

Sept/Oct
2001



HAPPY HALLOWEEN!!

September/October Newsletter

Chief's Message

Hello,
Helen Pelletier, of Anishinabek Police Service, will be holding a Firearms Course on October 15 & 16. If you are interested in taking this course and for further information, please call the office and talk with Katie.
We are also planning for Christmas and we will be needing volunteers to assist with this planning. If you would be interested in

sparing some of your time, please call either Leona or Katie and let us know how much time you can spare.
Sand Point has Adopted-A-Highway 1 km on both sides of Sand Point along Highway 11. There is a mandatory training, which is very brief, and will be held in our office. This is strictly on a volunteer base and if you would like to join our first volunteer session on Oc-



You are always welcome at Sand Point

tober 25th, please call the office and set up an appointment with Leona for the training.

Chief Paul Gladu

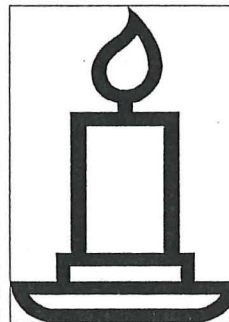


Volume 1: Issue 4
September/ October 2001

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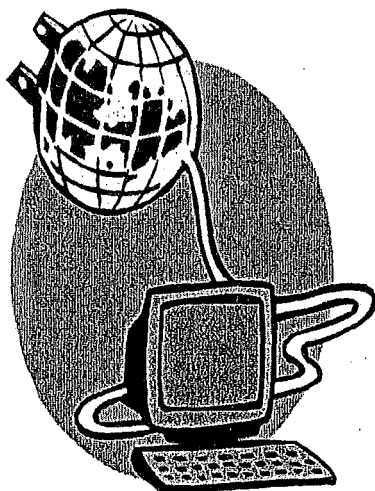
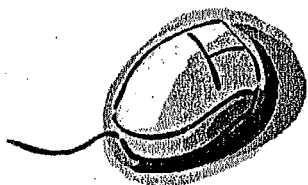
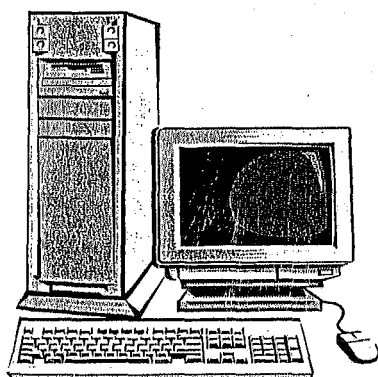
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In light of the events that took place in New York and Washington on September 11, 2001, the staff of Sand Point First Nation would like to express our sincerest condolences to the families and friends left behind from this terrible tragedy.



*Peace be
with us
all*

From the Computer Department



Hello Everyone,

My name is Garfield Cooper and I am the Computer Software Trainer here at Sand Point First Nation. The material being covered is Microsoft Office 2000, Windows 2000 Professional, and Internet Explorer. I have provided a schedule which you can find on page 7 of this newsletter. Although courses offered have a scheduled date, please feel free to sign up for any course that is listed.

You can sign up by contacting us at 346-0550, or visit us at 215 Red River Road, Suite 200. It is important to note that absolute beginners are encouraged to take part. I will make an effort to use any remaining time slots to provide extra lessons where needed.

Garfield Cooper
Computer Software Trainer

Hi, Rob Wesley here, just wanted to inform you all about some of my hobbies and interests. They deal mainly with computers and the Internet of course.

I am the proud owner and operator of what I believe is the largest privately owned Aboriginal Web Directory in Canada. My site is called *Aboriginal Connections* and can be found at **AboriginalConnections.com**,

it's a searchable web directory for information relating to North American Native people and Indigenous groups worldwide. It will be expanding in the next few months making it more interactive and useful to a variety of First Nation organizations and businesses.

As well, I am a specialist in computer repair and upgrades and I offer such services in the local Thunder Bay area. You'll find my brochure on page 8 of this newsletter.

Rob Wesley
Information & Communications Intern
Phone: 346-6583 (direct) 346-0550 (office)
Fax: 346-0578

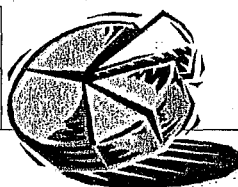
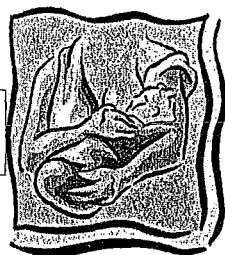
Check it out!
Aboriginal
Connections.com

Program Development...

Hello again to everyone. Our Health Department is looking forward to hosting a Workshop on the topic of Breastfeeding. Information on proper nutrition for pregnancy and breastfeeding will be presented. Promoting breastfeeding to the expectant mother is part of our Healthy Mother/Healthy Baby, Prenatal Nutrition Initiative. We welcome and encourage our Elders to share in their experiences. Tentatively set for Mid-November 2001. (TBA) For those interested in finding out more information and/or participating in the workshop, please contact our office at 346-0550. I look forward to hearing from you.

Nigwetch,
Grace Podolchuk
Health Officer
Program Development

"Breast
is Best"



Shashell Francis



Shashell lives in Kingston, Jamaica. Her interests include drawing, phonics and nursery rhymes. She lives with her mother, father, 3 brothers and 1 sister.

Through Sand Point's sponsorship, Shashell and her family will have the opportunity to receive an education, basic medical care and the nutritional assistance they need.

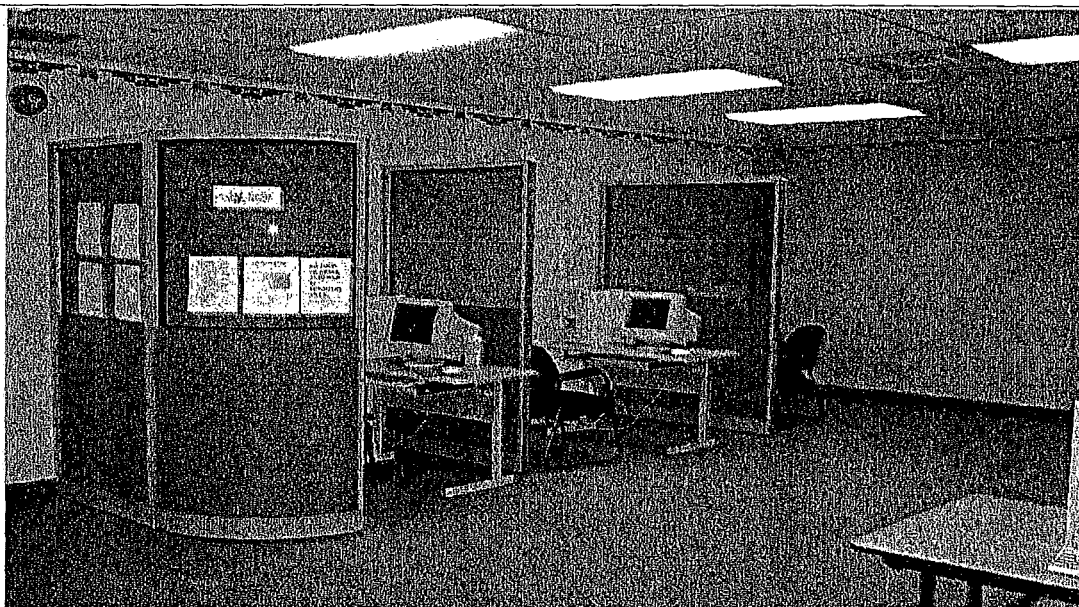
Our "Dress-down-Friday" dollars go to this sponsorship.

Resource Centre

Our resource centre is now open for our band members. We ask that you call the office, or drop by, to book a computer. We will be developing a resume and job search workshop in the near future.

For those interested in participating, please call the office at 346-0550 and leave your name and phone number with our secretary. We will call you back with the date and time.

Thank-you,
Leona Clarke
Employment and
Training
Co-ordinator



The resource centre is equipped with five workstations with all having Internet connectivity and Microsoft Office. The resource centre was made possible thanks to the generous contribution from Industry Canada—FedNor.

Proudly sponsored by FedNor and
Avec le fier appui de FedNor



Industry
Canada

Industrie
Canada

Canada



Introducing..... Feathermen Hawks– Junior “A” Hockey Club



Message from the President

Hello,

I would like to take this opportunity to update you on the progress of the Feathermen Hawks. To date it has been an exciting and challenging season, as this is our inaugural year in the new Superior International Junior Hockey League (SIJHL). The league consists of the following teams: Dryden Ice Dogs (Dryden), KC Bulldogs (Thunder Bay), Borderland Thunder (Fort Frances), Thunder Bay Wolves (Thunder Bay), Yellow Jackets (Iron range-Grand Rapids, MN), NW Knights (Northwest Wisconsin-Spooner, WI), and Feathermen Hawks (Thunder Bay).

Presently our standing for 8 games played is 4 wins, 1 tie, and 3 losses. Our goal is to provide an opportunity for aboriginal youth to play the game of hockey at a Junior “A” level while focusing on education. All of our players attend educational institutions while honing their hockey skills. The realization of the Feathermen Hawks could not have been made possible without the strong support of our sponsors for which the Feathermen Hawks are forever grateful:

- Trans Canada
- Kim Fullerton Barristers and Solicitors
- C & C Plumbing
- Per Hol Construction
- H T Leasing Thunder Bay
- Sand Point First Nation
- Long Lake #58 First Nation
- Lake Nipigon Ojibway First Nation
- The Stanley Hotel
- Dilico Child and Family Services
- K & A Variety
- SRC (Sheldon Reproduction Centre)
- Barb's Laundry
- Lafarge

- Jeff's @ Work
- Bannon's Gas Bar
- The Pepsi Bottling Group
- Play It Again Sports
- Academy Pharmacy
- Landmark Inn
- Prospect Camp
- Union of Ontario Indians
- Whitesands First Nation
- Fort William First Nation
- Rocky Bay First Nation
- Maki's Diesel Repair
- Fat Cats Bar & Grill
- Fitness Plus

**T
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U
!!**

The future success of the Feathermen Hawks relies on the continued support of our sponsors and most importantly from our fans. So, please come out and support the Feathermen Hawks as they win their way to the SIJHL Championship. See the 2001-2002 schedule on page 5 for game times and locations.

For updated standings and information on the Feathermen Hawks please check out our web site at:

www.northernbands.com/feathermen

Joe Ladouceur

SIJHL 2001-2002 SCHEDULE

page 5

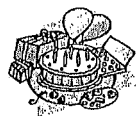
FEATHERMEN HAWKS

MONTH	DATE	DAY	VS	TEAM	VS	TEAM	LOCATION	TIME
SEPT.	22	SAT		ICEDOGS		FEATHERMEN	DELANEY	7:30 P.M.
	23	SUN		ICEDOGS		FEATHERMEN	DELANEY	2:00 P.M.
	26	WED		KC BULLDOGS		FEATHERMEN	NORWEST	7:30 P.M.
	28	FRI		FEATHERMEN		ICEDOGS	DRYDEN	8:00 P.M.
	29	SAT		FEATHERMEN		ICEDOGS	DRYDEN	8:00 P.M.
OCT	3	WED		BULLDOGS		FEATHERMEN	NORWEST	7:30 P.M.
	7	SUN		BDL THUNDER		FEATHERMEN	NORWEST	1:00 P.M.
	10	WED		WOLVES		FEATHERMEN	NORWEST	8:00 P.M.
	14	SUN		WOLVES		FEATHERMEN	TOURN. CTR.	1:00 P.M.
	19	FRI		FEATHERMEN		YJACKETS	GRD RAPIDS	7:05 P.M.
	20	SAT		FEATHERMEN		YJACKETS	GRD RAPIDS	7:05 P.M.
	27	SAT		FEATHERMEN		WOLVES	TOURN. CTR.	7:30 P.M.
NOV	3	SAT		BDL THUNDER		FEATHERMEN	NIPIGON	7:30 P.M.
	4	SUN		BDL THUNDER		FEATHERMEN	NORWEST	1:00 P.M.
	9	FRI		FEATHERMEN		ICEDOGS	DRYDEN	8:00 P.M.
	10	SAT		FEATHERMEN		ICEDOGS	DRYDEN	8:00 P.M.
	17	SAT		ICEDOGS		FEATHERMEN	NIPIGON	7:30 P.M.
	18	SUN		ICEDOGS		FEATHERMEN	NORWEST	1:00 P.M.
	23	FRI		FEATHERMEN		KC BULLDOGS	GARDENS	7:30 P.M.
	24	SAT		FEATHERMEN		KC BULLDOGS	GARDENS	7:30 P.M.
DEC	1	SAT		FEATHERMEN		ICEDOGS	DRYDEN	8:00 P.M.
	9	SUN		KC BULLDOGS		FEATHERMEN	NORWEST	1:00 P.M.
	11	TUES		FEATHERMEN		WOLVES	TOURN CTR	7:30 P.M.
	14	FRI		FEATHERMEN		BDL THUNDER	FT FRANCES	7:30 P.M.
	15	SAT		FEATHERMEN		BDL THUNDER	FT FRANCES	7:30 P.M.
	22	SAT		ICEDOGS		FEATHERMEN	NORWEST	5:45 P.M.
	29	SAT		WOLVES		FEATHERMEN	NORWEST	5:45 P.M.
	30	SUN		WOLVES		FEATHERMEN	NORWEST	1:00 P.M.
JAN	6	SUN		NW KNIGHTS		FEATHERMEN	NORWEST	1:00 P.M.
	9	WED		FEATHERMEN		KC BULLDOGS	GARDENS	7:30 P.M.
	13	SUN		YJACKETS		FEATHERMEN	NORWEST	1:15 P.M.
	25	FRI		FEATHERMEN		BDL THUNDER	FT FRANCES	7:30 P.M.
	26	SAT		BDL THUNDER		FEATHERMEN	NORWEST	5:45 P.M.
	27	SUN		BDL THUNDER		FEATHERMEN	NORWEST	1:00 P.M.
	30	WED		FEATHERMEN		KC BULLDOGS	GARDENS	7:30 P.M.
FEB	3	SUN		NWKNIGHTS		FEATHERMEN	NORWEST	6:00 P.M.
	5	TUES		FEATHERMEN		WOLVES	TOURN CTR	7:30 P.M.
	10	SUN		YJACKETS		FEATHERMEN	NORWEST	1:00 P.M.
	12	TUES		FEATHERMEN		WOLVES	TOURN CTR	7:30 P.M.
	15	FRI		WOLVES		FEATHERMEN	TBA	TBA
	16	SAT		WOLVES		FEATHERMEN	TBA	TBA
	19	TUES		FEATHERMEN		WOLVES	TOURN CTR	7:30 P.M.
	20	WED		FEATHERMEN		KC BULLDOGS	GARDENS	7:30 P.M.
	22	FRI		FEATHERMEN		NW KNIGHTS	SPOONER	7:30 P.M.
	23	SAT		FEATHERMEN		NW KNIGHTS	DULUTH	8:00 P.M.
MAR	3	SUN		KC BULLDOGS		FEATHERMEN	NORWEST	1:00 P.M.
	8	FRI		FEATHERMEN		BDL THUNDER	FT FRANCES	7:30 P.M.
	9	SAT		FEATHERMEN		BDL THUNDER	FT FRANCES	7:30 P.M.

HAPPY BIRTHDAY TO YOU, HAPPY BIRTHDAY TO YOU, HAPPY BIRTHDAY DEAR...

Carrie Lesperance	August 7
Michael Michon	August 9
Justin Hardy	August 10
Nancy Lesperance	August 10
William Esquega	August 11
Chad Binguis	August 13
Jennifer Clarke	August 14
Jessica Clarke	August 15
Raphael Morriseau	August 17
Roxanne LeClaire	August 24
Anne Airns	August 27
Julian Tate	August 29
Cindy McGuire	August 29
Theresa Esquega	September 3
Patrick McGuire	September 6
John McGuire	September 16
Patrick Hagar	September 23
Stephen Legarde	September 25
Maddie James	October 15
Ann Clarke	October 18
Arthur Hagar	October 18
Cameron Binguis	October 19
Victor Lesperance	October 20
Keri Esquega	October 21
Selena Esquega	October 21
Cora Lee McGuire	October 21
Edward Esquega	October 25
Christine Michon	October 27

HAPPY BIRTHDAY TO YOU!



Letter of Thanks

Dear Chief and Council,

I would like to express my sincerest gratitude to you for providing me with an electric wheelchair. You've made me very happy.

Miigwetch,

Hilda Legarde
Elder, Sand Point First Nation

Looking for a job?

Come in and view the job listings or visit our Resource Centre and go on-line to view job listings.

HRDC Job Bank

Skim through this career development agency that offers a database of jobs sorted by region and available in either English or French.

Web site: <http://jb-ge.hrdc-drhc.gc.ca/>

HRDC Youth Initiatives

Working with all levels of government and the public to improve employment prospects for the young. Provides job banks and student loans.

Web site: <http://youth.hrdc-drhc.gc.ca/>

HRDC WorkSearch

This HRDC resource guides job seekers through the process of finding employment. Browse topics such as how to become self-employed.

Web site: <http://worksearch.gc.ca/english/index.pl?tid=19>

Hello,

Starting the week of October 14, 2001, the Sand Point office will be providing a chance for people to drop off clothing articles for all ages and gender to the branch office located @ 215 Red River Rd, Suite 200. This may include shirts, pants, coats, hats, mittens, shoes, work boots etc. We will then transfer the clothing to Megezhee located @ 977 Alloy Drive, where the Sand Point members will be able to go and choose clothing that meets their needs. If you have any questions please call Jessica @ 346-0550.

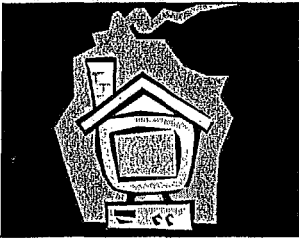
Thank-you,

Jessica Clarke
Finance Clerk

Course	Outline	Dates
Windows 2000 Professional	Introduction to basic commands & functions of Windows 2000 Pro	September 4 - 6
Internet Explorer	Introduction to web browsing. Using hyperlinks and hypermedia.	September 13 - 14
Word 2000 Level 1	Start and run MS-WORD. Working with text and basic word processing features.	September 18 - 20
Word 2000 Level 2	Intermediate features of Word, such as templates, tables, HTML, borders and shading.	September 24 -26
Excel 2000 Level 1	Basic commands and functions of Excel. Working with work sheets and charts.	October 1 - 2
Excel 2000 Level 2	Applying and building custom formats. Working with Cells and formulas.	October 4 - 5
Power Point 2000 Level 1	Creating and modifying slide shows. Working with images and objects within slides. Changing slide order.	October 10 - 11
Power Point 2000 Level 2	Using templates, custom backgrounds, sounds, clipart, and video. Using Net Meeting to show a presentation.	October 15 - 16
Access 2000 Level 1	Basic commands and functions. Learn how to create a database, both manually and with the data base wizard.	October 19 - 22
Access 2000 Level 2	Work with multiple tables. Create a database manually and look up data by various criteria.	October 24 - 26

**Aboriginally Owned
& Operated**

**NETWORK & INTERNET SYSTEMS
SPECIALIST**

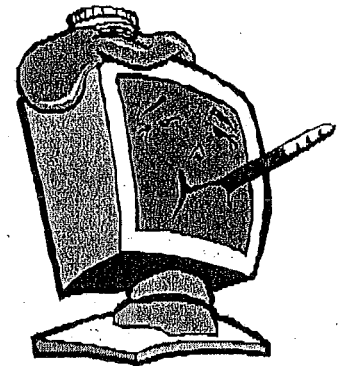


PC Repair & Upgrades



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Having trouble with your system? Need to upgrade and
not sure where to begin?

Rob Wesley is an A+ Certified Technician who can help
solve your problems and answer any questions you may
have. I also provide consultation and will recommend the
right purchase of peripherals for your system.



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- Hardware Installations.
- Home Networking (Share your Cable Internet with up to 4 computers).
- Upgrades.
- Consultation
- Assist with your custom built computer.

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\$30.00 per hour (home).

Prices negotiable for hardware installation.

\$20.00 minimum charge.

Drop off and delivery (local Thunder Bay area only).

Hours of Operation: 5 p.m. — midnight
(weekdays) & weekends.

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"In most cases, it is cheaper to replace than to repair."

Rob Wesley
225 Varsity Place

768-8551

www.aboriginalconnections.com/computers/

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National Addictions Awareness Week

background

Since 1981, communities throughout Canada have been coordinating events to promote addictions awareness. National Addictions Awareness Week (NAAW) was conceptualized and developed by Nechi Training, Research & Health Promotions Institute (Nechi) to promote activities at the national level. Initially this was an ad-hoc process put in place to coordinate the campaign out of Edmonton, Alberta. Because there was no formal ongoing process, this ultimately limited the campaign to certain regions of the country and the campaign was not given the national recognition it deserved.

In October of 1987, the Honourable Jake Epp, Minister of Health and Welfare Canada proclaimed the third week of November each year as Drug Awareness Week or (NAAW). The purpose of NAAW is to provide information, materials and to promote activities in both of the official languages (English and French) that will serve to raise awareness of addictions which affect people across Canada.

theme

In 1988, the 'Keep The Circle Strong' theme was adopted from Coppermine, a small community in the North West Territories. For several years, Coppermine used this theme to promote their addictions awareness week campaign. The slogan conveys the message of a circle of individuals, families, communities and nations who have chosen a healthy lifestyle free from addictions. In addition, the theme exemplifies the constant forward movement of the circle of life for all people and all nations, encouraging balance and harmony.

intent

The NAAW objective is to provide information and promote a variety of activities that will serve to generate awareness on addiction issues that affect people across the country. Its focus is celebrating success in addictions awareness. The efforts of youth and communities are celebrated across Canada! NAAW has become an avenue for effectively mobilizing communities in working together towards a common goal, as well as, strengthening a partnership of First Nations, Inuit, Metis, and non-Aboriginal professionals working in the area of addictions.

Each year communities from each province and territory send in their Declarations of Intent. Most communities organize at least two (and up to 37!) activities during National Addictions Awareness Week. Collectively, communities facilitate the involvement of almost 600,000 participants across Canada. This involvement helps make "Join the Circle" a success. This unity exemplifies the work that is being accomplished by Aboriginal and non-Aboriginal people to fight addictions in their communities.

National Addictions Awareness Week is a time to celebrate the joy of an addictions-free lifestyle. It is a time to honour each other. You can take part by organizing a community activity during National Addictions Awareness Week. Hold a sober dance, honour outstanding community members or have a feast. Join hands and form a circle - Keep the Circle Strong!

National Kick-off event

For the last 12 years, the kick off event for National Addictions Awareness Week has been held in the City of Edmonton. A committee comprised of representatives from approximately 20 local organizations come together year after year to successfully plan and implement this national event. The 'Join the Circle Walk' event takes place on the Monday of NAAW to kick off the national campaign. The ceremony begins at City Hall with guest speakers and entertainment. Then we walk through city streets, inviting people to join us for a hot lunch at Sacred Heart Church of the First Peoples. Although Edmonton will continue to plan and implement an event to celebrate NAAW, this year, 2001, will be the NAAW team's final year of coordinating the event as the National Kick off event. Beginning in 2002, NAAW's kick off event will be hosted by other communities across Canada.

For more information on NAAW, you can call or write us at:

Nechi Training, Research & Health Promotions Institute

34007, Kingsway Mall P.O.

Edmonton, Alberta T5G 3G4

Phone: (780) 460-4304 or Toll Free: 1-800-459-1884 ext. 430 Fax: (780) 460-4306

Site: www.naaw.net



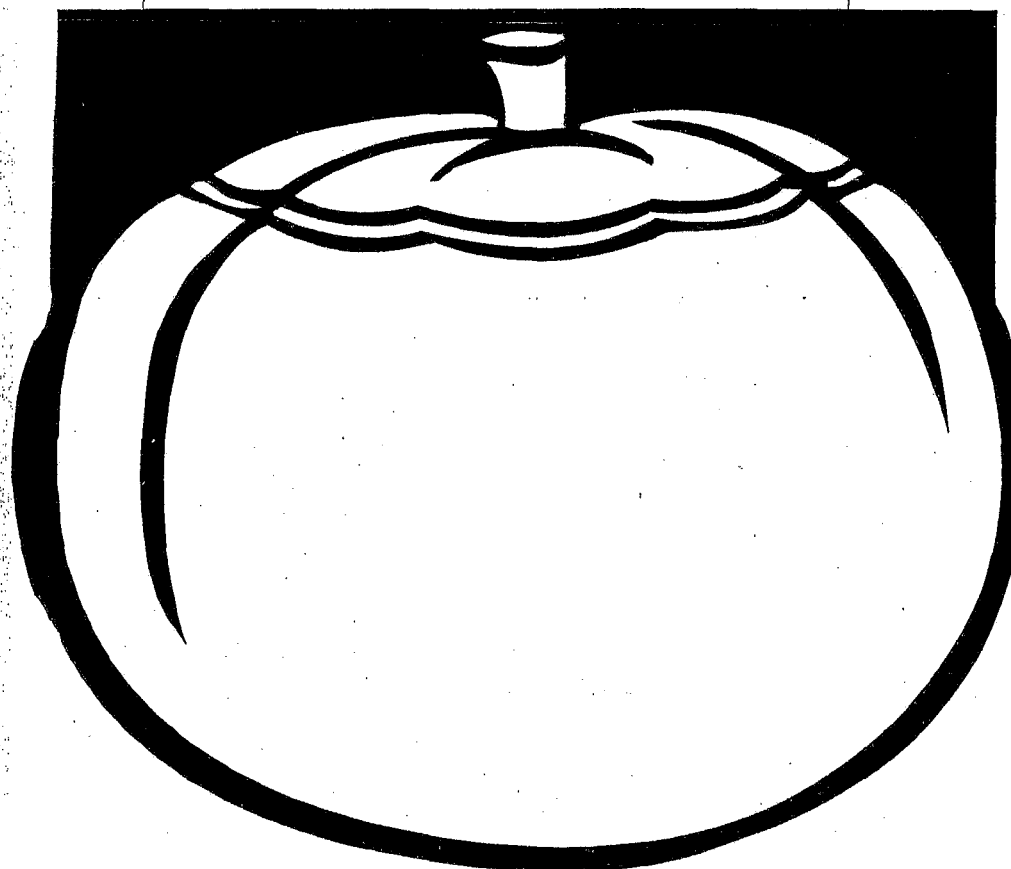
Happy Halloween!

Kid's Page

Knock, Knock!
 Who's there?
 Ice Cream Soda
 Ice Cream Soda who?
 Ice Cream Soda people can hear me!



Give the Pumpkin a Face



Trick-or-Treat Safety

Costume Design

- Only fire-retardant costumes should be worn
- Strips of reflective tape should be used on costumes to keep children visible

Outing

Children should understand and follow these rules:

- Do not enter homes or apartments without adult supervision
- Stick to walking on sidewalks, not on the street

Treats

- Insist that ALL treats be brought home for inspection before eating
- Report to the police anything that appears suspicious about treats
- Finally, when in doubt, throw it out!

Safety tips courtesy of the National Safety Council.

Color the kids





SAND POINT FIRST NATION

P.O. Box 24021
215 Red River Road, Suite 200
Thunder Bay, Ontario
P7B 1A5

Phone: (807) 346-0550
Fax: (807) 346-0578

Staff at Sand Point First Nation

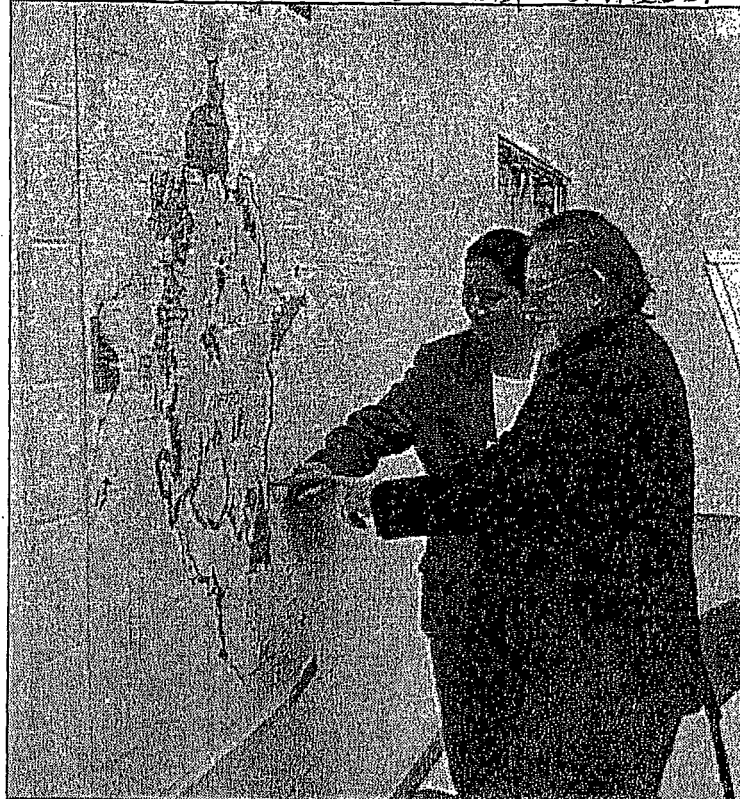
Paul Gladu.....	Chief
Albert Gladu.....	Band Manager
Phyllis Michon.....	Councillor
Audrey Gilbeau.....	Development Consultant
Leona Clarke.....	Employment and Training Co-ordinator
Brenda Huntus.....	Finance Officer
Jessica Clarke.....	Finance Clerk
Grace Podolchuk.....	Health Officer/ Program Development
Katie Borysewicz.....	Secretary
Rob Wesley.....	LAN Administrator
Garfield Cooper.....	Computer Software Trainer

Squash Corn Bread

1 tsp soda	1 tbsp butter
3/4 cup squash	2 cups cornmeal
1 cup buttermilk	1 1/2 tsp salt
1 cup sour cream	2 egg yolks
2 tbsp brown sugar	2 egg whites, beaten until stiff

Mix the soda with 1 tablespoon cold water. Mix the ingredients, folding in the stiffly beaten egg whites last. Bake in a greased pan for 30 minutes at 350 degrees F. Enjoy!

Recipe submitted by Brendalyn Huntus



GLENA CLEARWATER

Audrey Gilbeau of Sandpoint First Nation and Harry Kelly of Greenstone check the Lake Nipigon Basin Signature Site map for designated areas that will benefit residents. Representatives from various groups took part in a day-long workshop on the Basin, part of the Ontario Living Legacy plan.

The Thunder Bay Indian Friendship

Centre would like to invite you to their 29th Annual Children's Christmas Party and Community Feast Saturday December 8, 2001-11 am-2 pm.

REGISTER YOUR 0-12 YEAR OLD BEFORE NOVEMBER 9, 2001. REGISTRATION FORMS CAN BE PICKED UP AT THE CENTRE BETWEEN 9AM AND 5PM. CHRISTMAS PARTY



WILL BE AT THE MOOSE HALL ON FORT WILLIAM ROAD. THE FEAST WILL TAKE PLACE AT THE THUNDER BAY INDIAN FRIENDSHIP CENTRE AT 4PM. REGISTRATIONS ARE LIMITED AND THEREFORE PRIORITY WILL BE GIVEN TO MEMBERS OF THE THUNDER BAY INDIAN FRIENDSHIP CENTRE.

PLEASE BE ADVISED THAT THIS WILL BE A SMOKE FREE ACTIVITY.

CHILDREN NOT REGISTERED BEFORE THE DEADLINE WILL NOT BE GUARANTEED A GIFT. FOR MORE INFORMATION PLEASE CALL ESTHER AT 345-5840.