

# Newsletter

## April 2021



## COLDWATER INDIAN BAND

### 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.

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## CONTACT US:

### Administrator/Deputy Fire Chief

#### Indian Register Administrator

Laura Antoine

#### Public Works/Fire Chief

Ron Aljam

#### Social Services Coordinator

Dianna Norgaard

#### Social Services Clerk

Velma Collins

#### Finance Coordinator

Barclay Smith

#### Finance

Julia Dick

#### Finance Clerk

Vivian Steinhauer

### 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

#### **Coldwater Band Office**

2249 Quilchena Avenue, Merritt BC

Phone: (250)-378-6174

Fax: (250) 378-5351

Toll Free: 1-877-378-6174

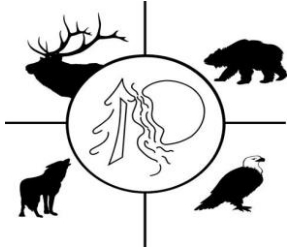
#### **Coldwater Administration Office**

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

Phone: (250) -378-6174

Fax: (250)-378--6153

# Chief & Council Update



## 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

March 31, 2021

To: C&C and Coldwater Band Membership

From:

M. Smithers, Council  
Coldwater Indian Band

Re: Updates

### Background;

For those who don't know me, my name is Mike Smithers and I am Nlaka'pamux Member. My Wife is Jackie Smithers and we have two sons Joseph and Travis Munro.

I've been on Council for Coldwater Indian Band now for my third term as an elected official. I continue to attend C&C Meeting on regular basis.

My parents are Gilbert Bob and the late Virginia Bob also known as (Cookie). My Grandparents are the late Peter Bob and Ada Bob from the Coldwater Indian Band. I have numerous family and friends on and off the Reserve. I currently live on the Coldwater Indian Reserve.

Hello all, this is my report and updates on projects currently in process.

I sit on a couple of Committee and a Board Representative as follows:

1. **Board Member for Scw'exmx Community Health, SCHSS**
2. **Forestry and Range Committee**
3. **Other duties**

1. **SCHSS Board of Directors,**

I am a Board Member for SCHSS Board of Directors and am Secretary Treasurer.

**Health Building:** With the challenges with the Covid-19 pandemic. The Coldwater Band is still in process in a Health Building up on the reserve. Since Coldwater Community had their vaccine shots it changes some things. The Health Building is in the plans to begin this year 2021. Protocols with Covid will still be followed as per the Provincial Health Restrictions. Start Date to is to be determined.

**Background:** The Executive Director and Board Member since were reviewing a feasibility study on what a health building might look on our Community. We are in the preliminary stages in the project. The Coldwater Band, Chief & Council have approved the hiring of "Iredale Architect (Peter Hilderbrand). There were up to three (3) sites that had potential for the location of our Health Building. A preliminary site visit

happened January 26, 2018 and one of the sites I viewed is located near the Coldwater School Building. Since, there was a decision made by the Band Membership on the location and building type. The Feasibility Study has gone to the First Nation Health Authority's for review. The next steps is to have the Committee, the Architects and First Nation Health Authorities meet and decide next steps. This project is proceeding and awaits first concepts from the architects. The building is planned to start the structure once we know more about Covid situation that we are experiencing.

## **Stoyoma Dental**

**Background:** The Executive Director, Jim continues to work diligently on the up keep of the Stoyoma Dental Program.

Since, Styoma Dental Clinic has been moved into the new building, Jim was in process of roof repairs and is complete. The Styoma Dental Clinic is currently in operations.

We encourage for all clients to keep attending your dental appointments and keep smiling.

**Other:** The Executive Director continues diligently submits monthly reports in memo form. Jim Adams continues to attend meetings at IRTT, PATT, IRNE (prep & meeting) and PALT. Watch for SCHSS monthly newsletter that shows different programs being offered by SCHSS.

SCHSS Board of Directors attended a Governance Workshop last September 2019.

Highlights of the Training included:

- • ***Gain*** an understanding of the roles and responsibilities of a board.
- • ***Expanding*** your knowledge of good governance.
- • ***Explore*** governance decision making models.
- • ***Obtain*** insight on board conflicts.
- • ***Explore*** board evaluations
- • ***Understand*** strategic planning

Since the pandemic last year in March 2020, all training is on hold due to the Covid pandemic that we are experiencing.

## **1. Forestry and Range**

The Forest and Range group meet on regular basis and/or when time permits.

In response, to applications and/or proposed activities happening in Coldwater Traditional Territory.

Forest & Range Consultation and Revenue Sharing Agreement (the FCRSA) is an opportunity to receive revenue from the Province of BC in conjunction with forestry activities in the Merritt Timber Supply Area. The Forest & Range Committee group has since reviewed and put forward to Chief and Council for review, discussions around how the revenue sharing is calculated and title & rights. We received legal advice in-regards to Coldwater's positions with respect to Title & Rights and if Coldwater Indian Band did sign it would not jeopardize our position as First Nation.

The (FTOA) is Forest Tenure offer Agreement, is basically a tenure license for an opportunity to manage our own timber volume (m3) that is currently active and we as First Nations are managing the Land. The

Province (Regional Executive Director) offers the Replaceable Forest License to Coldwater Indian Band then, Coldwater has a “License”, as per the Forestry Act.

These agreements were offered from the Province of BC to the Coldwater Indian Band.

The Regional Executive Director has offered Coldwater Indian Band an application to apply for RFL, Re-Newal Forest License to cut.

Coldwater Band is now a license holder to cut timber.

Comments: As First Nations People we have an opportunity to manage the land and want to protect and preserve the traditional plants, animals and water. Our Cultural and Traditional Values are important and this is an opportunity for Coldwater Band to manage the land and protect our resources.

The path forward for the Coldwater Indian Band and the Province of British Columbia rests on establishing a mutually beneficial economic relationship that balances prosperity with the need to maintain and preserve Nlaka’pamux Culture and Values. We continue to build this relationship with the Province of B.C. and we encourage a respectful, principled and timely resolution to these issues mentioned above. I continue to attend the Forest and Range Committee meetings.

- 1. Other:** Also, I am the Technical Representative for Coldwater Indian Band and I attend technical meetings with the other Nicola Bands Representatives.

Some of the things we are looking at,

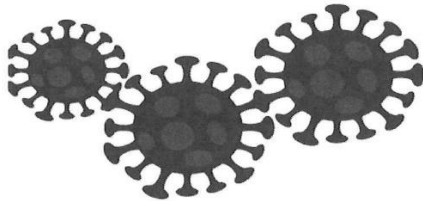
- Communities to work together to understand forest tenures, licenses.
- Forest Stewardship Plans and First Nations want to work with Licensees in a Collaborative Process and Develop Stewardship Standards/Protocols for – roads and access, wildlife, timber and range, water & soil, landscape unit, identify cultural and heritage values (traditional uses), the cumulative effects and look at programs such as full fiber utilization from the timber.
- Attempt to develop a plan to ensure that all parts of the territory are cared for.
- Continue to attend meetings with decision makers from all Forest Licensees in the territory to outline the First Nation’s Plan in moving forward.

It is challenging times with this Covid-19 situation. Please Everyone, we are in middle of a pandemic with this Covid-19 virus. Even though, we are getting the vaccine here on our Community, we must still stay the course and continue to follow restrictions. Wash and sanitize your hands frequently, practice social distancing, stay in your bubble. Avoid travel and only go to town for basic stuff (groceries, appointments, etc). We are all in this pandemic together, we will get through this together.

Thank you,

Mike Smithers, Council  
Coldwater Indian Band.

# Covid-19 Updates



For more information:  
[Canada.ca/coronavirus](https://Canada.ca/coronavirus)

Information for Indigenous communities:  
[Canada.ca/coronavirus-info-indigenous](https://Canada.ca/coronavirus-info-indigenous)

## COVID-19 UPDATE

### Best Practices Surrounding Status Cards During COVID-19

In response to questions received from First Nations members, citizens, and stakeholders, Indigenous Services Canada (ISC) is proactively sharing information to ensure that registered persons with a status card can access programs, services, rights and benefits during the COVID-19 pandemic.

All ISC offices for Indian status and secure status card applications are closed until further notice. Processing times, including return of original documents, are delayed.

In light of these circumstances, ISC is recommending to service providers that they should accept status cards or Temporary Confirmation of Registration Documents (TCRDs) past the renewal date with a second piece of identification. ISC will be reaffirming to businesses and service providers that Indian status does not expire, and that the registration number provided on these documents remains the same and is what is required to confirm eligibility for programs and services.

It is recommended to share this notice with your members, so that they have a copy accessible to them to show services providers in the event there are difficulties.

For more information, please visit Coronavirus (COVID-19) and Indigenous communities or email the Public Enquiries Contact Centre.



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

# ***Education Updates***

**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)

# IMMEDIATE ENTRY BURSARY

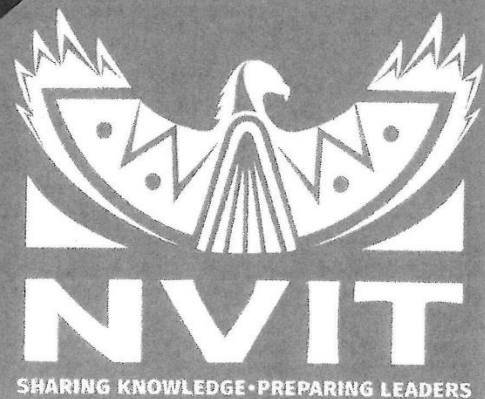
**Deadline for Application Packages extended  
to August 16, 2021.**

**For more information contact:**

**info@nvit.ca**

**1-877-682-3300**

**www.nvit.ca/applynow\_ieb.htm**





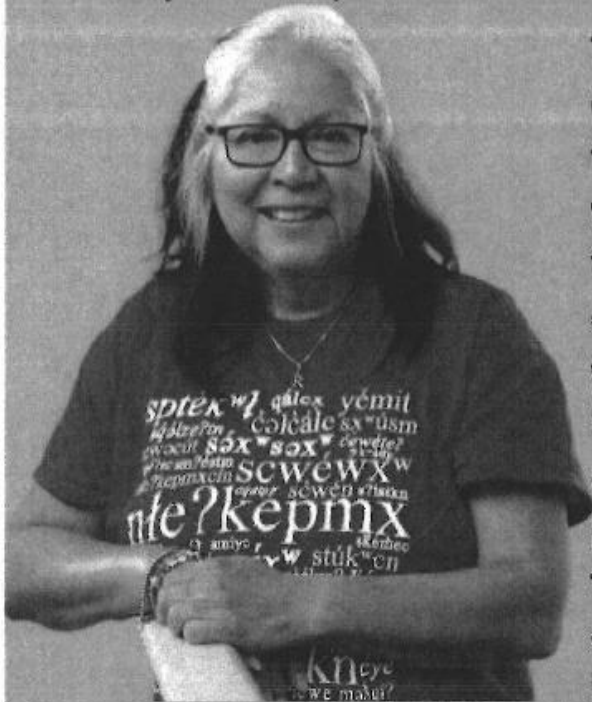
NVIT is pleased to offer the following program:

# Nte?kepmx Language Fluency Certificate & Diploma

## Zu?zu?stis he nq<sup>w</sup>incutnkt

"Our language makes us strong"

*These stories, this language, these ways, and this land are the only valuables we can give you but life is in them for those who know how to ask and how to learn ... (Cajete, 1994)*



The Nte?kepmx Language Fluency Certificate & Diploma programs are foundational and innovative programs with a focus on Nte?kepmx content in the language fluency curriculum. Our desire is to run a cohort in the Fraser Canyon and the Nicola Valley. Admission is open to all learners within the respective Nte?kepmx communities, particularly those wishing to enhance their knowledge, understanding and conversational ability of Indigenous languages.

If you are interested in this exciting program, please contact Mandy Na'zinek Jimmie ([mjimmie@nvit.ca](mailto:mjimmie@nvit.ca)). Our intent is to have a strong and vibrant program lasting into the future.

For more information please visit:  
[www.nvit.ca/programs/default.htm](http://www.nvit.ca/programs/default.htm)

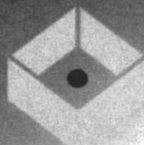


Artist: Andrew Dexel



WEBSITE: [nvit.ca](http://nvit.ca)  
TOLL FREE: 1.877.682.3300





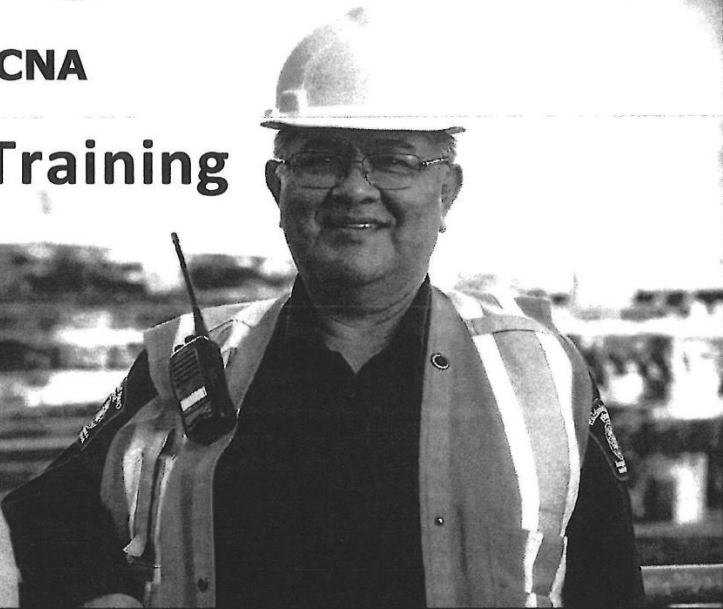
# Securiguard

In partnership with CNA

## Basic Security Training

**3-7 May, 2021**

Comfort Inn & Suites  
De Wolf Way, Merritt



## Basic Security Training Available

Securiguard in partnership with **Citxw Nlaka'pamux Assembly** is offering Basic Security Training.

To work as a Security Guard in the provinces of British Columbia and Alberta, all applicants are required by law to complete the Basic Security Training certification course.

By enrolling in our provincially-recognized, **40 hour program**, you will be equipped with the skills you need to succeed in the security industry!

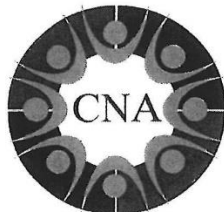
Course covers:

Professionalism & Ethics

Legal Studies

Report Writing

Personal Safety



Sponsorship is available for future Securiguard employees!

Contact:

Citxw Nlaka'pamux Assembly

Nicole Johnny

Employment & Training Manager

[njohnny@cna-trust.ca](mailto:njohnny@cna-trust.ca)

250-378-1864



## Education & Skills Training (ESTR) *Certificates* Career options for everyone

The Education and Skills Training (ESTR) Program offers certificates for people who experience barriers to employment. Each certificate runs from September through May.

### The ESTR offers the following certificates:

**Career Exploration** - Further develop employability skills and acquire recognized certificates for entry-level employment.

**Kitchen Assistant** – Acquire skills and recognized certificates for entry level kitchen employment.

**Retail Assistant** - Acquire skills and recognized certificates for entry level retail employment.

**Trades Assistant** - Acquire skills and recognized certificates for entry level trades employment.

*\*\*\* Program offerings vary from year to year. Please apply and rank your program preferences.*

These certificates are all full-time, nine-month programs in which students divide their time between classes, labs, and work experience activities.

Students wishing to be considered for the 2021-2022 academic year should start by applying to TRU through [EducationPlannerBC](#).

For help with the application process, please reach out to the Future Students Office at [tru.ca/future](http://tru.ca/future) or [futurestudents@tru.ca](mailto:futurestudents@tru.ca).

ESTR certificate programs have limited enrollment. Please apply by May 1, 2021 for the September 2021 start.

### For more information about the ESTR Program:

Visit [tru.ca/estr](http://tru.ca/estr)  
Phone 778-220-4527

Once a student has completed the application process, they will be contacted for an interview. Interviews will be held in April and May 2021.

Sincerely,  
Jane Horton, Coordinator  
Education & Skills Training  
Faculty of Education and Social Work  
Thompson Rivers University





# April Updates

## School District No. 58 COVID-19 Mandatory Protocol and On-site Etiquette ELEMENTARY



April 1, 2021

The British Columbia government has now transitioned into Phase 3 of the Restart Plan for our province. School District No. 58 will be following all Health and Safety Protocols related to Stage 2 guidelines as provided by the Ministry of Education, WorkSafeBC, and the Provincial Health Officer.

School District No. 58 is committed to the safety and well being of all children and families through the development and implementation of mandatory protocols and on-site etiquette for returning to school.

### Health and Safety Guiding Principles

*No child should come to school if they are experiencing any symptoms or illness.*

*Children are to tell a staff member immediately if they begin to feel unwell during the day.*

*Children will be taught and supported in using correct coughing/sneezing procedures.*

*Children will be taught and supported in regularly washing or sanitizing their hands.*

*Children will be taught and supported in keeping a safe distance from one another and/or limiting touch.*

*Children will be taught and supported in practicing safe mask procedures should they choose to wear a mask.*

*Children will be taught and supported in moving in and around the school in a safe way.*

*Children will always be taught processes and supported in using them in a positive and reassuring way by caring adults in their school.*

*Children's wellbeing and mental health are a priority; support and resources will be offered to all students.*



### Arrivals

- Parents must complete health assessment prior to arriving at school.
- Parents dropping off child(ren) must escort their child(ren) to their designated entrance as directed by principal.
- Parents and/or children will form a line using the distancing parameters of two (2) metres or six (6) feet between them and other children/families.
- Parents are to remain outside of the building.
- Children are not to be sent to school early.
- All students in Grade 4 to 7 must wear a mask indoors in schools and on school buses- both within and outside of their cohort.
- Students in Grade K to 3 are encouraged to wear a mask indoors in schools and on school buses but are not required to do so.

### Bus Students

- A health check must be completed by parents before children board the bus.
- Upon boarding the bus, children will sit one per seat, if possible.
- Students Grades 4 to 7 must wear a mask while on board the bus.
- Assigned seating arrangements will be established by the transportation department.
- Students are to remain in their assigned seats following all instruction provided by the bus driver.

## COVID-19 MANDATORY PROTOCOL AND ON-SITE ETIQUETTE

### Hallways

- Children and staff will walk on the **right-hand** side of the hallway.
- Everyone will follow the directions found on floor stickers, arrows, and posters in the school.
- No one is allowed to stop and meet in the hallway.
- Everyone is to go directly to where he or she is supposed to be going.
- Children are to follow the directions of hallway supervisors.
- Everyone in the hallway with others will use the "Stop, Look, and Go" rule to move safely.

### Classrooms

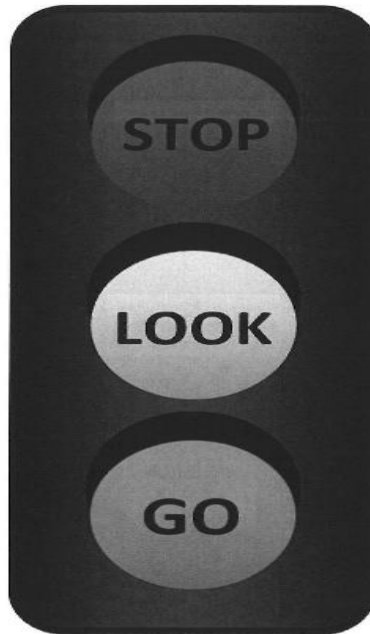
- There will be sinks or hand sanitizer available for use in every classroom.
- Students are to remain and work at their own desks unless otherwise directed.
- Materials and technology are not to be shared, where possible.
- Coats and bags are to be kept on the backs of students' chairs or in designated areas.
- All students in Grade 4 to 7 must wear a mask in the classroom.
- Safety protocols and practices will be clearly posted, taught, and regularly reviewed with all children at a developmentally appropriate and supportive way.

### Lunch Hours

- Lunchrooms will be closed; children will eat in classrooms or outside with supervision.
- Bring bag lunches that do not require refrigeration, heating or assistance opening.
- Water fountains will remain closed. All bottle stations will be open. Children are encouraged to bring their own refillable water bottle.
- Lunch hours will be staggered to ensure social distancing and safety.

### Entrances

- Principals will determine the doors being used for entering and exiting for each class.
- Hand washing/sanitizing protocol must be followed at every entrance.
- Doors will always remain locked.
- Supervision will be in place at all doors.



#### **STOP:**

Before doorways, hallways and intersections

#### **LOOK:**

Down hallways, at intersections and around corners.

**\*\*Wait\*\***

#### **GO:**

When clear of traffic and safe to proceed.

**\*\*Always ensure proper distancing (6ft)\*\***

### Personal Measures

- Children are to remain at home when they are sick.
- Parents must follow the guidance provided by the K-12 Health Check app or 8-1-1.
- Parents must complete a daily health assessment following all district protocols.
- Children may return to school if their COVID test was negative or no test was required, their symptoms improve, and they feel well enough.
- Children may attend school when a member of their household develops symptoms provided they have no symptoms.
- Children can attend school if they have symptoms related to a previously diagnosed condition.



# April Updates Continued

## COVID-19 MANDATORY PROTOCOL AND ON-SITE ETIQUETTE

### Washrooms

- Student access to the washrooms will be staggered to avoid grouping situations.
- Children will be supported in using safe distancing while waiting their turn.
- Children will be supported in follow proper hand washing guidelines after using the washroom and returning to class.
- Children will be supported by supervisors in maintaining safe behaviors before and after using the washroom.

### Other Spaces

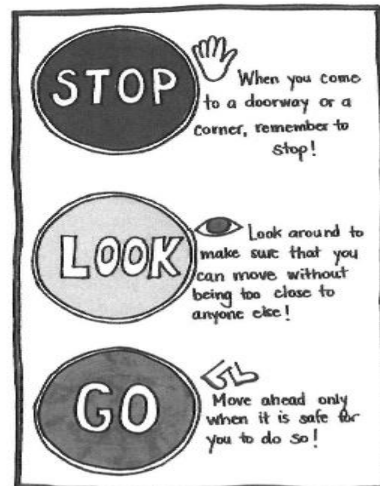
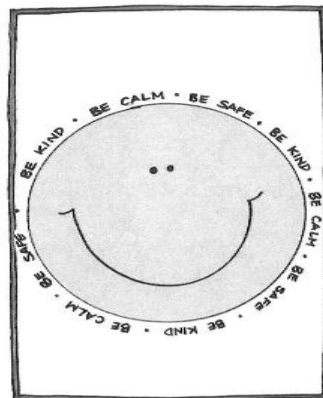
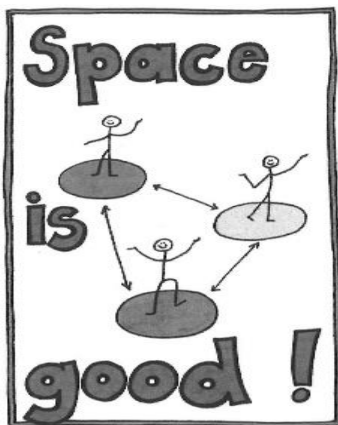
- Principals will develop protocols/processes for children when using other spaces in their schools (libraries, learning commons, gyms, shops, etc.).
- Children will always be supervised and supported in staying safe.

### Front Office

- Parents and caregivers can phone or email the front office at any time should they require any assistance.
- Messages will be regularly monitored in order to support families.

### End of Day

- Children will only use their designated door at the end of the day.
- If parents need to pick up their child(ren) early, contact the front office and arrangements will be made.
- Children are to immediately go home after school.
- Children who wait for bus pick up will be supervised and supported in staying safe.



# School District No. 58 COVID-19 Mandatory Protocol Buses – Students



April 6, 2021

The British Columbia government has now transitioned into Phase 3 of the Restart Plan for our province. School District No. 58 will be following all Health and Safety Protocols related to Stage 2 guidelines as provided by the Ministry of Education, WorkSafeBC, and the Provincial Health Officer.

School District No. 58 is committed to the safety and well being of all children and families through the development and implementation of mandatory protocols regarding those students who require bussing.

## Morning Drop-off

- All students (K-12) must have a health check completed by a parent or guardian prior to leaving home.
- All students must do their best to social distance and not be in physical contact with other students.
- All students must sanitize their hands before boarding the bus (hand sanitizer will be provided)
- All students, Grade 4 to 12, must wear a mask while on the bus.

## Onboard

- All students will sit one per seat if possible.
- All students are to remain respectful and calm while on the bus. No horseplay will be tolerated.
- All students will stay seated in their assigned seat until directed by the bus driver to exit the bus.
- No food or drink to be consumed on the bus at any time.

## Afternoon Pick-up

- Follow the direction of the bus driver regarding seating placement.
- **Kindergarten to Grade 5** students should have a parent or guardian waiting at the bus stop.
- All students, Grade 4 to 12, must wear a mask while on the bus.
- All students must do their best to social distance while exiting the bus. Refrain from multiple touch points.

## Health and Safety Guiding Principles

No child should come to school if they are experiencing any symptoms or illness.

Children are to tell a staff member immediately if they begin to feel unwell during the day.

Children will be taught and supported in using correct coughing/sneezing procedures.

Children will be taught and supported in regularly washing or sanitizing their hands.

Children will be taught and supported in practicing safe mask procedures should they be required to wear a mask.

Children will be taught and supported in keeping a safe distance from one another and/or limiting touch.

Children will be taught and supported in moving in and around the school in a safe way.

Children will always be taught processes and supported in using them in a positive and reassuring way by caring adults in their school and on the bus.



Avoid close contact with people who are sick



Avoid touching your eyes, nose, and mouth



Stay home when you are sick



Cover your cough or sneeze with a tissue



Clean and disinfect frequently touched objects



Wash your hands often with soap and water for at least 20 seconds



## ***Social Services Updates***



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

- ❖ Mean or threatening messages by email, text or comments on social networking;
- ❖ Spreading rumors, secrets or gossip through social networking, texts or email;
- ❖ Taking an embarrassing picture or video of someone and sending it to others or posting it online without their permission or knowledge;
- ❖ Posting online stories, pictures, jokes or cartoons that are intended to embarrass;
- ❖ Hacking someone's email account and sending hurtful content to others while pretending to be them;
- ❖ Using someone else's password to get into their social networking account and posting material as them that would be embarrassing or offensive;
- ❖ Tricking someone to open up and share personal information and then sharing that information with others;
- ❖ Creating online polls and rating people in negative, mean ways.

**If you are being cyber bullied:**



- ❖ Do not respond. Don't give the bully your power.
- ❖ Do not retaliate.
- ❖ Keep a record (save emails and take screen captures).
- ❖ Block the person doing the bullying.
- ❖ Tell someone. (NeedHelpNow.ca)
- ❖ Use privacy settings.
- ❖ Use passwords and lock your devices.
- ❖ Only post what you are comfortable with anyone seeing.
- ❖ Beware of "revenge porn".
- ❖ Remember that once it's online it may be impossible to take back.

### If you are the cyber bully:

- You can be charged with any of a number of offenses under Canada's Criminal Code!
- You could face imprisonment!
- Your devices could be seized!
- You could be ordered to reimburse the victim for costs!
- You could be held responsible for the victim taking their life!

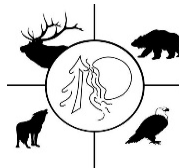
#### Reference

<https://www.publicsafety.gc.ca/cnt/ntnl-scr/cbrblng/prnts/lgl-cnsqncs-en.aspx>

**“Rumors are not cultural!  
They are learned lateral violence!”**



# TOP CHEF



## COLDWATER/C'ELETKWMX

LIMITED 12 PARTICIPANTS

- ✓ WILL RECEIVE A \$50.00 GIFT CARD FOR FOOD PREP/ CAN USE WILD FORAGED FOODS, INCLUDING DEER OR MOOSE MEAT
  - ✓ MUST PREPARE A FULL BALANCED MEAL FOR 4
- ✓ JUDGED IN BOARD ROOM BY BLIND INDEPENDENT JUDGES
  - ✓ FOOD DELIVERY AND SET UP 10-15 MINUTES
  - ✓ VIDEOTAPE JUDGING/ VIDEO POSTED TO WEBSITE
    - ✓ JUDGING MAY 5, 2021



### PRIZES

- 1<sup>ST</sup> -INSTANT POT PRESSURE COOKER(\$250.00)
- 2<sup>ND</sup> – CUISINART GRIDDLER 5-IN-1 GRILL(\$150.00)
- 3<sup>RD</sup>- MAGMA STEEL KNIFE SET(\$50.00)

FOR MORE INFORMATION /SIGN-UP CALL (250) 378-6174 DIANA NORGAARD

Or email [dnorgaard@coldwaterband.org](mailto:dnorgaard@coldwaterband.org)

# April Spring Cleaning Contest

Snow is mostly gone from your yard.  
Take a before picture and an after picture!  
Email to [dnorgaard@coldwaterband.org](mailto:dnorgaard@coldwaterband.org) or  
[vcollins@coldwaterband.org](mailto:vcollins@coldwaterband.org)

**DEADLINE: APRIL 29, 2021.**

**GIFT CARD PRIZES**

## ***Community News***

# EarthDay

***April 22, 21***

***9:00 am to 3:00 pm***

***Bagged Lunch will be provided at noon***

***Items to be picked up,  
Must be placed out by the road***





## RCMP Newsletter

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

April 2021

### National Volunteer Week April 18<sup>th</sup> – 24<sup>th</sup> The Value of One, The Power of Many

Canada have approximately 12.7 volunteers. This past year we have seen people go above and beyond supporting family, friends, neighbours and strangers. People stood up for systemic racism. The power of people working together can bring about monumental changes.



### Prevention of Violence against Women Week April 11-17

-67% of Canadians know a woman who has experienced physical or sexual abuse.

-Indigenous women are 2.5 times more likely to be victims of violence.

-Indigenous women are killed 6 X the rate of non-Indigenous women.

If you, or someone you know is in immediate danger, call 911. If they want to talk, listen. Don't offer to do anything that makes you uncomfortable or unsafe. If they stay in the relationship, try not to judge them. Leaving an abuser can be extremely dangerous.

## 9-1-1

911 is for police, fire or medical emergencies when immediate action is required: someone's health, safety or property is in jeopardy or a crime is in progress. Keep the lines free for emergencies. To report a violation of Covid 19 health restrictions, contact local government.

- Last year E COMM provincial 911 call volume was 1 848 141
- 65 percent were for police
- 30 percent were for ambulance
- 5 percent were for fire

Tips for a 911 call:

Know your location at all times.

Do not program 911 into any phone

If you accidentally call 911 stay on the line.

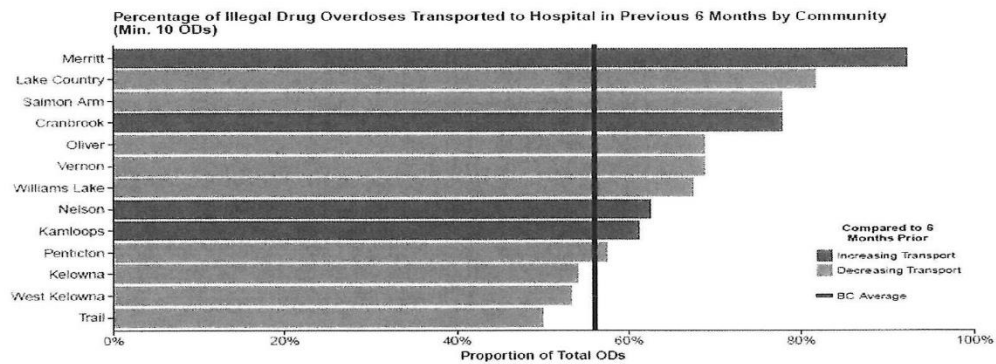
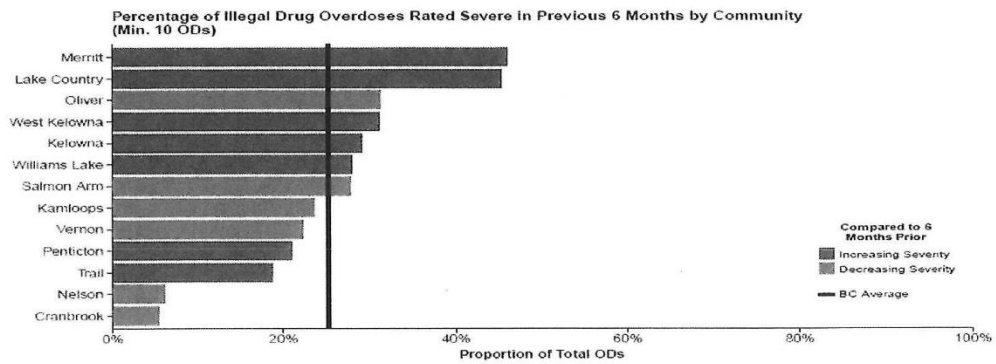
### Opioid Crisis in BC

In 2016 the BC government declared the opioid crisis as a pandemic based on thousands of overdose calls in the previous 5 years.

- In 2019, BC Ambulance attended to 24 166 overdose calls.
- In 2020 drug overdose deaths amounted to 1724.
- To date, in 2021, we are on track to surpassing last year's numbers.
- Fentanyl is a human made opioid. It is very potent and a person can overdose if they ingest 2-3 grains of the drug.
- It is often used as a cutting agent as it is very potent and cheap to make, or taken straight for extreme addicts.

#### 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)

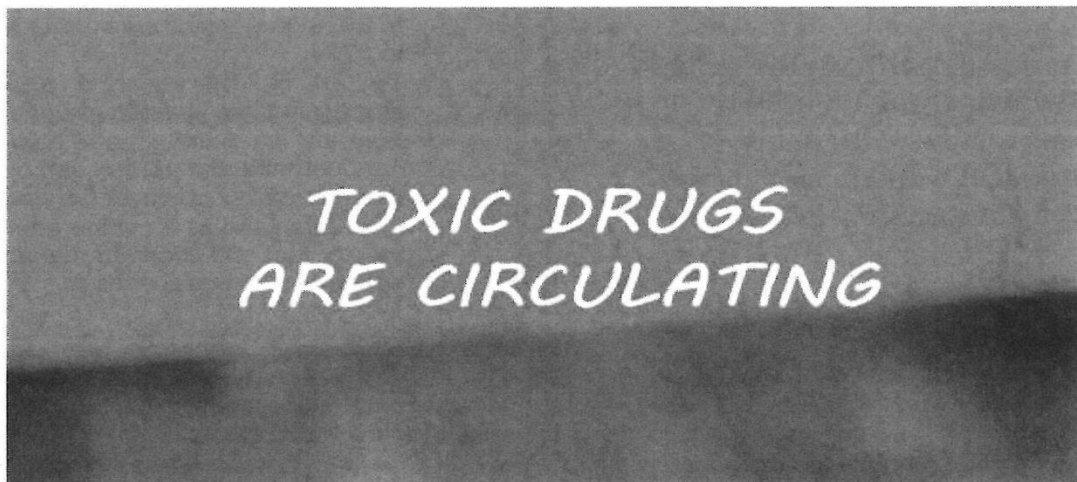


Above graphs show that Merritt tops the charts in percentage of Illegal Drug Overdoses that were rated severe in previous 6 months and Drug Overdoses transported to the hospital in previous 6 Months.

Further information on prevention and frequently asked questions or any other questions asked regarding the Opioid Crisis can be answered at the following Government website.

<https://www2.gov.bc.ca/gov/content/overdose>

<https://www.stopoverdose.gov.bc.ca>



# Nte?kepmxcín Family Terms

English Nte?kepmxcín Phonetics

Family	<b>nkseytkn</b>	n-kuh-shayt-kin
Me, I	<b>ncéwe?</b>	n-chow-wah
Mother	<b>skixze?</b>	shkey-zuh/ skey-zuh
Father	<b>sqacze?</b>	shkuk-zuh/ skuk-zuk
Grandmother	<b>kže</b>	kah-zuh/Kith-ah
Grandmother/ Grandparent's Sister.	<b>yéye?</b>	ya-yuh
Grandfather	<b>spápze?</b>	shpup-zuh
Younger Sister/ Younger Cousin	<b>cece?</b>	cha-chuh
Older Sister/ Older Cousin	<b>kix</b>	geehx
Younger Brother/ Younger Cousin	<b>sinci?</b>	shin-chi
Older Brother/ Older Cousin	<b>qeck</b>	guch-ka
Aunt	<b>sk<sup>w</sup>oz</b>	shkooz
Uncle	<b>sisqe?</b>	shish-kuh
People of the Creek	<b>sc<sup>w</sup>wexmx</b>	sht-wux-mux
Baby	<b>sk<sup>w</sup>úze?</b>	shkoozah/ shkoothah
Grandchildren	<b>?ímeç</b>	ee-much

nleʔkepmxcin

y'é tək snwénwén

(yee-ah tick shin-one one)

( it's a) Good morning

y'é tək niypíkn'

(yee-ah tick nee-bee-kin)

( it's a) Good noon

y'é tək sítist

(yee-ah tick she-desht)

y'é tək (s)ʕáp

(yee-ah tick sh-ahup)

( it's a) Good evening

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.