



# December 2019 N?e?iyk Spiləxm

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**A VERY MERRY  
CHRISTMAS**  
and Happy New Year!



From K<sup>w</sup>uk<sup>w</sup>pi?, Council, and  
all the Staff at the  
Lower Nicola Indian Band



## OFFICE HOLIDAY HOURS



# Merry Christmas

## ***LNIB Holiday Office hours:***

December 23, 2019 OPEN for regular office hours

December 24, 2019 CLOSED at 12:00pm

December 25- 26, 2019 CLOSED all Day

December 27, 2019 OPEN for regular office hours

December 30-31, 2019 OPEN for regular office hours

January 1, 2019 CLOSED all Day

January 2, 2019 OPEN for regular office hours

### **Emergency Numbers:**

Education	236-575-2135	LNIB Arena	250-378-5180
Administration	250-631-7056	Health & Social	250-378-1573
Public & Capital Works	250-315-8575	Housing	250-315-7487
LNIB School	250-315-8499	LNIB Fire Hall	250-378-5110
Lands & Economic Dev.	250-315-9378		

### **Public & Capital Works:**

#### **Holiday Recycling days**

December 18, 2019- Regular Recycling Pickup

December 25, 2019- No Recycling use Recycle Depot

January 2, 2019 - Regular Recycling Pickup

***Please use the recycle depot located at TNRD Landfill when required***

**Emergency Number:** On-Call 250-315-8575



**OCCUPATIONAL FIRST AID LEVEL 3**

**LOWER NICOLA  
INDIAN BAND**  
Lands & Economic Development

## **Attention LNIB Members**

### **Occupational First Aid Level 3**

**We are looking to hold a Level 3 course in the new year!**

Please contact us if you have an interest in this 2 Week course that could help you gain employment with Mobile Ambulance Companies contracting on the TMX

**Trans Mountain Pipeline.**



Contact Steve Wilks  
[steve.wilks@lnib.net](mailto:steve.wilks@lnib.net)

250-315-5278 or 250-378-5157

## SECURITY GUARD RECRUITMENT



**LOWER NICOLA  
INDIAN BAND**

# Security Guard Recruitment

**Want an exciting and rewarding career?  
Join the LNIB Security Team!**



**Securiguards is **Recruiting NOW!!!****

**To cover a demand for the TRANS Mountain Pipeline Project**

**Where** – The basement below the Shulus Band Hall

**When** – Saturday December 7<sup>th</sup> 10:00am to 2:00pm

***Draw for Door Prizes***



**Securiguards**

For More Information  
Contact Steve Wilks  
250-315-5278 or 250-378-5157



**SHULUS CHRISTMAS SALE**

**4 th Annual**  
***A SHULUS CHRISTMAS***  
**ART, CRAFTS & BAKE SALE**



**DEC 7 9AM - 5PM**

**DEC 8 9AM - 4PM**

**SHULUS COMMUNITY HALL**

**FREE DOOR PRIZES - CONCESSION**

**COME & EXPERIENCE**

**A SHULUS CHRISTMAS**

**For more info call Brandon Joe @ (250) 525-0443**

ELDER'S LUNCHEON

# Lower Nicola Indian Band Christmas Elders Luncheon

Let's enjoy Christmas  
with good friends,  
great food, and holiday  
cheer!

December 13, 2019  
Shulus Hall  
11:30 am - 2:00 pm

If you need a ride please call the Community Services  
(250) 378-4089 Please leave your name & phone  
number.

Any questions please call  
Wenona Bearshirt (250) 280-1975  
Elders Coordinator



COMMUNITY CHRISTMAS PARTY

# COMMUNITY CHRISTMAS PARTY

*When: Sunday December 15, 2019*

*Time: 1:00pm - 5:00pm*

*Where: LNIB school*

*Tis the season to be jolly so come out and join  
us for some Christmas festivities*



*50/50*

*Loonie auction*

*Raffle*

*A visit from Santa*

*Gifts*

*And a wonderful meal*



*Please sign children up for gifts at the Community Services building or  
main office deadline December 5, 2019 for more information please  
contact 250-378-4089*

## CHRISTMAS PARADE

**LOWER NICOLA INDIAN BAND  
COMMUNITY SERVICES WOULD LIKE  
TO INVITE YOU TO OUR FIRST  
COMMUNITY CHRISTMAS PARADE.**

**When: December 18,2019**

**Time: 4:00 pm meet at Rocky Pines Community  
Center**

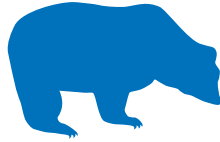
**Hotdogs and Hot Chocolate to follow**

**Enter a Float into our first ever Christmas Parade for  
you chance to win a Prize. We will be drawing for 1<sup>st</sup>,  
2<sup>nd</sup> and 3<sup>rd</sup> prizes.**

**COME OUT AND JOIN US FOR A FUN FILLED NIGHT  
AND SHOW OF YOUR CHRISTMAS SPIRIT TO START  
OFF THE HOLIDAYS.**

**To Enter a Float or for more information please contact Christie Hill at 250-  
315-3661 or email [christie.hill@lnib.net](mailto:christie.hill@lnib.net)**



**CHIEF AND COUNCIL DINNER WITH ELDERS****LOWER NICOLA  
INDIAN BAND****Chief and Council Dinner with Elders**

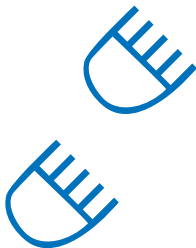
When: Wednesday, December 18, 2019  
Time: 5:00 pm to 8:00 pm  
Where: Shulus Hall

Elders of the Lower Nicola Indian Band are invited to attend this first (of regular planned) meet and greet sessions with Chief and Council.

Chief and Council value the wisdom and experience of the knowledge keepers in our community and want to gain your input on Band issues.

The meet and greet is meant to be a comfortable and casual way to open and regular dialogue.

Please RSVP by calling the Band Office 250-378-5157 or email [communications@lnib.net](mailto:communications@lnib.net)



**CHIEF AND COUNCIL ATTENDANCE**

Chief and Council Attendance Term October 2019-September 2022

Month	Meetings Called	Stuart Jackson	Bill Bose	Spence Coutlee	Robin Humphrey	Connie Joe	William Sandy	Lucinda Seward	Aaron Sumexheltza
Oct- 19	4	4	3	4	3	4	4	3	4
Nov- 19	4	3	4	4	4	4	4	2	2
TOTAL	8	7	7	8	7	8	8	5	6

As of November 21, 2019

**PORTFOLIOS**

Portfolio Assignments			
Council Member	Primary	Secondary	Secondary
kʷúkwpi?	External Affairs	Housing	Title & Rights
Bill Bose	Lands & Estates	Education	
Spence Coutlee	Economic Development	Natural Resources	
Robin Humphrey	Language & Culture	Health & Social Development	
Connie Joe	Finance/Taxation	Housing And Capital Works	
William Sandy	Health & Social Development	Lands & Estates	
Lucinda Seward	Education	Language & Culture	
Aaron Sumexheltza	Title & Rights	Economic Development	

**K<sup>w</sup>UK<sup>w</sup>PI? STU JACKSON**

Good day Lower Nicola Indian Band. I want to take this opportunity to wish each and every one of you a very Merry Christmas and a joyous New Year celebration!!! It is hard to believe that it has been almost two months since the Chief and Council election. I am happy to say that Chief and Council are continuing the process of settling into our respective roles as best as we are able. It hasn't come without our own struggles and challenges as a group and I anticipated that based on our individuality and the platforms we brought from the election. I am very excited to see where our Council will be at in the coming months in terms of our growth and how we come together as a team.

Council have been meeting on a regular basis. We have established a meeting schedule that will carry us through to the end of the fiscal year (March 2020) where we will meet on the first three Tuesday's of every month. We have also agreed as a group to hold a Band General Meeting on the last Monday of every month as well. I am quite pleased that we have decided to hold monthly Band General meetings once again as this gives the band membership the opportunity get properly informed of Band business, but most importantly, it gives the entire community the opportunity to come together to visit and spend some time together. I feel that this is very important as we move forward as a community. We are much stronger as a united group as opposed to separate affiliations, and I hope to see more and more membership attend not only Band General meetings, but also take part in functions or events that may come our way.

Something new that was proposed by an elder at our first Band General meeting in October was to bring the Chief and Council together with our elders of our community in the form of a public meeting. I think this a great idea! I am hoping that we don't lose any momentum with this proposition and that we can set up our first meeting with our elder's in the very near future. I would like to see our leadership make the effort to meet as regular as is reasonable with our elders to hear their voice, listen to their concerns and consider suggestions and recommendations that may come out of these meetings. Our elders are our knowledge keepers and we need their guidance so that we as leaders do what is in the best interest of our community. I am hopeful that regular meetings with our elders will commence as soon as possible and I will provide an update on our progress once we meet.

There are exciting times ahead for this Council and our community. I encourage band members to feel free to attend our Chief and Council meetings. I also want to reiterate to all membership that we will be having Band General meetings every month, apart from December. Portfolio appointments were made at a recent Council meeting so don't hesitate and make your inquiries to whomever Council member you need to speak to regarding any issues or concerns. With that said, I also strongly recommend Band members to reach out to our Executive Director, Kari Reilander if you have concerns. We are all here to work for the membership and our community at large.

Enjoy your holiday time with your family and friends this festive month. Be responsible and be safe in all that do. If you have any questions or concerns that you would like to share with myself, please do not hesitate and contact me here at the Lower Nicola Indian Band office. My door is always open to the membership and I encourage hearing from all of you.

All my relations,

K<sup>w</sup>uk<sup>w</sup>pi? Stu Jackson

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L-R Indigo, Shannon, Will,  
N<sup>w</sup>uk<sup>w</sup>pi? Stu Jackson,  
Jade, and Councilor Bill  
Bose



Jade Wynne, is the great grandson of Ina Shuter, grandson of Tina Ricketts(Allan), and son of Will and Shannon Wynne. Jade received the The 2019 Premier's Award for Indigenous Youth Excellence in Sport – Interior Regional Recipient. Jade was asked to come to the LNIB General meeting to talk about his award for his outstanding efforts in Karate (Kumite). As a Regional recipient he automatically serves as a nominee for the Provincial Awards selected in early 2020. 10 Provincial Recipients will be awarded at the Gathering Our Voices Opening Ceremony in Kamloops on March 16, 2020 and will go on display at the BC Sports Hall of Fame.

*Congratulations!*



## EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for November 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:

**Orientation for Chief and Council:** Chief and Council had a quick overview on LNIB Laws and policies at the November 5, 2019 meeting. The Chief and Council are preparing for a Strategic Planning session with Cascadian Consulting scheduled for December 5&6, 2019. The Chief and Council are busy in their leadership roles and portfolios have been assigned. We are also revising the Full Time Councilor's role and responsibilities (job description).

Portfolio Assignments			
Council Member	Portfolio	Portfolio	Portfolio
k'úk-pi?	External Affairs	Housing	Title & Rights
Bill Bose	Lands & Estates	Education	
Lucinda Seward	Education	Language & Culture	
William Sandy	Health & Social Development	Lands & Estates	
Robin Humphrey	Language & Culture	Health & Social Development	
Connie Joe	Finance/Taxation	Housing and Capital Works	
Spence Coutlee	Economic Development	Natural Resources	
Aaron Sumexheltza	Title & Rights	Economic Development	

**Human Resources:** This month job opportunities are Social Development Coordinator, Traditional Land Use Coordinator, Early Childhood Educator, Special Education Assistant, Speech, Language and Literacy Special Education Assistant Specialist, Teacher On Call, Lands Researcher, and Lands Officer. Please visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details. This month Alisha Sterling continued on to alternate endeavors, Thank you Alisha for your dedication to LNIB.

**Committees and Liaisons:** Now that Council has portfolios assigned, we hope to have all the Boards and Committees populated at the December 3rd Chief and Council meeting. However, we can report that kʷúkʷpi? and Councilor Spence Coutlee have been appointed to the LNIB Development Corporation Board of Directors and Leona Antoine has been removed. Additionally, Councilor Bill Bose has been appointed as Chair to the Land Management Advisory Committee (LMAC).

I would also like to take this time and update you on the Indigenous Advisory and Monitoring Committee – Socio-Economic Subcommittee meeting that Leesa and I attended on November 27th. The Committee received a presentation from Trans Mountain on their approach to monitoring potential adverse socioeconomic issues, including those associated with the labour influx of temporary workers. Stay tuned early in the new year when LNIB will hold facilitated sessions with Firelight to address these issues.

**Community Meetings:** HVC 2040 Community Workshop was held November 15, 2019. BC Hydro West Kelowna Transmission Project Update was held November 19, 2019. Welcoming Babies and Honouring Healthy Lifestyles was held on November 27, 2019.

**Support to Chief and Council:** Chief and Council met November 5th, 7th, 12th & 19th. The Band General scheduled for Monday, November 25, 2019 at 6:00pm at the Shulus Hall included presentations on LNIB Financials, LNIB Development Corporation Financials, Honorable Mention of ISPARC Award Recipient, Nicola Valley Aggregates Update, and the launch of the new LNIB Website. Should you require anything on the Chief and Council agenda scheduled for January please contact Sondra Tom or me.



## SHULUS COMMUNITY GARDEN

Shulus Garden office is now in the LNIB Administration office.

Gardens office door is always open and welcomes you to drop by any time to talk garden ideas and plans, to ask questions about gardening and so on.

It would good to host a garden meeting sometime soon and/or you can email your thoughts and requests at [lorna.shuter@lnib.net](mailto:lorna.shuter@lnib.net)

Shulus Garden is making plans for growing season 2020 and needs to complete the two-year gardening plan that was layout in the Peavey Mart grant application in 2018. Thanks to all of you in the LNIB community for getting involved in the growing, maintaining, harvesting and food preserving events. And for helping to build our hoop house (greenhouse), planters and the gazebo. We invite you all back to help carry on with those projects. We will have to finish building the gazebo that is in the middle of the medicine garden as planned. Will have to shingle the roof, build the rails, and the benches and the floor.

In January and February we are planning to host a couple of Bee Hive building workshops. Location TBA but workshops include: a bit of reading about Bee Keeping, preparing for additional bee hive boxes called "Supers". Contact me if you are interested in participating.

For information on the LNIB Shulus Community Garden Programs and to share your garden Knowledge please phone or email me at 378-5157. Thank you to all for helping at your community garden and I wish you all a safe and happy winter.

Shulus Community Garden Manager



Pickling Carrots from the Shulus Gardens



## LANDS DEPARTMENT

Hello LNIB Members!

The Lands Department has been keeping busy this month with many projects – including land use planning, environmental management, traditional holdings, solid waste management, and business licensing. You may have seen posters in past newsletters, door to doors, or on line inviting membership to participate in community and family meetings to give input into the work that is being done.

Have you come to share your thoughts? If not, keep your eyes out for upcoming opportunities, and check out our current Traditional Holdings Project survey, listed below.

Here's a look into some of our current projects:

### Land Use Planning and Economic Development Strategy

LNIB is working with Urban Systems to update and add greater detail to our Land Use Plan, as well as to create an Economic Development Strategy. This project will support our Land Code and will be used to inform LNIB Policy and Law developments moving forward.

What is a Land Use Plan?

- Establishes a long term (10-20 year) community vision
- Includes a land use map showing where certain uses (residential, commercial, etc.) should be located
- Provides objectives and policies to guide planning and land use management decisions
- Identifies potential future infrastructure upgrade needs

What is an Economic Development Strategy?

- Describes investment and initiatives required to create employment for Band members, generate revenue, and create business development opportunities
- Identifies potential economic development opportunities in various sectors and possible next steps
- Creates a document that can be referenced for funding application and investment opportunities

On November 21st, the first Community Meeting was held to share this project and get direction and feedback about LNIB Members priorities for land uses and location, as well as economic development goals and sectors.

Missed this first community engagement? Don't worry, there will be more coming up; check out future newsletters, the LNIB website, and Facebook for updates.

Traditional Holdings Project



Started this spring, the Traditional Holdings Project was developed to inform LNIB law-making and decision-making processes through gathering community input and conducting research of LNIB and outside materials.

Here's a look at our progress:

	<b>Complete</b>	<ul style="list-style-type: none"> <li>• <b>Phase 1:</b> Project Pre-Planning: Develop project plans</li> <li>• <b>Phase 2:</b> Introduce Project to the Community: Community meetings, newsletter articles, and LNIB website</li> </ul>
	<b>Ongoing</b>	<ul style="list-style-type: none"> <li>• <b>Phase 3:</b> Document Review: Analyze and summarize research documents and materials</li> <li>• <b>Phase 4:</b> Community Engagement: Gather information from LNIB members and staff about traditional holdings issues, conduct member surveys and meetings</li> </ul>
	<b>Upcoming</b>	<ul style="list-style-type: none"> <li>• <b>Phase 5:</b> Community Verification: Draft report for community input – Winter 2019/20</li> <li>• <b>Phase 6:</b> Reporting: Deliver final report to LNIB – Spring 2020</li> </ul>

The project team – the Lands Department with Angie Bain and Gretchen Fox – has been very busy this month wrapping up the family meetings portion of Phase 4. You probably saw the family meetings invitations in past newsletters, as they started in July and have now finished with the end of November.

If you would like to participate in this project, the LNIB Traditional Holdings Project Member Survey #2 is open for input! You can find the survey on the LNIB website under the Traditional Holdings Project or use the link: [bit.ly/2NMXMUR](https://bit.ly/2NMXMUR).

### Cannabis Survey

Did you participate in the LNIB Cannabis/Marijuana Survey? Results were shared in last month's newsletter and indicated that members want to learn more and that LNIB may want to look at additional work regarding cannabis regulation.

Next steps will be LNIB departments working together to share information with members about cannabis in newsletters and online, and the topic will be brought forward to Chief and Council for further direction.

Stay tuned to learn more and keep informed of any updates!

## CANNABIS INFORMATION

# HEALTH EFFECTS OF CANNABIS

There are both potential therapeutic uses for and potential health risks of using cannabis (marijuana). A chemical called delta-9-tetrahydrocannabinol (THC) is responsible for the way your brain and body respond to cannabis. While it is used by some for therapeutic purposes, there are short- and long-term physical and mental health effects that can be harmful.

## SHORT-TERM HEALTH EFFECTS

While cannabis may make you feel relaxed and happy, you could experience unpleasant, unwanted or negative effects on your brain and body.

### EFFECTS ON THE BRAIN

The short-term effects of cannabis on the brain can include:

- ▶ confusion
- ▶ sleepiness (fatigue)
- ▶ impaired ability to:
  - ▶ remember
  - ▶ concentrate
  - ▶ pay attention
- ▶ anxiety, fear or panic
- ▶ reduced ability to react quickly

Cannabis use can also result in psychotic episodes characterized by:

- ▶ paranoia
- ▶ delusions
- ▶ hallucinations

Emerging evidence suggests that a chemical in cannabis called cannabidiol (CBD) may help dampen some of the psychoactive effects of THC<sup>1</sup> such as:

<sup>1</sup> Bhattacharyya et al. (2010) Opposite effects of delta-9-tetrahydrocannabinol and cannabidiol on human brain function and psychopathology. *Neuropsychopharmacology* 35(3): 764–74. [www.ncbi.nlm.nih.gov/pubmed/23550724](http://www.ncbi.nlm.nih.gov/pubmed/23550724)

- ▶ disturbances in mood
- ▶ psychotic symptoms

There is also evidence to suggest that combining tobacco with cannabis can increase:

- ▶ the strength of some psychoactive effects<sup>2</sup>
- ▶ the risk of poor mental health outcomes,<sup>3</sup> including dependence

Effects can be felt within seconds to minutes of smoking, vaporizing or dabbing cannabis. These effects can last up to 6 hours or longer.

If you eat or drink cannabis, these effects can occur within 30 minutes to 2 hours and can last up to 12 hours or longer.

### EFFECTS ON THE BODY

The short-term effects of cannabis on the body can include:

- ▶ damaged blood vessels caused by the smoke<sup>4</sup>
- ▶ decreased blood pressure, which can cause people to faint or pass out
- ▶ increased heart rate, which can be a danger for people with heart conditions and can lead to an increased risk of heart attack<sup>5</sup>

<sup>2</sup> Ramo et al. (2015) Tobacco and marijuana use among adolescents and young adults: a systematic review of their co-use. *Clinical Psychology Review* 32: 105–121. [www.ncbi.nlm.nih.gov/pubmed/22245559](http://www.ncbi.nlm.nih.gov/pubmed/22245559)

<sup>3</sup> Schauer et al. (2017) Marijuana and tobacco co-administration in blunts, spliffs, and mulled cigarettes: a systematic literature review. *Addictive behaviors*. 64: 2011–211. [www.ncbi.nlm.nih.gov/pubmed/27654966](http://www.ncbi.nlm.nih.gov/pubmed/27654966)

<sup>4</sup> Wang et al. (2016) One minute of marijuana secondhand smoke exposure substantially impairs vascular endothelial function. *Journal of the American Heart Association*. 5(8). [www.ncbi.nlm.nih.gov/pubmed/?term=27464788](http://www.ncbi.nlm.nih.gov/pubmed/?term=27464788)

<sup>5</sup> Thomas et al. (2014) Adverse cardiovascular, cerebrovascular, and peripheral vascular effects of marijuana inhalation: what cardiologists need to know. *American Journal of Cardiology* 113(1): 187–90. [www.ncbi.nlm.nih.gov/pubmed/24176069](http://www.ncbi.nlm.nih.gov/pubmed/24176069)



Government  
of Canada

Gouvernement  
du Canada

Canada

## IMPAIRMENT

The THC in cannabis can impair your ability to drive safely and operate equipment. It can also increase the risk of falls and other accidents. This is because THC can affect your:

- ▶ coordination
- ▶ reaction time
- ▶ ability to pay attention
- ▶ decision-making abilities
- ▶ ability to judge distances

Cannabis use can increase the risk of accidents that lead to injury or death during higher-speed activities, such as driving, biking or skiing.

Impairment can last for more than 24 hours after cannabis use,<sup>6</sup> well after other effects have faded.

People who use cannabis regularly may have trouble with certain skills needed to drive safely<sup>7</sup> for weeks after their last use.

Combining alcohol with cannabis greatly increases the level of impairment and the risk of injury or death from accidents.

Combining cannabis with other psychoactive substances, especially ones that have sedative effects, such as opioids and benzodiazepines, can increase the effects of the drugs. This could increase the risk of injury or harm, particularly with activities like driving.

## LONG-TERM EFFECTS

Long-term effects develop gradually over time with frequent use (daily or near-daily) that continues over weeks, months or years. These effects can last from several days to months or longer<sup>8</sup> after you stop using cannabis.

## EFFECTS ON THE BRAIN

The long-term effects of cannabis on the brain can include an increased risk of addiction and harm to your:

- ▶ memory
- ▶ concentration
- ▶ intelligence (IQ)<sup>9</sup>
- ▶ ability to think and make decisions

These effects appear to be worse for youth who start using early, and who use cannabis frequently and over a long period of time. They may not be fully reversible when cannabis use stops.

## EFFECTS ON THE BODY

Some of the long-term effects of smoking cannabis on the body are similar to the effects of smoking tobacco and can include risks to lung health, including:

- ▶ bronchitis
- ▶ lung infections
- ▶ chronic (long-term) cough
- ▶ increased mucus buildup in the throat

## POTENTIAL THERAPEUTIC USES

There is some evidence of potential therapeutic uses of cannabis or its component chemicals (cannabinoids).

Health Canada provides information for health care professionals and for authorized patients on the use of cannabis and cannabinoids for medical purposes. This includes information on dosing, adverse effects, warnings and more.

## RISKS OF ILLEGAL CANNABIS

There may be other health and safety risks associated with cannabis obtained illegally. For example, the THC potency of illegal cannabis is often unknown, so you could end up using a stronger product than expected. This could heighten or prolong effects such as confusion or anxiety.

The quality and purity of illegal cannabis cannot be guaranteed and is frequently mixed with or contains:

- ▶ pesticides
- ▶ other drugs
- ▶ heavy metals
- ▶ moulds or fungi
- ▶ other contaminants

<sup>6</sup> Leirer, V. O. et al. (1991) Marijuana carry-over effects on aircraft pilot performance. *Aviat. Space Environ. Med.* 62, 221–227. [www.ncbi.nlm.nih.gov/pubmed/1849400](http://www.ncbi.nlm.nih.gov/pubmed/1849400)

<sup>7</sup> Karschner et al. (2016) Extended plasma cannabinoid excretion in chronic frequent cannabis smokers during sustained abstinence and correlation with psychomotor performance. *Drug Testing and Analysis* 8(7): 682–9. [www.ncbi.nlm.nih.gov/pubmed/26097154](http://www.ncbi.nlm.nih.gov/pubmed/26097154)

<sup>8,9</sup> Meier et al. (2012) Persistent cannabis users show neuropsychological decline from childhood to midlife. *Proceedings of the National Academy of Sciences USA* 109(40): E2657–64. [www.ncbi.nlm.nih.gov/pubmed/22927402](http://www.ncbi.nlm.nih.gov/pubmed/22927402)

There is also the serious risk of:

- ▶ interacting with criminals or criminal organizations
- ▶ criminal charge and prosecution

## MENTAL HEALTH EFFECTS

In some people, cannabis use increases the risk of developing mental illnesses like psychosis or schizophrenia, especially in those who:

- ▶ start using cannabis at a young age
- ▶ use cannabis frequently (daily or almost every day)
- ▶ have a personal or family history of psychosis and/or schizophrenia

Frequent cannabis use has also been associated with an increased risk of:

- ▶ suicide
- ▶ depression
- ▶ anxiety disorders

## HEALTH EFFECTS ON YOUTH

Cannabis use that begins early in adolescence, that is frequent and that continues over time has been associated with increased risk of harms. Some of those harms may not be fully reversible.<sup>10</sup>

Adolescence is a critical time for brain development, as research shows the brain is not fully developed until around age 25.

Youth are especially vulnerable to the effects of cannabis on brain development and function. This is because THC in cannabis affects the same biological system in the brain that directs brain development.

It is important for parents, teachers, coaches and other trusted adults to be ready to talk with youth about drugs.

## HEALTH EFFECTS ON PREGNANCY AND CHILDREN

Just like with tobacco, a pregnant woman or new mother's use of cannabis can affect her fetus or newborn child which can lead to health problems.

The toxins in cannabis are carried through the mother's blood to her fetus during pregnancy and in the breast milk following birth.

Heavy cannabis use during pregnancy can lead to lower birth weight of the baby. It has also been associated with longer-term developmental effects in children and adolescents, such as:

- ▶ decreases in:
  - ▶ memory function
  - ▶ the ability to pay attention
  - ▶ reasoning and problem-solving skills
- ▶ hyperactive behaviour
- ▶ increased risk for future substance use

## ADDICTION

Contrary to popular belief, people can become addicted to cannabis. Individuals who use cannabis can develop a cannabis use disorder, which at its extreme can result in addiction.

Continued, frequent and heavy cannabis use can cause physical dependency and addiction.

Research has shown that THC in cannabis causes an increase in levels of dopamine, the pleasure chemical, in the brain. This motivates people to keep using it.

Addiction can develop at any age but youth are especially vulnerable<sup>11</sup> as their brains are still developing.

Some people are also more prone to becoming addicted than others. It's estimated that 1 in 11 (9%) cannabis users will develop an addiction<sup>12</sup> to it. This statistic rises to about 1 in 6 (17%) for people who started using cannabis as a teenager. If a person smokes cannabis daily, the risk of addiction is 25% to 50%.

<sup>10</sup> Volkow et al. (2016) Effects of cannabis use on human behavior, including cognition, motivation and psychosis: a review. JAMA Psychiatry 73(3): 292–7. [www.ncbi.nlm.nih.gov/pubmed/26842658](http://www.ncbi.nlm.nih.gov/pubmed/26842658)

<sup>11</sup> Chadwick et al. (2013) Cannabis use during adolescent development: susceptibility to psychiatric illness. Frontiers in Psychiatry. 4: 129. [www.ncbi.nlm.nih.gov/pubmed/24133461](http://www.ncbi.nlm.nih.gov/pubmed/24133461)

<sup>12</sup> Volkow et al. (2014) Adverse health effects of marijuana use. New England Journal of Medicine 370(23): 2219–27. [www.ncbi.nlm.nih.gov/pubmed/24897085](http://www.ncbi.nlm.nih.gov/pubmed/24897085)



Problematic cannabis use can include some or all of the following behaviours:

- ▶ failing to fulfill major duties at work, school or home
- ▶ giving up important social, occupational or recreational activities because of cannabis use
- ▶ consuming it often and in larger amounts or over a longer period than they intended
- ▶ being unable to cut down on or control cannabis use

People who display most or all of these behaviours over a 12-month period may have cannabis addiction.

Some people can develop a tolerance to the effects of cannabis. Tolerance is characterized by a need for a larger dose of a drug to maintain the original effects. Tolerance to some of the effects of cannabis can develop after a few doses. In some people, tolerance can eventually lead to physical dependence and/or addiction.

## ADDICTION HELP

Cannabis addiction can cause serious harm to your health, social life, school, work and financial future.

If you or someone you know is struggling with addiction to cannabis or other drugs, help is available.

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## Sugar Cookies

2 3/4 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1 cup butter, softened  
1 1/2 cups white sugar  
1 egg  
1 teaspoon vanilla extract

Preheat oven to 375 degrees F (190 degrees C).

In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.

Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.



## CROSSWORD

S D B P I T R S Y S S J P E A  
H R O B S E T E E N N R H T Z  
U U W K T N K N O H O S U A C  
L M S N E C I W R U G E N L H  
U S I S O P S E D Z O T T O R  
S W E H Y H T T O E D A I C I  
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BOWS  
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JOEYASKA  
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PRESENTS  
HOT CHOCOLATE  
SKATES  
SNOW  
WATER  
ZOHT

PROUD TO BE LNIB  
CHRISTMAS  
DRUMS  
GODY  
HOCKEY  
ROCKY PINES  
SHULUS  
SLEIGH RIDES  
SNOWSHOE  
WINTER



**CHRISTMAS EVENTS****LOWER NICOLA  
INDIAN BAND**December Community Activity Events

**Dec 11, 2019:** Community Potluck and Photos with Santa @  
Rocky Pines Community Center

**Photos with Santa 3-7pm**

**Community Potluck 5-7pm**

\*Please come out for a picture with Santa as well as bring your favorite dish to share.

**Sunday Dec,15 2019:** Community Christmas Party @ the  
LNIB Band School starting @ 1pm

\*Dec 5th is the deadline to sign up for gifts,  
sign up ages are 0-16 for LNIB /Community members.  
Children **MUST** attend party to receive gift.

**Dec 18, 2019:** LNIB Community Christmas Parade meeting at  
Rocky Pines Community Center @4:00pm hotdogs and hot  
chocolate to follow

\*Please dress warm and come out and share your Christmas spirit.  
To enter a float please contact Christie Hill

Come out and join us for some community fun on Wednesday evenings  
for more information or rides please contact Christie Hill @ 250-315-3661

## RECREATION CALENDAR

# December

## 2019

recreation

### Winter time!

Muay Thai will happen every Tuesday until holidays! 6:00pm for youth  
7:00pm for adults (13+) @ rocky pines center.



No After School Programs for rec on the 4<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> and 11<sup>th</sup>

Men's Gym Nite Sunday @ 6:00pm LINBS gym

Volleyball only the 5<sup>th</sup> of this month.

Pictures with Santa on December 11<sup>th</sup> at the community potluck  
dinner!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Men's Gym Night 6pm	2 ASP	3 ASP Muay Thai 6pm	4 NO ASP	5 Skating 4:00pm pickups rpcc Volleyball 7pm	6	7
8	9 No programs Fit Nation Training	10 No programs Fit Nation Training Muay Thai 6pm	11 No programs Fit Nation Training	12 Fit Nation Training Skating 4:00pm	13	14
15 Community Christmas Party LNIBS gym 1:00pm	16 ASP	17 ASP Last Muay Thai 6pm	18 Christmas parade 4pm start at rocky pines center	19 Skating 4:00pm pickups rpcc	20 Last day of school!	21
22	23	24 Christmas eve!	25  Christmas day!	26  boxing day!	27	28
29	30	31 New Year's Eve!	1 New Year's Day!			

**Any questions please contact Recreation Coordinators,**

**Chelsea @ 315-3379 Or Clif @ 315-3439**



## ELDERS, CULTURE, FAMILY ACTIVITIES CALENDAR

# December 2019

RPCC - Rocky Pines Community Center

LNBS - Lower Nicola Band School

HC-Health Center

\*Skating evenings of December 13<sup>th</sup> & 20<sup>th</sup> starting at 5:45pm at the Shulus Arena\*Muay Thai Tuesday December 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> from 6pm-8pm @ RPCC

\*\*\*\*Community Walks will be held from 11am-12pm on December 4 &amp; 19, 2019

\*\*\*Community Support Group will be held at 9:30am on Friday December 20, 2019

\*Recreation contact Chelsea Spahan (250)315-3379 or Cliff Garcia (250)315-3439  
 \*\*Culture Contact Sharon Antoine, Hank Yamelst 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 Nawishaskin Lane

All Recreation and Family activities programs will be at the Rocky Pines Community Center unless otherwise posted

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *Men's Gym Night 6pm-8pm	2 ***Parent's and Babes 12pm-2pm	3	4 **Star Quilt Making 9am-3pm Elder's Christmas Party in Lytton leaving HC @ 9:45am	5 *Volleyball 7pm-8pm **Star Quilt Making 9am-3pm	6 Elder's Bingo 10am- 12pm **Star Quilt Making 9am-3pm	7
8 *Men's Gym Night 6pm-8pm	9 **Knitting with Maggie Shuter 9:30am-3pm	10	11 ****Community Potluck & Santa Photos @ RPCC 5pm-7pm	12 **Heart Shaped Rattle Making 10am-2pm Elder's Christmas Party @ Shulus Hall 11am-2pm	13 Elder's Bingo 10am- 12pm **Heart Shaped Rattle Making 10am-2pm	14 **Wing Dress Making 9am-4pm
15 **Wing Dress Making 9am-4pm ***Community Christmas Party 1pm-5pm	16 **Ribbon Shirt Making 9am-3pm ***Girls Night Ages 7-18 yrs 3pm-8pm	17 **Ribbon Shirt Making 9am-3pm Elder's Christmas Movie & Snacks @ trailer	18 **Ribbon Shirt Making 9am-3pm ****LNIB Christmas Parade & Caroling 4pm-6pm	19 *Volleyball 7pm-8pm	20 ** Pipe Ceremony 8:30am- 11am Elder's Winter Tea @ scwexmx-Sign up with the HC	21
22	23	24 Office Closed at 12:00pm	25 Office Closed Merry Christmas!	26 Office Closed	27	28
29	30	31				

## FEEL THE BEAT

# December 2019 ~ Cultural Events

For More Information, please call Charlene Joe, Cultural Program Coordinator

(250) 378-2771 or email [charlene.joe@scwexmx.com](mailto: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 Pow Wow Open Nights Bead/Sew/Drum/Dance 4:00-8:00 pm	4 Drumming 6pm-8pm	5 Learn to Cook 4:00-8:00 pm	6	7
8	9	10 Pow Wow Open Nights Bead/Sew/Drum/Dance 4:00-8:00 pm	11 Drumming 6pm-8pm	12 Language Night 4:00-8:00 pm	13	14
15	16	17 Pow Wow Open Nights Bead/Sew/Drum/Dance 4:00-8:00 pm	18 Drumming 6pm-8pm	19 Christmas Crafts 4:00-8:00 pm	20 Elders Winter Tea 11 am – 2pm	21
22	23 Office Closed	24 No Feel the Beat Christmas Eve	25 Merry Christmas	26 No Feel the Beat Boxing Day	27 Office Closed	28
29	30 Office Closed	31 No Feel the Beat New Year's Eve				
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.

## AN ACT RESPECTING FIRST NATIONS, INUIT, AND METIS



# An Act Respecting First Nations, Inuit and Metis Children, Youth and Families

## What you need to know

The Act Respecting First Nations, Inuit, and Metis Children, Youth and Families (the Act) is a huge and unprecedented step forward in Canada. It is the first time the federal government has acknowledged indigenous jurisdiction in the area of Indigenous child welfare. The purpose of the Act is to recognize Indigenous People's jurisdiction over child and family services to establish national standards in this area, in response to the Truth and Reconciliation Commission's Call to Action #4; and to contribute to the implementation of United Nations Declaration of Rights of Indigenous Peoples.

### The Act's Purpose and Guiding Principles

- Affirm the rights of First Nations, Inuit and Métis to exercise jurisdiction over child and family services
- Establish national principles such as best interests of the child, cultural continuity and substantive equality to guide the interpretation and administration of the Act
- These principles would guide Indigenous communities and provinces and territories on the delivery of child and family services to keep families together and reduce the number of Indigenous children in care

### For Full Text of the Legislation, please visit:

<https://laws-lois.justice.gc.ca/eng/acts/F-11.73/FullText.html>

### Scw'exmx Child and Family Services Society (SCFSS) Update

As a C6 Delegated Aboriginal Child and Family Agency for the Scw'exmx Bands (Coldwater, Lower Nicola, Nooaitch, Shackan and Upper Nicola), we are transforming how we provide services and programs to our community members:

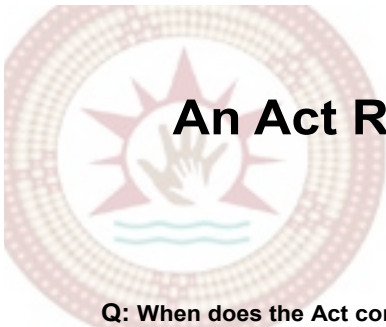
- Incorporating Nlaka'pamux and Sylix Cultural Frameworks into programs and services
- Established SCFSS Elder Advisory Committee
- Working with the Communities to establish Community Circles (eg. Upper Nicola Grandmother's Group). The Community Circles are an opportunity for community representatives to provide input into the planning process for children and family services
- Conducting research on Nlaka'pamux and Sylix Traditional Child and Family Laws and Practices.
- Hosting a Leadership Meeting to determine next steps

For more information, please contact **Lisa Post, SCFSS Executive Director**

Email: [Lisa.Post@scwexmx.com](mailto:Lisa.Post@scwexmx.com)

Phone: 250-378-2771

*"We are all somebody's 7th generation. We are working collaboratively to facilitate opportunities for our children, families, and communities to achieve their full potential and realize a healthy quality of life through the implementation of our laws, jurisdiction, and ancestral beliefs, values, and teachings"*



# An Act Respecting First Nations, Inuit and Metis Children, Youth and Families

## What you need to know

**Q: When does the Act come into effect?**

January 1, 2020

**Q: What are inherent rights?**

First Nations laws come into effect when developed and passed by a band or tribal organization. Inherent rights mean that First Nations must drive the process and act according to the self-determined choices of the rights and title holders who are members of the First Nation. This Act did not establish those rights, merely affirmed these inherent rights to make law, policy and decisions for First Nations children and families according to First Nations laws, traditions, practices, customs and values.

**Q: What more needs to be done?**

With all laws, there are changes that will be required as the law applies and issues arise. However, the major issue is funding. The funding principles in the preamble, and section 20 are weaker than what were proposed by the Chiefs of Canada and many others. Ongoing effort to push for strong fiscal support, policy and law changes will continue and should be coordinated and strategic.

**Q: If you have cases in the system, what do you do?**

- Engage with Social Workers, Agency, Ministry of Children and Families (MCFD) to plan for children, youth and families.
- Remind social workers, lawyers and courts and point to it as basis for a major shift and indicate that you expect families to remain together with support.
- Point out the provisions of Act that give you either STANDING as a party in the case or the right to make REPRESENTATIONS in Court on cases involving your children and families. Encourage your grandparents, parents and relations to attend and stand up for their children and families.

**Q: Can cases decided before the Act can be reassessed?**

To ask for reassessment of a case where a child was brought into care before the Act, talk to the Delegated Aboriginal Agency, the social worker, a community advocate, a lawyer or the Courts.

The Act allows for ongoing reconsideration if the placement of the child is appropriate. A child or children may have been placed under the provincial system in foster care. This might need to be reconsidered under this new Act. The Act provides for placement reassessments on an ongoing where it is in the best interests of the child.

**Q: What is notice and your right to be kept informed?**

The Act strengthens the obligation to keep Nations and families informed about decisions related to their children and families. Subsection 12(1) states that services providers MUST provide notice to the child's parent and their First Nation BEFORE any significant measures are taken.

**Q: Who can stand in court as representation?**

The Act expands who can be a full party in a child welfare matter. It is not only the Chief (as is currently the case under provincial law) but includes parent and care provider (grandparent, aunt, etc). Standing means the RIGHT to be a full part of the entire process to be heard throughout and speak directly to the Court.

The Act allows Indigenous governing bodies—which can be Council or organizations identified and designated by the First Nation Government (agency, etc) to make “representations” in cases. This means speaking about the child and circumstances and advocating for the rights of children and families to stay together, transmission of language and culture, and to address the treatment they may have received from child welfare officials if it is not considered consistent with the rights of First Nations peoples.



## BOW MAKING PHOTO'S



Bow Making with the Culture Center



Skyler Peterson with his finished Bow



## EDUCATION

Lower Nicola Indian Band

December 2019

# EDUCATION DEPARTMENT

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

### Director's Submission

It has been a very fast month for some reason as it seems like only last week we were putting halloween stuff away for another year. This being said though when time appears to go by quickly it can indicate we are having too much fun or be busy with what we have to accomplish...it has been a combination of both this month, and as such, we can feel pretty good knowing our members are the ones who truly benefit 😊

While we had a few great initiatives take place during the month of November one worth highlighting is the Post-Secondary tour we arranged for our Grade 11/12 students that took place the last week of October. We brought students on a full 2-day trip to the lower mainland with the priority being structured campus tours of UBC and SFU. We also stayed downtown for a night and spent time as a group getting to know one another while we enjoyed a few big city activities that we do not usually have access to at Merritt. As this was the first time our department offered something like this we were pleased to hear from the students how rewarding they thought it was. We will definitely create events like this in the future and will explore options that will include other grades.

Local Education Agreement negotiations has been very productive and as I shared in previous months the information we gathered from the meetings we both organized and facilitated for LNIB Member input has been infused into the new agreement. The final draft is scheduled to be in place before the end of December with an official signing ceremony tentatively planned for early 2020.

Please continue to read the rest of our submission as we have more information to share with LNIB members about past, present, and future initiatives!

**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](mailto:Shane.Coutlee@lnib.net)**

### Sector Leadership

**Director of Education**  
**Shane Coutlee**

**LNIB School Principal**  
**Angie Sterling**

**Education Manager**  
**Sharon Parsons**



## **Future Employment Opportunities within Education System**

Have you ever considered employment within the Education System? There are a wide variety of positions to consider with each one requiring its own level of credentials. It may surprise you to know that not every position requires extensive formal education; however, this being said LNIB Education will always support members with any education or training that is needed to ensure they are better equipped to apply to any/all postings that become available. If a career in Education interests you contact us anytime to discuss.

A few of the positions that will become available at our Band School and Head Start within the next few years are:

- SLP's and SLPA's
- Speciality Teaching
- Teachers Teaching on Call
- Education Assistants
- Literacy Coaches
- ECE's and ECEA's
- Bus Drivers
- Daytime Custodians
- Language/Culture Teachers

For more information please contact Director of Education Shane Coutlee at [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net)

## **Trades Sampler Program Spring 2020**

Are you interested in a Trade but perhaps unsure of what area you would like to explore further? If you answered yes then we encourage you to take part in a 3 month program that we will be offering here at



LNIB in the Spring. LNIB and TRU have partnered up to bring a program that will provide experience in a few trades while building a structure that will serve Shulus Gardens once complete. LNIB members will have first opportunity to fill the 14 available seats. We will also accommodate LNIB members who are currently employed by the Band and would like to take part in this program to see if this is something they may wish to pursue as an alternative career. We will also provide a living allowance, for the duration of the program, to those who do not receive an income. As there are a few conditions to be successfully enrolled into this program it is important to contact us right away in case we need to prepare you for successful entry. I can be reached by calling LNIB or by email [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net).

**FYI — Trades being offered for the program are Plumbing, Carpentry, and Electrical.**

**FYI — Education Assistant and Cultural Worker will be hired to support the students involved (opportunity for LNIB Members)**

## **Seeking Temporary Logos & Artwork From Members**

I posted this in last month's newsletter and wanted to share it again as we really want to involve LNIB membership in this endeavour. 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](mailto:Shane.Coutlee@lnib.net) or 236.575.2135

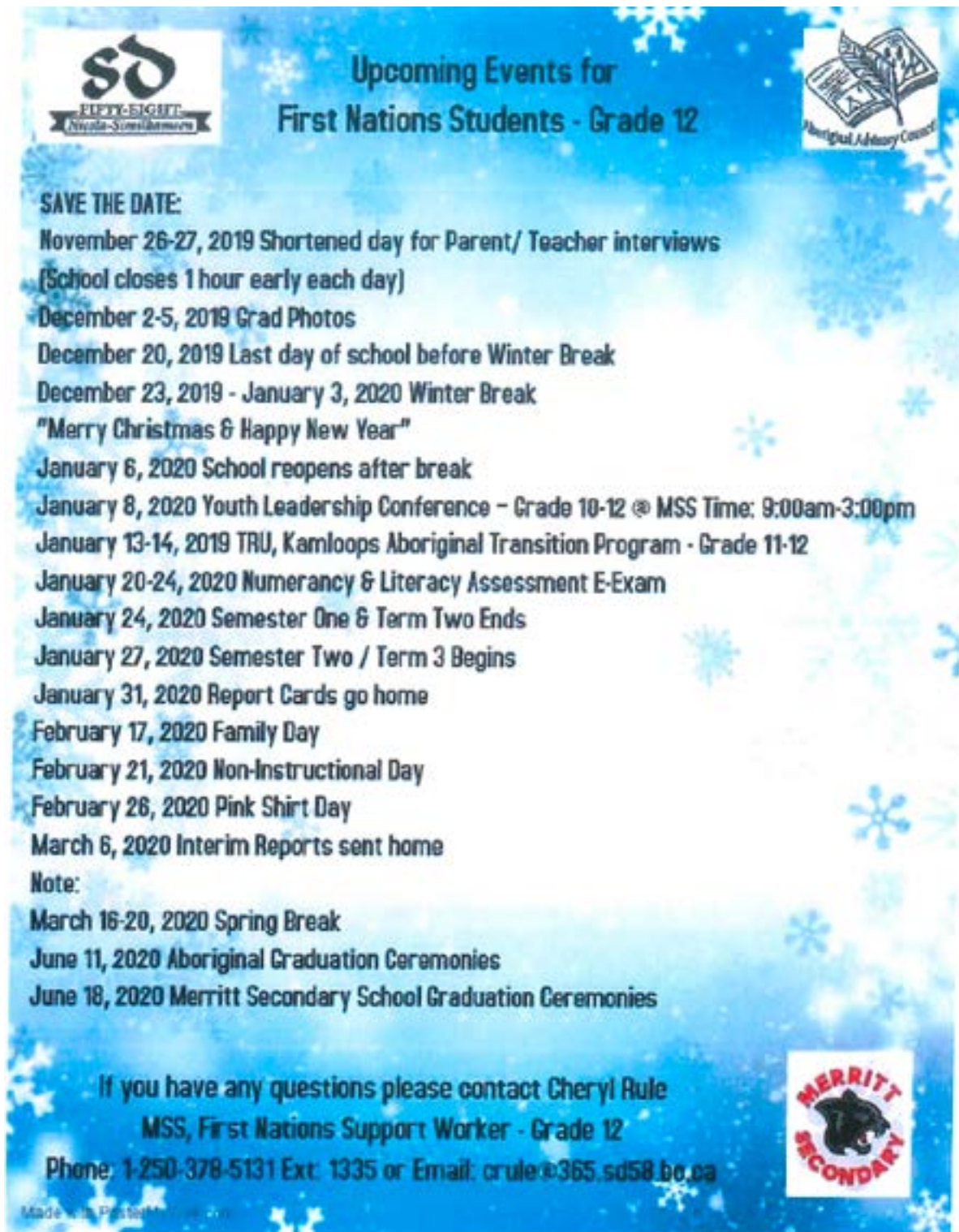


## **LNIB Head Start Program — Planning for Sept 2020**

As we reported a few months ago our school enrolment went from 95 last year to now 113...that's an increase of over 15%...a trend that we look forward to seeing continue in future years. Prior to the summer we did indicate to our Head Start Team that we anticipate growth in our K-7 numbers in the future and that space will be a challenge for us. The school provided our Head Start program with a home when our K-7 enrolment was low; however it was never built to accommodate both programs, and as such, it was shared with our team we would need to start planning for change. We know this program has been moved many times throughout the community; however, this time we are planning for it to be the last. Our number one priority is making sure no LNIB family is negatively impacted and our second priority is to ensure both short and long term plans are sustainable and created to withstand growth. While our goal is September 2020 we will not expedite a move until we know it is ready. If you have any questions please contact Shane Coutlee 236-575-2135.



LNIB Education



**SD FIFTY-EIGHT Nicola-Similkameen**

**Upcoming Events for First Nations Students - Grade 12**

**SAVE THE DATE:**


- November 26-27, 2019 Shortened day for Parent/ Teacher interviews (School closes 1 hour early each day)
- December 2-5, 2019 Grad Photos
- December 20, 2019 Last day of school before Winter Break
- December 23, 2019 - January 3, 2020 Winter Break
- "Merry Christmas & Happy New Year"
- January 6, 2020 School reopens after break
- January 8, 2020 Youth Leadership Conference - Grade 10-12 @ MSS Time: 9:00am-3:00pm
- January 13-14, 2019 TRU, Kamloops Aboriginal Transition Program - Grade 11-12
- January 20-24, 2020 Numeracy & Literacy Assessment E-Exam
- January 24, 2020 Semester One & Term Two Ends
- January 27, 2020 Semester Two / Term 3 Begins
- January 31, 2020 Report Cards go home
- February 17, 2020 Family Day
- February 21, 2020 Non-Instructional Day
- February 26, 2020 Pink Shirt Day
- March 6, 2020 Interim Reports sent home

**Note:**

- March 16-20, 2020 Spring Break
- June 11, 2020 Aboriginal Graduation Ceremonies
- June 18, 2020 Merritt Secondary School Graduation Ceremonies

If you have any questions please contact Cheryl Rule  
MSS, First Nations Support Worker - Grade 12  
Phone: 1-250-378-5131 Ext. 1335 or Email: crule@365.sd58.bc.ca

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## LNIB EDUCATION DEPARTMENT

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Sharon.parsons@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8



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## SHARON PARSONS, EDUCATION MANAGER

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Hello everyone, winter must be here, most people are bundled up in their thicker jackets, scarves and gloves, and I have seen the Public Works staff keeping us safe by removing snow and spreading deicer at all the administration buildings. Thank you, Public Works.

December is a short month for all students, when post-secondary and public schools take a Winter Break. This year the last day of school for the School District #58 is December 20<sup>th</sup>, and post-secondary schools are typically out a week earlier. According to most school calendars, regular classes commence on January 6, 2020.

On the evening of November 28<sup>th</sup>, the Education Department will have hosted a meeting at Rocky Pines Community Centre where band members were provided an update on the proposed Joint LEA, and an opportunity to share ideas on what community members feel is integral to a quality education for Lower Nicola Band children. The results of that meeting will be in the January newsletter.

The joint LEA is in the final draft stage. School District 58 Superintendent will have sent it out to each band representative the last week of November. Each band will provide comments and work to finalize the document in the new year. The five bands working together on this document proved to be a professional, positive and productive process. We will work together to support our First Nations students in the schools and ensure our local Indigenous Culture and Traditions are respectfully inserted into the curriculum.

The campus tours of SFU and UBC on October 28<sup>th</sup> and October 29<sup>th</sup> went very well. The grade 12 students were so impressed with both schools and are now very interested in applying to these universities. The tour guides at each school were very knowledgeable, friendly and proud of their school. Check out the pictures of our group in this newsletter. At SFU one of our own LNIB band members added to the tour by sharing her personal experiences. Kasey Stirling has been attending SFU for the past 5 years. She is expecting to graduate with a degree in Bio-Chemistry in 2020. It was great to see you, Kasey, and thank you for joining us.

The Homework Club is up and running. If you have a student who needs some help finishing assignments, drop them off at the Rocky Pines Community Centre. Brodie Sterling is there Monday, Tuesday and Wednesday from 3:30 to 5:30 each week, with exception to statutory holidays and those unfortunate sick days.

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.

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## LNIB EDUCATION DEPARTMENT

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[gail.larochelle@lnib.net](mailto:gail.larochelle@lnib.net)



(250)378-0915

2160 SETTLERS ROAD  
HWY 8

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

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Hello everyone,

I hope you have all been good and not naughty, cause Santa Clause is coming soon 😊

What I have been working on this month:

- The 2-day field trip to Vancouver with the MSS students was very educational. The students got a good feel of the universities and have informed input regarding both the Universities we visited. I am sure the students are considering either school to continue with their education
- Registering and sending Sponsorship for a student to continue with her Electrical Level 3 at TRU
- Attended 2 training sessions at the Band Office. One session on computers and one on SharePoint.
- Registering and sending sponsorship for a member to attend training in Vancouver which will enhance his employment abilities.
- There are quite a few Continuing Studies Courses being offered at NVIT for December and into the new year. If you are interested and would like to take any of these courses come to the office and I will get you registered. See the attached page for courses.
- Looking forward to attending the Cplul'kw'ten Winter Feast at TRU at the end of November and connecting with our students. Hopefully have them join us for lunch and chat to see how everything is going and if there are any issues that they want to discuss.
- Registering students into the First Aid course at NVIT.
- Updating members resumes to help them to seek and hopefully secure full-time employment.
- Keeping the students informed on any bursaries or scholarships that come into the office.

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

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## LNIB EDUCATION DEPARTMENT

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rhonda.dunn@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8

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### RHONDA DUNN ADMINISTRATIVE SUPPORT

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Hello All,

Officially I have worked in the Education Department for one year. The position has been challenging, but I have gained new knowledge and skills. But the position has been very rewarding; to see our membership pursuing their education dreams and careers.

Good luck to the Post-Secondary students that are now wrapping up their Fall 2019 term. I hope you get some time with family and friends through the Winter holidays.

In addition, SD#58 Winter holidays will be from December 20<sup>th</sup> to January 6, 2020. Therefore, the Rocky Pines Centre Homework Club will be closed during this period.

Please stop by the education office as we continually post up-to-date educational training programs, job postings, youth opportunities and community news to our display board. Also, checkout LNIB Facebook page or the newly up dated 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 do not answer because they might think it is a telemarketer. Also, it is not long distance to call us even though it's a 236-575-xxxx.

I have attached three 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](mailto:debra.tamagi@gmail.com) or call 1-(250) 328-4993. For more info: [iamace.ca/ace-it](http://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](mailto:merritttec@asetts.org)

Please call or stop by the Education Department for any assistance I can provide you.

Education Matters!

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The crew at SFU

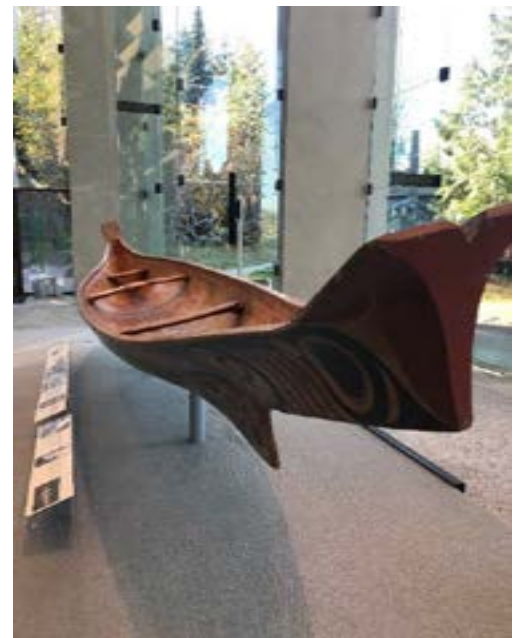


*Making ice cream with liquid nitrogen*



Kasey Stirling, SFU student and LNIB band member

The crew at UBC



UBC Museum of Anthropology



**COST Courses – Fall 2019/ Spring 2020**

COURSE	ACRONYM	Fee	DATES
Level 1 First Aid	OCFA-600	\$115	Wed. Dec 4, 2019
Level 3 First Aid	OFAL-600	\$890	TBA
Workplace Hazardous Materials Information System (WHMIS)	WHMS-600	\$60	TBA
Emergency Medical Responder Bridge	EMRB-600	\$975	TBA
Emergency First Aid	EMFA-600	\$115	Fri. Nov 29, 2019
Mental Health First Aid	MHFA-600	\$250	Nov 14 – Nov 15 (Thurs/Fri)
Foodsafe Level 1	FOSA-600	\$105	Fri. Feb 28, 2020
H2S Alive	H2SA-600	\$262.50	Fri. Jan 31, 2020
Transportation Endorsement	TREN-600	\$125	Thurs. Feb 20, 2020
Traffic Control	TRCT-600	\$367.50	Mar 12 - 13 (Thurs/Fri)

Interested in a course that isn't currently being offered? Contact Jennifer at 250-378-3365 or [jlisle@nvit.bc.ca](mailto:jlisle@nvit.bc.ca) to make a request.



Lower Nicola Band SchoolPrincipal Angie SterlingNovember/December Monthly News

Well November was a busy month here at the school. There was the Remembrance Day ceremony on **November 8th**. A huge thank you to John Isaac once again for helping several students with the Marching of the Flags. Mrs. Haller recited the poem "In Flanders Field" while her students did the poem using sign language.



**November 20<sup>th</sup>** the school held the annual Pancake Breakfast fundraiser which was a huge success, school raised \$2,772.00. Thank you to all who came out to support the fundraiser. All proceeds from the breakfast will go towards Christmas gifts for the students. Speaking of gifts, Mr. Bloom's grade 6 and 7 students wish to donate their portion of the funds to the Royal Inland Hospital Neonatal Intensive Care Unit. Now that is truly what the gift of giving is all about. Way to go kids!!

In the afternoon the school had a band come in for performing arts, they were called West My Friend from Victoria. They brought instruments and played Canadian Folk Songs. The students and staff enjoyed listening and participating in the performance.



The Students from kindergarten to grade 6 have started skating on Fridays from 1:30- 2:45pm. Parents are always welcome to join the school at the Shulus Arena during this time. Last day of skating will be December 13<sup>th</sup>.



## Lower Nicola Band School Christmas Raffle 2019

Tickets are \$10 each and  
the draw will be done on  
Dec. 20<sup>th</sup> at the School Christmas  
concert.

### 1<sup>st</sup> Prize package contains the following:

Christmas tree & Decorations

2 Contigo travel mugs.  
(pink & blue)

24piece tool set.  
(socket & screwdriver)

Headlamp

My little pony set of 3.

Lola Snapstar doll.

Dino monster trucks set of 3.

Weather buddies bath toys.

6pack of LED Flashlights & batteries.

4pack of reusable straws.

Space sword.

Slinky.

Nerf jolt.

2 kids surprise bags.

Bath pouf.

Sparkly Angel pin.

4piece brain drain puzzles.

Boys socks size 11-2.

Boys socks size 3-9

Girls socks size 10-13.

Girls socks size 13-4.

Mens socks 10pack.

Baby booties 3pack.

Baby mitts 3pack.

Baby Oball linky loops.

2 mini silicone oven mitts.

24piece kids meal set.

GOGO's kids cup & straw set

3 DVDs

Onn water resistant Bluetooth speaker.

7" portable DVD player.



## Lower Nicola Band School Christmas Raffle 2019

**2<sup>nd</sup> Prize is a picture frame with the following gift cards:**

\$20 Tim Hortons

\$20 Starbucks

\$25 Extra Foods

\$20 Walmart

2x \$10 Esso



If you would like to buy raffle tickets stop by or give us a call at the school **250-378-5527**. Good Luck and Thank you to all who have bought tickets in support of the Lower Nicola Band School.





**YOU ARE INVITED TO OUR RED DRESS AWARENESS**

# Art Show

**In Honour of Missing & Murdered Indigenous Women & Girls**

**KEKULI CAFE**  
COFFEE HOUSE

**West Kelowna**  
Saturday, November 30  
2 pm to 5 pm (drop in)  
Kekuli Cafe Coffee & Bannock  
307-3550 Carrington Rd,  
West Kelowna

**Merritt**  
Saturday, December 7  
2 pm to 5 pm (drop in)  
Kekuli Cafe Coffee & Bannock  
2051 Voght St, Merritt

Artist, Wyatt Collins shares his Red Dress Awareness in a series of expressionistic paintings. Wyatt is a 22 year old aspiring Nlaka'pamux Artist from Merritt. Wyatt also has autism which adds to artistic talents.

Refreshments will be provided

Contact: Rona Sterling-Collins 250-378-5562

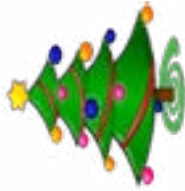

LNIB Education

## SCHOOL CALENDAR



# DECEMBER 2019

Absolutely **NO NUTS**  
And **NO PEANUT BUTTER**  
IN LNB School!!!

Mon	Tue	Wed	Thu	Fri
2 <i>Chicken Noodle Soup</i>	3 <i>Grilled cheese + bologna</i>	4 <i>Egg Salad sandwich</i>	5 French toast + fruit	6 Tortellini Pizza casserole
9 Beef + veggie soup	10 Taco salad	11 Shepherd's Pie <u>Christmas Sweater</u>	12 Hot dog wraps	13 Pizza Day
16 Hamburger & vegetable soup	17 Mini meatloaf with brown sugar sauce	18 Hot dog + fries	19 Mac & cheese Hot dog casserole	20 Christmas concert @ 9:30 1-3 Santa to visit the classrooms Last day of school for Winter break <u>School reopens Jan 6, 2020</u>
23	24 	25 	26	27
30	31			

**BID OPPORTUNITIES****LOWER NICOLA INDIAN BAND**

CALL FOR CATERING BIDS for the Lower Nicola Indian Band (LNIB) Community Christmas Party

December 15<sup>th</sup>, 2019

Call for bids to cook for 300 people to be served at 3:00 p.m. on December 15<sup>th</sup>, 2019 at the Lower Nicola Indian Band School.

Must submit bid to feed 300 people for a festive Christmas feast with all the trimmings:

**Bid to include:**

Turkey/ Ham

Vegetables

Rice

Potatoes

Salad

Stuffing

Cranberries

Gravy

Refreshments (tea, coffee, juice, water)

Variety of desserts

**Other considerations:**

Must provide all plates, utensils, napkins, condiments (NOTE\* WE PREFER PAPER OVER PLASTIC)

Must be ready to serve at 3:00 p.m.

Require at least 2 food safe certificates

Responsible for set up/clean-up of meal

Lowest bid may/ may not be considered

Your bid should include your contact person (s) with phone number (s)

Please forward bids by December 9<sup>th</sup>, 2019 by 12:00 p.m., attention to Bridget LaBelle

Hand Deliver to LNIB Community Services/ and or main office, Ph. (250) 378-5157, fax (250) 378-9137  
and or email [hr@lnib.net](mailto:hr@lnib.net)





## LOWER NICOLA INDIAN BAND

CALL FOR CATERING BIDS for the Lower Nicola Indian Band (LNIB) Council Dinner with Elders

December 18<sup>h</sup>, 2019

Call for bids to cook for 60 people to be served at 5:30 p.m. on December 18<sup>th</sup>, 2019 at the Shulus Hall

Must submit bid to feed 60 people for a festive Christmas feast:

**Bid to include:**

Detailed menu (including food & dessert for special dietary needs – eg diabetic)

Refreshments (tea, coffee, juice, water)

Variety of desserts

**Other considerations:**

Must provide all plates, utensils, napkins, condiments (NOTE\* WE PREFER PAPER OVER PLASTIC)

Must be ready to serve at 5:30 p.m.

Require at least 2 food safe certificates

Responsible for set up/clean-up of meal

Lowest bid may/ may not be considered

Your bid should include your contact person (s) with phone number (s)

Please forward bids by December 11<sup>h</sup>, 2019 by 12:00 p.m., attention to Ruth Tolerton

Hand Deliver to LNIB main office, Ph. (250) 378-5157, fax (250) 378-6188 and or email [hr@lnib.net](mailto:hr@lnib.net)



**JOB OPPORTUNITIES****Summary of LNIB Current Job Postings****Social Development Coordinator**

Start Date: ASAP

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

**Summary of responsibilities**

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

**Required knowledge, skills and abilities**

Diploma in Social Work or Human Services along with 2 years relevant experience preferable in a First Nation setting providing direct services and financial management. A combination of experience and other related education will be considered.

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**Traditional Land Use Coordinator****Summary of Responsibilities:**

Respond to land referral requests and maintain records of land referral and benefit agreements. Researching LNIB's interests and use within the Traditional Territory and area of interest. Aid supervisor and negotiations committee/leadership on environmental and cultural considerations related to resource/land developments on reserve and throughout the Traditional Territory

**Qualifications / Experience:**

Post-secondary education in natural resource management or related field

Minimum of 5 years' experience in facilitation and negotiations.

Must have an appreciation and knowledge of Nlaka'pamux Cultural values, history and protocols

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**Early Child Educator**

Hours: up to 30 per week

Start Date: ASAP

Wage: \$16.50/hour depending on experience and education

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

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;
- 

**Special Education Assistant**

Hours: up to 30 per week

Start Date: ASAP

Wage: \$20-\$23/hour depending on qualifications and experience

Summary of responsibilities

- Assist in classroom to support staff and students

Required knowledge, skills and abilities

- Special Education Assistant Certificate an asset
  - Training and or experience dealing with special needs and behaviorally challenged students
- 

### **Speech, Language, and Literacy Special Education Assistant Specialist**

Hours: up to 30 per week

Start Date: ASAP

Wage: \$20-\$23/hour depending on experience and education

#### **Summary of responsibilities**

The Speech Language and Literacy SEA Specialist will use both indirect and direct methods of language intervention to support students with exceptionalities in language acquisition. This will include supporting students with severe challenges in language processing or production to facilitate learning, develop visual language supports or augmentative/alternative forms of communication, using pictures, symbols or voice output devices.

Required knowledge, skills and abilities

Successful Completion of an approved Education Assistant Program,

Work co-operatively with outside resource professionals in the delivery of services,

Provide assistance in implementation of Individual Education Plan Goals and Supports

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### **Teacher On Call**

Lower Nicola Indian Band School

Hours: 35 hours per week

Start Date: As soon as possible

Wage: Is equivalent to SD 58, plus a generous benefits and pension program

Required knowledge, skills and abilities

- Category 5 Teaching Degree REQUIRED
  - Training Certification – BC College of Teachers REQUIRED
- 

### **Lands Researcher**

Lower Nicola Indian Band, Lands Department

Hours; up to 35 hours per week

Temporary full time position for one year, may be extended to two years

Wage: TBD, based on skills and experience

Summary of Responsibilities:

The Lands Researcher is responsible for research on historic land tenure. The researcher will provide critical analysis of research material, support community outreach, prepare memos and presentation

Documents, and attend community events and focus groups. The incumbent supports the preparation of Traditional Land Holding evidence submissions by members for consideration by decision makers according to LNIB Laws.

Required Knowledge, skills and abilities

- Completion of or Working towards a Post-Secondary diploma or certificate program in administration or a related discipline or equivalent set of skills, knowledge, and experience
- Knowledge and experience working with First Nations communities and governments
- Working knowledge and experience with electronic document management systems
- Excellent analytical skills and two or more years' previous archival research experience

### **Lands Officer**

Hours: 35 hours per week



Start Date: ASAP

Wage: up to \$27.45 based on education, skills and experience

#### Summary of Responsibilities

The Lands Agent (officer) is responsible for assisting the Lands Manager with the day to day operations of the Lands Sector relating to reserve lands for the Lower Nicola Indian Band. The incumbent supports all aspects of the Lands Sector including the implementation of work plans, laws, regulations, policies and procedures.

#### Required Knowledge, Skills and abilities

-a Post-Secondary diploma or certificate program in administration, business or related disciplines and two or more years' experience working in an office; or

-a Legal Assistant, Paralegal, Graphical Information System (GIS) program and two or more years' experience working in an office; or

-an equivalent combination of skills, knowledge and experience.

· Successful completion of the Lands Management Certificate Program or similar courses in an accredited program would be preferred.

· Knowledge and experience working with First Nations communities and governments – familiarity with the activities and culture of LNIB is considered an asset.

· Familiarity with the land provisions of the Indian Act, the Framework Agreement on First Nation Land Management and of the First Nations Land Management Act.

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For complete details on ALL positions with LNIB and how to apply

Please visit online at

<https://www.lnib.net/jobs/>

Or

<https://secure.collage.co/jobs/lnib>

**Lower Nicola Indian Band  
Health Department - Job Posting  
Home Care Aide**

**Position:** Home Care Aide

**Job Summary:**

Reports to the Home Care Nurse Coordinator, the Home Care Aides primary role is to assist the Home and Community Care Nurse/ Coordinator and to demonstrate and assist clients implement procedures in home management and self care, and other related duties.

**Required Qualifications:**

- Home Care Attendant Certificate from an accredited institution or equivalent, within 5 yrs or currently employed as a Home Care Attendant
- Previous experience in providing personal care; assisting frail, cognitively impaired and physically disabled individuals with activities of daily living;
- Ability to take vital signs, blood pressure, pulse & respiration
- Demonstrated application of safe body mechanics;
- Physical ability to assist clients with all activities of daily living;
- Demonstrated knowledge of infection control practices;
- Ability to maintain privacy and confidentiality;
- Ability to communicate effectively both orally and in writing;
- Ability to work independently with limited supervision and as a member of a multidisciplinary team;
- Ability to prioritize and organize assignments in an efficient manner;
- Ability to work with behaviorally difficult clients;
- Hold a valid driver's license and have a reliable vehicle.
- Ability to speak or willingness to learn the Nlaka'pamux Language.

**Deadline for Application:** December 13, 2019

Submit Resume and Cover Letter:

Lower Nicola Indian Band

Online - <https://secure.collage.co/jobs/lrib/14385>

Email - [hr@lrib.net](mailto:hr@lrib.net)

**For full details:** see website [www.lrib.net](http://www.lrib.net)

The Lower Nicola Indian Band thanks all those who apply; however, only qualified candidates will be considered for an interview



**Job Posting**  
**Full-time Social Worker**  
**Comprehensive Benefit Package-BC Public Service Pension Plan**

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

Please learn more about us [www.scwexmx.com](http://www.scwexmx.com) and Merritt, B.C. [www.merritt.ca](http://www.merritt.ca)

**The Opportunity:**

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

**KNOWLEDGE, SKILLS AND ABILITIES:**

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

**EDUCATION AND EXPERIENCE:**

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

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

Your interest in contributing as part of our team at a great organization begins with submitting your cover letter and resume as one document saved as (your last name resume SW December 2019) before December 6, 2019 with the email or fax subject line as **"Applying to SW December 2019"** to: [opportunities@scwexmx.com](mailto:opportunities@scwexmx.com)

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

***Scw'exmx Child & Family Services Society thanks all those who apply, however, only candidates selected to interview will be contacted for interviews to take place December 13***

### **Easy Gingerbread Cookies**

3 cups flour  
2 teaspoons Ginger Ground  
1 teaspoon Cinnamon  
1 teaspoon baking soda  
1/4 teaspoon Nutmeg  
1/4 teaspoon salt  
3/4 cup butter  
3/4 cup firmly packed brown sugar  
1/2 cup molasses  
1 egg  
1 teaspoon Pure Vanilla Extract



Mix flour, ginger, cinnamon, baking soda, nutmeg and salt in large bowl. Set aside. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight. Preheat oven to 350 degrees F. Roll out dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread men shapes with 5-inch cookie cutter. Place 1 inch apart on ungreased baking sheets. Bake 8 to 10 minutes or until edges of cookies are set and just begin to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire racks; cool completely. Decorate cooled cookies as desired. Store cookies in airtight container up to 5 days.

**HO! HO! Hope your holidays are filled with fun & laughter !**



**Wishing Special Blessings of the holidays from my family  
to yours. Merry Christmas & Happy New Year !**

**- Councillor Connie Joe & Family**

## **Snickerdoodles**

### **COOKIE DOUGH**

2 teaspoons ground cinnamon  
1 cup butter (225 g), softened  
2 teaspoons vanilla  
1 cup sugar (200 g)  
1/3 cup brown sugar (75 g)  
2 eggs  
3 cups flour (375 g)  
2 teaspoons cream of tartar  
2 teaspoons baking soda  
1/2 teaspoon salt  
**CINNAMON SUGAR MIX**

1/4 cup sugar (50 g)  
1 tablespoon cinnamon

### **Preparation**

In a small bowl, mix together the ingredients for the cinnamon sugar mix until evenly incorporated. Set aside. Now make the cookie dough, in a large mixing bowl, whip the butter with vanilla until light and fluffy. Add the sugar and brown sugar and mix until well incorporated. Add the eggs and stir until thoroughly incorporated. Using a sift add the flour, cream of tartar, cinnamon, baking soda, and salt and sift into the dough. Combine until evenly mixed. Cover with plastic wrap and chill. Preheat the oven to 375°F (190°C). Using your hands roll dough into ping pong sized balls. Dip the dough into cinnamon sugar mixture and roll around covering the dough ball completely. Place cookie dough on parchment paper-lined baking sheet and bake for 10-12 minutes. Allow to cool and serve. Enjoy!



## GREETINGS

Happy Birthday to Calvin Luke!

Love, Mom, John, Myrna, Austin, Stormm, and Winter

Happy Birthday to Stormm!

Love Mom, Kal, John, Myrna, Austin and Winter

Happy Birthday Kal! December 2.

Happy Birthday to Stormm! December 8.

Have a Great Day!

Love Auntie Terri, Uncle Jim, Sophie, Megan, Domanic, Evan, and Kato.

Happy Birthday to:

Sheridan Coutlee - December 3.

Sawyer Coutlee - December 9.

Blanchard Coutlee - December 13.

Molly Toodlican - December 31.

Love from the Family!

Happy Birthday to Sharon Antoine - December 30.

From Barbara



**Do you have greetings you'd like to publish?  
Send an email to [communications@lnib.net](mailto:communications@lnib.net) by  
the last Monday of the month.**

Lower Nicola Indian Band is looking for members who are interested in delivering Band door to door notices and Newsletters. Depending on how many apply, delivery allocations are on a rotation basis. Deliveries involve going door to door on all LNIB reserves. Pay. upon presenting your invoice, is \$160.00. Please contact Terri-Lynn Beckett at 250-378-5157 or email [terri-lynn.beckett@lnib.net](mailto:terri-lynn.beckett@lnib.net)

**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@nicolavalleymuaythai.ca

### **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

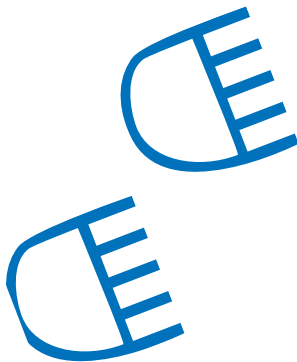
**Victor York**

victoryork@hughes.net  
Gourmet coffee supply and distribution





## WELCOMING NEW BABY'S AND HONORING HEALTHY LIFESTYLES





## DANGEROUS DOGS



November 25, 2019

To all Residents:

Re: Dogs Impeding Access for Services

The Lower Nicola Indian Band strives to keep its members informed and uses a variety of tools for communication. One of those methods is door to door deliveries of important notices and the monthly newsletter.

Recently we had an incident where a dog tethered on the property nonetheless managed to get to the delivery person and bite them. In this instance, the dog was tied to limit its access to the property, but the lead was long enough for the animal to reach the person walking to the door. If you are interested in receiving communications/services provided by the Band, we ask that you check that our service providers can access your property safely.

We have instructed our service providers that their safety comes first and they are to avoid entering onto any properties where they feel unsafe.

Thank you for your cooperation.

Kari Reilander  
Executive Director

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