



# February 2020 N?e?iyk Spíləxm

## IN THIS ISSUE

LNIB Development Corporation  
 Bee Hive Maintenance Workshop  
 Traditional Holdings Project: Community Meeting  
 Elders Valentine Luncheon  
 Youth Basketball Fun Day  
 Lands Department Open House  
 Food Safe  
 Chief Stuart Jackson  
 Executive Director  
 Land Use Plan  
 Lands Department  
 Recreation, Family Activities, Elders Calender  
 Hand Washing: Stop the Spread of Germs  
 Education  
 Band School Calender  
 Housing  
 Become a Caregiver  
 Family Tube Day  
 Culture of Consent  
 Family Circle  
 Giving Voice  
 Feel the Beat  
 Pow Wow Nights  
 Valentines Day Jokes  
 Be Aware of Scammers  
 Welcome New Staff  
 Recycling  
 Ladies Luncheon  
 Job Opportunities

P.2	Youth Employment	P.51
P.3	Catering Opportunities	P.52
P.4	Greetings	P.53
P.5	Member Owned Business Directory	P.54
P.6	Culture Center Photos	P.56
P.7	33rd Annual Jr. Native Hockey Tournament	
P.8		P.57
P.9	The Back Page	P.58
P.11		
P.12		
P.14		
P.15		
P.16		
P.18		
P.28		
P.30		
P.34		
P.35		
P.36		
P.37		
P.38		
P.39		
P.40		
P.41		
P.42		
P.43		
P.44		
P.46		
P.47		

Elders Paint Night



Richard Moses, Vivian Narcisse, Gloria Moses, Leonard Bearshirt and M.J.Coutlee



## LNIB DEVELOPEMENT CORPORATION



# ATTENTION LNIB

**BUSINESS OWNERS, CONTRACTORS &  
MEMBERS**

**You are invited!!!**

LNIB Development Corporation is holding a community meeting to discuss business & employment opportunities planned by LNIBDC in conjunction with our various Joint Venture Partners and Trans Mountain Expansion Project.

**WHEN: Wednesday, February 5, 2020 at 6:00 pm**

**WHERE: Shulus Hall – 85 Hwy #8**

**Please join us!**



**Light dinner will be provided.**

For more information, please contact Kevin Ainsworth, LNIBDC General Manager at

604-763-1844 or [Kevin.Ainsworth@lnibdc.com](mailto:Kevin.Ainsworth@lnibdc.com)

## BEE HIVE MAINTENANCE WORKSHOP



LOWER NICOLA  
INDIAN BAND



### Shulus Community Garden Presents: Bee Hive Maintenance Workshop

**Friday, February 7, 2020**

Where: Shulus Community Garden Centre  
2124 Neale Road, Shulus I.R.

Time: 9 am to 4:30 pm

Guest Speaker: Kent Miller, Miller's Farm

#### Agenda:

- 8:30 am: Sign-in and refreshments
- 9 to 12: How to Build and Maintain your Bee Hives
- 12:30 - 4:30: Clean SCG Bee Hive Boxes & Frames



If you have any questions about this event, please call  
Lorna Shuter at 250-378-5157 or email [Lorna.Shuter@lnib.net](mailto:Lorna.Shuter@lnib.net)



## TRADITIONAL HOLDINGS PROJECT: COMMUNITY MEETING



LOWER NICOLA  
INDIAN BAND



## TRADITIONAL HOLDINGS PROJECT: COMMUNITY MEETING

**WEDNESDAY, FEBRUARY 12**

**Shulus Hall**

**5:30 - 7:30 pm**

Dinner  
Provided

The Lands Department will be hosting a community meeting to share information about the Traditional Holdings Project with our project partners Angie Bain and Gretchen Fox.

Join us to learn about this project's goals, progress, and next steps. Hear what input we've gathered from the community so far and share your ideas for moving forward. We look forward to seeing you there!



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

ELDERS VALENTINE LUNCHEON

# Elders Valentines Luncheon

When: February 14th, 2020

Where: Restaurant TBD

Please call the Health Center  
by Feb. 7th to sign up, 250-378-  
5157 or call Wenona at 587-  
727-0476.



## YOUTH BASKETBALL FUN DAY

Nicola Valley Youth Collaboration Presents

# YOUTH BASKETBALL Fun Day



**Lower Nicola School Gym**  
10 am - 2pm

Learn dribbling, shooting,  
passing and more  
Play some games and have some  
fun !

**Saturday, February 15 2020**  
Everyone Welcome , Ages 13 & under  
Light Lunch & refreshments included

For more information or to register  
contact your local youth worker or call  
Chelsea Spahan at 250 315 3379





## LANDS DEPARTMENT OPEN HOUSE



LOWER NICOLA  
INDIAN BAND



## LNIB LANDS DEPARTMENT OPEN HOUSE

**SATURDAY, FEBRUARY 22**

**Shulus Hall**

**11:00 - 2:00 pm**

Lunch  
Provided

The Lands Department will be hosting an Open House to share information about our projects and partnerships, answer questions, and receive community feedback.

Drop by to learn more about projects such as Land Use Planning, Solid Waste Management, and Environmental Management while meeting our project partners. We look forward to seeing you there!



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

## FOOD SAFE



LOWER NICOLA  
INDIAN BAND



# Food Safe Level 1

**LNIB Members please come and join us for a day of FOOD SAFE LEVEL 1 Instruction**

- **Where:** Shulus Band Hall
- **When:** Saturday February 29<sup>th</sup>
- **Time:** 9:00am to 5:00PM

**LUNCH WILL BE supplied**



**Register Now**

Contact Steve Wilks  
250-378-5157 or 250-315-5278



**CHIEF STUART JACKSON**

Greetings Band members. I hope you all had a great Christmas and a joyous New Year celebration. I apologize for not providing a formal newsletter submission for the month of December. These past few months have been quite busy for me and our Council. The Christmas

month has always been historically a busy time for everyone with Christmas performances at schools, parades and of course, Christmas shopping!! I hope everyone had a good break from the rigors of work and those responsibilities and had the opportunity to spend some good quality time with friends and family.

December was a busy month I must say. I had the privilege of traveling to Victoria, BC with local leadership to meet and discuss issues with Minister Scott Fraser, Minister of Indigenous Relations and Reconciliation (MIRR) and Minister Doug Donaldson, Minister of Forests, Lands and Natural Resources (FLNR). This was a great opportunity to continue discussions and maintain dialogue with the Provincial government with hopes of addressing and dealing with some of the challenges our community is up against. There had been discussion from previous Chief and Council to research possible infrastructure opportunities in the community and we are seeking out funding opportunities from the province and the federal government. We are also looking at finding a resolution to the Mamit Lake dam as well. This is quite a significant file that we need to deal with, and I am hoping that the Province will be supportive in our pursuit of reconciling this issue.

Our Chief and Council came together in December and took part in a Strategic Planning Session on the 5th and 6th in Vancouver.

This was great opportunity for the Council to get together and identify our priorities for our three-year term. We had some great effective discussions and I feel that we as team came away with many ideas and aspirations that can help us as leaders better serve our community. As a Council, we all agreed that we need to address and deal with our Land issues. We also agreed that we need to identify and implement a process that supports and assists all our Elders. We also realize the importance of building our economic capacity. Economic growth and social service in our community go hand in hand. We need a strong economy to provide an adequate service to our people and this Council is on board with providing this.

Chief and Council had a very important meeting December 18th with our Elders. I am going to guess that it was the first of its kind in our community in a very long time. I was very pleased with the turn out that evening. The meeting was an informal process that gave the Elders that were present an opportunity to share their thoughts, concerns and recommendations to the Council. I felt that this meeting was very effective and the information that was recorded at this meeting will be presented at a Council meeting for consideration and implementation. We have planned to meet with our Elders again in the spring, and the month of March has been highlighted as the possible date. Stay tuned and I hope to see a great turn out once again.

As December turned into January, business at the Administration office has continued. I have been making efforts to make myself available for band members to meet with me. I can meet with band members in my office, at the Band office, or I can stop by band member's homes as well. I am here to serve the community and speak to and listen to all band members. I also encourage all band members to come and attend our Chief

and Council meetings. We are continuing to meet as Council on the first three Tuesdays of every month until the end of the fiscal year, which is March 31, 2020. We will be discussing after the fiscal year if our Council meeting schedule will change and we will communicate any possible change with the community accordingly. We are also holding Band General meetings on the last Monday of every month as well. The only time cancellations or postponements of Council or Band meetings will take effect will be due to extenuating circumstances and our goal is to properly communicate to our community any such cancellations or postponements. In closing, I just want to make mention that these past few months have been very exciting, challenging and encouraging to me. But some of this excitement, challenge and encouragement doesn't come without hardship and sadness. We lost a respected Elder back in October

2019, Donna nee Bent, Sterling. We have since lost three more of our people, George Shuter, Gloria Swakum along with our relative Patricia Clarke. Our community is going through a hard time and I hope that we as community can be there for the families in need. I realize that we can all get caught up with our own day-to-day responsibilities and commitments, but taking a few minutes out of our busy schedules to reach out and let our people who are hurting know that we are thinking about them can go a long way. My thoughts and prayers go out to the families that are mourning the loss of their loved ones. Life is a gift, life is precious. Embrace all of those that you love and respect all mankind.

Humet  
K'wuk'wi? Stu Jackson

---

## ***Make Your Voice Count!***

***Hello, my name is Kay James. I am a Master's of Social Work Practicum Student with the Lower Nicola Band.***

***I am doing research to learn about Indigenous youth's experience when aging out of the Child Welfare system. I would like to invite anyone who wants to share their experience to meet by phone or in person for a safe and confidential discussion. Information shared would be anonymous and would help to make a difference for so many still in foster care.***

***There are only 4 questions and would take 15 to 30 minutes.***

***Please contact me, Kay, at 250 378 2085 to arrange a meeting.***

## EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for January 2020. 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:

**Human Resources:** This month we welcome new staff Ted Sterling, Facilities Maintenance Manager, Josh Moore, Maintenance Technician, Raylene Humphrey, Home Support, Hinal Thaker, Early Childhood Educator, Brandy Parlett, Special Education Assistant, Randi Gardypie, Teacher On Call, Joseph Munro, Arena Attendant, , Darius Sam, School Custodian ,and Clif Garcia moved from Recreation to LNIB School as Fitness Coordinator.

Marcy McLeod, Accounts Payable and Roy Coutlee-Dumont, Arena Attendant have moved on to other endeavors, well wishes for your continued success. LNIB still has openings for Ditch Rider, Cultural Heritage and Environmental Field Workers, Recreation Assistant, Lands Researcher, Social Development Coordinator, Lands Agent and Homework Club Support. Please visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

**Committees and Liaisons:** Lands Management Advisory Committee met January 20, 2020. School Board or Finance & Audit Committee will be holding their first meeting in February.

**Community Meetings and Workshops:** Upcoming workshops are Food Safe, Market Safe, Food Skills for Families, Occupational First Aid level 3, Beehive Building, Garden Planning, Garden Club Meetings, Traditional Holdings Project Community Meeting, Lands and Economic Development will be hosting an Open House in February. In January we hosted many different workshops Such as Bed Bugs, Security Guard Training, Trans Mountain Expansion Project Update,

### Support to Chief and Council:

- Chief and Council met January 7th & 14th.
- The Band General scheduled for Monday, January 27, 2020 at 6:00pm at the Shulus Hall was postponed to Monday, February 3, 2020 at 6:00pm.

Should you require anything on the Chief and Council agenda scheduled for February please contact Sondra Tom or me.

- Kari Reilander



## LAND USE PLAN

### ***What is a Land Use Plan? And Why should I care?***

The Lower Nicola Indian Band Lands Department has been working on the development of the LNIB Land Use Plan and engaging the community to provide their input. Some community members have expressed doubts about the point of having a “plan” when plans can be easily changed.

A Land Use Plan (LUP) is considerably more formal than that. It is an integral part of the laws governing our lands, and forms a foundation for living and doing business on LNIB reserves. It identifies the landscape and what activities are suitable where. For example, it restricts development on culturally significant areas because those areas have been indicated in the LUP.

In the creation of a Land Use Plan, LNIB is mapping out current and future uses of the lands – and that is why the community should stay engaged.

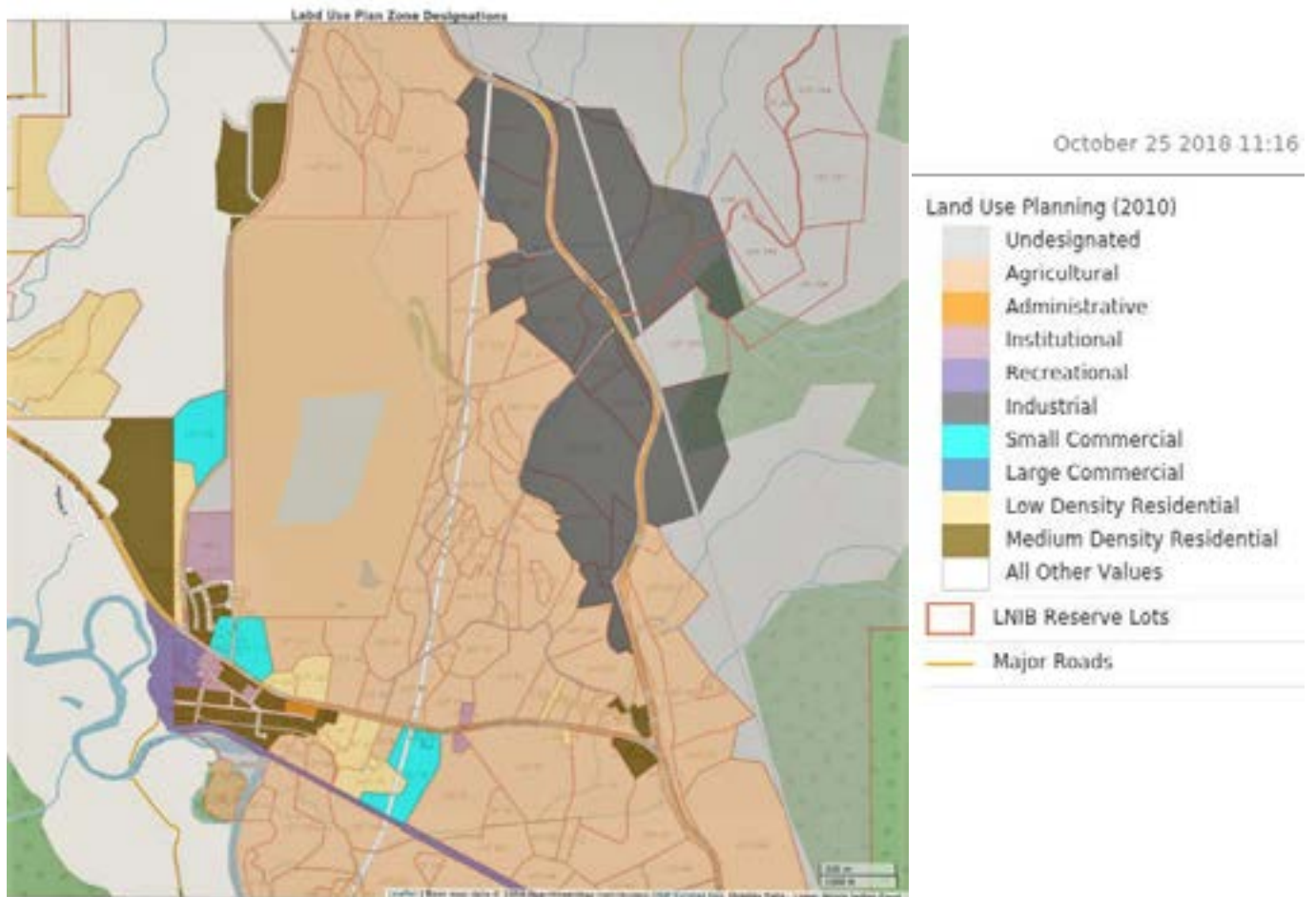
A LUP generally includes:

- A vision for reserve land use and the values that support this vision;
- Policies for development of a variety of land uses such as housing, commerce and industry, community spaces and more;
- Policies for the protection of land from development (environmentally sensitive areas, culturally significant areas, floodplains, steep slopes, etc.);
- A big-picture overview of infrastructure (water, sewer, roads) investments needed to service current and future development;
- Maps illustrating where future land uses should be located including land identified for economic development, housing, natural resources, and environmental and cultural protection.

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

If you have any questions about the LNIB Land Use Plan and the community engagement process, please do not hesitate to contact Stephen Jimmie, Director of Lands, and/or Brandi O’Flynn, Lands Manager.

We hope to see you at the next engagement meeting!



Sample Land Use Map

## LANDS DEPARTMENT



LOWER NICOLA  
INDIAN BAND



# IRRIGATION DITCH USE SIGN UP



**Are you planning to use any irrigation ditches on Nicola Mameet IR No.1 this year?**

If so, be sure to sign up with the Lands Department to ensure that you will have access.

This will allow us to develop a fair water use schedule for all registered users and plan out maintenance activities.

Please provide your name, phone number, and lot number to be added to the list.

**\*\*SIGN UP DEADLINE: MARCH 15, 2020\*\***



If you have any questions or concerns, please call  
Jerrica Joe at 250-378-5157 or email [Jerrica.Joe@lnib.net](mailto:Jerrica.Joe@lnib.net)



## RECREATION, FAMILY ACTIVITIES, ELDERS CALENDER

<div> <div>February 2020</div> <div> RPCC- Rocky Pines Community Center  LNBS- Lower Nicola Band School  HC-Health Center </div> </div> <div> *Skating every Thursday from 4pm-5pm  *Volleyball every Thursday at 6pm  *BootCamp @LNBS every Tuesday at 6pm  *Elder's Bowling every Thursday 10am-11:30am  ***Community Walks will be held from 11am-12pm on February 11<sup>th</sup>, 20<sup>th</sup> &amp; 25<sup>th</sup>  ***Community Support Group 9:30am February 14<sup>th</sup> &amp; 28<sup>th</sup> </div> <div> *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 </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 *Men's Gym Night 6pm **Sewing Projects 9am-3pm	3 	4 ***Ski/Snowboarding Day ages 7-16 year	5 **Silver Willow Bead Harvest 10am ***Community Valentine's Day Party 5pm-7pm	6 **Drop In Beading 1pm-7pm	7 Elder's Bingo 10am-12pm	8 **Sewing Projects 9am-3pm
9 *Men's Gym Night 6pm	10 **Drop In Projects 9am-4pm ***Parent's & Babes Valentine's Day Party 12pm-2pm	11 **Bear Grease Making 1pm-3pm & 5pm-7pm Elder's Movie @ Trailer 12:30pm	12 ***Community Potluck 5pm-7pm	13 **Drop In Beading 1pm-7pm	14 Elder's Bingo 10am-12pm Elders Luncheon 12pm TBD	15 *Basketball @ LNBS
16 *Men's Gym Night 6pm	17 <b>Family Day</b> <b>All offices closed</b>	18 **Dip Net Tying 9am-3pm	19 ***Community Drumming/Story Telling 5-7pm **Dip Net Tying 9am-3pm	20 **Drop In Beading 1pm-7pm	21 *Tubing: Meet @ RPCC Elder's Bingo 10am-12pm	22 **Quilting 9am-3pm
23 *Men's Gym Night 6pm **Quilting 9am-3pm	24 ***Parent's and Babes 12pm-2pm Elders Paint Night	25 <b>TRU Elder's Luncheon</b> <b>Sign up @ HC</b>	26 ***Community Bonfire 5-7pm	27 **Drop In Beading 1pm-7pm	28 ****Anti-Bullying Day Elder's Bingo 10am-12pm	29

**HAND WASHING: STOP THE SPREAD OF GERMS**

Number 85  
June 2017

## Hand Washing: Help Stop the Spread of Germs

Wash your hands often to keep yourself and others healthy. Hand washing is the most important thing you can do to help stop the spread of germs that cause illnesses such as colds, the flu, diarrhea, or vomiting.

### Why is hand washing important?

Washing your hands and your child's hands is the best way to stop the spread of germs. Viruses can live on hard surfaces for up to 2 days and on hands for up to 5 minutes. When you wash your hands, you help clean them and remove the germs that cause illness.

We pick up germs on our hands from touching people or things around us. Raw foods, pets and many other objects in our daily lives carry germs. Wiping your child's nose or changing a diaper is a common way to get germs on your hands. You cannot avoid contacting germs, but you can reduce the chance of infecting yourself and others by knowing when to wash your hands.

### How should I properly wash my hands?

To properly wash your hands, or your child's hands, follow the steps below:

1. Remove rings or other jewelry on the hands and wrists
2. Wet your hands with warm water
3. Wash all parts of your hands with plain soap and water for at least 20 seconds, and rub hands together to create lather (to help children wash their hands long enough, sing the ABC song)

4. Rinse hands well under warm running water
5. Dry hands with a clean cloth or paper towel
6. Use the towel to turn off the tap and open the door when you leave if you are in a public restroom

If soap and water are not available, use an alcohol-based hand sanitizer. After applying the gel or foam, rub your hands together until they are dry. This is an easy way to clean your hands as long as they are not visibly dirty.

### How should I wash my baby's hands?

To properly wash your baby's hands, follow the steps below:

1. Wash with plain soap and a warm, wet, fresh towel (either cloth or paper)
2. Rinse well with another fresh, warm, wet towel
3. Dry well

### When should I wash my hands?

You should wash your hands before or after you take part in activities that increase your risk of getting or spreading germs.

Wash your hands before you:

- Prepare or eat food
- Feed a baby or child, including breastfeeding
- Give a child medicine
- Change a diaper

- Floss your teeth
- Insert or remove contact lenses

Wash your hands after you:

- Change a diaper
- Take care of a sick child
- Wipe your child's nose or blow your nose
- Help a child use the toilet
- Use the toilet yourself
- Handle raw food such as meats or poultry
- Touch pets or animals
- Clean pet cages or litter boxes
- Clean around the house

### When should children wash their hands?

Children should always wash their hands before they eat or handle food.

Children should wash their hands after they:

- Use the toilet
- Blow their nose
- Cough or sneeze into their hands
- Play outdoors
- Play with pets or animals

It is important to help young children wash their hands to make sure it is done well, and to help them learn how to do it correctly.

### How can I avoid spreading germs to others when washing?

To help reduce the spread of germs to others when washing:

- Each child should have their own labeled clean cloth to wipe their hands and face
- Use fresh running water to wash and rinse hands, do not use a standing basin of water

Source: Canadian Paediatric Society

([www.caringforkids.cps.ca](http://www.caringforkids.cps.ca))

Adapted with permission.

## How Corona virus Infection Spreads

Human Corona Viruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- The air by coughing and sneezing close personal contact such as touching or shaking hands.
- touching something with the virus on it, then touching your mouth, nose, or eyes before washing your hands

The precautions against this Virus(which is not in our Community) are like with other Colds and Flu Wash your hands.

For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit. For non-emergency health information and advice in B.C. visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call 8-1-1 (toll-free). For the deaf and hard of hearing, call 7-1-1. Translation services are available in more than 130 languages on request.



## EDUCATION

Lower Nicola Indian Band

February 2020

# EDUCATION DEPARTMENT

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

### Director's Submission

With this being my first submission for 2020 I would like to start by saying I hope 2019 was for the most part a positive year for everyone and that 2020 will be a year where relationships become stronger, communities prosper, and planning for growth considers all voices to ensure both visions and goals are collectively driven. 🤝

I have been overseeing numerous sector activities and initiatives over the past couple of months and with only 2 months remaining in the 2019-2020 fiscal year it will remain a busy schedule. In addition to my other submissions within this months newsletter here are a few others:

- We have submitted the final draft of our Local Education Agreement to C&C and look forward to its term beginning July 2020. We held numerous information meetings over the past 8 months where members provided both direction and information for the new LEA; all information has been infused into our agreement
- I have been working on our 2020-2021 Fiscal Budget, creating our Sector's Workplan to support the sector budgets, and aligning our goals/budgets with LNIB's Strategic Direction. I've had members approach me with ideas they would like considered and I encourage others to share their ideas too as this is needed for collaborative plans
- I have been implementing new strategies/processes at the school to better support student programs/services. Priorities included Special Education, communication, staff development, competency based supports, and administrative procedures

There will be many changes taking place during 2020 in all areas of our Sector and I look forward to sharing our progress with LNIB Members as we execute results-based plans!

**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**



LNIB Education



Lower Nicola Indian Band

February 2020

### **LNIB School — Healthy Activity Support Worker**

We are excited to share with membership that we have created a new position at the school to both increase physical activity and promote personal health. Clif Garcia made the transition from LNIB Recreation to the school at the beginning of January and his experience, training, and skill-sets have been positively received by both staff and students. We will be experimenting with a variety of programs and services related to Clif's assignment, which we will then create a structured framework to implement September 2020 based on what areas of support we see as making successful impact on student success. If you would like to know more about our physical activity and personal health program please do not hesitate to contact me at [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net) or 236.575.2135 at anytime.



### **Technology to Support School Administrative Duties**



Our school has a tech-based resource called a Student Information System (SIS) that has not been used at full capacity over the years, and as such, we will be both upgrading its version and implementing a training program to ensure we are maximizing its use by September 2020. SIS is an integral resource tied to accountability, transparency, and

communication; when used effectively and efficiently the value of student records increase substantially throughout the school years. If you are not familiar with SIS platforms here are a few examples of what it offers: Full attendance management, provincial report cards and transcripts, online registration process for new students, evidence based learning, secure collaboration, classroom assessments, and online payment processes to name a few. We will be upgrading our program before Spring Break and have scheduled formal training for staff to take place in August. In the meantime Angie, Sioux, and myself will begin familiarizing ourselves in preparation for what we need to implement prior to our formal training schedule for the school. If you wish to learn more please call me anytime — Shane Coutlee 236.575.2135

LNIB Education

Lower Nicola Indian Band

February 2020

## **Post-Secondary Education Budget Update**

As I shared with membership this past summer all LNIB members who applied for PSE funding this year received support as per our policy. Those who were eligible for external funding accessed those sources and those who did not qualify received support through our sector's approved budget. It was a record year for LNIB PSE enrolment and the reports I have received from both Sharon and Gail suggest students had a very rewarding first semester.

One note I would like to share is it was brought to my attention that a few members have suggested LNIB Education may not have supported all members who have applied for funding, and as such, I feel it should



be clarified in writing. As indicated above we approved ALL eligible applications this year as per our PSE Policy. If it was not for the support of Chief and Council we would have had to place numerous members on a wait-list as the funds we receive from the Federal Government was not enough to support everyone; however, I presented our position with C&C and they supported the balance be approved so that everyone who met the policy criteria in this year's application process would not be placed on a waitlist.

I have indicated to the Education Department that if any member feels they have not been supported at any level that they let the person know they should bring their concerns to my attention. There have been a few occasions when this has happened over the past year and in every case the situation had a positive outcome. We have been, and will continue to be, transparent in all our communication/accountability practices and if we fall short in any of these areas please let me know as soon as it occurs and I will address it.

If anyone has been denied support from LNIB Education please call me directly at 236.575.2135 at anytime, drop in to see me at my office located at the LNIB Health Centre, or email me at [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net)

Thank You 🙏

LNIB Education



Lower Nicola Indian Band

February 2020

## **LNIB Head Start — Program Update**

For those who are not aware our Head Start Manager Chelsea Skoflek will be on maternity leave for 2020 and during this time Tamika Bob will be taking on all management duties. To ensure we have full coverage for our current program we hired Hinal Thanker on a temporary assignment who will be the other ECE worker to assist Tamika. Tamika has already shared with us a few ideas she would like to implement and we are excited to support her with these plans that will increase capacity of our program and benefit Lower Nicola Indian Band youth.



I would also like membership to know that I have been in discussion with one of the provincial advocates for Head Start Programs. The primary purpose of this communication was to ask questions that would help me understand the mandate of the program, learn about the budget criteria, and what is considered best practices within an ideal program. It has been a very good learning experience and I look forward to increasing my understanding as we move forward.

I would welcome all members to contact me to share their experiences related to Head Start Programs whether it has been positive or challenging. As we do plan to make significant changes for the upcoming year it would be helpful to know primary information from our members to help us with our goal setting purposes. Please contact me - Shane Coutlee 236.575.2135 to share this information with me.

## **LNIB Members Living Outside Nicola Valley**

Do you know we have a budget to assist LNIB members with various supports associated to K-12 education who live outside the Nicola Valley? In addition to assisting our members with various resources, start-up costs, and tutors we can also advocate by attending meetings at your child's school, ensure school resources are being both leveraged and provided to your child, and assist with individual educational plans or assessments. Please reach out to Sharon Parsons or Rhonda Dunn and make sure you are on our contact lists. Call them anytime at 250.378.0915 and they will share more information with you.



LNIB Education

Lower Nicola Indian Band

February 2020

**Superintendent of  
SD58 at LNIB  
February 13th, 2020**

Superintendent Steve McNiven will be working from one of our reserve offices on Thursday February 13th and we are encouraging LNIB members to find time in their day to drop in and see him. This opportunity is a great way for Steve to both listen and address any questions or concerns directly from our members. It also provides time to connect with LNIB staff and leadership, which is healthy for positive working relations with SD58.

A few questions you might consider asking Steve are:

- What is Provincial Targeted Funds and how do our members benefit from it?
- Does the school district have any plans to increase student involvement in school sports?
- Other BC School Districts have large Trades/Careers Programs in their Secondary Schools...does SD58 have any plans to increase these programs and services at MSS?

When we collectively ask the same questions it provides us with leveraging advantage when we are sitting at collaborative tables and planning for annual results-based initiatives.

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

LNIB Education

**REPEAT NEWSLETTER ITEM**  
**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 here that will provide experience in a few trade related areas. LNIB members will have first opportunity to fill 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 250.378.0915 or [Sharon.Parsons@lnib.net](mailto:Sharon.Parsons@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)**

If we are unable to fill all seats with interested LNIB members we will then offer our neighbours with the opportunity to ensure a full cohort is confirmed for the program to take place. LNIB members who do take part in this sampler program, and then wish to pursue further education in one of these trade areas, will be supported with next steps from our team.

---

## LNIB EDUCATION DEPARTMENT

---



Sharon.parsons@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8



---

## SHARON PARSONS, EDUCATION MANAGER

---

December was a short yet busy month, and January has come and gone just as quickly. Are you still writing 2019?

Most post-secondary students jumped right back into the schoolwork mode without missing a beat. A new semester has started, and it is time to pay tuition and purchase books. LNIB currently has 43 full-time post-secondary students, which includes 2 PhDs, and 8 Masters students. There are currently ten band members taking Nle?kepmxcin classes at NVIT.

Merritt Secondary students will begin the next semester in early February. According to the school district calendar, term 2 report cards come out on January 31<sup>st</sup>.

The joint LEA document is in the final draft stage, and ready for Chief & Council review. School District 58 Superintendent, Steve McNiven, is working with each band to arrange a meeting with the leadership of all five bands. They will discuss the document and prepare for signatures.

Once the LEA is approved, the five local bands will work together to support our First Nations students in the local schools and ensure our local Indigenous Culture and Traditions are respectfully inserted into the curriculum.

School District 58 Superintendent, Steve McNiven will be visiting our community on February 13<sup>th</sup>. I will post the time and location when it has been determined.

The Homework Club needs a tutor. If you know someone, preferably a high school student, who is interested in supporting students in grades 4 to 7 for 2 hours 3 afternoons every week, please ask them to give me a call.

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

We want to help.

---

---

## LNIB EDUCATION DEPARTMENT

---



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



(250)378-0915

2160 SETTLERS ROAD  
HWY 8

---

---

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

---

Hello everyone,

Happy New Year, I hope you have all had a great holiday and enjoyed time with family and friends 😊

What I have been working on in December and January:

- LNIB and TRU have partnered up to bring a Trades Sampler Program to Shulus next May and I have been contacting band members who might be interested in the program. If you are interested, please give me a call or stop by the office for more information.
- Registering and sending Sponsorship for a student to continue with his Carpentry Level 3 at TRU.
- Connecting with the PSE students to be sure the start of the new semester started smoothly.
- Ensuring all student tuition and fees for the next semester are paid to the Institutions.
- Attended the Cplul'kw'ten Winter Feast at TRU in November and enjoyed the delicious lunch that was provided, participated in the activities and met all the people who work in the Indigenous Student Center. This is a center where all indigenous students can go for any type of support needed from having a hot bowl of soup and a bun, getting assistance speaking with academic advisors to getting help filling out applications for funding. We are always encouraging our students to seek out the Aboriginal Center at their Institution.
- Sending Scholarship and Bursary links to students.
- Up-dating resumes for members
- Looking forward to attending the FNESC PSE Workshop in February and finding out about changes to the administration of the Post-Secondary Education (PSE) funding.
- Are you considering a Post-Secondary program? If you need help or want to discuss your options call or stop by the Education office. The fillable PSE Application is available on the LNIB website.

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

---



---

## LNIB EDUCATION DEPARTMENT

---



rhonda.dunn@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8

---



---

## RHONDA DUNN ADMINISTRATIVE SUPPORT

---

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: [merrittec@asetts.org](mailto:merrittec@asetts.org)

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

Education Matters!

---

LOWER NICOLA INDIAN BAND  
EDUCATION DEPARTMENT

The Lower Nicola Indian Band Education Department is requesting ON/OFF reserve membership contact information. The education department would like to keep LNIB membership up-to-date on educational opportunities. Please fill-out contact information below or call us.

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

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

Contact Information:

Name: First \_\_\_\_\_, Last \_\_\_\_\_

Status Number# \_\_\_\_\_

Registered Band Name: \_\_\_\_\_

Living: ON \_\_\_\_\_ OFF \_\_\_\_\_ LNIB Reserve

Mailing Address:

Home Phone: \_\_\_\_\_, Cell Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

If you have any questions please call Rhonda Dunn, or Sharon Parson's at 250-378-0915.

# Home Work Club

Grades 4—7

**"POSTPONED UNTIL FURTHER NOTICE"**

When: Mon, Tues, Wed

Where: Rocky Pines Community Centre

Time: 3:45-5:30 pm

Transportation from town: School District 57 drops off at Rocky Pines.

LNIB School: Drops off students at Rocky Pines

All pickups: Would be up to the parents/guardians

For more information please call the LNIB Education Department at  
250-378-0915 and ask for Sharon Parsons or Rhonda Dunn

"The more you **read**  
the more **things** you know.  
The more that you **learn**  
the more **places** you'll go."  
-Dr. Seuss

## BAND SCHOOL CALENDER

# FEBRUARY 2020

**Absolutely NO NUTS**  
**and NO**  
**Peanut Butter**



Mon	Tue	Wed	Thu	Fri
 <b>3</b> <i>Turkey</i> <i>Veggie soup</i>	<b>4</b> <i>Taco salad</i>	<b>5</b> <i>Chicken wraps</i>	<b>6</b> <i>Spaghetti &amp; sauce</i>	 <b>7</b> <i>Tuna casserole</i>
<b>10</b> <i>Chicken</i> <i>Veggie soup</i>	<b>11</b> <i>Hot dog</i> <i>Mac &amp; cheese</i>	<b>12</b> <i>Mini meatloaf</i> <i>&amp; mashed potatoes</i>	<b>13</b> <i>Pancakes + fruit</i>	<b>14</b> <i>Mini heart pizza</i> <b>WEAR RED DAY</b> <i>Valentine's Day</i>
<b>17</b> <b>NO SCHOOL</b> <b>FAMILY DAY</b>	<b>18</b> <i>Chicken Caesar</i> <i>salad</i>	<b>19</b> <i>Sausage &amp; egger</i> <i>muffin</i>	<b>20</b> <i>Gnocchi pizza</i>	<b>21</b> <b>PRO D DAY</b> <b>NO SCHOOL</b>
<b>24</b> <i>Hamburger Soup</i>	<b>25</b> <i>Bologna sandwiches</i>	<b>26</b> <i>Lasagna soup</i> <i>School Dinner @ 5</i>	<b>27</b> <i>Taco wraps</i>	<b>28</b> <i>Pizza casserole</i>





Trades Sampler Program

LNIB - Merritt

May 11 to July 31, 2020

Tickets included: CSTS and Fall Protection

Interested in the trades? Are you undecided which trade would be the best fit for you? This program introduces students to three construction-related trades; carpentry, plumbing and electrical. Students will develop safe workplace practices, skills development, and an introduction to design, planning, and building techniques. Students will get hands-on experience while completing a small construction project in the community. The learning outcomes will offer students with theoretical and practical knowledge while providing an experiential and realistic overview of construction trades.

### **Carpentry**

In this 120 hour module, students will have a broad overview of the practices and skill sets needed for the Carpentry trade. Units of study in the Carpentry section will include:

- Shop and Personal Safety Practices
- Use of Hand Tools
- Use of Portable Power Tools
- Use of Shop Equipment
- Use of Leveling Instruments
- Selection of Wood Frame Systems and Materials
- Building Floors and Support Systems
- Building Walls and Partitions
- Building Gable Roofs with Ceiling Joists

### **Plumbing**

In this 120 hour module, students will receive a broad overview of the practices and skill sets needed for the Plumbing trade. Units of study in the Plumbing section will include:

- Safe Work Practices
- Tools and Equipment
- Use of Soldering Tools
- Preparing and Assembling Plumbing Components (installing pipe and fittings)
- Installation of Fixtures and Equipment

### **Electrical**

In this 120 hour module, students will receive a broad overview of the practices and skill sets needed for the Electrical trade. Units of study in the Electrical section will include:

- Safe Work Practices (Personal and Shop)
- Applying Circuit Concepts, Installing Low Voltage Distribution Systems
- Installing Electrical Equipment
- Installing Control Circuits and Devices

For more information or to register for this great opportunity, please contact the LNIB Education office at 250 378-0915.

## HOUSING

**TO: ALL LNIB TENANTS**

**January 29, 2020**

**RE: NEW HOUSING POLICY RATIFIED SEPTEMBER 17, 2019**

The Housing Department is Implementing the new Housing Policy that was passed by the Chief and Council on September 17, 2019. Please stop by the main office and pick up a new Housing Policy and Rental Agreement or view the Policy on the website and come in and sign the Rental Agreement on or before March 31, 2020

If you have signed a new rental agreement with Doris since September 17, 2019  
Thank you and disregard this notice.

If you have any questions or concerns, please don't hesitate to contact Doris Sterling  
@ 250-378-5157

**Thank You**

**Doris Sterling  
Tenant Relations Coordinator**



## Schedule "A"

**MAINTENANCE AND REPAIR RESPONSIBILITIES OF THE LANDLORD & TENANT****1. INTRODUCTION**

This Schedule A is a more detailed description of the Parties' responsibilities for the maintenance and repair of the Rental Unit covered by the Rental Agreement.

**2. LANDLORD RESPONSIBILITIES**

The Landlord shall be responsible for the extending the life of all units by carrying out the maintenance and preventative repairs including:

- a) repair of damage caused by natural deterioration caused by rotting, etc.,
- b) repair of damage caused by natural disasters caused by flooding, etc.,
- c) repair of doors, windows, or household appliances deteriorated due to natural wear and tear,
- d) inspect and carry out general service of furnaces and other heating devices,
- e) inspect and carry out general service of hot water tanks including element replacement, and replacement of the complete tank unit where required,
- f) complete service of all plumbing, including replacement of fixtures where required,
- g) repair of electrical wiring and fixtures as required,
- h) repair and replacement of glass in windows and doors as necessary,
- i) repair and replacement of doors as necessary,
- j) repair of interior and exterior walls as necessary,
- k) repair of ceilings and floors as necessary,
- l) repair of eaves trough as necessary,
- m) repair of the roof as necessary,
- n) repair and replacement of appliances, as required, and
- o) any other maintenance deemed required for the health and safety of the Tenant and to extend the useful life of the unit.

(collectively, the "LNIB Repairs")



### 3. TENANT RESPONSIBILITIES

- a) The Tenant shall be solely responsible for the cost of all repairs and replacements required due to the negligent or intentional acts or omissions of the Tenant, an Authorized Occupant and/or guest.
- b) In addition to any repairs or replacements required under the preceding section, repairs, maintenance, and replacements for which the Tenant shall be responsible, unless such work is required due to normal wear and tear on the Rental Unit, including:
  - i) routine cleaning and vacuuming;
  - ii) window cleaning;
  - iii) monitoring and wiping up moisture;
  - iv) ensuring indoor air quality is maintained (vents kept clear);
  - v) cleaning, repairing, and maintaining appliances, the furnace, and other mechanical air filters;
  - vi) garbage removal (interior and exterior);
  - vii) yard clean up, weeding and maintenance (including old vehicle removal and keeping the septic tank and area free of debris, brush and weeds);
  - viii) proper disposal of hazardous/flammable materials (oil, gas, anti-freeze);
  - ix) snow removal,
  - x) maintaining and repairing driveways and private roads;
  - xi) supplying and changing faucet washers;
  - xii) supplying and repairing loose screws on such things as cupboards and towel racks;
  - xiii) sink and toilet maintenance;
  - xiv) replacing light bulbs;
  - xv) keeping the fire extinguisher(s) and smoke detectors in good working order;
  - xvi) ensuring that baseboard heaters, stoves and other fire hazards are kept clear of clutter, garbage and flammable materials;
  - xvii) ensuring all entrances are kept clear of any obstructions for the safety of emergency services;
  - xviii) routine septic tank pump-outs; and
  - xix) disconnecting hoses from the outside hose bib in cold weather.





File No: \_\_\_\_\_  
(Office use only)

**APPENDIX "R"**

# **REPAIR/MAINTENANCE REQUEST FORM**

Date of Request: \_\_\_\_\_

Requested by: \_\_\_\_\_

Rental Unit: \_\_\_\_\_

Description of work/repair (If this space is insufficient, additional pages may be added. Graphic on reverse for your use if necessary)

---

---

---

---

---

---

---

---

The date and time to inspect the premises and make repairs is \_\_\_\_\_.

\_\_\_\_\_  
Tenant Initials

I authorize the LNIB Housing Department or delegate to enter the Rental Unit to inspect the work and make repairs if I am not home when they arrive.

---

## **OFFICE USE ONLY:**

☐ High- Must be done within 24 hours

☐ Medim- Within the week.

☐ Low- two (2) to four (4 weeks)

## BECOME A CAREGIVER

# Scw'exmx Child and Family Services Society February 2020



## BECOME A CAREGIVER CHANGE A LIFE

### Contact Us

Ph: 250-378-2771  
Toll-Free: 1-877-378-2773  
2975 Clapperton Avenue  
Merritt, BC V1K1G2

[www.scwexmx.com](http://www.scwexmx.com)

Have you ever considered becoming a caregiver? 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 and Family, Please call one of our Resource Social Workers, Brenda Emery or Veronica Jameson at 250-378-2771 or Toll-Free 877-378-2773

**FAMILY TUBE DAY**



# ***HARPER MOUNTAIN***

## **FAMILY TUBE DAY**

**FEBRUARY 21, 2020**



+



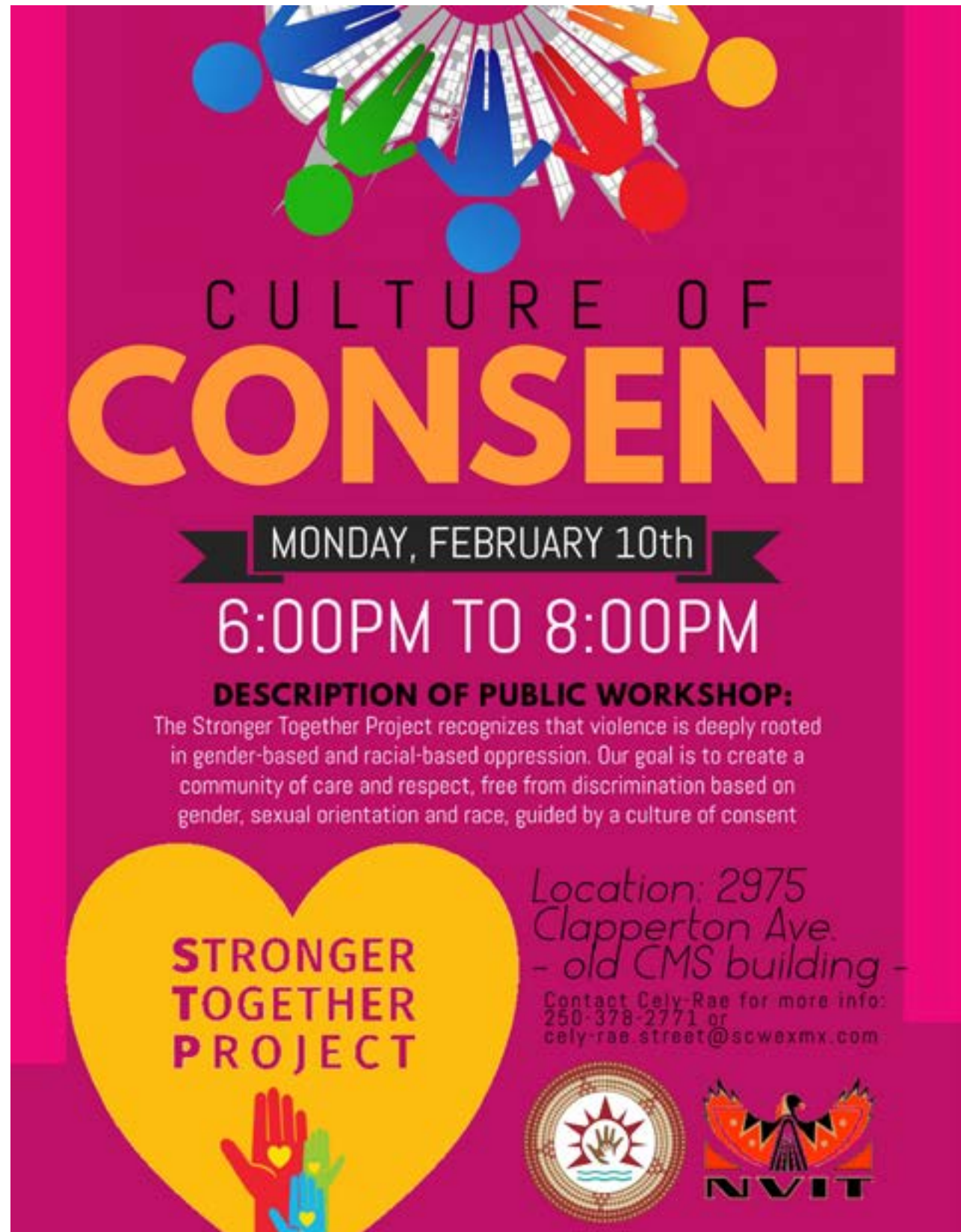
MEET AT SCFSS MAIN BUILDING - 8:30AM  
open to our children, youth and families

**WAIVER DEADLINE FEB 14, 2020**

**FOOD, SNACKS & BEVERAGES PROVIDED**

FOR MORE INFO CONTACT CRYSTAL NARCISSE @ SCFSS  
250.378.2771 or EMAIL [crystal.narcisse@scwexmx.com](mailto:crystal.narcisse@scwexmx.com)

## CULTURE OF CONSENT



The poster features a vibrant pink background. At the top, a circular arrangement of colorful hands (blue, green, red, yellow) is shown, with some hands holding small white cards. Below this, the title "CULTURE OF CONSENT" is prominently displayed, with "CULTURE OF" in white and "CONSENT" in large, bold, orange letters. A black banner with white text reads "MONDAY, FEBRUARY 10th". Below the banner, the time "6:00PM TO 8:00PM" is written in white. The section "DESCRIPTION OF PUBLIC WORKSHOP:" is in bold black text, followed by a paragraph in white text. A large yellow heart on the left contains the text "STRONGER TOGETHER PROJECT" in purple, with a small graphic of three hands (red, green, blue) holding a yellow heart at the bottom. On the right, the location "2975 Clapperton Ave. - old CMS building -" is written in a handwritten style, followed by contact information for Cely-Rae. At the bottom right, there are two logos: a circular seal with a sun and hands, and the NVIT logo featuring a stylized bird and the letters "NVIT".

**CULTURE OF  
CONSENT**



**MONDAY, FEBRUARY 10th**

**6:00PM TO 8:00PM**

**DESCRIPTION OF PUBLIC WORKSHOP:**  
The Stronger Together Project recognizes that violence is deeply rooted in gender-based and racial-based oppression. Our goal is to create a community of care and respect, free from discrimination based on gender, sexual orientation and race, guided by a culture of consent

**STRONGER  
TOGETHER  
PROJECT**

*Location: 2975  
Clapperton Ave.  
- old CMS building -*  
Contact Cely-Rae for more info:  
250-378-2771 or  
cely-rae.street@scwexmx.com





## FAMILY CIRCLE

# Family Circle

### For Children, Youth, Parents & Grandparents

When struggling to have the basic necessities for the kids and it's getting hard for the parents to cope, that's when we turn to family and friends.

This service is available at no cost to First Nation Community members of the following Nations:

- |                |               |
|----------------|---------------|
| - Ashcroft     | -T'it'q'et    |
| -Coldwater     | -Tsal'alh     |
| -Cayoose Creek | -Ts'kw'aylaxw |
| -Lower Nicola  | -Upper Nicola |
| -Nooaitch      | -Xaxli'p      |
| -Shackan       | -Xwisten      |



Referrals can come from the family members, relatives, service providers, social workers, elders or friends of the family.

The process involves:

- 1) Organize and plan for everyone to come together
- 2) Help create a plan that works for the family by including private family time for open discussions
- 3) Involves cultural activities such as elders, smudging, prayers\*

We support families coming together in a circle to:

A) Help the family identify who in the community can come together to strengthen the family.

B) Create a plan for families to overcome the challenges that can feel overwhelming

\* The families own cultural practices and community protocols will be acknowledged and respected







### Who to Contact

Elizabeth Bent  
Family Circles Coordinator  
(250) 378-2771  
or Toll Free (877)378-2773  
Elizabeth.bent@scwexmx.com




Meg McKay  
AFGC Coordinator  
(250) 378-2771  
or Toll Free (877)378-2773  
Meg.Mckay@scwexmx.com

## GIVING VOICE



# GIVING VOICE



## Family Connections with IndigenEYEZ

Parents & Youth Encouraged to attend

---

---


**Friday, February 21**  
**4-8pm**  
**Merritt Civic Center**  
**Dinner & Refreshments Provided**

Ages 13 & Older Everyone Welcome

Door Prizes:  
Family Trip  
Basket , Gift  
Cards &  
More .

---

---



Come Join us for some interactive workshops that addresses healthy realtionships and how we can stand together as a community to bring awareness to missing and murder indigenous women & children.

Contact Jacqueline Merritt for more information  
250 378 2771 or email [Jacqueline.Merritt@scwexmx.com](mailto:Jacqueline.Merritt@scwexmx.com)



## FEEL THE BEAT

# February 2020 ~ 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	4 Pow Wow Open Night Bead/Sew/Drum/Dance 4:00-8:00 pm	5	6 Pine Needle Basket Donna Bent 4:00-8:00 pm	7	8
9	10	11 Pow Wow Open Night Bead/Sew/Drum/Dance 4:00-8:00 pm	12	13 Language Night Leonard/Emma 4:00-8:00 pm	14	15
16	17	18 Pow Wow Open Night Bead/Sew/Drum/Dance 4:00-8:00 pm	19	20 Lahai Daniel Manuel 4:00-8:00 pm	21	22
23	24	25 Pow Wow Open Night Bead/Sew/Drum/Dance 4:00-8:00 pm	26	27 Learn to Cook 4:00-8:00 pm	28	29
Please bring your own containers in case of leftover food from potluck and a reusable water bottle. We are trying to minimize our waste.						

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

## 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](mailto:charlene.joe@scwexmx.com)**

## VALENTINES DAY JOKES

1. What do you call the world's smallest Valentine's Day card?

A valen-teeny.

2. What did the stamp say to the envelope on Valentine's Day?

I'm stuck on you!

3. What did one volcano say to the other?

I lava you!

4. What did the cucumber say to the pickle?

You mean a great dill to me.



5. How did the phone propose to his GF?

He gave her a ring.

6. What did the one sheep say to the other?

I love ewe!

7. And how did the other sheep respond?

You're not so baaaaaa-d yourself

8. What did the farmer give his wife for Valentine's Day?

Hogs and kisses.

9. And what did the teenager give his mom?

Ughs and kisses!



10. What did one light bulb say to the other light bulb on Valentine's Day?

I wuv you watts and watts!



## BE AWARE OF SCAMMERS

Every year the Competition Bureau of Canada publishes a book called “The little Black Book of Scams”. In there they recommend to never provide personal information over the phone, via text, email or on the internet.

If you receive an unsolicited call from a company and you would like to confirm any issues with your account, it is recommended to hang up with that caller and call the company back on a phone number that has been provided to you on a previous bill or drop by that office in person if possible.

The scam that is purporting to be Telus and requesting birthdate and drivers license could be an attempt at identity theft and in this case we would recommend calling Telus to let them know about the attempt. Companies often monitor these complaints and do a media release to remind their customers about not providing information over the phone if they hear of numerous attempts in an area. They may even know of others who have faced this scam and if any other attempts were made following them getting some information.

Because the information provided was minimal and many individuals have provided their birthdates online through their social media accounts and not fallen victim to identity theft we recommend watching his accounts and any mail coming in that may suggest someone is trying to gain access to funds or an identity.

If the information provided included a SIN # or something more compromising then we would recommend:

a call to a credit bureau (Equifax Canada 1-800-465-7166 and TransUnion Canada 1-866-525-0262) to have an alert put on their account that will alert lenders and creditors of potential fraud reporting the fraud online to <http://www.antifraudcentre.ca/> (when you call their phone number they explain that because of the high volume of calls they are experiencing technical difficulties and scams can only be reported online)

We normally recommend reporting to the police if funds are transferred or if the person is notified of someone actually attempting to gain their identity. Otherwise reporting attempts may overwhelm the system as has happened to the antifraud centre.

The link to the little book of scams is <https://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html>.

## WELCOME NEW STAFF



My name is Joshua Moore, my mother is Penny Toodlican. I am a Lower Nicola Indian Band Member. I grew up in Cardston AB and moved to Merritt in 2002. I am currently a level 3 Carpenter working towards my Red Seal. I enjoy fishing, camping, golf, and recently got an interest in cooking.

I look forward to working with the Lower Nicola Indian Band and meeting the community members.

Josh Moore.  
Maintenance Technician.



Hello my name is Ted Sterling, I am a Lower Nicola Band member from the Joeyeska reserve. My parents were Sara and Hector Stewart, Grandparents were Albert and Sophie Sterling .

I have 30 years in the Construction Industry, Red Seal in Carpentry, many years as a Construction Manager as well as Owner Operator of my own business in Construction, now working for the Public Works dept as the Facility Maintenance Manager.

-Ted Sterling  
Facility Maintenance Manager



I am so pleased to be here as a part of your school community. I completed my diploma program as a special Education assistant in 2009, through the School District in Surrey, BC, which is currently the largest School District in BC. I learned a great deal of skills during my time working for Surrey Schools. Working with students has always been a passion of mine. I enjoy helping students grow through roll monitoring and supporting positive behavior. I am a advocate for inclusion of all levels of community. I look forward to getting to know yourself and child/children.

yours truly, Brandy Parlett

## RECYCLING

**REMINDER - RECYCLING**

- LNIB Public Works will pick up **ONLY** the following items on the **ACCEPTED** list
- If items from the **NOT ACCEPTED** list, your recycling **WILL NOT** be picked up
- Items from the **NOT ACCEPTED** list can be dropped off free at the Eco Depot

***Any questions, please call Public Works at 250.378.5157***

ACCEPTED	NOT ACCEPTED
➤ Cartons & Paper Cups	➤ Glass
➤ Aluminum Containers	➤ Hazardous Waste
➤ Plastic Containers	➤ Plastic Bags
➤ Steel Containers	➤ Dishes & Cookware
➤ Printed Paper & Cardboard	➤ Paint
➤ Paper Packaging	➤ Foam Packaging
	➤ Garden Hoses
	➤ Scrap Metal
	➤ Toys

**For Recycling Inquiries, please contact:**  
**RECYCLE BC: 1.855.876.3596 / [info@recyclebc.ca](mailto:info@recyclebc.ca) / [www.recyclebc.ca](http://www.recyclebc.ca)**

<b>PAINTS, STAINS &amp; AEROSOLS</b> <i>(in their original can with label)</i> AND <b>AUTOMOTIVE BATTERIES</b> Drop off at: Merritt Machine Works, 1120 McFarlane Way, 250.378.5326	<b>REFUNDABLE BEVERAGE BOTTLES, ELECTRONICS,          GLASS, PLASTIC BAGS &amp; WRAP</b> Merritt Return-It Depot, 2352 Clapperton Avenue, 250.280.2359
<b>USED AUTOMOTIVE OIL, FILTERS &amp; CONTAINERS</b> Residential Usage Only. TNRD Lower Nicola Eco- Depot, 2348 Woodward Road, 1.877.377.8673	<b>HOUSEHOLD &amp; CELL PHONE BATTERIES,          FLUORESCENT LIGHT BULBS &amp; UNUSED PAINT</b> Home Hardware, 1701 Voght Street, 250.378.4215
<b>UNWANTED PRESCRIPTION EYE GLASSES</b> <i>(sent to Third World Countries)</i> DOCTOR'S Eyecare Merritt, 2177 Quilchena Avenue, 250.378.2020	<b>PHARMACY PROGRAM</b> Return your old prescriptions to your local pharmacy for disposal. <b>Please do not flush old prescriptions          down the toilet</b>

**TNRD Solid Waste and Recycling Facility**

TNRD Lower Nicola Eco-Depot (Landfill) Hours

8AM – 4PM, 7 days/week (excluding Christmas, Boxing & New Year's Day)

Landfill location 12 KM west of Merritt on Hwy 8, 2348 Woodward Road

NOTE: The TNRD landfill takes yard waste, tires, scrap metal, recyclables and more

**For TNRD Landfill Inquiries:** Call 1.877.377.8673 / [www.tnrd.ca](http://www.tnrd.ca)

Methods of Payment: Debit, Credit Cards, or Eco-Cards only (no cash)

TRANSFORM RELATIONSHIPS THROUGH NONVIOLENT COMMUNICATIONS SKILLS  
AND CONTRIBUTE TO BUILDING COMMUNITY

SPONSORED BY JOURNEYS INTO TOMORROW

# TRANSFORM RELATIONSHIPS

**FEB 11 & 12, 2020**

**9AM – 3:30PM EACH DAY**

In this workshop, you will have the opportunity to look at relationships with self, partners, family and community. As we build relationships, we build community, and become strong in unity consciousness.

Bringing a clearer understanding of how to be in a healthy relationship with self is most important. Through this, one gains understanding of how to create healthy, joyful and fulfilling relationships outside of self. This allows us to **move beyond the expectation that relationships outside of ourselves offer the answer to our happiness.** This can potentially relieve individuals from the eternal search for something that resides within each of us. Being open to change, loving self, accepting self, and respecting self are part of this workshop.

Experiential exercises will be used to assist individuals to see what they bring into relationship and how they may be reacting to their own pain. When we understand our history, and the ripple effect from generations before, we see more clearly how all these elements impact our relationships. Many great teachers from the past have said, "know yourself." This workshop reminds people that exploration of self will bring

understanding of behavior, choices and healing.

Tools will be offered that can be used for the rest of your life.

**i** Darlene Vallee  
**📞** (250) 378-6170  
**📍** Civic Centre  
**☕** Lunch, Coffee/Tea Served



Facilitated by  
Certified NVC Trainer  
**Leslie Williamson**  
of Vuntut Gwitch'in  
First Nation  
[nvctraining.ca](http://nvctraining.ca)



## LADIES LUNCHEON



## Ladies Luncheon

Date: February 05, 2020

Location: NVIT  
Room U001

Time: 12:00 noon



*Please join us  
for a luncheon  
bring your mom,  
sister, aunt,  
friend, grandma*

*Phone 250 378-6170  
confirming your  
attendance*



## JOB OPPORTUNITIES

### Lower Nicola Indian Band

#### Job Posting

**Position Title:** Social Development Coordinator

**Department:** Human Services

**Hours:** 35 hours per week

**Start Date:** ASAP

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

**Reports to:** Director of Human Services

---

#### Summary of responsibilities

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

#### Required knowledge, skills and abilities

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

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

Apply to:

<https://secure.collage.co/jobs/lrib/14282>

or

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

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

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

**Lower Nicola Indian Band****Job Posting****Position Title:** Community Services Assistant**Department:** Community Services**Hours:** 35 hours per week**Start Date and Term:** 2nd March 2020 to 19<sup>th</sup> March 2021**Reports to:** Director of Human Services

---

**Summary of responsibilities**

This is a temporary 12-month position.

Reporting to the Director of Human Services, the Community Services Assistant will be responsible for providing support to the Human Services Sector staff of LNIB, must be flexible and willing to perform a wide range of duties.

**Duties and Tasks**

- To provide Patient travel to LNIB Community members who have status
- To do quarterly reports to First Nation Health Authority
- To assist with Social Assistance Coordinator on cheque day and filing
- Provide clerical and administrative support to program and activities staff
- To assist with purchase order requests
- To facilitate the Good food bag program
- Undertake special projects/ and or assist with big community events when required
- Assist with community events.
- Performs other related duties as assigned by the Director

**Knowledge, Skills and Abilities:**

- Valid Class 5 driver's license and access to transportation, must provide a driver abstract
- Ability and willingness to submit to a criminal records check
- Experience with Microsoft Office suite software, email & internet
- Strong interpersonal skills, and written and oral communication skills
- Extensive experience working with confidential material
- Patient travel policy training, first aid and food safe required or willingness to take the courses
- After business hours and work on weekends may be required,
- Ability to attend internal and external meetings, including at client's home

**Qualifications:**

- adaptability/flexibility
- team rapport
- leadership and role modeling
- collaboration

**Apply at:** <https://secure.collage.co/jobs/lrib/15355>**Deadline to apply:** Feb 15, 2020

Interested candidates should send a resume and cover letter complete with references, specifying the position you are applying for. Complete job description can be obtained by contacting the LNIB Education department. Thank you to all who apply, only qualified candidates will be considered.

**Department:** Lands and Infrastructure  
**Position Title:** Ditch Rider  
**Hours:** 35 hours per week (5 hours per day, 7 days per week)  
**Start Date:** March 1, 2020 (Seasonal)  
**Wage:** TBD; based on education, skills, and experience  
**Reports To:** Maintenance Supervisor and Lands Manager

---

**POSITION SUMMARY:**

The Ditch Rider is responsible for maintaining the irrigation ditches located on Nicola Mameet IR No.1 and providing LNIB Members with adequate water throughout the season for mutual benefit to all.

**PRINCIPLE DUTIES AND RESPONSIBILITIES:**

- Clean and maintain irrigation ditches;
- Check and maintain minimal required flows from the Mamit Lake Dam in relation to LNIB Water Licenses;
- Report any inconsistencies to the Maintenance Supervisor;
- Check head gates for maintenance related issues;
- Lubricate head gate components for smooth operation;
- Block off inlets to fish screens and open outlets (end of year);
- Open bypass when necessary;
- Prepare weekly, monthly, and seasonal reports;
- Prepare a water management plan and water use schedule;
- Attend community meetings as needed (Mandatory);
- Develop and maintain effective working relationships with colleagues and Membership;
- Perform all other duties as assigned by the Maintenance Supervisor and Lands Manager.

**KNOWLEDGE, SKILLS, AND ABILITIES:**

- Must have a valid driver's license and reliable transportation (Mandatory);
- Must have a working cellphone (Mandatory);
- Must be physically fit, able to lift 35lbs and work in adverse field conditions;
- Personal Protective Equipment (hard hat, safety glasses, steel toed boots, hi-vis vest) required;
- Knowledge and experience working with First Nations communities and governments – familiarity with the activities and culture of LNIB is considered an asset;
- Knowledge and experience in interpreting maps, legal surveys and plans is considered an asset;
- Familiarity with online mapping platforms;
- Computer literate in Microsoft Word, Excel, Outlook, and PowerPoint;
- Ability to speak or willingness to learn the Nlaka'pamux language.

**WORKING ENVIRONMENT:**

- High paced work environment;
- Daily travel will be required;
- Outdoor work, subject to all weather conditions and terrain;
- Must be able to handle wildlife encounters and respond as per training.

**Deadline to Apply:** Posting will remain open until a qualified candidate is found.

**Apply at:** <https://secure.collage.co/jobs/lnib>

**Or Email:** [HR@lnib.net](mailto:HR@lnib.net)

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

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

**Lower Nicola Indian Band****Job Posting****Position Title:** Recreation Assistant**Department:** Human Services**Hours:** 20-35 hours per week**Term:** permanent**Wage:** Negotiable**Reports to:** Recreation Coordinator

---

**Summary of responsibilities**

Under the direction of the Recreation Coordinator, the successful candidate will be responsible for developing and participating in recreational programs and events for Lower Nicola Indian Band members.

**Required knowledge, skills and abilities**

- Excellent communication and high energy while working with youth
- Must be willing to take courses related to recreation ie. Skipper training, first aid and AED courses
- Must be willing to participate in overnight trips with recreation programs
- Organize fundraising events for the recreation 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
- Computer competency in Microsoft products including Word, Excel, Outlook and Publisher software

**Qualifications**

- High school completion with one to two years related work experience, or an appropriate combination of education and experience, preferable with First Nation's community services
- Must have level 1 first aid.
- Must have valid, unrestricted **Class 4 Driver's license** or at least class 5
- 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

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

**Apply To:**

Lower Nicola Indian Band  
181 Nawishaskin Lane  
Merritt, BC V1K 0A7  
E-mail: hr@lnib.net  
Fax: 250-378-6188

**Deadline to apply:** Open until Position filled

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

## YOUTH EMPLOYMENT

<b>Position Title:</b>	<b>Homework Coordinator</b>
<b>Department:</b>	Lower Nicola Indian Band School
<b>Hours of Work:</b>	Up to 2 hrs/day (3 afternoons/week)
<b>Start Date &amp; Duration:</b>	2019/2020 School Calendar Year
<b>Wages:</b>	Hourly wage to be determined
<b>Reports To:</b>	Lower Nicola Indian Band Education Manager

### NATURE AND SCOPE OF WORK:

The Homework Coordinator is responsible for providing after-school homework support for Lower Nicola Band students. In addition, the Homework Coordinator will carry light supervisory duties and be a positive role model to students.

### DUTIES AND RESPONSIBILITIES:

- Coordinate and/or schedule Homework Club hours with Education Manager.
- Organize the Homework Club environment to promote productivity, learning, and facilitate a learning climate that is open and non-threatening.
- Supervise students in the after-school Homework club
- Utilize school agenda books to keep in communication with school teachers
- Assist students' learning while they complete assignments.
- Check completed work for errors and go over them with students for correction.
- Assist students with organizing their work.
- Monitor, observe, and document each of the students' progress.
- Provide feedback to students using positive reinforcement techniques.
- Complete evaluation of Homework Club Program.

### QUALIFICATIONS REQUIRED:

- Current Grade 11/12 student with strong standings in core subjects preferred
- Possess superior communication skills (verbal and written).
- Strong organizational and planning skills.
- Possess proficient computer skills.
- Possess a BC Class 5 Driver's License, have access to a reliable vehicle required, or be able to get to work site.
- Previous experience would be considered an asset.
- Must be reliable, self-motivated and able to work independently.

**Application Deadline: Open until position is filled**

**Apply at:** <https://secure.collage.co/jobs/lrib/13127>

**Or email:** [HR@LNIB.net](mailto:HR@LNIB.net)

We thank all applicants and advise that only those individuals short-listed will be contacted for interviews. Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry. While preference may be given to applicants of Aboriginal Ancestry, qualifications must be suitable to the position requirements.



## CATERING OPPORTUNITIES

A poster for a catering request. At the top, there are icons of a glass with a drink, a set of cutlery (spoon, knife, fork), a circular logo with a hand and sun, another set of cutlery, and a bowl of food. The text "CATERING REQUEST" is in large, bold letters, with "CATERING" in yellow and "REQUEST" in white. Below this is a wavy line of yellow dots. The text "Scw'exmx Child and Family Services Society" is in white. A horizontal line separates this from the details. On the left, under "Serve 100 people", are requirements: "Must have food safe", "Snacks, Water, Coffee & Tea", "Must include diabetic options", "Nlaka'pamux & Syilx Traditional Dishes", "Dinner to follow at 6PM", "Responsible for cleanup of kitchen", "Must provide own supplies", and "Cookware, Condiments, Utensils, Plates etc.". In the center is a yellow vertical bar with the text "WHEN & WHERE". To the right, it says "March 13, 2020", "Civic Centre Merritt", and "4PM-8PM". At the bottom, it says "Deadline for bids February 28 by 4:00pm" and "Please send bids to Raleigh at raleigh.isaac@scwexmx.com or in person at 1988 Quilchena Ave. Merritt, BC V1K 1B8".

**CATERING REQUEST**

Scw'exmx Child and Family Services Society

---

**Serve 100 people**  
**Must have food safe**

Snacks, Water, Coffee & Tea  
Must include diabetic options  
Nlaka'pamux & Syilx Traditional Dishes  
Dinner to follow at 6PM  
Responsible for cleanup of kitchen  
Must provide own supplies  
Cookware, Condiments, Utensils, Plates etc.

**WHEN & WHERE**

March 13, 2020  
**Civic Centre Merritt**  
4PM-8PM

---

**Deadline for bids February 28 by 4:00pm**  
Please send bids to Raleigh at [raleigh.isaac@scwexmx.com](mailto:raleigh.isaac@scwexmx.com)  
or in person at 1988 Quilchena Ave. Merritt, BC V1K 1B8

## GREETINGS

Happy 17th Birthday to Sophie Beckett on Feb.16th.  
We love you all the way to Yellowknife and Back!  
Love Mom, Dad, Megan, Dom, Evan, and the Kato Potato.

Happy Birthday to that Highway thru Hell guy Jim Beckett  
on Feb. 26th.

We love you all the way to Yellowknife and back!  
Terri, Sophie, Megan, Dom, Evan and of course Kato Babies!



Happy 17th Birthday to my granddaughter Sophie Beckett on February 16th.  
Love Grama and Cha Cha

Happy Birthday to Jim Beckett on February 26th  
Love Maggie

Our Condolences to the family and friends of George Shuter, and the  
family and friends of Gloria Swakum.

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

**Angie Bain**  
Over 20 years experience providing 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 Jewelry

**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

**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@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

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

Rona Sterling-Collins

info@ronasterlingconsulting.com

**Godey Creek Consulting**

Sue Sterling

suesterling75@gmail.com

**Glenn Stirling**

Stirling Instrumentation Maintenance,

Calibration & Electrical

(403) 971-6432 gqstirling@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



## CULTURE CENTER PHOTOS





**33RD ANNUAL JR. NATIVE HOCKEY TOURNAMENT**



***Nicola Valley Junior Native Hockey Association***

P.O. Box 1294, Merritt, B.C. V1K 1B8

Fax (250) 378-2025    Phone: (250) 378-4905

*email: billbose2012@yahoo.com*

**\*Initiation**

**\*Atom**

**\*PeeWee**

**\*Bantam**

**\*Midget/Juvenile**



***In the Beautiful  
Nicola Valley  
at Merritt Arena  
& Shulus Arena***

***March 26, 27, 28 & 29, 2020***

**Daily Admission \$5.00 per person**

**Children Under 12 and Seniors Free Admission**

***Come watch our youth from  
Shulus, Coldwater, Upper Nicola and all over  
the Beautiful Nicola Valley and the  
Amazing Talent from around Western Canada***

## THE BACK PAGE

Ah Valentines Day! It seems we need a day to remind us to tell our loved ones that we care. When you're dating February 14th becomes a trap – impossible not to have high expectations from the female's point of view; impossible not to be disappointed because the males don't read romances and have no idea of the expectations. Much easier when you're in a long-term relationship and the token of the day can be small and surprising, or the day is ignored because you're "long past that nonsense". I vote for the small and surprising token – a favorite chocolate bar, a single flower, a love note in the lunch bag.

I remember the excitement of Valentines Day when I was in Grades two, three and four. It was a huge honour be tasked with decorating the Valentines post box for the class. That typically involve using up all your mom's tin foil for wrapping it, and then decorating with cut out red hearts on white paper doily backgrounds.

The Valentines themselves came in a giant book and each needed to be cut out carefully and then addressed. The rules were that everyone in the class got one (so no one felt left out or slighted), therefore there was much decision making in who would get the "special" ones. I don't think we signed them – admiration was anonymous. Sad how times have changed: Now I think if I got an anonymous card expressing loving feelings, I would feel more stalked than grateful for the token and would spend time analyzing the handwriting!

February is heart month. Along with Valentines Day, it's a reminder to be good to ourselves and to pay attention to our hearts. A healthy heart and the healthy lifestyle needed to keep it that way is the best gift you can give yourself and your family. Do you know what your blood pressure is? How about your sugar levels? Maybe it's time to do a check-in with our health team. And of course, laughter is the healthiest medicine. Wishing you and yours health and a Happy Valentine's day – may all your surprises be good ones.

--Ruth Tolerton, Communications Coordinator

*"The lingerie store where my aunt works was crowded with shoppers selecting Valentine's Day gifts for their wives. A young businessman came to the register with a lacy black negligee. My Aunt noticed that the next customer, an elderly farmer, was holding a long flannel nightgown and kept glancing at the younger man's sexier choice. When it was his turn, the farmer placed the nightgown on the counter. 'Would you have anything in black flannel?' he asked."*

— Contributed by Christine A. Pandolfo in Readers' Digest