



FEBRUARY 2021 NEWSLETTER

UPDATES, EVENTS, NEWS & MORE

ATTENTION BAND MEMBERS

**If your email, mailing address or phone number has changed, please update the office staff at info@caldwellfirstnation.ca*

*

"Though, February is short, it is filled with lots of love and sweet surprises."

-Charmaine J Forde

CORONAVIRUS (COVID-19)



HELP PREVENT COVID-19



If you have symptoms of COVID-19 (fever, cough, or difficulty breathing) and have recently travelled outside of Canada, self-isolate at home and call us at 519-258-2146 ext. 1420 or call Telehealth Ontario at 1-866-797-0000.

Looking for submissions

CALDWELL MARINA LOGO CONTEST

DETAILS

The Happy Snapper is rebranding as Caldwell Marina and we are looking for talented designers to create the new logo!

Winner receives \$500

Submit to ea@caldwellfirstnation.ca by March 1, 2021

Any inquiries, please contact Nikki at nikki@caldwellfirstnation.ca

Contact Julie



Caldwell First Nation Community Members

Basic Income Tax Filing *Canadian Tax Filing Only*
CVITP – CFN Finance Department

Caldwell First Nation will be providing *FREE* basic income tax filing, by registration only, between 9:00am – 3:30pm from Tuesday to Thursday with only remote filing options available at this time due to the current COVID-19 restrictions.

Filing will be available for Status Members & their immediate family.

Please call to register for a filing session at 519-322-1766 ext. 1242 or via email at Finance@caldwellfirstnation.ca.

Registration begins Monday, February 8, 2021

The deadline for basic income tax filing is Thursday, April 30, 2021

Attendees are asked to bring:

- Status Card Number
- Any T4's from the previous year's employment (2019 – 2020 fiscal year)
- Any documentation supporting income earned from the 2019 – 2020 fiscal year
- Previous years unfiled taxes (up to 10 years of unfiled returns if eligible)

CRA asks all participants to sign a consent form prior to filing their taxes.



Hosting Venue Contact Information

14 Orange Street, Leamington, Ontario, N8H 1P5

Contact: Brad Dos Santos (Finance Asst./Admin Assoc.)

Email: finance@caldwellfirstnation.ca

Phone: (519) 322-1766 Ext 1242

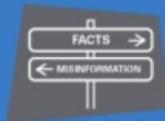
Tax filing to be completed by the CFN Finance Department: Melody Watson, Rebecca Caron, Brad Dos Santos

Contact Brad

Practice self-care during the COVID-19 pandemic



Limit COVID-19 updates



Use credible sources



Take care of your body



Stay connected



Follow precautionary measures

Caldwell First Nation



JORDAN'S PRINCIPLE



Eligibility guidelines have changed!!
Apply Today!

Jordan's Principle ensures all First Nations children can access the same products, services and supports as other children, when they need them.

Traditional Healing - Assessments and Screenings - Mental Health Services - Speech Therapy - Physiotherapy - Educational Devices - School Supplies - Tutoring - Medical Supplies - Transportation to Appointments - Physical Education - Language - Cultural Programs - Mobility Aids - Addiction Services - Childcare....

* SERVICES ARE NOT LIMITED TO THIS LIST *

Eligibility Requirements:

- ~ Child must be 0-17 years of age ~
- ~ Canadian resident ~
- ~ Child either has status or is eligible under the Indian Act ~
- ~ Has a parent/guardian status or eligible under the Indian Act ~
- ~ Recognized by CFN for the sole purposes of Jordan's Principle ~

**DOES YOUR CHILD HAVE AN UNMET NEED?
APPLY TODAY TO SEE IF YOU QUALIFY!!!**

CFN JORDAN'S PRINCIPLE MAIN CONTACT INFORMATION:

Theresa Lewis, CWW / Jordan's Principle Navigator

Phone: 519-322-1766, Extension: 1234

Email: t.lewis@caldwellfirstnation.ca

Contact Theresa

Calling All Artists and Poets

We would like all artists and writers to participate in the development of Caldwell Greeting Cards. The cards

CFN MEMBER NOTICE: **SMUDGE KIT DISTRIBUTION**

This picture shows what each kit includes:



Please notify Jo-D if you are a registered band member and you have not received a smudge kit to date - Jo-D will track the shipment to locate and help you to receive your kit.



Any questions or assistance please contact:

Jo-D, Health Programs Manager
519-322-1766, Ext: 1235
j.simpson@caldwellfirstnation.ca

[Contact Jo-D](#)

can be for any occasion and may include humour, original art, or more sentimental messages. We prefer Indigenous/First Nation themes, if possible.

We will select up to ten successful submissions, each winning selection receiving a \$50 gift card.

We will share samples of the winning designs in an upcoming newsletter.

Deadline: March 31, 2021

Submit to: Julie Le
(ea@caldwellfirstnation.ca)

[Contact Julie](#)

WHAT'S NEW AT CFN?

Cultural Events



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

MEN'S FAST

MINO BIMAADIZIWIN



WHY WE FAST

On February 11, 2021 Caldwell will be participating in the Moose Hide Campaign to show our support in Ending Violence towards Women and Children

BE THE CHANGE

- Violence was never part of our Traditions.
- Men and Women walked in balance together to create a good life for our families and communities
- Take pride and stand up to build a safer community for all to live in

HOW YOU CAN JOIN

Men's Fasting Ceremony will begin 10 minutes before sunrise and end 10 minutes after sunset. Please dress according to the weather, bring extra blankets, tent and a tarp to sit on.

Madbin Jina - Point Pelee National Park
Contact Carrie Ann to acknowledge your commitment

cultural.dev@caldwellfirstnation.ca
519-322-1766 ext. 1224

SHOW YOUR SUPPORT

Everyone is welcome to participate from home

Due to COVID restrictions we cannot gather together in large groups, but we can be together through Spirit.

Set up a quiet space to sit, light a candle, have a Smudge and Fast along with us from home

Please acknowledge your participation with Carrie Ann:
519-322-1766 ext. 1224

Take action and stand up to end violence towards women and children.



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

MEN'S FAST

MINO BIMAADIZIWIN



WHY WE FAST

BE THE CHANGE

HOW YOU CAN JOIN

Fasting has always been an important Ceremonial practice for Traditional Cultures throughout the world. Many Cultures practice Fasting Ceremonies when:

- Conducting important work
- Addressing significant challenges and important transitions
- Seeking guidance and direction
- Deepening personal and collective intentions and commitments.

Fasting is a means of testing, practicing and deepening our personal commitment to our values and intentions. It calls upon us to make a small sacrifice of food and water and challenges us to move from intentions to action, from beliefs to experience.

Fasting is key practice within the Moose Hide Campaign movement to demonstrate a personal commitment to honoring and protecting the woman and children in our lives. It is also a way to support each other in our collective responsibility as men to ensure all women and children are free from violence in our Homes, Communities and our Nations.

Making this simple sacrifice is a way to show yourself and your relations that you take this commitment seriously.

Fasting can be a transformative experience, and for us this Ceremony is rooted in a personal sense of commitment, action and purpose to honor and protect the women and children in our lives.

Take action and stand up to end violence towards women and children.



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

MEN'S FAST

MINO BIMAADIZIWIN



WHY WE FAST

BE THE CHANGE

HOW YOU CAN JOIN

Setting Your Intention

The Moose Hide Campaign is founded on a belief that to change the tragic reality of domestic violence in Canada, and to walk the road of reconciliation, we need to encourage ourselves and each other to participate in the necessary growth, learning and healing that will lead to a society where all women and children are safe from violence.

Setting your intention to fast is a significant personal step. And as you prepare to fast, it is helpful to reflect on your personal motivations. And there are also many clear reasons that are common amongst us. We sometimes are called to reflect on personal experiences as well as, the facts that:

- Approximately every six days, a woman in Canada is killed by her intimate partner.
- On any given night in Canada, 3,491 women and their 2,724 children sleep in shelters because it isn't safe at home.
- On any given night, about 300 women and children are turned away because shelters are already full.
- Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16.
- There were 1,181 cases of missing or murdered Aboriginal women in Canada between 1980 and 2012, according to the RCMP. However, according to grassroots organizations and the Minister of the Status of Women the number is much higher, closer to 4,000.
- Indigenous women are killed at six times the rate of non Indigenous women
- Domestic violence is preventable

Though your personal intentions and journey will be unique, know that many elders teach that when an individual fasts, the whole community benefits.

Take action and stand up to end violence towards women and children.

How does Culture support healing

What does healing look like



BUILDING A SAFE & HEALTHY COMMUNITY

CALLING ALL CALDWELL YOUTH
CAPTURE YOUR VOICE
SHARE YOUR VISION

SHOW/TELL US WHAT A SAFE AND HEALTHY COMMUNITY LOOKS LIKE TO YOU.
Submit photos, drawings, poems, stories, depicting what your vision looks like

What can you do to help create a safe community and support others

**SUBMIT NO LATER THAN :
MARCH 5, 2021 BY 4:00PM
TO CARRIE ANN**

All submission names will be entered into a draw. Prizes include: camera, gift cards and more.

i pledge.
end violence.

cultural.dev@caldwellfirstnation.ca

HONOURING OUR ANCESTORS

We would like to acknowledge Caldwell First Nation War Veterans

A commemorative piece will be produced to honour and remember them

PLEASE SUBMIT NAMES, DATES AND DETAILS TO CARRIE ANN:
cultural.dev@caldwellfirstnation.ca



Mshkiki Let's talk Medicine

With Joe Pitawanakwat

**FRIDAY FEBRUARY 5 & 26, 2021
6:00PM ON ZOOM**

Join us for two informative talks on Traditional Plant Medicine
Joe will speak about plant reciprocity, uses and effects on our bodies

Please register with Carrie Ann by February 1, 2021 to receive the Zoom link
cultural.dev@caldwellfirstnation.ca

Ring in 2021 with a Zoom

Join us bi-weekly for Anishinaabemowin virtual classes with Red Cloud

CLASSES START AT 6:00 PM

REGISTER WITH CARRIE ANN
cultural.dev@caldwellfirstnation.ca
TO RECEIVE ZOOM LINK EMAILS

2021 CLASS DATES

**January 7 & 21
February 4 & 18
March 4 & 18**

WALK FOR WELLNESS

March Mshkiki Mile

It takes approximately 2,000 steps to walk a mile and 10,000 to walk 5 miles

JOIN US FOR OUR FIRST WALK FOR WELLNESS DURING THE MONTH OF MARCH

Each participant will receive a sheet to track their steps and a medal

Prizes for the top steppers.

The Health Team will be motivating you every step of the way!

Contact Carrie Ann to register:
cultural.devecaldwelldfirstnation.ca

WALK FOR WELLNESS

Medicine comes in many forms. To live a healthy, balanced life, we must incorporate them all

The average person takes about 5,000 steps a day. Active people take about 18,000 steps a day.

- WALK AT YOUR OWN PACE
- START SLOW
- STAY HYDRATED

Walking :

- increases circulation
- boosts heart health
- improves your mood

Every step counts

Contact Carrie
Ann

Employment and Training

Ontario Increases Financial Support for Indigenous Learners

Province expands OSAP at Indigenous Institutions.

Read more here: <https://news.ontario.ca/en/release/60064/ontario-increases-financial-support-for-indigenous-learners>

School Mental Health Ontario: Noticing Mental Health Concerns for your Child

Individuals and families have experienced the COVID-19 pandemic in unique and varied ways. For some, significant changes to daily routines, a sense of isolation and loss, and various other factors may have led to new or increased mental health concerns. Emotional and behavioural difficulties can arise at any time, and can affect anyone.

Read more here: <https://smho-smso.ca/wp-content/uploads/2020/08/Info-sheet-noticing-concerns.pdf>



Reminder

POST-SECONDARY FUNDING APPLICATIONS FOR SUMMER 2021 SEMESTER ARE DUE

MARCH 1 BY 4PM

please contact etow@caldwellfirstnation.ca for more details

YOUTH JOB CONNECTION PROGRAM



Tired of applying for jobs with no results?
Does your resume align your abilities with the job posting?
Why not get paid to learn, the YJC program offers paid training and opportunities for job placements or retraining.

Register for our Youth Job Connection Program to receive:

- ~ Paid pre-employment training
- ~ Support to overcome barriers
- ~ Assistance to find a job placement or training

(Eligible to youth 15-29 who are not registered in school or working)

When: February 8 to Feb 26, 2021

Where: Online-Virtually (you will require a computer, webcamera & internet service)

Times: 10am to 5pm

CONNECT WITH US, TO SEE HOW WE CAN HELP!

519-258-4076

@ncceinc1



New Job Posting:

ISC VARIOUS NURSING POSITIONS

To apply, visit:
www.caldwellfirstnation.ca/employment--training



NAILS PRESENTS:

OPPORTUNITIES IN THE LEGAL PROFESSION: INDIGENOUS PERSPECTIVES AND REFLECTIONS

Panel and Q&A about the opportunities a law degree offers Indigenous peoples

FEBRUARY 2 | 12 PM - 1:30 PM ET
HOSTED ON ZOOM



Scan the QR code to register and for more information or visit
https://law.uwo.ca/nails_indigenous_panel



INDIGENOUS ENVIRONMENTAL STEWARDSHIP AND RECLAMATION

The Indigenous Environmental Stewardship and Reclamation program (IESR) prepares students for the demanding and evolving field of environmental safeguarding, reclamation, and restoration. This program will provide students with a background in theory and practice, including laboratory work and field experiences. Learning from academics, Elders, industry and community experts, students will learn how environmental science and Traditional Ecological Knowledge (TEK) are vital in balancing traditional values and the needs of industry and communities in the continued development of resources.

For more info about this program visit: ytc.ca



Statistics Canada Statistique Canada

FM-133-21

Census Jobs 2021



Canada's next census will take place in the spring of 2021. Statistics Canada is hiring approximately 32,000 people to count every person in Canada. The census provides high-quality data that your community can use to plan housing, emergency services, employment skills programs, schools, daycare, and more.

In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.

Canada

Join the 2021 Census team

As an Indigenous community member, you are best suited to collect census data from local inhabitants and verify that all dwellings are counted. Use your local knowledge while sharpening skills that are sought-after by employers.

Type of work

Census jobs are short-term positions collecting census questionnaires from residents in your community. Job start and end dates vary by position and location, between March and July 2021.

Crew Leaders (supervisors): As a crew leader, you will train, supervise and motivate a team of enumerators.

Enumerators: As an enumerator, your primary responsibility will be to complete census questionnaires with residents.

Rates of pay

Enumerators (or equivalent) are paid \$17.83 per hour, and supervisors are paid \$21.77 per hour.

In select Northern and Remote communities, enumerators (or equivalent) are paid \$29.25 per hour, and supervisors are paid \$31.25 per hour.

Employees are paid for authorized expenses.

Applicants must be

- 18 years of age or older
- a Canadian citizen or otherwise eligible to work in Canada
- available to work flexible hours during days, evenings, and weekends.

Apply now / tell a friend

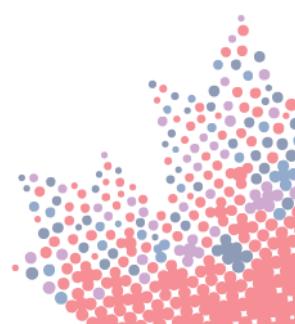
www.census.gc.ca

1-833-830-3106

TTY (a telecommunications device for people who are deaf): 1-833-830-3109

Benefits of the 2021 Census for Indigenous peoples

Data collected from First Nations people, Métis and Inuit across Canada help communities and governments plan for the development of Indigenous language programs, school programs, and community health and social services. Census data are used to evaluate existing programs and new service needs, such as housing.



Health

CFN Foot Care Clinics 2021

January 13 & 14
February 17 & 18
March 24 & 25
April 28 & 29
June 2 & 3
July 7 & 8
August 11 & 12
September 15 & 16
October 20 & 21
November 24 & 25

Our foot care service is available to members who require regular foot care due to diabetes, at high risk of diabetes, and chronic health conditions affecting foot health. Foot health problems may include foot deformities, skin/nail problems, or a medical condition affecting the feet. Foot care clinics are provided in 30 minute sessions, always on a Wednesday / Thursday, between 9am-2pm, and within a 5-week time interval.

*Clients wishing to register are required to book appointment time by calling event registration at 519-329-0456.

* Spaces are Limited - Please be sure to book in advance.

CFN HEALTH DEPARTMENT

JOIN US

Reconnecting through ZOOM

Come share your thoughts, ideas or health concerns.

Draws and Prizes

Meeting topics tailored to what you want and need!!

Working together to create a place we can all feel comfortable, share ideas / experiences & have fun without judgement or negativity is our GOAL!

WHEN: Feb. 9 & Feb. 11, 2021
TIME: 6:00 - 8:00 pm

Email to Register
Theresa Lewis
Community Wellness Worker/
Jordan's Principle Navigator
t.lewis@caldwellfirstnation.ca

CONNECT



COVID-19 VACCINES

have arrived in First Nations across Canada



This document is a high-level summary of information on the COVID-19 vaccines. For more and up-to-date information, please contact your health care provider or visit the [Indigenous Services Canada COVID-19 webpage](#).

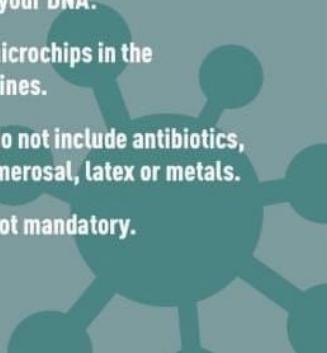
What you need to know:

- COVID-19 is real and spreading across Canada.
- The Federal, Provincial and Territorial governments are responsible for vaccine distribution and delivery to all Canadians, including for First Nations.
- Health Canada has approved two vaccines (Pfizer and Moderna) currently being administered in Canada. Vaccines are expected to become more readily available throughout 2021.
- Both the Pfizer and Moderna vaccines require two doses, 3-4 weeks apart, to produce a 90% protection rate against COVID-19.
- The vaccines (Pfizer or Moderna) should not be interchanged for the 1st and 2nd dose. Use the same vaccine for both doses, either Pfizer or Moderna, or what is available in your community.
- Tens of thousands of volunteers participated in COVID-19 vaccine clinical trials (43,000 participants for Pfizer and 30,000 for Moderna). These trials have demonstrated the vaccines are safe and effective.



Myth busting about vaccines:

- COVID-19 is not the flu. The seasonal flu vaccine will not protect you from COVID-19.
- You cannot be infected with COVID-19 from the vaccines.
- Pfizer and Moderna vaccines do not change your DNA.
- There are no microchips in the COVID-19 vaccines.
- The vaccines do not include antibiotics, adjuvants, thimerosal, latex or metals.
- Vaccines are not mandatory.



When can I get the vaccine and where?

- Everyone who wants a vaccine will have access to one.
- Depending on where you live, you will be given the vaccine available to you at your local clinic site. You may be eligible soon, or you may have to wait a few months.
- All COVID-19 vaccines are free in Canada.
- Priority access to vaccines is being provided to those at greater risk of poor outcomes (e.g. seniors and elders; those living far away from access to health care services) or those who are more at risk of exposure (e.g. health care workers). This differs slightly between each province and territory.
- Individuals 16 years and older are approved for the Pfizer vaccine.



AFTER YOU GET VACCINATED:

- There may be local pain at the injection site, fever, chills or feeling tired after immunization. These are common reactions after vaccinations, and it means your body is responding appropriately to the vaccine. Ask your health care provider about any potential adverse reactions to watch for.
- Public health practices will continue even after you are vaccinated. Continue wearing a mask, handwashing or using hand sanitizer and keeping a 2-meter distance from others when away from your home.

Indigenous Diabetes Health Circle Programming

Virtual Workshops & Programs

Keep your Healthy Eating Resolutions

Tuesday, February 2, 2021, 10:00 a.m.

[Register here](#)

Yoga Instruction from Crystal Bomberry:

Gentle Yoga

- Session 1: Wednesday, February 3, 2021, 9:00 a.m. to 10:00 a.m.
- Session 2: Wednesday, February 10, 2021, 9:00 a.m. to 10:00 a.m.
- Session 3: Wednesday, February 17, 2021, 9:00 a.m. to 10:00 a.m.

[Register here](#)

Yoga Instruction from Crystal Bomberry:

Hatha Yoga

- Session 1: Wednesday, February 3, 2021, 10:30 a.m. to 11:30 a.m.
- Session 2: Wednesday, February 10, 2021, 10:30 a.m. to 11:30 a.m.
- Session 3: Wednesday, February 17, 2021, 10:30 a.m. to 11:30 a.m.

[Register here](#)

Virtual Workshops & Programs:

Diabetes Information Circle

Tuesday, February 9, 2021, 1:00 p.m. to 2:30 p.m.

[Register here](#)

Virtual Workshops & Programs:

Reflexology: Background & Demo

Thursday, February 11, 2021, 1:00 p.m.

[Register here](#)

Virtual Workshops & Programs: Virtual Cooking

Kitchen with Laura

Thursday, February 11, 2021, 4:30 p.m. to 5:30 p.m.

[Register here](#)

Frontline Worker Training

GDM Awareness & Prevention – Pregnancy Toolkit

Resources & Facilitation Tips, Part 6 of 6

Speaker: Crystal Bomberry

Tuesday, February 16, 2021, 1:00 p.m. to 2:30 p.m.

[Register here](#)

Foot Care Kits

The Foot Care Program offers resources for personal foot inspections and basic daily foot care. [Request a kit here](#)

Wellness Wednesday Cooking Instruction

Every Wednesday, IDHC posts a new recipe and cooking video created by chef Laura Lenson on the IDHC Facebook page. Try out the recipe and send your comments and photos to Kathleen LaForme at dwcsouth@idhc.life for a chance to win a \$25 gift card.

Wellness Wednesdays Traditional Practitioner Schedule

- Friday, February 5 Audra Maloney
- Wednesday, February 10 Grandmother Renée Thomas-Hill
- Friday, February 12 Ed Sackaney
- Wednesday, February 17 Lisa Green
- Friday, February 19 Valerie King
- Wednesday, February 24 Lance Logan-Keye
- Friday, February 26 Grandmother Renée Thomas-Hill

To book a time to speak with an Elder and/or Traditional Practitioner, [Register here](#)

Any questions or referrals contact Gail Stup by phone, text or email at elderhelper@idhc.life or 289-241-9913.

IDHC Webinar Series

Our Internal Dialogue:

How our Thoughts Shape Ourselves

Thursday, February 18, 2021, 1:00 p.m. to 2:00 p.m.

[Register here](#)

IDHC Social Media

Visit [IDHC Social Media](#) for event listings, videos, news and resources.

[Click here for a PDF version of IDHC Programming *with links*](#)

February Series of
Gentle Yoga & Hatha Yoga

Yoga

Relax into 2021 with
Mindful Movement for
Body, Mind, Emotion and Spirit



Featuring Diabetes Wellness Worker
Crystal Bomberry

Session 1 Wednesday, February 3, 2021
Session 2 Wednesday, February 10, 2021
Session 3 Wednesday, February 17, 2021

Time: Gentle Yoga 9:00 a.m. to 10:00 a.m.

Time: Hatha Yoga 10:30 a.m. to 11:30 a.m.

Registration Link: <https://soadi.wufoo.com/forms/m1mrsy2r0waek53/>

Props to have on-hand for added support and stability are:

- sturdy chair,
- yoga block, blanket, and
- pillow, cushion, or bolster

Gentle Yoga 9:00 a.m. to 10 a.m. We explore a range of gentle yoga poses, including poses on our mats, seated in a chair, and standing. The chair and other props optimize our yoga practice — safely and comfortably. You will need a mat, a blanket, a sturdy chair, yoga block, and a pillow, cushion or bolster.

Hatha Yoga 10:30 a.m. to 11:30 a.m. We begin in relaxation lying on our mats. We move into gentle warm-up poses, followed by an exploration of a variety of pose types including: seated, back on our mats, on hands and knees, standing, and on our belly (for some very gentle backbends). We conclude with a cool-down, and a deeply rejuvenating relaxation.



Click here to register: <https://soadi.wufoo.com/forms/m1mrsy2r0waek53/>

What you need to know about COVID-19 vaccines: information for people with cancer



What you need to know about COVID-19 vaccines: Information for people with cancer

Vaccines are safe and they can protect you from serious illnesses like COVID-19.

Health Canada has approved two COVID-19 vaccines made by the drug companies Pfizer and Moderna. These approvals mean that Canadians can get the vaccines once they are available. Health Canada is reviewing other vaccines that may also be approved soon.

People who have or have recently had cancer may have a higher risk of getting very sick from COVID-19. The vaccine is an important part of protecting people with cancer.

Read this information to learn what is known about the vaccines at this time.

If you have questions about whether the vaccine is right for you, talk to:

- Your cancer care team if you are getting cancer treatment now
- Your primary care provider (family doctor or nurse practitioner) if you have already finished your cancer treatment

Which people with cancer are most at risk from COVID-19?

The following groups are known to be at higher risk of getting very sick from COVID-19:

- People with cancers of the blood like leukemia, lymphoma and multiple myeloma
- People with lung cancer
- People who were diagnosed with cancer in the last year
- People with cancer who are 65 years or older
- People who have had a stem cell transplant in the last 6 months
- People getting treatments that weaken the immune system, such as chemotherapy and targeted therapies

Talk to your health care team about your risks.

[Click here to view the full PDF with information](#)

Caldwell in the News

'World's largest Indigenous restaurant' part of Caldwell First Nation big plans

Caldwell First Nation is going big — and going home. Fresh off the historic announcement of a new reserve after 230 years, Caldwell is poised to execute a series of monumental plans including housing developments, a medical cannabis operation, a rebranded marina, a winery and the world's "largest Indigenous restaurant." Read more here: <https://windsorstar.com/news/local-news/worlds-largest-indigenous-restaurant-part-of-caldwell-first-nation-big-plans>

RC Show Recognizes Canada's Culinary Excellence: 2020 Award Winner Chef Billy Alexander

Every year Restaurants Canada honours the incredible talent in our community through the Restaurants Canada Awards of Excellence. The Leadership Award, Innovation Award, and Culinary Excellence Award recognize the passion, innovation and creativity from business owners, chefs, frontline staff and suppliers across the country. Presented yearly at the RC Show, the 2020 winner of the Culinary Excellence Award was Indigenous chef Billy Alexander.



Read more here: <https://www.menumag.ca/2021/01/08/rc-show-recognizes-canadas-culinary-excellence-2020-award-winner-chef-billy-alexander/?fbclid=IwAR2RrWI-1WoXyEsLaPTCU3Rqhh2bULRPBqK3LxLTl4et3x2MtVCWCYyaXRg>

The Province of Ontario Now Accepting Applications to Support Small Businesses During COVID-19

New Ontario Small Business Support Grant Provides up to \$20,000 for Eligible Businesses. The Ontario government continues to provide a variety of supports to small businesses facing challenges as a result of COVID-19. The government is now providing more support to small businesses that have been required to close or severely restrict their operations due to the necessary Provincewide Shutdown.

More information on supports can be found here:
<https://news.ontario.ca/en/backgrounder/59788/post-4>



ONTARIO
TOURISM
INNOVATION
LAB

Caldwell First Nation was selected as a finalist to pitch the Ontario Innovation Lab's Spark Innovation in Tourism program

Chef Billy Alexander presented the Interactive Indigenous Culinary Experience that was developed with guidance from the Experience Development team. The team worked for several months putting this presentation together and concurrently developed an additional tourism package that will change the way the world views the Ojibwe creation story. These are just examples of some of the amazing experiential tourism packages that are coming out of the Nation. These experiences were presented at live streamed the January 28 Council Meeting.

After a regional contest Windsor Essex & Pelee Island and a Dragons Den style presentation, the team had only 3 min to present and then 6 min of difficult questions with industry professionals, the Caldwell team were deemed the winner and will be receiving a \$3000 grant. Further to this we will also receive 3 months of complementary mentorship regarding tourism as part of the program, and they are now also eligible to win a Digital Services Support Package valued at up to \$10,000.

The media for this contest was widespread with the news release receiving over 1 million views. Congratulations to the team who cannot wait to start sharing these experiences with the general public.

Read more here: <https://visitwindsoressex.com/tourism-innovators-awarded-in-windsor-essex/>

QUESTION OF THE MONTH:

Why do I only receive some of your emails and not others?

Answer: If you have given us your email address, we have expressed or implied permission to email you. Our emails are distributed to EVERYBODY on our email list. The program we utilize operates on list-creation, and we have a staff list, a media list, and a membership list. If you are not receiving emails (or only receiving some), there are a few things that may be causing it:

1. Your spam filter (uncontrolled by us) is filtering some into your trash or spam folder
2. Your spam filter is too high and filters out mail list emails (check your settings or contact your domain/email host)
3. You have marked our emails as junk or spam (perhaps inadvertently)
4. You have previously unsubscribed from our emails

Once someone has unsubscribed, we are legally required to stop emailing them from our distribution list and the system updates automatically to remove you from receiving our emails. We are able to add you back, but the process requires the system to receive the confirmation from you (and sends you a link to confirm).

If you are not receiving emails, we can check our system for the following:

1. Accuracy of your email address
2. Whether our emails are 'bouncing' (your domain/email host may be prohibiting mass emails)
3. What emails have been delivered to your email address

If you would like to have us update your email address or check on the above, please contact Julie Le ea@caldwellfirstnation.ca.

Why subscribing to our email list is beneficial:

- Receive frequent updates, communications, and monthly newsletters
- Receive more comprehensive data than what we can provide by mail (web links, videos/video links, web-based survey participation, short-dated information on events and opportunities shared with us from other organizations)

Please contact Julie with any questions regarding our email distributions.

[Contact Julie](#)

MEET THE STAFF

Staff Member Highlight

Tammy Jolicoeur, Administrative Services Manager

Boozhoo! My name is Tammy Jolicoeur. I started working at Caldwell First Nation in May 2016 and I think it is the best career move I ever made. I believe I am where I am supposed to be and I am a strong and confident individual. I enjoy helping people and working for my Nation brings me enjoyment. I started as a Receptionist where I learned the Membership training within my first year, advanced to Executive Assistant for 1.5 years, and then advanced to the

Administrative Services Manager for a little over a year now.

I am currently enrolled at First Nations Technical Institute in partnership with Ryerson University for the Public Administration and Governance Program which I started in 2019. I enjoy learning and listening to my classmates share their knowledge and experiences with the class which I apply to my daily position at Caldwell. I know I will gain a tremendous amount of knowledge from my professors and classmates that will help me to help my Nation. My past jobs been management positions for about 15 years and I carry the knowledge I have learned from them with me and it is helpful in our day-to-day operations.



As the Administrative Services Manager I oversee the Administrative Services Department, Membership Applications and List, Reception, and Custodian. I manage the ordering of supplies, monitor the security and alarms, and assist people with their registration for their Indian Status as well as renewal of the Status cards (paper laminate only).

I hope to see everyone soon!
Miigwech!



Becca Caron, Finance Assistant

Rebecca has made large leaps from working in customer service to finance and accounting with her current role as a finance assistant at CFN. With completing her Business – Accounting Diploma, she has excelled with the knowledge gained from this academic avenue. When Rebecca started working at CFN in June of 2019, she was quick to demonstrate her understanding of finances and her ability to work within a first nation organization.

Rebecca is grateful for the excellent support systems of the within CFN – from not only Nikki, Melody, and Council, but from the numerous other employees who continually go above and beyond in their roles. Rebecca admires the perseverance and dedication of past and present CFN Councils as well as that of all staff in making Caldwell First Nation the best employer.

MEMBERS STORIES AND HIGHLIGHTS



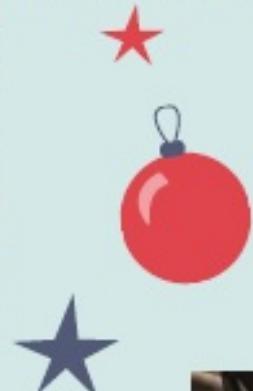
CFN Health Department



The CFN Health Staff would like to congratulate the CFN youth for their

**amazing creativity skills used while creating
their holiday crafts from the youth winter
packages!**

.....
**Here are the photos that we have permission
to share with all the membership...**



**WE HOPE ALL THE CFN YOUTH MEMBERS ENJOYED
RECEIVING THEIR PACKAGES AND WERE ABLE TO HAVE
A SAFE AND HEALTHY HOLIDAY BREAK**

Cheers to all the February
birthdays!

*Did you know who else is celebrating
with you this month?*



February 2 Shakira
February 3 Rebel Wilson
February 6 Kathy Nijimy
February 9 Tom Hiddleston
February 17 Joseph Gordon-Levitt
February 23 Emily Blunt

IN THE NEWS

For the most up-to-date information regarding the Corona Virus:
cbc.ca
ctvnews.ca

Chiefs of Ontario Coronavirus (COVID-19) Updates

Find Our Latest Coronavirus (COVID-19) Updates [here](#). This website provides information on emergency planning and preparedness, as well as on the unique programs and services that are available to First Nations in Ontario during times of emergency.

Ontario Extends Reopening Ontario Act Orders

The Ontario government, in consultation with the Chief Medical Officer of Health, is extending most orders currently in force under the Reopening Ontario (A Flexible Response to COVID-19) Act, 2020 (ROA) for another 30 days.

<https://news.ontario.ca/en/release/59978/ontario-extends-reopening-ontario-act-orders>

Seven youth continue battle of challenged provincial climate change policies

A group of seven young people, including three First Nations youth, have won a legal battle against efforts by Doug Ford's Progressive Conservative government to stop them challenging Ontario's climate change policies.

<https://anishinabeknews.ca/2021/01/18/seven-youth-continue-battle-of-challenged-provincial-climate-change-policies/>

Indigenous woman's zine series gets response that 'makes her heart flutter'

When Jenna Rose Sands was feeling helpless watching and listening to the news about Indigenous tragedies, she decided she wanted to do something about it. That was three years ago and her efforts have had an impact in both Indigenous and non-Indigenous communities.

<https://www.cbc.ca/news/canada/london/indigenous-woman-s-zine-series-gets-response-that-makes-her-heart-flutter-1.5873482>

The show must go on: world's first Indigenous fringe festival comes to Peterborough this summer

This summer, beginning on National Indigenous Peoples Day (June 21), Peterborough will host the world's first and only Indigenous fringe festival on the treaty and traditional territory of the Michi Saagiig Anishinaabeg.

<https://kawarthanow.com/2021/01/17/the-show-must-go-on-worlds-first-indigenous-fringe-festival-comes-to-peterborough-this-summer/>

Ontario man goes virtual with grandma's teachings on traditional medicine

Joe Pitawanakwat knows a lot about traditional medicine. But it isn't something that he grew up learning. His interest in medicines began after a visit back home in Wiikwemkoong, on Manitoulin Island in Ontario, with his grandmother about 10 years ago.

<https://www.aptnnews.ca/national-news/ontario-man-pitawanakwat-goes-online-to-share-grandmothers-knowledge-of-traditional-medicines/>

New book tackles MMIWG from an Indigenous, community-based perspective

Canada's treatment of missing and murdered Indigenous women amounts to genocide. That was the finding of a recent national inquiry and it has been accepted by Prime Minister Justin Trudeau. While our attention may have been diverted in recent months with things like American politics and COVID-19, the tragedy of MMIW hasn't gone away.

<https://northernontario.ctvnews.ca/new-book-tackles-mmiwg-from-an-indigenous-community-based-perspective-1.5269289>

Nunavut television network launches Inuit-language channel

Inuit Canadians will soon have 24/7 access to Inuktitut-language television programming. The Nunavut Independent Television Network (NITV) is launching a new channel — Uvagut TV — starting first thing on Monday, at 12:01 a.m.

<https://www.cbc.ca/news/canada/north/nunavut-television-network-launches-inuit-language-channel-1.5875534>

Thank you for taking the time to read our newsletter. If anything is of interest to you and you require further information, please feel free to contact us. We are here to help!

We hope you enjoyed the thirty-fifth edition of the Caldwell First Nation e-Newsletter. If you have any questions, please do not hesitate to contact us!

Sincerely,

Nikki van Oirschot

Director of Operations

Editor

NV/jl