

## Weekly Newsletter for May 10 - 17

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 3<sup>rd</sup> – Friday of each month thereafter. Please provide no later than the Wednesday before the 3<sup>rd</sup> Friday to ensure any amounts owing to you are processed on the 3<sup>rd</sup> Friday. Otherwise, your payment may not be processed until the following month's 3<sup>rd</sup> 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 (2<sup>nd</sup> 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](mailto: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](mailto: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.

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## COVID-19 – Update from Finance

As COVID-19 numbers continue to increase during the second wave in Ontario it is more important than ever for everyone to remain vigilant in their efforts to prevent the spread of COVID-19. This includes maintaining physical distancing with one another, practicing good hand hygiene and wearing masks when in enclosed public spaces.

Please continue to visit our local Thunder Bay Health Unit website for the most current COVID-19 data at: <https://www.tbdhu.com/coviddata>.

You may also visit our COVID-19 Action Plan web page for Community Updates, Resources and Important Contact Information 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 services. Responding to COVID-19 pandemic needs and our Community's health and safety remains our primary focus while we continue to do our best to administer all of our Finance functions and as a result, our response times may continue to be delayed. We sincerely appreciate your continued patience and understanding during this time.

## Payments to our suppliers

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 limit contact and uphold the physical distancing requirements by public health officials.

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

## Bingo Balls

Until further notice, Bingo Balls applications are not being accepted at this time, as a result of limited Bingo Operations during the pandemic.

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

## **Christmas Boundary Interest Distribution**

Further to the November 25, 2020 Chief and Council meeting your December 4, 2020 distribution details are as follows:

- \$500 per adult (aged 18 and older) member from the Boundary Trust Income Allocation
- \$35 per adult (aged 18 and older) member from the Boundary Trust Income Allocation
- \$50 for Elders aged 55-plus (at December 31, 2020) from the OFNLP funds

The above will be paid by EFT (electron funds transfer) and was uploaded to the RBC on Friday December 4, 2020. Funds may take up to 5-days to be deposited in your account so if you have not received your funds by Friday December 11, 2020 then please contact us at that time. Please contact Esther Pervais, Finance Officer for these inquiries.

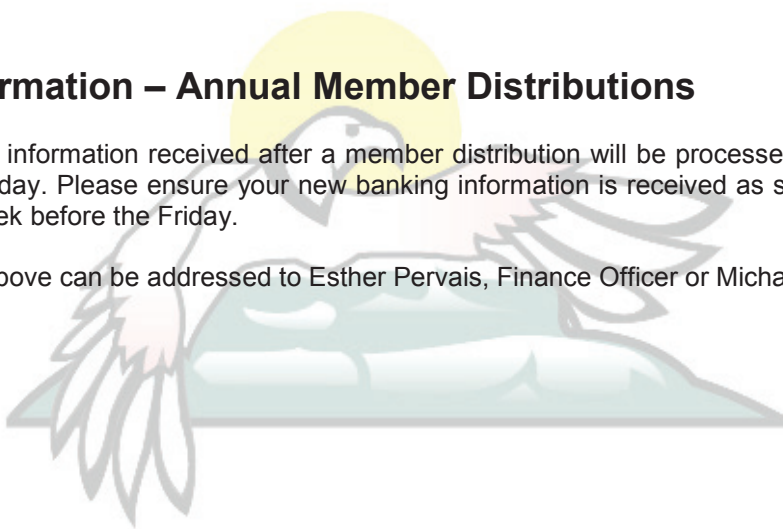
All payment are issued by EFT. The only exception is for those members who are not a resident in Canada. Non-resident members will be issued a cheque and it will be mailed to your last updated mailing address.

If your banking information has changed then you should refer to the first Finance page of our weekly Newsletter. We will require a new direct deposit form, please see the previous Finance page for the required format.

## **Late banking information – Annual Member Distributions**

Any revised direct deposit information received after a member distribution will be processed on a weekly basis until the Christmas break, each Friday. Please ensure your new banking information is received as soon as possible and no later than Wednesday each week before the Friday.

Questions regarding the above can be addressed to Esther Pervais, Finance Officer or Michael D. Pelletier, CEO.





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:** Chief Financial Officer (CFO)  
Permanent Full-Time

**Position Description:** Fort William First Nation requires an energetic, motivated and career-minded Chief Financial Officer (CFO) responsible for reporting to the Chief Executive Officer (CEO). The CFO will play a critical role in the development and implementation of the Fort William First Nation financial strategy. As a member of the senior leadership team, the CFO will be an advisor to the Departmental Directorship, evaluating and assisting them with their financial plans. The CFO will be responsible for overseeing all fiscal and fiduciary responsibilities for the organization under the directorship of the CEO, Chief and Council.

**Major Responsibilities:**

- Provide overall strategic leadership to the Finance Department
- Create, coordinate, and evaluate the financial programs and supporting information systems of the company to include tax planning, and conservation of assets
- Manage the accounting operations including the review of journal entries, payroll, accounts payable, accounts receivable and statutory reporting
- Establish and monitor internal controls to ensure that accounting activities are in accordance with established legal regulatory and organization policies and procedures
- Provide advice and guidance on all accounting matters including financial systems, record keeping, analysis, budgeting and reporting
- Coordinate the year-end audit and preparation of audited financial statements
- Work with external auditors, finance portfolio and FWFN Chief and Council
- Assign and authorize cheques, purchase orders and invoices
- Develop and assist in the implementation of related goals and financial policies / procedures
- Seek out finance and administration opportunities and funding sources
- Ensure compliance with local, provincial, and federal budgetary reporting requirements
- Oversee the approval and processing of revenue, expenditure, and position control documents, department budgets, ledger, and account maintenance and data entry
- Coordinate the preparation of financial statements, financial reports, special analyses, and information reports
- Develop and implement finance, accounting, billing, and auditing procedures
- Establish and maintain appropriate internal control safeguards
- Interact with Directors and Managers to provide consultative support and financial recommendations
- Ensure records systems are maintained in accordance with generally accepted auditing standards
- Analyze cash flow, cost controls, and expenses to guide business leaders
- Analyze financial statements to pinpoint potential weak areas
- Develop tools and systems to provide critical financial and operational information to the Chief and Council and CEO and make actionable recommendations on both strategy and operations

*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**

- Support long-term budgetary planning and costs management in alignment with Fort William First Nation's strategic plan
- Manage cash flow and forecasting
- Develop a reliable cash flow projection process and reporting mechanism that includes minimum cash threshold to meet operating needs
- Optimize the handling of banking relationships and initiate appropriate strategies to enhance cash positions
- Assist Directors and CEO with the implementation of budgets, monitor progress and present quarterly and annual operating results for each department
- Represent FWFN externally to government agencies, funding agencies, and Membership
- Supervise, and evaluate department staff
- Perform related duties and responsibilities as required

**Qualifications:**

- Undergraduate or Graduate Degree in Finance or Accounting required
- Chartered Professional Accountant (CPA) designation required
- Five (5) years of experience in a senior-level finance or accounting position
- Knowledge of finance, accounting, budgeting, and cost control principles including Generally Accepted Accounting Principles
- Knowledge of Indigenous Services Canada's government funding and reporting structure
- This position will be subject to a criminal records check

**Salary:** To be negotiated

**Job Posting Closing Date:** Open until position is filled: Please send application, consisting of a cover letter and resume with three (3) references, to the attention of:

**Michele Blais**

**Human Resources Manager**

**Ph: 807-623-9543 ext. 239, Fa: 807-623-5190**

**Email: [micheleblais@fwfn.com](mailto:micheleblais@fwfn.com)**

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



# HAVE YOU REGISTERED TO SET UP AN AT HOME GARDEN?



THE ONTARIO WORKS TEAM WILL BE SETTING  
UP INTERESTED COMMUNITY MEMBERS WITH  
YOUR OWN GARDEN BOXES IN YOUR YARD

## BENEFITS OF GARDENING:

- SAVES YOU MONEY BY GROWING SOME OF YOUR OWN VEGETABLES & FRUIT
- REDUCES STRESS
- IT CAN KEEP YOU & YOUR FAMILY BUSY AND OUTSIDE
- GETS YOU ACTIVE

## CRITERIA:

- MUST BE ON OW OR ODSP (WILL REGISTER COMMUNITY MEMBERS ON FIRST COME FIRST SERVE)
- MUST TALK WITH EMPLOYMENT WORKER TO PLAN YOUR GARDEN SPACE- PICK THE VEGETABLES YOU'D LIKE TO PLANT
- MUST BE WILLING TO PLANT AND MAINTAIN YOUR GARDEN BOX FOR THE ENTIRE GROWING SEASON
- CHECK INS ON GARDEN AND SUPPORTS IF NEEDED

**\*\* CURRENTLY HAVE 10 AVAILABLE BOXES \*\***

ONCE MORE ARE AVAILABLE WILL CONTACT THOSE THAT HAVE  
REGISTERED

**IF YOU HAVE REGISTERED, LAST  
SEASON PLEASE FOLLOW UP WITH  
HAILEY! YOU WILL BE GIVEN  
PRIORITY THIS SEASON!**

FOR INFO CONTACT @ 622-6791 LEAVE A MESSAGE SOMEONE WILL GET BACK TO YOU AS SOON AS POSSIBLE

# TRIPLE P PARENTING



## ONLINE SESSIONS

Spring 2021

**Open Group**

May 19<sup>th</sup> & 26<sup>th</sup>

**Men's Only Group**

June 2<sup>nd</sup> & 9<sup>th</sup>

**Parenting Teens**

June 16<sup>th</sup> & 23<sup>rd</sup>

FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT

**OLIVIA PELLETIER**

*Family Support Worker*

[oliviapelletier@fwfn.com](mailto:oliviapelletier@fwfn.com)

(807) 622-8802 Ext. 210





# **FWFN HEALTH PRESENTS** **LET'S** **BURN CALORIES** **NOT CIGARETTES** **-WALK-**

**First 20 Community Members to register get a \$50.00  
Gift card (LIMIT 1 PER HOUSEHOLD).**

**GRAND PRIZES TO BE WON**

**START DATE:**

**June 7-12/21**

**DAY & TIME OF YOUR CHOOSING. JUST  
TAKE PHOTO PROOF OF YOUR WALK.**

**REGISTRATION ONLINE:**

**healthreception@fwfn.com or  
sabinamaclaurin@fwfn.com  
Community Health Representative**

**\*Please Sign Waver for Photos\***

**ONE ENTRY PER PHOTO SUBMISSION.**

**SUBMIT PHOTO PROOF OF YOUR WALK TO  
HEALTHRECEPTION@FWFN.COM**

**PLEASE FOLLOW ALL COVID-19 RESTRICTIONS.**

Made with PosterMyWall.com



**MENTAL HEALTH  
AND  
ADDICTIONS  
UPCOMING EVENTS**

Traditional Medicine  
Teachings for  
Health & Wellbeing

May 12th

CEDAR

May 26TH

TOBACCO

**MAY/JUNE  
2021**

June 2nd

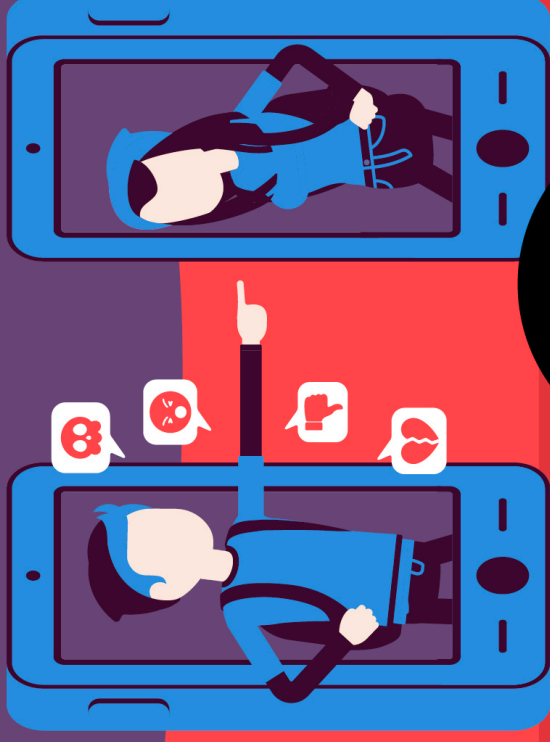
SAGE

June 5TH  
Sweetgrass

**YOUR VOICE MATTERS!**

Inviting Youth from Thunder Bay & District to take the

# Youth Cyberbullying Survey!



Access survey here:  
[bit.ly/onlinebullying](https://bit.ly/onlinebullying)

For more information, contact:  
[lee-ann.chevrette@thunderbay.ca](mailto:lee-ann.chevrette@thunderbay.ca)

Win a gift card  
from Apple,  
Google Play or  
Tim Hortons



Thunder Bay District  
Health Unit



NORTHWESTERN ONTARIO WOMEN'S CENTRE  
EMPOWERING WOMEN BY PROVIDING A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THEIR NEEDS





**Nokiiwin**  
TRIBAL COUNCIL



**Lakehead**  
UNIVERSITY



# Surveys, Dabbers, and Zoom

Learn how you can join Nokiiwin and  
Lakehead University for a Free Community



Community members from Fort  
William First Nation,  
Netmizaaggamig Nishnaabeg,  
and Bingwi Neyaashi  
Anishinaabek can register for  
information sessions.

Register For:  
April 27, 10:30am  
[Nokiiwin.com/LaunchDay1](https://nokiiwin.com/LaunchDay1)  
or  
May 6, 3:00pm  
[Nokiiwin.com/LaunchDay2](https://nokiiwin.com/LaunchDay2)

For more information please contact:  
Mukul Sharma at [events@nokiiwin.com](mailto:events@nokiiwin.com)  
Robyn O'Loughlin at [raolough@lakeheadu.ca](mailto:raolough@lakeheadu.ca)

**[nokiiwin.com](https://nokiiwin.com)**







# THE FAMILY CENTRE

THE FAMILY CENTRE WOULD LIKE TO INVITE FAMILIES WITH  
CHILDREN 0-6 YEARS OF AGE TO JOIN US IN A

## "MEET AND GREET"

SESSION - VIA ZOOM

**DATE: MAY 13, 2021**

**TIME: 1 P.M.**

\*\*\*\*\*

\*WE WILL BE HOSTING A VIRTUAL SMUDGE

\*WE WILL HAVE A MEET AND GREET OF NEW AND RETURNING  
FAMILIES WITH SHOUT OUTS AND SHARING

\*THIS WILL BE A WONDERFUL OPPORTUNITY TO CONNECT WITH US  
AND OTHER FAMILIES.

\*WE WILL HAVE DRAWS FOR ATTENDANCE

***ALL FAMILIES THAT WOULD LIKE TO PARTICIPATE WILL NEED TO  
PROVIDE THEIR EMAIL ADDRESS SO THAT WE CAN FORWARD THE  
LINK TO ATTEND.***

***ON OR BEFORE MAY 13, 2021, YOU WILL RECEIVE AN INVITE WITH  
LINK, I.D AND PASSCODE TO ENTER AND JOIN VIA ZOOM***

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT US AT  
285-9368.

\*\*\*\* SEND YOUR EMAIL ADDRESS TO \*\*\*\*

[valeriecharlie@fwfn.com](mailto:valeriecharlie@fwfn.com) or [taranmorriseau@fwfn.com](mailto:taranmorriseau@fwfn.com)

May 10<sup>th</sup> 2021 –May 15<sup>th</sup>

Addictions and mental health

F.W.F.N

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# Cedar Tea teaching

Addictions and Mental health services are  
teaming up to bring you self-care

Must pre-register and submit photos for  
program with reception:

(807)622-8802

or

[healthreception@fwfn.com](mailto:healthreception@fwfn.com)

**Mental health and addiction**



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

DATE:

NAME:

ADDRESS:

TELEPHONE:

I HEREBY GRANT FORT WILLIAM FIRST NATION AND THOSE ACTING ON ITS AUTHORIZED BEHALF THE RIGHT TO:

PHOTOGRAPH OR RECORD: ☐ MY PERSON ☐ MY CHILD ☐ MY PROPERTY

OR VOICE ON FILM, VIDEO TAPE, AUDIO TAPE OR OTHER FORMAT FOR (WEBSITE, SOCIAL MEDIA, BILLBOARD, BROCHURE, ADVERTISING ETC.) PURPOSES:

All rights therein and thereto shall be the exclusive property of Fort William First Nation to display and distribute in any manner. I understand that no payments are to be provided. In granting these rights I release Fort William First Nation from any and all actions, claims and demands.

Witness

Signature

90 Anemki Drive  
Suite 200  
Fort William First Nation, Ontario P7J 1L3  
Tel: (807) 623-9543 / Fax: (807) 623-5190



**Fort William First Nation  
Casino Rama Funds Education Awards**

**Programs:**

| <b>Award Category</b>                          | <b>Award Amounts</b>                 |
|--|--------------------------------------|
| Secondary (High School)                        | A maximum of three awards of \$750.  |
| Post Secondary - College                       | A maximum of three awards of \$1000. |
| Post Secondary - University                    | A maximum of three awards of \$1500. |
| General Educational Development (GED) Programs | A maximum of three awards of \$350.  |
| Post Secondary – Community College             | A maximum of three awards of \$400.  |
| Apprenticeships                                | A maximum of three awards of \$500.  |
| Special Needs                                  | A maximum of three awards of \$750.  |

**Program Award Descriptions:**

The Fort William First Nation Education Award program has been created as an incentive and reward for students who are graduating from a respective award category. More information on each category is available. The Casino Rama Education awards are separate from the regular FWFN graduating awards.

**Program Award Eligibility:**

- ✓ Member of the Fort William First Nation.
- ✓ Selection is based primarily on academic excellence. Awards will be given to the highest three grade mark averages in each award category.
- ✓ Everyone is encouraged to apply.

**Closing Date:**

Students must complete an application package by Saturday, July 31<sup>st</sup>, 2021.

**How to apply:**

Application packages can be mailed, faxed or emailed to:

Fort William First Nation  
C/O: Michele Blais  
Suite 200, 90 Anemki Drive  
Fort William First Nation, ON, P7J 1L3  
Email: Michele.Blais@fwfn.com  
Phone: (807) 623-9543 ext. 239      Fax: (807) 623-5190



# **Deadline: Saturday, July 31<sup>st</sup>, 2021**

## **FORT WILLIAM FIRST NATION CASINO RAMA FUNDS EDUCATION AWARD PROGRAM APPLICATIONS:**

**Student Name:** \_\_\_\_\_ **Award Category:** \_\_\_\_\_

**Name of School/College/University:** \_\_\_\_\_

**Band #:** \_\_\_\_\_ **Student #:** \_\_\_\_\_

Have you applied for or received any other type of **incentive grant** from the FWFN Education Department for completing **this** diploma/degree:

Yes: \_\_\_\_\_ No: \_\_\_\_\_

If yes, indicate date applied/received and amount:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Please be sure to include copies of the following documentation:**

- ☐ Graduation Diploma/Degree
- ☐ Official Transcripts
- ☐ Awards/Honors Certificates
- ☐ Letter of Reference
- ☐ Brief Essay (100 words) stating why you should receive this award

\_\_\_\_\_  
**SIGNATURE OF STUDENT**

\_\_\_\_\_  
**DATE**

**NOTE:** Please review the Education Award program information sheet for program description, eligibility criteria and application closing date.

**ADDRESS:** \_\_\_\_\_

**PHONE #** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## The Friends of Chippewa Park

356-1100C Memorial Avenue  
Thunder Bay, Ontario, Canada P7B 4A3  
chippewa@tbaytel.net

**100th Anniversary 1921 to 2021**

# SUMMER YOUTH JOB POSTING

**EMPLOYER:** The Friends of Chippewa Park

**WORK LOCATION:** Chippewa Park Pavilion, Chippewa Park, City Road, Thunder Bay

### **POSITIONS AVAILABLE:**

**Carousel Archive Technician** May 10 to August 13: 14 weeks @35 hours per week

**Recreation Park Attendant** June 14 to September 6: 12 weeks @ 35 hours per week

### **POSITION DESCRIPTION**

Under the direction of the Chair, Heritage and Records Committee the Carousel Archive Technician will prepare an inventory of all Carousel Components, including photos of each component along with a description, serve as a secretary of the committee, organize documents and photos, the. Rate of Pay \$20.00 per hour.

Under the direction of the Marketing Coordinator, the Recreation Park Attendant will support the Sundays in the Park Concert Series, conducts and analyses park visitor surveys daily and provides information to the public, maintains the web site and responds to emails, tweets and Facebook inquiries. Rate of Pay \$14.25 per hour.

## **REQUIREMENTS OF BOTH POSITIONS**

- Must be under the age of 30
- Must be able to work with minimal supervision
- Must have own transportation as there is no public transit available

## **REQUIREMENT OF RECREATION PARK ATTENDANT**

- Must be comfortable in managing web pages, responding to emails, tweets and Facebook
- Must be comfortable speaking to the general public including approaching them to see if they will fill out a survey, join The Friends of Chippewa Park or donate to the Carousel Fund Raising Project
- Must be comfortable MCing the Sunday in the Park Concerts and other events
- Experience in planning and implementing events an asset
- Will be required to work weekends and holidays

## **REQUIREMENT OF CAROUSEL ARCHIVE TECHNICIAN**

- Experience in heritage restoration a requirement

## **APPLICATION PROCESS**

1. Please **email** your application along with a resume to [Chippewa@tbaytel.net](mailto:Chippewa@tbaytel.net)
2. You must place the following words (and only those words) in the subject line of the email APPLICATION TO TFOCP. Any other words will result in the application not being forwarded to the review team and will therefore not be considered.
3. Indicate on your application which of the two positions your are applying for, or if you are applying for both
4. All applications will be acknowledged by return email
5. Only those chosen for an interview will receive follow up contact
6. Any questions can be submitted to the above noted email address
7. **Deadline for applications as follows:**
  - a. **Carousel Archive Technician**      **May 9**
  - b. **Recreation Park Attendant**      **June 1**

**THESE POSITIONS ARE FUNDED BY THE CANADA SUMMER JOB STRATEGY**



FWFN Diabetes Program

Starts May 10-June 1/21

# Witness the Fitness !!

**RUN, WALK, BIKE OR  
HIKE THE CHOICE IS  
YOURS!**

*HEALTHY STARTS HERE!*

**OPEN TO ALL AGES!**

**WEEKLY PARTICIPATION DRAW!**

**3 GRAND PRIZES AT END OF 4TH WEEK !**

**SUBMIT WEEKLY LOG SHEETS AND  
PHOTOS. \*\*\* drop at bandoffice end of  
week in envelope located at front  
doors\*\*\* OR BY EMAIL\*\***

**ANY FORM OF EXERCISE COUNTS!**

**REGISTER BY CONTACTING:  
JULIEFAIR@FWFN.COM  
OR (807) 622-8802 HEALTH RECEPTION.**

**4 WEEKS OF  
FITNESS TO  
PROMOTE  
PHYSICAL  
ACTIVITY IN OUR  
COMMUNITY!**

**PROUDLY SPONSORED BY**



**FORT WILLIAM  
FIRST NATION  
HEALTHCENTRE**

WE'RE WITH FORT WILSON WILLIAM



## Weekly Walking Log

Week of:

| Day        | mi/km: | steps: | time: | speed: | notes: |
|------------|--------|--------|-------|--------|--------|
| Sunday     |        |        |       |        |        |
| Monday     |        |        |       |        |        |
| Tuesday    |        |        |       |        |        |
| Wednesday  |        |        |       |        |        |
| Thursday   |        |        |       |        |        |
| Friday     |        |        |       |        |        |
| Saturday   |        |        |       |        |        |
| Sunday     |        |        |       |        |        |
| Week Total |        |        |       |        |        |
| Goals:     |        |        |       |        |        |
| Progress:  |        |        |       |        |        |
| Ideas:     |        |        |       |        |        |



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

DATE:

NAME:

ADDRESS:

TELEPHONE:

I HEREBY GRANT FORT WILLIAM FIRST NATION AND THOSE ACTING ON ITS AUTHORIZED BEHALF THE RIGHT TO:

PHOTOGRAPH OR RECORD: ☐ MY PERSON ☐ MY CHILD ☐ MY PROPERTY

OR VOICE ON FILM, VIDEO TAPE, AUDIO TAPE OR OTHER FORMAT FOR (WEBSITE, SOCIAL MEDIA, BILLBOARD, BROCHURE, ADVERTISING ETC.) PURPOSES:

All rights therein and thereto shall be the exclusive property of Fort William First Nation to display and distribute in any manner. I understand that no payments are to be provided. In granting these rights I release Fort William First Nation from any and all actions, claims and demands.

Witness

Signature

90 Anemki Drive  
Suite 200  
Fort William First Nation, Ontario P7J 1L3  
Tel: (807) 623-9543 / Fax: (807) 623-5190



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

# MAY 2021

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   | 13<br><b>FAMILY FOOD BANK</b><br>11am-5pm<br> | 14<br><b>Income Statement Week</b>                 | 15       |
| 16     | 17<br><b>PERSONAL DEVELOPMENT WORKSHOPS ALL WEEK</b> | 18<br><b>SINGLES FOOD BANK</b><br>11am-3pm<br>   | 19<br><b>PROGRAMMING FROM 1PM-3PM MON-FRIDAY</b> | 20<br><b>Income Statements Due</b>            | 21<br><b>EXTRA SESSION IN EVENING FROM 4PM-6PM</b> | 22       |
| 23     | 24   | 25   | 26   | 27  | 28   | 29       |
| 30     | 31   | <div> Please note: Due to COVID we are working from home and there is reduced staff in the office for the safety of everyone. If you require assistance or you would like to talk to a worker please call @622-6791 </div> |  |   |  |          |

**\*\*REMINDER: INCOME STATEMENTS ARE DUE ON OR BEFORE THE 20<sup>TH</sup> OF EACH MONTH\*\***

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

# ONTARIO WORKS FOOD BANK PICK UP GUIDELINES- April 13<sup>TH</sup> 2021

## PLEASE READ THE FOLLOWING

- If you are sick or have any of the following:

- fever
- dry cough
- tiredness
- sore throat
- headache
- loss of taste or smell
- difficulty breathing or shortness of breath
- chest pain or pressure

We ask that you or any member of your home **DO NOT** come to the office to pick up your hamper. Please **remain at home** and call for assistance on how to receive your hamper @ 622-6791

- **You must wear a mask at all times when picking up your hamper- no mask no service (will have on site if needed)**
- A worker will take down your name when you arrive, putting you in the line to be served
- **If you have a vehicle**, please **remain in it** until your food hamper has been wheeled out to the curb and **the worker has walked away to get out of your vehicle**
- **If you do not have a vehicle**, please **practice safe social distancing** while waiting **remaining 6ft away from one another**. Indicators will be marked where the line begins, the hamper will be walked out to you, **please stay where you are until the worker has walked 6ft away**.
- Please **do not** come to the door or surround the door
- Once you are finished unloading, please leave the cart on the curb **do not attempt to bring it to the door**.
- When you get home to **wipe down/ wash your food** products before storing them.

**Please when picking up your hampers stay away from one another 6ft, wear your masks at all times in line or even outside of your vehicle. We want everyone to stay as safe as possible**

**THANK YOU**