Do not reply to this email. Please use the email links below.





NOTE: To see the entire E-Newsletter, you will need to scroll to the bottom of the email and click "view entire message" to see the whole E-Newsletter because of the length of the email. For this reason, we will include a PDF version at the top of each Newsletter. Please note that due to the formatting, the PDF version will look different than the email version. Click <u>here</u> to download a PDF version of the Newsletter.

[Message clipped] View entire message

Administrative Services

ATTENTION: Band Members

If your email address, mailing address, or phone number has changed, please update by calling 519-322-1766 or by emailing tammy.jolicoeur@caldwellfirstnation.ca.

Note: In order to receive emails, you must be subscribed to Constant Contact to receive updates.

Note: There is also a Members Only section on the website. To register, you can <u>request access</u> on the website or email <u>ea@caldwellfirstnation.ca</u> with your name and email address. Starting this month, Administration will provide the next month's Newsletter prior to the month's start to allow those on the mail list the same opportunity to participate in events and to give ample notice to register for events.

Due to changing COVID restrictions, please contact the organizer for CFN Events to check if it will be hosted in person or via Zoom.

Limited CFN Staff will be working in the office due to being able to safely socially distance and the rest of CFN staff will continue to work remotely and can be reached by email for your convenience. If you do not have email addresses, please look them up on the website <u>here</u>.

HAPPY VALENTINE'S DAY

*-loss-

Can you believe it, February already?

This month marks a few important days besides Valentine's Day: February 1, 2022 - Chinese New Year February 2, 2022 - Groundhog Day February 21, 2022 - Family Day February 26, 2022 - General Assembly Location to be determined

> February is also known as Black History Month! Just a tad of trivia for you

We're working hard to make sure we get the newsletter out faster for you.

Stay safe and social distance

Just a reminder - The band office is closed Monday, February 21, 2022





Kathy Kenney

I wanted to thank everyone for their support, kind words, thoughts and prayers, during this difficult time, they mean so much. It was with a very heavy heart that we had to announce the passing of my mom Kathy Kenney, on January 2nd, 2022.

My mom fought one heck of a battle this past year, and had endured so much pain and agony, and is now finally at peace. I truly believe she has moved on to a better place, reunited with so many wonderful people.

She was a kind, generous, caring and compassionate woman, who loved with her whole heart. I am so happy she found Jay, they truly were soulmates, and my heart aches deeply for his loss. He was her everything, and she was his, and we are so glad to have him in our lives. She loved roaming free with him, on the open road on their motorcycle, just to explore nature's beauty. They traveled all over Ontario, where ever their hearts landed them, to go fishing, hiking, or just relax and take in the scenery.

My mom took so much pride in her kids, and her grandbabies, and she loved to let the world know. She shared every little accomplishment, big and small, and loved them all to pieces. She loved spending time with her momma, and her siblings, and was always trying to get everyone together, for birthdays, special occasions, and often just because. Her family always came first.

My mom was very proud to be Native! She was very strong spirited and always stood up for everything she believed in. She wasn't afraid of anything, or anyone. She had a true love for nature, and was very in touch with her Indigenous roots. She was always trying to do her part to make the world a better place. She loved all animals, and rescued many. She held fundraisers for all different causes, and had a true love for her horses, Mixan and Triggs.

She was a talented artist, who created many different works of art in all forms, from paintings, to handmade crafts and decor to beautiful beaded pieces, photography, even digital art. She was an amazing interior decorator, and created some of the nicest flowerbeds around. She took pride in making things beautiful and poured so much care into everything she did.

My mom was a hard working woman, with a heart of gold, who always stood up for what she believed was right. She was fearless and brave, and a true inspiration to so many. I am grateful for all the memories, life lessons, and wisdom she has shared, but so deeply saddened that she had to leave us so soon. She is going to be missed beyond measure by so many, and will forever be cherished by those she loved.

Rest peacefully our beautiful angel, until we meet again, we love you forever, always, and a day!



Today we say "Until We Meet Again" to one of our own, Kathy Kenney. As we offer our Asemaa (Tobacco) and pray for her safe journey to the Spirit World, let us take a moment to Hounour and Respect her life. May her love for her Nation continue through all of us!

The Health Department

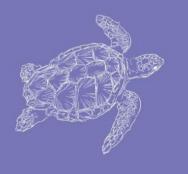
Culture & Language

CULTURE & LANGUAGE

OUR GIFTS OUR RESPONSIBLITIES OUR IDENTITY

February Teachings:

- 2 Mens Teachings
- 3 Anishinaabemowin
- 7 Tea & Teachings
- 9 Mens Teachings
- 10 Anishinaabemowin
- 14 Tea & Teachings
- 16 Mens Teachings
- 17 Anishinaabemowin
- 23 Mens Teachings
- 24 Anishinaabemowin
- 27 Cultural Crafting Circle
- 28 Tea & Teachings





Contact CarrieAnn: cultural.dev@caldwellfirstnation.ca



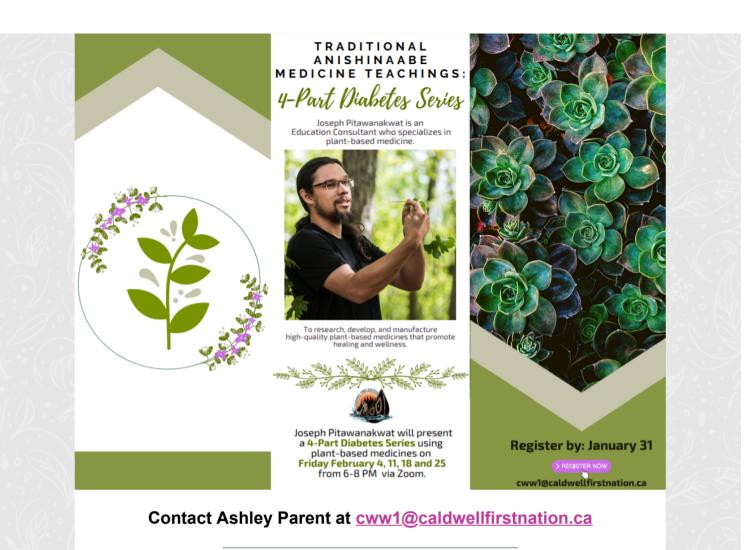


Health

 $F \to B \to U \to R \to Y$

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 STAY HYDRATED	2 STAY CONNECTED	3 ENJOY A WARM TEA OR HOT CHOCOLATE	4 EAT WELL	5 STAY ACTIVE	6 CALL A FRIEND OF FAMILY MEMBER
7 BUNDLE UP AND GO FOR A WALK	8 WASH YOUR HANDS	9 GET ENOUGH SLEEP	10 DO SOMETHING UPLIFTING FOR YOURSELF	11 COLOUR	12 MANAGE STRESS	13 ORGANIZE AND DECLUTTER
14 PLAY A BOARD GAME	15 LISTEN TO AN AUDIOBOOK	16 UNPLUG AND UNWIND	17 MOISTURIZE YOUR SKIN	18 GET CREATIVE WITH ARTS AND CRAFTS	19 START A JOURNAL	20 HAVE A MOVIE NIGHT
21 BAKE SOMETHING YOU ENJOY	22 STRETCH	23 COMPLIIMENT YOURSELF TODAY	24 GET SOME REST	25 TAKE A WELLNESS BREAK	26 TRY A NEW RECIPE	27 READ A BOOK
28 MAKE SOME SOUP						

WINTER SELF-CARE TIPS



The Health Department at Caldwell First Nation invites you to virtually attend:

BUILDING OUR CHILDREN'S SELF-ESTEEM

WITH CECIL ISAAC

February 9th, 2022 Zoom Event 6pm-8pm

For more information, please contact Marija at: hmow@caldwellfirstnation.ca or 519-329-2102.

Building Our Children's Self-Esteem Time: Feb 9, 2022 06:00 PM Eastern Time (US and Canada)

Join Zoom Meeting https://us02web.zoom.us/j/86961812406

Meeting ID: 869 6181 2406

HE HEALTH DEPARTMENT AT CALDWELL FIRST NATION INVITES YOU TO VIRTUALLY ATTEND THE:

Bullying Awareness Art Therapy Workshop

There will be a discussion about bullying and its effects. There will be an interactive art activity that focuses on inclusion. This art therapy workshop will be hosted with registered art therapist, Tisha Summers from Heal Through Love.

FEBRUARY 24TH, 2022 ZOOM EVENT 6PM-7PM

Please register by February 11th, 2022 to be sent the supplies needed for the art therapy workshop and the Zoom link. For more information or to register, please contact Marija at: hmow@caldwellfirstnation.ca or 519-329-2102.



Contact Marija Byrne at hmow@caldwellfirstnation.ca



Jordan's Principle

Congratulations!!!

The winner of the Jordan's Principle Sweatshirt Contest is

Melia Thibeault



No Child Shall Be Left Behind

Melia will walk away with the \$100 award money and a sweatshirt with her design that future Jordan's Principle recipients will receive

Miigwech for participating!

Keep an eye out for our monthly contests <u>Will you be the next winner?</u>



Contact Theresa Lewis at jp.nav@caldwellfirstnation.ca





Caldwell First Nation Community Members



Basic Income Tax Filing *Canadian Tax Filing <u>Only</u>* CVITP – CFN Finance Department

Caldwell First Nation will be providing *FREE* basic income tax filing, by registration <u>only</u>, between 9:00am – 3:30pm from Tuesday to Thursday, with remote filing options available as well!

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 <u>Finance@caldwellfirstnation.ca</u>.

Registration begins Monday, February 7, 2022

The deadline for basic income tax filing is Saturday, April 30, 2022

Attendees are asked to bring:

- Status Card Number
- Any T4's from the previous year's employment (2020 2021 fiscal year)
- Any documentation supporting income earned from the 2020 2021 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, Monica Ibrahim, Brad Dos Santos



Contact Finance at finance@caldwellfirstnation.ca

Circle of Care





HEALTHY BABIES, HEALTHY CHILDREN SESSIONS ARE AVAILABLE FOR BAND MEMBERS OR ADULTS ELIGIBLE FOR CFN MEMBERSHIP WITH CHILDREN, IN THEIR IMMEDIATE CARE, 0-6 YEARS OF AGE, OR CHILDREN 0-6 YEARS OF AGE WHO ARE ELIGIBLE FOR STATUS. 2022 Dates: Thursday, Jan. 13 Thursday, Feb. 17 Thursday, Mar. 10

must register by the Friday prior to each date by calling 519-329-2102 or emailing hmow@caldwellfirstnation.ca



Caldwell First Nation Members that are expecting or have a newborn (up to 6 months old) in their immediate care

Contact Marija Byrne at 519-329-2102 or hmow@caldwellfirstnation.ca to register

Contact Marija Byrne at hmow@caldwellfirstnation.ca

Band Representative

FOSTER CARE HOMES NEEDED!

Historically, with First Nations, children were cared for by everyone. The extended family was like a second skin that everyone wore and all were grateful for the added security, nurturing and bonding that the extended family brought to the children of the Nation. The extended family brought strength and unity to the families and the Nation.

Inherent jurisdiction is not just about land rights, it is the sovereign right for First Nations to continue to determine what is right for our Peoples and how we go about implementing those determinations. The umbrella potentially shielding children and families of First Nations is our inherent jurisdiction. The strength of our child wellbeing jurisdiction depends on our citizens and their willingness to take on responsibilities of the extended family.

If you care about children and their well-being, perhaps you would be interested in opening your heart and your home to a child in need of security and a safe place to grow. Caldwell First Nation is seeking individuals willing to take on the responsibility of caring for a child or children temporarily in their home. Homes are required for short term, long term, respite (generally weekends) and potentially for adoption as well.

If you have a sincere desire to protect and care for Caldwell children who are temporarily separated from their family, please contact the Caldwell First Nation Band Representative at 519-322-1766 (office) or 519-329-0406 (can also text) or by emailing

<u>band.rep@caldwellfirstnation.ca</u> for more information and to get started caring for our children!

Contact Louise Hillier at band.rep@caldwellfirstnation.ca

Employment and Training/Post-Secondary

REMINDER

POST-SECONDARY FUNDING APPLICATIONS FOR SUMMER 2022 ARE DUE

MARCH 1ST BY 4PM

please contact Jenna Morrison at etow@caldwellfirstnation.ca for more details

Application deadlines are strict. Please submit your application by 4:00pm on March 1st. Unfortunately, late applications will not be accepted

Reminder of the Required Forms:

- 1. Financial Assistance Application
- 2. Student Contract
- 3. Career Action Plan
- 4. Release of Information
- 5. Post-Secondary Funding Recipient Policy and Contract

All forms can be found at https://www.caldwellfirstnation.ca/education.html

POST-SECONDARY

Links for Post-Secondary Scholarship Opportunities:

- https://indspire.ca/programs/students/bursaries-scholarships/
- https://studentawards.com/
- <u>https://www.scholarshipscanada.com/isc.gc.ca/eng/1351687337141/153140</u> 6419657

If you are thinking of applying for Post-Secondary funding for the Summer 2022 semester and have any questions, please reach out to the Post-Secondary Coordinator, Jenna Morrison.

EMPLOYMENT AND TRAINING

Some Current Job Postings:

- Community Connector
- Finance Officer
- Relief Support Worker
- Language Consultant Anishinnabemowin
- Human Resources Administrator
- GIS/CAD Technologist Trainee

Check the website daily for new opportunities at: <u>https://www.caldwellfirstnation.ca/employment--training.html</u>

Contact Jenna Morrison at etow@caldwellfirstnation.ca

EASTERN CANADA INDIGENOUS MENTORSHIP PROGRAM



CURRENTLY SEEKING MENTORS AND MENTEES! SIGN UP TODAY!

...

STEM Circle is a five week program that focuses on providing free peer guidance and an **Indigenous community** for Indigenous (First Nations, Métis, Inuit) youth who are interested in pursuing **STEM** through weekly **one-on-one mentorship** sessions from Indigenous STEM undergraduate students.

Mentors: Sign up by Feb 1, 2021 Mentees: Sign up by Feb 8, 2021



Join and Learn More: Mentees: https://bit.ly/34jlqD9 Mentors: https://bit.ly/3sTqxnV



CALDWELL FIRST NATION Employment and training

RESUME Action verbs

COMMUNICATION/PEIPLE SKILLS

*addressed *advertised *arranged *articulated *clarified *collaborated *communicated *composed *condensed *convinced *debated *defined *edited *formulated *incorporated *influenced *joined *lectured *marketed *negotiated *observed *promoted *presented *referred *recruited * resolved *specified *wrote

TEACHING SKILLS

*adapted *advised *clarified *coached *communicated *conducted *coordinated *critiqued *developed *enabled *encouraged *evaluated *facilitated *focused *guided *individualized *informed *instilled *motivated *persuaded * set goals *stimulated *taught *tested *trained *transmitted *tutored

CREATIVE SKILLS

*acted *adapted *began *combined *conceptualized *condensed *created *customized *designed *developed *directed *drew *entertained *established *fashioned *formulated *founded *illustrated *initiated *instituted *modeled *modified *originated *performed *photographed *planned *revised *revitalized *shaped *solved

ORGANIZATIONAL/DETAIL SKILLS

Action Verbs describe your skills to employers using short and powerful descriptions

MANAGEMENT/LEADERHIP SKILLS

*administrated *analyzed* *assigned *authorized *chaired *considered *controlled *coordinated *directed *developed *emphasized *executed *generated *handled *headed *hired *hosted *improved *incorporated *instituted *managed *led *merged *motivated *organized *overhauled *oversaw *planned *presided *produced *reviewed *recommended *scheduled *streamlined *strengehened *termintaed

RESEARCH SKILLS

*analyzed *clarified *collected *compared *conducted *critiqued *detected *determined *diagnosed *evaluated *examined *experimented *explored *extracted *formulated *gathered *identified *interpreted *interviewed *located *measured *organized *researched *systematized *solved *summarized *tested

FINANCIAL/DATA SKILLS

*administered *adjusted *allocated *analyzed *appraised *assessed *balanced *calculated *computed *conserved *corrected *determined *estimated *forecasted *managed *marketed *measured *planned *programmed *reconciled *reduced *researched *retrieved

HELPING SKILLS

*adapted *advocated *aided *answered *arranged *assessed *assisted *cared for *clarified *coached *collaborated *contributed *cooperated *counselled *demonstrated *educated *encouraged *ensured *expedited *facilitated *familiarized *furthered *guided *helped *insured *intervened *motivated *provided *referred *rehabilitated *presented *resolved *simplified

*supplied *supported *volunteered

TECHNICAL SKILLS

*Assembled *built *calculated *computed *designed *devised *fabricated *maintained *operated *overhauled *programmed *remodeled *repaired *upgraded



*approved *arranged *cataloged *categorized *charted *classified *coded *collected *compiled *distributed *executed *filed *generated *implemented *incorporated *inspected *logged *maintained *monitored *obtained *operated *ordered *organized *prepared *processed *provided *purchased *recorded *registered *reserved *responded *scheduled *screened *supplied *standardized *updated *validated *verified

ADDITIONAL VERBS FOR ACCOMPLISHMENT

*achieved *completed *expanded *exceeded *improved *pioneered *reduced (losses) *resolved (issues) *restored *spearheaded *surpassed *transformmed *won

Environment & Consultation Department

Boozhoo!

My name is Michelle and I am honored to be working with and for Caldwell First Nation. Today I am thankful for the blanket of snow too! This is a very busy and exciting time in the Environment & Consultation Department. Chi Miigwech to any one reading this, please know my work is for you and seven generations. Here is your February update:

- The last couple of months I have been getting acquainted with different tasks of a Consultation Coordinator, as we have recently had staffing changes.
- I am becoming familiar with the online portal www.consultwithcaldwell.ca as well as the database previous colleagues set up. I am doing my best to stay organized while working remotely. Navigating through the pandemic can be challenging keeping track of all incoming Environment & Consultation requests.
- CFN was 1 of 6 communities chosen to participate in using the Land Relationship Visioning Tool (LRVT). This an exciting tool to bring together ideas in a virtual way for how you as a Nation would like to keep this information for future use. The LRVT aim is to amplify your voices, thoughts and opinions about the species and spaces that matter to you.

• With guidance from leadership, I hope to help the CFN community bring to light ways in which meaningful engagement may occur, starting from the inside out.

Contact Michelle McCormack at

consultation.assistant@caldwellfirstnation.ca

Caldwell First Nation Environment and Consultation Department

February Focus: Land Relationship Visioning Tool

WHAT IS LAND RELATIONSHIP VISIONING?

Looking to make

lands and waters

Multi-process to

species & spaces.

identify priority

within community

needing protection.

decisions based on

LAND RELATIONSHIP VISIONING TOOL

A program designed by CIPS, with guidance from ECCC, to assist First Nation communities in:

- Understanding
- Researching, and
- Documenting

Their distinct perspective of their own land.

IMPORTANCE OF LRV

- Reconnecting, maintaining, and/or enhancing relationship with the land.
- Land-use planning.
- Giving power to the community.
- Future generations.

Opportunity for CFN Members to add input!



LRVT please contact:

Michelle consultation.assistant@caldwellfirstnation.ca or 519-322-8131

Human Resources Updates

- Working on new employee onboarding process using HR software
- Screening job applicants, scheduling interviews, and conducting interviews
- Hired new staff (Executive Assistant-Economic Development)
- Organizing and updating employee files and training documents on HR software
- Performance Reviews
- Liaising with employees
- Other tasks as assigned

Meet the Staff

Monica Ibrahim Junior Finance Assistant

Monica joined the Caldwell team as the Junior Finance Assistant in July 2021. It has been a refreshing experience. She enjoys working with everybody and the work that she does.



Monica attended triOS College in 2017 for the Accounting & Payroll Specialist program and graduated with distinction. That is also where she met one of my best friends, who will be standing up for her in her wedding this year. Her fiancé and her have been together for 10 years now and are preparing for their wedding this June.

Monica loves travelling and hopefully they are able to go on a Mediterranean cruise, as she's always wanted to see places around Europe. She's gone snorkeling in Mexico, hiked the Smoky Mountains in Tennessee, and experienced the Canada Day fireworks at the Navy Pier in Chicago. The world is a beautiful place and each location has its breathtaking views.

Her absolute favorite season is Summer, so in her spare time, you'll find her lounging poolside, playing games and just being outdoors soaking up the sun. It's one of her favorite things to do and is something she looks forward to every year. Monica also enjoys going to the spa, playing some video games and when she can, spending the day at an aquarium.

"I look forward to continuing to thrive with Caldwell First Nation and seeing more great things to come."

Suzie Sawicki Executive Support Specialist



Suzie serves in the role of Executive Support Specialist at Caldwell First Nation, a position she has held since March 2021. Supporting the Director of Operations in an administrative capacity, she interprets public policy, researches developmental strategies for new projects, drafts reports, and coordinates information for continuous workflow. She supports several other departments as well. Her projects span tourism and housing initiatives with Economic Development, strategic planning and onboarding services with Special Projects & Human Resources,

and education projects with Culture & Language.

Suzie worked on Indigenizing departmental curriculum as the Assistant Indigenous Research Developer at the University of Windsor prior to her position at Caldwell First Nation. She will be graduating from the University of Windsor with a degree in International Relations and Business Administration this spring and will be continuing on with her graduate studies at the University of Toronto this fall.

"When not spending time with my big Polish family or hanging out with friends, I enjoy taking train trips, listening to kpop, and exploring the national parks of Canada."

In the News

Point Pelee National Park closed for annual deer cull: <u>https://windsorstar.com/news/local-news/point-pelee-national-park-closed-for-annual-deer-cull</u>

Indigenous girl shamed for what she wore to school pushes for National Ribbon Skirt Day: <u>https://www.ctvnews.ca/lifestyle/indigenous-girl-shamed-for-what-she-wore-to-school-pushes-for-national-ribbon-skirt-day-1.5733286</u>

Skábma: Snowfall Is a Huge Win for Indigenous Game Makers: <u>https://www.wired.com/story/skabma-snowfall-indigenous-game-makers/</u>

Canada reaches \$31 billon deal in indigenous child welfare case: https://www.bbc.com/news/world-us-canada-59833123

A sense of warmth': N.W.T. school uses cooking to stay connected to its students and parents: <u>https://www.cbc.ca/news/canada/north/katlodeeche-chief-sunrise-school-cooking-class-remote-learning-1.6319665</u>

'A very rich language': lqaluit woman begins teaching lnuktitut online: <u>https://www.cbc.ca/news/canada/north/allurvik-inuktitut-online-classes-iqaluit-1.6315826</u>

Cree author says poetry book meant to empower Indigenous kids: https://www.aptnnews.ca/national-news/cree-author-says-poetry-book-meant-toempower-indigenous-kids/ 'The sound of home': Indigenous radio station celebrates 50 years of programming: <u>https://globalnews.ca/news/8465737/nci-fm-indigenous-radio-station-50-years/</u>

Windsor Law names Beverly Jacobs as senior advisor on Indigenous relations and outreach: <u>https://www.lawtimesnews.com/resources/legal-</u>education/windsor-law-names-beverly-jacobs-as-senior-advisor-on-indigenous-relations-and-outreach/363298

Thank you for taking the time to read our newsletter. If you have any comments or suggestions on what you would like to see, please feel free to contact Julie Le at <u>ea@caldwellfirstnation.ca</u>.

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

Sincerely,

Tammy Jolicoeur

Acting Director of Operations Editor

TJ/jl

Caldwell First Nation | www.caldwellfirstnation.ca

Caldwell First Nation | 14 Orange Street, Leamington, ON N8H 1P5 Canada

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