



COLDWATER INDIAN BAND:

844 Population

337 Living On Reserve (# of households)

54 Living On another Reserve

453 Off Reserve

Website: <http://www.coldwaterband.com>

Coldwater Merritt office 2249 Quilchena Ave, PO Box 4600 Merritt BC V1K 1B8

Phone: 250 378 6174

Coldwater Reserve office 301-230th Street Coldwater Reserve #1, PO Box 4600 Merritt, BC V1K 1B8

Phone: 250 378 6168

C'eletkwmx (Coldwater People) are strong, healthy, growing **Nlaka'pamux People** connected to our culture, our land and our resources. Our **Mission Statement** is 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.

History- Our Nlaka'pamux History

Our Nlaka'pamux ancestors have used and occupied this area since time immemorial.

They travelled and settled far and wide across the territory that would become the southern interior of British Columbia and northern Washington State.

Rivers, valleys and mountain passes provided "highways" for our people to access the resources they needed to live a good and abundant life. They fished salmon in the rivers and streams, hunted game in the forests, mountains and grasslands, and gathered plants and medicines throughout the territory, all the while trading with neighbouring nations.

Our ancestors lived in pit houses during the winter months, and during the rest of the year, they travelled in family groups across the territory, accessing seasonal resources as they became available. Summer villages were special places where family groups came together to socialize, attend to governance matters, and to share, trade and gather resources. These Nlaka'pamux ancestors enjoyed a rich, complex cultural and spiritual life with teachings that structured social life and governance.

When European settlers arrived in Nlaka'pamux territory in the first half of the 19th century, our ancestors willingly entered into economic relationships with these new neighbours, while incorporating the new technologies and occupations they brought with them into our lives.

By the mid-19th century, the newcomer population had grown exponentially, which in turn resulted in many changes to daily life in Nlaka'pamux communities. Although our ancestors continued to engage in traditional activities on the land, accessing that land became more difficult as settlers put up fences and privatized large areas of our traditional territory. In addition to continuing with their traditional activities, our ancestors adapted to this new way of life and the new rules and regulations about accessing lands and resources that were imposed by colonial governments. During this period, our ancestors took on new livelihoods such as ranching, farming and working on railroad construction. Today, agriculture and forestry continue to be popular among our members.

Our Nlaka'pamux Territory

As a member of the Nlaka'pamux Nation, we have connections to the entire Nlaka'pamux territory, which spans a large region in the south central interior of British Columbia.

This territory stretches from the Fraser Canyon and Princeton in the south to Cache Creek and Kamloops in the north.

It borders the territory of the Okanagan, Sylix and Secwepemc peoples. We have a special connection to the Coldwater watershed and the cultural resources it has provided to our people for millennia.

The main Coldwater Reserve area (IR#1) is located approximately 13 km southwest of Merritt

Pauls Basin (IR#2) is located approximately 22km southwest of Merritt

Gwen Lake (IR#3) is located approximately 15km south of Merritt
Nlaka'pamux Traditional Territory

Our Nlaka'pamuxcin Language

The Nlaka'pamuxcin language is still spoken by a few of our Elders.

Our recent integration of the language into the Nc'tetkwu Band School curriculum is leading to a resurgence of interest and knowledge among our young people.

Currently we have 12 members that speak and understand our language fluently, and 154 that somewhat understand and/or speak our language. All those who speak and understand the language fluently are aged 55 and over, but fortunately 210 members are learning the language

Governance Structure

Chief & Council Members

Chief

Lee Spahan

Council Members

Harry Spahan

Laura Antoine

Annie Major

Jessie Voght-Aljam

Carol Smith

Michael Smithers

Shelly Oppenheim-Lacerte

Coldwater Organization Chart



**COLDWATER INDIAN BAND
MEMBERSHIP**

COUNCIL

**BAND
ADMINISTRATOR**

**COLDWATER BAND
SCHOOL**

**JOURNEYS INTO TOMORROW
TRANSITION HOUSE**

MEMBERSHIP SOCIAL DEVELOPMENT EDUCATION ECONOMIC DEVELOPMENT HOUSING CULTURE LANDS, WILLS & ESTATES TAXATION PUBLIC WORKS FINANCE

Health and Wellness Programs

From youth and young families to Elders, healthy, active membership makes us stronger as a community. Having opportunities to exercise, get social support, and connect with each other are all part of living better together. The health and wellness of our members is supported through our involvement and affiliation with a number of organizations providing health services.

Hope Health Healing Report in site: The Coldwater Indian Band community is located approximately 10 kilometers southwest of the City of Merritt. It does not have any amenities located on-reserve. The community may be accessed from the City of Merritt via Coldwater Road or from Highway 5 at the Kingsvale turnoff. Despite the community's close proximity to Merritt, the community is faced with various challenges.

- ✚ There is no public form of transportation; therefore the community relies on friends, family, walking, hitchhiking or use of the SCHSS medical van to attend medical appointments in Merritt or elsewhere.
- ✚ Communication may prove difficult with limited cell service in the area and only some members having a land line phone and limited access to internet services.
- ✚ Not all members of the community have computers or access to computers.
- ✚ Literacy rates vary by members of the community making it challenging for some community members to access information.

The local health office, Scw'exmx Community Health Services Society (SCHSS), serving the band is located in Merritt. Staff provide homecare services, deliver community nursing programs, administer non-insured health benefit coverage, facilitate youth programs and provide mental health counselling services to band members.

The health office accommodates band members by providing some services on and off reserve. The community recognizes the many programs available while noting that more youth programs are needed including before and after school programs.

The community wishes to recognize those families who work and are unable to access programs provided as they are during the business hours. The community also felt it would be well served if more programs were offered on evenings and weekends so that everyone has a chance to participate.

The Nicola Valley had two doctors recently retired that has left a heavier burden on the current doctor-patient ratio. The resulting doctor shortage leaves limited options and increased emergency room visits to fill prescriptions and deal with various ailments.

Coldwater band members find services not covered by the health office must be accessed through the Merritt hospital's emergency department or through the Kamloops hospital. This can lead to long wait times to have a prescription refilled or lengthy travel required to see a physician at the Kamloops hospital to simply have a prescription filled.

The community may access dental services in Merritt, both through local private dental offices or through Stoyoma Dental office (owned and operated by the three locals Indian Bands through SCHSS). Stoyoma Dental is committed to servicing their first nation clients to the extent services are covered by FNHA without any fiscal impact to the client.

Community members have access to annual eye visits and affordable prescription glasses normally covered by FNHA. This is through the SCHSS annual eye program that sees an optometrist, Dr. Ahmed, visiting the SCHSS offices twice a year. Community members requiring access outside the FNHA normal coverage or in emergency circumstances have to pay out of pocket. Most often members don't have the resources to do this and find that there is limited coverage for bi-focal prescription glasses.

One of the challenges is that many community members do not self-identify as a First Nations when they arrive at the hospital, and then receive billings for medical accessories.

Another member identified that social determinants such as housing conditions, employment opportunities and transportation continue to be a barrier to the community.

The community identified that more youth programs that encourage play, team building and life skills is essential, as well as increase access to sports programs and programs that connect youth with elders. Currently, any organized sports or programs are offered off reserve in Merritt. Programs such as before and after-school would be helpful to working families.

The community has a fire department and relies on the BC Forestry to assist with surrounding area wildfire but not within the community itself. The City of Merritt does not respond to fires outside its regular service area or outside its current agreements. There are no first responders currently within the community or trained fire response personnel.

Scw'exmx Child and Family Services Society (SCFSS) provides services and resources to protect children and preserve families in accordance with our ancestral beliefs and values.

SCFSS serves **4 Nicola Nlaka'pamux** bands: **Coldwater, Shackan, Nooaitch** and **Lower Nicola** and **1 Sylix Band, Upper Nicola**, servicing a total of five Bands all together. The Society operates under the **Provincial Child, Family and Community Service Act**.

www.scwexmx.com

Nicola Native Lodge Society (NNLS)

NNLS is a society comprised of the **4 Nicola Nlaka'pamux** bands: **Coldwater, Shackan, Nooaitch** and **Lower Nicola** and **1 Sylix Band, Upper Nicola**, servicing a total of five Bands all together. The society's main goal is to raise funds to construct and operate an Elder Care facility. The NNLS owns a six-acre property on spring bank Road near the Coquihalla Highway.

Journeys into Tomorrow: Transition House

The facility provides shelter and supportive services for women emerging from abusive situations. Although the primary clients of the Transition House are women from the five Nlaka'pamux communities, it also serves Métis and non-native women by referral. There are plans to provide second-stage housing in the future.

Youth Activities

Another critical aspect of health is recreation. In a recent CCP meeting with youth, a central topic of discussion was a lack of activities for youth on reserve. The young participants saw things like improvements to the **baseball diamond** and **basketball court**, a new **youth centre**, and walking and cycling trails as a way to get youth involved in more positive activities on reserve. Currently our on-reserve recreation facilities include the **gymnasium** and **playing field** at the **Nc'tetkwu Band School**, and a **campground** at **Gwen Lake**. However, the gymnasium has limited hours and the field and campground are in need of upgrading.

Youth Advisory Planning Committee (APC)

APC workers will assist in any activity that seeks to engage young people in coordinated programs, including those which are recreational, educational, or social by nature and design. As well as assisting youth to involve themselves into a working environment, either through training or employment. To contact the Youth Workers please call 250-378-6174 and leave a message.

Coldwater Indian Band is seeking youth to form a youth committee to get involved in coordinating youth activities and future projects such as: Youth Centre, Sheeshkn, Arbour, and Interpretive Trails; and Kids Group Planning Session, and Camping Trip.

Affiliations

Buildings and Infrastructure

Facilities and infrastructure are the most costly capital investment for any community, both in terms of up-front construction cost as well as ongoing maintenance.

We currently provide services for the following buildings and facilities in place on Coldwater reserve lands:

Community Band Hall

250-378-8760

Coldwater Indian Band Store

Located at 399 – 230th Street I.R. # 1 (Fire Hall)

Open Monday to Sunday 7AM to 8PM 250-378-2412

Satellite Band Office, Cemetery, Coldwater Community Garden, Solid Waste Transfer Station

Esh-kin-am Cultural Resources Management Office

Their goal is to ensure identification#311 - 230th Street, Coldwater IR #1

PO Box 2159 Merritt, BC V1K 1B8

Phone: (250)315-0085 Fax: (250)315-0084

New Office Hours: Monday - Thursday 9am-4pm, protection and stewardship of indigenous cultural heritage and natural resources.

www.eshknam.com

Comstock Industrial Park - Aspen Planers

2399 Quilchena Avenue, P.O. Box 160

Merritt, B.C., Canada, V1K 1B8

Phone: (250) 378-9266 Fax: (250) 315-4237 Sales: (250) 315-4259

<http://aspenplaners.ca/product-list/post-and-rail>

At our Coldwater Post & Rail facility, we produce untreated round Spruce-Pine-Fir (SPF) and Douglas Fir wood products that we market into agricultural, commercial and residential markets.

Opie's Art Studio

Opie Oppenheim Telephone: 250-378-5719 Cell: 250-572-6393

First Nations Artist – Original Paintings, Flutes, Art Cards, Prints; Silver & Gold Jewellery;

Catholic Church

Infrastructure

We also supply **services and maintenance** for 125 homes between IR#1 and IR#2. Providing infrastructure for **transportation, communication**, and services has always been a challenge in light of limited funding, terrain, and our community's location. We rely on **septic systems**, which have certain land and soil requirements. This limits what kind of buildings we can build and where. It also affects how quickly we can develop new housing. **Transportation** to, from and around our main reserve is also a challenge – it's difficult to get back and forth to Merritt without a vehicle, and roads can be dangerous for pedestrians and bikes.

Similarly, communication infrastructure is limited: along with paving the roads, access to high-speed internet was identified as a priority infrastructure concern by members at engagement events.

Nc'tetkwu Band School

Coldwater School provides K to 12 including cultural studies and interpretation of history as it relates to the Coldwater aboriginal community. Coldwater and non-members are most welcomed at this wonderful school. 250-378-9261 The school also has its own web site at www.coldwaterschool.ca



Volunteer Fire Department

The Coldwater Indian Band Volunteer Fire Department features a modern building in the centre of the village area of IR #1. This volunteer fire department has twenty volunteers, a dozen which have the certified level one fire training provided by First Nations Emergency Services. The building planning and construction phase was over the period 1993/95



Coldwater Indian Band Volunteer Fire Department actively participates in fundraisers, competitions, security, first aid for responders program, emergency searches, and fire protection. Coldwater Indian Band Volunteer Fire Department is committed to providing the Community and its membership with Fire Protection and Public Safety Education throughout the Reserve of the Coldwater Indian Band.

Unit One: 1996 Freightliner 4X4 with a 625 GPM pump 500 gal water Capacity, Acquired November 1995 Built by Hub Fire Engines

Unit Two: 1999 Ford F450 4X4 with A Compressed Air Foam (CAFS) unit on board 200 gal water holding tank Acquired October 1999 built By Hub Fire Engines.

The Coldwater Indian Band Community subdivision consists contains over two dozen fire hydrants supplied by a 100,000 gal, 20,000 gal, and a 10,000, gal reservoirs. Additionally, the fire units are equipment to draft water from nearby water sources if required.

Area of Coverage includes over 120 single family dwellings, 10 Community Buildings, Coldwater Post & Rail, and a School K to 12. Coldwater Volunteer Fire Department has a First Responder program with British Columbia Ambulance Service for assistance on the Coldwater Road. The Ministry of Forests Protection Branch and Coldwater Fire Department actively work on prescribed burns within the Coldwater Indian Reserves. Natural Resources Canada and the Coldwater Band are working on a forest fuel management planning and implementation 2005/06 project for the community.

Fire Hall: Non-emergency is 250-378-2412 or 250-378-6174 **For an Emergency call 911**