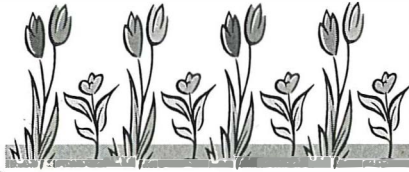


APRIL/  
MAY  
2005



SAND POINT RESERVE



# APRIL/MAY NEWSLETTER 2005



## MESSAGE FROM CHIEF AND COUNCIL



### JACKFISH ISLAND DAYS ARE HERE ONCE AGAIN!!!

Calling all Sand Point Band Members and their families to attend the 2005 camp-out @ Jackfish Island.

The date for this excursion is August 1-5, 2005.

Transportation will be provided, as well as three (3) meals a day; activities etc.



Bring your own tent, lifejacket, lawn chair etc.



Please call the office to confirm your attendance and for more info contact Roanna @ 623-2724.

### HELLO TO ALL BAND MEMBERS,

As of Chief and Council's last meeting with Ontario and Canada regarding our land status, it is estimated that the official signing for the transfer of land will occur the early part of 2006.

We are having a gathering for Aboriginal Day (June 21) at the park. If you have any ideas or would like to volunteer some of your time, please contact the office or send us a note. This would be greatly appreciated. In addition, we also have adopted 2 km of highway 11/17 off our reserve; and we plan to clean-up those 2 km on Monday, May 30th. If you would like to volunteer your time to help us out, please contact Chief and Council.

Also, we have a couple of our members cleaning up at the park and getting it ready for summer camping.

We continue to service our members and we look forward to meeting with everyone at our general meeting. (Soon to be posted.)

Any questions or concerns, please contact any of us at the office (623-2724) or on our cell phones:

Chief Gladu	Councilor Clarke	Councilor Airns
624-6768	628-3590	628-3847

Thank-you again for your participation and support.

### Volume 1: Issue 2



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## Introducing....Sand Point Staff

### Finance Director

#### KELLY BANNING

Once again, I'd like to take the opportunity to introduce myself. My name is Kelly Banning. I am a member of Fort William First Nation; residing off-reserve.

I have continued to work for the Sand Point First Nation Community over the last four (4) years and am very happy to be here.

I am very excited to see that things are, once again, moving forward for Sand Point and I am looking forward to new opportunities and challenges.

Looking forward to seeing you all in the near future.

### Health Assistant

#### ROANNA MORRISEAU

I have been hired (short-term) as the Health Clerk to provide assistance in the Health Department.

I am a Sand Point Band Member. My family has lived in and around Lake Nipigon. I graduated from Confederation College with a diploma in Business Management.

All my life I have lived in other First Nations, and I can hardly wait for the development of our reserve so I can hunt, trap, harvest and possibly fish before we lose our inherent right.

Miigwetch!

### OUR STAFF

Paul Gladu .....	Chief
Leona Clarke .....	Councilor
Laura Airns .....	Councilor
Kelly Banning....	Finance Director
Jessica Stewardson.....	Finance Clerk
Audrey Gilbeau.....	Economic Development
Grace Podolchuk.....	Health Director
Roanna Morriseau...	Health Clerk
Katie Borysewicz...	Administrative Professional

# From the Health Department....

## AN ARTICLE ON 'ASPARTAME' HAS SERIOUS IMPLICATIONS ON THOSE WHO ARE DIET POP DRINKERS.

I read in an article recently that says the ingredient 'Aspartame' has been used in the drink diet pops, and other sugar free products, such as; NutraSweet, Equal, and Spoonful, etc. has been known to cause serious, sometimes life threatening situations in individuals. These people have gone to see their doctors and have been misdiagnosed; the victim usually does not know that the aspartame is the culprit.

Aspartame is especially dangerous for diabetics. It drives the blood sugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it passes the blood brain barrier the deteriorates the neurons of the brain, causing in diabetics (as well as in patients not suffering from diabetes) various kinds of brain damage, seizures, depression, manic depression, panic attacks, rage, violence. The e-mail letter I'm reading also states by Dr. Roberts warns that it can cause birth defects i.e. mental retardation if taken at the time of conception and early pregnancy. Children are especially at risk for neurological disorders and should NOT be given NutraSweet.

For an alternative sweetener, Stevia is a sweet herb, NOT A MANUFACTURED ADDITIVE, which helps in the metabolism of sugar (which would be ideal for diabetics) has now been approved as dietary supplement by the FDA.

BOOKS on this subject are available: EXCITOTOXINS: THE TASTE THAT KILLS – written by Dr. Russell Blaylock (health press 1-800-643-2665) and DEFENSE AGAINST ALZHEIMER'S DISEASE – written by Dr. H.J. Roberts.

The original email letter will be on display at the Health Office at Sand Point First Nation, and copies will be provided upon request.

Roanna Morriseau  
Health Clerk

## ANYONE LOOKING FOR INFORMATION OR JUST TOO SHY TO ASK ANYWHERE ELSE, CALL HERE. WE WILL BE GLAD TO HELP AND REFER YOU TO ANY SERVICES YOU MAY NEED

The programs that the Sand Point First Nation Health Department runs are as follows:

- ♦ HIV/AIDS
- ♦ Problem Gambling Strategy
- ♦ Healthy Babies/Healthy Children
- ♦ Aboriginal Diabetes Initiative
- ♦ Federal Diabetes Initiative
- ♦ Family Violence Initiative

Under the Healthy Babies/Healthy Children Program; parents of children aged 0-6 years can receive milk supplements (A&P vouchers) from the Healthy Babies/Healthy Children Initiative. Contact our Health Department and speak with Roanna to apply; a home visit can be arranged to substantiate the request as well.

### SPFN HEALTH DEPARTMENT POLICY

The SPFN Health Department policy on vouchers reported to us lost, stolen, or otherwise will not under any circumstances be re-issued.

### THE SEASONS: *SPRING*

For First Nations, spring was a time of birth and renewal. The land was freed from winter, snow disappeared, and river, lake and sea ice gradually melted. In spring, various First Nations communities were able to hunt birds like geese and ducks, and large game animals, such as caribou, that migrated from southern locations to more northern environments to bear their young. These annual animal and fowl migrations provided vital food supplies. As plants, trees and herbs began to renew themselves after the winter cold, many First Nations harvested and gathered roots, new leaves, plants and bark for food and medicine. Many First Nations still do so today.



25th Anniversary 1978-2003  
Crisis Line: 807-622-5101  
Program & Services 807-623-9579



#### ABORIGINAL PRE/POSTNATAL NUTRITION PROGRAM

- Pre & Postnatal Education/Support
- Nutrition Supplements
- Vitamin Supplements

For further information, call  
Sherry Pelletier at 623-9579

## YOUTH GAMBLING PROJECT

REFERRAL AGENCIES

www.youthgambling.ca

The Power of  
**Choice**



1-800-565-8603

**DART**

WE'RE HERE  
TO HELP.

www.dart.on.ca

Drug and Alcohol Treatment Infoline

Drogue et Alcool - Répertoire  
des traitements

Kids Help Phone 1-800-668-6868

<http://kidshelp.sympatico.ca/>

Ontario Problem Gambling

Helpline 1-888-230-3505

<http://www.opgh.on.ca>



## Ontario First Nations HIV/AIDS Education Circle

For Information & Workshops Contact:

Association of Iroquois & Allied Indians  
(519) 434-2761

Union of Ontario Indians  
(705) 497-9127

Nishnawbe-Aski Nation  
(805) 625-4940

Grand Council Treaty 3  
(807) 543-1065

Independent First Nations  
Shawanaga First Nation  
(705) 366-5663

## PROBLEM GAMBLING

Ways to keep Gambling Safer:

- Gamble for entertainment purposes only
- Never borrow money to gamble
- Set a financial limit and stick to it
- Set a time limit and stick to it
- Use only money you can **AFFORD** to lose

- Balance gambling with other activities
- Leave credit cards and bank cards at home
- Hope to win, expect to lose



\*\*\*Information for problem gambling taken from *Within Limits-Responsible Gambling Council*

### True or False

1. Staying at the same slot machine improves one's chances of winning. T or F ?
2. Moving to different slot machines improves one's chances of winning. T or F ?
3. You can predict winning lottery numbers by studying past winning numbers. T or F ?
4. The longer a person gambles, the better their chances of winning back their losses. T or F ?

1- False: The chances of winning at a slot machine have nothing whatever to do with the actions of the player.  
2- False: The results of slot machine spins are determined randomly by a microprocessor.  
3- False: The selection of winning numbers is completely random - No amount of study can change your chances.  
4- False: Statistically, the reverse is true - the longer you play, the more likely you are to lose.

**ONTARIO PROBLEM GAMBLING HELPLINE 1 (888) 230-3505**

**Local Treatment Provider: Sister Margaret Smith Centre (807) 343-2425**

**[www.responsiblegambling.org](http://www.responsiblegambling.org)**

GET WELL SOON

Get well soon to our STFN Health Officer and fellow Band Member Grace Podolchuk, who has not been feeling well lately. Our thoughts are with you and hope you get well soon.



## ATTENTION STUDENTS

We have AHRDA funds to support a minimum-wage Summer Student job placement at an organization of your choice. Requirements include that you must be in post-secondary education in the fall. Please contact Kelly Banning or Jessica Stewardson @ 623-2724 if you are interested.

## HAPPY MOTHER'S DAY



MAY 9TH, '05

We hope all our Mother's had a wonderful, fantastic Mother's day!

Thank-you to all Mothers for all your unconditional love, commitment, support, your advice, all the cookies you've baked, kisses on our boo-boo's, and hugs.

We love you from the bottoms of our hearts.

XOXOXOXOXO



## HAPPY FATHER'S DAY JUNE 19TH, '05

A great big wish for all Father's to have an awesome, fulfilling Father's day!

Thank-you for all your unconditional love, commitment, support, all the great barbequed meals you've cooked, your advice on life, and your hugs.

We love you from the bottom of our hearts.

XOXOXOXOXO

## ATTENTION SAND POINT FIRST NATION BAND MEMBERS

### CALL FOR RESUMES TO ACQUIRE A SKILLS ASSESSMENT OF OUR COMMUNITY

Chief and Council are hoping to acquire resumes of our Band Members for purposes of a skills assessment. Please forward resumes to the attention of Chief and Council.



Happy birthday to you,  
Happy birthday to you,  
Happy birthday dear...

Laura Airns	April 1
Brian Dow	April 2
Steve Podolchuk	April 3
Louise Esquega	April 4
Camille Borysewicz	April 5
Terrance Clarke	April 8
Eugene LeFrancois	April 8
Sarah Airns	April 19
Joseph LeClaire	April 21
Valkoinen Esquega	April 22
Pamela McGuire	April 23
Craig Johnston	April 27
Gene Esquega	May 1
Vincent McGuire	May 5
Martin Koronkiewicz	May 5
Iris Dow	May 7
John Noel	May 10
Joseph Drovinn	May 14
Hilda Legarde	May 14
Edwin Lefrancois	May 14
Gloria Esquega	May 15
Russell McGuire	May 15
Jean Dow	May 16
Jean Paul Gladu	May 18
Elise Hagar	May 19
Grace Podolchuk	May 20
Benjamin Gladu	May 22
Daniel McGuire	May 23
Jon Dow	May 26
John Johnson	May 28
Sherry-Anne Podolchuk	May 28

Happy birthday to you!





# —KIDS PAGE—

## LETS COUNT TO TEN IN OJIBWAY

- 1 ~~ BEZHIG (PRONOUNCED BEZIK)
- 2 ~~ NIIZH (PRONOUNCED NEESH)
- 3 ~~ NIZIWAG (PRONOUNCED SWHA)
- 4 ~~ NIIWIN (PRONOUNCED NEEWIN)
- 5 ~~ NAANAN (PRONOUNCED NONUM)
- 6 ~~ NINGODWAACHWAY  
(PRONOUNCED GOODWASWAY)
- 7 ~~ NIIZHWAACHIWAG  
(PRONOUNCED NESHWASHWAY)
- 8 ~~ NISHWAACHWAG  
(PRONOUNCED SWASHWAY)
- 9 ~~ ZHAANGCHIWAG  
(PRONOUNCED JOANSHWAY)
- 10~~ MIDAACHWAG  
(PRONOUNCED MADOSHWAY)

## Spring Flowers Search

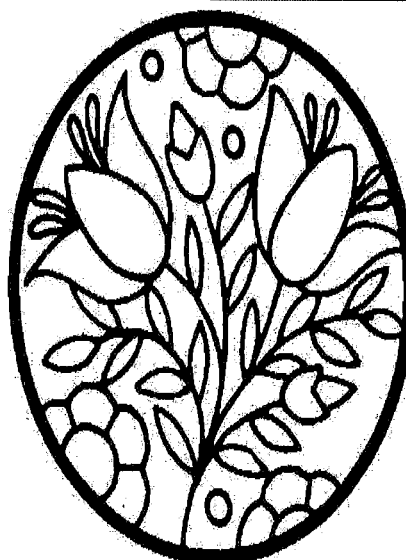
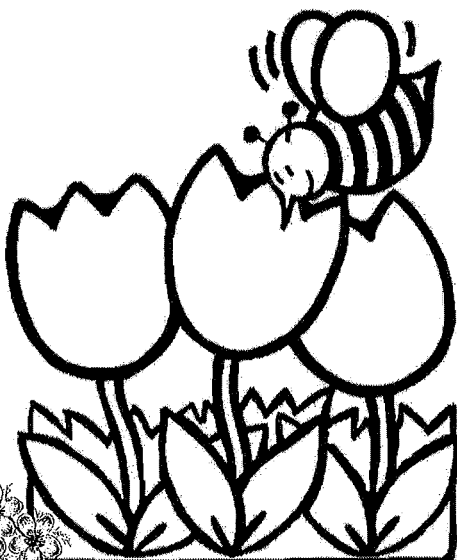
IRIS  
LILY  
DAFFODILS  
TULIPS  
CROCUS  
VIOLETS  
POPPY  
SNOWDROPS  
BLUEBELLS  
BUTTERCUPS

Q J K L P E B T M F  
B U T T E R C U P S  
L I L Y Q B W L O N  
G R G A H U W I P Q  
V I O L E T S P P W  
H S C R O C U S Y D  
D A F F O D I L S R  
E T W X F N O Q Q O  
Q B A R Q Q F O M P  
P B L U E B E L L S



©1999 The Kid's Domain  
www.kidsdomain.com  
free for non-profit use  
Happy Spring!

## COLOR THE PICTURES



## NEWSLETTER MAIL-OUTS

If you **do not** wish to have this newsletter mailed out to you, please inform the Band Office **in writing** and address your written request to Chief and Council.

## Apprenticeship and Trades Training

The NFN, with help of an ad hoc committee, is exploring the possibility of offering pre-apprenticeship programs, apprenticeship and Trades programming, and Women in Trades program. If you are interested in this type of training we need to hear from you!!!

This is what we need to know:

- Your name and telephone number
- What trade(s) are you interested in?
- What skills/trade do you presently have?

If you are interested in any of these possibilities, please contact the committee through Brenda Restoule's office @ 753-2050 or via email: [brenda@nfn.ca](mailto:brenda@nfn.ca)

## PANCAKES FOR FIVE (5)

Five cups flour                      Two eggs with yolk  
1/2 tsp of salt                      4 1/2 cups 2% milk  
Five level tbsp baking powder

1) First place dry ingredients in a large bowl. This works great if you shift the flour. Then add eggs. 2) Stir in milk till its thick but still pours slowly from spoon.

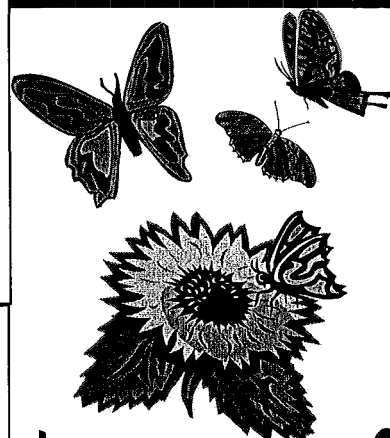
If your stove has numbers from one-ten, preheat pan at #7. I find #7 works good if the paste is right. Oil your cast iron pan lightly every 3rd pancake. Time them with the bubbles going to the centre. The pancake should reach 8 inches with the color of midsummer skin. [recipe submitted by Band Member Adam Gladu] ☺

## APRIL/MAY NEWSLETTER 2005

Volume 1: Issue 2

684 City Road, Unit #7  
Thunder Bay, Ontario  
P7J 1K3

Phone: (807) 623-2724  
Fax: (807) 623-2764  
Toll-Free: 1(877) 623-2724



## Job Searching?

### 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/>

## WHAT WOULD YOU LIKE TO SEE IN THE BAND NEWSLETTER?? SUBMIT!!

If there is anything that Band Members would like to submit to our *bi-monthly* newsletter, be it poems, recipes, announcements, etc.; please have items faxed, mailed or dropped off at the Band Office. Please address submissions to the attention of Katie.

## Heart of the Harbour presents.....Summer Event Line-Up

Kite Festival	May 29 @ Marina Park
Soap Box Derby	June 4 & 5 @ Waverly Park
Summer in the Parks	Every Wed @ 7 pm @ Marina Park from June 22-Aug 24
Canada Day	July 1st @ Marina Park
Bluesfest	July 8-10 @ Marina Park
FringeFest	Cancelled for this year
Dragonboat Races	July 22 & 23 @ Boulevard Lake
Bands on the Boulevard	August @ Casino Parking Lot
Magnus' Picnic in the Park	August
Bar-B-Q	July 5 @ Prince Arthur

For more  
info call :  
343-9032

[www.heartoftheharbour.ca](http://www.heartoftheharbour.ca)