



February 2019 N?e?iyk Spíləxm

In This Issue

Schedule Of Chief & Council Meetings	P.2	BC Indigenous Youth Challenge	P.46
Community Meeting - Pipeline Information	P.3	Community Pot Luck Dinner	P.47
Community Meeting - Kingsvale Transmission	P.4	Membership	P.48
Community Meeting - Solid Waste Management	P.5	Bill S-3 & Sex Based Discrimination	P.49
Nicola Valley Junior Native Hockey Tournament	P.6	Sixties Scoop	P.50
Councillor Leona Antoine	P.7	Shulus Forest Enterprises	P.52
Executive Director	P.8	Recycling - New Program	P.52
Letter Of Understanding Interior Health	P.10	Employment Opportunities	P.53
Memorandum Of Understanding BC Housing	P.12	Fundraisers & Other Community Events	P.61
Lands & Economic Development	P.13	Valentine Craft & Bake Sale	P.62
Education Department	P.16	Member Owned Business Directory	P.63
LNIB School Calendar	P.24	Greetings	P.65
Reclaiming Our Stories	P.26	From The Editor	P.66
Elders' Program	P.27		
Culture Revival	P.31		
Ribbon Skirts	P.32		
Traditional Sweat	P.33		
Beaded Moccasins	P.34		
Class 1 Driver Training	P.36		
Shulus Garden	P.37		
Talent Show At NVIT	P.39		
Sharon Mcivor - Legal Victory For Women	P.40		
Recreation	P.42		
Feel The Beat	P.43		
50th Annual Moccasin Hockey	P.44		
Family Activities	P.45		



Photo of
hoar frost by
Joe Shuter



SCHEDULE OF CHIEF & COUNCIL MEETINGS



Schedule of Chief and Council Meetings for 2019

This schedule doesn't include Special Council Meetings

Tuesday, December 18, 2018 @5:30pm
 Tuesday, January 8, 2019 @5:30pm
 Tuesday, January 22, 2019 @5:30pm
 Tuesday, February 5, 2019 @5:30pm
 Tuesday, February 19, 2019 @5:30pm
 Tuesday, March 5, 2019 @5:30pm
 Tuesday, March 19, 2019 @5:30pm
 Tuesday, April 2 16, 2019 @5:30pm
 Tuesday, April 16, 2019 @5:30pm
 Tuesday, May 7, 2019 @ 5:30pm
 Tuesday, May 21, 2019 @5:30pm
 Tuesday, June 4, 2019 @5:30pm
 Tuesday, June 18, 2019 @5:30pm
 Tuesday, July 2, 2019 @5:30pm

Tuesday, July 16, 2019 @5:30pm
 Tuesday, August 6, 2019 @5:30pm
 Tuesday, August 20, 2019 @5:30pm
 Tuesday, September 3, 2019 @5:30pm
 Tuesday, September 17, 2019 @5:30pm
 Tuesday, October 1, 2019 @5:30pm
Saturday, October 5, 2019 ELECTIONS
Tuesday, October 8, 2018 Sign Oath of Office
 Tuesday, October 15, 2019 @5:30pm
 Tuesday, November 5, 2019 @ 5:30pm
 Tuesday, November 19, 2019 @ 5:30pm
 Tuesday, December 3, 2019 @ 5:30pm
 Tuesday, December 19, 2019 @ 5:30pm

Schedule of Band General Meetings for 2019

Monday, January 28, 2019 @ 6:00pm
 Monday, March 25, 2019 @ 6:00pm
 Monday, May 27, 2019 @ 6:00pm
 Monday, July 29, 2019 @6:00pm
 Monday, September 30, 2018 @ 6:00pm
 Monday, November 25, 2018 @ 6:00pm

*Note –Band General Meeting would be superseded by the Annual General Assembly

Brrr.... Once the wind chill makes the temperature feel like –28 or colder, exposed skin can freeze in under 30 minutes. When it drops to –40, frostbite can occur in less than 10 minutes. Take it to –55, and you're in danger within two minutes. Anything colder than that and Environment Canada warns you shouldn't go outside at all.

Your body doesn't appreciate being exposed to the cold for too long, so it takes protective action. It puts most of its energy into keeping your core — where your internal organs are located — as warm as possible. Unfortunately, your toes, fingers, cheeks and ears may pay a steep price for keeping the rest of your body toasty. - cbc.ca

COMMUNITY MEETING - PIPELINE INFORMATION



Pipeline Information Session

Wednesday February 6th at the Shulus Band Hall

Supper at 6:00pm

Information session to follow

Information Session will Cover these Topics:

- Project overview
- Project positions
- Pipeline construction overview
 - Duration of the proposed pipeline
 - Safety courses needed to work on the proposed pipeline
 - Length of a shift and work day
- Career opportunities available in pipeline construction
- How to apply

If you have any questions, please call Steve Wilks @ 250-378-5157 or email steve.wilks@lnib.net



 **LOWER NICOLA**
 **INDIAN BAND**

COMMUNITY MEETING - KINGSVALE TRANSMISSION



**LOWER NICOLA
INDIAN BAND**



Community Meeting: Kingsvale Transmission Project

Thursday, February 7, 2019

ELDERS

Where: **Shulus Hall**

Time: 12:00 pm

Lunch will be provided

COMMUNITY

Where: Shulus Hall

Time: 5:00 pm

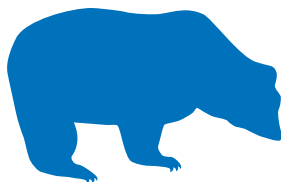
Dinner will be provided

You are invited to come to this community meeting to be updated on the Kingsvale Transmission Project - an important project for LNIB!



For more information contact Monica Charters at 250-378-5157 or email Monica.Charters@LNIB.net

COMMUNITY MEETING - SOLID WASTE MANAGEMENT



LOWER NICOLA
INDIAN BAND



LNIB Solid Waste Management

Monday, February 11, 2019

Where: **Shulus Hall**

Time: 5:00 pm to 8:00 pm

Dinner will be served

So what do we do with your solid waste? What can we do better?

Community members are invited to hear an overview of LNIB's current waste management process.

We want to get your feedback on how LNIB manages garbage and recycling on LNIB lands.



If you have any questions please call Brand O'Flynn at 250-378-5157
or email brandi.oflynn@lnib.net

NICOLA VALLEY JUNIOR NATIVE HOCKEY TOURNAMENT

Nicola Valley Junior Native Hockey Association
PO Box 1294, Merritt, BC V1K 1B8
Fax: (250) 378-2025 - Phone: (250) 378-4905
Email: billbose2012@yahoo.com



* Initiation * Atom
* PeeWee * Bantam
* Midget/Juvenile



In the Beautiful
Nicola Valley
at Merritt Arena
& Shulus Arena

March 21, 22, 23, & 24, 2019

Daily Admission \$5.00 per person
Children Under 12 and Seniors Free Admission

COUNCILLOR LEONA ANTOINE

Hentl'

Happy New Year to all! 2019 has had me busy in with family, work, and personal growth. Perhaps it had something to do with the Red Wolf Eclipse or just being a New Year to reflect past and future endeavours.

The focus is still very much on stewardship of our Tmix which encompasses everything that defines who we are as Nlaka'pamux people. The Water Pilot Project is requiring a lot of work with Nicola 5 Chiefs to ensure the process of government to government framework for management of water is developed to ensure our values are protected. The Provincial funds provided capacity for 3 full time staff for leadership to carry out work needed. Due to constraints of where direct funds goto individual band, we had to have run through the NTA with close monitoring from all bands.

The Trans Mountain twinning of pipeline being owned by the Federal government has added concern for us in that the government is now also the proponent and the regulator. Our team is busy reevaluating our Mutual Benefit Agreement that has been extended to mid February also securing opportunities when and if project goes through. (Correction: the deadline is February 28, 2019)

The Lands Department has had implementation of the Land Code and requiring more mechanisms to ensure proper process is happening with CP s and proposals. With LNIB governing our reserve lands is responsible for licensing, leases, stewardship, resource extraction, designation of residential, industrial, and agriculture. A community comprehensive plan is much needed to identify what community wants.

Four Directions have provided an extensive report out with engagement sessions provided to the community. Additions will be added with presentation of Members Guide In January to the community.

The Highland Valley Agreement is being reviewed at the Implementation Committee to ensure all commitments being met. Contract Procurement is maximized by knowing what upcoming projects are being tendered out and if we do not have capacity that Economic Development /Development Corp team explore Joint Ventures. If any grievances by members that work with the Union and not being addressed with their reps please share with Leesa Mike, Kari Reilander or myself and we will bring forward at the committee.

The Shulus Garden is shaping out with huge opportunities to build out marketing of produce, show case food security, managing of invasive plants on reserve and our fee simple parcels, joint education with NVIT, providing produce for culinary program, participate with Regional joint efforts for management of agriculture sector.

I must say LNIB has become very reputable and respected on a lot of fronts that I attend. Proud to be LNIB and all its innovation that previous leadership and community has endeavoured.

EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for January 2019. We are proud to share some of the stories, events and highlights of the programs and services that we delivered to Lower Nicola Indian Band members in the past month.

The Band Office continues to be a busy place and there are always many things on the go, many people visiting to discuss their issues.

Here are some of the things we are working on:

Community Plan: The proposed Community Plan was presented at a community meeting on January 19, 2019 and supported by those in attendance. The next step will be to have Council approve the plan so the implementation process can begin.

Proposals: I have worked on submitting a proposal to Investing in Canada Infrastructure Program. The submission went in on January 23, 2019. If LNIB is successful, this project will be Phase 1 of 2 Phases starting with the Community Recreation Center. This venue will provide meeting spaces for approximately 1,000 people.

Website: As many of you are aware, LNIB has been experiencing problems with our website. Communications has been working on improving the website and the Members Only section and we are happy to report that the problems have been fixed (fingers crossed).

Financial Administration Law: As we have communicated in the past couple of newsletters, LNIB has applied to Indigenous Services Canada to be a recipient of a new funding initiative called the 10-year Grant. We are very pleased to report that we just received a letter indicating that we have been successful with our application. The 10 Year Grant requires strict implementation of the LNIB Financial Administration Law. LNIB is now implementing sections of the FAL that will bring us into compliance as required by the First Nations Financial Management Board (FMB). LNIB will need to be fully compliant by March 2020.

Custom Election Rules: LNIB Council is starting the process of amending these rules to bring the election process to present election process. This will give all membership an opportunity to attend some community engagement sessions in preparation for revisions to the CER. Please keep a look out for when we announce dates.

Committees and Liaisons: Lands Management Advisory Committee is currently recruiting one member. Trena Tom has submitted her letter of resignation to the LMAC. We would like to thank Trena for her dedication to this committee and wish her well in her future endeavors. Finance and Audit Committee is also seeking a member. If you know anyone that has strong financial experience

please encourage them to send a resume to the attention of Lloyd Loveday, Human Resource Manager. LNIB School Board is also needing a member and is requesting an application from those who are interested.

Support to Chief and Council: Chief and Council met January 8, 2019 and January 22, 2019. The Band General that was scheduled for Monday, January 28, 2019 was postponed by Chief and Council and we will announce a new date as soon as we are provided one by Chief and Council. Should you require anything be on the agenda please contact Sondra Tom or me.



Getting a first look at the Community Plan

Valentines' Day - February 14th

For many people this is a "fake" holiday meant to profit card sellers, florists and chocolate makers.

But Valentines' Day is a good day to add a touch of love to your sweetie's day - leave a candy or chocolate bar on the pillow; one flower will do; stick a loving post-it note in their lunch; make a favourite meal; do something unexpected for them

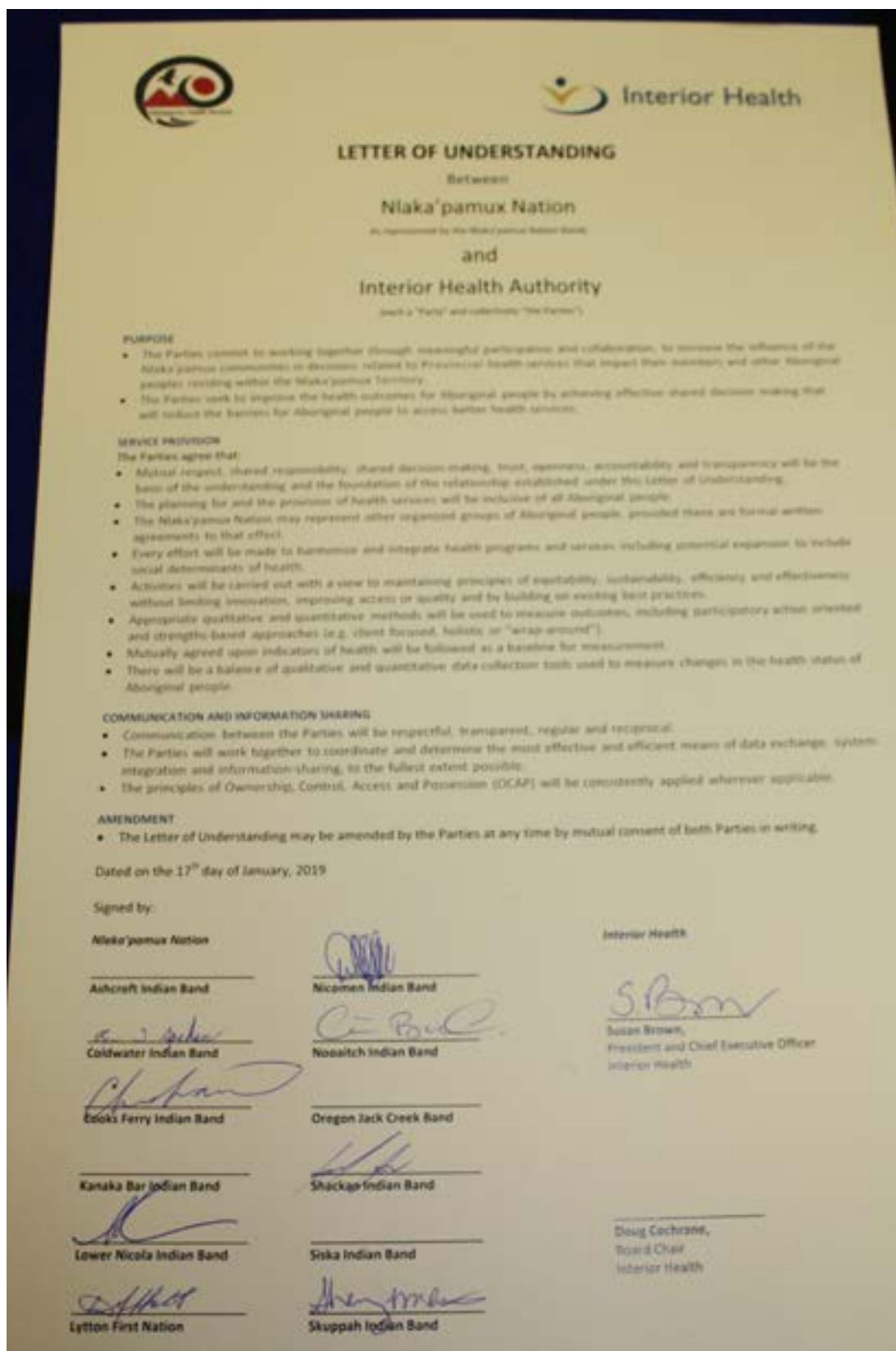
It will make you both feel loved and great!

LETTER OF UNDERSTANDING INTERIOR HEALTH



On January 17, a number of Chiefs gathered at the Nlaka'pamux Health office in Merritt to sign a Letter of Understanding which will further enhance the relationship between Interior Health and the Nlaka'pamux nation.

Not all of the Chiefs were present for the signing ceremony, but they are partners to this LOU.



MEMORANDUM OF UNDERSTANDING BC HOUSING



The Nicola Chiefs met in January with the Chief Executive of the BC Housing Management Commission and signed a Memorandum of Understanding.

This MOU outlines an agreement between the Nicola Bands and BC Housing for developing and sharing best practices in residential asset management.

This collaboration reflects a commitment from the Province of British Columbia, through BC Housing, and the Nicola Bands to strengthen their relationship in accordance with the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP).

This MOU acknowledges evolving jurisdictional and fiduciary responsibilities

and will be implemented in a manner that seeks to remove impediments to progress by establishing new working relationships.

The parties to this MOU also acknowledge the importance of First Nation's governance in supporting healthy communities.

(A copy of the MOU is available on the LNIB website.)

LANDS & ECONOMIC DEVELOPMENT

Lower Nicola Indian Band Lands Management Advisory Committee Vacancy

Term: 6 months (ends September 5, 2019)

Department: Lands and Economic Development

Hours: Evening hours required

Summary of responsibilities

We are looking for dedicated and engaged LMAC Committee members who can bring different skill sets to the new land management regime at Lower Nicola Indian Band, such as interpreting and understanding survey work; dispute resolution; land use planning; environmental protection; policy and law development; financial literacy; research and writing; and/or community engagement.

Qualifications:

- Any LNIB Member, whether resident on or off LNIB Land, 18 years or older;
- Cannot be convicted of an offence that was prosecuted by way of indictment except for a conviction for an offense where the person was involved in the support or defense of an aboriginal right or title;
- Cannot have any undischarged bankrupt or owe money to LNIB; and
- Cannot be convicted of a corrupt practice in connection with an election, including but not limited to, accepting a bribe, dishonesty or wrongful conduct.
- Obtain Criminal Record Check

Apply To:

Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC V1K 0A7
E-mail: hr@lnib.net

Deadline to apply: February 15, 2019

Interested members, please submit a resume and cover letter that highlight your relevant lands knowledge and experience including three references.

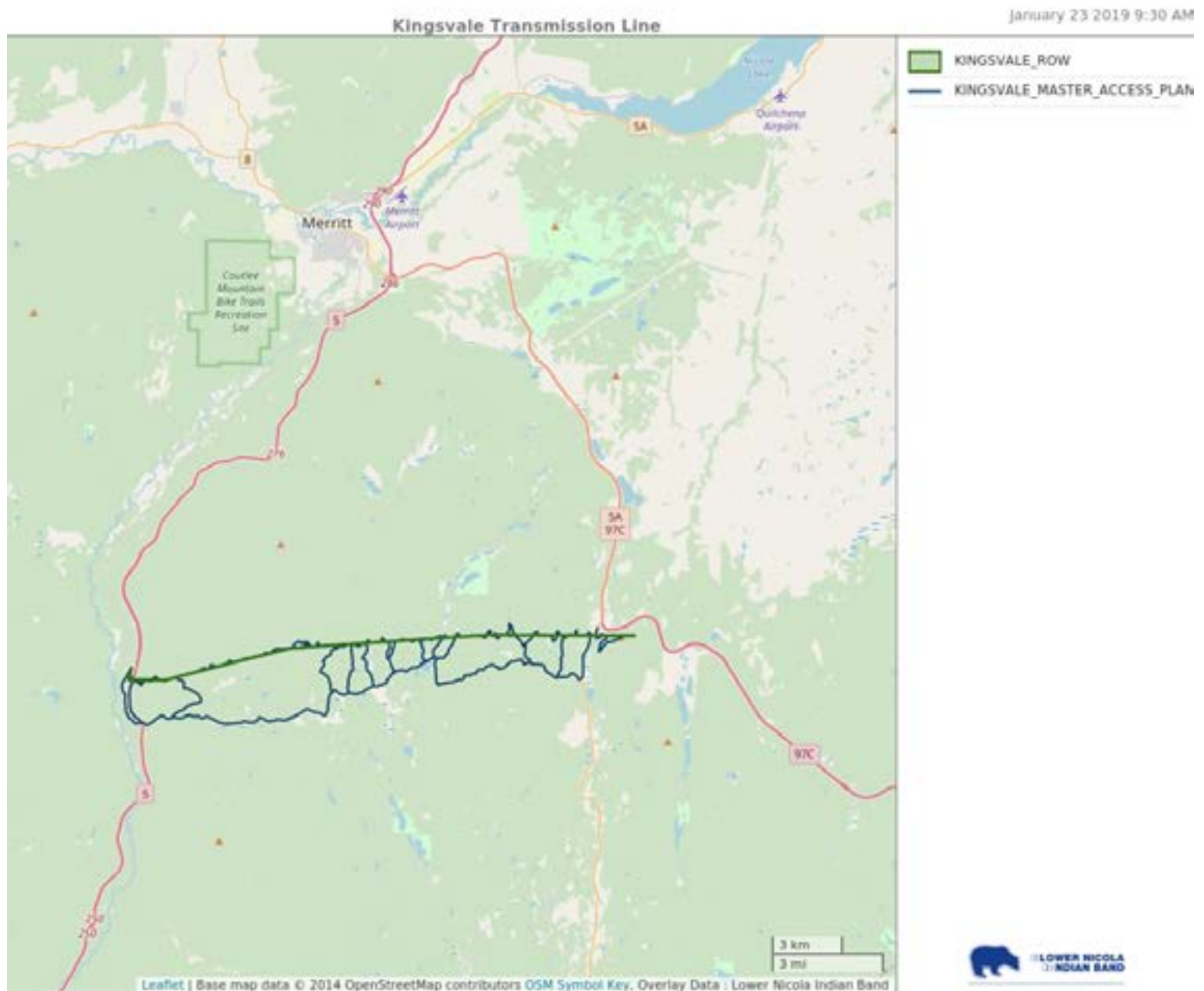
As per section 33.4 of the LNIB Land Code, members of the Lands Management Advisory Committee shall be appointed by Council so as to ensure a broad representation of the LNIB membership.

Thanks to all who apply.



Happy New Year, and warm regards -

Starting in February we will be beginning a new Traditional Land Use Study for the Kingsvale Transmission project. If you would like to volunteer to be interviewed or have information on how you or your family used this area for traditional uses such as hunting fishing gathering, recreation, or spiritual, please call Robert Sterling or Crystal Wallace at 250-378-5157. Thank you.



Employment & Training
Steve A Wilks
Employment Coordinator

Congratulations to the 11 members that successfully completed the Basic Security Training that ran from January 14th to 18th at the Band Hall. Instructor Ferdinand Soriano was impressed by the final exam marks achieved by the class. The class did their online exam in a computer lab at NVIT. The last step is a criminal record check that the students will have to have done before they receive their Security Worker Certification. This licensing will allow them to seek employment with companies like Securiguard to work in a variety of situations ranging from rock concerts to guarding equipment and property where necessary. Way to go team.



From left to right, Garrett Mike, Sharon Shuter, Loren Basil, Keith Shuter, Jason Sterling, Rosaline Bent, Ferdinand Soriano, Breanne Pinyon, Brittani Pinyon, Andrea Mountain Chief, Winona Swakum and America Moses.

EDUCATION DEPARTMENT

Lower Nicola Indian Band

February 2019

EDUCATION DEPARTMENT

K-12/Post-Secondary/Career-Development

Director's Report

Hello Lower Nicola Indian Band Membership!

I hope everyone had a productive start to 2019 and that the remaining 11 months of the year will be equally great for all LNIB Members no matter where you are located. January is one of those months when "stress" is a common factor with both Post-Secondary and High-School students as one group is starting a new semester and the other group is wrapping one up. This is not to say those in the elementary/middle schools are not feeling overwhelmed too; however a shift towards the final half of the school year in most cases is less evident at these levels for children and families...maybe not?

January was a very productive month for programs and services...here are just a few to share:

- We were successful with our "Afterschool Academic Enrichment Program" application for funding that will sustain our "Homework Club" for the rest of this school year. Sharon will be overseeing this program slated to start in February (snacks and supplies included). Our proposal also included one or two presentations/trips that target both Math and Science.
- I attended a First Nations Education Steering Committee meeting a couple of weeks ago and as a result it is exciting to share we will be accessing numerous secondary and third level services to increase our successes at LNIB School next school year — coaches, technology, culture & language, policy development, counselling, special education, school growth plans, assessments, and more! We look forward to these services that will increase student success!
- Our proactive communication strategy with both parents and schools has been very rewarding this month. As a result of both initiating conversations and asking the right questions we were able to implement immediate supports to students. Members should never have to ask us for assistance; we will continue to reach out and be the ones to offer it!

Here are few of the initiatives we have ahead of us for the month of February: (1) review current policies/applications/forms; (2) Meet with Grade 12 Parents to discuss transition from K-12 Public Education; and (3) Find/Create Summer Employment opportunities for Students at LNIB.

As always please reach out at anytime to discuss LNIB Needs - let's attain the same goals together. I can be reached at 236.575.2135 or Shane.Coutlee@lnib.net

Department Staff

Director of Education
Shane Coutlee

Education Manager
Sharon Parsons

Education Coordinator
Gail LaRochelle

Front-Line/Admin Support
Rhonda Dunn



LNIB Education

1

Lower Nicola Indian Band

February 2019

Provincial Tuition Waiver Program

In 2017 the BC Government announced to the Province they created a new program that would provide tuition free Post-Secondary Education to individuals who are former youth in care between age 19 up to their 27th birthday. As there were a few members who had questions about the program this month we have included the Provincial Information in our newsletter below. Please note this BC Program has no influence on LNIB's commitment to support our members in Post-Secondary Education; however, it is a program that everyone has the right to access, including LNIB members if they so choose, as was announced by the BC Government to the Province back in 2017.

Summer Employment

Are you a current student attending High-School or Post-Secondary Institute? Are you wanting to be employed over the summer at LNIB in an area that actually interests you and/or is relevant to your future career? Do you want to secure a position before the end of the semester? If you answered "yes" to any of these questions please call Sharon Parsons at 236-575-2105 before February 28th as we want to make every effort to create these opportunities for you.

LNIB Education

Education does not say "NO" to any Member!

If you reach out to our department asking for assistance you will not hear "no" as a response from anyone in our sector. While there are of course policy limitations and guidelines that must be both met and followed appropriately with the processes we take involving funding purposes we will always advocate to provide LNIB members with part or all of the needed resources to be successful in Education, Training, and Career environments.

In addition, due to Federal guidelines there are certain Education/Training supports that can only be accessed by members living on-reserve; however, please note that if you live outside one of our reserves we will still provide you with the same level of service and advocacy when it is requested of us...again, we do not say "no" to any LNIB member when they are requesting our assistance.

There are many levels of support our Sector can provide to LNIB Members...too many to list but here are a few:

- Advocacy at all levels of K-12 School Systems and at any location (Public, Private, Independent). Ensuring Superintendents, School Boards, Principals, and Teachers are adhering to all District Education Agreements to ensure they are meeting your child's need. If anyone from any school district has said "no" to you or your child's need please call...we can help;
- We provide access to, and/or make arrangements for, tutors, resources, and second/third level services that require specialized funds for immediate support to all students no matter what level of education;
- If there is a specialized program or unique training opportunity that will provide members with an opportunity to earn an income or increase the capacity of their resume to pursue further education we can create a plan with you & help find funds for it.

Our primary goal is to provide LNIB Members with the best service possible...Eliminating "no" from initial conversations is a great start to meeting our Member's needs. We will advocate and exhaust all avenues with you!

2

Lower Nicola Indian Band

February 2019

Qualified Bus Drivers

LNIB is in short demand of qualified drivers to operate LNIB's air-brake vehicles and regular passenger vans. There will be opportunities over the next 12 months where LNIB will need qualified people for transporting children, elders, and other members to various events.

If you are interested in obtaining this qualification we will pay all program costs and arrange to have you enrolled (including road test) so that you will have your needed class of licence in hand when we require drivers. We want our members to both have first opportunity to our transportation needs and be equipped to drive similar vehicles anywhere that will provide employment.

We can get you into training programs right way...please contact Sharon Parsons or Shane Coutlee and we will ensure you have everything you need to be successful.

Sharon - 236-575-2105

Shane - 236-575-2135

Fiscal Ending Soon

Just a friendly reminder there is only 2 months left in this year's fiscal budget. We still have certain funds available for K-12/Post-Sec/Training. Come down to the office to receive more information!

SHARON PARSONS EDUCATION PROGRAMS MANAGER

hello?

Education staff continue to work with post-secondary students and assist those seeking training and employment services. Our goal is to assist anyone who walks through our door.

We are currently gathering contact information from band members to ensure each of you is aware of available services and supports. These services are also available to LNIB band members living off reserve.

Whether you are seeking services for yourself or are a parent with an LNIB child in Kindergarten to grade 12, call our office to confirm or update your contact information.

Each day in the Education office is different and filled with interesting opportunities to assist and enhance community band members, collaborate with Education staff, and support students of all ages.

A day in the Education office includes the following:

- Talking with parents about supports for their grade K-12 student.
- Connecting with parents of grade 8 students transitioning into high school next September.
- Review of high school report cards going home on February 1/19.
- Assisting post secondary students starting a new semester.
- Assisting band members with post secondary planning.
- Responding to enquiries about training and employment.
- Reviewing monthly budgets.
- Preparing and submitting payables weekly.
- Posting training, educational and job opportunities.
- Meetings with parents, school district, and students.

For more information call or drop into the Education Office.

Wishing each of you, health and happiness.

Sharon Parsons, Education Programs Manager

Lower Nicola Indian Band

February 2019

**GAIL LAROCHELLE
POST-SECONDARY/EMPLOYMENT & TRAINING
COORDINATOR**

Hello everyone,

I have settled into the additional roll of Trades, Training and Employment and have become familiar with all the procedures. Along with being the Education Coordinator, I am here to help all members with planning their education and help with training to achieve the skills to find gainful employment.

Some things I have been working on:

- Going through Training & Employment client files
- familiarizing myself with Training and Employment Agencies
- Getting to know more band members
- Compiling spreadsheets with contact information for Institutions and Employment and training facilities
- Assisting students applying to short-term courses
- Following up with PSE students to ensure their success
- Updating PSE student files
- In regular contact with PSE Institutions and training agencies

Stop by or call the office anytime for information.

kwuk@xcenxw

Gail La Rochelle

Post-Secondary /Trades, Training and Employment Coordinator

Lower Nicola Indian Band

February 2019

RHONDA DUNN
FRONTLINE ADMININSTRATIVE SUPPORT

Hello All,

I have now worked for the LNIB Education Department for one month, and I am becoming more familiar with my role and responsibilities as Frontline Administrative Support. With this new role I am looking at LNIB membership in a whole new capacity and am excited to see our membership explore and enhance their education. I look forward in continuing to work with the Education Department team and supporting LNIB vision and growth.

Some things I have been working on and include:

- Office administrative duties
- Meet and Greet
- Incoming calls
- Updating LNIB Membership Contact Information
- Notifying membership of upcoming educational events
- Updating Bulletin Board: Community News, Scholarships, Youth Opportunities, Employment, Trades and Education Programs
- Help clients filling out forms
- And much more.....

Please call me to verify your contact information.

Education Matters,

Rhonda Dunn,

Frontline Administrative Support



Off-Reserve Supports

Do you live off-reserve and/or live outside the Nicola Valley?

Do you have child(ren) at a public/private/independent school in Kindergarten to grade 12?

Is your child(ren) a registered Lower Nicola Band member?

If you answered “Yes” to these questions we would like to connect with you and share what we have to offer you and your child.

A few examples include:

- assistance towards tutoring
- advocating for additional supports and resources at your child’s school
- accessing targeted dollars from District Aboriginal Programs
- high-school transition planning
- and more.

For more information please contact Sharon Parsons at 250 378 5157 or email to sharon.parsons@lnib.net.

Contact Rhonda Dunn at 236-575-2100 or email rhonda.dunn@lnib.net to update your current contact information.





PROVINCIAL TUITION WAIVER PROGRAM

Ministry of Advanced Education, Skills and Training

WHAT IS THE PROVINCIAL TUITION WAIVER PROGRAM?

- The program waives tuition and mandatory fees for B.C. students who are former youth in care between the ages of 19 and up to their 27th birthday.
- The program applies to full-time and part-time certificates, diplomas and undergraduate degrees at 25 public post-secondary institutions, Native Education College and 10 Union Institutes.
- Currently, 687 former youth in care are benefiting compared to about 189 former youth in care in 2016-17.
- Students are enrolled in all types of programs—social work, academic arts, nursing, pre-medical studies, trades, business administration and graphic design.

Quick Facts:

- About 2,200 students in the post-secondary education system may be eligible.
- Top three schools with the most students receiving the waiver are VIU (83), Camosun College (76) and TRU (55).
- \$2.6 million paid in tuition and fees to 24 public post-secondary institutions for 687 students as of November 2018.

Quotes:

- *"People should keep in mind that youth in care come from very traumatizing pasts. Communication is something that a lot of youth in care really struggle with because they are moving around so much or are isolated."* Rose, Selkirk College
- *"Overall, it's been a big stress reliever and allowed me to focus on my studies."* Kyle, SFU
- *"Now, my narrative is more than my past. I identify as a university student, professional and activist."* Ruby, VIU

Timeline:

- **Pre-September 2017:** A voluntary patchwork of bursaries and grants at 11 public post-secondary institutions
- **September 1st, 2017:** Expansion to all 25 public post-secondary institutions
- **Budget 2018:** \$2 million annually for the provincial tuition waiver program
- **Budget 2018:** Expansion of the Ministry of Children and Family Development's Agreements with Young Adults
- **June 2018:** Announced \$250,000 contribution to the Youth Futures Education fund for additional wrap around supports
- **July 1, 2018:** expanded to 10 union-based training providers

WHAT IS THE ELIGIBILITY CRITERIA?

- from British Columbia;
- aged between 19 to 26 years; and
- have been in care for a minimum total of 24 months.
- attend a B.C. public post-secondary institution, Native Education College or one of 10 union trades training schools.
- **Care is defined as:**
 - Continuing Custody Order
 - Temporary Custody Order
 - Special Needs Agreement
 - Voluntary Care Agreement
 - Youth Agreement
 - Adoption
 - Extended Family Program
 - Permanent Transfer of Custody Order
 - Temporary Transfer of Custody
 - Interim Custody Order
 - Child in Home of Relative

HOW DO I APPLY?

- Want to learn more? Visit gov.bc.ca/tuitionwaiver
- Got a question? Email tuitionwaiver@gov.bc.ca
- Current students can visit the institution's financial aid office and complete a consent form to validate your eligibility.

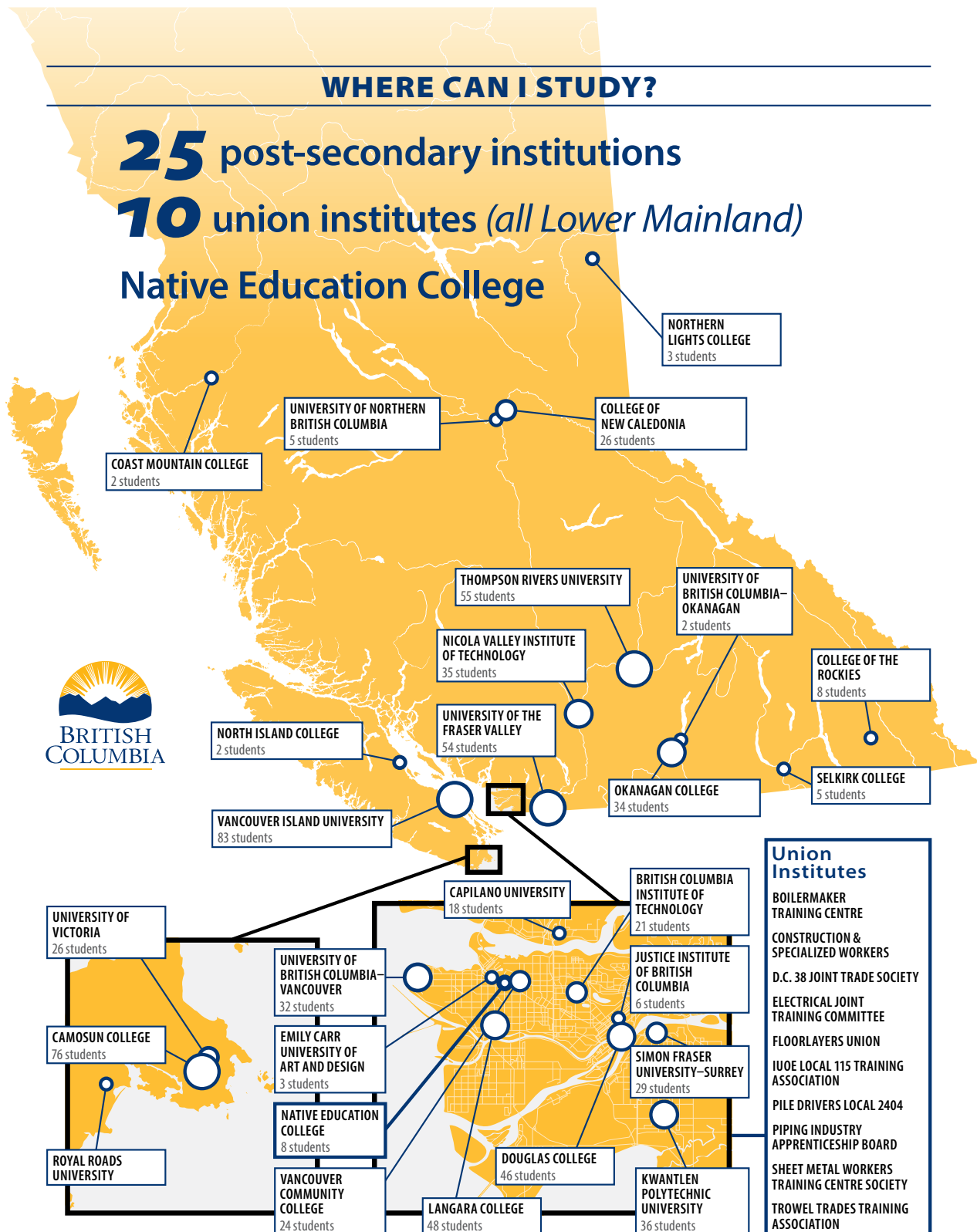


Melanie Mark

HONOURABLE MELANIE MARK

Hli Haykwhl Wii Xsgaak

MINISTER OF ADVANCED EDUCATION, SKILLS AND TRAINING



LNIB SCHOOL CALENDAR

Absolutely NO NUTS
and NO
Peanut Butter



FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri
 4 Chicken noodle soup	5 Broccoli & peas Stir fry	6 Egg bunwiches	7 Mac & cheese Casserole	1 Meatball subs
11 Hamburger Veggie soup	12 Chicken broccoli & Rice casserole	13 Tuna casserole	14 Mini Pizza Wear Red Day VALENTINES DAY	15 Taco salad
18 NO SCHOOL FAMILY DAY	19 Chicken wraps	20 Corn chowder soup	21 Hamburger sliders	22 PRO D DAY NO SCHOOL
25 Broccoli & bacon Soup	26 Perogy & sausage Casserole	27 Chicken Caesar Wrap	28 Cabbage roll Casserole	<i>Pink T-shirt Day Will be in March</i>

Students at the Band School were challenged to design and make arcade games. We have some truly imaginative and talented people in this generation!



RECLAIMING OUR STORIES

Scwexmx Child And Family Services
And Juanita Lindley Present

Reclaiming our stories

Through a Celebration of Sobriety

HAVE YOU EVER WANTED TO
SHARE YOUR RECOVERY FROM
ADDICTION STORY? NOW IS
YOUR CHANCE! SIGN UP AND
SHARE THROUGH POETRY,
SONG, ART OR NARRATIVE!
HEAR OTHERS TELL THEIR
STORY WHILE CLAIMING YOUR
OWN!

WORKSHOPS:
SELF LOVE IS AN ACT OF LIBERATION
HOW TO BUILD A PERSONAL WELLNESS PLAN
HOW SETTING BOUNDARIES MOVES US FORWARD
SUPPORTING THE ADDICTED LOVED ONES

**CAPTIVKL
(TRADITIONAL
STORYTELLING)
WITH
MARGARET. Manucl
& C'SETKWE**

FEB. 22/23

FEATURED FACILITATORS

Helen Knott
Justin Young
Elaine Alec
Allan Lindley

FREE REGISTRATION

LOCATION: NVIT
AGES 15-100

To Register :
PHONE: (250) 378-2771
or (250) 280-2275
EMAIL:
Reception@scwexmx.com



ELDERS' PROGRAM

February 2019 – Newsletter Submission

Hello everyone;

Elder's Luncheon

February 14, 2019

12:00 – Tropico Spice

For this special luncheon you need to be signed up. Call the Health Centre and leave your name and phone #

If anyone is interested in going to the National Elder's Gathering 2019

We will be meeting February 11th – 1:00 pm at the Health Centre

My direct phone number at my desk is (236) 575-2103 or you can call my cell phone (250) 280-1975

For programs happening I have my dates and times on the calendar in the newsletter. If you are interested in doing any projects or gathering don't hesitate to contact me.

The office will be CLOSED February 18, 2019 for Family Day

Wenona Mike – Elder's Coordinator



**Elder's Christmas
Luncheon 2018
& Wreath Making**





ZMÉNM LANGUAGE NEST INVITES YOU

Elders Lunch

Please join us for a shared meal

FEB 5, 2018 | 11AM - 1PM
SCW'EXMX CHILD & FAMILY SERVICES
2975 CLAPPERTON AVE

ANY QUESTIONS CONTACT EMMA OR JUANITA AT 250-378-
2771





Invitation

To attend



2019 "Honouring our Elder's"
Luncheon

At

Thompson Rivers University -
Kamloops Campus

DATE: Tuesday, February 26, 2019
Time: 11:00am – 2:00pm
Location: Grand Hall, Campus Activity Centre
Thompson Rivers University – Kamloops Campus
900 McGill Road, Kamloops, BC

Aboriginal Education at Thompson Rivers University – Kamloops campus is please to host the 2019 "Honouring our Elder's" Luncheon.

We look forward to having you join us!!!

For more information and to [RSVP \(by Thursday, February 21, 2019\)](#) contact:

Misty Antoine, Divisional Assistant
Aboriginal Education, Thompson Rivers University
Phone: (250) 828-5227
Email: mantoine@tru.ca

NOTE: Parking Passes are available for this event. Please let Misty know if you require one.

CULTURE REVIVAL

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Nkseytkn Lytton	5	6 Ribbon Skirts 2pm-8pm	7 Ribbon Skirts 2pm-8pm	8 Men's Sweat 10am	9
10	11 Rocky Pines Community Center Pine Needle Baskets 10am-2pm	12 Shulus Hall Genealogy 10am-?	13 Woman's Sweat 10am	14 Valentine's Day	15 Tupperware Display	16
17	18 Family Day Office Closure	19 Janice-Moc's 10am	20 Lip Balm making 3pm	21	22 Men's Sweat 10am	23
24	25 Rocky Pines Center Beading	26	27 Woman's Sweat 10am	28 Game Night 5:30pm-8pm		

Want to stay on top of events? Text reminders are sent out to subscribers but you have to be on the list. Send an email to Ruth.Tolerton@lnib.net and let me know your mobile/cell number and what category of events you are interested in: - Culture, Community Events, Elders, Health, Lands/Ec Dev meetings

RIBBON SKIRTS



LOWER NICOLA
INDIAN BAND
Culture



Make your own Ribbon Skirt

Ribbon skirts - "Older skirts were made from hide and decorated with pigment, and, with the introduction of European trade goods, cotton calico and ribbons were also used to carry on the meanings and teachings. The silhouette of the skirt itself comes from a sacred place, and it follows the outline of the mikiwaap (Cree), or tipi (Dakota). The bottom of the skirts would touch the earth's medicines, and as the women walked, "Mother Earth would always know who it was that was making their presence felt on her back" and the prayers were answered accordingly." - Myra Laramée, Aboriginal Elder/Traditional Knowledge Keeper, Winnipeg School Division

When: Wednesday, February 6, 2019 and/or Thursday, February 7, 2019

From: 2 pm to 8 pm *(note you don't have to be there the whole time)*

Where: Culture Centre, 211 Nawishaskin Lane

Materials: 2-3 metres cotton, ribbon, elastic, thread

(if you have a sewing machine, please bring it)



If you have any questions please call Carole Basil @ 250-315-9158
or Sharon Antoine @ 250-315-5910

TRADITIONAL SWEAT



Ever Participate in a Traditional Sweat?

The LNIB Culture Revival team invites you to experience this cleansing and rejuvenating ritual.

Women:

- Wear a skirt and t-shirt, dress, or long nightie
- Bring a towel
- Bring a water bottle
- Do not participate when you are on your moon (monthly)
- Potluck lunch to follow
- **No drugs or alcohol**

When:

Wednesday, Feb 13, from 10 am - 2 pm
Wednesday, Feb 27 from 10 am - 2 pm

Where: 255 Coldwater Road (Coldwater Reserve - look for balloon)

Men

- Wear shorts and t-shirt
- Bring 2 towels
- Bring a water bottle
- **No drugs or alcohol**
- Soup at Culture Centre after

When:

Friday, Jan 25, from 10 am - 2 pm
Friday, Feb 8, from 10 am - 2 pm
Friday, Feb 22 from 10 am to 2 pm

Where: Behind 318 E, Highway 8
Park by sweat and please close gate behind you.



If you have any questions please call Sharon Antoine @ 250-315-5910 or Hank Yamelst 250-280-2365

BEADED MOCCASINS

In January, one of the classes at the Culture Centre was on how to make fully beaded moccasins. I took some photos of the works in progress and am in awe of the patience and artistry!



THERE IS ANOTHER CLASS ON FEBRUARY 19TH
AT THE CULTURE CENTRE. RELEASE YOUR INNER
ARTIST AND BE PROUD OF YOUR HERITAGE!



CLASS 1 DRIVER TRAINING



LOWER NICOLA
INDIAN BAND

Class 1 Driver Training

Looking for LNIB Members to Become Transport Drivers

Must:

- Obtain Class 1 Learners Permit
- Be 19 years of age
- Have a class 5 Driver's License
- Have a strong work ethic
- Be committed
- Pass a medical



There are a limited number of seats available and will be awarded to the **Best Candidates.**

THOMPSON RIVERS UNIVERSITY
School of Trades & Technology



Columbia
TRANSPORT TRAINING LTD

LONG HAUL/SHORT HAUL TRANSPORT DRIVER

Includes Mountain Driving B-Train Training and Airbrakes

Description: **DRIV 093 (120 hrs.)**

This three-week course is designed for those students who want to change careers or are being retrained as a commercial truck driver. Students will be taught vehicle pre-trip inspection, shifting transmissions and vehicle handling characteristics, collision avoidance, load security, tire chains, weigh scale procedures and Mountain driving skills. This Driver Training Program provides the training and information you will need to prepare for the Class 1 road test and includes the ICBC air brakes course. A licensed instructor individualizes training using hands-on practice and demonstrations. Practical training is scheduled in four hour and eight hour lessons using industry current tractor-trailer units. Upon successful completion of this course, students will have the confidence and skills required when applying for entry level driving positions. This course also includes four hours of B-Train training to familiarize the driver with cornering and backing the two trailers. Over and above the 74 hours of driving time students will also receive 16 hours of airbrakes, and an additional 30 hours of interactive observation learning vehicle pre-trips, in vehicle familiarization and yard operations throughout the program. There is no charge for the 30 hours observation.



Contact Steve Wilks
Employment Coordinator
236-575-2021/250-315-5278
steve.wilks@lnib.net

SHULUS GARDEN

Shulus Community Garden News Report for February 2019

Thanks to all who made the 2018 growing season a smashing success. A big thanks to the LNIB leadership and all the staff and Departments who helped in every way to administer the garden program.

Thanks to all the community members who volunteered and who worked all summer to plan, maintain, harvest and deliver fresh vegetables throughout the LNIB communities. I would like to wish everybody a Happy, Healthy and Prosperous New Year.

Even though the garden itself has been resting, I have been busy to keep the ball rolling: Finalizing garden reports and attending a few agriculture meetings and conferences; networking and checking out other vegetable farms. Gathering Agricultural information and figuring out how we can improve our current garden site and find ways to address Shulus Community Garden's strategic plan. Gathering resources to implement positive changes for our vegetable garden program that will benefit our membership through our Sustainable Food Security Initiative.

The Shulus Community Garden Club have meetings at the **Soup Kitchen, starting at 10 a.m.** followed by a great lunch. Subjects talked about include:

- shared gardening ideas and formulating plans for the 2019 garden season.
- talk about family garden plots and how our families used to have huge vegetable farms and hay fields
- how our ancestors used to trade food with one another and help each other produce and share food.
- Invasive weed management planning
- we made a list of workshops we want to host this year and are accepting more requests from everyone.

Shulus Garden Workshops are being planned for **February 19, at Shulus Hall. 9 to 4 pm.**

Posters will be sent out next week or so and your all welcome to help organize this event.

For more information please call Lorna at 250-936-8365 or 378-5157.

I will be working out of the band office until further notice.

Invasive Weed Management Campaign: this campaign started in 2017, as the garden crew are always removing invasive weeds from the garden area, we thought it would be good for all community members to become knowledgeable about the serious problem we are having throughout all band lands with the invasive weed infestation. Weed management is not new to LNIB companies and departments, as they have been doing whatever means they must to control invasive weeds.

The Shulus Garden Club Group just started to have **meetings at Rocky Pines Community Centre** and we will continue to meet to learn more about identifying the invasive weeds like the Hoary Alyssum, Blue Weed, knap weed, etc. We are now working with a Range Agrologist who has been work with us to identify and help us create a community weed management plan for a 2 to 3-year period. For example, we must cut, mow or pull the weeds before they go to seed.

Everyone is invited to come to our meetings and get involved in this important endeavor to eradicate the invasive weeds that are spreading widely in our territories.

Proud to be LNIB

Lorna Shuter

Hoary Allysum



Blueweed



Knapweed

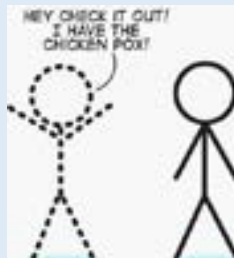
NEXT GARDEN CLUB MEETING
WEDNESDAY, FEB 6 10am to
11:30am with lunch to follow
at Soup Kitchen/Activities Trailer
Everyone welcome!

TALENT SHOW AT NVIT

WHAT IS YOUR **TALENT**?



If YOU can **SHOW OFF** your Syilx/Nt̓eʔkepmxcin



We are looking for **YOU!**

*Our Second **Talent Show***
Saturday, February 16th, 2019
Nicola Valley Institute of Technology
(NVIT) 7:00 – 8:30 pm

For more information please call: 250-378-1864 ask for Mary



SHARON MCIVOR - LEGAL VICTORY FOR WOMEN



Sharon McIvor has won yet another landmark legal victory for First Nations women – this time at the United Nations Human Rights Committee (UNHRC). On January 14, 2019, the UNHRC released their decision which found that Canada still discriminates against “Indian” women and their descendants in the registration provisions of the Indian Act. Despite the fact that Sharon had already proven her discrimination case at trial and on appeal here in Canada, the federal government refused to eliminate all the remaining sex discrimination from the Act. This meant that Sharon and her descendants still have

lesser or no Indian status as compared to her brother and his descendants – simply based on sex. Sharon was therefore forced to bring a human rights claim to the UNHRC under the Optional Protocol to the International Covenant on Civil and Political Rights (ICCPR). The UNHRC found Canada had violated Sharon’s human rights and directed Canada to provide an effective remedy for Sharon McIvor, her descendants, and others who have suffered the same discrimination.

It is important to note that Canada is bound by this decision. The ICCPR came into force for Canada on August 19, 1976 and Canada has agreed to be bound by the jurisdiction of the UNHRC to make decisions on matters coming before it. This means that Canada has chosen to be bound by the rights contained within this Covenant for the benefits of all those in Canada. In this case, the UNHRC found that Canada had violated Sharon’s human rights under articles 3 and 26, read in conjunction with article 27 of the ICCPR.

Article 3 guarantees the equal right of men and women to enjoy the rights contained in the ICCPR. Article 26 provides that all people are equal under the law and specifically prohibits discrimination on the basis of race, sex, birth or other status. These two articles were considered in conjunction with article 27 which provides that ethnic minorities within States shall not be denied their right to enjoy their culture in community with other members of their group. The UNHRC found that Canada had violated Sharon’s rights under all three articles and directed Canada to do make “full reparation” to Sharon, her descendants and others in her position. Canada was directed to:

- (1) Register all those like Sharon and her descendants, under section 6(1)(a) of the Indian Act;

- (2) Take steps to clean up any residual discrimination within First Nation communities arising from sex discrimination in the Indian Act; and
- (3) Take any additional steps necessary to avoid similar violations in the future.

The federal government has been given a 180 days to inform the UNHRC about how it will implement this decision. The good news is that the federal government has the capacity to comply with the first part of the decision this month. The federal government already drafted amendments to the Indian Act's registration provisions in Bill S-3 that would remove the remaining sex discrimination raised by Sharon McIvor's case. The problem is that Parliament didn't enact those provisions into force. While all the other amendments contained within Bill S-3 were brought into force in 2018, they purposely left our remedy for sex equality for "someday" – a hypothetical right that we can only hope is fulfilled someday. First Nations women deserve better than this.

While the Indian Act's registration provisions have a long, complicated history, and the various amendments made over time, including Bills C-31, C-3 and the most recent S-3 have created a complex mess of criteria almost impossible to understand; the core issue is simple. Indian women who married non-Indians and their descendants have lesser or no status compared to Indian men who married non-Indians and their descendants. Sex discrimination in federal legislation, like the Indian Act, is against Canadian law as well as international human rights laws to which Canada has agreed to be bound. There is simply no legal justification for continuing to deny the basic right of sex equality to First Nation women and children. To do so makes the federal government an outlaw – both in Canada and internationally.

The question now is whether the self-professed "feminist" Prime Minister Justin Trudeau and his Liberal government will abide by the UNHRC decision or continue to violate the core human rights of First Nations women and children. Reconciliation with First Nations demands immediate implementation of this decision, but the Liberal (and Conservative) record is very poor when it comes to respecting the human rights of First Nations women. They have the power to do it – but it always has been, and always will be, a matter of political will.

Sharon has sacrificed more than 33 years to this battle to protect the rights of First Nation women and our children. It is because of Sharon that I have a political voice as a First Nations woman. Implementing this decision will not only mean that my children will finally be able to be registered and included as members of my First Nation, but Sharon and I, and thousands of others like us, will finally be treated equally with our First Nation brothers.

Canada cannot claim to stand as a champion of human rights in the global context while continuing to deny First Nations women and children basic human rights. Reconciliation requires shedding the hypocritical rhetoric and taking action to do what is morally right and legally required. The world is watching Canada.

(Web blog article by Pam Palmater - in photo with Sharon McIver at United Nations in Geneva)

RECREATION

EVENTS

Legend
 -yellow community event
 -light blue elders
 -purple family activities
 -red culture - green fitness/kolli/bd

Contact Persons
 Family and Youth Services : Christie & Marilynne
 Recreation Coordinators : Cliff & Cheteca
 Elders Coordinator : Wenona
 Culture : Sharon, Carole & Hank
250-378-5157

Yoga Passes available @ community service office to attend AKAS yoga studio for sessions. Must sign up. Refer to calendars/newsletter or on line for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
Every Monday Gym/Swim at the Merritt Aquatic center sign in front desk.		Every Wednesday is Soup Kitchen Day @ shulus community trailer	Every Thursday Gym/Swim at the Merritt Aquatic center sign in front desk.	Support Group 2:30am Elders Group Bingo @ trailer 10am-12pm Skills share @RPCC 2:00-4:00pm
Gym/Swim Aquatic center 4 ASP REC. swim 2:30-5pm Elders Rec. Jig Ch @ RPCC 10:00am Fitness 6:00-7:00pm	5 ASP REC. 2:30-5pm Elders Group luncheon Sewemx child & family Family Activities Crafts & Dinner RPCC 3:30-5:30pm	Soup kitchen day 6 ASP REC. 2:30-5pm Rec. GYM instruction day 10:00am Community Walk 11:00am RPCC Culture Ribbon Skirt Making 2:00pm-8:00pm Fitness 6:00-7:00pm	Gym/Swim Aquatic center 7 ASP REC. 2:30-5pm Parents and Babes @RPCC 12:00-2:00pm Culture Ribbon Skirt Making 2:00pm-8:00pm Volley Ball LNIBS 7:00pm	8 Support Group 2:30am Elders Group Bingo @trailer 10am-12pm Culture Men's sweat 10:00am Skills share @RPCC 2:00-4:00pm
Gym/Swim Aquatic center 11 ASP REC. swim 2:30-5pm Elders meeting 1:00pm Fitness 6:00-7:00pm Culture beading @ RPCC 10:00am-2:00pm Health Bed screening 4:30-7:00pm @ LNIBS gym	12 ASP REC. 2:30-5pm Elders Rec. Bowling 10:30am Family Activities Karaoke & Dinner RPCC 3:30-5:30 Genealogy @ Shulus Hall 10:00am	Soup kitchen day 13 ASP REC. 2:30-5pm Community Walk 11:00am RPCC Culture Women's Sweat 10:00 am Pot Luck Dinner @ RPCC 5pm all community Fitness 6:00-7:00pm	Happy Valentine's Day <4 14 ASP REC. swim 2:30-5pm Elders Group luncheon @12pm Volley Ball LNIBS 7:00pm	15 Support Group 2:30am Elders Group Bingo @ trailer 10am-12pm Skills share @RPCC 2:00-4:00pm
Closed for family day! No programs.	18 ASP REC. 2:30-5pm Elders Group Movie 12:30pm @ trailer Family Activities Games & Dinner RPCC 3:30-5:30	19 ASP REC. 2:30-5pm Community Walk 11:00am RPCC Fitness 6:00-7:00pm	Gym/Swim Aquatic center 21 ASP REC. swim 2:30-5pm Parents and Babes @RPCC 12:00-2:00pm Volley Ball LNIBS 7:00pm	22 Support Group 2:30am Elders Group Bingo @ trailer 10am-12pm Culture Men's sweat 10:00am Skills share @RPCC 2:00-4:00pm
Gym/Swim Aquatic center 25 ASP REC. swim 2:30-5pm Fitness 6:00-7:00pm Culture Pine Needle Baskets @ RPCC 10:00am-2:00pm	26 ASP REC. 2:30-5pm Elders Rec. Bowling 10:30am Family Activities Drop In & Dinner 3:30-5:30pm	Pink Shift Day! 27 ASP REC. 2:30-5pm Community Walk 11:00am RPCC Culture Women's Sweat 10:00 am Fitness 6:00-7:00pm	Gym/Swim Aquatic center 28 ASP REC. swim 2:30-5pm Elders Rec. Jig Ch @ RPCC 10:00am Volley Ball LNIBS 7:00pm Culture Games Night 5:30-8:00pm	1 Support Group 2:30am Elders Group Bingo @ trailer 10am-12pm Skills share @RPCC 2:00-4:00pm

February

2019

FEEL THE BEAT

February 2019 ~ Cultural Events

For More Information Please call Charlene Joe, Cultural Program Coordinator

(250) 378-2771 or email feelthebeat@scwexmx.com

Cultural Events – 2975 Clapperton Ave Everyone Welcome ~ 4:00-8:00 PM. – Potluck Dinner 6 PM



Guidelines & Values

- Drug & Alcohol Free
- Be Respectful to Self and Others
- No Violence
- Family Events
- There will be sign-up sheets for certain events
- Bring Clean Runners for Tuesday Nights



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Fit Nation Buzz Manuel 4:00-8:00 PM	6	7 Drumming Paul Joe 4:00-8:00 PM	8	9
10	11	12 Fit Nation Buzz Manuel 4:00-8:00 PM	13	14 Cookie Baking Valentine's Day 4:00-8:00 PM	15	16
17	18 Family Day Office Closed	19 Fit Nation Buzz Manuel 4:00-8:00 PM	20	21 Pow Wow Dancing Demo 4:00-8:00 PM	22	23
24	25	26 Fit Nation Buzz Manuel 4:00-8:00 PM	27	28 Pow Wow Dancing Demo 4:00-8:00 PM		
Please bring your own containers in case of leftover food from potluck and reusable water bottles. We are trying to minimize our carbon foot print. If your require a ride please call (250) 378-2771 or email feelthebeat@scwexmx.com						

Feel the Beat is a Cultural Revitalization program, our main focus is the restoration of the protocols and values rooted in the Culture of the Nlaka'pamux and Syilx peoples in the way of seasonal teachings. Feel the Beat is always an open invitation to all heritage and all peoples to participate in a safe environment to learn and grow in Culture. We aim to provide leadership and opportunity to connect to our Cultural Identity.

50TH ANNUAL MOCCASIN HOCKEY

Where were you
50 years ago?



50th Annual Moccasin Hockey
Tournament

Feb 8th - 10th

Nicola Valley Memorial Arena

Congratulations Braves on 50 years
Over the years many of our Jr. Warriors
Laced up for your team

Punch



See you at our
Hockey School in August 2019
Nicola Valley Jr. Native Hockey Association
more information in future

FAMILY ACTIVITIES



Family Activities February 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Support Group 9:30 Skill Share 2-4	2
3	4 Fitness 6-7	5 Craft & Dinner 3:30-5:30	6 Community Walk 11-12 Fitness 6-7 Cents game 7	7 Parent & Babes 12-2	8 Support Group 9:30 Skill Share 2-4	9
10	11 Fitness 6-7	12 Karaoke & Dinner 3:30-5:30	13 GFB Community Potluck 5pm Fitness 6-7	14 Office Day 	15 Support Group 9:30 Skill Share 2-4	16 Cents Game 7
17	18 Family Day!!! Office Closed	19 Games & Dinner 3:30-5:30	20 Community Walk 11-12 Fitness 6-7	21 Parent & Babes 12-2 COHI	22 Office Day	23 Cents Game 7
24	25 Fitness 6-7	26 Drop-in & Dinner 3:30-5:30	27 Pink Shirt Day!!! Community Walk 11-12 Fitness 6-7	28 COHI		

Notes

*For More information please contact Christie or Marilynne @ (250)378-4089. Please note that events, activities or locations may change due to unplanned events or circumstances.

*Family Activity Programs located @ Rocky Pines Community Centre.

*Parents & Babes is geared towards prenatal to Preschool ages. Each family who attends the entire program each week will be given a \$10 gift card & a block of cheese. Located @ Rocky Pines Community Centre.

*Support Group takes place @ the Community Services Building.

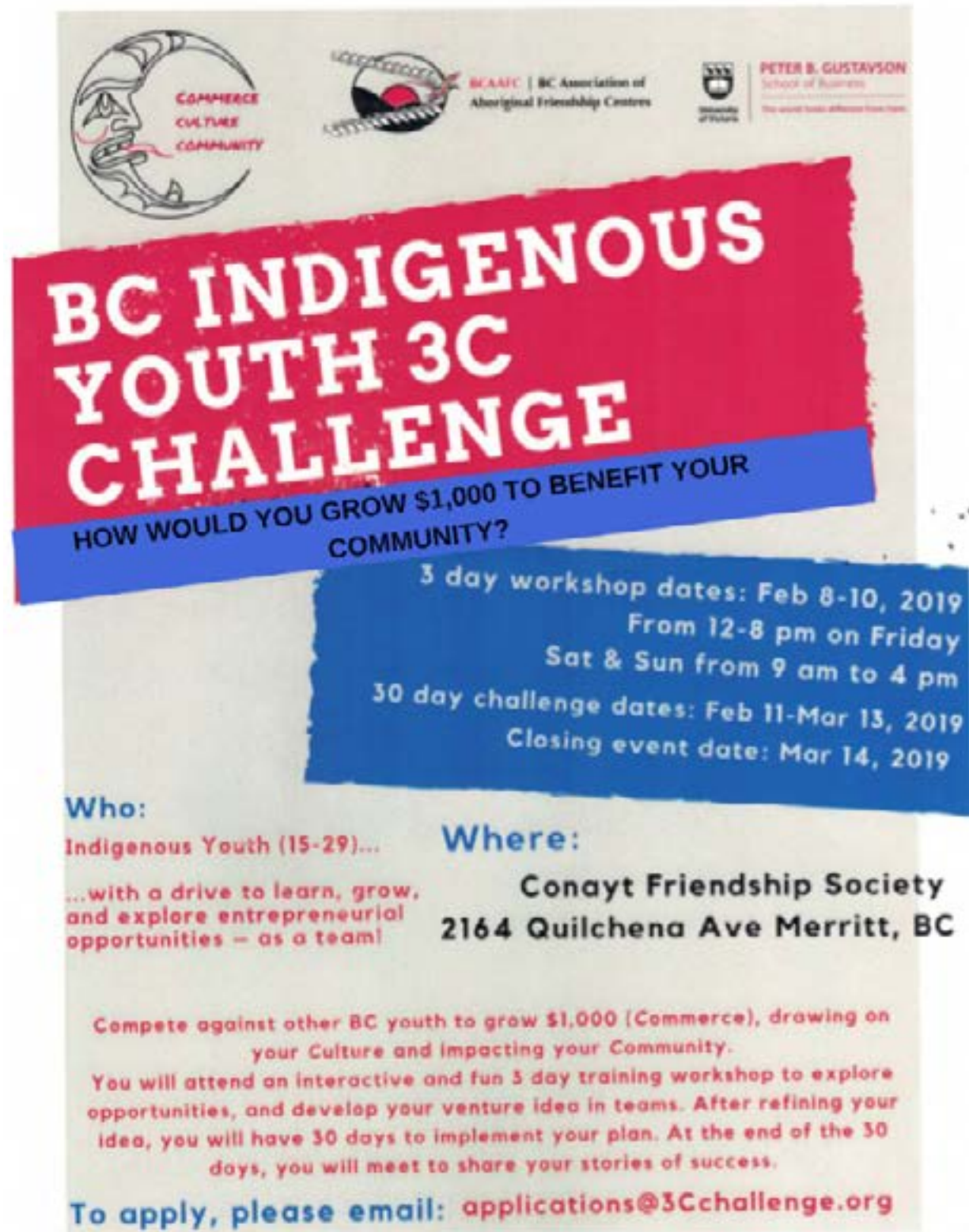
*Anyone who can come in on Friday to the Community Services Building to share your "skill" with us we will give a \$25 gift card. Please call ahead so we can arrange a date. Beading, knitting, cooking etc.....

*COHI- Children's Oral Health Initiative.

* Fitness Work-Out will take place @ the LNIB Band school.

* Contact Clif or Chelsea for cent tickets

BC INDIGENOUS YOUTH CHALLENGE



The poster features a circular logo at the top left with a stylized face and the text 'COMMERCE CULTURE COMMUNITY'. To its right is the BCAAFC logo with the text 'BCAAFC | BC Association of Aboriginal Friendship Centres'. Further right is the University of British Columbia logo with the text 'PETER B. GUSTAVSON School of Business' and the tagline 'The world's best business school'.

BC INDIGENOUS YOUTH 3C CHALLENGE

HOW WOULD YOU GROW \$1,000 TO BENEFIT YOUR COMMUNITY?

3 day workshop dates: Feb 8-10, 2019
 From 12-8 pm on Friday
 Sat & Sun from 9 am to 4 pm

30 day challenge dates: Feb 11-Mar 13, 2019
Closing event date: Mar 14, 2019

Who:
 Indigenous Youth (15-29)...

Where:
 Conayt Friendship Society
 2164 Quilchena Ave Merritt, BC

...with a drive to learn, grow, and explore entrepreneurial opportunities – as a team!

Compete against other BC youth to grow \$1,000 (Commerce), drawing on your Culture and impacting your Community.

You will attend an interactive and fun 3 day training workshop to explore opportunities, and develop your venture idea in teams. After refining your idea, you will have 30 days to implement your plan. At the end of the 30 days, you will meet to share your stories of success.

To apply, please email: applications@3Cchallenge.org

COMMUNITY POT LUCK DINNER



Community Pot Luck

Come join us at the Rocky pines Community center for a pot luck feast where we can eat, visit, tell stories share recipes and be together. Everyone welcome.

When: February 13, 2019

Time: 5:00pm start

Where: Rocky Pines Community Center

What: BRING YOUR FAVORITE DISH TO SHARE
WITH OUR COMMUNITY

For more information or rides please contact

Christie Hill 250-315-3661

or

Chelsea Spahan @ 250-315-3379



MEMBERSHIP



HERE'S WHAT YOU NEED TO KNOW ABOUT STATUS CARDS:

Indian status does not expire but the status card does. If your First Nation or band office continues to issue Certificates of Indian Status (status cards), contact your First Nation or band office to find out how to renew your status card.

The secure status card is valid for 10 years for adults (16 or older) and five years for children (15 or younger) and dependent adults.

The renewal process is the same as when first applying for a secure status card. Fill out the same application form and check "Renewal" under "Reason for application".

You can renew your current secure status card up to six months before the renewal date or up to one year after the "Renew before" date on your card.

If you are applying a year after the date indicated on your secure status card, fill out the same application form as when first applying for a secure status card and check "Replacement (lost, stolen, damaged SCIS)" under "Reason for application".

All forms are available on-line at <https://www.aadnc-aandc.gc.ca/eng/1462806841047/1462806896945#chp1>

What to do if your status card is lost, stolen, damaged or destroyed?

If you have lost your Secure Certificate of Indian Status (secure status card) or it has been stolen, damaged or destroyed, you must report it by calling INAC Public Enquiries right away. The call agent will:

- cancel the lost, stolen, damaged or destroyed card
- issue, on request, a Temporary Confirmation of Registration Document

The replacement process is the same as when first applying for a secure status card. Fill out the same application form and check "Replacement (lost, stolen, damaged SCIS)" under "Reason for application".

If you have lost your Certificate of Indian Status (status card) or it has been stolen, damaged or destroyed, contact your First Nation or band office to apply for a replacement card.

Membership and status card issues - please call for an appointment - 250-378-5157 or Geraldine.Bangahm@lnib.net All membership issues are dealt with on Wednesday and by appointment only

BILL S-3 & SEX BASED DISCRIMINATION

BCNWA
British Columbia
Native Women's
Association

2019
Feb 2-3
Kamloops, BC

Weather Forecast:

FEB 2
Saturday



2°C

FEB 3
Sunday



2°C

Sex-Based Discrimination & Bill S-3 Women's Dialogue Session

Coast Kamloops Hotel & Conference Centre 1250 Rogers Way

DAY ONE – February 2nd

7:30 am – 10:00 am **Brushing off**
8:00 am – 9:30 am **Breakfast & registration**
10:00 am **START TIME**
11:00 am **Keynote Speaker TBD**
12:00 pm **Lunch**
1:00 pm **Women's Dialogue**
4:30 pm **End of Day One**
(on your own for dinner)

DAY TWO – February 3rd

8:00 am – 9:30 am **Breakfast & registration**
9:30 am **START TIME**
10:00 am **Women's Dialogue**
12:00 pm **Lunch & Wrap up**

TRAVEL:

If you register by Wednesday, January 30th at 4:00 pm and attend the full 1.5 days you will qualify for travel stipend. We cannot issue travel stipends if you do not register by January 30th.

The following formula is based on KM's travelled ONE WAY.

Km's (one way)	Travel Stipend	# of stipends available
40 – 99 km	\$50 gas card	30
100-599 km	\$200	15
600 + km	\$500	15

\$50 gas cards may be available for those who register after the deadline based on availability.

CHILDMINDING

Please register for childminding by Wednesday, January 30th at 4:00 pm.

HOTEL RATES

Please quote BCNWA to receive a special rate of \$ We are unable to cover hotel costs.

WHO SHOULD ATTEND?

Indigenous women, individuals impacted by S-3 and descendants, band registration and membership experts, leadership, off-reserve individuals, youth, non-status individuals, etc.

REGISTRATION

If registering for this 1.5-day event, please do your best to attend for the full 1.5- days as these are very important discussions. We will have prayers, acknowledgement, protocols and selfcare to set the tone for the dialogue session. Good governance and decision making requires all participants to have the same information which requires full attendance by all participants.

For more info or registration

contact: Elaine Alec at

elaine.alec@gmail.com or 250-462-6349

SIXTIES SCOOP

CALENDAR OF INFORMATION SESSIONS - CALENDRIER DES SESSIONS D'INFORMATION

ALL SESSIONS ARE FROM 9:30 TO 4:00 PM – TOUTES LES SESSIONS ONT LIEU DE 9H30 À 16H

NOTE: The dates of the information sessions are subject to change, please visit <http://www.sixtiesscoopsettlement.info> for regular updates.

NOTE : Les dates des sessions d'information sont sujettes à changement Visitez <http://www.sixtiesscoopsettlement.info> pour la mise à jour régulière.

January 26, 2019 26 janvier 2019	Timmins	The Hampton Inn by Hilton Timmins 848 Riverside Dr Timmins, ON P4N 3W1
February 4, 2019 4 février 2019	Whitehorse	Mt McIntyre Recreation Centre Grey Mountain Room 1 Sumanik Drive Whitehorse, Yukon Y1A 6J6
February 9, 2019 9 février 2019	Orillia	Quality Inn and Conference Centre 201 Woodside Drive Orillia ON L3V 6T4
February 12, 2019 12 février 2019	Saskatoon	Saskatoon Indian & Metis Friendship Centre 168 Wall Street Saskatoon SK S7K 1N4
February 13, 2019 13 février 2019	Regina	Mâmwêyatitân Centre 3355 6th Ave Regina, SK S4T 3H7
February 19, 2019 19 février 2019	Kamloops	To be confirmed À venir
March 4, 2019 4 mars 2019	Calgary	To be confirmed À venir
March 13, 2019 13 mars 2019	St-John's	Delta Hotel St.John's Conference Centre 120 New Gower St. St. John's, NL A1C 6K4
March 18, 2019 18 mars 2019	Yellowknife	To be confirmed À venir
To be confirmed À confirmer	Thomson	To be confirmed À venir
April 2019 Avril 2019	Kenora	To be confirmed À venir
April 8, 2019 8 avril 2019	Iqaluit	Frobisher Inn Astro Hill Complex Iqaluit, Nunavut X0A 0H0

MONTREAL, Nov. 27, 2018 /CNW Telbec/ - The Sixties Scoop Class Action has been Settled. To be eligible, you must be a registered Indian, or, a person eligible to be registered, or, an Inuit person, who was adopted or made a permanent ward and was placed in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991, which resulted in the loss of cultural identity.

Eligible class members will receive compensation between \$25,000 and \$50,000 depending on the overall number of eligible members.

Collectiva, the Claims Administrator, along with its First Nations' partners, will be travelling across the country beginning in December 2018 to provide information to class members. They will hold 21 information sessions in 21 different cities across Canada where class members will receive support and guidance in preparing their claim forms and attend presentations on financial literacy provided by AFOA Canada. A qualified staff member from Collectiva along with other First Nations' professionals will be on hand to answer class members' questions.

**If you are a Sixties Scoop class member
To make a claim for compensation, you must complete a
claim form and send it to the Claims Administrator, Collectiva,
no later than August 30, 2019.**

To receive more information or assistance you may:

Visit the Settlement website: <https://sixtiesscoopsettlement.info>

Call 1 844 287-4270

Send an e-mail request to sixtiesscoop@collectiva.ca.

SOURCE Collectiva Class Action Services

For further information: Mélanie Vincent, Cell / SMS: (418) 580-4442, melanievincent21@yahoo.ca>

Note to LNIB Members: Copies of the Claim form are available at the Band Office and at the Lands Office.

SHULUS FOREST ENTERPRISES

Shulus Forest Enterprises LP purchased a new 2018 John Deere 2154G Road Builder excavator. The new machine was delivered on January 17th and went to work on January 21st for Weyerhaeuser Company in the Princeton-Hedley area. This new John Deere replaces SFE's 2005 Hitachi 200 and will help to secure more work opportunities with our clients (bridge installations, larger culvert crossings, install larger road systems, site preparation etc).



RECYCLING - NEW PROGRAM

We will be implementing a change to our recycling collection.

Starting in February, we will be delivering a second recycling bin to all households. This bin will be a different colour from the existing blue bin. It is a grey colour bin and will be for paper and cardboard items. This collection will take place on Thursday. The blue bin will be used for clean containers, both metal and plastic, and will be collected on Wednesday.

The bins will be marked with what can go in them. Do your part for timx.

EMPLOYMENT OPPORTUNITIES

Lower Nicola Indian Band

Job Posting

Position Title: Social Development Coordinator

Department: Human Services

Hours: 35 hours per week

Start Date: ASAP

Wage: Depends on experience, \$23 to \$27 per hour

Reports to: Director of Human Services



Summary of responsibilities

- Performing the duties and responsibilities assigned to the administering authority in the social development policy and procedures manual. Liaises with other divisions and departments within the organization for the benefit of the clients- Education, Economic Development, Housing, Career Development, Health and Counselling.

Required knowledge, skills and abilities

- Bachelor of Social Work degree with 2 years relevant experience in a First Nation setting providing direct services and financial management. A combination of experience and other related education will be considered.
- Proven ability to lead and work well with other individuals in a team environment to ensure high quality program delivery
- Solid analytical skills required to design and evaluate programs and projects
- Strong oral and written communications
- Strong reporting and writing skills
- Understanding of socio-economic issues that contribute to the social assistance dependency cycle
- Computer literacy, including effective working skills of MS Word, Excel and e-mail required
- Good time management skills
- Ability to maintain a high level of confidentiality regarding client information
- Willing to take training as needed
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Passing of criminal background check required
- Valid drivers' license and reliable transportation
- Ability to speak or willingness to learn the Nlaka'pamux language

Deadline to apply: Posting will remain open until a qualified candidate is found

Apply to:

Lower Nicola Indian Band

181 Nawishaskin Lane

Merritt, BC V1K 0A7

E-mail: hr@lnib.net

Fax: 250-378-6188

Interested candidates should send a resume and cover letter complete with references, specifying the position you are applying for. Complete Job Description can be obtained by contacting the Lower Nicola Indian Band.

Thanks to all who apply, only qualified candidates will be considered.





January 23, 2019

Position: Forestry Summer Students

Company: Shulus Forest Enterprises LP

Location: Merritt, BC

Reports to: Forestry Manager

Deadline: Open

Basic Responsibilities:

Assist with all aspects of technical forestry & vegetation management work including:

- Timber Cruising
- Cut Block Boundary and Road Layout
- Site Plan data collection and write ups
- Riparian Assessments
- GPS Traversing
- Invasive Species Control

The successful candidate will:

- ideally be working towards an education in forestry or natural resource
- be willing to work out of town (hotel or camps)
- be willing to work outside in adverse weather conditions
- have a valid Class 5 driver's licence
- have a firm commitment to safety
- have excellent written and oral communication skills
- have excellent computer skills

Please forward all cover letters, resumes and supporting documents to SFE Manager, Don Gossoo via email: don.gossoo@lnibdc.com

P.O. Box 1849, Merritt, BC, V1K 1B8



Job Posting
Full-time Social Worker
Salary \$33.77 per hour
Comprehensive Benefit Package

Our vision is that we are all somebody's 7th generation. We are working collaboratively to facilitate opportunities for our children, families and communities to achieve their full potential and realize a healthy quality of life through the implementation of our laws, jurisdiction, and our ancestral beliefs, values and teachings. Scw'exmx Child and Family Services Society (SCFSS) has been providing child protection and support services to the Nicola Valley (Merritt, B.C.) since 1994.

Please learn more about us www.scwexmx.com and Merritt, B.C. www.merritt.ca

The Opportunity:

Scw'exmx Child and Family Services Society (SCFSS) is seeking a highly motivated and dynamic individual to join our team as a Social Worker. As an integral member of a multi-disciplinary team, the Social Worker will provide culturally appropriate services and information which enhance the relationships and wellness of children and families who are experiencing significant challenges, in the Merritt area.

KNOWLEDGE, SKILLS AND ABILITIES:

- Demonstrated proactive approaches to problem-solving with strong decision-making capability
- Highly resourceful team-player, with the ability to also be extremely effective independently
- Ability to handle crisis and crisis intervention
- Ability to handle unpleasant and emotionally charged situations
- Demonstrated ability to achieve high performance goals and meet deadlines in a fast-paced environment
- Strong understanding of social, economic, political and historical concerns in Aboriginal communities
- Ability to communicate in an appropriate manner orally and in writing
- Ability to effectively use standard computer applications
- Excellent interpersonal and communication skills

EDUCATION AND EXPERIENCE:

- Bachelor's Degree in social work or similar field is preferred
- Must have, or be eligible for, C6 delegation
- Minimum one-year social work experience preferred however encourage new graduates to apply or
- Minimum one-year experience with First Nations families, youth, children and families
- Ability to interpret and apply Federal and Provincial legislation and standards of practice
- Experience working with Aboriginal communities
- A valid BC class 5 driver's license and criminal record check are mandatory

Pursuant to Section 41 of the BC Human Rights Code, preference may be given to qualified applicants of Aboriginal ancestry.

Your interest in contributing as part of our team at a great organization begins with submitting your cover letter and resume as one document saved as (your last name resume SW February 2019) before February 7, 2019 with the email or fax subject line as **"Applying to SW February 2019"** to: opportunities@scwexmx.com

Attn: Yvonne Hare, Executive Director
2975 Clapperton Ave. Merritt, B.C. V1K 1G2
Tel: (250) 378-2771 • Fax: (250) 378-2799

Scw'exmx Child & Family Services Society thanks all those who apply, however, only candidates selected to interview will be contacted.



Joe Shuter was splitting some wood gathered in the forest and came upon a bonanza find. Inside the wood were woodworms

?’ixiç make excellent fishing bait!

**Mental Health and Addiction Counsellor - Nlaka'pamux Nation****Objective:**

As part of the Nlaka'pamux Nation Mental Health Team, the Mental Health and Addiction Counsellor is responsible for providing confidential mental health and addiction counselling, education and support to individuals and families within the Nlaka'pamux Nation. This position operates from a holistic and trauma-informed perspective, is sensitive to the Nlaka'pamux tradition and culture, and provides services required to assist community members in attaining and maintaining the highest level of wellness possible. This is a demographic-specific posting, priority will be given to Indigenous applicants with a master's degree in counselling psychology or human services related field. Salary to commensurate with experience; benefit package offered.

Key Accountabilities:

- Provides direct counselling services such as intake, assessment, and holistic treatment planning as appropriate; consultation/liaison with community agencies, schools, hospitals, and other community services within the Nation.
- Conducts individual counselling from a trauma-informed perspective.
- Maintains basic knowledge of psycho-tropic medications as prescribed by a physician, maintaining and awareness of the effects of such medications.
- Maintains appropriate client documentation.
- Promotes and maintains effective working relationships with clients and families, physicians, schools and hospitals to coordinate services, secure input, cooperation, improve client outcomes and provide community support.

Qualifications:

- Minimum Bachelor's Degree in Psychology, Social Work, or other Human Services related field. Preference will be given to applicants with a Master's Degree in Clinical Counselling, Psychology or Human Services field from an accredited university and registered with a professional licensing body.
- 2 years (recent) direct counselling experience; experience in community development, family support work, group facilitation and/or advocacy is an asset.
- Proficient knowledge of, and demonstrated working experience in, the comprehensive issues relating to colonization, intergenerational and residential school trauma, substance and process addictions, mental health issues, concurrent disorders, grief/loss, suicide ideation/intent, family violence and FN specific issues.
- Demonstrated capacity to develop, implement and evaluate programs and psychoeducational information.

Knowledge, Skills and Abilities Required:

- Strong assessment skills relevant to the context of local Indigenous history, beliefs and practices.
- Knowledge of or willingness to learn Nlaka’pamux tradition and culture.
- Recent experience working with First Nation clients in rural, remote and on-reserve communities.
- Familiarity with both abstinence and harm reduction model.
- Ability to promote healthy lifestyles and healthy choices through personal role-modelling with resources/agencies and other stakeholders.
- Ensure provision of services to clients is completed in a safe environment regardless of location (i.e., home visit, band hall, satellite stations or main offices).
- Strong written and verbal communications skills, which includes correspondence, case notes and report writing.
- Ability to work independently and in a multi-disciplinary team.
- Demonstrates strong interpersonal, organizational and time management skills.
- Functional in Microsoft Office: MSWord, Excel, PowerPoint, Outlook, Publisher.
- Ability to work flexible hours that may include some evenings/weekends. All travel is within a 50 km of main office.
- Hold a valid drivers’ license with a clean drivers’ abstract.
- This is a designated position of trust working directly with vulnerable persons. Consent to a comprehensive criminal record check with clearance is required. **Personal and professional references are required.**
- Please note travel is involved to communities

Application Submission Process must include the following:

Resume: providing detailed information about your education and employment history that clearly demonstrates your ability to the required job qualifications.

Cover Letter: outlining your understanding of the position and how you’re your education/experience would contribute to the success of the position, the organization and to the communities served.

This is a demographic-specific posting where preference will be given to qualified First Nation applicants.

Want to know more about our agency?

Scw’exmx Community Health Services Society

<http://schss.com/>

<https://www.facebook.com/schsswellness/>

Apply by Mail or email to:

Nlaka’pamux Health Services

Tamara George, Manager

Box 3090

Merritt, BC V1K 1B8

Email: George.t@nlxfn.com

Application Deadline: until Position is filled.



Job Posting

UNB Resource Development Project Manager

The Upper Nicola Band (UNB) is seeking an experienced individual with a background in Crown/First Nations Consultation, Cultural Heritage or Natural Resources management to fulfil this new 2-year role as Resource Development Project Manager.

Reporting to the Director of External Relations, the successful candidate will have responsibility to ensure proponents of major developments (such as BC Hydro, Kinder Morgan), their consultants and Crown regulatory agencies within UNB territory, comply with UNB protocols, Suxwtsem Consultation/Cultural Heritage policies and federal/provincial regulations regarding the protection of cultural heritage, archaeological or environmental resources (e.g. Heritage Conservation Act, Environmental Assessment Certification, BCEAO, CEAA, National Energy Board etc.).

Duties and Responsibilities:

1. Manage referrals responses, field studies, etc., to ensure all deliverables are met and that projects are in compliance with all protocols, legislation and regulations.
2. Contribute to UNB Environmental Assessments, Environmental Management Plans and the development of high level strategic environmental monitoring processes.
3. Manage the participation of UNB environmental/cultural heritage monitoring personnel on projects.
4. Process referrals related to projects (Kinder Morgan, National Energy Board, Canadian Environmental Assessment Agency, the BC Oil and Gas Commission, BC Utilities Commission and the Indigenous Advisory Monitoring Committee (IAMC)) and other proponents, through the Upper Nicola Bands' CKK database; undertake analysis, draft response letters and undertake tracking.
5. Provide a conduit between UNB, the Okanagan Nation Alliance, Crown Regulatory agencies, federal and provincial departments/ministries, proponents and the IAMC.

Skills, Qualifications and Experience:

1. Bachelor's degree in anthropology, geography, forestry, archaeology, or other appropriate cultural or natural resource management discipline.
2. Extensive experience in the area of cultural heritage resources (minimum of five years).
3. Experience working in the context of syilx culture, history title and rights.
4. Knowledge of applicable legislation and regulations including the Crown's obligation to consult and accommodate First Nations.
5. Experience in managing cultural research projects and budgets, adhering to methodology, development of workplans and schedules, and report writing.
6. An understanding of the importance of cultural heritage resources information in Land Use Planning, Title and Rights issues, etc.

Total Compensation: Compensation is in alignment with UNB's wage grid and benefits package.

Please send résumé and cover letter by January 28, 2019 at 12 Noon via e-mail to:

UNB Receptionist
Upper Nicola Band
Reception@uppernicola.com

UNB wishes to thank all applicants, but only those contacted for an interview will receive a reply.



2019 BC Parks Student Ranger Program

Want to be a 2019 BC Parks Student Ranger?

Now is your chance! We are hiring for the 2019 summer season.

Take part in meaningful projects and activities related to conservation, recreation, Indigenous relations and public outreach and education.

48 Student Ranger positions are available across 12 crew locations this season. Each crew will consist of 1 Crew Lead and 3 Crew Members.

Where?

Crews will be based out of Victoria, Black Creek, North Vancouver, Sechelt, Manning Park, Kamloops, Cranbrook, Bella Coola, Williams Lake, Terrace, Fort St. John and Prince George.

When?

- Crew Lead positions will be from May 13th to August 30th
- Crew Member positions will be from May 26th to August 30th
- All Crew Leads and Members will be expected to attend a program training event from May 26th to May 31st

Are you...?

- a Canadian Citizen, permanent resident or individual granted refugee status in Canada;
- between 18 and 30 years old;
- a fulltime student;
- inspired to conserve BC's parks and protected areas; and
- able to work outdoors and camp overnight with a diverse team... ***then this could be the job for you!***

For more information, and to apply, visit gov.bc.ca/bcparks-student-rangers.



FUNDRAISERS & OTHER COMMUNITY EVENTS

Classic Kickass \$8

Classic Sidekick \$5

PRIZE DONATIONS WELCOME
CONTACT MELISSA MOSES 808-428-0178

CALLING ALL CHAMPIONS!

**PANCAKE
BREAKFAST
LOONIE AUCTION
FUNDRAISER**

**2 Pancakes
2 Eggs
2 Bacon
or Sausage**

**1 Pancake
1 Egg
1 Bacon
or Sausage**

**FOR STUDENTS MARTIAL ARTS
UNIFORMS AND COMMUNITY
GEAR**

**SATURDAY,
FEBRUARY 9TH
6AM TO 12PM
SHULUS HALL**

NV MUAY THAI & SELF-DEFENSE

VALENTINE CRAFT & BAKE SALE

SHULUS ARTS

VALENTINE'S CRAFT & BAKE SALE

JOIN US
FOR BREAKFAST

LOCAL
ARTISTS

PRIZES

GIFTS

Loonie
Auction

GOODIES

Saturday, February 9th
Shulus Hall
9AM to 5PM
Brandon 250-525-0443

NV Muay Thai & Self-Defense
Breakfast & Loonie Auction
Fundraiser
6AM to 12PM
Melissa 808-428-0178

MEMBER OWNED BUSINESS DIRECTORY**Aly Moon-Pierre**

Online Life Coaching Business. www.inclusive-coach.com

Aly Moon-Pierre, SW Dipl. BSW

Spirituality Coach | Inclusive Coach

www.Inclusive-Coach.com

aly@inclusive-coach.com

Angie Bain

angiebain@shaw.ca

604-802-9709

Over 20 years experience in providing training, research & research analysis services

Bonnie Bent

Micoblading

(250) 280-0430 or (778) 800-7878

Donna Bent

250-378-4396 Donna Bent Artifacts

Brandon Joe

250-525-0443 (text only)

Commercial Embroidery and Jewellery

Shannon Kilroy

skilroy09@yahoo.com

Earthline Contemporary Aboriginal Designs and Accessories

Odd Job Joe

Handy Man Service & Solutions 24/7

(250) 378-7945

Ryan Mann

Hoodoo Ranch and Pipe Fitter

Inspectionrmann_20@hotmail.com

Fresh Produce - You pick, already picked, or order delivery. Like us on Facebook

9730 Highway 8, Spence's Bridge

(250) 819-5764

Mostly Glass

Mostly Glass Creations: Stained glass, mosaics, mosaic lamps, stepping stones, beads, crystals, prisms, window charms, bracelets

Email: mostlyglasscreations@gmail.com

Sharon McIvor

250-378-3300 Lawyer, Instructor and Legal Advisor

James McNaney

nomadhauling@gmail.com

Trucking, Hauling

Earl Michel

emichel@live.ca

Wolf Pac Construction

Focus iN Consulting

Business development and housing

gaildjoe@gmail.com

Lorne Mike

paulinehenry2011@hotmail.com

Fitness Instructor and Rough Stock Horses

Gene Moses Fencing

Gene Moses

250-378-2801

Vivian and Arnie Narcisse

Mountainchief Catering

250-315-0584 Catering MC and coordination of Cultural Events

Growing Garlic/Nicola Valley Produce

Jerrod Peterson

growinggarlic.ca

growinggarlic.ca@gmail.com

Gwayne Point

250-378-9167 Northwest Indian Art

JP Edwards Contracting

250-936-8737 Moses Edwards
Landscaping, ditching, site prep, maintenance

Loren Sahara Consulting

Counselling & Leadership Development
778-676-7844
info@lornesahara.com
http://lornesahara.com
https://www.facebook.com/lorensaharamony

JW Forest Contracting Ltd.

250-378-5468
250-378-1556 (cell) Warren Smith/Janet Sterling,
Principals
Logging contractors, road builders, land clearing
Established 1998
Certified Safe Company
11 employees, 80% First Nations
Equipment: Faller/Buncher, Grapple Skidders, Log
Processors, Excavators, Cat Crawler Tractors

Maggie's Bannock

Maggie Shuter
250-378-6579

Millco Safety Services

www.millcosafety.com
PO Box 4154 Lower Nicola, B.C.
250-378-2221 Patrick Miller/Angela Garcia, Principals
Construction safety, construction security, First Aid,
Traffic Control, fully certified personnel

S&D Muir Inc

sd.muirinc@gmail.com
250-378-1964 Shane Muir,
Mining and Survey Equipment

SCS Diamond Drilling

www.scsdrilling.com
1436 Sun Rivers Drive Kamloops
250.572-2615

250-314-4864 (fax) Spence Coutlee, Principal
SCS DIAMOND DRILLING has built a strong and
lasting reputation providing safe , productive and
cost effective drilling services, drill support services
including general mine and energy related services
within Western Canada. Operating as a 100% owned
and operated First Nations Company. Recipient of BC
FN Aboriginal Award

Alison Sterling

ajsterling67@gmail.com
Jacona Sports, Behavior Intervention, and Bubble Tea,

Robert Sterling

robert_sterling@hotmail.com
Archaeology, Anthropologist, traditional land use
studies

**Rona Sterling Consulting Inc. and Godey Creek
Paintball**

Rona Sterling-Collins
info@ronasterlingconsulting.com

Godey Creek Consulting

Sue Sterling
suesterling75@gmail.com

T Sterling Construction Ltd.

Ted Sterling
ted17@telus.net

Glenn Stirling

Stirling Instrumentation Maintenance,
Calibration & Electrical
(403) 971-6432 gqstirling@gmail.com

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Molly Toodlican

Independent Watkins
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Penny Toodlican

pcctoodlican@gmail.com
Catering

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution

GREETINGS



We want to wish our number #1 Dad and Uncle a very Happy 40th Birthday!!!
We love you all the way to Yellowknife and back!!
Love Terri, Sophie, Megan, Domanic, Evan and the Kato Baby!



Happy 97th birthday to my
Grandma Hellen!
love Flora



Wishing our beautiful daughter
Sophie Beckett a very special
happy 16th birthday on February 16
We love you all the way to
Yellowknife and back!
love, Mom, Dad, Megan, Domanic,
Evan, and we cannot forget about
Kato Potato!

FROM THE EDITOR

Did you see the photos of the beading on the moccasins some LNIB members are making? I am in absolute awe with the skill and patience that goes into this work.

I am very honoured by the gift of the beaded hummingbird presented to me by Sharon Antoine on my birthday. I'm afraid my photos don't do it justice -



When I think of the ridiculous prices some people charge for shoes that are mass made - have a walk through Neiman Marcus sometime - I sincerely hope that owners of the regalia moccasins truly appreciate the time and work that goes into these hand-stitched items. Janice Sheena sometimes makes and sells moccasins for regalia and I think her prices just barely reflect the work that goes into them

There's all kinds of beading - you've seen pins and earrings, and pendants (like my lovely pəşk'e?) Hank Yamelst teaches Peyote Beading. He's a very creative man and the beading work he has done on rattles is incredible. He's a very patient teacher (believe it or not) and I love to torture him and try his patience. He looked absolutely incredulous when I told him my plan was to finish my beading project by September - he even offered to work on it for me to help speed things along!

My point about these crafts is that the turnout for the classes continues to be low. The Culture Revival team wants to know from members what they can do to make the programs more accessible. I hope that the children are learning these crafts and what better way to spend time with your child or grandchild than to work together on a project. Those skills and memories will live forever.

Also, you should know that when some classes are scheduled for, say 2 pm - 8 pm, it doesn't mean that you have to be there from start to finish. Those are just the times that the instructors are there to help you with your project.

Take a chance and learning something new. Perfectly clueless people welcome! I should know - just ask Hank about me!

Ruth Tolerton, Communications Coordinator