



SAND POINT FIRST NATION

Volume 2: Issue 2

## March/April

### Newsletter - Happy Spring 2002!

#### Chief's Message

Hello Everyone!

I hope everyone is enjoying the beautiful summer we are having.

**On July 13<sup>th</sup> and 14<sup>th</sup> 2002**

Sand Point First Nation will host a Band meeting at the Lakehead Labour Centre, 929 Fort William Road, Thunder Bay. Both dates will be from 9:00 AM—5:00 PM. On **July 13<sup>th</sup>** we will be presenting an

update on the progress of our First Nation's Economic Development Initiatives, Employment and Training Programs, Health Programs and the 2001-2002 Audited Financial Statements. This day will be busy, as we will be providing as much information as possible on this first day. On **July 14<sup>th</sup>** voting will take place to ratify the Land and Larger Land Base Transfer Agreement. Your participation is crucial as many important issues require your input and I do look forward to seeing each of you on these days.

If you have not received your package on the Land and Larger Land Base Transfer Agreement, please contact Ms. Laura Airns at (807) 346-0550 or for Long distance toll-free at: 1-(866)-346-0550.

Miigwetch,

Chief Paul Gladu



You are always  
welcome at Sand Point

#### HAPPY (BELATED) FATHER'S DAY!!



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Hello

My name is Katie Borysewicz, I am currently not working in my usual Secretary/Receptionist position at the SPFN branch office because of receiving an opportunity to do an independent project. The new project will take up my time for the full summer, and I will be returning to my original position as Secretary/Receptionist after completion of the project. The project I am covering is the *Residential School Era* and how it has detrimentally impacted our community and members in countless ways. On a personal note, my grandmother was a victim of the Residential Schools and her stories of abuse are particularly disturbing. Therefore, I have a personal interest on educating myself on what took place at these Residential Schools.

As I was reading through some information I downloaded off the Internet I came across something that helped to explain the intergenerational impact caused by the Residential School experience for countless families. In the Ojibway Teachings there are seven stages of life, they are: The Good Life; 0-7 years, The Fast Life; 8-15 years, The Wandering/Wondering Life; 15-25 years, The Truth or Show Off Life; 26-35 years, The Planning/Family Life; 32-42 years, The Doing Life; 42-65 years and The Elder Life; 65+. During the *Good Life*, children were given lots of love and nurturing which provided the basis for becoming secure, confident and competent adults. The *Residential School experience* interfered with the *Good Life Stage* as those children did not receive the nurturing and secure childhood that their predecessors had received. As a result of not receiving that crucial nurturing, these children during the *Wandering/Wondering Life* as adolescents became dysfunctional and sometimes resulted in them expressing violent behaviors, consequently as they entered the *Planning/Family Life* stage as adults, they became parents without the necessary parenting skills needed to develop secure confident children. Therefore, the Residential Schools experience not only affected its' victims, but ultimately, that victim's entire family.

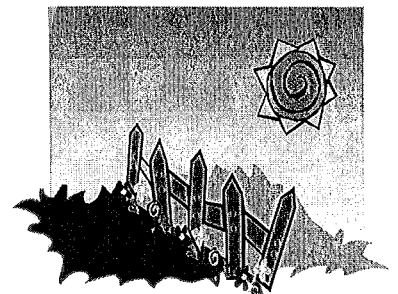
Presently, I am in my information gathering and data comprehension stage. Being in such an early stage of my project, I do not currently have any more information that I can share with the SPFN membership at this time. I do, however, look forward to updating members as my project develops.

Thank-you  
Katie

Boozhoo!

My name is Sherry Podolchuk. I am currently a Summer Career Placement Student at Sand Point First Nation. I am filling in as Secretary/Receptionist for Katie while she works on the Residential School Project. I sit on the SPFN Youth Committee and the Land and Larger Land Base Committee. I am also currently assisting the SPFN Health Officer with initiatives such as Family Violence, Healthy Babies Healthy Children, and Fetal Alcohol Spectrum Disorder. I look forward to the opportunity of expanding my knowledge in the field of Health so I may further assist the Health Department and the members of Sand Point First Nation.

Miigwetch,  
Sherry



Hello,

My name is Laura Airns and I started working in the Sand Point First Nation Branch Office in April. I was hired on as a Summer Career Placement Student. One of the tasks that were given to me was the Land and Larger Land Base Final Ratification Process, along with Jerry Estey, Wilfred King, Iris Dow and Sherry Podolchuk. I am very happy and excited to be working here and I appreciate the opportunity given to me to be part of the Sand Point Team. I look forward to meeting all of you in the future.

Thank-you,  
Laura

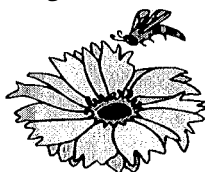
Farewell Greetings,

I am wanting to thank the Chief, Council, Band Members, staff and guests of Sand Point First Nation for the opportunity to work with you. It has been an exciting year of growth for the Sand Point First Nation membership with various new projects underway.

Through the period of my employment in the Finance Department, we have all worked together setting up a well organized office; with accountability measures in place. It is wonderful to see the joining of the generations in the long term vision for the entire community.

Chi-Miigwetch to the Elders for their wisdom. Chi-Miigwetch to the Children for their laughter.

I will see you all soon,  
Brendalyn Huntus



## NEW SERVICE

Looking for personalized assistance to start a new business or expand your existing business?

Perhaps you have a good business idea and are looking for a "One-Stop" site to obtain ongoing information, support and funding contacts.

*Sand Point First Nation is here to help in partnership with the Aboriginal Business Support Network.*

Sand Point First Nation is your "One-Stop" site to access:

- Business start-up or expansion information
- Information on Current Government programs, services and contacts
- Licence and Global/Federal/ Provincial regulation information
- Access to Business Resource libraries, via the Internet
- Personalized business counselling provided by skilled individuals



### **Success Through Access**

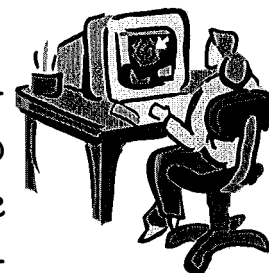
**Telephone: (807) 346-0550**

**Toll-free 1-(888)-346-0550**

**Walk-In Services – Visit our Resource Centre**

## JOB SEARCHING?

All band members are encouraged to come in to our resource centre to make use of the computers. You can job search through the internet or view our job board. We will be glad to help you with your resume or with searching the web. (We just ask that you phone to make an appointment with Leona if you need assistance on the computers.)





## From the Health Department.....

The train the trainer Canadian Prenatal and Nutrition Program (CPNP) Workshop on "Making Baby Food From Scratch" was held on June 13, 2002 and coordinated by Julie Peghmagabow. Practical background nutritional teachings were shared during the workshop. The facilitator, Renee Crompton, Regional Nutritionist, spoke on guidelines for infant feeding, safe food preparation and cooking of baby foods. Also included was a discussion on infant development when it comes to the digestive system and the appropriate age of introducing different foods. If you or someone you know is interested in reviewing "the ABC'S of Baby Food: Making Baby Food from scratch" Manual, please let me know as the book covers some beneficial information. For more information on Prenatal/Postnatal Care please contact the Sand Point First Nation Health Department.

### **Library information can also be accessed on the following:**

- Diabetes,
- Family Violence,
- Healthy Babies Healthy Children,
- HIV/AIDS,
- Problem Gambling,
- Federal Disability
- Fetal Alcohol Spectrum Disorder and its Effects FAS/FAE,
- Sudden Infant Death Syndrome (SIDS) and other health and nutrition information.



### **PLEASE MARK YOUR CALENDARS**

Every second Tuesday of the month between 10:30 and 11:45 AM (unless otherwise posted) is set-aside for members to come in to the Sand Point First Nation Branch Office and participate in a sharing circle. This is the Health Department's way of promoting the services offered and to generate community understanding, awareness and involvement. The first session, will be held on Tuesday July 9th, 2002; as follows:

Part 1 "Importance of Prenatal Nutrition" which will be from 10:30 to 11:45 AM.

### **Future segments will include the following:**

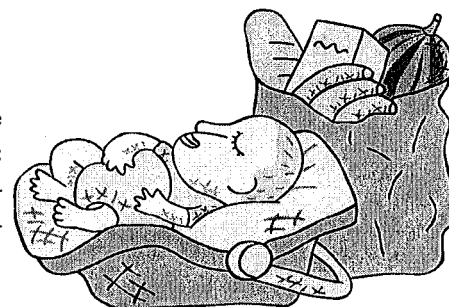
Part 2 Will be on Parent and Child Nutrition – Tuesday August 13<sup>th</sup>, 2002

Part 3 Child Developments - Tuesday September 10<sup>th</sup>, 2002

Part 4 Child Behaviours – Tuesday October 8<sup>th</sup>, 2002

**At each session a nutritious snack will be offered.**

Sand Point First Nation Health Department is beginning to network in the health community. Two committees are now part of the health agenda as follows: Diabetes Awareness Networking Committee and the FASD Coalition Committee of Thunder Bay – regarding Fetal Alcohol Spectrum Disorder and its Effects. If you have any questions please ask me.



### **F.Y.I.**

For those women who could become pregnant and/or are thinking of starting a family, speak to your Family Doctor about the importance of taking a folic acid supplement. This supplement is meant as a precaution in reducing the risks of having a baby with NTD (such as Spina Bifida). The average intake should be approximately 0.4 mg of folic acid per day. Again, for further information, contact your family doctor.

Diabetes information: [www.hsph.harvard.edu/press/releases/press101999.html](http://www.hsph.harvard.edu/press/releases/press101999.html)

Support **FAS DAY** September 9th, at the 9th hour and the 9th minute.

Fetal Alcohol Syndrome/Fetal Alcohol Effects

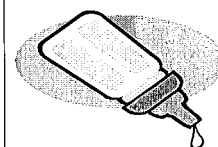
For further information, contact our office. **Remember: THINK, DON'T DRINK!**



**GENERAL INFANT FEEDING GUIDE**

<b>A G E (MONTHS)</b>		<b>FOOD</b>	<b>TEXTURE</b>
0 to 4		Breast Milk Infant Formula	Liquid Liquid
4 to 6	add	Baby cereal (iron fortified)	Strained (thick, soup-like)
6 to 8	add	Cooked Vegetables	Strained or Mashed
	add	Cooked or Soft Fruits	Strained or Mashed
8 to 10	add	Meat & Alternatives Hard Cooked Egg Yolk	Mashed or Finely Minced
		Soft Tofu, well cooked Beans Plain Yougert-min 3.8% M.F. Cheese	
	add	Dry Toast (use in place of teething biscuit)	
	add	Fruit Juices (dilluted with an equal amount of water)	
10 to 12	add	Regular Table food (little to no seasoning) Cooked and Soft Finger Foods	Chopped, pieces
	add	Milk—whole or homo	
12	add	Whole egg	Chopped finely

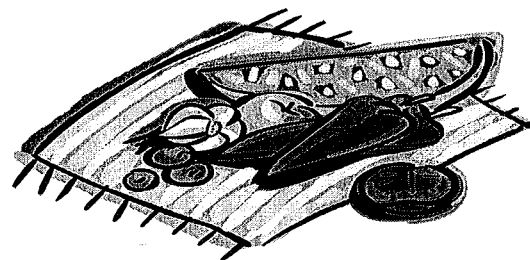
Recipe "Fresh or frozen vegetables" and the General Infant Feeding Guide" are from the "ABC's of Baby Food: Making Baby Food from scratch" Krystyna Lewicki MHSC, RD 1998, FoodShare Metro Toronto, Canada.

**BABYFOOD RECIPE #ONE**

Ingredients: Fresh or Frozen Vegetables, Water

Method:

1. Wash, peel and slice fresh vegetables or use frozen vegetables.
2. Place vegetables into a steamer or a small amount of boiling water and simmer just until tender. Microwave method: Place vegetables in a microwave-safe bowl with a small amount of water and heat at a high setting until vegetables are tender.
3. Remove from heat and drain vegetables, reserving cooking liquid.
4. Puree vegetable with a small amount of cooking liquid. Note: When preparing nitrate containing vegetable (such as turnip, carrots, beets, and spinach throw out cooking water and use fresh water for pureeing.)
5. Freeze as directed.



Until Next Issue take care and stay healthy,  
Grace T. Podolchuk, Health Officer

## Hello from the Economic Development Department

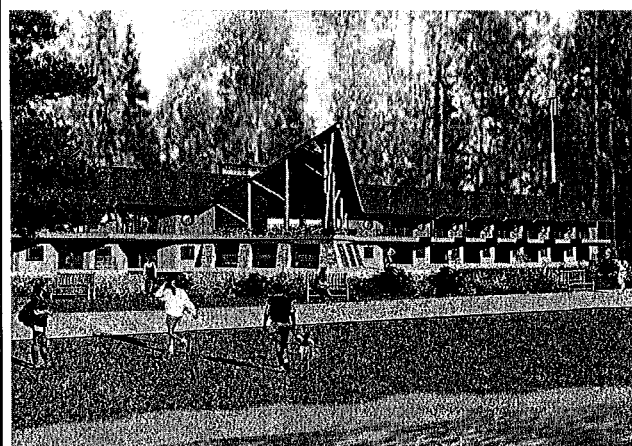
Although we have been into the 2002-2003 fiscal year for a few months, my time recently has been spent closing last year's projects and ensuring final reports are submitted accordingly. I have to say that last year was a very exciting year with a lot of development taking place. The mandate for the economic development department is to develop viable business models while maintaining traditional values and attachments to the land. We have certainly achieved this with the development of Nadongong Forestry.



**Nadongong Forestry**, at this time, consists of a Morbark 1100 Tub Grinder. The purpose of the machine is to grind yard waste for various mills. The company is seen as an environmentally beneficial service. To demonstrate this the City of Thunder Bay will be featuring the machine and our operators on their website in order to promote recycling.

The Sand Point First Nation will be undergoing much growth in the areas of community, commercial, institutional and social. All these areas will have economic impact for the membership either in the form of jobs or business opportunities. The goal of the Chief and Council is to develop the community on a basis of economic participation. Recently we concluded a strategic planning process. One element of this process was the survey which provided us with vital information regarding skills inventory and entrepreneurial stock. We are pleased to report that of 150 members, 77 participated in the survey. This has certainly exceeded our expectations. We will be presenting a condensed version of the report at the community meeting.

### **Copper Thunder Bird Eco Resort**



In May of 2001, the Sand Point First Nation began a feasibility study / business plan to examine the possibilities of developing a resort to be located on the Sand Point land base. We had approximately 22 members of Sand Point participate on this committee, including Elders and Youth.

A detailed presentation will be provided to the membership by the consultants at the community meeting.

### **Conclusion**

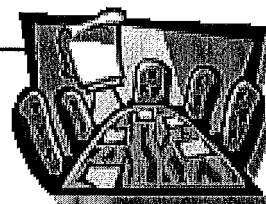
I will look forward to presenting a more detailed report to the membership at the community meeting. Before I conclude, I want to take a moment to express my admiration and astonishment at the caliber of professionalism, willingness to learn and potential of four of Sand Point First Nation's youth. They are Jessica Clarke (finance clerk), Katie Borysewicz, (jack of all), Laura Airns (Land and Larger Land Base Assistant), and Steven Podolchuk (Nadongong Forestry Operator). The Youth of Sand Point First Nation are excellent ambassadors for their First Nation and signify a future of promise for all of them.

## Land and Larger Land Base Ratification Meeting

July 13, 2002 is quickly approaching and we are finalizing details that are necessary to make this a smooth and informative process. Please note that for the meeting, Sand Point First Nation members will be required to register and must provide identification such as status card, driver's license, or some form of picture identification. The information package must be brought to the meeting if you choose to vote in person versus mail in ballot. For those members who do not have an information package, please contact Laura Airns at (807) 346-0550 or toll free at (866)-346-0550 and she will mail another package to you or will have a package available to you at registration.

### LAND AND LARGER LAND BASE RATIFICATION MEETING AGENDA

Time	Saturday	Time	Sunday
8:00 – 9:00	Registration	9:00– 4:00	Secret Ballot Vote for Land and Larger Land Base *
9:00 – 9:15	Opening Prayer Greetings from the Chief	9:00 – 10:00	Hydro Review Committee Update – Albert Gladu
9:15 – 9:30	Approve the Agenda	10:00	<b>Program presentation:</b> <ul style="list-style-type: none"> <li>▪ Economic Development</li> <li>▪ Employment &amp; Training</li> <li>▪ Health Department</li> </ul>
9:30 -10:30	Presentation of Audit by Fuku-shima Enstrom	11:30	Closing Prayer
10:30 – 12:00	Copper Thunder Bird Resort – Presentation by Darcy McKittrick		
12- 1:30	<b>Lunch will be served</b>		
1:30 – 2:30	Election Code—Wilfred King		
2:30– 5:00	Land & Larger Land Base Kim Fullerton Jerry Estey Laura Airns		



### Local Transportation for July 13th & 14th

As you are aware, the meeting will be held at the Labour Centre on Fort William Road. The Sand Point First Nation will make arrangements for a driver and vehicle to pick up those of you requiring transportation. **PLEASE CALL LEONA OR KATIE BY 4:00 P.M. THURSDAY, JULY 11, 2002 IF YOU WILL BE REQUIRING A RIDE.**

Hello:

Sand Point First Nation is a registered participant of the Adopt-A-Highway Program. On Thursday June 6, 2002, Sand Point's office staff spent the day cleaning 2 km's of roadside at the Sand Point Park Entrance of Highway 11. It was a labour of love and thoroughly enjoyed by all staff. Our next scheduled roadside cleanups are August 15, 2002 and October 15, 2002. The rain date for August 15, 2002 will be Wednesday August 21, 2002. If anyone would like to volunteer to participate on these dates, please contact Laura Airns at (807) 346-0550 or 1-866-346-0550.



**HAPPY BIRTHDAY TO  
YOU,**

**HAPPY BIRTHDAY TO  
YOU,**

**HAPPY BIRTHDAY DEAR...**

Iris Dow	May 7
Rea McPhee	May 14
Hilda Lagarde	May 14
Jean Dow	May 16
Grace Podolchuk	May 20
Jon Dow	May 26
Sherry Podolchuk	May 28
William Gibson	June 5
Lyle Gladu	June 9
Nathan Koronkiewicz	June 15
June Gladu	June 18
Madeline McPhee	June 23
Amber McGuire	June 23
Albert Gladu	June 27

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

**CONGRATULATIONS**

**TO WILLIAM ESQUEGA  
FOR  
WINNING THE SURVEY DRAW**

#### **Sand Point Youth Advisory Committee . . .**

We would like to say a BIG THANKS to all who has showed interest in our Youth Committee since last newsletter.

We now have 9 interested Sand Point First Nation Youth Members:

- Interim Spokesperson – Sherry Podolchuk
- Interim Secretary – Paulette Gladu
- Office Liaison – Jessica Clarke
- Other Committee Members:
  - Laura Airns
  - Katie Borysewicz
  - Camille Borysewicz
  - Steve Podolchuk
  - Jennifer Clarke
  - Luke Gladu

Currently we are working on forming new roles and are in the process of completing our Terms of Reference. We would like to invite more Interested youth members to come and join us to make a difference!

For those of you who are interested in being part of our Youth Advisory Committee, please contact Jessica Clarke, Laura Airns, or Katie Borysewicz at the Sand Point First Nation Office.

#### **CHIPPEWAS OF THE THAMES FIRST NATION**

##### **TRADITIONAL GATHERING**

Everyone come together and help us celebrate in  
"RETURNING TO THE PATH OF OUR ANCESTORS"

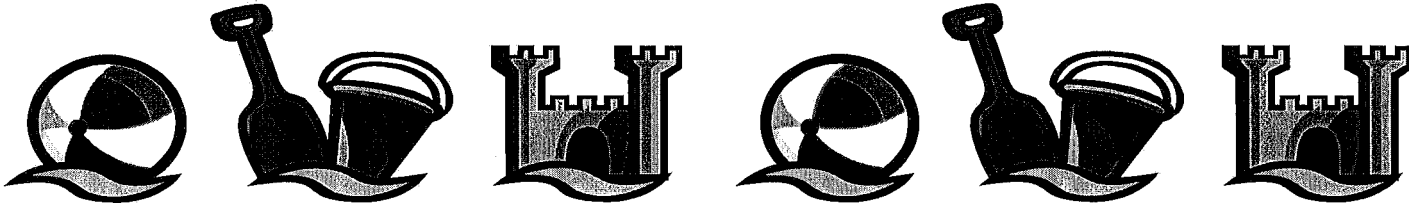
**AUGUST 24TH & 25TH**

Games of skill  
Giveaway  
Baby crawling contest  
Teachings  
Storytelling  
Sunrise Ceremony  
Tree Planting Ceremony  
Pot luck Admission  
Camping Available  
Much more  
Vendors: food & craft welcome

For more information please contact



# KIDS PAGE



## Word Quiz

### Words and Their Meanings

Meegwetch

Wakaigin

Nokomis

Kitchi-Gamig

Mahmowenchike

## Numbers in Ojibway

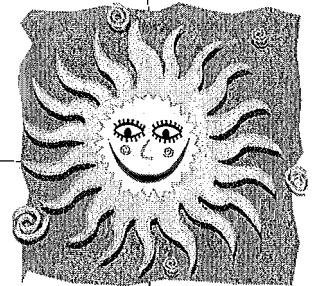
One

Two

Three

Four

Five



## ATTENTION ALL BUDDING POETS POETRY CONTEST

Enter and Win a Prize!!!!

### Age Categories

ages 8-10

ages 11-13

ages 14-16

1st, 2nd, & 3rd prizes will be offered in each category.

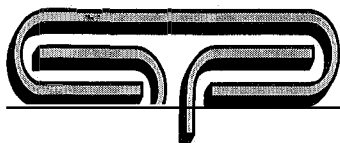
1st—\$50

2nd—\$30

3rd—\$20

Deadline for submissions will be **August 16, 2002**. The judging will be done by the Sand Point Youth Committee. The winners will be announced in our September/October issue of the Sand Point Newsletter. Please mail or fax entries to Laura Airns at our Sand Point Office.

Fax: 807-346-0578



**SAND POINT FIRST NATION**

### Staff at Sand Point First Nation

Chief Paul Gladu

Phyllis Michon.....Councillor

Patrick McGuire...Honorary Councillor

Albert Gladu.....Director of Operations

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 Podolchuk .....Health Officer/  
Program Development

Katie Borysewicz.....Administrative  
Professional

Laura Airns.....Summer Career  
Placement Student

Sherry Podolchuk.....Summer Career



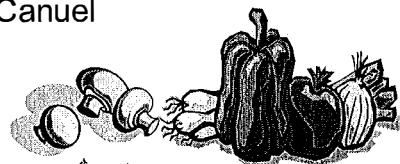
Our newsletter is published six times a year. For weekly updates on Sand Point initiatives, programs, job postings, etc., please refer to our website:

<http://www.sandpointfn.com>.

## ELDER'S SOCIETY RECIPE OF THE MONTH

Recipe courtesy of Ellen Canuel

### VEGGIE LASAGNA



- 1 cup chopped onions
- 3 cloves garlic, minced
- 2 cups sliced mushrooms
- 1 cup each diced carrots, chopped sweet red pepper, zucchini
- 1 can tomatoes
- 1 can tomato sauce
- 1 can tomato paste
- 1 tbsp soy sauce
- 2 tsp dried basil
- 1 tsp dried oregano
- 2 tsp brown sugar
- 1/2 tsp each pepper and crushed red pepper flakes
- Whole wheat or spinach lasagna noodles
- 2 cups low fat 1% cottage cheese
- 1 egg white
- 1/2 cup parmesan cheese
- 1 10-ounce frozen spinach
- 2 cups reduced fat mozzarella cheese and cheddar mix together.



- 1) In a large saucepan, add onions, garlic, mushrooms, carrots, red pepper and zucchini, cook and stir for about 7-8 minutes, until vegetables are soft.
- 2) Add tomatoes, tomato sauce, tomato paste, soy sauce, basil, oregano, brown sugar, pepper and red pepper flakes, mix well. Bring to a boil and let simmer for 15 minutes.
- 3) Meanwhile, prepare lasagna noodles according to package directions. Rinse under cold water and drain well.
- 4) In a medium bowl, mix cottage cheese, egg white, parmesan cheese, and spinach. Set aside.
- 5) In a bowl, mix mozzarella and cheddar cheese together.
- 6) To assemble lasagna: Use a deep baking pan, spread sauce and layer noodles over top, spread sauce, layer cottage cheese/spinach mix, half of mozzarella and cheddar cheese mix, layer of noodles-top with sauce and cover with vegetables, layer of noodles-top with sauce and then cover with remaining cheese mix

Bake at 375 degrees for 45 minutes.

"DELICIOUS!"

### 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.