

COLDWATER INDIAN BAND

NEWSLETTER

JANUARY 2025



Vacant

Administrator/Deputy Fire Chief

Ron Aljam

Public Works/Fire Chief

Dale August

Executive Assistant

Cynthia Jager

Social Services Coordinator

Velma Collins

Social Services Clerk

Indian Register Administrator

Marjory Moyes

Finance Coordinator

Vivian Steinhauer

Finance Officer

Faye Aljam

Finance Clerk

Donald Kraus

Housing Coordinator/Taxation

Stephanie Archie

Education Coordinator

Kris Oppenheim

Lands, Wills and Estates

Vacant

Economic Development Coordinator

Ani Rainville

Receptionist

Jennifer Andrew | Crystal Andrew

Adult in Home Care



P.O. Box 4600, Merritt, B.C., V1K 1B8

Coldwater Band Office

2249 Quilchena Avenue, Merritt BC

Phone: (250)-378-6174

Fax: (250) 378-5351

Toll Free: 1-877-378-6174

Coldwater Administration Office

#301-230th Street Coldwater Reserve

Phone: (250) -378-6174

Fax: (250)-378--6153

MISSION STATEMENT

To enhance and sustain our quality of life through wellness and culture and to utilize and preserve all our resources for now and future generations.

Chief and Council Meetings
General Band Meetings
2024-2025 Fiscal Year

Chief & Council Meeting	Virtual General Band Meetings Coldwater Band Hall
April 10, 2024	April 18, 2024
April 24, 2024	
May 8, 2024	May 16, 2024
May 22, 2024	
June 12, 2024	June 20, 2024 Community BBQ/new member speech
June 26, 2024	
July 10, 2024	July 18, 2024
July 24, 2024	
August 14, 2024	none due to Food gathering season
September 11, 2024	September 19, 2024
September 25, 2024	
October 9, 2024	October 17, 2024
October 23, 2024	
November 13, 2024	November 21, 2024
November 27, 2024	
December 11, 2024	none due to holidays
January 8, 2025	January 16, 2025
January 22, 2025	
February 12, 2025	February 20, 2025
February 26, 2025	
March 12, 2025	March 20, 2025
March 26, 2025	

Coldwater Indian Band Offices will be closed for Christmas Holiday on the following days:

- December 24, 2024 – Christmas Eve
- December 25, 2024 – Christmas Day
- December 26, 2024 – Boxing Day
- December 31, 2024 – 12:00 p.m. – 4:30 p.m.
- January 1, 2025 – New Years Day



Helplines:

Coldwater Membership,

ᑲᑦᓴ ᓴᑦ ᓃ (Hello), ᓵᑦ ᓴᓴ ᓴᓴᓴᓴᓴᓴ (Good day), here is helplines if needed in the new year.

Canadian Human Trafficking Hotline – 1.833.900.1010

Hope for Wellness Help Line (24 hrs. – 7 days a week) – 1.855.242.3310

Mental Health and Substance Use Support – 1.866.585.0445

Canada Suicide Prevention Service (24 hrs. – 7 days a week) – 1.833.456.4566

Kids Help Phone – 1-800-668-6868

Royal Canadian Mounted Police (RCMP) Crisis Line – 1.867.982.0123

Mental Health Crisis Line (24 hrs. – 7 days a week) – 1.800.737.4668

National Indian Residential School Crisis Line for Residential School survivors and family (24 hrs. - 7 days a week) – 1.866.925.4419

MMIWG2S+ Support line – 1.844.413.6649

Missing Children Society of Canada – 1.800.661.6160

Victim Link (24 hours) – 1.800.563.0808 BC211 – 1.604.875.6431

CSC Victim Services Pacific Region – 1.866.806.2275

KIDS COUNT TOO! – 250.423.6800

Húmet (Goodbye),

Cheryl Rule, Vice Chief of Coldwater Band

BC AFN Women's Representative

HEALTH SUPPORTS AND RESOURCES

Virtual Doctor of the Day Open to all First Nations people and their families living in BC. All doctors and allied health care professionals are trained to follow the principles and practices of cultural safety and humility. Call **1-855-344-3800** to book an appointment with the Virtual Doctor of the Day.

By calling **8-1-1**, you can speak to a health services navigator, who can help you to find health information and services; or connect you directly with registered nurse, registered dietitian, qualified exercise professional, or pharmacist.

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free **1-855-242-3310** or start a confidential chat with a counsellor at **hopeforwellness.ca**.

Tswo Tun Le Lum Society Toll-free line **1-888-403-3123**

Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free **1-866-925-4419**.

Kuu-Us Crisis Line Society provides crisis services for Indigenous people in BC. Adults/Elders line: **250-723-4050**
Youth line: **250-723-2040**
Or call toll free **1-800-588-8717**.
Learn more at **www.kuu-uscrisisline.com**.

Métis Crisis Line is a service of Métis Nation British Columbia. Call **1-833-MétisBC (1-833-638-4722)**.

Kids Help Phone 24/7 A National support service offering professional counselling, information and referrals and volunteered, text-based support to youth. Call **1-800-668-6868** or text the word **“connect”** to **686868** to access text support.

Call **1-800-SUICIDE** at **1-800-784-2433** anytime of the day or night if you or someone you know is thinking about ending their own life or needs someone to talk to about suicidal thoughts or ideas.

If you are experiencing a health emergency call 911 or go to the nearest hospital.

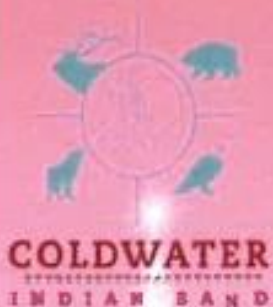




COLDWATER WOMENS GROUP WOULD LIKE TO
WISH YOU A

*Merry
Christmas*

&
Happy New Year



MENS GROUP WILL RESUME TUESDAY JANUARY 7TH AT
COLDWATER HEALTH BUILDING 5:30-8PM

Weekly Activities	Location	Day of the Week	Times
Youth Drop-in	Coldwater Health Building	Tuesday	Afterschool
Men's Group	Coldwater Health Building	Bi-Weekly Wednesday	6-8pm
Women's Group	Coldwater Health Building	Tuesday* (See calendar attached)	5:30-8pm

**Coldwater Prenatal and Postnatal 0-1 year
@ Coldwater Health Building**

Meal provided with beverages

Any food allergies please contact

250-315-9535- Angela community health nurse

Drop in classes

Nov 6 4:30 to 6PM – Pizza and apple crisp

Dec 9 4:30 to 6PM

Jan 6 4:30- 6PM

Feb 10 4:30 -6 PM

March 3 4:30 -6PM

April 7 4:30 – 6 PM

May 5 4:30 – 6 PM

June 2nd 4:30- 6PM

Canadian Prenatal Nutrition Program (CPNP)

NEW DROP-IN

Come see the nurse

Get vitals checked

Chat about any health concerns

No Appointment Necessary

1st Tuesday of
Every Month
Starting On
January 7, 2025
10am - 2pm

Coldwater Health Building





Call out for Catering Bids..

Open House for Resources for Community Services & presentation from the “Bear Dancers”

Coldwater is seeking bids for our upcoming community event in January.

EVENT - BEAR DANCERS PRESENTATION

DATE : JANUARY 23, 2025 4:00 - 8:00

LOCATION - COLDWATER BAND SCHOOL

BID FOR 200 PEOPLE,

BID ESTIMATES INCLUDES PLATES, UTENSILS, NAPKINS, CUPS, CONDIMENTS, COFFEE, TEA, JUICE, WATER CATERER RESPONSIBLE FOR MEAL ORGANIZATION AND CLEAN UP. MENU ITEMS FOR DIETARY RESTRICTIONS.

deadline for bids is January 10th, 2025

please submit bids to Cynthia @ CW Band Office





*** FIRESIDE ELDERS
* POTLUCK LUNCH**

COLDWATER HEALTH BUILDING

THUR JAN 9, 2025 FROM 11AM - 1PM

 BRING YOUR FAVORITE DISH
COME VISIT, CHAT WITH ELDERS &
NURSE AMBER

*** MORE INFORMATION
* CALL AMBER @ SCHSS
378-9745**





Citxw Nlaka'pamux Assembly

WE ARE HIRING!

(((((APPLY TODAY! (((((

Positions closing on January 5th, 2025

- Administrative Support Clerk (casual temp)
- Ashcroft Community Engagement Coordinator
- Boston Bar Community Engagement Coordinator
- Caretaker (multiple positions available)
- Certified Personal Accountant
- HVC Employment Coordinator
- nłe?kepmxcín Coordinator
- nłe?képmx Guardians Supervisor
- nłe?képmx Land Guardian
- nłe?képmx Logistics Coordinator
- People and Talent Generalist
- Urban Community Engagement Coordinator
- Grant Specialist

Positions closing on January 15th, 2025

- Cook (multiple positions available)

EMAIL YOUR RESUME AND COVER LETTER TO:

HR@CNA-TRUST.CA

OR DELIVER IN-PERSON TO:

2025 GRANITE AVE, MERRITT BC

CHECK OUT OUR WEBSITE TO VIEW ALL

POSTINGS:

EMPLOYMENT.CNA-TRUST.CA

Conayt Friendship Society



Helping Others

Conayt

SOUP KITCHEN

EVERY THURSDAY at
2164 QUILCHENA AVENUE
MERRITT, BC V1K 1B8

11:30AM - 12:30PM



<https://www.conayt.com>



reception@conayt.com



(250) 378 - 5107



CALL OUT FOR CRAFT FACILITATORS

Nlaka'pamux Health Services Society is currently seeking craft facilitators
for our upcoming Cultural Wellness Day

Event Date: February 1st, 2025 at the Ashcroft H.U.B.



We are currently seeking:

Drum Making Facilitator
Beading Project Facilitator
Traditional Medicine Instructor
Painting Class Instructor
Ribbon Sweaters Instructor
Needle Basket Weaving Instructor

Honorarium and travel cost provided



Please forward your information to:
Joel Raphael, Wellness Coordinator
email: RAPHAEL.J@NLXFN.COM
work cell: 778-254-7407

Mailing Address: P.O. Box 1624 Merritt B.C., V1K1B8

Proudly servicing:

Ashcroft, Coldwater, Cooks Ferry, Kanaka Bar, Lower Nicola, Lytton, Nicomen, Nooaitch, Oregon Jack Creek, Shackan, Siska, and Skuppah



**AFTER THE HOLIDAYS:
A DAY FOR WELLNESS & SELF-CARE**



Nlaka'pamux Health Services Society invites our community members to a:

CULTURAL WELLNESS DAY

Saturday, February 1, 2025

10:00 am to 3:00 pm

at the Ashcroft HUB Community Centre

711 Hill St, Ashcroft BC

Lunch, Door Prizes and Wellness Bags are Provided!

Activities Include:

- Beading
- Cedar basket tutorials
- Traditional medicine lip balm & salves
- Pine needle baskets
- Medicine bags
- Rattle making

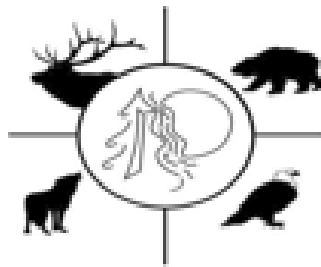
Presentations & Wellness Stations include:

- Massage
- Pedicures
- Traditional medicines
- Energy healing

Pre-Register to win a prize!



**Any questions contact:
Joel Raphael, Wellness Coordinator
Work cell: 778-254-7407
Email: raphael.j@nlxfn.com**



Coldwater Indian Band

PO Box 4600, Merritt, B.C., V1K 1B8

2249 Quilchena Avenue, Merritt, BC

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Fax: (250) 378-5351

Band Administrator, Public Works, Lands Wills &
Estates, Housing, Economic Development

#301-230th Street Coldwater Reserve

Phone: (250) 378-6168

Fax: (250) 378-6153

Chief and Council (Executive Assistant), Finance, Social
Development, Education

CATERING BIDS REQUESTED

COLDWATER INDIAN BAND EDUCATION DEPARTMENT IS LOOKING FOR CATERING BIDS FOR:

COLDWATER EDUCATION PARENTS NIGHT

DATE: JANUARY 16, 2025

TIMES: 5:30PM-7:30 PM

WHERE: COLDWATER SCHOOL

THE BID SHOULD INCLUDE FOR THE FOLLOWING:

- NAME OF PERSON WITH CURRENT FOOD SAFE CERTIFICATION

APPETIZERS TO BE SERVED AT 5:30 PM

WITH DINNER BEING SERVED AT 6:00 for a Maximum of 125 people– Must provide disposable plates, cups, cutlery, etc. Please hand in a dinner and drink menu with your bid

(MUST INCLUDE DIABETIC AND GLUTEN-FREE OPTIONS)

- MUST INCLUDE BEVERAGES INCLUDING COFFEE AND TEA,
- MUST HAVE 2-3 BUFFET LINES FOR DINNER
- MUST SUPPLY YOUR OWN EQUIPMENT
- EXPECTED REQUIREMENTS ARE TO SET UP & CLEAN DURING AND AFTER THE MEAL

CATERER IS EXPECTED TO PROVIDE TAKE OUT CONTAINERS

APPETIZERS MUST BE SERVED AT 5:30 PM, DINNER MUST BE SERVED AT 6:00 P.M

50% of bid could be in advance in the form of a purchase order to successful bid to assist with preparation

DEADLINE FOR BIDS IS JANUARY 6, 2025 (4:30 PM)

*Selected bid will be notified JANUARY 8, 2025

PLEASE SUBMIT YOUR BIDS TO THE COLDWATER INDIAN BAND OFFICE, 2249 QUILCHENA AVE.,

Attention Stephanie Archie

OR EMAIL Stephanie@coldwaterband.org

MISSION STATEMENT

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COLDWATER INDIAN BAND EDUCATION AND SCHOOL DISTRICT 58 PROUDLY PRESENT

PARENT MEET AND GREET



WHERE:
COLDWATER SCHOOL



WHEN:
THURSDAY
16 JANUARY, 2025



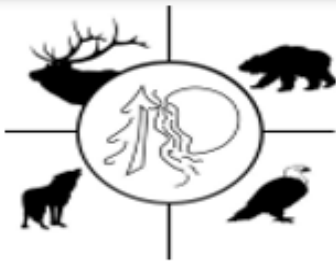
START AT
5:30 P.M- 7:00
PM

FOR MORE INFORMATION: PLEASE CONTACT
STEPHANIE
250-378-6174
OR EMAIL
STEPHANIE@COLDWATERBAND.ORG



**WIN SOME
DOOR PRIZES**

**Your presence is
greatly
appreciated.**



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Development, Education

ANY HIGHSCHOOL STUDENTS OR COMMUNITY MEMBERS

*Believe in yourself
Do Amazing Today
Anything is Possible
Never Give Up*



**YOU HAVE
OPTIONS**

WHO ARE THINKING ABOUT ATTENDING POST SECONDARY SCHOOLS or
TRAINING INSTITUTES FOR THE 2025-2026 ACADEMIC SCHOOL YEAR
SHOULD BE STARTING THE PROCESS OF APPLYING TO SCHOOLS AND
GETTING YOUR APPLICATIONS IN. THE DEADLINE FOR ALL
APPLICATIONS IS APRIL 2025.

PLEASE COME IN TO SEE STEPHANIE AT THE BAND OFFICE OR EMAIL
HER AT Stephanie@Coldwaterband.org

to get the process started.

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Stuwix Resources Joint Venture

2 - 98 Hwy 8, Merritt, BC V1K 0A7

Phone: 250-378-2277

Fax: 250-378-2541

Safety Notice

Forest Harvesting and Hauling Operations

A99513 Block NK0001

Where: Harvesting of block NK0001 between Coldwater IR 1 and Coquihalla Hwy.
Planned hauling of logs on Comstock Road from block NK0001 up to Coquihalla Hwy.
See attached map

When: *January – early February 2025*

Who: Stuwix Resources – Supervising
Logging Contractor – TBD

Why: Wildfire Risk Reduction. As part of a coordinated effort between the Ministry of Forests, First Nations, and Stuwix Resource Ltd., block NK0001 is being harvested on Crown Land near the Coquihalla Hwy and Coldwater IR1 that will then be subsequently treated by hand to reduce wildfire risk. Signage will be erected.

Avoid use of Comstock Road from old post and rail mill to the Coquihalla Hwy.

Contacts:

Robert Dunsmore – Harvesting Supervisor - Stuwix Resources – 250-315-8014

Shaun Hales – Planning Forester – Stuwix Resources – 250-510-3083

Mike Smithers – Senior Technician – Stuwix Resources – 250-315-3594



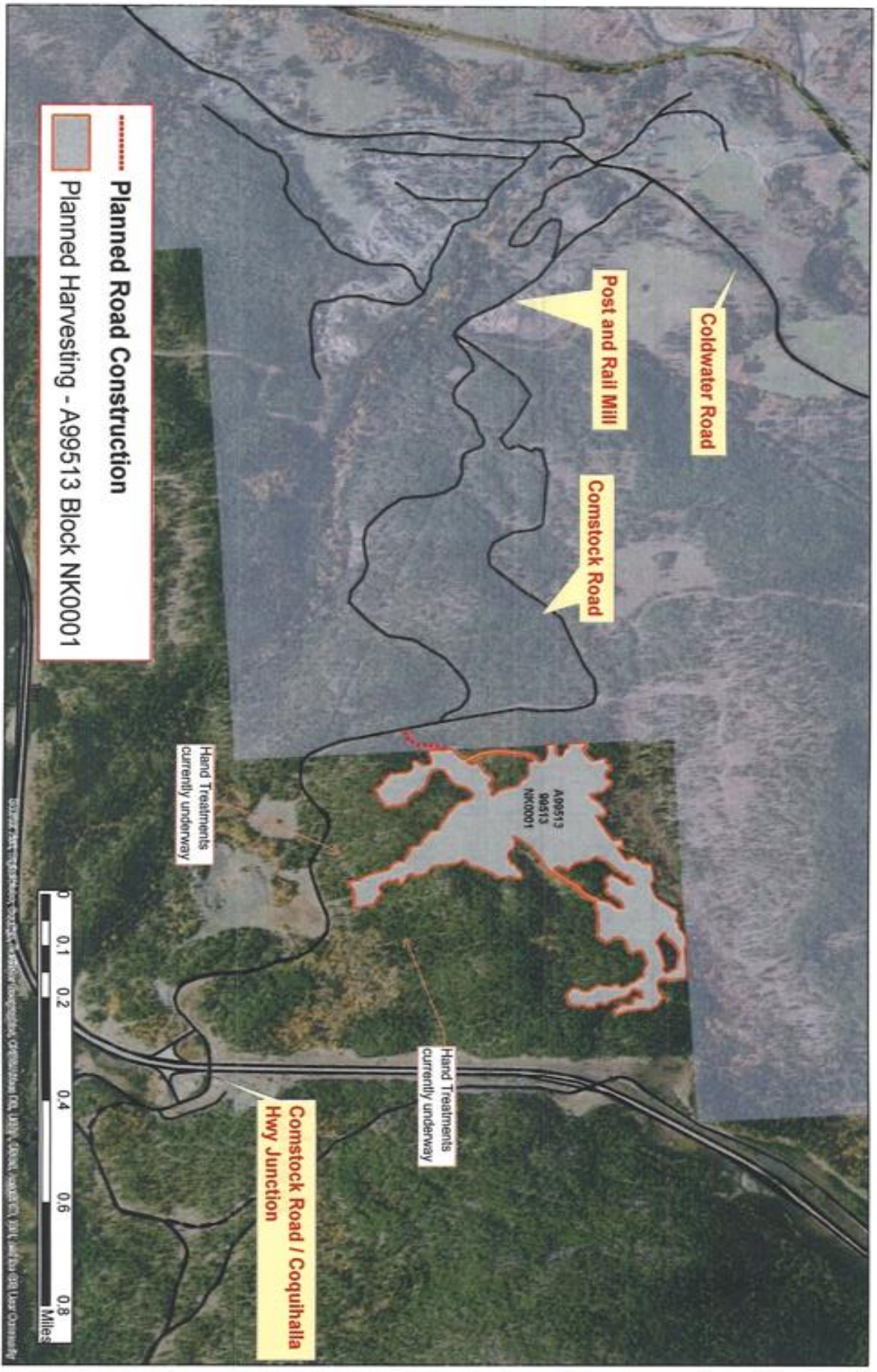
A FIRST NATIONS COMPANY

www.stuwix.com





Safety Notice - Forest Harvesting and Log Hauling



BYLAW COMMITTEE MEMBERS NEEDED FOR NEW TRESPASS BYLAW



Trespass Committee members

- Would be available to meet in the evenings
- Would be ok with being recorded.
- Would have the Coldwater community interests at heart.

The meeting date is to be determined. If you are interested on joining the committee. Please call Kris Oppenheim at the Band office to apply.

Phone# 250 378-6174

Email: kristopher@coldwaterband.org



COLDWATER INDIAN BAND
PO Box 4600 Merritt, BC V1K1B8
(250)378-6174 | kristopher@coldwaterband.org | coldwaterband.com

WILLS



I AM KRISTOPHER OPPENHEIM. I AM THE LANDS, WILLS, & ESTATES ADMINISTRATOR FOR THE COLDWATER INDIAN BAND.

IF ANYONE IS LOOKING TO DO THEIR WILLS. I CAN GIVE YOU A TEMPLATE OR YOU CAN COME IN AND FILL ONE OUT. IT IS BETTER TO HAVE ONE THEN NOT TO HAVE ONE. THIS WILL HELP YOU SAY WHO GETS WHAT AND HAPPENS AFTER YOUR GONE. IF YOU HAVE ANY QUESTIONS, YOU CAN GET A HOLD OF ME AT THE COLDWATER BAND OFFICE IN TOWN.

Call Band Office at (250) 378 - 6174



WHEN YOU HAVE EVERYTHING IN ORDER, YOU HAVE THE SAY ON WHAT HAPPENS TO YOUR ASSETS. NO ONE ELSE CAN TAKE YOUR POSSESSIONS!



250-258-0577

Coldwater Security on Weekends

The driver's name is SEAN

Coldwater Band has security patrolling in the evenings. They will be driving a neon green Lower Nicola vehicle. Should you need to contact them or if you become aware of any suspicious activity, **please do not hesitate to call them.**

Conservation Officer contact number – 1-877-952-7277

Make sure to leave a detailed description of what you are calling about, as listed below, if it pertains to what you are reporting. You will have to listen to the message and follow the prompts. There is a voicemail at the end of the prompts to state what you are reporting, leave your contact details, etc.

Emergencies- 911 (accidents, criminal activities, vehicles speeding, etc.)

When reporting to 911, to create files with the RCMP please make sure you indicate the following:

1. What you are reporting or have witnessed.
2. Where you witnessed.
3. Date and time you witnessed.
4. Leave a contact number that you can be reached at in case they need to contact you.
5. When calling for an ambulance, state clearly to 911 the house number, street address or road name and clearly that you are located on COLDWATER INDIAN BAND

Bear Sightings

Please call the
Conservation officer at:
1-877-952-7277
Press 1

If you observe dangerous wildlife in an urban area involved in any of the following, please report the incident:

- Accessing garbage or other human supplied food sources.
- Instances where wildlife cannot be easily scared off.
- Dangerous wildlife is in a public location like a park or school during daylight hours.
- When a bear, cougar or wolf is seen in a urban area.

The more sightings reported, then they are able to do something about the animals.

When Do Conservation Officers Respond?

Conservation Officers respond to conflicts with dangerous wildlife where there is a risk to public safety.

Examples of these situations include responding to attacks, bears breaking into buildings, repeated dangerous wildlife encounters at or near public locations, and situations where dangerous wildlife has become habituated (no longer afraid of humans) or food conditioned (dependent upon human provided foods) and now present a risk to public safety.

Contacting the Police for emergency/non-emergency calls

Emergency phone number

(for immediate police attendance)

9-1-1

Merritt detachment phone number

250-378-4262

Monday to Friday 8:30-4:30 will ring to the Merritt detachment dispatch. After 4:30 p.m. and on weekends, you have the option of leaving a voice message or connecting to an operator.

The operator will be able to contact an on-duty member via radio.

Crime Stoppers for anonymous TIPS

1-800-222-8477

Crime Stoppers will take several days to get to a member so do not use for immediate action.

Merritt detachment online reporting

[Online Crime Reporting | Merritt RCMP \(rcmp-grc.gc.ca\)](https://rcmp-grc.gc.ca)

Can also be accessed by the city of Merritt website page under Merritt RCMP online reporting

This is meant to provide citizens with the convenience to report certain crimes online while freeing call takers and frontline staff to focus on the higher priority calls, which improves overall safety and response times in the city.

It is important to know that **not all crime can be reported** via the online process.

Citizens will be able to report the following crimes online:

- Damage/mischief to property under \$5,000
- Damage/mischief to a vehicle under \$5,000
- Hit and run to an unoccupied vehicle or property
- Theft of bicycle under \$5,000
- Theft under \$5,000
- Theft from vehicle under \$5,000
- Lost property

Incidents **must also satisfy** the following conditions to report via the online process:

- No witnesses or suspects.
- Item(s) lost or stolen must cost less than \$5,000
- Vandalized property or vehicle will cost less than \$5,000 to repair.

There are no items involving personal identity, firearms, licence plates or decals.