



Bingwi Neyaashi Anishinaabek

'The people of Sand Point'



Fall
News
Issue



2007, Issue 3

Message from Chief & Council

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BINGWI NEYAASHI ANISHINAABEK'S TEAM:

Paul Gladu	Chief
Leona Clarke	Councillor
Laura Aims	Councillor
Audrey Gilbeau	Manager/EDO
Kelly Banning	Finance Director
Grace Podolchuk	Community Wellness Worker
Katie Borysewicz	Secretary/ Receptionist

Once again fall is upon us and the call of the moose is right around the corner. This summer has gone by so quickly; we hope you all enjoyed the wonderful weather and wish all the children and youth success in the upcoming school year. We have been very busy on so many fronts. The Community Celebration committee has been busy fundraising on most Friday's. Our health department has been busy with the various activities that took place throughout the summer such as the Teddy Bear Picnic.

We continue to work towards the finality of the land transfer process. Unfortunately, the situation is a "hurry up and wait." We are still awaiting the first Order In Council from Canada. With the summer coming to an end and everyone getting back to work, we are hopeful that things will begin moving again.

In preparation for the land transfer, our priority is planning and economic development. We are hopeful that we will have a few significant announcements to make at the upcoming band meeting scheduled for October 27, 2007. We will send out a notice in advance. As always, if there are any items you would like to have placed on the agenda, please forward by September 15, 2007. We will be holding the band meeting on a Saturday in order to accommodate members work schedules.

We invite you all to stop by our office for a visit and a coffee.



Election Day is October 10th 2007

Inside this issue:

<i>Chief & Council Message</i>	1
<i>Election Day Oct 10th/07</i>	1
<i>From the Health Dept</i>	2-3
<i>Back to School Backpacks & BBQ</i>	4
<i>Call for Christmas Committee Volunteers</i>	4
<i>Birthday Greetings</i>	4
<i>March of Solidarity</i>	5-6
<i>Surplus Inventory for Sale</i>	7

In order to vote in Ontario there are only three requirements:

- You must be over the age of 18
- You must be a Canadian citizen
- You must be a permanent resident in Ontario



For information on where you can vote and to ensure that you are on the voting register, please visit this website:
<http://www.elections.on.ca/en-ca>

Would you like to learn to make "REGALIA"??

In preparation for the upcoming Land Celebration taking place in June 2008, Chief and Council is hoping to have interested members to participate in learning "Regalia" making. This activity is a promotion of the cultural aspect of the celebration, and we will be partnering with other organizations.

We are hoping to have interested members involved in this fun experience. All ages are most welcome, parental involvement would be required.

If you are interested in participating, please contact Katie at 623-2724 by no later than September 28th, 2007.

**BINGWI NEYAASHI ANISHINAABEK
HEALTH DEPARTMENT
GRACE T. PODOLCHUK
Community Wellness Worker (AHBHC)**

'For Your Health'

Boozhoo to Everyone!

It's September once again and all the school aged kids are back in the classroom. I hope that everyone had a wonderful summer and you're all geared up with lots of good energy to carry you through the fall and winter seasons that are quickly approaching. It is a pleasure to say that the outcome of the two family based summer events, the Teddy Bear Picnic and the Chippewa Park BBQ were overwhelmingly successful. Everyone had a wonderful time, with picture perfect days for both events. Families and workers from several of the local Anishinaabek health organizations had a chance to meet, greet, enjoy awesome food and join in all the activities provided. Gichi Miigwetch to all those who made these events possible and to the families who participated.

Also, the BNA health department has been circulating, either through in office or home visits a Responsible Gambling and You * Self Assessment that was developed by the BNA Health Department. Many members have supported this cause by filling out the pamphlet questionnaire along with their personal comments. The statistics will be collected and the findings will be documented at the end of this fiscal year. If you would like more information please contact the BNA health office.

The Bingwi Neyaashi Anishinaabek Health Department objective is to provide advocacy and referral to the membership, serve as a link by connecting individuals with resources and to generate and maintain professional helping relationships, and to promote healthy living lifestyle choices through prevention and awareness.

Funding is provided by the following: Aboriginal Healing and Wellness Strategy, Health Canada, and the Union of Ontario Indians. Programming: Aboriginal Healthy Babies Healthy Children, Federal Disabilities, Federal Family Violence, HIV/AIDS, MOH-LTC Diabetes Education, Problem Gambling Strategy.

FOR INFORMATION ON HEALTH RELATED ISSUES PLEASE CALL 623-2724

OR EMAIL TO: gracep@bingwi.com

Until next time, enjoy this beautiful autumn season and be in health,

Miigwetch,

Grace T. Podolchuk

Sugar Substitute information websites

http://www.yourhealthychoices.com/wst_page5.php

<http://www.encyclopedia.com/doc/1G1-68951946.html>

<http://homecooking.about.com/library/weekly/bl010598b.htm>

Soft Drinks containing sugar substitutes' <http://www.pepsiproductfacts.com/sugarsub.php>

Ingredients such as sweetening agents, molasses, fruit juice, honey and maple syrup that give a sweet taste to foods and may also perform other roles of sugars including thickening, texturizing, browning (Maillard reaction: http://en.wikipedia.org/wiki/Maillard_reaction), etc.

<http://www.inspection.gc.ca/english/fssa/labeti/nutrition/sugsuce.shtml>

Health Events, Promotion Dates and Interesting Health Information Websites

September 25 – 27th, 2007– Dilico Diabetes/Elders Conference

Ambi-Mino-Bimaadizi-Daa (Come, Let Us Lead A Good Life) being held at the Victoria Inn-Thunder Bay

For those elders who are registered please contact the BNA health office, if you have any questions.

September 9th, 2007, Fetal Alcohol Spectrum Disorder Luncheon from 10:30 am to 12:30 pm being held at the Victoria Inn.

September 12th, 2007 Fetal Alcohol Spectrum Disorder Awareness Day being held at the Fort William First Nation Union of Ontario Indians office from 11:00 am to 1:00 pm.

Contact 623-8887 or the BNA health office at 623-2724 for more information

Ontario Early Years – Zero to Six...the time of their lives. For information on Playgroups, Workshops, Programs call 624-2379 or by website at: www.ctctbay.org or www.ontarioearlyyears.ca

The newest happening event is the MOCC Walk.

We have a remarkable enthusiastic group as, 7 BNA teams registered for the MOCC Walk challenge sponsored by the Ontario Native Women's Association (ONWA). Team names are as follows: Faith Walkers, Fast Walkers, Flat Tires, Michon Moonlighters, The 'Walkin' Wonders, and Bootylicious.

September 1st to October 31st, 2007 MOCC Walk Call the Ontario Native Women's Association at 1-800-667-0816 or 623-3442 for more information.

For those registered teams, all the very best to you on collecting your points. Remember, keeping physically active is a means of getting and staying healthy, mentally emotionally, physically and spiritually.

Ontario Health Promotion Bulletin 2007 website:
<http://www.ohpe.ca/index.php>

The New Ontario Child Benefit – Pamphlets are available at this health office or on-line at www.ontariochildbenefit.ca. For more information call the Ministry of Children and Youth Services toll free at : 1-888-789-4199

P.R.O. Kids – Positive Recreation Opportunities for Kids –

A service of the City of Thunder Bay Recreation & Culture Division. P.R.O. Kids matches youth and children in need with community-based recreational activities.

P.R.O. Kids has received support from organizations and businesses who have donated spaces in their sport, art, cultural and recreation programs.

P.R.O. Kids raises funds to purchase additional spaces .

Fees are only one of the barriers to participation. P.R.O. Kids may assist with transportation and equipment costs.

FOR MORE INFORMATION:

www.prokidsthunderbay.com or
call 625-3212

RECIPES, yum!

Autumn weather healthy comfort food

Split Pea Soup (High in Protein and Fiber)

3 cups split peas (dried yellow or green)

9 cups water

6 cups vegetable broth or chicken broth

1 1/3 cup chopped onion

3 cloves garlic, minced

1 tsp. sea salt or regular table salt

1 1/2 tps. brown sugar

1/2 tsp. dried parsley

1/4 tsp. pepper

1 Tbsp fresh lemon

1 cup diced carrots

1/2 cup diced celery

Rinse the peas thoroughly. Then put all of the ingredients in a large soup pot. Note: For an even heartier fiber filled soup, add a 1/2 cup of barley with 3 additional cups of water and 1 cup of your choice of either vegetable or chicken broth. Bring the soup to a boil, then simmer on medium low heat for 1 1/2 hours. Makes 8 servings.

Old Fashion Johnnie Loaves

1/2 cup room temperature butter

2 cup sugar or sugar substitute

2 eggs

2 cup waters

3 cups all flour (your choice)

1 teaspoon salt

1/2 cup yellow corn meal

3 level teaspoons baking powder

*Maple Syrup

Preheat oven to 350 degrees. Grease and flour two small loaf pans. Mix the butter and sugar. Beat in the eggs and water. Add the flour and salt. Finally put in the corn meal and baking powder.

Transfer the mixture equally into the two loaf pans. Bake 40-45 minutes.

When the mixture is still warm from the oven, cut into one inch thick slices and serve with a drizzle of pure maple syrup.

Enjoy!

BACK TO SCHOOL "Backpacks & BBQ" GET-TOGETHER



On August 31, 2007 we held our 3rd annual bar-b-q to celebrate going 'back to school'. During our bar-b-q we handed out backpacks filled with school supplies to the primary and secondary students of Bingwi Neyaashi Anishinaabek.

REMEMBER TO SET YOUR CLOCKS BACK ONE HOUR ON NOVEMBER 4TH!



HOOHOO!
We need help this year to make our Christmas party as good as last years! If you are interested in volunteering or giving us some holly jolly ideas, please call the administrative office to join our Christmas Committee @ 623-2724.

Birthday Greetings!

JULY BIRTHDAYS

- 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

AUGUST BIRTHDAYS

- Carrie Lesperance August 7
- Michael Michon August 9
- Justin Hardy August 10
- Nancy Lesperance August 10
- William Esquega August 11
- Chad Binguis August 13
- Jennifer Clarke August 14
- Jessica Clarke August 15
- Raphael Morriseau August 17
- Roxanne LeClaire August 24
- Anne Airns August 27
- Julian Tate August 29
- Cindy McGuire August 29

SEPTEMBER BIRTHDAYS

- Megan Borysewicz Sept 4
- Patrick McGuire Sept 6
- Ritchie Deans Sept 11
- Pierson Facca Sept 12
- John McGuire Sept 16
- Daniel Perkles Sept 17
- Douglas Perkles Sept 17
- Patrick Hagar Sept 23
- Stephen Legarde Sept 25



HAPPY BIRTHDAY TO YOU
HAPPY BIRTHDAY TO YOU,
HAPPY BIRTHDAY DEAR...



HAVE WE FORGOT TO ANNOUNCE YOUR BIRTHDAY?? WE SINCERELY APOLOGIZE IF WE HAVE FORGOTTEN TO ANNOUNCE YOUR BIRTHDAY.

PLEASE CALL THE OFFICE AND SPEAK WITH KATIE @ 623-2724 TO MAKE SURE YOUR BIRTHDAY WILL BE ANNOUNCED IN UPCOMING NEWSLETTERS.



IF YOU DO NOT WISH TO HAVE YOUR BIRTHDAY ANNOUNCED IN THE NEWSLETTER, PLEASE FORWARD AN EMAIL OR LETTER TO CHIEF & COUNCIL.

CHI MIIGWETCH!!

Biinjituwaabik Zaaging Anishinaabek

Long Lake #58 First Nation



"On behalf of the participating Northern Superior First Nations I want to thank everyone who actively participated in our March of Solidarity across the Nipigon Bridge to the highway 11/17 junction, known as the Crossroads of Canada." Said **Regional Grand Chief Wilfred King**. "250 Anishinaabek people along with our Métis brothers and sisters; corporate Canada; trade unions; and fellow Canadians marched to voice our call for action. This day called for the recognition and understanding of the issues affecting the Northern Superior First Nations, particularly, the need to eradicate poverty and address outstanding land issues. Namely availing suitable land that is conducive to healthy communities, addressing housing issues including shortages, overcrowding and mould, ultimately impacting the living standards from third world conditions."

Red Rock Indian Band

Animbiigoo Zaagiigan Anishinaabek

"The Métis Nation of Ontario is proud to participate and show our support to First Nations in this March of Solidarity. Métis Nation of Ontario has similar issues with the government and would prefer to negotiate in good faith rather than litigate. There is power in solidarity as we support our collective issues." Said **Tim Pile, Secretary Treasurer for the Métis Nation of Ontario**.

Deputy Grand Chief Terry Waboose said, "On behalf of Nishnawbe Aski Nation, I'm honoured and pleased to be here with you today. On this National Day of Action, it is important that we as First Nations send a strong message to the government of Canada regarding our plight with the crisis situation that we face in housing, education, health care, etc. It is also important to educate and make known to the Canadian public our situation. I hope that this National Day of Action will be a catalyst for change so that we as First Nations can enjoy the same standard of living as with the rest of Canadian society."

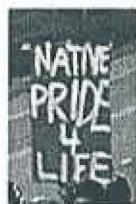


Namayoosisigagun First Nation

CAW National Representative Tom Murphy said, "It is time for the Harper government to take responsibility for what's happening with the First Nations in Canada. After the Harper government took office last year, it scrapped a \$5.1 Billion Aboriginal spending plan, component of the Kelowna Accord, which promised to improve the social and economic conditions of Aboriginal people. There are 190 First Nations communities on boil water advisories and there is a chronic housing shortage."

"We were overwhelmed by the show of public support despite closing the highway for approximately 40 minutes and slowing traffic to one lane for over an hour. We distributed over 1000 pamphlets that conveyed our regional message. We would like to say Chi Miigwetch to our fellow Canadians and welcome any questions that can facilitate a better understanding of our history, challenges and issues. We sincerely believe that First Nation's success is Canada's success." Said **Regional Chief Wilfred King**.

Pic Moberg First Nation



Kiashke Zaaging Anishinaabek

Bingwi Neyaashi Anishinaabek

CHI MIIGWETCH FROM THE NORTHERN SUPERIOR FIRST NATIONS

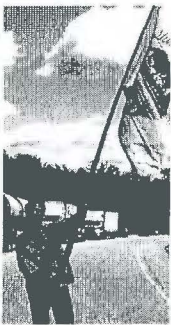
THE NORTHERN SUPERIOR FIRST NATIONS—MARCH OF SOLIDARITY ON THE NATIONAL DAY OF ACTION JUNE 29, 2007 WAS EXCELLENT DUE TO ALL THOSE WHO CONTRIBUTED TO THE SUCCESS OF THIS MEANINGFUL EVENT.



Chi Miigwetch to the Planning Committee for the excellent job of organizing, planning and coordinating the March of Solidarity. Special thanks to Chief Yvette Metansinine for taking the lead on behalf of the leadership from the Region.

Chi Miigwetch to Red Rock First Nation Elder Norma Fawcett for the Opening Prayer.

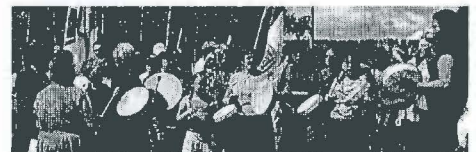
Coming together is a beginning - Keeping together is progress - Working together is success!
Henry Ford



Chi Miigwetch to the Ojibways of Pic River and Biinjiti-waabik Zaaging Anishinaabek for providing a First Aid station.



Chi Miigwetch to the Red Rock First Nation Women's Drum Group for the inspiring songs during the March of Solidarity.



Miigwetch to Brent Andersen, John Reppard, Ian Parker, Ryan Trentinger, Lieutenant Smiley of the OPP along with representatives from the Anishinaabek Police Service for working with the Planning Committee to ensure the safety of the March participants.

Miigwetch to the groups who marched with the Anishinaabek of the Northern Superior Region:

- Metis Nation of Ontario
- Dilico
- Nishnawbe Aski Nation
- Town of Schreiber Council
- Ginoogaming First Nation
- Emergency Medical Services
- Canadian Autoworkers Union
- Association of Native Child and Family Services

Chi Miigwetch to Judy Currie (Mallard) of the UOI for all of her help in assisting the Planning Committee!!



Chi Miigwetch to Katie Borysewicz of Bingwi Neyaashi Anishinaabek for her work on the pamphlets.



Each and every person who attended helped to make the National Day of Action—Northern Superior First Nations "March of Solidarity" a huge success!

**Our apologies to anyone we may have forgotten to mention!
Chi Miigwetch!**





BINGWI NEYAASHI ANISHINAABEK

146 South Court Street, Thunder Bay, Ontario P7B 2X6

Phone: (807) 623-2724 Fax: (807) 623-2764

NOTICE TO MEMBERS SURPLUS INVENTORY FOR SALE

Bingwi Neyaashi Anishinaabek Chief and Council have finished spring-cleaning and have created a list of surplus office furnishings that they are offering for sale. Our **first step** will be to provide the opportunity for the membership to bid on the various items. When the member's bids process is closed, all remaining offers will be offered for sale to neighbouring First Nations utilizing the same bid process. The following items are offered for sale. Please note that a minimum price has been established. **PLEASE FILL IN YOUR NAME, COMPLETE YOUR BID ON THE VARIOUS ITEMS AND FORWARD TO OUR OFFICE OR FAX TO 623-2764. HIGHEST BID WILL BE AWARDED. IN THE EVENT OF A TIE, FIRST BID RECEIVED WILL BE AWARDED.**

NAME: _____ SIGNATURE: _____ PHONE NO. _____

QTY & Item Type	Minimum Bid Accepted	MEMBERS BID
1--Grey lateral Bookcase 36"x 20" x 66" – valued at \$409.99	\$150.00	
1—Grey 24" by 60" desk w/ box file valued at \$289.99	\$100.00	
3— grey 24" x 48" desks w/keyboard holder – valued at \$189.99 each	\$75.00 each	
1—Light Oak 24" x 48" desk w/ drop keyboard holder – valued at \$419.99	\$150.00	
1—36" x 48" Light Oak Bookcase – valued at \$289.99	\$100.00	
1—Grey/black corner unit with side hutches – valued at \$399.98	\$150.00	
1—25" x 25" printer stand, light oak – valued at \$159.99	\$50.00	
1—24" x 48" English Oak Desk box file – valued at \$479.99	\$200.00	
13—Client Chairs – valued at \$169.99 each	\$40.00 each	
1—Office Chair – valued at \$179.99	\$60.00	
12—Stackers fabric with arms chairs—valued at \$89.99 each	\$30.00 each	
5—30" x 48" folding tables – valued at \$99.99 each	\$40.00 each	
1—72" folding table – valued at \$73.99	\$30.00 each	

BIDS WILL BE ACCEPTED UNTIL WEDNESDAY SEPTEMBER 12, 2007 AT 12:00 NOON. PAYMENT WILL BE REQUIRED PRIOR TO PICK UP.