

DEC
2000

Sand Point First Nation

December's News

December 2000

Santa's Coming

Message from the Chief and Council

We would like to wish all the members of Sand Point a Merry Christmas & Happy New Year!

We are looking forward to seeing you at our Christmas Party.

Chief, Council & Staff of Sand Point

Christmas Party

The first ever Sand Point Christmas Party will be held on December 16th from 1:00pm until 4:00pm we will be hosting the party at the Kateri Church Center on Syndicate Avenue.

I'm sure all you children have already written your lists to Santa, and this year we the staff of the Sand Point First Nation have been asked by Santa himself to help out a little. We have agreed to give each child under the age of 12 one gift each.

So everyone please come out and have a good time, with our Santa and his elves.

Parents please call the Band Office to register the number of children that will be attending. Also their ages and their gender.

Also a \$25.00 Safeway gift certificate for a turkey will be given to a member of each household.



In order to receive the gift certificate you must be in attendance at the Christmas Party.

Thank you
Christmas Cheer Committee

Family Tree

We are currently seeking the heritage of the Sand Point First Nation. We are asking individuals to look up their family tree and submit a copy to the Band Office. We feel that it is very important to know who our ancestors are and what became of them and how our different families connect and/or separate.

Please go back as far as you possibly can; you might be amazed at what you find. Most information can be obtained from the family or community churches, libraries and elders.



ho ho ho

HAPPY BIRTHDAY

To the following people
from Stacey and Leona.

George Mc Guire

- December 20th

Michael Mc Guire

- December 31st

Craig Mc Guire

- December 22nd

Phyllis Michon

- December 20th

Violet Mullin

- December 31st

Noella Clarke

- December 28th

Marie Drovín

- December 31st

Vera Mc Collum

- December 26th

Ronald Hagar

- December 22nd

Paul Hagar

- December 5th

Joshua Le Clair

- December 23rd

SAND POINT FIRST NATION

P.O. Box 24021, 277 Red River Rd.
Thunder Bay, ON P7B 1A6
Phone: (807)346-0550 Fax: (807)346-0578

November 2000

Dear Sand Point Band Member(s):

We are happy to send you our November's Newsletter!

We would like to thank those who have called us to let us know the names and ages of the children who will be coming to our Christmas Party. The Christmas Party has been booked for December 16, 2000 from 1 to 4 p.m. at the Katari Church Centre, 451 N. Syndicate Avenue. Please call the office to let us know if you will be attending and the ages of your child (ren). We ask those who have not called us to please do so, if you plan on attending, as we have to let the elves know how many toys to make for the kids.

Also, we will be giving each family a turkey at the Christmas party, so we will have to be notified as to how many turkeys to put aside.

Please feel free to send in articles, recipes, notices, etc. for our newsletter.

Meegwetch,

Staff at Sand Point First Nation



Get a flu shot

Free Vaccination for all Ontario

Everyone can benefit from a flu shot, but it is particularly important for some people.

The following people have a greater risk of developing complications from influenza, or of spreading the virus to persons in these high-risk groups:

- persons aged 65 or older
- adults and children with chronic heart or lung disease
- anyone who lives, works or volunteers in a nursing home, chronic care facility, or retirement home
- adults and children with diabetes or other metabolic disease, cancer, kidney disease, a blood disorder or anyone whose immune system is weakened
- children and teenagers (aged six months to 18 years) who have been treated with acetylsalicylic acid (ASA) for long periods
- anyone who works or volunteers in health care
- emergency service workers- including fire, police and ambulance staff.

Much of the illness caused by influenza can be prevented by annual flu shots. To lower your risk of developing complications from the flu, consider getting the flu shot this season.

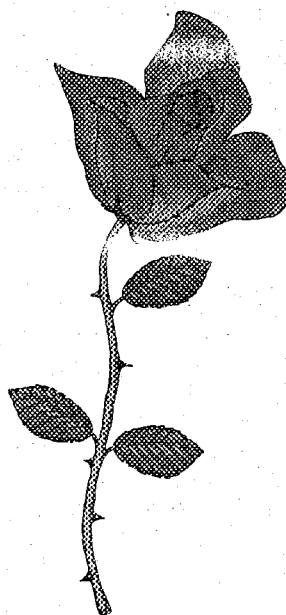
- Anyone who lives in the same household as, or is in close contact with, a person who is at increased risk of complications from influenza should also consider getting the flu shot.

For further information on flu vaccination, please call 1-866-FLU-N YOU (1-866-358-6968) (TTY# 1-800-387-5559).

Recipe for Happiness

Take a cup of kindness
Add a dash of charity
Mix with understanding
Add a bit of courtesy
Top it off with patience
Sprinkle liberally to everyone
you meet throughout the year.

Vera McCollum

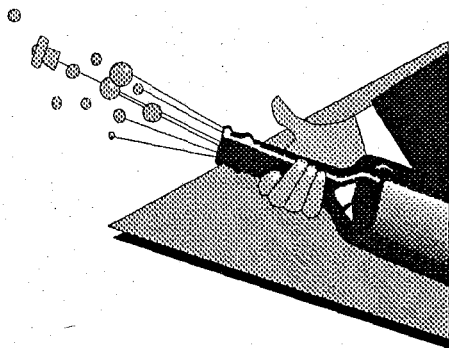


Happy Birthday!

**Christina Binguis
James Clarke
Karen Clarke
Leona Clarke**

**Marie Drouin
Edward Esquega
Ellen Gladu-Canuel
James Johnson
Robert Kletzel**

**Joseph LeClair
Dennis Lesperance
Sullivan McGuire
Michael Michon
Roanna Morriseau**



Smoking Cessation Products:

Effective October 1, 2000, nicotine gum (Nicorette), nicotine patches (Habitrol, Nicoderm, Nicotrol) and bupropion HCl (Zyban) will be covered for a 90-day treatment period, renewable after one year has elapsed. Nicotine patches and bupropion HCl are new benefits. For all smoking cessation products, a maximum allowable quantity and frequency are being introduced.

Maximum allowable quantities for a 90-day period for each of the different smoking cessation products have been calculated on the basis of recommended doses. Coverage will be provided for up to the allowable number of doses during a three-month period, starting on the date that the first prescription has been filled. Once these quantities have been reached or the 90-day period has elapsed, the client will be eligible for coverage for the products beginning one year following the last day of the initial 90-day period. For example, for the client receiving the first prescription for nicotine gum on October 1, 2000, a maximum of 45 pieces will be allowed in the 90-day period ending December 31, 2000. However, due to the elapsed time limitation of 12 months, this client could not access any nicotine gum again without a prior approval until January 1, 2000 (12 months after the end date of the 90-day frequency period).

Quantities of smoking cessation products allowed in a 90-day period (renewable after one year)

<i>Nicotine Gum</i>	<i>945 pieces</i>
<i>Nicotine Patches</i>	
<i>Habitrol</i>	<i>84 patches or</i>
<i>Nicoderm</i>	<i>70 patches or</i>
<i>Nicotrol</i>	<i>70 patches</i>
<i>Bupropion HCl tablets</i>	<i>168 tablets</i>

QUICK TIPS FOR DEALING WITH STRESS

Follow the "**GET STRESS FIT**" plan for a healthier, more enjoyable life. Here are 12 easy to remember tips on how you can bring stress fitness into your life. Keep them handy and review them often:

Give yourself a break. Go for a walk. Get a good night's sleep. Get away from it all.

Eat a healthy diet.

Talk it out.

Spend time with family and friends.

Take a course. For fun or self-improvement.

Relax. With a good book, a great movie or your favorite music.

Exercise. Walk, jog, swim, dance, or go to the gym.

Set priorities.

Schedule your time.

Find alternative sources of satisfaction.

Increase your awareness of what causes you stress.

Take action! Address the person or situation that's causing your stress. And, if you're still not sure how to manage, talk to your Health Coordinator or contact the Heart & Stroke Foundation for more information.

APPENDIX A

WHAT ARE FAS/FAE?

Introduction

Alcohol is a known "teratogen," which means that it has a negative effect on the fetus (unborn child). It can cause birth defects by affecting the growth and proper formation of the fetus' body and brain (Canadian Pediatric Society, 1996, P.4). When a pregnant woman drinks alcohol, the alcohol enters her bloodstream and is carried by her blood into the fetus' developing body. The brain and nervous system of the fetus are especially sensitive to alcohol exposure (Canadian Pediatric Society, 1996, p.4.).

Alcohol has a negative effect on the fetus, because it may interfere with cell migration, and ethanol and its metabolites are toxic (poisonous), particularly if alcohol is consumed regularly (as little as two drinks per day) or during binges (Alberta Medical Association, 1999). Other factors, such as stress, malnutrition, smoking, and the use of other drugs, increase the likelihood that alcohol will harm the fetus. We do not know how much alcohol pregnant woman can safely drink, and there is no safe time period during pregnancy to consume alcohol (BC FAS Resource Society, 1998,p.12).

Diagnostic Criteria for FAS/FAE

In the traditional diagnostic criteria for FAS, the first diagnostic criteria for FAS is prenatal exposure to alcohol. According to the traditional diagnostic criteria, FAS children also exhibit the following characteristics:

1. Delayed prenatal growth, postnatal growth, or both.
 - * Such delay must result in height and/or weight below the tenth percentile.
2. Central nervous system involvement.
 - *This can result in one or more of the following conditions, amongst others, being observed in the child.
 - a. Head circumference below the third percentile,