



Red River Current

OCTOBER 2015

VOLUME 6 :: ISSUE 9

FORT MCKAY DANCERS & DRUMMERS IN HIGH DEMAND THIS SUMMER

This summer was certainly a busy one for the Fort McKay Dancers and Drummers. While many lazed on the beach or went on vacation, this talented group made many special and memorable appearances in and around the community.

On July 1st, the Dancers and Drummers performed at the Peter Pond Mall to celebrate Canada Day with many others. Just a few days later, they made another appearance during an event hosted by the Bouchier Group at the Dorothy McDonald Centre. Many seized the opportunity to travel and participate in the Enoch Pow Wow as well as the Heart Lake Pow Wow which included dancer initiations as well as a camping trip. Dancers who

received initiation were Doris Young, McKenna & Kinley Serafinchan, Emma Proulx, Paige Orr, Isabella Kasokeo, Malibu Charttrand, and Marissa Cyprien.

In August, the Fort McKay Dancers and Drummers participated in front of hundred during the closing ceremony at the 2015 Western Canada Summer Games. The performance was so astonishing that the group made the front page of the Fort McMurray Today newspaper. Later that month, the Fort McKay Dancers and Drummers participated in the Alexander First Nation Pow Wow as well as performed for a wedding anniversary celebration.

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FORT MCKAY DANCERS & DRUMMERS

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FMFN LEADERSHIP TEAM

Jim Boucher, Chief
Raymond Powder, Councillor
Crystal McDonald, Councillor
Gerald Gladue, Councillor
Peggy Lacorde, Councillor

George Arcand, CEO
Larry Hewko, CFO
Barrie Robb, CEO of Business Development

ADMINISTRATION DEPT.

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

Hours of Operation:
Monday - Thursday : 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 and communications@fortmckay.com

Correction: Two of the Councillors were misidentified within the Leadership Team in the September issue of the Red River Current. The Red River Current accidentally published elected officials from the previous election by using an outdated template. The present Leadership Team consists of: Chief Jim Boucher, Raymond Powder (Councillor), Crystal McDonald (Councillor), Gerald Gladue (Councillor), and Peggy Lacorde (Councillor).

The Fort McKay Dancers and Drummers would like to thank and acknowledge all of those who helped and supported them this summer: Rebecca Fabian, for chaperoning and helping out with the dancers, John Flemming for helping organize the initiation, Elder Hilda Paskamin, Peggy Gladue, Traditional Dancer, Kandis, Nanamahoo Jingle/All around Dancer, and Clarence (Ward Arena Director) who initiated our dancers.

We would like to recognize Nick Giant, our lead drum instructor, and Randy Marten, our back up drummer, for all their help throughout the year with the practices and performances. A very special thanks goes out to the Fort McKay First Nation as well as parents, elders, friends, and family for their ongoing support.

The Fort McKay Dancers and Drummer would like to also acknowledge Sakasteew transportation for helping us get

to and from our performances throughout the year, and Suncor Energy Inc. for their sponsorship, our beautiful new banner and for the water bottles they provided throughout the year.

Classes have already started and will continue to run until June 30th, 2016. Dance and drum practice run every Tuesday and Thursday evening in the Band Hall from 6-7pm. This program is headed by Audrey Redcrow, Pow Wow Dance Instructor and Coordinator, as well as Nick Giant, Drum Instructor, and Elder Advisor; Clara Mercer.

Beading classes are also offered on Wednesdays at the Elders Centre from 6-9pm. If there are enough participants, a Men's Pow Wow Dance class may soon be available.

If you are interested, in any of the programs being offered and would like to receive more information, please contact Audrey at: 780-828-2491.



Fort McKay Dancers & Drummers performing in front of hundreds during the 2015 Western Canada Summer Games.



THE STEPHANIE HARPE EXPERIENCE CONTINUES TO ROCK



Fort McKay's very own singer & songwriter has only been in the music industry for 9 years now, and yet has already accomplished so much! Stephanie Harpe started her band in 2006 with her brother, Eddy Harpe, who played guitar, and Sam Barbour, their drummer. She explained, "We were just having some fun and at the same time, I got a chance to get my voice out there".

Shortly after, the young musician prospered in her music career very quickly. Stephanie Harpe and her band started performing at various famous venues. The band began to perform before many legendary musicians such as Prairie Oyster, Crystal Shawanda, Charlie Major, Blue Rodeo, Digging Roots, Watermelon Slim, Savoy Brown, Tanya Tucker, Colin James, Son-

ny Rhodes, Tom Cochrane with Red Ryder, Creedence Clearwater Revisited, Dwight Yoakam Trooper, and many more. The band has also recently been nominated for an award at the Native American Music Awards in New York City.

Last month, the Stephanie Harpe Experience opened for Street Heart and Dennis De Young of Styx at the Edmonton Rock Music Festival. After an unforgettable performance, the Stephanie Harpe Experience received a standing ovation from the energetic crowd. The following weekend, Stephanie Harpe and her band played at 'Bash at the Beach' concert in Kinuso, and performed before well-known rock singer Kim Mitchell.

During her spare time,

Stephanie is also an actress and plays the character Rita who is a band councillor on the show Black Stone, an award winning television show that airs worldwide. She is also a Casting Agent and casted between 50 to 70 percent of Black Stone's background casting crew during Seasons 2-5.

The band, Stephanie Harpe Experience will be recording their first Album this month with award winning producer, Barry Allen who is known for recording with many famous rock bands such as Wide Mouth Mason and lead singer from Big Sugar. In the weeks to come, Stephanie Harpe and her band are expected to open for No Sinner in Edmonton and later will also be performing at the one of the largest arena shows during the Slave Lake Fall Fest before Buckcherry.

Stephanie explained she is now right where she wants to be. "I couldn't be happier! I'm doing what I love most, and I am doing it with my family. My husband, who is a wonderful manager, is my rock and I don't know where I would be without him. My kids love to help out and join us every chance they get. I get to bring them to shows to meet amazing people and see amazing shows. I am just so grateful!"

To receive more information on upcoming venues, check out the Stephanie Harpe Experience Facebook page for details!



FORT MCKAY
FIRST NATION

NOTICE

TO MEMBERS OF FORT MCKAY FIRST NATION

FEDERAL ELECTION

Chief and Council strongly encourage community members and the staff of Fort McKay First Nation, to have their voice be heard this Federal Election.

The rules have changed as it relates to casting a ballot. The common practice of “vouching” for a person’s identity is no longer allowed under the changes implemented to the Elections Act.

Vouching has been replaced by “swearing an oath” where someone, with photo identification that shows their name and address, swears to the residence of a person. Please note, that Swearing an Oath can only be done for one person.

If you require a “letter of confirmation” of residence filled out by the band administration, please contact the Reception Desk.

The election will be held on October 19th, 2015.

To access the online voter registration, FAQs on how to register, the Elections Act or to find out where polling stations are in and around the Treaty 8 territory, please go to:

<http://fortmckay.com/federal-election/>

FORT MCKAY
FIRST NATION

**Our next QGM will be held
January 2016**

DEVELOPING THE SKILLS IN OUR YOUNG ATHLETES

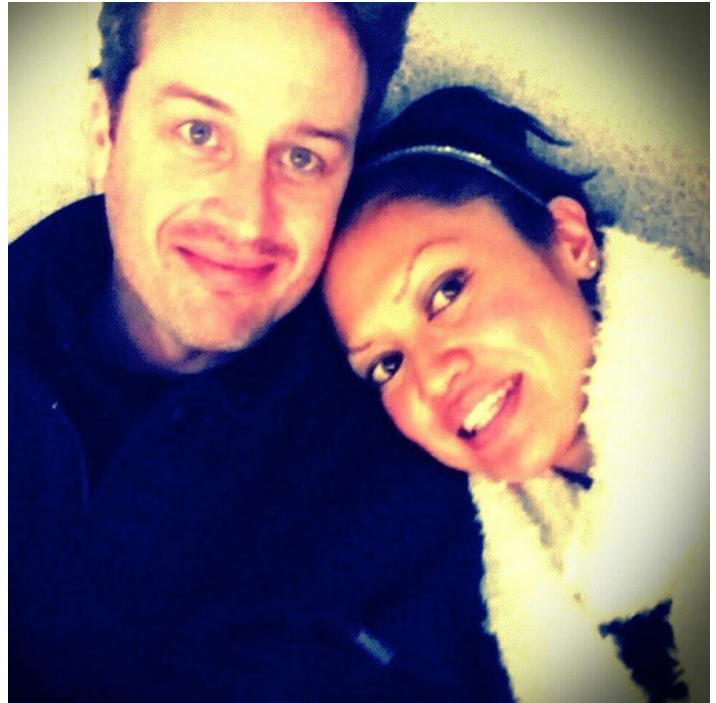
If you love hockey, you are bound to meet them very soon. Tommy and Anna Sullivan both work with the Fort McKay Academy Warriors developing young athletes skills on and off the ice. In addition to this, Tommy is also the Grade 1/2 Home Room and Phys Ed teacher with the Fort McKay School. After school, he can be seen on the ice working on individual skills and building on team-concept play. Anna can be found in the gym facilitating the dry land and making fitness fun for the young athletes. Tommy hails from Prince Edward Island and Anna is from Ontario.

“They are both going to be huge contributors to our community moving forward.” Explained Simon Adams; Community Services Director.

Tommy has a Bachelor of Education and Bachelor of Commerce in International Business. He is a certified Hockey Canada Coach, IIHF coach and has his Level 2 and 3 Power Edge Pro Certificates. Anna has her Youth Fitness Trainer Certification and is currently taking her Alberta Fitness Leaders Certification. Tommy is also a proud graduate of Andrews Hockey Growth Programs - graduates include Sidney Crosby, Brad Richards, Nathan Mackinnon and Adam McQuaid. Tommy and Anna both also work with the Total Athlete Development camps that are offered in Fort McMurray. In addition to this, Tommy is also the Video Coach for the Fort McMurray Oil Barons.

Tommy's passion is hockey - all year round, but he also enjoys playing golf and is a fan of any and all sports. He has coached and played hockey all over the world. He grew up on a farm and loves all aspects of agriculture, animals, being outdoors and building things. He is a graduate of 4H programs, has attended the Canada Games, Acadian Games, and has volunteered at the World Cup.

Anna loves working with animals. She is also a Certified Dog Groomer and gives her time to the Fort McMurray SPCA. She is an avid Powerlifter,



Tommy and Anna Sullivan

member of the Alberta Powerlifting Union and has competed in many Crossfit competitions. She was a volunteer at Princess Margaret Hospital's Healing Beyond the Body program for cancer patients and will be helping Shelley Cyprien with the Fort McKay Pet Rescue.

“We look forward to building and developing athletic skills. We would like to instill healthy championship habits in all aspects of academic, social and personal life. We would like to organize various Sports Clubs for athletes of all ages and abilities for all sports - hockey, soccer, powerlifting, volleyball etc.

We love Fort McKay and the people. We look forward to becoming part of this beautiful community and perhaps one day growing a community garden”

Tommy And Anna



Fort McKay Arena Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
12:00 PM	FMFN	Capital	FMFN	Capital	Hockey	Family	Family			
12:15 PM	Staff	Projects	Staff	Projects	Academy	Skate	Skate			
12:30 PM	12:00 PM	12:00 PM to	12:00 PM	12:00 PM to	Jr Novice	12:00 PM to	12:00 PM to			
12:45 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	12 pm - 1 pm	1:00 PM	1:00 PM			
1:00 PM	School Bookings 1:00 PM to 3:00 PM	School Bookings 1:00 PM to 3:00 PM	School Bookings 1:00 PM to 3:00 PM	School Bookings 1:00 PM to 3:00 PM	Hockey	Flood	Private Rentals 1:00 PM to 3:00 PM			
1:15 PM					Academy					
1:30 PM					Sr Novice					
1:45 PM					1 pm - 2 pm					
2:00 PM					Hockey					
2:15 PM					Academy					
2:30 PM					Atom-Midget					
2:45 PM					2 pm - 3pm					
3:00 PM					Flood	Flood		Flood	Flood	Flood
3:15 PM	Open Ice 3:15 - 5:15	Open Ice 3:15 - 5:00	Learn to Skate	Open Ice 3:15 - 4:15	Fort McKay Hockey Society 3:15 pm PM to 5:45 pm PM	Hockey 1:30 PM to 6:30 PM	Fort McKay Hockey Society 3:15 PM to 5:15 PM			
3:30 PM			3:15 PM to 4:15 PM							
3:45 PM			Open Ice 4:15 - 5:15	Flood						
4:00 PM				Atom Practice						
4:15 PM				4:30 PM to 5:30 PM						
4:30 PM				5:30 PM						
4:45 PM				Open Ice						
5:00 PM				5:30-6:00						
5:15 PM			Flood	Pee wee-Midget				Flood	Flood	Youth Skate 5:30 to 7:45 PM
5:30 PM	Novice	Practice	Hockey	Open Ice						
5:45 PM	Practice	5:15 to 6:00	Academy	5:30-6:00	Flood					
6:00 PM	5:30 pm to 6:30 PM	Flood	Jr Novice	Flood	Youth Skate 6:00 PM to 7:45 PM	Flood				
6:15 PM	Pee wee - Midget Practice 7:45 PM	PEP	5:30 - 6:30	PEP						
6:30 PM		Novice	Hockey	PeeWee						
6:45 PM		6:15 PM to 7:15 PM	Academy	6:15 PM to 7:15 PM						
7:00 PM		PEP	Sr Novice	PEP						
7:15 PM		ATOM	6:30 - 7:30	Bantam/Midget						
7:30 PM	Shinny 8:00 PM to 9:30 PM	7:15 PM to 8:15 PM	Hockey	7:15 PM to 8:15 PM	Shinny 8:00 PM to 9:30 PM	Shinny 8:00 PM to 9:30 PM	Shinny 8:00 PM to 9:30 PM			
7:45 PM		Flood	Academy	Flood						
8:00 PM		Shinny 8:30 PM to 9:45 PM	Atom-Midget	Shinny 8:30 PM to 9:45 PM						
8:15 PM			7:30 - 8:30							
8:30 PM			Flood							
8:45 PM			Shinny							
9:00 PM			8:45 PM							
9:15 PM			to							
9:30 PM			10:00 PM							
9:45 PM										



HOCKEY SOCIETY INCORPORATES POWER EDGE PRO FOR SKATERS

As the weather starts to cool off, Fort McKay's Arena opens again for yet another exciting hockey and skating season. Over 80 young athletes have already signed up for Fort McKay's Hockey Society. Practices will run every Wednesdays and on no-school Fridays.

This year, the Fort McKay Hockey Society has established the rights to Power Edge Pro for the entire Wood Buffalo Region. Power Edge Pro is a renowned hockey training system that uses unique training methods and focuses on isolating skills trainings, such as balance and edge control without the puck. Hockey players who are part of the training program are expected to drastically improve their speed, acceleration, balance and agility.

There are 8 people trained in facilitating Power Edge Pro locally: BJ Fitzpatrick, Tommy Sullivan, Simon Adams, Shay Laurent, Christian McDonald, Ty Savostianik and Keegan Pruden. Power Edge Pro will be offered to our local youth as well as to other youth within the Wood Buffalo Region.

The Fort McKay Hockey Society has also decided to register its own Novice Team with the Fort McMurray league for this upcoming hockey season. Next year, they are hoping to additionally register a Novice and Atom team to the group.

OCTOBER IS BREAST CANCER AWARENESS MONTH



Health Centre will be hosting a
Mammogram Screening Clinic

Tuesday Oct 20/15
9am-4:30pm
Wednesday Oct 21/15
9am-1:30pm

Screening is for 40yrs or older(only)
Door prizes & refreshments

Please contact Belinda to register @780-828-2455
or call the Health Centre



**"OUR MISSION IS TO SAVE
THE BOOBIES"**



HAPPY HALLOWEEN!



What are you planning to wear this Halloween??

Perhaps these photos from the 1960s and 1980s can give some fresh ideas... or should I say ancient!

Whatever costume you decide to choose, please remember to stay safe while out trick or treating!



FORT MCKAY GRAVEYARD UPDATE

Thanks to the summer students, Capital Projects department and volunteer Elder Scotty Stewart, the Fort McKay graveyard is now in excellent condition. During the summer, the students did an excellent job of cutting grass and cleaning up the graveyard, while Capital Projects was busy constructing a number of new cribs. Scotty cleared brush and worked with the Capital Projects crew to replace cribs that had deteriorated.

This winter, Capital Projects will continue to build a number of cribs that will be ready for the spring. If anyone is aware of an older crib that should be replaced please contact Scotty.



The graveyard is also being expanded. The area to the west of the present graveyard is being cleared by Capital Projects in order to double the size of the graveyard.

CONSTRUCTION OF NEW YOUTH CENTRE UNDER WAY



On March 18th 2015, a groundbreaking ceremony was organized and celebrated by many who anticipated the construction of the Fort McKay's new Youth Centre. Since then, the construction has been under way and is now expected to be completed July 2016.

"We are currently on schedule and on budget. The piles and grade beams for the foundations are now complete and we are working on the masonry walls and floor slabs. Our capital projects crew just completed the water and sewer extensions into the

building." Explained James Owl; Director of Capital Projects department.

On average, 10 community members are working on the job site for various contractors. Clark Builders is the prime contractor for the project and Fort McKay Capital Projects department provides labour services as requested.

"We are thrilled to be a part of the delivery of the much anticipated Youth Centre. We have been impressed by the collaborative spirit embodied by the project team, and we are truly enjoying working alongside Fort McKay community members and employees both in the field and during the project's preconstruction phase." Explained Jason Deboski, Manager, Project Development from Clark Builder.

The project is expected to deliver many upgraded features such as a computer lab, an art studio, a movie and games room, a recording studio, and a dining room with separate kitchen. The building will also house Fort McKay's very own radio station.





Fort McKay Women's Event

SPECIAL INVITATION

Please Join Us on October 7th **Esquao Leadership Development Day**

Featuring
Michelle Thrush



This event is FREE and open to the community of Fort McKay. A special presentation will be offered to the Head Start Program!

*Michelle Thrush is a Canadian Cree actress and activist. She played the leading role in the TV show **Blackstone**. She is also an activist for various causes including, fight against violence, green space and she is one of the leaders for the Hug-A-Native Day campaign. Come and meet her in person and learn from about the work she is doing as an Aboriginal woman and as an activist various causes.*

Following Michelle's presentation there will be:

Free Clothing, Accessories Swap & Mini-Workshops



Date: October 7th, 2015

Time: 9:00am - 4:00 pm

Location: Elders Centre
Fort McKay, AB



For more information, email: esquao@iaaw.ca or phone 1-877-471-2171 or Contact Miranda Beaton, mbeaton@fortmckay.com or phone 780-828-2434

About Us

The Institute for the Advancement of Aboriginal Women (IAAW) recognizes the role, value, and achievements of Aboriginal women in society and raises awareness about the challenges and obstacles faced by Aboriginal women. Major strategies to improve opportunities for Aboriginal women include: training on pre-employment, leadership development and financial literacy. The IAAW is a non-profit organization with a head office in Edmonton with outreach to several Chapter communities in Alberta.



FORT MCKAY SUSTAINABILITY CONTACT INFORMATION

FOR GENERAL CONCERNS OR TO UPDATE YOUR CONTACTS

Please call the Fort McKay Sustainability Department:
780-828-2480

DOES THE AIR SMELL?

Call the Odor Complaint Line: 1-800-222-6514
or Sustainability Department: 780-828-2480

SUSTAINABILITY EMERGENCY CONCERNS

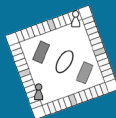
Call: 587-674-0822

JOIN OUR FACEBOOK PAGE!

Find us at: The Fort McKay Sustainability Department
(Fort McKay Community Members only)

Fort McKay Wellness Center Annual

BOYS SLEEPOVER PARTY



When:
Friday, October 16th, 2015

Who:
BOYS ONLY Ages 7-10

What: A field trip to town, followed by
a late night of games,
snacks, movies and fun!

For more information,
please contact the Wellness Center
at 780-828-4312

WARNING

SPEED TRAPS

In an effort to curb the high volume of speeders in community of Fort McKay, the RCMP will be setting up speed traps throughout the community. The speed traps will be ongoing and will be set up in different locations with an emphasis on playground zones and the school zone in front of the Fort McKay School. Radar and laser speed guns will be used. The penalties for speeding are as followed:

Speeding 15km/h over limit - \$89.00 - 2 Demerits
20km/h over limit - \$124.00 - 3 Demerits
25km/h over limit - \$150.00 - 3 Demerits
30km/h over limit - \$177.00 - 4 Demerits
40km/h over limit - \$264.00 - 4 Demerits
50km/h over limit - \$351.00 - 6 Demerits
Over 50km/h - Mandatory Court Appearance

**Let's work together to keep
our community safe!**



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Mondays - Home Economics (Ages 8-11) - 6:00pm-7:30pm
Registration Required
Mantracker (Ages 12-17) - 6:00pm-9:00pm

Tuesdays - Game Show Night (Ages 12-17) - 6:00pm-9:00pm
Homework Help (Grades 1-4) - 6:00pm-7:30pm

Wednesdays - Hiking on Birchwood Trails (Ages 12-17)
5:30pm-10:00pm *Permission Slip Required*

Thursdays - Floor Hockey (Ages 8-11) - 6:00pm-7:30pm
Registration Required

Oct. 1st - Kickball (Ages 12-17) - 6:00pm-9:00p
Oct. 8th - Video Scavenger Hunt (Ages 12-17)
6:00pm-9:00pm

Oct. 15th - Karaoke Night (Ages 12-17) - 6:00pm-9:00p
Oct. 22nd - The Amazing Race (Ages 12-17)
6:00pm-9:00pm

Oct. 29th - Horror Evening (Ages 12-17) - 6:00pm-9:00pm

Oct. 16th - Boys Sleepover (Ages 7-10)
What: A field trip to town, followed by a late night of
games, snacks, movies and fun!

HEALTH CENTRE 780-828-2450

Doctor day: Mon – Wed
Physiotherapy:
Mon (morning only),
Thurs (all day)

Dr. Taiwo: Oct 5-7
Dr. Al-Naami Pediatrician
(TBA)

Breast Screening; Oct 20-21

Flu shots starting; Oct 20

Immunization; Oct 21

Social Intake: Oct 26-29,

Cheque Release Oct 30

Every Wednesdays; Cathy

Payne – Primary Care

Network Outreach

Coordinator; Specializes in

Weight Management, Dia-

betes Education,

Cardiovascular Risk

Management and Health

Counselling

**Please call the Health*

Centre to book an

appointment.

FITNESS CENTRE

Annual Superman/Superwoman
Contest
Oct 6-Nov 10th

Run for the cure- October 4th
Volleyball- Mondays and Tuesdays
7-9pm at the school gym (18yrs + only)
Youth open gym - Mondays and
Tuesdays 6-7pm (13-17yrs)

Call the Fitness Centre to receive
more information about upcoming
fitness classes.

FAMILY SUPPORT CENTRE

Victim Services-Wednesdays
Womens' Evening-Tuesdays 7-8:30pm
Probation-Every 3rd Monday
of the month

Oct. 1-Family Dynamics 1-3pm

Oct. 6-Responsibilities 1-3pm

Oct. 8-Defining Abuse 1-3pm

Oct. 13-Emotional Awareness 1-3pm

Oct. 15-Healthy

Communications 1-3pm

Oct. 20-Self Esteem 1-3pm

Oct. 22-Grief & Loss 1-3pm

Oct. 27-Anger Management 1-3pm

Oct. 29-Stress Management 1-3pm

