

Litter around Drum Lake angers Sahtu residents Sahtu MLA Norman Yakeleya is asking the territotical govern

is asking the territotiral government to help clean up piles of industrial waste on land sacred to the Mountain Dene. See page 6.



Fall Fair returns to Hay River with great turnout

Over 1,000 people took in the sights of Hay River's Fall Fair this past weekend, back after a one-year hiatus and full of various arts and crafts. See page 11.



NWT nurse 'conquers the crater' in Iceland

Leah MacDonald of Fort Smith joined Canada's Team Diabetes as the only NWT participant in the 2013 Reykjavik Marathon. See page 18.



Caribou Legs hits the road for 720-km run

Brad "Caribou Legs" Firth, originally of Inuvik, kicked off his long journey via foot from Fort Smith to Yellow-knife last week. *See page 19*.





Ethan Gillis, 7, gets some help from his grandfather Louie Beaulieu (left) and rangemaster Tony Vermillion, a renewable resources officer with Environment and Natural Resources, last Tuesday during the annual "Sight in Your Rifle" event at the Fort Smith shooting range. See page 9 for more.

Minister to investigate 'secret' frac fluids Group pushes for inquiry under Environmental Rights Act

By MEAGAN WOHLBERG

The new NWT chapter of the Council of Canadians is demanding Environment and Natural Resources (ENR) Minister Michael Miltenberger launch an investigation immediately into what chemical agents are being used in the territory's sole fracking project.

Peter Redvers and Lois Little, co-chairs of the NWT Council chapter, addressed a request to Miltenberger last Tuesday citing the Environmental Rights Act, which permits any two NWT residents to call on the minister to carry out an inquiry into matters that violate protection of the environment and public trust.

Miltenberger is obligated to look into the matter and respond within 90 days.

The two Yellowknife residents argue that allowances made in the water license issued to ConocoPhillips to frack two wells near Tulita, which permit the company to refrain from naming chemicals considered

"trade secrets," are violations of public safety and the environment.

"We believe that because the issue of fracking and, particularly, fracking fluids and how they're used, where they end up and what they're made of is of interest to all citizens," Redvers told *The Journal* last week.

ConocoPhillips' five-year exploratory drilling program, given the green light in June, marks the first time horizontal hydraulic fracturing - an unconventional and controversial petroleum extraction process - has been approved in the territory.

While the water license requires that ConocoPhillips disclose the list of chemicals it uses for each frac, a recent investigation by the *Northern Journal* revealed a lack of information listed on the required Material Safety Data Sheets (MSDS) and online chemical disclosure sites for each product used in the process, some of which related back to proprietary rights retained by the company.

Missing information included Chemical Abstracts Service (CAS) registry numbers, known health effects, and both the names and quantities of each additive present in chemical solutions, which are often listed instead by brand name or generic use.

Redvers said secrecy in the case of fracking is a risk to both public health and the environment, and signals that the oil and gas industry receives "special treatment" compared to other industrial sectors.

See Trade secrets on page 3.



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NEWS BRIEFS

Fort McKay First Nation seeks to appeal Dover oilsands project

The Fort McKay First Nation is seeking permission to appeal approval of the Athabasca Oil Corp.'s Dover oilsands project near its Moose Lake reserve. The Alberta Energy Regulator approved the project on Aug. 6. Athabasca expects that submissions relating to this application will be pursued over the next two months. The First Nation disputed the project during a hearing last spring, arguing for a 20-km buffer zone around Moose Lake. The regulatory panel rejected that stance, ruling that excluding reserves as part of a buffer zone would be economically detrimental to the province and municipality and not in the public interest.

Standing committee reviewing Bill 24

The NWT Legislative Assembly's Standing Committee on Government Operations, chaired by Deh Cho MLA Michael Nadli, has begun reviewing Bill 24, An Act to Amend the Liquor Act. They are inviting the public to provide input during a series of public hearings. Sahtu MLA Norman Yakeleya brought forth the bill, which received second reading on June 6, to help combat the escalating problem of alcohol abuse and its link to violence in the Sahtu. Tuesday's hearing takes place in Fort Good Hope at the community hall at 7:00 p.m. The bill can be read online at www.assembly.gov.nt.ca.

Teen found dead near Norman Wells

A teenage boy is dead after a canoeing accident on Jackfish Lake Friday night near Norman Wells. He was found dead in the lake Saturday afternoon around 1:15 p.m. after he was reported missing Friday night, RCMP said. Two teenage males were reported to have been in the canoe when it tipped around 11:00 p.m. on Friday. One boy swam to shore. RCMP have not released the name of the deceased.



K'atl'odeeche First Nation Chief Roy Fabian (right) is joined by GNWT Health and Social Services Minister Tom Beaulieu to open the Anne Buggins Wellness Centre on the Hay River Reserve on Thursday.

Health & Wellness Facilities

Wellness moves closer to home with new Hay River Reserve health centre

By SCOTT CLOUTHIER

Residents of the K'atl'odeeche First Nation (KFN) will soon be able to receive medical services much closer to home thanks to the completion of a new facility on the Hay River Reserve.

Health and Social Services Minister Tom Beaulieu joined KFN Chief Roy Fabian and other dignitaries to officially open the Anne Buggins Wellness Centre on Thursday.

Once operational, the centre will utilize staff and resources from the Hay River Health and Social Services Authority (HRHSSA) to bring medical care closer to residents of the reserve.

Beaulieu said the purpose of the facility is to improve access to health services for people on the reserve by providing them closer to home.

"This is an important piece of infrastructure," Beaulieu said in a speech to those in attendance for the opening. "We're trying to provide services closer to the people."

Fabian spoke about the sense of pride he felt at seeing the centre – nearly a decade in the making – finally completed. He called on the young people in his community to take advantage of the opportunity to grow up healthy.

"We really need something like this to help remind us how important (health and wellness) is, not only in terms of physical health but also in terms of spiritual, emotional and mental wellbeing," he said.

Anne Buggins was a well-respected elder on the reserve who passed away in 2004. Fabian called her a spiritual leader and recounted how she encouraged those around her to live a healthy life.

"(She) always reminded us how important it is to

maintain your spiritual wellbeing," he said.

HRHSSA CEO Al Woods said the wellness centre provides an exciting opportunity for his organization to be able to provide better service to those on the reserve.

"This facility is going to give us the opportunity to provide those services out there," Woods told *The*

Since most of those who would visit the new wellness centre are already clients of HRHSSA, Woods said using Hay River staff to operate the centre is a natural move.

"We're able to do this because we're doing it here already."

The new wellness centre won't mean new jobs within

We really need something like this to help remind us how important (health and wellness) is, not only in terms of physical health but also in terms of spiritual, emotional and mental wellbeing.

Chief Roy Fabian K'atl'odeeche First Nation

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Journal. "If we can take the services to the clients, it's much easier for the client."

While the Hay River Reserve falls under the jurisdiction of the Deh Cho Health and Services Authority, residents typically avail themselves of the health services located in the town of Hay River.

Woods said despite the relative proximity of the reserve to the town, it can still be a burden for residents of the reserve to travel into town for appointments. Those who can't drive are dependent on getting rides from friends or paying taxi fares. These challenges often lead to no-shows for scheduled appointments.

"There's a lot of hardship for them," he said.

HRHSSA, Woods said, but will utilize existing staff on a rotational basis. Professionals in the public health, community counselling and social services departments will take turns staffing the facility.

"The cost to us will just be some minor transportation costs," he added.

The facility is located next to the Chief Lamalice Recreation Complex on the reserve.

Also in attendance for the opening were Deh Cho MLA Michael Nadli, Health and Social Services deputy minister Sue Cullen and Jim Antoine, who serves as public administrator for Deh Cho Health and Social Services.

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Tlicho, Akaitcho look to airport scanners to thwart black market bootlegging

By JOSH LONG

Fly-in communities in the Tlicho and Akaitcho could be working together to put a damper on bootlegging through an airport scanner for Air Tindi flights, starting this fall with Lutsel K'e.

"I don't think Lutsel K'e is any different in how it's affected than any other small communities," said Lutsel K'e RCMP Cpl. Jesse Gilbert, currently working with Lutsel K'e Dene First Nation (LKDFN) on the project.

"That said, they do have a unique opportunity being that it's a fly-in community without road access."

Though the airport scanner wouldn't cover all avenues to the dry community, as Great Slave Lake makes it accessible by boat during the summer and snowmobile during winter, Gilbert said freeze-up and break-up limit the community to air travel, presenting an opportunity to stem the tide of bootlegging.

That's why they're trying to beat break-up and get the scanner in place by Oct. 1.

The LKDFN senior administrative officer working with



Air Tindi loads up passengers on the runway in Whati. Tlicho chiefs along with the Lutsel K'e Dene First Nation are looking to have the company install a scanner to prevent bootleggers from bringing in alcohol illegally.

Gilbert on the project said the scanner will hopefully address an ongoing issue in the community.

"I've been in Lutsel K'e now for just under a year," Graeme Drew said. "I've been to over 40 public meetings and at almost every - if not every - public meeting, the issue of alcohol and its abuse in the community comes up."

That rings true for former resident Elizabeth Boucher, currently a contract employee at the LKDFN band office, who flies to the community for work from her home in Kelowna, BC.

"I've moved away from Lutsel K'e. I made that choice to move away from the community because I wanted a better life for myself," Boucher said. "And in the past six years, coming and going out of Lutsel K'e, I've noticed a big difference with alcoholism. I can see it's gotten worse."

Other Northern fly-in communities would be able to make

I've been to over 40 public meetings and at almost every - if not every - public meeting, the issue of alcohol and its abuse in the community comes up.

Graeme Drew Lutsel K'e Dene First Nation

use of the scanners, as well, said Drew, who recently petitioned a room full of Tlicho chiefs and councillors to share the costs.

"We're thinking it's about \$200,000 for a one-year pilot," he told *The Journal*. "That's a combination of about \$60,000 for the scanner itself, including shipping and installation and setup, and then the balance is to retain the security company and to support the cost of ground staff at Air Tindi."

The proposal is to split that cost four ways among Lutsel K'e, Whati, Gameti and Wekweeti.

"I want to support this, because last year in this community there was an accident," said Wekweeti Chief Johnny Arrowmaker, referring to an alcohol death involving a woman in her twenties.

"Right from the start, I was there, because before I became the chief in the community I was employed also as a volunteer fire chief. So when the accident happened, I was there all the way, even supporting the RCMP. You see something like that (happen) to a community member, it affects the whole community."

It's difficult to say how much liquor the black market brings, but Gilbert said they might be able to gauge their success by measuring other crime statistics.

"The hope is that you could reduce the other crimes that are committed like domestic violence," he said.

Environment Fracking

'Trade secrets unnecessary'

Continued from page 1.

"As for any question with poison, the question is always what did they ingest? If that's secret, that creates real problems," Redvers said. "The other part of it is if there's a spill from any one of the tanker trucks, etc., how do you respond to that if treatment is required? How do you know what's gone into the water and how do you track how far it's gone - how do you monitor it? That's the same with what's gone into the fracking wells and doesn't come back up - well how can you do long-term monitoring (if you don't know) what you're monitoring for? You need to know the chemical signature of the contaminant."

The Council is putting the onus on Miltenberger to investigate the chemical composition of all fracking chemicals, as well as concerns with the MSDS sheets and the legality of proprietary rights, in general.

"One aspect of that investigation that we hope might occur would be to determine whether or not fracking fluids, in fact, deserve proprietary protection. Why would they be a trade secret if, in fact, the knowledge and use is ubiquitous throughout the industry?" Redvers asked. "The whole industry is using the same

or very similar types of material by all accounts...very successfully. So how can any one formula give the competitor advantage when everyone else is doing the same thing with the same results?"

Miltenberger told *The Journal* he will issue a response to the request within the mandated time frame, but said he first needs to look into how the aging Environmental Rights Act might interact with existing regulation.

"This act was written in 1988, so about 25 years ago. Subsequent to that, of course, we have the legislation that we're currently operating under, the Mackenzie Valley Resource Management Act (MVRMA). We have to look at the linkage between those two pieces of legislation and how they relate to each other," considering the ConocoPhillips project was recently approved by a board legislated by the MVRMA, he said.

That being said, Miltenberger said he will also look into the concerns around public safety and the environment raised by the Council.

"I'm going to look at all the relevant facts and information, lay out some of the legal considerations that I need to check out...and talk to the appropriate folks to do all the things we need to make the most informed response possible as the minister responsible," he said.

The GNWT is currently in the process of formulating its own list of best practices meant to guide regulators in assessing fracking projects in the territory, for which no specific regulations currently exist. Right now, the National Energy Board is responsible for fracking in the NWT with the land and water boards.

Those guidelines, expected to be completed in the coming months, would not be legally binding, and the environmental review board would have discretion over whether or not to enforce them as mitigative measures.

Still, Miltenberger said the GNWT expects the guidelines to be taken seriously.

"The regulators have the regulatory authority, but we as the government will be standing on our political and moral authority and our ability to influence processes as we put our document on unconventional hydraulic fracturing out for the regulators and everybody to know and see, including industry and all citizens, what our expectations are as a government," he said.



The Town of Fort Smith

Annual Fall Clean-up September 23–28, 2013

The Town of Fort Smith

will be running a fall clean-up from September 23–28, 2013 with a hazardous waste round-up on Saturday, September 28 at the Rec Centre parking lot from 10:00 a.m.–4:00 p.m.

Tipping fees at the landfill site will be waived for household items during this time.

A \$40 fee is required similar to what we did in the spring.

There will also be a backyard composter sale at the rec. centre on that day during the same hours.



Visit the Journal online at www.norj.ca

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Prices include GST. \$47.25 in Fort Smith; \$52.50 elsewhere in Canada; \$105 in the USA; overseas \$164.30.

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The Northern Journal welcomes letters to the editor. Letters must be signed and include a phone number so the author can be verified. Names will be withheld on request in special circumstances where the reasons are determined to be valid. The Journal reserves the right to edit letters for length, libel, clarity and taste. Opinions expressed in letters and columns are not necessarily those of the publisher or editor.







The Northern Journal is available in the following NWT communities:

Behchoko Fort Simpson Colville Lake Fort Smith Gameti Ekatie Diamond Mines Inuvik Jean Marie River Enterprise Fort Good Hope Nahanni Butte Fort McPh Norman Wells Fort Providence

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NWT tourism marketing misses target

The Labour Day long weekend signaled the end of a lovely summer and also the finish to the NWT tourism season. No more of those big RV rigs rolling through town. No more visitors, curious about what it's like,

Oh, but wait. Maybe your community did not have that many visitors. If you do not live in Yellowknife, that was probably the case. These days, Yellowknife is where they all want to go.

The NWT's number three industry, after government and resource development, benefits Yellowknife almost exclusively. The other 33 communities in the territory, pretty much all of whom badly need a stable long term economy, get short shrift.

There are three reasons for that:

1. Yellowknife is a cool place, with character, and lots to see and do, plus, yes, the mystique of gold and diamonds;

2. Yellowknife has a sophisticated visitor offering including a well-developed welcoming program, a robust hospitality sector and outfitters and guides offering a variety of programs;

3. NWT tourism marketing benefits Yellowknife and does little for any other community.

The tourism market is highly competitive. There are so many amazing places in the world to see. Draws like tropical white sand beaches with warm, clear azure waters are what most people want. The rest, the ones the NWT hopes to attract, want to explore, experience local character and do interesting things. Whichever place appeals best to that adventuresome spirit, wins.

Newfoundland produced an excellent marketing campaign. "The Rock" has a great deal to portray - scenic beauty, unique character, history, tradition and lots to see and do. Oh, and the people - those amazing wonderful, friendly people - are a main aspect of the ads. So well done they are, you are compelled to go there to visit. Good marketing should inspire exactly that.

Other provinces felt they too needed a showcase, and so came the copies. The one from Nova Scotia is almost as good. Ontario's had a lot going on. The NWT pitched "spectacular, almost spiritual." All of them are flashy with exciting feel-good images in a context of the iconic wonders each place has to offer. None were as good as Newfoundland's.

Alberta Tourism's recently released "Don't Forget to Breathe" campaign misses entirely - an ad campaign that appeals to ad agencies, not potential visitors. A cowboy on a horse galloping rapidly - a dramatic image, yes, but someone talking to a friendly cowboy on his horse would be better. Kite-boarders on a glacial lake in front of a mountain lodge? Amazing, but how many people can ever hope to do something like that? Images of Alberta that are spectacular are shown, but there is no connection to individual Albertans - people of character who invite you to check out their special slice of life.

The Newfoundland ads offer up iconic images in a way that appeals to a number of different types of people and, importantly, there are always local, friendly people involved.

Check out the NWT tourism advertising. Spectacular natural scenery, mainly the South Nahanni River valley, images of the always featured aurora borealis and a glimpse of Aboriginal culture - all are iconic and flashy. Much of what is presented is not readily accessible. There are few, if any,

local connections. Anyone "turned on" by what they see who decides to come North is drawn to Yellowknife. From the marketing, there is little else "up there" to see, unless a Nahanni River trip is planned.

Last year, Northern Journal did an informal survey of visitation to different NWT communities. The summer of 2012 was a tourism failure everywhere but Yellowknife. Numbers were down in Inuvik, Fort Simpson, Fort Liard, Fort Smith and even Hay River. Yellowknife tourism, on the other hand, boomed, and not just in summer. Visitors come there year round. We also found that the YK visitor centre was by far the best organized, with knowledgeable staff and the most comprehensive data. Tourism is succeeding there for good reason.

Most other NWT communities have little visitor programming. For example, Fort Simpson and Fort Smith have minimal local offerings and rely on the local national park offices for visitor information services. That is a far cry from two decades ago when many more communities had a sophisticated visitor welcoming program and five times as many visitors were showing up. This year, Hay River had close to 1,200 sign in at the visitor centre. Fort Smith numbers were similar. In the past, those communities welcomed close to 5,000 visitors each summer.

We think the spectacular beauty of the NWT is its second best asset. The first selling point should be the people. Northerners are special. Anyone planning their next trip who may come here should know about that. There is potential for more than Yellowknife to be a tourism success story. A personal invitation from individual Northerners should be the message.



Two bison face off in a brawl as Inuvik-born Brad "Caribou Legs" Firth kicks off his 720-km run from Fort Smith to Yellowknife on Highway 5 last Thursday. Firth's foot can be seen behind the buffalo on the left. He said he planned to take 10 days to complete the lengthy jog.

ARCHIVES

15 Years Ago...

Environment meeting

The Canadian Council of Ministers of the Environment, representing environment ministers from each of the provinces, territories and the federal government, will meet in Inuvik, Northwest Territories on Sept. 10 and 11.

The main topics for consideration and action by ministers will be climate change, acid rain and other air issues.

Issue: September 9, 1998

20 Years Ago...

NWT taken for a ride at pumps

The Northwest Territories still ranks the most expensive in regular unleaded gasoline prices across Canada.

Prices in Yellowknife are 66.9 cents per litre, while Hay River posts prices ranging from 59.2 cents to 59.7 cents per litre. Fort Smith's prices are quite a bit higher, ranging from 67.9 to 69.9 cents per litre for full service, making them some of the highest in the country.

Issue: September 8, 1993

30 Years Ago...

Scrap joint venture

Dene presidential candidate Elsie Casaway wants the Dene Nation to pull out of a joint drilling venture with the NWT Métis Association and Esso Resources.

She says more time is needed to consider the implications it has on land claims settlement.

Issue: September 8, 1983



FASD is preventable

Sept. 9 is International FASD Awareness Day

International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day takes place annually on Sept. 9.

The purpose of this day is to raise awareness of the importance of pregnant women abstaining from drinking alcoholic beverages.

FASD is an umbrella term used to describe the disabilities a person with FASD may face. The range and severity of disabilities may vary greatly from person to person. These disabilities may include physical birth defects, developmental delays, learning disabilities, memory problems, and difficulty communicating

feelings and understanding consequences.

FASD affects all Albertans, either directly or indirectly. Individuals with FASD often need a lifetime of support with addictions and mental health counselling, housing, education, social services, justice and family support. As FASD is a permanent disorder, the cost to support a single person with FASD can be up to \$1.8 million over their lifetime.

FASD is a preventable disorder. Here are some ways you can help prevent it:

• Remember that alcohol and pregnancy don't mix. Drinking alcohol at any point

during pregnancy can harm the baby and cause FASD.

- If you drink alcohol and are sexually active, make sure to use contraception.
- Some women need support and treatment to help them stop drinking alcohol during pregnancy. If you are pregnant, or may become pregnant, talk to a health care provider or ask for help to learn more about support services in your area.
- Friends and family members can support a pregnant woman by asking how they can help her make healthy choices for her and the baby.

In Alberta, there are 12

regional FASD networks that promote prevention of FASD and provide support and services to people living with FASD, as well as their caregivers. These networks also provide community based assessment and diagnosis.

To find contact information for the nearest FASD network to you please visit www.fasd. alberta.ca or call 1-877-644-9992. You can also visit My-Health.Alberta.ca for more information regarding Fetal Alcohol Spectrum Disorder.

Garett Richardson Health Promotion Facilitator Alberta Health Services

FACEBOOK FEEDBACK

Northern Journal 2013

Film and television enthusiasts in the NWT let out a collective groan last week upon hearing the announcement that the next episode of CBC TV series Arctic Air would be shot in Manitoba rather than in Yellowknife where it's set and has been filmed previously.



Still not enough support for the NWT film: local producers



Mike Richard Mercredi: thats not good sad to hear so next year I will turn the tv off when it comes on hi hi



Paul Boucher: good bye Arctic Air...the north always left out of the rest of Canada.



High

Jeryl Jaque: Manitoba Air !!?

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Forecast

11 6 Saturday 14 6 High Low

Low

Norms: 9°C and 1°C Norms: 11°C and 5°C

High

Low

Hay River Fort Smith Wednesday

20 High Low 20 8 Low 212 Low High Low 12 Low 24 High Low 24 Low 24 Low 24 Low 24 Low 25 Low 26 Low 26 Low 26 Low 26 Low 27 Low 2

Friday 14 8 Low Saturday Saturday

Low

Norms: 14°C and 5°C Norms: 14°C and 3°C

Sept. 10 - Suicide Prevention Day

If a young person in your life was feeling suicidal, would you know the warning signs?

In Canada, suicide is one of the leading causes of death among 15 to 24 year olds, second only to accidents. Tuesday, Sept. 10 is World Suicide Prevention Day, and Kids Help Phone wants to help parents and guardians everywhere to gain a better understanding of youth suicide and open up the lines of communication at home.

"It's not always easy to recognize suicidal thoughts in others," said Cheryl-Lynn, a professional counsellor at Kids Help Phone. "There are assumptions out there that the warning signs are obvious, or that suicide only affects people with pronounced mental health disorders or addictions. But the reality is that suicide can affect anyone, including youth, and the signs are not always easy to see."

Six per cent of the calls and online contacts that Kids Help Phone receives from young people relate to suicide.

"We know that young people often confide in each other before turning to anyone else," Cheryl-Lynn said, "but kids can't be expected to know what to do if a friend is suicidal. That's why it's important that they have other supports they can turn to, like parents, teachers, guidance counsellors and Kids Help Phone."

Suicidal thinking in others is not always obvious. There are some warning signs that may indicate a child is at risk. Talking to a young person about suicide can be difficult. For a parent, knowing that a child is dealing with thoughts of suicide can be incredibly difficult. Parents often feel as if they may be judged or that they are at fault

when their kids are suffering.

- Do not let fear or discomfort stop you from opening up the conversation. Visit *kidshelp-phone.ca* with your child and look at the expert-vetted information about suicide available there.
- Stay supportive by letting your child do the talking. Avoid interrupting or expressing disappointment. Keep in mind that young people are also very sensitive to body language and facial expressions.
- If you suspect a young person in your life is in extreme emotional distress or dealing with thoughts of suicide, it is really important to speak to them directly and immediately about it. It's not an easy conversation to have, but can help your child feel less alone and make it easier for them to know about the support and assistance available and to accept support and assistance. If you think your child might be in immediate danger, take them to emergency services right away.
- Discovering and hearing that a friend is suicidal is very stressful for a young person. Remind the young person in your life that they are doing the right thing in seeking help for their friend, and encourage them to get support for themselves as well calling Kids Help Phone at 1-800-668-6868 is a great way to do so.

Kids Help Phone

THE NORTHERN JOURNAL'S

Unaswered Question of the Week



THE TOPIC

Regarding the \$100,000 the Town of Hay River recently allocated to upgrades for the trail system. The town had originally budgeted for \$100,000 to go to the trails, which would be matched by the Trans Canada Trail Foundation. The foundation recently made it known that it could actually donate up to \$207,000 to the town, if they could match that new figure - a total of \$414,000 would then be invested in trail upgrades. They decided to stick to the original budget plan.



THE JOURNAL'S QUESTION

(posed to Ian Frankton, the town's new director of recreation and community services):

Could you tell me what will be left out from the trail upgrading process, due to the town deciding to go with the original plan and a total of \$200,000 being invested into upgrades compared to what would have taken place with the possible \$414,000?



THE ANSWER

"Not at this point."



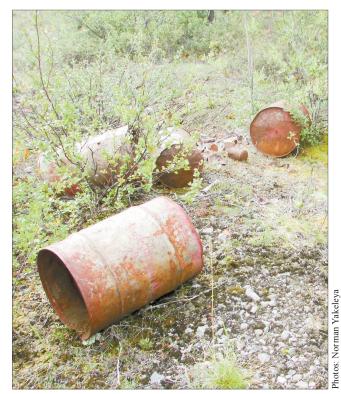


High

High

Low





Garbage piled up throughout an area near Drum Lake in the Sahtu region of the NWT has been upsetting residents for decades since it was abandoned by an unidentified oil company in the 1960s.

Environment Waste Sites

Abandoned industrial waste angers Sahtu residents

By MEAGAN WOHLBERG

Sahtu residents are raising concerns about the piles of rusty cans, barrels and scrap metal littering the ground near Drum Lake, an area considered sacred to the Mountain Dene of the region.

Dumped there in the 1960s by an unidentified oil company, the garbage - stretching nearly 300 m across the landscape - remains not only an eyesore for people visiting the lake, located about 120 km southwest of Tulita, but a mark of deep disrespect for the land and the people.

"I looked at it and my heart just about started crying when I saw that. That's a beautiful area and somebody had a total lack of respect," said Sahtu MLA Norman Yakeleya, who visited the site he calls "the heart of the Mountain Dene territory" last month with Tulita Chief Frank Andrew, Mayor Danny Yakeleya and Edward MacCauley of the Tulita Land Corp. after residents complained the waste had still not been cleaned up despite decades of requests.

"It's a spiritual place; it's a sacred place. It's very significant to the culture of the Mountain Dene," Yakeleya told *The Journal*. "It's like going to St. Peter's Square in Rome and just throwing your garbage there. There's no respect for the significance of that area

- it's a very powerful spiritual place," he said. "You don't go into somebody's house and leave your garbage there. It just doesn't look right."

I looked at it and my heart just about started crying when I saw that. That's a beautiful area and somebody had a total

to task.

Sahtu MLA Norman Yakeleya

Yakeleya said numerous complaints have been made by chiefs and other leaders in the region over the years, but that the federal government

lack of respect.

Natural Resources Minister Michael Miltenberger to do something to clean up the area, hopefully by next summer.

has done nothing to take the

company, which Yakeleya

could not name for certain,

The MLA is now asking

territorial Environment and

Twin otter planes would likely have to be brought in to carry out the loads of garbage, which Yakeleya estimates would easily require two or three flights.

Owners of the Drum Lake Lodge, a tourism outfit, told Yakeleya they also found garbage on that site and had to clean it up on their own.

Miltenberger told *The Journal* the department will look into the complaint to see if the garbage is new or already on the government's long list of waste sites, currently totalling around 1,500.

Whereas more significant cleanup projects like Giant Mine will remain a federal responsibility after devolution, Miltenberger said a lot of the waste sites are coming

over to the GNWT to deal with, either as of Apr. 1, 2014 or within the next five years.

He indicated the territorial government has a "very modest" amount of funding allocated for remediation, and that cleanup projects are prioritized based on how immediate the concern is, with large and extreme projects like abandoned mines at the fore

"We have to look at this one...It's not like we're going to write them a cheque and have the crews out there tomorrow," Miltenberger said. "We got his concern, so now we get all the facts, get all the information, and let's see... There's a number of questions to answer."



Application process suspended indefinitely regarding the proposed 240-kV transmission system development west and northwest of Fort McMurray

Fifth Avenue Place Fourth Floor, 425 First Street S.W. Calgary, Alberta T2P 3L8 Canada

Application nos. 1609645 and 1609649 were filed by the Alberta Electric System Operator (AESO) and ATCO Electric Ltd. respectively for approval of the need and facilities related to electrical transmission development west and northwest of Fort McMurray area.

The notice of application issued on August 15, 2013, indicated that the applications would be considered as combined applications in **Proceeding ID No. 2636**.

As new information relating to Application No. 1609645 is being reviewed by the AESO, Proceeding ID No. 2636 has been suspended until further notice. If this suspension is lifted a new notice will be issued and potentially affected parties will have an opportunity to submit objections, concerns about or support for any of the applications considered in the proceeding.

If you have any questions about AUC procedures please contact Annie Chen at 403-592-4465 or email annie.chen@auc.ab.ca.

Follow the AUC on Twitter and Facebook.





The Alberta Utilities Commission is an independent, quasi-judicial regulatory body responsible for making decisions about utility-related applications.

www.auc.ab.ca

Issued on September 5, 2013.

Douglas A. Larder, QC, General Counsel

Feds get involved with bitumen leaks near Cold Lake

Cold Lake First Nations report two additional leaks

By RENÉE FRANCOEUR

Environment Canada has launched an investigation of its own into ongoing bitumen leaks at an oilsands site around the Cold Lake area of northeastern Alberta, nearly four months after the first spill was detected.

Federal officials remain tight lipped, however, as to why they are taking a deeper look alongside two ongoing investigations by Alberta's Environment and Sustainable Resource Development (ESRD) department and Canadian Natural Resources Ltd. (CNRL), the company running the operation on the Cold Lake Air Weapons Range, traditional Treaty No. 6 territory belonging to Cold Lake First Nations (CLFN).

"Environment Canada's enforcement branch is currently assessing the situation with respect to federal environmental and wildlife laws within its jurisdiction, and has opened an investigation. No further comment can be provided at this time," Mark Johnson, a spokesperson for Environment Canada, told *The Journal* in an email

Four separate leaks have been discovered on the Primrose and Wolf Lake sites - the first taking place in May - and approximately 9,000 barrels of bitumen emulsion have been recovered to date, the company stated in its most recent update on Aug. 25. CNRL is now focused on a reduced impact area of 13.5 hectares, a 35 per cent reduction since the original report earlier this summer.

The company stated the rate of bitumen emulsion seepage in all four locations now totals less than 20 barrels a day.

According to the Alberta Energy Regulator's Aug. 16 update, total wildlife impacts between all four sites include "two beavers, 31 birds, 82 amphibians and 31 small mammals deceased."

Three beavers, 17 birds and two small mammals are being cared for at a Wildlife



According to Canadian Natural Resources Ltd., approximately 9,000 barrels of bitumen emulsion have been recovered to date from the impacted areas around Cold Lake, Alta.

Rehabilitation Centre prior to being returned to their natural environment.

The company has been on the lookout for migrating birds, it said, and is "pleased to observe birds altering their course as they near our bird deterrent systems."

CNRL has built an aluminum scaffold structure over the fissure at the water body site so birds cannot land and is conducting regular wildlife monitoring sweeps. The company also has trail cameras with remote and infrared motion sensors set up to detect animal activity.

CNRL said the feds have been involved from day one.

"They have been involved since the incidents were initially reported and we are working with all levels of government and regulators, including Environment Canada, in understanding the incident, the cause and our plans going forward," said Zoe Addington, CNRL's public affairs advisor.

The company believes the cause of the bitumen seepage into lush boreal forest and wetland areas stems from "mechanical failures of wellbores in the vicinity of the controlled areas."

CNRL said it's in the process of identifying and investigating these wellbores.

'We are drilling hydrogeological delineation wells adjacent to the affected locations to aid in the investigation," the company stated, while working "diligently" with the Alberta Energy Regulator (AER) and ESRD.

CNRL also said it has designated decontamination areas, and all used personal protection equipment, absorbent materials, vegetation and soil is disposed off site at specially designed waste management facilities.

First Nations cancel meeting with company

CLFN had scheduled a meeting with CNRL last week to discuss the continuous bitumen seepage and grasp a deeper understanding of what's going on and what went wrong.

The First Nation cancelled the meeting, however, after its request to the company for additional information was ignored, councillor and former CLFN chief Walter Janvier told The Journal.

"There was no need to sit we have postponed the meetdown with them just for the ing," Janvier said. sake of it because every time they sit down with us, they just say they've consulted found: CLFN with us. So we're not going

Two more leaks

CLFN has been told from their own sources on the ground that there are now six spots where bitumen is being released to the surface, contrary to the four locations CNRL has detected and made known to the public, Janvier said.

"So we're still trying to get them to confirm that...They have been in somewhat of a denial mode so we haven't heard anything formal yet," Janvier said. "We're making every attempt to get to the bottom of this and get more information to look at the process and see if they can alter the process so it does not cause environmental damage now and in the future."



Work is being done on exposed fissures like this one to investigate the sites where bitumen is seeping to the surface.

PUBLIC NOTICE

to accept those kind of deal-

ings. We prefer to have the

proper information we've

asked for so we can base

our decisions on facts and

they're not prepared to pro-

vide us with those facts, so

Syncrude Canada Ltd. **Mildred Lake Extension Project Environmental Impact Assessment**

PROPOSED TERMS OF REFERENCE

Syncrude Canada Ltd. (Syncrude) proposes to develop the Mildred Lake Extension Project (the Project) to sustain bitumen production levels at the Mildred Lake facility subsequent to depletion of the currently approved mining areas. The Project consists of two additional mining areas and affiliated perimeter features within and adjacent to the currently approved mining areas. Pending regulatory approval, the development timeline for the Project contemplates production of bitumen in 2023.

The Project is located approximately 40 kilometres north of Fort McMurray on Oil Sands Leases 17 and 22, within Townships 91 through 94, Ranges 10 through 12 (W4M) and within the Regional Municipality of Wood Buffalo.

The Director responsible for Environmental Assessment has directed that an Environmental Impact Assessment Report be prepared for the Mildred Lake Extension Project. Syncrude has prepared a proposed Terms of Reference for this Environmental Impact Assessment, and through this public notice, invites the public to review this document. Any comments filed concerning the proposed Terms of Reference will be accessible to the public.

The proposed Terms of Reference and associated project information can be viewed at syncrude.com or the following locations:

Syncrude Canada Ltd.

Borealis Building 9911 MacDonald Avenue Fort McMurray, AB T9H 3H5

For further information on the Mildred Lake **Extension Project or copies of the proposed** Terms of Reference and associated project information please contact:

Syncrude Canada Ltd. Attn: Cheryl Robb P.O. Bag 4023, MD 1000 Fort McMurray, AB T9H 3H5

Toll Free: 1-800-667-9494 Email: robb.cheryl@syncrude.com

Alberta Environment and Sustainable Resource Development's Register of **Environmental Assessment**

Attn: Melanie Daneluk 111 Twin Atria Building 4999 - 98 Avenue, Edmonton, AB T6B 2X3

Individuals wishing to provide written comments on the proposed Terms of Reference must submit them by November 1, 2013 to:

Director, Environmental Assessment, Operations Division Alberta Environment and Sustainable Resource Development 111 Twin Atria Bldg., 4999 - 98 Avenue, Edmonton, AB T6B 2X3

Fax: 780-427-9102 Email: environmental.assessment@gov.ab.ca



The Syncrude Project is a joint venture undertaking among Canadian Oil Sands Partnership #1, Imperial Oil Resources, Mocal Energy Limited, Murnhy Oil Company Ltd., Nexen Oil Sands Partnership, Sinopec Oil Sands Partnership, and Suncor Energy Ventures Partnership



Inuvik-Tuk highway inches closer to construction

By MARIA CHURCH

With recent approval from the Legislative Assembly, support from the Prime Minister and a final design determined, the \$300-million Inuvik to Tuktoyaktuk Highway project has a tentative construction date set for January 2014, but it is still facing several hurdles before work can begin.

"It's undergoing final internal review, but we do have a final design for both the road alignment and proposed bridges and culverts along the highway. There may be some tweaks to designs, but that's why we're doing the final review on it," said Jim Stevens, the project director.

"Basically they want to ensure that what we put there will last a long time and doesn't become a maintenance issue," he told *The Journal*.

Currently, the highway project is awaiting a decision on a contractor to undertake the construction. Stevens said the chosen contractor will likely be announced in November, allowing the project to get somewhat of a move on.

"This would allow construction to start initially on the (gravel) pits. We have to develop the pits for the material. Then sometime late January, you would actually see



A culvert is installed on an access road leading to the future Inuvik-Tuk Highway, now projected to begin construction in January 2014.

construction on the new road embankment begin "he said

embankment begin," he said. Another hurdle for the project is obtaining a water license through hearings from the NWT water quality board, Stevens said.

"The water board is interested

in two issues...They want to make sure all of our construction activities maintain current water quality, so they're looking Basically they want to ensure that what we put there will last a long time and doesn't become a maintenance issue.

Jim Stevens NWT department of Transportation

for a lot of things around sedimentation and erosion control and what type of structures we're putting around the highway. And the second issue is water quantity. We have to extract a lot of water out of the adjacent lakes," he said.

A pre-hearing conference has been set for Sept. 16, which could potentially lead to public hearings in both Inuvik and Tuk.

On top of this, Stevens said the water board will be scrutinizing the project to make sure it satisfies concerns from other regulators affected by the highway route, such as the federal department of Fisheries and Oceans, the Inuvialuit Land Administration and comanagement groups.

The highway will run through the Inuvialuit Settlement Region, but negotiations between the GNWT and the Inuvialuit Regional Corp. (IRC)

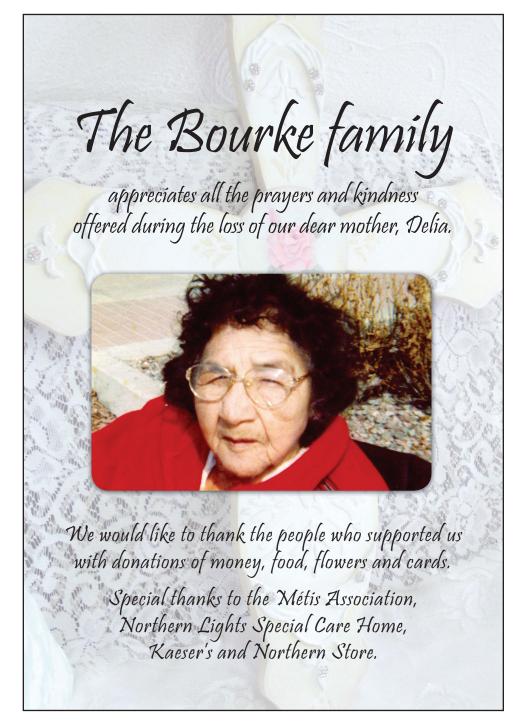
involving the royalty rate for material used in construction and the land tenure agreement have not yet been finalized.

"The GNWT is in active negotiations with them. A final agreement has yet to be reached, but we anticipate something very soon," Stevens said.

He noted that the current process proposed to obtain land tenure could involve a land swapping deal in which the Crown provides land to replace the private IRC land surrounding the future highway.

Despite all the steps yet to be taken, Stevens said the project has been gaining momentum and looks like it will bring in revenue and create skilled labour.

"It's a big project - a lot of excitement up there. We are working with regulators and residents to ensure that the project goes forward successfully," he said.



Politics Federal

Search for Erebus and Terror draws another blank

By JACK DANYLCHUK

Dogged by ice floes and harsh weather, the latest chapter in the search for the lost ships of the Franklin expedition is scheduled to close next week without turning up a trace of the Erebus and Terror.

"Every kilometre covered brings us closer," Marc Andre Bernier, Parks Canada's chief underwater archaeologist, said last week, putting the best possible gloss on the effort that has covered more than 1,000 square-km since the latest quest began five years ago.

As the most visible feature of Prime Minister Stephen Harper's effort to assert Canadian sovereignty in the Arctic, the search for the elusive vessels has become a magnet for critics of the government's efforts in the North.

University of British Columbia professor Michael Byers, author of a new book on international law and the Arctic, satirized the Harper government's efforts in the North in a recent essay, comparing the Prime Minister to both Austin Powers and Vladimir Putin's James Bond.

"Political cynics might focus on the fact that funding the Franklin search costs a tiny fraction of what serious Arctic infrastructure like ports and roads would cost. And that it offers a potential public relations payout in the short term, in other words, before the next election," Byers said in an email to *The Journal*.

"But I just want them to find the ships," he added. "Finding the Erebus or Terror would be a major contribution to Arctic history."

Last year, the government laid out \$275,000 to track down the final resting places of the famous wrecks. By comparison, Ottawa spent \$200,000 in total to search for the wrecks in 2008, 2010 and 2011.

Working from the Arctic Research Foundation's Research Vessel Martin Bergmann, the six-week Parks Canada-led survey again used traditional sidescan sonar to survey the seabed around King William Island.

This year, \$160,000 was allocated to the search and another \$450,000 for new, specialized equipment, but Bernier said it probably won't be deployed until next year—the final season in the latest effort to find the vessels.

Technical difficulties kept vaunted additions to the search – an autonomous underwater vehicle (AUV) and remotely-operated vehicle (ROV) – out of the game.

But even with the equipment at their disposal, searchers could have found something as small as a ship's timber, Bernier said, and they could easily find large fragments or an entire hull.

Marc Garneau, Liberal critic for Foreign Affairs, Trade and Development, said the government's promise of armed Arctic patrol vessels "has been downgraded to one non-armed icebreaker.

"The deep water port at Nanisivik remains little more than an unheated warehouse with a limited supply of fuel, and construction has yet to even begin on the Canadian High Arctic research station, which was announced in 2007," he said.

University of Calgary political scientist Rob Huebert, a specialist on the military and the Arctic, said in an interview that Harper will have to make a significant step on one of those major spending promises within the next six months.

"The government has gone to significant effort to draw attention to the Arctic," Huebert said, but with the lead time needed to start work on a project like the Arctic vessels, "they will have to fish or cut bait. I think there will be an announcement by Christmas."

Hunters aim for accuracy at rifle sighting event

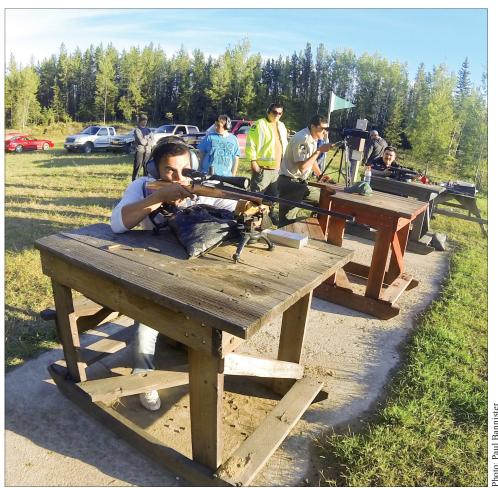
By MEAGAN WOHLBERG

Hunters set their sights on a successful big game harvest last week in Fort Smith with the help of renewable resource officers at the department of Environment and Natural Resources' annual "Sight in Your Rifle" event.

Around 30 people came out to the shooting range Tuesday and Wednesday evening last week to make sure their firearms were sighted properly, both to assist in a productive hunt and hopefully avoid leaving any animals wounded.

"The main thing is to help make people aware that they need to have their firearms sighted in properly before they go hunting just to ensure accurate shots, so if they do go harvesting, hopefully they won't wound an animal by hitting it in the wrong place or whatnot, and just to help them to be more efficient with their harvesting," renewable resource officer Tony Vermillion told *The Journal*.

Vermillion said the event, started up three years ago, is part of the department's three-pillared compliance model, which focuses on



Keith Schaefer (front) sights in his Remmington with the help of Environment and Natural Resources officers last Tuesday in Fort Smith at the annual "Sight in Your Rifle" event.

education, prevention and enforcement.

"This falls more under the education part and awareness

of having accurate firearms, just so there's no wastage," he said. "If your animal does get wounded and run away, it becomes a bigger task after that to retrieve the animal."

Vermillion said participant numbers were up from

The main thing is to help make people aware that they need to have their firearms sighted in properly before they go hunting just to ensure accurate shots, so if they do go harvesting, hopefully they won't wound an animal...and just to help them to be more efficient with their harvesting.

Tony Vermillion Environment & Natural Resources

last year, when around 20 people attended.

"It's been improving every year," he said.

Apart from being educational, Vermillion said the come-and-go event also provides an opportunity for hunters to network over a free barbecue and ask questions.

"It's just for people to come and bring their firearms out and meet with other hunters, meet the officers and people who work in ENR. It's a good time to make some contacts and ask any questions that they might have," he said.

"We also have hunters helping other hunters to sight in their rifles. It's not just us doing it; everyone's kind of helping each other out. It's a good get-together."

The officers plan to do a similar event in Hay River in late September or early October.

Department spokesperson Judy Mclinton couldn't say what other, if any, rifle sighting events were taking place across the NWT this fall, but recommended hunters contact their local ENR office for more information.

Industry Mining

Action Canada fellows talk mining in Yellowknife

By RENÉE FRANCOEUR

A group of young Canadian leaders recently gleaned public policy ideas for the prestigious Action Canada fellowship program after staging a roundtable with Northern mining experts in Yellowknife.

The six-member team (which includes Fort Smith's Sarah Daitch, the only Northern fellow), along with 10 other promising individuals from across the nation, will participate in a number of conferences over the 11 months of the program and is required to compose and submit policy reports and recommendations based on an annual theme.

This year's theme is "applying lessons from Canadian history to the development of public policy for Northern Canada," and the group's roundtable went above and beyond requirements for the program.

It was the only group from the fellowship to organize a roundtable in the North.

"Our project will have a much stronger Northern perspective and a Northern voice in it compared to if we hadn't taken the time to engage all of these key leaders and experts in the North in the area of mining," Daitch told *The Journal*.

Daitch's team is specifically looking into what circumstances are proving ineffective when it comes to the compliance process for mining regulation in the North and how it might be improved.

They met with 16 mining stakeholders on Aug. 27, including a number of MLAs, representatives from the NWT and Nunavut Chamber of Mines and various other government officials, said André Dias, another Action Canada fellow on the team.

"Our goal is to really look at this sector and see if we can improve the situation through regulation for all partners at the table. So to have them all there, get their ideas, see where they align and where they don't and where some of the gaps may be was absolutely invaluable for us," Dias said. "We think this will really help us write something that will be much more impactful than what otherwise would have been possible."

Issues the roundtable touched on included the development of a Heritage Fund in the NWT, the remediation process during mine closure

and identifying opportunities for investment in Northern mining.

'There were a couple of things we learned, one being that the government is working on a framework for a Heritage Fund...to provide revenue royalties to future generations," Daitch said. "They will be proceeding with public consultations and further research on that later in the fall. I found that interesting, as there is a very robust fund of that nature in Norway which provides an example and one also in Alberta that hasn't worked because of legislation and various other reasons, such as money going to infrastructure and whatnot."

According to Daitch, the team picked out nine key preliminary findings from the roundtable and plans to hone in on one of those for its final report.

The group is now cruising through the Northwest Passage on an icebreaker for the fellowship's September conference.

The fellows will deliver their group policy papers and an accompanying communications strategy in Ottawa in February.



Notice of Nomination Day(Section 26)

Northland School Division No. 61 Province of Alberta

Notice is hereby given that **NOMINATION DAY** is September 23, 2013 and that nominations for the election of candidates for the following offices will be received at the location of the local jurisdiction offices set out below between the hours of 10:00 a.m. and 12:00 noon on nomination day.

Sub	Local	Number	Location of
Division	School Board	of Members	Local Jurisdiction
Number	Committee	to be elected	Office
NINE	Fort Chipewyan	FIVE	Athabasca Delta Community School Fort Chipewyan, Alberta

Northland School Division No. 61 Bag 1400, Peace River, Alberta T8S 1V2

Dated at the Town of Peace River In the Province of Alberta This 3rd Day of September, A.D., 2013

Dennis Walsh Returning Officer

Nomination papers are available at the sub-division locations listed above.



Shirley Elias demonstrates how to play with Inuit yo-yos.



Don Gillis of Lex Carver's Creative Collectibles holds his favourite muskox carving at the Inuvik Arctic Market in July.



Customers buy some baked goods and cranberry jam at the Arctic Market.



The market also boasts hand sewn items for sale.



Eliza Firth (left) and her granddaughter Paris Wainman sell jewellery at the Arctic Market on July 6.



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Arts & Culture Market

First Arctic Market wraps up in Inuvik

By RENÉE **FRANCOEUR**

The trial is over and tables laden with homemade jellies, rabbit mukluks, embroidered gloves, parka covers and fresh herbs and vegetables have been put away until next June.

The Arctic Market in Inuvik has wrapped up what organizers are calling a successful and profitable first season.

"The idea of a community marketplace was the result of feedback and expressed desire at a community level; the Town of Inuvik simply provided the forum," Jackie Challis, the town's economic development and tourism manager, said in a recent press release. "We took registrations, set up tables and even created a Facebook page, but it was the work of the sellers, crafters, growers and bakers that really made it a worthy project."

The market, which ran as a pilot this summer, took place every Saturday from

11:00 a.m. to 2:00 p.m. in Jim Koe Park from June 22 until Aug. 31, rain or shine.

Planning is already underway for next summer, when organizers hope to increase the number of sellers as well as expand the existing market infrastructure to include items such as new tents, banners, a sound system and signage.

Boosting local growers and artisans by providing a community retail venue for their products was the driving force behind the market. Tables for vendors and participation in the market was free of charge and the only rule was that all items sold at the Arctic Market had to be grown, made, sewn, baked, cooked or created by hand locally.

The market ran for 11 weeks, enduring all sorts of weather, including sleet and snow. The final market was chilly, with temperatures dipping to a mere 4C, but vendors and customers were kept warm by a big fire and hot tea thanks to

Inuvik Mayor Floyd Roland donating wood, and Inuvik Native Band Chief Herbert Blake supplying the kettles and getting the fire stoked.

Over 30 different vendors set up tables throughout the season, with an average of 7-10 each week. Crowds ranging from 15 to 150 came out to peruse through the goods, including fresh produce and flowers, stone carvings, jewellery, textiles, kamiks and more.

"This market would not have been possible without the amazing community members who came out each and every Saturday to buy directly from their neighbours; they too should be applauded for buying and supporting their local community," Challis said.

Over \$15,000 in sales was estimated to be the total generated, with money going directly into the hands of the local vendors and community. Roughly 90 per cent of the sales went to local people, with the remainder going to out-of-town visitors.





Hay River Fall Fair Committee members (from left) Linda Carter, Shirley King, Linda Gallagher, Sharon McBryan and Sheila Cook enjoy the fruits of their hard work to bring back the Hay River Fall Fair this year.



Sisters Dejah and Andrea Clarke sell handmade vintage jewellery at the Hay River Fall Fair.



Ginger Milne, 11, feeds her hens at the Hay River Fall Fair on Sunday.

Arts & Culture Craft Fair

Fall fair festivities return to Hay River

By SCOTT CLOUTHIER

Hay River's annual Fall Fair made its return this past weekend after a one-year hiatus.

Over 1,000 people stopped in to sample arts and crafts from 15 vendors and peruse dozens of entries into judged categories.

Despite the great turnout, organizer Sheila Cook said she was hoping to see more community members share their talents.

"Our intake wasn't as high as it has been," she said. "We're always looking for people's talent we can showcase."

Cook said she thinks some in the community are shy about putting themselves out there to the public.

"People think their artwork isn't worth sharing, but we have a lot of talent here in Hay River," she said.

Judged categories included painting, photography, baking, winemaking, produce and more.

Unseasonably warm temperatures likely also kept some people away, Cook suggested, as many community members

likely took the opportunity to enjoy the 20-plus degree weather for one last weekend of camping and boating.

Last year's Fall Fair didn't go ahead due to a lack of volunteers available, but, said organizer Linda Carter, this year reminded her the effort spent is always well worth the reward.

"We're just hoping we can showcase local products and art," she said.

As opposed to the more competitively-judged fairs you can find in the south, Cook said the focus of Hay River's fair is to encourage community participation and feature the talent of the community as a whole.

"We do have some criteria, but we're not as stringent," she said. "We just try to encourage people to come out and submit their stuff."

Hay River artisan Dixie Butler said the fair provided her with a perfect opportunity to promote her new sewing business.

"I've just launched my business this week," Butler said. "So it's been excellent for me. I've been having good response from people."

Youngster Ginger Milne said she enjoyed the variety of offerings at the fair.

"I like how it has so many different activities and shows what different things people can do," said the 11 year-old farmer's daughter.

A family event, this year's fair featured a bouncy castle on Saturday for the kids, provided by the Lights On program. On Sunday, a baby parade celebrated this year's newborns.

The Fall Fair was started in 1977 by the Hay River Horticultural Society and has been a mostly annual event ever since. This current organizers said they hope to be able to pass the torch onto the next group of fresh young faces within the coming years.

As for next year's event, Carter said she and the rest of the organizers are looking at ways to add more contests. In the tradition of fairs down south, she also hopes to work with the town and by-law enforcement to allow animal judging to take place.



Seamstress Dixie Butler sells her sewn handicrafts at the Hay River Fall Fair on Sunday.

ANNUAL GENERAL MEETING



of the Environmental Monitoring Advisory Board

PLEASE NOTE

The AGM has been postponed until further notice.

For further information, contact Mark Fenwick at (867) 766-3682.



















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Familiar face fills top Hay River health position

Woods returns as interim CEO while authority searches for candidate

By SCOTT CLOUTHIER

A very familiar face was welcomed last week to the position of CEO of the Hay River Health and Social Services Authority.

Al Woods agreed to join the authority as its top brass on an interim basis until a permanent replacement can be found. It is Woods' fourth time serving the community of Hay River in that capacity.

He said there's a good reason he keeps coming back.

"I can never say no to Hay River. It's actually my favourite place," Woods said.

Originally from Brandon, Man., Woods first came to the NWT in early 1989 as director of Materials Management at the Stanton Territorial Hospital. In 1996, he became the first CEO of the newly-formed Yellowknife Health and Social Services Authority. He remained in that role until his retirement in 2004

A year later, he came to Hay River to start his first term as an interim CEO, returning in 2007 for a three-month stint before serving again for 18 months in 2009 and 2010.



Al Woods is returning once again as the interim CEO of the Hay River Health and Social Services Authority.

This past May, he also finished a contract as interim CEO of the Beaufort-Delta Health and Social Services Authority in Inuvik.

Having overseen the local authority off and on over so many years, Woods said he has developed a great respect for the organization and those within it. "I just love the people here," he said. "The organization is very solid. It has low turnover, high quality clinicians here (and) high quality support staff."

Woods said he also has a great relationship with Michael Maher, the authority's public administrator, and it was Maher who asked him to fill in.

"He and I work really well together. He really has the concerns of Hay River at heart," he said.

Being familiar not only with the staff and operations in Hay River, but also with the territory and its department of Health and Social Services (HSS), Woods said he is ready to hit the ground running. His first order of business will be to put minds at ease regarding the transition from the current H.H. Williams Memorial Hospital to the new health centre, now under construction.

"I really feel that we need to do some more communications with the staff and the community on the new health centre," he said.

While most services currently offered at the hospital in Hay River will be transitioned to the new health centre once completed, some – such as social services and long-term care – will not be included. A solution to accommodate the staff and clients in these areas has not yet been finalized.

"That's causing worry for staff," said Woods.

He hopes to have these questions answered before the expected end of his term in March 2014.

"Obviously nothing will be done (by the end of March), but we need to know what's going to happen."

Another focus will be on planning how services will be transitioned to the new facility with minimal disruption to service.

i'It's one thing to build it, but you have to know how you're going to operate once you're in there," Woods said.

Also of pressing concern is the recent loss of two directors at the authority, both who were long-term staff members. The current director of Client Care Services, Corina Guy, has announced she will soon be leaving, while Joletta Larocque worked her last day at the authority on Friday. She had been director of Community and Continuing Care.

Woods is sad to see both go.

"They've just been a big asset to this place," he said. Hay River's health authority has been searching for a new permanent CEO since its previous head, Sue Cullen, left in March to become Assistant Deputy Minister of Operations with HSS.

Despite some bad luck

- Woods said a promising
candidate had recently accepted the job, only to have
a change of heart – the interim boss is confident the
authority will soon find
the right person for the
CEO job.

He blames the lack of interest partly on a recent high demand for health authority bosses within the territory. The Beaufort-Delta and Stanton Territorial Health Authority both recently hired new CEOs. Deh Cho is also currently looking for one.

Despite the enjoyment he gets from working in Hay River, Woods said his age and energy level prevent him from being able to take the reins permanently himself.

"It's a very high demand job and you need to be young and energetic," he said. "They need somebody younger, somebody that's going to be here for four or five years and see a lot of these initiatives through."

Health & Wellness Infant Health

Pregnant women asked to pause for FASD day

By MARIA CHURCH

Expecting women across the NWT were asked Monday to pause.

Wearing bright pink shirts, groups of pregnant women spread out across Yellowknife and paused in various locations to represent the nine months expecting women should "pause" from drinking alcohol to prevent Fetal Alcohol Spectrum Disorder (FASD).

"It is very important for us to remind women and to those who do not know, to let them know to remain alcohol free throughout their pregnancy, make sure there is the best possible outcome and their babies are as healthy as they can be," Narine Margaryan, coordinator for FASD Services in Yellow-knife, told *The Journal*.

The event was put on by the Yellowknife Association for Community Living (YACL) in observation of FASD awareness day, recognized internationally on Sept. 9.

Over the weekend, events were held across the territory. In Fort McPherson, the local radio station provided a morning show segment dedicated

This is a preventable disability. This is the important and crucial part. There would not be children born with FASD if there was no maternal alcohol consumption during pregnancy.

Narine Margaryan, FASD Services

to FASD information, while in Fort Simpson pamphlets were distributed.

For YACL, it's the tenth year they have marked the day with activities and informational sessions in Yellowknife. Other activities included a mocktail booth at Aurora College and incentive bags filled with prevention messages, information about FASD and baby products, given to expectant women at pharmacies and prenatal program locations across town.

The goal is simply to spread information about FASD as far as they can, Margaryan said.

"This is a preventable disability. This is the important

and crucial part. There would not be children born with FASD if there was no maternal alcohol consumption during pregnancy," she said.

FASD is the leading cause of mental and physical disability in Canadian children, but the statistics are hard to come by. Often times the symptoms of FASD are not recognizable until children mature and have difficulty with skills such as adaptability and problem solving, Margaryan explained.

For more information on FASD and a list of services locations in NWT, visit http://www.ykacl.ca/content/fasd-services.



Hay River trails to get \$200,000 worth of upgrades

Council divided on allocating extra funds for more improvements

By RENÉE FRANCOEUR

The scenic walking trails snaking throughout Hay River are about to receive a facelift.

Hay River town council decided to stick with original plans from the 2013/2013 budget and allocate \$100,000 towards upgrading the local trail system. That figure will be matched by a grant from the Trans Canada Trail Foundation, as was agreed upon at budget time last December, making the total amount of upgrades worth \$200,000.

Work on the trails - including safety maintenance such as removing fallen trees and clearing visible roots - will begin "as soon as possible," said Ian Frankton, the town's new director of recreation and community services, and will continue until winter weather brings work to a halt.

'We've got some costing in that's been done for some of the product on the trail...some earth, wood shavings," Frankton said. "Potentially we'll be lining up crews for cleanup in the areas that have been indicated as needing some work... That's what the \$100,000 from us will do, address the 'gaps,' if you will, in the trail system."

Funding for the maintenance came with some debate, after the Trans Canada Trail



One of the entryways to the trail system in Hay River is cleaned and widened after a grooming from town crews.

Foundation revealed it actually had funds for a grant totalling \$207,000 - if the town could match that. This meant over \$400,000 could have gone into trail upgrades, including grant money from the foundation.

At the meeting on Aug. 26, council was split over what to do. The motion on the floor to re-allocate an additional \$107,000 for the trails - bringing up the total to match the TCT donation - was defeated when Mayor Andrew Cassidy broke the tie by supporting councillors Donna Lee Jungkind, Keith Dohey, Roger Candow and Vince McKay in opposition.

Deputy mayor Brad Mapes, Jason Coakwell, Mike Maher and Kandis Jameson were in favour.

It was decided the original plan for the trails would hold, I realize turning away free dollars is very unpalatable, hence the split decision from council, but given we had not budgeted an extra \$107,000 and the proposed recommendation was to take the money from another project, I was not comfortable committing our town to this expense.

> Andrew Cassidy Hay River Mayor

with \$100,000 coming from the town, plus a \$100,000 from the trail foundation.

"I realize turning away free dollars is very unpalatable, hence the split decision from council, but given we had not budgeted an extra \$107,000 and the proposed recommendation was to take the money from another project, I was not comfortable committing our town to this expense," Cassidy wrote in a Facebook comment on a post by a trail user unhappy about the council's decision.

Former councillor Ken Latour, who served as the town's acting mayor in 2012 after Kelly Schofield's sudden resignation, took to social media outlets and expressed his discontent with the lost dollars.

"It's my belief that when the town is in a position to double their investment in local infrastructure, it should go for it. This town, like many small municipalities, has challenges with aging infrastructure across the board, so when the opportunity is there to get funding from outside the town to help rebuild some if that infrastructure, I think it should be seized,' Latour wrote on Facebook.

"To the town's credit, work has been done on the trails in the last few years. There has been a fair amount of planning, surveying and designing solutions around trying

to connect trails, especially around the tricky area from the bridge to Pinto's...I still think, though, that it is a shame to turn away free money, even if it was not budgeted for. Budget reallocations do get made throughout the year, and there were some capital dollars (water main repairs) that were not going to be spent, so funds had been identified and the trails could use the investment."

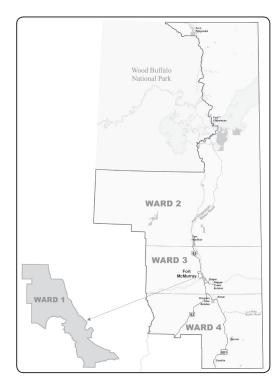
According to Frankton, if the reallocation was to happen, the money would have been taken from the emergency mains repair fund - a project aimed at fixing water lines under the highway.

He noted that with \$400,000, the scale of work done on the trails would have been larger, but that the town will still be able to fill the gaps "to an extent" with \$200,000.

"Going into next year, we'll definitely have more of a focus of how we will maintain the (trail) system," Frankton said.

Latour in the meantime has started a group on Facebook for trail users to gather and share stories, photos and concerns. The group is called the Hay River Trail Users Group (TUG).

NOTICE OF NOMINATION DAY



Local Authorities Election Act (Section 26) Local Jurisdiction: Regional Municipality of Wood Buffalo, Province of Alberta

Notice is hereby given that Nomination Day is Monday, September 23, 2013, and that the nomination(s) for the following offices will be received at the locations set below between the hours of 8:30 a.m. and 12 noon on Nomination Day.

Office	Number of Vacancies	Ward Number
Mayor	One (1)	At Large
Councillors	Six (6)	One (1)
Councillors	Two (2)	Two (2)
Councillor	One (1)	Three (3)
Councillor	One (1)	Four (4)

Location (Address) of Local Jurisdiction Office:

Ward 1 - Fort McMurray - Council Chamber (Jubilee Centre, 9909 Franklin Avenue)

Ward 2 – Fort Chipewyan Municipal Office (101 Loutit Street)

- Fort McKay School (Range Road 110A)

Ward 3 - Saprae Creek - Vista Ridge (Spruce Valley Road)

Ward 4 – Anzac Municipal Office (105B-4 Christina Drive)

- Conklin Municipal Office (245 Northland Drive) – Janvier Municipal Office (110 Janvier Drive)

Dated at Regional Municipality of Wood Buffalo, in the Province of Alberta, this 10th day of September, 2013.

Darlene Soucy, Returning Officer.



ELECTION 2013

Nomination Papers may be picked up at the following locations during normal office hours or online at www.woodbuffalo.ab.ca/elections.

Ward 1 - Fort McMurray, Central Front Counter, Main Floor (Jubilee Centre, 9909 Franklin Avenue)

Ward 2 – Fort Chipewyan Municipal Office (101 Loutit Street) - Fort McKay School (Range Road 110A)

Ward 3 - Fort McMurray, Central Front Counter, Main Floor (Jubilee Centre, 9909 Franklin Avenue) Ward 4 - Anzac Municipal Office (105B-4 Christina Drive)

Conklin Municipal Office (245 Northland Drive)

- Janvier Municipal Office (110 Janvier Drive)

Filing of Nomination

All candidates running for Mayor or Councillor must submit completed nomination papers accompanied by the required deposit of \$250 for the position of Mayor or \$100 for the position of Councillor. The nomination fee must be paid by cash, certified cheque or money order.

Note: A nomination is not valid unless accompanied by the required fee and signed by at least five eligible voters.

www.woodbuffalo.ab.ca/elections



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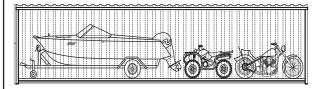
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EMPLOYMENT, TENDERS AND LEGAL NOTICES



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- Equivalencies may be considered. Eligibility lists may be created from this competition to fill future term or indeterminate positions. • Certain positions may require medical clearance and/or an acceptable criminal records check.





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LEGAL NOTICE

TO AMBER MARTEN

TAKE NOTICE THAT Civil Claim No. 1202000180 was issued in The Provincial Court of Alberta, Civil Division by Syncrude Canada Ltd. of the City of Fort McMurray in the Province of Alberta claiming the sum of \$2,069.12, plus interest and costs.

If you dispute the Plaintiff's claim, you are required to file a Dispute Note within 20 days of the publication of this Notice. A copy of the Civil Claim and Dispute Note may be obtained from the Clerk of the Provincial Court, Civil Division, 9700 Franklin Avenue, Fort McMurray, Alberta.

> Dated at Fort McMurray, Alberta the 6th day of September, 2013.

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REQUEST FOR TENDERS

Zone 8 Ice Bridges CT101344

- Tulita, NT -

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Sealed tenders addressed to the Transportation Office in Fort Simpson, Norman Wells, or Yellowknife under the conditions contained within the tender documents, will be received before:

3:00 PM, LOCAL TIME, SEPTEMBER 25, 2013.

Contractors may obtain tender documents from the above addresses as of September 9, 2013.

Pre-tender meeting: 1:00 pm, September 19, 2013, Fort Simpson Regional Boardroom.

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Phone: (867) 695-7653

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EMPLOYMENT, TENDERS AND LEGAL NOTICES



REQUEST FOR TENDERS

Zone 6 Winter Road CT101345

Wrigley, NT -

Construction and maintenance of Highway 1 Winter Road from km 690 (Wrigley) to km 784.1 (Blackwater River).

Sealed tenders addressed to the Transportation Office in Fort Simpson or Yellowknife under the conditions contained within the tender documents, will be received before:

3:00 PM, LOCAL TIME, SEPTEMBER 27, 2013.

Contractors may obtain tender documents from the above addresses as of September 10, 2013.

Pre-tender meeting: 3:00 pm, September 19, 2013, Fort Simpson Regional Boardroom.

General inquiries to:

Jacqueline Demers Phone: (867) 695-7653

Technical inquiries to: John Suwala

Phone: (867) 695-7660

The GNWT Business Incentive Policy and Chapter 5 of the Agreement on Internal Trade will apply to this procurement.

For contract opportunities visit www.contractregistry.nt.ca



REQUEST FOR TENDERS

Zone 5 Winter Road CT101343

- Déline and Tulita, NT -

Construction and maintenance of the Déline Winter Access Road, 106 km in length. Term of two years.

Sealed tenders addressed to the Transportation Office in Fort Simpson, Norman Wells, or Yellowknife under the conditions contained within the tender documents, will be received before:

$3:00\ PM$, LOCAL TIME, SEPTEMBER 25, 2013.

Contractors may obtain tender documents from the above addresses as of September 9, 2013.

Pre-tender meeting: 2:00 pm, September 19, 2013, Fort Simpson Regional Boardroom.

General inquiries to:

Jacqueline Demers Phone: (867) 695-7653

Technical inquiries to: John Suwala

John Suwala Phone: (867) 695-7660

The GNWT Business Incentive Policy and Chapter 5 of the Agreement on Internal Trade will apply to this procurement.

For contract opportunities visit www.contractregistry.nt.ca

EMPLOYMENT OPPORTUNITY



PROJECT MANAGER (Transmission and Distribution) Hay River, NT

Responsible and accountable for the management of single and multi-disciplined projects, completing on time and on budget. Deliver turn-key capital and maintenance projects for transmission systems up to 150 kV and including associated sub-stations and new distribution projects, typically up to 25 kV. Duties will include contract administration, change orders, co-ordination of design and site construction activities, and preparation of safety plans. Works with Safety Department to ensure full contractor compliance of all safety regulations.

Qualifications: Bachelor Degree in Electrical Engineering and minimum five years directly related experience. Must be eligible for membership with NAPEG or CET. PMP designation or enrolment. Strong analytical and organizational skills. Excellent communication and planning skills. Extensive technical and problem solving skills. Must be eligible for a valid Class 5 NWT driver's license. Lesser qualifications will be considered for the right candidate.

Salary Range: Up to \$130,000 depending on experience plus a comprehensive benefits package which includes defined benefits pension plan. Send resumes to: Human Resources, Northwest Territories Power Corporation, #4 Capital Drive, Hay River NT XOE 1G2, Fax: (867) 874-5229 or email: careers@ntpc.com Competition #: 31-HR-13.

Closing date: Open until suitable candidate found.

Affirmative Action Employer - Candidates must clearly identify eligibility status in order to receive priority consideration. We thank all those who apply and advise that only those selected for further consideration will be contacted.



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Must be able to have extended stays away from home. Up to 6 months. Must have valid AZ, DZ, 5, 3 or 1 with airbrake license and have previous commercial driving experience.

Apply at: www.sperryrail.com,
Careers and then choose the FastTRACK Application

EMPLOYMENT OPPORTUNITY



Town of Fort Smith Water Plant Operator I

The Town of Fort Smith is seeking to fill two full time Water Plant Operator I positions to assist with the operation and regular maintenance of the Water Treatment Plant, Water Distribution System, Wastewater Collection System and Wastewater Treatment Facility.

Qualifications: A Grade 12 or equivalent education, Level 1 Water Treatment Certification or related training would be an asset. Applicants must possess a valid NWT driver's license and air brake endorsement would be considered an asset.

The deadline to submit applications is September 20, 2013, 3 pm local time. The job description is available at *www.fortsmith.ca*. Please submit applications to:

Keith Morrison

Director of Municipal Services
Town of Fort Smith
Box 147, 174 McDougal Road
Fort Smith NT X0E 0P0
Phone: 872-8400 / Fax: 872-8401
Email: kmorrison@fortsmith.ca

Check out The Northern Journal



Find out what's going on!



How to write the perfect classified ad!

Start with keywordsPay to have them boldfaced. Skip am-

biguous phrases such as "For Sale" or "Up For Grabs." "1988 Harley Soft-tail" or "New Exercise Machine" is a much better opening.

Create urgency

You need only a few sentences to gain the reader's attention. Detailed information is better suited to a phone conversation.

Q Be descriptive

Explain all of the appropriate details. Consider year, size and condition. Utilize hotbutton terms like "Brand New", "Antique", "Limited Edition", "Collectible" and "Rare."

Leave out the price
Leave it out of the ad if the
price is merely fair. If you choose to
insert a price, qualify it. Words like
"or best offer", and "firm" give the
reader your flexibility range.

Scontact informationWhen you write a classified ad, listing your town, phone number, and the best time to call is the minimum requirement.

Categorize correctly
You are unlikely to sell a purebred Doberman in the automotive
section, no matter how well written
the ad.

Proofread the ad
Read over your finished ad
carefully to ensure correctness. A
simple typo can render your ad
useless. Remember, only one letter
separates a Buick from a brick!

NWT woman reaches new heights for diabetes

By MARIA CHURCH

It's been less than two weeks since Leah MacDonald hiked up Icelandic mountains to raise money for diabetes research, but she knows the experience has changed her forever.

"This event changed my life permanently," MacDonald, a nurse and mother of three, told *The Journal* about the experience.

"Sometimes you feel stagnant in life and now I don't think I'll ever feel that again because I know I can do something like this. It's opened me up to be receptive to new things," she said.

MacDonald was the only NWT participant of 63 Canadians who took part in the Team Diabetes international hike and marathon, a fundraiser put on annually by the Canadian Diabetes Association. This year, the hike was titled Conquer the Crater and took place in Iceland surrounded by glaciers and active volcanos.

Each participant of the hike was asked to raise \$6,100, with all proceeds going to education and services for those affected by diabetes. MacDonald personally raised \$800 more than the required amount, mostly thanks to community support from Fort Smith and across the NWT, she said.



Conquer the Crater hikers take a break in the Icelandic mountains at the end of August. Left to right, Douglas Farmer, Carol Wagner, Leah MacDonald and Carrie Kotylak.

As a whole, participants brought in nearly \$500,000.

Reflecting on her experience of the hike, MacDonald said it was both challenging and exhilarating.

"The feeling was just, you can't even describe it, we did it and we were elated by it," she said.

While MacDonald had done some training beforehand, keeping focused with the help of her training partner and husband Duane, she admitted she is not an athlete and has been battling with a knee injury for the past year.

But the hike wasn't a race, she said. Opting for the shorter 14 km route, MacDonald settled into a group with three other members of Team Diabetes who kept a similar pace.

The first half hour was grueling, but with encouragement

from the group's Icelandic guide, the team pushed on and took each obstacle in stride, she said. One of the most difficult moments was when the team crossed an escarpment dubbed Cat's Back, a narrow path walked single file with a steep dropoff to each side.

Though MacDonald said she normally suffers from a fear of heights, the thrill of the experience and desire to help and encourage her team across any obstacle was enough to conquer her fears. In the end, she crossed then came back to help another member who was struggling.

"I do have a fear of heights," she admitted, "but I don't know what it was up there. Being in control was completely different. It's pretty amazing."

Once at the top plateau, the views took her breath away.

"There is nothing else like it. It was really amazing," she said

Now home safe and sound, MacDonald said she hopes the experience set an example for both her children and the community at large.

"I'm happy I'm doing this for myself, but at the same time I think I'm being an excellent role model for my kids. It's showing my kids that there are multiple possibilities out there for anything."

As for the community, she said she would like to think people will be inspired by her story, perhaps taking on similar challenges for a good cause.

MacDonald is already planning for next year's hike located in Kauai, Hawaii, where she hopes others from the NWT will join her.

"When I was going this time I had people who wanted to join, but they couldn't get the time off. I would like to have more than just myself go; I would love to have a big representation from the NWT for sure," she said.

For more information on Team Diabetes and next year's hike, visit http://www.diabetes.ca/get-involved/supporting-us/team-diabetes.

Fort Smith Health Centre Main Entrance is Changing



Effective September 16, the **NEW MAIN ENTRANCE**

will be located on the south side of the building and Reception Services will be available at this NEW Main Entrance.

A NEW PUBLIC PARKING LOT

will be located on the south side of the Health Centre. The current Main Entrance (through tunnel) will be closed September 16 for renovations.

The NEW Main Entrance is a temporary entrance until renovations are completed.



Thank you for your patience during our ongoing renovations to improve the Fort Smith Health Centre for our Community!

Long distance runner laces up for 720-km trek Brad 'Caribou Legs' Firth makes donation to youth centre in Fort Smith

By RENÉE FRANCOEUR Marathoner Brad "Caribou Legs" Firth has hit the road running.

The long distance runner who was born in Inuvik but has lived in Vancouver for the past 20 years began his run from Fort Smith to Yellowknife last Wednesday and plans to take 10 days to reach his destination, travelling about 80 km a day.

The 720-km journey by foot is prep work for Firth, whose main ambition is to run from Vancouver to Inuvik next year - over 3,000 km.

"Running is a form of meditation. It changes the way you think, act. It lights me up like a Christmas tree, calms me down, makes me think clearer (about) what is good, what is bad. Running is my medicine," Firth, a former drug addict, told a group of about 20 adolescents gathered at Uncle Gabe's Friendship Centre in Fort Smith last Tuesday to hear him speak about addiction.

"It can start with just one drink...I was seven when I got drunk for the first time. You may not think it'll go down that path, but it can...Be wise, stay close to your families, stand up for what you believe in, know it's okay to say no," he told the small, hushed crowd.



Brad "Caribou Legs" Firth pounds the tarmac outside of Fort Smith as he begins his 720-km run to Yellowknife. The 43 year-old marathoner plans to take 10 days.

It was the first youth group he's ever spoken to - as well as the first time he's held a workshop about addiction in the NWT - and Firth said he plans to host many more dialoging circles like it to share his story.

"I want to make them think, keep them motivated so they can steer clear of the bad stuff that I didn't," he told *The Journal*.

His words weren't the only thing Firth left behind in Smith as he hit the highway in his red runners.

After receiving \$350 from Uncle Gabe's for his workshop, Firth decided to give the money back, asking the centre to use it to get youth involved in a new program that would involve rickshaws - wagons pulled by runners that can transport goods and passengers.

"You could build a rickshaw, own it, carry groceries, carry elders. It would be your thing,' he said. "Make it happen. I want you to sacrifice some of your time, start a committee for it. get your friends involved. You'll be the first youth group in the NWT to run one. You can have a fleet, have races."

Firth said the idea came from his elite running group, the Vancouver Falcons, who have

Running is a form of meditation...It calms me down, makes me think clearer (about) what is good, what is bad. Running is my medicine.

Brad "Caribou Legs" Firth

been talking about starting up a rickshaw program of their own in Vancouver's Stanley Park.

"I really hope this happens; it's something I'm really excited about. It's a good thing to put energy into," he said.

For Amy Harris, the youth coordinator at Uncle Gabe's, Firth's gesture was overwhelming.

"It was awesome and so thoughtful of him. We didn't expect it at all. He's a genuine person, he's real with the kids and they need that. It was great having him here," Harris said. 'We're stoked about this rickshaw idea and all the workers here are up for it, if the youth are on board, which by a show of hands that night, it looked like a good amount of them were."

The next step is further fundraising to get the rickshaw program up and running, Harris said, noting there will be bake sales and

that Fort Smith residents can drop off their empty cans and bottles at the centre.

"The rickshaw won't be like the taxi cab - but it could be used to transport wood, things like that in the community,' Harris said. "It'll take time, but if the drive is there, it'll happen...The kids wanted to go to Hay River earlier this summer just for the beach and to tent it, and they fundraised and made it happen."

Firth told the youth he'll be following up with the centre over the next couple of months to see how plans are coming.

"It'd be great for the community, too, a chance to come together and get creative," Firth said. "They'll probably have this one running before we even get ours going in Stanley Park."

Firth was well on his way to Yellowknife by Friday and even ran right past two brawling buffalo, horns clashing.

Health & Wellness Weight Loss

Behchoko residents to vie for Biggest Loser title

By MEAGAN WOHLBERG

The gloves and the pounds will be coming off as people in Behchoko gear up to compete for the title of Biggest Loser.

The third annual weight loss challenge, organized by the Tlicho Government office in Behchoko, begins next week and promises great cash prizes for the five people who are most successful in shedding the pounds over the following 13 weeks, ending on Dec. 17.

Losers stand to win between \$200 and \$2,000, as well as an iPad if they show the most progress at the halfway point weigh-in on Oct. 28.

Registration costs \$40 and will be held at the Tlicho Government office on Sept. 16 from 5:00-7:00 p.m.

Contest coordinator Sherri Zoe said the competition is meant to spark people of all ages in the community to get active.

"We kind of looked around the community and said, 'What is there for people to do?" she said. "We see a lot of people going for their daily walks, stuff like that. So we thought, all these people are trying to lose weight - maybe

we can do something to help them. Motivation. Most of them are trying to change their lifestyle, so we came up with this weight loss thing.'

She said many people in the community face problems associated with lack of exercise, such as diabetes.

"To prevent stuff like that is why we're doing this," she said. "People can change their lifestyles."

Zoe said the first and second years were very successful, seeing participants losing as much as 55 lbs.

More than 60 people signed up in 2011, with many more of those returning alongside new faces in 2012. Some of those were teenagers.

"It was good. Those people all enjoyed themselves, there were groups of them all going out to the high school to use their gym, to use their exercise room, and people started little groups among themselves to watch what they eat," Zoe said.

Zoe said the contest is so popular, people living in Yellowknife are signing up and there are calls from the other Tlicho communities to also be part of the contest, something now being discussed.

The contest provides the incentive to get active, Zoe said, but the rest is up to the participants. She said there are a number of ways people can exercise in the community, from walking and biking to using school gyms while the community's recreation centre is being renovated.

"There is usually a lot of people that walk on the highway. From here to Highway 3 there toward Yellowknife is 10 km, so they'll

take off from here, go 10 km and then come back. A lot of people are doing that, and they're also biking," she said.



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