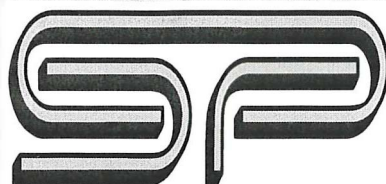


March
Ap. 2002

Volume 2: Issue 2



SAND POINT FIRST NATION

March/April Newsletter - Happy Spring 2002!

Chief's Message

Hello Everyone,

The Chief and Council Meetings are scheduled for every second Thursday of the month. The next scheduled meeting is May 9th.

These meetings will be held at the Branch Office on 215 Red River Road, Suite 200.

We encourage all Sand Point members to visit on those days to discuss any matters that are of concern to you, or if you are unable to visit in person, we welcome all correspondence. For your convenience we have a toll-free number 1-866-346-0550.

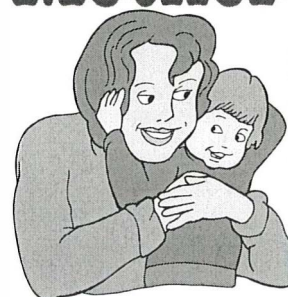
We sincerely look forward to hearing from you.

Miigwetch,
Chief Paul Gladu



You are always
welcome at Sand Point

Happy Mother's Day



Don't forget
Mom on May
12!



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Calling all Sand Point Members to participate in a "Vision Workshop"

We will be holding a "Vision Workshop" on Friday, May 10, 2002, from 9:00 am to 4:00 pm. The workshop is part of the Strategic Planning Process and hopefully, we will have the results of the surveys to share with all. Also, we will work together and come up with a Vision Statement for Sand Point. It will be held at the Prince Arthur Hotel in Salon E. This workshop is open to all Sand Point Band Members over the age of 18. There will be a luncheon served, so we ask for you to call the office to let us know if you will be able to attend by Thursday May 9. Our office will be closed on the day of the workshop so that our staff can participate. Hope to see you there!

From the Finance Office:

I'd like to take this opportunity to introduce myself. My name is Kelly Banning. I am a member of Fort William First Nation residing off reserve. I have a diploma in Business Accounting and I am a member of the Aboriginal Financial Officer's Association. I am presently enrolled in the Certified Aboriginal Financial Manager program and I am very excited about the education, experience, and networking opportunities that are available to me as an AFOA member.

Initially I was hired to come in and assist the present finance staff with data entry and past finance analysis. Staffing changes left the Finance Officer position open and effective mid March it is the position I now fill. I am looking forward to the challenge and opportunity to work with your First Nation community.

I hope to be a valuable asset to Sand Point First Nation and I hope to see the administration and membership of Sand Point realize their dreams and develop into a strong aboriginal community.

Miigwetch.

From The Office Manager/Employment and Training Co-ordinator:

Check out these websites for jobs:

Job Search

www.jobs.gc.ca

Youth Resource Network of Canada

www.youth.gc.ca

We would like to thank everyone who has taken the time to complete a survey. There was a good response and the information will be very beneficial to Sand Point's development.

Leona Clarke

Calling for Interested Sand Point Youth Members



Chief and Council are hoping for interested youth to sit in an advisory capacity to the Chief and Council on *A Youth Advisory Committee*.

It is the intention of the Chief and Council to formalize the *Youth Advisory Committee* by the end of May 2002.

A terms of reference will be developed, however, at this time we are requesting that any interested youth contact Katie at 346-0550. Let your voice be heard.

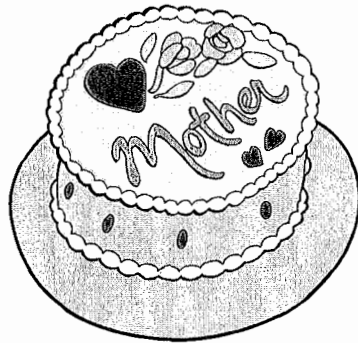


HAPPY MOTHER'S DAY!!



Mother's Day

Do you remember Mother
When we were tiny tots
And had to have that special care
That only Mother's got?
And how about those
hectic nights
With us you walked the
floor
High temperatures,
stomach aches
Measles, mumps and
more
Being a special Mother
Your parenthood proved true
Your good advice and wisdom
And your sacrifices too
To all of us you're special MOM
Your love is staunch and strong
You enhanced our lives and blessings
And with morals right and wrong
Because of your devotion
It gives us the chance to say
You're lovingly remembered Mom
To-day and every day.

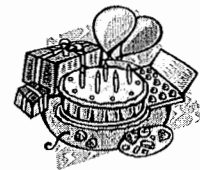


**HAPPY BIRTHDAY TO
YOU,**

**HAPPY BIRTHDAY TO
YOU,**

HAPPY BIRTHDAY DEAR...

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
Laura Airns	April 1
Brian Dow	April 2
Steven Podolchuk	April 3
Louise Esquega	April 4
Camille Borysewicz	April 5
Terrence Clark	April 8
Eugene Lafrancois	April 8
Sarah Airns	April 19
Joseph LeClaire	April 21
Valkoinen Esquega	April 22
Pamela McGuire	April 23
Craig Johnston	April 27



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



INVESTMENT WORKSHOP

The workshop on Personal Investing, that was put on by Mr. Sam Manitowabi of the Investors Group on Thursday March 21 at 1:30 pm at the Sand Point Band office was a great success. The workshop was geared to those who wished to learn more about personal financial planning. We were introduced to the Seven Golden Rules of Wealth Building as written by Sam Manitowabi; they are as follows:

1. **Eliminating your debt.** You can't expect to build your wealth if you're constantly strapped with bank loans and credit card balances.
2. **Budgeting.** Budgeting is vital to your financial well-being; you need to know where your money goes before you can think about investing it.
3. **Pay Yourself First.** You need to save at least 15% of your annual income to build wealth.
4. **Diversify your investments.** Mutual funds, the ultimate diversified investment vehicle, protecting you from high risk and still earn you solid returns.
5. **Insurance.** Protecting your wealth...is there a possibility that you will retire tomorrow and become disabled? Or worse die? Life, Disability, Long-term Care and Critical Illness insurance can protect you and your loved ones.
6. **Emergency Funds.** Protecting your wealth. You should have anywhere from 3-6 months salary for this.
7. **Wills.** Protecting your wealth. It takes time to accumulate, but it can be lost in a very short time.

For further information or consultation, please contact:

Sam Manitowabi, Consultant Phone: 807-345-6363 Fax: 807-345-0741
E-mail: samuel.manitowabi@investorsgroup.com

C/O The Investors Group, Suite 100, 1113 Jade Court, Thunder Bay, Ontario, P7B 6M7

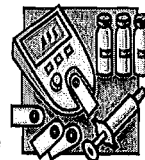


The Health Department held a half day prenatal-diabetes workshop on Wed April 10, 2002.

More than twenty (20) participants took part in what turned out to be a very successful event. Presentation from the two participating groups are as follows; Carman Moonias-Lavoie-Diabetes First Nations Nurse Educator and Christie McGillicky-Diabetes Dietician representing Diabetes Health Thunder Bay, and Robert Gaunt-Public Programs and Services Coordinator of the Canadian Diabetes Association were very informative and well received by the audience who, in turn, participated with a question and answer segment.

Just prior to the workshop wrapping up a diabetes questionnaire was distributed in an effort to collect statistical information on those who participated. The overall result from the data collected showed that thirty percent (30%) of those who participated either identified themselves as having some form of diabetes, or were considered at risk from responses given.

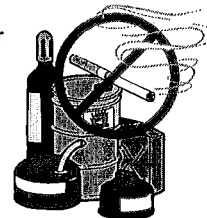
For more information on Diabetes you can either contact Diabetes Health Thunder Bay at 1-807-344-3412 or the Canadian Diabetes Association at 1-807-344-1812 or on their website at www.diabetes.ca. Sand Point First Nation extends a special thank-you to those who co facilitated, and to the participants, for showing their support in making this workshop such a great success.



Tobacco Strategy

Are you or someone you know, thinking about quitting smoking? Hopefully the following true or false quiz and/or other information sources provided, will help you towards making the heart smart choice to quit.

1. T F Each year cigarette smoking contributed to the death of about 125 million people.
2. T F Within seconds of taking a puff, a person's blood pressure can increase 10-20 points.
3. T F Smoking raises the level of HDL, the good cholesterol.
4. T F Smoking thickens the blood by increasing the production of red blood cells. This promotes clotting and can close off a narrowed section of an important blood vessel.
5. T F Burning tobacco smoke produces carbon dioxide.
6. T F Cigarette smoking releases powerful body chemicals that can cause cardiac rhythm abnormalities.



Answers

1. *False—Each year, cigarette smoking contributes to the death of 325,000 people.*
2. *True—The heart also increases 15-25 beats per minute.*
3. *False—Smoking lowers the level of HDL.*
4. *True.*
5. *False—Burning tobacco smoke produces carbon monoxide, which reduces the red blood cells ability to carry oxygen.*
6. *True.*

Source: www.yourfamilyshealth.com/cardiology/smoking_quiz/

F.Y.I.

There are many sources available on the effects of smoking. Here are some that I found very informative:

Interactive Support: www.habitrol.com
www.cancer.org

For more information on quitting smoking, contact the Nicotine Dependence Center (Northwestern Ontario Regional Cancer Centre) at: 1-807-343-1543, or you can call the free confidential Smokers Help line at: 1-877-513-5333 or the Canadian Cancer Society 1-888-939-3333

www.naaw.net National Addictions Awareness Week

www.ayn.ca/tribe A Tribe Called Quit

www.ontariocancer.ca

Another informational site on smoking is: www.familydoctor.org

Also, "Why do I smoke" quiz site: http://home.earthlink.net/~krquthwa/Docs/fd_296.html

For more information on smoking or other general health awareness information such as Family Violence, Problem Gambling, Prenatal, Diabetes, HB & HC, Disability, HIV, Hepatitis C, and Substance Abuse, please come and visit the Sand Point First Nation Health Resource Centre.

Thank-you,
 Grace Podolchuk
 Health Officer

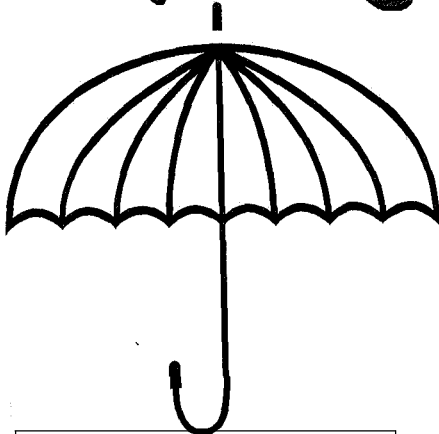
KIDS PAGE

Happy Spring!!
Color the pictures of
Springtime.



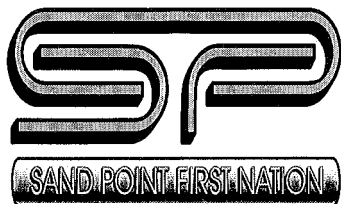
Twinkle, Twinkle Little Star
How I wonder what you are,
Up above the world so high,
Like a diamond in the sky,
Twinkle, Twinkle Little Star
How I wonder what you are.

Color and cut out picture below and give it to your Mom
for Mother's Day—May 12



April Showers bring May
Flowers.



**Staff at Sand Point First Nation**

Chief Paul Gladu

Albert Gladu.....Director of Operations

Phyllis Michon.....Councillor

Patrick McGuire...Honorary Councillor

Audrey Gilbeau.....Development
Consultant

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

Kelly Banning.....Financial Officer

Brenda Huntus.....Finance
Administrative Assistant

Jessica Clarke.....Finance Clerk

Grace PodolchukHealth Officer/
Program Development

Katie Borysewicz.....Administrative
Professional

Laura Airns.....Summer Career
Placement Student

ELDER'S SOCIETY RECIPE OF THE MONTH

Recipe courtesy of Vera McCollum

Baked Rice Pudding:

2/3 cup rice
1/3 cup sugar
1/4 tsp salt
1 tbsp butter
3 cups milk
1/2 tsp nutmeg
1/2 cup raisins



Wash rice, add milk, sugar, salt and raisins to rice. Turn onto greased baking dish. Dot with butter and sprinkle nutmeg on top. Bake in a slow oven @ 225 degrees for 1 1/2 hours.
"Delicious"

On the lighter side...**You know you're getting older when...**

You and your teeth don't sleep together.
You try and straighten your socks only to find you aren't wearing any.
Your back goes out, but you stay home.
When your idea of a night out is sitting on the patio.
When "happy hour" is a nap.
Your idea of weight lifting is standing up.
You sit in a rocking chair and can't get it going.
"Getting lucky" means you found your car in the parking lot.
You give up all your bad habits and still don't feel good.
You have more patience, but it's because you just don't care anymore.

Why? Why? Why?

Why is phonics not spelled the way it sounds?
If love is blind, why is lingerie so popular?
How come abbreviation is such a long word?
Why doesn't glue stick to the inside of the bottle?

Money Troubles

A fellow is walking with his friend.. He says to his friend, "I'm a walking economy." The friend replies "How so?" "My hair line is in recession, my stomach is a victim of inflation, and both of these together are putting me into a deep depression!"

Just a thought

The best things in life -are
not things at all.

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>.

Submissions

If there is anything that you would like to submit to our bi-monthly newsletter, be it poems, news, recipes, announcements, etc; please have items faxed, mailed or dropped off at the Sand Point office. Please address submissions to Katie.