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
Adults in Home Care
Jennifer Andrew
Andrea Ongaro
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

Coldwater Women's Group

September 2025

Scw'exmx Child and Family Services

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labour Day	2	3	4	5	6
7	8 	9 Elders Luncheon **Chunky Blanket Knitting Snacks CW Health 5-8PM**	10	11	12	13
14	15	16 **Sharing Circle Dinner CW Health 5-8PM**	17	18	19	20
21	22	23	24	25	26	27
28	29 	30 Truth and Reconciliation Day Event at SCFSS KLC 10am-3pm				

Questions Call:
Harmony Williams, Coldwater Community Prevention Worker
SCFSS: 250-378-2771

Coldwater Indian Band

Hybrid General Band Meeting (GBM)

Coldwater Band Hall

September 18, 2025
Meeting #GB05-2025/26

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

Agenda

1. **6:30 p.m. Opening Prayer**
2. **Council Updates 10-minute limit per update**
   a. Michael Smithers
   b. Jackie Aljam
   c. Shawn Bob
3. **7:00 p.m. – Topics of Discussion Limit of 10-minutes per topic**
   a. Package Delivery for Membership – Deloris Charters
   b. Policy – Safety
   c. Scw'exmx Tribal Council (STC) Indigenous Monitoring program
   d. Accept General Band Meeting Minutes
      i. March 20, 2025

Motion #01-GB05-2025/26 Moved by Coldwater Indian Band membership to accept the March 20, 2025, General Band Meeting minutes as submitted or with the recommended amendments.	
Moved by: All in favor with ___ abstention	**Second by:** Motion Adopted

      ii. April 17, 2025

Motion #02-GB05-2025/26 Moved by Coldwater Indian Band membership to accept the April 17, 2025, General Band Meeting minutes as submitted or with the recommended amendments.	
Moved by: All in favor with ___ abstention	**Second by:** Motion Adopted

4. **Open Floor Discussions (Be mindful of the Rules of Engagement)**

Microsoft Teams Need help?

Join the meeting now

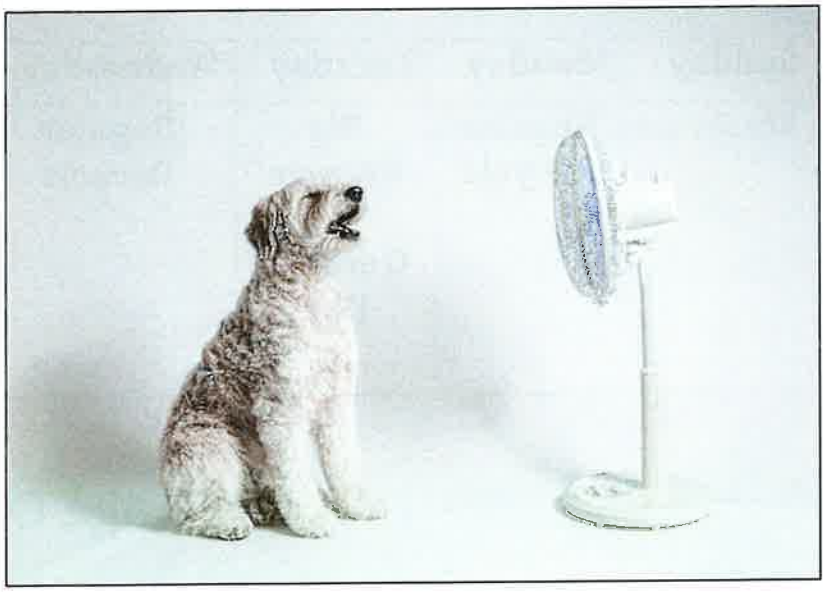
Meeting ID: 296 042 110 044
Passcode: JA72K6c

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

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 a cooler place (inside or somewhere with shade) • Cool using cloths or bath towels • Do not give anything to drink as they may not be able to swallow properly.

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

EMERGENCY EVACUATION CHECKLIST

WEATHERING A STORM, FIRE OR OTHER DISASTER STARTS WITH MAKING AN EMERGENCY EVACUATION PLAN FOR YOU AND YOUR FAMILY — INCLUDING A DETAILED LIST OF WHAT TO TAKE WITH YOU.

COMMUNICATION

- CELL PHONE AND CHARGER
- LAPTOP COMPUTER AND CHARGER
- PORTABLE OR EMERGENCY CHARGER (IN CASE YOU CAN'T PLUG IN)
- BATTERY-POWERED OR HAND-CRANK RADIO
- TWO-WAY RADIOS
- WHISTLE

EMERGENCY SUPPLIES

- A FLASHLIGHT
- EXTRA BATTERIES
- A COMPLETE FIRST-AID KIT
- A BLANKET
- GLOVES/ WEATHER DEPENDANT ITEMS
- CASH
- A NOTEBOOK AND PEN
- A MAP OR ROAD ATLAS
- EXTRA KEYS FOR YOUR CAR AND HOUSE
- SOLAR CHARGERS, FOR PHONES OR LIGHTS
- AIR MATTRESS OR SLEEPING BAG
- A TENT/ TARP

DOCUMENTS

- DRIVER'S LICENSES
- PASSPORTS
- CAR REGISTRATION
- PROOF OF ADDRESS (SUCH AS A UTILITY BILL IN YOUR NAME)
- DEED TO HOME (IF YOU OWN) OR LEASE (IF YOU RENT)
- HEALTH INSURANCE CARDS FOR THE FAMILY
- BIRTH CERTIFICATES FOR CHILDREN
- IMPORTANT PHONE NUMBERS IN CASE YOUR PHONE ISN'T WORKING (FAMILY MEMBER/EMERGENCY CONTACT, LANDLORD, FAMILY DOCTOR, PHARMACIST, PEDIATRICIAN, VETERINARIAN AND INSURANCE AGENT)
- INSURANCE DOCUMENTS (AUTO POLICY, HOME POLICY OR RENTER'S POLICY, ETC.)
- VETERINARY RECORDS FOR YOUR PET (SHOWING CURRENT VACCINATIONS, CITY LICENSE ETC.)

FOOD & WATER

- ICE OR A COOLER (WHICH CAN ALSO BE USED FOR STORING MEDICATIONS OR INJURIES)
- A THREE-DAY SUPPLY OF WATER (ONE GALLON PER PERSON PER DAY)
- A THREE-DAY SUPPLY OF NON-PERISHABLE, EASY-TO-PREPARE FOOD
- A CAN OPENER

CLOTHING

- AT LEAST THREE CHANGES OF CLOTHES FOR EACH PERSON
- EXTRA UNDERGARMENTS AND SOCKS
- SPARE PAIR OF SHOES FOR EACH PERSON

PERSONAL CARE

- TOOTHBRUSH/ TOOTHPASTE/ DENTAL FLOSS
- SHAMPOO, CONDITIONER AND BODY WASH
- DRY SHAMPOO
- HAND SANITIZER
- PERSONAL WIPES
- TISSUES
- LOTION
- LIP BALM
- DEODORANT
- MENSTRUAL PRODUCTS
- TOILET PAPER
- PAPER TOWELS
- FACE MASKS
- VITAMIN SUPPLEMENTS

HEALTH & VISION

- A ONE-WEEK SUPPLY OF PRESCRIPTION MEDICATION (BLOOD PRESSURE MEDICINE, ETC.)
- ANY MEDICAL DEVICES YOU NEED (HEARING AIDS WITH EXTRA BATTERIES, WALKER, ETC.)
- CONTACT LENSES, LENS CASE AND MULTIPURPOSE SOLUTION
- GLASSES (TAKE A BACKUP PAIR EVEN IF YOU WEAR CONTACTS)
- READING GLASSES (TAKE A SPARE PAIR IF POSSIBLE)

BABY & CHILD

- BABY FOOD /FORMULA
- BABY WIPES DIAPERS
- BABY EQUIPMENT YOU USE (CARRIER, ETC.)
- BIBS/ BURP RAGS/ EXTRA BLANKETS
- PACIFIERS
- SNACKS FOR TODDLERS OR CHILDREN
- ACTIVITY ITEMS

PET CARE

- THREE-DAY SUPPLY OF WATER/ FOOD
- BLANKETS OR TOWELS
- FOOD AND WATER BOWLS
- COLLAR, HARNESS AND LEASH
- PET BED/ CRATE OR CARRIER
- PET CHEWS / TOYS
- MEDICATIONS / VET RECORDS
- POOP BAGS

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 Newsletters to our Community 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 Transportation.

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

Email: receptionist@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

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.

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!

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

September 4, 2025

Re: Education Coordinator Report

Greetings,

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

For 2025-2026

Kengard Learning Center: 2 MSS: 24 Central:15 Coldwater School: 22

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 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 the letters for post-secondary tuition have 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

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

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 to state what you are reporting, leave your contact details, etc.



EMERGENCIES - 911



(ACCIDENTS, SPEEDING, CRIME)

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
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

FREE TRAINING | REGISTRATION REQUIRED

MEN + NONBINARY | AGES 15 - 35

Empower Protect + Connect

POWER SKILLS BUILDING + SELF-DEFENCE



WEDNESDAYS | WEEKLY

JAN 7 - MARCH 25

12 SESSIONS | 6:00PM - 8:00PM

FREE | MERRITT CIVIC CENTRE

The ***Empower, Protect + Connect*** program develops essential safety and empowerment skills, builds strength and confidence, and provides a safe and supportive space where participants can build community.

- Learn practical self-defence techniques for physical safety
- Develop situational awareness in everyday and high-risk environments
- Strengthen assertiveness and boundary-setting skills
- Rebuild personal confidence through trauma-informed practices
- Access emotional support and empowerment strategies
- Connect with local community resources and services
- Foster physical and emotional resilience in a supportive group setting

FORMAT

This 12-week program offers weekly two-hour sessions that include:

- Self-Defence Training (1 HOUR): Taught by certified instructors, with a focus on real-life scenarios and practical safety techniques.
- Counselling & Empowerment Workshop (1 HOUR): Facilitated by a Registered Clinical Counsellor and local organizations, offering trauma-informed support, strategies for personal growth, and community connection.

ELIGIBILITY

For men and nonbinary people (aged 15–35 years) affected by or at risk of gender-based violence. *(Note: The program for women and nonbinary people is from September 10 to December 17, 2025).*

ACCESSIBILITY

If you require any accessibility accommodations, please contact recreation@merritt.ca.

COST

Free to attend. Registration is required as participants are expected to attend most, if not all, sessions.

▶ MERRITT.CA/PROTECT

▶ MERRITT.CA/REGISTRATION

BRITISH COLUMBIA
Supported by the Province of British Columbia

Merritt
FLOURISH UNDER THE SUN

*CIVIL FORFEITURE GRANT | MINISTRY OF PUBLIC SAFETY AND SOLICITOR GENERAL

Men's Group

COYOTE BROTHERHOOD
LOVE • HUMILITY • TRUTH • HONESTY • BRAVERY • RESPECT • WISDOM

PAINTBALLING DAY

SEP-13-2025 | 9 AM - 4 PM

SNIPERZ PAINTBALL, CHILLIWACK BC

SCAN HERE

Ready to swap small talk and coffee for adrenaline and paint splatter? Join the Men's Group for a day of tactical chaos, questionable aim, and heroic dives that almost look cool. No experience needed — just a willingness to dodge flying paint.

Gear provided, including the mask that makes you look like a space ninja. Bragging rights up for grabs — whether you're a stealthy sniper or the guy charging in yelling "Let's do this!"

Spots are limited, so sign up now and bring a friend. Because nothing says bonding like teaming up and diving into the action together.

Questions? Call (250) 378-2771 Ask for Men's Group Coordinator

Upper Nicola

LOWER NICOLA INDIAN BAND

Sc'wexmx Child & Family

COLDWATER INDIAN BAND

We welcome you to our monthly

Women's Group

Sept. 15th, 2025 | 5-8PM | NVIT Lecture Theatre (4155 Belshaw St)

Our Women's Group comes together once a month to share a meal, check in, and have a monthly activity. This is open to our five bands and urban.

Grab your popcorn and join us for a women's movie night at NVIT! It's a chance to relax, laugh, and connect with other awesome women. Don't miss out on the fun!

We can accommodate up to 40 participants for this event.

Meal provided.

Child minding is available for ages 2 and up, babies are welcome to stay with the mothers.

For more info or help with registering call (250) 378-2771

IN PARTNERSHIP WITH:

xʷesit ek ɬmɬx̌ɬ

JOURNEYS INTO TOMORROW TRANSITION HOUSE



Kamloops Auto Recycling

Towing, Scrap Car Removal, Used Parts

250-574-4679

Brendan Kelly, Owner



Located at **1340 Kootenay Way**
near CN road

Web: www.kamloopsautorecycling.com
Email: kautorecycling@gmail.com

More companies for you to call and get your old cars removed from your yard.

Merritt – B.C. Auto ScrapYard | Scrap Car Removal

Auto-Scrap-Yard.com!
https://bc.auto-scrap-yard.com › category › merritt

scrap car services in Merritt ☎ 1-778-617-3061 · Port Edward junk cars buyer BC. salvage car pick up in Merritt ☎ 1-778-617-3061.

Junk Car Removal Kamloops BC | Git-Er-Done Towing

giterdonetowing.ca
https://www.giterdonetowing.ca › junk-car-removal

We provide free scrap car pick up and cash for cars service in Kamloops. Order junk car removal today by dialing (250) 852-0781.