



Red River Current

DECEMBER 2015

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FORT MCKAY RECOGNIZED AGAIN BY CHOOSEWELL COMMUNITY AWARDS



community. We support each other in our programs and events and find ways that we can work together to make things more effective and efficient,” explained Julia Soucie, Director of the Fort McKay Wellness Centre. She is the one who registered Fort McKay for the nomination with Choosewell since 2012.

Soucie clarifies that: “Each year, I incorporate the Communities ChooseWell resources and tools into our every day programs and in August, I report on the progress of how these resources and tools have assisted us.”

The ChooseWell healthy Community Awards was introduced to distinguish and celebrate the achievements of many communities across Alberta that place efforts in promoting and creating environments that encourage active living as well as healthy eating.

Twenty one awards were given out that night. There were four awards for each category. Fort McKay received the award for communities with a population of 0-999. In total, 213 were communities registered this year. The awards ceremony included all of Alberta.

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For the second year in a row, Fort McKay has been recognized at the Choosewell Community Healthy Awards. This year, the awards ceremony took place at the Annual Alberta Recreation and Parks Association Conference in Lake Louise on Thursday, October 22nd, 2015.

This time around, Fort McKay was honoured with the “Building Community Capacity Award”. “We received this award for the partnerships that have been created throughout the community. Many of the departments within the community work together to share resources which in the end, benefits the entire



SPECIAL ACKNOWLEDGMENT TO ALL OF OUR ELDERS

Chief & Council
would like to express their
gratitude to all of the Elders
for attending the
meeting during the last week
of November. Your attendance
was noticed and very
appreciated!

Thank you!!



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



NOTICE TO MEMBERS OF FORT MCKAY FIRST NATION

BUSINESS PROFITS DISTRIBUTIONS PAYMENTS

December 17th, 2015. Each member of Fort McKay will receive \$1000

NEXT QUARTERLY GENERAL MEETING-

CHIEF AND COUNCIL HIGHLY ENCOURAGES FORT MCKAY
FIRST NATION MEMBERS TO ATTEND.

DATE, TIME AND LOCATION:

FORT MCKAY, AB

Tuesday, January 12th, 2016 @ 6:30 PM – 9:00 PM
Father Begin Hall, Dorothy McDonald Business Centre

FORT MCMURRAY, AB

Wednesday, January 13th, 2016 @ 6:30 PM – 9:00 PM
Stonebridge Hotel, 9713 Hardin Street

EDMONTON, AB

Thursday, January 14th, 2016 @ 6:30 PM – 9:00 PM
Chateau Nova Kingsway Hotel, 159 Airport Road

TO MEMBERS AND STAFF OF FORTMCKAY FIRST NATION

BAND ADMINISTRATION – HOLIDAY OFFICE CLOSURE:

December 18th, 2015 – January 4th, 2016



ABORIGINAL REVIEW MAGAZINE

Last month, Syncrude released its eleventh annual Aboriginal Review issue known as Pathways. The magazine has been published every year since 2006 and each time features many First Nation and Métis people that positively influence change in our communities and make a difference.

Syncrude has continuously been well known for its effort in working closely with Aboriginal communities and supporting its people to build mutual positive and respectful relationships with First Nations people. In the magazine, all of the stories profiled focus on the six commitment areas of Syncrude's Aboriginal Relations program. These include business development, community development, education and training, employment, the environment, and corporate leadership.

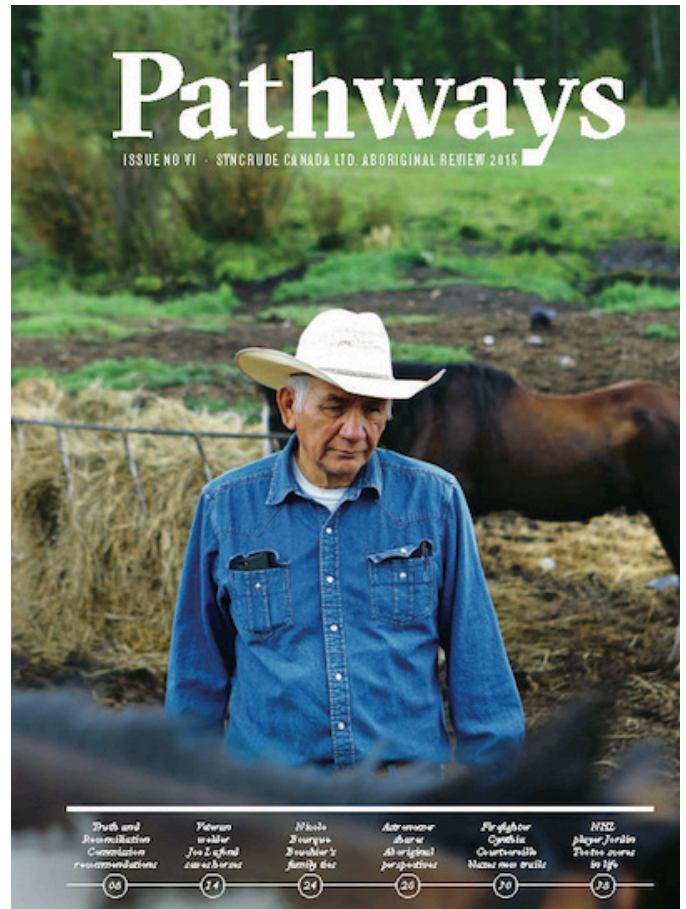
Frederick McDonald played a part in this magazine and was recognized for his talent as an artist. His artwork on four bison skulls that were preserved from Fort McKay's previous bison harvests was displayed on four pages. Each painting was followed with a detailed explanation narrated by the artist himself.

The Fort McKay Group of Companies was also mentioned in Pathways this year. More specifically its company Fort McKay Logistics was showcased for the remarkable growth the company has reached throughout the last eight years. It featured some of the company's employees along with the importance of their roles within the company.

Many of Syncrude's figures are mentioned throughout the end of this publication. These statistics are thought provoking and make the company seem more like our friendly neighbours:

Facts worth mentioning include:

"Business volume with Aboriginal-owned companies increased by 55% in two years. Records spend of 228.2 M achieved in 2014. More than 2.2B Cumulative total."



"Sulfur Dioxide emissions are the lowest in Syncrude's operating history."

"11.19 Million was spent investing in Aboriginal Communities in 2014."

"Syncrude has permanently reclaimed over 3,500 hectares to date. 1,000 hectares are ready for revegetation."

"In 2014, over 157,000 trees and shrubs seedlings were planted."

"Syncrude is only of two oil sands companies that are certified and is at the top-tier of the of Canadian Companies in the Progressive Aboriginal Relations (PAR) program of the Canadian Council for Aboriginal Business (CCAB)."

To read the full Pathways online, please go to: <http://www.syncrude.ca/assets/pdf/pathways/Pathways-2015-Final.pdf>



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 28th Annual R.A.R.A is scheduled for March 5, 2016, at the Quality Inn and Conference Centre. Nominations are now being accepted until January 23rd, 2016.

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 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:
raravol@shaw.ca or fax: (780) 334-2860**

For additional information or assistance, please call the Nominations Chair Stella Kreutzer at (780) 715-5775.



NEW GENERAL CONVENIENCE STORE OFFICIALLY OPENS

Did you just run out of bread or milk and need to head back to the grocery store? Why not save the trip next time, take a left on 63 and make your way up to the Fort McKay Industrial Park next time? This is where you will find the new Tumbleweed General Store.

The full convenience store is now open for business and hosts a great selection of hot food, basic grocery necessities, coffee and much more! There is a large seating area for those who would like to sit down and have a meal or simply meet someone for coffee.

On November 24th, the store celebrated their Grand Opening. Tumbleweed General Store was on the spotlight as they were broadcasted live by both radio stations, 93.3 fm and 97.9 fm, who bragged about how delicious the lasagna and



mushroom soup were. Free coffee and food was served to all of their customers that day.

The store is open from 7am to 6pm on weekdays and 8am to 5pm on weekends. It is expected to extend their hours in the near future.

YOUTH CENTRE CONSTRUCTION STILL UNDERWAY



It may be getting cold outside, but that doesn't stop the hard working men from building what's going to be Fort McKay's new Youth Centre!

Some of the work that been accomplished at this point include grade beam forming and pouring, slab pouring and finishing, masonry installation, as well as water and sewer installation. "The Youth Centre construction is proceeding well and we are very comfortable that we will make the scheduled opening date of July 2016" Explained James Owl, Director of Capital Projects department.

Clark Builders and Fort McKay First Nation have partnered to engage and train our community members. One specialized skill that requires training is the polishing of the concrete floors. Band Member Tyler Grandjambe (left photograph) is one of the candidates who successfully completed the program and is now certified to tackle this project. This new skill will soon be put to use as many slabs in the new Youth Centre need to be polished.

THE ARTIST

Fort McKay's First Logo



This picture was posted in the June/July 2015 issue. In the description, the name of the artist was never revealed and in response raised a lot of interest amongst the community as to who actually designed the logo. We would like to acknowledge that Fort McKay's very first logo was (on the tipi) designed by Aboriginal Artist Henry Nanooch.

EMPLOYMENT OPPORTUNITY:

Instructor, GED Plus Training Project (Fort McKay; Contract)

Qualifications:

- A B.Ed or a bachelor degree in a related field
- Minimum 1 year teaching experience in high school level English, Math, or GED Preparation courses
- Experience working with adult learners in a multi-level setting
- Experience preparing students for GED testing in Reading, Writing, Math, Science or Social Studies
- Experience teaching in an employment training program
- Familiarity with aboriginal communities

Keyano College's Aboriginal Education Department requires an instructor to deliver MATH 10-3, ENGLISH 10-2 and GED Preparation courses in the community of Fort McKay. The successful candidate must have experience teaching courses in two of these three subject areas. Candidates should indicate the subjects which they have taught. There may be the option for team teaching.

Keyano College's GED Plus Training Project is a 12 week, outcome based, employment preparation program for students who have been assessed as ready, willing and able and have met the academic requirements. Students are in class 30 hours a week for 10 weeks and take 150 hours of MATH 10-3 and ENGL 10-2 and an additional 150 hours of preparation for GED in Reading, Writing, Math, Science and Social Studies. Students spend the remaining two weeks engaged in sub-contracted safety and employability training.

Advertised Salary: \$53.60/hour, 35 hours/week, contract runs for 13 weeks, includes 100 hours paid preparation time. Desired Start Date: January 5, 2016.

To apply for this position, please go to: www.careers.keyano.ca



Wellness Center Christmas Party

Ages 6-17

Friday, December 18th, 2015

Where: Tour North Ranch

**Activities: Sleigh Rides, Sliding/Tobogganing, Hot Chocolate, Bon Fire,
Roasting Marshmallows and Hot Dogs**

**Bus leaves the Wellness Center at 12:30pm and will return at 5:00 pm-
Wellness is still open 9 AM to 5 PM on this day**

Permission slips are required.

**Family members, siblings and community members are also
welcome to join us through the Recreation Department who will be
sharing this opportunity with us.**

**All families must register with
Stefany Guillen at 780-714-7094.**



GINGERBREAD HOUSE DECORATING

**The Wellness Center will be hosting our Annual Gingerbread
House Decorating on the following dates:**

Monday, December 7th, 2015 (6 pm - 7 pm) Ages: 6 and 7 years old

Tuesday, December 8th, 2015 (6 pm - 7 pm) Ages 8 to 11 years old

Thursday, December 10th, 2015 (6 pm - 7 pm) Ages 12-17 years old

Any questions, please call us at 780-828-4312

Parents are welcome to join and assist their children.



FORT MCKAY HISTORY

~Stories My Granny Told Me~

“Stories My Granny Told Me” is a collection of short tales written by the young people of Fort McKay in the 1980s. Most of these stories were passed on to the students by their mothers and grandmothers and were told in a traditional setting. In most instances they were originally told in Cree and Dene, the native languages of Fort McKay and then translated into English. Very little editing was done in order that the essence of the tales would not be lost.

WESAKYCHAK

Wesakychak is a traditional character in Cree storytelling. He is a creature of the woods and a friend and compatriot of everyone including animals and the trees. Wesakychak is no hero but rather a sly trickster who sometimes wins but just as often loses. Wesakychak may be lazy but he is also very smart. Here are a few tales of Wesakychak from “Stories My Granny Told Me”.



HOW THE BIRCH GOT THEIR MARKINGS

Wesakychak had a bear that he wanted to eat. He wanted to empty his stomach, so he asked the birch trees to hug him tightly. Then the trees played a trick on Wesakychak and wouldn't let him go. When he finally got free he was really angry with Was-Squay (birch tree). So Wesakychak got a whip and he whipped the trees. That is why the birch trees have black markings all over.

WESAKYCHAK AND THE LITTLE BIRDS

One day Wesakychak was walking through the woods when he came upon a nest of little birds. He saw they were defenseless and threw crap on them. Then he continued down the path and came upon a big stream. Two times he made a big run first to jump over the stream and chickened out before he jumped. The third time he ran fast and jumped and then in the middle of the stream the parents of the little birds flew out and scared Wesakychak and he fell splat into the water! The moral of the story is don't throw crap on the little birds for one day they will grow up and could scare you.

N.B. A Métis friend in Fort McMurray told this story to a Fort McKay student . It toured as a play in the summer of 1979.



Fort McKay Métis Santa Kids Christmas Skate 2015

Date: December 09, 2015 at the Fort McKay Arena
5:00pm – 9:00pm
Bussing: 5:00pm – 10:00pm

Puck Toss Food
Food Serving
Face Painting
Santa Pictures
Door Prizes

Food Bank Drop Off
50/50 Tickets
Different Activities
Characters – Santa, Elves, Elsa,
and many more!

Sponsored by:

Fort McKay First Nation
Wellness Center
TECK
RBR Trust
Suncor
MNP



Husky
Shell Canada
Athabasca Minerals Inc.
Family Support
Youth Centre
CNRL



Brion Energy
Carson Intergrated
MLT
Syncrude
Garda

COMMUNITY CHRISTMAS LIGHT CONTEST

Best Overall \$500
Best Traditional Native \$300
Brightest and Most Decorated \$200

Judging will take place on December 18 at 6:00 PM
Winner Announced on December 19

The prizes will be in gift cards, and can be picked up at the Band Hall Reception



From the Family of Freda M. Courtorielle



Gerry Boucher and his family would like to thank all of those who helped and supported them during Freda M. Courtorielle's passing in 2012. We would like to thank our children, grandchildren and great-granddaughter for their help in decorating and all other services that were provided. We would also like to thank the community of Fort McKay, the cooks, and the staff for the wonderful service we received!

Photo: Gerry Boucher with his loving wife Freda Marie Courtorielle, who had passed on October 12, 2012.

 **December 7th, 2015** 

**ICEIS-Safety is Hosting a Christmas
Special BINGO at the Band Hall**

(Dorothy McDonald Building)

Doors Opened @ 5:15pm

Canteen Available

60/40 Bonanza

50/50 Draws Throughout the Evening

Door Prizes will be given Throughout the Evening



RAFFLING OFF THIS AMAZING



DREAMCATCHER

\$5.00 A TICKET OR 3 \$10.00

Tickets are Available at ICEIS-Safety

Draw Date will be December 17th, 2015

HOME FIRE SAFETY TIPS FOR THE HOLIDAYS

Here are some seasonal home fire safety tips to keep you and your family safe throughout the Holidays:

SMOKE/CARBON MONOXIDE DETECTORS

Make sure you have them and that they're working.

LIGHT UP THE NIGHT WITHOUT IGNITING THE LIGHTS

- Purchase extension cords for the specific job – don't improvise with an indoor cord outdoors, or daisy chain several shorter cords instead of just getting a longer one.
- As with extension cords, indoor-rated light strings and pre-lit trees are for indoor use only. Products marked for indoor use are not designed to hold up against the elements. However it is safe though to use outdoor extension cords and light strings indoors.
- It is not a good idea to connect different types of light strings together. For example, don't plug in a new LED string to your old incandescent light string.



- Do not run extension cords under carpets, out windows or doorways where they could become pinched.
- Inspect light strings/set and extension cords before use, and discard any that show signs of wear or damage.
- Insert plugs fully into outlets. Poor contact may cause overheating or shock.
- If using candles, burn them in proper holders, on sturdy surfaces away from children and pets. Put out candles before leaving the room or going to sleep.
- Do not overload electrical outlets.

STAYING WARM

- If you must use a space heater, plug it directly into a wall outlet, not into an extension cord or power bar. Give it lots of room -- at least 1 m (3 feet) of space on all sides, and turn it off before leaving the room or going to sleep.
- Consider replacing old space heaters with newer models that turn off automatically when tipped or overheating.
- Use a barrier to keep children and pets away from gas or wood burning fireplaces when they are in use.
- Never burn gift wrappings, boxes, cartons, or other types of packing in the fireplace.

COOKING SAFE

- Don't leave grilling, frying or broiling unattended.
- Keep cooking surfaces clutter-free
- Order in if intoxicated.

THE TREE

- Real or fake, the good news is Christmas trees rarely catch fire. Nevertheless, if using a real one, make sure to keep it well-watered and away from sources of heat. Never use candles on or near the tree.

excerpts take from: <https://canadasafetycouncil.org/home-safety/home-fire-safety-tips-holidays>

COMMUNITY PROGRAMS

CHECK OUT OUR WEBSITE!!

Check out the Fort McKay calendar for the latest upcoming meetings and events!

For more information, please go to:

WWW.FORTMCKAY.COM/CALENDAR-EVENTS

WELLNESS CENTER 780-828-2412

skiing and snowboarding

December dates include Saturday, December 12th and Saturday, December 19th.

The bus leaves the Wellness Center at 9 AM and returns at 4:30 PM.

The Wellness Center will be open during Christmas holidays

To find out more details, about this month's schedule, please contact the Wellness Center.

HEALTH CENTRE 780-828-2450

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

Mobile Food Bank inquiries:
780-743-1125

To make an appointment
with Dr. Taiwo
Dr. Al-Naami Pediatrician
please contact

Flu shots still available
anytime.

December 16th is next
scheduled immunization.

**Please call the Health
Centre to book an
appointment.*

EDLERS CENTRE CHRISTMAS PARTY 780-828-4650

Elders are invited to the Elders Centre
Annual Christmas Party!

Date: December 15th, 2015
Time: starts at noon

There will be food, refreshments and
lots of fun!!!

For more information, please contact
the Elders Centre Coordinator.

FORT MCKAY CHRISTMAS MARKET

Join us at Fort McKay's Christmas Market
where there is something for everyone!

There will be 10 vendors in total.

Date: December 4th
Time: from 2-6pm
Location: Arena

Admission is free!!!

Free Face painting and hot chocolate
for everyone!!

