

DECEMBER 2008



SANDY LAKE FIRST NATION

Christmas Edition

Message from the Chief and Council

We would like to say Merry Christmas to the children and everyone in Sandy Lake.

Christmas is the time of joy and spirit of the birth of Christ Jesus. December 25 is Jesus' birthday. During Christmas we give thanks and enjoy the company of family and friends. We celebrate this festive season; by gathering at feasts, attending church, participating in community sledding, competing in snow sculpturing, house decorating and listening to and singing Christmas songs of praise.

Your involvement in community activities is encouraged. Spending time and looking after the needs of our children is very special and rewarding especially during

this time. We wish everyone a safe and wonderful Christmas and hope the message of the birth of Jesus comes to every home. God Bless.



The Chief and Council would like to say "Thank You" to all the people and organizations involved in making the Christmas Food Hamper program successful. This demonstrates that we can accomplish great things by working together as a community. Enjoy your food hampers in the spirit of family togetherness.

Sandy Lake Welfare Administration NCB (National Child Benefit) Program

For a number of years now, we have had the Christmas food hampers program, which are provided to the 600 students of the Thomas Fiddler Memorial -Elementary and High-Schools and the Washtenigun Christian School. This has been made possible through funding of the NCB Nutrition Program and partnership of Sandy Lake Health & Diabetes Program, Sandy Lake Board of Education, Northern Store and ,of course,

Chief & Council.

This year, we have new partners joining us, Sandy Lake Health Authority, Sandy Lake Community De-

velopment Services Inc., and Tikinagan Child and Family Services. We also receive tremendous support from the community on food hamper packing night.



It is, indeed, a pleasure coordinating this activity, which promotes healthy eating, physical activities, safety and , in general, a healthy lifestyle.

We wish everyone a happy, fun and safe holidays!!

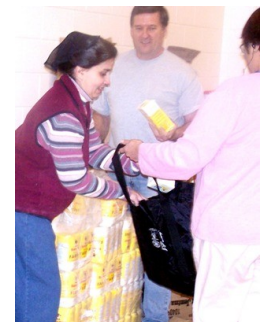
Sandy Lake Health and Diabetes Project

The purpose of our program is to promote healthy living, physical activity, healthy eating, and the prevention of diabetes.

We have been directly involved in the careful selection of food products in the food hampers. We are hoping that you use these foods and ingredients to feed your young ones as

the holidays go on. This year's hamper includes a Crazy Carpet so the kids can get outside be active. Sliding is a good way to stay active. So I encourage parents and guardians to get out there and have fun sliding with your children

The Sandy Lake Health & Diabetes Project would like



to wish the community members a Happy and Safe Holiday season.

Sandy Lake First Nation Health Authority

"Healing our People"

The Holiday Season is upon us again and we would like to extend our Christmas Greetings to the people of Sandy Lake.

Over the past year we have been working hard to deliver programs and awareness campaigns in all health related areas that address the needs of the community.

We are proud to say that we have met all our goals and expectations and we will continue to serve the community the best we can.

We have always said that our chil-

dren are our greatest resource in our community. They are an investment that needs constant nurturing and care. That is why we must look after our children and make sure they have a fun-filled Christmas, free of negative elements. Christmas is a time for making memories that will last a lifetime for our kids. So We hope every-

one does their part in making this Christmas a wonderful one for all children.

As we head into the New Year, we will continue to work towards a better and



brighter future for our community. With new programs and projects on the horizon we know we can deliver a healthier community for our people.

We would like to encourage community members to take part in the Christmas festivities throughout the holidays, dress warm and be safe. Have a Merry Christmas and a Happy New Year!

MESSAGE FROM THE SANDY LAKE BOARD OF EDUCATION

MERRY CHRISTMAS STUDENTS AND PARENTS

Sandy Lake has many fun activities planned for this Holiday Season. There are numerous feasts, skating, hockey games, sliding and radio shows to name a few of the events. It's a time to spend with family and friends.

The Sandy Lake Board of Education encourages all students and parents to participate in

these fun and festive activities.

Christmas food hampers are provided to all students. These hampers help families defray the costs of groceries, and promote healthy and happy eating, every food hamper meets Canada Food Guide standards.

The Sandy Lake Board of Education wishes all the students and parents a safe, healthy, and fun holiday season.

Season's Greetings.



Message from the Store Manager



Merry Christmas Sandy Lake

Well, for us here at the Northern Store the busiest and most exciting season is upon us. Our Christmas event nights are in full swing and we are looking forward to the ones yet to come.

As part of our continuous support of the community, this year we have chosen to donate 600 green re-usable bags to the Annual Christmas

Hamper effort. We donated these bags with the hope that it will motivate YOU the shoppers to take part in the global effort to save our planet. As you know, plastic bags remain forever in landfills all around the world. These re-usable bags can take the place of the hundreds and hundreds of plastic northern bags you and your family use each day. So we challenge YOU, the people of Sandy Lake to make 2009 a cleaner and

greener year by re-using these bags for your shopping needs. Together we can make a difference to not only to our community and country but to the entire planet.

The management and staff of the Northern store of Sandy Lake would like to wish each and every one you a SAFE and Merry Christmas! Thank you so much for your continuous support!

Mamow Oshki Pimagihowin “ Working together to provide new life skills”

Tikinagan Child and Family Services

By Ida Anishinabie

A “Big Hello” to you from the Mamow Oshki Pimagihowin program. I work as a Community Prevention Coordinator.

I guess you’re wondering what the program is about and what I do. I work in partnership with other local service providers, including Tikinagan child protection services, to reduce child maltreatment and assisting families to provide optimum level of care for their children.

Identifying program needs and priorities and develop programs in response to these needs. Services to be offered are to include prevention, education, support and recreation programs.

The Mamow Oshki Pimagihowin pro-

gram will serve to strengthen families, support and encourage children and youth in building community pride. The program will promote cultural awareness and enhance cultural identity, language, customs, beliefs and practices.

Our elders with their traditional wisdom and knowledge will assume a prominent role in the provision of our cultural teaching and support to the children, youth and families.

The program has a cooking class for the youth at the high school for the grade 7’s and 8’s, 9’s

and 10’s every second week where they develop skills on how to cook variety of things. Also, the program has a radio show which is called the “Booshoo hour” every Friday morning so the community members can wish

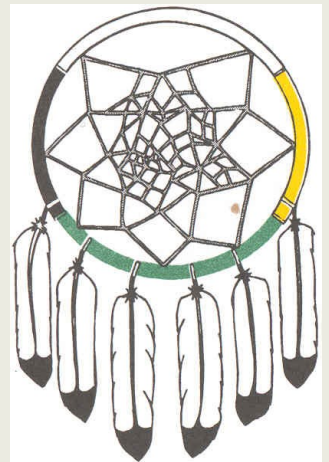
their families and friends a “Good Morning” or “Happy Birthday” from 8-10am. So if you wish to say “Hello” or “Good Morning” don’t hesitate and don’t be shy to call in. I will be working on developing other programs which I invite you all to participate in the various programs coming up after Holidays.

I would like to wish you all a **Merry Christmas** and a **Happy New year!**



SANDY LAKE COMMUNITY DEVELOPMENT SERVICES INC.

We would like to wish you a safe Merry Christmas and a Happy New Year From all of us at the Corporation office, Heavy Equipment Garage, Water and Sewer Truck Driver’s and Garbage Disposal Service. The REST DAYS FOR ALL OF THE STAFF is on December 25 and 26 and JANUARY 1st ONLY, so no one will be responding to calls on those days. Half of the staff will be working through the Christmas holidays to tend to all your required services.



SANDY LAKE FIRST NATION VOLUNTEER FIRE DEPARTMENT

MERRY CHRISTMAS

The Sandy Lake First Nation Fire Prevention Program would like to remind people to take extra precaution for the coming holiday season! Following are some safety tips that should be observed:

- Ensure that children do not play with matches, lighters and candles.

- Look for electrical hazards, octopus receptacles and frayed cords.

- Know the fire safety rules.

FOR FIRE EMERGENCIES, CALL:

774 1301

(WAIT FOR BEEP, THEN DIAL 9,9)

WHEN CALLING, GIVE NAME AND LOCATION OF THE FIRE.





Sandy Lake Youth Council “It starts with.... Us”

As Santa and his Elves prepare for another busy season, the Youth Council would like to remind the community to play and stay safe this holiday season. Lets all have a good Christmas. Let's do it for our community, our friends, and most importantly, the children.

This year we have been hard at work preparing programs and activities in connection with the Brighter Futures Project. We would also like to mention that our ultimate goal is to build a youth centre and that we have been directly involved in this lobbying process. We know it's a big and tough task and we believe we can work together to reach our goal.

Getting back to Christmas, one

of the best ways of having a “Christmas to remember” is to get involved in community events as a family. Look up the community calendar and make plans to get involved. Another way is to plan personal activities for your family such



Sandy Lake Youth Council 2008–2009

as decorating the tree, putting up lights, singing Christmas songs, and having Christmas dinner. Plan your activities knowing your children will cherish the memories forever in their hearts. Remember it's not how big and expensive the gift is, it's the thought that counts. Make it worthwhile for your family.

As we look into the New Year, we can only imagine all the great things that are coming our way as we look to improve the strength of our youth. Tragedies and hardships is a reality but we are expected and we know we can overcome and learn from it. We are a strong community.

The Sandy Lake Youth Council would like to wish everyone a Very Merry Christmas and a Happy New Year.