

## March 2021 NEWSLETTER

Administrator/Deputy Fire Chief

Indian Register Administrator

Laura Antoine

Public Works/Fire Chief

Ron Aljam

Social Services

Diana Norgaard

Social Services Clerk

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

Shannon Goss

Executive Assistant

Dale August

Receptionist

Connie Bob

Adult in Home Care

Jenna Andrew

Part Time Adult in Home Care

June Andrew

Tiana Collins



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### **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**

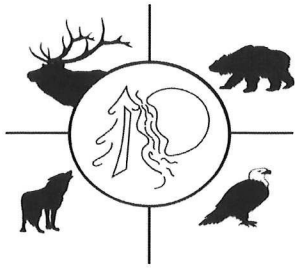
#301-230<sup>th</sup> Street Coldwater Reserve

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

## Job Posting

### Family Connections Navigator (Full Time – 35 hrs/wk)

DESCRIPTION: Reporting to the Social Development Coordinator, the Family Connections worker will be responsible for helping community members navigate challenges while supporting the wellbeing of individuals and families in a holistic manner. The Family Connections Worker 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. Accept referrals from Community, Social Workers, other community services and etc.;
4. Outreach and engagement in the with the community;
5. Develop and maintain participant driven integrated wellness plans;
6. Advocate for participants' needs;
7. Support participants to build capacity in areas such as communication, self-advocacy and relationships;
8. Participate in team meetings;
9. Maintain accurate records;
10. Other related duties as assigned.

#### Requirement of Family Connections Worker Position:

- Diploma or Degree in Social Work (other related fields will be considered);
- Experience working with First Nations Community;
- Access to reliable vehicle and current Driver's license;
- Passable Criminal Record Check and Driver's Abstract;
- Able and willing to work some evenings and weekends.

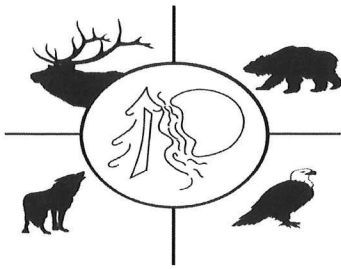
Deadline for submissions: March 12, 2021 at noon.

Please forward Resume and Cover Letter to:

Diana Norgaard, Social Development Coordinator  
2249 Quilchena Ave, Merritt, BC, V1K 1B8  
dnorgaard@coldwaterband.org

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Development, Education

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## New Staff

Hensci (Hello). By way of introduction, my name is Diana Norgaard and I have the honour of newly holding the Social Development Coordinator position. For those of you who do not already know me please let me tell you a little about myself. I'm a woman of mixed heritage; Muskogee and Danish. I belong to the Sweet Potato clan. I was born and raised in the Nicola Valley. Henry and Clara Norgaard are my parents. Sometime I would like to tell you the story of how a Muskogee woman ended up in Nlaka'pamux territory.

Over the years I've held many jobs in the field of social service from Band Social Worker to Ministry Child Protection Worker to Mental Health Clinician to Executive Director. I've also had the privilege of teaching other Social Workers from an Indigenous perspective in university settings.

One of my most recent passions has been to get detox and residential addictions treatment here in the valley. I wasn't successful on my first try but I will keep trying. I truly believe that culture is healing and I look forward to learning more about the Nlaka'pamux ways.

My grandfather always told me that the skills and abilities we are given are gifts from Creator. Gifts to be used to give back to the community. I'm eager to use my learning and skills to help the Coldwater community achieve their vision. Grandpa also used to say Creator gave you two eyes, two ears and one mouth. What he meant was to be quiet, to carefully watch, listen and learn. I invite you to show me or tell me what your vision is

Mato (thank you).

Hello there people of the Coldwater Indian Band! I am Vivian Steinhauer (Bob) a Coldwater Indian Band member and have recently joined the Coldwater Band Administration in the office with Julia Dick and Barclay Smith in the position of Finance Clerk. I enjoy Being back and working with them in the office and with other team members from both offices and being able to see and be amongst my people- family and friends. I am looking forward to the days when we can visit and be with each other and getting to know each other better. But we must take care of each other the best way we can.

Thank you,

Vivian Steinhauer

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# Bring C'elelkwmx/Coldwater Children Home



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## *Scw'exmx Child and Family Services Society*

is looking for community Members interested in becoming

## **Community Caregivers.**

- These will **NOT** be Ministry or Scw'exmx Foster homes.
- They will be paid Out-of-Care homes, meaning there is no court involved.

“Caregivers are people who are reliable, consistent, patient, and above all, resilient! What’s important is having a stable home life, a big heart and a willingness to help change a child or young person’s life for the better.”

### **Think that you might not qualify?**

- ❖ Even if you have had involvement with child protection or the law, it doesn’t mean you cannot qualify. What happened in the past is in the past. What matters is where you are now.

If you have some interest in providing care for C'elelkwmx/Coldwater children or would like more information, you can contact Scw'exmx directly at 250-378-2771 or Diana Norgaard, Social Development Coordinator, Coldwater Band, 250-378-6174 ext. 107, [dnorgaard@coldwaterband.org](mailto:dnorgaard@coldwaterband.org)



# **\*IMPORTANT NOTICE\***

The Ministry of Children and Family Development recently announced the extension of the emergency measures allowing young adults from care over 19 to stay in their current living arrangements for an additional year.

There are a limited number of housing benefits, and they will be provided to eligible young adults on a first come, first served basis.

## **Eligibility**

Young adults must:

- Be participating in the AYA program or be eligible for the program (turned 19 under a Continuing Custody Order or on a Youth Agreement);
- Be paying more than 30% of their income towards rent (or more than their shelter allowance if on Income Assistance);
- Be currently renting in the private market, not including subsidized or co-op housing; and
- Have an income below \$31,992 (for single and couples with no children). Families with children must have an income below \$44,400.

Young adults who may be eligible need to call Provincial Centralized Screening (PCS) at

**1 800 663-9122**

**By March 17, 2021.**

If you have questions, please call the above number or Diana Norgaard, Social Development Coordinator, Coldwater Band, 250-378-6174.



## Public Wildfire Information Resources

MEDIUM	CONTACT	INFORMATION
WILDFIRE REPORTING LINE	1-800-663-5555 or *5555 on cell	✓ To report a wildfire
WILDFIRE INFORMATION HOTLINE	1-888-3FOREST (336-7378)	<ul style="list-style-type: none"> <li>✓ Wildfires of Note</li> <li>✓ Burning restrictions &amp; bans</li> <li>✓ Fire danger rating</li> </ul>
BC WILDFIRE SERVICE	<a href="http://www.bcwildfire.ca">www.bcwildfire.ca</a>	<ul style="list-style-type: none"> <li>✓ Wildfire info and updates</li> <li>✓ Employment &amp; contract opportunities</li> <li>✓ Wildfire prevention</li> </ul>
PUBLIC INTERACTIVE MAP	<a href="http://ow.ly/r8Yc30rwejZ">http://ow.ly/r8Yc30rwejZ</a>	<ul style="list-style-type: none"> <li>✓ Updated every 2 hours</li> <li>✓ Info on active wildfires, bans and restrictions, evacuations, prescribed fire, and DriveBC events</li> <li>✓ Available as mobile app with push notifications</li> </ul>
EMERGENCY MANAGEMENT BC	<a href="http://www.emergencyinfobc.gov.bc.ca">www.emergencyinfobc.gov.bc.ca</a>	<ul style="list-style-type: none"> <li>✓ Evacuation information</li> <li>✓ Response and recovery</li> <li>✓ Emergency preparedness info for a variety of potential incidents</li> </ul>
REPORT ALL POACHERS AND POLLUTERS LINE (RAPP)	1 877 952-7277 or *7277 on cell	✓ Report known or suspected violations of fisheries, wildlife or environmental protection laws
DRIVE BC	<a href="http://www.drivebc.ca">www.drivebc.ca</a>	✓ Road closures and hazards
	<a href="#">BCForestFireInfo</a>	✓ Wildfire updates and informational posts
	<a href="#">@BCGovFireInfo</a>	✓ Wildfire updates



# BC Wildfire Service

<b>KAMLOOPS FIRE CENTRE</b> INFORMATION OFFICER	250 554-5965 <a href="mailto:KFCINFO@gov.bc.ca">KFCINFO@gov.bc.ca</a>	✓ Phone line is staffed during peak fire season
<b>KYLA FRASER</b> Lead Information Officer	<a href="mailto:Kyla.Fraser@gov.bc.ca">Kyla.Fraser@gov.bc.ca</a>	
<b>TAYLOR MACDONALD</b> Information Officer	<a href="mailto:Taylor.MacDonald@gov.bc.ca">Taylor.MacDonald@gov.bc.ca</a>	
<b>MADISON SMITH</b> Information Officer	<a href="mailto:Madison.Smith@gov.bc.ca">Madison.Smith@gov.bc.ca</a>	
<b>GAGAN LIDHRAN</b> Information Officer	<a href="mailto:Gaganjot.Lidhran@gov.bc.ca">Gaganjot.Lidhran@gov.bc.ca</a>	

## NLAKA'PAMUX HEALTH SERVICE SOCIETY

### REGENERATION YOUTH GROUP

#### DREAM CATCHER MAKING

Registration Required: Email – [MUNRO.JULIA@NLXFN.COM](mailto:MUNRO.JULIA@NLXFN.COM)

Date: March 23, 2021

Time: 1:00 PM to 2:00 PM

Join Zoom Meeting:

[HTTPS://ZOOM.US/J/2403645175](https://zoom.us/j/2403645175)

MEETING ID: 240 364 5175

2088 Quilchena Avenue,

Merritt, BC V1K 1B8

250-378-9772



# Citxw Nlaka'pamux Assembly Employment & Training

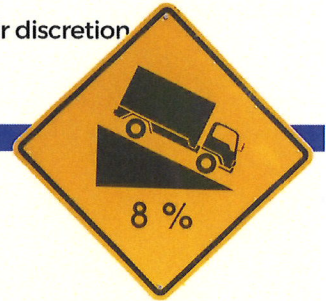
## ICBC Certified

# AIR BRAKE Course



This course has been designed to prepare students for the ICBC written examination for an air brake endorsement to operate air brake equipped highway vehicles. Emphasis is placed on safe operating procedures, and ongoing maintenance for air brake systems. This ICBC certified course includes the airbrake pre-trip exam and the use of the truck for this test. Upon successful completion of this course, students have 90 days to write the air brake exam at ICBC to have the air brakes endorsement placed on your Driver's license.

Please note: ICBC has the right to review certified records and to retest certified students at their discretion.



Prerequisite for course is a valid Class 5 BC driver's license.

### Dates and Times:

All 2020 air brake certification courses run Saturday and Sunday 8 am – 6 pm.  
Courses are held at TRU in the the Trades Building. Room 219 and parking is free, Lot T2.

- March 6-7, 2021
- March 20-21, 2021
- April 10-11, 2021
- April 24-25, 2021

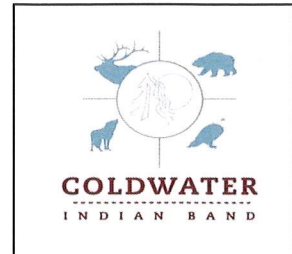
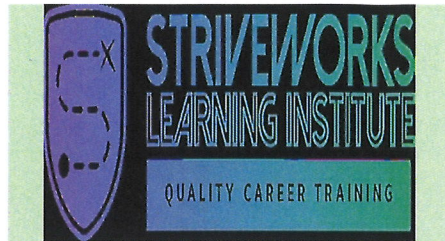
For additional information or to register contact:  
Employment & Training Department  
Madelynn Albert  
250-378-1864  
administration@cna-trust.ca  
2187A Coutlee Ave, Merritt BC







Nooaitch Band



NVIT, in partnership with Nooaitch and Coldwater Bands are pleased to offer the following program in the Nicola Valley: Delivered by:

<https://www.striveworkslearninginstitute.com/>

# Landscape and Ground Maintenance Certificate



- 3 Weeks
- Certificate Program
- Small Class Size
- Certified Instructors

**March 15, 2021 – April 2, 2021**

**NVIT - 4155 Belshaw Ave. Merritt.**

**Course Description:** This is a 15-day practical and theory training program; an introductory to landscaping, plant ID, basic garden layout and design, botany, soil management, learn to spot pests, diseases & weed infestations. Learn to operate and maintain garden equipment, Lawn care, care & maintenance of garden beds, how to compost etc.

***Applications are open to Nooaitch & Coldwater community members. Contact Shannon at Coldwater or Kathie at Nooaitch to register.***

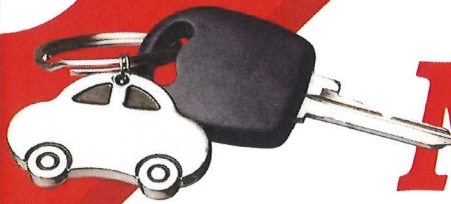


For more information please contact:  
Kathleen Jumbo – Nooaitch First Nation – 250-378-6141 Ext. 103  
[education@nooaitchband.ca](mailto:education@nooaitchband.ca) or  
Shannon Goss – Coldwater Indian Band – 250-378-6174  
[sgoss@coldwaterband.org](mailto:sgoss@coldwaterband.org)

**COVID-19 SAFETY  
MEASURES IN  
EFFECT**



Citxw Nlaka'pamux Assembly  
Employment & Training



# **Merritt**

## **Driving Lessons**

### **March 9, 2021**

### **March 23, 2021**



*Book your spot today!*

*\*Each lesson is 45 min long.*

**Sponsorship is available for members of Citxw Nlaka'pamux Assembly (CNA) participating bands.  
All lessons must be booked through the CNA.\***

- **Patient, experienced teacher**
- **Use of car for road test**
- **Practical driving skills**
- **Road readiness course**



**For additional information contact:  
Madelynn Albert  
Employment & Training Department  
250-378-1864  
administration@cna-trust.ca  
2187A Coutlee Ave, Merritt B.C.**





# RCMP Newsletter

*Working together towards Safe Homes, Safe Communities*  
**Merritt Detachment – First Nation Policing**

March 2021

## Online Crime Reporting

Way to report the less serious crimes.

### WHAT TO REPORT:

- lost or stolen items under \$5000
- property damage or vandalism that cost less than \$5000 to repair
- Crimes that happen within the jurisdiction of the Merritt RCMP

### WHAT YOU NEED TO REPORT

- address
  - phone number
  - valid email address
- \*a typical file takes 15 mins or less to report

### BENEFITS OF THE NEW SYSTEM

- immediate file number for you
- improved crime stats for RCMP
- increased efficiency

### WHERE TO REPORT

**[bc.rcmp-grc-grc.gc.ca/merritt/report](https://bc.rcmp-grc-grc.gc.ca/merritt/report)**

Scammers are reaching out everyday in increasing numbers and we all need to be aware of how to protect ourselves. We encourage you to recognize, reject, and report fraud.

Recognize – attempted scams / fraud can come in many different forms. Reports involve emails, text, phone, fax, social media, internet and in person. We ask that you be careful with any attempt to contact you that you did not initiate.

Reject – this can be difficult for some people because often the scammers play on your curiosity. We encourage you to slow down, focus on one thing at a time and think before you click. Clicking on an email or link can seem harmless; however, it can also initiate a download that you are not aware of.

Do not give personal information to anyone that you do not know and remember that just because you have communicated online does not mean you know who you are talking to

Report – if you have experienced a financial loss due to a scammer this should be reported to our local police at their non-emergency number. If you need help recognizing whether something is a scam, you can contact the Community Policing Office.

## FRAUD PREVENTION MONTH

Every year thousands of Canadians are affected by fraud. The impact on individuals and families is devastating. The impact of Covid 19 scams in Canada alone (Mar/20 – Jan/21) saw over \$7 M lost to fraud.

**-top reported incident related scams** in 2020 was spear-phishing (\$27.9 million) which is the fraudulent practice of sending emails from a known or trusted sender in order to induce targeted individuals to reveal confidential information

**- second highest incident** was romance related scams (\$24 million)

**-third highest incident** was investment scams (\$19 million)

## **Safety for Seniors**

Remember that legitimate businesses, financial institutions, government agencies and help desks shouldn't be asking for personal or confidential information via email, voice or text message. If you believe the email communication to be valid, contact the company directly. There are many scams where a caller pretends to be a police, government official or even a senior home. During the call they often claim that your or a family member owes them money. Alternatively, people might pretend to be a distance relative and claim that they are desperately in need of money. In both instances, they are just looking for money. Computers are great if they have adequate protection. Make sure your computer has an anti-virus program and is connected to a firewall. These will make it much harder for anyone to access your personal information. For further Senior Cyber Safe info go to:

**<https://getcybersafe.gc.ca/cnt/prtct-yrs1f/prtctn-fml/snrs-nln-en.aspx>**

## Ideas or Suggestions

Please contact our editor, Cst. Tammy DENNING, at the Merritt Detachment (250-378-4262) or via email at [tammy.denning@rcmp-grc.gc.ca](mailto:tammy.denning@rcmp-grc.gc.ca)





# **RAISED GARDEN BOXES**

**Social Development would like to provide garden boxes, seed, soil and tools to any household.**

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**If you are interested please call Velma or Diana  
before March 27, 2021. We need to order soon.**

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**PLANTING TIME WILL BE HERE SOON!**





## **Activity Report March 2021**

As our community recovers from COVID19 and surrounding areas you start to think what will our community and family look like after all that has happened. We cannot grieve as we should and will run into gaps now and then due to no physical contact with family members and friends. Work at Coldwater struggles to move forward and be successfully completed before fiscal year end. Today we await the completion of the backup well to be drilled by the end of March, the authorizations from Chief and Council need a positive nod to start.

We are planning the waterline and reservoir in 2021/2022 that is needed for the community as we continue to build more houses and businesses. To be completed to is the upgrades to the Comstock Road and intersection at the Coldwater Road.

Start planning your gardens, need any greenhouses? With some COVID19 funding maybe available from the band to help grow our food we are considering some individual home size greenhouse to help grow your garden, with an agreement that it does not turn into a junk shed. Contact me at the band office as it may take a time to have delivered. This year we should have bigger gardens growing as we see food prices at the stores rising 10-20%.

Student summer jobs are being applied for again and we need to plan the tasks that need to be completed over the summer. With all staff fully recovered from the bouts of COVID19 and vaccinations are completed we will have may more projects underway and works towards completion.

We are talking to potential clients about renting a small light industrial lot with water, power and road access, we need to level somewhat and have moved the debris accumulated from Coldwater Post and Rail.

As the band moves to close down the transfer station location, we could plan for a steel building for large equipment storage, as we already have power to the location and we are getting more equipment for the Band's needs.

We would like to have band members express interest on utilizing the community garden area this year, we maybe able to prepare land for gardening plots and maybe cameras to pick out the late night harvesters.

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

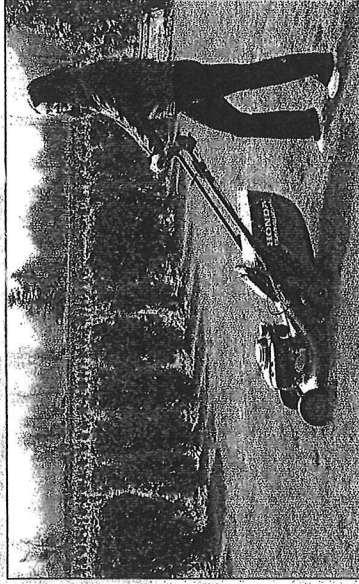
## SPRING

- After consulting your hot water tank owner's manual, carefully test the temperature and pressure relief valve to ensure it is not stuck. **Caution:** This test may release hot water that can cause burns.
- Have fireplace or wood stove and chimney cleaned and service as needed.
- Turn OFF gas furnace and fireplace pilot lights where possible.
- Check smoke, carbon monoxide and security alarms, and replace batteries.
- Examine foundation walls for cracks, leaks or signs of moisture, and repair as required.
- Check gutters and downspouts for loose joints and secure attachment to your home, clear any obstructions, and ensure water flows away from your foundation.
- Clear all drainage ditches and culverts of debris.
- Repair and paint fences as necessary- allow wood fences to dry adequately before tackling this task.
- Undertake spring landscape maintenance and, if necessary, fertilize young trees.



## SUMMER

- Deep clean carpets and rugs.
- Disconnect the duct connected to your clothes dryer, and vacuum lint from duct, the areas surrounding your dryer and your dryers vent hood outside.
- Check security of all rail guards and handrails.
- Inspect window putty on outside of glass panes of older houses, and replace if needed.
- Lubricate door hinges, and tighten screws as needed.
- Remove any plants that contact and roots that penetrate siding or brick.
- Repair driveway, walkways, and steps as needed.
- Mow lawns at least 1 to 2 times per week.
- Weed regularly around flower beds.



## **COLDWATER INDIAN BAND**

*Community Comprehensive Plan  
Land Use Plan*

# **CCP & LUP**

### **DATE ZOOM MEETING**

**Kristopher Oppenheim is inviting you to a scheduled Zoom meeting.**

**Topic: CCP LUP Coldwater Time: Mar 16, 2021 06:00 PM Pacific Time (US and Canada)**

**Join Zoom Meeting**

**<https://zoom.us/j/98198580636?pwd=c1g2Y0dSWVZ3ZlJ6dXdYLO5pRWxJQT09>**

**Meeting ID: 981 9858 0636**

**Passcode: Coldwater**

**If you want a Digital copy of the CCP or LUP**

**Contact Kristopher Oppenheim at the**

**Coldwater Indian Band Office at**

**Call (250) 378 – 6174 Or**

**Email [Kristopher@coldwaterband.org](mailto:Kristopher@coldwaterband.org)**

**Attention all new and returning Post-Secondary students  
looking to apply for Fall 2021 funding**



Applications are available at the Band Office in the Education Department or you can email request to the Education Coordinator.

**Deadline for submitting your application  
is April 30<sup>th</sup>, 2021**

Call or email Shannon Goss

(250) 378-6174

[sgoss@coldwaterband.org](mailto:sgoss@coldwaterband.org)



Canadian Armed Forces  
**Indigenous**  
Summer Programs

## A 6-week military training!

Material, equipment, transportation,  
accommodation and meals are provided.

Includes a cultural camp and  
a basic military training  
with no obligation.

**Total salary up to \$4,200**

**From the beginning of July to mid-August 2020**

**Prerequisites :**

*You must be 16 yrs old or + and have 24 units of secondary 4 or 5 or equivalent\**

*\*Equivalencies: Diploma of vocational studies (DVS)  
or a General education development (GED)*

**Black Bear**  
**Gagetown N.B.**

**Raven**  
**Esquimalt B.C.**

**Carcajou**  
**Valcartier QC**

Jo-Ann.Landry@forces.gc.ca  
@programmesAutochtonesdesFC



Canada

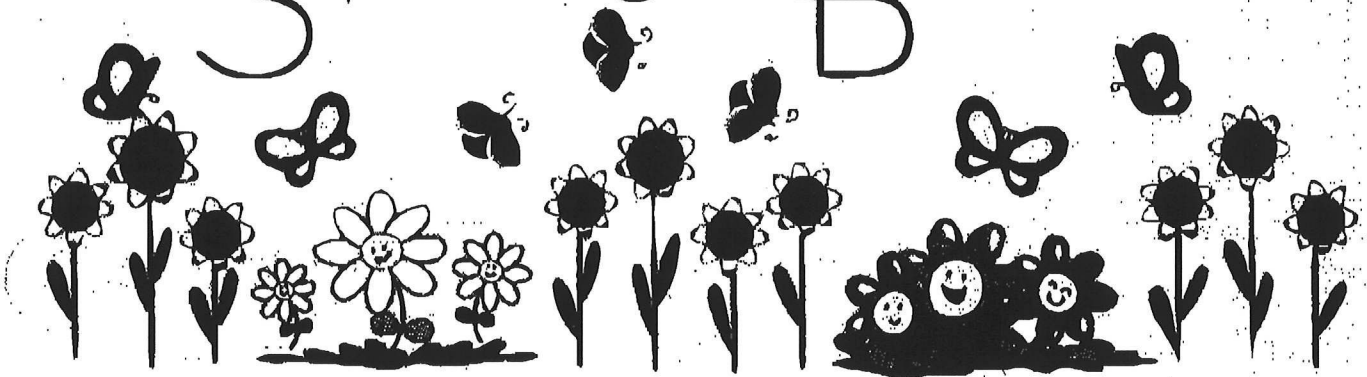


**FORCES**  
JOBS



**Friday March, 12th is last day of in class instruction before spring break . The students will return on Monday, March 29th. We are following the school district 58 school calendar.**

Spring Break



**From all of us at Coldwater School we wish you and yours a safe and happy spring break.**

**Any questions/concerns you can call the school at 250-378-9261**