

July, 2025



## Welcome to our July Newsletter!

Summer is officially in full swing, and Fort William First Nation is alive with celebration, connection, and community care. This month's newsletter highlights our Annual Pow Wow, Health Fair, family programs, and recognitions of outstanding community members.

We've also included important updates on scam & fraud awareness, overdose prevention, and catering opportunities for local entrepreneurs.

Summer joke of the month:

*I told my flip-flops a joke.*

*They toed me it was terrible.*

**In this  
newsletter  
you can expect:**

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Community  
Events

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Community  
Contest &  
Recognition

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Catering  
Opportunities

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Community  
Awareness

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# Community Events



## Family Program Picnic in the Park

**When:** July 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, & 30<sup>th</sup> at 4:30pm

**Where:** Wolf Street Park

*All members welcome, light dinner, games, sports and fun! Weather permitting.*

## Family Centre Drop-In Program

**When:** Every Monday to Thursday in July from 10:00am-12:00pm and 1:00pm-3:00pm

**Dates Excluded:** July 1<sup>st</sup>, 10<sup>th</sup>, 16<sup>th</sup>, 24<sup>th</sup> & 29<sup>th</sup>.

*Families with children 0-6 years of age.*



## Summer Annual Pow Wow

**When:** July 4<sup>th</sup> – July 6<sup>th</sup>

**Where:** Anemki Wajiw

*This is a community-based drug and alcohol free celebration. No pets allowed.*

## Family Program

**When:** July 7<sup>th</sup> & 21<sup>st</sup> at 4:30pm

**Where:** Community Centre

*All members welcome, dinner included!*





## Annual Health Fair

**When:** July 14<sup>th</sup>, from 11:00am - 3:00pm

**Where:** Community Centre

*Fun for the whole family!*

Photo Booth | Kids Activities | Bouncy Castle

Ice Cream | Information Booths | Prizes | Food

## Parents & Tots Program

**When:** July 16<sup>th</sup> from 12:00pm-2:00pm

**Where:** Community Centre



## Little Ducklings Swim Program

### **Registration Required**

**Registration:** Email Valerie at [valeriecharlie@fwfn.com](mailto:valeriecharlie@fwfn.com) by July 2<sup>nd</sup> for the July program.

**Details:** Community families with children 0-4 years. Transportation, swim passes & snacks provided.

**Dates:** July 10<sup>th</sup> & 24<sup>th</sup> from 1:00pm - 3:00pm

*Once registered, more information will follow.*

# Community Contest

## Step Into a Healthy Lifestyle

**When:** June 23<sup>rd</sup> — July 11<sup>th</sup>, 2025.

**Details:** Submit a picture of you and/or your family enjoying a walk to be entered into a draw!

**Deadline:** Submit via email at [healthreception@fwfn.com](mailto:healthreception@fwfn.com) by July 11<sup>th</sup>, draw will be taking place at our Annual Health Fair on July 14<sup>th</sup>, 2025.



## Nominate an Elder, Band or Community Member!

Do you know an Elder or Band/Community member who deserves recognition for their contributions to the community?

### To nominate an Elder, Band or Community Member, please provide:

- A brief description of who they are, what they are being recognized for, and why you are nominating them.
- Their contact information (email or phone number)
- A photo of the nominee or a photo showcasing their contribution to the community.

All nominations must be submitted via email to [KaijaMacKay@fwfn.com](mailto:KaijaMacKay@fwfn.com).

# Community Recognition



## **Elder Recognition:** Catherine Collins

Catherine Collins is a shining example of lifelong dedication to community. At 88 years young, she remains an active volunteer, supports local events, and helps with church decorating and upkeep. A proud mother of six—with five adopted children—Catherine has been a pillar of strength and support for many. Her unwavering commitment over the years is a true reflection of love, service, and community spirit.

## **Band Member Recognition:** Blade Collins & Wolf Bannon

Blade Collins and Wolf Bannon are two young men making a powerful impact in the community. As role models for their peers, they continue to dream big and put in the work to achieve their goals. Their dedication, resilience, and ambition inspire others.



## Catering Opportunities

### Catering Opportunities

Anishinabek Nation is requesting members to submit quotations to provide all the necessary materials, labour, and equipment to provide catering services for two different events located at the Community Centre. The scheduled dates and details for these events are listed below:

**Event:** Chiefs Council on the Economy

**Event Date:** August 12<sup>th</sup>, 2025

**Details:** For approximately 15 guests, requires breakfast, lunch and an afternoon snack. All food must be served with sealed cutlery.

**Event:** EDO Network

**Event Date:** August 13<sup>th</sup>, 2025

**Details:** For approximately 30 guests, requires breakfast, lunch and an afternoon snack. All food must be served with sealed cutlery.

**Deadline:** Submissions are to be **emailed to [ecdev@anishinabek.ca](mailto:ecdev@anishinabek.ca)** by **Friday, July 25<sup>th</sup>, 2025**. Submissions received after this date will not be considered. Should you have any questions or require additional information, please send an email to [ecdev@anishinabek.ca](mailto:ecdev@anishinabek.ca).

For more information on **job and catering opportunities** please visit the employment page on our website at [www.fwfn.com/employment/](http://www.fwfn.com/employment/).

## Community Awareness: Stay Safe & Informed

### Scam & Fraud Awareness

Scammers continue to target individuals through phone calls, emails, texts, and even social media. It's important to protect yourself and others, especially Elders and vulnerable community members.

#### **Common Signs of a Scam:**

- Requests for gift cards, wire transfers, or banking information
- Urgent threats (e.g., "You'll be arrested if you don't pay now")
- Messages claiming you've won something but need to pay a fee
- Calls pretending to be from CRA, Service Canada, or banks

#### **How to Protect Yourself:**

- Don't share personal or financial info with unknown contacts
- Hang up and call the official number directly
- Talk to someone you trust if something feels off
- Report scams to the Canadian Anti-Fraud Centre: **1-888-495-8501**

### Drug Overdose Awareness

Overdose remains a serious concern in many communities, including our own. Knowing the signs and how to respond can save lives.

#### **Signs of an Overdose:**

- Difficulty breathing or not breathing at all
- Blue or grey lips/fingernails
- Unconsciousness or inability to wake up
- Slow or no heartbeat

#### **What You Can Do:**

- Call 911 immediately
- Administer Naloxone if available
- Stay with the person and provide reassurance until help arrives

Free Naloxone Kits are available through local health centres and pharmacies. Let's continue to support one another and reduce stigma by staying informed and checking in on those we care about.

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