



## FEBRUARY 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



**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.

Hello! Allow me to introduce myself as the second newest team member for the Coldwater Indian Band as the Social Service Coordinator. My name is Cynthia H. Leverre-Jager, and I am originally from the Pikwakanagan First Nations in Southern Ontario, however I have lived in BC most of my life, promising one day to revisit home and to connect. I have been married for over 35 years, and together we reared two children and we have four grandchildren. I look forward to meeting and serving all member of the Community. I can be reached at the band office or on the cell 250-280-3523.

Megwich

# Public Works / Fire Chief Report

February 1, 2023

## Fire Department

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.

Please Contact Ron Aljam to put in some training with the Fire Department.

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.

Monday, Wednesday and Friday are Days for Large Items to be hauled to the refuse Station

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

## Snow Removal

The snow removal people will get around soon as they get going. If you need to go into town or where ever please make other arrangements.

Sand your driveways and walk ways. Free sand is available at Norgaard Ready Mix, bring your own bucket for the sand.

Coldwater Band is short Staffed with People with Trucks to sand as prior. Please utilize your own resources to sand.

The weather is warming so prepare your home from the melting snow, start making ditches so the melting water flow away from your home.

Thank you  
Ron Aljam

Monday, Wednesday + Friday

## COLDWATER MONTHLY PICK-UP GUIDE

These items are recyclable, but NOT for the Blue Bin  
Please place these items beside the Blue Bin for pick-up

**X No Leaking Items** **X No Broken Glass**

Questions? Call the Band Office at 250-378-6174



### ✓ Electronics



### ✓ Appliances & Power Tools



### ✓ Oversized Items



✓ Keep fridges, freezers, and air con units upright.

### ✓ Special Waste (empty containers only)



- ✓ Return sharps and unused or expired medications to the clinic or nursing station.
- ✓ Avoid buying toxic or hazardous products. Use safer alternatives.
- ✓ Store chemicals in original container with proper label.

More recycling information available at:  
<https://www.bcrecycles.ca/resources-bc-recycles-handbook/>



# COLDWATER RECYCLING GUIDE

**Rinse Containers and Remove Lids, Keep Paper Dry**

**Questions? Call the Band Office at 250-378-6174**

**Place Full Recycle Bags in Blue Cart at Roadside for Pick-up**



## ✓ Containers (Remove bottle caps)



## ✓ Paper Products



## ✓ Other Recyclables



**X No**



**X No Books**



**X No Plastic Toys**



**X No Waxed Corrugated Cardboard**



**X No Mirrors**



**X No Plastic Squeeze Tubes**



**X No Drinking Glasses**

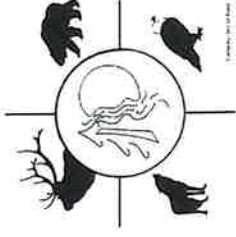


# COLDWATER RECYCLING GUIDE

**Rinse Containers and Remove Lids, Keep Paper Dry**

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**Place Full Recycle Bags in Blue Cart at Roadside for Pick-up**



## ✓ Containers (Remove bottle caps)

- All Purpose Cleaners
- Dishwasher Detergent
- Mouthwash
- Sour Cream
- Bakery Trays
- Cooking Oil Bottles
- Muffin Containers
- Take-Out Containers
- Bleach
- Garden Pots & Trays
- Mustard
- TV Dinner Trays
- Cosmetics (empty cosmetic containers)
- Hairspray
- Peanut Butter
- Vitamin & Supplement Containers
- Cottage Cheese
- Ice-Cream (plastic)
- Pharmaceutical Containers
- Window Cleaner
- Cream Cheese
- Ketchup
- Plastic Drink Cups
- Yogurt
- Deli Tray & Lids
- Laundry Detergent
- Salad Dressing
- Dish Soap
- Milk (plastic)
- Shampoo

## ✓ Paper Products

- Loose Leaf Paper
- Newspaper
- Copier & Printer Paper
- Newspaper Inserts
- Corrugated Cardboard (flattened)
- Notepads
- Magazines
- Egg Cartons (no Styrofoam)
- Non-Foil Gift Wrap
- Envelopes
- Paper Bags
- Frozen Food Boxes (flattened)
- Telephone Books
- Greeting Cards

## ✓ Metal Containers

- All Purpose Cleaner
- Foil Containers
- Aluminum Foil
- Metal-Aerosol Containers
- Aluminum Food Cans
- Steel Food Cans
- Bakery Trays

## ✓ Other Containers

- Ice-Cream (cardboard)
- Paper Drink Cups
- Milk (gabletop)
- Soup (Tetra-Pak)
- Non-Dairy Milks (Tetra-Pak)
- Spiral Wound Cans

## ✓ Other Recyclables

- Styrofoam
- Glass
- Refundable Drink Containers (non-dairy)
- Plastic Bags & Outer Wraps
- Stand-up and Zipper Lock Pouches
- Crinkly Wrappers and Bags
- Flexible Packaging with Plastic Seal
- Woven and Net Plastic Bags
- Non-Food Protective Packaging

**Milk and milk substitute containers are refundable starting February 2022.**

## X No

- Books (hardcover or paperback)
- Foil or Plastic Lined Paper Bags
- Drinking Glasses
- Plastic Squeeze Tubes
- Plastic Hangers
- Window Glass
- Foil Gift Wrap
- Plastic Toys
- Mirrors
- Soiled or Wet Paper Boxes
- Waxed Corrugated Cardboard

# Happy Valentine's Day

**THE CAVE CLOTHING**

**WILL BE SELLING VALENTINE'S  
SILK & REAL FLOWER ARRANGEMENTS,  
CHOCOLATE COVERED  
STRAWBERRIES & PRETZELS**

**FEBRUARY 14, 2023**

**PLACE: #3-1950 GARCIA STREET**

**(Previously the old expresso café)**

# INTERIOR REGION HARM REDUCTION NEWSLETTER

First Nation Health Authority Mental Health and Wellness Team



## DECRIMINALIZATION 101

Effective January 31, 2023

### Which substances will no longer be criminal to possess?

- Opioids- Heroin/Fentanyl
- Cocaine/Crack
- Methamphetamines
- MDMA- Ecstasy

### How does this impact people who use substances?

Decriminalization will both recognize those who use substances and reduce the stigma and shame around substance use. This will mean that many people are likely to be more open about their substance use, talk about it with friends, families and care providers, and feel like they do not have to hide their use- and use alone.

### How much of a substance can someone possess without it being considered a crime?

As of Jan. 31, 2023, all adults 18 and older in BC will be able to possess up to 2.5 grams of certain illicit substances without being subject to fines, arrest or drug seizures. **The 2.5 gram calculation is “cumulative”- the weight of all drugs combined.**

The selling or trafficking of drugs of any weight will remain illegal once decriminalization goes into



First Nations Health Authority  
Health through wellness

IN THIS ISSUE

## DECRIMINALIZATION 101

TYPES OF TOXIC DRUG POISONING AND HOW TO IDENTIFY THEM

SAFER SUBSTANCE USE SUPPLIES AND WHERE TO ACCESS

Sadie Bedard  
C: (250) 215-4390

[Sadie.bedard@fnha.ca](mailto:Sadie.bedard@fnha.ca)

FNHA Interior Region Harm Reduction Educator



# TOXIC DRUG POISONING AND HOW TO IDENTIFY IT

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



**Stimulate**  
Unresponsive? **CALL 911**



**Airway**



**Ventilate**  
1 breath every 5 seconds



**Evaluate**



**Muscular Injection**  
1 mL of naloxone  
*Continue to provide breaths until the person is breathing on their own*



**Evaluate 2nd dose?**  
*If no response after 3-5 minutes give another injection*

**Common Opioids:** heroin, fentanyl, oxycodone, codeine, morphine, methadone and hydromorphone.

### Symptoms of Opioid Poisoning:

- The person will not move and cannot be woken up
- Slow or no breathing
- Making Sounds: Choking, gurgling or snoring.
- Blue lips and Nails
- Cold or Clammy Skin
- Dilated pupils

**Common Stimulants:** Amphetamines, crystal meth, cocaine, MDMA, Ritalin and caffeine.

### Symptoms of Stimulant Poisoning:

- Rigid, jerking limbs or seizures
- In and out of consciousness
- Fast pulse or chest pains
- Psychological distress
- Skin feels hot/sweating

**Tsow-Tun-Le-Lum Society (cultural support and counselling):** 1-888-403-3123

**KUU-US Crisis Line Society:** Adults and Elders at 250-723-4050 | Children and Youth at 250-723-2040 | Toll-Free at 1-800-588-8717

**ACCESSING SAFER SUBSTANCE USE SUPPLIES**



First Nations Health Authority  
Health through wellness

Scan the QR code for Supervised Consumption Sites in the Interior Region



Scan the QR code for Harm Reduction sites across the Interior Region



# 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**



**WHEN YOU HAVE EVERYTHING IN ORDER, YOU HAVE THE SAY ON WHAT HAPPENS TO YOUR ASSETS. NO ONE ELSE CAN TAKE YOUR POSSESSIONS!**

# Nlhakapamx

## Funeral

## Protocols

Beliefs

Traditions

Group  
discussions

# FEB

# 25th

### Coldwater School

Merritt, BC

# Sat.

Elders Session: 10 am - Noon

2023

Community Session: 1 - 3 pm

**FEAST: 4 PM**

No recorders

**Facilitator: Jen Brown**

No video taping

Sponsored by Coldwater S.A.

Info: Sharon Antoine

email: [lyndaantoine0021@outlook.com](mailto:lyndaantoine0021@outlook.com)

**Coldwater  
Administration Office and  
the Coldwater Indian  
Band Office will be closed**

**February 20, 2023  
For Family Day Statutory  
Holiday**

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

**February 16, 2023**

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

**Agenda**

**Meeting Protocols:**

As per last General Band Meeting and Councilor Jackie Aljam'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. Presentations**

- a. 7:15 p.m. – RCMP Update
- b. 7:45 p.m. – Regional Health Survey – Rae-Anne Sasakamoose

8:55 p.m. BREAK

**3. Topics to Discuss**

- a. Animal Bylaw

**4. Minutes for Approval (Motion) These keep getting pushed to the sideline, can we get motions please. Any amendments I missed can be emailed to me. Thank you.**

- a. March 17, 2022 – GBM minutes
- b. May 19, 2022 – GBM minutes
- c. July 21, 2022 – GBM minutes
- d. August 17, 2022 – GBM minutes
- e. September 22, 2022 – GBM minutes

**5. 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.**

Join Zoom Meeting

<https://us02web.zoom.us/j/89189707948?pwd=WC9rbVBVaExaU2E2bndiNlB4NjRYUT09>

Meeting ID: 891 8970 7948

Passcode: 825198

One tap mobile

+15873281099,,89189707948#,,,,\*825198# Canada

+16473744685,,89189707948#,,,,\*825198# Canada

Dial by your location

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

Meeting ID: 891 8970 7948

Passcode: 825198

Find your local number: <https://us02web.zoom.us/j/89189707948?pwd=WC9rbVBVaExaU2E2bndiNlB4NjRYUT09>