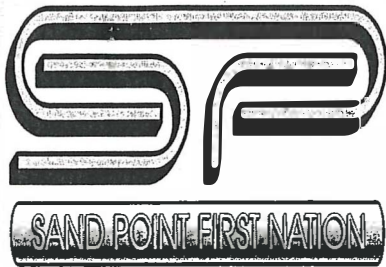


Jan/Feb  
2002



Volume 2: Issue 1

# January/February Newsletter - 2002

## Chief's Message

Hello Everyone,

You have probably heard about the strategic planning process that the community is going through at this time. Here at the office we are working hard to involve all of our membership in determining where we stand as a community, where we want to go, and how we are going to get there. It is important that we work together in achieving practical solutions for the challenges we face as a community, so that we can ensure a brighter future for all.

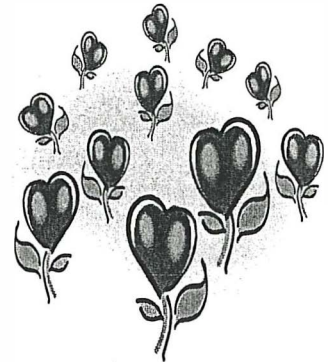


You are always  
welcome at Sand Point

We want to hear your opinion about the needs and aspirations for our community, and what you think should be done to improve the quality of life and future job opportunities. This is why we are asking you to take some time to share your opinion with us by completing a survey. We have hired two Sand Point First Nation band members to conduct the surveys. As a further incentive for your participation in the survey, your name will be entered into a draw for a prize amount of \$500.00. You will be contacted by either Ms. Roanna Morriveau or Mr. William Esquega for the survey. Your response is just as important as any vote you have ever cast. The more we know about what is on your mind, the better we can plan for the future together.

Miigwetch,  
Chief Paul Gladu

*Happy Valentines  
Day!!!!*



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## From the Health Department.....

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### Diabetes

The Sand Point First Nation Health Department will be holding a **Diabetes workshop** at the Sand Point First Nation Resource Centre on Wednesday, April 10, 2002, from 1:30 to 3:30 PM. Representatives from the Diabetes Health Thunder Bay and the Canadian Diabetes Association Northwestern Ontario Branch will be there to provide information on the different forms of diabetes as follows:

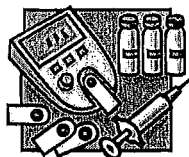
- ⇒ Gestational Diabetes
- ⇒ Type 1 Diabetes
- ⇒ Type 2 Diabetes
- ⇒ Manageable changes in food intake
- ⇒ Physical activity
- ⇒ Blood sugar monitoring

A nutritious snack and refreshments will be served.

For more information or for attendance confirmation, please call 346-0550 ext: 6571, or by e-mail at [gpodolch@sandpointfn.com](mailto:gpodolch@sandpointfn.com).

F.Y.I: [www.diabetes.ca](http://www.diabetes.ca)

Thank-you,  
Grace Podolchuk  
Health Officer



### Problem Gambling Prevention and Awareness

Do you, or a loved one have a problem with gambling? If so, the National Council on Problem Gambling may be of interest and can be accessed through the following internet web-site: [www.ncpgambling.org/resources.htm](http://www.ncpgambling.org/resources.htm).

This site will link the user to other like sources on gambling. The "Responsible Gambling Council (Ontario)" is also worth checking out for accessing information on care providers throughout Canada, United States and internationally. This web-site directory contains information on outpatient and residential services, treatment centres, and Gamblers Anonymous. "Service is free and confidential at all locations".

[www.responsiblegambling.org/gambling\\_directory.cfm](http://www.responsiblegambling.org/gambling_directory.cfm)

In Thunder Bay contact:

SISTER MARGARET SMITH CENTER  
35 North Algoma Street, P.O. Box 3251  
Thunder Bay, Ontario P7B 5G7

Phone: 807-343-2425

Fax: 807-343-9447

Email: [gfeen@hotmail.com](mailto:gfeen@hotmail.com)

Thank-you,  
Grace Podolchuk  
Health Officer

### FOR YOUR INFORMATION:

The Food and Drug Administration (FDA) is taking steps to remove PHENYLPROPANOLAMINE (PPA) from all drug products and has requested that all drug companies discontinue marketing products containing PPA. In addition, FDA has issued a public health advisory concerning PPA. **This drug is an ingredient used in many over-the-counter and prescription cough and cold medications as a decongestant and in over-the-counter weight loss products.** PPA has been linked to hemorrhagic stroke. Also, it has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting any medication that contains this substance. Many companies have voluntarily reformulated and are continuing to reformulate their products to exclude PPA. Please read the labels of over-the-counter products to determine if they contain PPA. The FDA recommends that consumers not use any products that contain PPA.

To confirm this finding go to the URL:

[www.fda.gov/cder/drug/infopage/ppa/default.htm](http://www.fda.gov/cder/drug/infopage/ppa/default.htm)

The Chief, Council  
and Staff of Sand  
Point First Nation  
send a

"Hope you feel  
better"

wish to Joe  
Ladouceur's  
daughter Jolene.

### INVESTMENT WORKSHOP

You are invited to attend a  
workshop on Personal Investing  
on Thursday March 21 at 1:30 pm  
at the Sand Point Band office put  
on by Mr. Sam Manitowabi from  
the Investors Group. All those  
interested are encouraged to  
attend, free of charge.  
The workshop is geared to those  
who wish to learn more about  
personal financial planning.

### The Seven Gifts of the Seven Grandfathers

To cherish knowledge if to know  
**WISDOM**

To know **LOVE** is to know peace  
To honor all of Creation is to have  
**RESPECT**

**BRAVERY** is to face the foe with  
integrity

**HONESTY** in facing a situation is  
to be brave

**HUMILITY** is know yourself as a  
sacred part of Creation

**TRUTH** is to know all of these  
things.

-Taken from the Michomis Book, Benton-  
Benai, 1988



## Four Days On the Circle of Sand

Observations at Sand Point,  
Pijitawabik Bay, Lake Nipigon,  
Ontario/September 22, 2001

Sheltering arms  
rock, pine and aspen  
reach across cold waters  
to complete the circle

Autumn breezes  
shift to winds  
in treetops  
with muted roar  
and an avalanche  
of falling yellow leaves

Eagles sail above the point  
as if guarding the solitude

Forest full of earth sounds  
once filled  
with cries of children  
and the laughter of women

Dogs played  
in woodsmoke chaos

Men in canoes  
loaded with lake trout  
glided to this sandy refuge  
in late day light

Now  
all is quiet  
across the water  
waiting

Rolling hills sleep lazily  
in low autumn sun  
where Thunderbird lies  
waiting

Anticipation  
in pine-scented air  
anticipation  
in cries of gulls  
waiting

Waiting for canoes  
to return again  
'round the rocky point  
birch bark silhouettes  
with men working hard  
on a homeward course

Against a dark green curtain  
winds roll the water white  
as if to push those waters  
more quickly  
to the Great Water to the south

But this is not the way  
it is only a net to catch fish  
this place with sands all around

It is a place to rest  
a place to nest  
a place for dreams  
a place on the great circle of life

Crosses and old walls  
four sides mark the past  
but what started at the crescent beach  
is the future

The circle goes out again now  
into these cold water  
and it returns  
to this warm sand shore  
completing its journey  
marking the trail

The future is growing here

Like a bird's nest  
fallen from a tree  
the mother does not hesitate  
to build again  
life continues  
new wings touch the sky

So once more  
the sun goes 'round  
the circle of this place  
trees grow  
and die  
and grow again

New is old  
old is new  
on this ancient Nipigon shore

-David Andersen

**HAPPY BIRTHDAY  
TO YOU,**

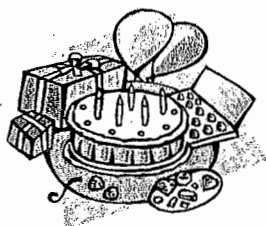
**HAPPY BIRTHDAY  
TO YOU,**

**HAPPY BIRTHDAY  
DEAR...**

Timothy Loney	Jan 2
Danielle Clarke	Jan 7
Annette Ladouceur	Jan 9
Peter Esquega	Jan 12
Marianne Legarde	Jan 14
Alexis Esquega	Jan 16
Annie McGuire	Jan 20
Mary Loney	Jan 23
Paulette Gladu	Jan 29
Elizabeth Gladu	Jan 30
Adrien Lefrancois	Jan 30

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

**HAPPY BIRTHDAY  
TO YOU!!!!!!**



### How do I apply for a Status Card?

**For persons born on or after April 17, 1985:**

- 1) Obtain a certified copy of the child's birth registration that shows the names of the child's parents. This document can be obtained from the Division of Vital Statistics for the province or territory where the child was born.
- 2) Write a letter that states you wish to register the child as an Indian. Give the name of the parent with whom the child should be registered (children are registered with only one parent). Both parents must sign this letter.
- 3) Send a copy of the birth registration and the letter to your First Nation office or to your nearest DIAND (Department of Indian Affairs and Northern Development) office.

**For persons born before April 17, 1985**

- 1) Obtain and fill out one of the following forms:
  - For a person who is 18 or older: the "Application for Registration of an Adult under the *Indian Act*"
  - For a person who is under 18 OR for a person who is intellectually impaired: the "Application for Registration of Children under the *Indian Act*"

Note: Both forms can be obtained from the offices of DIAND, First Nations or Aboriginal Associations and Aboriginal Friendship Centres and can also be found on the INAC (Indian and Northern Affairs Canada) web site at [www.ainc-inac.gc.ca/frm/index\\_e.html](http://www.ainc-inac.gc.ca/frm/index_e.html)

- 2) Include as much information as you can about the applicant's Aboriginal background and the name or location of the First Nation or First Nation's to which the applicant's ancestors belonged. If you know the names of relatives who have been registered, you should include these also.
- 3) Send the completed form to:
  - Registrar
  - Indian Registration and Band Lists
  - Department of Indian Affairs and Northern Development
  - Ottawa, Ontario
  - K1A 0H4

If DIAND staff require more information, they will contact you by mail or telephone.

*Information gathered from INAC web site*

[www.inac.gc.ca](http://www.inac.gc.ca)

ABORIGINAL YOUTH...  
"SHAPING OUR FUTURE"

PROVINCIAL ABORIGINAL YOUTH ENTREPRENEURIAL GATHERING

**Thunder Bay, March 22-24, 2002:** The Ontario Native Women's Association is proud to announce that the Business Leaders of Tomorrow Provincial Aboriginal Youth Entrepreneurial Workshop will be held in Thunder Bay on March 22-24, 2002. The purpose of this conference is to gather Aboriginal Youth entrepreneurs (or potential entrepreneurs) from across the province of Ontario and provide them with a wide range of entrepreneurial skills and knowledge so that they are better able to initiate and operate small or micro-businesses as a source of employment and income in their communities.

**Contact: Betsy Ledger**

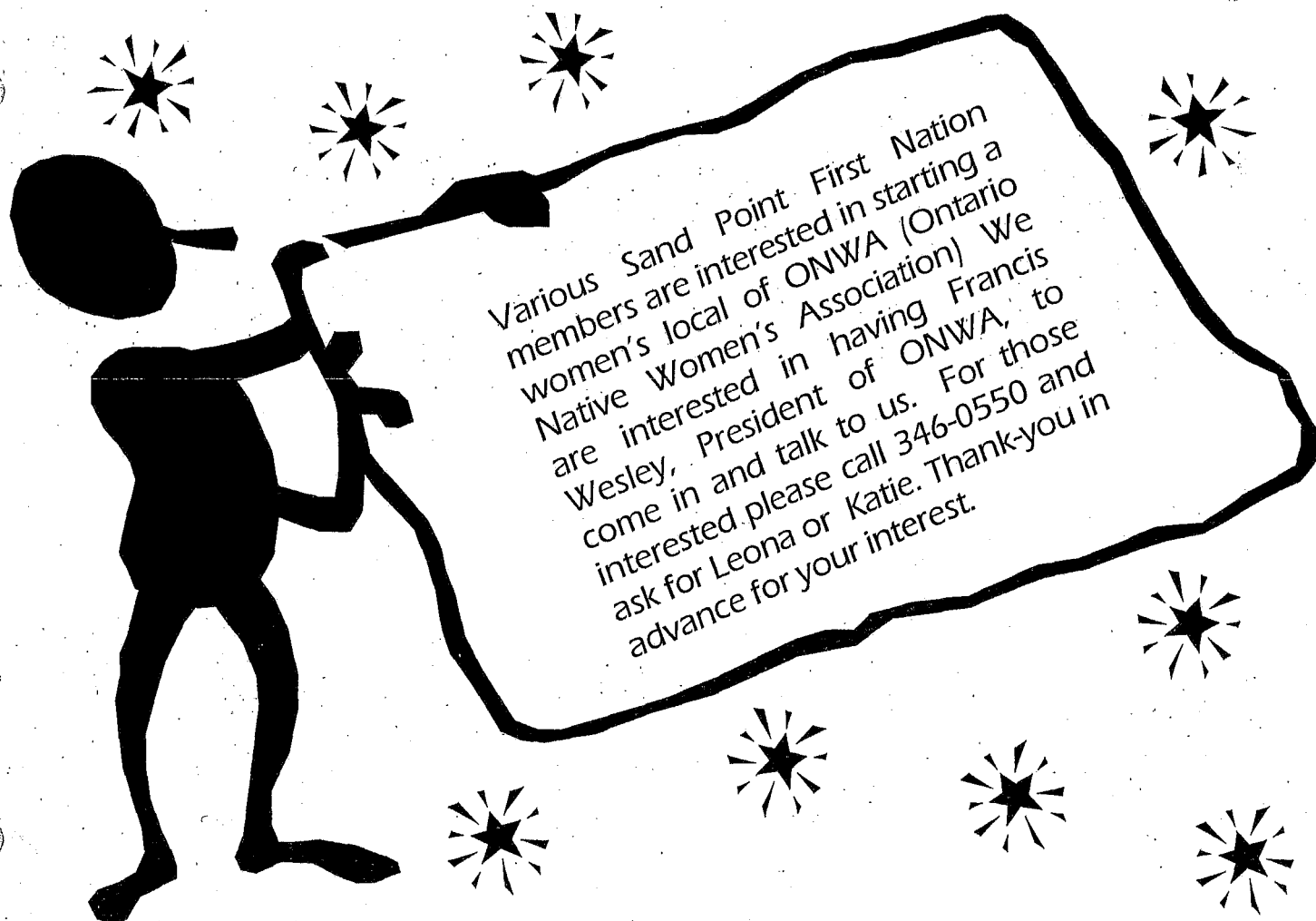
Business Leaders of Tomorrow

Unit 7, 977 Alloy Drive

Thunder Bay, Ontario

Phone: (807) 623-3442

Fax: (807) 623-1104





**SAND POINT FIRST NATION**

P.O. Box 24021  
215 Red River Road, Suite 200  
Thunder Bay, Ontario  
P7B 1A6  
Phone: 346-0550  
Fax: 346-0578

### Staff at Sand Point First Nation

Chief Paul Gladu

Albert Gladu.....Band  
Manager

Phyllis Michon.....Councillor

Patrick McGuire....Honorary Councillor

Audrey Gilbeau.....Development  
Consultant

Leona Clarke.....Office Manager/  
Employment &  
Training Co-ordinator

Brenda Huntus.....Finance Officer

Kelly Banning.....Financial Assistant

Jessica Clarke.....Finance Clerk

Grace Podolchuk.....Health Officer/  
Program Development

Katie Borysewicz.....Secretary/  
Receptionist

Rob Wesley.....LAN  
Administrator

Our newsletter is published six times a year. For weekly updates on Sand Point initiatives, programs, job postings, etc., please refer to our website:

<http://www.sandpointfn.com>

## Introducing...



The only Group Home & Automobile Insurance Program  
designed exclusively for

**First Nations People**

Call NOW for a no-obligation quote  
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Administered by  
**Tribal Custom Insurance Services Inc.**  
(Aboriginal owned)

**"Our Vision— Your Well Being— Our Coverage"**

\*This program is currently available only in Ontario

### ELDER'S SOCIETY RECIPE OF THE MONTH

January: Recipe compliments of Elder Madeline McPhee (Lagarde)

#### Bannock (Ojibway)

8 cups	Flour
1 cup	Margarine/Butter
1 tsp	Salt
6 Tbsp's	Baking Powder
2	Eggs
4 cups	Water (if too thick, stir in a little more water)

\* For moister bannock, use 1 litre of milk.

Mix dry ingredients, flour, salt and baking powder in a large mixing bowl. Mix in margarine or butter the same way that you would prepare a piecrust with your hands. Whip up the eggs with the water and fold into the dry ingredients. Pour batter into a large baking pan like a cake. Bake at 350 degrees for 60 minutes.

\*Optional: add 2 cups of raisins.

### *On the lighter side...*

#### The Soap Opera Prayer

Lord, bless us who are *Young and Restless*, sometimes *Bold and Beautiful*. Help us remember there is *Another World* we can build when we turn our hearts to you, our *Guiding Light*. As the *World Turns* on *The Edge of Night* may we *Search for Tomorrow* better ways to love one another all *The Days of Our Lives* for we only have *One Life to Live*.

- Written by: Mark Curtis (1995)