

Graduate Congratulations

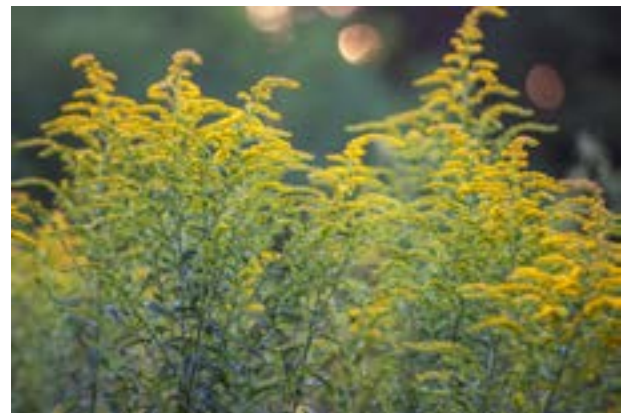


**LOWER NICOLA
INDIAN BAND**

July 2019
N?e?iyk Spíləxm

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Solidago - Goldenrod



Saskatoons



FUN DAY



Bouncy Castles, Dunk Tank, Uncle Chris the Clown...you might even see your favorite Super Hero or Princess

PROUD TO BE

LNIB



FITNESS & PADDLEBOARD SUMMER CAMP - YOUTH

Nicola Valley Muay Thai

Fitness & Paddleboard Summer Camp





Nicola Valley
Muay Thai



Nicola Valley
Paddle Company



Warrior Fitness

July 15-19
Youth Ages 6 - 12
Monck Park
COST: \$300

9:00am - 3:00pm
Bring your own
healthy lunch!

KRU MELISSA MOSES: 808428.0178 (cell)
250.378.9155 (message)
kru@nicolavalleymuaythai.ca

NKSHAYTKN @ HIGHLAND VALLEY COPPER

nkshAytkn
**Join us for the next gathering at
Highland Valley Copper**

**Thursday, July 4th; 10am - 3pm
at HVC Mine Site**

Lunch Will Be Provided

Topic: Water

- Water Management at HVC
- Professor Marwan Hassan from UBC
- PhD Student David Reid, UBC
- Guest Speaker on Cultural Use of Water

Feel free to bring pictures and share stories
of water and cultural use within the Nlaka'pamux area.

If you have any questions or would like to confirm participation,
as space is limited, please contact:

Lisa Moses at HVC 250-523-3802

John at NNTC 250-455-2711

Closed Toed Shoes and Long Pants Are Mandatory



EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for June 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:

Audit: On April 4, 2019, Chief and Council appointed BDO Canada as our new auditors for the 2018-2019 Fiscal year. BDO has arrived at the LNIB Administration office on June 17-28, 2019 to review the information required to complete the audit for 2018-2019. The audited financial statements will be presented at the Annual General Assembly with a tentative date of September 25, 2019.

Human Resources: This month for new staff we have Pat Latham was hired for the Maintenance Technician. The following summer students started in the month of June Ericka Boggs in Education, Gracynn Bose in Education, Taylor Joe in Culture and Ayana Brown in Recreation. There will be more summer students starting in July.

Committees and Liaisons: Lands Management Advisory Committee met on June 3, 2019. LNIB School Board met on June 5, 2019. Implementation Committee met on June 13, 2019. Negotiations committee has met numerous times in June with files requiring extra attention such as Kingsvale, and Trans Mountain Expansion Project.

Community Meetings: Sererus/Murphy Job Interview Preparation & Practice workshop was held for two days June 4th & 5th and , Traditional Holdings Project was held June 12th and was well attended. Pipe Ceremony was held on June 20th to honour the summer solstice. Ground Disturbance II Training was held on June 25th , H2S Alive Training on June 26th , and OFA Level 1 Training on June 27th and these three training opportunities were open to LNIB Members.

Support to Chief and Council: Chief and Council met June 4th and June 18th meeting was canceled in respect to the Lafferty family's loss of their loved one. Condolences to the family. The next Band General is scheduled for July 29, 2019 at 6:00pm at the Shulus Hall. Should you require anything on the agenda please contact Sondra Tom or myself. - Kari Reilander

CULTURAL REVIVAL

July 1, Happy Canada Day, office closed

July 2, Drop In sewing

July 3, Fish Forum, Lytton leave Cultural Centre by 9:00 am,

July 4, Canoe Pull Osoyoos Lake, Annual with Joanne Lafferty and Herman Edwards

July 6, Esther Coutlee Memorial Give-away POTLUCK Shulus Hall 12:00 – 4:00 pm

July 9, Drop in beading

July 11, Xusem (Soapberry) gathering, Mill Creek Road 10 am

July 15, Ribbon Shirts

July 16, Ribbon Shirts

July 17, Genealogy at culture centre 10 am

July 23, Saskatoon picking towards Rocky Pines, Chattaway Lake

July 26, Cultural Luncheon at Culture Centre

July 29, Building a fish weir for cultural display

July 30, Continue building a fish weir for cultural display

July 31, Genealogy

We are tentatively planning a Gun reloading class with our resource people, to begin for your prep for fall hunt. We are looking for interested people. Call Culture Centre to put your name on list.

We are hopeful for a good fish season, to continue to make us strong Nlaka'pamux people.



MJ Coutlee modeling her ribbon skirt

READ, LEAD, SUCCEED SUMMER CAMP

Lower Nicola Band School

Read, Lead, Succeed

Summer Literacy Camp Outline and Registration

Dates: July 8th, 2019 – July 19th, 2019

Dear Parents,

We are pleased to inform you of our Lower Nicola Band School **Read, Lead, and Succeed** Summer Camp program. Registration is open to Lower Nicola Indian Band students enrolling into grades 1-4.

LNBS is committed to supporting our students to gain literacy skills through effective instructional practices and community involvement. Our certified staff will identify our students' literacy needs, develop and use learning resources relevant to DIBLES and Read Well to not only prevent the 'summer slide', but to fill in literacy gaps and prepare students for the 2019/2020 school year.

The Lower Nicola Band School is proud to host the **Read, Lead, and Succeed** summer program in hopes of encouraging long lasting relationships between the community, prospective students and the love of literacy. LNBS will provide the summer camp which includes a full gym, classrooms, outdoor park, supplies, a library and technologies such as a computers, laptops, Smartboards and iPads. Assessments, Read Well and teacher resources will also be provided by the school.

**JOIN OUR CAMP****FREE TO ALL LNIB STUDENTS****FREE BUS PICK UP & DROP OFF
@ SELECTED LOCATIONS****FREE BREAKFAST & SNACKS****FOR KIDS GOING INTO
GRADES 1-4****LOCATION: LOWER NICOLA
BAND SCHOOL**

**The Summer Literacy Camp
will be supervised by Mrs. Lee-
Sim Fulton with 6 certified
teachers.**

Contact:

Please feel free to contact reception at the school or Mrs. Lee-Sim Fulton if you have any questions about the program or would like to register your child.

leesim.fulton@lnib.net

Daily Summer Camp Schedule

8:00 am - 9:00 am	Bus Pick Up (SEE BUS SCHEDULE ATTACHMENT)
9:00 am - 9:20 am	Breakfast, Morning Prayer and Circle Time Drumming
9:20 am - 11:30 am	Literacy & Outdoor Activities in Rotating Groups
11:30 am - 11:50 am	Snack
11:50 am - 12:00am	Get Ready for Departure
12:00pm - 1:00pm	Bus Drop Off

The camp begins on July 8th, 2019 and ends on July 19th, 2019.

This year, the summer camp will be dividing the prospective grade 1-4 students into 6 focus groups. The objective is to create small groups of students that are in comparable reading levels. Spring 2019 DIBELS Benchmark Assessments and end of the year READ WELL levels will be used to sort students. Certified teacher, Mrs. Lee-Sim Fulton will be coordinating and facilitating the students' learning. Mrs. Fulton is experienced with the Read Well Program, Accadience progress monitoring, Six Minute Solutions and final assessments. First Nation Language and Certified Culture Teacher Annie Major will collaborate with teachers to integrate community, culture and language into the program.

Students will rotate through The Read Well Classroom, The Library, The Literacy Board Game Room, The Word Work Room, Outdoor Play and the Culture Classroom.



Registration Form

Please fill out, sign and return

the registration, bus

agreement and behavior

policy to ensure a spot for

your child in our 2019 Read,

Lead and Succeed Summer

Camp!

40 Spaces

Available.

2019 LNBS Summer Camp Registration Form July 8th – July 19th

Child's Name: _____

My Child is **Going into** Grade (circle one) Gr. 1 Gr. 2 Gr. 3 Gr. 4

Birth date ____/____/____ Age ____

Select Bus Pick up and Drop off Location

- ☐ ROCKY PINES BUS STOP (8:00AM – 8:10AM)
- ☐ BOBS MINI MART BUS STOP (8:25 AM - 8:35AM)
- ☐ SAVE ON FOODS (8:45AM -8:55AM)
- ☐ LNIB BAND OFFICE (9:00AM -9:10AM)

Contact Phone # _____

Parent/ Guardian Name: _____

Medical Release Information

Medical Service Plan # _____

Is your child allergic to any type of food? Yes/ No

If yes, explain: _____

In case of medical emergency contact:

_____ Phone # _____

I understand that I will be notified in the case of a medical emergency involving my child. In the event that I cannot be reached, I authorize the calling of a doctor and the providing of necessary medical services in the event my child is injured or becomes ill.

Parent's/Guardian's Initials _____

Page 3 of 6

Terms of Agreement

Photo Release

I hereby give permission for my child to be photographed during the Lower Nicola Band School **Read, Lead, and Succeed** Summer Camp program. I understand the photos will be used to keep a journal of activities, to share during power point presentations and/or reports to our donors and for promotional purposes including flyers, brochures, newspaper and on the internet. I understand that although my child's photograph may be used for advertising, his or her identity will not be disclosed, I do not expect compensation and that all photos are the property of Lower Nicola Band School.

Parent's/Guardian's Initials _____

Transportation Release

I hereby give permission for the transportation of my child for official **Lower Nicola Band School Camp** activities by modes of transportation agreed to by the camp organizers. I understand my responsibility to stay with my child at the designated pick up location until the bus arrives and they have safely boarded the bus. I also understand my responsibility to be at the bus stop at the designated time for drop off. (To ensure child's safety) *Behaviour policy applies to bus transportation as well.*

Parent's/Guardian's Initials _____

The Lower Nicola Band School and its co-organizers are not responsible for lost or damaged personal property. In case of an emergency, and if a family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel (i.e. EMT, First Responder, and/or Physician).

Parent's/Guardian's Initials _____

Drop Off Agreement

I fully understand and agree that if I am to drop my child off at the day camp, I am required to walk the student into the facility to ensure that they are met with a camp supervisor. I agree to drop my child off after **9am**, when the camp doors open.

Parent's/Guardian's Initials _____

Summer Camp Behaviour Policy

It is our intent to keep all our campers safe and maintain a positive environment. Thank you greatly for your continual support.

We will not tolerate bullying, hitting or other violent behavior. Parents or guardians will be informed of inappropriate behavior and contacted to discuss corrective solutions. Camp supervisors reserve the right to immediately dismiss a child from camp due to violent or abusive behavior.

“Three strikes” policy:

First instance – The child will receive a 15 minute time out and the parent or guardian will be notified at the end of the day.

Second instance - A parent or guardian will be asked to pick the child up and a corrective solution can be discussed.

Third instance –The child will be dismissed from remaining days of camp and a parent or guardian will be asked to pick them up immediately.

Guardian Signature: _____ Date: _____

Printed Name of Parent/Guardian: _____

Bus Pick Up and Drop Off Schedule



Pick Up:

- ☐ ROCKY PINES BUS STOP (8:00AM – 8:10AM)
- ☐ BOBS MINI MART BUS STOP (8:25 AM - 8:35AM)
- ☐ SAVE ON FOODS (8:45AM -8:55AM)
- ☐ LNIB BAND OFFICE (9:00AM -9:10AM)

Drop Off:

- ☐ ROCKY PINES BUS STOP (12:05 PM -12:15 PM)
- ☐ LNIB BAND OFFICE (12:25PM -12:35PM)
- ☐ SAVE ON FOODS (12:45 PM – 12:55PM)
- ☐ BOBS MINI MART BUS STOP (1:00PM-1:10PM)

ELDERS' ACTIVITIES

July – Elders Activities

July 1st – Office closed (Canada Day)

July 2nd – Saskatoon Gathering – leave the HC @ 9:00 am

July 5th – LNIB Fun Day at the Health Centre

10:00 am – 3:00 pm

July 9th – Movie at the Activities Trailer @ 12:30

July 15th – Picnic and rod fishing – Leave the HC @ 10:00 am

Please bring your own rod for fishing and you're
more then welcome to come for just the picnic

July 18th – Elders Luncheon – Activities Trailer @ 12:00 pm

July 22-24th – Canoe Pull @ Nicola Lake

Please sign up for a ride we'll be leaving the
HC @ 9:00 am

Soapberry gathering – open depending when ready

Cherry trip to Keremeos- Open depending when ready –
Please leave your name and number at the front desk for
both of these gatherings.

If you have any questions you can contact me at (250) 280-1975

Wenona Mike – Elders' Coordinator

WATER CONSERVATION - REGULATIONS



TO ALL USERS:

As summer approaches and temperatures are rising, we are asking you to conserve water on

ALL DOMESTIC WATER SYSTEMS

We would like to ask you to water your lawn and/or garden every other day instead of daily between the hours of **6:00 am - 10:00 am or 9pm – 11pm**

- ❖ Even addresses water on even days
- ❖ Odd addresses water on odd days

Water restrictions will remain in effect for the months of **June through September**

The following are some helpful tips on watering your lawn:

- A lawn doesn't need to be watered every other day. It only requires about 2.5 cm (1") per week to keep it green (depending on weather and soil conditions). An empty tuna can is approximately 2.5 cm deep. Place several cans at different distances from your sprinkler. Time how long it takes to collect an average of 2.5 cm of water. Water this length of time once per week in the summer. Reduce this time by half for spring and fall-time.
- It is best to water your lawn early in the morning or evening because there is less wind which means more even water distribution and slower evaporation.
- If you step on your grass and if it springs back when you lift your foot, there is no need to water.
- Water thoroughly, but less frequently, to encourage deeper roots.
- Over watering creates an environment that is perfect for fungal diseases to spread. Make sure the surface of your lawn is allotted sufficient drying time between watering, as this will kill or inhibit the disease.
- When cutting your lawn, leave 2 inches or more of grass. Doing so will help to shade the roots and promote deeper root growth. Remember to sharpen your lawn mower blades as well.

If you have any questions, please call Public Works at 250.378.5157

RECYCLING - ECO-DEPOT (THE DUMP)

Do you have questions about the Lower Nicola Eco-depot? Not sure whats free to take or has a fee? Wondering what the hours of operation are?



Free dump waste:

- Grass clippings, leaves
(NO pine needles, NO pinecones)
- Tree/Bush clippings (this is where you would put the pine needles and pine cones)
- Wood Waste
- Small electrical appliances
-Vacums, microwaves, etc.
- Electronic waste
-TV's, computers, keyboards, electric childrens toys, etc.
- Paint
All house hold paints, latex or oil based.
- Tires not on rims
- Propane tanks
- Batteries
- Scrap metal
- Plastic bags
- Styrofoam

Dump waste with a cost:

- Fridge and Freezers, air conditioners there is a \$15.00 charge to get the freon removed.
- Tires left on the rim will have a \$5.00 dollar charge per tire with rim.
- Clean Roofing Shingles are charged by weight
- House hold garbage is charged by weight
- Mattresses are charged per mattress or box spring starting at \$8.00 and up.





Thinking of doing a dump run? Not sure where to go when you get there?

The Lower Nicola Eco-Depot is a very open area with clearly marked signs to where you should take your household garbage, outside garbage, recycling etc. When you get to the Eco-Depot and want to get rid of your yard clippings such as tree clipping, grass clipping, pine cones, pine needles you do not have to drive over the weigh station. Go directly to the right and you will clearly see marked areas. Also to the right is the Recycling Shed, where they have 7 bins with large marked signs of what and which bin it will go in, not to mention a very friendly staff person there to help you. In the same area is where you will take paint, tires NOT on rims, electronics, Propane tanks, and used oil and oil containers also scrap metal. Now, if you have household garbage, mattresses/box springs, roofing materials, fridges, freezers, air conditioners that still have freon, tires on rims. You WILL have to go to the weigh station. where you will be directed to take said garbage to the appropriate areas.

Do I need to clean containers before adding them to my recycling?

- Please empty containers and give them a quick rinse in left over dishwater before adding them to recycling. This helps minimize any food residue spoiling the recyclability of materials and reduce pests and smells.

Does Recycle BC only accept plastic containers with the recycling symbol?

- The recycle symbol is a code to identify what material was used to manufacture it, not all containers have a symbol, but they can still be recycled.

Why Recycle?

- Diverts waste from landfills
- Conserves resources
- Saves energy
- Feeds a green economy
- Contributes to a healthy BC

RECYCLING TIPS

You can help ensure that more materials are recycled by following these steps:

- 1 Please follow sorting instructions at the depot.
- 2 Empty and rinse containers.
- 3 Contain shredded paper inside a paper bag or box.
- 4 Flatten cardboard, remove plastic wrap from cardboard flats. Staples and tape okay.
- 5 Return deposit containers for a refund.



DOWNLOAD THE RECYCLE BC APP ON YOUR SMARTPHONE.

Search items that can be recycled on the waste wizard and find your nearest depot. Download our app at RecycleBC.ca.

EDUCATION DEPARTMENT

Lower Nicola Indian Band

July 2019

EDUCATION SECTOR

LNIB School/K-12/Post-Secondary/Career-Development

Director's Submission

While we still have a handful of members enrolled in various academic programs over the next couple of months we can for the most part say the regular 2018-2019 school year is now complete. **HAPPY SUMMER BREAK!!!** Over the past few months we have witnessed many of our members graduate from both Grade 12 and Post-Secondary education programs. It was an honour to be able to attend the ceremonies that we could travel to and we could not be any prouder of the accomplishments that our members have earned. **CONGRATULATIONS TO ALL LEARNERS.** The summer will continue to be busy for us as we reflect on the past school year and create new initiatives for the upcoming months.

The team will share a few of the projects they have been working on over the past month in their submissions below. Here are a few of the activities that I have been involved with throughout June:

- BC Ministry of Education will be inspecting LNB School in the fall. There are a variety of areas that will be assessed to ensure we are maintaining Independent School Standards. A few of the areas they will review, but not limited to, are: curriculum, planning, school policies, & assessment. It has been approximately 6 years since our last formal inspection, and to ensure effective preparedness, we have been both reviewing criteria and putting packages together that will assist our process in the fall.
- We have a record number of Post-Secondary Education Funding Applications submitted this year. The demand clearly indicates our need to secure additional funds. As you know we only receive a certain amount of federal funds each year based on a formula, and as such, we are creating outside the box strategies to both maximize current allocations and make every attempt to both advocate and leverage all other funding options to help meet our need to support all applications this year. We will communicate a PSE funding status update with our members no later than mid-July.
- We have been in discussions with POPARD (Provincial Outreach Program for Autism and Related Disorders) as we are looking to create a training program for our school. There are numerous areas within programs that we can make better for all students with support and resources via POPARD.
- We hired our last school position this month. We are proud to share with membership that each classroom will now have one teacher and one education assistant assigned to each class for the duration of the 2019-2020 school year to both support academic needs and increase overall success. In addition, we will be creating new documented procedures and processes to increase student academic capacity and internal programs/services to better meet the unique needs of each child.

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



Sector Leadership

Director of Education
Shane Coutlee

LNIB School Principal
Angie Sterling

Education Manager
Sharon Parsons



Lower Nicola Indian Band


July 2019

Local Education Agreement Update

As you know we hosted an information session last month for parents living on reserve with children enrolled at any SD58 school. The primary purpose for the meeting was to gather input from our parents that we will use when we are negotiating our renewal with the School District. The information provided by parents was excellent and we look forward to incorporating their voice into our next agreement. We also had general discussions on how we can enhance our programs/services for LNIB.

We discussed the following: hosting a minimum of 2 meetings each school year with SD58 leadership at LNIB for parents/guardians to ask questions; career planning sessions for youth of all ages; cultural sensitivity with curriculum at public schools; creating inclusive plans with children each year; drugs, alcohol, and other social issues that affect our children; personal wellness (self-care, hygiene, self-identity, self-regulation, feeling safe, sex education, etc); incorporating local authors and cultural practices into our schools; and many other topics related to youth.

The School is accepting registrations for the 2019-2020 School year.




LOWER NICOLA BAND SCHOOL

Head Start, Kindergarten
Grades 1 to 7

Our Mission Statement
"Our School, in partnership with families and communities, is dedicated to striving for excellence by providing quality education while promoting the Nl̓7əpəxm culture."


We welcome your questions and comments about the new school and the programs offered.

The views and concerns of parents, guardians and community members will be taken into consideration at every stage of the development and running of the school.



Bus Services
Daily runs include:


- Rocky Pines
- Merritt
- Lower Nicola
- Godey Reserve
- Shulus




Principal's Message:

We are committed to teach according to the students needs—whether it be visual learning or hands on experience, or basic theory while integrating local culture and the public school curriculum.

The teachers at the band school have B.C. Teaching certificates and a knowledge and appreciation of First Nations cultures. They build upon the strengths of each child academically and holistically.



201 Horn Rd, Merritt BC V1K 1A9
Phone: 250-378-5527 Fax: 250-378-6389
Email: enrollment@lnib.net



Registration Forms Available For:

- Lower Nicola Band School, phone 378-5527
- Little Stars Head Start 378-5527

Lower Nicola Indian Band

July 2019

Summer Students at Education Sector

We have a couple of students who are not breaking for summer. LNIB Education welcomes Ericka Boggs and Gracynn Bose into our office for the summer. They each bring youthful perspectives, educated opinions, positive energy, and bright smiles to greet visitors to our building.

Hello L.N.I.B, my name is Ericka Boggs. My parents are Leesa Mike, and William Boggs.



I am a 19-year-old L.N.I.B band member, and a Thompson Rivers University student. I will be returning to my studies in the upcoming fall semester of 2019 at T.R.U

in Kamloops, but since June 10th, I have been working at the L.N.I.B Education department as a summer student.

My duties at the L.N.I.B Education department have involved organizing, sorting, creating, and updating file folders as well as communicating training opportunities with our band members, and helping update file information to L.N.I.B's new database, Scratched Rock. I have never had an office job and have not worked at L.N.I.B before, so this is a new experience for me. But working at the education department has been a good experience so far!

Hello, my name is Gracynn Bose and I am an L.N.I.B. member.

My parents are Trevor Bose and Faye Gambler.



I am a student attending Thompson Rivers University, where I study Bachelor of Arts with a major in English.

On June 10th, I started working for the L.N.I.B. Education Department as a summer student.

My tasks around the office include filing, organizing, working on the Scratched Rock database, making sure files are up to date and communicating with L.N.I.B. band members about new opportunities, and education. I am grateful for the opportunity to work for L.N.I.B. during the summer of 2019. This experience has been amazing so far, and I look forward to spending the rest of my summer here before returning to T.R.U this fall.

Lower Nicola Indian Band

July 2019

Last Homework Club Gathering

We held our last gathering this past Wednesday June 26 at Rocky Pines. When we asked the students if they felt this after school program was beneficial towards their studies at school the response was “YES” from all of them. They all agreed it was a good service and they especially enjoyed being tutored by one of our secondary students. As both the students and parents feel this program is essential towards success at school we will be running this again next school year. Have a great summer!



LNIB Education



Lower Nicola Indian Band

July 2019

Lower Nicola Band School – Principal Angie Sterling

Here are a few things that happened at the school during the month of June.

Some classrooms visited the Merritt R.C.M.P. detachment, Shulus and the Merritt Fire Departments



Miss Sheena's Kindergarten/Gr.1 class



Mrs. Ens Grade 1 & 2 class.



Mr. Easterbrook's
Grade 3 class



Miss Sheena's K/Gr.1 class
with Tony @ the Shulus Fire Hall.



Mrs. Ens Gr.1 & 2 class with the Merritt Fire

Lower Nicola Indian Band

July 2019

The Kindergarten-Grade 5 classes went on their yearend field trip to The Energy Plex in Kelowna.

The Grade 6/7 class spent their year end field trip camping at Mooseheaven Resort for 3 days.

(Sorry no photos were submitted for these trips.)

The following students made the **Honor Roll List** for the final term of the 2018-2019 school year. **Laurenda Aljam** (K), **Malaki Covell** (gr.1), **Jackson Bowering** (gr.1), **Asher Pinyon** (gr.2), **Lily Dick** (gr.3), **Silas Shackelly** (gr.4), **Dreyden Shuter** (gr.5), **Kiera Nyuol** (gr.6), **Jorja Collins** (gr.7), **Electra Fairley** (gr.7) and **Domanic Beckett** (gr.7).

Tyson Ned-Swakum received the Perfect Attendance award and **Shanny Sterling** received the **nle?kepmxcin** language award.



The school awards day was held on **June 27th**. With the Kindergartens graduating to Grade 1 and Grade 7's graduating to Grade 8 (High school) we acknowledged **Wayne Voght**, **Edmund Justice** and **Landan Swakum** who have all attended the Lower Nicola Band School from Headstart (k3) – Grade 7.

Have a great summer and we look forward to seeing many of you here at the school in September.

Submitted by Barb Basil

Lower Nicola Indian Band

July 2019

SHARON PARSONS - EDUCATION PROGRAMS MANAGER

henle?

June has been filled with celebrations, graduation ceremonies, and planning for summer break. July and August will be a welcome break for staff and teachers alike.

K – 12 News & Events

School District #58 students will be out for summer break next week. Parents will be frantically looking for things for kids to do, and maybe daycare for those who work out of their homes.

This month, MSS Mondays, were focused on getting information about students who were missing assignments and collaborating with parents and teachers to get the job done. MSS is holding what they call I days, June 26, 27 and July 2-5, to give all MSS students a chance to get those assignments done and handed in. Let me know if you need help getting them there, we can arrange a ride.

Indigenous Graduation was well organized, and well attended as usual. First Nations Support Workers, and MSS staff did a great decorating the NVIT gymnasium, kept the agenda flowing, and the caterer provided good wholesome food. LNIB Education gave a lovely Pendleton towel to each graduating student of 2019.

The MSS Graduation Ceremony at the Nicola Valley Arena was also well organized and well

attended. Putting on my hat as a member of the Aboriginal Advisory Council, I presented scholarships to 2 aboriginal students, LNIB member Shaelan Wilson, and Mack Stead.

Post-secondary & Employment & Training News & Events

A reminder to sign up for training and certifications that could lead to potential employment. Contact Gail at the Education office or Steve Wilks at the Economic Development office to get updates on what is being offered.

Another year has zipped by as I blinked. We are in the process of reviewing post-secondary applications for the 2019/2020 academic year.

LNIB Education has a record-breaking number of 65 applicants seeking funding support for full-time or part-time post-secondary programs, trades training, and short courses. While reviewing the applications and hearing each of the applicants speak about their future, the level of motivation is aspiring and impressive.

Congratulations to 2019 graduates, grade 12 students who are the future post-secondary students, and to those who graduated from their post-secondary programs.

Good Luck to each of you!

For more information about funding and supports, call or drop into the Education Office

LNIB Education Department



sharon.parsons@lnib.net

(250) 378-0915

2160 Settlers road Hwy 8

Lower Nicola Indian Band

July 2019

LNIB EDUCATION DEPARTMENT


gail.laroche@lnib.net


(250)378-0915

 2160 SETTLERS ROAD
HWY 8

GAIL LAROCHELLE POST-SECONDARY/EMPLOYMENT & TRAINING COORDINATOR

Hello everyone,

I hope you are all enjoying your summer. Get out there and enjoy the sunshine.

What I have been working on this month:

- We have received a record number of post-secondary applications this intake. 21 returning, 6 High School Grads, 20 new students, 8 Doctoral/Masters, 5 part-time, 4 trade students and 2 students that started in May
- Ensuring all PSE applications are complete
- Ongoing interviews with all new students
- Assisted members with short-term training
- Contacted 10 members regarding job postings and training opportunities
- Attended the First Nations High School Grad ceremonies at NVIT to give support to the LNIB Grade 12 graduating students
- Assisting 3 members with resumes for job opportunities
- Securing accommodations for member to attend training at out of town facilities
- Welcome to Ericka Boggs and Gracynn Bose, the 2 summer students we have in the Education Department. They are both very eager to learn how our department operates

To All LNIB Members—stop by the Education Office to discuss any training or short-term courses you are interested in taking

Gail La Rochelle
Post-Secondary, Trades and Training Coordinator

SHULUS GARDEN

Greetings from all the staff at Shulus Community Garden!

We now have four garden employees on board who work diligently preparing grounds, planting seedlings and seed, maintaining garden crops, managing weeds, building additional garden structures and much more. Shulus Garden Staff include: Lorna Shuter, Chris Doucette, Katolina Peterson, Peyton McRae. We have been very busy these last couple of months.

Garden doors opened April 01. We started planting seeds and setting up grow lights and shelves inside the portable. A big "Thank you" to the Shulus Garden Club members for building an awesome Hoop Greenhouse for the Shulus Community Garden program. It took three weeks of volunteer time to construct the shell and ongoing staff time to finish final details and added shelves and extra braces for stability against the strong prevailing winds. All Seedlings were moved into the greenhouse before being transplanted out into the garden. We have planted all vegetable crops and are now planting herbs and spice plants into the medicine garden and as companion plants with veggie crops and will be transplanting the rest of the Cabbage and Brussel Sprouts asap.

We will be growing tomato vines in the green house. Other vegetable crops include: eggplants, turnips, radish, rutabagas, sunflowers, green beans, kidney beans, black beans, peppers, basil, pumpkins, assorted squash, melons, corn, peas, lettuces, celery, swiss chard, carrot, beets, potato, onions, leek and asparagus. We are growing the frost sensitive crops under cloche row covers, as early frost has hindered production in the past few years. Herbs include: Basil, Bergamot, Borage, Chamomile. Chives, Cilantro, Dill, Epazote, Lemon Balm, Lemon Grass, Oregano, Mint, Parsley, Rosemary, Sage, White Sage, Stevia, Summer Savory, Thyme, Nasturtium, Marigold, Calendula, Horseradish. We also have Comfrey, Rosehip, Saskatoon, Ghostberry, sx^wusm, Milkweed, Goldenrod, Bleeding Heart, Yarrow, Motherwort.

Thank you, Debbie John for the Ever-bearing Strawberry plants; they've been planted into the medicine garden and the rose planter. Thanks to somebody for the artichoke plants, they are planted into pots for now. Thank you, Rhonda for the ceweta seeds, we will plant them into flats and then into the medicine garden. Thank you, M. Fraser for the beams of timber that helped us build a small bridge to the gardens west field. Thanks to Lloyd for use of your hives, as we now have beehives and we've planted a wild flower blend of assorted clovers and such for the pollinators. The orchard and rhubarb are doing well, and we may plant more fruit trees or berry bushes such as Saskatoon or sx^wusm, otherwise indigenous berry bushes are best. We've planted both Fall Rye and Buckwheat as a ground cover, to build organic matter and to fix nutrients to the unused fields and to hinder invasive weed growth. We're plan to build more compost structures and a worm house for our Red Wiggler Worms.

LNIB Fire Smart Training session was hosted last May that showed us a power point presentation on "How Fire Smart Treatments Influence Wildfire Spread". Please take a few minutes of your time to review the little pocket manual called "**FireSmart - Homeowners Manual – FireSmart Begins at Home**". FireSmart Canada contact information: FireSmartCanada.ca, first Nations' Emergency Services society of BC, www.bcwildfire.ca, 1 800-663-5555 or *5555 on your cellphone. For more

LNIB School Students, grade K to grade 3 have participated both at school and at the garden to plant seeds such as: corn, sunflowers, tomatoes, beans, watermelons, cantaloupe, pumpkins, flowers, and have made scarecrows for their pumpkin and corn maze.

Thank you, young agrarians for all your participation this year and we wish you all a happy & safe summer. Please visit us here at Shulus Garden and see how the scarecrows and crops are doing.



information about the “**LNIB FireSmart Campaign**” please contact Lorna at 250 936-8365 or lorna.shuter@lnib.net.

LNIB Invasive Species Campaign is part of the LNIB weed management campaign. Shulus Garden club has hosted a few meetings this year and now has a group of active participants who are avid about organizing weed pulling and seed collecting and more. We are looking for leaders from each of the reserve communities to help us organize weed management in your communities. Several LNIB departments have become actively involved and several band members have stepped up to the plate to help organize community weed pulling and management strategies to help rid of the most invasive plant species. Poster have been sent out in previous news letters to help you identify the following invasive plants that are not native to the Nicola Valley and are either toxic to animals and have a zillion seed. Please take a few minutes to read about these weeds and help by pulling, mowing, weeding etc. Hoary alyssum, blue weed, Hounds tongue, knap weed, to name a few.

Garden projects yet to complete and will require community assistance through the Garden Club program: Gazebo in medicine garden, garden planter boxes, community gardening, harvesting and preserving of food we grow. We have tools and materials at Shulus Garden to help with all garden projects. The children’s garden is well on its way, the medicine garden has more plant species added with a thick mulch of bark and irrigation system installed. Mature medicinal and culinary herbs and spices, you’ll have to come check it out and get involved.

FYI, we invite you to come to the garden and get involved in any of the garden activities during works hours Monday to Friday, 8:30 to 4:30. Please contact Lorna if you would like to set up a garden visit or event and we can have on-going workshops throughout the year.

Shulus Garden Club was very busy from January to May. We hosted a few garden meetings at the soup kitchen, then moved meeting to Shulus Garden portable. To become a garden club member, you just have to attend meetings & activities, rides can be arranged. We need help to organize

events and meeting, as gardening is now taking a lot of time, so come and use your talents and get involved in your community garden club. We started the invasive species campaign and the FireSmart Campaign. We have been working along with LNIB Companies and Departments to manage both weeds and fire prevention. We have been meeting with a goat farmer and now that the goats have given birth to baby goats, the goats will soon be at Shulus Garden to eat the weeds and teach us to farm with goats. We hope to have a goat day, where you can come see how goats help manage weed infestations.

Other activities will include garden maintenance, harvest and preserving as part of the Peavy Grant activities. So, if your interest is in growing fresh pesticide free food, please come and join in on the fun. Use your imagination and artistic skills to create a beautiful garden. We'll learn about storing fresh produce, and we can even build a root cellar and such. Well, we have a lot going on here at Shulus Garden, so I best get back at it. Thank you and have a wonderful summer.

Growing with you,
Lorna Shuter



ROCKY PINES SPLASH PARK

The photo shows the new, blue splash pad activation bollard. In the foreground is the yellow activation step pad, that was damaged by rocks by the children using the water park.

The costs to install new equipment have amounted to several thousand dollars. Please help us keep this park open and operational for all to enjoy. Supervise older youth and help them to understand that if the vandalism continues, we may be forced close the water park indefinitely.

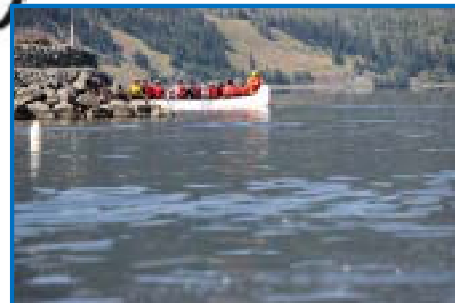
If you see something, say something!!

NICOLA CANOE PULL**NICOLA CANOE PULL 2019**

The Merritt First Nations Policing Section (RCMP) is planning its 6th Annual Canoe Journey for the Nicola Valley. Our goal is to help build positive community relationships with the RCMP and surrounding aboriginal communities, the various organizations and the youth. The event will be held July 22-24, 2019. Monday will have an arrival time of 2pm, with dinner being served. Youth will camp Monday and Tuesday night at the Douglas Lake Camp site (located at the Old Kamloops Sailing club—Quilchena, BC).

Our vision is to support the future leaders of the Nicola Valley in a healthy active environment by supporting youth, being respectful, demonstrating cultural awareness, working together and having fun. This is being planned in partnership with TECK (Highland Valley Copper). With the planning assistance of Scw'exmx Community Health, Upper Nicola Indian Band, Lower Nicola Indian Band, Scw'exmx Child and Family and School District #58.

It will be held July 22-24, 2019. This event is for youth between the ages of 12 and 18 years. If you have any questions or wish to help, please contact Cst. Rose GRANT, Cst. Chester WILLIAMS or Cpl. Rick AIRD at 250-378-4262.



Annual Nicola Canoe Pull

Hosted By The RCMP

In Partnership with Teck Highland Valley Copper

Vision: To Support the Future Leaders of the Nicola Valley in a Healthy Active Environment.

Core Values: Supporting Youth, Being Respectful, Demonstrating Cultural Awareness, Working Together and Having Fun.

Mission Statement: Build Positive Community Relations With The RCMP and Youth from the Surrounding Aboriginal Communities, and the Various Agencies and Organizations.





WAIVER & RELEASE FORM

2019 NICOLA CANOE PULL

**PLEASE READ CAREFULLY
BY SIGNING THIS FORM, YOU ARE WAIVING IMPORTANT
LEGAL RIGHTS AND MAKING LEGAL COMMITMENTS.**

1. This Waiver and Release applies to my participation or the participation of any child less than 18 years of age, of which I am the legal guardian (hereafter “my child”), in the following activities.
 - a) The 2019 Nicola Valley Canoe Journey, canoeing related events, any feast, ceremony, practice sessions prior to or following the activities associated with the 2019 Nicola Canoe Pull.
 - b) Activities: (a) above hereafter referred to as the “Activities”
 - c) Sponsors and/or Organizers means: Teck – Highland Valley, Scw’emx Community Health Services Society, CAN – Citxw Nalka’pamux Assembly, Scw’emx Child & Family Service Society, School District #58 First Nations Support Workers, LNIB Health & Community Services and UNIB Health & Community Services.
2. I voluntarily choose to participate in the 2019 Nicola Valley Canoe Journey. The Canoe Journey is organized and sponsored by the RCMP as well as local First Nations Sponsors and Organizers. Participating in any of the Activities may involve risks, dangers and hazards that may result in injury. For example; canoe could collide or capsize due to poor steering control or bad weather leading to personal injury or death. I am aware that by participating or allowing my child to participate in the Activities, I and my child are risking personal injury, death, or damage to our property.

Assumption of the Risk of Travel:

- I understand that participating in the Canoe Journey involves inherent risks; the Organizers and Sponsors cannot eliminate inherent risks or guarantee my safety. Inherent risks of the Journey include, but are not limited to traveling to, from, and within locations on or around the Nicola Lake via car, van bus or canoe, etc., as well as unpredictable local weather which may increase the concern of water activities or road conditions.
- I acknowledge that it is my personal responsibility to take reasonable precautions to safeguard my health and safety and to protect my personal belongings from damage or theft. Such reasonable precautions include, but are not limited to, being alert and aware of my surroundings, and always letting a Chaperone know where I am going and where I can be located at all times. I know that if I have any questions or concerns at all, I can always ask a Chaperone or Police officer at any time.

Medical Care – Health and Safety Concerns:

- I authorize the Chaperones or designated First Aid Attendants to obtain appropriate health care for me in the event that I need it. I further agree to hold harmless and indemnify the Sponsors and Organizers, subsidiary and affiliated entities, as well as each of their officers, directors, representatives, employees, and agents, from any and all actions taken by the Chaperones or First Aid Attendants to provide necessary emergency medical care to me during the Journey. I also

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understand and agree that if I experience serious health problems, suffer injury, or I am otherwise in a situation that raises significant health or safety concerns, then the Chaperones or First Aid Attendant may contact emergency health care providers, my parents, guardians, or any other person whose name I have provided as my emergency contact.

Standards and Conduct:

- I recognize that I assume an important personal obligation to conduct myself in a manner compatible with local laws and regulations, with the policies of my Sponsors and Organizers and with any instructions given by the Journey Leaders or Chaperones. I promise to act responsibly and respectfully, and will abide by all such laws, regulations, policies, and standards. I agree that the Organizers and Chaperones have the right to enforce all standards of conduct described above.

I accept and assume those risks.

3. I acknowledge that the releases listed in paragraph 4 below will not allow me, or my child, to participate in any of the Activities unless I sign this Waiver and Release; therefore, I am receiving a benefit in exchange for signing this Waiver and Release and it is binding on me.
4. I release the following:
 - a) The Royal Canadian Mounted Police, any other law enforcement or peace officer organization, Public Service Agency, or affiliate participating in the 2019 Nicola Valley Canoe Journey.
 - b) Any Search and Rescue group, owners, operators and crew of any escort or support vessels assisting the 2019 Nicola Valley Canoe Journey.
 - c) Any First Nation, or associated group, participating in the 2019 Nicola Valley Canoe Journey.
 - d) Any directors, officers, employees, agents, independent contractors and volunteers of (a) & (b)
 - e) (a) to (b) above hereafter referred to as the "Releases" from any and all liability for any loss, damage, injury or expense that I may suffer as result of my participation in the Activities, no matter how caused, including, if caused by the negligence or gross negligence of any of the Release.
5. If someone sues me or my child for negligence or alleged negligence, I agree not to claim contribution or indemnity from any of the Release. I release the Releases from all liability that could arise from such a contribution or indemnity claim.
6. I agree to hold harmless and indemnify the Releases in respect of any claim, liability or legal expenses that they incur directly or indirectly by reason of a claim brought by me or my child against any person or entity for loss, damage, injury or expenses suffered by me.
7. In consideration of the Releases allowing my below named child to participate in the

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Activities, I agree to hold harmless and indemnify the Releases against all claims, demands, actions, legal expenses or liabilities, for loss, damage, injury or expenses which may be brought against the Releases by or on behalf of my child, as a result of my child's participation in the Activities.

8. I agree that this Waiver is also binding on my heirs, executors, administrators and legal representatives.

Name: (Print) _____.

SIGNATURE: _____ **Date:** _____.

If child is 18 years of age or younger:

Name of Parent or Guardian: (Print) _____.

SIGNATURE: _____ **Date:** _____.

First Nation Band Chaperone/Parent

Name of Parent/Guardian/Chaperone:
(Print) _____.

SIGNATURE: _____ **Date:** _____.

Photo, Video & Image Release (if agreed, signature required).

I understand that the Sponsors, Organizers, or others may take photographs or videos of any of the Participants of the Journey. I consent and give the Organizers permission to:

- (a) Take Participant's photo or a recording, soundtrack, artwork, film or footage of the Participant;
- (b) Crop, alter or modify Images and combine Images with other images, text, audio recordings and graphics;
- (c) Use images for any purpose in publications of the Sponsors or Organizers and in any and all media, for any and all legal purposes, including without limitations advertising, marketing, packaging or promotion; and
- (d) Use images with or without the Participants name and with or without the name of the location in which the event took place.
- (e) I understand that no party (including the participant, his or her parent, guardian or any other representative or agent) will receive any financial consideration in relation to the collection, use or disclosure of images associated with the Journey.

I hereby consent to and authorize the use or reproduction by the "2019 Nicola Valley Canoe Journey"; and its agents of any and all photographs or other likenesses taken of me during the "2019 Nicola Valley Canoe Journey"; for the purpose of promotion, without compensation to me.

1. **Name of Parent or Guardian: (PRINT)**

_____.

SIGNATURE: _____ **Date:** _____.



REGISTRATION FORM:**July 22 and July 24, 2019****Nicola Canoe Pull 2019****DUE: July 17th**

We are happy to invite you to our fourth Annual Nicola Valley Canoe Journey. This exciting 3 day journey will start at the Douglas Lake Ranch recreation site (old Kamloops Sailing Club) on Nicola Lake, BC on Highway 5A and will end at the same location following day on Nicola Lake, BC. **Aboriginal youth between the ages of 12 and 18 are invited to paddle the waters (Youth must be 12 at the time of registration).** For this two day event the youth is expected to participate for the full two days of paddling.

Registrant Type: Youth _ Chaperone _ Ground Crew _ Other _

Name: _____

Address: _____

Phone No: _____ Email: _____

BC Care Card: _____

ARE YOU PART OF A GROUP? Yes () No ()

NAME OF YOUR GROUP: _____

CHAPERONE NAME: _____

Age of participant: _____

Youth must be 12 at the time of registration

Paddling Experience: Beginner: () Some: () Experienced: ()
N/A ()

Questions:

1. Have you participated in a British Columbia Recreational Canoe Association course? If so, please specify training:

2. Have you participated in previous canoe Journeys- if so, on lake, river, or ocean? If so, how many Journeys, and in what capacity? (Skipper, puller, bow person)

3. If you have canoe experience, what type of canoe or similar vessel have you been in (Solo, Tandem, Dugout, Big Canoe, Outrigger Canoe, Dragon boat, etc.)

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NICOLA CANOE PULL 2019

Supply List:

- Tent
- Tarps (optional)
- Sleeping Bag
- Camp Chair (optional – they won't be supplied)
- Flash light
- **Water bottle** (water will be supplied but in large containers)
- Swimming Clothes
- Towels
- Shoes for Water (should have shoes or closed toed sandals)
- Change of clothes appropriate for weather
- Hat
- Sunglasses
- Sun block/lip balm/ bug spray
- Tooth brush/paste/floss
- **NO ENERGY DRINKS**

Nicola Canoe Pull 2019 Chaperone Rules



- The ratio will be 7 youth to 1 Chaperone.
- The Chaperone must camp near the youth (ie. Within earshot)
- NO CARBONATED ENERGY DRINKS!
- No electronic devices.
- The Chaperone will ensure that:
 - ❖ The youth set up their own tent.
 - ❖ All belongings brought to the event are within their responsibility.
 - ❖ The youth clean up their own area.
 - ❖ Any medication will be given to the Chaperone and administered by the Chaperone.
- The Chaperone is responsible for having the youth up and ready to leave in the morning.
- The Chaperone is responsible for curfew and that it is adhered to.
- There will be separate tents for boys and girls.
- The Chaperone will ensure youth have proper camping supplies (List will be provided).
- The Chaperone will ensure any injuries are reported as soon as possible to the First Aide.



Congratulations Megan!



YOUTH CULTURAL OUTING



“Our Youth Cultural Outing” Davis Lake area!

We would like to thank our 11 youth from LNIB who took part in the Youth Cultural Outing at Davis Lake on June 11th. As well as, Sharon Antoine, Carol Basil, Clif Garcia, Chelsea Spahan and Ayana Brown. For teaching our youth traditional teachings. The youth took part in archery, traditional native plant identification and how to weave bulrush for a head band.



TRADITIONAL HOLDINGS PROJECT**LOWER NICOLA
INDIAN BAND**

Traditional Holdings Project Invitation to LNIB Families

Our land, our people, our future – Come share your stories and teachings

The LNIB Traditional Holdings Project invites all LNIB families to participate in family group meetings to share stories and histories about their connections to family lands on our reserves. We recognize that each family has unique ties to the land, and we hope you will add your voice to this process.

The purpose of these meetings is not to judge or make decisions about the validity of land holdings, but to learn about how families came to be connected to the land, how land has been passed down through families, and how families traditionally settled disputes about land.

Learning about the history and cultural protocols around land allocations will help our community to make informed decisions that reflect our values today. Information shared at family meetings will be used by the LNIB Lands Department to support the development of an Allotment Law under our Land Code.



Family meetings will be held throughout the summer and fall. If your family is interested in scheduling a meeting with the Traditional Holdings Project Team, please contact Brandi O'Flynn or Monica Charters at 250-378-5157.

VACANCY - LANDS MANAGEMENT ADVISORY COMMITTEE

Lower Nicola Indian Band Lands Management Advisory Committee

Term: 4 years
Department: Lands
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;
- Cannot be convicted of a corrupt practice in connection with an election, including but not limited to, accepting a bribe, dishonesty or wrongful conduct; and
- Must be able to pass a Criminal Record Check;

Apply To:

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

Deadline to apply: July 19th, 2019

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

To obtain a criminal record check:



- Go to the RCMP Station, Tuesday-Thursday between 9:30am-3:30pm.
- You will need 2 pieces of government issued ID.
- Costs \$35 (must pay in cash).
- Takes minimum 2 weeks to come in.

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.



FAMILY ACTIVITIES CALENDAR

<div>  <div>Family Activities July 2019</div> </div>						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1  Canada Day	2 Office day	3 Program TBA 12-2	4 Prep for fun day	5 Community FUN DAY!!!	6
7	8 Parents & Babes 12-2 Fitness 7pm-8pm	9 Pete creek 1:00pm-3:00pm	10 Cultus Lake Camp 9:00am departure	11 Othello tunnels arrive @4pm	12 Office day	13
14	15 Office Day Fitness 7pm-8pm	16 Program TBA 12-2	17 GFB Family potluck 5:30-7	18 Monk Park 12-2	19 Skill Share 2-4	20
21	22 Parents & Babes 12-2 Fitness 7pm-8pm	23 Camping (with rec)	24 Camping (with Rec)	25 Rotary Park day 10:00am- 2:00pm leave rpe	26 Office Day	
28	29 Office Day Fitness 7pm-8pm	30 Program TBA 12-2	31 Pete Creek 12:00pm- 4:00pm			

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 @ Cross Fit Merritt

* Family Potluck @ Rocky Pines Community Centre

AT FATHERS' DAY LUNCH



MERRITT FORESTRY & LOGGERS EXHIBITION
SEPTEMBER 13-15 2019
CENTRAL PARK, MERRITT BC

CELEBRATING NATIONAL FOREST WEEK

FAMILY FUN

LOGGER SPORTS

LAUGHING LOGGER SHOW

- Chainsaw Carving
- Logger Sports Competition
- Education day
- Kids Zone
- Vendors
- Food
- Family Fun
- Demos

FEEL THE BEAT

July 2019 ~ Cultural Events

For More Information Please call Charlene Joe, Cultural Program Coordinator

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

Cultural Events – 2975 Clapperton Ave Everyone Welcome ~ 4:00-8:00 PM. – Potluck Dinner 5 PM



Guidelines & Values

- Drug & Alcohol Free
- Respectful to Self and Others
- No Violence
- Family Events
- There will be sign-up sheets



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day Office Closed	2 No Feel the Beat	3	4 No Feel the Beat	5	6
7	8	9 No Feel the Beat	10	11 Soapberry Picking Meet at 8 am	12	13
14	15	16 No Feel the Beat	17	18 No Feel the Beat	19	20
21	22 Canoe Pull Nicola Lake	23 Canoe Pull Nicola Lake Meet at 8 am	24 Canoe Pull Nicola Lake	25 No Feel the Beat	26	27
28	29	30 Chokecherry picking Meet at 8:30 am	31			
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.						

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.

ANIMALS - WHO TO CALL



Wildlife sightings:

Many people phone the band office when they spot a bear, cougar, or other wild animal that is passing through our communities. This is not appropriate protocol and in many circumstances it is a waste of valuable time that the conservation officer could be tracking the animal. They will not take action based on third party information. The person who spots the wildlife needs to contact the conservation officer directly at 250-378-7754 during regular business hours and after hours emergency calls can be directed to a cellular number at 877-952-7277. Please do NOT call the band office or public works if you encounter or spot any wild animal that may put our people at risk. Safety first!!! Act fast!!! Call the conservation officer immediately.

Animal neglect:

This is another situation that making the wrong call could cause more distress to domestic pets. If you witness animal abuse or willful neglect, do NOT contact the band office or Public Works, Please contact the SPCA immediately, you might save the life of an animal, or at least reduce their suffering. Kamloops SPCA phone number is 250-376-7722. Thank you.

Hyrum Peterson
Director of Infrastructure
Lower Nicola Indian Band

ABORIGINAL YOUTH FIRST



This email is coming to you from the
Indigenous Sport, Physical Activity and
Recreation Council (I-SPARC).



Apply Now!

July 23 - August 1, 2019

Pearson College, Victoria, BC

13-18 Years

Participants take part in a 10-day leadership camp where they are introduced to detailed training in aquatics, lifetime leadership, nutrition and fitness. This program encourages participants to create a personal vision by providing opportunities in the areas of aquatics, lifesaving, scuba diving, first aid and recreational leadership.

The Aboriginal Youth First program uses sport and recreation to teach job skills, increase self-esteem, develop leadership skills and promote healthy living. Participants are mentored to be junior leaders and, in turn, become role models for future students.

All program staff are selected from these junior leaders. Youth participants who complete a combination of the Lifesaving Instructor (LSI), National Lifeguard Service (NLS), and Water Safety Instructor (WSI) programs have an excellent chance of being hired by community pools and obtaining employment in BC's Scuba Diving Industry.

Participants in the leadership camp can work towards employable international certifications in:

Scuba Diving
Lifeguarding
Lifesaving
First Aid

Costs of food, lodging, and training are covered for participants. Pickup on Vancouver Island (ferry terminals, airport) available, please contact Allen McNabb at macnabby@gmail.com for more information.



For more information on how to register, please visit www.youthfirst.ca

GREETINGS



Happy 11th Birthday to Evan Beckett on July 4th, Love from Uncle Jim, Auntie Terri, Sophie, Megan, Domanic and Kato!

Happy Birthday to Austin Cisco on July 17th, Love from Uncle Jim, Auntie Terri, Sophie, Megan, Domanic and Evan!

Happy Birthday to Uncle Ed on July 19th, Love from Jim, Ter, Sophie, Megan, Domanic, and Evan

Happy Birthday to Miss Myrna Muir on July 25th, Love from Uncle Jim, Auntie Terri, Sophie, Megan, Domanic and Evan

Congratulations to my nephew Geoff Huston and his graduation from First Nation's Technical Institute (FNTI) Aviation Class of 2019 - Barb



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.Bangham@lnib.net All membership issues are dealt with on Wednesday and by appointment only

SIXTIES SCOOP

MONTRÉAL, 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.

JOBS

See yourself at Teck

Teck is a diversified resource company committed to responsible mining and mineral development with major business units focused on copper, steelmaking coal, zinc and energy. Headquartered in Vancouver, Canada, its shares are listed on the Toronto Stock Exchange under the symbols TCK.A and TCK.B and the New York Stock Exchange under the symbol TCK. Teck has been named to the 2013 Dow Jones Sustainability World Index (DJSI) for the fourth straight year, indicating that Teck's sustainability practices rank in the top 10 per cent of the world's 2,500 largest public companies. Further information about Teck can be found at www.teck.com.

At Teck, we value diversity. Our teams work collaboratively and respect each person's unique perspective and contribution.

Employees with a range of backgrounds and perspectives can help build a stronger company, and at Teck, this belief is at the heart of our commitment to building a diverse workforce. Teck Highland Valley Copper Partnership (THVCP) hires on the basis of merit and is strongly committed to equity and diversity within its community. We especially welcome applications from women, Aboriginal persons and others with the skills and knowledge to productively engage with diverse communities.

Teck Highland Valley Copper Partnership (THVCP) is one of Canada's largest base metal copper-moly mines and is owned and operated by Teck Resources. THVCP offers an attractive salary and benefits package. The Highland Valley is a very attractive location in the interior of BC and offers a wide variety of recreational opportunities such as hiking, mountain biking, boating, fishing, world class skiing and championship golfing. The mine site is a 50 minute drive from Kamloops, BC which has a population of approximately 85,000 and provides all of the comforts of city living and is home to Thompson Rivers University. The mine site is also close to Logan Lake, Merritt, Ashcroft, and Cache Creek which all exude a small town community atmosphere.

We are currently seeking an individual in the role of: **Environmental Coordinator (temporary - two year).**

Reporting to the Senior Environmental Coordinator, the Environmental Coordinator will be responsible for implementing a strategic approach to environmental engagement and investment that is aligned with Teck's Health, Safety, Environment, and Community Management Standards and commitments to external initiatives.

Specific duties include, but are not limited to, the following:

- Be a Courageous Safety Leader, through promotion and adherence to established Safety and Environmental policies and procedures;
- Support the Social, Environmental and Regulatory Approvals (SERA) team;
- Support recycling and waste management programs;
- Support the reclamation, monitoring and other field programs;
- Support air related activities including dust management, monitoring and reporting;
- Support water and erosion and sediment control programs
- Support the implementation and operation of environmental management systems;
- Development of regulatory and sustainability reports;
- Participate in multi-stakeholder committees;
- Participate in and support community events;
- Database administration and support; and
- General duties as assigned.

Skills and Experience

- Undergraduate degree related to Environmental Sciences;

- Excellent written and oral communication skills, including active listening, and public speaking;
- Demonstrate strong skills in Microsoft Office especially in Word, Excel, Publisher, PowerPoint; and GIS software;
- Demonstrated planning, organizing, meeting facilitation and event coordination skills;
- Project Management training and skills;
- High degree of initiative, self-motivation, accountability, and independent judgment;
- Experience and understanding of the mining industry is an asset;
- Must possess a valid driver's license (minimum BC class 7N or equivalent);
- Grade 12 certification or GED or equivalent.

www.teck.com/careers

We wish to thank all applicants for their interest and effort in applying for the position; however, only candidates selected for interviews will be contacted.

Your application to this posting is deemed to be your consent to the collection, use and necessary disclosure of personal information for the purposes of recruitment. Teck respects the privacy of all applicants and the confidentiality of personal information

WELCOME NEW LNIB STAFF!



Pat Latham has joined the Public Works team as Maintenance Tech.

MEMBER OWNED BUSINESS DIRECTORY

Aly Moon-Pierre

Online Life Coaching Business.
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

PlumberMann
250-936-8555

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

Loren Sahara Consulting

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

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

Nicola Valley Muay Thai
Kru Melissa E. Moses
250-378-9155
kru@nicolavalleymuythai.ca

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

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**

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info@ronasterlingconsulting.com

Godey Creek Consulting

Sue Sterling
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Glenn Stirling

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Catering

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution

FROM THE EDITOR



I attended the Summer Solstice pipe ceremony last week. The pipe ceremonies are led by Johnny Jackson - he's very good about sharing his stories and speaking about history and traditions.

The pipe ceremony is about connecting with the ancestors and praying for all good things for the upcoming season, and to reflect on what's going on in your own life. I find them very moving, spiritual and healing.

If you are a non-smoker and haven't attend a pipe ceremony for that reason, please know that you don't actually have to smoke the pipe to take part. For many, they simply hold the pipe and touch it to their forehead and/or heart.

This ceremony there was a group of about 15 - men and women, all ages. Everyone is made to feel very welcome, including a seme? like me. We all enjoyed breakfast together after - at one long table like family gatherings of old. That get together felt as good and right as the ceremony itself; something everyone there commented on.

The solstice ceremony is of particular importance to me because the summer solstice is probably the most important day in the Latvian culture calendar and I find many of the intents and rituals are the same - not surprising when all really old cultures focused lives on the passage of seasons,

At indigenous ceremonies, it is cultural practice for women to wear ribbon skirts. Although I really dislike sewing, I did manage to craft one together in time for this summer solstice; I had promised Sharon Antoine and Carol Basil that I would get it done. Have to say I am quite pleased with how it turned out. The material was inherited from my mother and I vaguely remember shopping with her some years ago for that pattern for a dress for me. I attached the ribbons and then added a Latvian connection to the front by adding the Latvian symbol for summer solstice to my ribbon pattern.



The next pipe ceremony will be for the Autumn equinox - watch for it in the Culture calendar. If you need a ribbon skirt (or shirt) in the meanwhile, the gang at the Culture Centre will be more than happy to help you achieve it!

Ruth (Ruta) Tolerton
Communications Coordinator