



BINGWI NEYAASHI ANISHINAABEK

'The People of Sand Point'

NEWSLETTER - Fall 2008

Message from Chief and Council ~

It has been a truly beautiful fall and we hope that you all enjoyed the wonderful weather.

Land Update:

Chief Paul Gladu participated in our last land survey, regarding the level of the water, which was needed before the Federal Government would accept our Final Agreement. The survey now has to be registered with the local Thunder Bay Registration Office; which should take approximately four to six weeks. In the upcoming weeks, the Federal Government will be accepting the Final Agreement from Ontario. We have another conference call with the Implementation Committee in late November regarding time-lines for the official signing. We will be notifying all membership with any additional information regarding our land signing as soon as possible.

Election:

As you are all aware, the time is soon approaching for our Election. Just a reminder that anyone running for Chief or Council to be sure to apply for their Criminal Reference Check (CPIC) as soon as possible as some candidates at the last Election were unable to receive their CPIC's before the deadline.

You will soon be receiving a package in the mail from our Electoral Officer with the notice of the nomination meeting. Be sure to let us know of any address changes so that we may inform our Electoral Officer and then you will receive your package.

At the last band meeting, there was a discussion with the membership about adding a 3rd Councillor. After discussions with INAC we were told that to add a 3rd Councillor, the Election Code would have to be amended. Unfortunately, we do not have enough time to do so before the Election. When we met with INAC, we also discussed about having a band member as our Electoral Officer. They stated that whoever was chosen as our Electoral Officer or the Assistant Electoral Officer would have to complete the INAC Electoral Officer Training. With that said, any members interested in taking this training, please contact the Band Office and we will forward your name to INAC.

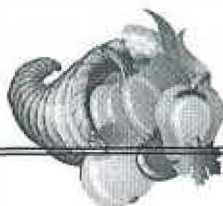
Contact Information

Chief Paul Gladu -
624-6768
Councillor Leona Clarke -
628-3590
Councillor Laura Aims -
939-2431

Band Office (807) 623-2724
Toll Free 1-877- 623-2724
Fax Line (807) 623-2764

BNA Team

Chief Paul Gladu
Councillor Leona Clarke
Councillor Laura Aims
Finance Director Kelly Banning
Forestry JP Gladu
CWV Grace Podolchuk
FSW Carla Shawayhamaish
Assistant to C&C Jessica Stewardson



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Bingwi Neyaashi Anishinaabek

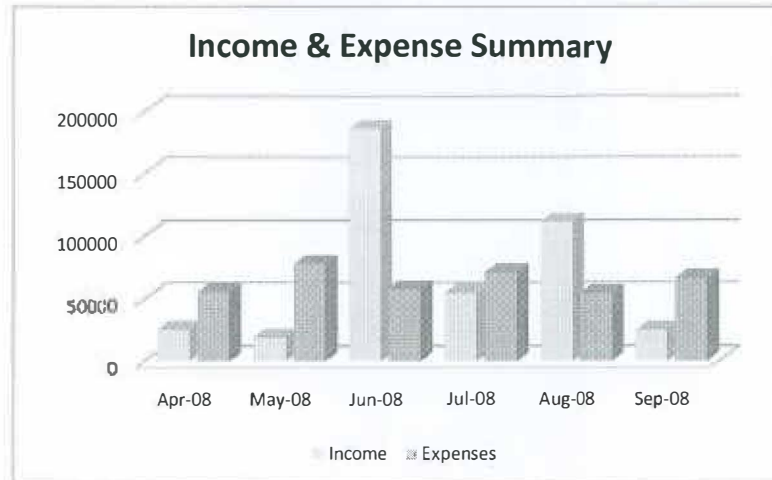
Income/Expenses

April through September 2008

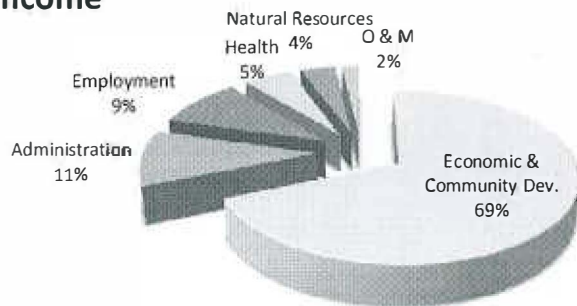
Finance Update

As requested, at the last community meeting, this information is being provided to share easily understandable financial information to the membership. If you're interested, the Chief and Council have asked me to invite the membership to visit me in the finance office to answer questions that you may have regarding our audits. Call me to set up an appointment. We promote transparency and accountability.

Kelly Banning
Finance Director



Income

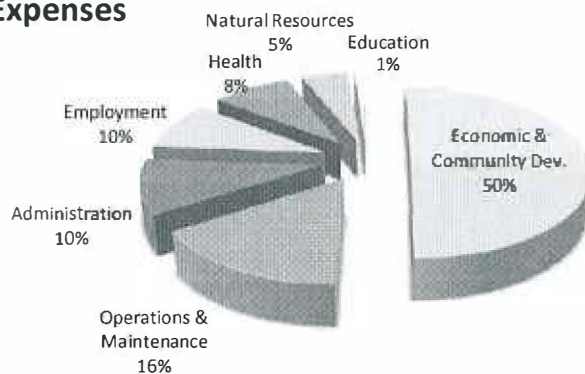


Income

April through September 2008

Economic & Community Dev.	68.85%
Administration	10.73%
Employment	9.46%
Health	5.30%
Natural Resources	3.80%
O & M	1.85%
Total Income	\$420,485.96

Expenses



Expenses

April through September 2008

Economic & Community Dev.	50.26%
Operations & Maintenance	15.59%
Administration	10.27%
Employment	9.35%
Health	8.34%
Natural Resources	4.93%
Education	1.13%
Total Expenses	\$381,641.62

Employment & Training

A consideration that has been a major focus of the First Nation is identified as the maintenance of steady employment for the community members and the long term sustainability of the available resources with the protection of the natural environment. As important as those issues are, is the fact that identified opportunities must be profitable or there can be neither an industry to develop nor employment opportunities.

Ideally, Bingwi Neyaashi Anishinaabek would like to create employment for approximately 10% of their membership. The First Nation has identified band members, that currently reside in communities neighbouring the designated land base, that are very excited about the realization of living and working on their own community. This community desire has encouraged the First Nation leadership to identify the niche market of specialty wood products using eastern white cedar. Aside from forestry related opportunities, band members have pursued training and business opportunities that are ideally suited to their personalities and dreams.

So far this year, eight (8) band members participated in training specifically related to the Sawmill/Forestry industry. We provided one (1) high school student with a Canada Summer Job and one (1) with work gear for summer construction work. One (1) band member relocated West for employment and one (1) relocated here from a remote community. One (1) member was successful in heavy equipment training. Ten (10) clients have been sponsored for their First Aid/CPR. Four (4) band members received assistance to help with costs associated with starting a new job. Two (2) members enrolled or registered with a college or professional association. Four (4) members were assisted with transportation needs while pursuing their educational goals.

All in all, I had twenty-two (22) active AHRD clients between April and September 2008. I have had a lot of fun helping everybody out and providing the help they need to make a difference of any amount. We utilize the external resources available for resume writing, job search, and we are also a member of the Aboriginal Employment Resource Committee (AERC), which provides us with invaluable information sharing of employment contacts and client training resources.

The funding we receive for this initiative is flowed through the Union of Ontario Indians from Service Canada. The current AHRD agreement is currently under review and at the present time we can anticipate program dollars until the end of the 2009/2010 fiscal year. Personally, I hope that we continue to realize this program opportunity so that we can measure the success of our Employment & Training Program.

Finally, I would like to invite band members to come in and meet with Councillor Laura Airns regarding your employment and training needs. She will be taking over the administration of the AHRD Program as our client base has increased and my focus has shifted to other economic & community development initiatives.

Kelly Banning
Employment & Training Counselor



If you are interested in looking for employment please call Laura or Jessica at the BNA Band office.

BNA is willing to invest in your future. We will help you find a job placement that would lead to a long-term employment opportunity.

~ Please call 623-2724 ~

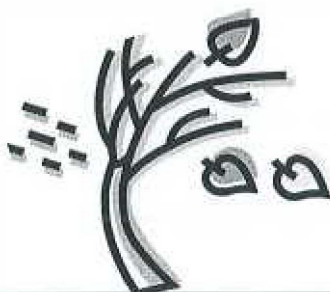
Native Background Information Report and Aboriginal Values Meetings

Your participation is requested to attend **AT LEAST ONE** of two meetings to discuss and inform the development of community value and use maps of Bingwi Neyaashi Anishinaabek traditional territory. Honorariums will be paid to members who participate through ACTIVE SHARING of stories and value mapping.

The traditional territories of Aboriginal communities in Ontario are constantly impacted by provincially approved natural resource management operations. Under current changes to Ontario's forest management planning process the opportunities for Aboriginal communities, as a collective, to inform resource planners and managers of the important values and uses of their traditional lands will occur only once every ten years. Native background information reports and values maps are the two pieces of documentation Aboriginal communities submit to this process. These documents have a certain amount of influence on resource management decisions in forest management operations, which is why your participation at these town hall meetings is requested. Most importantly, this process creates valuable community use maps and records that are of significance to the community.

Success of this exercise is truly dependent on community members. To be able to fully contribute, participants are asked to attend **AT LEAST ONE** of two meetings. The first part of the meeting will consist of an information session that will introduce and answers community member questions about the community-led mapping and report process. Community members will then have the opportunity to document their individual and community uses and values of Bingwi Neyaashi Anishinaabek traditional territory. Aboriginal Strategy Group will lead and assist the community members with the development of a mapping and information sharing process that reflects community values and traditions.

Meetings will be held in Thunder Bay and are scheduled to take place at the Prince Arthur Hotel, Friday November 7th from 10:00 until 6:00 and Saturday November 8th from 8:30 à 10:00 and 2:00 à 6:00 (outside of the Community Planning meeting). To help cover costs incurred by participants, honorariums will be made available to those who contribute and attend meetings. If you have any questions or concerns about these town hall meetings or to request additional information, please do not hesitate to contact JP Gladu at 613-746-1375 or Jessica Stewardson at 807-623-2724.



~ Economic Development Update ~

FORESTRY: Lake Nipigon Forest Management Inc. (LNFMI) is a newly formed forest management company that consists of a partnership between the Lake Nipigon First Nations, Buchanan, Domtar and Longlac Wood Industries. Nadongong Management Corp. is the shareholder in the company and is the body formed for the community members of BNA. Membership interested in learning more about the Corporation or relationship with LNFMI are encouraged to stop by the band office. It is also important to note for Band Members that there is language in the agreement with LNFMI that will give opportunities to our First Nation communities and membership to pursue silviculture opportunities such as tending, planting, site preparation and other forestry related practices. If members are interested in pursuing such opportunities, please contact JP Gladu.

Our community has positioned itself as the cedar user in the forest. The MNR is currently processing our Facility License for the first right to cedar resources in the Lake Nipigon forest region. Leadership is also modifying the business plan; completion is targeted for the beginning of January. Our goal is to begin raising the capital required for the construction of the facility over the winter. Once the mill is up and running, we are expecting an initial seven employment opportunities for our membership:

- ~ Mill Manager
- ~ Wood Products Millwright
- ~ Edger Operator
- ~ Planner Operator
- ~ Equipment Operator
- ~ Lumber Sorter
- ~ Lumber Piler



HYDRO: Ontario Power Generation is currently in the final stages of Memorandum of Understanding negotiations with the Lake Nipigon Chiefs. As part of the on-going work with the communities and after the MOU signing, resources are to be made available to the First Nation communities for Environmental Assessment Coordinators. Chief and Council will be working with OPG to determine criteria and job descriptions for this important work. For more information contact: Chief Paul Gladu or Jessica Stewardson.

WIND POWER: Chief and Council have begun initial discussions with a number of wind power companies in the region. There are excellent opportunities for such projects in our territory. There have been a number of excellent sites that have been identified on our pending reserve as well which can offer considerable opportunities for revenue and high level employment opportunities which the companies are willing to help train membership for.

MINING: There are a number of Mining exploration companies working within the traditional territory of Bingwi Neyaashi Anishinaabek. Some have made overtures in general the First Nation population in the region for line cutting opportunities. The Chief and Council will be approaching companies to discuss impacts and benefits to our community. If there are interested band members, please contact JP Gladu at the band office.

Northern Ontario Value Added Initiative

Technical Seminars Series presents

MARKETING AND SALES FOR WOOD PRODUCTS

A seminar connecting marketing and sales to wood products manufacturing in Northern Ontario.

What to Expect

This interactive event will be lead by Tina Rosenstein of Rosenstein Marketing Inc. Tina has more than 20 years experience in Marketing and Sales and has unique experience in marketing of wood products.

Topics to be covered through discussion and examples are:

- Importance of Marketing and Sales
- The 4 P's of Marketing Relevant to the Wood Industry
- Key Elements of a Marketing and Sales Plan
- SWOT Assessments
- Distribution Channels
- Setting Your Marketing Goals
- Market Research Methods

Workshop exercises will give you the opportunity to develop marketing and sales information for your company's specific needs.

This seminar will be held in three locations from 8:00am to 5:00pm.

November 3rd, **Timmins**, Cedar Meadows Resort

November 5th, **Sault Ste. Marie**, Water Tower Inn

November 7th, **Thunder Bay**, Confederation College

MARKETING AND SALES FOR WOOD PRODUCTS

Details

November 3rd November 5th November 7th

Cedar Meadows Resort Water Tower Inn Confederation College

1000 Norman Street, 360 Great Northern Rd., 1450 Nakina Dr.

Timmins, Ontario Sault Ste. Marie **Thunder Bay**

705-268-5800 705-949-8111 807-475-6643

The cost is \$150 and includes continental breakfast, lunch and course materials.

Registration

**To register for this event please contact the Bingwi Neyaashi
Anishinaabek band office at 623-2724.**

BNA will cover the costs for two band members.

Deadline to register is five days before the event, fee is nonrefundable as of four days before the event.

**For additional information please contact
the BNA Band Office - 623-2724**

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~ Update from the Health Department ~



Hello,

I would like to introduce myself, my name is Carla Shawayhamaish. I was hired as a Family Support Worker and currently working as a Community Wellness Worker.

I have participated at the Boulevard Family Fun Day which took place on August 14, 2008. It was fun, there were many families that participated, different activities for the children and plenty of good food.

On September 9, 2008 Fetal Alcohol Spectrum Disorder walk took place at Boulevard Lake. Only 20 participants plus volunteer/staff workers showed up for the event. Different organizations like Dilico, Anishinabe Mushkiki, Indian Friendship Centre, BNA and others participated in this event. Next year lets support these important causes, have fun and learn.

This year, ONWA (Ontario Native Women's Association) again is doing the Mocc walk. The staff at BNA is participating in this event and if you want to actively participate, give us a call and we'll help you sign up and get moving.

The Wednesday afternoon program/activities has been cancelled until further notice. If you are interested in this program, please contact the office.

Wolfman - Recipes

www.cookingwiththewolfman.com

Peach Strawberry Smoothie

1 cup plain low fat yogurt
1 pint strawberries
3 med peaches sliced
2 ounce frozen cranberry juice
1 tsp flax seed oil
1 pinch cinnamon powder
4 sprigs mint leaves

Directions: In a blender, add the strawberries, 2/3 of the peaches, the 2/3 of the yogurt and the flax seed oil, blend until smooth. Pour into serving glasses, top with the remaining yogurt and garnish with the sliced peaches, sprinkle with the cinnamon and top with mint leaves serve chilled.

Sweet Potato tournedo w/wilted spinach and Beets julienne

2 med sweet potatoes 2 cloves garlic
2 cups cleaned spinach 1 tsp birch syrup
1 tbsp olive oil Salt & black pep-
percorns
1 med beet peeled and 1 tbsp cornstarch
julienne 1 tbsp butter
1 sprig rosemary

Directions: Cut the sweet potato into 1 inch tournedos, blanch in salted water and cool. Julienne the beets and dust with corn starch and pan fry in half the olive oil, let dry on paper towel, in a non stick sauté pan heat the rest of the oil and brown the tournedos remove from pan add the butter and wilt the spinach place on top of the potato, top with the beets and serve with your favorite entrée.

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Eating, healthy foods from the 4 main food groups are healthy, enjoyable and reduces the chance of getting diabetes.

The 4 food groups are:

Bannock, breads and cereal 5-12 servings

- 1 slice of bread
- 1 small piece of bannock
- 1 small homemade muffin
- ½ cup cooked pasta or rice
- ¾ cup cold cereal or hot cereal

Vegetables, fruits and berries 5-10 servings

- ½ cup vegetables
- ½ cup berries
- 1 medium size vegetables or fruit
- ½ cup juice

Milk and milk substitute 2-4 servings

Children 4-9 yrs old: 2-3 servings

- 1 cup milk
- 1 cup fish head soup (or homemade soup with bones)
- 1/3 cup skim milk powder
- 1 piece cheese
- ¾ cup yogurt

Youth 10-16 yrs old: 3-4 servings

Adult 2-4 servings

Pregnant & Breastfeeding women: 3-4 servings

Meat and meat substitutes 2-3 servings

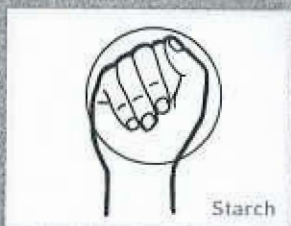
- A piece of meat, bird or fish the size of a deck of playing cards
- 2/3 can fish
- 1-2 egg(s)
- ½ cup cooked beans
- 2 tablespoons peanut butter



How much to eat at your main meal:

How much starch should you eat?

- Have a starch food with every meal
- Size of your fist for your main meal



How much milk and calcium-rich food should you eat?

- At every meal, try to include 1-2 servings of low-fat calcium-rich foods
- For a serving, have a half to one cup of milk or yogurt, a bowlful of vegetable like cabbage, or a thumb-size amount of a solid food like cheese, nuts or tofu



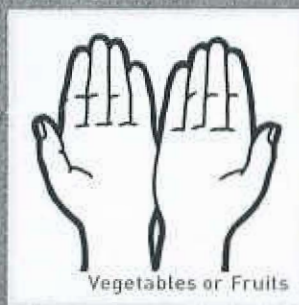
How much protein should you eat?

- Size of the palm of your hand for your main meal
- For women, this usually means about 3½ ounces of cooked meat or other protein, and for men, about 4-7 ounces
- Smaller portions at other meals



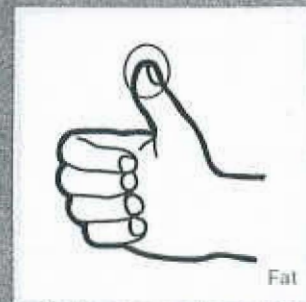
How many vegetables and fruits should you eat?

- Include a fruit with breakfast
- Include two or more vegetables at lunch and dinner, and fruit if you'd like
- Choose a fruit or vegetable for a snack
- Hold your two hands together and overfill them with vegetables and fruits and you will have a good daily amount



How much fat should you eat at your meal?

- The added fat should not be more than the end of your thumb (1-2 teaspoons)
- This includes fat added during cooking as well as at the table
- If you choose a low-fat product like low-fat sour cream, you can have a bit more



~ BNA Members in Training ~



CPR/First Aid Training

Bradley Morriseau, George Spade, Bobby Airns, Lewis Johnson and Lucia Desmoulin

~ 'It will help me get a job - Thanks to the band for putting me through it' ~ George Spade

Community Development

A small group of band members took advantage of training that was offered through the BNA Aboriginal Human Resource Development programs. Many band members see and have the same vision of Chief and Council in building our community. This training will benefit these members in future developments.



Top left:

Instructor, Lucia Desmoulin, George Spade, Lewis Johnson

Bottom left:

John Johnson, Roger Cheesequay, Benji Morriseau, Bobby Airns

~ 'Excellent - Having the band supply all the proper equipment, I felt secure to become Involved' ~

Benji Morriseau

Chainsaw Certification



Chief and Council congratulate the members who completed these courses. A job well done and look forward to working with you in the near future.



ITS BEGINNING TO LOOK A LOT LIKE CHRISTMAS!



The Bingwi Neyaashi Christmas party will be held on December 7, 2008! If you would like Santa to bring your family presents, you **NEED** to register your child(ren). Please contact Jessica at the band office - 623-2427 -before November 14, 2008.

A further notice will be going out to confirm location and time!

**IF YOU WOULD LIKE A TURKEY VOUCHER, PLEASE
CONTACT LAURA AT THE BAND OFFICE - 623-2724
BEFORE NOVEMBER 14, 2008!**



WE HAVE AN EMPLOYMENT OPPORTUNITY!

We are seeking an interested Bingwi Neyaashi Anishinaabek Band Member to do bi-weekly office cleaning at the BNA office. This is a temporary position. Interested applicants can send a letter of interest including two references via regular mail, fax or email to leonac@tbaytel.net or lairns@hotmail.com

No phone calls please.

Deadline for this employment opportunity is October 29, 2008.

SEVEN GENERATIONS EDUCATION INSTITUTE - www.7generations.org

If you are interested in enrolling in a University program or a College program, please contact Seven Generations.
Apply to Seven Generations at 807-622-1711 or visit them at 409 George Street, Thunder Bay, P7E 5Y9.

New Band Members!!!

Chief and Council are very pleased to announce that there have recently been new additions to the Bingwi Neyaashi Anishinaabek membership: Lucia Desmoulin, George Spade, Carla Shawayhamaish and April Head.

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THANK YOU

The Legarde Family would like to express our sincere thanks to the DreamCatcher Fund for assisting Naconi, Cheyenne and Dakota.

With the financial support of the DreamCatcher Fund, Naconi was able to become a member of Master Seung's Tae Kwon Do Academy and Cheyenne and Dakota were able to join the Thunder Bay Figure Skating Club

Both Cheyenne and Dakota participated in the 2007 Ice Show with the Thunder Bay Figure Skating Club and Naconi recently received his Orange Belt.



If you are interested in the DreamCatcher Fund, please visit their website at <http://www.dreamcatcherfund.com/home.html>

Laptops

BNA currently has four laptops available to the membership. These laptops are reasonably new and in very good condition. Any interested Band Members who wish to receive one of these laptops, please send in a letter to the Band Office.

The letter should include: your name, address, phone number, band number, what the laptop will be used for, and why you should be picked above other band members.

Chief and Council will examine letters and decide which band members receive the laptops based on need. Delivery of the laptop will be the responsibility of the chosen band member.

Deadline for letters is **November 5, 2008 by 4:00PM.**

Please mail or fax Letters to:
Bingwi Neyaashi Anishinaabek
146 Court Street South
Thunder Bay, Ontario
P7B 2X6
Fax - 807-623-2764



AGENDA FOR NOVEMBER 7TH AND 8TH, 2008

PRINCE ARTHUR HOTEL - DAWSON ROOM

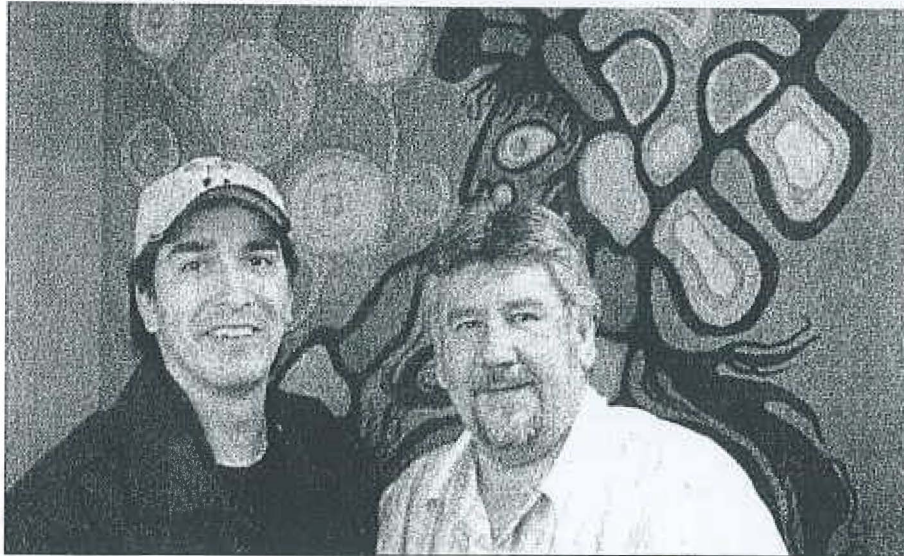
As you read through our newsletter, there is a lot of information regarding the Community Planning meeting and Value's meeting. Here is a breakdown of the agenda for those days. We hope to see you all there!

Friday, November 7th, 2008

10:00 am - Value Meeting Introduction
10:30 am - Value Interviews and mapping exercise
12:00 pm - Lunch
1:00 pm - Value Interviews and mapping exercise

November 8th , 2008

8:30 am to 10:30 am - Value Interviews and mapping exercise
(carried over from previous day)
12:00 pm - Lunch
1:00 pm - Community Planning Mtg
with Edward Hoshizaki
And/Or at
2:00 pm - Value Interviews and mapping exercise



Bingwi Neyaashi Anishinaabek Chief Paul Gladu and artist Benjamin Morrisseau pose in front of one of Morrisseau's paintings in the Bingwi Neyaashi Anishinaabek office in Thunder Bay.

Bingwi Neyaashi Anishinaabek's Custom Election Code development

Bingwi Neyaashi Anishinaabek is happy about the development of their own custom election code.

"We have a modern election code," says Chief Paul Gladu. "We've done an extensive process."

The community began their election code process about seven years ago through the formation of an election code committee, which was made up of Chief and Council and a group of six community members, and Elder and Youth committees.

"From the community we had 15 Elders and 10 Youth, from all over the area," Gladu says, noting that his community is made up of a floating membership due to their lack of a land base since they were required to move off their land in Sand Point decades ago.

The first stage of the process involved the initial development of the draft election code with the help of Wilfred King, the current Robinson Superior Regional Chief and Chief of Kiashke Zaaging Anishinaabek (Gull Bay First Nation) who had been working for Sand Point at the time.

"We worked on the election code for two-and-a-half years to three years before we got it finished," says Lawrence Esquega, one of the Elders on the committee.

Some of the key features of Bingwi Neyaashi Anishinaabek's election code are:

- a four-year term for Chief and Council;
- a criminal record check for all potential candidates;
- a fair election appeal process;
- the appointment of an electoral officer;
- a candidate must be a Band member for a period of not less than 12 months immediately preceding the day on which the nomination meeting is held.

The youth committee brought up the requirement of a four-year election term for Chief and Council, says Katie Borysewicz, one of the former youth committee members.

"In two years you can only do so much," says Laura Aims, another former youth committee member who is now a Band Councillor, explaining that a four-year term gives the Chief and Council a good opportunity to complete any initiatives they bring to the community.

Elder Esquega recalls the development of the criminal reference check requirement for potential candidates.

"It only stands to reason," he says.

"There is also a fair appeal process if people

don't agree with the election process," Borysewicz says.

Once the draft election code was completed, it was then sent to the Elders and Youth committees to review.

"It was a pretty important decision," Jessica Stewardson, also a former youth committee member says. "It showed us that our opinions did matter."

After it was reviewed by both committees, the draft election code was brought to the attention of Indian and Northern Affairs Canada and Fred Bellefeuille, legal counsel of the Union of Ontario Indians.

When the election code was finalized, it was brought before the community membership for ratification.

The ratification process took about eight to 12 months, employing the same process Bingwi Neyaashi Anishinaabek used on their very detailed Land and Larger Land Base ratification, and involved:

- notifying community members about the new election code through an advertisement in the Band Newsletter;
- searching for all member's postal addresses;
- using the address database previously obtained through advertisements placed in a number of newspapers, including the Globe and Mail, Toronto Star, Winnipeg Sun and Edmonton Sun, during the Land and Larger Land Base ratification;
- mailing out ballots to all known members.

The new election code process was implemented after the community vote, and the first election under the code was held in 2005, with Chief Paul Gladu and Councillors Leona Clarke and Laura Aims being elected for the first four-year term.

Elder Esquega is pleased with the new election code, noting that he first inquired about moving back to Sand Point in 1968 and is looking forward to the final signing over of the land this coming year.

"It's home for me there," he says. "There's a lot of things we can do there."

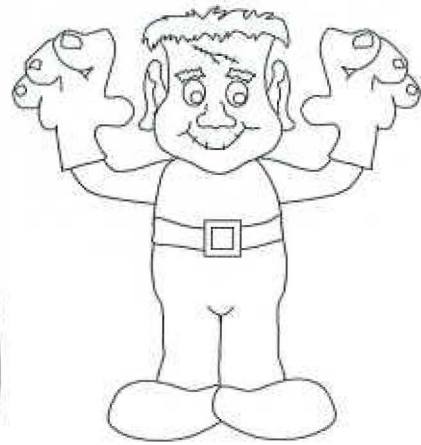
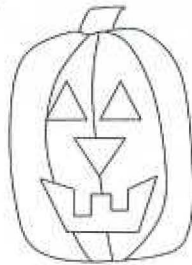
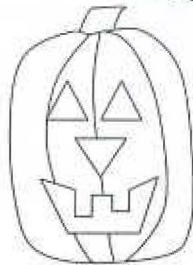
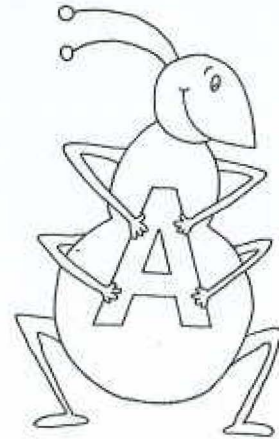
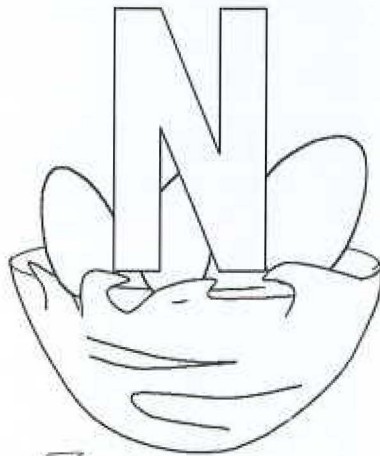
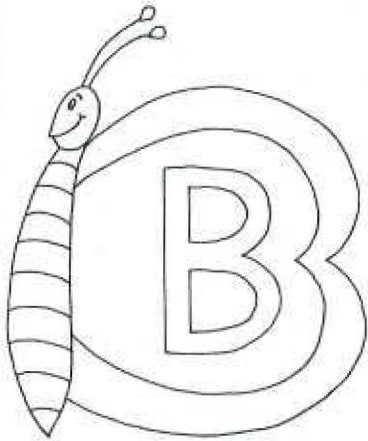
Chief Gladu adds that there are now 11 Union of Ontario First Nation communities with four-year election terms.

"In the near future, I would like to see all 42 First Nations within the Union of Ontario Indians and the Grand Council Chief have their elections held at the same time," Gladu says.

"This is one of the initiatives the we are all working towards right now."



FUN FOR KIDS



Fun Math!

$1+1=$

$9-2=$

$1+2=$

$8-4=$

$1+3=$

$7-6=$

$1+4=$

$6-0=$

WHAT LETTER'S ARE MISSING?

A B C _ E F G H _ J _ L M N

O _ Q R S _ U V _ X Y _

Good Job!

Happy  Halloween