



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

Would the to send Newsletters by Email.

Have a number of band members, that did sign up.

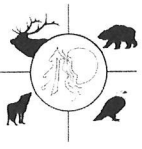
So, if you are interested. Please Call Me.

We can get this going. 😊

Thank you for your time.

Connie Bob

My email is: [connie.bob@coldwaterband.org](mailto:connie.bob@coldwaterband.org)



## OCTOBER NEWSLETTER

Administrator/Deputy Fire Chief

Laura Antoine

Public Works/Fire Chief

Ron Aljam

Social Services

Diana Norgaard

Social Services Clerk

Indian Register Administrator

Velma Collins

Finance Coordinator

Barclay

Finance

Julia Dick

Finance Clerk

Vivian Stienhauer

Housing Coordinator/Taxation

Donald Kraus

Lands, Wills and Estates

Kristopher Oppenheim

Economic Development Coordinator

Harold Aljam

Education Coordinator

VACANT

Executive Assistant

Dale August

Receptionist

Connie Bob

Adult in Home Care

Jenna Andrew

Part Time Adult in Home Care

Saphire Charters



**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**

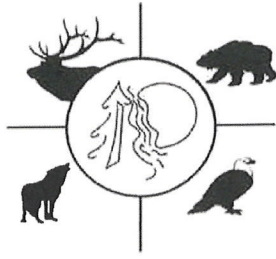
#301-230<sup>th</sup> Street Coldwater Reserve

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

## Community follow-up discussion in regards to: Trans Mountain Expansion Project's Proposed Agreement

October 14, 2021  
7:00 p.m. – 8:00 p.m.

If Dale the Executive Assistant has your email addresses this zoom invitation has been sent out to you. It is also available on our Coldwater Indian Band Facebook page.

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

Join Zoom Meeting

<https://us02web.zoom.us/j/86967941012?pwd=REVTaU9DeXl3VkJMTEVtOHBud0t6dz09>

Meeting ID: 869 6794 1012

Passcode: 307848

Dial by your location

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

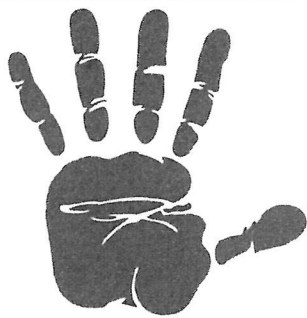
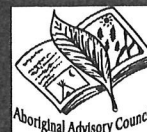
If you don't have zoom access, you can call any one of the numbers listed and use the Meeting ID and pass code listed.

Meeting ID: 869 6794 1012

Passcode: 307848

### 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



## MMIWG2S Session's

Date: Wednesday, October 13, 2021

Place: Coldwater Road

Session Times: 10am-12pm / 1pm-3pm

**Nicola Valley Community & SD#58 Staff**

**are invited to join the**

**MMIWG2S Awareness Session!**



Bring your family photo or family recognition of your loved one.

A Counsellor will be available for each session.

Contact Information: Cheryl Rule

Phone: 250-315-5355

Email: [crule@365.sd58.bc.ca](mailto:crule@365.sd58.bc.ca)

**MMIWG2S Committee**

**Shelley Oppenheim-Lacerte, Erin Switzer, Burt Burgmann, Amanda Adams, Jane Kempston,**

**Paula Moyes, Cheryl Rule, Rose Grant, Tracy Dunsmore, Lucy Henry, May George,**

**Melissa Moses, Sue Sterling, Jackie Merritt, Monty Joseph**

**Agenda**

**Date: Wednesday, October 13, 2021**

**Place: Meet at the School Board Office**

**(Travel to Cherish Oppenheim Memorial Site)**

**Session #1 Time: 9:25am: Leave School Board Office**

**(Travel to Cherish Oppenheim Memorial Site)**

**10:00am: Arrive @ Site - Park Vehicles**

**Purpose: Opening Ceremony**

**Welcome: Coldwater Band Rep**

**Smudge**

**11:00am Hand Drumming - 2 Song's (Walk to Site)**

**11:15am Cherish Oppenheim Acknowledgement**

**11:35am Debriefing Circle**

**11:50am Hand Drumming**

**11:55am Brushing Off - Fir Bow's/ Water**

**12:00pm Lunch**

**Session #2 Time: 12:25pm: Leave School Board Office**

**(Travel to Cherish Oppenheim Memorial Site)**

**1:00pm: Arrive @ Site - Park Vehicles**

**Purpose: Opening Ceremony**

**Welcome: Coldwater Band Rep**

**Smudge**

**2:00pm Hand Drumming - 2 Song's (Walk to Site)**

**2:15pm Cherish Oppenheim Acknowledgement**

**2:35pm Debriefing Circle**

**2:50pm Hand Drumming**

**2:55pm Brushing Off - Fir Bow's/ Water**

# Learn the Sounds of Fire Safety



**FIRE  
PREVENTION  
WEEK™**

[firepreventionweek.org](http://firepreventionweek.org)



## Fire Prevention Week™ 2021 Contest

This year, Fire Prevention Week runs from October 3 to 9 and the theme is Learn the Sounds of Fire Safety!™

Fire Prevention Week is a great time to discuss fire and burn prevention with the people in your community, and is an opportunity for students to win some fantastic prizes.

Bringing the important message of fire and burn prevention in to schools and classrooms helps to save lives and prevent painful burn injuries and lifelong suffering. We thank you for all your efforts and the work that you do to share these messages.

The annual Fire Prevention Week poster and video contest is open to all students from kindergarten to grade 12 who are attending a public or independent school in British Columbia.

Please see the next page or visit [www.gov.bc.ca/FirePreventionWeek](http://www.gov.bc.ca/FirePreventionWeek) for full contest rules.

### Contest Timeline

- **OCTOBER 22** – Deadline for sending completed posters and video links to BC Professional Fire Fighters' Burn Fund
  - » Poster entries must be received at the BC Professional Fire Fighters' Burn Fund, 3891 Main Street, Vancouver, BC, V5V 3P1 or emailed to [FirePreventionWeek@burnfund.org](mailto:FirePreventionWeek@burnfund.org) no later than October 22, 2021
  - » Video entries must be posted on YouTube and link sent via email to [FirePreventionWeek@burnfund.org](mailto:FirePreventionWeek@burnfund.org) no later than October 22, 2021
- **BEGINNING OF DECEMBER** – Winners announced. Presentation of prizes to be completed by end of January 2022

Please don't hesitate to let us know if you have any questions or comments – we would love to hear from you!

## Rules

### Poster contest rules

- Posters must be drawn on an 8 ½ by 11-inch letter-sized paper
- Posters must include a completed entry form that has been taped or glued (please do not staple) to mail-in entries, or included as an attachment or text in emailed entries.
- One (1) entry per student
- Poster artwork may be drawn on any Fire Prevention Week subject (burn and scald prevention, fire prevention, FireSmart principles, fire escape planning, smoke alarms, carbon monoxide safety, etc.)
- Poster contest open to any Kindergarten to grade 12 student attending a public or independent school in British Columbia. Any number of students from a class can enter the contest. Entries must be sent in by the student's teacher.
- Mail entries to: BC Professional Fire Fighters' Burn Fund, 3891 Main Street, Vancouver, BC, V5V 3P1 or email to [FirePreventionWeek@burnfund.org](mailto:FirePreventionWeek@burnfund.org)
- Submission deadline: October 22, 2021

### Video contest rules

- Students are invited to create a 2 minute MAXIMUM video that contains a strong Fire Prevention Week message on a topic of their choosing (including burn and scald prevention, fire prevention, FireSmart principles, fire escape planning, smoke alarms, carbon monoxide safety, etc.). Videos over 2 minutes long will not be accepted.
- All styles of video will be accepted: drama, comedy, documentary, music video, stop-motion, claymation or animation.
- Video contest open to any Kindergarten to grade 12 student attending a public or independent school in British Columbia. Any number of students from a class can enter the contest. Entries must be sent in by the student's teacher.
- Submissions must be posted to YouTube and link emailed to [FirePreventionWeek@burnfund.org](mailto:FirePreventionWeek@burnfund.org) and include a completed entry form as an attachment or body text.
- Submission deadline: October 22, 2021

Good luck with your Fire Prevention Week activities. Thank you again for your commitment to fire and life safety education, and a huge thanks to our partners!



*Fire Prevention Week™ and the 2021 theme are trademarks of the National Fire Protection Association (NFPA) and the NFPA is neither a Sponsor of nor affiliated with the Contest and has neither endorsed nor approved this Contest.*

## Prizes

### Poster contest prizes

Grade categories: Kindergarten to grade 3; grade 4 to 6; grade 7 to 9; grade 10 to 12

Four (4) Grand Prize Winners (one in each grade category) will receive an iPad for themselves and a Panago-sponsored pizza/lunch party for their class

Twenty (20) Regional Prize Winners (five in each grade category) will receive a \$75 Visa gift card for themselves and \$75 towards a pizza/lunch party for their class (to be organized by the local fire department)

Sixty (60) Honourable Mention Winners (fifteen in each grade category) will receive a \$75 Visa gift card for themselves

### Video contest prizes

Grade categories: Kindergarten to grade 3; grade 4 to 6; grade 7 to 9; grade 10 to 12

Four (4) Grand Prize winners (one in each grade category) will receive an iPad for themselves and a Panago-sponsored pizza/lunch party for their class

Four (4) Honourable Mention Winners (one in each grade category) will receive a \$75 Visa gift card for themselves

## Supporters

Thanks to the following for their support:

- BC Fire Training Officers' Association of BC
- BC FireSmart Committee
- Fire Chiefs' Association of BC
- Fortis BC
- Old Spaghetti Factory – Gastown
- Panago Pizza
- Technical Safety BC
- Volunteer Firefighters' Association of BC

# Fire Prevention Week 2021: Contest Entry Form

Student Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City/town: \_\_\_\_\_ Postal code: \_\_\_\_\_ Phone: \_\_\_\_\_  
School Name: \_\_\_\_\_  Indigenous school Grade: \_\_\_\_\_  
Name of teacher: \_\_\_\_\_ Zone: \_\_\_\_\_  
Your local Fire Department: \_\_\_\_\_ Skill testing question: Test your smoke alarms \_\_\_\_\_ a month.

## HERE'S WHAT YOU NEED TO DO TO ENTER:

Complete the entry form. Submit the entry form with your poster or video to the BC Professional Fire Fighters' Burn Fund by October 22, 2021. By completing this entry form, you acknowledge that the winning posters and videos may be used in promotional material by all contest partners and sponsors where appropriate.

## CONTEST RULES:

Visit [www.gov.bc.ca/FirePreventionWeek](http://www.gov.bc.ca/FirePreventionWeek) for the full contest rules and how to enter.

SUBMISSION DEADLINE: October 22, 2021

## MAILING ADDRESS FOR ENTRIES:

BC Professional Fire Fighters' Burn Fund 3891 Main Street, Vancouver, BC V5V 3P1

## EMAIL FOR ENTRIES:

[FirePreventionWeek@burnfund.org](mailto:FirePreventionWeek@burnfund.org)

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Date

THANK YOU TO OUR SPONSORS



# Fire Prevention Week 2021: Contest Entry Form

Student Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City/town: \_\_\_\_\_ Postal code: \_\_\_\_\_ Phone: \_\_\_\_\_  
School Name: \_\_\_\_\_  Indigenous school Grade: \_\_\_\_\_  
Name of teacher: \_\_\_\_\_ Zone: \_\_\_\_\_  
Your local Fire Department: \_\_\_\_\_ Skill testing question: Test your smoke alarms \_\_\_\_\_ a month.

## HERE'S WHAT YOU NEED TO DO TO ENTER:

Complete the entry form. Submit the entry form with your poster or video to the BC Professional Fire Fighters' Burn Fund by October 22, 2021. By completing this entry form, you acknowledge that the winning posters and videos may be used in promotional material by all contest partners and sponsors where appropriate.

## CONTEST RULES:

Visit [www.gov.bc.ca/FirePreventionWeek](http://www.gov.bc.ca/FirePreventionWeek) for the full contest rules and how to enter.

SUBMISSION DEADLINE: October 22, 2021

## MAILING ADDRESS FOR ENTRIES:

BC Professional Fire Fighters' Burn Fund 3891 Main Street, Vancouver, BC V5V 3P1

## EMAIL FOR ENTRIES:

[FirePreventionWeek@burnfund.org](mailto:FirePreventionWeek@burnfund.org)

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Date

THANK YOU TO OUR SPONSORS





# Candle Safety

Candles may be pretty to look at but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

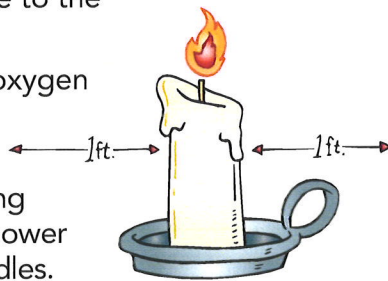
## "CANDLE WITH CARE"

- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 1 foot (30 centimetres) away from anything that can burn.

Think about using flameless candles in your home. They look and smell like real candles.

## IF YOU DO BURN CANDLES, make sure that you...

- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- Never use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



## Candles and Kids

Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.



## FACTS

- ! **December** is the peak month for home candle fires.
- ! More than **one-third** of home candle fires started in the bedroom.
- ! **Three of every five** candle fires start when things that can burn are too close to the candle.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



**First Nations' Emergency Services Society**  
OF BRITISH COLUMBIA

**DO NOT** flush these items down your sinks or toilets:

- Grease
- Food
- Wipes

It is costly to remove these and can easily be prevented by you-the homeowner.

**Grease, Oil & Fat: Better yet, any food at all.** If it's designed to be eaten by you, let your body process it before it ends up in the toilet. Grease, oil, and fats may go in as a liquid, but sooner or later they will cool and build up on the sides of your pipes, and over time, will make the pipe opening smaller and smaller—exactly like a clogged artery! Eventually, the pipe can get so clogged that it can back up and lead to some very unpleasant messes. That's why restaurants have grease disposal services; you can't dump oil down a sink!

**Disposable / Flushable Wipes:** This is a super contentious issue in my view. While these products are called 'flushable' or 'disposable', it is generally known that they are far too thick to be flushed—even the ones that say they're safe for sewers or septic systems. If you're going to use these products, just throw them in the trash.



Submitted by: *Wilson Smith*



# *Understanding*

...When there's a Loss

**with Trish Manuel and  
Doreen Sterling**

**Spend a Day - Talking about Traditional  
Practices When our Communities Suffer Loss**

**This is a One Day Workshop, with optional days to choose from  
Each Session runs from 9:00am to 3:30pm here at SCFSS. Due to  
Covid, we are limiting to 12 seats per session**

**Oct 18, 2021**  
for any LNIB, UNIB,  
Nooaitch, Shackan,  
Coldwater members

**Oct 25, 2021**  
for any LNIB, UNIB,  
Nooaitch, Shackan,  
Coldwater members

**Oct 22, 2021**  
for any LNIB, UNIB,  
Nooaitch, Shackan,  
Coldwater members

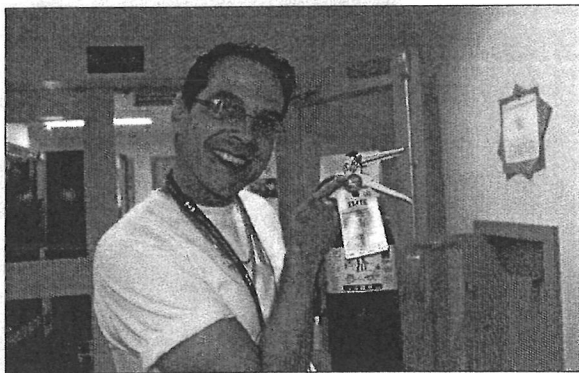
**Oct 27, 2021**  
Open to SCFSS Staff &  
Caregivers

**For more info contact Trish Manuel at [Trish.Manuel@scwexmx.com](mailto:Trish.Manuel@scwexmx.com)**

## Before calling your housing department it is the tenants responsibility to do regular maintenance when possible...

### WINTER

- After consulting your hot water tank owner's manual, drain off a dishpan full of water from the clean-out valve at the bottom of your hot water tank to control sediment and maintain efficiency.
- Vacuum radiator grilles on back of refrigerators and freezers, and empty and clean drip trays.
- Check pressure gauges on all fire extinguishers; recharge or replace if necessary
- Keep snow clear of gas meters, gas appliance vents, exhaust vents and basement windows.
- Test plumbing shut-off valves to ensure they are working and to prevent them from seizing.
- Examine windows and doors for ice accumulation or cold air leaks. If found, make note to repair or replace in the spring.
- Monitor outdoor vents, gas meters and chimneys for ice and snow buildup. Consult with an appropriate contractor or your gas utility for information on how to safely deal with any ice problems you discover.



### FALL

- Have furnace or heating system serviced by a qualified service company **every two years** for a gas furnace, and **every year** for an oil furnace, or as recommended by the manufacturer.
- Lubricate circulating pump on hot water heating systems.
- Check chimney's for obstructions such as nests.
- Vacuum electric baseboard heaters to remove dust.
- Remove the grilles on forced-air systems and vacuum inside the ducts.
- Turn ON gas furnace pilot light (if furnace has one), set the furnace thermostat to "heat" and test the furnace for proper operation by raising the thermostat setting until the furnace starts to operate. Once you have confirmed proper operation, return the thermostat to the desired setting.
- Check and clean or replace furnace air filters each month during the heating season.
- Clean vents and filters in; bathroom fans, fridges, stove hood fans,...
- Check smoke, carbon monoxide and security alarms, and replace batteries.
- Clean leaves from the gutters and roof, then test downspouts to ensure proper drainage from the roof.
- Clean debris from yard and around house to prevent rodents from setting up house. For fire and emergency safety all debris, broken down vehicles and sheds should be kept 30 feet from your home.

## Report October 2021

Well, the Garden Workers will be wrapping up the season, have not heard if the harvest is complete as many plants struggled due to the heat wave over the summer and the recommendation to reduce irrigating due to draught conditions. Have not heard where distribution of vegetables will be or has it happened yet.

The Comstock water system will take a few years to complete and this will provide water to the light industrial lots for fire protection and eventually water to the planned house lots around the Transition House. Firstly, to confirm the capital funding to build the waterlines and proposed reservoir. There is discussion of building houses up on Paul's Basin IR 2 but still need to plan a water reservoir and a number of house-lots depending on the amount of water found on wells are drilled.

There are many training sessions being planned and this will certify you to work within the various companies that are working on the pipeline construction. Coldwater Indian Band is considering some partnerships with various companies if we can agree on terms of the partnership and then to pursue contacts on the KMC line locally.

The Coldwater Indian band is waiting for review reports for the Coldwater Indian Band's woodlot cut to be completed by the end of 2021. This is a cut for a 5-year cut to be done this year.

We need band members to step up and take the training for the Emergency Planning Committee and learn the EOC and prepare for the coming years as we may have another year like this year for forest fire. Something to prepare for around your home is to move everything within 30' away from your house, especially the firewood stacked up against the house. In the planning the duty for fire safety if Coldwater members are ever evacuated from the homes the fire fighter crew will have the duty of removing all things away from the house and this is not in an organized manner.

There are many jobs available for skilled workers and energetic labors, the construction crew across from the town office looking for framers, a camp is being planned in Lytton for a construction crew to start rebuilding.

# COLDWATER INDIAN BAND

## NOTICE OF NOMINATION MEETING

Notice is hereby given that the **Coldwater Indian Band** has called a Nomination Meeting on **21<sup>st</sup> October, 2021**, in accordance with the *Coldwater Indian Band Custom Election Policy*, for the purpose of eligible Electors nominating one (1) candidate for the Office of Chief and eight (8) candidates for the Office of Councillor, to be elected in the next Election on **25<sup>th</sup> November, 2021**, for the ensuing four (4) year term of office ending in November, 2025.

### NOTICE OF NOMINATION MEETING

**21<sup>ST</sup> OCTOBER, 2021**

**5:00PM – 9:00PM**

**(2 hours for Chief - 2 Hours for Councillors)**

**COLDWATER BAND HALL - MERRITT, B.C.**

Voters eighteen (18) years of age and older as of the date of the Nomination Meeting who are registered as Members and have been a member of the Coldwater Indian Band for not less than one (1) year, and are not otherwise disqualified from voting, may nominate or second and Vote in this Election, and shall form the Voters List. **Due to the continuing COVID pandemic, members may fax or email completed and signed Nomination Forms to the Electoral Officer at the addresses below BEFORE the Nomination Meeting.**

#### ELIGIBILITY - COUNCILLOR

In order to be eligible to be nominated for and to hold the office of Councillor, the candidate shall:

- a) Be an elector;
- b) Have been duly nominated by two (2) Electors in accordance with this Election Policy;
- c) Not have transferred from another Band list within the most recent five (5) years prior to a nomination meeting;
- d) Not have been convicted of a criminal offense that is:
  - I. An indictable offence;
  - II. An offense that involves a sexual assault or the sexual exploitation of children;
  - III. An offense of fraud, forgery, drug possession, or drug trafficking;
  - IV. Based upon physical abuse such as spousal abuse or battery;
- e) Not be in arrears of his or her debt obligations to the Coldwater Band in excess of one thousand dollars (\$1,000.00);
- f) Be of sound mind and shall not be adjudged to be mentally incompetent under the Indian Act, or pursuant to any Federal or Provincial laws or regulation;
- g) Not have been found to have committed a Corrupt Election Practice;
- h) Have executed and delivered to the Electoral Officer a Declaration of Eligibility to Hold Office in the form attached as Appendix "A" to this Election Policy. The Electoral Officer shall have received the declaration not later than seven (7) days after the nomination meeting. For greater certainty, failure to provide the declaration as required will result in an invalid nomination and that candidate's name will not appear on the Ballot.

#### ELIGIBILITY - CHIEF

In order to be eligible to be nominated for and to hold the office of Chief, all of the above apply, PLUS, the candidate must have been a Councillor for not less than one (1) Regular Term.

#### BOTH POSITIONS

Any candidate nominated for both positions can run for only one, and must inform the Electoral Officer of that decision within seven (7) days of the nomination meeting. Failure to do so will result in disqualification from BOTH positions.

#### BAND EMPLOYEES

Candidates employed by the Coldwater Indian Band must immediately resign their employment upon being elected.

#### ELECTION NOTICES & FORMS

The Election Policy, notices, forms, and supporting documents, can be found at the Coldwater Indian Band office, and at the election website:

<https://www.onefeather.ca/nations/coldwater>  
**VOTING ELECTRONICALLY**

All eligible voters may vote electronically, from 11<sup>th</sup> November through 25<sup>th</sup> November, from the election website:

<https://www.onefeather.ca/nations/coldwater>  
**VOTING IN-PERSON**

All eligible voters may vote by mail-in ballot (see above for criteria) or in-person (see below for times and locations).

#### VOTING BY MAIL-IN BALLOT

All voters for whom a current address is provided, who reside outside of the Nicola Valley, will be automatically sent a mail-in ballot. All other members may request a mail-in ballot from the Electoral Officer, via phone or email, from the address below.

### NOTICE OF ELECTION

#### ADVANCE POLL

**21<sup>ST</sup> NOVEMBER, 2021**

#### REGULAR POLL

**25<sup>TH</sup> NOVEMBER, 2021**

**8:00AM TO 8:00PM**

**BAND HALL - COLDWATER, B.C.**

Given under my hand at Victoria, British Columbia, this 15<sup>th</sup> Day of September, 2021.



*Drew Shaw, Chief Electoral Officer.*

**For more information or assistance please contact:**

**Drew Shaw, Electoral Officer      Support at OneFeather**

Email: [support@onefeather.ca](mailto:support@onefeather.ca)

Office: 250-384-8200      Toll Free: 1855-923-3006      Fax: 250-384-5416

209-852 Fort Street, Victoria, B.C., V8W 1H8

<https://www.onefeather.ca/nations/coldwater>

