

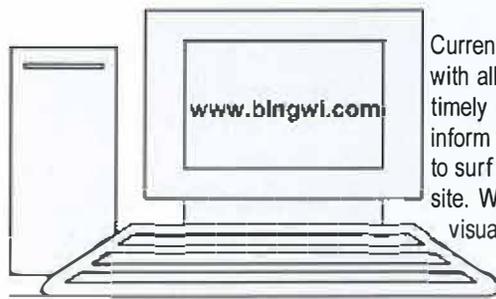


# Bingwi Neyaashi Anishinaabek

Summer Newsletter  
2007, Issue 2

## Message from Chief & Council

Chief and Council are very excited and pleased to announce the launching of the Bingwi Neyaashi Anishinaabek Website. The website is located at [www.bingwi.com](http://www.bingwi.com) and was commissioned by a band member, Tony McGuire of [www.FliSite.com](http://www.FliSite.com).



Currently, the website is up and running but is still being loading with all of our information. Our goal for the website is to provide timely information by updating weekly, and daily if warranted, to inform all band members of the latest news. The site is very easy to surf and members are more than welcome to take a tour of the site. We welcome any feedback you may have whether it be for visual effect or other menu items you would like have available.

Chief and Council believe that this is the most effective way of communicating to our band members regardless of where you reside. Once the website has been updated, it will include pictures, community events, newsletters, band news, and an email link in which to contact us.

### PHONE NUMBERS:

Chief Gladu 624-6768  
[paulgladu@hotmail.com](mailto:paulgladu@hotmail.com)  
 Councillor Clarke 628-3590  
[leonac@baytel.net](mailto:leonac@baytel.net)  
 Councillor Airns 939-2431  
[lairns@hotmail.com](mailto:lairns@hotmail.com)  
 Band Office (807) 623-2724  
 Toll Free 1-877-623-2724  
 Fax Line (807) 623-2764

### OFFICE ADDRESS:

146 Court Street South  
 Thunder Bay, ON  
 P7B 2X6

### BINGWI NEYAASHI ANISHINAABEK'S TEAM:

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

Inside this issue:

<i>Chief &amp; Council Message, Website, Land Celebration rescheduled</i>	1
<i>ABORIGINAL DAY June 21st, 2007</i>	2
<i>NATIONAL DAY OF ACTION June 29th, 2007</i>	3
<i>Birthday Announcements, FYI</i>	4
<i>Health Department News</i>	4
<b>OFFICE CLOSURES</b>	5

## Land Celebration Rescheduled

Chief Gladu and Council have struck a committee to plan, organize and coordinate a community land celebration. The committee consists of Councillors Laura Airns and Leona Clarke, Katie Borysewicz, Kelly Banning, Audrey Gilbeau, and members Cora-Lee McGuire and Gloria Deans.

Initially we were planning to hold the celebration in August of 2007, however with pending Provincial and possibly Federal elections, it is not possible to ensure that we have our partners available for the formal part of the program. Therefore, we will be rescheduling the event for June of 2008. In retrospect, come June of 2008, we will be assured to have the land, and we are confident that we will much to celebrate in these coming months.

In preparation for the celebration, the Committee will be undertaking numerous activities that will enhance the celebration i.e. fundraising, cultural activities including regalia making with parents and their children, a formal commemoration of our history including the flooding of our lands.

We encourage you to contact our office or check the website at [www.bingwi.com](http://www.bingwi.com) for additional information. We will have a separate menu item on our website that will provide updates for the land celebration and related activities such as fundraising events.

**YOU ARE INVITED!!!!**

**PLEASE JOIN US IN CELEBRATING  
ABORIGINAL DAY ON OUR LAND!**

**COME AND SPEND A FUN-FILLED DAY  
AT OUR LAND BASE!**

**DATE: THURSDAY, JUNE 21ST, 2007**

**TIME: 11 A.M.—3:00 P.M.**

**NEED TRANSPORTATION TO ATTEND??**

**PLEASE CONTACT KATIE AT THE BAND OFFICE @  
# 623-2724 IF YOU REQUIRE TRANSPORTATION.**

**— WE MUST KNOW BY MONDAY, JUNE 18TH BY 4:00 P.M. —**

**Fish Fry**



**Bannock Making Contest**

**We look forward to celebrating  
National Aboriginal Day  
With you on our Land!**

**CHILDREN'S ACTIVITIES**

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Bingwi Neyaashi Anishinaabek Ojibways of Pic River First Nation Whitesand First Nation

# JOIN ALL THE NORTHERN SUPERIOR FIRST NATIONS ON THE

# NATIONAL DAY OF ACTION

Long Lake #58 First Nation

Fort William First Nation

Red Rock Indian Band

Pic Moberg First Nation

**JUNE 29, 2007**

*The National Day of Action is an opportunity for First Nations and Canadians to stand together in a spirit of unity to support a better life for all First Nations peoples. Let us stand together to put an end to the First Nations poverty as the greatest social injustices in Canada. Together, we can demonstrate that the relationship between First Nations and Canadians is based on the principles of RESPECT, DIGNITY and FAIRNESS.*

**On June 29<sup>th</sup>, the leadership from the Northern Superior Region will give voice to First Nations CHILDREN, YOUTH, and ELDERS – who will be leading our March of Solidarity.**

**The day's activities will last from 11:00 am to 3:00 pm, to be followed by a press conference on Friday June 29<sup>th</sup> at the Nipigon Bridge.**

**For more information on participating in the National Day of Action, please contact Judy Currie at the Union of Ontario Indians at (807) 623-8887.**

**NEED TRANSPORTATION TO ATTEND??**

PLEASE CONTACT KATIE AT THE BAND OFFICE @ #623-2724 IF YOU REQUIRE TRANSPORTATION.

**—>WE MUST KNOW BY FRIDAY, JUNE 22ND BY 4:00 P.M.<—**

Kiashke Zaaging Anishinaabek Michipicoten First Nation Pays Plat First Nation

Biinjiwaabik Zaaging Anishinaabek

Animbiigoo Zaag'igan Anishinaabek

Namayoosisigagun First Nation

**BINGWI NEYAASHI ANISHINAABEK  
HEALTH DEPARTMENT**

**GRACE T. PODOLCHUK**

**Community Wellness Worker (AHBHC)**

'For Your Health' .....

Greetings to all Members!

I hope that this newsletter finds you in good health and that you have that warm summer weather enthusiasm to take in some healthy outdoor activities!

**Upcoming local events**

**Great FASD Ride across Canada.  
July 5, 2007**

This year the FASlink Fetal Alcohol Disorder Society lead horse back rider Steve Thomas along with a very dedicated group of individuals will be passing through Thunder Bay on July 5th. Their journey to raise awareness for Fetal Alcohol Spectrum Disorder began in Halifax N.S. on May 17th, 2007. The ride will end on Vancouver Island September 9th, 2007, International FAS Day. It all starts at the Terry Fox Monument at 10:30 am. Come out and enjoy the ride.

For more info:

Website: <http://www.faslink.org/Ride01.htm#Route>

**Fort William First Nation Health Fair Wednesday,  
July 11, 2007**

Located at the FWFN Community Centre: Scheduled for All Day For more information: (807) 622-8802

**Teddy Bear Picnic Tuesday, July 17, 2007**

11:00 – 3:00 pm

Located at Vickers Park (corner of Arthur & Selkirk)

Don't forget to bring sun screen, blanket, and your teddy bears!

Website: <http://www.thunderbay.ca/index.cfm?fuse=html&pg=1177>

**Coastal Steel Kids of Steel Triathlon**

July 27, 2007

Time: 6 to 8 pm

A Triathlon of swimming, biking, and running: for youths ages 6-16. Biathlon of biking and running for children ages 4 & 5. Location: Boulevard Lake

For more information: Toll Free: 1-800-785-2877  
Website: <http://www.thunderbaytriathlon.com>

**Family Fishing Day**

Fishing rods and tackle provided.

Location: Hazelwood Lake Conservation Area, Hazelwood Drive

July 08, 2007 from 9:00 to 12:00 pm

For more information: Tel: 807 344-5857

Website: <http://www.lakeheadca.com>

Website: <http://www.lakeheadca.com/hazelwd.htm>

**\*REMINDERS to AHBHC Participants\***

**Good Food Box Day is Tues, July 19/07**

**Good Beef Box Day is Wed, July 20/07**

I have an awesome recipe for those hot summer days:

**Mouth Watering Zesty Fruit Delight**

4 small strawberries halved

2 small apples peeled and cubed

2 kiwi fruit peeled and sliced

1 banana peeled, sliced length wise, then regular sliced

2 peach yogurt individual size, stirred or fruit bottom will surface

2 tps of freshly squeezed lemon juice

4 tiny sprigs of fresh mint

In a large bowl combine the apples, kiwi, and banana. Gently stir in 1/2 of the yoghurt spoon into for fruit cups, or medium size bowls. Add to each fruit bowl 1/8 cup of the yogurt. Top the bowls with two slices of strawberries, 1/2 tsp of lemon juice and a small sprig of colorful green mint that's refreshingly cool. Refrigerate for 45 minutes and serve. Mmm Mmm Goodood!

*I hope you have a wonderful summer!*

*Until next time, be in health!*

*Grace*

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](mailto:gracep@bingwi.com)



# Birthday Greetings!

APRIL BIRTHDAYS    MAY BIRTHDAYS    JUNE BIRTHDAYS

Laura Airns

Brian Dow

Steve Podolchuk

Louise Esquega

Camille Borysewicz

Terrance Clarke

Eugene LeFrancois

Sarah Airns

Joseph LeClaire

Valkoinen Esquega

Pamela McGuire

Craig Johnston

Vincent McGuire

Martin Koronkiewicz

Iris Dow

John Noel

Joseph Drovinn

Hilda Legarde

Edwin Lefrancois

Gloria Esquega

Russell McGuire

Jean Dow

Jean Paul Gladu

Elise Hagar

Grace Podolchuk

Benjamin Gladu

Daniel McGuire

Jon Dow

John Johnson

Sherry-Anne Podolchuk

Bernard Morriseau

William Gibson

Lyle Gladu

Nathan Koronkiewicz

Leslie Podolchuk

June Gladu

Ebony Gladu



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

**New Transport Canada Regulation**



Effective June 18th, 2007, Transport Canada requires that all passengers who appear to be 12 years of age or older, present one of the following piece(s) of identification, before boarding their flights from/to Canada:

- One piece of government-issued photo ID i.e. Drivers License or Passport

**OR**

- Two pieces of government-issued non-photo ID, both of which show the name and at least one of which lists date of birth and gender i.e. Health Card, Military ID, Birth Certificate and/or Social Insurance Card

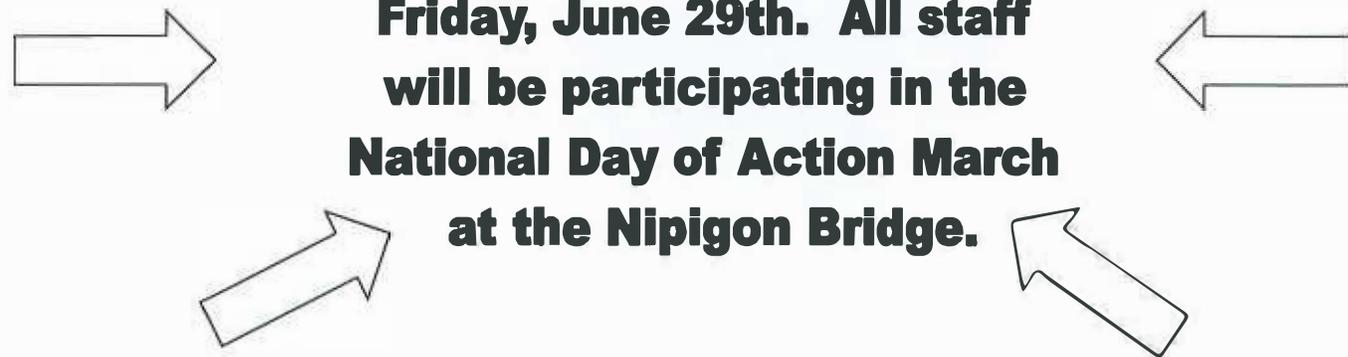
Passengers without proper identification will not be permitted to board an aircraft.

*\*Information courtesy of My Travel-Thunder Bay Travel*

# OFFICE CLOSURES



**The office will be closed on Thursday, June 21st. All Staff will be attending the Aboriginal Day Activities at our Land Base.**



**The office will be closed on Friday, June 29th. All staff will be participating in the National Day of Action March at the Nipigon Bridge.**



**In case of emergency, you can contact Chief & Council via cell  
Chief Paul Gladu - 624-6768  
Councillor Leona Clarke - 628-3590**