



# Red River Current

JUNE 2014

VOLUME 5 :: ISSUE 6

## TREATY DAYS 2014

It's that time of the year again and if you haven't already, make sure to mark your calendars and stick around for Fort McKay's annual Treaty Days. Like every other year, you can expect nothing but a lot of fun, play, and great entertainment with friends and family.

Treaty Days will be starting Thursday June 19th and will continue until Sunday afternoon, June 22nd 2014. To see the full list of events taking place, please go to page 6 and 7.

To avoid traffic congestion and facilitate transportation for everyone this year, buses will be available and circulating around

the community to bring people to and from locations. All you have to do is wait at the end of your driveway, and a bus will come pick you up. If you are an Elder, you can contact Charie Santos from Sakasteew at 780-381-4175 for direct pick-up.

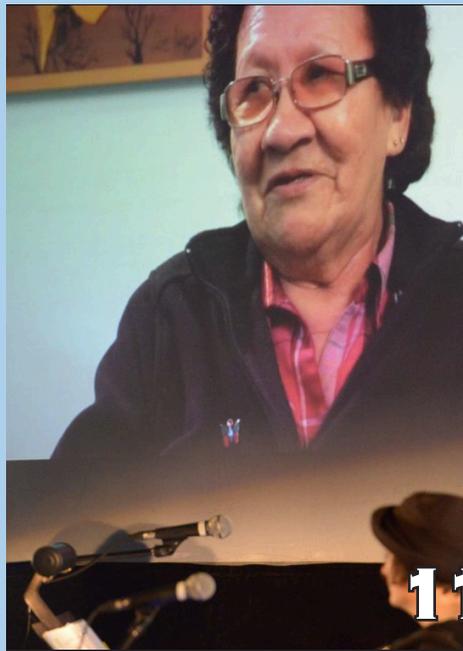
Please note that no one is allowed to park near the band hall and parking will be available at the arena for those who need to use their vehicles.

As we all start the countdown, we can look forward to participating in many fun-filled events and enjoying plenty of entertainment!

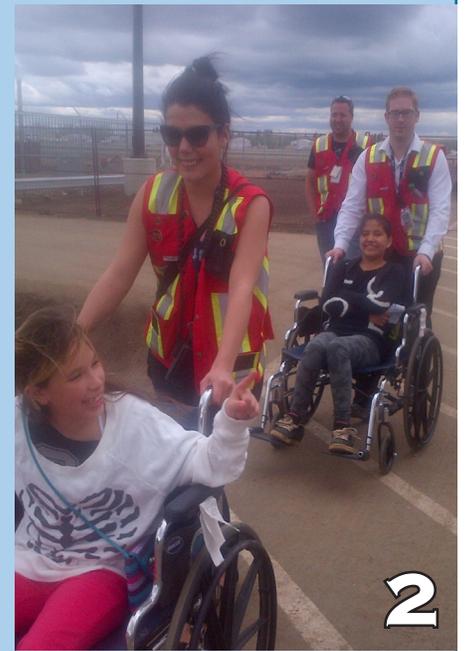
<i>Celebration Honours Grads</i>	3
<i>Fire Department Gets Involved!</i>	4
<i>Treaty Days Itinerary</i>	6
<i>Ski Club 2014 Fort McKay</i>	8
<i>Metis Days</i>	9
<i>College Planning</i>	14



5



11



2



# MCKAY VOLUNTEERS GET FIRST GLIMPSE AT NEW AIRPORT



On Saturday, May 24th, 2014, the Junior Leader's participated in "Operation Aurora in Flight" at the NEW Fort McMurray International Airport Terminal.

They volunteered their time to act as passengers and tested out the arrivals and departures process for the new airport terminal. These youths got a sneak peak of what the new terminal will look like, and were great actors for the whole day!

Over \$258 million dollars was spent for the expansion of the new terminal which is five times the size of Fort McMurray's current airport. The new terminal is expected to handle 1.5 million passengers every year. Sixteen new retail stores and restaurants will occupy the space including Earls, Burger King, Tim Horton's, Mary Browns, Jugo Juice, Famoso Neapolitan Pizzeria and much more.

The current building will remain open and is expected to be used for workforce charter flights.

This was an amazing volunteer experience and we all had a lot of fun! The new expansion has officially been opened since June 9th 2014. We all look forward to walk through Fort McMurray's new airport again, but this time while it is in real operation!



## 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



# TRADITIONAL CELEBRATION OF ACHIEVEMENT RECOGNIZES GRADS



Brandon Paquette

Daylan Hyslop

Nicholas Laurent

Amber Cardinal

On May 29th 2014, hundreds gathered to celebrate the 17th Annual Traditional Celebration of Achievement at the Keyano College Theatre to recognize and honour First Nations, Metis, and Inuit graduates within the Wood Buffalo region.

Approximately 125 graduates were recognized this year from nine different schools that are all within the Wood Buffalo region. Amongst the graduates were Kyle Boucher (absent), Riley Whiteknife, Amber Cardinal, Nicholas Laurent, Feather McDonald, Brandon Paquette, Keegan Pruden, and Daylan Hyslop.

The evening began with a Dene

honour song on hand drums and was followed by a Cree honour song on a large drum. Elder Elizabeth Mitchell started the ceremony with a prayer. The evening was also followed by some entertainment from the very well known Nelson Tagoo-na who was accompanied by Shauna Seeteenak.

All graduates were announced on stage and were given an eagle feather, a braid of sweetgrass, and an abalone shell.

Elder Elizabeth Mitchell provided an explanation of the cultural significance of receiving an eagle feather: “The eagle feather is one of the most esteemed gifts you will ever receive. It will

help you in your life’s journey. The eagle feather represents strength, wisdom, and protection.”

The graduates were also featured throughout the evening with a slide show presenting each student along with a write up of his or her future plans. Elder Elizabeth Mitchell ended her speech providing these youth with some prudent advice: “Today a new journey begins for all of the graduates. It will be a time to seek your new path in life, so be brave. Have courage, and fulfill all of your dreams.”

Congratulations to all of the graduates of 2014, and good luck with your future plans!



Riley Whiteknife

Feather McDonald

Keegan Pruden

Kyle Boucher

# FIRE DEPARTMENT PRACTICES SAFETY TRAINING



**Fort McKay Fire Department volunteers and participates in fire safety training for Total employees at World Day for Safety.**

On Monday, May 5 Total E&P Canada employees at the Joslyn site participated in hands-on activities to recognize North American Occupational Health & Safety Week and World Day for Safety 2014. In an effort to share best practices in fire safety and help increase fire awareness and responsiveness, the Fort McKay Fire Department volunteered their time to provide hands-on activities for Total employees, which simulated

real-life situations.

“World Day for Safety taught our employees important life-saving skills through experience,” said Rolfe Timm, Site Manager at Joslyn, “Total is committed to its safety culture and the expertise of the Fort McKay Fire Department helped us promote that value to employees and set a higher standard for our safety performance. Opportunities like these are so valuable to engage

our local stakeholders in directly making a difference on our site.”

Throughout the day, employees participated in other activities designed to teach life-saving skills, such as fall protection, spill response, medical emergencies and home safety. They also attended a Personal Protective Equipment expo to raise safety awareness, educate attendees on best safety practices and reinforce the organization’s priority towards safety values and culture.

“The event was great, I learned valuable life-saving lessons through fun hands-on activities that will help keep me and others safe at home and work,” said Lorna Simpson, Total Community Engagement Coordinator at Fort McKay. “We benefit from a safer site. It’s paramount to our success. The help of the Fort McKay Fire Department was greatly appreciated; we couldn’t have pulled off the event without them.”

## A MESSAGE FROM THE HOUSING DEPARTMENT

The Housing department would like to remind everyone to keep an eye on sump pumps to make sure they are operating properly. The purpose of the sump pump is to prevent the basement from flooding. Sump pumps prevent water damage, and can prevent mold from forming. If the sump pump fails or is turned off, the house could require thousands of dollars of repairs! Please contact Housing at 780-828-2438 immediately if any problems are suspected with sump pumps.

ive Maintenance Program. Gord McDonald and Maurice Bujold will be visiting all houses in the community to check on items like fire extinguishers, smoke detectors, carbon monoxide detectors, furnace filters and the general condition of the houses. This will allow us to deal immediately with any safety issues and to plan future renovation and maintenance work.

Thank you for your cooperation!

The Housing Department has set up a Preventa-

*Harold Davis; Housing Manager*



# SKATING BANQUET RECOGNIZES YOUNG ATHLETES



**The Fort McKay Skating Club hold heir new medals and certificates in front of the crowd.**

Winter is finally over, and that means its time to say goodbye to the snow, our winter gear and our favorite winter sports. On May 22nd 2014, The Recreational Department team organized an Awards Banquet to honour all of the young athletes that finally put their skates away... at least for a little while.

The banquet was created specifically to recognize all of the hockey players from the Fort McKay Academy Warriors as well as the young skaters who participated in the Fort McKay Skating Club. (Learn to Skate program and Figure Skating program).

In total, about 200 people attended the banquet. Many were the wonderful parents

that proudly supported these young athletes throughout the winter season.

Medals and certificates were handed out to 28 youths

from the Fort McKay Skating Club and 34 medals and certificates to youths in the Fort McKay Academy Warriors program.

The banquet blended the cold winter season with our hot summer by serving a hot BBQ at the beginning of the evening and opening the rink for one last skate on the cold ice with everybody at the arena!

The Recreational Department would like to thank TOTAL for sponsoring Fort McKay Skating Club with a sum of \$7000 as well as CNRL (Canadian Natural) for sponsoring the Fort McKay Academy Warriors a total of \$40,000.00.



**The Warriors proudly stand together as a group one last time until the next hockey season.**



# TREATY DAYS 2014

## Events Schedule

Thursday.... June 19 <sup>th</sup>	TIME	Event	Location
Thursday	4:00 – 9:30 pm	<b>Baseball Tournament</b>	Behind school
	4:30 – 9:00 pm	<b>FM Idol Jigging Preliminary Event</b>	Upper harbour
Friday.... June 20 <sup>th</sup>		Event	Location
Friday	8:00 am – 9:30 am	<b>Pancake Breakfast</b>	Band hall
	9:00 am – 5:00 pm	<b>Registration &amp; Information</b>	Band hall area
	9:00 am – 6:00 pm	<b>Baseball Tournament</b>	Behind school
	9:45 am	<b>Kids Bike Parade</b>	Fire hall intersection
	10:00 – 11:00 am	<b>Main Parade (Start at north side Of community)</b>	Main road
	11:30 – 1:00 pm	<b>Opening Ceremonies</b>	Amphitheater
	Noon – 5:00 pm	<b>Kids Activities</b>	Band hall parking lot
	Noon – 5:00 pm	<b>Cultural Village</b>	Upper harbour area
	12:30 – 3:30 pm	<b>INAC Treaty Payout</b>	Gazebo
	1:00 – 2:00 pm	<b>Surf n' Turf BBQ</b>	Behind band hall
	1:00 – 2:00 pm	<b>Kids BBQ</b>	Behind band hall
	1:00 – 5:00 pm	<b>Petting Zoo &amp; Pony Rides</b>	Beside band hall parking lot
	1:00 – 5:00 pm	<b>Fear Factor (Youth)</b>	Upper harbour
	1:30 – 3:00 pm	<b>Corporate Tug of War</b>	Behind band hall
	1:30 – 3:00 pm	<b>Dunk Tank</b>	Behind band hall
	1:30 – 4:00 pm	<b>Hand Games</b>	Upper harbour area (Within trees)
	3:00 – 5:00 pm	<b>Traditional Dance Exhibition</b>	Amphitheater
	5:00 pm – 7:00 pm	<b>Traditional Feast</b>	Band hall
Friday	7:00 pm – Midnight	<b>Traditional Evening</b> <ul style="list-style-type: none"> <li>• Moose calling</li> <li>• Laughing contest</li> <li>• Round dance</li> </ul>	Upper harbour

*Please take advantage of the buses that will be circulating around the community during Treaty Days as we want to keep our vehicles at the grounds to a minimum.*



# JUNE 19, 20, 21, 22



## Events Schedule

		• Giveaway	
<b>Saturday.... June 21<sup>st</sup> National Aboriginal Day</b>		<b>Event</b>	<b>Location</b>
<b>Saturday</b>	9:00 am – 5:00 pm	<b>Registration / Information Booth</b>	Band hall area
	9:00 am – 5:00 pm	<b>Voyageur Canoe Challenge</b>	Fort McMurray Snye to Bridge of Nowhere
	9:00 am – 6:00 pm	<b>Baseball Tournament</b>	Behind school
	9:00 am – 11:00 am	<b>Pancake Breakfast</b>	Band hall
	11:00 am – 2:00 pm	<b>Dog Show</b>	Gazebo
	Noon – 4:30 pm	<b>Hand Games</b>	Upper harbour area
	Noon – 5 pm	<b>Cultural Village</b>	Upper harbour area
	Noon – 5 pm	<b>Kids Activities</b>	Band hall parking lot
	1:00 – 3:00 pm	<b>Community Bingo</b>	Band hall
	1:00 – 5:00 pm	<b>Petting Zoo &amp; Pony Rides</b>	Beside band hall parking lot
	1:00 – 5:00 pm	<b>Fear Factor (Adult)</b>	Upper harbour
	5:00 – 6:30 pm	<b>Community Dinner</b>	Band hall
	7:00 pm - midnight	<b>Entertainment - featuring Dwight Yoakam</b>	Amphitheater
	Midnight	<b>Fireworks</b>	Athabasca river
<b>Sunday.... June 23<sup>rd</sup></b>		<b>Event</b>	<b>Location</b>
<b>Sunday</b>	10:00 – 7:00 pm	<b>Baseball Tournament</b>	Behind school

For more information, please go to our website:  
[www.fortmckayevents.com](http://www.fortmckayevents.com)



# SKI CLUB 2014



As we enter the summer season, we'd like to reflect on the ski club this year! We had 18 youth actively involved with the ski club, who visited Vista Ridge weekly! Our adventure started on the bunny hill with 5 youth who had never skied before. Youth Centre staff worked with them and it was truly amazing-almost like watching a baby bird leave the nest. We've never felt so much joy when they made it to the bottom of the bunny hill beaming with pride!

Syncrude played a huge role in sponsorship with the ski Club this year, sponsoring our season passes, transportation, food/snacks and ensuring we had extra mitts, snow pants, neck warmers, etc. They also provided us with really cute buffalo hats that were a hit with all ski club members.

During spring break, ski club was fortunate enough to visit Jasper and ski Marmot Basin! We left Fort McMurray by bus and headed to Edmonton, where we boarded Via Rail and enjoyed a first ever train ride for most of the youth! The scenery was beautiful; it was nice watching all the youth interact with one another and

really enjoy the train and all it had to offer.

Once in Jasper we stayed in rooms for the first two nights but got to enjoy Milligan Manor which was a huge 8 bedroom cabin! Once in the cabin the youth really got to hang out and enjoy each others company. We played night time outdoor games like flashlight tag and sardines! We took advantage of the heated outdoor pool, games room, and watched movies in the main room of the cabin!

After two days of skiing, we had everyone try snow blading; this was



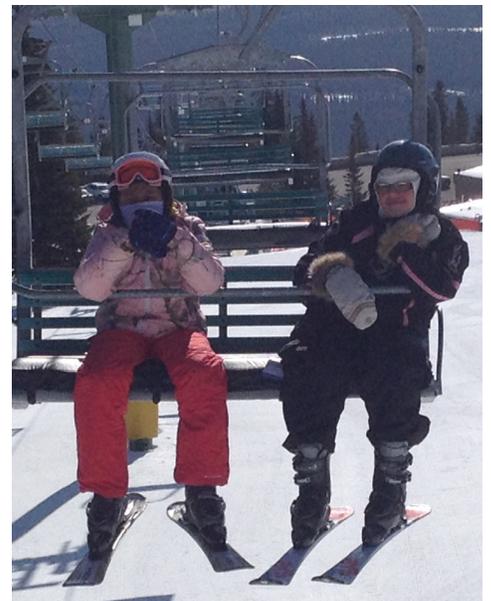
to show those stronger skiers and boarders how difficult it can be to try something new. It gave our newer skiers a boost of self confidence and a new motivation to tackle the beginner hill and leave the bunny hill! Again, what an amazing sense of pride had by all.

After three days of skiing we headed to downtown Jasper for sight seeing, and of course shopping! The youth again had the freedom to visit shops, and enjoy the beautiful scenery As leaders/chaperones we were very impressed with how the youth represented Fort McKay; everyone would have been proud. The youth enjoyed

telling the locals and other tourists where they are from.

Throughout the trip, the youth pitched in with the cleaning, followed curfew times, encouraged each other, displayed manners, took responsibility for their actions, and showed a sense of pride. They forgot about technology for the most part and enjoyed each others' company; there were lots of laughs. Some of the youth were homesick with this being their first big trip away from home, and it was nice to see the youth help each other through the brief moments of loneliness and sadness. The sense of community from the youth really shone through!

We'd like to thank FMFN for the opportunity to take this trip, and the youth centre staff for their time and energy to make the trip such a success! We are looking forward to next years trip! Planning is already taking place amongst the youth!



Everybody is Welcome!

FORT MCKAY MÉTIS

**DAYS**

**3rd Annual**



**Camping Starts Thursday, July 10 - 13, 2014**  
 Please contact Dwayne Roth for more info 587-646-2545

**Baseball Starts Friday, July 11 - 13, 2014**  
 Please contact Peter Powder for more info 780-263-3001

**Friday July 11th, 2014**



Supper (Berini): 4:30 pm to 5:30 pm  
 Kids Bouncy: 4:30 pm to 8:00 pm

Events: 5:00 pm to 9:00 pm Talent Show, Jiggling Contest

**Texas Holdum (Buy In)**  
**Poker (Old Style)**

Starts at 9:00 pm

Contact John for more info 780-799-9796

Event Prize Payouts				
	18 & up	13-17	8-12	1-7
1)	\$3000	\$1000	\$500	\$100
2)	\$2000	\$500	\$250	\$50
3)	\$1000	\$250	\$150	\$25

**Saturday July 12th, 2014**

Breakfast: 8:00 am to 10:00 am Workshops: 10:30 am - 12:00 am  
 Kids Bouncy: 11:00 am to 5:00 pm Competitions: 11:00 am to 5:00 pm

Events: 1:00 pm to 3:00 pm (Adult to Children)  
 Log Sawing, Egg Toss, Sack Race, 2 Legged Race - Cash Prizes  
 Supper - 4:00 pm to 5:30 pm Beer Gardens - 7:00 pm to 8:30 pm  
 Evening Show - 8:00 pm to 1:30 am Finals in Jiggling - 7:00 pm to 8:30 pm  
 Nicely Put Together - 8:45 pm to 9:45 pm  
 Bad Timing - 10:00pm to 11:30 pm New Horizon - 11:45 pm to 1:30 am

**Square Dancing**

Please contact Susan Quintal for more info  
 (780) 799-0656

	18 & up	13 - 17
1)	\$7000	\$4000
2)	\$5000	\$3000
3)	\$4000	\$2000



**Fiddling**

	18 & up	13 - 17	7-12
1)	\$3000	\$1000	\$500
2)	\$2000	\$500	\$250
3)	\$1000	\$250	\$150

**Sunday July 13th, 2014**

Finals in Baseball



# ON THE RIVER PAYS TRIBUTE TO A FORMER CHIEF

by Russell Thomas (reprinted with permission)

I had run into Rod Hyde, our neighbour and former principal of Fort McKay School, at the grocery store. We had a great conversation, as we always do, then parted ways to do some additional shopping.

He came and found me again a few minutes later and invited me to a special presentation that was happening at the Fort McKay Band hall on Saturday night, May 24.

Ground Zero Productions, out of Edmonton, along with singer/songwriter/storyteller Maria Dunn and the vocal trio Asani were presenting a creative piece called “On The River” in tribute to Dorothy McDonald-Hyde, his late wife and former Chief of the Fort McKay First Nation. She was also the first elected female Aboriginal Chief in Alberta.

The look in Rod’s eyes really said it all for me: this was going to be something special. We decided to make it a family outing, driving 45 minutes to the hamlet, to learn more about this amazing leader and lady who lived out her final years in a house just a few doors down from our own.



**Former Chief Dorothy McDonald-Hyde, ca. early 1980s**

Dorothy served four terms as Chief in the years between 1980 and 1992. According to the event program, during this time, she laid the groundwork to acquire the basic services for the community that they enjoy today, such as water and sewer facilities and fire services.

Set in the stunning and circular Band hall located in the Dorothy McDonald Business Centre, the performance began with a slideshow presentation put together by students of the Fort McKay School in 1977. It was a wonderful step back into history, seeing the community through the eyes of its young people. They shared their love for the traditional ways and the community. They also talked candidly about the encroachment of industry and how it affected their way of life.

Reconciling the past with the future was present through the entire performance in tribute to Dorothy’s leadership, illuminated by interview footage from years ago, and interviews that were conducted over the last three years. She saw that change was going to happen, and she saw it as



**Members of Dorothy’s family with Sherryl Sewepagaham, Sarah Pocklington, Debbie Houle, Don Bouzek, and Maria Dunn after the performance.**



**Debbie Houle, Sherryl Sewepagaham and Sarah Houle of Asani perform with folksinger Maria Dunn at the Community Hall.**

her responsibility to fight for her people so that they could reap the benefits of the enormous (and unstoppable) development that was happening around them.

From blockading the road to prevent the logging trucks from driving dangerously through the community, to facing off against the company lawyers, biologists, and consultants, Dorothy was a force to be reckoned with, a respected and visionary leader. Her planning was instrumental in developing the Fort McKay Group of Companies, which started small, with only a handful of employees and contracts. Today it is a significant operation with about 1,000 employees, depending on the time of year.

Surrounded by stunning paintings by Fred McDonald, embraced by the warmth of the space, we enjoyed an evening of incredible music, an immersion into the history of a community, and gained better understanding of one of their most revered leaders.

I think this is an important Alberta story that deserves to be seen and shared. While it expressed strongly the impact of oil sands development on traditional ways, water and air quality, and various other casualties of trying to survive adjacent to one of the largest construction projects in the world, it does so in a way that is genuine, balanced and personal.

In talking to Don Bouzek, Artistic Director of Ground Zero Productions, the Fort McKay perfor-

mance of “On The River” was the next step in the development of the project.

“We want to make sure that the community is comfortable with how we’ve put this together. Getting their blessing is essential before we share this with a broader audience. This is their story, which we honour and respect.”

The confluence of words, video footage, music and the beating of the drums inspired tears; feelings of anger, respect, love; and a deeper understanding about a place, its people and its history. Thank you to Maria Dunn, Debbie Houle, Sarah Pocklington, and Sherryl Sewepagaham for a magical performance, for sharing your talents and passion. Thank you to Rod and Dayle Hyde, their family and community members, for sharing the story of Dorothy.

Dorothy died at the age of 59 on Remembrance Day 2005. Cecilia Fitzpatrick, her youngest sister said “Dorothy is a legend who will always be remembered...a great warrior, pioneer, founder, Mother, Grandmother, Sister, Daughter, Wife and friend.”

Arts Council Wood Buffalo is a social profit organization that supports and promotes arts activity, development and exploration in the Regional Municipality of Wood Buffalo. You can like us on Facebook ([www.facebook.com/artscouncilwb](http://www.facebook.com/artscouncilwb)) or follow us on Twitter (@artscouncilwb).

Our website is at [www.artscouncilwb.ca](http://www.artscouncilwb.ca).





# ATTENTION STUDENTS: Earn Money While Learning and Having Fun!!!

Are you a student who is looking to earn some extra cash this summer and still have some fun? If so, consider joining the Summer Student Employment Program (SSEP) this year.

The program, which began in the early 1990's was specifically designed for Fort McKay students who are between the ages of 14 to 18, and are planning to continue their secondary education. Its main goal is to prepare the students for future employment.

The SSEP offers work experience, life skill workshops, high school credits, as well as fun activities including day trips.

Most of the work will involve community beautification such as cutting grass, painting, and landscaping. For those interested in office work, there will be opportunities to work within organizations in the area.

There are also workshops included in the program de-

signed to make you more employable. These vary each year and can include Emergency First Aid & CPR certification, Resume Building, Preparing for an Interview, and more.

The best part is that while participating in all of these events, you will get paid. You'll get paid for participating in life skill workshops that will help you reach your goals in the future. You'll get paid while receiving high school credits that will bring you ahead in your education. You get paid while you are having fun with your friends!

The SSEP starts in July and runs until the end of August. To register, you must attend a mandatory orientation on Tuesday, June 24th at the arena. We will only be able to accept the first 30 applicants as there is limited space. You must bring your treaty card, SIN card and health card with you. A guardian must be present during the orientation. If you would like more information or have any questions, please contact the youth centre at 780-828-4462.

## FEDERAL BY-ELECTION MONDAY JUNE 30



**Why:** To replace Member of Parliament who has recently resigned.

**When:** June 30, 7:30 Am to 7:30 PM

**Where:** Polling station is located at the Fort McKay School

**Who can vote:** All permanent residents of Fort McKay who are 18 years of age or older and are Canadian citizens.

**Please bring:** Your driver's license or two pieces of i.d. (one with your address), or the Elections Canada card you received in the mail.

**Advance poll:** You may also vote at the advance poll located at Dr. K. A. Clark School on June 20, 21, or 23 from 12 noon to 8PM



# FEATHER McDONALD: E-LEARNING GRAD

Congratulations to Feather McDonald who finished her Grade 12 through the E-Learning program. She wowed the audience at the Traditional Celebration of Achievement with her 'model' sashay to receive her eagle feather, sweet grass and shell bowl. She aspires to become a renowned tattoo artist and in preparation for the apprenticeship she will take art classes at Keyano College part time and work to save for the big move, either to Edmonton or Vancouver.

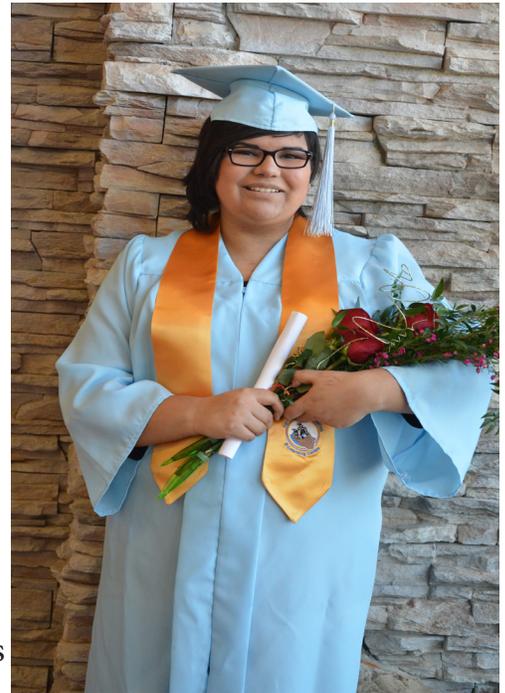
Feather remarkably obtained the magic number of 100 high school credits in 2.5 years. She made her regalia for Fashion studies credits and participated in Paradigm self-esteem, worked in the summer student program and is the second student to complete the Cree 30. Feather is a fancy dancer and is often asked to participate on committees which are concerned with youth issues. Like

her Grandmother, Dorothy McDonald, Feather is concerned about the environment, cultural issues and the general protection of Aboriginal rights.

This year the E-Learning program has finished the year with 10 students; about half are working on advanced diplomas and the other half working on general. Students receive assistance from Ona for general Math, Social, English and for most of the 'elective' specialty courses, while Casey tutors/teaches the advanced Sciences and Math. Evening tutoring has been well utilized with an average of 5 students each evening. It will continue in September.

E-Learning registration begins on Wednesday, August 27th in the classroom. All parents must accompany students to register for courses.

*Story submitted by:  
Ona Fiddler-Berteig*



*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)*

## NOTICE OF CONSTRUCTION Fort McKay Road Construction

Main Fort McKay Road paving will resume on May 25th, 2014. The work is expected to be completed by the end of July.

Motorists are advised to allow extra time for travel and to obey posted signage in construction zones.

For more information, call 780.793.1054 or email [constructionhelpdesk@woodbuffalo.ca](mailto:constructionhelpdesk@woodbuffalo.ca)



# PLANNING FOR COLLEGE



For anyone hoping to pursue post-secondary education, planning is key! Read on for some suggestions and tips for preparing for your college or university education.

**Develop good study habits early on.** People learn differently - figure out how you learn best and modify your study sessions to suit yourself. Ask your teachers and other students for tips and pointers. Different subjects may demand different techniques. For example, to study for math or chemistry, you may want to ask for practice sheets. A class in Social Studies may require you to learn dates of historical events, in which case it may be helpful to learn a mnemonic device, which is a trick to aid your memory.

**Take advanced high school courses.** If you are able, keep your options open by enrolling in the advanced classes starting right in high school. This may save you from upgrading later. However, upgrading is always an option for those who need some extra time preparing, or for those who have other commitments,

such as family.

**Start your planning for college as early as possible!** What is your career goal? Research the careers you are interested in and find out what the qualifications are. This will help you narrow down the right programs and help you determine your education goal. Ask for help! Support is available through Community Employment and Training Officer Charlotte Barnes at 780-828-2433 or through the Steps Forward Office at 780-828-2477.

**Look into your desired program.** Research which universities and colleges offer the program you are interested in. Narrow down your search by the academic reputation of the college, and by region. How far away are you willing to move? How well regarded is the university and its programs? Maclean's Magazine publishes a list ranking Canadian universities every year, available on [macleans.ca](http://macleans.ca). If possible, arrange to visit the campus so you can get a feel for the atmosphere.

**Check out different cities.** Research the cities of the colleges you are interested in. If you don't have a vehicle, make sure the city has a decent transit system. Look into the cost of living by checking out apartment rental ads and the cost of bus passes.

**Consider staying close to home for the first year to ease the transition.** Keyano College has a number of trades, diploma, and university programs which may be transferrable to other colleges and universities.

**Prepare a budget for yourself.** Consider travel and moving expenses, the cost of textbooks, and school supplies. If you are planning to move into an apartment, think about any furnishings and housewares you may need. Plan your monthly living expenses, i.e. rent, groceries, transportation, utilities, entertainment, etc.

**Apply for scholarships and bursaries!** Every student should apply for all the bursaries and scholarships that they may qualify for. Lists of scholarships available to First Nations and Métis



# PLANNING FOR COLLEGE (cont'd)

people are available online, and through college student centres.

**Be aware of deadlines.** Thinking about going to school in September? Prepare and send out your college applications in the spring – the earlier, the better. For example, the application for the Fall Semester at the University of Alberta is due May 1st. Send out applications to all the colleges you would consider attending. Sometimes we don't get accepted into our first choice college, but this shouldn't dissuade you from your education goals.

**Apply for funding.** Band members should make an appointment to talk to Athabasca Tribal Council (ATC) Education and Charlotte at the band office to learn about how to apply for funding, and what kind of funding is offered. ATC can only fund a limited number of students, so apply early! Every year, ATC's application deadline is mid-June. Call 780-791-6538 to make an appointment at ATC. Métis students in Alberta may apply for funding through the Métis Nation of Alberta (<http://www.albertaMétis.com/services/education.aspx>), or through their Métis Local. Non-status community members should look into student loans (<http://studentaid.alberta.ca/>).

**Work and save your money.** Don't rely 100% on your funding! The funding you receive is often not enough to live on every month, and must be supplement-

ed with your savings. Fort McKay band members should consider putting away at least a portion of your PCDs for their future opportunities. Consider staying in the students' residence at your college or university. Often, the residence is conveniently located on campus, and the costs are usually lower than living in an apartment. Student residence also offers students the opportunities to socialize and make friends.

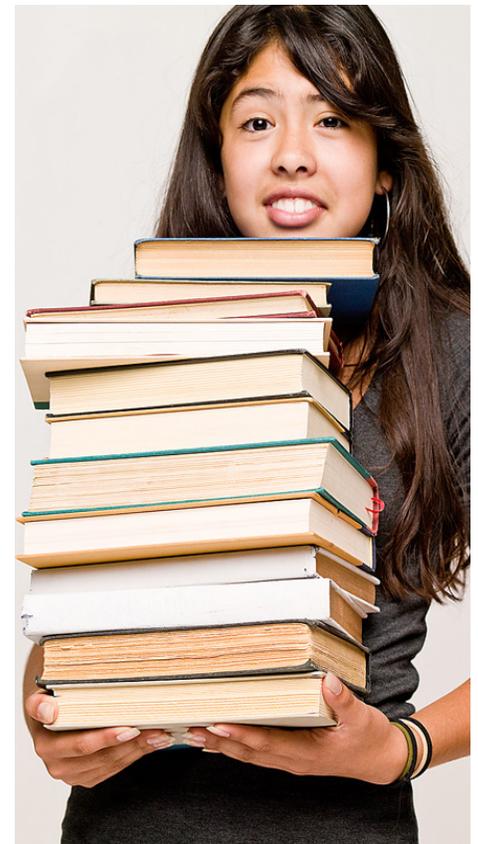
**Don't forget to register!** Once you receive your letter of acceptance, follow the instructions to learn how to register as a student. You will also be required to create a timetable of classes. Smaller colleges and universities may provide you with a complete timetable, but students at larger universities often have to register themselves into classes, usually online.

**Expect some stress.** Prepare for loneliness and have a support system to rely on. Leaving home for the first time can be stressful on its own. Adding in classes, studying, essays, and exams can make life seem pretty hard and lonely. Many colleges and universities have counselling services, and many now offer Native Student services and Native Student Associations. Take advantage of the support systems available to you.

**Keep an open mind.** Don't be afraid to try new things! While most people go to university or

college to reach a career goal, don't underestimate the value of the college experience. College is a time to meet new people from all walks of life, learn and discuss new concepts, and gain valuable life experience. It is a time to challenge our own beliefs, to grow and develop our minds. Education and lifelong learning help us to become the best versions of ourselves.

*"There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning."* Jiddu Krishnamurti



# SMOKE SIGNALS

## RECREATION

### **Mondays**

12-1pm Work Out  
3:15-4:15pm Play on! Practice U7 and U9  
4:30-5:30pm Play on! Practice (Under 13)  
7-9pm Volleyball (18yrs+) \*last day is June 18th

### **Tuesdays**

12-1pm Yoga  
3:15-4:14pm Girls Afterschool (8-12 yrs.) at the school gym

### **Wednesdays**

11-11:45am Mini chef (3-5 yrs.) at the Wellness Centre. Kids must be potty trained. Drop in program (June 11, 18, 25)  
7-9pm Volleyball (18yrs+) \*last day is June 18th

### **Thursdays**

12-1pm W.O.

### **Fridays**

12-1pm Yoga  
**June 6th Olympics Day** (Fort McKay School)

**June 13th Relay for Life**

**June 14th Play on! Tournament**

**June 21st Golf clinics by PGA** professionals 6-15yrs old @ mac island (registration is mandatory only 20 open spots)

**June 19th-22nd Treaty Days**

## WELLNESS CENTRE

**780-828-4312**

### **Mondays**

Afterschool Activities 3-5  
Supper Program 5-6 pm  
Hiking/Walking Club (ages 10+)  
6:00 – 8:00 pm

### **Tuesdays**

Afterschool Activities 3-5 pm  
Supper Program 5-6 pm  
Traditional Dance (only dancers)  
5:30 pm to 7:00 pm  
Floor/road Hockey (ages 9+)  
6:00 pm to 8:00pm

### **Wednesdays**

Afterschool Activities 3-5 pm  
Supper Program 5-6 pm  
Kickball (Ages 9+)  
6:00 – 8:00 pm -only June 11,25

### **Thursdays**

Afterschool Activities 3-5  
Supper Program 5-6 pm  
Man Tracker (Ages 10+) 6 – 8pm

**\*Closed June 19th at 4pm for**

**Treaty Days**

**Fridays**

EARLY DISMISSAL (June 6&13)  
Afterschool Activities 2-4:30 pm  
Supper Program 4:30-5:30 pm  
Teen Night (JUNE 6)  
Ages 10 and up  
Bus leaves at 5:30  
Bus Returns at 10:00 PM  
\*\*Kids under 10 MUST be picked up by 5:15  
Pre Teen Night (June 13)  
Ages 6 to 9  
Bus leaves at 5:30  
Bus Returns at 10:00 PM

Treaty Days Kids Bike Decorating Evening: Wednesday, June 18th from 6:00 PM to 8:00 PM.  
Bring your bike, register for the Kids Bike Parade and the Wellness Center Staff will help you decorate your bike for the parade on June 20th!

The Wellness Center will be CLOSED the following days:  
June 19th @ 4pm for Treaty Days and June 20th  
Friday, June 27th for Trip Preparation  
Annual Youth Cultural Excursion will take place from Monday, June 30th to Sunday, July 6th, 2014. During this time, the Wellness Center will be CLOSED  
We will re-open on Wednesday, July 9th for our FIRST DAY OR SUMMER CAMP!

Summer Camp runs Monday to Friday from 8:30 AM to 4:30 PM for the months of July and August.  
Summer Camp is available free of charge to all children ages 6-13 (and those who have completed ECS). A Brochure and camp schedule is available at the Fort McKay Wellness Center during operating hours. Call 780-828-4312 for more information or to register your child.

## MOOSE HIDE TANNING

**Please keep raw moose hides to donate for cultural purposes. Call Becky at 587-644-1134.**

## 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 Thursday**

Physiotherapy Dr. Taiwo  
In take: June 23-26  
Check Release June 27  
Food Bank contact Lisa.  
June 13 **Relay for Life** (12 hour walk at Casman Centre in Fort McMurray)

**Safe Food Handling Course:** June 17 & 18 . FREE! Must be registered in advance.

Call Belinda for more information 780-828-2455.

June 25 **ECS Grad, and Awards**

**Day** 10 am at the school  
June 26 Last day of school  
June 28 **Tar Sands Healing Walk** 2014- Please call Belinda for more information

July 3 **Car Seat Safety Check-** bring your manual and car seat. Health Centre Parking lot. Door Prizes. Call Belinda for more details

\*\*Health will be closed June 30th and July 1st.

