

CALDWELL FIRST NATION NEWSLETTER

70th Edition | February 2024



HAPPY VALENTINES DAY FEBRUARY 14

January has just flown by and can you believe that's it's heart month already? This year is a leap year, and yes February has 29 days.

A big thank you to everyone who participated in the Indigenous Early Learning and Child Care Survey.

We hope everyone enjoyed the presentation by Russell Diabo. It's always great to learn about Canada's Re-Colonization Framework, vs First Nations Self Determination, Capacity and Planning.

Family Day is on Monday, February 19, 2024 and the CFN Offices are closed so that our team members can have a day to spend with their families. We hope you have something planned with your family!

Regular office hours will continue on
Tuesday, February 20, 2024, 8:30 AM - 4:30 PM

February 28, 2024 is Pink Shirt Day!
Don't forget to wear your pink shirt in support of Anti-Bullying!

Just a reminder, if things change, give us a call at 519.322.1766

Until next month, stay safe and warm!

CIRCLE OF CARE

THE CIRCLE OF CARE
PROGRAM AT
CALDWELL FIRST NATION
NOW HAS ITS OWN WEBSITE.
THE CIRCLE OF CARE
PROGRAM IS FOR CFN
REGISTERED YOUTH MEMBERS
AGES 0-17. AN INTAKE NEEDS

**TO BE COMPLETED
TO ASSESS EACH
CHILD/YOUTH'S NEEDS,
PREFERENCES, AND
ELIGIBILITY.**

Caldwell First Nation Circle of Care

SCAN ME



Caldwell First Nation



TO MAKE A REQUEST, PLEASE VISIT:
<https://caldwellcircleofcare.ca/make-a-request>/PRESS ON THE "Make A Request" BUTTON AND COMPLETE THE FORM or USE THE QR CODE ABOVE, ANY QUESTIONS CONTACT TRACY AT 519-329-2046 OR **cpw@caldwellfirstnation.ca**

Welcome Baby Gift



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



**To register, please contact
Tracy at
519-329-2046 or
cpw@caldwellfirstnation.ca**

**CFN YOUTH AGES 7-17 YEARS OLD & THEIR
PARENTS/GUARDIANS/SIBLINGS FAMILY DAY**
BEAR PAW PADDLE PAINT



**Monday, Feb. 19, 2024 (Family Day) at CFN
Hall-14 Orange Street, Leamington, ON-**

LIMITED SPACE AVAILABLE

LUNCH & DESSERT NOON-12:30

PAINT WITH MOSES 12:30-3:30



**Please register with Tracy by Feb. 14, 2024
at 4 P.M. at cpw@caldwellfirstnation.ca or**

519-329-2046

fAmIly

HEALTHY BABIES, HEALTHY CHILDREN (HBHC) PROGRAM

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.



2024 HBHC Dates

Feb. 7, March 6, April 10, May 8, June 5, July 10,
Aug. 7, Sept. 11, Oct. 9, Nov. 6, Dec. 4

2025 HBHC Dates

Jan.8, Feb. 5, March 5

some in house dates could change

(In person sessions at 14 Orange Street,
Leamington, ON gatherings for
snacks/drinks/social/crafts/games/culture)

**** Must register within the
last couple of weeks of the
month- before you need HBHC
service (Jan. 12-30, 2024 for
services on Feb. 7, 2024)****

register by emailing Tracy at:

cpw@caldwellfirstnation.ca

OR by texting 519-329-2046



HEALTH & CULTURE

MISHKIKI MONDAY
MENTAL~PHYSICAL~EMOTIONAL~SPIRITUAL

Medicine comes in many forms.

Join us Monday evenings at 7:00pm

Keep an eye out for more program details.

Refreshments and snacks provided

Contact Carrie Ann: cultural.dev@caldwellfirstnation.ca

CULTURE & LANGUAGE
POINT PELEE GUARDIANS



Youth Culture Camp

Let's gather and learn to Respect Mother Earth, preserve her beauty, and all she has to offer and ensure a sustainable future.

Everyone welcome

**Dark Sky Night presentation
Saturday 7:30pm
in the Auditorium**

Shkaakaamikwe

We will learn about our home by creating a space where people, plants, and animals, live in harmony.

We will learn about our connections to the Stars.

Date and Place



March 8,9,10, 2024



Camp Henry PPNP

**Register by March 1, 2024
to reserve your OTentik**

Pack blankets, pillows and warm clothes

Register with Carrie Ann

cultural.dev@caldwellfirstnation.ca



DARK SKY NIGHT



PRESENTATION


SATURDAY MARCH 9, 2024 - 7:30PM

POINT PELEE NATIONAL PARK




AUDITORIUM



Indigenous Astronomy Presentation



The careful observation of the Stars, the Moon, the Sun, and other celestial bodies by Indigenous Peoples stand as a rich and foundational source for the origins of modern astronomy. Join us for an exciting presentation by Samantha Doxtator, Oneida Wolf Clan. Learn about Haudenosaunee perspectives on astronomical connections to creation stories, innovation, perseverance, and life cycles on Earth.



The Park will be open until midnight.
Stick around and enjoy the night sky.

Contact Carrie Ann:

cultural.dev@caldwellfirstnation.ca



*Culture & Language
Coming Together*

HONOURING
OUR ROOTS

~~~~~  
ENCOURAGING  
OUR YOUTH

Saturday March 16, 2024

9:00AM - 4:00PM

Best Western - Leamington, ON

*Keep an eye out for more details.*

*Contact Carrie Ann to register  
[cultural.dev@caldwellfirstnation.ca](mailto:cultural.dev@caldwellfirstnation.ca)*

# 4 SACRED MEDICINES JEWELRY MAKING WORKSHOP

**Sunday March 17, 2024**

**4:00pm-7:00pm**

**Caldwell Community Hall**

Dinner and beverages provided



**PLEASE REGISTER WITH CARRIE ANN  
CULTURAL.DEV@CALDWELLFIRSTNATION.CA**

# 2024 FULL MOON CEREMONIES



**March 24 - John R. Homestead**

**April 22 - Madbin Jina PPNP**

**May 24 - Madbin Jina PPNP**

**June 21 - Madbin Jina PPNP**

**July 21 - Madbin Jina PPNP**

**August 18 - Madbin Jina PPNP**

**September 17 - Madbin Jina PPNP**

**October 18 - Hillman Marsh Conservation Area**

**November 15 - Camp Henry**

Locations are subject to change.

Contact Carrie Ann: [cultural.dev@caldwellfirstnation.ca](mailto:cultural.dev@caldwellfirstnation.ca)

# **SWEAT LODGE CEREMONY**

**SWEAT LODGE HAS THE LOOK AND FEEL OF THE WOMB UPON MOTHER EARTH. THE LODGE IS BUILT FROM WILLOWS. ROCKS ARE HEATED IN A SACRED FIRE AND BROUGHT INTO THE LODGE ONE BY ONE TO BE SET IN A HOLE IN THE MIDDLE. PEOPLE SIT AROUND THIS PIT INSIDE, WE ACKNOWLEDGE EACH ROCK AS IT IS BROUGHT IN. THE LODGE IS COVERED AND SONGS ARE SUNG. THE LODGE REPRESENTS A SPACE WHERE HEALING HAPPENS. INSIDE THE LODGE WE SIT WITH OURSELF, CREATOR, OUR ANCESTORS, OUR HELPERS AND OTHERS WHO ARE SEEKING GUIDANCE.**

**WHEN WE CRAWL OUT OF THE LODGE, WE ARE REFRESHED, REJUVENATED AND GRATEFUL.**

**THIS IS A SAFE SPACE WHERE TEARS FALL AND RELEASING HAPPENS. YOU CAN TAKE PART IN THE CEREMONY AND NOT GO INTO THE LODGE.**

**THERE ARE MANY MORE TEACHINGS AND ASPECTS THAT GO INTO PREPARING THE SPACE FOR CEREMONY. DO NOT BE AFRAID TO ASK QUESTIONS, THIS IS HOW WE LEARN, BY DOING.**

**WE BRING ONE YARD OF CLOTH AND ASEMAA, THIS REPRESENTS/HOLDS WHAT WE ARE ASKING FOR IN THE LODGE. THIS WILL VARY FROM PERSON TO PERSON. THIS IS OFFERED TO THE HELPERS AND THE CEREMONY MAKER WILL PRESENT THEM IN THE LODGE.**

Contact Carrie Ann if you have any questions:  
[cultural.dev@caldwellfirstnation.ca](mailto:cultural.dev@caldwellfirstnation.ca)

The Caldwell First Nation Youth Career Fair and Job Fair was on Saturday, January 27, 2024. It was a great opportunity for the CFN youth and CFN members to meet and learn about various organizations, career paths, programs, services, and job opportunities.

Attending organizations and booths for 2024 included CFN Field Liaison Representatives, CFN Youth Advisory Committee, CFN Environmental and Consultation, University of Windsor, St. Clair College, Sybridge Technologies, Essex-Windsor Emergency Medical Services (EMS), We-tech, Hackforge, Ontario Association of Certified Engineering Technicians and Technologists, Windsor-Essex Neighbourhood Ambassador, Municipality of Leamington, Hydro One, West of Windsor, Southern First Nations Secretariat, and Parks Canada.





# Caldwell First Nation Community Members

## Basic Canadian Income Tax Filing CVITP – CFN Finance Department

**Caldwell First Nation will be providing \*FREE\* basic income tax filing, by registration only, returns for business filings are not eligible**

**The free program is available for status members & their immediate family**

Please call to register for a filing session at **519-322-1766 ext. 1226**

or email [Finance@caldwellfirstnation.ca](mailto:Finance@caldwellfirstnation.ca)

**REGISTRATION WILL OPEN MARCH 4, 2024**

**The deadline for basic income tax filing is Tuesday, April 30, 2024**

### Attendees are asked to provide:

- Any documentation supporting income earned for the 2023 tax year
- Any supporting documents for eligible expenses (rent, property taxes, medical expenses etc.)
- Previous years unfiled taxes (up to 10 years of unfiled returns if eligible)

***CRA requires 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](mailto:finance@caldwellfirstnation.ca)*

*Phone: (519) 322-1766 Ext 1226*

***Tax filing to be completed by the CFN Finance Department:  
Melody Watson, Brad Dos Santos, Monica Dobetsberger & Leeanna Wiebe***

# CFN - MONTHLY WELLNESS PAYMENT

## SCHEDULE 2024-2025

Below is the schedule for the monthly Wellness Payment for the 2024 - 2025 fiscal year. In addition to the scheduled payment dates, you will find the deadlines for bank changes before each scheduled payment.

| PAYMENT MONTH   | SCHEDULED PAYMENT DATE                          | DEADLINE FOR BANK CHANGES                         |
|-----------------|-------------------------------------------------|---------------------------------------------------|
| JANUARY - 2024  |                                                 |                                                   |
| FEBRUARY - 2024 | <b>THURSDAY</b><br>1 Thursday, February 1, 2024 |                                                   |
| MARCH - 2024    | <b>FRIDAY</b><br>1 Friday, March 1, 2024        | <b>THURSDAY</b><br>22 Thursday, February 22, 2024 |
| APRIL - 2024    | <b>MONDAY</b><br>1 Monday, April 1, 2024        | <b>FRIDAY</b><br>22 Friday, March 22, 2024        |
| MAY - 2024      | <b>WEDNESDAY</b><br>1 Wednesday, May 1, 2024    | <b>FRIDAY</b><br>19 Friday, April 19, 2024        |
| JUNE - 2024     | <b>FRIDAY</b><br>31 Friday, May 31, 2024        | <b>THURSDAY</b><br>22 Thursday, May 22, 2024      |

As a reminder, all CFN Members are asked to contact Leeanna Wiebe at the finance department regarding any changes to their banking information. Failure to provide updated banking information may result in a delay of payments.



# CFN - MONTHLY WELLNESS PAYMENT

## SCHEDULE 2024-2025

Below is the schedule for the monthly Wellness Payment for the 2024 - 2025 fiscal year. In addition to the scheduled payment dates, you will find the deadlines for bank changes before each scheduled payment.

### PAYMENT MONTH

JULY - 2024

AUGUST - 2024

SEPTEMBER - 2024

OCTOBER - 2024

NOVEMBER - 2024

DECEMBER - 2024

### SCHEDULED PAYMENT DATE

MONDAY  
1 Monday, July 1, 2024

THURSDAY  
1 Thursday, August 1, 2024

FRIDAY  
30 Friday, August 30, 2024

TUESDAY  
1 Tuesday, October 1, 2024

FRIDAY  
1 Friday, November 1, 2024

FRIDAY  
29 Friday, November 29, 2024

### DEADLINE FOR BANK CHANGES

WEDNESDAY  
19 Wednesday, June 19, 2024

MONDAY  
22 Monday, July 22, 2024

TUESDAY  
20 Tuesday, August 20, 2024

THURSDAY  
19 Thursday, September 19, 2024

TUESDAY  
22 Tuesday, October 22, 2024

TUESDAY  
19 Tuesday, November 19, 2024

As a reminder, all CFN Members are asked to contact Leeanna Wiebe at the finance department regarding any changes to their banking information. Failure to provide updated banking information may result in a delay of payments.

# Certificate of Appreciation

Awarded to

**CALDWELL FIRST NATION**

for your contribution to the  
2023 Community Volunteer  
Income Tax Program

RC4003(E) Rev. 23



The Honourable  
**Marie-Claude Bibeau**  
P.C., M.P.  
Minister of National Revenue



January 2024

WP is pleased to provide you with the January 1, 2024 government benefit limits. Note that each section provides a link to the Government of Canada website where you can find more information on the specific benefit; however, if you have any questions, please contact us

### Canada Pension Plan (CPP)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                          |                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|------------------|
| <p>The Canada Pension Plan (CPP) provides contributors and their families with partial replacement of earnings on retirement, disability or death. Generally speaking, CPP is a statutory benefit for those who aren't Status and that is, employees and those who are self-employed. If you have lived or are living outside of Canada, you may qualify for a pension from that country as well. For more information about CPP click <a href="#">here</a></p> <p><b>Note:</b> Quebec Pension Plan (QPP) rules will apply to residents of Quebec. Full details of these rules can be found by clicking on the link above</p> | Retirement Pension (maximum at 65)       | \$1,364.60/month |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Death Benefit maximum                    | \$2,500/lump-sum |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Survivor Pension (maximum age 65 & over) | \$818.76/month   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Survivor Pension (maximum under age 65)  | \$739.31/month   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Orphan Benefit (per-child)               | \$294.12/month   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Year's Max. Pensionable Earnings (YMPE)  | \$68,500         |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Maximum Employee Contribution            | \$3,867.50       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Maximum Disability Benefit               | \$1,606.78/month |

### Old Age Security (OAS)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                   |                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------------------------------------------|
| <p>The Old Age Security program is the Government of Canada's largest pension program. It is funded from general revenues of the Government of Canada which means there's no employee/employer contributions per-se. The Old Age Security (OAS) pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements. For more information about OAS click <a href="#">here</a>.</p> | Maximum Benefit (at January 1st)  | \$713.34/month For ages 65 to 74<br>\$784.67/month For ages 75 and older |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Lower threshold for OAS claw-back | \$90,997/annual income                                                   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Upper threshold for OAS claw-back | \$142,609/annual income for ages 65 - 74                                 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                   | \$148,179/annual income for ages 75 +                                    |

### Guaranteed Income Supplement (GIS) Maximums

|                                                                                                                                                                                                                                                                                                |                        |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|------------------|
| <p>The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security (OAS) pension recipients who have a low income and are living in Canada. A pre-cursor to applying is Income Tax filing. For more information about the GIS click <a href="#">here</a></p> | Single Person          | \$1,065.47/month |
|                                                                                                                                                                                                                                                                                                | Couple                 | \$1,065.47/month |
|                                                                                                                                                                                                                                                                                                | Allowance              | \$1,354.69/month |
|                                                                                                                                                                                                                                                                                                | Allowance for Survivor | \$1,614.89/month |

### Defined Contribution Pension + Other

|                                                                                                                                                                                                                                                                                |                                                              |              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------|
| <p>Registered plans information for individuals (contributors) and plan administrators. For more information about Registered plans click <a href="#">here</a></p> <p>**Provincial LIF Rate are currently unavailable. Rates shown are from 2021 and are subject to change</p> | Overall Maximum Contribution (lessor of 18% or this)         | \$31,560     |
|                                                                                                                                                                                                                                                                                | Financial Hardship Unlocking Maximum                         | \$34,250     |
|                                                                                                                                                                                                                                                                                | OSFI Small Pension Unlocking Max.                            | \$34,250     |
|                                                                                                                                                                                                                                                                                | FSRA Small Pension Unlocking Max.                            | \$27,400     |
|                                                                                                                                                                                                                                                                                | Provincial Age 65 LIF Rate** (age 65 by December 31st, 2023) | 7.38%        |
|                                                                                                                                                                                                                                                                                | Federal Age 65 LIF Rate (age 65 by December 31st, 2023)      | 5.98%        |
|                                                                                                                                                                                                                                                                                | Tax-Free Savings Account (TFSA) Maximum                      | \$7,000/year |

### Employment Insurance (EI)

|                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                            |            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <p>Employment Insurance (EI) provides regular benefits to individuals who lose their jobs through no fault of their own (for example, due to shortage of work, seasonal or mass lay-offs) and are available for <u>and</u> able to work, but unable to find employment. For more information about EI click <a href="#">here</a></p> | Employee Rate as % of Insurable Earnings                                                                                                   | 1.66%      |
|                                                                                                                                                                                                                                                                                                                                      | Maximum Annual Employee Contribution                                                                                                       | \$1,049.12 |
|                                                                                                                                                                                                                                                                                                                                      | Employer Rate as % of Insurable Earnings                                                                                                   | 2.32%      |
|                                                                                                                                                                                                                                                                                                                                      | Maximum Annual Employer Contributions                                                                                                      | \$1,468.77 |
|                                                                                                                                                                                                                                                                                                                                      | Maximum Benefit                                                                                                                            | \$668/week |
|                                                                                                                                                                                                                                                                                                                                      | Maximum Insurable Earnings (MIE) <b>Note:</b> Employers with a qualifying short term disability plan are eligible for a premium reduction. | \$63,200   |



**PENSIONS + BENEFITS**  
an advisory & brokerage firm

A People Corporation Company

497 Elizabeth St., Burlington, ON L7R 2M4 • 888.899.6956 / 905.632.7557 • [wp@wpbenefits.ca](mailto:wp@wpbenefits.ca)



# **Community Wellness**

**FEBRUARY**

**February 6th 9am - 12pm**

**Community Wellness Drop in - Classroom**

**February 13th 9am - 12pm**

**Community Wellness Drop in - Classroom**

**February 13th 5pm - 8pm**

**Cedar Foot Bath with Tracey - Main Hall**

**February 20th 9am - 12pm**

**Community Wellness Drop in - Classroom**

**February 20th 5pm - 8pm**

**Tuesdays with Tracey Whiteye - Main Hall**

**February 27th 9am - 12pm**

**Community Wellness Drop in - Classroom**

**February 27th 5pm - 8pm**

**Tuesdays with Tracey Whiteye - Main Hall**






# Valentine's Day

**Treat yourself and practice some  
self care this Valentine's day.  
Experience and learn about a  
Cedar foot bath  
with Tracey Whiteye  
Tuesday February 13th  
5-8**

Caldwell First Nation Main Hall  
14 Orange St. Leamington

Register with Michelle  
Community Wellness  
[cww1@caldwellfirstnation.ca](mailto:cww1@caldwellfirstnation.ca)  
519-322-1766 ext. 1257



# Community Wellness...

providing **RESOURCES** and **SUPPORT**

## Ways to Wellness

Community Wellness  
Drop IN  
Tuesdays 9 - 12  
No Appointment Required



### Physical

- Physical activity
- Stretch
- Sleep
- Proper nutrition



### Intellectual

- Pick up new hobbies
- Research
- Podcasts
- Travel



### Emotional

- Stress control
- Positive outlets
- Self-esteem



### Spiritual

- Religious practice
- Meditate
- Journal
- Yoga
- Self discovery



### Environmental

- Organize
- Plants
- Healthy living area
- Natural Light



### Financial

- Budget
- Auto-save
- Pay off debts
- Manage money



### Occupational

- Work-life balance
- Passion in the work
- Positive space



### Social

- Good friends
- Family
- Support system
- Positive people

- **nutrition**
- **substance use**
- **healthy communication**
- **aging alone**
- **changes in mobility**
- **mental health**
- **adjusting after life changes**
- **like divorce or an empty nest**
- **computer basics**
- **physical activity**
- **resume writing**
- **assistance filling out forms**
- **money management**
- **finding new hobbies**
- **holistic wellness**
- **food security (local food banks)**

Contact Michelle - Community Wellness  
[cww1@caldwellfirstnation.ca](mailto:cww1@caldwellfirstnation.ca)  
 519-322-1766 ext. 1257

# Fill Your Heart

## 29 days to a better you

February marks Heart Month and provides us with an opportunity to focus on the efforts we can make to improve our heart health. Although rates of heart disease in Canada have been declining, largely due to advances in research, drug therapies and prevention efforts, there are many risk factors that still contribute to heart disease. Lifestyle changes, small and big, can help reduce your risk. These include things such as eating healthier, getting proper sleep, being physically active, managing your stress and limiting your alcohol intake. February 2024 has 29 days. Kick off the month of love with 29 days to a better you! Throughout the month choose 29 activities that are meant to engage and inspire you to live a healthier life. To complete: colour in the little heart next to the selected item as well as a petal in the heart. (on page 2)

### Physical

- ♥ Walk 10,000 steps in a day
- ♥ Drink 1/2 of your body weight in ounces of water
- ♥ Plan a heart healthy snack
- ♥ Get 8 hours of sleep for an entire week
- ♥ Take your pet on a walk outside
- ♥ Shovel your neighbours sidewalk/driveway
- ♥ Eat 5 - 7 servings of fruits and vegetables in a day
- ♥ Run / jog or walk 1 mile in a day

### Mental

- ♥ Complete a sudoku or crossword puzzle
- ♥ Eat lunch with someone new or different
- ♥ Read for a two total hours in a week
- ♥ Try a new hobby
- ♥ Screen-free family dinner for February (Parents included)
- ♥ Complete a puzzle
- ♥ Give up social media for a day
- ♥ Play a card or board game with family or friends
- ♥ Inquire about joining a community organization
- ♥ Try something new

### Emotional/Spiritual

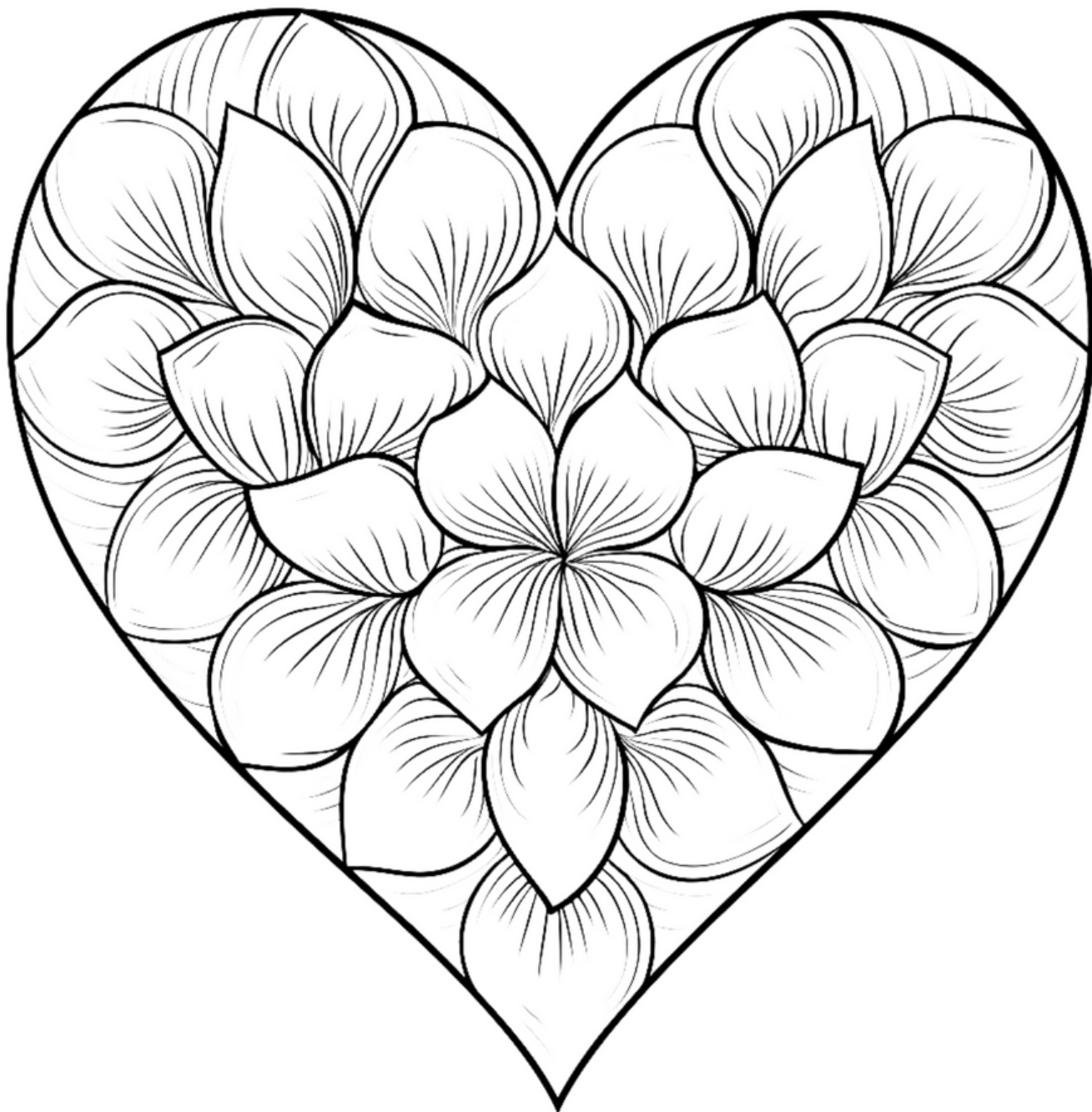
- ♥ Meditate for 10 minutes
- ♥ Journal everyday for a week
- ♥ Listen to your favourite music or podcast
- ♥ Do yoga for 20 minutes
- ♥ Create something
- ♥ Do something nice for someone
- ♥ Practice silence
- ♥ Send someone a handwritten note
- ♥ Provide a treat for a family member/neighbour or colleague
- ♥ Enjoy a sunrise or a sunset

### Financial

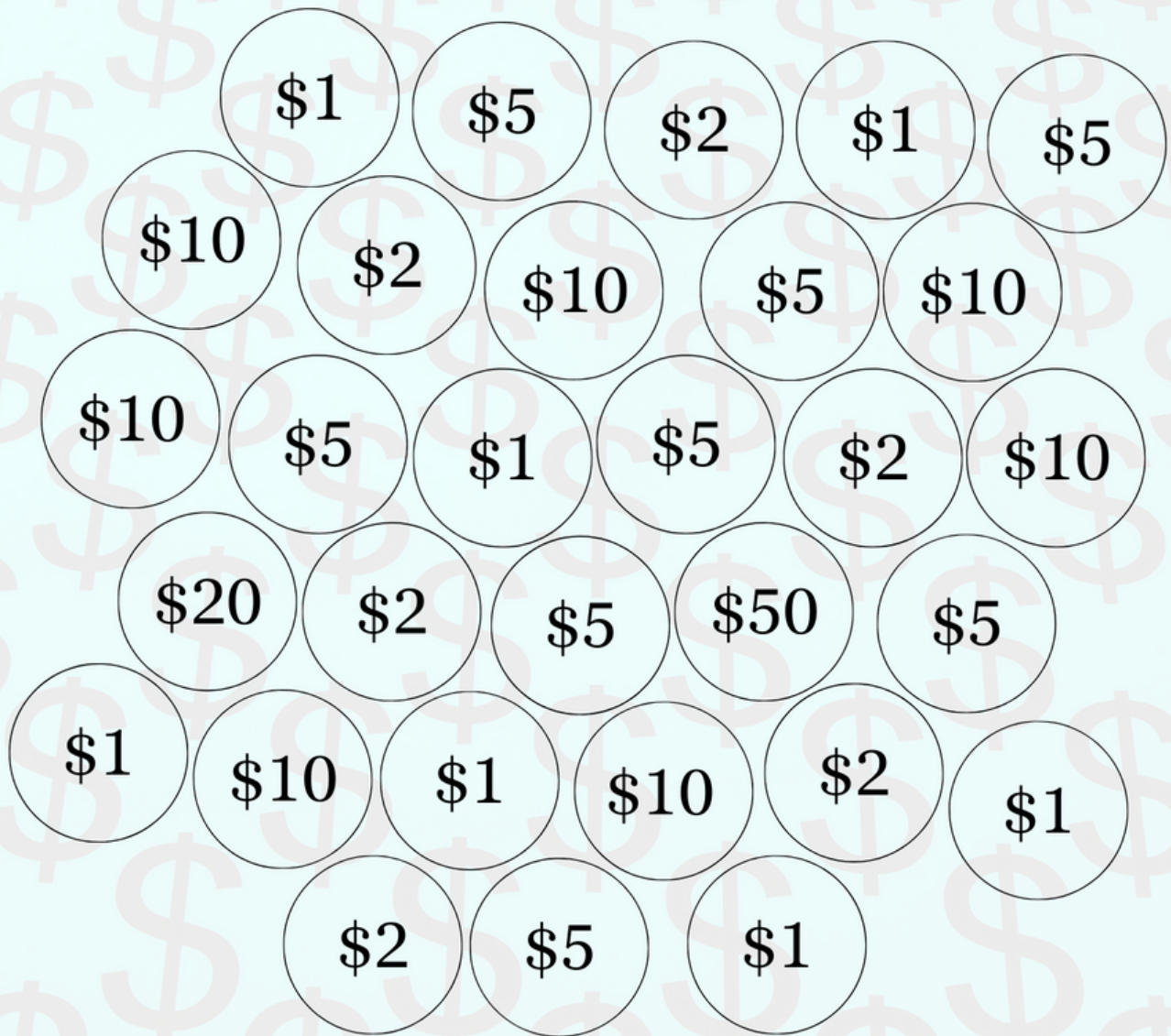
- ♥ Donate to a favourite charity
- ♥ Give up a daily vice for a week & put that money in an envelope
- ♥ Pay it forward to a stranger
- ♥ Work towards save your Emergency fund (3 months salary)
- ♥ Pay extra towards a loan or debt
- ♥ Clean your closet and donate to a local non-profit organization
- ♥ Set a family budget for the month
- ♥ Collect spare change from ca/home and donate to a worthy cause



# Fill Your Heart



# 30 Day Money Saving Challenge



Register with Community Wellness

Michelle Lettner

[cww1@caldwellfirstnation.ca](mailto:cww1@caldwellfirstnation.ca)

519-322-1766 ext. 1257



## I SAVE MONEY SO I CAN...

|                           |                                       |
|---------------------------|---------------------------------------|
| help my son learn to save | get married                           |
| feel optimistic           | stop worrying and thrive              |
| provide for myself        | send my kids to                       |
| feel empowered            | pay for graduate school               |
| sleep                     | donate income for the less privileged |
| see my far-away family    | dream big                             |
| travel                    | take good care of my family & wife    |



“Every little bit counts, so rather than looking for one big way to save a ton of money, save in lots of small ways and set yourself up for success.”

## 7 Reasons to Save

Saving money is important for both establishing a baseline of financial stability and getting to explore opportunities beyond just meeting necessities. It gives you more flexibility in your career, more opportunities to travel and the capacity to support causes you care about.

You may want to create separate funds for different savings goals, including an emergency fund, so it's easier to track how much you're saving for each.

- 1. Having a safety net during hardships** - emergency fund for car repairs, home maintenance, health care.
- 2. Meeting life goals** - "If you have future goals — a big vacation, a child's education, upgrading your home or vehicle
- 3. Work flexibility** - Saving your money allows you to have a cushion of support during gaps in employment or a switch in jobs. "Maybe you want to start your own business and need a runway to get it off the ground. Maybe you're burnt out and need to take a sabbatical,
- 4. Reduced tax liability** - When you save money in a retirement plan, you get different tax advantages, depending on the plan.
- 5. More travel opportunities** - Getting to travel is one of the great rewards of life. It can offer a chance to decompress, explore the world and expose yourself to exciting new experiences.
- 6. Relieve financial stress** - Financial uncertainty and unexpected expenses can take a significant toll on your mental wellbeing.
- 7. Helping others** - Once you get to a point in saving where you feel comfortable with your various savings funds and have grown your wealth, you're also able to support causes that go beyond individual goals. That could mean helping out a friend or family member in need or donating to a charity that you care about.



# 30 Day Money Saving Challenge Instructions

- Register online by clicking on link, email Community Wellness or call Community Wellness
- Starts February 1st 2024 ends March 1st (inclusive)
- Find a Jar to use as your 'savings jar'
- Decorate & label Jar as your 'savings' jar'
- Each day choose an amount from the savings challenge sheet and drop the money in your savings jar and cross off the amount on the sheet provided in the newsletter.
- The end of each week send Community Wellness either via email or telephone the amount saved and we will use your nickname to declare the leader or leaders for the week.
- If you cross off each of the circles on the sheet, at the end of the challenge you will have saved \$199.00.
- Good Luck! Let the savings begin!

## **Suggestions/Recommendations:**

Use a clear jar for savings, although it's a great idea, piggy banks, pottery containers won't give you a visual. When you use a clear jar, you can actually see the money growing. For example yesterday, you had a toonie and five loonies, today you may have a toonie, six loonies and a five dollar bill.

Keep the above in mind when decorating your jar or container.

Label your savings jar or container. This can be a sticker type label, a piece of paper, even a sharpie. Be creative.

**REGISTER HERE**



or register by contacting **Michelle**  
**Community Wellness Worker**  
**cww1@caldwellfirstnation.ca**  
**519-322-1766 ext. 1257**

-POSITIVE-  
VIBES  
ACTIVITIES

# MARCH BREAK 2024

TIME FOR A  
BREAK.

MONDAY MARCH 11TH - FRIDAY MARCH 15TH



THE HEALTH AND CULTURE  
DEPARTMENTS ARE BUSY PLANNING  
SOME AMAZING ACTIVITIES FOR  
MARCH BREAK

# JORDANS PRINCIPLE APPLICATIONS



**Have you applied on your own and gotten so  
frustrated that you gave up?  
Lets Talk!**

Are you struggling to afford things for your child that you feel will prevent them  
from reaching their full potential?

Are your children going without necessities in life because you can't afford them?

Have you exhausted all other resources and don't know where to turn?

Do you want to know more about Jordan's Principle?

Aren't sure if you qualify?

**PLEASE reach out today, we are here to help!**

**Theresa Lewis**  
**Jordan's Principle Coordinator**  
**[jp.nav@caldwellfirstnation.ca](mailto:jp.nav@caldwellfirstnation.ca)**  
**519-329-2382**



**YOUTH  
PINK SHIRT DAY  
CONTEST**



**Congratulations to our Youth  
Emma Fralic**



**Theresa Lewis**  
Jordan's Principle Coordinator  
[jp.nav@caldwellfirstnation.ca](mailto:jp.nav@caldwellfirstnation.ca)  
519-329-2382

**End  
the  
Stigma  
Stop  
the  
Shaming**



# Have a Heart Day



We will be making cards, cookies,  
handmade gifts and playing games



**Come spend a day doing something nice for one  
of our Seniors while learning about Have a  
Heart Day!**

Each Youth and Parent will draw a name and  
get to do something nice for that Senior

**February 10, 2024**

11 a.m. to 2 p.m.



**In Person at Caldwell  
and Zoom**

**Register by February 1, 2024**

**Theresa Lewis**

**Jordan's Principle Coordinator**

**[jp.nav@caldwellfirstnation.ca](mailto:jp.nav@caldwellfirstnation.ca)**

**519-329-2382**







# Snow Bear Contest!!

What will your Bear look like?



This is a great opportunity to connect with your children or grandchildren! Let's get outside and have some fun building a Snow Bear with a chance of winning a contest!!

Submit your picture by February 24, 2024

*Must Qualify for Jordan's Principle*

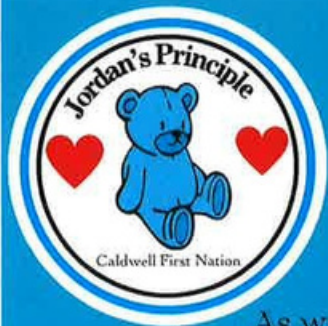
**Theresa Lewis**

Jordan's Principle Coordinator

[jp.nav@caldwellfirstnation.ca](mailto:jp.nav@caldwellfirstnation.ca)

519-329-2382





# Youth Story Time with Shirley Johnson



As we all struggle to reclaim our identity as an Indigenous Person, time continues to pass us by. With each passing day, month and year we lose our older people who hold very important pieces of knowledge. This is why it is so important that we support the connections between our young and old community members!

March 16, 2024  
June 8, 2024  
September 21, 2024  
December 14, 2024



Times to Follow

**Theresa Lewis**  
Jordan's Principle Coordinator  
[jp.nav@caldwellfirstnation.ca](mailto:jp.nav@caldwellfirstnation.ca)  
519-329-2382



# CALDWELL IN THE NEWS



## Point Pelee National Park Temporarily Closed To Visitors For Deer Population Reduction Activity | windsoriteDOT...

Point Pelee National Park will be closed to visitors from January 19th to 26th, 2024 for a deer population reduction activity. This year, Parks Canada and

windsoriteDOT.ca / Jan 15



## Point Pelee deer cull sees Caldwell First Nation hunters team up with Parks Canada | CBC News

For Ian Duckworth of Caldwell First Nation, the deer hunt in Point Pelee National Park — part of the first nation's traditional territory — is a way to make sure the community's ceremonies and practices around hunting...

CBC



## Point Pelee National Park Closed To Visitors January 19-26, 2024

Point Pelee National Park

Kinrossville Times / Jan 10



## Construction of first homes underway on Caldwell First Nation land

More than two centuries since they were driven from their ancestral grounds, members of Caldwell First Nation are invited to return home.

Windsor Star / Jan 8



## Point Pelee National Park To Close For Second Phase Of Deer Cull - 99.1 FM CKXS | Your Music Variety

Point Pelee National Park will be temporarily shutting its gates to visitors for the second time in as many months. Parks Canada and Caldwell First Nation will be conducting the [...]

99.1 FM CKXS / Jan 11



## 3 years after getting reserve status, a 'lost community' is taking shape at Caldwell First Nation | CBC News

If you've driven around the Seacliff Drive area in Leamington, Ont., you may have noticed some new construction. Twenty-eight housing units are being built for members of Caldwell First Nation on reserve land.

CBC

# CALDWELL IN THE NEWS



Myeengun Henry, Indigenous Knowledge Keeper at the University of Waterloo and former Chippewas of the Thames First Nation chief, right, speaks at the Lower Thames Valley Conservation Authority annual general meeting in Ridgeway in March. Also shown are Michelle McCormack, left, of Caldwell First Nation's environment and consultation department, and Caldwell Chief Mary Duckworth. (Tom Morrison/Postmedia Network)



Government  
of Canada

Gouvernement  
du Canada

Search ECCC



MENU ▾

[Canada.ca](#) > [Environment and Climate Change Canada](#)

## List of 27 Indigenous-Led Natural Climate Solutions projects 2023-2024

From: [Environment and Climate Change Canada](#)

**Recipient:** Caldwell First Nation

**Approved funding:** \$ 298,810

**Description:** This project builds capacity within Caldwell First Nation related to greenhouse gas monitoring and reduction activities. The project will undertake strategic wetland restoration activities, and staff are engaging in soil and water sampling to gauge how much new carbon they are able to capture through restoration activities.



WITHOUT PREJUDICE

December 21<sup>st</sup>, 2023

Chief Mary Duckworth  
Caldwell First Nation  
14 Orange Street  
LEAMINGTON ON N8H 1P5

Dear Chief Duckworth:

I am writing to acknowledge receipt of your letter dated November 9, 2023, requesting that Canada reconsider the Caldwell First Nation's Pelee Island specific claim.

In a letter dated August 19, 2011, Canada had informed the Caldwell First Nation that Canada would not pursue a negotiated settlement of the Pelee Island specific claim. I am pleased to inform you that we will conduct a further review of the claim. We recognize that this claim is important to the First Nation. Every effort is being made to review your claim in a timely manner. A response can be expected within eighteen to twenty-four months.

Should you have any questions, please do not hesitate to contact Marie-Laurence Daigle Director of Research and Assessment. She can be reached by email at [marie-laurence.daigle@rcaanc-cirnac.gc.ca](mailto:marie-laurence.daigle@rcaanc-cirnac.gc.ca) or by telephone at (613) 698-0776.

This letter is written on a 'without prejudice' basis, meaning it may not be used in any proceedings to support or defend any claims or related matters between the parties and should not be considered an admission of fact or liability by the Crown.

Please note that Government of Canada files are subject to the *Access to Information Act* and the *Privacy Act*.

Sincerely,

Stefan Matiation  
Director General  
Specific Claims Branch  
Resolution and Partnerships Sector

c.c.: Kim Fullerton, Kim Alexander Fullerton Barrister & Solicitor Professional Corporation  
Caitlin Beresford, Beresford Law Professional Corporation  
Ian Duckworth, Caldwell First Nation  
Doug Heil, Caldwell First Nation  
Larry Sault, Caldwell First Nation  
Allen Deleary, Caldwell First Nation  
Sean Darcy, Assessment Coordination Engagement, CIRNAC  
Chris Wright, Assessment Coordination Engagement, CIRNAC

# Would you like to have an impact on Indigenous Health?



Indigenous  
Health Program



**WE ARE  
HIRING!**

## Join our team!

Visit our recruiting website to apply:

<https://www.recruitingsite.com/csbsites/uhncares/careers.asp>

General inquiries: [IndigenousHealth@uhn.ca](mailto:IndigenousHealth@uhn.ca)

**Do you identify as First Nations, Inuit and/or Métis and have an interest in improving access to high quality, effective healthcare for the Indigenous community?**

**Are you ready to take the next step in your career?**

**Check out these great opportunities with the INDIGENOUS HEALTH PROGRAM at UHN and APPLY here!**

**INDIGENOUS COMMUNITY HEALTH WORKER:**

<https://bit.ly/IndigenousCHW>

**INDIGENOUS HEALTH PROGRAM EDUCATOR:**

<https://bit.ly/EducatorIHP>

MCFS invites  
you to our

# OPEN HOUSE

275 Jubilee Road, Muncey  
*Light refreshments & snacks*



Wednesday February 7, 2024  
10:00am-2:00pm

*Please come and visit our services building to meet our amazing team!  
Learn about the supports we are currently providing as well as our future goals!*



# Annual Aboriginal Youth Career Awareness Fair

## SAVE the DATE

Focused on Students in Grades 6-12 from:

Chippewas of the Thames  
Oneida Nation of the Thames  
Chippewas of Kettle & Stony Point  
Eelūnaapéewi Lahkéewiit  
(Moravian of the Thames)  
Walpole Island  
Caldwell First Nation  
And Host Nation:  
Aamjiwnaang First Nation

Exhibitors Please Contact:

Melissa Medeiros

519-336-8410 Ext. 249

[Mmedeiros@aamjiwnaang.ca](mailto:Mmedeiros@aamjiwnaang.ca)

Students/Teachers Please Contact:

Your Employment & Training Office

March 6, 2024

&

March 7, 2024

**AAMJIWNAANG  
FIRST NATION**



**Maawn Doosh Gumig  
Community Centre**

**1972 Virgil Avenue  
Sarnia, ON N7T 7H5**



# ÀDISÒKEWININÌ

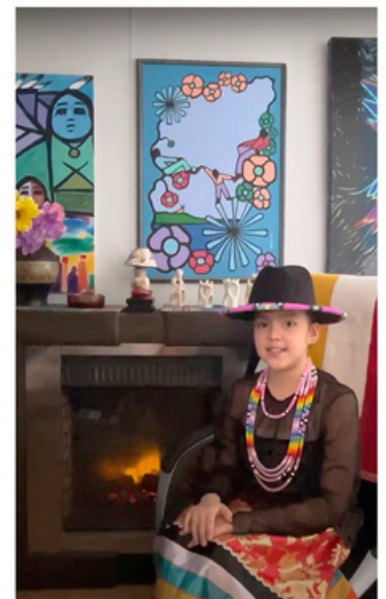
## YOUTH STORYTELLER CONTEST



DUE MARCH 8, 2024

SHARE YOUR STORIES THROUGH SONG,  
DANCE, VIDEOS, PAINTINGS, BEADWORK AND MORE!

OPEN TO FIRST NATIONS CHILDREN, YOUTH AND  
YOUNG ADULTS (AGE 3 TO 30) ATTENDING SCHOOL.



REGIONAL AND NATIONAL PRIZES TO BE ANNOUNCED!

ART WILL BE SHOWCASED AT THE  
VIRTUAL ÀDISÒKEWININÌ YOUTH STORYTELLER AWARDS  
ON MARCH 27, 2024,

VISIT [FNEAA.CA/STORYTELLER-2024](https://fneaa.ca/storyteller-2024)



# CALDWELL FIRST NATION EVENTS

## FEBRUARY



### 5 | MONDAY

- Mishkiki Monday | 7:00PM @ CFN

### 6 | TUESDAY

- Community Wellness Drop In | 9:00AM-12:00PM @ CFN Classroo

### 7 | WEDNESDAY

- Healthy Babies, Healthy Children | @ CFN Hall

### 10 | SATURDAY

- Have a Heart Day | 11:00AM-2:00PM @ CFN Hall and Zoom

### 12 | MONDAY

- Mishkiki Monday | 7:00PM @ CFN

### 13 | TUESDAY

- Community Wellness Drop In | 9:00AM-12:00PM @ CFN Classroom
- Cedar Foot Bath with Tracey | 5:00PM-8:00PM @ CFN Hall

### 19 | MONDAY

- Bear Paw Paddle Paint | 12:00PM-3:30PM @ CFN Hall
- Mishkiki Monday | 7:00PM @ CFN

### 20 | TUESDAY

- Community Wellness Drop In | 9:00AM-12:00PM @ CFN Classroom
- Tuesdays with Tracey | 5:00PM-8:00PM @ CFN Hall

### 26 | MONDAY

- Mishkiki Monday | 7:00PM @ CFN

### 27 | TUESDAY

- Community Wellness Drop In | 9:00AM-12:00PM @ CFN Classroom
- Tuesdays with Tracey | 5:00PM-8:00PM @ CFN Hall

## MARCH

### 6 | WEDNESDAY

- Healthy Babies, Healthy Children | @ CFN Hall

### 8-10 | FRIDAY-SUNDAY

- Youth Culture Camp @ Camp Henry, PPNP

### 9 | SATURDAY

- Dark Sky Night Presentation | 7:30PM @ Auditorium, PPNP

### 16 | SATURDAY

- Honouring Our Roots - Encouraging Our Youth | 9:00AM-4:00PM @ Best Western Leamington
- Youth Story Time with Shirley Johnson

### 17 | SUNDAY

- 4 Sacred Medicines - Jewelry Making Workshop | 4:00PM-7:00pm @ CFN Hall

### 24 | SUNDAY

- Full Moon Ceremony | @ John R. Homestead