



SPRING IS IN THE AIR!!

VOLUME 2: ISSUE 1

NEWSLETTER DATE:
JANUARY-MARCH 2006

GREETINGS FROM CHIEF AND COUNCIL

As spring approaches, we look forward to the warmth of summer and the end of what has been a long journey. We are pleased to report that Minister David Ramsay (Ontario) has signed our land agreement and we are now awaiting the Honourable Minister of Indian Northern Affairs Canada, Jim Prentice (Canada) to do the same. It is expected that the final transfer will occur by the fall of 2006. We are committed to working diligently with Canada and Ontario to complete this process that has taken fifteen years.

As we move forward to our future, we acknowledge that we also need to honour our past. After discussion with various Elders regarding the traditional name of

the Sand Point land base, we are excited to inform you that we will be changing the name of Sand Point to **BINGWI NEYAASHI ANISHINAABEK** - pronounced Bingwe Nayashe - which translates to the 'People of Sand Point'. The name change signals our first step to coming home. There will be a **CONTEST FOR A NEW LOGO** for Bingwi Neyaashi Anishinaabek. We are hoping the submissions of the logo capture who we are as a people, where we come from and what we value. The land base is nestled in a cove on the south shore of Lake Nipigon. The land base hosts unique characteristics including but not limited to: numerous natural springs, the Thunder Bird Lookout, black sand

beaches and diamond willow. We look forward to receiving numerous submissions from the membership. The 2006-2007 fiscal year will be a year full of planning for the resettlement of the land base. We will be developing specific initiatives to engage the membership including community planning. We will keep you updated as new information becomes available.

PHONE NUMBERS:

Chief Gladu: 624-6768
Councillor Clarke: 628-3590
Councillor Airns: 939-2431
Band Office: (807) 623-2724
Toll-Free: 1-877-623-2724
Fax: (807) 623-2764

OFFICE ADDRESS:

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

SAND POINT FIRST NATION'S TEAM:

Paul Gladu	Chief
Leona Clarke	Councillor
Laura Airns	Councillor
Audrey Gilbeau	Director of Operations
Kelly Banning	Finance Director
Grace Podolchuk	Health Coordinator
Jessica Stewardson	Youth Intern
Katie Borysewicz	Administrative Professional



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IMPORTANT NEWS

There will be a meeting on Tuesday March 28, 2006 from 7:00 - 9:00 p.m. at the Prince Arthur Waterfront Hotel in Salon E.

We will be reviewing the Sand Point First Nation 2004-2005 audit. If you require a copy of the audit in advance please call the office.

At this time we will be discussing the history of Sand Point by creating a Journey Wall. Please come out for coffee and conversation. Bring your memories with you. We look forward to seeing you there!



'Aaniin' From the Health Department

An Aboriginal Healthy Babies Healthy Children program activity for the AHBHC participants is scheduled for March, 2006. In a group effort, SPFN AHBHC along with OMMA HBHC, MNO CAPC, MNO-CPNP, ONWA HBHC and Beendigan CPNP, will be offering a 'free' workshop called 'Defensive and Awareness for Women'. This provincially recognized program will be presented by the Charry School of Karate. (Participants are those who are currently registered in one of the above listed programs)

Daughters of the participants age 12 years or older are also welcome to participate. The workshop will involve learning practical self-defence techniques.

If you are interested:

- ~ Please sign up as soon as possible as seats will be limited.
 - ~ If you require childcare please include the name and ages of your children!
- Childcare will be available for children under 12 years of age.

DATE: Wednesday March 15, 2006

PLACE: Thunder Bay Metis Nation of Ontario

ADDRESS: 226 South May Street

HOT SUPPER WILL BE SERVED FROM 4:30 - 5:00 p.m.

PLEASE NOTE: WORKSHOP WILL START AT 5:30 PM SHARP!

Advocacy and Referral

Sand Point First Nation Health Department is aiming to provide advocacy and referral for the membership, serve as a link by connecting individuals with resources and to generate and maintain professional helping relationships. Also, to promote healthy living lifestyle choices through prevention and awareness.

The Sand Point First Nation Health Department funding is provided through the Aboriginal Healing and Wellness Strategy, Health Canada, and the Union of Ontario Indians. Program initiatives are as follows: HIV/AIDS, Problem Gambling Strategy, Aboriginal Healthy Babies Healthy Children, MOH-LTC Diabetes Education, Aboriginal Diabetes Initiative, Federal Family Violence, Federal Disabilities, Community Wellness Worker, Best Start, and Fetal Alcohol Syndrome Disorder.

FOR MORE INFORMATION ON UPCOMING EVENTS OR OTHER HEALTH RELATED ISSUES PLEASE CALL

623-2724 OR EMAIL gtpodolchuk@hotmail.com

MEGWETCH --- GRACE PODOLCHUK SPFN HEALTH DEPARTMENT

IMPORTANT HEALTH WEBSITES

Canadian Health Network: www.canadian-health-network.ca

Cancer information site: www.cancer.org

Booster Seats Legislation: www.mto.gov.on.ca

Diabetes information: www.diabetes.ca

Drugs and Treatment site: www.dart.on.ca

Encouraging Children to Read: www.ed.gov/pubs/simplethings/family.html

INAC Website: www.inac.gc.ca

Information on Smoking: www.habitrol.com

Operation Go Home 'National' (youth) for ages 16 - 19: www.operationgohome.ca

Problem Gambling : www.opgh.on.ca

Public Health Website: <http://www.cdc.gov.health.diseases.htm>

Smith Centre Email: gfeen@hotmail.com

Thunder Bay District Health Unit www.tbdhu.com/food/healthy

Weight Loss Information site: www.weightlossforall.com

'FOR YOUR HEALTH' RESOURCE LIST

• Alcohol Anonymous 623-1712	• Kidney Foundation of Canada 623-5437
• Anishnawbe Mushkiki Health Centre 343-4843	• Medical Walk-In Clinic 345-8282
• Assaulted Women's Help-Line 1-866-863-0511	• Northwest Walk-In Clinic 623-7101
• Anonymous HIV TEST SITE: 1-888-294-6630	• Ontario Problem Gambling Helpline 1-888-230-3505
Thunder Bay District Health Unit STD Clinic	• Operation Go Home 1-800-668-4663
• Beendigen Inc. - Crisis Line 622-5101	24 Hour Crisis Line (Youth)
• Beendigen Program and Services 623-9579	• Port Arthur Clinic 346-1000
• Canadian Diabetes Association 344-1812	• Pregnancy and Health Outreach 577-1532
• Confederation College Health Unit 475-6169	• Ridgeway Clinic 622-0601
• Diabetes Health Thunder Bay 344-3422	• Thunder Bay Sexual Assault 344-4502
• Dilico Ojibway Child and Family 623-8511	Crisis Centre
Services	• Sister Margaret Smith Centre 343-2425
• Drug and Alcohol Treatment 1-800-565-8603	• Smokers Help Line 1-877-513-5333
• Faye Peterson Transition House 345-0450	• Tele health Ontario 1-866-797-0000
• First Nations and Inuit Health Branch 343-5310	• Thunder Bay Crisis Response 346-8282
• Fort William First Nation Health 622-8802	And Suicide (24hrs)
Centre	• Thunder Bay District Health Unit 625-5900
• Fort William Family Health Network 626-1234	• Thunder Bay Regional 684-6000
• Good Food Box Program 345-7819	Health Science Centre
• Ka Nah Chi Hi Solvent Abuse 626-1692	• Victims Support Line 1-888-579-2888
Treatment Centre	

EMPLOYMENT & TRAINING RESOURCES

Career Assessment &
Employment Training

SAND POINT FIRST NATION
Aboriginal Human Resource
Development
Jessica Stewardson-Youth Intern
623-2724

**ONTARIO METIS
ABORIGINAL ASSOCIATION**
Cora-lee McGuire-623-1930

Community Resource
Centres

MATAWA
233 S. Court St., 344-8070

HRDC
979 Alloy Dr., 346-2000

**THUNDER BAY INDIAN
FRIENDSHIP CENTRE**
401 N. Court St., 345-5840

On-Line Job
Ads

Service Canada
www.canada.gc.ca
www.canjobs.com

**On-Line Employment
Resources**
www.aerc-thunderbay.org

FINANCE

FOLLOW THE FOUR STEPS TO FIND THE MONEY YOU DIDN'T KNOW YOU HAD!!

Step 1: Calculate Your Money Earned		TRANSPORTATION	Monthly (\$)
Below, record the income you receive from all available sources.		Loan or Lease payments	_____
<u>Current Income Sources</u>	_____	Insurance and licences	_____
EMPLOYMENT RELATED SOURCES (after tax)		Gas, repairs, maintenance	_____
Salary/wages/bonuses/pension(s)	_____	TOTAL	_____
PERSONAL SOURCES (after tax)		PERSONAL	_____
RRIFs/Annuities/Other	_____	Dining out, food delivery, entertaining	_____
Dividends/Interest	_____	Entertainment (e.g. movies, sports, rentals)	_____
Other (e.g. support payments, rental income)	_____	Vacations	_____
TOTAL INCOME	_____	Hobbies	_____
Step 2: Calculate Your Money Spent	Monthly (\$)	Club Memberships	_____
So, where does your money go? Simply enter all of your expenses to get a more accurate picture of what you're spending on average.		Gifts	_____
Current Expenses		Donations (charities, political)	_____
HOUSING (includes vacation property)		TOTAL	_____
Mortgage/rent/condo fees	_____	FINANCIAL COMMITMENTS	
Heat, hydro, water	_____	Personal loans/lines of credit	_____
Telephone, cable/satellite TV, Internet	_____	Credit Cards	_____
Property taxes, insurance	_____	Regular savings contribution	_____
Repairs and improvements	_____	Regular retirement savings contribution	_____
Other (e.g. cleaning, lawn care, snow removal)	_____	Emergency Savings Fund	_____
TOTAL	_____	Insurance (life, disability)	_____
LIVING		STEP 3: Calculate Your Money Finder Totals	
Groceries and household supplies	_____	Enter your totals from each section to compare your overall earnings with overall spending	
Medical, dental, eye care, prescriptions	_____	TOTAL INCOME	_____
Child care/support payments	_____	TOTAL EXPENSE	_____
Clothing, dry cleaning	_____	WHAT'S LEFT?	_____
Personal care (e.g. haircuts, toiletries)	_____	STEP 4: DETERMINE HOW YOU DID; IF YOU HAD A POSITIVE BALANCE, TRY TO INCREASE YOUR TOTAL, IF YOU HAD A NEGATIVE BALANCE, MAKE SMALL CHANGES HERE AND THERE THAT WILL RESULT IN A POSITIVE TOTAL.	
Other (e.g. coffee, newspapers)	_____		
TOTAL	_____		

SAND POINT FIRST NATION LOGO CONTEST

WE ARE LOOKING FOR A NEW LOGO THAT CAPTURES WHO WE ARE AS A PEOPLE, WHERE WE COME FROM AND WHAT WE VALUE!



Please participate and show your inspiration, innovation and initiative.

A \$300.00 prize will be awarded to the winning submission.

Deadline for submissions are 4:00 p.m. March 27, 2006.

For more information please call the administrative office @ 623-2724



'ESQUEGA'

FAMILY REUNION

DATE: MARCH 11, 2006

PLACE: INDIAN FRIENDSHIP CENTRE

TIME: 1:00 PM - 5:00 PM

MEAL: POTLUCK

Bring some old pictures and some old stories!

For more information

Please call

344-1421 or 475-0847 or 474-7913

LOOKING TO VOLUNTEER?

LOOK HERE!

'ADOPT A HIGHWAY'

Join the Sand Point Team in our Adopt a Highway campaign to clean the 2 km Roadside at the Sand Point Park to take place in early spring.

JOIN A SAND POINT COMMITTEE

If you are interested, please call the administrative office and add your name to our list

A SPECIAL 'THANK YOU' TO
PAULETTE FACCA FOR
DONATING THE FOOD HAMPER SHE WON
TO DILICO
'FAMILIES IN NEED'

CONGRATULATIONS!
HILDA LEGARDE WON THE
\$100.00 PRIZE FOR THE
SAND POINT FIRST NATION
SURVEY DRAW

FOSTER PARENTS NEEDED

Dilico 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. Any community member looking to become a foster parent please contact Dilico at 623-8511 for more information.

SAND POINT FIRST NATION
IS LOOKING FOR A BAND MEMBER
TO CHAIR OUR NEXT BAND MEETING.
IF YOU ARE INTERESTED PLEASE
CONTACT THE ADMINISTRATIVE OFFICE
623-2724 OR 1-877-623-2724

JOURNEY INTO SILENCE

Healing the Broken Spirit

The facilitators of this workshop are a diverse team of professionals from The Men's Project, an Ottawa-based organization that provides a range of services to men.

This is a two-day workshop April 28 & 29, 2006 for:

Male survivors of Childhood Sexual Abuse.

Pre-registration is required by April 7, 2006. THERE IS NO FEE.

To register call the Thunder Bay Sexual Assault/Sexual Abuse Counselling and Crisis centre at:
(807) 345-0894

Kii-shay Anishinaabe:

Partner Assault Program (PAR)

A program for men who are abusive to their partners.

Held at the Thunder Bay Indian Friendship Centre on Thursday evenings @ 6:30-8:30 pm

All participants must attend the orientation session before attending the program.

Orientation sessions are held Tuesday @ 4:30 pm twice a month.

For more information contact:

Sandra Kakeeway
@ 345-5840 ext 227.

XAVIER MICHON DINNER

& SQUARE DANCE

Friday March 17, 2006 @ 6:00pm

Vale Community Centre (420 Vale St)

Event is free to all and open to public.

Join us for supper, fashion show, dance and much more.

A square dance will follow the dinner, it will be from 8:00 pm -12:00 am.

For more information please contact:

Sandra Kakeeway
@ 345-5840 ext 227.

March 2006 at Thunder Bay Indian Friendship Centre

March 14-16: March break activities, call 345-5840 for more information.

March 17: Xavier Michon dinner and award, call for more information.

March 20: Drop-in ages 15-29 6-9 pm. Newsletter meeting 7:30 pm

March 21: Drop-in ages 10-14 6-8 pm.

March 22: Drop-in at Hammarskjold Highschool 3:30-4:45 pm.

March 23: Workshop 4-6 pm, refreshment provided. YAC mtg @ 7 pm.

March 27: Dro- in ages 15-29 6-9 pm. S & H Workshop.

March 29: Drop-in at Hammarskjold Highschool 3:30-4:45 pm.

March 30: YAC mtg @ 7 pm.

SAND POINT FIRST NATION'S CHRISTMAS PARTY 2005!

It was so wonderful to see so many band members and children at the annual Christmas party. This year has been the biggest turnout totalling approximately 120 people in attendance. Thank you to the Christmas Cheer Committee and to all the volunteers for their hard work and dedication in making the Christmas party a huge success.

Councillor - Laura Airns



~ HONOURING OUR GRADUATES ~

Congratulations to

Rebecca Clarke

Graduate from Lakehead University
2005

Bachelor of Science - Nursing



Congratulations to

Cora-Lee McGuire

Graduate from Lakehead University
2004

Bachelor of Arts



BELATED BIRTHDAY GREETINGS!

Pierson Facca September 12
Ritchie Deans November 9

BIRTHDAY GREETINGS!

Timothy Loney	January 2
Danielle Clarke	January 7
Annette Ladouceur	January 9
Lawrence Esquega	January 12
Alexis Esquega	January 16
Annie McGuire	January 20
Bernice Loney	January 23
Paulette Facca	January 29
Adrien LaFrancois	January 30

Katie Borysewicz	February 4
Marie Drouin-Binet	February 8
Kody LeClair	February 9
Trevor Loney	February 13
Cecile Esquega	February 15
William Esquega	February 19
Jordan Esquega	February 21
Jade Gilbert	February 21
Amanda Clarke	February 22
Robert Airns	February 23
Julie Coutts	February 23
Rebecca Clarke	February 26

Ashley Loney	March 5
Christopher Michon	March 7
Leslie LeClair	March 9
Magnus Vautour-Esquega	March 10
Renata Bouchard	March 12
Norval Morrisseau	March 13
Kenneth Goodchild	March 16
Peter Gladu	March 25
Darren Jewel	March 29
Violet Drouin	March 30