

Weekly Newsletter for November 9-15

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 that is pre-populated with your name and bank account information already on it, **sign and date it**, print your address and phone number on it and mail it to FWFN Finance. Finance will not process a manually filled out/hand-written direct deposit form that is not bank-stamped and bank-dated by your branch.
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 or hand-written account information.
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? ****NEW UPDATE Effective June 3, 2020****

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.

****Effective June 3, 2020**** FWFN can accept payments by autodeposit/e-transfer from your personal smartphone banking app. You can register FWFN as a recipient by adding our Accounts Receivable email: accountsreceivable@fwfn.com. Please include a brief message before sending your payment such as: rent, ice rental (include organization name if applicable), invoice IVC#. A receipt will then issued to you by mail.

We can also debit/credit card (Visa, MasterCard, American Express, and Discover). 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. **During the pandemic we are not processing any cash deposits.**

FWFN Arena can process receipts if you are paying for your ice debit or credit card. The Arena no longer processes cash. FWFN Arena customers can now set up accountsreceivable@fwfn.com to send in an autodeposit/e-transfer payment – please include a brief reference to your organization if applicable and invoice IVC#.

Fort William First Nation – 2nd floor, Suite 200 at 90 Anemki Drive – for mailings.

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

COVID-19 – Update from Finance – Safely Reopening

In response to the Province of Ontario Stage 3 reopening effective Friday July 17, 2020, Fort William First Nation has also begun its planning at safely reopening its various operations and facilities. This will involve adapting to our new normal by implementing safety measures and resources to ensure our Community, our people, our partners and our families remain safe in order to help prevent the spread of COVID-19.

As Fort William First Nation continues to open slowly over the next several weeks, our response times to you may continue to be delayed and we ask for your continued understanding and patience during this time. Our Administration Office located at 90 Anemki Drive will remain closed to the public until all necessary safety measures can be implemented. There are no known scheduled dates for reopening at this time. Announcements will be made as reopenings occur.

Fort William First Nation will be following the Ontario mandatory masks in its enclosed public spaces and businesses. We are all responsible to take all necessary safety actions to help keep everyone safe such as maintaining physical distancing with one another, practicing good hand hygiene and wearing masks when in enclosed public spaces.

For more information related to safely reopening and mandatory masks, you may visit our local Thunder Bay Health Unit website – COVID-19: Reopening Our Province at: www.tbdhu.com/reopening and www.tbdhu.com/mandatorymasks.

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 and can be found at: <https://fwfn.com/covid-19-action-plan/>.

In addition to being a part of the COVID-19 pandemic team, Finance continues to work onsite in order to maintain continuity of essential services. Responding to COVID-19 pandemic needs and safety remains our primary focus while we continue to do our best to administer all of our Finance functions.

Are you trying to make a payment on your account?

****Autodeposit/e-transfer**** options now available **effective June 3, 2020** – see previous page for details.

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 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. Alternatively, you may want to set up direct deposit, if so, please refer to the previous page for the correct format to submit this information to us.

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.

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



NOVEMBER

YOUTH & SOCIAL DEVELOPMENT UPCOMING EVENTS 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Karate	11 Remembrance Day	12 Karate Yoga	13 Book Club #2 Registrations Due Date	14
15	16 Book Club #2 Book Delivery	17 Karate	18 Yoga Anishnaabemowin	19 Book Club Karate Yoga	20	21
22	23 Youth Movie Outing #1 "Freaky"	24 Karate	25 Yoga Anishnaabemowin Youth Movie Outing #2 "Croods"	26 Book Club Karate Yoga Youth Movie Outing #3 "Witches"	27	28
29	30					

• Youth Movie Outings

- Ages 10-17 years old
 - Registration only (limited spaces)
 - INFO NEEDED: Name of Participant/Age/Movie pick + second option/Parent name & phone number.
 - Registration without this info will not be accepted
- Must Contact : shayalynesabourin@fwfn.com

• Recreation

- Registration only (limited spaces per session)
 - **Karate** Tuesdays 6-7pm & Thursdays 5-6pm @FWFN Gymnasium
 - **Yoga4All** Tuesdays 12-1pm & Wednesdays 5-6pm @FWFN Gymnasium
- More Information Contact: Bess Legarde - besslegarde@fwfn.com
Or call (807)252-7038

Our Program Details

• Book Club

2nd book : Braiding Sweetgrass

Registration participants will meet once a week
Thursdays @5-7pm for two week to discuss the book.

The book is yours to keep.

Suggestions for upcoming book are encouraged. Please
send suggestions to Mary at

marycharlie@fwfn.com or Gail at

gailrbannon@fwfn.com

• Anishnaabemowin

Online Zoom Elder Guest Speaker

Nov 18th & Nov 25th @7-9pm

Must Contact : gailrbannon@fwfn.com

(Indigenous Language Teachings & Stories)



Starting Back
up Again

ANISHINAABEMOWIN PROGRAM

November 4th, 18th, 25th 2020

Time: 7:00PM – 9:00PM

Online Program

To register contact: gailrbannon@fwfn.com



Youth & Social Development

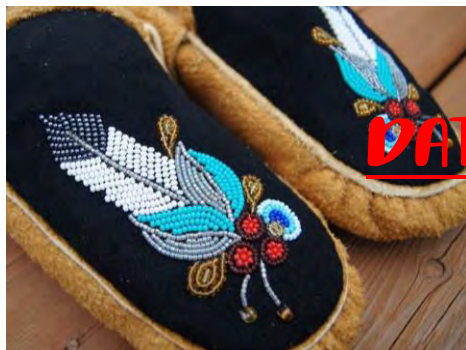


FORT WILLIAM FIRST NATION

VIRTUAL BEADING WORKSHOP

WITH *Helen Pettetier*

INTENDED FOR BEGINNERS TEACHING YOU THE BASICS OF BEADING



DATE CHANGE DUE TO SUPPLY DELAY

NOVEMBER 16TH 2020

THE GROUP WILL WORK WITH THE INSTRUCTOR
CREATE VAMPS FOR MOCCASINS WHICH WILL BE
HELD AS A WORKSHOP IN THE FOLLOWING MONTHS

WE REQUIRE **PRE REGISTRATION!** AS WE WILL BE PROVIDING THOSE THAT REGISTER WITH
PRE MADE KITS WITH ALL THE MATERIALS THEY WILL NEED TO ATTEND AT HOME

REGISTRATION DEADLINE NOVEMBER 9TH

IF YOU WOULD LIKE TO REGISTER OR FOR MORE INFORMATION PLEASE CALL HAILEY OR COTY

6226791



Youth & Social
Development

BOOK CLUB

Do you like to read?

Would you be interested in joining a book club? If you answered yes please register with Mary Charlie at

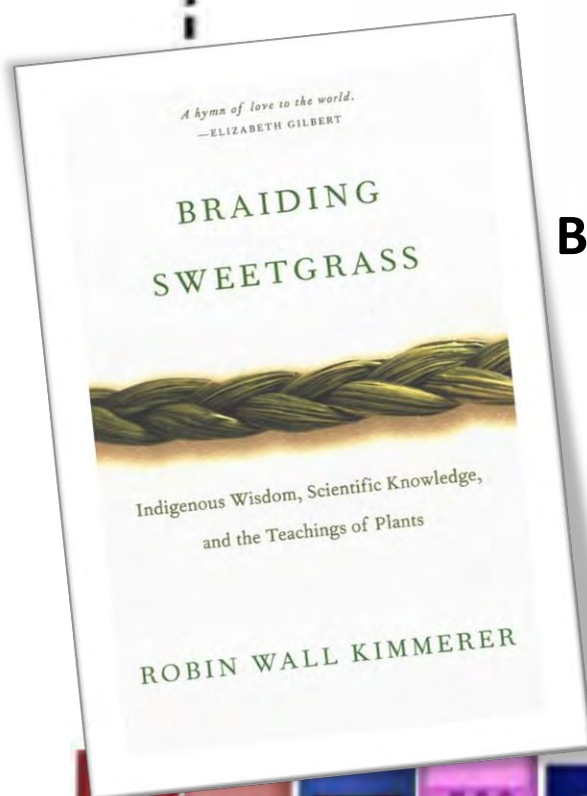
MaryCharlie@fwfn.com

There are 20 spots available.

Registration will be open until

Nov 13th 4pm.

Books will be distributed on Nov 16th



Come Join in !

**You could even have a
book buddy & read
together!**





SCHOOL BUS MEMO

DEAR PARENTS AND GUARDIANS:

Requests for students to be dropped off or picked up at different addresses can NOT be accommodated.

It is your responsibility to arrange for a responsible adult to meet your child if you are unable to be home at drop off time.

Thank you for your cooperation.

- FWFN Education Department



EDUCATION SCHOOL BUS UPDATE

BEFORE LEAVING FOR SCHOOL PARENTS MUST DO THIS COVID ASSESSMENT

Does your child have:

Yes <input type="checkbox"/> No <input type="checkbox"/>	Fever
Yes <input type="checkbox"/> No <input type="checkbox"/>	Chills
Yes <input type="checkbox"/> No <input type="checkbox"/>	Cough that's new or worsening
Yes <input type="checkbox"/> No <input type="checkbox"/>	Barking cough, making whistling noise when breathing
Yes <input type="checkbox"/> No <input type="checkbox"/>	Shortness of breath
Yes <input type="checkbox"/> No <input type="checkbox"/>	Sore throat
Yes <input type="checkbox"/> No <input type="checkbox"/>	Difficulty swallowing
Yes <input type="checkbox"/> No <input type="checkbox"/>	Runny nose
Yes <input type="checkbox"/> No <input type="checkbox"/>	Stuffy or congested nose
Yes <input type="checkbox"/> No <input type="checkbox"/>	Decrease or loss of taste or smell
Yes <input type="checkbox"/> No <input type="checkbox"/>	Pink eye
Yes <input type="checkbox"/> No <input type="checkbox"/>	Headache that's unusual or long lasting
Yes <input type="checkbox"/> No <input type="checkbox"/>	Digestive issues like nausea/vomiting diarrhea, stomach pain
Yes <input type="checkbox"/> No <input type="checkbox"/>	Muscle aches that are unusual or long lasting
Yes <input type="checkbox"/> No <input type="checkbox"/>	Extreme tiredness that is unusual
Yes <input type="checkbox"/> No <input type="checkbox"/>	Falling down often
Yes <input type="checkbox"/> No <input type="checkbox"/>	Sluggishness or lack of appetite
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you travelled outside of Canada in Past 14 day.
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you tested positive for COVID-19 in past 14 days
Yes <input type="checkbox"/> No <input type="checkbox"/>	In past 14 days have you been in close contact with someone who has COVID-19?
Yes <input type="checkbox"/> No <input type="checkbox"/>	Has a health care provider told you to isolate (stay home)

If you answered NO to all these questions. You can go to school.

If you HAVE any of these symptoms, you **MUST** self isolate for 14 days **unless** given an alternate diagnosis by a doctor; receive a negative COVID test; or speak to a TBHU professional and are 24 hours' symptom free.

SCHOOL BUS REGISTRATION FORMS MUST BE COMPLETED AND RETURNED TO THE EDUCATION DEPARTMENT FOR YOUR CHILDREN TO RIDE THE BUS.

Changes/additions to school bus routes will take up to 3 business days.

Each of our busses are colour coded for each School.

If your child goes to the corresponding colour they get on that bus.

RED	St. Ann (Georgina Ave)
WHITE	St. Ann FWFN Site
ORANGE	St. Elizabeth
LIGHT PINK	Kingsway
LIGHT BLUE	St. Martins
DARK BLUE	St. Patrick
YELLOW	Pope John Paul II
GREEN	Westgate
HOT PINK	Westmount

Forms for school bus registration are available by calling 623-9543 ext 205 or 225. Or by emailing education @fwfn.com

***Our school buses are sanitized after each use.**

***Children in grades 4-12 MUST wear a mask**

***Children in JK-Grade 3 are strongly encouraged to wear a mask.**

***If you do not have a mask, we will give your child a mask.**

***hand sanitizer will be used by each child getting on the school bus.**

***Assigned seat is in effect and MUST be followed**

***If a child is displaying symptoms, they will be denied access to the school bus**

***If your child becomes ill during the day, it is YOUR responsibility to arrange transportation. We will not send a taxi or bus to bring the child home.**





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

NOVEMBER 2020

Fort William First Nation
Ontario Works Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12 FAMILY FOOD BANK 11am-5pm 	13	14
15	16 VIRTUAL BEADING WORKSHOP Time will be announced Income Statement Week	17 SINGLES FOOD BANK 11am-3pm 	18	19	20	21
22	23 VIRTUAL BEADING WORKSHOP Time will be announced	24	25	26	27	28
29	30 VIRTUAL BEADING WORKSHOP Time will be announced					

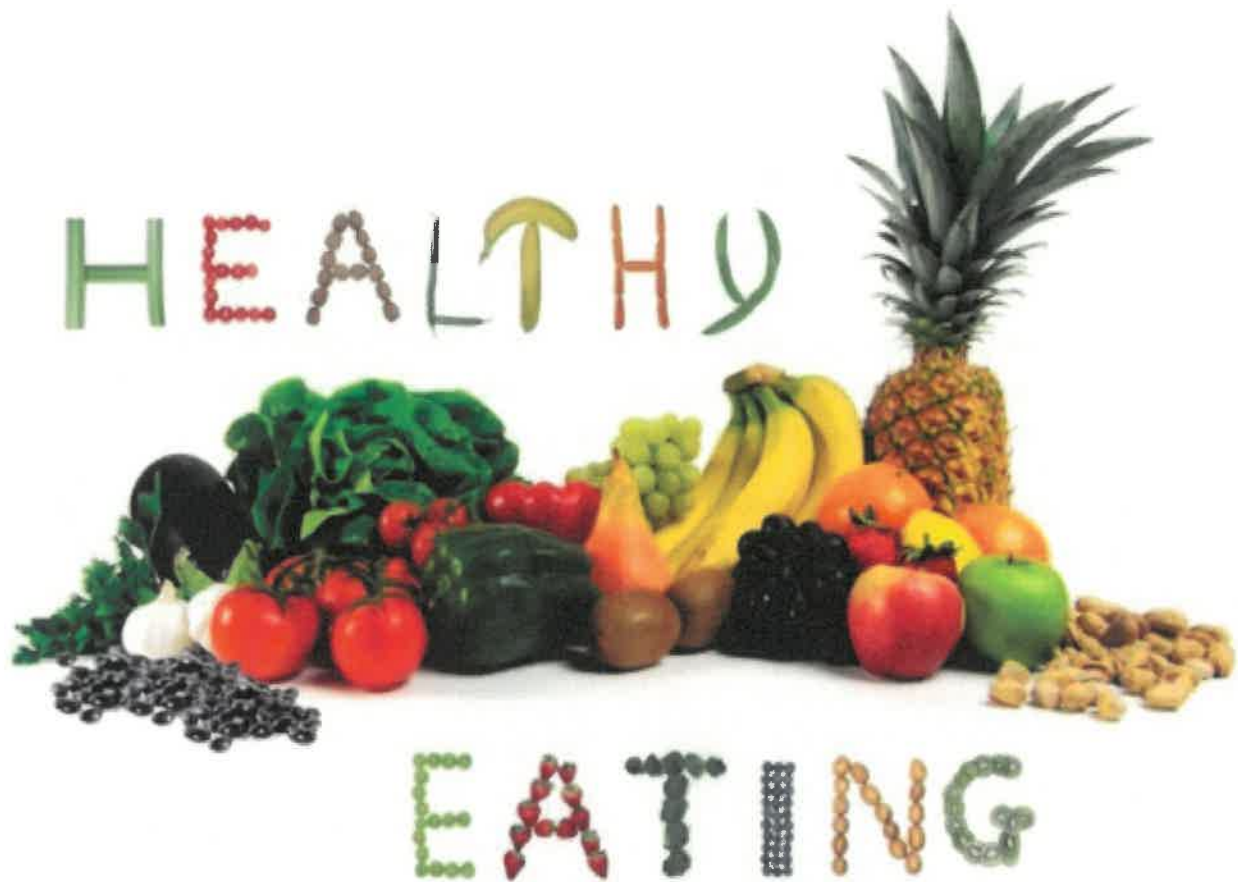
****REMINDER: INCOME STATEMENTS ARE DUE ON OR BEFORE THE 20TH OF EACH MONTH****

****YOUR MONTHLY ISSUANCE WILL BE CONSIDERED LATE IF YOU DON'T HAND IN ALL DOCUMENTATION SUCH AS BILLS AND INCOME VERIFICATIONS ****

FOOD BANK PICK UP GUIDELINES

PLEASE READ THE FOLLOWING

- If you are sick, have a cough, runny nose or fever we ask that you or any member of your home- **DO NOT** come to pick up the food, please remain at home and call the office for assistance.
- If you have a Vehicle, remain in the vehicle upon arrival
- If you do not have a vehicle, please practice safe social distancing- remaining 6ft away from one another.
- Someone will take down your name and make sure you know you are on the waiting list
- Please do not come to the door or surround the door
- Food Banks will be put on curbside for individuals to load.
- Once you are done please leave the cart on the curb do not attempt to bring it in.
- We ask that when you get home to wipe down/ wash your food products before storing them



HANDBOOK & COOKBOOK!

Any questions can be directed to Julie Fair- Aboriginal Diabetes Worker FWFN @ 622-8802
ext 262 or by email juliefair@fwfn.com

HEALTHY EATING DURING COVID-19 EPIDEMIC

The situation we are facing with COVID-19 is unique. Many are wondering how to safely shop and prepare food to minimize transmission of COVID. This resource can assist community members to make safe and healthy choices.

Currently there is no vaccine to help treat, or protect against COVID-19. There is also no diet, or specific food that will 'boost' your immune system and will prevent you from catching COVID-19. However, it is beneficial for your immune system to eat a variety of healthy foods every day. Follow Canada's Food Guide to ensure you are eating many vegetables and fruit; whole grains; and protein foods with an emphasis on plant-based foods.

At this time, it makes sense to make nutrition a priority by keeping your cupboard, fridge and freezer filled with healthy foods, try keep a 2-week supply, in case you and/or your family need to stay in isolation. This also prevents you from having to visit the grocery store as often. Buy what you need, but don't exceed.



Healthy lifestyle: In addition to eating healthy diet, other ways you can keep your immune system strong is by being physically active, managing stress and getting adequate amount of sleep, taking short walks and getting fresh air. Anything you do that is physically getting you to move is good exercise keep it moving!!!

Good Food Box:

Good Food Boxes will be available to order starting in November, one size box for \$22.00, see attached flyer for information, Because of COVID-19 we can only accept E-transfer for payment to accountsreceivable@fwfn.com.



GOOD FOOD BOX

December Good Food Box!

"One size box"

\$22.00

Payment can be made via EMT to
accountsreceivable@fwfn.com before
December 2 /2020

****Food boxes contain various fresh fruit and
vegetables****

Pick up December 3 /2020 after 3pm at the Health Centre
If you have any questions or concerns you can call Julie Fair
at 622-8802 ext 262

****Masks mandatory when picking up boxes****

TAKING CARE OF **YOUTH** WHO HAVE **DIABETES**



Follow these tips to help youth who have diabetes.

Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to work as a team with your child or teen and their health care team to develop a diabetes self-care plan.



Seek mental health support.

Encourage them to connect with other youth who have diabetes, stay alert for signs of feeling down and anxious, and be prepared to seek help with your youth.



Manage blood glucose levels.

Keep their blood glucose in the target range and make sure they take their medicines as prescribed to prevent or delay other health problems.



Monitor for diabetes complications.

Earlier diagnosis and treatment of complications, including heart, kidney, and eye diseases, can improve overall health.



Encourage healthy habits.

Try following a meal plan, get enough sleep, and aim for regular physical activity.



Stay prepared for emergencies.

Prepare for the unexpected by packing a "go kit" that includes medical supplies and equipment.

Visit niddk.nih.gov for more information on managing diabetes.



What foods can I eat if I have diabetes?

You may worry that having diabetes means going without foods you enjoy. The good news is that you can still eat your favorite foods, but you might need to eat smaller portions or enjoy them less often. Your health care team will help create a diabetes meal plan for you that meets your needs and likes.

The key to eating with diabetes is to eat a variety of healthy foods from all food groups, in the amounts your meal plan outlines.

The food groups are

- ❖ **vegetables**
 - ❖ non-starchy: includes broccoli, carrots, greens, peppers, and tomatoes
 - ❖ starchy: includes potatoes, corn, and green peas
- ❖ **fruits**—includes oranges, melon, berries, apples, bananas, and grapes
- ❖ **grains**—at least half of your grains for the day should be [whole grains](#)
 - ❖ includes wheat, rice, oats, cornmeal, barley, and quinoa
 - ❖ examples: bread, pasta, cereal, and tortillas
- ❖ **protein**
 - ❖ lean meat
 - ❖ chicken or turkey without the skin
 - ❖ fish
 - ❖ eggs
 - ❖ nuts and peanuts
 - ❖ dried beans and certain peas, such as chickpeas and split peas
 - ❖ meat substitutes, such as tofu
- ❖ **dairy—non-fat or low fat**
 - ❖ milk or lactose-free milk if you have [lactose intolerance](#)
 - ❖ yogurt
 - ❖ cheese

What foods and drinks should I limit if I have diabetes?

Foods and drinks to limit include

- ❖ fried foods and other foods high in [saturated fat](#) and [trans fat](#)
- ❖ foods high in salt, also called [sodium](#)
- ❖ sweets, such as baked goods, candy, and ice cream
- ❖ beverages with [added sugars](#), such as juice, regular soda, and regular sports or energy drinks

Drink water instead of sweetened beverages. Consider using a sugar substitute in your coffee or tea.

When should I eat if I have diabetes?

Some people with diabetes need to eat at about the same time each day. Others can be more flexible with the timing of their meals. Depending on your diabetes medicines or type of insulin, you may need to eat the same amount of carbohydrates at the same time each day. If you take “mealtime” insulin, your eating schedule can be more flexible.

If you use certain diabetes medicines or insulin and you skip or delay a meal, your blood glucose level can drop too low. Ask your health care team when you should eat and whether you should eat before and after physical activity.

How much can I eat if I have diabetes?

Eating the right amount of food will also help you manage your blood glucose level and your weight. Your health care team can help you figure out how much food and how many calories you should eat each day.

Meal plan methods

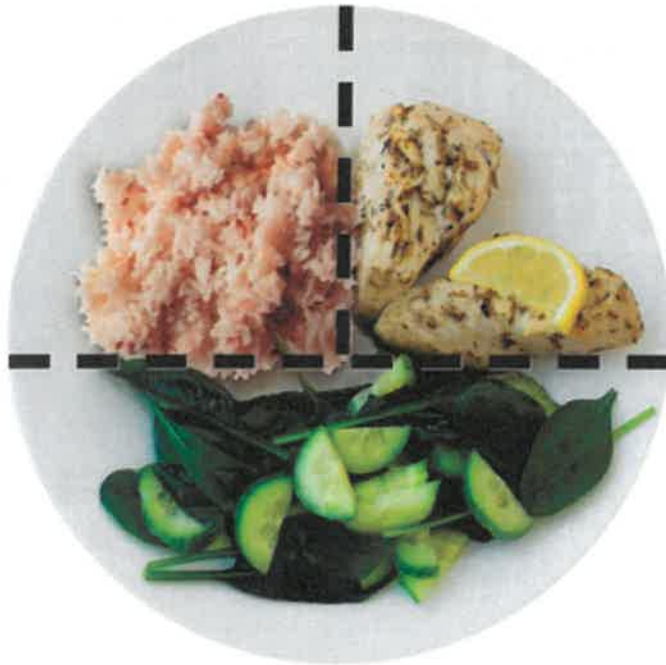
Two common ways to help you plan how much to eat if you have diabetes are the plate method and carbohydrate counting, also called carb counting.

Plate method

The plate method helps you control your [portion sizes](#). You don’t need to count calories. The plate method shows the amount of each food group you should eat. This method works best for lunch and dinner.

Portion sizes

- You can use everyday objects or your hand to judge the size of a portion.
- 1 serving of meat or poultry is the palm of your hand or a deck of cards
- 1 3-ounce serving of fish is a check book
- 1 serving of cheese is six dice
- 1/2 cup of cooked rice or pasta is a rounded handful or a tennis ball
- 1 serving of a pancake or waffle is a DVD
- 2 tablespoons of peanut butter is a ping-pong ball



Carbohydrate counting

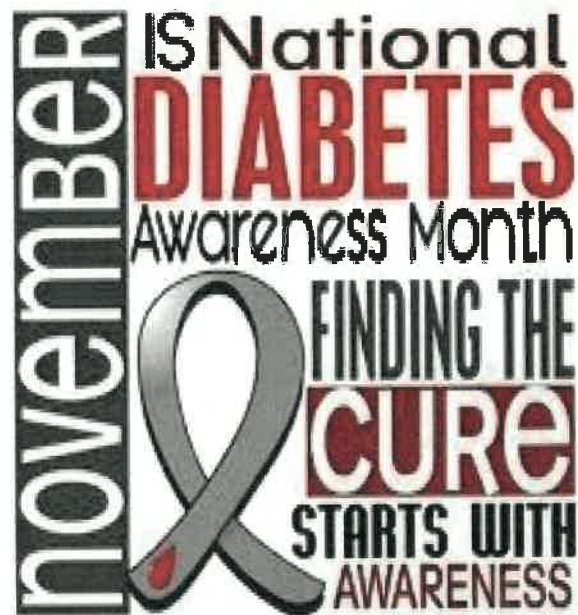
Carbohydrate counting involves keeping track of the amount of carbohydrates you eat and drink each day. Because carbohydrates turn into glucose in your body, they affect your blood glucose level more than other foods do. Carb counting can help you manage your blood glucose level. If you take [insulin](#), counting carbohydrates can help you know how much insulin to take.

The amount of carbohydrates in foods is measured in grams. To count carbohydrate grams in what you eat, you'll need to

- learn which foods have carbohydrates

- read the [Nutrition Facts food label](#), or learn to estimate the number of grams of carbohydrate in the foods you eat
- add the grams of carbohydrate from each food you eat to get your total for each meal and for the day

Most carbohydrates come from starches, fruits, milk, and sweets. Try to limit carbohydrates with added sugars or those with refined grains, such as white bread and white rice. Instead, eat carbohydrates from fruit, vegetables, whole grains, beans, and low-fat or non-fat milk.





~ Green Fruit Smoothies ~

Ingredients:

- 1 cup fresh spinach
- 1 cup milk
- 1 cup yogurt
- 1 banana
- 1 cup frozen fruit

Directions:

1. Place all ingredients in a blender or food processor.
2. Blend all ingredients until smooth.



~ Green Split Pea Salad with Rice & Cranberries ~

Ingredients

- 1 cup (250 ml) cooked brown rice
- 1 cup (250 ml) cooked green split peas
- ½ cup (125 ml) red onion, minced
- ¼ cup (60 ml) dried cranberries
- ¼ cup 60 ml) chopped walnuts (optional)

Dressing

- 1 Tbsp (15 ml) canola oil
- 2 Tbsp (30 ml) white wine vinegar or balsamic vinegar
- Salt and pepper to taste
- Romaine or leafy lettuce greens (optional)

Directions:

1. Cook rice and green split peas according to package directions, drain and rinse.
2. Place the rice in a large bowl. Add slit green peas, minced onion, cranberries and walnuts (optional).
3. Make the salad dressing and pour over the salad. Serve on a bed of lettuce, as an option.

Nutrients Per Serving Per ¾ cup (190 ml)	
Calories	190 kcal
Carbohydrates	30 g
Fibre	3 g
Protein	6 g
Fat	5.5 g
Saturated fat	.5 g
Folate	37 mcg
Iron	1 mg
Calcium	6 mg
Potassium	230 mg
Sodium	17 mg

Recipe is from pulse.ab.ca





~ Healthy Peanut Butter Balls ~

Ingredients:

- 2/3 cup natural peanut butter
- 1 1/2 cups rolled oats
- ¼ cup maple syrup
- ½ teaspoon cinnamon
- 1/2 cup dried raisins

Directions:

1. In a medium mixing bowl, stir together the peanut butter, oats, syrup and cinnamon until well combined.
2. Add the dried raisins.
3. Form 1" balls by pressing about 1 tablespoon of the mixture together with wet hands to keep the mixture from sticking.
4. Store at room temperature for up to 3 days, refrigerate for 1 week, or store in the freezer for 1 month.



~ Magnificent Minestrone Soup ~

Ingredients:

- 2 cups short pasta of your choice, cooked
- 2 tbsp canola oil
- 6 garlic cloves, minced
- 2 large carrots, chopped
- 3 large celery stalks, chopped
- 1 large yellow onion, chopped
- 1 tbsp thyme leaves, finely chopped
- 1 bay leaf
- 1 19 oz can red kidney beans, rinsed and drained
- 1 - 19 oz can white kidney beans, rinsed and drained
- 1 19 oz can of diced tomatoes
- 1 cup of green cabbage, shredded
- 2 medium zucchini, chopped
- 8 cups reduced sodium chicken or vegetable broth
- 1 tbsp pepper

Directions:

1. Cook pasta according to directions on package. Cook until finished, then drain and toss with half the oil. Set aside
2. In a large saucepan, heat remaining oil on high. Add garlic and sauté until golden. Lower heat to medium and add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add thyme and bay leaf and raise heat to high. Add beans, tomatoes, cabbage, zucchini. Add chicken stock and bring to a boil
3. Lower heat and simmer for 15-20 minutes, skimming foam from top
4. Season with pepper and remove bay leaf. Add cooked pasta and enjoy!

Yield: 6 litres

Source: Pulse Canada





~ Broccoli Egg Muffins ~

Ingredients:

- 6 eggs
- Salt and pepper
- 1 cup of broccoli, chopped
- 3-5 mushrooms, chopped
- ½ cup shredded cheese

Directions:

1. Grease muffin tins
2. Whisk eggs. Sprinkle with salt and pepper.
3. Add eggs to muffin tins.
4. Add chopped veggies on top of the eggs.
5. Add cheese.
6. Cook at 350°F for 15-20 minutes.

This recipe can be altered using a variety of different vegetables such as peppers, onions, spinach and tomatoes.



~ Broccoli Stuffed Shells ~

Ingredients:

- 1-Tablespoon Margarine
- ¼ cup chopped onion
- 1-cup cottage cheese
- 1 egg
- 2 cups chopped cooked broccoli
- 1-cup mozzarella cheese
- 1-package jumbo pasta shells
- 1 28 oz. can crushed tomatoes
- 1 can tomato paste
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper
- ¼ cup parmesan cheese

Directions:

1. Preheat oven to 350° F. Melt margarine over medium heat, add onion and cook until tender, but not brown. Remove from heat and cool.
2. In large bowl stir cottage cheese and egg until well blended. Add broccoli and mozzarella cheese and mix well. Cook pasta shells, drain. Rinse under cold water, drain. Stuff each shell with approximately 2 tablespoons of mixture.
3. In a medium bowl, combine crushed tomatoes, tomato paste, sautéed onion, garlic and onion powder, salt and pepper and mix well. Pour 1/3 of tomato mixture in 13" x 9" baking dish.
4. Arrange filled shells in dish. Spoon remaining tomato mixture over top. Sprinkle with parmesan cheese. Bake covered for approximately 30 minutes.



Black Bean and Corn Salad

Ingredients:

- 1 19 oz can black beans, rinsed and drained
- 2 cups frozen corn nibbles, thawed
- ¼ cup lime juice
- 2 medium tomatoes, chopped
- ¼ cup onion, chopped
- 1 tbsp ground cumin
- ½ tsp. salt and pepper

Directions:

1. Combine all ingredients in a large bowl.
2. Serve

Yields: 10 servings

Nutrients Per Serving (1/2 cup)		% Daily Value
Calories	121	
Protein	6 g	
Fat	1 g	2%
Saturated fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	22 g	7%
Fibre	5 g	20%
Sodium	43 mg	2%
Potassium	346 mg	10%
Vitamin C	8 mg	13%
Folate	99 mcg	45%
Calcium	23 mg	2%
Iron	2 mg	14%

Source: Pulse Canada



Black Bean Chili (or Burritos)

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, finely diced
- 1 zucchini, finely diced
- 1 red or green pepper, finely diced
- 1 yam or sweet potato, finely diced
- 4 garlic cloves, crushed and minced
- 4 cups black beans, cooked
- 1 cup of corn, fresh or frozen
- 28 ounces diced tomatoes
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 2 teaspoons coriander

Toppings (optional)

- Whole grain tortillas
- Fresh cilantro, plain yogurt, salsa

Directions:

1. In a large pan or pot heat oil over medium-high heat.
2. Add onion, zucchini, pepper, yam, and garlic. Sauté for 8 to 10 minutes, or until tender.
3. Add beans, corn, tomatoes, chili powder, cumin and coriander.
4. Reduce heat to medium low and simmer covered for 7 to 10 minutes, until yams are soft.

To serve, scoop chili into bowls or the tortillas. Top with cilantro and a spoonful each of yogurt and salsa.

If you are planning to serve this as burrito filling make sure that you drain the tomatoes well! If you do not, you will have extremely messy, drippy burritos. You can also cook everything uncovered rather than covered to help remove some of the moisture. If you are serving it as chilli, then it doesn't matter so much.





NOTICE TO COMMUNITY

As of June 2019 the rules for flying drones changed in Canada. As a result, you are no longer able to pilot a drone weighing between 250 g and 25 kg unless you hold a valid Drone Pilot Certificate. As well as follow all applicable regulations. What this means for Fort William is that most of our community falls within a restricted zone. This means all types of drones, even drones below 250g See picture below. visit <https://tc.canada.ca/en/aviation/drone-safety> and <https://www.toronto-criminal-lawyer.co/canadian-drone-laws/> for more information.

Canadian Aviation Regulations (CARs). Part IX – Remotely Piloted Aircraft Systems

Operations at or in the Vicinity of an Aerodrome, Airport or Heliport

901.47 (1) No pilot shall operate a remotely piloted aircraft at or near an aerodrome that is listed in the *Canada Flight Supplement* or the *Water Aerodrome Supplement* in a manner that could interfere with an aircraft operating in the established traffic pattern.

(2) Subject to section 901.73, no pilot shall operate a remotely piloted aircraft at a distance of less than

(a) three nautical miles from the centre of an airport

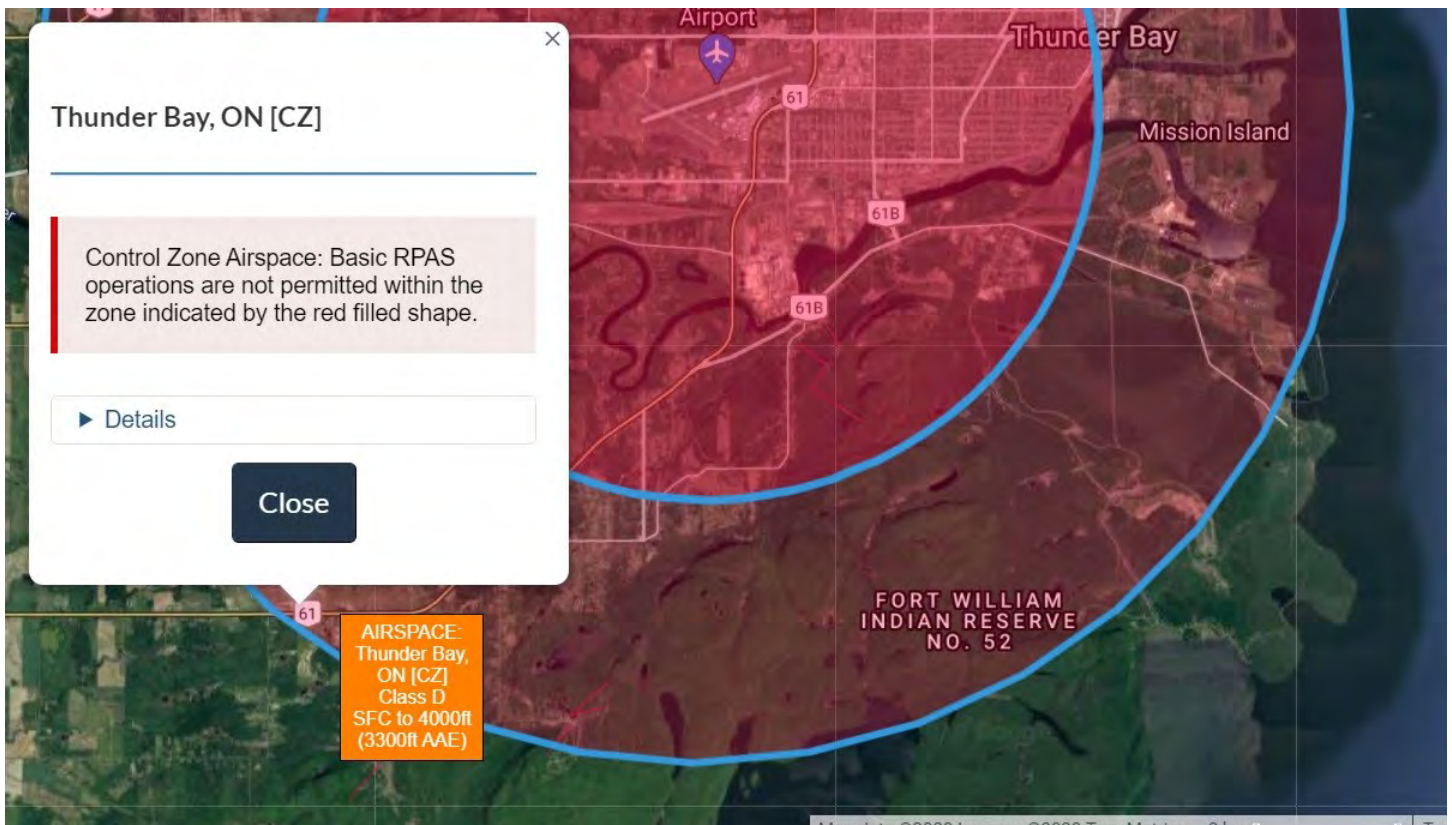
Fines for individuals : up to \$1,000 for flying without a drone pilot certificate, up to \$1,000 for flying unregistered or unmarked drones, up to \$1,000 for flying where you are not allowed, up to \$3,000 for putting aircraft and people at risk

Criminal Code of Canada / Endangering safety of aircraft or airport

77 Every one who

(c) causes damage to an aircraft in service that renders the aircraft incapable of flight or that is likely to endanger the safety of the aircraft in flight,

is guilty of an indictable offence and liable to imprisonment for life.



KNOW BEFORE YOU GO!

WHERE CAN YOU FLY YOUR DRONE?

250 g - 25 kg

REGISTER YOUR DRONE AND
GET YOUR BASIC OR ADVANCED
DRONE PILOT CERTIFICATE AT:
Canada.ca/drone-safety

Use this map to find a safe
site to fly your drone:
[https://nrc.canada.ca/en/
drone-tool/](https://nrc.canada.ca/en/drone-tool/)

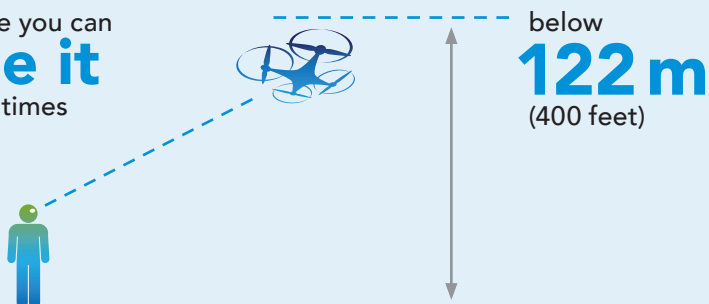


Always respect the
privacy of others
while flying.



FLY YOUR DRONE:

where you can
see it
at all times



1.9 km
from heliports

5.6 km
from airports and outside
controlled airspace

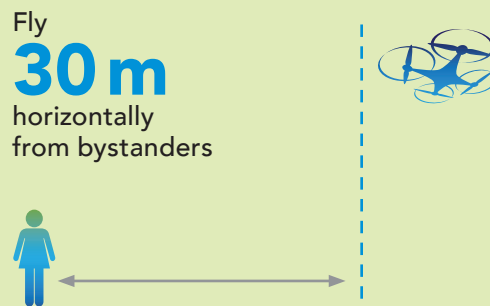


away from **emergency sites** and
advertised events (concerts, parades)



BASIC OPERATIONS

Fly
30 m
horizontally
from bystanders



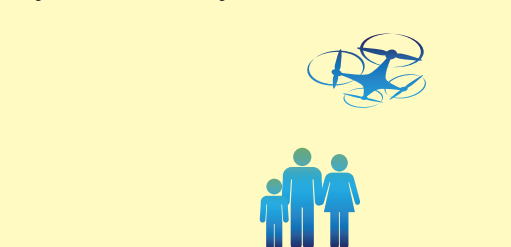
ADVANCED OPERATIONS

► For **eligible drones**:

Get permission from NAV CANADA
to fly in controlled airspace:
navcanada.ca/rpas



Fly near or over bystanders



Canada.ca/drone-safety



Transport
Canada

Transports
Canada

Canada



FORT WILLIAM FIRST NATION

COMMUNITY MEETING

VIRTUAL MEETING VIA ZOOM

**ECONOMIC DEVELOPMENT, CONSULTATION & WASTE
MANAGEMENT DEPARTMENT UPDATES**

**NOVEMBER 16
6PM-9PM**

Join Zoom Meeting

<https://us02web.zoom.us/j/2824213623>

Meeting ID: 282 421 3623

Dial by your location

Canada

+1 778 907 2071

+1 438 809 7799

+1 587 328 1099

+1 647 374 4685

+1 647 558 0588

.....
If you have any questions please email to Jacob McKay
by November 12 @ 4 p.m.

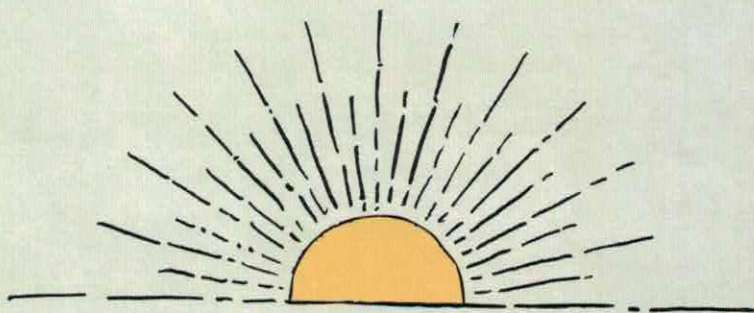
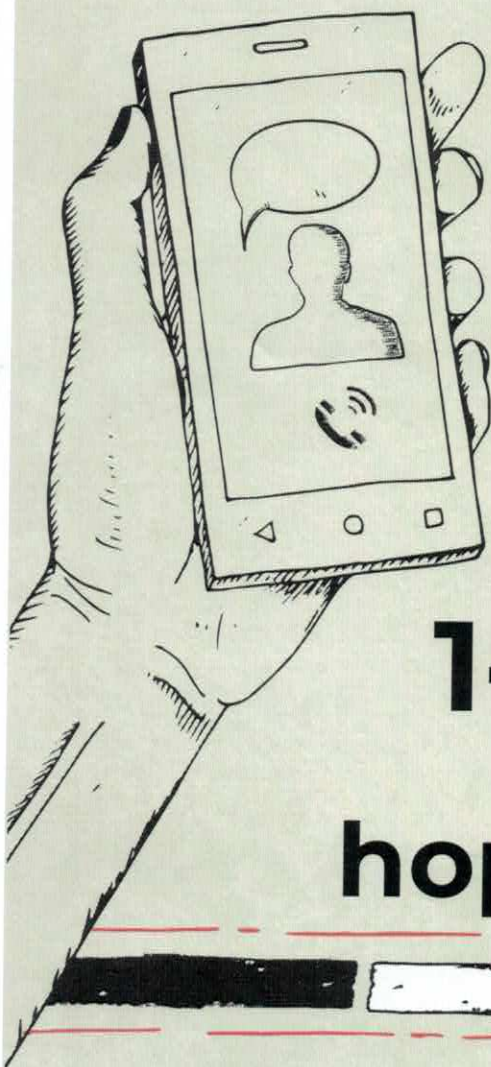
governance@fwfn.com
.....

ATTENDANCE PRIZE



NEED TO TALK?

Support is at
your fingertips



Call the
Hope for Wellness Help Line

1-855-242-3310

Online chat at
hopeforwellness.ca



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



FORT WILLIAM FIRST NATION

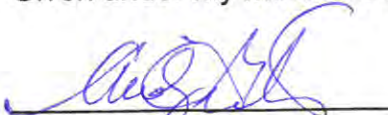
Notice of Bi-Election

Notice is hereby given to the electors of the **Fort William First Nation** that a poll will be held at the Fort William First Nation Community Centre located at 400 Anemki Drive, Fort William First Nation, ON for 1 (one) Councillor position on Monday January 4, 2021 from 9 a.m. to 8 p.m.

Any elector may vote by mail-in ballot by submitting a ***Request for Mail-in Ballot Form***, which can be obtained from the electoral officer, along with a copy of identification, by **Thursday December 10, 2020.**

All ballots cast at this election will be counted at the Fort William Community Centre immediately following the close of the poll on Monday January 4, 2021 at 8:00 p.m.

Given under my hand this 5TH day of November 2020



Audrey Gilbeau
Electoral Officer

P.O. Box 26030 Memorial PO
Thunder Bay, ON P7B 0B2

Cell: 807-621-7489

Fax: (807) 474-4238 E-mail: director@nokiiwin.com

FORT WILLIAM FIRST NATION

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of Fort William First Nation will be held at the **Fort William First Nation Community Centre** located at 400 Anemki Drive, Fort William First Nation, ON from 9 a.m. to 8 p.m. on **Monday November 30, 2020 beginning at 5:00 p.m.** and lasting for at least three hours, for the purposes of nominating candidates for the position of 1 (one) councillor. **Nomination Meeting will close at 8:00 p.m.**

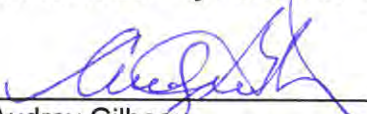
IMPORTANT INFORMATION ABOUT THE NOMINATION OF CANDIDATES:

1. Any elector may nominate candidates by delivering or sending by mail, email or fax to the Electoral Officer a completed, signed and witnessed nomination and voter declaration form to the Electoral Officer before the time set for the nomination meeting, OR by making a nomination orally at the nomination meeting.
2. Under the *First Nations Elections Act*, an elector must not nominate more than one candidate for the position councillor as there is only one (1) councillor position available for the bi-election.
3. Under the *First Nations Elections Act*, a nominee does not become a candidate until they deliver to the **Electoral Officer or Deputy Electoral Officer, by 6 p.m. on Thursday December 3, 2020** a signed *Candidate Declaration* form, which can be obtained from the Electoral Officer.

IMPORTANT INFORMATION ABOUT THE ELECTION:

1. The election will be held on the Monday January 4, 2021 at the Fort William Community Centre located at 400 Anemki Drive, Fort William First Nation, ON from 9 a.m. to 8 p.m.
2. Any elector may vote by mail-in ballot by submitting a *Request for Mail-in Ballot* form, which can be obtained from the electoral officer, along with a copy of identification, by **Thursday December 10, 2020**
3. Any elector may permit the electoral officer to release their name to the candidates.

Given under my hand this 5TH day of November 2020


Audrey Gilbeau
Electoral Officer

P.O. Box 26030 Memorial PO
Thunder Bay, ON P7B 0B2

Cell: 807-621-7489

Fax (807) 474-4238 E-mail: director@nokiiwin.com

..... ✂ ✂
If you want your name and address to be given to candidates at this election for the purpose of communicating with you, please check the statement below, print and sign your name, detach this form at the dotted line and return the bottom portion to the Electoral Officer.

☐ I authorize that my name and address be give to candidates at this election.

Print Name

Date of Birth

Signature

Address

City/Town/First Nation

Province

Postal code



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

JOB POSTING

Position Title: Arena Attendant- **Part-Time**
Casual/On-Call

Position Description: The Arena Attendant is there to ensure that our customers – of which a lot of them are kids – can enjoy their sports and recreation in a clean and inviting facility that is clean and ready for them when they arrive, and kept maintained, safe and functioning “to the maximum” throughout the day.

Major Responsibilities:

- Prepping the ice, floor, grounds, equipment and/or dressing room before each of our customers use them.
- Cleaning public areas throughout the night.
- Ensuring the customer issues are addressed – and that any unaddressed issues are escalated to the Arena and Facility Manager.
- Granting customers access to the building and the specific areas that the customers, vendors and contractors have been granted access to.
- Handling cash and collecting payment from time to time depending on the event and the arrangement with the customer.
- Maintaining all maintenance, operating, shift and day sheets.
- A full job description is available upon request

Qualifications:

- Grade 12 or equivalent
- Experience driving a Zamboni and using other ice resurfacing equipment is desired.
- Must have a valid drivers’ license recognized in Ontario.
- Must be available to work on short notice. Must be available to work nights, weekends, including the summer months.
- Ability to lift and move at least 40lbs.
- This position is subject to criminal records check.

Wage Rate: To be negotiated.

Job Posting Closing Date: Applications, consisting of a cover letter and resume with three (3) references, must be received by **4pm on Sunday, November 15, 2020**. Please direct your application to the attention of:

Donna Mullen, Human Resources Assistant
Ph: 807-623-9543 ext. 806, Fax: 807-623-5190
Email: donnamullen@fwfn.com

When hand delivering; ensure that your application is date stamped and a copy provided to you.

We appreciate all applications. Only those selected for an interview will be contacted.



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

JOB POSTING

Position Title: Culture and Recreation Support Assistant (Reposted)
(1) Part-time Position

Twenty-one (21) hours per week

Position Description: The Culture and Recreation Support Assistant will be responsible for assisting with programming and events along with answering telephone calls and directing them accordingly, scanning hard copy files and any related file information correspondence, other records in order to assist with the Culture and Recreation Department.

Major Responsibilities:

- Accurate and appropriate filing of correspondence, invoices, and receipts.
- Locate filed materials upon request, ensuring that materials are given only to authorized users.
- Keep accurate and complete records and forms of filed items.
- Add new material to files and records.
- Create new files and records as necessary.
- Eliminate unnecessary or outdated materials, destroying them or transferring them to inactive storage according to file maintenance / legal guidelines.
- Answer telephone calls and direct to appropriate department staff member.
- Assist with programming at night.
- Attend daily/weekly meetings.
- Assist with events.
- Other responsibilities and directives as assigned.

Qualifications:

- Valid driver's license and access to reliable transportation.
- Ability to work well with others or alone under limited supervision in a wide variety of circumstances.
- Between the ages of 15-30 yrs. Youth under the age of 17 must have completed high school or equivalent.
- Applicants must be out of school and unemployed or under employed to fulfil the requirements of this funded program.
- Strong computer skills and experience with Microsoft Office programs.
- Ability to work independently from time to time.
- Able to create alternative solutions to problems.
- Strong attention to detail.
- Police Records Check.

We appreciate all applications. Only those selected for an interview will be contacted.



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

Job Posting Closing Date: Applications consisting of a cover letter and resume with three (3) references, must be received by **4pm on Friday, November 20, 2020.** Please direct your application to the attention of:

Donna Mullen, HR Assistant

Email: donnamullen@fwfn.com

P: 807-623-9543 ext. 806, Fax: 807-623-5190

When hand delivering; ensure that your application is date stamped and a copy provided to you.

We appreciate all applications. Only those selected for an interview will be contacted.



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

JOB POSTING

Position Title: Pandemic Coordinator- **6 Month Contract (with possibility of extension)**

Position Description: The Pandemic Coordinator, under the direction of the Chief Executive Officer, will primarily be responsible for assisting with the development and implementation of pandemic related policies and procedures, providing pandemic related assistance to all Directors, Managers, and employees, training as it relates to the health and safety of employees and patrons of FWFN, conducting discreet physical COVID-19 surveillance, and other areas as directed.

Major Responsibilities:

- Assist with the development of all Fort William First Nation Pandemic policies and procedures
- Distribute policies, procedures and memorandums to the appropriate individuals, or departments across the organization as it relates to COVID-19 information
- Draft general forms, letters, reports, signage and memos as necessary and maintain accurate records of these documents
- Help to ensure organization wide compliance with pandemic related policies, procedures and applicable regulations
- Provide support as requested by management, which can include screening procedures, performance management, working from home policies as well as participation in departmental meetings when needed
- Conduct discreet physical surveillance to ensure adherence to pandemic rules and regulations
- Research and analyze information pertaining to pandemic and surveillance
- Carry out several tasks simultaneously
- Amalgamate pandemic policies/procedures
- Provide resolutions to employee issues with regard to pandemic policies (e.g. accommodation requests and refusals to work)
- Oversee adequate orientation and training within the organization as related to pandemic policies
- Provide research as requested
- Provide general information and assistance internally and externally over the phone, electronically and in person
- Assist in coordinating, and implementing the office re-opening plans
- Advise the Chief Executive Officer of any issues or complaints
- Complete other duties and projects as assigned

Qualifications:

- Post-Secondary Degree or Diploma in Human Resources, Administration or a related field

- Experience in policy writing would be preferred
- Excellent written and verbal skills and comprehension
- Excellent time management and problem-solving skills
- Highly organized
- Criminal records check
- High flexibility with strong interpersonal skills that allow one to work effectively in a diverse environment
- Familiarity with techniques for interacting with individuals from various socio-economic, cultural and ethnic backgrounds, in person and over the telephone
- Strong sense of ethics and the ability to handle sensitive or private information with tact and discretion
- Ability to effectively communicate both verbally and in writing
- Ability to work individually as well as part of a team
- Ability to prioritize and manage conflicting demands

Wage Rate: To be negotiated.

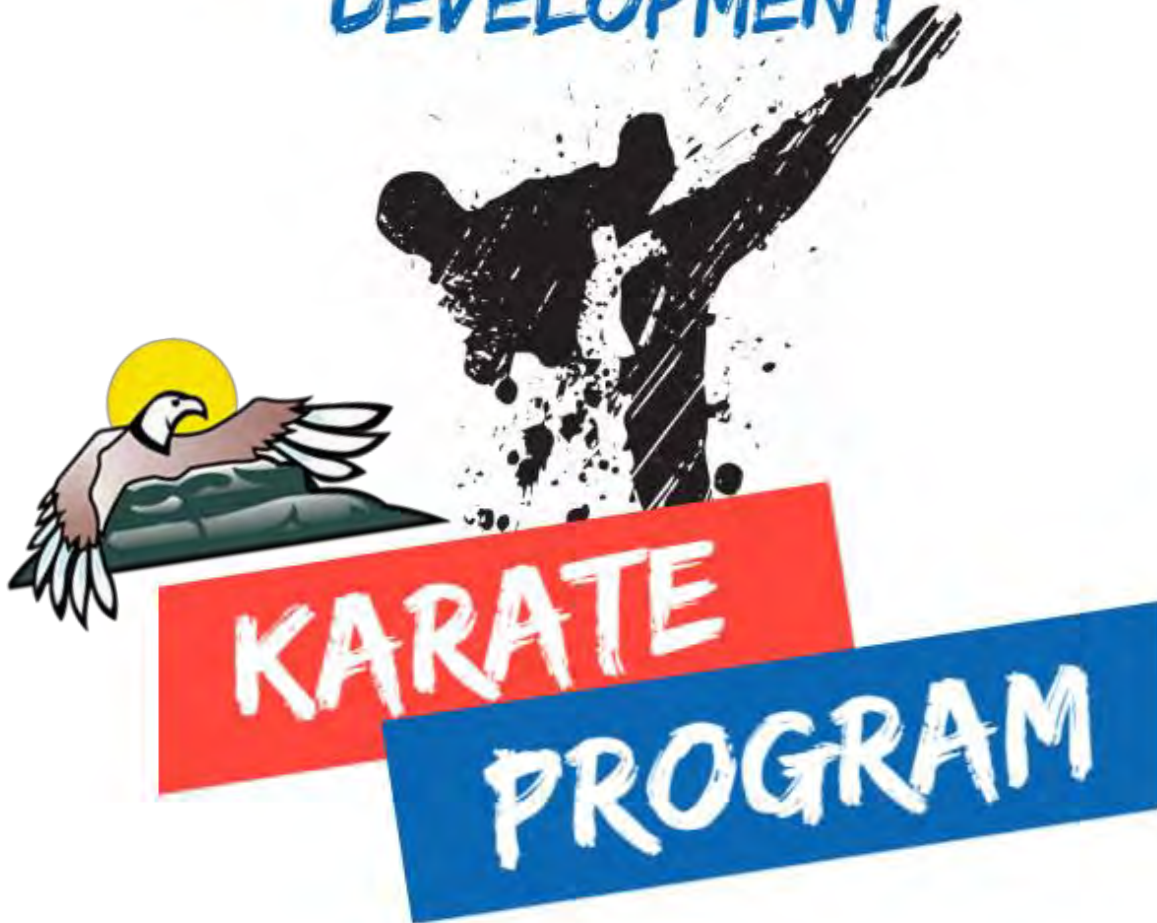
Job Posting Closing Date: Applications, consisting of a cover letter and resume with three (3) references, must be received by **4pm on Sunday, November 15, 2020**. Please direct your application to the attention of:

Donna Mullen, Human Resources Assistant
Ph: 807-623-9543 ext. 806, Fax: 807-623-5190
Email: donnamullen@fwfn.com

When hand delivering; ensure that your application is date stamped and a copy provided to you.

We appreciate all applications. Only those selected for an interview will be contacted.

YOUTH & SOCIAL DEVELOPMENT



Tuesdays 6-7PM & Thursdays 5-6PM
FWFN ARENA GYMNASIUM

Registration is Required due to COVID-19

Contact: Bess @ 252-7038 or by email: besslegarde@fwfn.com or
Marnie @ marniegreenwald@fwfn.com

FOLLOWING ALL SAFETY PROTOCOLS FOR COVID-19, MASKS MUST BE WORN BY PARTICIPANTS TO ENTER. MUST FOLLOW ENTRANCE INSTRUCTIONS. UPON ARRIVAL EACH PARTICIPANT WILL BE SCREENED PRIOR TO ENTERING FACILITY. PARENTS ARE TO REMAIN OUTSIDE OF FACILITY DURING PROGRAM. PARTICIPANTS MUST COME PRE-DRESSED. LIMITED REGISTRATION MUST BE AGE 7+ TO REGISTER

Youth & Social Development Presents

YOUTH MOVIE OUTINGS



Ages 10-17yrs

Registration Only
Limited Spaces



To Register Email Shay | ShayalyneSabourin@fwfn.com

Please Include:

Name of Participant/Age/Movie Pick + Second Option
Parent Name & Phone Number

Registration without this information will not be accepted.
All Participants will be screened prior to bus departure.

ONE

**Monday
November
23, 2020
Freaky**



TWO

**Wednesday
November
25th, 2020
The Croods: A
New Age**



THREE

**Thursday
November
26th, 2020
The Witches**





HEALTH CENTRE

**FWFN ADMINISTRATION BUILDING HAS
NOW RE-OPENED TO THE PUBLIC AS OF
NOVEMBER 2, 2020
BY APPOINTMENT ONLY!!**

The FWFN Health Centre on call (472-7701)

- will resume its regular hours of operation from 4:00 p.m. to 9:00 a.m.
- the on-call phone will be answered after 4:00 p.m. only
- to the **TBRHSC-EMERGENCY ONLY** and back with one stop at pharmacy if needed
- Until the medical van is up and running please call the Health Centre 24 hours in advance **for medical appointments with your name, address, phone number, appointment date, appointment time clinic**

Please call the Health Centre at 622-8802 to book your appointments



Department: Lands & Properties Department

Date: November 3, 2020

Subject: Pet Food Charity

Prepared By: Wyatt Bannon – By-Law
Enforcement

NOTICE TO COMMUNITY

We recently become aware of a charity effort that may enable us to provide pet food for all of our pet owners within Fort William.

This is a Covid-19 relief effort and may only be a one time offer. Which is dependant on how many receive the donation.

As such we would need to know who within Fort William would like to receive this donation.

For those who are interested you will need to send your information to bylawenforcement@fwfn.com or call (807) 623 9543 ext. 299 and leave a message.

Please include pet owners name, phone number (to schedule drop off) and address as well as what type of pet. If you own a dog, please specify small or large. We will need this information by November 9, 2020

Please refrain from posting personal information on social media. As we will not be monitoring these pages.

Respectfully,

Wyatt Bannon
By-Law Enforcement.

FWFN YOUTH & SOCIAL PRESENTS:



FWFN Remembrance Day Service

**Due to COVID-19 This Year's Remembrance Day
will be a smaller ceremony.**

**If you wish to lay a wreath please contact
Cathy Banning at cathyb@tbaytel.net or Gail R Bannon at
gailrbannon@fwfn.com**

**The Cenotaph will remain open to the public to lay a wreath in
honor of their loved ones, and will be closed at 3 pm.**

There will not be a Community Feast at the community center.





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

Hello Everyone

Please find below a link to the Community Awareness Survey, for the Gwayakocchigewin (GLP) - Hydro One (HONI); also known as **the Waasigan Project**.

<https://survey123.arcgis.com/share/ff50f2bdaf70427fa12adf7377c1b556>

(Copy and Paste to Web Browser)

Since we last met, we have advanced work on the Terms of Reference, which is the first step of the Environmental Assessment (EA). Updated information and mapping, including a narrated project update presentation and the refined route selection study area, is now available on the project website www.HydroOne.com/Waasigan.

- The EA and the Term Sheets will determine the preferred route for a new double-circuit 230 kilovolt transmission line between Lakehead Transformer Station (TS) and Mackenzie TS, and a new single-circuit 230 kilovolt transmission line between Mackenzie TS and Dryden TS, as shown on the map below.

- We have completing the TK Gap Analysis and the EA planning and development work is now nearly complete.

Focus now shifts toward community awareness efforts and engagement. And so, if you have the time and are able, please complete the survey found at the link provided above. This will help guide the community awareness effort going forward, and in light of the covid19 restrictions, this media may be the only venue by which to engage community on this Project.

We need to measure the effectiveness of this approach, and so any assistance you could provide by completing the survey, would be greatly appreciated.

Thank you, Miigwetch

Robert Pierre (CEC/GLP)
Manager, Economic Development
Fort William First Nation
100 Anemki Drive, Suite 106
Fort William First Nation, P7J 1L3
Phone: (807) 623-2021 ext. 603
Cell: (807) 357-6654

We look forward to providing additional updates in the coming weeks and there will be training and job postings related to this Project effort; check the Newsletter and Facebook page often for updates.

Miigwetch.

YOGA 4 ALL



Yoga Mats provided

Starting Nov 11TH - DEC 17TH 2020

**Tuesdays 12-1pm
& Wednesdays 5-6pm
FWFN Gymnasium**

Drop in – Max 12 Participants

WE WILL BE FOLLOWING ALL COVID-19 GUIDELINES, MASKS MUST BE WORN BY PARTICIPANTS TO ENTER, MUST FOLLOW ENTRANCE INSTRUCTIONS, COVID QUESTIONS/ SCREENING WILL BE ASKED PER PARTICIPANT. MUST EXERCISE SOCIAL DISTANCE GUIDELINES (2M or 6FT) APART.

Please contact Bess @ 252-7038 or besslegarde@fwfn.com or Marnie @ marniegreenwald@fwfn.com if you have any questions or concerns