

Weekly Newsletter for April 20-26

Flyers are to be delivered each weekend by 4pm Sunday evening.

Didn't receive your newsletter this weekend?

Please call Kristy Boucher at 623-9543 ext.217 or
info@fwfn.com with your questions or concerns.

Finance Information Page For:

- Direct Deposit Forms for Member Distributions
- Youth Turning 18 – Direct Deposit Forms
- Late Banking Information – Annual Member Distributions
- Are You Making a Payment?

Is now on Page 2 of our Weekly Newsletter

Stay informed, follow us on:



@fortwilliamfirstnation



@FWFN1

NOTICE TO ON RESERVE HOUSEHOLDS WITH DOGS

Letting your dog run loose, puts them and the community members in danger.

It is up to the pet owner to control their pets, and protect others from them. Pet owners can be held accountable if their pet hurts someone.

Please be advised that Flyer Carriers have the right to refuse delivery to the household in they encounter a dog or dogs in the area that makes them feel unsafe.

Direct Deposit Forms for Member Distributions

Please keep your banking information up-to-date with Finance. If you change your financial institution or have not yet provided any banking information to Finance, the following options are available to submit your Direct Deposit Information:

1. Mail in a sample VOID cheque from your chequing account that has your current address information on it. Please enclose a brief note such as **“Please update my direct deposit information”, sign and date** this note and provide your phone number in case we need to contact you.
2. If you have online banking, you can print out your own Direct Deposit form, **sign and date it**, print your address and phone number on it and mail it to FWFN Finance.
3. You can also visit your financial institution and have them fax FWFN Finance directly at (807) 623-5190 your direct deposit form after you signed and dated it. The fax must be faxed from the financial institution and cannot be faxed from a third-party fax number. Please note, some financial institutions provide this fax service and some do not. In the event they do not, you will need to mail this direct deposit form to us, as we will require your **original signature**.
4. Please note – Finance does not process any banking updates by e-mail or pictures.
5. If you are providing your banking information for FWFN employee payroll purposes, you will need to consent to release this information from FWFN Payroll to share this information to FWFN Accounts Payable and you will need to sign and date this form along with FWFN Payroll sign off.

Youth Turning 18 - Direct Deposit Forms

Please provide your direct deposit information as noted above at least 1-week in advance of your birthday to the attention of Finance to release FWFN youth funds held in trust. In addition, as the Specific Claim Housing Trust administers the remaining balance of youth funds, please also contact Michael Pelletier Jr, CEO directly at cell (807) 629-0471 to arrange any payment of these youth funds due to you, you will need to provide your banking information to them directly.

Late Banking Information – Annual Member Distributions

Any revised direct deposit information received after a member distribution will be processed on the 3rd – Friday of each month thereafter. Please provide no later than the Wednesday before the 3rd Friday to ensure any amounts owing to you are processed on the 3rd Friday. Otherwise, your payment may not be processed until the following month's 3rd Friday.

Are You Making a Payment?

Any member or customer making a payment (rent, ice rental, arena gym memberships, hall rental, hunting/fishing licenses, craft tables, Health Fair, Good Food Box, Pow Wow vendors, any other payments), Fort William First Nation Reception (2nd Floor of Band Office) must issue you an official pre-numbered FWFN receipt at the time of your payment.

FWFN Reception can now also process your payment by **debit/credit card** (Visa, MasterCard, American Express, and Discover). You may also make your payment FWFN Reception by cash or cheque, you may also mail in your cheque payment to the address noted below. Please reference your invoice number or rental unit address for rental payments.

FWFN Arena can process receipts if you are paying for your ice by cheque, debit or credit card. The Arena no longer processes cash. If you are paying your ice rental by cash, please see FWFN Reception to have your official pre-numbered FWFN receipt issued to you.

Fort William First Nation – Reception is located on the 2nd floor, Suite 200 at 90 Anemki Drive.

Questions regarding the above can be addressed to Lori Payne, CPA, CA – A/Director of Finance.

COVID-19 – Update from Finance

The health and safety of our people, partners, families and community are our priority. In response to the COVID-19 pandemic, we have temporarily closed our offices to the public. We are operating at minimum essential services only and will be working remotely, our response time to you may be delayed regarding non-essential inquiries and services and we ask for your understanding and patience as we work through these difficult times.

For up-to-date information on COVID-19, please visit:

- Ontario Ministry of Health's website: <https://www.ontario.ca/page/2019-novel-coronavirus>
- Public Health Services Canada website: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

You may also visit Fort William First Nation's COVID-19 Action Plan web page at: <https://fwfn.com/covid-19-action-plan/>

Any emergency calls to the Band Office reception should be redirected to essential services staff or FWFN Emergency Response Call Centre at (807) 698-0415 or by email at COVID19@fwfn.com. The COVID-19 Action Plan web page includes an Important Contact Information area also.

In addition to being a part of the COVID-19 pandemic team, Finance will be onsite regularly to assist with business continuity such as checking mail and responding to COVID-19 needs as our primary focus in addition to doing our best to administer all of our Finance functions such as our payments.

Are you trying to make a payment on your account?

During this interim period, you may wish to inquire with your financial institution on ordering cheques and mailing your payments to us at 90 Anemki Dr, Suite 200, Fort William First Nation, ON P7J 1L3. Alternatively, you may call in your payment with a credit card (Visa, MasterCard, American Express and Discover).

Payments to our suppliers

During this interim period, we will continue to make our supplier and member-contractor payments as scheduled to the best of our ability, however, we are committed to responding to our COVID-19 priority needs first and foremost in order to serve our Community to ensure their health and safety during this time.

If you are a member-contractor with no current banking information on hand for EFT direct deposit payment, we will be mailing your payment by cheque to you. All regular supplier payments will be processed by cheque and mailed. There will be no picking up of cheques for personal delivery in order to uphold the physical distancing requirements by public health officials.

Banking updates – direct deposit forms

During this interim period, Finance will only be accepting direct deposit information by mail and by fax direct from your financial institution. Please see the previous page on the correct format.

Bingo Balls

Bingo Balls applications received up to the point of the Bingo operations shutdown due to COVID-19 effective March 12, 2020, will be processed by Friday March 27, 2020. Any applications received after the Bingo Operations shut down will not be processed. Once Bingo operations resume and reopen, applications will need to be resubmitted at that time and will be processed thereafter.

COVID-19 – Update from Finance (continued)...

Applying for EI Benefits and Emergency Response Benefit?

It is best to have all the following information with you before you start your online application in order to prevent delays:

1. Your ROE – if your employer submits electronically, you do not need a paper copy (Note: FWFN submits ROEs electronically)
2. Your Social Insurance Number (SIN)
3. ID – such as driver's license, birth certificate, passport for status card
4. Your complete bank account information (you can find this on your bank statement)

Apply online at: <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html>

Applying for Canada Emergency Response Benefit (CERB) with CRA

Based on information on the CRA website:

“The CERB supports Canadians by providing financial support to employed and self-employed Canadians who are directly affected by COVID-19.

It provides a payment of \$2,000 for a 4-week period (the same as \$500 a week) for up to 16 weeks.

After you apply, you should get your payment in 3 business days if you signed up for direct deposit. If you haven't, you should get it in about 10 business days.”

If you have already applied for EI, you will not need to apply for the CERB.

For more information about CERB, please visit: <https://www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html>

Canada's COVID-19 Economic Response Plan

If you are an individual, business or industry – you may qualify for support under Canada's COVID-19 Economic Response Plan.

For more information about Canada's plan, please visit: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

Meegwetch – Stay safe and well – We are all in this together, in kindness,
Your Finance Team



Fort William First Nation

Food Distribution

Program



Purpose: To provide food security to Fort William Membership living on Fort William First Nation

- The Food Box will be distributed bi-weekly for 2 months to members who register for the program
- The Food Box will provide non-perishable food items (toiletries, cleaning supplies, and well-baby bundle for children under 3)



Eligibility Criteria

- Must Reside on Fort William First Nation
- Must register for the distribution

Registration

Phone Registration: Monday to Friday 9:00am to 4:00 pm

Contact: Courtney Lee (807)629-0027

Or Call COVID-19 Call Centre @ (807)698-0415

Email: membership@fwfn.com



Fort William First Nation Food Distribution Program

OVERVIEW

- The health and safety of our community is our priority in response to the Covid-19 pandemic.
- To provide food security to Fort William First Nation Membership living on reserve.

PROGRAM NAME: Fort William First Nation Food Distribution Program

DESCRIPTION

- To provide food to members of Fort William First Nation that register for the program.
- To provide non-perishable food items. (toiletries, cleaning supplies, and a well-baby bundle for children under 3 yrs.)
- The Food Box will be bi-weekly for 2 months to members who register with the program and live on the reserve. Start Date April 24, 2020.

REGISTRATION/CONTACT/HOURS

- Phone Registration: Mon. to Fri. 9am. to 4pm.
- Band Membership Clerk Courtney Lee: (807) 629-0027
- Email: membership@fwfn.com
- COVID 19 Call Centre (807) 698-0415

ELIGIBILITY CRITERIA

- Must reside on the First Nation.
- Must register to access service.



Fort William First Nation

Emergency Food Distribution **Registration Form**

Member's Name _____

Address _____

Telephone Number _____

Contact Email _____

General Information

Number of People living in home _____

Number of Children (under 3) _____

Number of Children (3+) _____

Number of Adults (18+) _____

Number of Elders (65+) _____

Health Information

Heart Disease ☐

Diabetes ☐

Cancer ☐

Asthma ☐

Other Health
Conditions _____

Lake Superior Fish (Fish is available upon request)

Whitefish (Fillets) ☐

Lake trout (Fillets) ☐

Steelhead (Fillets) ☐

Staff Signature _____

Date of Registration _____

Date of Delivery _____



Covid-19 Did you Know?

Date: April 17th, 2020

The Anishinabek Police Service (APS) supports all measures necessary to limit the spread of COVID-19.

We recognize that this is a stressful time, with many people feeling a sense of uncertainty and instability within our community.

Our priority is to ensure our community and our members are safe during this unprecedented health crisis. We continue to encourage members of the public to comply with all recommendations from public health experts as well as, our First Nation leadership to help stop the spread of COVID-19.

The APS will respond to community concerns through Discretion & Education however, individuals who do not comply with orders could be subjected to Enforcement initiatives.

Fort William First Nation: Covid-19 Trespass By-law

The APS have the authority to enforce First Nation by-laws made pursuant to section 81 of the *Indian Act*. This includes by-laws for the purposes of ensuring the health of residents on the reserve and to prevent the spreading of contagious and infectious diseases.

Please refer to the FWFN website to confirm prohibited activities.

	Offence	Fine
1	Engages in any prohibited activity on Reserve	Summary Conviction Offence, fine up to \$1000 or imprisonment not exceeding 30 days
2	Fails to Comply with Trespass Curfew	As above
3	Fails to leave the Reserve when requested by a police officer under Section 7 hereof or fails to leave the Reserve when issued a trespass Notice	As above

Provincial Emergency Management and Civil Protection Act (EMCPA)

As a provincial law of general application, the EMCPA applies in First Nation communities. The APS have authority to enforce emergency orders made under the EMCPA in First Nation communities.

The emergency orders made under EMCPA can be found at <https://www.ontario.ca/page/emergency-information>. They include orders such as the declaration of provincial emergency, prohibiting events and gatherings of more than five people, and the closure of non-essential workplaces, public places and establishment to name a few.

The following offences are available under the EMCPA for violations of Ontario's emergency orders, including in First Nation communities. Set fines for offences under the EMCPA are as follows:

	Offence	Fine
1	Fail to comply with an order made during a declared emergency	\$750.00
2	Obstruct any person exercising a power in accordance with an order made during a declared emergency	\$1000.00
3	Obstruct any person performing a duty in accordance with an order made during a declared emergency	\$1000.00

Provincial Trespass to Property Act

The Trespass to Property Act is a provincial statute that addresses illegal entry into private and public property.

The following offences are available under the TTPA for violations under the POA & including in First Nation communities:

	Offence	Fine
1	Enter Premises when entry prohibited	\$50.00
2	Engage in prohibited activity on premises	\$50.00
3	Fail to leave premises when directed	\$50.00

The APS remain committed to providing essential services throughout the community. We recognize that many businesses have temporarily closed due to COVID-19. As always, we will continue proactive patrols and respond to calls for service to ensure the safety and security of our community. If members of the public observe suspicious activity or individuals, near or close to a business, they are encouraged to call police immediately. Reporting crime and providing relevant information allows our investigators to identify suspects and solve crime. While charges under the Band Bylaw, EMCPA and TTPA are an option, the Anishinabek Police Service is initiating our enforcement efforts with education and warnings. Thus far, this approach has worked. However, if there is consistent and on-going non-compliance with orders, then formal charges may result.

INFORMATION ON RESOURCES AND ASSISTANCE AVAILABLE FOR COVID-19



HOW TO APPLY FOR EMPLOYMENT INSURANCE

To apply for regular benefits, you must submit:

1. An Record of Employment (ROE) - From each job you have had in the past year (52 weeks). Your employer will submit your ROE electronically.
2. You will need your Social Insurance Number (SIN).
3. Personal identification - Such as your driver's license, birth certificate, passport or status card.
4. Your complete bank account information, you can find this on your bank statement. *Note: If you do not have all of the information above, you can still apply, but you may experience longer wait times*.

To start your application, go to: <https://nokiiwin.online/reg-ei>

If you need more assistance with your claim, please contact one of the three staff listed below to set up a time where they will try to assist you with your claim.

Janis

E: supportservices@nokiiwin.com
T: (807) 631-1371

Jennifer

E: justice@nokiiwin.com
T : (807) 252-8284

Cheryl

E: legalworker@nokiiwin.com
T: (807) 633-7404

CANADA EMERGENCY RESPONSE BENEFIT (April 6th)

This taxable benefit would provide as much as \$500 a week for up to 16 weeks for workers who have or will lose their income as a result of the COVID-19 pandemic. The Canada Emergency Response Benefit is available to those who stop working for reasons related to COVID-19 or are eligible for Employment Insurance regular or sickness benefits. Examples of stopping to work could include but are not limited to:

- You have been let go from your job or your hours have been reduced to zero;
- You are in quarantine or sick due to COVID-19;
- You are away from work to take care of others because they are in quarantine, sick due to COVID-19; and/or
- You are away from work to take care of children or other dependents whose care facility is closed due to COVID-19.

For More Information: <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

GST CREDIT (Launches early May)

Average \$400/ individuals & \$600/ couples. Who can apply? Low and moderate-income families.

MORTGAGE DEFERRAL

Up to 6 months of deferral on mortgage payments, skip a payment, automobile loans and credit cards. Who can apply? Case by case basis. Speak with your bank for more information.

INCREASE FOR CANADA CHILD TAX BENEFIT (Launches in May)

\$300 per child. Those already receiving the benefit do not need to re-apply. Who can apply? Parents and guardians of one or more children under the age of 18.

ONTARIO DISABILITY SUPPORT PROGRAM (ODSP) AND ONTARIO WORKS (OW)

ODSP and OW have available a one-time benefit of \$100 for an individual and \$200 for a family. This benefit will be given out on a case by case basis, and you must call your caseworker to access it.

For general inquiries, please call: 1 (888) 789-4199.

EXTRA TIME TO FILE INCOME TAX RETURN

We are deferring the filing due date for the 2019 tax returns of individuals. For individuals (other than trusts), the return filing due date will be deferred until June 1st, 2020. We will also allow any new income tax balances due, or instalments, to be deferred until after August 31st, 2020, without incurring interest or penalties.

For more information on all the above go to: <https://nokiwin.online/intax>

ONTARIO MINISTRY OF EDUCATION

The Ministry of Education is providing financial support to parents to assist with the costs of educational resources during school and childcare closures as a result of Ontario's declared emergency to stop the spread of COVID-19.

Parents are eligible for a one-time per child payment of:

- \$200 for children aged 0-12, or
- \$250 for children with special needs aged 0-21

For more Information: <https://nokiwin.online/ed-asst>

FOOD BANKS

Regional Food Distribution Association (RFDA) posts where and when foodbanks are taking place. Visit: <https://nokiwin.online/rfda>

For a list of food banks by region go to: <https://nokiwin.online/tbay-food>
Additional food programs and services in Thunder Bay: <https://nokiwin.online/add-food>

Department: Fort William First Nation CEO

Date Prepared: April 15, 2020

Subject: COVID-19 Community Update

**Prepared by: Christina Thiessen
Executive Assistant - Office of the CEO**

NOTICE TO COMMUNITY- Update on COVID-19 from Emergency Response Group

As of Tuesday April 14th, 2020, at 5:00pm as confirmed by Thunder Bay District Health Unit there are 36 COVID-19 confirmed cases in Thunder Bay and Surrounding Areas (Including District Communities & First Nation Communities)

At this time there are 0 cases in Fort William First Nation.

As this number continues to rise please be mindful and understanding of the **need to keep our community healthy and safe**. This is the purpose for our security check points.

There is a strong concern from Chief and Council with those making unnecessary trips to town. We are asking and reminding everyone to please **only leave your home for ESSENTIAL items**.

- Those who need to leave Fort William First Nation for anything is asked to self isolate
- Do not go visiting.
- Pick up what you need and go straight back home.

The Fort William First Nation Emergency Response Group continues to meet daily, everyone has a role in the Fort William First Nation Pandemic Plan.

As of Friday April 10th, 2020, at 6:00p.m. Fort William First Nation has been on a 24-hour lockdown with Security check point. Anyone who passes is to be screened. Access passes can be approved by Chief & Council. This request is made to Courtney Lee by email at membership@fwfn.com.

Each residence on reserve has received a flag. **ONLY if you are sick** use the flags to help us identify if you are in need. If you have not received a flag please let us know by email at covid19@fwfn.com or by phoning the COVID-19 call centre phone line: (807) 698-0415.

- Coding for Flag system in homes:
 - White: Everything is Okay
 - Blue: Need Water
 - Yellow: Sick and/or Self Isolating
 - Red: Infected with COVID-19
 - Green: Need Food

COVID-19 Fort William First Nation Emergency Operations & Distribution Centre

- Set up at the community center
- Centre used to prepare and sort supplies
- Ongoing planning for a pop-up triage/field hospital if necessary

Fort William First Nation Food Distribution Program

- Distributed bi-weekly to those who register and are eligible
 - Registrations can be done with our membership clerk Courtney Lee via email: membership@fwfn.com, phone: 807-629-0027 or by calling the COVID-19 Call Centre: (807) 698-0415.
 - Eligibility:
 - Must be a FWFN Member and Reside ON Fort William First Nation
 - Must register for the distribution

Fort William First Nation Fruit & Vegetable Deliveries for On Reserve Elders (65+)

Deliveries will take place every Thursday (as long as suppliers can fill orders). Deliveries will start at 9:30 am on Mountain Road. Please follow FWFN Facebook page for updates. On reserve elders can call Myra @ 623-9543 ex. 225. Please leave a message, Myra will return your call within 24 hours.

COVID-19 Information & Communication Lines

- Website: <https://fwfn.com/covid-19-action-plan/>
- Email: covid19@fwfn.com
- Call Center Line: (807) 698-0415

Financial information:

Please see the Fort William First Nation Weekly Newsletter for information:

- Page 3 and 4- COVID-19- Update from Finance
 - Payments on accounts
 - Payments to our suppliers
 - Banking updates- direct deposit forms
 - Bingo Balls
 - Applying for EI Benefits & Emergency Response Benefit
 - Applying for Canada Emergency Response Benefit (CERB) with CRA
 - Canada's COVID-19 Economic Response Plan

Essential Services

Please see the Fort William First Nation Weekly Newsletter for more information:

- Pages 10 and 11 - Essential Services
 - Family Support/Child Welfare Services
 - Health Services
 - Mental Health Services
 - Addiction Services
 - Social Services/Wellness Hub
 - Education Services

Fort William First Nation Youth & Social Development Department

- All Youth, Recreation and Culture facilities and programs have been temporarily closed.
- Staff will continue to provide updates in the FWFN Community Newsletter and the FB SITE.
- Staff are continuing to provide online programming.
 - FWFN Youth & Social Development Department- will be offering services and programs for all Fort William First Nation youth and their families in the upcoming weeks.

- Staff are also trying alternate resources to deliver community programming.

How can I protect myself from getting COVID-19?

You can stay healthy and prevent the spread of infections by:

- washing your hands often with soap and water for at least 20 seconds;
- avoiding touching your eyes, nose or mouth with unwashed hands;
- avoiding close contact with people who are sick;
- coughing or sneezing into your sleeve and not your hands; and
- staying home if you are sick to avoid spreading illness to others.

If you have any questions please see contact information below.

Respectfully,



**Michael D. Pelletier
Chief Executive Officer
Fort William First Nation
90 Anemki Drive, Suite 200
Fort William First Nation, ON
P7J 1L3
P: 807.623.9543 Ext. 233
C: 807-629-0471
F: 807-623-5190**



FWFN Health Centre

You may find yourself in need of services

Some helpful supports are listed below:

APS-Anishinabek Police Service FWFN Detach: 807-625-0232

Child & Youth Crisis Support Line Thunder Bay: 807-346-8282

Thunder Bay Counselling Centre: 807-684-1880

Thunder Bay and Area Victims Services: 807-684-1051

Youth Outreach Worker: 807-623-8511

Beendigan Inc. Crisis Line: 807-346 HELP (4357)

Dilico Anishnabek Family Services: 623-8511

Safe Alternatives: 1-800-366-8288

Kids Help Phone: 1-800-668-6868

Thunder Bay Crisis Response Services: 1-888-269-3100 or 346-8282

Crisis Services Canada: 1-833-456-4566

Balmoral Detox Centre: 623-6515

Talk4Healing Help Line: 1-855-554-4325

FWFN Health

90 Anemki Drive
FWFN, ON
Phone: (807) 622-8802

HELP US NAME THE NEW FIRST NATION COMPANY!

Winning Name Will
Receive
Brand New Apple
AirPods



Submit Your Entry With the Following Information:

Proposed Name for the First Nation Company

- AND -

Contact Information With Your Name & Community

Submit your entry to Lori Salo at: lsalo@northvista.ca

**This New Company
Will Help the First
Nations GET INVOLVED
and BENEFIT from the
Waasigan
Transmission Line
Project**

This New Company:

- Is owned by 7 First Nations
 - Eagle Lake First Nation
 - Wabigoon Lake Ojibway Nation
 - Lac La Croix First Nation
 - Seine River First Nation
 - Lac Seul First Nation
 - Fort William First Nation
 - Nigigoonsiminikaaning First Nation
- Will assist these First Nations engage with Hydro One on the development of the Waasigan Transmission Line in their traditional homelands
- Will assist the First Nations benefit from the project through training, contracting, and economic ownership

The Waasigan Transmission Line Project is:

- A proposed new 230 kilovolt (kV) transmission line between Thunder Bay and Dryden
- Being developed by Hydro One
- Is currently in the "Environmental Assessment" Stage, with construction expected to start in 2024

**Deadline is
May 1st 2020**



F O R T W I L L I A M F I R S T N A T I O N

SHORT TERM- CONTRACT POSTING- AS NEEDED

Contract Title:**Newsletter Delivery Person****Contract Description:**

The Delivery Person will be responsible for the delivery of newsletters over established routes. It is preferred that they have access to a vehicle. They are expected to operate it in a safe manner at all times, obeying all rules of the road.

Major Responsibilities:

- Operate and drive automobile to pick up and deliver newsletters related to COVID-19 information and procedures.
- Perform pre-trip inspection of vehicle.
- Deliver newsletters over established routes.
- Operate vehicle in a safe manner, obeying all rules of the road.
- Report vehicle defects, accidents, traffic violations, or damage to the vehicles.
- Communicate effectively with the public, customers, and co-workers both verbally and in written form.
- Ensure that material is properly protected from the outdoor elements.
- Deliver to product and proper paperwork to our customers in a courteous and timely manner.
- Provide feedback to supervision regarding customer problems, mechanical problems, or delivery problems.

Qualifications:

- Valid Driver's License
- Clean Driver's abstract
- Demonstrated organizational skills with strong oral and written communication abilities
- High level of personal integrity
- Strong work ethic
- Must be able to work with little supervision; must be self-directed & reliable.
- *We will consider applicants that do not have a license however they must have assistance from someone who meets the above criteria.*

Compensation: **\$300 per delivery.**

Closing Date:

Applications, consisting of a cover letter & resume with three references, must be received by **4pm on Sunday, April 22, 2020.** Please direct your application to the attention of:

Donna Mullen, Human Resources Assistant
Email: donnamullen@fwfn.com

FWFN KARATE AT HOME

We would like to give our FWFN members karate still at home, so here is what our Instructor James has given us to share with FWFN.

If you have any Questions the Instructor provided his email:

Kokoro@tbaytel.net

Sanchin Kata

#1

RIGHT step, double middle blocks
LEFT punch
LEFT step
RIGHT punch
RIGHT step
LEFT punch
RIGHT punch
LEFT punch

#2

Double stab
Double stab
Double stab
Double stab
Double stab

RIGHT step backward
Circle block (RIGHT hand on top), push

LEFT step backward
Circle block (LEFT hand on top), push

*Remember how to bow!

Left foot forward, heels together, bow, right hand closed, left hand open behind, push down, SET IN READY STANCE, and begin your kata

*Remember your stance (feet slightly pointed in, knees bent)

*Remember your c-steps! Forward AND backward

*Practice pushing out all of your air when you finish

Basic Kicks

Front Snap Kick — Mae Geri

Heel Thrust Kick — Mae Konate

Knee Kick — Hisa Geri

Heel Stomp Kick — Shoba Konate

Forward Angle Kick — Sokuto Geri

Roundhouse Kick — Maewashi Geri

Side Kick — Yoko Geri

Squat Kick — Ootoshi Geri

Back Kick — Ushiro Geri

Pivot Kick — Shoba Geri

Sport Kicks

Hook Kick — Kake Geri

Crescent Kick — Mikazuki Geri

High Roundhouse Kick — Maewashi Geri

Jumping Double Front Snap Kick — Ni Dan Tobi Geri

Spinning Back Kick — Ura Ushiro Geri

Basics

1 — Straight Punch — Seikan oi Tsuki

2 — Straight Uppercut — Jodan oi Tsuki

3 — Reverse Punch — Seikan Gyak Tsuki

4 — Reverse Uppercut — Jodan Gyak Tsuki

5 — Low Block, Reverse Punch — Geidan Barai, Seikan Gyak Tsuki

6 — Middle Block, Reverse Punch — Chudan Uke, Seikan Gyak Tsuki

7 — Open Hand Middle Body Block, Finger Strike — Tegata Barai, Nukite

8 — Open Hand High Block, Reverse Uppercut — Jodan Tegata Uke, Jodan Gyak Tsuki

9 — High Block, Reverse Punch — Jodan Uke, Seikan Gyak Tsuki

10 — Deflection, Backfist, Reverse Punch — Ura Uchi, Seikan Gyak Tsuki

11 — Low Block, Five Punches — Geidan Barai, Go Den Juk Tsuki

12 — Middle Block, Five Punches — Chudan Uke, Go Den Juk Tsuki

13 — Low Knife Hand, High Knife Hand — Shuto Uchi, Shuto Uchi

14 — Palm-heel Deflection, Hook Punch, Hook Punch — O-uchi, O-uchi

15 — Cat Stance, Elbow Strike — Hije No Ato Tsuki

Japanese Numbers

1 — One — Ich

2 — Two — Ni

3 — Three — San

4 — Four — Shi

5 — Five — Go

6 — Six — Roke

7 — Seven — Sich

8 — Eight — Hatch

9 — Nine — Kyu

10 — Ten — Ju

11 — Eleven — Ju Ich

12 — Twelve — Ju Ni

13 — Thirteen — Ju San

14 — Fourteen — Ju Shi

15 — Fifteen — Ju Go

16 — Sixteen — Ju Roke

17 — Seventeen — Ju Sich

18 — Eighteen — Ju Hatch

19 — Nineteen — Ju Kyu

20 — Twenty — Ni Ju

Physical Requirements**Promote to Yellow Belt**30 crunches
15 pushups
15 leg raises**Promote to Orange Belt**40 crunches
20 pushups
20 leg raises**Promote to Green Belt**50 crunches
25 pushups
25 leg raises**Promote to Blue/Green Belt**60 crunches
30 pushups
30 leg raises**Promote to Blue Belt**70 crunches
35 pushups
35 leg raises**Promote to Brown Belt**80 crunches
40 pushups
40 leg raises**Promote to Brown/Black Stripe**90 crunches
45 pushups
45 leg raises**Promote to Black Belt**100 crunches
50 pushups
50 leg raises

- 1 - Straight Punch (step forward, same side punch)
- 2 - Straight Uppercut (step forward, same side uppercut)
- 3 - Reverse Punch (step forward, opposite side punch)
- 4 - Reverse Uppercut (step forward, opposite side uppercut)
- 5 - Low Block, Reverse Punch (step back, low block over lead leg, opposite punch)
- 6 - Middle Block, Reverse Punch (step back, middle block over lead leg, opposite punch)
- 7 - Open Hand Middle Block, Finger Strike (step back, open hand middle block over lead leg, opposite finger strike)
- 8 - Open Hand High Block, Reverse Uppercut (step back, open hand high block, opposite uppercut)
- 9 - High Block, Reverse Punch (step back, closed hand high block, opposite punch)
- 10 - Deflection, Backfist, Reverse Punch (step back, hand over lead leg goes to catch, then up to the ear like you're answering the phone, backfist, opposite side punch)
- 11 - Low Block, Five Punches (step forward, low block over the lead leg, five punches)
- 12 - Middle Block, Five Punches (step forward, middle block over the lead leg, five punches)
- 13 - Low Knife Hand, High Knife Hand (step forward, both hands come up to the opposite ear, open hand low block with the front hand, open hand high strike with the back hand)
- 14 - Palm-heel Deflection, Hook Punch, Hook Punch (step forward, palm-heel deflection across the body over the lead leg, opposite side hook punch, same side hook punch)
- 15 - Cat Stance, Elbow (step back into cat stance, both hands come up upside down, elbow backwards over the leg you are standing on, the front hand turns over to protect your front)

Remember

READY STANCE - Feet are shoulder width apart, toes are pointed forward, hands are as far back on your hips as you can get them

When you block during basics, you are always **blocking over the lead leg** (the leg that's in **FRONT** of you)

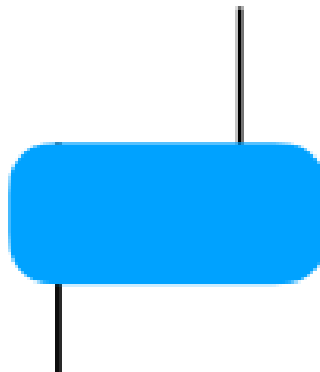
Reverse punches are thrown **off the back hip** (attached to the leg that is **BEHIND** you)

When you step to throw a block in basics, your hands come to **catch on the back hip** (attached to the leg that is **BEHIND** you)

When you block, the **muscle of your arm should be pointed outwards** (you should be able to see the inside of your elbow and your ENTIRE forearm)

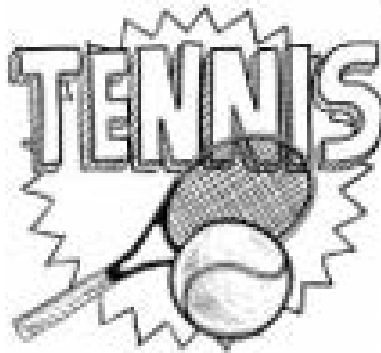
When we step in basics, we use a **C-Step** (draw a "C" on the floor with your feet)

FIGHTING STANCE - One foot is in front of the other, as if you've just taken a step, your hands are up to protect your face - if you don't protect your face, it's going to get hit

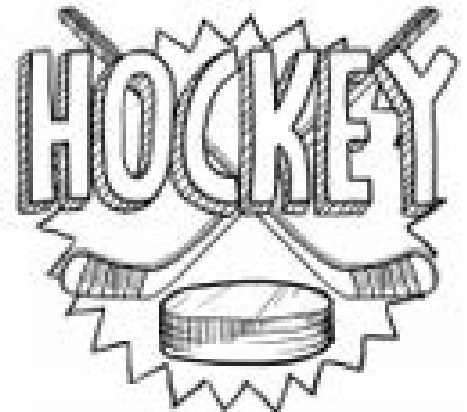


Youth & Social Development

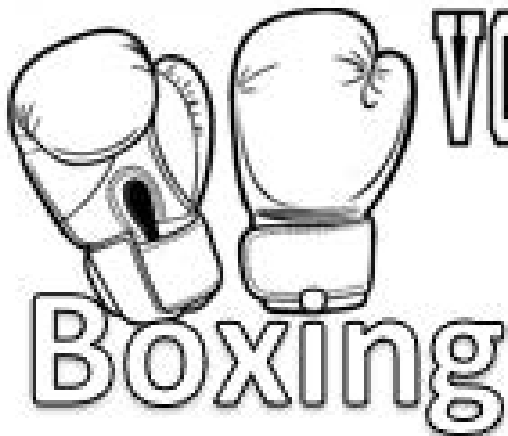
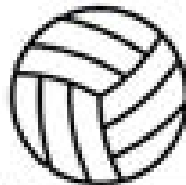
SPORTS



Karate



Heathy Body
Mind &
Soul

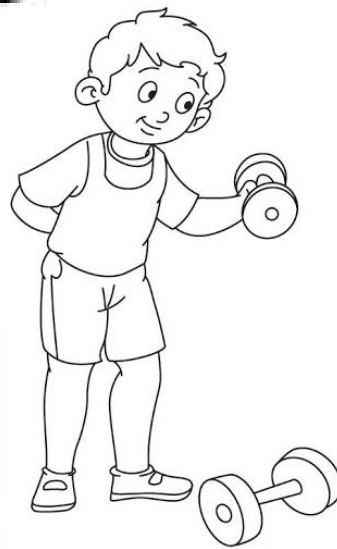
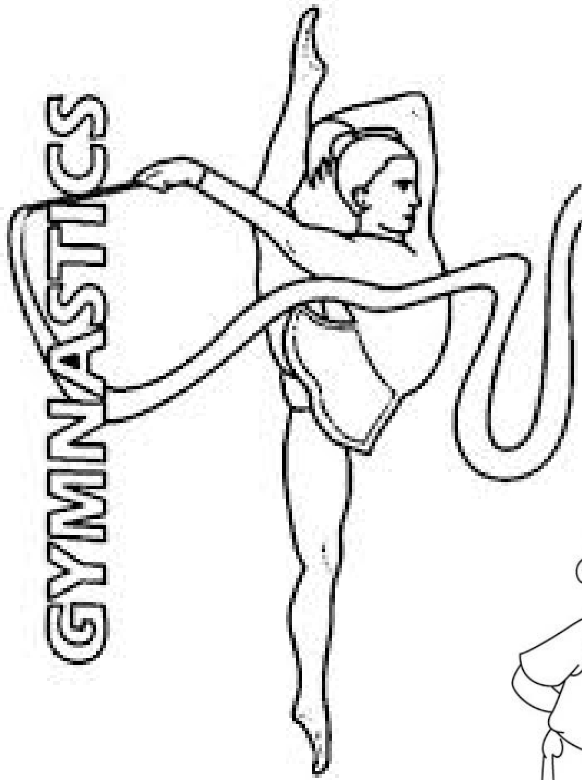
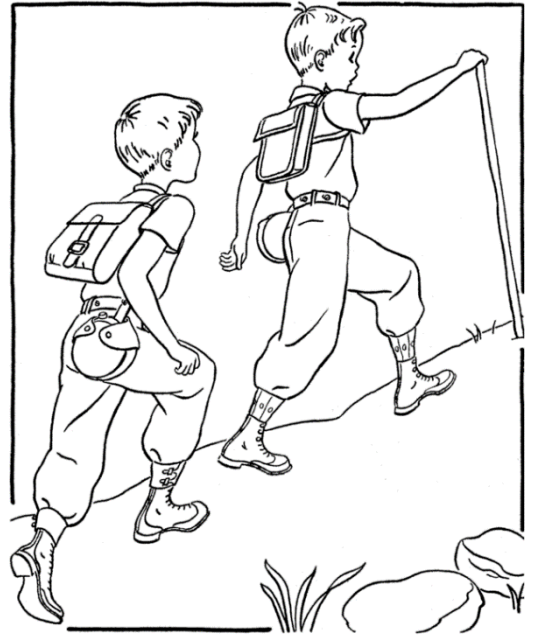


VOLLEYBALL

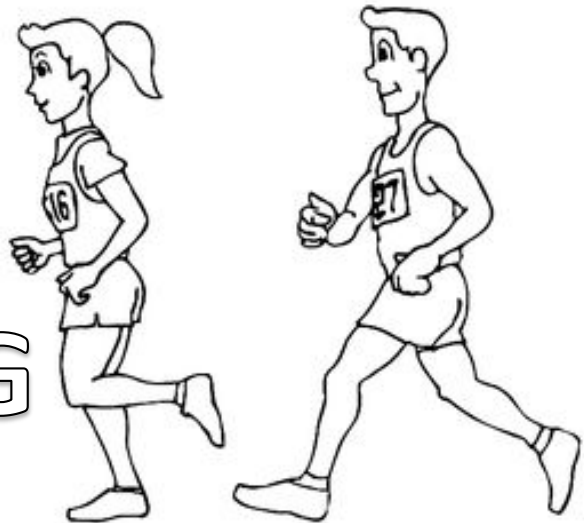


- Community Colouring -
- Youth & Social Development -

HIKING



WORKING OUT



RUNNING



BIKING



- Community Colouring -
- Youth & Social Development -



Attention Community Members

Fort William First Nation is implementing the

“COVID-19 Neighborhood Watch System”

Attached is a color-coded flag kit for your household.

This system is an emergency measure, for those **who are sick or self-isolating** to indicate that help is needed.

It isn't intended to replace communication with essential service providers, but to serve as a backup measure - also helps essential service workers, who are minimizing contact by avoiding going into homes and using drop-off instead.

It is the responsibility of the homeowner to ensure that they have the essential items that they need in their homes such as food, medications etc.

In the event that you or someone in your home gets sick, or is self-isolating due to being sick, please ensure that the color-coded flag is placed in a spot that is visible from the road or the driveway, such as a living room window.

For more information, please contact the FWFN COVID 19 Call Centre at 698-0415 or the On Call 24-Hour Emergency Response at (807) 472-7701.

Together we can fight the spread of COVID-19.

Fort William First Nation COVID-19 NEIGHBOURHOOD WATCH



WHITE: EVERYTHING IS OKAY



BLUE: NEED WATER



YELLOW: SICK AND/OR SELF ISOLATING



RED: INFECTED WITH COVID-19



GREEN: NEED FOOD



**THIS NEIGHBOURHOOD WATCH SYSTEM IS AN
ADDITIONAL MEASURE AND DOES NOT REPLACE
COMMUNICATION WITH OUR ESSENTIAL SERVICE
PROVIDERS VIA PHONE AND EMAIL**

Notice

Clients on the Medical Assistance Treatment (MAT) program who are receiving services from OATC & Lucero must access the RAAM Clinic located on Fort William First Nation, 200 Anemki Place

RAAM clinic will be operating on Saturday April 11, 2020 until further notice. Bring proper identification

**The hours of operation are:
Monday-Friday: 9:00am-11:00am
Saturday-Sunday: 9:00am-11:00am**

For further information call On-call: 472-7701
Or
Emergency Response Call Center: 698-0415



FORT WILLIAM FIRST NATION