

February/March 2005

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FEB/MAR  
2005

# FEBRUARY/MARCH 2005 NEWSLETTER

## Staff at Sand Point First Nation

Chief Paul Gladu .....Chief  
 Leona Clarke .....Councillor  
 Laura Airns ..... Councillor  
 Kelly Banning.....Finance Officer  
 Jessica Stewardson...Finance Clerk  
 Grace Podolchuk....Health Director  
 Katie Borysewicz.....Secretary

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## Message from Chief & Council

Chief and Council would like to thank all Band Members and all who participated in the election process.

It was an excellent turnout and we are now officially recognized by Indian and Northern Affairs (INAC).



This past month, we have worked with many political parties regarding our land status. In the next coming weeks, we are meeting with Ontario and Canada regarding our land status and hopefully will be transferring our land from Ontario to Canada.

We look forward to meeting with the Band Members either in our office

or at your home.

We are also working towards having a general meeting in the near future, which we will keep you updated.

All departments continue to be open and any requests are to be sent in writing, addressed to Chief and Council in advance.

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

Chief Paul Gladu 624-6768,

Councilor Leona Clarke 628-3590,

Councilor Laura Airns 628-3847.

Thank-you again for your participation and support.

## Introducing....Sand Point Staff

### Secretary/Receptionist



Hello, my name is Katie Borysewicz. I am the Secretary/Receptionist for Sand Point First Nation.

I look forward to welcoming all our Members into the office. Coffee is always on, come on in!

### Health Department

Hello, my name is Grace Podolchuk and I am the Health Officer for Sand Point First Nation.

I would like to invite all of the band members to feel free to come in and visit me if you have any questions or concerns regarding health.

### Finance Department

Hello, my name is Jessica Stewardson and I am the Finance Clerk for Sand Point First Nation. My jobs include:

- Day-to-day bookkeeping such as payroll, accounts receivable, accounts payable

Future projects that I will be involved in will be announced at a later date.

*From the Health Department.....*



**"FOR YOUR HEALTH"**

Hello,

The primary objective of the Sand Point First Nation Health Department is to assist our whole community on the awareness and importance of addressing health concerns and by providing a resource library equipped with the most current health information and intervention materials.

Our goal is to eventually provide our Sand Point members with a full range of health services. Our objective is to focus on health prevention information concerning: diabetes, HIV/AIDS, problem gambling, family violence, healthy babies/healthy children, disabilities, and other related health concerns.

We hope to accomplish this by promoting: proper eating, nutrition awareness, good health, regular exercise, education, living a healthy lifestyle, and mental, emotional, spiritual, and physical wellness.

Grace Podolchuk, Health Director

**Diabetes Quiz**



- 1) Type 2 diabetes is a disease that occurs in older people.
  - A. True
  - B. False
- 2) Feeling constantly tired or very thirsty is quite normal if you are busy.
  - A. True
  - B. False
- 3) Raised blood sugar (glucose) is quite serious
  - A. True
  - B. False
- 4) Medical complications can affect the heart, eyes, kidneys, nerves and extremities like the feet.
  - A. True
  - B. False
- 5) People with diabetes should have more frequent medical check ups.
  - A. True
  - B. False

1) False

It used to be that nearly all cases of diabetes were in older people. In recent years, however, it has become more common in younger adults and even children in New Zealand.

**DIABETES HEALTH THUNDER BAY**

*What is Diabetes Health Thunder Bay?*

We are the diabetes education service funded by the Northern Diabetes Health Network and a program of St. Joseph's Care Group. We are located in the community to provide easier access to people with diabetes and their families.

*What do we do?*

We provide the knowledge and skills which people with diabetes require to take control of their health.

We offer support and encouragement by providing a variety of services to Thunder Bay and the region:

- Individual diabetes education
- Self blood glucose monitoring
- Meal planning & lifestyle information
- Outpatient insulin starts to avoid hospitalization

For more information and to inquire about other services contact us at:

**285A Memorial Avenue, Thunder Bay, ON, P7B 6H4**

Ph) 1-807-344-3442

Toll Free)1-800-489-3422

Fax) 1-807-346-8006

*\*\*Information gathered from "Bringing it all together" Diabetes Health Thunder Bay brochure.*

2) False

These can both be signs of type 2 diabetes (raised blood sugar due to inadequate production of insulin, or your body's inability to use it properly). Other signs include frequent infections, cuts that won't heal, blurry vision, unexpected weight loss, passing lots of urine.

3) True

Over the long term, uncontrolled raised blood sugar levels can have a very serious effect on health. However, once you know you have diabetes it is nearly always possible to keep your levels under control with a combination of diabetes education, diet change, exercise and weight control, blood sugar testing and medication.

4) True

Over time, high blood sugar can cause the blood vessel walls to thicken and become less elastic - this causes poor circulation, especially through fine blood vessels, which can affect other organs and bring about diseases such as kidney failure, heart disease and blindness. Quitting smoking will also help reduce these risks.

5) True

People with diabetes have a much greater heart disease and other risks. If you have diabetes you should have regular check ups with your doctor to help keep other heart risks, such as high blood cholesterol and high blood pressure, under control. Anyone with diabetes is entitled to a free check up once a year.

## In Memoriam of Maddie McPhee

*October 15, 1969-February 10, 2005*



Maddie was daughter, mother, sister, aunt, cousin, grand-daughter, a friend to many and a Band Member of Sand Point First Nation.

It is sad that her life ended so early and in such a tragic way, even so Maddie had accomplished many significant goals. Being an excellent student she obtained valedictorian status in grade 8, finishing high school and going on to university. She took ballet, baton and tap dancing and was quite a refined and well-mannered young woman. Maddie as well did her part in working as a receptionist at Kraft Movers, answering the phone and relaying messages both day and night.

Maddie loved her daughter Shanna, and was always stating how proud she was of her little girl. Even though ill health plagued Maddie as she fought bouts of cancer she kept an enthusiastic and optimistic attitude toward life—never dwelling on the negative.

Maddie took an interest in animals at an early age and owned quite a variety of pets over the years. Recently she began breeding Siamese cats and was looking forward to the birth of her first purebred litter.

All in all, Maddie was a strong young woman as well as she was kind. Maddie was a firm and loving believer in Jesus, and her faith was openly voiced to her family and friends.

Maddie definitely was a wonderful, beautiful and remarkable woman. And she will be sorely missed by all who knew and loved her.

Maddie's father, Rea McPhee (May 14, 1929-February 10, 2005) also passed away with Maddie on that unfortunate morning in the house fire at 174 Fitzgerald Street.



**REMINDER ABOUT UPCOMING MEETING**

**ABORIGINAL STRATEGY GROUP PRESENTATION**

Your participation is requested to attend meetings to discuss regarding the development of community values and use maps of Sand Point First Nation traditional territory.

**Thursday, March 10 from 6:30 PM-9:30 PM @ the Prince Arthur Hotel**

**Saturday and Sunday March 12-13 from 9:00 AM-2:00 PM @ the Prince Arthur Hotel**

Hope to see you all there!

Christmas Party

Thank-you to all of the Band Members and their families who attended the Christmas Party last year. It was a great success and everyone had a lot of fun.

Thank-you to Iris Dow and Katie Borysewicz for their catering and generosity in giving out all leftovers.

A BIG THANKS to all of the volunteers who helped out before, during and after the party.

**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 request to Chief and Council.

**SUBMISSIONS**

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 Katie.



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

Katie Borysewicz	Feb 4
Marie-Drouin Binet	Feb 8
Kody LeClair	Feb 9
Trevor Loney	Feb 13
Cecile Esquega	Feb 15
William Esquega	Feb 19
Jordan Esquega	Feb 21
Amanda Clarke	Feb 22
Robert Airns	Feb 23
Julia Coutts	Feb 23
Rebecca Clarke	Feb 26
Ashley Loney	March 5
Leslie Leclair	March 9
Magnus Vautour-Esquega	March 10
Renata Bouchard	March 12
Kenneth Goodchild	March 16
John Gladu	March 25
Violet Druin	March 30

**HAPPY BIRTHDAY TO YOU!**



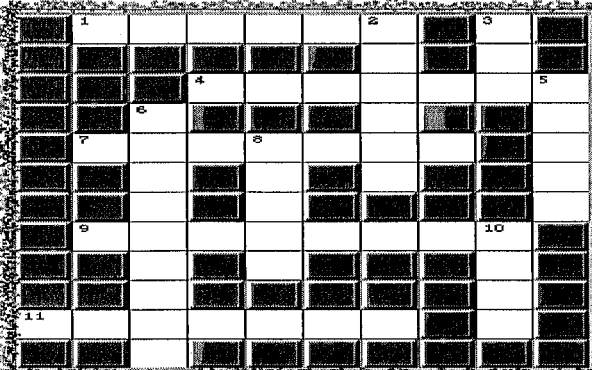
**EMPLOYMENT**

All those band members interested in employment with Sand Point First Nation, please forward your resumes to the Band Office.

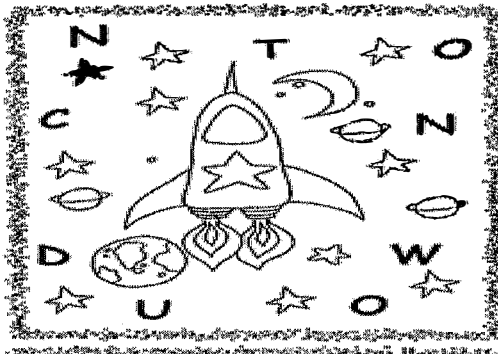
**GET WELL SOON!**

Get well soon to our fellow Band Member Karen Clarke who has not been feeling well lately. Our thoughts are with you and we hope you feel better soon.

## OUTERSPACE PUZZLE PAGE



- ACROSS**
- Seventh planet from the sun
  - Eighth planet from the sun
  - Closest planet to the sun
  - What meteors are called before they visit Earth
  - Fifth planet from the sun
- DOWN**
- Planet with many rings
  - The closest star to Earth
  - Third planet from the sun
  - Tool used to look at planets and stars close-up
  - Sometimes shows a pretty tail
  - The \_\_\_\_\_ side of the moon is cooler than the other side



**Blast Off for some fun!**  
Games on this page are related to outer space & our solar system.

Using just the letters in the word below, can you make at least 12 new words? **RULES:** You may only use a letter as many times as it is shown in the key word. Each word must be at least 4 letters long. **GOOD LUCK!**

### ASTEROID


**the Kidz page.com**

### SPACEY WORD SEARCH

Hunt for the words shown on the list below, then circle them as you find them!

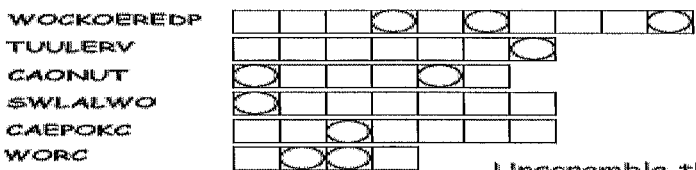
E P O C S E L E E T P M R T M  
 Q L S A M E R C U R K F E F O  
 P S S A E B E H Y O C S T A P  
 N P E E T G W M N B M T K K  
 J N E P T U N E K C S A P C E  
 Y E H U S K R L K R R U E T  
 R Z O W R U X N D C A D O C U  
 T M A R S E N D O T U P A H  
 X S Q B R K O V T S S H P U  
 M D I U H I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

- mercury
- venus
- mars
- jupiter
- saturn
- uranus
- neptune
- telescope
- stars
- moon
- sun
- orbit
- planet
- stardust
- meteor
- comets
- asteroids
- spacecraft

See the letters around the rocket at the top of the page? Try to rearrange them to fill in the blanks:

**WHAT HAPPENS BEFORE LIFT-OFF**  
 \_\_\_\_\_

## BIRDS PUZZLE PAGE



**FINAL PHRASE:**  
 "BI \_\_\_\_\_ F"  
 \_\_\_\_\_ F \_\_\_\_\_ H \_\_\_\_\_

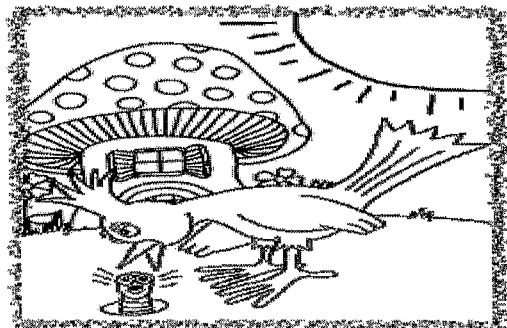
Unscramble the words at the top of the puzzle, then use all of the letters in the circled boxes to solve the final "\_\_\_\_\_ FLOCK TOGETHER" phrase!

### BIRD WORD SEARCH

Hunt for the words shown on the list below, then circle them as you find them!

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

- ALBATROSS
- CHICKADEE
- CUCKOO
- DUCK
- EAGLE
- FINCH
- GROUSE
- HAWK
- LOON
- MAGPIE
- NUTHATCH
- OSTRICH
- PARROT
- PARTRIDGE



Games on this page are bird-related. Put a feather in your cap when solving these puzzles!

Using just the letters in the word below, can you make at least 10 new words? **RULES:** You may only use a letter as many times as it is shown in the key word. Each word must be at least 4 letters long. **GOOD LUCK!**

### BLUEBIRD


### BIRD ANAGRAM

Rearrange these letters to find the name of a famous cartoon bird:

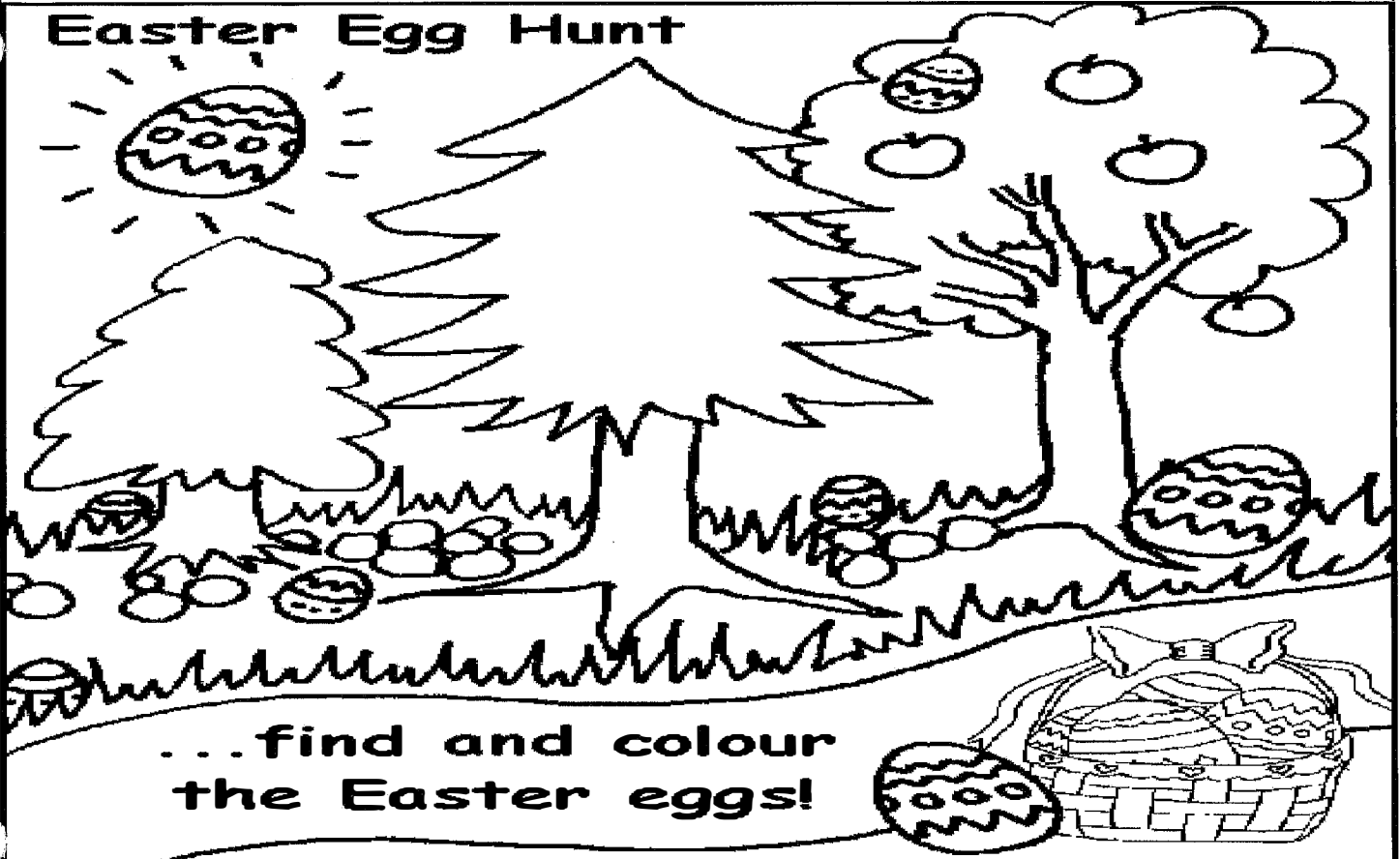
\_\_\_\_\_



**the Kidz page.com**

# KID'S PAGE

## Easter Egg Hunt



...find and colour the Easter eggs!

## JUNGLE PUZZLE PAGE

REBZA								
PIZHEMCENA								
HEN PLATE								
LE GLAZE								
REGIT								
YA HEN								

J U [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] S

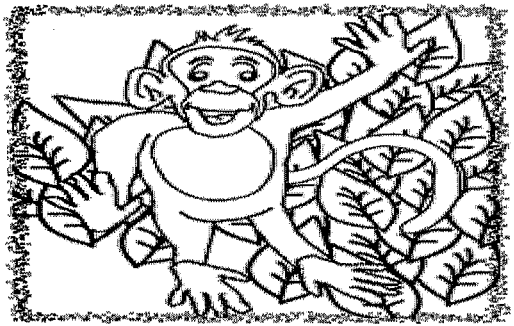
Unscramble the words at the top of the puzzle, then use all of the letters in the circled boxes to solve the final phrase!

Games on this page are jungle-related. "Go Wild" when trying to solve each puzzle!

Using just the letters in the word below, can you make at least 14 new words? **RULES:** You may only use a letter as many times as it is shown in the key word. Each word must be at least 4 letters long. **GOOD LUCK!**

## ELEPHANT

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



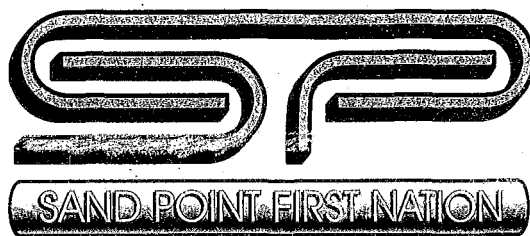
## WORD SAFARI

Hunt for the words shown on the list below, then circle them as you find them!

vulturem  
leehippo  
melsgpon  
hyenark  
lgoazpee  
slpkecey  
liaelkt  
gorillae  
lndeeohp

- lion
- monkey
- gorilla
- hippo
- cheetah
- hyena
- gazelle
- leopard
- snake
- vulture

Head Office  
974-B Mountain Road, Suite 100  
Fort William First Nation  
P7C 4Z2  
Phone: (807) 624-6768  
Fax: (807) 346-0578



Branch Office  
P.O. Box 24021  
215 Red River Road, Suite 200  
Thunder Bay, ON P7B 1A5  
Phone: (807) 346-0550  
Fax: (807) 346-0578

## IMPORTANT NOTICE

**TO:** Sand Point First Nation Membership

**FROM:** Chief Paul Gladu  
Councillor Phyllis Michon  
Councillor Steven Podolchuk

**SUBJECT:** Date Change for Community Meeting

**DATE:** November 26, 2003

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In the past two days we have received complaints from various members that they have not received the newsletter that was mailed on November 17, 2003.

As Council we are very concerned that the newsletter was not forwarded to all members as there were five very important items in the newsletter that were time sensitive:

1. Announcement of the Community Meeting
2. Bid Package for Silverado – closing on November 25, 2003 at 4:00 p.m.
3. Invitation for members to participate on the Membership Policy Development Committee
4. Invitation for members to participate on the Elders Advisory Committee
5. Registration for the Christmas Party (Announcement Enclosed)

We are now caught in a dilemma as to how we proceed from here. Specifically, there are now members who have not had proper notice of the meeting, and who have not had opportunity to bid on the vehicle which null and voids the process.

Due to these unfortunate circumstances we feel we have no choice but to postpone the community meeting which was scheduled for December 14, 2003. We will identify an alternate date for the community meeting for early January 2004, and will forward to you the details within the next few weeks.

Thank you for your patience.

All the best for the holiday season.

**As a result of the newsletter not being received by all members, the SEALED BID for the 2001 Chevrolet Silverado Extended Cab will be extended until December 31, 2003.**

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**FOR SALE**

**BY SEAL BID**

**2001 Chevrolet Silverado Extended Cab (As is)**

**Please call 346-0550 to schedule an appointment to view.**

**BIDS CLOSE DECEMBER 31, 2003 AT 4:00 P.M.**

**Please complete the attached Bid and forward to:**

**2001 CHEVROLET SILVERADO EXTENDED CAB**

**P.O. Box 24021**

**215 Red River Road, Suite 200**

**Thunder Bay, Ontario**

**P7B 1A5**

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**PLEASE COMPLETE BID PACKAGE AND MAIL  
TO THE SAND POINT FIRST NATION BRANCH  
OFFICE.**