

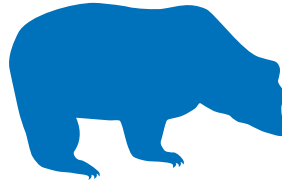


November 2019 N?e?iyk Spíləxm

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TRADITIONAL HOLDINGS PROJECT**LOWER NICOLA
INDIAN BAND**

Traditional Holdings Project

Invite to all LNIB Members - Family and Individual Meetings

The LNIB Traditional Holdings Project Team invites all LNIB Members to participate in family group or individual meetings to share their stories and opinions about family lands on LNIB reserves. The purpose of these meetings is to learn how families came to be connected to the land and what the community would like to see within the Allotment Law.

The Project team is willing to do daytime or evening meetings in person or by phone or Skype in order to accommodate all LNIB Members. These meeting will be held until the end of Fall.

"No claims or disputes will be settled during these meetings"



To book a time for your meeting please contact:

Monica Charters or Brandi O'Flynn at 250-378-5157

COMMUNITY HEALTH MEETINGS

NLAKA'PAMUX HEALTH

COMMUNITY ENGAGEMENT

open to all

Nlaka'pamux Nation members

MERRITT CIVIC CENTRE Nov 5th

LYTTON MEMORIAL HALL Nov 19th

COOK'S FERRY Nov 21st

ASHCROFT Nov 25th

5:00PM TO 8:00PM

TOPIC OF DISCUSSION

Emergency Planning and Coordination Manager Presentation
NHS Project Manager, On the Land Presentation and Discussion
Interior Health feedback on Aboriginal Mental Wellness Plan



DINNER AND DOOR PRIZES

FOR MORE INFORMATION OR TO RSVP PLEASE CALL (250) 378-9772

REMEMBRANCE DAY

Lower Nicola Indian Band

Education Sector



Lower Nicola Band School
Remembrance Day Ceremony
Friday November 8th, 2019

10:45 Am



IN FLANDERS FIELDS
by John McCrae

In Flanders fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



LNIB Education



The Act of Remembrance:

They shall not grow old, as we that are left grow old;
Age shall not weary them, nor the years condemn
At the going down of the sun and in the morning
We will remember them.

x^wuý xe? łəkwminstm

Remembrance Day services - Monday, November 11th 9:45 am at
Shulus Cenotaph,
Lower Nicola Indian Band
Everyone welcome



HONOURING OUR ELDERS

Honouring our Elders

Date: Thursday, November 14th, 2019

Place: Nicola Canford Elementary School, Gym

Time: 10:00am - 2:00pm

NCE Welcome Room Naming Ceremony
"Jimmy Toodlican"
C'al'amancut
Games, Activities & Door Prizes
Lunch will be provided

FOR MORE INFORMATION CONTACT: Shelley Oppenheim-Lacerte @ 1-250-315-5161
or Yvonne Joe, FNSW @ 1-250-378-2172 Email: yjoe@365.sd58.bc.ca
Please RSVP: Simone Chenoweth 1-250-378-5161 or Email: schenoweth@365.sd58.bc.ca

CLIMATE CHANGE ADAPTATION



Climate Change Adaptation Workshop

Wednesday,
November 13, 2019

Where: Band Hall

Time: 9:00 am - 2:00 pm

Lunch Provided

(but please rsvp so we know how many to expect)

- **EXPLORE** the range of climate change impacts our community faces and some potential solutions
- **BUILD ON** existing initiatives and strengths in our communities and **STRENGTHEN** our capacity to collaborate on climate change adaptation
- **MAKE CONNECTIONS** between scientific and local & traditional knowledge and resources
- **YOUR INPUT MATTERS!**



Please RSVP to Barb Huston, LNIB Green Energy Coordinator

235-575-2087 or email Barb.Huston@lnib.net

Hosted by LNIB, facilitated by SHIFT Collaborative on behalf of Fraser Basin Council

WEST KELOWNA TRANSMISSION PROJECT



LOWER NICOLA
INDIAN BAND



BC Hydro - West Kelowna Transmission Project - Update - Community Meeting

Tuesday, Nov 19, 2019

Where: **Shulus Hall**

Dinner will be served

Time: 6:00pm - 8:00pm

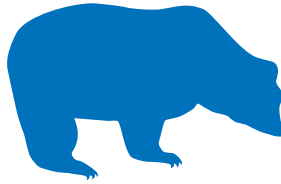
There will be a presentation from BC Hydro regarding the following:

- Overall Update on the project
- Changes in the Preferred Corridor
- Review of studies (Arch, Environmental, Wildfire)
- Species at Risk
- LNIB's TUS Study (will have copies available)

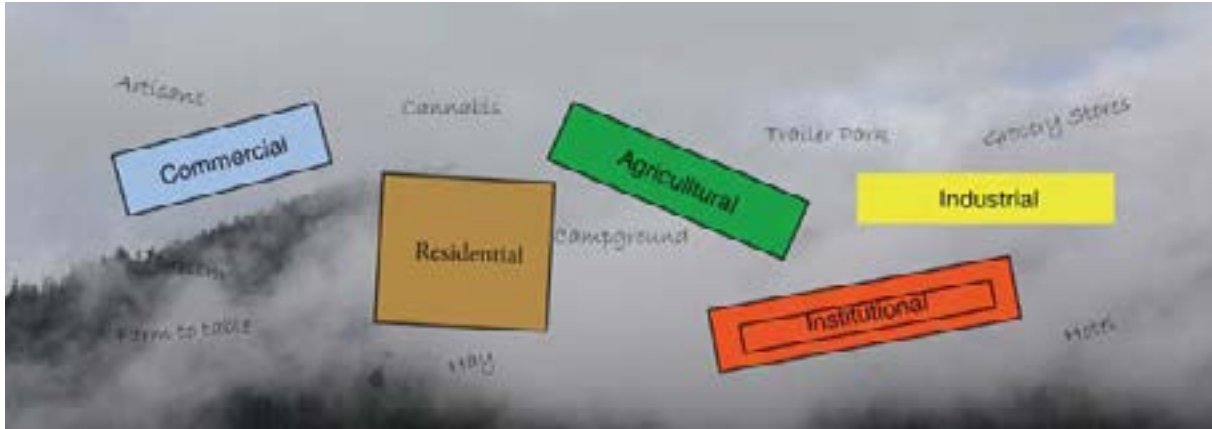


If you have any questions please call Monica Charters at 250-378-5157

LAND USE PLANNING & ECONOMIC DEVELOPMENT



LOWER NICOLA
INDIAN BAND



Land Use Planning & Economic Development Strategy

Thursday November 21, 2019

Where: Shulus Hall

Time: 5 PM to 8 PM

Dinner will be served

Urban Systems will be presenting the work that they have been doing with the LNIB on a Land Use Plan and Economic Development Strategy.

This is an opportunity for the Community to share their opinions about where and what types of development should be allowed and ideas for generating economic development opportunities.



If you have any questions about this event, please call
Jerrica Joe at 250-378-5157 or email Jerrica.Joe@lnib.net

EXECUTIVE DIRECTOR

Dear LNIB Members,

I am pleased to present our monthly report for October 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:

Swearing In Ceremony: Congratulations to the newly elected Chief and Council. kʷúkʷpi? Stuart Jackson and the Councillors are William Bose, Spence Coutlee, Robin Humphrey, Connie Joe, William Sandy, Lucinda Seward and Aaron Sumexheltza. October 24, 2019 the newly elected Chief and Council signed their Oath of Office in the presence of LNIB members, and dignified guests. The invited dignified guests included Linda Brown, City of Merritt Mayor, Travis Fehr, City of Merritt Councillor, Melvina White, City of Merritt Councillor, Lee Spahan, Chief of Coldwater, Corrine Manuel, Coldwater Councillor, Brian Holmes, Upper Nicola Councillor, and Olivia Buck, Nooaitch Councillor.

Human Resources: This month Ryan Mann has join us as Facility Manager. Welcome aboard to the LNIB team. Bonny Kozub Little Stars Head start Bus Driver is moving on and we wish her the best in her future endeavours.

Support to Chief and Council: Chief and Council met October 1st, 8th, 15th, and 22nd. The Band General scheduled for Monday, October 28, 2019 at 6:00pm at the Shulus Hall included discussions on the community support of the Full Time Chief and a Full Time Councillor, Band General meeting schedule, a quick update on the Member Guide which will be presented to the Community, and the importance of updating the Chief and Council Policy. Should you require anything on the Chief and Council agenda scheduled for November please contact Sondra Tom or myself.

Kari Reilander

EDUCATION

Lower Nicola Indian Band

Education Sector

EDUCATION DEPARTMENT

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

Director's Submission

As we near the end of October LNIB Education reflects on our current position; we are half way through the first semester of Post-Secondary Education, one fifth of the way through K-12, and only have 5 months left in the current fiscal year. It is a crucial time for all students as each system has their own set of priorities that require various supports from LNIB Education during this time of year; tutors, progress reports, mid-terms, reports, and other assessment related activities are the current demands on students at both Post-Secondary and K-12 settings.

It is also an important time of year to start preparing for our next budget, and over the next few months we will be diligent with our efforts to ensure members have the opportunity to tell us what they would like us to advocate for. Our number one priority is to provide all our students with the supports needed to ensure successful outcomes, and as such, if you or someone you know is not accessing our services or letting us know what services are needed then please reach out and share this information with anyone from our team.

On a personal note I am proud to share that the end of this month marks my one year of serving LNIB as your Director of Education. It has been a rewarding experience being able to utilize my skill-sets in this capacity and I continue to look forward to working with my team and collectively take our sector to new heights each year. While our sector has implemented new processes over the past 12 months that have proved successful I recognize there are still many areas that we can further our services to better support our members, especially those living off reserve. Transparency, accountability, and communication will continue to be our driving force in all decision making processes.

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



LNIB Education

Lower Nicola Indian Band

Education Sector

**Let's Support our
LNB School Events
For 2019-2020 Year**

.....

Last month we shared in the newsletter that we were up in student enrolment from last year at our school and this is really something to be proud of. We know there are various reasons why parents enrol their children at our school, but to us we see it as a privilege when you provide us with this opportunity.

One area that I would like to support the school with this year is increasing community attendance at the numerous events and activities the school showcases throughout the year. The staff do an excellent job preparing children with the specifics of each event and if you have not had the chance to see our children exhibit their learned knowledge it is definitely worth the time to take part in these events this year.

Our next focused assembly is Remembrance Day. Please mark this day in your calendar and attend if you are both willing and able.

We Need Your Voice LNIB Members!

On November 26th we will be hosting a meeting for LNIB members to provide us with ideas on areas that they would like our sector to work on next fiscal year. While we have a few of our own thoughts on needed support we know our members will have their own and we want to ensure to capture this voice in our planning process. A location and time will be identified sometime over the next couple of weeks, but for those who either live out of town or will not be able to make it in person, I encourage you to please email me your thoughts before the end of November at Shane.Coutlee@lnib.net and I will make sure your information is added to our list.

Seeking Logos & Artwork From Members

LNIB Education values personal talents of our members, and one area that we would like to start supporting in our administrative framework is profiling artistic work that has been created by our LNIB members. There are a variety of ways in which we can accomplish this: have work on letterhead and business cards, showcase work around the organization/school, art on signs and posters, shared on social media, and with business stakeholders. We know there are many LNIB members who have both the passion and skills in this area and we want to play a role in having this shared with as many people as possible. We will provide more information on this in the near future. In the meantime please feel free to contact Shane if you have any questions or comments at Shane.Coutlee@lnib.net or 236.575.2135

Lower Nicola Indian Band

Education Sector

October 25, 2019

Lower Nicola Band School – Principal Angie Sterling

Well fall time is upon us now and it is getting cold outside. We hope everyone had a good Thanksgiving with family and friends.

Here are a few things that happened at the school since the last news letter.

Sept. 26th the students participated in the Terry Fox run.



On Oct. 1st the school had orange shirt day to honor Residential school survivors and those who never made it home.

**Pajama Day Oct. 16th**

Grade 6/7 class



Lower Nicola Indian Band

Education Sector

Gr. 1 & 2 class



Gr. 3 & 4 class



Grade 4 & 5 class



Grade 5 & 6 class

October 23rd the Earth Rangers came to talk about the impact that plastic waste has on the environment and how we can all do our part to help minimize plastic waste. They brought along a few animals and talked about the importance of protecting their environment so that they do not become endangered. The grade 6 students learned that everything is made up of atoms & chemicals, and then they made slime.



Pine Martin



Kestrel



Harrison Hawk



The Kindergarten, grade 1 and 2 Sunshine Valley.

classes went to the Three Bar Pumpkin patch in



Halloween pictures will be submitted in the next news letter. Have a safe and happy Halloween.

Submitted by Barb Basil

LNIB Education

Absolutely NO NUTS
And NO PEANUT BUTTER
In LNB School!!!!

NOVEMBER 2019



Mon	Tue	Wed	Thu	Fri
4 Grilled cheese Chicken noodle soup	5 Beef & barley soup	6 Chicken pie soup	7 Creamy hamburger soup	8 Taco salad REMEMBRANCE DAY CEREMONY, STARTING AT 10:45 EVERYONE WELCOME
11 NO SCHOOL	12 Meat ball soup	13 Chicken caudun Min Noodle bake	14 Loaded mashed potato CRAZY HAIR DAY	15 Ham & cheese wraps SCHOOL ASTIC IS DUE BACK
18 Lasagna soup & garlic bread	19 Hot dog casserole	20 Disability Fundraiser @ 9 SA (Dyplaw, Lomile Junction, 10:50, Everyone welcome Performing Arts in Gym at 1:10	21 Stuffed pepper soup	22 Chicken veggie & rice soup REPORT CARDS GO HOME
25 Sweet & sour meatballs + rice	26 Creamy chicken & rice soup	27 Corn chowder PARENT TEACHER INTERVIEW BY APPOINTMENT	28 Chicken salad sandwiches	29 Trio wraps

EDUCATION DEPARTMENT

Lower Nicola Indian Band

Education Sector



LNIB Education

Lower Nicola Indian Band

Education Sector



The 2020 International Aboriginal Youth Internship to Uganda intake is now open to applications!

14 Aboriginal Canadian Youth Interns, ages 19-35

3 Months in Uganda, Africa, all expenses paid

Community Development • Sustainability • Forestry • Indigenous Cultural Exchange • Agroforestry • Field Work • Project Management • Forest Conservation • Technical Skills • Research • International Relations

Application Deadline: Dec. 31, 2019

Next Program: May - August 2020

FORESTRYCOUNCIL.CA

workforce@forestrycouncil.ca

Daniel Green,
24 years old,
Kispiox First Nations

"I love to connect with others and facilitate a space for us to share our valuable and beautiful story of kinship and survival."



Angela Hare,
24 years old,
Alouks Creek First Nations

"It's time to break the cycle and show our youth that we don't have to follow the path of darkness. We can create a future where we carry the wisdom from our elders and teach the young to keep our traditions alive."




the Jane Goodall Institute of Canada


Stratosphere
INTERNATIONAL



Global Affairs
Canada

Affaires mondiales
Canada

LNIB Education

LNIB EDUCATION DEPARTMENT



Sharon.parsons@lnib.net



(250)378-0915

2160 SETTLERS ROAD
HWY 8



SHARON PARSONS, EDUCATION MANAGER

Hello everyone, the school year is in full swing and most students are half-way through the first semester. I say most students because not all have the same start dates. For example, many post-secondary students start their program in August or late in September, where some high school students might be enrolled in distance education courses and have a more flexible schedule. This keeps us busy, and on our toes, but we are always up for the challenge.

I submitted the Nominal Roll (NR) Report to Indigenous Services Canada (ISC) before the October 15th, 2019 deadline. I will now work with the School District to ensure our information matches ISC and is correct to the best of our knowledge. Although we provide support to all LNIB K to grade 12 students, this report is specific to students living on LNIB reserve land. Please provide LNIB Education, and the School District #58 with your correct and current physical address and contact information.

On the evening of October 17th, the Education Department hosted a meeting at Rocky Pines Community Centre where band members were provided an update on the proposed Joint LEA. It was a small turn out, however, those who attended offered well thought out and insightful comments and suggestions. It's great knowing that I can access experts within our community. Shane and I will bring the suggestions and comments to the next Negotiations Team meeting to discuss how we can incorporate what community members feel is integral to a quality education for our children. If you would like to learn about this process or the agreement, please call Shane Coutlee.

Learning is a lifelong necessity. To ensure we as LNIB staff, are providing the most current information and the best client experience to you, we are participating in professional development workshops to sharpen our minds and skills.

I completed a workshop in Management and Supervision-Crucial Skills with Achieve Centre for Leadership & Workplace Performance and received my certificate the same day. Gail and I are registered to take Assertive Communication with the same company on December 2. I am also planning on taking a Project Management – Tools & Techniques workshop in November.

To support our youth with their lifelong learning journey, a group of us are travelling to SFU and UBC to tour the campuses. We will tour SFU on Monday October 28th and UBC on Tuesday October 29th. The tour guides have an exciting itinerary planned. I'm looking forward to it. It's supposed to be good weather while we are there, I hope so. I love the rain if I'm inside.

I have been telling people that I am at MSS on Mondays, however, I have been there only one Monday this month. Although I wasn't at the school, I maintained contact with the school staff and many students. I will do better in November.

Also, as usual, a friendly reminder to come and talk to us about training and certifications that could lead to potential employment.

We can't help if we don't know.

LNIB EDUCATION DEPARTMENT



gail.laroche@lnib.net



(250)378-0915

2160 SETTLERS ROAD
HWY 8



Congratulations
to **Lily
Shuter!!**

Lily is the successful recipient of the Ch'nook Scholarship which is being awarded to her by UBC Sauder School of Business.

Lily will be travelling to UBC where she will participate in a 3-day ceremony event.

Lily is currently enrolled in the Business Administration Program at NVIT – Merritt.

GAIL LAROCHELLE
POST-SECONDARY/EMPLOYMENT & TRAINING COORDINATOR

Hello everyone,

The weather is still pretty nice and warm however, we all know that winter will be upon us in due time. It's time to start getting ready for the snowy weather now.

What I have been working on this month:

- Assisting members with resumes to secure full-time employment
- I attended a 2-day Regional Session with the First Nations Education Steering Committee on Oct. 21&22, regarding updates and information on First Nations Education priorities, initiatives and concerns being brought to the table by other bands. It was quite informative and interesting to hear the issues that other bands in our region are going through
- Looking forward to a 2-day field trip to Vancouver on October 28 & 29th. We are taking LNIB grade 11 & 12 students to SFU and UBC for tours to check out the services, aboriginal offices, and resources that are offered to the students. Students will attend a presentation and learn about the admission requirement and what is involved in applying to the Universities.
- There is still time to register for the **Emergency Medical Responder Bridge Course** being offered at NVIT, November 18-23. If you would like to take this program come to the office and I will get you registered
- Met with Alisha, the Social Development Coordinator and members to assist with resumes, job training, job searches and to find out what type of work and training they are interested in. There were a few members already going for job interviews or waiting to start a program.
- I have registered for a professional development workshop in December, which I'm hoping will enable me to assist the members and community better.
- Ensuring the 2 students starting classes at the end of October are all set with their funding arrangements. A student at TRU in the Heavy Mechanical Level 2 program and the other at the Academy of Learning in Kelowna in a Computer Technician Program.
- Assisted a student with securing accommodations and travel to complete his welding program at Okanagan College in Kelowna

Stop by or call the Education Office and I can help with a resume, cover letter, or assist in any training or education programs. Gail La Rochelle

LNIB EDUCATION DEPARTMENT



rhonda.dunn@lnib.net



(250)378-0915

2160 SETTLERS ROAD
HWY 8



RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

To many, November 11th is a day to remember the people that fought for our freedom. May my grandfather who fought in WWII rest in peace. On an education note, this time of year students are half way complete their fall term. The LNIB education department will do our best to help assist you or provide recommendations where we can direct you, so please do not hesitate to call us.

Here at the education department we post up-to-date educational training programs, job postings, youth opportunities and community news to our display board. Also, checkout LNIB Facebook page or LNIB Webpage.

A reminder that LNIB uses Skype for Business so if you see a number that starts off with 236-575-xxxx that is someone phoning from LNIB. Many people think it a telemarketer and so on. It's not long distance to call us even though it's a 236-575-xxxx.

I have attached two links/or email address and contact information for your convenience:

- BC First Nations Forestry Council, International Aboriginal Youth Internship-Uganda, Africa. Accepting applications for ages 19-35 years. Application Deadline: Dec 31, 2019
Next Program: May-Aug 2020
FORESTRY COUNCIL.CA, workforce@forestrycouncil.ca
- ACE-IT (Internet & Technology) training for YOUTH including age 29. Program launching on January 8, 2020, Where: Kamloops. Contact: debra.tamagi@gmail.com or call 1-(250) 328-4993. For more info: iamace.ca/ace-it
- Aboriginal Skills and Employment Training (ASETS) Merritt office at 2051-D Voght Street, phone (250) 378-0126, or email: merritttec@asetts.org

Please call or stop by the education department for any assistance I can provide you.

Education Matters!

MED IN EDUCATIONAL ADMINISTRATION & LEADERSHIP

Leadership in Indigenous Education

Starting **January 2020**
Apply by **October 31, 2019**

Part-time | Face-to-Face

**NICOLA VALLEY INSTITUTE OF
TECHNOLOGY**
Burnaby & Merritt Campuses

Research has recommended that improvements to Indigenous schools and educational contexts address Indigenous community self-determination, Indigenous Knowledge Systems (IKS), and effective preparation of educational leaders.

This MEd Nlaka'pamux Nation cohort welcomes committed individuals who will:

- Contribute to strengthening educational success for Indigenous learners
- Make educational sites more responsive to Indigenous families and communities
- Guide their leadership practice through Indigenous Knowledge Systems (IKS) understandings

pdce.educ.ubc.ca/med_nvit



LAND USE & ECONOMIC DEVELOPMENT PLANNING

Land Use and Economic Development Planning Project

Background

The Lower Nicola Indian Band Lands and Economic Development Department is currently working on updates to land use plans and preparing an economic development strategy. This work will include:

- Reserve Land Use Plan – this will build off the 2018 Land Use Plan to create a more thorough Plan with policies for future development
- Nicola Mameet IR # 1 Land Use Plan – this will be a more detailed land use plan for Nicola Mameet IR # 1 which will describe opportunities and constraints for development; identify where community facilities should be located; and identify land that would be suitable for economic development
- Economic Development Strategy – this will provide a strategy for creating new economic development opportunities for LNIB that will result in new jobs for LNIB members, new revenue streams for LNIB, and more opportunities for LNIB entrepreneurs.

What is a Land Use Plan?

A Land Use Plan (LUP) provides a clear overview of current community land uses and it provides a roadmap for future land use. A LUP generally includes:

- A description of the vision for reserve land use and the values that support this vision;
- Policies for development of a variety of land uses such as housing, commercial and industrial development, community spaces and more;
- Policies for the protection of land from development (environmentally sensitive areas, floodplains, steep slopes, etc.);
- A high level overview of investments required in infrastructure (water, sewer, roads) to service new and existing development;
- Maps that illustrate where future land uses should be located including land identified for economic development, housing, natural resources, and environmental and cultural protection.

A LUP is expected to serve the community for land use planning purposes for the next 10 to 20 years. The LUP will act as an administrative tool as part of the review and approval process for development; a communications tool with potential funding agencies; and a means to support the development of infrastructure.

What is an Economic Development Strategy?

An Economic Development Strategy provides guidance for what initiatives the Band should pursue to generate more economic opportunities for the community. It assesses the opportunities available to the Lower Nicola Indian Band such as developing businesses, leasing land, pursuing new resource-based opportunities, and strengthening economic capacity. An implementation strategy is developed that describes key next steps in capitalizing on specific economic development opportunities.

Purpose of the Project

The Land Use and Economic Development Planning Project will:

- Support the implementation of the land code;
- Support the development of community facilities;
- Support economic development initiative;
- Identify future infrastructure requirements;
- Work in conjunction with the project being done to study traditional holdings; and

CANNABIS SURVEY RESULTS



LOWER NICOLA
INDIAN BAND

LNIB Cannabis Survey Results

Did you participate in the survey regarding cannabis use and business on LNIB Lands?

The survey wrapped up on October 20th, and results are in!

Information	Concerns
<p>Most survey respondents said they would like to learn more about topics surrounding cannabis such as:</p> <ul style="list-style-type: none"> • Cannabis • Cannabis Act • Health Effects • Legalization <p>How would you like to receive information about cannabis?</p>	<p>Concerns regarding cannabis</p>
Retail and Commercial	Personal Use and Growing
<ul style="list-style-type: none"> • 81% support LNIB pursuing cannabis-related business off-reserve • Most would prefer cannabis-related business on LNIB Lands be operated by the Band or its members, with a joint venture or partnership being the next preference • 72% in favour of allowing commercial growing on LNIB Lands • 78% support allowing both medical and recreational dispensaries/retail stores, with 80% in support of the same hours of operation as allowed Federally (9am-11pm Sun-Sat) • 52% in favour of requiring an application fee or other fee related to cannabis sales for private businesses involved in its sales 	<ul style="list-style-type: none"> • 59% are opposed to allowing smoking/vaping cannabis around public buildings • 47% believe smoking/vaping cannabis should be allowed in Band-Owned housing, with 34% opposed • Majority are in favour of allowing people to grow their four plants per household, in and around their homes; though opinions are divided about growing plants inside Band-Owned homes
LNIB Laws	
<p>Should LNIB Develop a Cannabis Law?</p>	

If you would like to learn more about the results of this survey, you can contact Brandi O'Flynn or Jerrica Joe at (250) 378-5157 for more information.

FAMILY, CULTURE & REC CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**Parents & Babes November 4 & 18, 2019			*Gym Night Every Thursday 5-7pm *Volleyball Every Thursday 7-8pm	**Grief & Support Group Every Friday 9:30	2
3 *Men's Gym Night 6-8pm	4 Sewing Projects with Elder's 4:30-6:30pm	5 *Muay Thai 6-8pm @ RPCC **Full Bead Moccasin Making gam-3pm Elder's Movie @ 12:30pm	6 **Full Bead Moccasin Making gam-3pm ***Community Game Night 5-7pm	7 **Buckskin Glove Making gam-3pm Gather Red Oaker in Princeton leaving @ 10am	8 **Drop In Beading 10am-3pm	9
10	11 Remembrance Day Office's Closed	12 *Muay Thai 6-8pm @ RPCC **Full Bead Moccasin Making gam-3pm	13 Good Food Bag ****Potluck Dinner and Clothing Exchange 5-7pm **Full Bead Moccasin Making gam-3pm	14 **Buckskin Glove Making gam-3pm	15 Elder's group 1-3pm @ Trailer	16
17 *Men's Gym Night 6-8pm	18 **Buckskin Glove Making gam-3pm Sewing Projects with Elder's 4:30-6:30pm	19 *Muay Thai 6-8pm @ RPCC	20 ***Community Hotdog Roast 5-7pm	21 Elder's Luncheon Rides available please call the health center	22	23 **Star Quilt Making gam-4pm
24 *Men's Gym Night 6-8pm **Star Quilt Making gam-4pm	25 Sewing Projects with Elder's 4:30-6:30pm	26 Muay Thai 6-8pm @ RPCC Elder's Movie @ 12:30pm	27 ****Welcoming Babies & Acknowledgment Dinner 5-8pm	28 Elder's Value Village trip	29	30

November 2019

RPCC - Rocky Pines Community Center
 LNBS - Lower Nicola Band School
 HC-Health Center
 *Skating evenings of November 1, 8 & 15, 2019 starting at 5:45pm at the Shulus Arena
 ***Community Walks will be held from 11am-12pm on November 7, 12, 21 & 26, 2019
 Elders Bingo November 8, 22 & 29, 2019 from 10am-12pm @ the trailer

*Recreation contact Chelisea Spahan (250)315-3379 or Cliff Garcia (250)315-3439
 **Culture Contact Sharon Antoine, Hank Yarnest or Carole Basil (250)378-5157
 *** Family Activities contact Christie Hill or Marilynne Munro (250)378-5157
 Elder's activities contact Wenona Bearshirt (250)280-1975

All Cultural activities will be at the Culture Center 211 Newishaskin Lane
 All Recreation and Family activities programs will be at the Rocky Pines Community Center unless otherwise posted
 *Youth Center Drop In from 2:30- 4:30pm November 7, 14 & 21, 2019

COMMUNITY POTLUCK



 **LOWER NICOLA
INDIAN BAND**

Community Potluck

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

When: November 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



181 Nawishaskin Lane, Merritt, BC V1K 0A7
Phone: 250-378-5157 | Fax: 250-378-6188 | Toll Free: 1-888-447-1744
Email: reception@lnib.net

INDIAN DAY SCHOOL SETTLEMENT



September 26, 2019

We would kindly ask that you make a copy of the enclosed documents available for community members to read. The Notices and draft Claims Forms are also available on the IDS website in English, French, Cree, Ojibwe, Dene, Inuktitut and Mi'kmaq.

Nous vous prions de bien vouloir mettre à la disposition des membres de la communauté une copie des documents ci-joints. Les avis et brouillon des formulaires de réclamation sont également disponibles sur le site Web d'IOS en anglais, français, cri, ojibwé, déné, inuktitut et m'ik'maw.

Kakameba High School
P.O. Box 607-80000 Kakameba District Kisumu County Kenya
Tel: +254 51 293 3615 Fax: +254 51 293 3615
Email: kakamebahighschool@gmail.com

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All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from Kakameba High School.

This document is the intellectual property of Kakameba High School. It is loaned to you for your personal use only. It must not be distributed, copied, or otherwise used in any way that would infringe upon the rights of Kakameba High School.

If you are a teacher at Kakameba High School, please do not copy or distribute this document to other teachers or students. If you are a student at Kakameba High School, please do not copy or distribute this document to other students.

If you find this document useful, please contact Kakameba High School at the above address or telephone number. We will be happy to provide you with more information about our school and its programs.

For more information about Kakameba High School, please visit our website at www.kakamebahighschool.co.ke

Thank you for your interest in Kakameba High School.

Sincerely,
The Headteacher
Kakameba High School

Gdaa agli bagoseninigo awii mazinaakazaman ninda e-dagodin maziniginan ovi nji Gichi Gima'a Gabe Gijizig Gikona Amaadisaagawam maamowi Yaang Dikonigwin etengag pewe bemaadizig odanaag endaaq awii gindamwaad. Newen e-dagodin maziniginan dagosinon Wiindamaagewinan miilwa kovee Gagewede Moshkinnebin gogaa agi etengag Cree/Ojibwe/Dene/nukunuk/BUM'kwaaw zhiwe IDS Waasama Aaabi Magidinin ovi www.indianschools.com maame ganonad Maamowi Yaang Gigidinin ovi 1 (844) 509-3815.

Ku vedhshy marru nenithen si vediti berrisi is hyzja ha seja shela hote's k'it'a dene seja nenith's kuq Federal Day School Class Action dene zela rjdel hote's thijti dene yek edejahy ha. Ku neder nenith's cho fa Yati cho fa nenith's seje yedni hobasi xek'sho'a yaj na huj si Cree/Djibwe/Dene/Holona/Al'maw seje ID5 tsatane berr huj k'a www.indiandaysschools.com seju huj dene ta'edanye dene Class Council hujje seje nandil ta'edanye ta' (844) 535-3815 ta'en.

www.indiandayschools.com

Kafu' pisanimulek l'unew napukagagn w'atalkin ula pekilmulek wesku'asik l'neul Na'wekewe! Kina'matnewo'kuo'mi Mesikesim wjt'ennik kwutamuaq kisikimew. Ula w'atalkin pekilmulek ulageli we'kaw kina'tagagn agq magalewe! w'atalkin tel'kwilumuk spankukimik et kisi-manumki ewikasi! Cree/Cjibwa/Dene/nuktsa/M'iknaw, naseki korpu't-ikuk! Ien www.indianday.schools.com/kina_mattaga/tekwijik_nutewists/tijik_wjt_Mesikesim 1 (844) 528-3815.

Dear Chief and Council:

Re: Federal Indian Day School Class Action Settlement Approval

We write to you as Class Counsel to provide important information regarding the Federal Indian Day Schools and Federal Day Schools Class Action.

Settlement Approved for Survivors of Federal Indian Day Schools and Federal Day Schools

On August 19, 2019, the Federal Court approved the Settlement Agreement to compensate survivors for harms suffered while attending Federal Indian Day Schools and Federal Day Schools ("Day Schools"). The settlement includes compensation for eligible Survivor Class Members ranging from \$10,000 to \$200,000 based on the level of harm experienced as well as the creation of a \$200 million Legacy Fund to support commemoration projects, health and wellness projects, and language and culture initiatives.

To receive compensation, a person must be an eligible Class Member. Eligible Class Members are former students of a Federal Indian Day School or Federal Day School during the Claims Period and identified in Schedule K of the Settlement Agreement. Schedule K, enclosed, is also available on the Indian Day School Website provided below or by calling our toll free number: 1 (844) 539-3815.

Compensation and Claims Process

In order to receive compensation, claimants must complete and submit a Claims Form to the Claims Administrator. Please note that the Claims Form is not the same as the Gowling WLG registration form.

Gowling WLG (Canada) LLP
Suite 2600, 160 Elgin Street
Ottawa ON K1P 1C3 Canada

T +1 613 233 1781
F +1 613 563 9869
gowlingwlg.com

Gowling WLG (Canada) LLP is a member of Gowling WLG, an international law firm which consists of independent and autonomous entities providing services around the world. Our structure is explained in more detail at gowlingwlg.com/global.



Compensation payments will begin sometime after the **Implementation Date**, defined as 30 days after the Opt Out Period, subject to the final determination of an appeal of the Settlement Approval Order. Any such appeal may delay the payment of compensation.

Claims Forms are available on the Class Action Website or by contacting Class Counsel at the contact information below.

More information on when claimants can submit their Claims Form to the Claims Administrator will become available in the coming weeks.

Opt Out Process

If a person does not wish to participate in this class action, they must submit an Opt Out Form by **November 18, 2019**. Please note that if they choose to opt out, they will not receive compensation under this settlement. Opt Out Forms are available on the Class Action Website or by contacting Class Counsel.

Our Ongoing Commitment

Class Counsel is committed to providing free legal support to all Class Members throughout the Claims Process. We will remain accessible and available to help.

Please encourage community members to read the Notices of Settlement Approval carefully, as the information may affect their rights. We provide with this letter a copy of the Short-Form and Long-Form Notices, along with copies of the draft Claims Form and Schedule K. You may also access these Notices or Forms in French, Cree, Ojibway, Dene, Inuktitut and Mi'kmaq on the IDS website or by contacting Class Counsel at 1 (844) 539-3815.

For more information about the Settlement and the Claims Process, please visit:

Website: www.indiandayschools.com

Facebook: @McLeanClassAction

Twitter: @IndianDaySchool

You may also contact us at:

Gowling WLG (Canada) LLP
160 Elgin Street, Suite 2600
Ottawa, ON K1P 1C3
Toll Free Number: 1 (844) 539-3815
Fax Number: 1 (613) 788-3629

Sincerely,

Robert Winogron
Partner

Jeremy Bouchard
Partner



September 26, 2019

We would kindly ask that you make a copy of the enclosed documents available for community members to read. The Notices and draft Claims Forms are also available on the IDS website in English, French, Cree, Ojibwe, Dene, Inuktitut and Mi'kmaw.

Nous vous prions de bien vouloir mettre à la disposition des membres de la communauté une copie des documents ci-joints. Les avis et brouillon des formulaires de réclamation sont également disponibles sur le site Web d'IDIS en anglais, français, cri, ojibwé, déné, inuktitut et mik'maq.

[illegible]

Goda aghi bagosenimigo awil macinaakazaman ninda e-dagodin mazinginan aji riwi Gichi Gimaa Gabe Gitzig Gikona Amaadineagawam maamowi Yaang Dikoniyein etengap gewa bemaadizgi odaraang endaaq awil gindamawaad. Newen e-dagodin mazinginan dagosinon Windamaagawinan minwa kore Gapedere Moshikhebin gagega age temag Cree/Ojibwa/Dene/Inuktitut/UMT/maaw zhiwe IDS Wasasaa Aabi Mazingin od www.indianschools.com maaga ginomad Maamowi Yaang Gigidonini od 1 (866) 539-3815.

Ka seddhuq mans-narilidhyn si redn: verinifis hygha ha seja thela hots' k'i f'a dene seja verinifis kuq Federal Day School Class Action dene salla rydel hots' thylta dene yek'deyalish ha. Ka sedn: verinifis i choo fa Yal: choo fa verinifis si seijl' Zedn hots: tek'edn' yati sa hujj si Cree/Dene/Inuit/Indian/Innu/Inupiaq seijl' IDG tsagtsape ben hujj k'e www.indiandaysschools.com/seiji/huto/dene de edarng dene Class/Commi hulye seji narjia te'edn gyltsi la (1-844) 526-3815 ts'en.

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Ketu pipimuleki t'uwu napukaghu w'itakinn ula pekimuleki wesku/tasik L'hu'e! Na'keekewe! Kine'matno'wo'ku'd! Mesikesim! wjt wenk keutanmaq kis-
kimow. Ula w'itakinn pekimuleki w'itakinn we'aw kine'u'taginn agq magatwe'e! w'itakinn tek-wabumunq apantukukinn ul kis-manmunkil ewakid!
Cree/Ojibwe/Denafsa/Ats'ina/M'knaew, nasiki kompu't-itak len www.indiandayschools.com/kina_mattagatakekwik_nutewish/bijik_wjt_Mesikesim 1 (844) 539-3815.

Dear Chief and Council:

Re: Federal Indian Day School Class Action Settlement Approval

We write to you as Class Counsel to provide important information regarding the Federal Indian Day Schools and Federal Day Schools Class Action.

Settlement Approved for Survivors of Federal Indian Day Schools and Federal Day Schools

On August 19, 2019, the Federal Court approved the Settlement Agreement to compensate survivors for harms suffered while attending Federal Indian Day Schools and Federal Day Schools ("Day Schools"). The settlement includes compensation for eligible Survivor Class Members ranging from \$10,000 to \$200,000 based on the level of harm experienced as well as the creation of a \$200 million Legacy Fund to support commemoration projects, health and wellness projects, and language and culture initiatives.

To receive compensation, a person must be an eligible Class Member. Eligible Class Members are former students of a Federal Indian Day School or Federal Day School during the Claims Period and identified in Schedule K of the Settlement Agreement. Schedule K, enclosed, is also available on the Indian Day School Website provided below or by calling our toll free number: 1 (844) 539-3815.

Compensation and Claims Process

In order to receive compensation, claimants must complete and submit a Claims Form to the Claims Administrator. Please note that the Claims Form is not the same as the Gowling WLG registration form.

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Compensation payments will begin sometime after the **Implementation Date**, defined as 30 days after the Opt Out Period, subject to the final determination of an appeal of the Settlement Approval Order. Any such appeal may delay the payment of compensation.

Claims Forms are available on the Class Action Website or by contacting Class Counsel at the contact information below.

More information on when claimants can submit their Claims Form to the Claims Administrator will become available in the coming weeks.

Opt Out Process

If a person does not wish to participate in this class action, they must submit an Opt Out Form by **November 18, 2019**. Please note that if they choose to opt out, they will not receive compensation under this settlement. Opt Out Forms are available on the Class Action Website or by contacting Class Counsel.

Our Ongoing Commitment

Class Counsel is committed to providing free legal support to all Class Members throughout the Claims Process. We will remain accessible and available to help.

Please encourage community members to read the Notices of Settlement Approval carefully, as the information may affect their rights. We provide with this letter a copy of the Short-Form and Long-Form Notices, along with copies of the draft Claims Form and Schedule K. You may also access these Notices or Forms in French, Cree, Ojibway, Dene, Inuktitut and Mi'kmaq on the IDS website or by contacting Class Counsel at 1 (844) 539-3815.

For more information about the Settlement and the Claims Process, please visit:

Website: www.indiandayschools.com

Facebook: @McLeanClassAction

Twitter: @IndianDaySchool

You may also contact us at:

Gowling WLG (Canada) LLP
160 Elgin Street, Suite 2600
Ottawa, ON K1P 1C3
Toll Free Number: 1 (844) 539-3815
Fax Number: 1 (613) 788-3629

Sincerely,

Robert Winogron
Partner

Jeremy Bouchard
Partner

NOTICE OF SETTLEMENT APPROVAL**FEDERAL INDIAN DAY SCHOOL CLASS ACTION**

If you attended a Federal Indian Day School or Federal Day School, this Notice may affect your legal rights.
Please read it carefully.

The Federal Court authorized this Notice. This is not a solicitation from a lawyer.

- On August 19, 2019, the Federal Court approved a Canada-wide out-of-court settlement between the Government of Canada ("Canada") and Class Members in relation to Canada's establishing and funding of Federal Indian Day Schools and Federal Day Schools ("Day Schools") and its subsequent control and management of these Day Schools.
- In the class action, *McLennan v. Canada* (Court File No. T-2155-16), students who attended a Federal Indian Day School sought damages from Canada for harms suffered as a result of their attendance. Their legal action was certified on June 21, 2018, on consent, as a class proceeding in the Federal Court.
- As part of the Approved Settlement of this Class Action, Canada will provide compensation to Eligible Class Members, that is, those students who attended a Federal Indian Day School or Federal Day School identified in Schedule K to the Settlement Agreement.
- The order of the Court will bind all of the Class Members who do not opt out of the proceeding (Federal Courts Rules, Rule 334.32(5)(f)).

Your Legal Rights and Options in This Settlement.

- | | |
|--|--|
| 1. Opt out: | If you do not wish to participate under the terms of the Settlement Agreement, you must submit an Opt Out Form by November 18, 2019 . Opting out will preserve your rights to independently sue Canada for harms suffered when you were a student at a Day School. Opt-out forms are available on the Class Action Website or by contacting Class Counsel. |
| 2. Make a claim for compensation: | If you are an Eligible Class Member, you can make a claim for compensation. You must fill in an application form and send it to the Claims Administrator by the Claims Deadline , defined as two and a half (2.5) years after the Implementation Date. Claims forms will be available on the Class Action Website or by contacting Class Counsel, and must be submitted to the Claims Administrator. |
| 3. Deemed Opt Out: | If you have commenced a legal proceeding against Canada relating to its funding, control and management of Day Schools and you do not elect to opt out on or before November 18, 2019 , you will be deemed to have opted out of this settlement. You will not be eligible to apply for compensation under this Class Action. |

If you do not submit a Claims Form and/or you do not opt out of this class action, you will be deemed to have released Canada from liability as outlined in the Settlement Agreement. It is important therefore that you choose one of the two options above.

NOTICE OF SETTLEMENT APPROVAL (Long Form)

If you have previously commenced a legal proceeding against Canada relating to its funding, control, and management of a Federal Indian Day School and if you do not discontinue your individual claim on or before November 19, 2019, you will be deemed to have opted out of the settlement

The following pages provides more information on the Class Action and the Settlement Agreement.

WHAT THIS NOTICE CONTAINS:**BASIC INFORMATION ABOUT THIS SETTLEMENT**

1. Why did I get this Notice?
2. What is a Federal Indian Day School/Federal Day School?
3. What is a class action?
4. What is the McLean Indian Day School Class Action about?
5. Why is there a Settlement?

WHO IS INCLUDED IN THE SETTLEMENT?

6. Who is included in the settlement?
7. What if I am not sure whether I am included in the Settlement?

SETTLEMENT BENEFITS

8. What does the settlement provide?
9. How will the lawyers be paid?
10. What am I giving up in the Settlement?

OPTING OUT

11. Can I remove myself from the Settlement?
12. What are the effects of my opting-out of the Settlement?

RECEIVING A PAYMENT

13. When will I receive my payment?
14. How can I receive compensation?
15. What if my claim is denied?
16. What if I disagree with the level of compensation awarded?

THE LAWYERS REPRESENTING YOU

17. Who are the lawyers for the plaintiffs?

MORE INFORMATION

18. How do I get more information?

NOTICE OF SETTLEMENT APPROVAL (Long Form)

BASIC INFORMATION ABOUT THIS SETTLEMENT

1. Why did I get this Notice?

You received this Notice for one of three reasons:

One, you submitted a *Day Schools Class Action Registration Form* to Gowling WLG. Your Registration Form gave Class Counsel up-to-date record on how to contact you about the Day Schools class proceeding and Settlement Approval.

Two, someone you know sent you this information because they believe that the Day Schools Settlement will impact your rights. Please read the entire Notice carefully as your legal rights will be affected even if you do nothing.

Three, you found this Notice in a public area. In an effort to reach as many Class Members as possible, copies of this Notice have been sent to Indigenous organizations across the country including First Nations Councils and Bands and Friendship Centres across Canada, as well as other groups and organizations. Please read the entire Notice carefully as your legal rights will be affected even if you do nothing.

2. What is a Day School?

Federal Indian Day Schools and Federal Day Schools include all those schools established or designated as such by the Federal Departments of Indian Affairs and Northern Affairs and National Resources in which Indigenous students across Canada were required to attend by law (the Indian Act, Orders in Council, Territorial Ordinances and other legislation), and were funded in part or solely by Canada. Unlike Indian Residential Schools, students did not reside at Day Schools. Only in very limited circumstances (seasonal weather conditions etc.) would a student reside at a Day School.

3. What is a class proceeding?

In a class proceeding, one or more people called "plaintiffs" sue on behalf of people who have similar claims. All of these people are called a "class" or "class members." The courts resolve the issues for everyone affected, except for those who exclude themselves from the lawsuits. A class member becomes excluded from the class proceeding by "opting out" of it.

4. What is the Federal Day School class proceeding about?

The legal action, *McLean v Canada* (Court File No. T-2169-16), was brought to recover compensation for class members from Canada for harms suffered by students who attended a Federal Indian Day School or Federal Day School. Students of Federal Indian Day Schools or Federal Day Schools have recorded suffering physical, sexual, and psychological abuse by teaching staff, officials, students and

NOTICE OF SETTLEMENT APPROVAL (Long Form)

other third parties. In some cases, the abuse was severe. These abuses were in addition to the mocking, denigration and humiliation of students by reason of their Indigenous culture and language. Through *McLean v. Canada*, the Plaintiffs have sought the recognition of and justice for the harms inflicted on former students of Day Schools and their family members.

The legal action was certified on consent as a class proceeding by Justice Phelan of the Federal Court on June 21, 2018. The case was started by Garry McLean, who passed away before a Settlement was reached. The Court has appointed Roger Augustine and Claudette Cominarda as Representative Plaintiffs for the Survivor Class and Marveto Buckshot as Representative Plaintiff for the Family Class. They may be contacted through Class Counsel at the address below.

5. Why is there a settlement?

The Federal Court has now approved a Canada-wide out of court settlement between Canada and Class Members in relation to Canada's establishment, funding, control, and management of Federal Indian Day Schools and Federal Day Schools. Following the Settlement Approval Hearing held on May 13th to 15th, 2019 in Winnipeg, Manitoba, the Federal Court has determined that the settlement reached between Canada and the Class is fair, reasonable, and in the best interests of the Class as a whole.

As a result of reaching a settlement and having it approved by the Federal Court, the parties have avoided the uncertainty of the outcome of a trial, the potential delays in obtaining a final judgment and the likelihood of significant costs related to lawsuit of this size and complexity. In addition to compensation received by individual Survivor Class Members, the approved settlement provides for benefits that would not be available under a judgment including the establishment of a \$200,000,000 (CAD) Legacy Fund to support commemoration projects, health and wellness projects, and language and culture initiatives.

WHO IS INCLUDED IN THE SETTLEMENT?

6. Who is included in the Settlement?

Former Federal Indian Day School and Federal Day School students ("Survivor Class Members") and their family members ("Family Class Members") are included in this settlement.

To be eligible for compensation as a **Survivor Class Member**, the claimant must have attended at least one of the identified Day Schools during the time that it was operated and/or controlled by Canada and must have suffered a recognized harm as a result of that school attendance. The identified Day Schools are listed on **Schedule K to the Settlement Agreement**, available on the Class Action website for review and confirmation. Each eligible Survivor Class Member will be required to provide supporting material for his or her claim.

NOTICE OF SETTLEMENT APPROVAL (Long Form)

9. Fees Approval

Canada has agreed to pay Class Counsel' fees and disbursement in the amount of \$55,000,000 (CDN) plus applicable taxes. The Federal Court has now approved these fees and disbursements. **No portion of Class Counsel Fees will come from compensation paid to Survivor Class Members or to the Legacy Fund.**

The Court has also approved \$7,000,000 (CDN) to be paid by Canada to Class Counsel' for legal services in support of Class Members during the Claims Process. All legal fees and disbursements including those of Class Counsel are subject to Court approval.

There is no charge to Class Members who receive assistance from Class Counsel during the Claims Process.

10. What am I giving up in the Settlement?

The Court's approval of this Settlement is binding on all class members who do not opt out of the proceedings by November 18, 2019.

If you do **NOT** opt out of the Settlement, as described below, you will be unable to advance a lawsuit of your own relating to harms caused through Canada's management and control of Day Schools. If you do **NOT** opt out of the Settlement, as described below, you will be deemed to have "released" Canada from liability for all harms suffered by you at the Day School(s) you attended. In return, however, and **if eligible**, you will receive compensation for the harms that you experienced.

Nothing in this Settlement requires you to give up your right to sue a province or religious institution for its involvement in its management or control of a Federal Indian Day School or Federal Day School.

The Settlement Agreement provides a specific description of the Release. Please read the Settlement Agreement carefully and contact Class Counsel if you have any questions. The details of the Release are also available in the Order of the Federal Court approving the Settlement.

OPTING OUT**11. Can I remove myself from the Settlement?**

The Order of the Court will bind all of the Class Members who do **not** opt out of the proceeding (*Federal Courts Rules*, Rule 334.32(5)(4)).

If you are an Eligible Class Member, you can remove yourself from the Settlement by delivering a signed and dated **Opt-Out Form** before the end of the Opt Out period. The **Opt Out Period** is ninety (90) days after the Federal Court approves the Settlement Agreement.

NOTICE OF SETTLEMENT APPROVAL (Long Form)

If you have previously commenced a legal proceeding against Canada relating to its funding, control, and management of a Federal Indian Day School and if you do not discontinue your individual claim on or before November 18, 2019, you will be **deemed to have opted out** of the settlement.

More information on the Opt-Out Period is available at www.IndianDaySchools.com or by contacting Class Council. Further, a copy of the Opt-Out Form is available on request through Class Council or the Claims Administrator.

Lower Nicola Indian Band is looking for members who are interested in delivering Band door-to-door notices and newsletters. Depending on how many people apply, delivery allocations are on a rotation basis. Deliveries involve going door to door on all LNIB reserves. Pay, upon presenting your invoice, is \$160. Please contact Terri-Lynn Beckett at 250-378-5157 or email Terri-Lynn.Beckett@lnib.net



Fishing Spear made by Joe Shuter

SHULUS GARDENS

Greetings from Shulus Community Garden

Harvest:

- Vegetables were abundant and with few problems. The garden crew worked diligently maintaining the entire garden, harvesting the prolific crops, managing produce sales, keeping volunteers and tours busy.
- We Harvested 1000 pounds of carrots & 465 pounds of potatoes harvested, to name a few.

Winterizing & Year end:

- Cleared and planted fall rye in fields,
Cleaned & stored tools, equipment, pots, bins, poly sheets, irrigation and shop space.
- Getting paper work up to par, researching for a new garden retail facility,
- Managing on-going garden projects, planning for 2020, writing reports and grants for agricultural projects.

Closing Garden Gates:

- Shulus Garden will be closing the gates November 01st.

Thank you Notes to:

- **Volunteers** for helping to plant seeds, weed, harvest, weigh produce, sales, building projects, etc.
- **Food for Families Program**, for hosting Food Preserving Workshops. We are thankful to have supplied your workshops with the potatoes, carrots, leeks, celery, onions, garlic, herbs, tomatoes, peppers and cabbage.
- **Culture Center** for the use of your dehydrator and smoker, the Food for Families now has a good supply of dried and smoked food that includes, leeks, carrots, celery, onions & shallots, soup bones and jerky.
- **LNIB Community and Health Services Programs** for providing food vouchers to our LNIB Community Members who come and picked-up fresh produce for their families and for the community kitchen programs.
- **Lloyd Loveday** for guiding us through the rigmaroles of bee keeping and for the use of your equipment and hives

The LNIB Programs include:

- Food for Families, Soup Kitchen, Elders Program, Social Assistance, Good Food Box, Parents and Babs, Recreation, Family Activities, Band Schools Hot Lunch, Harvest Dinner & Food Bags, Healthy Life Styles, and all the walk-in customers.

Workshops & Tours include:

- Bee Keeping workshops for LNIB school's grade k to 3 and community and LNIB Staff. Setting up Bee Hives, Feeding Bee hive, Harvesting and Extracting Honey, Winterizing Hives. Now to prepare and build new honey frames and then make new broad boxes etc.
- Growing and Harvesting food crops, sharing knowledge

- Preserving food while sharing knowledge on food preparation techniques
- Building wooden planters
- Garden tours to community members, community programs, and groups from other events.

Gazebo:

- Located at the medicine garden. Your welcome to come and help build the floor & rails or to shingle the roof. Your help would be appreciated & rewarded by providing shelter from sun and wind for all to enjoy.

Garden Club:

- You are always welcome to meet with Lorna regarding Garden Activities and to share ideas, & to get involved with ongoing activities or create new activities.
- Host a November Garden Meeting to plan for next year's garden activities etc.
- Membership drive to include all reserve locations

LNIB Sustainable Food Security:

- We enjoyed growing food for the "LNIB Sustainable Food Security" Program. We are very happy to have had the opportunity to work alongside community members who came to enjoy their time gardening and mingling and to meet the garden staff and hang out in the amazing garden we have at Shulus Community Garden.

Thank you, Lower Nicola Indian Band for the opportunity to serve you.



Chris Doucette building the gazebo; garden put to bed - thank you Garden Team!



COUNCILLOR BILL BOSE

Thank You

*to all who voted for me, it is a privilege
to serve in council. I look forward to
another 3 great years*

William (Punch) Bose



CALLING NICOLA VALLEY INDIGENOUS VETERANS

Nicola Valley Indigenous Veterans

If you know of a veteran, perhaps related, I am interested in meeting with you to find out more information. Your support and co-operation to:

- Identify graves of veterans;
- Discuss interest in having military markers or traditional names engraved on already installed military markers;
- Research, collect and write a biography or an autobiography for each veteran which will include their military experience, genealogy, photographs, and life stories; and,
- Publish a resource book about the Nicola Valley Indigenous/ First Nations Veterans

The veterans life stories are valuable stories to document and to remember.

Your assistance, co-operation, and information is greatly appreciated.

Contact information:

Carol Holmes

Ph: 250-378-7809



WE REMEMBER

HALLOWEEN



At the Band Office, Marcy McLeod creeped us out, and Justice Cisco took the decorated door prize (Kari's office)



Below - photos from the community Halloween party



CELEBRATING LANGUAGE TEACHING TOOLS

October 28, 2019

Early Years Series N̓eʔkepmxcin Language Board Book Project

The Lower Nicola Band School and Nzen'man' Child & Family Development Centre collaborated in the sponsorship of the development of five early years board books in the N̓eʔkepmxcin language.

A book launch was held on October 28, 2019 to showcase the five books, which are themed: Counting, Colours, Clothing, Talk and Animals.

The intent of the books is to encourage learning the N̓eʔkepmxcin language at a young age. The books will also encourage parents and adults to learn the language along side the children. The words are displayed in N̓eʔkepmxcin (dictionary and phonetic spelling) and in English.

The illustrations are hand painted by local Artist Bobbi Parkes.

The project team was made up of the following individuals:

Annie Major, Fluent Speaker

James Shuter, Fluent Speaker

Rona Sterling-Collins, Project Coordinator

Bobbi Parkes, Illustrator & Graphics Design

Rena Joe, AIDP Worker, Nzen'man'

Chelsea Skoflek, Lower Nicola Band School Head Start

Grateful acknowledgments to the Lower Nicola Band School for hosting and co-sponsoring this important initiative.

Grateful acknowledgment to Nzen'man' Child & Family Development Centre for hosting and co-sponsoring the first set of early years N̓eʔkepmxcin books in 2017 and participating in the 2019 Project.

Submitted by Rona Sterling-Collins, Project Coordinator



Board Book Project Team - left to right: Illustrator Bobbie Parkes, Angie Sterling, James Shuter, Annie Major, Rena Joe, Chelsea Skoflak, Project Coordinator Rona Sterling-Collins



COUNCIL SWEARING IN CEREMONY





FEEL THE BEAT

Lower Nicola Indian Band

Education Sector

November 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
- Must use sign-up sheets



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	Pow Wow Open Nights Bead/Sew/Drum/Dance 4:00-8:00 pm	Drumming 6pm-8pm	Remembrance Day Richard Jackson Jr. 4:00-8:00 pm	8	9
10	11 Remembrance Day Office Closed	Pow Wow Open Nights Bead/Sew/Drum/Dance 4:00-8:00 pm	Drumming 6pm-8pm	Drumming 4:00-8:00 pm	14	15
17	18	Pow Wow Open Nights Bead/Sew/Drum/Dance 4:00-8:00 pm	Drumming 6pm-8pm	Language Night 4:00-8:00 pm	21	22
24	25	Pow Wow Open Nights Bead/Sew/Drum/Dance 4:00-8:00 pm	No Drumming	Learn to Cook 4:00-8:00 pm	28	29
Please bring your own containers in case of leftover food from potluck and a reusable water bottle. We are trying to minimize our waste.						

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.

LNIB Education

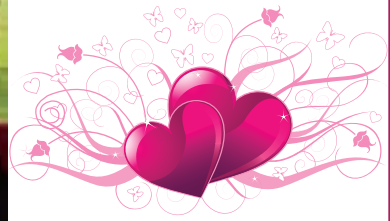
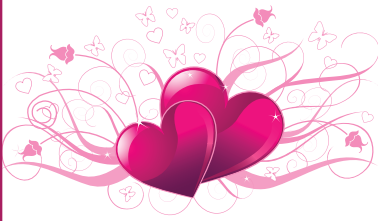
Harvest Community Lunch



The Human Services crew had everyone stuffed with delicious turkey - Thanks!

GREETINGS

*Happy 62nd Wedding Anniversary
to
Archie and Edna Blankinship*



Love from all of your Family



This photo kind of sums
everything up!

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:

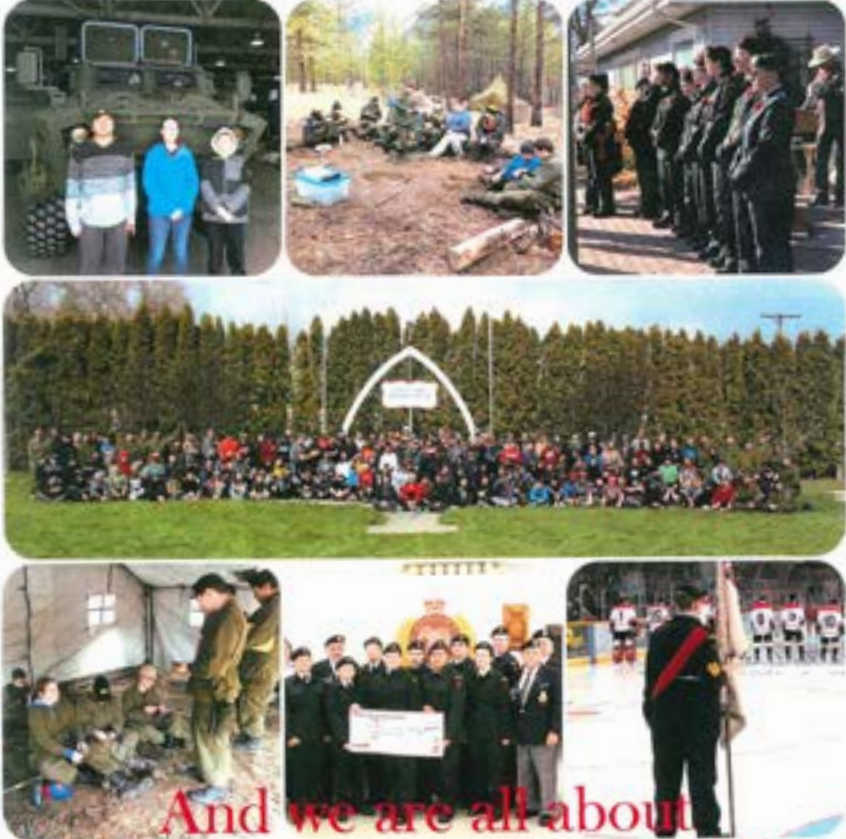
- cancel the lost, stolen, damaged or destroyed card
- issue, on request, a Temporary Confirmation of Registration Document

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

**We are the
950 Merritt, Royal Canadian Army Cadet Corps**



And we are all about

SPORTS &
FITNESS

Team work

adventure

MUSIC

COMMUNITY

LEARNING

REMEMBRANCE

Confidence

camp

OUTDOORS

ARMY

friends

expedition

leadership

canoeing

climbing

abseiling


BIATHLON

hiking

marksman

ship


Come join us!



We meet every Tuesday
6:00pm to 9:00 pm from Sept to June
At 1755 Coldwater Avenue in Merritt
For more information contact
Telephone: (250)378-9485
Email: 950army@cadets.gc.ca

Welcome to ALL ages 12-18

Army Cadets is a program open to young men and women between the ages of 12 to 18 that focuses on developing leadership skills, promoting sound citizenship and encouraging physical fitness and healthy lifestyles by providing the opportunity to test their limits through participation in challenging and exciting outdoor adventure activities. There is no cost to join.



JOBS AT LNIB

Lower Nicola Indian Band School

Job Posting

Position Title: Teacher On Call

Department: Lower Nicola Indian Band School

Hours: as required

Start Date: Immediately

Wage: The LNIB Band School adherers to the SD 58 pay scale

Reports to: Lower Nicola Indian Band School Principal

Required knowledge, skills and abilities

- Category 5 Teaching Degree
- Training Certification – BC College of Teachers
- Training and experience with primary students
- Experience with First Nations children
- Experience with behaviourally challenged students
- Experience in developing and implementing IEP's
- Excellent communication, leadership and interpersonal skills
- Working knowledge of BC curriculum, effective instructional methodologies and a holistic approach to meeting the learning needs of students
- Willing to continue to gain new knowledge and skills, be flexible, positive and a team player
- Current First Aid Certificate or willingness to obtain
- Ability and willingness to submit to a criminal record check is mandatory
- Ability to speak or willingness to learn the Nlaka'pamux language and culture

Apply To:

Deadline to apply, open until filled

Go to:

<https://secure.collage.co/jobs/lrib/10831> Or

Email: HR@LNIB.net

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

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



Lower Nicola Indian Band School**Job Posting****Position Title:** Early Child Educator**Department:** Lower Nicola Indian Band School**Hours:** up to 30 per week**Start Date:** ASAP**Wage:** \$20-\$23/hour depending on experience and education**Reports to:** Lower Nicola Indian Band School Principal

Summary of responsibilities

Provide service to children ages 0 to 4 years and parents, including K3, K4, Parent/Tot Drop in services.
Follows policies and procedures as outlined by the Ministry in accordance with licensing policies and LNIB policies
Ensure guidance of children that encourages positive self-esteem
Facilitate a respectful conflict resolution process when dealing with difficult staff and parent/guardian issues
Implement a problem solving approach with practical solutions when faced with difficult situations

Required knowledge, skills and abilities

- First Aid Certificate;
- Early Childhood Education (ECE) Certificate
- Experience 1 year to less than 2 years Children's Ages 5 years; 1 year; 2 years; 3 years; 4 years;
- Infant (3 months - 11 months)
- Maintain daycare equipment and assist in housekeeping and cooking duties;
- Assist early childhood educators or supervisors in keeping records;
- Attend staff meetings to discuss progress and problems of children;
- Plan and organize activities for school-age children in child-care programs before and after regular school hours;
- Develop and implement child-care programs that support and promote the physical, cognitive, emotional and social development of children;
- Lead activities by telling or reading stories, teaching songs and taking children to local points of interest;
- Guide and assist children in the development of proper eating, dressing and toilet habits;
- Observe children for signs of potential learning or behavioural problems and prepare reports for parents, guardians or supervisor;
- Plan and maintain an environment that protects the health, security and well-being of children;
- Assess the abilities, interests and needs of children and discuss progress or problems with parents and other staff members;
- Establish and maintain collaborative relationships with co-workers and community service providers working with children
- Must successfully pass Criminal record check with vulnerable persons;
- Basic security clearance;

Apply To:**Deadline to apply: open until filled**<https://secure.collage.co/jobs/lrib/13387>E-mail: HR@lrib.net

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

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



- ADMINISTRATIVE DIRECTOR -

Nicola Watershed Governance Project

ABOUT THE NICOLA WATERSHED GOVERNANCE PROJECT

Like many watersheds, the Nicola has suffered from the cumulative impacts of human activities and faces additional pressures in a rapidly changing climate. Building on existing collaborative relationships within the watershed, the Nicola Watershed Governance Project seeks to proactively address these challenges using collaboration, innovation, and creativity, for the benefit of future generations.

The Project is grounded in a forward-looking agreement between the five Nicola First Nations (Nooaitch, Shackan, Upper Nicola, Lower Nicola, and Coldwater) and the Province of BC to co-lead a new approach to water governance - one that is grounded in a shared commitment to implement the *United Nations Declaration on the Rights of Indigenous Peoples*, advancing reconciliation with First Nations in British Columbia. This will include the implementation of new projects to address watershed priorities that are grounded in the laws of the Nlaka'pamux and Syilx peoples of the watershed.

ABOUT YOU, THE ADMINISTRATIVE DIRECTOR

You are a skilled and experienced leader who cares about the people, the land and the water of the Nicola Valley. You are committed to creating a sustainable water future and are motivated to leave a legacy for the benefit of future generations. You embrace the challenge of working across multiple disciplines with diverse audiences, and you take special care to build trust and support within your teams, community members and leadership. You are equally comfortable listening and leading and are respectful of people from all corners of the Nicola Watershed and beyond. Finally, you enjoy working in a demanding and fast-paced environment where work priorities can quickly shift.

Position Title:	Administrative Director
Position Term:	Minimum 1year employment contract (35 hrs./week)
Salary Range:	Up to \$90K (plus benefits) per annum, depending on qualifications and experience.
Start Date:	January 2020.
Location:	The Project has offices in Merritt.

BID OPPORTUNITIES**Nlaka'pamux Health Services**

2088 Quilchena Ave P.O Box 3090 Merritt BC, V1K 1B8

Telephone: (250) 378 9772

Fax: (250) 315 0283

Email: Mhreception@nlxfn.com**Catering Bids now being accepted**

Nlaka'pamux Health Services is now accepting catering bids for the Nlaka'pamux Health Fall Community Engagement on Tuesday November 5, 2019 at the Merritt Civic Centre

- a) Seeking bids for November 5, 2019, dinner and dessert for **80 people**
- b) The Bid must include the cost of platters, utensils, napkins, cups and condiments (salt/pepper, butter, dressing etc.) coffee, tea, juice, water, etc.
- c) Meal to be served at **5:00pm** sharp
- d) Caterer to provide a copy of their **Interior Health Food Permit & Food Safe Certificate.**
- e) Menu to be diabetic friendly
- f) 50% of bid could be advanced to successful bid to assist with preparation.
- g) Responsible for full cleanup of tables and kitchen
- h) Responsible for full organization for entire meal preparation (shopping, serving, recruiting helpers, clean up etc.)
- i) Bid must identify set menu to be served
- j) Lowest bid may/may not be considered

Bids MUST be received no later than 12:00pm on Wednesday October 23, 2019

Please submit bids to:
Nlaka'pamux Health Services
C/O Bernadette Collins
P.O Box 3090
Merritt, BC V1K 1B8
Fax: (250) 315 0283
Email: bernadette.collins@fnha.ca

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

Jerrold 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/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

Lorna Sterling

Avon products
250-378-4893

MaMeet Services

Jessica Joe, President
1425 Hugh Allan Drive, Kamloops BC V1S 1J3
250-828-7977 Fax: 240-828-2183
mameet@intpac.ca

MaMeet Services Ltd., a First Nations majority owned joint venture business. Jessica Joe, President, is a band member of the Lower Nicola Indian Band. Jessica has partnered with Integrated ProAction Corp (IPaC) and its team of surveyors, GIS technicians, draftsmen, and supervisors. The purpose of the business is to pursue opportunities within LNIB territory to provide a range of competitive, professional service offerings while encouraging and creating career development opportunities to capable LNIB members. Ultimately, the goal is to provide meaningful long term work opportunities for all employees. By working side by side, MaMeet Services Ltd. with IPaC can provide guaranteed professional services to the spectrum of industrial and natural resource projects currently operating and/or being proposed in LNIB territory

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

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

Shawn Swakum

s.swakum@yahoo.com
Business administration and Consultant

Molly Toodlican

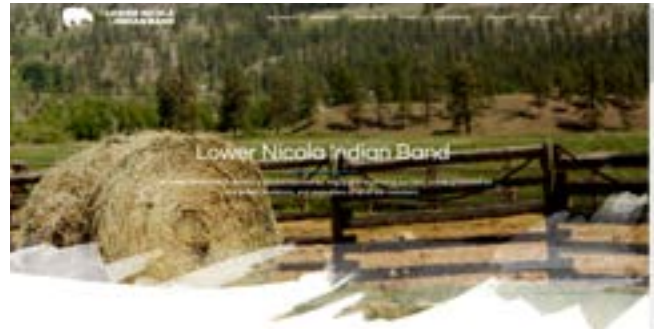
Independent Watkins
Consultant #830411
250-280-2012
mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com
Catering

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution



Coming Very Soon!

LNIB is proud to be launching a new website. We hope that you like the new format and that it makes it easier to find the information you're looking for.

As part of the launch, LNIB Members will have to register to gain access to the Members Only section. If you are registering after business hours you will have to wait to have the registration validated until the next business day. We will use your Status number for confirmation and after that you will long in with your user name and the password you create.



Pine Mushrooms - gathered by Joe Shuter



It's November already and the poppies have made their appearance. Every year, The Royal Canadian Legion conducts the Poppy Campaign, along with thousands of our members who volunteer from coast to coast to coast, to raise funds in support of Veterans and their families. Poppies are distributed freely, but your generous donations are invaluable. While wearing the poppy is a symbol of remembrance, there always seems to be some confusion about what the donations are for. Through your donations to the Legion Poppy Fund, the Legion provides

financial assistance and support to Veterans, including Canadian Armed Forces and RCMP, and their families who are in need. Poppy Funds may be used for:

- Grants for food, heating costs, clothing, prescription medication, medical appliances and equipment, essential home repairs and emergency shelter or assistance for Veterans and their families in need
- Housing accommodation and care facilities for Veterans
- Funding for Veteran Transition Programs that are directly related to the training, education and support needs of Veterans and their families
- Comforts for Veterans and their surviving spouses who are hospitalized and in need
- Veterans visits, transportation and day trips
- Accessibility modifications to assist Veterans with disabilities
- Educational bursaries for children, grandchildren and great-grandchildren of Veterans
- Support of cadet units
- Veteran drop-in centres and services in communities where Veterans would benefit
- Community medical appliances, medical training and medical research which will assist in the care of Veterans in the community
- Support the work of Legion Command and Branch Service Officers across Canada in assisting and representing Veterans
- Donations for relief of disasters declared by federal or provincial governments which impact Veterans in those communities

On November 11th ceremonies are held in every community to remember the sacrifices of all who were affected by the various wars. It is a comforting feeling to see so many attend. Lest We Forget - and yet the world today seems a troubled place with wars happening in various parts of the globe, and in other places demonstrations of hate that resemble the precursors to the previous world wars. So wear your poppy and remember with thanks, offer donations to help the families of those who sacrificed and let us all do our part to promote a peaceful world.

