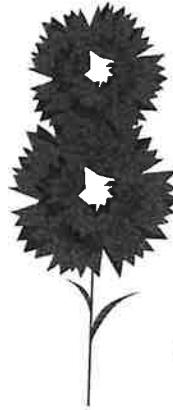




## MARCH 2023 NEWSLETTER

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  
Julia Dick  
Finance  
Vivian Steinhauer  
Finance Clerk  
Donald Kraus  
Housing Coordinator/Taxation  
Jessie Aljam  
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



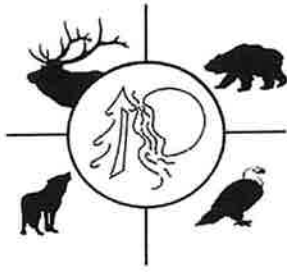
# March International Women's Day

**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**  
#301-230<sup>th</sup> 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

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, Education

#301-230th Street Coldwater Reserve

Phone: (250) 378-6174

Fax: (250) 378-6153

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

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February 15, 2023

To Coldwater Membership

We, the Chief and Council are looking for people who are willing and be dedicated to sit on either the **Governance Policy Committee** or the **Elections Policy Committee** to update both policies.

We are hoping to get these committees to start meeting in the new Fiscal Year of April 2023.

Please call the administration office and let the Executive Assistant know which committee you want to be on and leave her your contact information.

## 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

## **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.

Coldwater Indian Band  
**Hybrid General Band Meeting**  
Coldwater Band School

**March 16, 2023**

**Doors open at 6:30 p.m.**

**Agenda**

**Meeting Protocols:**

As per Chief and Council's terms of reference for conduct at meetings;

- there will be no tolerance for lateral violence online or in person,
- please stay muted if you are not speaking,
- do not interrupt person that is speaking, you will get your turn,
- If you have any questions for presenters beforehand, write them down and ask at the appropriate time. You can send to Executive Assistant so she can give to presenters to have answers beforehand.

**1. 7:00 p.m. Opening Prayer**

**2. Topics to Discuss**

- a. Animal Bylaw
- b. Elections Policy Committee
- c. Governance Policy Committee

**3. 8:00 p.m. Presentations**

- a. **BC Flood Recovery Capacity Funding Agreement – Beaudin Bennett, Jason Burr (TENTATIVE)**

8:45 p.m. BREAK

**4. Paper copies of Chief and Council Updates provided**

Coldwater Indian Band is inviting you to a scheduled Zoom meeting.

**Reminder of zoom attendees to let me know if more than one person in attendance virtually.**

Coldwater Indian Band is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/87357092483?pwd=UHU2UllzaHB5cm5tbzhlZkk3cW5jUT09>

Meeting ID: 873 5709 2483



# Public Works / Fire Chief Report

March 1, 2023

## Fire Department

**Contact Ron Aljam for Some Basic Fire Training and Pumping Water from the Fire Trucks. This is a good time to try on some Fire Gear also and set a station up for your Self at the Fire Hall.**

Fire Safe your house inside and out, unplug any unused appliances, clean your dryer filters and venting system, Clean Around your Furnace, Wood Stove, electric Heaters, and Keep your escape routes clear. Fire Safe your home, Information is online also.

Update your Fire Extinguisher, vacuum the smoke detectors, and set another date to check and clean them.

Place your Garbage bins out by the Road for Pick Up prior Tuesday, and Friday Mornings. Pick up will occur around the same time

Place your Recycling out by the Road for Pick Up prior Tuesday, and Thursday. Pick up will occur around the same time starting at 8:30 Am Please Note that if they pass by and not pick up is due to the truck is full and they will return.

### **Recycling tips 1: Start small**

### **Recycling tips 2: Reduce and Reuse first**

### **Recycling tips 3: Know what to recycle**

Read more about [recycling at home](#), for tips you can try out in your home, including [composting](#). Composting stations will be set up this year were finalizing on the Locations and surveying the property.

And as you become more and more familiar with the habit of recycling, innovate and find your own creative ways of reducing, reusing and recycling

Coldwater will be getting the large containers at the Ball Field again for the Refuse items Also the Recycling truck pick large items up for disposal.

If you have not disconnected your Garden hose, your hose bib is going to leak the next time you have to use it.

Thank you  
Ron Aljam

## March 2023

The news saddens me, when a rancher loses 9 new born calves due to rez dogs and coyotes that equates to a loss of \$10,000. That is all the profit for the year, when you have to buy medicines, salt blocks, and hay if we have another draught year. The dog owners need to feed their dogs more and get spayed or neutered, keep under control and at your house. I support dogs roaming for all the sightings of cougars and bears, but they need to be under control. Once an animal knows it can eat a new born calf it will always do it or just kill for the fun.

There are going to be some gardening training sessions planned for this spring and summer of 2023. If your interested please let me know and give your contact information, this would be open for people that are interested in building a garden even on raised beds or even building a green house.

CNA is hosting driver training session, if need your class 5 driver's license contact CNA office at 250-378-1864 to schedule training sessions. Also the CNA office posts many jobs from various companies in the local area.

I will be proposing dates for the inter-program meeting with the membership in Housing, Lands and Economic Development and hopefully at the Coldwater School Gym with a meal provided. One date provided is in March and another after Easter 2023.

The pipeline and highway repair companies are still taking resumes for many positions, you need to review your certificates to see that they are still valid, if not let us know and we can plan some sessions to recertify those tickets.

March 12, 2023 is time change, get ready

## West Route Coldwater – Trans Mountain Committee Newsletter Update – March 2023

In April 2021, Coldwater Indian Band (CIB) and Trans Mountain (TM) established a committee to bring Coldwater concerns and priorities regarding the Trans Mountain Expansion Project (TMEP) forward to proactively discuss CIB concerns or interests and work towards mutually agreeable solutions, as well as share project information. To protect Coldwater's aquifer, the pipeline was routed to the west of IR1, known as West Route. The TMEP is now under construction with work underway to prepare the right of way (ROW).

We have heard from community members that there is a need for more transparency. Therefore, we asked Trans Mountain to provide a monthly update in the Coldwater newsletter regarding construction plans.

### TMEP Construction Update – March 2023

#### Construction Activities

Construction is continuing on the West Route with activities such as grading, stringing, bending, ditching, and tie-ins. With all these activities, there remains a heavy presence of construction traffic.

Blasting activities are complete and moved out of the area.

Targeting to commence work on the two Coldwater River crossings this month.

#### Roads

Midday Valley Road has re-opened after successful completion of open cuts.

#### Environment

Environment crews continue to work with all the individual crews to monitor and keep all erosion controls measures in place.

### Questions?

Coldwater members can contact **Dale August** at [daugust@coldwaterband.org](mailto:daugust@coldwaterband.org) / 250-378-6174 (ext. 100) if you have any questions. Dale can relay the message to the appropriate person at the Coldwater- Trans Mountain Committee.



# West Route Coldwater – Trans Mountain Committee Newsletter Update – March 2023



*Figure 1 Ditch Bedding*



*Figure 2 Ditch Upcoming Work Area*



West Route Coldwater – Trans Mountain Committee  
Newsletter Update – March 2023



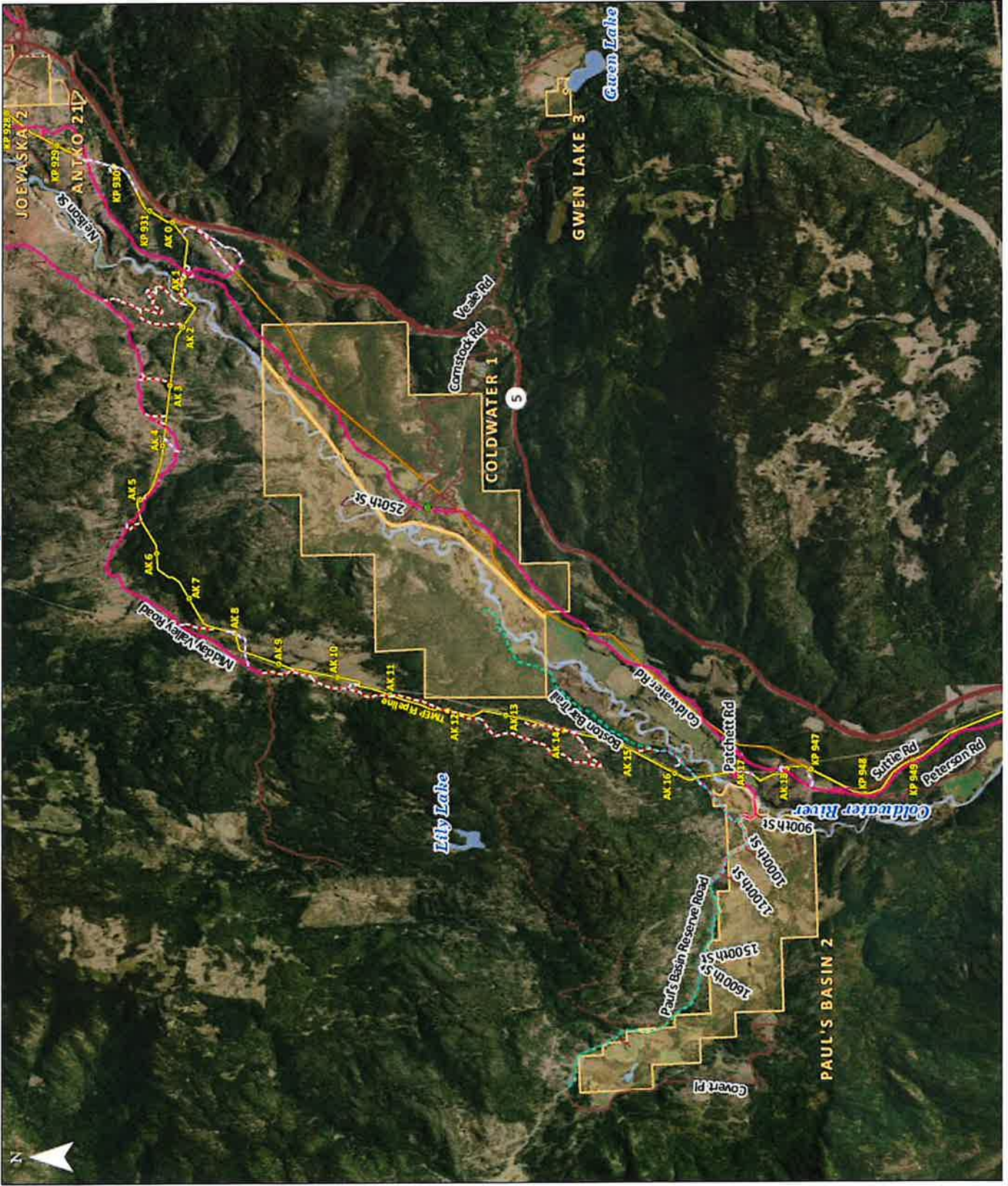
Figure 3 Pre-Ditch Pulling Material on Work Side



Figure 4 Ditch Tie-In



# West Route Coldwater – Trans Mountain Committee Newsletter Update – March 2023



**TRANS MOUNTAIN**

**FIGURE 1  
COLDWATER ROUTE OVERVIEW  
TRANS MOUNTAIN EXPANSION  
(TMEP) REPORT**

Coldwater Band Office  
 TMEP Pipeline  
 Kilometre Post (KP)  
 TMEP Proposed Pipeline Centreline  
 Trans Mountain Pipeline (TMPL)  
 Boston Bar Trail / Paul's Basin Road  
 Existing Access  
 Temporary Access  
 Existing Secondary Access  
 Highway  
 Road  
 Other Road  
 Indian Reserve  
 Waterbody

Project location is shown in Figure 1. The project is located in the Coldwater area, approximately 100 km west of Edmonton, Alberta. The project is a 100 km pipeline expansion from the existing Coldwater pipeline to the Coldwater Band Office. The project is a 100 km pipeline expansion from the existing Coldwater pipeline to the Coldwater Band Office. The project is a 100 km pipeline expansion from the existing Coldwater pipeline to the Coldwater Band Office.

Project Name: Coldwater Route Overview  
 Project No.: 2023-08  
 Date: 2023-08-01  
 Version: 2  
 Scale: 1:50,000  
 Author: [Name]  
 Date: [Date]

**Some Symptom of depression could include:**

- persistent depressed mood,
- changes in appetite and body weight,
- decreased energy or fatigue,
- difficulty sleeping or oversleeping,
- excessive feelings of guilt or worthlessness,
- difficulty concentrating or making decisions,
- thoughts of suicide, or suicide attempts,

*Depression is a mood disorder that causes persistent feelings of sadness, emptiness, and loss of joy. It is different from the mood fluctuations that people regularly experience as a part of life.*

*Please reach out to friends or family if this sounds like you! For many people depression is very treatable!*

*Depression often persists in spite of a change of circumstances. it can cause feelings that are intense, chronic, and not proportional to a person's circumstances.*

*Major life events can trigger depression. If you need help, **please talk to your Doctor, or visit your nearest hospital emergency room.***



V.Lacerte