YOUTH CENTRE ON THE WAY

Nothing nourishes young minds and hearts like a strong support system, and that is exactly what you see when you walk into the Youth Centre. The Youth Centre has always been a place where kids can have fun while being encouraged and accepted.

Husky Energy and Fort McKay have joined together to build a new centre that will improve the quality of the activities that are currently being delivered to our youth at the Fort McKay Youth Centre. In addition to their involvement, Husky Energy has also donated a very generous

sum of 3 million dollars for the development of the new Youth Centre.

Many upgrades are expected to be included in the new building. The future Youth Centre will offer specialized programs and services to bring out the best in each individual. The new building has been designed to include a computer lab, art studio, movie and games room, a recording studio, and a dining room with separate kitchen.

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# PLAY SAFE ON THE ICE

## Safe Ice Thickness\*

Ice Thickness	Permissible Load	Ice Thickness	Permissible Load
3 inches .....	Single person on foot	12 inches .....	Heavy truck (8-ton gross)
4 inches .....	Group in single file	15 inches .....	10 tons
7½ inches .....	Passenger car (2-ton gross)	20 inches .....	25 tons
8 inches .....	Light truck (2½-ton gross)	30 inches .....	70 tons
10 inches .....	Medium truck (3½-ton gross)	36 inches .....	110 tons

**\*Solid, clear, blue/black pond and lake ice**

*Slush ice has only half the strength of blue ice. The strength value of river ice is 15 percent less.*

We can already feel it. The days are lasting a little longer, and the sun is shining a little stronger everyday. It's no doubt that spring is just around the corner. And while the snow is still here, we still carry on with our favorite winter sports like snowmobiling and ice fishing. Keep in mind that while the lakes are still frozen, the ice will soon be melting away. And as it starts to melt, it is important to stay safe.

Once ice starts to melt, the thickness of ice cannot be used to determine if the ice is safe. The ice may look solid – but beware. Because of the way ice melts, the ice will dramatically weaken even as it retains much of its original thickness. Even thick ice may be weak, especially if it has frozen and thawed repeatedly or if it contains layers of snow or water.

## ICE SAFETY TIPS:

- Measure ice thickness in several places
- Stay off river ice
- Bring proper safety equipment with you
- Avoid traveling on ice at night
- If you drive on ice, have an escape plan
- Rotting ice begins to look grey and splotchy
- Ice can erode from the bottom up, with no obvious warning signs on top
- Melting upstream can create run-off that weakens river ice
- Ice near shore will melt more quickly
- Saline water run-off from roads and melting snow dumps can create “hot spots” that weaken the ice
- Tree stumps, rocks and docks absorb heat from the sun, causing ice around them to melt

*Safety Tips & chart taken from: [www.lifesaving.org](http://www.lifesaving.org) & [www.almanac.com](http://www.almanac.com)*



### FMFN LEADERSHIP TEAM

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

George Arcand, CEO  
Larry Hewko, CFO/COO  
Barrie Robb, CEO Business Development

### 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)



# NEW YOUTH CENTRE ON THE WAY



*(continued from page 1)*

From forging new friendships to hands-on learning, there will be a chance for everyone to learn, grow and shine.

Another exciting feature of the building is that it will house Fort McKay's first ever radio station. Two entrances will allow staff to come and go without disruption, while an inside corridor provides youth with easy access to the station. The goal is to have First Nation youth create and voice

portions of the daily programming. Live broadcasting is expected to be from 7am to 11pm; and overnight content is expected to be streamed from a neighbouring aboriginal station. Soon every resident, near or far, will be able to tune in to the comforting sounds of home.

All community members are welcome to join us for lunch on March 18th at the Band Hall! Afterwards, there will be a ground-breaking ceremony to commemorate the construction of the new youth centre. Stay tuned - more details to follow!

## PARENTS INCLUDED IN SCHOOL SURVEY

In February, many parents were given the opportunity to have a direct impact on their child's education.

Schools within the Northland School Division contacted parents to complete the annual Accountability Pillar Survey. Students in grades 4, 7 and 10 and all teachers completed the survey online at school. Schools with fewer than 120 students enrolled in grades 4-12 expanded responses by including all parents of students in Grades 4 and above.

"It is very important for parents to complete this survey," said Donna Barrett, Superintendent of Schools. "This survey is an opportunity for parents to help make a difference in education. We need parents to help us understand how we can better serve our school communities."

The Survey used a number of indicators to determine how schools are measuring up. All surveys were anonymous and asked questions about the school environment, program of studies, the quality of education, student preparation for future careers, parental engagement and the school improvement process. Once surveys have been gathered, responses will be reviewed by all Northland schools, the Northland School Board and the Alberta Government.

If you would like more information or have any questions, please use the address below to contact your local school.

<http://nsd61.ca/schools>



# HOCKEY PLAYERS HEAD TO CONKLING FOR THE LOVE OF THE GAME

Ten hockey players from Fort McKay went to Janvier on Friday February 13 to play in a fun tournament for kids ages 11 to 17. There were five other teams in total that participated in the tournament. Boys and girls came from Fort McKay, Fort McMurray, Conklin and Janvier to play. We mixed all of the kids up and had a fun double knockout tournament.



In order to help some of the kids from Janvier and Conklin to participate, The Fort McKay Hockey Society donated some of our equipment for the tournament.

The kids from Fort McKay that participated in this great experience include: James Black, Tristen Cooper, Tyrell Shott, Austin Beaton, Trace Quintal, Evrett Quintal, Keeley Courtorielle, Blake Hanhart, Raymond Cardinal, and Jace Shott.



During the tournament, Austin Beaton held the leading score with 16 goals in total. The finals included four of our kids in the game. Winners include Austin Beaton and Trace Quintal (Goalie) and runner ups were James Black and Keeley Courtorielle.

Congratulations to all of the hockey players for their great participation! We look forward to the next one!

*Submitted by: Simon Adams*

# CNRL SPONSORS THE FORT MCKAY HOCKEY SOCIETY



For the last two years, CNRL has generously donated \$40,000 (2014) and \$50,750.00 (2015) to the Fort McKay Hockey Society to help support the Academy. These funds were put towards the purchase of new equipment, uniforms as well as instructor fees. The Fort McKay Hockey Academy would like to thank CNRL for their generosity. The Academy would not be a success without CNRL's involvement in this program.

**Photo above:** Brenda McKendry (CNRL) presenting cheque to Dennis Shott (Fort McKay Hockey Society President).

**Photo below:** Hockey Academy Novice Group (ages 5 to 8).



# FORT MCKAY FIRST NATION WINTER FESTIVAL 2015

SATURDAY MARCH 7TH

## ACTIVITIES SCHEDULE



11:00 am – 12:00pm  
12:00pm – 5:00 pm  
12:00 pm – 1:30 pm  
1:30 pm – 2:30 pm  
2:30 pm – 4:30 pm  
4:30 pm – 5:15 pm  
6:00 pm – 7:00 pm  
7:00 pm – 8:00 pm  
8:00 pm - 8:30 pm

Registration & Lunch  
Open Skate  
Prince & Princess  
Duke & Duchess  
King & Queen  
Kiddies of the North  
Supper  
Jigging Contest  
Awards

*Registration and lunch is at the school gym*

**King & Queen of the North** (18 years old) 1st - \$600, 2nd - \$400 & 3rd - \$200  
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss, moose calling & bannock & tea making

**Prince & Princess of the North** (14 – 17 years old) 1st - \$300, 2nd - \$200 & 3rd - \$100  
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

**Duke & Duchess of the North** (10 + 13 years old) 1st - \$150, 2nd - \$100 & 3rd - \$50  
Snowshoe race, snow snake, sled pull, Indian leg wrestle, log toss & moose calling

**Kiddies of the North** (5 – 9 years old) all participants get ribbons  
Snowshoe race, snow snake, sled pull & Indian leg wrestle

**Jigging Contest** (18 Years old +) 1st - \$200, 2nd - \$150 & 3rd - \$100  
(14 – 17 years old) 1st - \$150, 2nd - \$100 & 3rd - \$50  
(13 years old) 1st - \$100, 2nd - \$75 & 3rd - \$50



*All events are at the soccer field, and/or the arena area, and school gym. Supper, jigging and awards are in the band hall.*



# FORT MCKAY HISTORY: WINTER PLAY



**Right Photo:**  
Rick Grandjambe  
tea boiling at Fort  
McKay School winter  
carnival around 1980

**Left Photo:**  
Chance Paquette  
snowshoeing at the Fort  
McKay School  
around 2004



## FORT MCKAY 5th ANNUAL LAWN AND GARDEN COMPETITION 2015



Calling all gardeners! Come and take part in celebrating the beauty of the Fort McKay community. This year new categories have been added to include community members of all ages. There is an entire kids section that includes fun gardening challenges such as the biggest sunflower or the most decorative garbage bin. If you are new to gardening don't worry there is a category for you too. Show off your hard work and win big prizes!

The competition, sponsored by Hammerstone Corporation, is an annual event in Fort McKay. The event aims to increase the curb appeal of the community by encouraging people to landscape their homes with sustainable flower gardens, vegetable gardens, and unique outdoor living spaces.

Registration for this event ends on May 14th 2015. Once you have registered, the event coordinators will be sure to schedule a time where they can take before pictures of your lawn, garden and outdoor living space. These pictures will be used in the judging process to show the judging team your work from start to finish. Please hand in your registration papers to the Sustainability Department before the deadline.





# ICEIS SAFETY

PHONE (780) 828-2496

MASSEY@ICEIS-SAFETY.COM

WWW.ICEIS-SAFETY.COM

## WILDLIFE AWARENESS & OUTDOOR SAFETY COURSE SUNCOR CERTIFIED



- ✓ RESPONDING APPROPRIATELY TO ENCOUNTERS WITH BEARS AND OTHER WILDLIFE SUCH AS COUGARS, MOOSE, ELK, WOLVES, SNAKES, AND INSECTS
- ✓ BEAR HABITUATION, DIET, AND HUMAN-BEAR CONFLICTS
- ✓ RECOGNIZING & REACTING APPROPRIATELY TO DEFENSIVE AND PREDATORY ENCOUNTERS
- ✓ PROVIDE THE KNOWLEDGE ON HOW TO PREVENT HUMAN-WILDLIFE CONFLICT & HIERARCHY OR CONTROLS
- ✓ PRACTICAL EXPERIENCE USING BEAR SPRAY
- ✓ OUTDOOR SAFETY



# WILDLIFE AWARENESS & OUTDOOR SAFETY COURSE

Do you work at one of Suncor's Sites? Are you aware of the mandatory Wildlife Awareness & Outdoor Safety course that must be completed by March 28, 2015? Are you a Contractor with employees that need the exclusive Wildlife Awareness and Outdoor Safety Certification? If you answered yes to any of these questions, we are here to help!

ICEIS Safety is running it's Wildlife Awareness & Outdoor Safety training course 7 days a week (Evenings and Weekends) to meet your demands! We offer in class training at our Fort McKay training centre as well as on-site training to meet your needs until April 30, 2015 to ensure everyone has the opportunity to obtain this mandatory certification.

ICEIS Safety is 1 of only 3 Training Providers that offers the course that Suncor approves and recognizes. ICEIS Safety is the ONLY Training provider that is approved and recognized by Flour Canada for the Forthills Project. If you are a Contractor to Flour Canada your employees must complete the approved ICEIS Safety Wilderness Awareness & Outdoor Safety course.

Book your seat today, seats and timeslots are quickly filing up. Be sure you don't miss the deadline of March 28, 2015 mandated by SUNCOR. To book your class email [skylar@iceis-safety.com](mailto:skylar@iceis-safety.com), [Training@iceis-safety.com](mailto:Training@iceis-safety.com) or Call: Massey at 780-370-1772 ; ICEIS Office at 780-828-2496 ; Skylar at 780-607-1077

We are here to help!

## GO SNOWSHOEING WITH THE WELLNESS CENTRE

Come and enjoy the outdoors with the Wellness Centre while embarking on an unforgettable snowshoeing experience on the Birchwood Trails every Wednesday night during the month of March (ages 10-17).

Bus leaves at 5:30 PM every Wednesday and returns at 10 PM. Permission slips are required, and be sure to dress warm!



### THANK YOU!

The Fort McKay Wellness Centre would like to send a HUGE THANK YOU to Shell Canada for providing us with a professional development workshop entitled "Positive Attitude, Goal Setting and Motivation" on Thursday, February 5th. Thank you for this amazing opportunity where our staff was able to learn and grow!

The children and youth of the Fort McKay Wellness Centre would also like to send a sincere THANK YOU to employees at Hammerstone Corporation for their very generous donation from their Christmas raffle!



# GET BACK IN SHAPE AT THE FORT MCKAY GYM!

Is your workout routine getting boring? Come and try something different at the Fort McKay Recreation Centre! We offer new and innovative fitness classes that will leave you feeling confident and accomplished at the end of each class.



## **Mondays**

**30min Bootcamp:** Full body workout, we will work either with machine, free weights and/or on your cardio. It's a quick pace circuit style class.

Location: Fitness centre

Time: 3:15-3:45pm

## **Tuesdays**

**Easy Flow Yoga:** gentle, passive posture. The class will consist of on the mat and standing poses.

Location: Fitness Centre

Time: 12-1pm

## **Wednesdays**

**Yin Yoga:** slow-paced style of yoga, being calm, slow and holding the posture for longer period of time to get into the deeper connective tissue. Keep in mind that even that the class is relaxing the stretches are very deep and will leave you sore the next day!

Location: Band Hall

Time: 12:15-1pm

## **Thursdays**

**Yin/Yang Yoga:** is a special designed sequence which combines passive (longer stretches) with active (power and strong) asanas (poses)

Location; Band Hall

Time: 12:15-1pm

## **Fridays**

**Tabata Training:** is a stationary multi muscle group training! We work the muscle to fatigue on this class with lots of repetitions. All fitness levels are welcome as everyone works at the own pace.

Location: Fitness Centre

Time: 12-1pm

## Notes:

Fitness Centre members and non-members are welcome!

Please be ON TIME!

No need to register to attend classes

Yoga mats are available but limited (feel free to bring your own)

Indoor running shoes are mandatory for Monday and Friday classes

Green Juice would be available after T/W classes (free for members, \$2 for non-members)

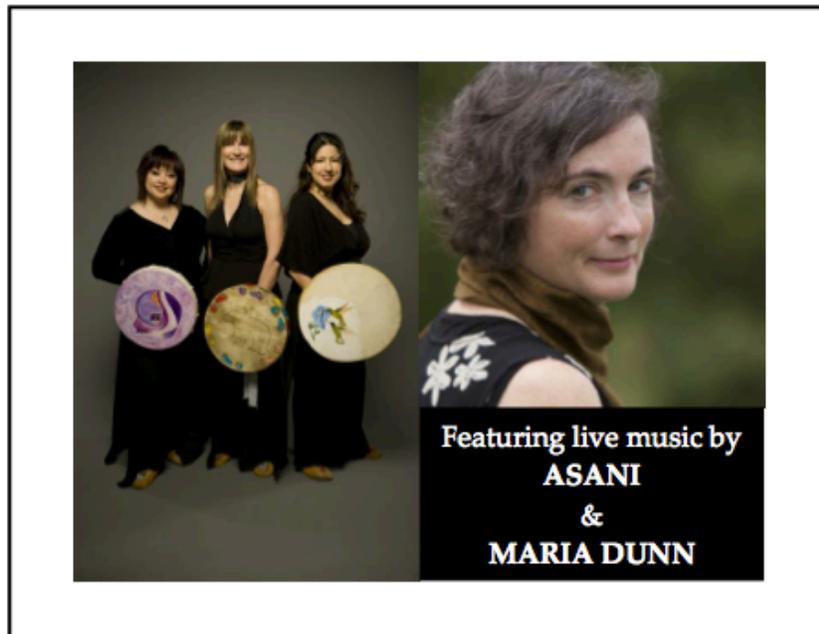


ALL ARE WELCOME TO JOIN US FOR

# ON THE RIVER

SUNDAY, MARCH 8, 2015

BAND HALL @ 1 PM



A story about Fort McKay told through the lens of Dorothy McDonald



## A MULTIMEDIA PERFORMANCE

Please join us for *On the River*, a performance featuring live music, video interviews, photographs, and archival footage.

The performance will begin with a special screening of a slide show created in the late 1970s by the students of Fort McKay.



# COMMUNITY PROGRAMS

## RECREATION DEPARTMENT

### **Mondays**

30 minute Bootcamp  
3:15 - 3:45 pm

### **Tuesdays**

Easy Flow Yoga  
12:00 - 1:00 pm

### **Wednesdays**

Yin Yoga  
12:15 - 1:00 pm

### **Thursdays**

Yin/Yang Yoga  
12:15 - 1:00 pm

### **Fridays**

Tabata Training  
12:00 - 1:00 pm

## WELLNESS CENTRE

**780-828-4312**

### **Monday to Thursday:**

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

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

### **Mondays:**

6:30-8:00 pm Young Engineers (Ages 10+)  
Tutoring (gr.1-3) 6:00-7:00pm

### **Tuesdays:**

6:00-8:00pm Game Show Night (Ages 10+)  
6:00-8:00pm Tutoring (gr.4-8)

### **Wednesdays:**

Snowshoeing on Birchwood Trails (Ages 10+)  
\*permission slip required  
bus leaves @ 5:30pm and returns at 9:30pm

### **Thursdays:**

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

### **Teen Night**

March 6 & 20  
Skating Party at the Arena/Wellness from 5:30-9:00pm  
Ages 10- 17

### **No School Fridays**

Open 9:00am - 5:00pm  
**Field Trip** (Ages 6+)  
Bus leaves @ 11:00am and returns @ 5:00pm  
\*permission slip required

### **Skiing at Vista ridge**

Saturday March 21st, 2015. Bus leaves at 9am and returns at 4:30pm.  
\*permission slip required

## ELDERS CENTRE

**780-828-4650**

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

## YOUTH CENTRE

**780-828-4462**

### **Mondays & Tuesdays**

6:00pm - 7:00pm  
Open Gym Time  
To learn about other programs and activities that are happening this month, please contact our office during operating hours.

## 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*

