

WINTER NEWSLETTER

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Volume 1:
Issue 4

MESSAGE FROM CHIEF AND COUNCIL

HELLO TO ALL BAND MEMBERS,

We hope our fall newsletter finds you all well and further hope that all hunters had a successful hunting season.

These past few months have been very busy for Council. We are excited to report that we are only months away from the signing of the land transfer. It is our intention to have the final signing take place with a ceremony involving members, the Province of Ontario and Canada. We will provide information on the ceremony as we get closer to the final signing.

We are looking forward to the Band Meeting scheduled for November 26, 2005. We have a lot to report and to share with all of you. We look forward to hearing from you, and encourage any agenda items be submitted to the office by November 10, 2005. Please call 1-877-623-2724. Minutes of the meeting will be mailed to each member within two (2) weeks following the meeting.

Chief and Council would like to acknowledge the SPFN Band Members for the hard work they put in this past summer at the Sand Point Park—Dennis Lesperance, Dave Perkles, John Johnson and Adam Gladu. Many individuals had called in stating their wish to camp during their summer holidays at the Sand Point Park; it was exciting for us to have people acknowledging our homeland. We will be scheduling an Adopt-A-Highway clean-up for the highway outside of the Sand Point Park this upcoming Spring, and we are hopeful for more participation from our band members. Once again, a big thank-you to the workers at the Sand Point Park.

Our internal operations have stabilized; our staff are focused on various tasks to address the needs and future aspirations of our members and community. We have hired Audrey Gilbeau as Director of Operations. Audrey's position covers both the management of the band operations and economic development activities. She will be working with Council to update the Economic Development Strategy that was developed in 2000, specifically the Members Profile.

Externally, there is much activity happening in the region. Sand Point is working with various First Nations within the Robinson Superior Treaty area to develop a Tribal Council that will be integral in providing technical support to us as we move to develop our community.

We look forward to seeing all of you at the Band Meeting.

We wish you all a very Merry Christmas and all the best in the New Year.

You can also contact us on our cell phones:

CELL PHONE NUMBERS

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

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S.P.F.N. TEAM

Paul Gladu	Chief
Leona Clarke	Councillor
Laura Airns	Councillor
Kelly Banning	Finance Director
Jessica Stewardson	Youth Intern
Audrey Gilbeau	Director of Operations
Grace Podolchuk	Health Director
Katie Borysewicz	Administrative Professional

FROM THE DESK OF...

A MESSAGE FROM AUDREY GILBEAU, DIRECTOR OF OPERATIONS

Hello to all Sand Point First Nation Band Members,

I find myself back at Sand Point after being away for a spell. My position presently is two fold. I am serving as Manager and Economic Development Officer for the First Nation. For this fiscal year, along with Chief and Council, I will be working to complete specific goals.

With the recent break in band business, Council has identified a stabilization of operations through the review, revision and ratification of policies and procedures that were previously underway. Specifically, Personnel and Finance Policies and Procedures. Both policies will be developed to ensure compliance of our agreements in accordance with relevant legislation i.e. Canada Labour Code and most importantly, to protect the assets and interests of the First Nation. With the impending transfer of land and the development and establishment of a community, it is timely for the First Nation to lay the operational foundation that will both foster and manage growth of financial and human resources.

In this next while we will also be revisiting the Sand Point First Nation Economic Strategic Plan. As many of you may recall, in 2000, the First Nation surveyed all members in order to develop a profile that included age of members, residency, (presently), family composition, skills inventory, etc. All of this information is important as the Council begins to plan for the development of the community. As some time has passed, we will be asking members complete another survey so that we may update the First Nation profile. We are hoping to have the survey available at the upcoming band meeting. **We are targeting January 27, 2006 as the end date for receiving surveys. To encourage your participation we will have a draw of to take place on January 30, 2006; the prize will be \$100.00.**

Some of you may have already noticed our new approach to addressing member's requests particularly in the areas of health. As the First Nation does not have a land base, we face unique challenges in addressing the health needs of members. Our funding presently is limited to covering part of a staff position. However, we strive to address the needs of each member. This client centred approach has allowed us to outreach and network with community partners in and around the city of Thunder Bay. We have also made contact with other community agencies in towns and cities where Sand Point members reside in order to meet the needs.

Our next step is to meet with the First Nation and Inuit Health Branch in order to determine what services are available to Sand Point members including transportation, glasses, prescriptions etc.

We are also extending the Client Centered approach to the Employment & Training Program. The Aboriginal Human Resource Development Agreement is determined by membership. As Sand Point has a small membership, our Employment & Training allocation is very small. Despite the dollar allocation, Sand Point has been successful in doing more with less by working with the client and networking with other community resources such as the Ontario Metis Aboriginal Association who offers GED to the Aboriginal community in Thunder Bay.

I am pleased to announce that Jessica Stewardson has been hired for a one year contract as Youth Intern. Jessica will be working primarily in the Economic Development and Finance Departments.

I look forward to working with the First Nation as the land transfer is finalized and the realization of the community occurs.

A Message from The Youth Intern

I would like to thank Chief and Council of Sand Point First Nation and FedNor Canada for providing me this exceptional opportunity of being the Youth Intern.

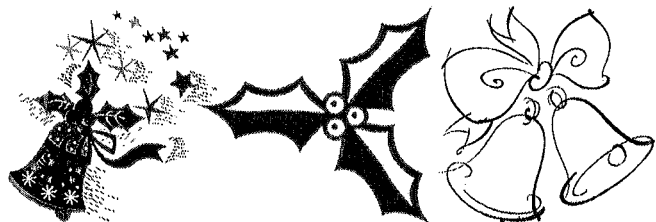
As part of being the Youth Intern, I will be putting together a brochure, which will provide employment and training services available in our community. If you are looking for training or assistance on what to do when looking for employment please come to the office or call anytime.

I look forward to talking to you in the near future.

Cordially,

Jessica Stewardson,

Youth Intern



A new baby girl has arrived!! Precious little one "Olivia Faith" was born to proud parents Jennifer Clarke-Davis and Brad Davis on July 22, 2005.

Congratulations and all the best!!

► Amanda Michon–Hammersjold

From Mom, Ab and Tina. LOVE YOU!!!

XOXOXOXOXOXOX●XOXOXOXOXOXOXO

Robert Kletzel

H A P P Y	August 7
	August 9
	August 10
	August 10
	August 11
	August 13
	August 14
	August 15
	August 17
	August 24
B I R T H D A Y	August 27
	August 29
	August 29
	September 4
	September 6
	September 16
	September 23
	September 25
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	October 25
	October 27
	November 1
	November 2
November 3	
November 7	
November 10	
November 19	
November 19	
November 20	
November 24	
November 25	
November 26	
November 28	

Need Help FINDING A JOB? In Thunder Bay....Look Here!

Community Resource Centres

Have Job Boards, Internet, Faxing, Resume Writing

- HRDC 979 Alloy Drive #346-2000
- MATAWA 233 S. Court St. #344-8070
- TBIFC 401 N. Cumberland Street #345-5840
- AETS 212 Camelot Street #346-0307

Ontario Works Employment

Resource Centre

707 E. Victoria Ave
(Victoriaville)

- ⇒ Life Skills
- ⇒ Smart Serve & WHIMIS Training
- ⇒ Computer Training
- ⇒ Employment Start Up #625-2887

On line Job Ads

Service Canada

www.canada.gc.ca

www.canjobs.com

Support for Aboriginal Women

ONWA 212 Miles E. St.
Gail Smith #625-8565

Career Assessment & Employment Counselling

- Sand Point First Nation 684 City Road
Kelly Banning #623-2724
- HRDC 979 Alloy Drive
Lovonne Charette #683-1762
- TBIFC 401 N. Cumberland Street
Shelley Knott #345-5840 ext. 239

Targeted Wage Subsidy

Superior Connections 979 Alloy Drive

www.superiorconnections.ca

Yes Employment Services 1116 Waterford
Street #623-0768



"FOR YOUR HEALTH"

Good day to you. Its hard to believe that winter is already upon us. I trust that your summer was an enjoyable one spent with your loved ones and friends. In this issue you will find some of what the Health Department has done and some things that are up and coming.

Until next time, take care and stay healthy!
Grace T. Podolchuk
Health Director

"Just for Moms" Event for HB/HC Moms

On Thursday, October 20 from 11:00 am-4:00 pm, Sand Point First Nation's Aboriginal Healthy Babies/Healthy Children in collaboration with OMMA-HBHC, Beendigen, CPNP, MNO-CAPC, and ONWA-HBHC hosted a "Just for Moms" day at the MNO office. This day was filled with events ranging from facials and makeup, hair up do's, manicures, to making perfume salts, health bingo and draws. It was a great day for our Moms to rid of any stresses. It focused on mind, body and spirit. It was also a great opportunity for HB/HC moms to make some new friends, have some laughs, and take home some enjoyable memories. Thank you to all who sponsored the event, and to all HB/HC moms who attended.



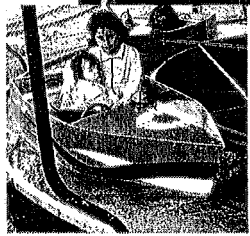
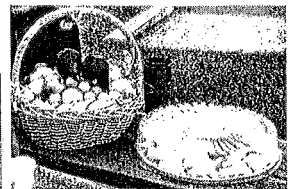
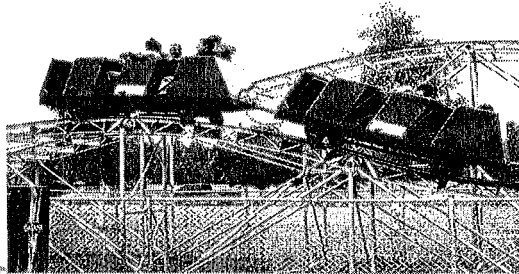
Teddy Bear Picnic



Thank you for those moms who participated in this event held at the Vickers Park on July 19, 2005. It was a great turnout on a beautiful day that wasn't too hot. A big bouquet to everyone who helped me when my tire went flat, with the help of the tire pump, I made it to Good Year safely, thank you.

Chippewa BBQ - August 19/05

Wow! What a great turn-out. The day was filled with all kinds of fun activities with smiles on every face. What a joy to have been part of this day. Thank you Chief Paul Gladu for bringing the BBQ, and to Mike and Donna Michon for the use of their digital camera, we were able to take some great pictures.



"...smiles on every face...what a joy..."





"FOR YOUR HEALTH"

The "For Your Health" 2005 Health Fair/Diabetes Workshop was a success!



From left to right: Marcella Kudaka (Dilico), Grace Podolchuk. (SPFN), Roanna Morrisseau (SPFN), and Michelle Grace (Dilico).



The "KIDS" corner.



Bonnie Aggamaway (ONWA) teaching foot care.

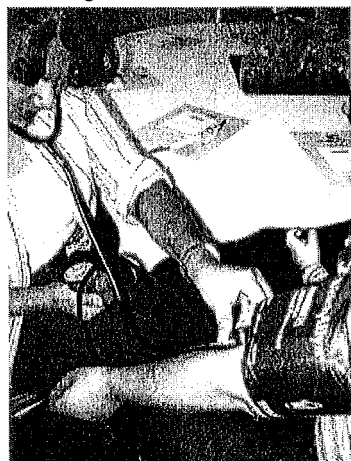
Diabetes Workshop/Health Fair

The Health Department hosted a "For Your Health" Diabetes Workshop\Health Fair at the Prince Arthur Hotel on July 27, 2005. The day was filled with a lot of educational teachings, great food and a health bingo.

Presenters Marcella Kudaka and Michelle Grace from Dilico Ojibway Child & Family Services talked about Diabetes care and offered participants a blood sugar glucose monitoring test and a blood pressure test. Many of the participants had their blood sugar and blood pressure tested by the presenters.

Presenter Bonnie Aggamaway from Ontario Native Women's Association, put on a power point teaching on Diabetes and "Foot Care". It was very informative and well received.

Other activities included the "Kids Corner" where the children colored pictures which they submitted to the "For Your Health" coloring contest.



Marcella Kudaka (Dilico) taking participant's blood pressure



Michelle Grace (Dilico) performing blood sugar test on participant (SPFN band member) Camille Borysewicz.



From left to right: Chief Paul Gladu (SPFN), Councillor Laura Airns (SPFN), and (SPFN Band Member) Jessica Stewardson.



"FOR YOUR HEALTH"

THE DIABETES/ELDERS CONFERENCE SEPT 26-28/05

Submitted by: Ellen Canuel

I was present at the Dilico sponsored Diabetes/Elders conference held at the Nor'Wester Hotel.



I really enjoyed the work shops and sessions.

Meeting friends and relatives...it was great.

Learning more about Diabetes, and how it is very important to take care of our health, such as eating properly, and being more active.

Also, the foot care session was very interesting, and I had reflexology done, it was great.

At the square dance, it was great to hear the music, that brought back so many memories growing up as a child, being at my grandparent's place for someone's birthday party, and having a square dance.



I also just want to say the girls did a great job, and I had a wonderful time.



Special thanks to Stacey Morriveau she was great!

Diabetic Recipe-Snack

Cheesy Pretzels

Makes 12 small or 6 large pretzels,

1 1/2 cups flour, 1/2 cup shredded cheddar cheese,

2/3 cup low fat milk, 2 tbsp margarine, 2 tsp sugar, 1/2 tsp salt

Cooking spray

1 egg, beaten

Coarse or kosher salt

Preheat oven to 400 F. Spray cooking sheet with cooking spray and set aside. In a large bowl, combine all ingredients except egg and coarse or kosher salt. Remove dough from bowl and knead for 1 to 2 minutes on a lightly floured surface. Break dough into pieces and roll into thin ropes. Twist into pretzel shapes or other shapes and place on prepared cookie sheet. Brush dough with beaten egg. Sprinkle with coarse or kosher salt. Bake 10 to 15 minutes or until browned. Nutritional information per small pretzel: 107 calories; 4 g total fat; 13 g carb; 4 g protein. From: *Brown Bag Success: Making Healthy lunches for Kids won't trade*, by Sandra Nissenberg and Barbara Pearl.

www.diabeteslibrary.org/news_itemcfm?newsID=47

New legislation takes effect as of September 1, 2005 regarding the safety of children in vehicles.

LAW RE: BOOSTER SEATS FOR CHILDREN



The government has passed legislation and regulation that as of September 1, 2005, it would make booster seats mandatory for children weighing between 18 kg and 36 kg (40 lbs. to 80 lbs), with a standing height of less than 145 cm (4ft. 10 inches), or maximum of 8 years of age. This legislation affects all caregivers transporting children including parents, grandparents, babysitters etc; FACT: Children using seat belts instead of booster seats are 3.5 times more likely to suffer injury, and 4 times more likely to suffer head injury.

**info taken from www.mto.gov.on.ca

Autumn "For Your Health" Recipe

Chicken Chili (or vegetarian -non chicken substitute)

2 cups Lean gourd chicken

2 cups Non chicken substitute

Mushrooms 1- 10 oz can

Celery 1 cup

Carrots 1cup

Onions 1/2 cup

Can tomatoes 1-28 oz can

Tomato paste 1-3oz can

Can kidney beans 1-19 oz can

Red peppers 1/2 cup

Chili powder 3tsps



Combine your chicken, Non chicken substitute with the vegetables in a deep non-stick pan and lightly brown ingredients. This takes about 10 minutes. Once that is done add your liquid ingredients - canned tomatoes, tomato paste and stir. Next add your kidney beans and chili power. Simmer 20 minutes. Makes 4 to 6 cups. 1.25 L.

This is one of my own personal recipes so Bon' Appetite! Grace

TWO OF THE BEST



"FOR YOUR HEALTH"

Diabetes Awareness Quiz

Information taken from website: www.baptistonline.org

How much do you know about Diabetes? Try taking the following true-or-false quiz. You may be surprised at how much you know.

1. There is only one kind of diabetes.
True _____ False _____
2. If you have Type 2 Diabetes, all you have to do is take a pill.
True _____ False _____
3. You can tell you have diabetes by the way you feel.
True _____ False _____
4. There is a cure for Diabetes.
True _____ False _____
5. Diabetes may be prevented.
True _____ False _____

1. False! There are two main kinds of diabetes, Type 1 and Type 2. Type 1 diabetes is caused when there is not enough insulin produced by the body, it can occur in children and adults. It is treated with insulin shots. Many more people have Type 2 diabetes which usually occurs in people over 40. Type 2 diabetes usually can be controlled with oral drugs and dietary modification.
2. False! Making changes in your eating and exercise habits are also essential to maintaining good health. Losing weight, if you are overweight, may control your diabetes completely.
3. False! Nearly half of the people who have diabetes don't know it. Common symptoms include increased thirst, urination or hunger. Tell your healthcare provider if there is a history of diabetes in the family.
4. False! Currently there is no cure for diabetes. We learn more about what causes, and how to better control diabetes each day. Researchers are hopeful that finding a cure might not be too far away.
5. True! Type 2 diabetes can often be prevented by controlling your weight and exercising on a regular basis.

Answers:

Farewell message from Roanna

August 25, 2005

It has been an honour to work for this first nation in the Health department, I was glad to meet the clients, their children, some of the elders and establishing new clients.

Grace and I hosted the Diabetes/Health Fair workshop at the Prince Arthur Hotel on July 27, 2005. We also attended the Teddy Bear's Picnic and the Chippewa Barbecue with some of our Healthy Babies Healthy Children (HBHC) clients. This event was a joint partnership sponsored by the other HBHC organizers such as;

- ONWA HBHC – Ontario Native Women's Association
- OMAA HBHC – Ontario Metis Aboriginal Association
- MNO CAPC – Metis Nation Ontario
- MNO CPNP – Metis Nation Ontario - Canada Prenatal Nutrition Program
- SANDPOINT - HBHC



We also held a "For Your Health" colouring contest open to age categories, 0-6, 7-12 & 13-17 years old. Also there was a "For Your Health" food hamper draw on August 02, 2005. I would like to extend a thank you for all the participants in these two draws, and I look forward to reading and seeing the young artist's picture in the next issue of the Sand Point First Nation newsletter.

I would also like to say, the event I will not be attending is the Diabetes & Elders Conference held on September 26-29, 2005 at the Norwester Best Western Resort Hotel.

Although I think it will be a great success.

Roanna Morriveau



Congratulations to our winning member **Kenneth Goodchild of Pays Plat, Ontario**. The hamper contest was a great success and thank you to all those members who submitted an entry.



"FOR YOUR HEALTH"



Your Fitness Program: Tips for staying motivated

Have you ever started a fitness program and then quit? If you answer yes, you're not alone. Many people start programs but stop when they get bored or results come too slowly.



The following tips can help you to stay motivated:

Set goals. Start with simple goals and then progress to longer-range goals. Remember to make your goals realistic and achievable — it's easy to get frustrated and give up if your goals are too ambitious. A short-term goal might be to walk five minutes once or twice a day just to establish a comfortable tolerance level. The intermediate goal might be to gradually work up to 20 minutes three or four times a week.

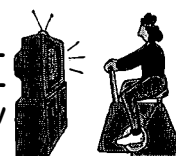
Start slowly. Common mistakes are starting a fitness program at too high an intensity and progressing too quickly. It's better to progress slowly than to push too hard and be forced to abandon your program because of pain or injury.

Choose an activity that suits your lifestyle. Do you prefer to exercise alone or in groups? If you prefer solitude, walking or biking may be more to your liking. You might also enjoy noncompetitive activities that you can do on your own at your convenience, such as inline skating or working out at a health club. If group activities appeal to you, consider enrolling in an aerobics class, or joining a league or team for bowling, volleyball or softball. Walk or bike with a group of friends.

Add variety. Vary what you do to prevent boredom. For example, try alternating walking and bicycling with swimming or a low-impact aerobic dance class. On days when the weather is pleasant, do your flexibility or stretching exercises outside. Consider joining a health club to broaden your access to different forms of exercise and meet new people.

Have some fun. You're more likely to stick with an exercise program if you're having fun. If you find you aren't enjoying your workout, try something different. Exercise doesn't have to be drudgery.

Fit exercise into your daily routine. If it seems hard to find time to exercise look for opportunities throughout your day to slip in some physical activity. Go for a walk during your child's music lesson. Swim during your lunch hour. Take the stairs instead of the elevator at work. Pedal a stationary bike while you watch TV at night.



Weigh the pros and cons. People with chronic conditions — such as arthritis and diabetes — benefit from regular exercise. Have you started a fitness program because your doctor recommended it? Are you thinking about dropping out? If you are, make a list of all the benefits you'll gain by continuing your fitness program and the risks of dropping out.

Get some support. Exercise with a friend or new friends who like to exercise by joining a group or taking a class. Consider inviting a friend or co-worker to join you when you exercise. Recording your efforts helps you work toward your goals and reminds you that you're making progress.

Reward yourself. Work on developing an internal reward that comes from feelings of accomplishment, self-esteem and control of your own behaviour. After each exercise lesson, take a few minutes to sit down and relax. Savor the good feelings that exercise gives you, and reflect on what you've just accomplished. This type of internal reward can help you make a long-term commitment to regular exercise.

Track your progress. Assess your fitness level at regular intervals. You may want to record what you did each time you exercise, how long you did it, and how you felt during and after the exercise. Recording your efforts helps you to work towards your goal and reminds you that you're making progress.

Be flexible. If you're traveling or you're especially busy on a certain day, it's OK to adapt your exercises to accommodate your schedule. Be gentle with yourself if you don't feel up to exercising, it's OK. Resume when you are ready.

Now that you are enthused again, get moving. Set your goals, make it fun and pat yourself on the back from time to time. Review these tips whenever you feel your motivation sliding.

For more information go to:

www.mavoclinic.com



KIDS PAGE



ENCOURAGING CHILDREN TO READ...

Talk with infants and young children before they learn to read. Talk with your children all day long, using short, simple sentences. Talking with them even before they can speak will help them later when they learn to read and write.

Help your children to read on their own. Reading at home helps children do better in school. Have lots of children's books in your home and visit the library every week. Help your children get their own library cards and let them pick out their own books.

Set up a reading area in your home. Keep books that interest your children in places where they can easily reach them. As your children become better readers, make sure that you add harder books to your collection.

Talk with your children as you do daily activities together. When you take your children places, talk to them about what you are doing and ask them questions.

As your children to describe events in their lives. Talking about their experiences makes children think about them. Giving detailed descriptions and telling complete stories also helps children learn about how stories are written and what the stories they read mean.

Restrict the amount and kind of TV your children watch. Watch educational TV programs with your children that teach letter sounds and words or give information about nature and science.

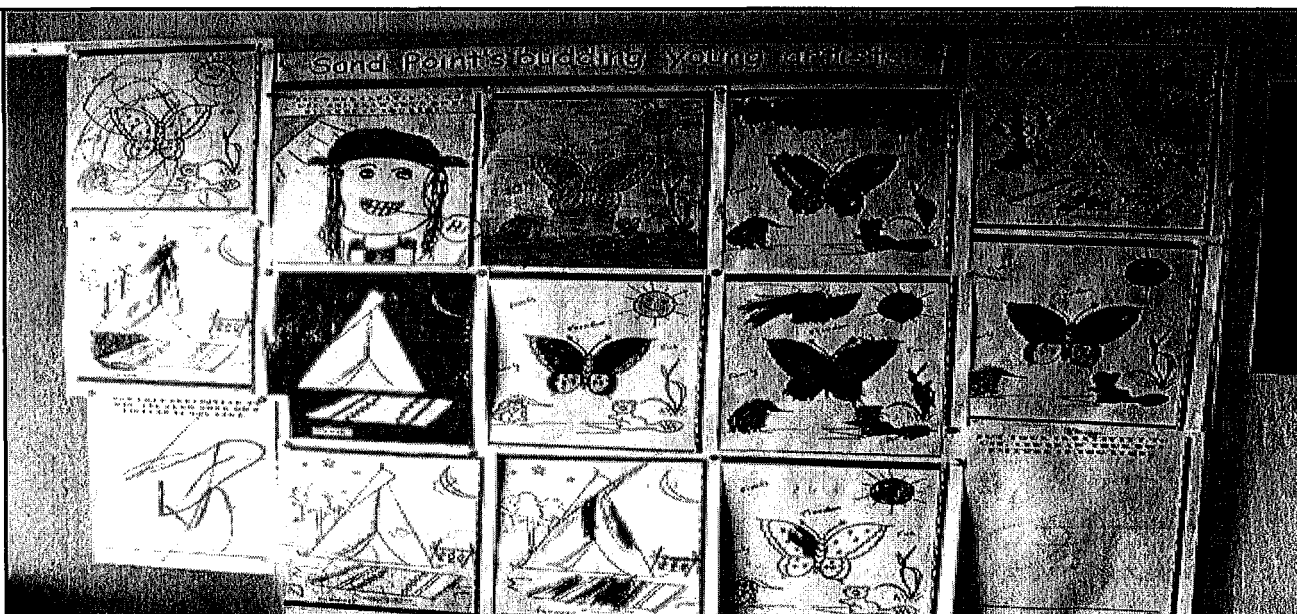
****Additional information on this subject can be found on <http://www.ed.gov/pubs/simplethings/family.html>

Here are some great healthy lunch ideas for our young scholars. (info taken from www.tbdhu.com/food/healthy)

Chili con carne Corn muffin Yogurt Apple juice	Egg salad in a tortilla Carrot sticks Fig Newton water	Mini-pitas with hummus Banana Oatmeal cookies milk	Pumpnickel bread with spinach dip Chocolate milk Orange Hard-boiled egg	Cold chicken leg Coleslaw Banana bread milk	Burrito Raw veggies & dip Milk pudding water	Chicken noodle soup Soda crackers Cheese cubes Kiwi & cantaloupe milk
Cold pizza Apple sauce Celery sticks with cheese water	Healthy snacks to pack: Crackers with cheese, applesauce, fruit and cheese kabob, veggies & dip, yogurt & bananas, unsweetened dry cereal, muffin, fruit & dip, popcorn, raisins, bannock, cherry tomatoes, melon balls, carrot or celery sticks, canned fruit, bread sticks, bagels or rolls, oatmeal cookies, pudding					Ham & cheese on a whole wheat bagel Fruit salad milk

THE 2005 "FOR YOUR HEALTH" COLORING CONTEST

Thank-you to all who entered the SPFN 2005 "FOR YOUR HEALTH" coloring contest. Winners (picked at random) are as follows:



0-6 yrs: 1st: Leslie Podolchuk

2nd: Sara Gilbert

7-12 yrs: 1st: Christina Binguis 2nd: Jade Gilbert

3rd: Quinton Podolchuk

CONGRATULATIONS

There were no entries received for 13-17 years of age. Winners received Zellers Gift cards as prizes.

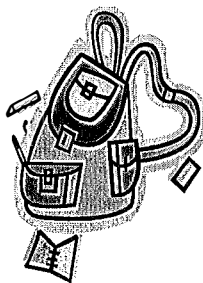
NEWSLETTER MAIL-OUTS

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.

**The Sand Point First Nation
Band Office will be closed for
Christmas holidays from
December 19, 2005-January 2,
2006.**

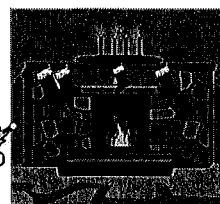
► SPFN School Supplies Effort A Smashing Success ◀

This school year got off to a good start for those families with children in elementary through grade 12, as each student received a backpack and a wide variety of school supplies according to their grade level needs. Also, children from newborn to preschool age received awesome educational fun filled games and toys.



We wish a safe, successful and enjoyable school year to all our Children.

*Merry
Christmas*



*We wish you all a
very Merry Christmas
and all the best in the
New Year!*

FOSTER PARENTS NEEDED!!

Dilico Ojibway Child & Family Services has developed a Customary Care Program, which is the direct, active involvement of community leaders and concerned community members in assisting parents in the care of their children in times of difficulty. So, any community member(s) looking to become a foster parent, please contact Dilico at **623-8511** for further information.

WHAT WOULD YOU LIKE TO SEE IN THE BAND NEWSLETTER??

SUBMIT!!

Do you have something you would like to share with your fellow band members?

We are looking for announcements, stories, jokes, or anything of interest that you would like to see inserted in the newsletter.

You can send it by mail, drop it off, fax it or phone it in.

Note: the newsletter will now be published 4 times a year: Spring; Summer; Fall & Winter.

CHRISTMAS PARTIES!!!
DON'T MISS OUT!!!

► ***SAND POINT FIRST NATION
CHRISTMAS PARTY*** ON SUNDAY
DECEMBER 4, 2005 @ THE PRINCE
ARTHUR FROM 1-4 PM. SANTA WILL
BE THERE TO GIVE PRESENTS TO ALL
THE CHILDREN AGED 0-12, BE SURE
TO REGISTER BEFORE NOVEMBER
11/05 CALL 623-2724.

► ***THUNDER BAY INDIAN FRIENDSHIP
CENTRE'S THIRD ANNUAL
CHILDREN'S CHRISTMAS PARTY*** ON
SATURDAY DECEMBER 10, 2005 @THE
MOOSE HALL (434 FORT WILLIAM RD)
FROM 11 AM-2 PM. SANTA WILL BE
THERE TO GIVE PRESENTS TO ALL THE
CHILDREN AGED 0-12, BE SURE TO
REGISTER BEFORE NOVEMBER 11/05
CALL 345-5840.