



January 2020 N?e?iyk Spíləxm

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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



EXECUTIVE DIRECTOR



Happy Holidays!
From our family to you and yours, wishing you warm holiday greetings
All the best in the New Year!

December has been an unusually busy month at the Band Office getting ready for the Christmas season and all the events that are associated with the holiday season.

Here are some of the things we are working on:

Strategic Planning with Chief and Council: Chief and Council spent two long days planning for the next three years. The Chief and Council built a LNIB Strategic Plan that brings to life the community vision and goals that was developed with extensive community input and the facilitation of Four Directions Management Services (Dan George and Kelly Mortimer). Once Chief and Council have a chance to review and approve the plan, administration will prepare workplans to achieve the goals set out in the plan. Chief and Council still must set the key performance indicator so we will know when we are successful. The framework includes:

1. Moving Forward Together
2. Wealth Generation & Management
3. Lands
4. Wellness Journey
5. Housing & Infrastructure
6. Governance & Community Relations

The intended outcomes are fostering pride, connectedness, unity & Nlaka'pamux Culture

Human Resources: There continues to be several job vacancies at LNIB. We encourage membership to reach out to HR for any position, even if you do not meet the skills and/or education requirements to fill the job vacancy. This allows HR to put together a plan in conjunction with Education to better support membership in gaining the skills and education to fill vacant positions.

Please visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Support to Chief and Council: Chief and Council met December 3rd and 10th for Chief and Council meetings and a Special Band General meeting took place on Monday, December 16th, 2019 at 6:00pm at the Shulus Hall which 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.

- Kari Reilander

SHULUS COMMUNITY GARDEN

Greetings from your Community Garden. It has been a great pleasure growing fresh pesticide free vegetables for you, your families and the community programs.

Shulus Garden crew worked diligently all season from April to October, to grow, maintain and harvest the abundance of vegetables and herbs for LNIB Membership and families. New crops include: Asparagus, Eggplant and honey.

Thank you **LNIB Community and Health Programs** for helping us to distribute fresh produce to our LNIB membership and community. Thank you for your patronage.

Thanks to the **Food for Family Program**. It was a big success, thank you Rainbow for making it happen. The vouchers and advertising on face book helped a lot to keep community posted on the daily harvest and pickup schedules. Food for Families dehydrated Onions, leeks, carrots, canned soup & froze carrots.

Thanks to the **Peavey Mart** grant for paying for the food preserving items and some of the garden supplies and the hoop house material. We plan to add on to the hoop house and finish the gazebo next year.



Thanks to all those who volunteered to help: plant, maintain, harvest and preserve the food crops. It is so good to see you enjoy yourself gardening and helping in all the different garden activities and ongoing workshops such as: planting seeds and seedlings, weeding and building things, harvesting, distributing produce, bee keeping, extracting honey, taking care of the worm farms and preserving the food we grow.

Thanks to the **Shulus Garden Club** for your time and commitment to help plan and implement the garden activities. Your participation is very important and inspiring. We need to continue the garden club meetings and we invite more people to become a garden club member and to continue to share your knowledge to grow and preserve food. Join the club and get a free seed catalogue. Help us dream, plan and plant.

Upcoming workshops:
(everyone welcome!)

Food Safe - TBA

Market Safe - TBA

Food Skills for Families - Spring TBA

Bee Hive building - Spring TBA

Garden Planning - events TBA

Garden Club Meetings - January

Know your vegetables Quiz:

Q. 1. Which vegetable is the sweetest?

Q. 2. Which vegetable has the most fiber?

Q. 3 What are your favorite vegetables?

Q.5. What vegetables do children not like?

Q.6. What food crops do you want us to grow?

Contact lorna.shuter@lnib.net



Merry Christmas and Happy New Year!

LANDS DEPARTMENT

Happy Holidays!

We hope that everyone enjoys the winter holidays! As we start the last quarter of the fiscal year, many Lands Department projects will be having community engagement meetings; where we would love to get your input and feedback. Details of these events will be added to newsletters, any door-to-door notices, and online once they are confirmed.

Here's a look at some of the Lands Department updates:



Lands Management Advisory Committee

The Lands Management Advisory Committee (LMAC) meetings have started up again! Councilor Bill Bose was appointed as the primary portfolio holder and chairperson, with Councilor William Sandy as the secondary portfolio holder. Newly appointed committee members are Sondra Tom, Hrolfe Joe, and Robert Sterling. Continuing members are Madeline Lanaro, Gene Moses, and Louise Moses. A big thank you to everyone who applied for the committee openings, you made the decision for only three open positions difficult!

LMAC meetings are typically the 2nd Monday of the month at 4 pm in the Lands and Economic Development Boardroom and are open for LNIB Members to attend.

Cannabis

At their December meeting, the LMAC discussed the possibility of further work around cannabis planning for LNIB and passed a motion supporting commercial growing and retail sales on LNIB Lands. The matter was then brought up at the December 10, 2019 Council meeting; with the direction given being that LNIB does not oppose cannabis, though it is not a current priority and will be revisited by Council later in 2020.



On October 17, 2019, cannabis edibles, extracts, and topicals became legal for production and sale in Canada under the Cannabis Act. It may take time for these newly legalized cannabis products to be regularly available in stores, and anyone who chooses to use cannabis products is reminded that the effects may last more than 12 hours, depending on the product and user, and that drug-impaired driving is illegal.

To learn more about cannabis in Canada, there is a lot of information on the Government of Canada website: www.canada.ca/en/services/health/campaigns/cannabis/canadians

To stay informed of Chief and Council's decisions regarding cannabis on LNIB Lands, check out Council meetings in 2020 and keep your eyes out for information in the newsletters and online.



Land Use Planning and Economic Development Strategy

The first community meeting for input in this project was held November 21. Members were invited to learn about what a Land Use Plan and Economic Development Strategy are and to share their thoughts about priorities for LNIB.

This month, the Lands Department and its project partner, Urban Systems, will be meeting with the Elders' Group over lunch to discuss the project and learn their thoughts and considerations for development and land uses. Youth engagement is being planned for a later date through the Band School, for students to share their perspectives.

Lands Department Open House

Would you like to learn more about the various projects keeping the Lands department busy? There is a Lands Department Open House being planned for mid to late February 2020, so keep your eyes out for a poster with finalized details in the next newsletter and online. We look forward to sharing the work in our department and with our partners, answering your questions, and getting your input!



ROCKY PINES CHRISTMAS PARADE









BED BUGS

BED BUGS

WHAT TO DO IF YOU THINK YOU HAVE BED BUGS

IMPORTANT POINT!

BED BUGS - A SMALL REDDISH BROWN OVAL SHAPED INSECT WITH A FLATTENED BODY. THE SIZE IS 5-7 MM LONG OR THE SIZE OF A LADY BUG.




To prevent the spread of bed bugs in the community, it is important to look for signs of them and take the necessary precautions to have your home treated.

Look for dark brown or red staining on bedding and then look for any bite marks that would appear, typically in grouping of three.

If you think you have bed bugs, please call:

Fiona Goorman
(250) 851-4829

S.L.E.E.P

S - Survey surfaces for signs of an infestation, such as tiny, rust-colored spots on bed sheets, mattress tags and seams, and bed skirts

L - Lift and look for all bed bug hiding spots, including underneath the mattress, bed frame, headboard, and furniture. Typically, they come out at night to feed, but during the day they are most likely within a 1.5-meter radius of the bed.

E - Elevate luggage on a luggage rack away from the bed and wall because bed bugs can often hide behind headboards, artwork, picture frames, and electrical outlet panels.

E - Examine luggage carefully while repacking and when returning home. Always keep luggage away from the bed and store it in a closet or other area, far away from the bedroom.

P - Place all clothing packed in luggage in the dryer for at least 15 minutes at the highest setting immediately after returning home."

Steps to take if you believe you've been bitten by a bed bug:

1. Wash with soap and water
2. Apply Ice
3. Do not scratch the bites



CONTROLLING BED BUGS in the HOME

Bed bugs are a common and difficult to control pest. If you suspect you have a bed bug infestation catch one of the insects and contact your First Nations Health Authority Environmental Health Officer for identification. There are several species of bed bugs. Some are associated with animals such as bats (bat bugs) and birds such as swallows and swifts (swallow bug/swift bug). If you have a bat infestation or the nest of these birds attached to your home, you run a higher risk of getting these insects into your home and they will bite humans in the same manner as human bed bugs, but sometimes they are easier to eradicate. Removal of nests and exclusion of bats from the home is recommended. The human bedbug is more challenging to eradicate as they have evolved to live with humans and know how to hide and find us in our beds at night. If you can afford a professional pest control contractor, it is highly recommended you contact one for information on price, preparation for treatment and guarantees of eradication. Most contractors will guarantee their services to eradicate the present infestation. If you want to try and eliminate the infestation on your own it will take considerable effort, but the following approach is recommended:

1. **Identify** the problem by contacting your Environmental Health Officer.
2. **Develop a Strategy** by planning out all the actions you will take and marking them on the calendar. Leave time for long-term monitoring to make sure all of the bed bugs are gone.
3. **Keep the Infestation from Spreading** by implementing a cleaning program.
 - Bag and seal items you want to keep which cannot be treated. They will have to be bagged for a year!
 - Vacuum thoroughly and empty the vacuum after each use, sealing the bag and disposing of quickly.
 - Don't discard furniture if you can eliminate the bed bugs from it. If furniture cannot be salvaged, discard responsibly. Spray paint "Beg Bugs" on the furniture before disposal.
4. **Prepare for Treatment**
 - Reduce clutter by getting rid of unwanted items, particularly paper items such as magazines/newspapers/cardboard boxes. Don't leave any items on the floor or under bed. Do not move items from infested areas to non-infested areas.
 - Make your bed an island by moving it at least 6 inches from the walls. Make sure all bedding is tucked under the mattress and does not touch the floor. Remove all visible bed bugs, larvae and eggs from the bed, frame and headboard. Encase mattress and boxspring in bed bug proof covers (often called encasements) (available at home stores/online). Close zippers tightly and make sure they remain secure for one year to starve all bed bugs trapped inside. A higher quality encasement is recommended to seal effectively.
 - Place bed bug interceptors under each leg of the bed to trap bed bugs trying to climb the leg of the bed (available at home stores/online- check out this video for homemade solution: <https://www.youtube.com/watch?v=Jjc4CD4U4uQ>) . Inspect daily and use the interceptors for at least one year to monitor the infestation.



CONTROLLING BED BUGS in the HOME

- Clean all items within a bed bug infested living area. Heat treat clothing, bedding and other items that can withstand a hot dryer (clothes dryer at high heat for 30 minutes) should kill bed bugs and eggs. Store clean items in sealed plastic bags to ensure they remain bug free.
- Inspect all areas for bed bugs, larvae and eggs, particularly furniture, baseboards, behind outlet and switch covers, drapery. Vigorously vacuum and clean these areas. Dispose of vacuum contents immediately.
- Eliminate bed bug habitats by sealing cracks/crevices around baseboards with caulk and repairing wall damage. Tape the rims of electrical switch plates and outlets to prevent bed bugs getting behind the plates.

5. Kill the Bed Bugs

- Non-chemical methods of killing bed bugs should be attempted first. Heat treat items in a clothes dryer on high heat, in sealed black plastic bags left in the sun or a hot, closed car. Cold treatment with the freezer or outdoors at -19°C (0°F) or lower for four days. Check your freezer with a thermometer first to ensure it is this temperature or colder.
- Some pesticides are indicated for use against bed bugs and are readily available in hardware stores. Use only approved bed bug pesticides. Ensure they are for bed bug control and are approved and registered for use in Canada. Follow the application directions carefully.
- The drying agent, diatomaceous earth (silicon dioxide), is also used for bed bug control. If diatomaceous earth is applied in areas the insects travel it can scratch the insect's outer casing causing it to dry out and die. It is safe for use around children and pets and can be highly effective to prevent the spread of bed bugs to other areas. It is important to follow the instructions on the label of the pesticide and only use registered products. Do not attempt to use food-grade diatomaceous earth, as used for cattle parasite control, as this type of diatomaceous earth can harm you when you breathe it in. The pesticide version uses a different size of diatoms which reduces the hazard.

6. Evaluate and Prevent

- Continue to inspect for the presence of bed bugs at least every 7 days in case any eggs remained. Continue to use and inspect the interceptors placed under the legs of furniture and beds for at least a year following an infestation.
- Prevent another bed bug infestation by inspecting any second hand items for bed bug infestation. If you suspect your luggage or other items have become infested from storage in a bed bug infested area treat or isolate the items to remove the bed bugs before bringing the items into your home.

<https://www.epa.gov/bedbugs/do-it-yourself-bed-bug-control>

<http://www.healthycanadians.gc.ca/product-safety-securite-produits/pest-control-products-produits-antiparasitaires/pesticides/tips-conseils/bedbugs-punaies-lits-eng.php>

If you have any questions, please feel free to contact your Environmental Health Officer

LNIB CHRISTMAS PHOTOS



GRIEF AND BEREAVEMENT

Our hearts go out to anyone who has been recently been bereaved. Holidays are a particularly difficult time.

Here is some information from the Merritt & District Hospice Society

What is Grief & Bereavement?

Grief is our normal response to loss. Bereavement is the state of being bereaved after someone important to us dies. For many of us grief impacts all aspects of our lives; physically, socially, emotionally, cognitively, and spiritually.

Is there more than one type of grief?

Yes. Although life changing and, at time overwhelming, most people successfully make their way through grief.

What is the grief process?

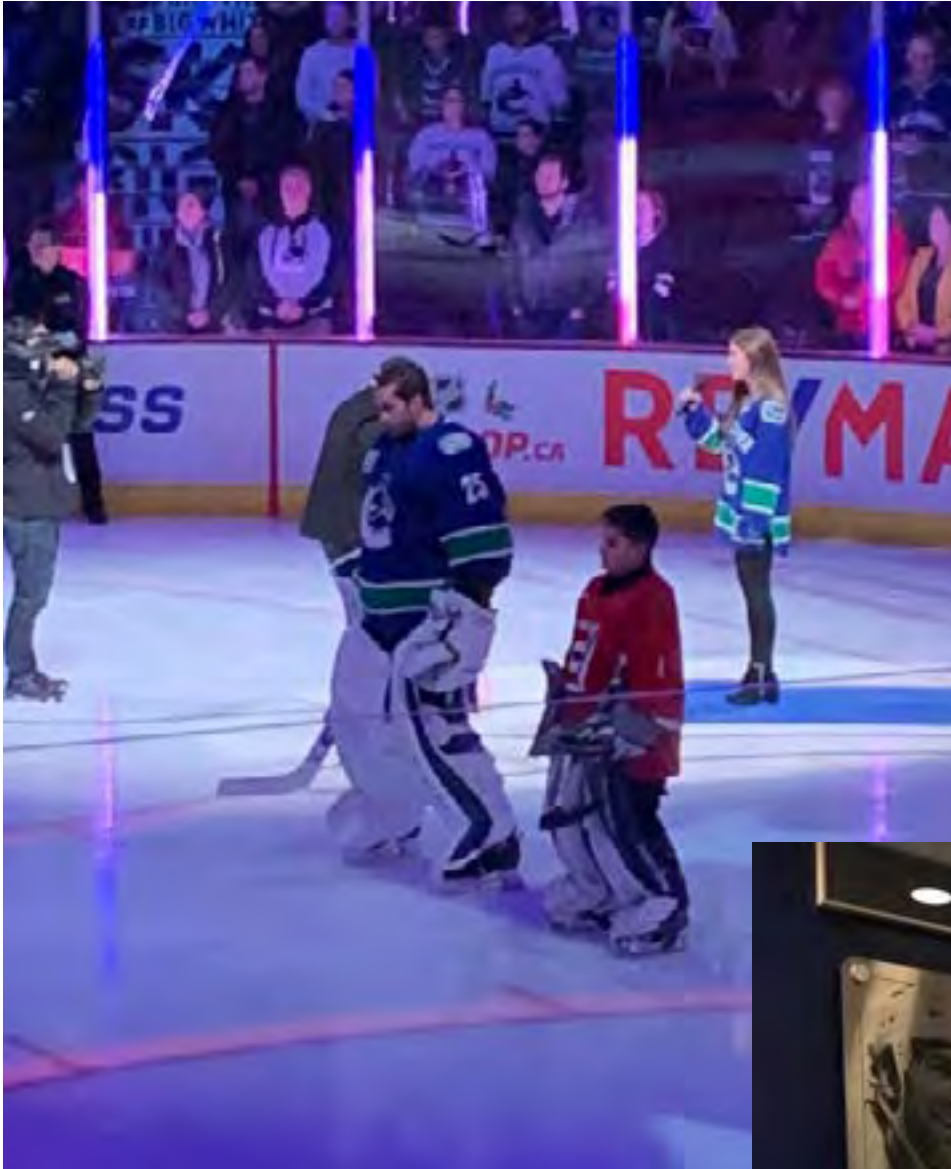
The grief process naturally works to help us adjust to a life without the person who has died. We find that our focus naturally shifts between adjusting to the loss and what it means to us to live without the person who died and restoring or rebuilding for ourselves a life of meaning a purpose.

How long is the grief process?

It is important that you and those who care about you know that grief is permanent; some part of you will always love and miss the person who died, we learn to live with the loss and grief in ways that maintain and honour our bond with the person who died but don't limit our capacity for joy, pleasure and a meaningful life.

Some things you can do for someone who is grieving:

- *Spend time with the bereaved person. Loneliness is a major aspect of grief for many people and asking for company can be difficult*
- *Listen without judgment or interference*
- *Talk about the person who died. Bereaved people may get the feeling that you don't care or ever think about the person who died if you don't mention them*
- *Be accepting. There will likely be times when the bereaved person doesn't want to spend time with you or want to talk about his/her grief or the person who died*
- *Offer concrete support and suggestions. A specific offer such as "can I cut your grass this week?"*

HOCKEY CELEBRITY EVAN STERLING

Celebrating First Nations night with the Vancouver Canucks. 11 year old Evan Sterling represented well - he did a warm up in his goalie gear with the Canucks, and then stood next to Vancouver goalie Jacob Markstrom during the national anthems.



RECREATION, FAMILY & CULTURE EVENTS

January 2020

RPCC- Rocky Pines Community Center
LNBS- Lower Nicola Band School
HC-Health Center

*Skating every Thursday starting January 9, 2020 from 4pm-5pm
*Volleyball every Thursday starting January 9, 2020 starting at 6pm

***Community Walks will be held from 11am-12pm on January 13th & 27th, 2020
***Community Support Group will be held at 9:30am Every Friday
***Parents & Babies will be held from 12pm-2pm January 6th & 20th, 2020

*Recreation contact Chelsea Spahan (250)315-3379
**Culture Contact 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 OFFICE CLOSED | 2 *Sledding: meet at the RPCC 10am-2pm | 3 *Movie & Games @ RPCC 10am-2pm Elder's Bingo 10am-12pm | 4 |
| 5 *Men's Gym Night 6pm **Wing Dress Making 9am-3pm | 6 **Drop In Sewing 9am-3pm | 7 *Boot Camp @ LNBS 6pm **Peyote Stitch 9am-3pm | 8 **Drop In Beading 1pm-7pm ***Community Game Night 5pm-7pm | 9 *Elder's Bowling 10am-12pm **Peyote Stitch 9am-3pm | 10 **Men's Sweat 10am Elder's Bingo 10am-12pm | 11 **Wing Dress Making 9am-3pm ***Fun Day @ Lundburn 10am-2pm |
| 12 *Men's Gym Night 6pm **Wing Dress Making 9am-3pm | 13 **Wood Crafting 9am-3pm Elder's Canvas Painting Limited seats 5pm-6:30pm | 14 *Boot Camp @ LNBS 6pm **Walking Stick Making 9am-3pm | 15 **Drop In Beading 1pm-7pm ***Community Potluck 5pm-7pm | 16 *Elder's Bowling 10am-12pm **Walking Stick Making 9am-3pm Elder's Luncheon 12pm | 17 Elder's Bingo 10am-12pm | 18 |
| 19 *Men's Gym Night 6pm | 20 **Wood Crafting 1pm-7pm Elder's Canvas Painting Limited seats 5pm-6:30pm | 21 *Boot Camp @ LNBS 6pm **Walking Stick Making 9am-3pm | 22 **Drop In Beading 1pm-7pm ***Community Drumming Night 5pm-7pm | 23 *Elder's Bowling 10am-12pm | 24 **Men's Sweat 10am Elder's Bingo 10am-12pm | 25 **Quilting 9am-3pm |
| 26 ***Fishing Derby @ Harmon Lake **Quilting 9am-3pm | 27 **Buckskin Glove Making 9am-3pm Elder's Value Village Trip 9am leaving HC | 28 *Boot Camp @ LNBS 6pm | 29 **Drop In Beading 1pm-7pm ***Community Paint Night 5pm-7pm | 30 *Elder's Bowling 10am-12pm **Buckskin Glove Making 1pm-7pm | 31 Elder's Bingo 10am-12pm | |

LNIB SCHOOL CALENDAR



JANUARY 2020

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

| Mon | Tue | Wed | Thu | Fri |
|------------------------------------|-------------------------------------|--|-------------------------------|----------------------------------|
| | 1 | 2 | 3 | 4 |
| 6 Chili + bun | 7 Sweet & sour chicken + rice | 8 Loaded mashed potatoes | 9 Pasta | 10 Tuna melts |
| <u>SCHOOL REOPENS</u> | | | | |
| 13 Teriyaki meatballs + rice | 14 Toodican Chinese special | 15 Sausage & egger | 16 Chicken Caesar Salad | 17 Hot dogs + fries |
| 20 Chicken + veggie soup | 21 Lasagna soup | 22 Hamburger stir fry <i>Dress up as your favorite Cartoon Character</i> | 23 Beef & broccoli | 24 Chicken nuggets + fries |
| 27 Mac & cheese | 28 Chicken wraps | 29 Sweet & sour pork + noodles | 30 Alfredo | 31 Mini pizza |
| | <u>SCHOOL DINNER @ 5</u> | | | |

Scw'exmx Child and Family Services Society



January 2020

2020
Happy New Year

Do you have a
Child Protection
Safety concern?
Please call
1-800-663-9122



Need help? If you don't feel safe,
or you have a concern, you can
call this number 24 hours a day
for free from any phone:
250-310-1234

Have you ever considered becoming a foster home?
Are you able to provide a safe, nurturing home to children and
youth?

If you are interested in becoming a caregiver or you'd like to learn
more about the role and responsibilities of being a foster parent
for Scw'exmx Child & Family, please call one of our Resource
Social Workers, Brenda Emery or Veronica Jameson at

(250) 378-2771 or Toll-Free (877) 378-2773

AUTISM WORKSHOP

A poster for an Autism Spectrum Disorder Public Workshop. The background is white with several large, colorful puzzle pieces in shades of blue, orange, yellow, and purple. The text is centered and reads: "AUTISM SPECTRUM DISORDER" in large blue capital letters, followed by "in children & adults" in smaller blue lowercase letters, and "Public Workshop" in red cursive. Below this, the date "January 13, 2020" is written in green, and the time "6:00 PM to 8:00 PM" is written in red. In the bottom left corner, there is a circular logo for "Scw'exmx Child and Family Services" featuring a sun, water, and hands. In the bottom right corner, the location "2975 Clapperton Ave. Merritt, BC" is listed in blue, followed by the text "Drop-ins welcome! For more information and to pre-register, contact Cely-Rae at: 250-378-2771 or celyrae.street@scwexmx.com" in blue and red.

**AUTISM
SPECTRUM
DISORDER**
in children & adults
Public Workshop

January 13, 2020
6:00 PM to 8:00 PM

LOCATION:
2975 Clapperton Ave.
Merritt, BC

Drop-ins welcome!
For more information and to
pre-register, contact Cely-Rae at:
250-378-2771 or
celyrae.street@scwexmx.com

Scw'exmx Child and Family Services

FEEL THE BEAT

January 2020 ~ 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 |
|--------|--------|---|----------------|--|--------|----------|
| | | | Happy New Year | No Feel the Beat | | |
| | | Pow Wow Open Night Bead/Sew/Drum/Dance 4:00-8:00 pm | | Story Telling Daniel Manuel 4:00-8:00 pm | | |
| | | Pow Wow Open Night Bead/Sew/Drum/Dance 4:00-8:00 pm | | Language Night Leonard/Emma 4:00-8:00 pm | | |
| | | Pow Wow Open Night Bead/Sew/Drum/Dance 4:00-8:00 pm | | Pine Needle Basket Donna Bent 4:00-8:00 pm | | |
| | | Pow Wow Open Night & Literacy Night 4:00-8:00 pm | | Learn to Cook 4:00-8:00 pm | | |

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.

WOMEN'S GROUP



Scw'exmx Child & Family Services Society



Women's Group

Every Friday

Start Date: Friday January 10, 2020

End Date: Friday March 13, 2020

Time: 10:00 AM to 1:00 PM

Location: SCFSS 2975 Clapperton Ave. Merritt, B.C.

Child Minding
&
Light Meal
Provided



Support
Workshops
Culture
Self-Care
Crafts
Friendship

For more info contact Chantelle Joseph or Allyson Sterling at 250-378-2771

POW WOW NIGHTS

**Every Tuesday
4-8 PM - Starting
January 7, 2020**

**POW WOW NIGHTS
LOOKING FOR
DRUMMERS (BIG &
HAND)
DANCERS
REGALIA MAKING**

**Practice or Learn to
Dance &/or Drum**

Feel the Beat

**Everyone Welcome - 2975 Clapperton Ave
250-378-2771 or charlene.joe@scwexmx.com**

FAMILY SNOW DAY AT LUNDBOM



The poster features a large white snowflake shape on a blue background with falling snowflakes. Inside the snowflake, the text and logos are arranged. At the top, there are five logos: a circular seal, a stylized 'N' logo, the Lower Nicola Indian Band logo, a circular seal with 'N' and 'B', and a stylized bird logo. Below these logos is the text 'Nicola Valley Boys & Girls Group Presents'. The main title 'Family Snow Day' is written in a large, elegant script. Below it, in a smaller font, is '(All Ages Welcome) to join us at,'. The location 'LUNDBOM LAKE' is written in large, bold, blue capital letters. The date and time 'Saturday, January, 11 2020 10 AM - 2 PM' are written in a bold, sans-serif font. At the bottom, there are two blue boxes with white text. The first box says 'FAMILY FUN RELAY RACES & MORE' and 'LIGHT LUNCH IS PROVIDED (BRING CAMP CHAIR & SLED, PROPER CLOTHING ATTIRE)'. The second box says 'RSVP BY January 6 for Transportation' and 'Call 250 378 2771 Jacqueline'.

Nicola Valley Boys & Girls Group Presents

Family Snow Day

(All Ages Welcome) to join us at ,

LUNDBOM LAKE

Saturday, January, 11 2020
10 AM - 2 PM

FAMILY FUN RELAY RACES & MORE
LIGHT LUNCH IS PROVIDED
(BRING CAMP CHAIR & SLED, PROPER CLOTHING ATTIRE)

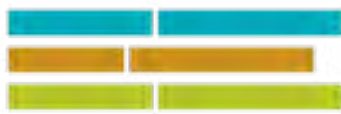
RSVP BY January 6 for Transportation
Call 250 378 2771 Jacqueline







SECURITY GUARD TRAINING



LOWER NICOLA
INDIAN BAND

Security Guard Training



Securiguard has jobs available

This Course is being offered to **LNIB Members**

Please call for more information and to reserve your seat

Where – Shulus Band Hall

When – January 13th - 17th - 2020



In partnership with



Securiguard

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

CONGRATULATIONS RODNEY MIKE!



Rodney Mike obtained his certification as a Small Water Systems Operator Level 1. He's got his sights set on getting the Wastewater Certificate next, and then....

Rodney said it feels terrific to have this achievement and is passionate about having safe water for the community. We're all proud of Rodney as well!

CULTURE REVITALIZATION

Greetings Everyone;

As we are winding up 2019 we would like to wish Sharon Antoine the best in her retirement. The LNIB Culture team will miss her.

It has been a busy year and we are looking forward to the start of 2020. For the month of January 2020 some of the projects we would like to offer are:

Drop in Beading every Wednesday form 1pm to 7pm.

Drop in Sewing Monday Jan 6th and Friday Jan 17th from 9am to 3pm

Wing Dress Saturday January 11th and Sunday January 12th from 9am to 3pm

Intro to Wood Crafting: Monday January 13th from 9am to 3pm

Men's Sweat Friday Jan 10th and Friday Jan 24th starts @ 10am

Walking Sticks Tuesday Jan 14th, Thursday Jan 16th and Tuesday Jan 21st form 9am to 3 pm

Buckskin Gloves Monday January 27th from 9am to 3pm

Buckskin Gloves Thursday Jan 30th form 1pm to 7pm

LNIB Culture Revitalization Department would like to wish everyone a safe and happy holiday season.

LNIB SCHOOL CHRISTMAS CONCERT



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 Counseling.

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.

Teacher On Call

Lower Nicola Indian Band School

Hours: 35 hours per week

Start Date: As 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

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**Job Posting****Position Title:** Office Administrator**Department:** LNIB**Hours:** 35 hours per week**Start Date:** January, 2020**Wage:** Negotiable**Summary of responsibilities**

The LNIB Office Administrator will provide accounting, administrative and executive support services. Important skills and education include;

- Excellent communication skills
- Accounting skills for recording expenditure transactions, maintaining all files relating to funds payable and paid in a timely, organized, and complete manner, and the reconciliation of the A/P Control Accounts,
- Receives bank statements, clears deposits and verifies that all deposit slips,
- Stays current with sales tax regulations.
- Assists with audit procedures.
- Provides the Managers with timely information and reports
- Minimum 1 year working experience with payroll systems preferred.
- Demonstrated knowledge of payroll and payroll tax laws preferred
- Ability and willingness to submit and pass a criminal record check
- Ability to communicate effectively at both the staff and management level and a variety of stakeholders
- Ability to compose letters and write reports

Apply To:

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

Interested candidates should send a resume and cover letter specifying the position you are applying for.

Lower Nicola Indian Band**Job Posting****Position Title:** Cultural Revitalization Coordinator**Department:** Human Services**Hours:** 35 hours per week**Start Date:** ASAP**Wage:** Negotiable**Reports to:** Director of Human Services

Summary of responsibilities

The main goal of the LNIB Culture Revival Program is to reacquaint and re-engage LNIB members, with traditional cultural practices, and beliefs.

Required knowledge, skills and abilities

- Excellent communication skills
- Knowledgeable of Stuwix, Scw'exmx', and Nlaka'pamux cultural practices
- Manage the process for recruiting and contracting elders and teachers for the delivery of cultural projects
- To gather, and preserve traditional foods
- To develop and maintain the LNIB Cultural Calendar
- Organize fundraising events for the department special events
- Overtime and weekend work may be required
- A strong team worker with a great work ethic, self-starter and able to work independently

Qualifications

- Must have valid Driver License, and reliable transportation
- Computer competency in Microsoft products including Word, Excel, Outlook and Publisher software
- Ability to speak or willingness to learn the Nlaka'pamux language
- Must be willing to produce a criminal record check and a vulnerable sector check

Apply To:

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

Deadline to apply: the posting will remain open until a suitable candidate is found

Interested candidates should send a resume and cover letter specifying the position you are applying for.

Indigenous Affairs Reporter *Merritt Herald*

The award-winning Merritt Herald is currently looking for an enthusiastic individual to fill a 15-month term position in the editorial department of this exciting community newspaper.

Merritt is a fast-growing community located less than three hours from Vancouver, along the Coquihalla Highway.

Serving the Nicola Valley for over 100 years. The Merritt Herald is published once a week.

Qualifications

This job requires someone who is willing to work as part of a dynamic team committed to bringing Merritt both timely and informative news related to this area. The ideal candidate would have a focus on an indigenous affairs beat, as well as a court beat while also covering sports, entertainment, news and community events. Digital photography skills are a must as are page layout, strong writing abilities and skills in InDesign and Photoshop for Macs. The ability to work as part of a team is also an asset as is a knack for working under tight deadlines. Preferences will be given to people with post-secondary journalism schooling or the equivalent in experience. Those with an Indigenous background are encouraged to apply.

Submit your resume and writing samples by January 1, 2020

to:

Theresa Arnold, Publisher

Merritt Herald

e-mail: publisher@merrittherald.com

Merritt Herald

GREETINGS

Happy Birthday!

1. Happy Birthday to my nephew, George Vernon Dean Shuter on January 6th,
2. Happy Birthday greeting to my sister, Jacqueline Swakum on January 16th,
3. Happy Birthday greetings to George James on January 16th,
4. Happy Birthday greetings to Frank Swakum on January 26th.

Love from the James and Swakum Family

Kay James



Congratulations to Sharon Antoine on her retirement, and a Happy Birthday as well on December 31!

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

MEMBER OWNED BUSINESS DIRECTORY

Aly Moon Pierre, SW Dipl. BSW
Online Life Coaching
Spirituality Coach, Inclusive Coach
www.Inclusive-Coach.com
aly@inclusive-coach.com

Angie Bain
Over 20 years experience providng training,
research and research analysis services
angiebain@shaw.ca 604-802-9709

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 Jewellry

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

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

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 (msg) 808-428-9155

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 ggstirling@gmail.com

Ivan Swakum

Antler lamps, European Mounts, Wine racks

ivanswakum83@outlook.com

250-315-3756

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

UTILITY BILLS GETTING TAXED?

TAXES ON BILLS

It has come to my attention at our Elders' Supper Meeting on December 18th that Taxes were been charged on a Fortis Gas bill.

If you live on reserve there should be NO TAXES charged on your Fortis Gas, TELUS; BC Hydro bill.

It was a simple task to assist by phoning into Fortis indicating that services are on reserve therefore should be tax exempt. They requested a letter to be sent by fax or email to update the account and to attach a copy of Status Card.

Double check your bills for taxes charged and the expiry date on your status card. Let me know should you require any assistance.

- Connie Joe, Councillor

EARLY YEARS SERIES NLE?KEPMXCIN LANGUAGE BOOKS



Early Years Series Nle?kepmxcin Language Second Set !00 dollars for a set of 5 nle?kepmx books. We are taking orders at the Lower Nicola Band School contact Annie Major or James Shuter leave a message 250 378 5527 or email amajor@lnib.net or jshuter@lnib.net

Merry Christmas, Happy New Year.....can't believe another year is done. They say that time goes by faster as you get older. What they don't mention is how quickly your body deteriorates after a certain age and you finally understand why your mother said not to wear bare knees in the middle of winter if you didn't want arthritis later. And while those realizations set it with the reality of needing a hand up to get off your knees, the younger generations catch up. I received a text the other week from my niece's son. He explained he was finishing university and needed some help with a thesis project. How did he get to be that age? I still wasn't over the trauma of his mother's thirtieth birthday two decades ago!

In any case, this year's Christmas snuck up on me and I wasn't prepared for all the holly, jolly. Partly that might have been thanks to spending September in a really hot climate and basically having skipped over fall. All I know is that this year I was joining the folks feeling scrambled about all the things and baking to do and not feeling happy about it. I love Christmas baking and decorating and was having a hard time with these unfamiliar resentments. I was then further really confused when my typically pre-Christmas Grinchy husband pulled out the ornaments and started decorating. He asked me one day to print out the address labels for the Christmas cards he had written - I asked him if he had any idea what had happened to my real husband....

If you ever find yourself lacking somewhat in the Christmas spirit, the solution is to find somewhere where you're exposed to young children. We visited my nephew and his family at their new home in Sechelt the first weekend in December. We all went to Crazee Mike's Christmas Tree farm to find the perfect tree for this spacious new home. Found out that what was craziest about Crazee Mike was his prices - there is a great deal of sticker shock over a six foot tree costing \$100. But there was a lot of fun in watching the delight the youngest generation reacting to the mini horses dressed as reindeer, getting creeped out by Crazee Santa and finally being wowed with the tree dragged upright to brush the ceiling at home. Add food and drinks prepared and served and Christmas spirit revived.

Our own tree came from a foray up at Helmer. We downsized this year - our spruce is only 9 feet but is lovely, soft needles, and perfect in the living room and free! The stockings are hung by the fire with care and the elves have been sneaking by with offerings.

We're not sure whether our plans to travel to Nelson on Boxing Day will pan out - but Christmas will still be a time to count blessings.

For those of you traveling or with friends and loved ones traveling, be safe. The best Christmas present to anyone is to simply have each other in your lives.

Merry Christmas!

Ruth Tolerton