



JUNE 2024 NEWSLETTER

Laura Antoine
Administrator/Deputy Fire Chief
Ron Aljam
Public Works/Fire Chief
Cynthia Jager
Social Services Coordinator
Velma Collins
Social Services Clerk
Indian Register Administrator
Marjory Moyes
Finance Coordinator
Vivian Steinhauer
Finance Officer
Vacant
Finance Clerk
Donald Kraus
Housing Coordinator/Taxation
Stephanie Archie
Education Coordinator
Kris Oppenheim
Lands, Wills and Estates
Harold Aljam
Economic Development Coordinator
Dale August
Executive Assistant
Connie Bob
Receptionist
Jennifer Andrew
Adult in Home Care



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.

Coldwater Indian Band Notice to Members: Election Policy Special Band Meeting

Date: May 1, 2024

The Coldwater Governance and Elections Committees has conducted a review of the Coldwater Indian Band Custom Election Policy (the "Election Policy") and the Coldwater Indian Band Governance Policy (the "Governance Policy"). Chief and Council has considered and reviewed the Committees' proposed amendments.

Amendments to the policies are proposed to improve efficiency, fix inconsistencies or gaps, and provide more transparency for members.

Chief and Council have called for a Special Band Meeting to vote on the proposed amendments to the Coldwater Indian Band Custom Election Policy (the "Election Policy"), in accordance with the procedure in 15.2 of the Election Policy. At this meeting, the Coldwater Indian Band Governance Policy (the "Governance Policy") amendments will also be reviewed with input from Members welcome.

The Special Band Meeting will be held at the following date, time and location:

June 8, 2024
10:00 a.m. – 5:00 p.m.
Coldwater Band School Gym

Included with this notice is an annotated copy of the proposed amendments to the Election Policy and the Governance Policy. Please note that there are yellow text boxes in the policies which outline the specific proposed amendments, but will not form part of the finalized policies.

At the Special Band Meeting, eligible Members will vote on whether the proposed amendments to the Election Policy, as attached to this notice, should be adopted. The proposed amendments will come into force as of the date of the Special Band Meeting if a majority of eligible Members (50% + 1) present at the Special Band Meeting vote in favour of approving the proposed amendments.

Members are eligible to vote if they are:

- A registered member of the Coldwater Indian Band since at least June 8 2023
- 18 years of age or older on June 8 2024

While amendments to the Governance Policy do not require approval by the membership, Chief and Council seek input from members on the Governance Policy at the Special Band Meeting.

Coldwater Indian Band
Hybrid General Band Meeting

Coldwater Band Hall

June 27, 2024

6:30 p.m. doors open at 6:00 p.m.
Snacks available

Agenda

- 1. 6:30 p.m. Opening Prayer**
- 2. Council Updates 10-minute limit per update**
 - a. Carol Smith
 - b. Cheryl Rule
 - c. Chief T. Lee Spahan
- 3. 7:30 p.m. – Topics of Discussion**
 - a. Approve General Band Meeting Minutes
 - i. February 29, 2024

Motion #01-03-2023-24

Moved by Coldwater Indian Band membership to accept the _____ General Band Meeting minutes as submitted or with the recommended amendments.

Moved by:

All in favor with ___ abstention

Second by:

Motion Adopted

- ii. March 21, 2024
- iii. April 25, 2024
- iv. May 16, 2024

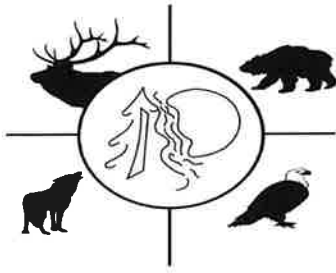
- 4. 8:00 p.m. – Nlaka’pamux Lake Enhancement Project – Territorial Stewardship Department – Citxw Nlaka’pamux Assembly – Rachel Riley**

5. Open Floor Discussions

For Your Information (FYI)

1. Draft Custom Election Policy and Draft Governance Policy
 - a. Chief & Council have reviewed, a Special Meeting date, June 8, 2024 has been set for the final review which will require the community to vote these changes in at the Coldwater School Gym.
 - b. Hard copies are available at both offices

ZOOM INVITE HERE once I get it set up.



Coldwater Indian Band

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

2249 Quilchena Avenue, Merritt, BC

Phone: (250) 378-6174

Fax: (250) 378-5351

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

#301-230th Street Coldwater Reserve

Phone: (250) 378-6174

Fax: (250) 378-6153

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

Job Posting

Community Connections Youth Navigator
(Full Time – 35 hrs/wk)

DESCRIPTION: Reporting to the Social Development Coordinator, the Community Connections Navigator will be responsible for helping community members navigate challenges while supporting the wellbeing of individuals and families in a holistic manner. The Community Connections Youth Navigator must use a collaborative approach with each community member to support each person in achieving their goals.

Specific Duties and Responsibilities:

1. Provide information and linkage to appropriate community services;
2. Guide and motivate during important periods of development in their wellness journey;
3. Outreach and engagement in the with the community;
4. Advocate for participants' needs;
5. Support participants to build capacity in areas such as communication, self-advocacy and relationships;
6. Participate with team in providing deliverable activities or information.
7. Participate in team meetings;
8. Maintain accurate records;
9. Other related duties as assigned.

Requirements of Community Connections Youth Navigator Position:

- Experience working with First Nations Community;
- Access to reliable vehicle and current Driver's license;
- Criminal Record Check and Driver's Abstract;
- Able and willing to work some evenings and weekends.
- Wage-TBD

Deadline for submissions: June 17, 2024

Only selected candidates will be contacted for an interview.

Please forward Resume and Cover Letter to:

Cynthia Jager, Social Development Coordinator
PO Box 4600, Merritt, BC, V1K 1B8
cynthia@coldwaterband.org

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

First Health Solutions

Professional Support for Health Organizations

Lateral Kindness Awareness Seminar: June 27-28th

Our 2-day LV2LK Sessions start with identifying what behaviours, impacts and history (*residential school, colonization, inter-generational trauma*) are connected to Lateral Violence, and then move into mapping a group journey to Lateral Kindness. We also examine the process of change and hold the space for gentle self-reflection in these highly interactive sessions. In our experience with today's diverse organizations, dynamics such as bullying and racism are inseparable from Lateral Violence so when addressed in isolation often result in relatively poor outcomes. LV2LK works with these sensitive topics within a larger context by looking at factors that drive behaviours in a psycho-social context, rather than merely "unwanted behaviours" that must be mitigated.

Our approach to addressing Lateral Violence, and Lateral Kindness is one that recognizes and honours the inherent worth of each individual. We look at behaviours associated with Lateral Violence as a sociological effect, rather than personal defects in the individuals. Collective and individual responsibility for positive growth is then explored through self-awareness and skills building (communication, conflict, power). This approach maintains dignity for all, and creates a stronger foundation for mobilizing large-scale growth throughout an organization.



Neil Burrows, RSW has been working with indigenous groups since 1990, providing professional training, critical incident debriefing, trauma counselling and program consultation. Much of Neils' work centres on Lateral Violence and working with groups to overcome the colonial impacts on their workplace health.

Neil completed his studies at Lakehead University (ON) and the University of Victoria (BC) and currently resides in Williams Lake.



Carolyn Charleyboy, M.Ed., RCC

A member of the Tsilhqot'in Nation (T-sidedel / Redstone) in the Cariboo region of BC, with 7 years of post-graduate clinical counselling experience, Carolyn brings a uniquely informed Indigenous perspective to her work. Carolyn is trained and certified in *Indigenous Focusing Oriented Therapy (IFOT)*, as well as *Cognitive Behavioural Therapy (CBT)*, *Eye Movement Desensitization Reprocessing (EMDR)* and *Equine-Assisted Learning (EAL)*. Carolyn completed her education at the University of British Columbia (UBC), and the University of Northern British Columbia (UNBC), and currently resides in

Williams Lake. She has delivered Lateral Violence to Lateral Kindness (LV2LK) sessions to multiple First Nation organizations across Canada, and as a trained circle-keeper brings a uniquely calm and trauma-informed approach to this important work.

Need to register at Administration office with Cynthia or Velma

Coldwater Indian Band
**Hybrid General Band Meeting and
Community BBQ**

Coldwater Band Hall

June 20, 2024

The Coldwater Indian Band Chief and Council have agreed to move the Annual community BBQ to July from here on due to the month of June being busy with students' graduations.

We will let you know in advance when the BBQ will be held in July.

Have a safe summer.

See you soon - goodbye: Húm'el (pronounce: hom ath)

COLDWATER MEN'S GROUP

WILL BE HELD EVERY WEDNESDAY

@ Coldwater Health Building

6:00 – 8:00pm.

If you have any questions or need a ride, please
contact: **John Paul Antoine @ (250) 280-0563.**

Transportation & Snacks are provided.



SCHSS

SQUAMISH COMMUNITY
HEALTH SERVICES SOCIETY

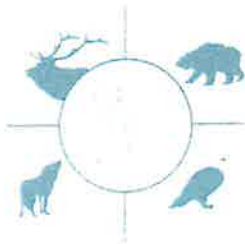
WILLS



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

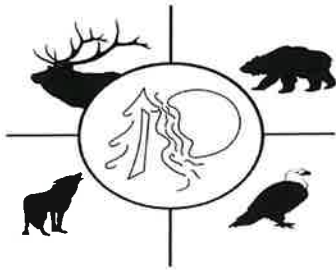
IF ANYONE IS LOOKING TO DO THEIR WILLS. I CAN GIVE YOU A TEMPLATE OR YOU CAN COME IN AND FILL ONE OUT. IT IS BETTER TO HAVE ONE THEN NOT TO HAVE ONE. THIS WILL HELP YOU SAY WHO GETS WHAT AND HAPPENS AFTER YOUR GONE. IF YOU HAVE ANY QUESTIONS, YOU CAN GET A HOLD OF ME AT THE COLDWATER BAND OFFICE IN TOWN.

Call Band Office at (250) 378 - 6174



COLDWATER
INDIAN BAND

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



Coldwater Indian Band

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

2249 Quilchena Avenue, Merritt, BC

Phone: (250) 378-6174

Fax: (250) 378-5351

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

#301-230th Street Coldwater Reserve

Phone: (250) 378-6174

Fax: (250) 378-6153

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

PARENTS AND STUDENTS

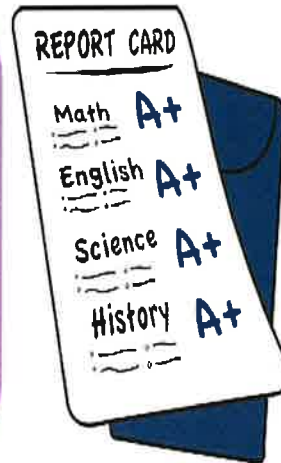
THIS IS YOUR REMINDER TO PLEASE SUBMIT YOUR END OF YEAR REPORT CARDS- FOR THE SCHOOL YEAR

SEPTEMBER 2023- JUNE 2024

 **CASH INCENTIVE**
FOR YOUR HARD WORK THROUGHOUT
THE SCHOOL YEAR
GREAT JOB
WELL EARNED

PAY TO THE ORDER OF _____
 FOR THE AMOUNT OF \$12345 DOLLARS AND 00 CENTS

abcdefghijklmnopqrstuvwxyz
 123456789101112131415161718192021222334



★ School Money ★

Name: _____
 Date: _____ Grade: _____
 Teacher: _____
 Amount: _____
 Cash / Check # _____
 Reason: _____

YEAR END 2024 INCENTIVES WILL BE PROCESSED IN JULY READY FOR PARENTS AND STUDENTS TO PICK UP OR TO BE MAILED OUT

NO CHEQUE WILL PROCESSED WITHOUT THE REPORT CARDS SUBMITTED TO STEPHANIE

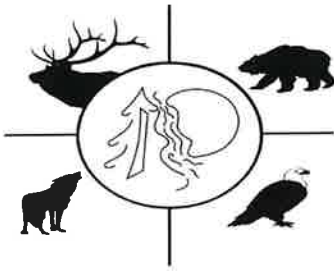
YELLOW SLIPS MUST BE SIGNED BY ALL STUDENTS AND PARENTS

FOR MORE INFORMATION

PLEASE PHONE STEPHANIE AT 250-378-6174 OR Email Stephanie@Coldwaterband.org

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



Coldwater Indian Band

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

2249 Quilchena Avenue, Merritt, BC

Phone: (250) 378-6174

Fax: (250) 378-5351

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

#301-230th Street Coldwater Reserve

Phone: (250) 378-6168

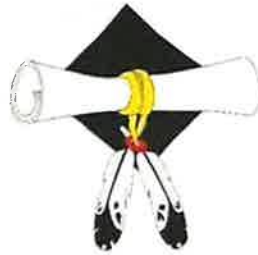
Fax: (250) 378-6153

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



Coldwater Indian Band

Community Awards Celebration



**DINNER AND
ENTERTAINMENT
WILL
PROVIDED**



June 18, 2024



5:30pm-7:30
pm

Coldwater School Gym

Join us for a memorable Celebration as we Honor our Children and Youth as well as our HighSchool and Post-Secondary Graduates and Community Volunteers.



For More Information please Contact Stephanie at 250-378-6174 or email Stephanie@coldwaterband.org

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.



NOTICE

Please Note

Effective immediately ... Coldwater Band now has security patrolling in the evenings. They will be driving a neon green Lower Nicola car... should you need to contact them or you become aware of any suspicious activities, please do not hesitate to call them.

The driver's name is SEAN

250-258-0577

Confidentially assured

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 voicemail at the end of the prompts to state what you are reporting, leave your contact details, etc.

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

When reporting to 911 to create files with the R.C.M.P. please make sure you indicate the following:

- 1. What you are reporting or have witnessed.**
- 2. Where you witnessed.**
- 3. Date and time 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 the COLDWATER INDIAN BAND.**

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 \(rcmp-grc.gc.ca\)](#)

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.

FRIENDLY REMINDER

If you see or encounter any wild
animals around any housing
areas on reserve,

Please call the

Conservation officer at:

250-378-8487

OR

1-877-952-7277

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

June 2024

These are trying times for the Coldwater community and it is felt through out the community and we will be impacted for some time and I wish we get through this quickly.

We are still waiting for funding approval to complete the new well drilling and commissioning and we can plan on the waterline and reservoir that will service the light industrial lots and the proposed subdivision. We should push for the development of the housing lots, get a site plan for layout, place powerlines, water and septic fields, and road ways and drives to homes.

Plan to attend the community meeting scheduled for June 11, 2024 at 5:30pm at the community hall for this discussion and give your input to update the head lease for the light industrial for the band. Also to put on the table more commercial lots for businesses for the membership to service the membership. This is the 2nd meeting for this work to be done. Please contact Kris Oppenheim for more information regarding this meeting.

We put a call out for membership that would like to participate in an Economic Development Committee with the initial meeting to gather information is June 11, 2024. What businesses would you like to see Coldwater Band to be involved in (on reserve or in the territory).

We are waiting for an approved budget for the Bands fencing crew for 2024. The Coldwater fencing crew to construct road fence and repair and the completion of Coutlee Plateau summer range unit bordering up to Paul's Basin Reserve. This should take 8-9 weeks of work and cannot guarantee completion due to on coming fire season and weather conditions.

How does your garden grow, must be thriving now as Mother's Day has passed which after that day there will be no snow or frost, but don't hold me to that with this weather and snow warning that are being reported. And get ready to reap the benefits for all your hard work, but don't forget to water the plants,



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: Postponed to Fall 2024

Who: Stuwix Resources – Supervising,

Triple G Logging – Harvesting and Road Construction

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.

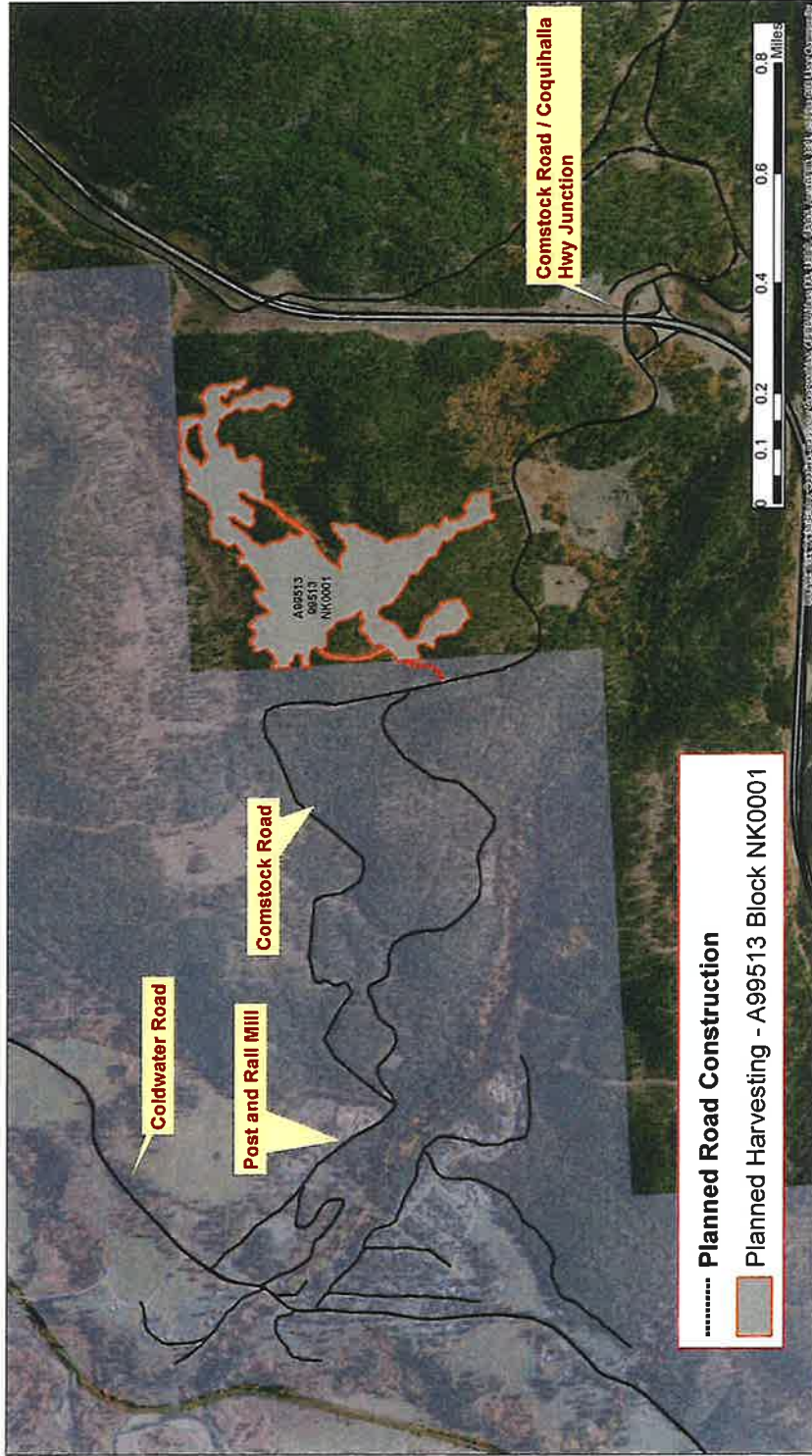
Contacts:

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

Safety Notice - Forest Harvesting and Log Hauling



Skills to Counteract Lateral Violence

Directions for Lateral Kindness

Part of healthy communication is making sure that we are speaking with others in respectful and collaborative ways. We can use our words to help or hurt people. When our interactions with people become difficult, it can be easy to get defensive or angry. The list below can help us maintain respectful relationships with our family, friends, colleagues, and community members.

- Set a positive tone to create safe spaces. Be kind.
- Be direct and say what you have to say in a respectful way.
- Utilize cultural practices and protocols to guide how people are treated.
- Use “I” statements to state your feeling, describe the behaviour or issue and its effect on you, and ask for what you need.
- You have the right to express your ideas, feelings, and needs; remember to also respect the other person’s right to their ideas, feelings, and needs.
- Ask respectful questions without speaking over. Actively listen and be present.
- Ask clarifying questions to get more information and to clarify what the other person means.
- Be willing to work things out and believe that things can be worked out. Try to be as cooperative as you can.
- Collectively determine positive and creative solutions.
- Stay open to all ideas. Agree to disagree when there is a difference of opinion.
- Use your sense of humour.
- Take responsibility for your own feelings. Avoid using roadblocks to communication like blaming, threatening, shaming, or judging.
- Apologize if you need to.