Coldwater Indian Band
September 2025 Newsletter

Chief
Lee Spahan
Band Administrator
Brandi O'Flynn
Executive Assistant to Chief and Council
Dale August
Social Services Coordinator
Tania Stewart
Social Services Clerk
Indian Register Administrator
Velma Collins
Finance Coordinator
Vivian Steinhauer
Finance Officer
Faye Aljam
Housing Coordinator/ Taxation
Donald Kraus
Education Coordinator
Stephanie Archie
Lands/ Wills/ Estates
Kristopher Oppenheim
Relief Receptionist
Tessa Breaker
Adults in Home Care
Jennifer Andrew
Adrea Vngaro
Recycling
Rosanna Narcisse, Veronica Charters
Sanitation Worker
Victor Lacerte
Public Works
Vacant
Fire Chief
Vacant
Finance Manager
Vacant
Economic Development Coordinator
Vacant



Coldwater Band Office Town

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 - August 2025 - Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2 Farmers Market Merritt
3 National Watermelon Day	4 BC DAY	5 Coldwater Summer Program	6 Coldwater Summer Program	7 Coldwater Summer Program	8	9 Farmers Market Merritt
10 National S'mores Day	11 Meetings with Vice Chief Cheryl Rule	12 Coldwater Summer Program	13 Coldwater Summer Program	14 Coldwater Summer Program	15	16 Farmers Market Merritt
17	18	19 Coldwater Summer Program	20 Back to School Shopping Day Trip Coldwater Summer Program	21 Coldwater Summer Program	22	23 Farmers Market Merritt
24	25	26	27	28 Dance, Dinner and Karaoke	29 Nicola Valley Fall Fair and Rodeo	30 Nicola Valley Fall Fair and Rodeo Farmers Market Merritt
31 Nicola Valley Fall Fair and Rodeo	1	2	3	4	5	6

Meet and Greet with Cheryl Rule



Coldwater Membership,

You are invited to meet and greet Cheryl Rule, Vice Chief:

Date: 1st Monday of Every Month > August 11th, 2025

Place: Elders Room, Coldwater Health Centre

Time: 1:00 pm – 3:00 pm

I look forward to meeting you and having a meaningful dialogue. The community members requested this meet-and-greet so they could voice their issues related to the Band. **Please bring any issues in writing, so it can be addressed with the Council or Band Administrator.**

Thank you: kʷukʷscéyp,
See you soon - goodbye: Húmʾel (pronounce: hom ath),
Cheryl Rule, Vice Chief Coldwater Band

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Coldwater Band Meeting Schedule 2025 - 2026

Chief and Council Meetings **6:00 PM – 11:00 PM (MAX)**	**General Band Meetings** **6:30 PM – 10:00 PM (MAX)**
April 9, 2025 **(passed)**	April 17, 2025 **(passed)**
April 23, 2025 **(passed)**	
May 14, 2025 **(passed)**	May 15, 2025 **(passed)**
May 28, 2025 **(passed)**	
June 11, 2025 **(passed)**	June 24, 2025 **(passed)**
June 25, 2025 **(passed)**	
July 9, 2025 **(passed)**	July 17, 2025 **(passed)**
July 23, 2025 **(passed)**	Community BBQ/ New Members Speech
August 13, 2025	No Band Meeting, Due to Food Gathering Season
September 10, 2025	September 18, 2025
September 24, 2025	
October 8, 2025	October 16, 2025
October 22, 2025	
December 10, 2025	No Band Meeting Due to Holidays
January 14, 2026	January 15 OR 22, 2026
January 28, 2026	
February 11, 2026	February 19, 2026
February 25, 2026	
March 11, 2026	March 19, 2026
March 25, 2026	

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Heat Warning / Tips from Coldwater Indian Band

Remember to have water and snacks on hand and to not be out in the sun during the peak hours of when the temperature will rise. Be wary when going out for walk or jog during the scorching hours and to wear light-colored flowy clothes for proper sun direction and air flow. Protect your animals too, make sure they have water and shade.



IS IT HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION	VS	HEAT STROKE
Faint or dizzy		Throbbing Headache / Confusion
Excessive Sweating		No Sweating
Cool, Pale, Clammy Skin		Body Temperature Above 38 °C, Red, Hot, Dry Skin
Nausea or Vomiting		Nausea or Vomiting
Rapid Weak Pulse		Rapid, Strong Pulse
Muscle Cramps		May Lose Consciousness
• Get a cooler air-conditioned place • Drink water if fully conscious • Take a cool shower or use cold compress		CALL 911 • Move person to cooler place (inside or somewhere with shade) • Cool using cloths or bath • Do not give anything to drink as they may not be able to swallow properly.

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Recycling and Garbage Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekend	Regular Recycle	Big Recycle Garbage Day	Regular Recycle	Big Recycle	Regular Recycle Garbage Day	Weekend

Garbage Days

- Make sure your garbage is wrapped in **a black garbage bag.**
- Be careful when putting out your garbage, because of the **dogs or bears around us**.
- Recommended to put it out the night before garbage day or the morning of.
- **Pickup is usually around 7:00 AM** of that garbage day

Recycling

- Make sure all your cardboard is **flattened and in smaller pieces**
- Cans or bottles are washed
- All organized for recycling to put away faster and efficiently.
- If you have a lot of stuff for big recycle days, call the band or let Rosanna know.
- Any questions contact the Band, Rosanna or TNRD Merritt Depot.
- All recycling goes to the lower Nicola Depot!

Coldwater Indian Band (Tessa Breaker): 250-378-6174

Rosanna Narcisse (Coldwater Recycler): 250-378-6174

Lower Nicola Eco Depot (TNRD): 250-377-2596

Thank you to our Recyclers and Sanitation Workers for Coldwater Indian Band!

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Newsletter Delivery Volunteers



If you do not wish to receive the Newsletter please contact the office via phone or email and we will put a note not to deliver. (We noticed some people don't pick them up).

The Coldwater Indian Band strongly believes in saving paper and recycling so let us know if you don't want to be delivered to for personal reasons or for animal reasons.

Newsletter Delivery People Needed!

The Coldwater Indian Band has a Newsletter (that you're looking at right now) that needs to be hand delivered to the Coldwater Members on the Reserve. That includes IR#2!

We pay $60 for the Main Reserve (IR#1)

$90 for BOTH Reserves IR#1 and IR#2.

We need our delivery list updated to know who can help us deliver these letters to our people on time (before the next month arrives).

The money provided will be for the one person delivering them and they will have to have their own car or ATV to go around the reserve.

Please contact the Coldwater Indian Band Receptionist (Tessa Breaker) to be on the list of Newsletter Deliveries.

Email: receptionist@coldwaterband.org

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Dog Attacks

On the Coldwater Reserve we have a lot of dogs, some are nice, and some aren't. Here are some tips and advice to follow if you encounter an aggressive dog.



- If you were bitten by a dog on the reserve seek immediate medical attention
- Report the Incident to Animal Control
- Document the Event (Where, When, Who's Dog, Dog's Appearance, Bite).
- You should also pursue legl advice, if the bite is serious.
- If you do not report the dog to the Band or to the Bylaw Officer, then that dog will still be loose and bite others (kids, adults, elders), let's help keep each other safe.

Bylaw Services Officer - Merritt BC

Phone: (250)-378-8628

Email: bylaw@merritt.ca

CALLING OUR SPIRITS HOME BLANKETS

If you haven't received a blanket from the "Calling our spirits home" event please contact the Band Office.

For more info or questions contact
Velma Collins or Tania Stewart
Phone: 250-378-6174
Emails:
Velma: vcollins@coldwaterband.org
Tania: fcwn@coldwaterband.org

Our Mission Statement
Is to enhance and sustain our quality of life through wellness and culture, and utilize and preserve all our resources for now and future generations.

Scw'exmx
Child & Family

Downtown Address: 1988 Quilchena Ave. Merritt, BC
Mailing Address: 1750 Lindley Creek Rd, Merritt, BC, V1K 0A3
Phone: 250-378-2771 • **Fax:** 250-378-2799

Summary of Board Member Duties and SCFSS Organizational Focus

As a Board Member of Scw'exmx Child & Family Services Society (SCFSS), the role is centered on governance, oversight, and supporting an organization that is accountable, responsive, and deeply rooted in culture. Board members help ensure that SCFSS remains aligned with its mission, legislative requirements, and community values. SCFSS takes a proactive, culturally grounded approach to child and family wellness. With prevention systems that work upstream, addressing root causes and building resilience through holistic supports. Culture isn't an add-on—it's woven into everything they do, from service delivery and staffing to events and organizational planning. Every team at SCFSS is expected to integrate traditional knowledge and ceremony into programs, celebrate identity and intergenerational connections through community events, and deliver services that reflect the unique traditions of the families they serve. This commitment ensures SCFSS remains a culturally safe, community-driven organization.

Key Responsibilities of Board Members Include:

- **Attendance at Monthly Board Meetings** to:
  - Review financial reports and ensure sound fiscal management.
  - Sign cheques and oversee financial processes.
  - Stay informed on new legislation affecting SCFSS.
  - Receive monthly updates from the Executive Director on community activities, staff roles and responsibilities, and operational progress.
- **Oversight of Delegated Services Agreement (April 1, 2025 – March 31, 2026):**
  This agreement, authorized by the Director of the Ministry of Child and Family Development, establishes the administrative and operational framework through which SCFSS delivers delegated services under the Child, Family and Community Services Act (CFCSA). It outlines shared responsibilities between SCFSS and MCFD, ensuring we meet the unique needs of children and families within our communities.
- **Participation in Sector Conferences and Learning Opportunities:**
  Engagement in relevant conferences and training supports continuous learning, relationship building, and awareness of the evolving landscape in Indigenous child welfare.
- **Support and Input on Organizational Design:**
  Human Resources is leading an ongoing review of SCFSS's organizational structure to ensure our design reflects our values and allows us to be responsive to changes in community needs and the political environment. This process focuses on:
  - Strengthening leadership, mentorship, and staff development.
  - Clarifying roles and responsibilities across the organization.
  - Embedding culture and language leadership throughout all programs and services.

Board Member Role Limitations:

While Board Members play a crucial oversight and governance role, it's important to clarify that they are not involved in operational or case-specific matters. Specifically, Board Members do not:

- Participate in hiring decisions or staff leave approvals.
- Set staff rates of pay or manage personnel matters.
- Intervene directly with families or children. Families who are engaged with SCFSS are supported by assigned social workers. If concerns arise, there is an established complaints process for families to follow.



SNUḰʷE? SECURITY INC.

(FRIDAY – SUNDAY)

CONTACT NUMBER: 250-936-8121

We are proud to announce the transformation of our security company into Snuḱʷe? Security Inc., reinforcing our commitment to safeguarding our land and community.

ROBERT MOSES JR., a dedicated community member and experienced protector. As the owner of Snuḱʷe? Security Inc., Robert returns with renowned dedication to ensuring the safety and security of our people.

If there is any suspicious activity that you witness contact the security, in the event of an immediate emergency please contact the Police.

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

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

September 4, 2025

Re: Education Coordinator Report

Greetings,

I would like to Highlight our Current Statistics for Coldwater Indian Band,

For 2024-2025, we had 68 Nominal Roll Students Registered with ISC:

Collettville:1 Kengard Learning Center: 2 MSS: 26 Central:17 Coldwater School: 21

For Part of July, I was away from the Office due to FNESC Meetings and Coldwater Band Staff Retreats

- I continue to support our Post-Secondary Students as well as our Elementary students for financial assistance.
- I continue to attend Meetings on behalf of Coldwater Indian Band at the School District and Provincial Levels. I have recently attended the FNESC AGM.
- At the post-secondary level, I have 24 Students who have started school or will be starting school for the Academic Year 2025-2026
- As part of my operational plan for 2024-2025, my goal was to have the updated Post-secondary Guidelines policy in place and in use for the 2025-2026 School Year. We have accomplished this and have it approved for use for this Academic Year.
- On June 10th, I hosted the Annual Education Awards Celebration- there was approximately 9 Grade 12 Students and 14 Post-Secondary Graduates. This was well received by the Community and planning is in place for June 2026
- I have spent most of my time preparing for Nominal Roll and School Start up Allowance, as well as ensuring all of the letters for post-secondary tuition has been submitted to colleges, universities and Institutes. With this we have Supported over 105 Students on and off Reserve for School Start up Allowance. I would like to thank the parents for their cooperation and I understand the Deadline submission was a bit stressful, but this helped the Education Department and our Cheque signers coordinate with Finance the amount of Cheque Signatures and Entry submissions into Xyntax. This will be the process moving forward for August 2026.
- I have attended Coldwater Indian Band Culture Camp and Band General Meetings at Gwen Lake.
- Currently with the Support of other Departments, I am supervised 3 Summer Students for various positions including Administrative Support, Recreation/Culture and Lands Stewardship.
- Planning is underway for a student engagement in October 2025 at Merritt Secondary School during School hours and a Parent Engagement Session in late October 2025 with the School District in attendance.
- Post-Secondary Applications for the Academic Year 2026-2027 are now being Accepted with a deadline of May 15, 2026

If you have any other Additional concerns or Questions, please do not hesitate to contact me by email at Stephanie@coldwaterband.org or by phone at (250) 378-6174

Respectully,

Stephanie Archie

Stephanie Archie, Education Coordinator

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This Serves as a Reminder that School is back in Session and we have kids walking to/from the Bus stop at Opie's Studio

Coldwater Band School is also back in session.

We would like to remind Membership to please SLOW DOWN on the Roads and watch out for Children walking on the roads

Digital CWIB Newsletter

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

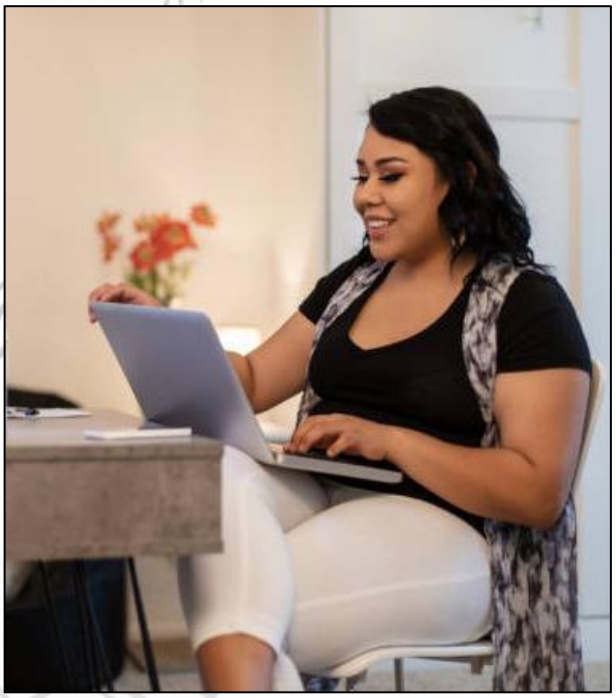
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Having a hard copy of the Newsletter is amazing but what if you want it earlier? Or you don't live on the reserve and want to have a copy then you can have the Monthly Newsletter delivered to your email digitally!

How to Sign up for the Monthly Newsletter for the Coldwater Indian Band

- Send your **Name**, and **Email** to the Coldwater Indian Band **Receptionist** via email **receptionist@coldwaterband.org**

If you have any trouble, give us a call to help you out! **250-378-6174**. We are always glad to help the community!



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