



# CALDWELL FIRST NATION NEWSLETTER

63rd Edition | July 2023



It is believed that dreamcatchers originated with Asibaikaashi, who was known as the Spider Woman. She was a custodian of all of the Ojibwe infants and adults. However, in time it became a difficult task for her to take care of all of the Ojibwe people as they started spreading out across different regions of North America.

To help, the Ojibwe women started weaving magical webs for the infants. They used willow hoops and sinew to weave them and they gifted them to the Ojibwe children as a medium of protection. These charms hung above the children's beds to catch any bad dreams or other harm that might be present.

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To start off the month of July, we would like to wish our Canadian families and friends a Happy Canada Day on July 1st and to our American families and friends a Happy Independence Day on the 4th of July!

We keep busy with the phones, doing our regular mailouts and special mailouts as necessary. We do get a lot of requests from other First Nation Members for card renewals and we have to deny them because we don't have enough for our own people. If your status card has expired, please call in and make an appointment with Tammy Jolicoeur, Membership Clerk.

Just a reminder, the office will be closed on Monday July 3, in observance of Canada Day. Our regular hours will resume on Tuesday July 04, 2023, 8:30 AM - 4:30 PM

On another note, we would like to wish all the graduates congratulations! We hope to see all the graduates and their guests on July 8, 2023 here in the CFN Hall to celebrate your achievements.

We hope everyone is enjoying their summer. Remember to always to stay hydrated when out in the sun. Until next month, have fun and stay safe and healthy!

# PHOTO OF AIAI (ASSOCIATION OF IROQUOIS AND ALLIED INDIANS) CHIEFS TOGETHER, INCLUDING GRAND CHIEF, DEPUTY GRAND CHIEF, AND AIAI ELDER

Photographer: Ira Timothy, AIAI Communications Coordinator



# How to Use Engage Art to Experience the Caldwell First Nation Augmented Reality Experience

Using the Engage Art augmented reality app is an exciting and immersive way to experience the world. This guide will help you get started with using the app on your smartphone.



1

## Download The Engage Art App

The first step is to download the app. Engage Art is available on both iOS and Android platforms. You can search for the app in the App Store (for iOS) or the Google Play Store (for Android).

2

## Go to the Caldwell First Nation Band Office

Once you have downloaded the app, it will automatically bring you to the Caldwell experience. In order to try it out, you'll have to go to the band office near the entrance of the hall. You'll open the AR experience once you're at the correct GPS location and point your camera at the band office building as indicated in the hint image in the app. The experience will automatically pop up!

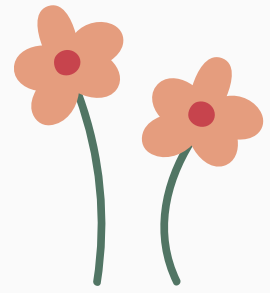
3

## Enjoy the experience!

Now you're ready to begin exploring the world of augmented reality! The Caldwell experience is a telling of the history of Caldwell First Nation including peace time before colonizers came to the region all the way into the future hopes Caldwell has for peace, prosperity, and intercommunity cooperation. We hope you enjoy the story.



# Message from Louise Hillier, CFN Band Representative



[band.rep@caldwellfirstnation.ca](mailto:band.rep@caldwellfirstnation.ca)

Embracing Spring is an easy thing to do! Warmer weather, sunshine, birds singing, flowers blooming, frogs croaking – everything coming back from winter's long sleep!

It's the perfect time for parents to get outdoors with the children. Outings can be spontaneous and no travel involved. A trip to the park, a relaxing walk on the beach, yard clean-up, spring planting for flowers and vegetables, followed by a BBQ lunch or dinner to get the family together.

There are so many cultural activities also taking place that are geared to children. Call the office and talk to a member of the Health Team for information if interested.

Making memories with your children/grandchildren/nieces/nephews/friends is one way we help our young ones to bond with family, to create self-confidence, and learn. Those events that become memories also set the foundation for how children should treat each other and what good parenting looks like.

The extended family is an integral part of most families and is a key benefit to good parenting experiences. No one can do everything for everyone and sharing the load through the extended family can be an awesome experience for everyone involved!

Take some time with your children/family to get outdoors, look around and enjoy the time Spring is here to offer...before we start to complain about the heat, humidity and mosquitoes that Summer will bring!



# 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](mailto: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**

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**To register, please contact  
Tracy at  
519-329-2046 or  
[cpw@caldwellfirstnation.ca](mailto:cpw@caldwellfirstnation.ca)**

# HEALTHY BABIES, HEALTHY CHILDREN (HBHC) 2023 DATES

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**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.**

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# HBHC 2023 Dates

Wednesday

June 7, July 5, August 9,  
September 6, October 11,  
November 8, December 6

\*\* Must register within the last couple of weeks of the month-before you need HBHC service (June 12-26, 2023 for services in July 2023)\*\*

**register by emailing Tracy  
at:**

**[cpw@caldwellfirstnation.ca](mailto:cpw@caldwellfirstnation.ca)  
OR by texting 519-329-2046**





# *Tracey Whiteye & Geoff Stonefish*

Caldwell First Nation Band Youth

8 years and older with their  
parents/guardians

TEACHINGS FOR BOYS & GIRLS  
RIGHTS OF PASSAGE, CEREMONIES &  
ROLES

FRIDAY, JULY 14, 2023

6-7 P.M. SUPPER & DESSERT

7-9 P.M. TEACHINGS

CFN HALL AT 14 ORANGE STREET

LEAMINGTON, ON

REGISTER BY JULY 11, 2023 AT 4 P.M. WITH  
TRACY AT 519-329-2046, 519-322-1766  
EXT 1237 OR

CPW@CALDWELLFIRSTNATION.CA

# BABYSITTING

COURSE FOR CALDWELL  
BAND YOUTH AGED 10-15  
YEARS OLD



**Snacks, drinks and  
lunch provided**

**HOW:**  
REGISTER WITH TRACY AT  
[CPW@CALDWELLFIRSTNATION.CA](mailto:CPW@CALDWELLFIRSTNATION.CA)  
OR 519-329-2046 BY JULY 14, 2023  
AT 4 P.M.

**Who:**

**Caldwell Band  
Youth Ages 10-15  
Years old**

**When:**

**Saturday, July 15, 2023  
8:30 A.M.-4:30 P.M.**

**Where:**

**CFN Hall  
14 Orange Street,  
Leamington, ON N8H 1P5**

**What:**

**Babysitting Course learning  
First aid skills/The Business of  
Babysitting  
Take-Home Materials:  
Babysitter's Manual and  
Completion Certificate**

**Why:**

**Certified and start  
offering your  
babysitting services**

**Limited space available-please register early**

# Stay Safe-Home Alone Course for Caldwell Band Youth

Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities

**1** Who:  
Youth 9-13 Years old

**2** What:  
Learn basic first aid, safety skills, responsibility & respect of being accountable for yourself, following safety rules, stay safe at home and within the community, Prepare/Recognize/Respond to situation



**3** Where:  
In person at CFN Hall  
14 Orange Street  
Leamington, ON  
N8H 1P5

**4** When:  
Saturday, July 22, 2023  
9 A.M.-3 P.M.

**Snacks,  
drinks &  
lunch  
included**

**5** How:  
Register then attend  
Take-Home Materials:  
Stay Safe Workbook & Completion  
Certificate



**6**  
Register with Tracy at  
cpw@caldwellfirstnation.ca or  
519-329-2046 by July 21, 2023  
at 4 P.M.

# INFANT MASSAGE



## ***Sheri Brown R.M.T. shares Infant Massage-open to HBHC & CFN Band Members***

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**Saturday, Aug. 26, 2023 at 11 A.M.-12:30 P.M. with  
light lunch 12:30-1 P.M.**

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**14 Orange Street, Leamington, ON**

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### **Items Needed:**

**Baby (willing/cooperative) or doll to learn on  
Yoga Mats are provided to use on the floor (you are welcome to bring  
your own blanket & pillow if you prefer)**

**limited spaces available**

**Register with Tracy at [cpw@caldwellfirstnation.ca](mailto:cpw@caldwellfirstnation.ca)  
or 519-329-2046 by Aug. 17, 2023 at 4 P.M.**

# Point Pelee Guardians

**What does this mean for Caldwell?  
The Program supports Anishinaabe  
Caretaker responsibilities in protecting  
and conserving ecosystems, developing  
and maintaining sustainable economies  
and continuing to connect the  
landscape and Anishinaabe Traditions**

**Contact Carrie Ann if you are interested in  
being part of the mentoring learning  
opportunities with Point Pelee Park staff.**

**[cultural.dev@caldwellfirstnation.ca](mailto:cultural.dev@caldwellfirstnation.ca)**



MAKE TIME FOR YOURSELF

# SELF-CARE SUNDAY

**Join us Sunday July 2, 9, 16 & 23, 2023  
for Self Care sessions  
1:00pm-6:00pm  
Caldwell Community Hall**

**1:00pm: Registration, Snacks and Refreshments**

**Take a break  
Because you deserve it!**

**We will be doing activities and providing you  
with information that will increase your self-  
care tool kit**

It does not have to be difficult or time consuming.  
What works for one may not work for another.

We are here to help you remember to  
take care of yourself

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

# Raspberry Moon

## Full Moon Ceremony

Sunday July 2, 2023

7:00 PM

Madbin Jina

**EVERYONE IS WELCOME**

**BRING A DISH TO SHARE, A CHAIR  
AND YOUR FEAST BUNDLE.**

### Mskomini-Giizis

**RASPBERRY MOON IS WHEN GREAT CHANGES BEGIN.  
BY LEARNING GENTLENESS AND KINDNESS WE MAY  
PASS THROUGH THE THORNS OF ITS BUSH AND  
HARVEST ITS FRUIT, KNOWLEDGE  
THAT WILL HELP IN RAISING OUR FAMILIES.**

**Please contact Carrie Ann:  
[cultural.dev@caldwellfirstnation.ca](mailto:cultural.dev@caldwellfirstnation.ca)**



# Feast for Our Ancestors

**Sunday July 30, 2023  
9:00AM  
Caldwell Community Hall**

**One of our responsibilities is to take care of our loved ones after they have returned to the Spirit World. Although they are no longer with us in the Physical World, they are looking after us from Spirit World. This Ceremony is our way of feeding them and showing our gratitude.**

**Women that will be preparing a feast dish, please purchase new food supplies and bring everything you will need.**

**We do the best we can to do this Ceremony as our Ancestors did. Many food items are not used such as Salt, Pork, and Onions. If you have any questions, please do not hesitate to reach out to Carrie Ann**

**[cultural.dev@caldwellfirstnation.ca](mailto:cultural.dev@caldwellfirstnation.ca)**





# CALDWELL FIRST NATION POINT PELEE GUARDIANS

has partnered with YMCA - Camp Henry

## FOR A WEEK OF FUN

Spaces are limited

Open to youth ages 6 - 13

August 13 - 18, 2023

Camp fee will be funded by the Point Pelee Guardians program

Please register by July 7, 2023





**DROP IN HOURS**

**TUESDAYS AND THURSDAYS**

**2:00 PM - 4:00 PM**

**CFN ENVIRONMENT & CONSULTATION  
DEPARTMENT**

**IS NOW  
LOCATED AT THE  
LEAMINGTON ARTS CENTRE  
SUITE 202**

**Let's chat**

With all of the ongoing and upcoming projects across CFN's Traditional Territory your input is more important than ever. Please feel free to drop in for a visit and talk.

Zack Hamm  
ecd.manager@caldwellfirstnation.ca  
226 936-2940

Michelle McCormack  
ecc@caldwellfirstnation.ca  
519 329-1946

72 Talbot Street West  
Leamington, ON N8H 1M4  
SUITE 202

## **ENVIRONMENT AND CONSULTATION DEPARTMENT (ECD) UPDATES**

The ECD Department hosted an informative and engaging community conversation about the status of the Urban Park project on June 25, 2023. It was good to hear and respond to CFN Member's concerns and questions about the project.

The tree planting and medicine garden work that is being led by Michelle McCormack is proceeding beautifully. The hard work of our Field Liaison Representatives (FLRs) and community volunteers along with support of Essex Region Conservation Authority (ERCA) has established a wonderful beginning to Caldwell's work with environmental restoration. Hundreds of trees, shrubs, and other valuable plants have been planted and cared for despite the challenges with the weather.

On June 4, 2023, we had a very successful community engagement at the Madbin Jina beach clean up. There was a large turnout and we launched the first of our community surveys to get important feedback about the department's activity. We had many productive conversations with community members and the public alike that day. There were families, good food, and a great deal of garbage collected.

The FLR program continues to engage in work on digs all across the traditional territories to great success.

Please see below for photos that Eric Peters (FLR) took at the Boardwalk grand opening.



**CFN FOOT CARE CLINICS 2023**

**Tuesdays and Wednesdays**

**JANUARY 24 - FEBRUARY 1**

**MARCH 7 - MARCH 8**

**APRIL 4 - APRIL 12**

**MAY 10 - MAY 17**

**JUNE 20 - JUNE 21**

**JULY 25 - JULY 26**

**AUGUST 22 - AUGUST 23**

**SEPTEMBER 26 - SEPTEMBER 27**

**OCTOBER 31 - NOVEMBER 1**

**DECEMBER 5 - DECEMBER 6**

**JANUARY 9 - JANUARY 10 , 2024**

**Foot care Clinic Registration Contact :**

**Jo-D Schiefer, CFN Health Programs Manager  
519-329-2703**

**If you need to cancel or change your appointment  
contact Barb Fischer 519-329-4256**

# Health Conference

Save the Date | August 18-20th, 2023

\*LIMITED ROOMS AVAILABLE SO STAY TUNED\*

WHERE: BLUE MOUNTAIN SKI RESORT

FOR: MEMBERS AND THEIR FAMILIES

INCLUDED: MEALS AND SOME AMENITIES



*Find your Zen*  
**Yoga Classes**

*with Sheila Goodfellow*



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July 5th @ 5:30 PM Visit: [eventcreate.com/e/tryit](https://eventcreate.com/e/tryit)



For more info: 519-322-1766 ext. 1257 | [cww1@caldwellfirstnation.ca](mailto:cww1@caldwellfirstnation.ca)

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Wear athletic clothing, bring a yoga mat and water bottle if you have one!

**\$20 cash fee for non-members | members and their families free**



*Massage, Reiki,  
& Reflexology*

APPOINTMENTS

JULY 11TH, 2023

CALDWELL FIRST NATION

30 MINUTE

APPOINTMENTS

AVAILABLE FROM

8:30AM - 4:30PM

To book an appointment, please  
contact:

[hmow@caldwellfirstnation.ca](mailto:hmow@caldwellfirstnation.ca) or  
519-322-1766 ext. 1259





# Sounding our Voices Workshop with Valarie King

**Come and learn why songs  
are important! Bring your  
shaker if you have one!**

**July 17th, 2023  
CFN Hall - In Person  
6:00pm - 8:30pm**

**Open to CFN members and their families  
For more information or to register, please contact:  
hmow@caldwellfirstnation.ca or  
519-322-1766 ext. 1259**



CFN Health Presents:

# Traditional Practitioner Appointments

with Valarie King

July 18th, 2023  
August 9th, 2023

One hour appointments  
available from  
**9am - 5pm**

In Person and Phone  
Appointments are  
available



**Downstairs at CFN**

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**REGISTER  
TODAY!**

**APPOINTMENTS  
ARE AVAILABLE**



To book an appointment, contact:  
[hmow@caldwellfirstnation.ca](mailto:hmow@caldwellfirstnation.ca)  
or 519-322-1766 ext. 1259



# LEARN ABOUT CLANS

with Valarie King

**August 8th, 2023**

**CFN Hall**

**6pm - 8:30pm**

Open to CFN members and  
their families

For more information or to register:

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

519-322-1766 ext. 1259

# NEED HELP?

Do you need help filling out legal, court, clinical, health, or other related forms?



Some people may not be capable of completing or signing their application or governmental forms. Or they may not be able to understand what it means to complete or sign the form, or they don't understand the *information needed to do these tasks*.

If this applies to you, the person you name in a power of attorney document can do this for you.

If you haven't made a power of attorney, contact us to have us assist in filling out your forms, or helping you get in touch with a community legal clinic.



**14 Orange Street  
Leamington, ON N8H 1P5**

Call to book an appointment or walk in!



CALDWELL FIRST NATION SUPPORTS



# 2SPIRIT & LGBTQIA+ POWER

Chat: Sunday-Friday  
4:00 PM - 9:30 PM at [youthline.ca](https://youthline.ca)

Text: Sunday-Friday  
4:00 PM - 9:30 PM at [647-694-4275](tel:647-694-4275)



Confidential Anonymous Supportive

# We care about what you think.

Answer this quick survey to let us know what matters to you and how we can serve you better.



[Click here for  
survey link](#)

**CALDWELL FIRST NATION**  
COMMUNITY WELLNESS



# CALDWELL IN THE NEWS



## Caldwell First Nation blesses land slated for new urban community

Caldwell First Nation gathered Saturday on their territory in Leamington to bless the site of a new First Nation community.

windsorstar / Jun 15



## Caldwell First Nation Breaks Ground To Rebuild Lost Community

Chief Mary Duckworth, Councillor Doug Heil and Councillor Ian Duckworth break ground for new

## Access Denied

You don't have permission to access "<http://www.cbc.ca/i/caffeine/syndicate/>" on this server.

Reference #18.24e1dd17.1688476912.1958e33f



## Caldwell First Nation Breaks Ground To Rebuild Lost Community | windsoriteDOTc...

The Caldwell First Nation have broken ground to rebuild their lost community, after centuries of displacement from the lands the once they called



## Caldwell First Nation breaks ground on new homeland

After a long battle to reclaim land and rebuild a new community, Caldwell First Nation members broke

# CALDWELL FIRST NATION - EVENTS

## JULY

### 2 | SUNDAY

- Self-Care Sunday | 1:00PM-6:00PM @ CFN Hall
- Raspberry Full Moon Ceremony | 7:00PM @ Madbin Jina, PPNP

### 5 | WEDNESDAY

- Healthy Babies, Healthy Children | Virtual
- Yoga Classes with Sheila Goodfellow | 5:30PM @ CFN Hall

### 9 | SUNDAY

- Self-Care Sunday | 1:00PM-6:00PM @ CFN Hall

### 11 | TUESDAY

- Message, Reiki, & Reflexology Appointments | 8:30AM-4:30PM @ CFN Classroom

### 14 | FRIDAY

- Teachings for Boys and Girls - Rights of Passage, Ceremonies & Roles | 6:00PM-9:00PM @ CFN Hall

### 15 | SATURDAY

- Babysitting Course for Youth | 8:30AM-4:30PM @ CFN Hall

### 16 | SUNDAY

- Self-Care Sunday | 1:00PM-6:00PM @ CFN Hall

### 17 | MONDAY

- Sounding our Voices Workshop with Valarie King | 6:00PM-8:30PM @ CFN Hall

### 18 | TUESDAY

- Traditional Practitioner Appointments with Valarie King | 9:00AM-5:00PM @ CFN Classroom

### 22 | SATURDAY

- Stay Safe-Home Alone Course for Youth | 9:00AM-3:00PM @ CFN Hall

### 23 | SUNDAY

- Self-Care Sunday | 1:00PM-6:00PM @ CFN Hall



# CALDWELL FIRST NATION - EVENTS

## JULY

### 25 | TUESDAY

- CFN Foot Clinic | 8:30AM-4:30PM @ Nurse Clinic

### 26 | WEDNESDAY

- CFN Foot Clinic | 8:30AM-4:30PM @ Nurse Clinic

### 30 | SUNDAY

- Feast for Our Ancestors | 9:00AM @ CFN Hall

## AUGUST

### 8 | TUESDAY

- Learn about Clans | 6:00PM-8:30PM @ CFN Hall

### 9 | WEDNESDAY

- Traditional Practitioner Appointments with Valarie King | 9:00AM-5:00PM @ CFN Classroom

### 13-18 | SUNDAY-FRIDAY

- CFN-Point Pelee Guardians | YMCA Camp Henry

### 18-20 | FRIDAY-SUNDAY

- Health Conference | Blue Mountain Ski Resort

### 26 | SATURDAY

- Infant Massage | 11:00AM-1:00PM @ CFN Hall

