



# Red River Current

OCTOBER 2014

VOLUME 5 :: ISSUE 9

## RCMP OPEN OFFICE IN FORT MCKAY

If you think you've noticed more police cars around the area lately that's because there are.

People can now feel safer knowing that a new RCMP office has opened in Fort McKay located in the north end of the Dorothy McDonald Business Centre. The RCMP will support a range of community programs and services that enhance community safety.

In total, eight RCMP members have been assigned to the "North Zone" which includes Fort McKay, however four constables designated to work specifically within Fort McKay. Members include:

Constables Takhar, Brar, Marcoux, Ashton, Hannah, Grewal, and Prodanovic.

"Our priorities in the area are numerous but we try to focus on community relations, traffic safety (more so on the highway), drug enforcement, general crime reduction and maintaining a safe community," explained Constable Sarah Ashton.

**How to contact RCMP:**

*Emergencies: 911*

RCMP Complaints:  
(780) 788-4000

RCMP Administration Line :  
(780) 788-4040

Fort McKay office:  
780-828-2464

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# YOUTH ENJOY MOOSE LAKE

This summer, two groups of youth were lucky enough to get out of Fort McKay and enjoy four peaceful days at Moose lake.

The first group included 13-18 year olds. For the next few days, these teens put their cell phones and electronics away as they learned traditional ways of life while they assisted Joe Grandjambe with building fires and smoking fish.

There also was plenty of chance for the youth to explore and relax. Some canoed, while others searched for and picked ingredients to make tea, which later enjoyed around the fire while telling

stories. The older youth reconnected with friends while playing Flashlight Tag, Sardines and even a good old game of Truth or Dare. A few youth also learned to play Crib and stayed behind to assist the second group of younger youth.

The second group was comprised of 8-12 year olds and was a much larger group. They learned to assist in camp preparation, set-up tents inside the common building, and helped with meal clean up. This group was taught by Martha Grandjambe to make fish scale art and collected birch bark to make mini canoes or moose callers. There was plenty of time for fishing, canoeing, and swim-

ming. At night, there were games of Sardines, glows-ticks, popcorn and smores.

Both groups had access to colouring books, kites, bubbles, beads, and loom kits. Everyone got to enjoy each other's company through endless conversations, playing cards and sitting by the fire.

It isn't often that our youth get the opportunity to just shut the rest of the world out and get back to an older way of life! This trip was enjoyed by all the participants and we look forward to hosting the trips again next summer!

*-submitted by Kerry Trueman*



## FMFN LEADERSHIP TEAM

Jim Boucher, Chief  
Raymond Powder, Councillor  
David Bouchier, 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

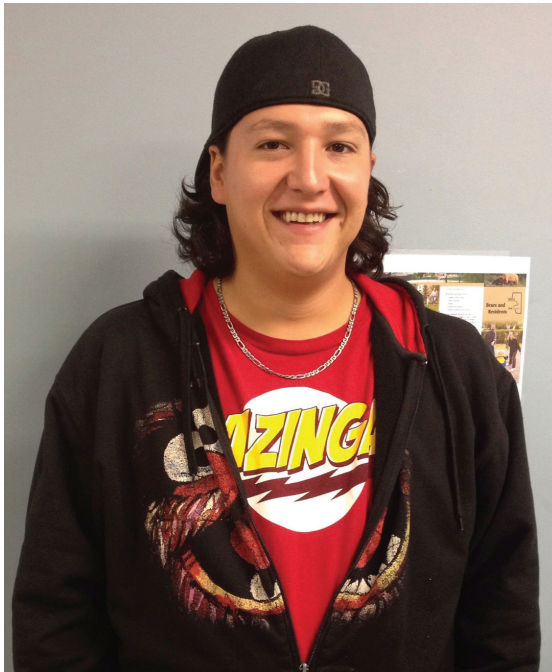
## SUBMISSIONS

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





# MESSAGE FROM NEW YOUTH CENTRE PROGRAM COORDINATOR



*Hello, my name is Travis Calliou. I am the program coordinator at the Fort McKay Youth Center. I started my position here in late July. I want to thank those in the community whom have welcomed me. I have truly enjoyed getting to know some of the youth in the community as well as their families. I have been working with youth professionally for 9 years; I have helped with fostering youth, worked in an aboriginal group home, done one on ones for teens, and ran my own after school program. I have been given the opportunity to learn some traditional knowledge through my upbringing and am forever thankful to my mother and father for helping me do so. They have guided me with their knowledge and led by example of working hard for the betterment of our people. They inspire me each day to be a better person, to help our people, and to have compassion and respect for others. I feel that this is where I belong and that my skills can be best utilized here at the youth center, to help our leaders of tomorrow, and to create positive change for the future of Mckay.*

*-submitted by Travis Calliou*

## BULK STATION OFFICIALLY OPENS

Over the past year, the Fort McKay Strategic Services (FMSS) Bulk Station's sales and traffic have increased so much to the point that waiting times to fuel up at the pumps has been up to 15 minutes. As we all know, time is money, and no one wants be held up during their busy schedules.

With this in mind, Fort McKay Strategic Services decided to improve the fueling area to alleviate this problem. Thus in the winter of 2013 plans were made and a contractor was hired to complete this upgrade. With the financial help of Petro-Canada, work was completed on August 10th 2014.

On September 10th, 2014, FMSS had a reopening ceremony that was attended by Petro-Canada officials along with Fort McKay employees and the general public. All enjoyed a BBQ with hamburgers, hot dogs and pop. Hats and coffee mugs were given out to everyone who attended.

Our new station now boasts four extra diesel dispensers with satellite fuel options, making it easier and safer to fuel Big Rigs. With the existing fuel pumps and



**Photo from left to right: Paul Sparkes; Operations manager for Muskeg Distributors, Barb Chaffey; Office Administrator for Muskeg Distributors, and Bryan Johnson; Director of Stakeholders and Aboriginal Relations for Wood Buffalo**

the new addition, FMSS now has the ability to fuel approximately 24 million liters of product each year.





# SUMMER STUDENT PROGRAM

As we get into the swing of fall programming, I'd like take some time to reflect on the Summer Student Employment Program.

We had 35 students working in the community this summer. Their work involved yard work for elders and assisting Simon Adams with painting and construction projects. The students were kept very busy! These youths were also expected to participate in weekly safety training in partnership with Iceis Safety. Through Iceis Safety, they obtained knowledge and certifications for WHMIS, First Aid, Bear Awareness, Aboriginal Awareness, Healthy Relationships, etc.

Some of the youth volunteered to assist the Wellness Centre in field trips, participated in a week-long Paradigm Self-Esteem program offered through the Family Support Centre, and worked as labourers for Métis days. Twelve youth spent three nights at Moose Lake (see page 2 for story).

Riley Whiteknife was our SSEP assistant who helped supervise the youth, transported to and from yards, and delivered lawn equipment and gas. This was Riley's last summer for the program as he graduated in June, so it was great to see him embrace this role and give it his best.

Alannis Laurent was also a helper; she had additional duties and is proving to be a great leader. We look forward to her return in 2015. Felix Faichney proved to be an asset as a Leader in Training. He spent a month at Moose Lake helping prepare, clean, and maintain the facilities under the supervision of Joe and Martha Grandjambe. We look forward to his return next summer as well.

All of the participants were held to a workplace standard, where they were held accountable for being on time, preparing a resumé, requesting time off, and following a schedule. It was tough for some at the beginning of the program, but by the end of the summer you could see the improvements and the students really came together as a team.

As a wind-down activity we had a pizza party and students received light hearted LOL awards which have been a 3-year running tradition that the youth enjoy.

The youth centre staff would like to take this opportunity to thank all the participants and parents for making this another successful summer. We look forward to next year's program!

*-submitted by Kerry Trueman*





# YOUTH SHINE WITH SELF-ESTEEM



When someone suffers from low self-esteem, their entire world seems to be affected. As a person feels incapable or unsure of him or herself, fear ignites creating boundaries that can limit a person's fullest potential.

Youth should not have to go through this. We already live in a tough enough world as it is today. Without self-esteem, fear of failure is constantly present and thus barriers are created that limit the youth's likelihood to become all that he or she can be. Youth should be encouraged to be confident in their decisions, actions, and most importantly, in themselves.



The Paradigm Self-Esteem Program does just that. It teaches youth how to have a sense of self-worth, and focuses on teaching individuals how to love themselves for who they truly are, and to honor their own soul and spirit. The program also emphasizes on letting people see and be happy with who they are and what they have rather than focusing on what people don't have. Paradigm Self-Esteem helps youth develop their own self-esteem by encouraging self-appreciation, self-confidence and self-love.

This three-year program has been offered to many of the youth in Fort McKay and was funded by BP Oil. The Family Support Centre has been hosting and presenting Par-

adigm Self Esteem program since year 2012. This was first graduating year for 16 of our youth. During the last phase of their program, all of the youth went on a camping trip at Camp Yogi in Anzac.

To recognize our youth for their accomplishments, a graduation banquet was held where the youth got to show their new and improved self-confidence, style, grace and courage. Throughout the evening our graduates were encouraged with applause and cheers to help each youth throughout monumental nervous yet exciting evening. Great Job Graduates!!!

*-submitted by Inderjit Cheema*

## QUARTERLY GENERAL MEETING

Fort McKay - Tuesday, Oct. 28th  
Band Hall @ 6:30 pm

Ft. McMurray - Wednesday, Oct. 29th  
Stonebridge Hotel @ 6:30 pm

Edmonton - Thursday, Oct. 30th  
Chateau Nova Hotel @ 7:00 pm

*All members of the Fort McKay First Nation are welcome to attend.*



# McKAY RUNNERS EARN WELL-DESERVED MEDALS



On September 14th, 2014, hundreds of participants ran the distance in the Regional Municipality of Wood Buffalo's Second Annual Half Marathon. The Fort McMurray Half Marathon included a half marathon, a 10 km, a 5 km and a 3 km run as well as a Kids Fun Run. Special congrats to: BJ and Brandy Fitzpatrick (bottom left photo) for their 5km run, Belinda Whiteknife, Lisa Grandjambe (top photo) and Reanna Whiteknife (bottom right photo) for their 3km run and Tayden Shott (bottom centre photo) for the kids fun run.

## WAY TO GO!





# EXTREME SPORTS CHALLENGE



**The Mud Ninjas show their muscles before the race. Photo from left to right: Rose Mueller, Rusul Hassan, Casey Howlett, Simon Adams, Debbie Houle, Stefany Guillen, Miranda Beaton, BJ Fitzpatrick, and Brandy Fitzpatrick.**

On September 6th, 2014, a group of friends and colleagues embarked on an adventure to historic Drumheller, Alberta to combat one of the toughest fitness challenges they may ever be faced with... A team challenge so hard that it has been called by many one of the toughest obstacle courses ever created!

This obstacle course is known as Tough Mudder and consists of 20-25 military-style obstacles within a 16 – 20 kilometers distance. The course initially was designed and created by British Special Forces to test participants' physical and mental strength with obstacles that can also play on their fears by using fire, freezing cold ice water pools, and electricity.

This adventurous group consisted of BJ Fitzpatrick, Brandy Fitzpatrick, Rose Mueller, Debbie Houle, Casey Howlett, Rusul Hassan, Simon Adams, Miranda Beaton, and Stefany Guillen. The team began individual training months before the event to prepare mentally and physically. This amazing group of athletes dubbed themselves as the "Mud Ninjas" and with enthusiasm all dressed accordingly as Teenage Mutant Ninja Turtles.

Unlike other obstacle courses, Tough Mudder is not a competition. The event focuses on teamwork. One of its mottos is 'No Mudder Shall be Left Behind.' As such, many of the obstacles in Tough Mudder can only be overcome with the help of your team-

mates. The organization values camaraderie encouraging group participation.

While running through the badlands, the Mud Ninjas experienced lots of sweat, tears, and of course, plenty of mud! "The terrain was quite difficult, there was lots of flat rocky land, and there was also lots of canyons that we went up and down, some that were nearly straight up and down. It was very tough and time consuming. The toughest obstacle I would say was the mud mile, several deep pits of waist high mud that you had to boost team members up and out of, all while slipping and sliding all over the place. There was definitely a lot of team work needed for that one," shared Brandy Fitzpatrick.

Before the finish line, each Mudder is faced with the infamous Electroshock Therapy. This last obstacle consists of 10000 volts of live wires hanging over a field of mud that participants must cross. After they cross the finish line, each Mudder is honored with a Tough Mudder Headband and a well-deserved beer!

If this sounds like your kind of fun, don't worry! Tough Mudder will be back in Drumheller again next year with even more challenges! The Fitness Centre can also set you up with a work out plan to help you get prepared before you face the rough terrain of Tough Mudder! For more information about this event, please go to [www.toughmudder.com](http://www.toughmudder.com)





# FORT MCKAY HISTORY: HOCKEY



## 1986/1987 Pee Wee Hockey Team:

**Front row:** Chris Wilson, Gordon Courtorielle, Eric Grandjambe, Paul Courtorielle, Lonnie Ahyasou, Micheal Fidler. **Back row:** Rod Hyde (coach), Garnet Ahyasou, Jason Fabian, Brian Boucher, Lee Wilson, Barry Boucher, Brian Birch (coach)

*This was the first Fort McKay Hockey team to ever play in the Fort McMurray Minor Hockey League.*



## 1988/1989 Fort McKay Atom A Hockey Team:

**Front row:** Steven Ahyasou, Bruce Faichney, Ryan Faichney, Elvis Lacorde, Sammy Howe, Chad Bourque, Trevor Grandjambe, Riley McClure, Freddy McKenzie. **Back row:** Brian Birch (coach), Mark Crawford (coach), Barry Cooper, Joldy Laliberte, Harold Grandjambe, Dana McDonald, Terry Boucher, Merv Laliberte (coach) Rod Hyde (Manager)



# TIME TO GET BACK ON THE ICE!

Winter is slowly creeping back into our lives, and that means it's time to put our skates back on. The arena is officially open once again for the winter and is ready for all skaters to come and carve their skates into the ice.

On September 30th 2014, the Fort McKay Hockey Society had its Annual General meeting, where a new board was elected. We would like to welcome our new members for 2014/2015:

President – Dennis Shott  
VP Operations – Simon Adams  
VP Administration – BJ Fitzpatrick  
Secretary – Lolita Shott  
Treasurer – Deanna Shott  
Member at Large (Adult Hockey)  
– Philip Fitzpatrick  
Member at Large (Technical/Coaching)  
– Sheldon Shott

**Hockey Academy** will be starting Tuesday October 14th at 3:15pm, and will run every Tuesday and Fridays when kids are off school.

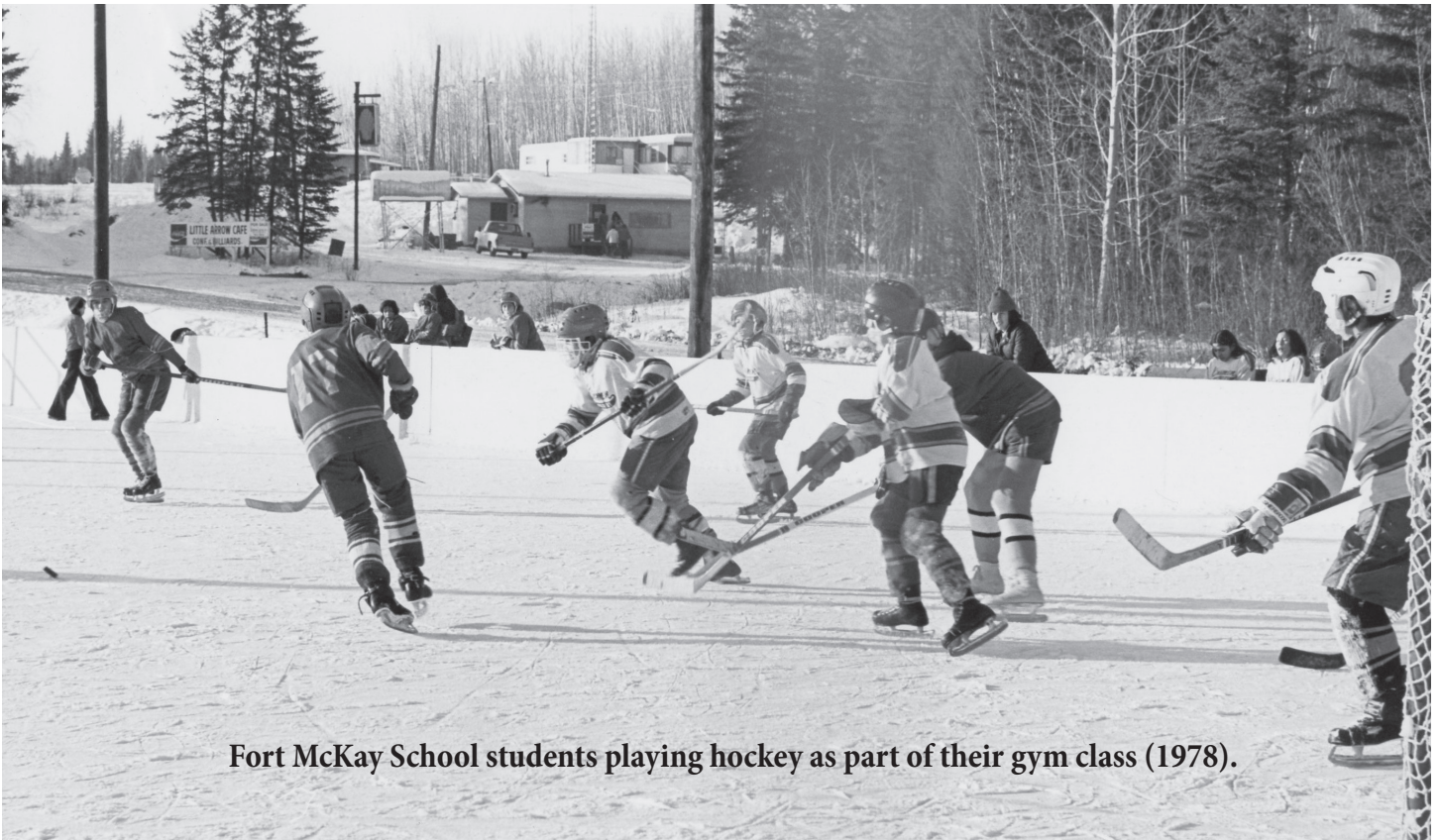
**Minor Hockey** starts October 8th with the Novice group at 6:15pm. Complete schedule to follow soon.

We have four volunteer coaches coming from Fort McMurray this season. They are Trevor Boe, Charlene Boe, Chad Columbe and Freddy Brebant. These coaches will be all involved with the Novice program, which is for kids ages 5 to 8 years old.

**Greater Strides Hockey Camp** will be held from November 28 to 30th 2014. This event is open to all First Nation/Metis Youth in the Wood Buffalo region. There is room for approximately 110 kids.

**Figure Skating** starts Saturday October 18th at 11:30am. Certified instructors Samantha Simpson and Casey Howlett will be running the program this year.

**Learn to Skate** will be at 3:15pm (starting October 8th) every Wednesday, and 12:30pm (starting October 18th) every Saturday. Samantha Simpson and Casey Howlett will also be coaching this program.



Fort McKay School students playing hockey as part of their gym class (1978).







**Oct. 15, 2014**  
**5 pm-8 pm, Wed.**  
**Band Hall**

**Free Admission**  
**Bbq dinner included**

**In partnership with:**



Jemco Electric  
Safety Division

# Fort McKay Community ATV Safety Day

website: [www.fortmckay.com](http://www.fortmckay.com)



Please share this event!

Based on our community feedback and on behalf of the Community Safety Committee and Fort McKay Safety Program, we invite you to participate in our ATV Safety Awareness day.

**To qualify for the door prize, you must:**

- 1. be at least 18 years old**
- 2. attend the full event**
- 3. be able to answer a few questions to complete your entry**

**Very Important:**

**Door prize entry is only available before the safety presentation starts. Please come on time.**

**Contact:** Cort Gallup at [780.828.2419](tel:780.828.2419)

**Email:** [cgallup@fortmckay.com](mailto:cgallup@fortmckay.com)

**Attend for your chance to win this prize!**



may not be exactly as shown







## OCTOBER SCHEDULE

**To register for a course please  
contact the office at: 780-828-2496  
or contact Dan Bonell at:  
780-828-2497/587-644-0922**

October 2 2014	Anger Management
October 7 2014	Fire Extinguisher/Fire Watch (OSSA) Standard Safety
October 9 2014	Fall Protection Safety Safety (OSSA)
October 15 2014	First Aid/CPR - 2 Day Course (Day 1)
October 16 2014	First Aid CPR - 2 Day Course (Day 2)
October 20 2014	Ground Disturbance
October 22 2014	Defensive Driving Demerit Reduction
October 23 2014	CSE/M Safety (OSSA)
October 27 2014	H2S Alive (must have 10+ people registered)
October 29 2014	Fire Extinguisher/Fire Watch (OSSA) Standard Safety

*All classes start at 9:00am sharp! Late arrivals must rebook.*



## ABORIGINAL HEAD START PROGRAM IN FULL OPERATION AGAIN

The Aboriginal Head Start program runs every year and offers children aged 3-5 years old the opportunity to learn through play. Throughout the year, children will participate in various interactive activities that will give them a chance to discover more about themselves, their community and the world surrounding them.

On Tuesday September 23rd, each child had the chance to learn about the importance of brushing their teeth and smile for a Dental Assistant as she counted how many teeth each already has. After the quick checkup, everyone was rewarded with a brand new toothbrush.



This year, there are currently 24 children enrolled in the Aboriginal Head Start Program. The program runs every Monday through Thursday; from 9:30am – 11:30am. If you would like more information or have any questions, please contact Janet McDonald at: 780-792-8845





# SMOKE SIGNALS

## RECREATION DEPARTMENT

### **Mondays**

12-1pm Tabata  
7:30-9:30pm Volleyball (18yrs+)

### **Tuesdays**

12-1pm Yoga

### **Wednesdays**

7:30-9:30pm Volleyball (18yrs+)

### **Thursdays**

12-1pm Bootcamp

### **Friday**

12-1pm Yoga

### **October's Family activity:**

Wild play (Oct 4th- registration is mandatory)

**Run for the Cure** - October 5th (registration is mandatory)

### **Preschool swimming**

(newborn to 6yrs old)

October's spots are all full however registration are open for November's lessons.

**Hockey Academy** will be starting Tuesday October 14th at 3:15pm. (Runs every Tuesday and Fridays when kids are off school)

**Learn to Skate** will be Wednesdays starting October 8th at 3:15pm and Saturdays (starting October 18th) 12:30pm to 1:15. Same coaches as figure skating.

## 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:**

6:00-8:00 pm Unique Crafts (Ages 10+)

### **Tuesdays:**

6:00-7:00pm Hip Hop Dance (must be registered)

6:00-8:00pm Pool

Tournament (Ages 10+)

### **Wednesdays:**

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

### **Thursdays:**

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

### **Fridays:**

3:00 PM to 4:30 PM (Ages 6-17)

4:30 PM to 5:30 PM Supper Program (Ages 6-17)

**Pre-Teen Movie Night** - at Wellness Centre - October 24th (Ages 6-9)

6:00-8:00pm

**Teen Nights** - October 3rd and 17th (Ages 10-17)

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

\*kids 9 and under must be picked up by 5:30pm

**No School Fridays:** Open 9 AM to 5 PM with a field trip in the afternoon

\*no field trip on October 24th

### **Halloween Party**

October 31 - All day!!!

9:00-5:00pm

\*We will be closed on Thanksgiving

Follow us on FACEBOOK for updates and information: Fort McKay Wellness Center

## YOUTH CENTRE

**780-828-4462**

Check next month's news-

letter 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

### **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*

