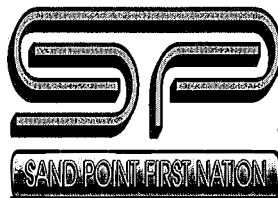
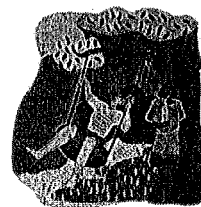


684 City Road, Unit #7,
Thunder Bay, ON
P7J 1K3



Phone: 623-2724
Fax: 623-2764
Toll-Free: 1-877-623-2724



JUNE/JULY NEWSLETTER 2005

MESSAGE FROM CHIEF AND COUNCIL

HELLO TO ALL BAND MEMBERS,

Our Aboriginal day was a great success and we would like to thank everyone who attended. We are planning to have Aboriginal Day every year at Sand Point and look forward to having more activities and more members each year. We are still in the process of planning our Band Meeting for the early fall and we will keep you notified of the actual date. If there is anything you would like up for discussion at the meeting, contact us. The land transfer is still on schedule and it will occur in the early part of 2006. We are available to meet with any members who have any questions, concerns, or requests. Please call the office (623-2724) and set up an appointment or stop in for a coffee.

You can also contact us on our cell phones:

CELL PHONE NUMBERS

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

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.

WELCOME BACK GRACE!!

Chief, Council, Staff, Members, Family & Friends;

Good Day to you all.

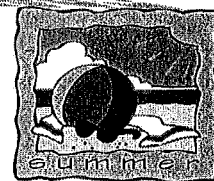
Thank-you for the extended courtesy of well wishes and cards during my absence. I am pleased to inform you that I am back and that if you have any questions please do not hesitate to contact me.

Sincerely,

Grace T. Podolchuk, Health Director



Volume 1:
Issue 3



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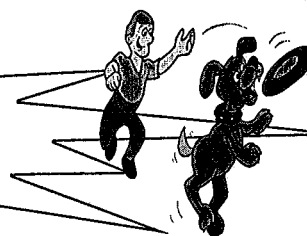
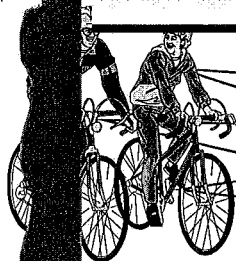
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SPFN TEAM

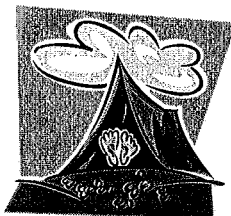
Paul GladuChief
Leona ClarkeCouncilor
Laura Airs Councilor
Kelly Banning.....Finance Director
Jessica Stewardson.....Finance Clerk
Grace Podolchuk.....Health Director
Roanna Morriveau.....Health Clerk
Katie Borysewicz.....Administrative Professional

"FOR YOUR HEALTH"

GET ACTIVE! 50 WAYS TO LEAVE YOUR SOFA...*



1. Walk to the library and get a book.
2. Organize a community clean-up.
3. Play tag, hopscotch or hide and seek.
4. Attend a community concert.
5. go inline or ice skating.
6. Help wash the car.
7. Paint a picture, a mural or a room.
8. Go swimming.
9. Act out a story.
10. Plan a picnic or barbecue.
11. Go bird watching with a relative.
12. Fix something.
13. Walk the dog.
14. Jump rope.
15. Plant a garden. Work in your garden.
16. Clean out your closet. Donate to charity.
17. Start a walking club.
18. Create sidewalk art with chalk.
19. Walk through a museum.
20. Blow bubbles and try to catch them.
21. Feed fish or birds.
22. Make crafts or try a new craft.
23. Learn to use a compass.
24. Organize your photo album.
25. Teach a child a favorite game.
26. Play Frisbee.



*Regular physical activity promotes:

- Self-esteem
- More restful sleep
- Muscle and bone strength
- Increased energy
- Concentration skills
- Increased academic performance
- Increased overall health
- Its also helps to decrease obesity, and ones risk for heart disease, type 2 diabetes, asthma, high blood pressure, and many other chronic conditions.

*Physical Activity Websites

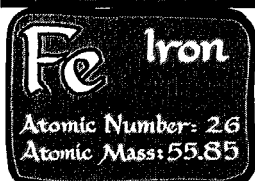
www.healthcanada.ca
www.kidnetic.com
www.tvturnoff.com
www.tbdhu.com
www.cahperd.com
www.goforgreen.com

27. Hike, bike or do what you like.
28. Walk to school or work.
29. Learn yoga or tai chi.
30. Attend a live sports event.
31. Watch the sunset/sunrise with a friend.
32. Invent a new game. Teach it to a friend.
33. Turn on the radio and dance.
34. Play flashlight tag at night.
35. Go camping (even in your back-yard)
36. Invite the neighbors to play soccer.
37. Walk and get ice cream.
38. Organize a play day at a local park.
39. Play charades.
40. Find some old clothes and dress-up.
41. Play "red light/green light"
42. Fly a kite.
43. Rearrange the furniture.
44. Finger paint.
45. Play basketball with a friend.
46. Play "duck, duck, goose"
47. Give the dog a bath.
48. Organize a scavenger hunt.
49. Go bowling.
50. Turn off the television.

*** information taken from article "50 ways to leave your sofa" produced by the Thunder Bay District Health Unit



"FOR YOUR HEALTH"



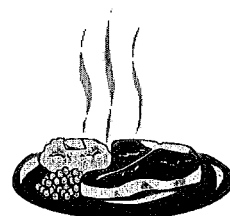
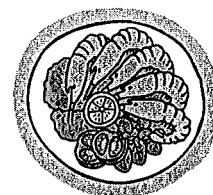
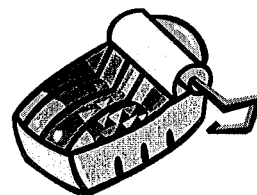
Consuming iron rich foods can be essential for effective weight loss. The iron is used to produce red blood cells, these carry oxygenated blood to exercising muscles and enable us to exercise with vigor which helps burn more calories. People with slight iron deficiencies often feel lethargic and may not be as active as people with an adequate iron intake.

Oxygen is also needed to enable cells to burn fat completely. The more oxygen supplied to working muscles the more fat can be burned. However this does not mean consuming very high levels of iron will help burn more fat. High doses of iron are not recommended!

The table below lists food high in iron.

Table of food high in iron: (* RDA% – recommended daily allowance percentage)

Iron rich food	Iron Content	RDA % *	Calories
Cockles boiled	28mg	155%	50
Black Pudding	20mg	111%	300
Liver	9mg	50%	190
Fish Paste	9mg	50%	170
Kidney	8mg	44%	170
Venison	7.8mg	43%	200
Heart	7.7mg	43%	180
Mussels boiled	7mg	39%	90
Liver Pate	7mg	39%	190
Liver Sausage	6.4mg	36%	312
Goose	5mg	28%	320
Pheasant	5mg	28%	220
Shrimps canned	5mg	28%	95
Haggis	4.8mg	27%	310
Sardines canned	4.5mg	27%	180
Anchovies canned	4mg	22%	285
Whitebait	4mg	22%	310
Tongue Ox	3mg	17%	300
Pilchards canned	2.7mg	16%	130
Beef lean	2.5mg	16%	240
Thyme ground	124mg	688% *	276
Curry Powder	58mg	321% *	233
Oat & Wheat Bran	45mg	250% *	330



**Values for iron rich foods may vary between individual portions, these values should only be used as a guide!

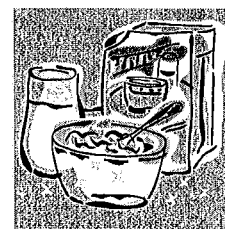
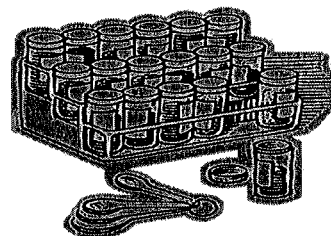
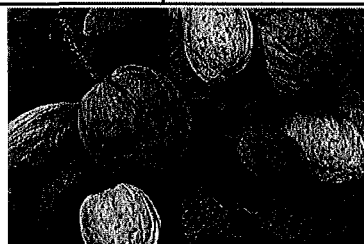
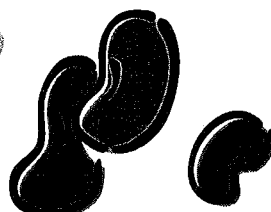
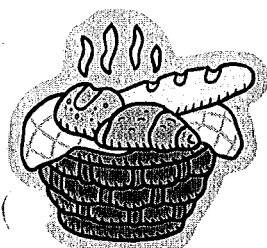
FOODS RICH IN IRON AND THE HIGHEST SOURCE OF IRON USUALLY COME FROM ANIMAL ORIGIN FOR EXAMPLE LIVER, KIDNEYS, AND MEATS. THEY ARE A RICH SOURCE OF IRON DUE TO THE SIZE OF THE PORTIONS EATEN AS MANY PEOPLE CAN CONSUME UP TO 200 GRAMS OF MEAT PER SERVING. THE TABLE SHOWS SOME FOODS OF PLANT ORIGIN TO CONTAIN VERY HIGH LEVELS OF IRON SUCH AS THE HERBS OR BREAKFAST CEREALS HOWEVER BE AWARE THAT THESE FOODS ARE EATEN IN MUCH SMALLER PORTIONS RENDERING THEM A LOWER SOURCE OF IRON RICH FOODS THAN THOSE OF ANIMAL ORIGIN.

RDA IS BASED ON 18MG PER DAY, MEN MAY ONLY NEED 10MG PER DAY. HIGH DOSES OF IRON ARE NOT RECOMMENDED!

**information taken from the website:

www.weightlossforall.com

Iron rich food	Iron Content	RDA % *	Calories
Cinnamon ground	38mg	210% *	-
Garam Masala	33mg	183% *	380
Rosemary	30mg	167% *	330
Oxo cube	24.5mg	136% *	230
Paprika	24mg	133% *	290
Bran Flakes	20mg	111%	320
Ready Brek	13.2mg	73%	373
Special K cereal	13mg	73%	370
Bran Wheat	13mg	73%	205
Sesame Seeds	10mg	55%	11
Black Treacle	9.2mg	54%	260
Soya flour low fat	9mg	50%	350
Wheatgerm	8.5mg	49%	300
Liquorice	8mg	44%	310
Cashew Nuts	6.2mg	34%	610
Blackcurrants canned	5mg	28%	45
Figs dried	4.2mg	23%	205
Bombay Mix	3.8mg	21%	500
Lentils boiled	3.5mg	19%	100
Apricots ready-to-eat	3.5mg	19%	160
Hazelnuts	3.2mg	19%	650
Almonds	3mg	17%	600
Twiglets	3mg	17%	380
Soya beans	3mg	17%	140
Malt bread	2.8mg	16%	270
Wholemeal bread	2.7mg	15%	215
Red Kidney beans	2.5mg	14%	100
Watercress	2.2mg	14%	23



SUMMER 2005 "FOR YOUR HEALTH" COLORING CONTEST.

SEE PICTURES ON PAGES 9-13

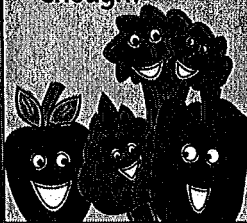
13 to 17 years—1st, 2nd, & 3rd place winners

Grace T. Podolchuk & Roanna Morrisseau
Health Director, SPFN Health Clerk

“WEAR THE GEAR”



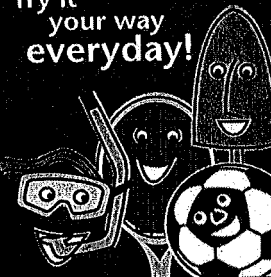
5 to 10 a day...
Are you getting
enough?



625-5900

www.tbdlhy.com

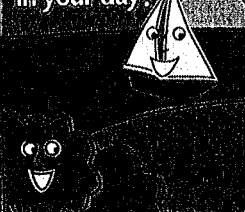
Try it
your way
everyday!



625-5900

www.tbcdhu.com

**Balance
the stress
in your day!**



625-5900

www.heartandstroke.ca



Diabetes Health Thunder Bay

Toll Free: 1-800-489-3422

Your burger's done at 71

Ground bee
needs an
internal
temperature
of 71°C
(160°F)

Canada

**Breast Screening
Saves Lives.**
Call 1-800-461-7031



Whazzup! Joint events are whazzup!

Joint event invites for Sand Point First Nation Healthy Babies Healthy Children participants.

The **Thunder Bay Annual Teddy Bear's Picnic** at Vickers Park (across from the Court House on Arthur Street).

Date: Tuesday, July 19, 2005 Time: 12:00 PM - 3:00 PM

Enjoy Great children's activities , crafts and entertainment, all free of charge,. Don't forget to bring sunscreen and your Teddy Bear. **Meet us for a picnic lunch at 1:30 PM**

See map below of where we will be located on that day!

Please note: For this event you are responsible for your own transportation.

Joint event with: MNOCAPC/CPNP- ONWA HBHC/ OMAA HBHC

**FOR HEALTHY BABIES/
HEALTHY CHILDREN
PROGRAM PARTICIPANTS**

**MEET US FOR A PICNIC LUNCH
FOR 1:30 P.M.**

Also, Sand Point First Nation Healthy Babies Healthy Children (HBHC) Program (parents with children ages 0 to 6) will be doing a **BBQ at Chippewa Park**: Joint event with: MNO CAPC/CPNP-ONWA HBHC/OMAA HBHC-Beendigan CPNP/CAPC Parents with children ages 0 to 6 this is your invitation to join in on the fun and festivities set for

Thursday August 18, 05

Friday August 19, 05 (Rain Day ONLY)

Bus Leaves

Water Street 10 a.m.

Brodie Street 10:30 a.m.

Arrival Chippewa Park 11:15 a.m.

Depart Chippewa Park 3 p.m.

Arrival Brodie 3:30 Water 3:45 p.m.



Available to our HBHC participants:

Lunch at 12:00 p.m.

Rides open at 1 p.m.

Swimming (parents are responsible no lifeguards on duty)

Walking

Play games (will have outdoor toys on hand)

Snacks 2 p.m.

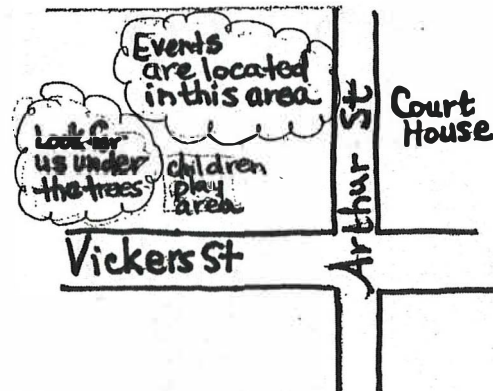
Load the bus at 2:45 p.m.

Menu

Veggie Dogs/ Veggie Burgers

Hot Dogs/ Hamburgers/Sausage/Salads/ Fruits/ Beverages Juices

Beverages/ Juice / Water



Please contact Grace at the SPFN office to confirm your attendance. We are looking forward to seeing you there.

Healthy Diet Quiz

Information taken from website: www.baptistonline.org

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

1. A healthy diet means a fat free diet.
True _____ False _____
2. Low fat diets only benefit people who are overweight or who have diabetes.
True _____ False _____
3. High fat diets prevent breast cancer.
True _____ False _____
4. Heart Disease can be prevented by eating a low fat diet.
True _____ False _____
5. A low fat, low cholesterol diet includes meat and potatoes.
True _____ False _____
6. Too much salt is bad for you.
True _____ False _____

1. False! Healthy diets DO require you to decrease your fat if you eat like the typical American. Target eating 30 percent or less of your total caloric intake each day as fat. Remember, read the labels, and avoid fast food if possible.
2. False! Low fat diets benefit everyone! This is because low fat diets prevent disease as well as treat some diseases.
3. False! The final say is not in on whether low fat diets help prevent breast cancer; however, we know that high fat diets definitely do NOT prevent breast cancer. Eating a low fat diet can help you to stay healthy.
4. True! Your diet can prevent many diseases. In addition, a low fat, low cholesterol, high fiber diet can be helpful in preventing disease. Remember, read the labels to see how much fiber and cholesterol are in your food.
5. True! Remember, you need to eat a diet for a lifetime; moderation may be the key. Meats are nutritious as long as they are lean. Potatoes are, in fact, an excellent food. However, don't add fat by using sour cream and butter. Try non-fat yogurt instead.
6. True! Anything in excess can be bad for you. Recent data has shown that only some people are salt sensitive, and can lower their blood pressure by decreasing their salt intake. However, you can't tell by looking who is more likely to respond to a low salt diet. It is probably reasonable to eat a low salt diet if you are being treated for high blood pressure.

Answers to Healthy Diet Quiz above

YOU ARE INVITED!!!!

ON FRIDAYS WE HAVE A BARBEQUE AT THE BAND OFFICE DURING LUNCH-HOUR (12-1pm).

HOT DOGS AND/OR HAMBURGERS, DRINKS AND FRUIT OR SALAD ARE SERVED.

CALL AHEAD TO LET US KNOW YOU ARE COMING. LOOKING FORWARD TO SEEING YOU!!



CONGRATULATIONS!!!!

To Chad Binguis;
Grade 8 Graduate from Sioux
Mountain Public School
from Mom, Ab, Cam, Tina,
Grandma & Grandpa.

MEMO

"For Your Health" Healthy Items Hamper Giveaway Draw.

There is fun for everyone.

Enter the "For Your Health" Healthy Items Hamper Giveaway Draw for those who wish to participate. The draw date for the 'Healthy Items Hamper Giveaway' will be on August 2, 2005. (All entries must in by 12pm in order to qualify). The hamper items will all pertain to living a healthy lifestyle.

Join in the fun. We look forward to receiving your entries. One entry per member will be accepted from 18 years and up.

A JOB OPPORTUNITY AWAITS...

ABORIGINAL PEOPLE
WANTED: OILFIELD
ABORIGINAL
OPPORTUNITIES—
REPLY ASAP!!

CP Services are expanding, 100% Aboriginality owned, oilfield company located on the Janvier Reserve south-east of Fort McMurray, AB. CP Services have an opportunity to supply a significant amount of People Resources to help construct a large SAG-D oil plant (Nexen/Opti Long Lake Plant). Accommodations and meals supplied on site. CP Services will Treaty members very good rates. CP Services have been asked to supply Iron Worker and Pipefitter Journeymen/Women to start with; and then apprentices at the present 1 to 3 ratio. There will be 3000 people on site and we are trying to create a significant Aboriginal work force. CP Services are trying to reach Aboriginals from all over Canada, as Journeymen/Women are hard to find.



Contact Leona or Laura at the office as soon as possible so we may contact CP Services with your information.

**GET YOUR FREE COPY OF
THE NORTH OF SUPERIOR
EVENTS & FESTIVALS GUIDE,
CALL 1-800-265-3951 OR
VISIT**

www.northofsuperior.org

**ANYONE WISHING TO RECEIVE A
COPY OF THE
"WATER SITE RELEASE &
DEVELOPMENT REVIEW"
DOCUMENT PRODUCED BY THE
MNR/LANDS & WATERS PLEASE
CONTACT THE OFFICE AND WE
WILL FORWARD YOU A COPY.**



**SORRY WE MISSED
YOUR BIRTHDAY...
RELATED GREETING**

IT WAS **BERNARD
MORRISSEAU'S**
BIRTHDAY ON MAY
31ST.

**HAPPY BIRTHDAY
BERNARD!!! WISH
YOU ALL THE
BEST!!!**

SUMMER FESTIVALS SCHEDULE 2005

Thunder Bay Fringe Festival at
Victoriaville Centre—July 14-
17

Riverfest at Kam River Heritage
Park—July 16

Teddy Bears Picnic at Vickers
Park—July 19

Thunder Bay Dragon Boat Race
Festival at Boulevard Lake —
July 22-23

Festival of the Giant at Sleeping
Giant Provincial Park —
August 5-7

C.L.E. at C.L.E. grounds —
August 10-14

Ojibwa Keeshigun Native Festi-
val at Fort William Historical
Park—August 20-21

Thunder in the Air at Marina
Park—August 24

Westfort Village Street Fair —
August 27-28

Happy Birthday!

William Gibson	June 5
Lyle Gladu	June 9
Nathan Koronkiewicz	June 15
Leslie Podolchuk	June 15
June Gladu	June 18
Amber McGuire	June 23
Albert Gladu	June 27
Andrew McGuire	July 5
Tricia McGuire	July 13
Kaiya Ferguson	July 16
Michael McGuire	July 18
Paul Gladu	July 21
Patrick Kletzel	July 22
Priscilla Marques	July 22
Leroy Clarke	July 29
Victor Esquega	July 31

► ATTENTION ALL YOUTH ◀

Learn to Dance Pow-Wow Style...

Every Thursday Night 7:30—8:30, at the
Canada Games Complex. Call to register,
there is NO FEE to register!!

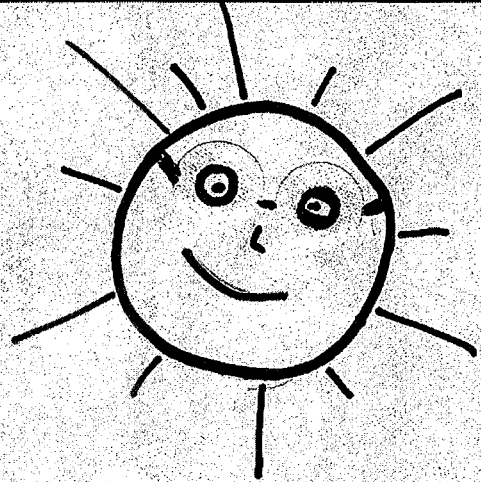
ALSO REMEMBER TO REGISTER FOR:

- strawberry picking, July 14
- blueberry picking, July 29
- fishing @ Eagle River Trout Farm, Aug 11

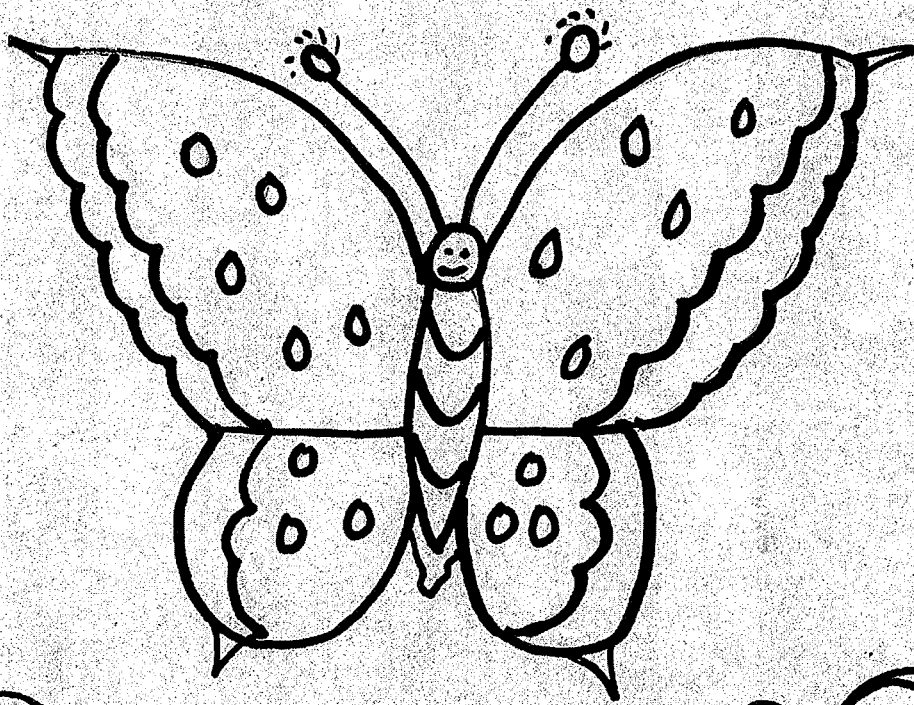
Call Gloria @ 345-5840 ext.255

Indian Friendship Centre

Friends

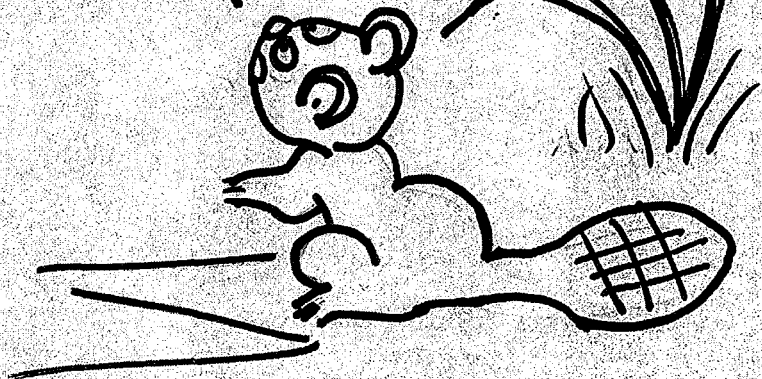


Freedom



Fun

Family

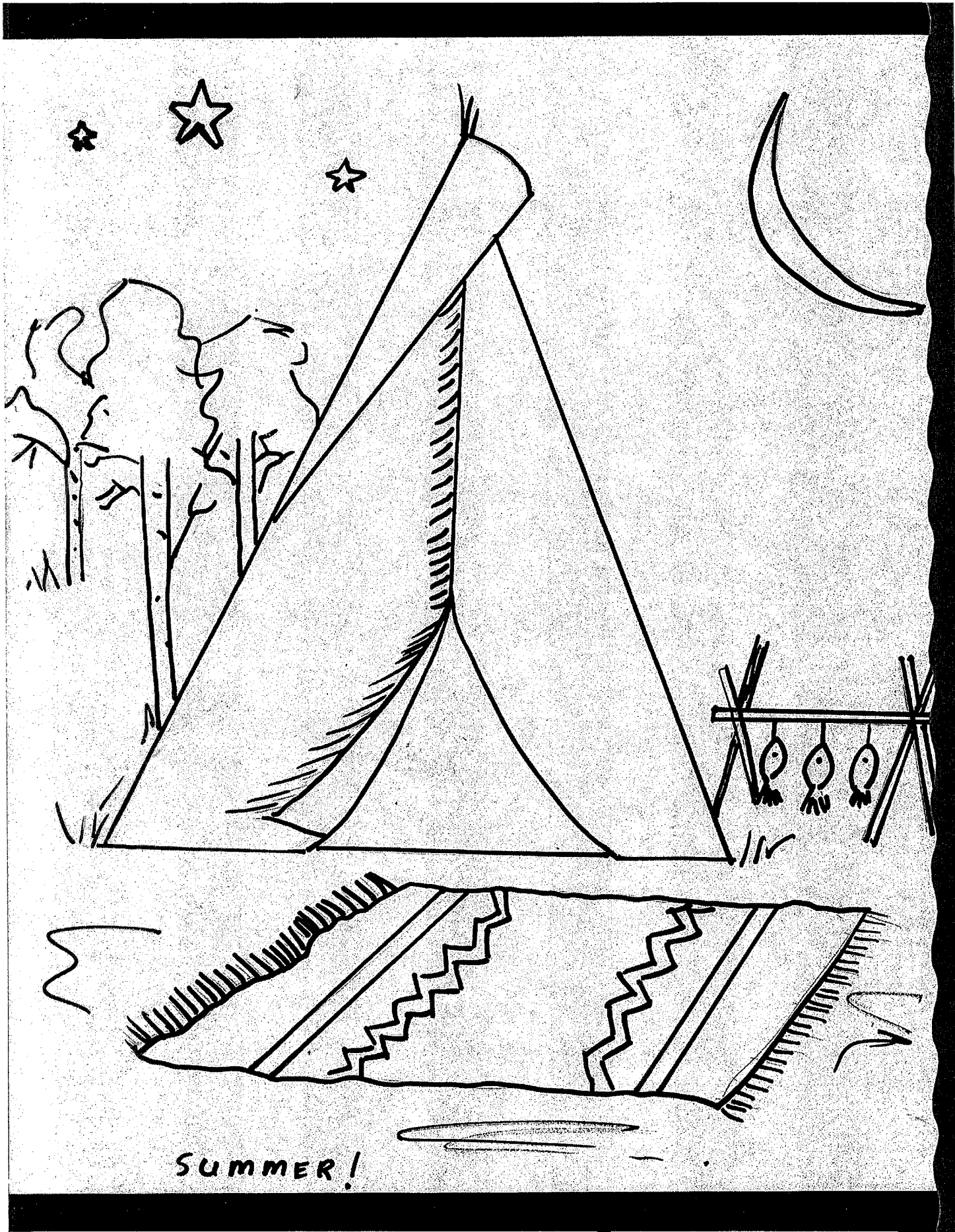


NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

AGE: _____



NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

AGE: _____

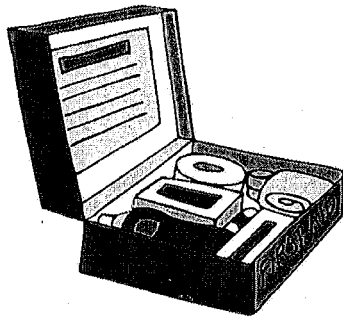
**PUT YOUR CREATIVITY TO
USE, AND DRAW YOUR OWN
PICTURE IF YOU LIKE...**

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

AGE: _____



Sand Point First Nation “For Your Health 2005” Health Fair/ Diabetes Workshop



Wednesday, July 27th, 2005

9:30AM – 4:00 PM

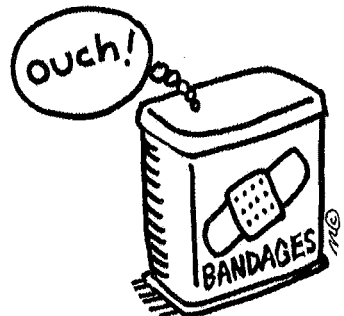
Prince Arthur Waterfront Hotel & Suites

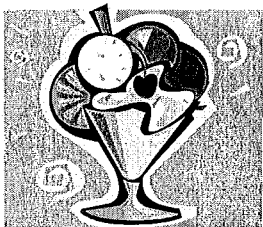
Bertrand Room

17 North Cumberland Street

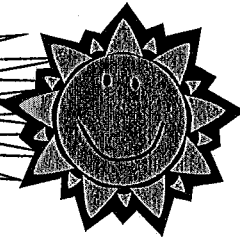
Come one, come all and join in on the festivities of healthy teachings, fun games and great give-a-ways.

It will be an all day event of fun and activities for all ages. There is no cost to attend the Workshop. The Workshop will include: a free morning buffet, full lunch and an afternoon buffet style coffee and tea. We are really looking forward to seeing all the band members there. For more information call the SPFN Health Office at 623-2724.



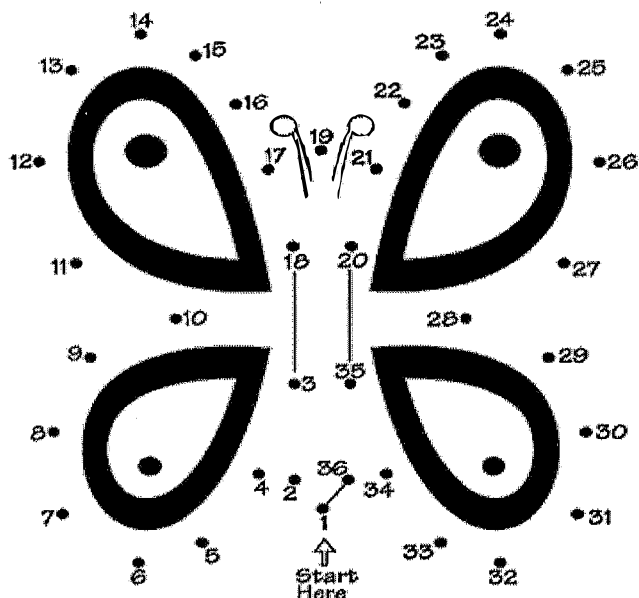


Kid's Page!!!



connect

the
dots



Cool Websites for Kids.....

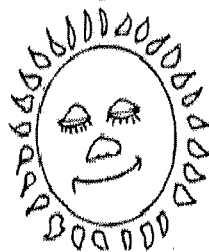
www.citycreator.com—Create your own city!

www.netsmartzkids.org—Teaches kids to use the Internet safely.

www.playkidsgames.com—math, alphabet, vocabulary, memory, geography and puzzle games.

Print your name: _____

WHAT MAKES ME SPECIAL



I'M

SPECIAL

Ways I Show Others I Care _____

Things I Can Do Really Well _____

What People Like About Me _____

KNOCK-KNOCK JOKES

Knock Knock
Who's there?
Alpaca!
Alpaca who?
Alpaca the trunk, you packa
the suitcase!

Knock Knock
Who's there?
Annetta!
Annetta who?
Annetta wisecrack and
you're out of here!

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.



Free Summer Concerts

Wednesday evenings at Marina Park

Get ready for another great summer of FREE musical entertainment Wednesday evenings from 6:30 pm to 9:30 pm! Grab your lawn chairs and head down to the waterfront to enjoy Thunder Bay's own talent. Children's crafts and face painting provided free of charge! Please your taste buds with a visit to anyone of our on-site concessionaires!

Wednesday June 22, 2005

6:30pm - 7:30pm Roy Coran Big Band ~ Jazz Standards
7:30pm - 8:30pm Rodney Brown & Northern Roots Band ~ Folk
8:30pm - 9:30pm Slap Johnson and the Trowellers ~ Rhythm & Blues

Wednesday June 29, 2005

Tulips 2005...60th Anniversary Friendship Tour featuring Luluk Purwanto & The Helsdingen Trio & the Stage Bus. Visit www.luluk.com for more information.

Wednesday July 6, 2005

6:30pm - 7:30pm Bluegrass Fever ~ Bluegrass
7:30pm - 8:30pm Michael-George Trio ~ Folk-Rock
8:30pm - 9:30pm The Resinators ~ Rock

Wednesday July 13, 2005

6:30pm - 7:30pm Thunder Bay Community Band ~ Concert Band
7:30pm - 8:30pm Green Dolphin Street ~ Jazz Standards
8:30pm - 9:30pm The Rocker Brothers Band ~ Rock n Roll (50's, 60's)

Wednesday July 20, 2005

6:30pm - 7:30pm Flipside ~ Rhythm & Blues
7:30pm - 8:30pm Tender Mercery's ~ Blues
8:30pm - 9:30pm Bourbon Haze ~ Blues

Wednesday July 27, 2005

6:30pm - 7:30pm Mood Indigo ~ Jazz
7:30pm - 8:30pm Tom Cashmore and the Ten Dreams Band ~ Original Folk Rock
8:30pm - 9:30pm The Blue Pretenders ~ Blues

Wednesday August 3, 2005

6:30pm - 7:30pm Hunter Blues Band ~ Blues
7:30pm - 8:30pm Freeground ~ Rock/Blues
8:30pm - 9:30pm Cadfeal Circus ~ Rock/Folk

Wednesday August 10, 2005

6:30pm - 7:30pm Flamenco Caravan ~ World Music
7:30pm - 8:30pm Scott van Teeffelen and the Backroads Band ~ New Country
8:30pm - 9:30pm TI Amo ~ Variety Top 40

Wednesday August 17, 2005

6:30pm - 7:30pm Accordion with Strings Attached ~ Semi Classical with a Twist
7:30pm - 8:30pm P/H Balance ~ Jazz
8:30pm - 9:30pm Wayne Faulconer and Bee Bop A Blooza ~ Hip

Wednesday August 24, 2005 - Show starts at 7:30pm

Don't miss a special pre-concert display by the Snowbirds from 5:30pm - 6:30pm
7:30pm - 8:30pm Flipper Flanagan's Flat Footed Four ~ Folk
8:30pm - 9:30pm CR Slam ~ Classic Rock

The Band Office Details...

684 City Road, Unit #7
Thunder Bay, Ontario

Phone: (807) 623-2724

Fax: (807) 623-2764

Toll-Free: 1(877) 623-2724

JUST A THOUGHT...

DO ALL THE GOOD YOU CAN
BY ALL THE MEANS YOU CAN,
IN ALL THE PLACES YOU CAN
AT ALL THE TIMES YOU CAN,
TO ALL THE PEOPLE YOU CAN
AS LONG AS YOU EVER CAN.

~ John Wesley



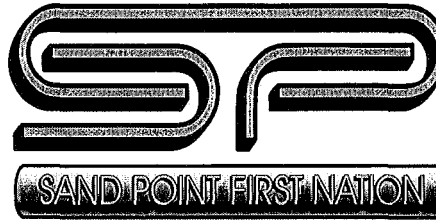
WHAT WOULD YOU LIKE TO SEE IN THE BAND NEWSLETTER?? SUBMIT!!

Do you have a story you would like to share with us?

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

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

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



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

FOR SALE

BY SEAL BID

2000 DURANGO (AS IS) 200,000 km
Whole Sale Book Value: approximately \$12,000

Please call 623-2724 to schedule an appointment to view.

BIDS CLOSE AUGUST 8, 2005, AT 12:00 NOON.

Please complete the attached Bid and forward to:

2000 DURANGO
Sand Point First Nation
684 City Road, Unit # 7
Thunder Bay, ON
P7J 1K3

**PLEASE COMPLETE BID PACKAGE AND MAIL
TO THE SAND POINT FIRST NATION OFFICE.
(NO FAXES PLEASE)**

*(Due to conflict of interest, Chief and Council will
not be participating in Bid)*

To:

Sand Point First Nation
684 City Road, Unit # 7
Thunder Bay, ON
P7J 1K3

I hereby offer the sum of: _____ dollars (\$ _____)
for the purchase of 2000 Durango.

I understand that the above described goods are the legal possession of the Sand Point
First Nation and has the right to dispose of same.

I understand that the above described goods are to be sold and that if I am successful in
my offer I promise to pay in full the stated amount.

I understand that the highest, or any bid, will not necessarily be accepted.

I understand that the above described goods are purchased on the basis that the goods are
sold as is and that Sand Point First Nation does not accept any liability for same. I
understand that there are not warranties, expressed or implied, relative to the goods. I
understand that I am solely responsible for all taxes that may apply to the purchase.

I am a member of Sand Point First Nation. I further declare that I am not purchasing the
goods on behalf of any person who is not a member of Sand Point First Nation.

I understand that bidding on this item will close on August 8, 2005 at Noon.

Witness

Signature: _____

Name: _____

Band No.: _____

Address: _____

Phone: _____

Date: _____
