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Northern Journal Holiday Recipe Guide



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Devolution bill tabled with regulatory changes

The federal devolution bill was tabled in Ottawa last week with changes including a regulatory "superboard," opposed by First Nations. See page 3.



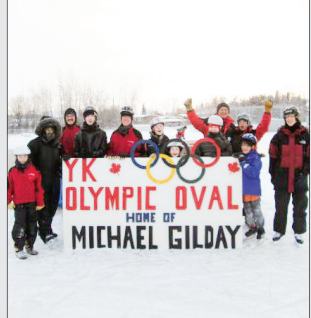
Baytex denies responsibility in Peace River case

Oilsands company Baytex refused to shut down operations in Peace River after residents in the area went public with health concerns. See page 7.



Father of NWT ski program passes away

Father Jean-Marie Mouchet's influence as a "gentle" ski coach spanned beyond the sport, his biographer and friend recalls. See page 17.



Speed skaters ramp up Olympic spirit in NWT

Speed skating clubs step up training for AWG trails with Skate to Sochi, a national event to encourage Canada's speed skating team. See page 22.



Photo: Paul Bannister

Detoneze Paulette sits on Santa's knee at the Fort Smith Airport, one of more than 40 lucky youth who came out for the Northwestern Air Lease annual Santa fly-in event to welcome the holiday hero to the community. See page 15 for more festive photos from Fort Smith events.

Response condemned at Obed spill forum Fort Chip First Nations cancel meetings with Sherritt

By MARIA CHURCH

Condemnation of the lack of transparency from government and industry echoed at the first public information session held in Edmonton on the extent of the Obed mine coal slurry spill.

The open forum, held at the University of Alberta last week, was attended by First Nations governments, provincial government officials, university scientists and a representative from Sherritt International.

Greg Goss, a fish toxicologist from the University of Alberta who moderated the forum, told *The Journal* the overall message from the public was frustration at the lack of information following the spill.

"The biggest thing is that the government and industry have to learn that the public cannot wait for results. There's no trust that they are doing it correctly so they have to come clean about what their plans are for implementation, measurement, monitoring," he said.

The lack of transparency from government and industry in the aftermath of the spill "contributed to an aura of distress," Goss said.

Current updates from the Alberta government state the coal tailings are no longer distinguishable from normal background chemicals in the Athabasca River, but the extent of the damage from the spill is only just becoming clear.

New information made public at the forum shows

the coal slurry that poured out of the Obed mine tailings pond breached banks and spread a chemical soup of sediment 20-metres wide as far as 10 km downstream from the site.

Goss said the 40-km Ape-towun trout stream, which was the first to be hit by the spill, was "completely wiped out" by the sediment before the slurry fed into the Athabasca River.

Long term environmental effects are still uncertain, he said, since last week was the first time

any information was made available to public scientists.

"Right now we don't even know what the masses are, what the releases are, what the spread is, what's even in there. It's seriously just very early, preliminary assessments," he said.

While scientists can hypothesis on the chemical composition of the spill sediment based on historical spills, he said each mine is unique and will take time to determine what remediation is necessary.

See Obed Forum on page 9.

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NEWS BRIEFS

Fort Chip winter road opens to light traffic, travellers cautioned

The winter road between Fort Chipewyan and Fort McMurray is open to light traffic under 5,000 kg as recently announced by the Regional Municipality of Wood Buffalo. Travelers are cautioned to watch for rough areas in the Delta, use four wheel drive and obey all traffic signs and speeds. The ice bridges are only passable one vehicle at a time. The road north from Fort Chipewyan to Fort Smith is not yet open due to overflow on the Peace River at the Moose Island crossing. The river had been rising but is starting to drop and crews from Wood Buffalo National Park hope to have that section open as early as this Friday. The municipality will be giving updates on road conditions weekly via the winter road hotline 1-866-743-6111.

Man charged after Fort McKay stabbing

Mahdi Ugas of Fort McKay is being charged with assault, aggravated assault and uttering threats against a person after police arrested him on Nov. 30 in connection with a stabbing in the community. Police were on the scene shortly after 5:00 p.m. after hearing reports of the incident and immediately arrested the 46 year-old Ugas. The victim, whose identity has not been released, was transported to the Northern Lights Regional Health Centre in Fort McMurray with non-life threatening injuries and later released. Ugas will appear in Fort McMurray provincial court on Jan. 15, 2014.

Legislative Assembly launches new user-friendly website

The NWT Legislative Assembly has announced a brand new website, touting it as a fresh new look with easily navigable pages. Features include a photo gallery, video archive, an interactive calendar and access to social media sites. According to a press release from the Legislative Assembly, the redesigned website, <http://www.assembly.gov.nt.ca/>, continues to build on their commitment to paper-saving strategies introduced in 2009.



Photo: Sherritt International

A water testing team takes samples from the Athabasca River checking for contaminants from the massive tailings pond plume from Sherritt International's Obed Mountain coal mine.

Environment Coal Spill

Scientist expects 'long-term damage' from coal spill

By MEAGAN WOHLBERG

The massive coal tailings plume in the Athabasca River may be "dissipated," according to the provincial government, but concerned scientists and health professionals

say its lasting effects on the river and delta are only just beginning.

Watershed scientist Kevin Timoney said government officials are downplaying the potential for long-term impacts from the coal slurry on the environment by claiming there is no longer cause for concern.

"Depending on particle size, solids are settling to the bed of the Athabasca River at different distances downstream from the spill. Because the benthic life in the sediments form the basis for the aquatic food web in the river and its delta, this large spill has the potential to cause harm for years to come. The entire river downstream of the spill may be affected," Timoney said.

"With high river flows next spring and summer, deposited contaminants will be remobilized and move farther downstream where they will settle again and be remobilized in the future, which will result in pulses of contamination. A portion of the contaminated sediments will accumulate in the Athabasca River delta and adjacent Lake Athabasca and its environs. Fishes and water birds may be harmed, as may humans who harvest them."

The Alberta government reported Monday that the 670,000 cubic-metre plume of coal tailings, released into the environment on Oct. 31, was no longer distinguishable from normal background levels of river water downstream of Fort McMurray, prompting GNWT Environment officials to announce "there is no longer a threat to Northern waters."

According to provincial officials, the contaminants attached to the suspended

particles - which include heavy metals like cadmium and mercury, along with cancer-linked polycyclic aromatic hydrocarbons (PAHs) - are back at below background levels and no longer exceed water quality guidelines for the protection of aquatic life, as well as drinking water.

The province expects the environmental protection order, issued to the company on Nov. 19, to mitigate any future release into the environment during spring freshet.

In the NWT, water monitoring continues on the Slave River at the Fort Smith water intake. A spring sampling plan is to be developed over the winter, according to the GNWT.

Timoney said the province's water quality results leave out a major part of the story. He said monitoring and emergency response efforts should have included sediment sampling, since most of the contaminants released in the slurry were attached to the solids rather than in the process water.

"Release of water quality information without sediment and toxicology results serves to underestimate the impacts," he said.

Timoney is not the only one concerned. Physicians in the lower Athabasca region, Dr. John O'Connor and Dr. Esther Tailfeathers, also recently voiced their concern with the lasting effects of the spill in a joint statement.

"As physicians devoted to providing care to downstream residents for many years, we are appalled at the indifference this government exhibits towards the original inhabitants of this province, while going out of its way to support industry," they said.

Investigation into spill still underway

The Alberta Energy Regulator's (AER) investigation into how the berm holding back the coal tailings at Sherritt International's Obed Mountain mine failed remains underway, AER spokesperson Darin Barter told *The Journal* in an email.

He said the AER will not issue updates as the investigation progresses, but will release the results publicly once the investigation is complete.

Barter would not release documents tied to the AER's pre-spill inspection of the mine, which was undergoing remediation at the time of the break, stating that information would inform part of the overall investigation.

However, Barter said the Obed mine had been inspected on five occasions since 2011, with the most recent occurring on Oct. 3, 2013. The results of those inspections were normal.

"The AER found no non-compliance issues that would have required enforcement action and documentation during these inspections," he said.

According to Barter, the tailings pond contained water and "small amounts of unrecovered coal (usually in the form of ultrafine particulates), clay/rock/mineral deposits, and flocculent, which is used as a thickener."

He was unable to give a more detailed analysis, though results from Environment and Sustainable Resource Development showed the presence of aluminum, barium, cadmium, chromium, lead and mercury in the spill, along with numerous PAHs, the majority of which exceeded limits for aquatic life and drinking water within the first 40 km of the spill's movement into the Athabasca River.

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Devolution bill tabled with attached regulatory changes

Premier welcomes introduction of ‘much needed’ bill in Ottawa

By MEAGAN WOHLBERG

The federal act that will make devolution a reality for the Northwest Territories was introduced in Ottawa last week, along with a number of federal “regulatory improvement” initiatives including the creation of the proposed “superboard,” currently opposed by First Nation signatories to the devolution deal.

Bill C-15, or the Northwest Territories Devolution Act, received second reading in the House of Commons on Tuesday. The act would put in place the NWT lands and resources devolution agreement and make amendments to several pieces of legislation, including the Territorial Lands Act, the NWT Water Act and the Mackenzie Valley Resource Management Act (MVRMA), among others.

NWT Premier Bob McLeod said he welcomes both the move towards final devolution, as well as the attached regulatory changes, both of which he said are priorities of the 17th Legislative Assembly.

“We feel that devolution will transform the economy, that we will see increased jobs and opportunities, Northerners will be making the decisions on the projects and land that impacts Northerners. Decisions will be made in the North rather than Ottawa, and I think that will be beneficial for the Northwest Territories and the rest of Canada,” McLeod told *The Journal* from Ottawa last week.

While several First Nations - including signatories to the devolution agreement - and members of the 16th Assembly expressed concern over proposed changes to the MVRMA, which include doing away with the regional land and water board structure in favour of one “superboard,” McLeod said those concerns are not shared by the current government.

“That was the previous government who sent a letter indicating that they would agree to disagree,” McLeod said. “The 17th Assembly has always taken the position that we wanted to see an efficient, effective regulatory process and that we were going to work with all parties, all governments, to make it happen, and that we were going to work very hard to improve our relationships with Aboriginal governments. We feel we’ve been able to do that; we have five Aboriginal governments that have signed onto devolution.”

Aboriginal governments caught in ‘catch-22’

Both the Tlicho Government and Gwich’in Tribal Council (GTC), who signed onto devolution but have signalled their opposition to the creation of the superboard,



Aboriginal Affairs and Northern Development minister Bernard Valcourt and NWT Premier Bob McLeod shake hands during the premier’s visit to Ottawa last week to watch the tabling of the devolution bill.

are upset devolution is being linked to the passing of changes to the MVRMA in Ottawa.

“We’re not too happy about it,” GTC president Robert Alexie told *The Journal*. “They’ve put us in a tough position. We support devolution, we’ve got no problem with that, but then they’re putting the amendments to the MVRMA in the same legislation, so it’s a catch-22.”

Alexie said the GTC understands the option to change the board structure is included in the Gwich’in agreement, but would like to see some allowances made in the creation of the superboard to accommodate the regional settled claim areas.

The GTC would like to see a regional office remain in the Gwich’in settlement area and to be guaranteed a representative on the new superboard. As well, the GTC wants to see the superboard able to appoint its own chair, rather than have that done by the federal minister.

“We also want the assurance that our nominee to the superboard will be put on any panel that will be delegated to oversee any land use permit or water license in the Gwich’in settlement area. No big deal,” Alexie added.

While the GNWT will soon gain authority over a multitude of acts, the MVRMA will remain federal legislation for “the time being” and will be exercised by a territorial minister through delegated authority, including the authority to approve Type A water licenses - the final approval for most mining, oil and gas projects.

That delegated authority is seen to be an interim step. McLeod said the territorial government and its partner

Aboriginal governments will be able to review changes to the MVRMA in five years, when he expects authority over the act to be finally transferred to the GNWT.

Dene National Chief Bill Erasmus is requesting all Northern First Nations have a say in the matter.

“Because of the magnitude and implications in regards to the issues at hand and the significance to the constitutional fabric of Canada, we respectfully request that the committee come to the Northwest Territories to hear from the Dene and other residents of the North,” Erasmus wrote in a letter to Chris Warkentin, chair of the federal standing committee on Aboriginal Affairs and Northern Development, last week.

Regulatory changes needed for devolution: AANDC

According to Aboriginal Affairs and Northern Development Canada (AANDC), lumping devolution together with proposed regulatory changes was necessary for successful implementation of the transfer agreement.

“Since the true benefits of devolution can only be realized through a robust and improved regulatory system, the proposed legislation aims to strengthen and streamline the regulatory regime in the Northwest Territories,” states a backgrounder from the department.

McLeod was in Ottawa to watch the devolution bill’s introduction and levy support from the Liberals and NDP in favour of the act, tabled by Aboriginal Affairs and Northern Development Minister (AANDC) Bernard Valcourt. He called it an “historic” occasion.

“To see the culmination of probably 45-some years

of work, and to see the legislation to make devolution happen, was very satisfying,” he said.

While in the capital, McLeod met with Prime Minister Stephen Harper,

Valcourt, leader of the NDP opposition Thomas Mulcair, Liberal leader Justin Trudeau, Northern senators and chairs of various Parliamentary and Senate committees, and hosted an open house at the

GNWT’s Ottawa office to meet with various associations, including national Aboriginal organizations, to explain devolution.

The GNWT is currently in the midst of mirroring federal legislation in preparation for the devolution transfer on Apr. 1, 2014. The GNWT needs to mirror 27 federal acts and regulations governing land, water and resource management.

Three devolution-related bills - the Archaeological Sites Act, NWT Surface Rights Board Act and Reindeer Act - have already received second reading in legislature and the remaining 24 will be introduced for debate and consideration by the assembly in the 2014 winter session, scheduled to begin in February.

McLeod announced last week that 120 federal employees have accepted job offers from the GNWT and will be making the transfer to the territorial government post-devolution.

“This was an overwhelmingly positive response, and I welcome these dedicated federal staff to the GNWT,” the premier said.

Photo: CNW Group Government of Canada

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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.



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Conklin	Grande Prairie	Slave Lake
Driftpile	Grouard	St. Paul
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War vets and residential school victims

Legion Magazine this month has a feature on the long-term impacts of war on soldiers. The front cover says: "The reverberations of war continue long after the last shell or bullet is fired. They roll outward - like waves from a blast - through one generation to the next."

The suicide of yet another Canadian Army veteran has brought the matter of Post Traumatic Stress Syndrome (PTSD) to a boil. It can no longer be ignored.

The concerns being expressed about PTSD victims sound very similar to discussions on the impacts of residential school abuse. The two are not dissimilar. Both are catastrophic situations where induced trauma imparts lifelong effects on individuals and, by contact, those they are close to. Both can impact families, even generations, creating dysfunction. Counselling seems to be the only measure offering at least some relief and each individual requires tailored options. Finding solace among others with similar experiences can be helpful. There are no easy answers or solutions and much work needs to be done.

Pressure is mounting on the Canadian military and federal government to ante up more resources for treatment of veterans - in particular, making

available more counsellors with proper training. PTSD will occur with soldiers so long as there is war with its attendant violence. There is no end in sight to that. In Canada it seems the support resources for those who suffer will arrive slowly and may not be adequate, but they will be available in some form.

Not so with residential school victims. The federal government announced Nov. 14 that the Truth and Reconciliation Commission (TRC) will have its mandate extended for one more year. That is good news, but it is also a signal that the program is winding down. A second extension is unlikely and it will likely come to an end by late 2014. After that, what? A serious and lasting problem will remain, and no treatment options or future plan will be in play.

To look at it very simply, there were two issues related to residential schools: forcing First Nation children from their families in order to indoctrinate them into European culture in residential schools; and the various forms of physical, sexual and other abuse at the hands of perverse individuals that so many children suffered from while kept in those schools.

The first is something that must be addressed over time. No such colonial attitudes and practices will ever be tolerated again - that seems to be

a firm commitment by all Canadians.

The latter, well, it is uncertain. The vulnerable children who suffered at the hands of deviants are now adults, and like victims of PTSD, some may require ongoing treatment over time. There almost certainly will be no plan for that once the TRC is done. The matter will retreat to the shadows, the victims will fall through the cracks and the damage done will live on for decades. It will be another on the list of issues - along with housing, water that is not fit to drink, and education, to name a few - for First Nation Canadians.

It need not stop a year from now, but governments can only do so much.

A possible solution is that a private foundation be set up and funded by donors. Counselling and programs could be available through that in the long term, offered to those who were severely impacted. They deserve this at least.

If that were approach were to be taken, the planning should start now while the momentum of the TRC is still strong and its resources available. The option of trying to start something a few years from now, after a lull that induces intransigence, and long after the TRC process has run its course, when it is realized the need continues, is not a good one.



Photo: Steven Lee

Celebrated Northern Author Richard Van Camp addresses a class of Grade 4 students at Deninu School in Fort Resolution as part of a tour through the South Slave school district last week. Van Camp led writing workshops and shared stories from his latest youth novel, Little You, with students in Fort Resolution, Fort Smith and Lutsel K'e.

ARCHIVES

15 Years Ago...

New school for government

The Ministry of Municipal and Community Affairs (MACA) in a collaborative effort between Aurora College and various non-governmental organizations is developing a School of Community Government in the hopes of training individuals to assist in running Northern communities.

20 Years Ago...

Ballantyne resigns as Speaker

The Speaker of the Legislative Assembly, Mike Ballantyne, resigned his position last Tuesday afternoon after two years as speaker of the House.

He announced his resignation will take effect immediately after this current session. A new speaker will be chosen following the mid-term review of Cabinet early next week.

30 Years Ago...

No float at Grey Cup

Fort Smith resident Joe Mecredi says territorial money which sent him to the Grey Cup festivities was well spent, despite not having a float in the parade.

Mecredi received a grant to represent the North at the Vancouver celebrations leading up to the Grey Cup football game last month.

Issue: December 8, 1998

Issue: December 8, 1993

Issue: December 8, 1983

Senior moment: seniors helping seniors



Ib Kristensen

We seniors in Fort Smith have had our last monthly meeting of 2013 and are now getting on with taking care of details surrounding preparation of our sixth annual Christmas pot luck dinner this coming Sunday, Dec. 15. The dinner starts at 5:00 p.m. You are requested to have your contributions on the serving table in good time to have time to find your seating and to enjoy the pre-dinner entertainment. Our ever-so-busy committee will call on you, the members, to confirm your attendance and contribution.

Entertainment includes a visit by Santa, presents by draws, singing along with the community choir, and, importantly, fellowship. We expect more than 100 seniors will attend. Our

membership stands at more than 120 members!

Information and advice on daily issues that affect seniors anywhere in our great country are always on the agenda at our monthly meetings. A good example is the unified effort across the country to make every community a "Safe Community" to live in, not just for seniors. We also endeavour to follow up in obtaining answers to single issues, helping where a person finds it difficult to know where to start finding answers to even a simple question.

At our recent meeting we had the pleasure of hosting Mr. R. Tordiff, senior staff member of the Fort Smith Health Centre, who filled us in on the progress of renovations at the centre. There were great discussions, back and forth, on many items, by individual members on behalf of our community.

On the agenda for upcoming meetings are plans to involve more activities with the youth of our town. This isn't coming just as a 'senior idea,' other organizations in town also have voiced interest in the idea. The ECE, the Friendship Centre and Aurora College have shown interest. Our society already

has initiated such activities with ECE and the college and have found it working great and can see it benefiting both parties. Someone, somewhere has given the project this great title: Intergenerational Connection Project. I'm looking for an easier title to remember, spell and pronounce!

Our next general meeting takes place Jan. 7 at the Senior Centre at 1:30 p.m. (first Tuesday of the month). We reserve the third Friday of each month for our "Lunch with the Bunch." Not much to remember!

My personal, "Best of the Season to All!"

CORRECTIONS

In last week's story, "Lubicon block access road to fracking site," it was stated that an Alberta Environment and Sustainable Resource Development official threatened the Lubicon Nation with an order to remove them from the access road under the Public Lands Act. ESRD spokesperson Nikki Booth said the department did not specify what enforcement actions would be taken, but that an order under the Public Lands Act could be a possibility, but it wouldn't be from ESRD, as responsibility for the legislation switched over to the Alberta Energy Regulator on Nov. 30. *The Journal* apologizes for this error.

In last week's Unanswered Question of the Week, it was stated that Mr. Revi Lau-a responded to the question "How many women would potentially be using the Betty House?" with "I don't have that information." *The Journal* would like to note the full question asked to Mr. Lau-a was "How many women would potentially be using the Betty House? Are there any statistics there?" to which he responded to the latter portion with "I don't have that information," followed by an explanation of how many units would be in the Betty House when it is completed. *The Journal* apologizes for this error.



By DAWN KOSTELNIK
Hunting in the Deh Cho in 1966.

A grub box includes a small bag of flour, baking powder, salt, lard, sugar and tea. A little dry meat is stashed out of sight if someone is lucky enough to still have any left from the fall time. Women make small bannocks that will carry the men for a few days. Bales of dried fish are packed for the dogs; the men can eat this as well. The weight of the sled has to be kept down. Gear is minimal.

Tents, tea pails and cast-iron frying pans are shared. There are no suitcases. An extra pair of socks is acceptable. Tobacco and snoose (snuff) is a luxury

that will run out before the hunt is over. Little pinches of snoose are shared around the fire at night.

On this hunting trip, they are headed towards the Plains of Abraham that have been a hunting destination for Deh Cho people as well as the Ross River people. MacMillan Pass is beyond the plains. In a straight line, it would be about 350 miles to Ross River from Fort Norman. The hunters are not looking for Ross River, YT, they are looking for the closest herd of caribou.

Travelling great distances requires great amounts of food and energy. There is danger in this equation as chances of men and dogs getting hurt increases by days on the trail. On a regular hunting trail you come across snares set by other hunters. This was not a regular route for the hunters, so there are no pre-set

snares. A frozen rabbit could be pulled out and the snare reset for the next person. There is no room for error on this trip; they have to find meat fast. One hundred and twenty six dogs and 18 men need a lot of food to survive and return home to their families.

Thousands of caribou blacken the plains; the men have been breaking trail for two days. Cold has bitten fingers and toes. My dad is losing weight and he has none to lose. Miles of trail have been broken with snowshoes; this trail ends at this herd. Dogs are jumping in their tracers; men with weary arms struggle to hold dogs back.

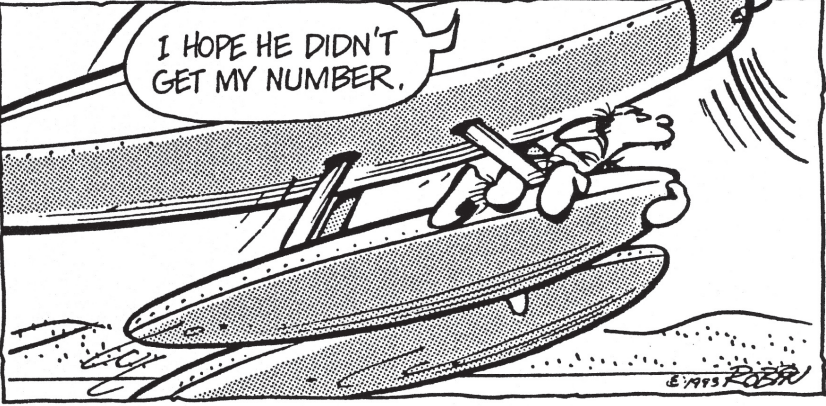
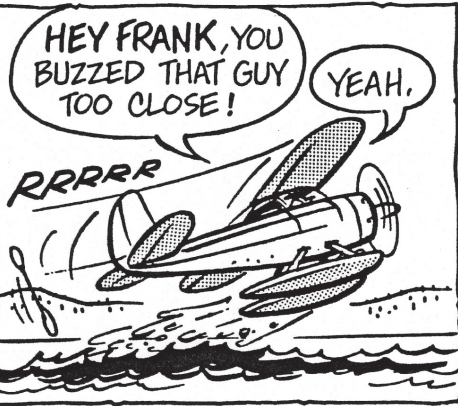
This herd is massive. It will take time for thousands of caribou to pass, even with the spur of howling and barking dogs. Breath, frozen with cold, fills the air as the struggle

to maintain control of the dogs continues. The caribou are making their own cloud of fog. Skies are a brilliant blue in the background and treetops are packed thick with snow. Trees, deceptively short, poke four feet of their tops into the air, the balance of them buried in 20 feet of snow.

Rifle shots begin to reverberate off mountaintops. Echoes ricochet from exposed rock faces. Avalanche conditions are prime, but forgotten in the focus of the hunt. This herd continues on its genetic trek. Its size dictates that it will reach its destination despite this bite from the hunters. As the herd swerves around shots and dropped bodies create islands in the snow, the men continue to fire, picking out choice animals.

Stay tuned for Part 3 of 3 in the Northern Journal.

MUKLUK



FACEBOOK FEEDBACK

Northern Journal 2013

Dene leaders in northern Alberta and the Northwest Territories continue to demand answers on why they were not formally notified by government of a massive coal tailings spill heading their way via the Athabasca River.



First Nations demand better emergency response



Albert Brule: The conservatives are terraforming the land to what exists in china today. The treaty is being violated and govt have demonstrated that they do not have respect for the land, water and indigenous rights. We must re-affirm our peace treaty of the Cree-Dene. then form an alliance to hold a referendum for the establishment of treaty 8 as a province. We do not require non-indigenous votes as it is not their land nor their water or air. Pass a resolution for the Dene to form a congress with the Cree of treaty 8. Form a new province with new energies and vision. I have dreamt of this years ago.

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Forecast

Inuvik Yellowknife

-23 High	-26 Low	Wednesday	-30 High	-32 Low
-24 High	-27 Low	Thursday	-33 High	-37 Low
-27 High	-29 Low	Friday	-33 High	-38 Low
-33 High	-34 Low	Saturday	-26 High	-35 Low

Norms: -21°C and -29°C Norms: -19°C and -27°C

Hay River Fort Smith

-26 High	-30 Low	Wednesday	-26 High	-30 Low
-26 High	-32 Low	Thursday	-28 High	-34 Low
-27 High	-33 Low	Friday	-31 High	-37 Low
-24 High	-33 Low	Saturday	-27 High	-34 Low

Norms: -15°C and -24°C Norms: -16°C and -25°C

Having a VERY MERRY Fort Smith Christmas!

Holiday events from Dec. 10 – Dec. 16

TUESDAY
DECEMBER 10

Santa Parades Through Town

Santa's float will be on the streets of Fort Smith 6 to 8:00 p.m. every night until Christmas. Mrs. Claus will join Santa tonight for the first trip of the season!

WEDNESDAY
DECEMBER 11

Da Vinci's Workshop

Christmas Gifts
3:15 p.m. at
Library.

Drop-in Soccer

at the Rec. Centre
6:30 to 8:00 p.m.

THURSDAY
DECEMBER 12

Drop-in Volleyball

at the Rec. Centre
7:30 to 9:30 p.m.

FRIDAY
DECEMBER 13

Edible Christmas Trees

at the Rec. Centre
Starts at 3:30 p.m.

Deadline for the Festival of Trees

Set-up at the museum.

Moonlight Madness!

Select shops stay
open late!

SATURDAY
DECEMBER 14

Breakfast with Santa

at the museum
9 a.m. to 11 a.m.

Fort Smith Firefighter

Food and Toy Drive
Donate toys and
Non-perishable food.
The firefighters will be
passing your house.
10 a.m. and 1 p.m.

Community Choir Christmas Concert

(with PWK Band)
at St. Joseph's Cathedral.
Starting at 7:00 p.m.
Donations welcome.
Please bring a item for
the Food Bank.

SUNDAY
DECEMBER 15

Christmas Movie *How the Grinch Stole Christmas*

2:00 p.m. at the
Rec Centre.

Community Choir Christmas Concert

(with JBT Choir)
at St. Joseph's Cathedral.
Starting at 3:00 p.m.
Donations welcome.
Please bring a item for
the Food Bank.

Senior Society Annual Christmas Potluck Supper

at the Rec. Centre
Starts at 5:00 p.m.

MONDAY
DECEMBER 16

Pre-School Storytime

10:30 a.m. at the
Library.

Drop-in Volleyball

at the Rec. Centre
8:00 to 9:30 p.m.



**Watch for Santa
on the streets of Fort Smith!**



**Festival of
TREES**

Show Fort Smith
your Xmas Spirit!
Design and decorate
your own festive tree.

**Set-up can be done
9 a.m. - 5 p.m. Mon.-Fri.
at the Northern Life
Museum until Dec. 13**

Sign up today by calling 872-2859.



**Fort Smith
Minor Hockey
50/50 Draws**

WIN BIG IN OUR BI-MONTHLY 50/50 DRAW.
All funds go to support Fort Smith minor hockey,
player development and youth athletics.

TICKETS ARE ONLY \$2.

Draw dates are December 15 and 29, January 12 and 26,
February 9 and 23, March 2, 9 and 23.



Please Join Us For

Breakfast With Santa
and
Delicious Pancakes, sausage, coffee & tea
At The Northern Life Museum & Cultural Centre

Festival of Trees

Saturday, December 14, 2013 9AM to 11AM
The Northern Life Museum, Fort Smith
FREE Santa Pictures
\$7 an Adult, Children under 10 eat free!



For additional information on events, please contact Fort Smith Town Hall at (867) 872-8400.

Baytex blames residents in Peace River oilsands fight

Landowners to file injunction against company, citing health concerns

By MEAGAN WOHLBERG

Landowners in the Peace River area did not receive the response they were looking for last week when oilsands company Baytex Energy refused to shut down its facilities in response to residents' alleged health concerns surrounding bitumen emissions.

Residents Brian and Alain Labrecque recently hired an environmental lawyer to work on halting Baytex's cold heavy oil production (CHOP) project near their farmlands, claiming the emissions venting from the heated bitumen storage tanks have made their families ill and caused them and five other families to leave the area.

The two landowners asked the company late last month to voluntarily close its tanks and halt production until the concerns could be addressed. With the company's refusal, Brian said their lawyer will now request an injunction from a Queen's Bench judge.

The Alberta Energy Regulator (AER) is in the midst of holding a public inquiry into the over 860 complaints of emissions and odours from Peace River area residents since 2010. While Baytex has signalled it wants to wait for the outcome of the inquiry process, the Labrecques are saying they want more rapid change.

"We are happy that they are conducting an inquiry, but before we see any kind of results, it could very well be another year, so I think it's a lot to ask for the residents and landowners who have been out of their homes for two years," Brian told *The Journal*.

"To me, that's kind of unacceptable when they (Baytex) haven't stopped what they've been doing. It might be a different story if they really respected the inquiry



The Alberta Energy regulator is currently holding a public enquiry into more than 860 complaints about emissions and odours from Peace River area residents since 2010.

process and expected us to wait for a year, that they would say, 'We're gonna shut down and wait for a year for the results as well.' But obviously they're not prepared to do that."

Andrew Loosley, director of stakeholder relations at Baytex, said the company has undertaken a number of measures to address the concerns of residents, but those plans have been stalled by the objections of the landowners.

The company began constructing a gas conservation system, meant to capture gas from the CHOP wells to be used internally for bitumen production, in the summer of 2012, but a blanket objection from landowners put a halt to the plan, which would have also seen excess gas flared off. Construction stopped last December.

"The gas conservation pipeline was a key component, and then an intermediate step in that plan was to do some flaring. Rather than venting, we would burn off

this gas as an intermediate step as we moved forward to evaluate and get additional options to further reduce the emissions," Loosley said. "In order for us to proceed with that plan, the residents needed to remove a blanket objection that was filed with the AER in May of 2012."

While the company is blaming residents for halting progress on emissions capturing, Brian said the company's claims are misleading and that Baytex's plan to fix the problem does not address the key concerns of residents, which center on the gases venting from the heated storage tanks and not the CHOP wells.

With CHOP, ultra heavy oil is stored in hundreds of heated storage tanks around the region. Shell Canada's bitumen handbook notes fumes from storage tanks can "result in irritation to the eyes, nose and respiratory tract and headaches and nausea."

"The conservation system that they proposed,

they were only looking at capturing the casing gas from the actual well and then running that gas into a line into a generating station where they would either use it to generate their own power for their own use or sell back onto the grid...So

it was a great way to kind of buy themselves time to say we're working on a solution, we're going to fix the problem, but they're not actually addressing the real problem," Brian said.

"If at any point they had come out and said we are going to implement a system and capture all those tank top emissions and have a completely closed system, there is no way we would have ever objected to that. That's what we've been wanting for the last two years."

Studies have found that carcinogenic polycyclic aromatic hydrocarbons (PAHs), along with potent neurotoxins like hydrogen sulfide, benzene, toluene, ethylbenzene, xylene, chloromethane and acetone are all associated with emissions from heated bitumen storage tanks.

Years of complaints of nausea, headaches, skin rashes, memory loss, joint pain, exhaustion and difficulty breathing have been enough to force seven families in the area to move.

Some have complained about sick livestock and more about devalued property as oilsands development increasingly encroaches upon their farmland.

Baytex maintains that its operations are within Alberta emissions guidelines, backed up by its own independent air quality study. Loosley said the company welcomes the inquiry to bring closure to the issue.

"It's a bold step by the Alberta Energy Regulator and we're welcoming the opportunity to proceed with that," he said. "That will provide an additional opportunity for us to engage with the public, and in our view, we've been listening to their concerns and trying to address them accordingly."

The Alberta Energy Regulator's proceeding to investigate and make recommendations about odours and emissions associated with heavy oil operations in the Peace River area will commence Jan. 21, 2014. The AER panel expects to issue its report by Mar. 31, 2014.

Photo: Brian Labrecque

Fort Smith Christmas Toy & Food Drive



Saturday, December 14th
between 10 a.m. and 1:00 p.m.

Watch for a fire truck in your neighbourhood
picking up food & toys for Christmas
or

Drop your gifts off at the Pentecostal Church at
15 Mills St. between 10 a.m. and 6 p.m.

We are also taking donations for the Fort Smith Animal Shelter

**Everybody deserves a
Merry Christmas**

SHOP LOCAL SHOP ORIGINALS



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Christmas Eve!*

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May your holiday season be wrapped in happiness, warmth and bison.



Warm wishes from all of us at Syncrude and the family of wood bison that lives on our reclaimed land. **Share the joy by wrapping a gift.**
We've reclaimed over 3,300 hectares of former mining land, where today you'll find forests, wetlands, and ranchland where our family of wood bison roams.

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

Inuvialuit take long view on Mackenzie gas potential

By JACK DANYLCHUK

It will take more than excited buzz over misinterpretations of recent government and industry housekeeping moves to put fresh wind in the sails of the Mackenzie Gas Project.

“We need to get the price of gas up,” Nellie Cournoyea, chairman of the Inuvialuit Regional Corp., told *The Journal* in an interview last week.

Other options, like a pipeline that might carry oil and gas to a port and liquefied natural gas plant on the Arctic coast, “are nowhere near reality,” Cournoyea said.

The possibility of liquefying Mackenzie gas for Asian markets was raised last fall by Rich Kruger, chief executive

officer for Imperial Oil, one of the main partners in the Mackenzie Gas Project.

Imperial has until Dec. 31 to update and prepare new cost estimates for the project that has been stalled by low gas prices since it cleared the final regulatory hurdle in 2011.

Cost of the project then was estimated at \$16.2 billion.

Almost simultaneously, the federal government shifted \$500 million in funds earmarked for programs that would ease the impact of pipeline construction on Northern communities, as if to make the money ready to disburse.

“The money is still intact and available, but it’s tied

to the pipeline and won’t be available until there is a decision to construct,” Cournoyea said.

Imperial and its partners – Royal Dutch Shell, ConocoPhillips and the Aboriginal Pipeline Group – have until the end of 2015, when the current license to construct the 1,200-km pipeline to Zama on the Alberta border

expires, to decide on a course of action.

There is one another option, Cournoyea suggested. The partners could apply to the National Energy Board for a five-year extension

There is a lot of discussion and a lot of research, and a lot of examination of options. Some possibilities are very remote, but everything is on the table.

*Nellie Cournoyea,
Inuvialuit Regional Corp.*

on the current license, thus avoiding another lengthy environmental and regulatory review that many blame for keeping Northern gas out of global energy markets.

“There is an option to extend another five years, and I expect that will be done,” Cournoyea said. “There’s nothing else on the table that’s certain. There is a lot of discussion and a lot of research, and a lot of examination of options. Some

possibilities are very remote, but everything is on the table.”

In the meantime, Cournoyea said Inuvialuit companies are turning their attention to opportunities in the Canol shale play in the Sahtu and the renewed interest in exploring for oil and gas in the Beaufort Sea.

Cournoyea said many were surprised that regulators allowed ConocoPhillips to explore its property in the Sahtu with horizontal wells and hydraulic fracturing without an environmental review of the controversial process.

“People are starting to talk about what does that mean; what do we have to do about it and how is that going to affect us downstream,” Cournoyea said.

“Everyone is concerned about the integrity of the environment - more than concerned. That’s what people know to be the base of their food supply.”

But concern over potential impacts isn’t keeping

key Inuvialuit companies – Canadian North and Northern Transportation Co. Ltd. (NTCL) – from servicing the Canol play.

“The Sahtu is busy and looks like it will keep on growing for some time,” Cournoyea said. “Canadian North and NTCL are doing well there, hauling freight and passengers.”

The economic pace in the Mackenzie delta and Arctic coast “is very slow,” Cournoyea said.

“We have the Tuktoyaktuk-Inuvik highway that will provide opportunities for maybe three or four seasons. We’re looking to put forward a proposal on the Tuk harbour and support to the oil and gas offshore projects.

“We have a commitment from industry to work with us on the offshore projects, and a commitment from the federal government to make sure the Inuvialuit final agreement is reflected in the opportunities. We’re looking for resolution on what those benefits will be.”

Politics First Nations

Sherritt apologizes for Obed mine spill

Continued from page 1.

After hours of discussion amongst stakeholders at the forum, Sherritt International responded to public pressure and apologized for the spill.

“We did manage, at the end, to finally get the Sherritt representative to say that he was sorry for the spill. It took a long time,” Goss said.

Following the forum, Sherritt published the results from a month-long comprehensive water quality study of the Apetowun Creek, Plante Creek and the Athabasca River, which they say will be used to determine impacts and appropriate responses.

“We are publishing the sampling data because we want the public to know that our independent experts found that the water in the Athabasca River is



Mikisew Cree First Nation chief Steve Courtoreille says the meetings should have happened sooner.

If they are going to come here and deny everything and create more frustration for the community then there is no point in them coming.

*Chief Steve Courtoreille
Mikiew Cree First Nation*

safe,” Sean McCaughan, Sherritt’s senior vice president of coal, said in a press release. “We understand the concerns that this incident has created and we’re sorry that this happened. Our employees live, fish and hunt in this region, and we are all working hard to make this right.”

the company and government cancelling the meetings out of respect for the elders, but will not look to reschedule if there are no changes to the message.

“If they are going to come here and deny everything and create more frustration for the community then there is no point in them coming,” Courtoreille said.

The meeting should have happened in the affected communities immediately after the spill came to their attention, he said.

Courtoreille said the Mikisew Cree are not ruling out the possibility of legal action against Sherritt International as more details on the long term effects become clear.

“If things are not corrected and there are long term effects on our drinking water, that’s something we would look at in the future,” he said. “If the company’s not going to do anything about it, if the province is not going to do anything about it, then you force our hand.”

The First Nation has already begun independent water testing on its traditional territory, which Sherritt International has refused to pay for.

“We’re not sitting back waiting for anybody,” Courtoreille said. “We feel that we don’t get the right results or accurate readings. There’s always suspicion that the government is withholding information from us. They downplay this whole thing.”

The nation plans to continue monitoring throughout the winter and the spring.

Whether you're travelling in a one-horse open sleigh, a plane or a mini-van, we hope you're laughing all the way this holiday season.

From all of us at Cenovus, we hope that you have a wonderful, safe and joyous holiday season.

cenovus.com

New ideas. New approaches.



Maggie Sikyea is the queen of bannock in Fort Smith. She offered the students a number of different kinds to chose from.



Raymond Beaver displays his dish of muskrat - smoked then boiled to make it tender, moist and tasty.

Traditional Christmas at Aurora College



Leah Desjarlais (centre) cooked the goose. Bacon strips and herbs gave it a special flavour. She is flanked by servers, college administration staffer Tina Dumont and instructor Marina Devine.

By DON JAQUE
Aurora College, Thebacha Campus in Fort Smith is home to students from across the North and when the annual Christmas meal was being discussed, a plan came about for a Christmas feast where traditional Northern food would be served - food the students were used to eating in their home communities.
When amazing organizer and woman-who-makes-people-feel-good Pauline Gordon took on the project, it of course turned into a major event. Mike and Raymond Beaver emptied their freezers of wild meat and donated it all to the cause.
A number of college staff members volunteered to cook traditional dishes and, well, what a feast it turned out to be. There was still turkey and all the trimmings, but amazing traditional Northern dishes

were featured, including moose, buffalo, goose, fish, muskrat and beaver - some prepared in several different ways.
What a treat it was!



Who needs a hall? The hallways were decked out with serving tables and people ate at tables in open spaces.



Instructor Peter Kikkert cooked a moose roast and then jumped in to help serve the salads.



Chef Mike Beaver cooked several dishes including his specialty, moose guts. All he needed was a tall white hat! He is flanked here by servers (college employees) Chris Esser (left) and Cherie Stewart.

Northern Journal Holiday Recipe Guide 2013

Spinach Dip

1 cup mayonnaise
1 (16 ounce) container sour cream
1 package dry onion soup mix
1 can water chestnuts, drained and chopped
½ package frozen chopped spinach, thawed and drained

Mix together everything and chill in the refrigerator at least 6 hours.

Pumpernickel Bread

1½ cups warm water (105 to 115°F)
3 (¼ ounce) packages active dry yeast
2 tsp. sugar
½ cup molasses
1½ tbsp. kosher salt
2 tbsp. vegetable shortening
2 tbsp. caraway seeds
2¾ cups rye flour
3 cups unbleached all-purpose flour
cornmeal

In a small bowl, combine 1/2 cup of the warm water, yeast and sugar. Let sit in a warm place until the yeast mixture turns bubbly (about 5 to 10 minutes). In a large mixing bowl, combine remaining 1 cup water, molasses, salt, shortening, caraway seeds and yeast mixture. Beat until smooth. Slowly beat rye flour into the yeast and molasses mixture. Mix in the all-purpose flour and mix until it is a soft, smooth dough ball. Turn the dough out onto a lightly floured surface. If dough is too moist, add a little more flour; if it's too dry, add a little more water. Knead the dough for 5 minutes. Lightly grease a large bowl. Add the dough, turning once to coat the entire surface of dough with oil. Cover dough with a clean cloth and let rise in a warm place until almost doubled in size (about 1 1/2 hours). Punch down dough. Separate dough into 2 equal parts. Form 2 round, slightly flattened loaves. Score a cross 3/4 of an inch deep into the tops of both loaves with a sharp knife. Grease a large baking sheet; sprinkle with cornmeal. Put the loaves on top and then cover with a clean cloth and let rise until doubled - about an hour. Preheat oven to 375°F. Bake 30-35 minutes or until crusts are dark brown and loaves sound hollow when tapped. Remove from baking sheet and cool on a rack before slicing.



Spice up your holidays
with our recipe section.
Bon Appétit!

NORTHERN
Journal

Northern Journal Holiday

Braised Rabbit

One 2½ - 3 pound rabbit, cut into 6 or 7 pieces
½ cup all purpose flour for dredging
2 tbsp. olive oil
2 tbsp. butter
2 medium onions, sliced stem to root (about 2½ cups sliced)
4-6 whole cloves of garlic, peeled
½ tsp. dried thyme
1½ cups of beer (optional) or water
½ cup of chicken stock
½ tsp. salt
½ tsp. freshly ground black pepper
1 celery root, peeled and diced
2 tsp. whole grained mustard
2 tsp. brown sugar
1 tbsp. chopped fresh parsley

Sprinkle rabbit with kosher salt. Let sit for an hour. Coat rabbit pieces in flour. Heat oil and butter in a large Dutch oven on medium heat. Once the butter is melted and foamy, add the rabbit pieces in a single layer. Brown each side, without stirring, for 5 minutes. Remove to a plate. Add the sliced onions to the pot. Cook, stirring occasionally, until lightly brown, scraping up rabbit bits from the bottom of the pot. Add garlic cloves and thyme. Increase the heat to high and add the beer or water, the stock, the pepper and a half-teaspoon of salt. Place the diced celery root over the onions in a single layer. Place the browned rabbit pieces over the celery root. Bring to a simmer. Cover and reduce heat to maintain a low simmer. Cook for 45 minutes, or until the rabbit is just cooked through and tender. Remove rabbit pieces from the pot and keep warm on a platter. Increase the heat to high and reduce the liquid by one-third. Reduce heat to low and stir in the mustard and sugar. Return the meat to the pot. Cover and let rewarm for a minute. Sprinkle with chopped parsley to serve.

Fried Bannock

3 cups flour
6 tsp baking powder
3 tbsp. sugar
¾ tsp. salt
1 beaten egg

Combine and add enough water to make dough sticky. Drop tablespoonfuls of dough into hot oil and flatten while applying oil over top of them. Fry until golden brown.

Turkey Gravy

Remove the turkey from the pan. Place pan on stove on medium high heat. Pour off all but 2 tbsp. of the drippings in the pan. Dissolve 2 tbsp. of corn starch in the minimum amount of water needed to make a thin paste - about 1/4 cup. Pour into pan with drippings and use a wire whisk or spatula to blend into the drippings. Stir with a wire whisk until the gravy begins to thicken. As it thickens, slowly add water, stock, milk, or cream, or some combination to the pan. Alternate stirring and adding liquid, maintaining the consistency you want, for several minutes (about 5). You will probably add about 2 cups of liquid all together. Taking into consideration the evaporation that is occurring while you are cooking, you will end up with about 2 cups of gravy.

Preheat oven to 425°F. Brown beef, onion, garlic, water, and cloves. Cook over medium heat, stirring occasionally. Add turkey, stirring until meat is cooked through. Mix mixture into the pie filling. Pinch edges to seal. Prick top with a fork so steam can escape. Cover edge with foil. Bake in preheated oven for 1 hour. Remove foil and return to oven. Bake until golden brown. Let rest for 10 minutes before serving.



**MERRY CHRISTMAS
and
HAPPY
NEW YEAR!**



Have a Safe and Happy Holiday.

Town of Fort Smith



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Long Hair
Brown Mix

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Fort Smith Animal Society
Please leave a message at 872-5543 for details.

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Friday Recipe Guide 2013

Courtiere

1 lb. lean ground pork
1 lb. lean ground beef
1 onion, diced
3 cloves garlic, minced
1/2 cup water
1 1/2 tsp. salt
1 tsp. dried thyme, crushed
1 tsp. ground sage
1/2 tsp. ground black pepper
1/2 tsp. ground cloves
1 pie crust (9")

Preheat oven to 350°F. In a saucepan, combine pork, beef, onion, salt, thyme, sage, black pepper and garlic. Cook over medium heat until mixture boils, then reduce heat to low and simmer for about 5 minutes. Spoon the meat mixture into the pie crust. Place top crust on top of pie and seal. Cut slits in top crust so steam can escape. Bake in preheated oven for 20 minutes, remove foil and bake for an additional 15 to 20 minutes. Let cool 10 minutes before slicing.

Northern Stew

1 tbsp. oil
1 cup chopped onions
2 stalks celery, chopped
6 pounds of ground or shredded meat: beef, pork, chicken, turkey, lamb, mutton, bison, moose, deer, caribou, muskrat, beaver, squirrel, goose, etc.
3 (14 1/2 ounce) cans whole peeled tomatoes with liquid, chopped
1 cup ketchup
1/2 cup barbeque sauce
salt and pepper to taste
1 green bell pepper
3 cans of creamed corn

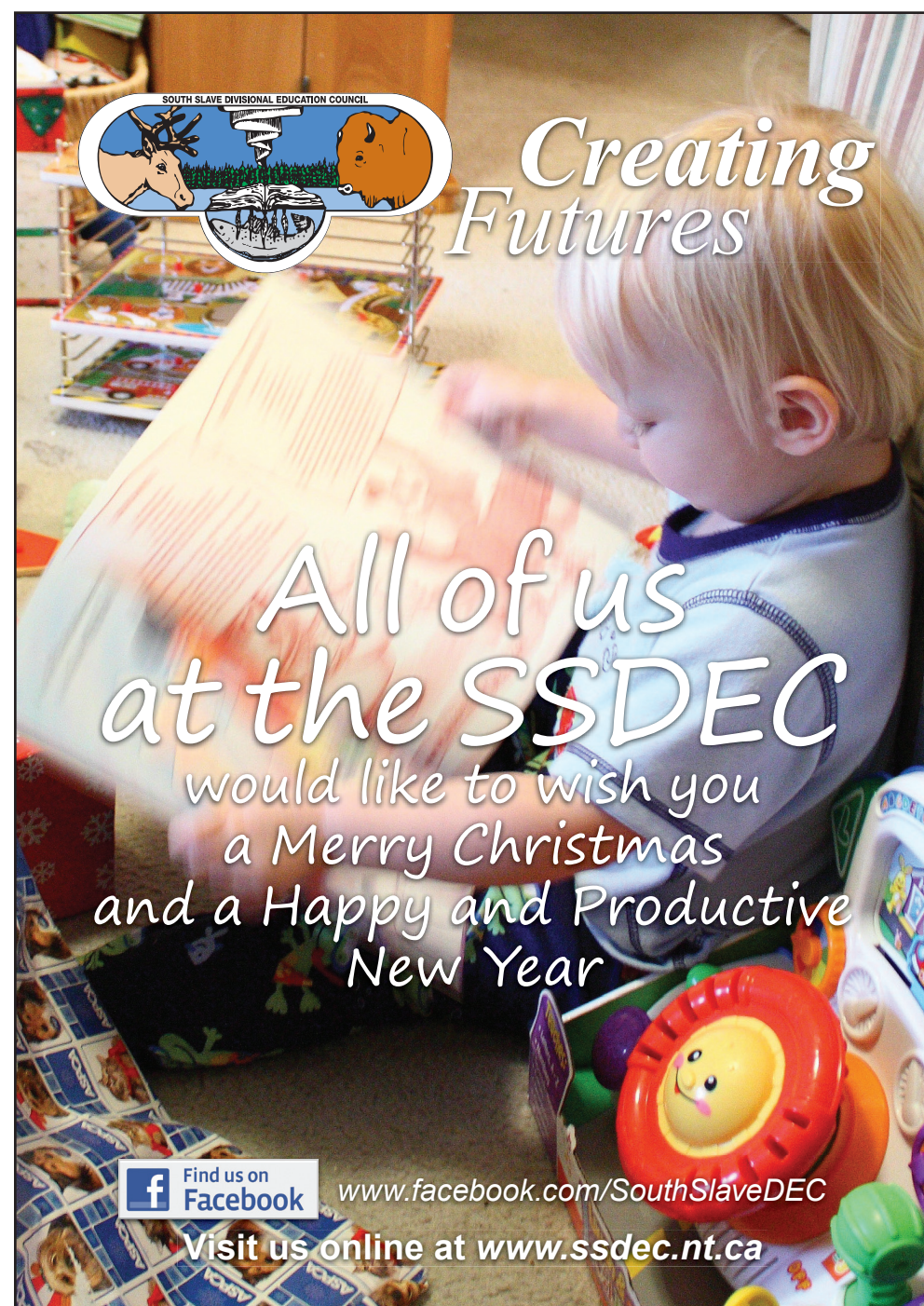
Heat the olive oil in a large skillet, and saute the onions and celery until soft. Mix in the pork and beef, and cook until evenly browned. Do not drain. Transfer the pork and beef mixture to a large stock pot over low heat. Stir in the shredded chicken, tomatoes and their liquid, ketchup, and barbeque sauce. Season with salt, pepper, and hot sauce. Place the whole green pepper into the mixture. Cook, stirring occasionally, 2 hours, or until thickened. Stir the cream style corn into the stew mixture. Continue cooking 1 hour, or to desired consistency. Remove the green pepper; chop and return to the stew or discard. Serves 16.

Cranberry Preserve

4 cups fresh or frozen cranberries
1 large orange, cut in 1/2" slices
1 large lemon, cut in 1/2" slices
1 1/2 cups sugar
2 cinnamon sticks
2 pieces star cardamom
5 cloves
1 piece nutmeg
Pinch of salt
2 cups water

This cranberry sauce is delicious not only with turkey but any number of other dishes, including scrambled eggs! It will not last long!

Put all the spices in cheesecloth and bundle into a little bag. This makes it easier to remove them after cooking. Put all ingredients into a large pot and slowly simmer on medium heat until all liquid is evaporated - approximately 20-30 minutes. Remove orange, lemon and the spice bag. You will see that the sauce has a jelly-like consistency. Set aside to cool. Once set keep covered and refrigerated.

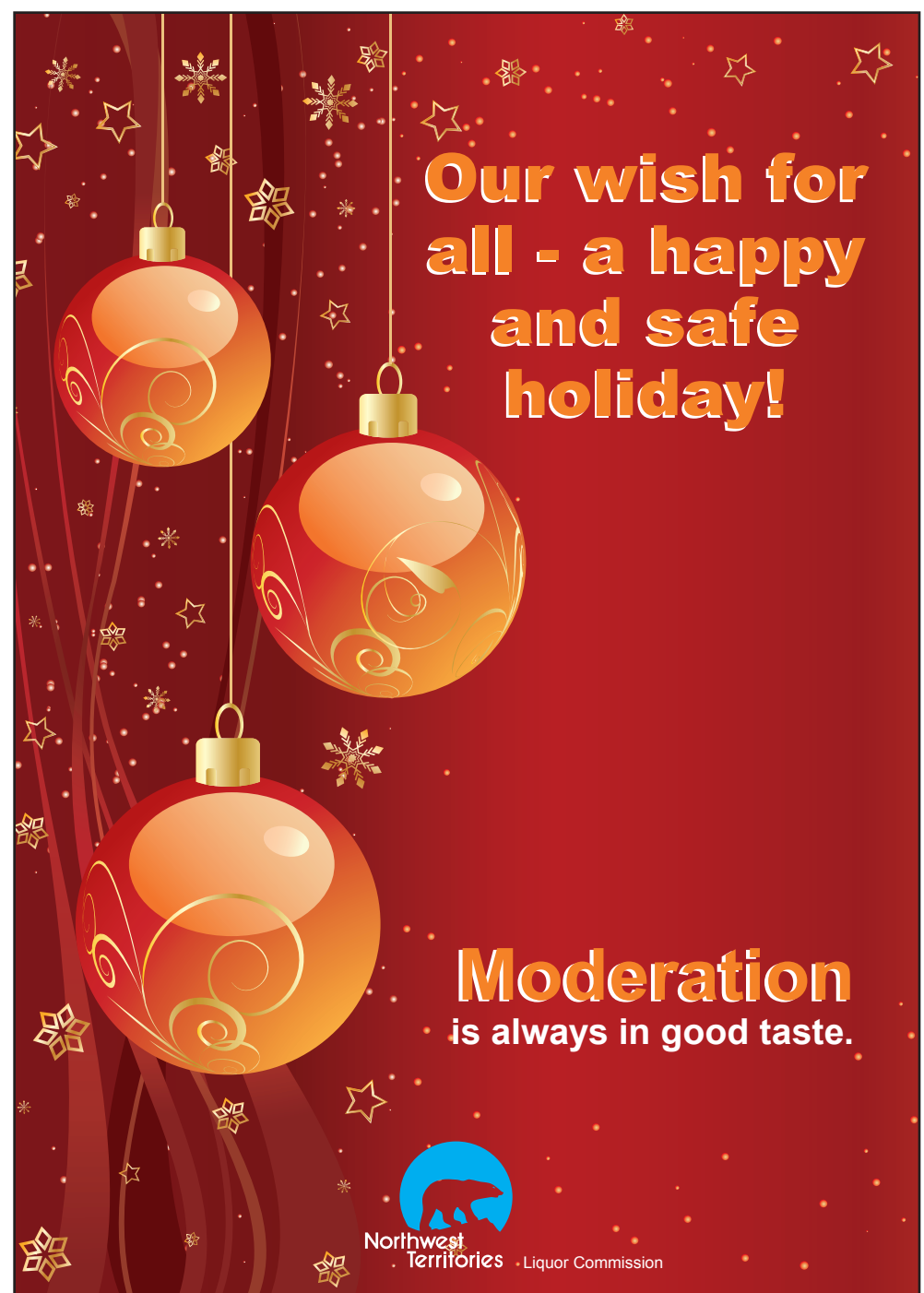


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at the SSDEC
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a Merry Christmas
and a Happy and Productive
New Year

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Our wish for all - a happy and safe holiday!

Moderation
is always in good taste.

Northwest Territories Liquor Commission

Northern Journal Holiday Recipe Guide 2013

Gingerbread People

- ½ cup sugar
- ½ cup shortening
- 1 egg
- ½ cup light molasses
- 2¼ cup flour
- 4 tsp. pumpkin pie spice
- 1 tsp. baking powder
- ½ tsp. salt
- ½ tsp. allspice

Cream sugar and shortening. Add egg and molasses; blend. Mix in dry ingredients. Chill dough for 1 hour. Roll out dough to 1/8 in. thickness. Cut into desired shapes. Bake at 350°F for 8 to 9 minutes.

Shortbread

- 1 cup butter or margarine, softened
- ¾ cup powdered sugar
- 1 tsp. vanilla
- 2½ cups all-purpose flour

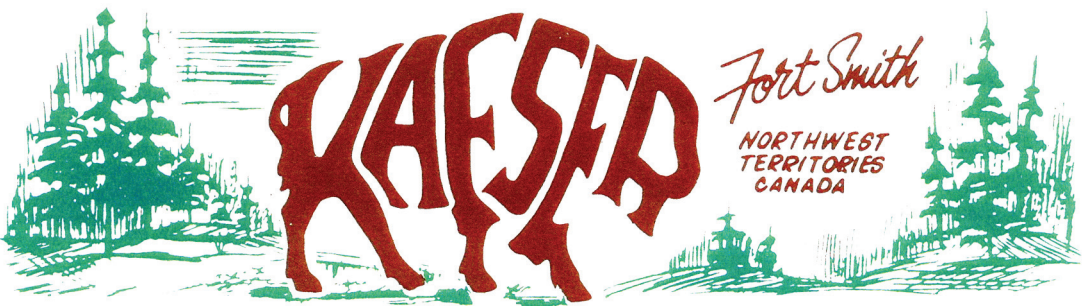
Heat oven to 350°F. In large bowl, beat butter, powdered sugar and vanilla with spoon. Stir in flour. (If dough is crumbly, mix in 1 to 2 tablespoons butter or margarine, softened.) Roll dough 1/2 inch thick on lightly floured surface. Cut into small shapes by hand or use cookie cutters. Place 1/2 inch apart on ungreased cookie sheet. Bake 14 to 16 minutes or until set and bottoms are light golden brown. Immediately remove from cookie sheet to wire rack. Cool completely, about 30 minutes.



Icing for Gingerbread

- 2 egg whites
- 2 tsps. fresh lemon juice or 1 tsp. vanilla extract
- 3 cups confectioners' sugar, sifted
- Food coloring, if desired

With a mixer, beat the egg whites with the lemon juice or extract until frothy. Add the sifted powdered sugar and beat on low speed until combined, smooth, and shiny. Turn to high and beat approximately 5 minutes till stiff and glossy. Add food coloring, if desired, and transfer to a pasty bag to pipe onto cookies.



KAESER'S HOLIDAY SCHEDULE



DECEMBER 2013

Enter your name in the Drygoods store.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 REGULAR HOURS	2 REGULAR HOURS	3 REGULAR HOURS \$25 DRAW	4 REGULAR HOURS	5 REGULAR HOURS	6 MOONLIGHT MADNESS! 9 A.M. - 10 P.M.	7 REGULAR HOURS
8 REGULAR HOURS	9 REGULAR HOURS	10 REGULAR HOURS \$25 DRAW	11 REGULAR HOURS	12 REGULAR HOURS	13 MOONLIGHT MADNESS! 9 A.M. - 10 P.M.	14 REGULAR HOURS
15 NOON - 5 P.M.	16 9 A.M. - 7 P.M.	17 \$25 DRAW 9 A.M. - 7 P.M.	18 \$25 DRAW 9 A.M. - 7 P.M.	19 \$50 DRAW 9 A.M. - 8 P.M.	20 MOONLIGHT MADNESS! 9 A.M. - 10 P.M.	21 \$50 DRAW 9 A.M. - 6 P.M.
22 \$75 DRAW NOON - 6 P.M.	23 Fresh turkeys arrive! 9 A.M. - 8 P.M.	24 9 A.M. - 4 P.M.	25 Merry Christmas! CLOSED	26 CLOSED	27 9 A.M. - 8 P.M.	28 9 A.M. - 6 P.M.
29 NOON - 5 P.M.	30 9 A.M. - 7 P.M.	31 9 A.M. - 4 P.M.	1 Happy New Year! CLOSED	2 REGULAR HOURS	3 REGULAR HOURS	4 REGULAR HOURS



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BEST WISHES FOR A HAPPY AND SAFE HOLIDAY
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Six month old Emerson Cardinal couldn't be happier to sit on Santa's knee during the Northwestern Air Lease's annual Santa community fly-in event.



Melody Jones (left) chats with Lisa Saunders during the annual PWK High School Christmas craft sale and tea.

Christmas activities bring holiday cheer to Fort Smith



Youngsters wait in line to sit on Santa's knee at the Fort Smith airport.



Santa shows off his skating moves during the Skate with Santa event at the Fort Smith recreation centre last weekend.



Following the Aurora College feast last Thursday evening, young jiggers led by Aleda Lafferty offered up several dance routines that got people clapping and tapping their toes, accompanied by some fancy oldtime fiddling by Lee Mandeville and guitar riffs from Michael Krutko.

Photos: Paul Bannister and Don Jaque



Diane Porter has been dreaming of opening a store for years.



Cranberry & Willow is located on Portage Avenue in Fort Smith.



The gift store carries unique brands such as Lampe Berger, a home fragrance collection from Paris.

Northerners Gift Shop

Gift shop fulfills dreams, opens in Fort Smith

By MARIA CHURCH

Opening her own store has been a dream for Diane Porter for as long as she can remember, but it wasn't until last summer, after facing and conquering a life threatening illness, that she decided there were no more excuses. When a space opened up in the building currently shared by Harokiti Salon & Epic Pink Esthetics on Portage Avenue, Porter jumped on the opportunity and began making plans for a gift boutique. Cranberry & Willow opened two weeks ago in Fort Smith and Porter said

she couldn't be more pleased with the reception. "It's been fantastic. Honestly, such great community support and well wishes," she said. "I was nervous but once I started to receive feedback I felt confident that I had made the right move." The store carries unique gifts, hand selected by Porter for their originality, quality and healthy living features, including products such as Lampe Berger, a natural home fragrance collection from Paris, and bath line Happy Hippos. Porter said she loves being able to search for the best

products on the market and choose what she wants to bring into her store. "I'm scouring the world for great products," she said. "I research products that I liked, and then look into the companies and their philosophies to see if we were a good match." The community also has a say, she said, and will hopefully help dictate what she sells in the future. The plan at the moment is to continue ordering a variety of products to see what's in demand. The hardest part of the business has been waiting for orders to come in, Porter

said. A recent order of Royal Apothic's bubble cream won't likely be in for another month. As a first-time business owner, Porter said she has been facing each new challenge as it comes, such as learning that extending her hours until 5:30 will accommodate 9-5 workers. "For me it's all new. I'm totally learning as I go, which is OK," she said. Sharing the space with three other young business owners has been a huge help, she said. "There's four of us, independent business owners, in the same building," she said. "The other girls have

more experience so they've been helping out. I've been able to ask them about certain things." At the end of the day, owning a business is not as much a strategic venture as it is about Porter's dream and well-being after this summer saw her undergo surgery for a sub-cranial hemorrhage. The diagnosis came as a complete surprise for her and her family, living in Edmonton at the time. After the surgery, Porter decided she didn't want to be in the city if the recovery process left her disabled. "It was just too hard without family

and friends and the smaller community," she said. Porter and her husband, Kevin Heron, decided to pack up their four boys and return to Fort Smith where they had first started a life together. "I'm making a remarkable recovery but I didn't want to commit to full time work at that point so this was a better option and a dream so I decided to follow the dream." "This is my recovery plan," she added with a laugh. Cranberry & Willow is open Monday to Friday, 1-5:30 p.m.



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JANUARY 23, 2014

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Father Mouchet takes part in the Whitehorse 2007 Jeux du Canada Games.



Father Mouchet’s cross-country ski coaching inspired his students beyond the sport to encourage greatness in everyone, according to his biographer and friend, Ken Coates.

Photos: Tony Gonda

Northerners Ski Coach

Father of skiing program in NWT passes away
Jean-Marie Mouchet’s ‘gentle’ coaching inspired Northerners

By MARIA CHURCH
Father Jean-Marie Mouchet, best known for launching the sport of cross-country skiing in Canada’s North, passed away last week at the age of 96.
According to those who knew him well, including Ken Coates, a history professor at the University of Saskatchewan, Mouchet was not only a ski coach, but a man who inspired greatness in everyone.
A small, unimposing man with a heavy French accent, the priest would gently but firmly encourage his skiers to try try their best, regardless of winning or losing, Coates told The Journal.

“His favourite phrase, and I can hear it ringing to this day, was ‘motivation. Where is your motivation?’” he recalled. “He was never preoccupied with whether you won the race or not, the question for him was did you go as fast as you could.”
Mouchet was born in France on May 1, 1917 where his theology and philosophy studies lead him to be ordained as an Oblate priest in 1945, all while cultivating an interest in professional skiing.
The priest emigrated to Canada at the end of the World War II following his release from a Gestapo prison camp where he was captured as a member of the French Resistance shortly before the end of the war.
In Canada, Mouchet served as a Catholic priest in several Northern communities before moving to Old Crow, Yukon, a community well established in the Anglican faith.
According to Coates, the priest spent several years attempting to cultivate a Catholic congregation, but

to no avail. He turned instead to his athletic passion of skiing.
In the 1960s, after moving to Inuvik, Father Mouchet started the Territorial Experimental Ski Training (TEST) program to introduce Northern youth to competitive cross country skiing.
The program took off in Inuvik and Old Crow with a focus on Aboriginal youth in the predominantly First Nation communities.
Sharon Firth and her late sister Shirley Firth were some of the program’s most

Whitehorse, first met Father Mouchet as a young boy when the priest came to launch his school’s cross-country ski program. After coaching the students for the season, Mouchet announced the top skiers would be competing in a tournament in Inuvik.
“I was not the most gifted skier,” Coates said. “One of the things that Father Mouchet told me was you are never going to do well on talent, but you might do well on effort. The only chance you have is to work harder than

because nobody worked harder than he did.’ For me that was perhaps the

most important life lesson,” Coates said.
“From Father Mouchet I

learned the importance of never, ever being beaten on effort,” he said.

His favourite phrase, and I can hear it ringing to this day, was ‘motivation. Where is your motivation?’... he was never preoccupied with whether you won the race or not, the question for him was did you go as fast as you could.
Ken Coates
University of Saskatchewan

notable success stories, both of whom went on to spend 17 years on the Canadian Cross Country team and compete in four Olympic Winter Games.
With the success of several athletes and constant encouragement from Mouchet, The TEST program eventually grew into a world class training program for the North’s top cross-country ski athletes.
Mouchet’s inspirational coaching was not limited to those with natural talent, however.
Coates, raised in

anyone else.”
After not making the elite team, Coates refused to give up and followed Mouchet’s words of wisdom, giving it his all at every practice and local race to record some of his personal best times, which sometimes beat skiers on the team.
Just before the team left for Inuvik, Mouchet announced that Coates would be joining them.
“In front of everyone, he said, ‘the reason Ken’s going is not because he is the fastest skier, but

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EMPLOYMENT, TENDERS AND LEGAL NOTICES



REQUEST FOR TENDERS Fuel Bowser and Operator for Into Plane JetA1 SC438356 – Fort Simpson, NT –

The Department of Environment and Natural Resources, Forest Management Division, Headquarters is inviting tenders from qualified bidders for the provision of services to provide a Bowser Truck and Operator for the supply of JetA1 fuel into plane, at the FMD/ENR Fort Simpson Air Tanker Base or other location, on the Fort Simpson Airport Apron, which includes the “as and when” supply of Jet A1 fuel into plane.

Submissions addressed to the Contracts Administrator, Department of Public Works and Services, Procurement Shared Services, 1st Floor Stuart Hodgson Building, 5009-49th Street, Yellowknife, NT X1A 3S8, will be received prior to:

3:00 PM, LOCAL TIME, DECEMBER 17, 2013.

Bidders may obtain tender documents by emailing pwstenders@gov.nt.ca.

General inquiries to: Contracts Administrator
Procurement Shared Services
Government of the NWT
Phone: (867) 873-7230
Fax: (867) 920-4112
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The GNWT Business Incentive Policy and Chapter 5 of the Agreement on Internal Trade will apply to this procurement.

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REQUEST FOR PROPOSALS



Design-Build Request Arena Repairs TFS 0519

The TOWN OF FORT SMITH is seeking proposals from qualified Proponents for the provision of Design-Build Services for the repair and restoration of the Fort Smith Centennial Arena.

Properly labeled, sealed Proposals must be received by 3:00 PM Fort Smith local time on December 20, 2013, at:

TOWN OF FORT SMITH
P.O. Box 147
174 McDougal Road
Fort Smith, NT X0E 0P0

Proponents may obtain RFP documents from the above address as of December 02, 2013.

A Site Meeting will occur at 1:30 PM Fort Smith local time on December 11, 2013, at the above address.

Please all direct inquiries to:
Keith Morrison

Director of Municipal Services
TOWN OF FORT SMITH
Phone: (867) 872-8400 / Fax: (867) 872-8401
Email: kmorrison@fortsmith.ca



STANTON
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HEALTH AUTHORITY

REQUEST FOR PROPOSALS Professional Air Ambulance Services for the Northwest Territories Reference No 13134 – Yellowknife, NT –

The Stanton Territorial Health Authority is requesting proposals from qualified contractors for the provision of Professional Air Ambulance Services on an as and when required basis. This will include both dedicated Air Ambulance Carrier Services (including Flight Crews) and Air Medical Crew Services (Clinical Care Providers).

Sealed Proposals addressed to Stanton Territorial Health Authority, Materials Management Department, 1st Floor Stanton Territorial Hospital, 550 Byrne Road, Yellowknife, NT X1A 2N1, must be received prior to:

3:00 PM, LOCAL TIME, FEBRUARY 28, 2014.

Proponents may obtain the RFP document by emailing: STH_airambulanceRFP@gov.nt.ca or by calling (867) 669-4172.

Inquiries to:

Stanton Territorial Health Authority
Materials Management Department
Phone: (867) 669-4172
Email: STH_airambulanceRFP@gov.nt.ca

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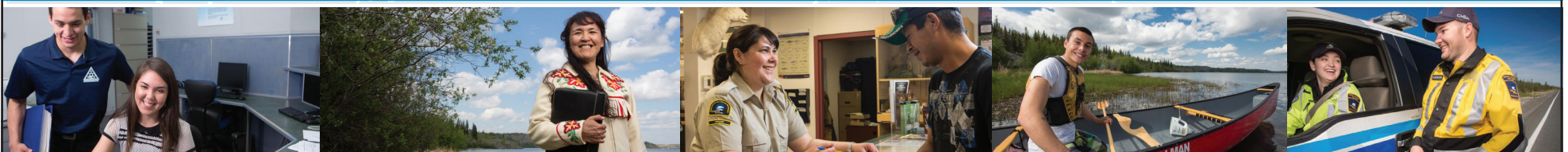
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Job Opening ID#: 11087 **Closing Date:** December 13, 2013

Manager, Financial Planning

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Finance and Administration
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Job Opening ID#: 11093 **Closing Date:** December 13, 2013

Communications Officer

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Job Opening ID#: 11088 **Closing Date:** December 13, 2013

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Job Opening ID#: 11086 **Closing Date:** December 13, 2013

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Job Opening ID#: 11048 **Closing Date:** December 13, 2013

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REQUEST FOR PROPOSAL

FORT SMITH HOUSING AUTHORITY

The Fort Smith Housing Authority is accepting Proposals for Custodial/Caretaker Services at the Sunset Chalet Senior Citizen's Home for a three (3) year period ending March 31, 2017.

Proposal packages are available at the Fort Smith Housing Authority office, #89 King Street, Fort Smith, NT. Please note that the Fort Smith Housing Authority Office will be closed from December 23, 2013 to January 2, 2014.

Closing date and time for this proposal is January 8, 2014 at 3:00 p.m. local time.

For additional information please contact:

Kim Olsen, Manager
Fort Smith Housing Authority
#89 King Street, P.O. Box 1287
Fort Smith, NT X0E 0P0
Telephone: (867)872-2646 ext. 24
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A duty officer will respond within 24 hours.
www.ece.gov.nt.ca



Northwest Territories Education, Culture and Employment

20



Tuesday, December 10, 2013



Cree Wanderingspirit from Fort Smith serves the birdie during her ladies' doubles game.



Katherine Lenoir from École Boréale returns a pass during the Hay River Scott McAdam Badminton Championships.



From left, Krystal Gambler and Ryan Schaefer are in ready position for the serve.

Sports & Recreation Badminton

NWT badminton tourney heats up Hay River



Hunter Lantz from Fort Smith smashes the birdie.



Fort Smith's Darien Comin shows off his gold medal for Grade 7-8 men's singles.



From left, Megan Wood and Shelby Lawrence hustle to return the serve.

Photos: Maria Church



Scott McAdam Badminton Championship Results

GRADE 7-8	GRADE 9-10	GRADE 11-12
Ladies' singles 1st: Abby Webster, Hay River 2nd: Taylor Maurice, Hay River 3rd: Kezia McDonald, Fort Smith	Ladies' singles 1st: Christina Bonnetrouge, Fort Providence 2nd: Lisa Muyambo, Fort Simpson 3rd: Danna Webster, Hay River	Ladies' singles 1st: Brooke Shafer, Hay River 2nd: Novie Borday, Hay River 3rd: Kyla Milne, Hay River
Men's singles 1st: Darien Comin, Fort Smith 2nd: Tyrell Wilgosh, Hay River 3rd: Joshua Kearley, Fort Smith	Men's singles 1st: Jared Leblanc, Hay River 2nd: Daniel Melanson, Hay River 3rd: Tanner Mandeville, Hay River	Men's singles 1st: Drake Roberts, Hay River 2nd: Spencer Borvetrouge, Fort Providence 3rd: Reid Hildebrant, Yellowknife
Ladies' doubles 1st: Abby Webster and Silvia Lockhart, Hay River 2nd: Taylor Maurice and Mackenzie Mandeville, Hay River 3rd: Katherine Lenoir and Allie Bohler, École Boréale	Ladies' doubles 1st: Christina Bonnetrouge and Delaney Vandell, Fort Providence 2nd: Danna Webster and Kara Schaefer, Hay River 3rd: Agnes Cockney and Kezia McDonald, Fort Smith	Ladies' doubles 1st: Brooke Schaefer and Kyla Milne, Hay River 2nd: Novie Bordey and Paige Kruger, Hay River 3rd: Lisa Muyamba and Mary Drake, Fort Simpson
Men's doubles 1st: Tyrell Wilgosh and Braiden Charleton, Hay River 2nd: Jarret Larkin and Damian Huffman, Hay River 3rd: Sean Smith and James Beaulieu, Hay River	Men's doubles 1st: Daniel Melanson and Eliot Pinto, Hay River 2nd: Jared Leblanc and Kaed Blake, Hay River 3rd: Alex Huang and Dane Depuis, Hay River	Men's doubles 1st: Drake Roberts and Daniel Huang 2nd: Reid Hildebrandt and Spencer Bonnetrouge, Yellowknife/Fort Providence 3rd: Kjel Crook and Jeffrey Groenheyde, Hay River
Mixed doubles 1st: Tyrell Wilgosh and Abby Webster, Hay River 2nd: Darien Comin and Kezia McDonald, Fort Smith 3rd: James Beaulieu and Sylvia Lockhart, Hay River	Mixed doubles 1st: Jared Leblanc and Lisa Muyambo, Hay River/Fort Simpson 2nd: Kaed Blake and Kara Schaefer, Hay River 3rd: Hunter Lantz and Agnes Cockney, Fort Smith	Mixed doubles 1st: Christina Bonnetrouge and Spencer Bonnetrouge, Fort Providence 2nd: Novie Borday and Drake Robert, Hay River 3rd: Reid Hildebrandt and Tiffany Larter, Yellowknife/Fort Simpson

On behalf of Northland School Division, we wish you much joy and harmony during this holiday season.

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NWT speed skater inspires clubs to train hard for AWG

Skate to Sochi builds Olympic excitement in NWT

By MARIA CHURCH

Young speed skaters in the NWT are training even harder than usual and it's not just the anticipation of the 2014 Arctic Winter Games (AWG) that's egging them on, it's Michael Gilday.

Gilday, a short track speed skater from the NWT who recently made Team Canada, is now a step closer to qualifying for the Winter Olympics in Sochi, Russia 2014.

"Michael's a great role model," said Shane Clark, coach of the Yellowknife speed skating club. "He's just a good example of what you can accomplish being a Northern kid and working hard if that's something you want to pursue."

Clark said speed skating has been growing in popularity as an alternative to other ice sports such as hockey or figure skating in the NWT.

Currently there are six speed skating clubs in the territory, the newest of which is in Hay River. Fort Smith's speed skating club has been in limbo for much of the season while repairs were made to the town's arena following a fire this year.

While roughly 200 young skaters are signed up in the clubs, many are in the Learn



Photos: Shane Clark

The Yellowknife speed skating team competes in Vancouver at their first event of the 2013-2014 season, leading up to the AWG trials in January.

to Skate program and not at a competitive level.

Learn to Skate programs have seen increasing participation, particularly in Yellowknife, with youth as young as 3 years old signing up, Jill Gilday, sport director with the NWT Amateur Speed Skating Association, told *The Journal*.

"We have so many kids

that come to our programs because their parents want them to learn to skate, but the kids have experienced too many cold fingers and toes in the past and they come hesitant, but they always end up having a good time," she said.

While youth generally start out in hockey skates or figure skates, the club offers speed

skates to those willing to try them out.

Gilday estimates 45 speed skaters will be competing in the AWG trials in January. Four female and four male skaters from two age groups will qualify to represent the NWT.

"The coaches are working with them right now on lots of technical conditioning and

upping their fitness levels so come the territorial trials in January, they'll be at the top of their game," Gilday said.

NWT skaters encouraged to record laps

In a move to encourage the Canadian speed skating team, an initiative called Skate to Sochi was launched on Nov. 15, asking speed skating clubs

across the country to log laps with the goal of recording a distance equivalent to that between Ottawa and Sochi.

The Yellowknife speed skating club was the first in the country to sign up for the task and has been pumping out laps ever since.

The city hosted a public Skate to Sochi event in November at its brand-new outdoor skating oval where 800 laps were logged, amounting to around 160 km.

In Inuvik, where the speed skating club expects around seven of its athletes to try out for the AWG, Skate to Sochi has helped encourage youth to give it their all, coach Theresa Ross said.

"It's a fun way for the kids to do laps and they are meaningful then. It's a lot of fun for them," she said. "Having Michael there helps them relate to it more, too."

The NWT association is currently tracking the laps garnered by skaters and skating clubs in the territory and recording them daily online at <http://www.nwtspeedskating.ca/node/93>.

Gilday said she encourages anyone with a pair of skates to record their laps and send them in to be included in the Skate to Sochi count.

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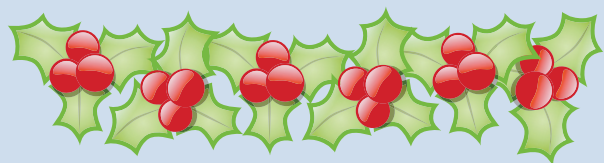
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