



April 2020 N?e?iyk Spíləxm

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Drop Box at Band
Office:

Effective Monday,
 April 6 you will be able
 to drop off mail for
 LNIB staff through a
 secure drop box by
 the entrance of the
 Admin building at 181
 Nawishaskin Lane.
 Please make sure we
 can tell who the mail is
 from.



HELP FOR MEMBERSHIP

LNIB cannot help you if we do not know how to get in touch.

Please make sure we have your current contact information. You can email it to communications@lnib.net

or fill in the form on the home page of our website: <https://www.lnib.net/>

KʷUKʷPI? STU JACKSON

heñł? kʷ Lower Nicola Band members and community members.

I hope that each one of you are making your best efforts to stay safe and healthy

during these very difficult and troubling times. As many of you may already know, I have been making a conscious effort through social media, to communicate to all of you of the great importance for all of us to self-distance and self-isolate. I realize that this isn't the easiest thing to do as we worry for our family's and friend's, however, we all have a responsibility to do our part in flattening the curve of this dreaded Coronavirus (Covid-19).

Chief and Council, along with Band Administration are doing as much as we can to address the many needs and requests that are coming from the community and abroad. Council has been meeting every week as a Council to address the administrative concerns that are required so that our funding agreements do not get compromised.

Council and our Sector Director's have also been meeting weekly to discuss and provide updates to ensure that we are all on the same page as we navigate through this pandemic. It is our priority as your Leadership to do all that we can during this difficult time to provide the necessary support to our Elder's, our SA clientele, our children, our vulnerable family's and vulnerable members and our membership as whole.

As a matter of procedure, our Administration

has enacted the Band's Emergency Plan which effectively puts the EOC in place at level 1. That means that we are in a phase that doesn't require a physical ops centre but gives us a task number from the Provincial Emergency Management Centre for potential cost coverage.

Our senior Administration and their teams are working around the clock to respond to the heavy flow of phone calls, emails and text messages from concerned band members and community members.

As this virus continues to spread throughout, it has become very apparent that the stress levels are increasing rapidly. All that I request as your kʷukwpi? is to please try to remain calm and patient. We are doing our very best to be inclusive of all our members, whether you live on reserve, live in the Nicola Valley or abroad. We are the largest band in the Nicola Valley and our responsibilities to the membership are quite vast. Our band has been in contact with ISC, Indigenous Services Canada on a regular basis and we are working to access emergency funding to help support our community. There are some stipulations and discretionary measures that must be considered, and we are working tirelessly to identify how we can enhance our services to all our LNIB members.

I can appreciate the frustration that many of you may feel regarding the service delivery from the band during this challenging time. We are under very extraordinary circumstances. This pandemic is something our community has never seen before. It is fearful in many ways because there is no vaccine to kill this virus to date. Like I mentioned before, as a band we are doing

the best we can at this time, with the resources we have. We will continue to work with and collaborate with all our funding sources to seek assistance and support to better serve our membership. In the meantime, it is very important that we continue to keep our distance from one another and keep sanitized.

Our office numbers are still operational, and I encourage all members to call if you require assistance in any way:

250 378 5157 – Band office
 250 378 4089 – Health Centre
 1-888-447-1744 - Toll free

As many of you may have noticed, my message this month has primarily been focused on the pandemic, and I did not do my usual report on my day to day activities for the month of March. My hope is that we can get back to normal real soon, and we can begin to operate as a normal functioning organization. As we move forward through this pandemic, it is our commitment as a Council to continue with business as usual, but we are aware that things could change suddenly. Once again, I ask for your patience and understanding. It is very important that we take care of ourselves. If we don't care of our own well-being how can we care for our loved ones that may be in need? Practice self-distancing (2 meters apart), keep sanitized (wash your hands frequently), keep in contact with your family as much as possible, avoid gatherings. I wish all of you my thoughts and prayers that you all stay safe and healthy.

húmeł
 kʷukʷpi? Stu Jackson

Chief and Council AttendanceTerm October 2019-September 2022

Month	Meetings Called	Stuart Jackson	Bill Bose	Spence Coutlee	Robin Humphrey	Connie Joe	William Sandy	Lucinda Seward	Aaron Sumexheltza
Oct- 19	4	4	3	4	3	4	4	3	4
Nov- 19	5	4	5	4	5	5	5	3	2
Dec- 19	3	2	2	2	3	2	3	3	3
Jan- 20	2	2	1	2	2	2	2	0	1
Feb- 20	4	4	4	2	4	4	4	3	4
Mar- 20	3	3	3	3	3	3	3	3	3
TOTAL	21	19	18	17	20	20	21	15	17

As of March 30, 2020

EXECUTIVE DIRECTOR



Dear LNIB Members,

The past few weeks have been challenging for all of us. On March 11, 2020, the World Health Organization officially designated COVID-19 – often referred to as the coronavirus – a pandemic.

In the last few weeks, the measures taken by the Canadian governments and businesses to respond have been unprecedented and have included the sudden closure of public facilities and private businesses across the country and directing employees to work from home. All of these measures have been taken to stave off the severe ramifications for the healthcare system should COVID-19 spread too quickly. As a result of Canadian governments stepping up their recommendations to limit as much as possible, the exposure of the COVID-19, LNIB made the decision to close our offices on March 18, 2020.

All staff have transitioned to remote work locations, our homes, and continue to be committed to delivering services to our member. As much as possible, we have transitioned to our new work reality with minimal delays. You can still reach all staff by phone and/or email and we continue to be here for you in these uncertain times.

Here are some of the things we are working on:

Human Resources: This month for new staff is Tia Powell, receptionist at the Health Center. Welcome to the Lower Nicola Indian Band team. We welcome back Katolina Peterson, Chris Doucette to the Shulus Garden and Ted Sterling, Facilities Manager to the Infrastructure Sector. Employees who have moved on to other endeavors are Krystal Langager, Human Services Finance Administrator well wishes for your continued success. Currently our job opportunities are Office Administrator, Lands Researcher, Lands Agent, Speech Language and Literacy Education Assistant, and Traditional Land Use Coordinator 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 March 2nd and 9th. School Board and Finance and Audit Committee meetings were cancelled for the month of March. All committee meetings are open to the membership to join.

Community Meetings and Workshops: All staff took part in de-escalating hostile situations, this training was facilitated by the RCMP – Thank you to Constables Rose Grant and Tracy Dunsmore for the great workshop. Upcoming workshops were all postponed and cancelled due to the Covid-19 Coronavirus pandemic and the constraints of Social Distancing. There will be some opportunities presented online please watch for the advertisements for these.

Support to Chief and Council: Chief and Council met March 3rd, 10th, 24th and 31st and the meeting scheduled for the 17th was cancelled due to the Covid-19 Coronavirus pandemic. The

band general scheduled for March 30, 2020 was cancelled due to the constraints of the Covid-19 Coronavirus and self-distancing. Should you require anything on the Chief and Council agenda scheduled for April please contact Sondra Tom or me. We are also working on a system that allows members to attend the C&C meetings via Skype, so if you would like a link to the meetings please let me know and we will make it happen.

In the meantime, please take care of yourselves and one another.

Kari Reilander

LINKS TO INFO AND FORMS

Government of BC Covid 19 links and assistance: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

Applying for EI Benefits: <https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>

Interior Health: <https://news.interiorhealth.ca/covid-19/>

Self Symptom Checker: <https://bc.thrive.health/>

Federal Emergency Response Benefit: <https://www.cp24.com/news/how-to-prepare-application-for-the-new-canada-emergency-response-benefit-1.4876215>

BC Ferries info:

https://www.bcferry.com/current_conditions/travel-advisory.html

LNIB Information:

<https://www.lnib.net/emergency-preparedness/>

EDUCATION**LOWER NICOLA
INDIAN BAND****March 27, 2020****Director of Education Letter to Parents and LNIB Community**

On behalf of the Lower Nicola Indian Band Education Sector I would like to first begin by acknowledging what a challenging time it has been for all of us, especially what everyone has had to endure over the last two weeks. The COVID-19 pandemic has impacted all levels of society, including our own region, as regular activity has been both changed and felt by family, friends, and community members. I want to assure our students, parents, and members that while delivery of programs and services may look a little different during this unprecedented time, our priorities to support students have not changed and we will continue to assist with all identified needs.

As you know K-12 in-class instruction has been suspended, and until we hear otherwise from the Provincial Health Officer, this order could be in place for the remaining school year with students not attending on-site classrooms. The LNIB School will not be open to the public during this time to ensure the workplace is safe for staff who may need access to school resources on a rotating schedule. The school principal and I will be meeting on Monday to discuss our 3-month framework for the remaining school year and then facilitate a virtual meeting with our staff to assist in solidifying the learning plans. Teachers will be contacting parents before the end of the week to share how these learning plans will work with students and gather information to adapt them if needed.

For LNIB members with children enrolled at public schools the processes will be similar to LNIB School as they will also be providing learning experiences outside a regular routine. While the Ministry has mandated continuity of learning must be implemented in all school plans, there is no formal template in place; therefore, every school in the province will create learning programs that make sense to specific sites and these will be shared with parents as soon as they are in place. Sharon Parsons has been communicating with SD58 on a regular basis and she is the person to contact at 236-575-2105 if any LNIB members have questions with public school programs.

We know there will be ongoing questions as we move forward, and while we have little to no control of the changes we are directed to make, both the school and LNIB Education department will keep everyone informed of current happenings and respond to all inquiries as soon as possible. Communication is vital during times of crisis and we want to be as transparent as possible to ensure everyone is both well informed and supported.

Please check our electronic communications often as we will be utilizing these platforms to make information widely available (LNIB Website and Facebook). You can also call me anytime and I will be sure to either answer your questions directly or have someone from my team get back to you with the information you are requesting. My direct line is 236-575-2135 and if I am unable to answer your call right away please leave me a message and I will return your call within 24 hours. I can also be reached at Shane.Coutlee@lnib.net and this too will have a response in a reasonable time. Please feel free to contact me outside regular hours if it fits your schedule better.

Thank you very much for both your patience and understanding. Please take care of yourself and loved ones!

Shane Coutlee
Director of Education

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

**LOWER NICOLA
INDIAN BAND**

March 17, 2020

Attn: Parents of Lower Nicola Indian Band School

Re: COVID-19 and Provincial Health Officer Direction

Dear Parents/Guardians, and School Staff:

Earlier today the BC Government announced that all Public and Independent K-12 schools in the province will immediately suspend classroom instruction until further notice. As a result of this announcement Lower Nicola Indian Band School will be closed to all students indefinitely.

This decision is based on the formal advice of the Provincial Health Officer and is intended to protect students, staff, and communities. It is considered a necessary measure to decrease the spread of the COVID-19 virus.

BC Education Minister Rob Fleming delivered the announced at noon today and has since released a document restating what was said at the media conference. Please find attached this document for your reference.

We would like to remind everyone with the same message being directed by the provincial government pertaining to travel, self-isolation, hand hygiene, and social distancing and to keep each other informed of the latest developments shared by local, regional, provincial, and national agencies.

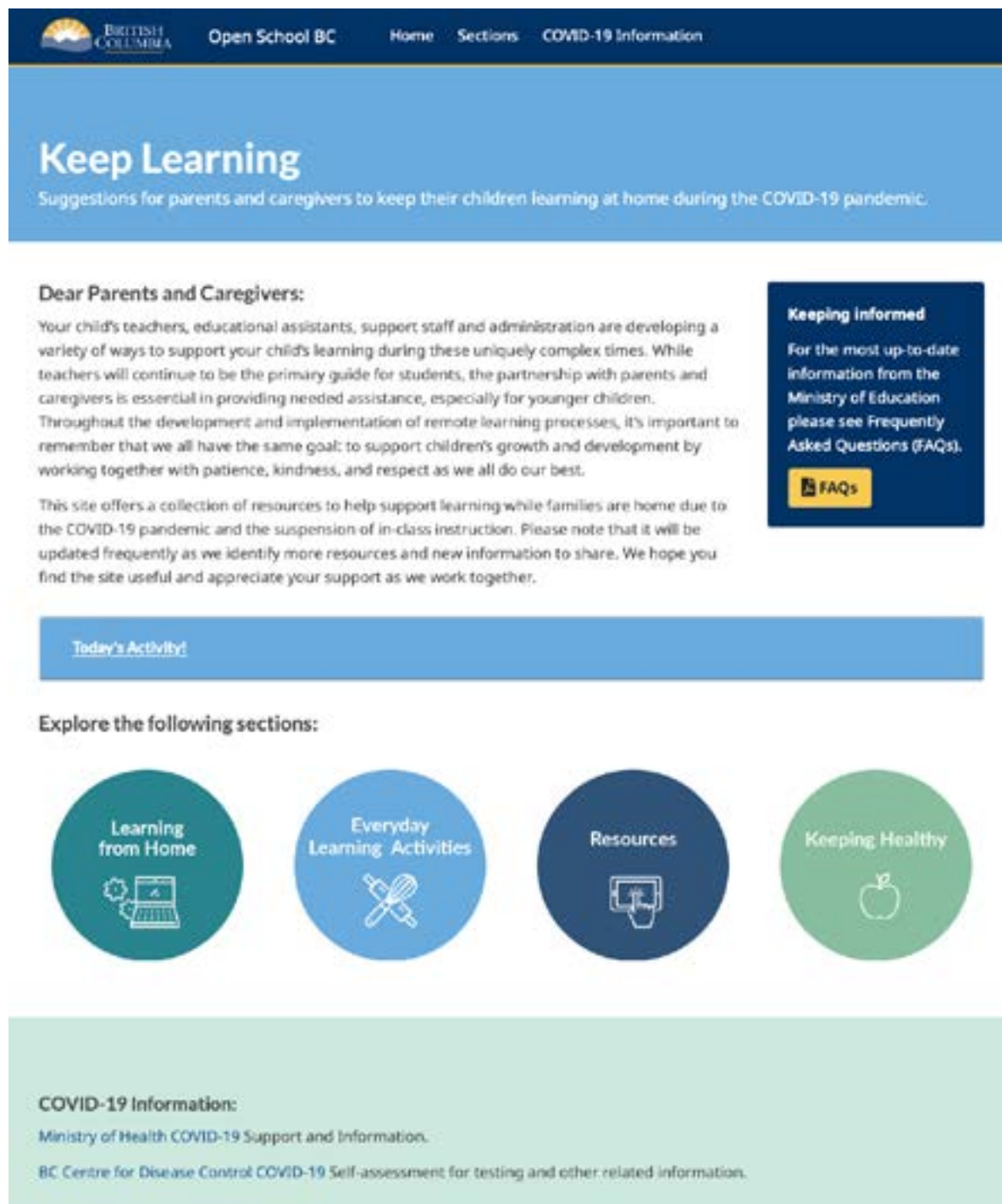
As was stated by BC Government schools will begin planning with education stakeholders to ensure continuity of learning will occur. The situation is unprecedented, and as such, procedures are fluid as we create alternative delivery methods of curriculum. Minister Fleming stated he would keep us all informed on next steps and we will provide these updates as we receive them via our current communication methods.

Respectfully,

Shane Coutlee
Director of Education

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

LEARNING DURING PANDEMIC



Open School BC Home Sections COVID-19 Information

Keep Learning

Suggestions for parents and caregivers to keep their children learning at home during the COVID-19 pandemic.

Dear Parents and Caregivers:

Your child's teachers, educational assistants, support staff and administration are developing a variety of ways to support your child's learning during these uniquely complex times. While teachers will continue to be the primary guide for students, the partnership with parents and caregivers is essential in providing needed assistance, especially for younger children. Throughout the development and implementation of remote learning processes, it's important to remember that we all have the same goal: to support children's growth and development by working together with patience, kindness, and respect as we all do our best.

This site offers a collection of resources to help support learning while families are home due to the COVID-19 pandemic and the suspension of in-class instruction. Please note that it will be updated frequently as we identify more resources and new information to share. We hope you find the site useful and appreciate your support as we work together.

Keeping Informed

For the most up-to-date information from the Ministry of Education please see Frequently Asked Questions (FAQs).

[FAQs](#)

Today's Activity:

Explore the following sections:

- Learning from Home**
- Everyday Learning Activities**
- Resources**
- Keeping Healthy**

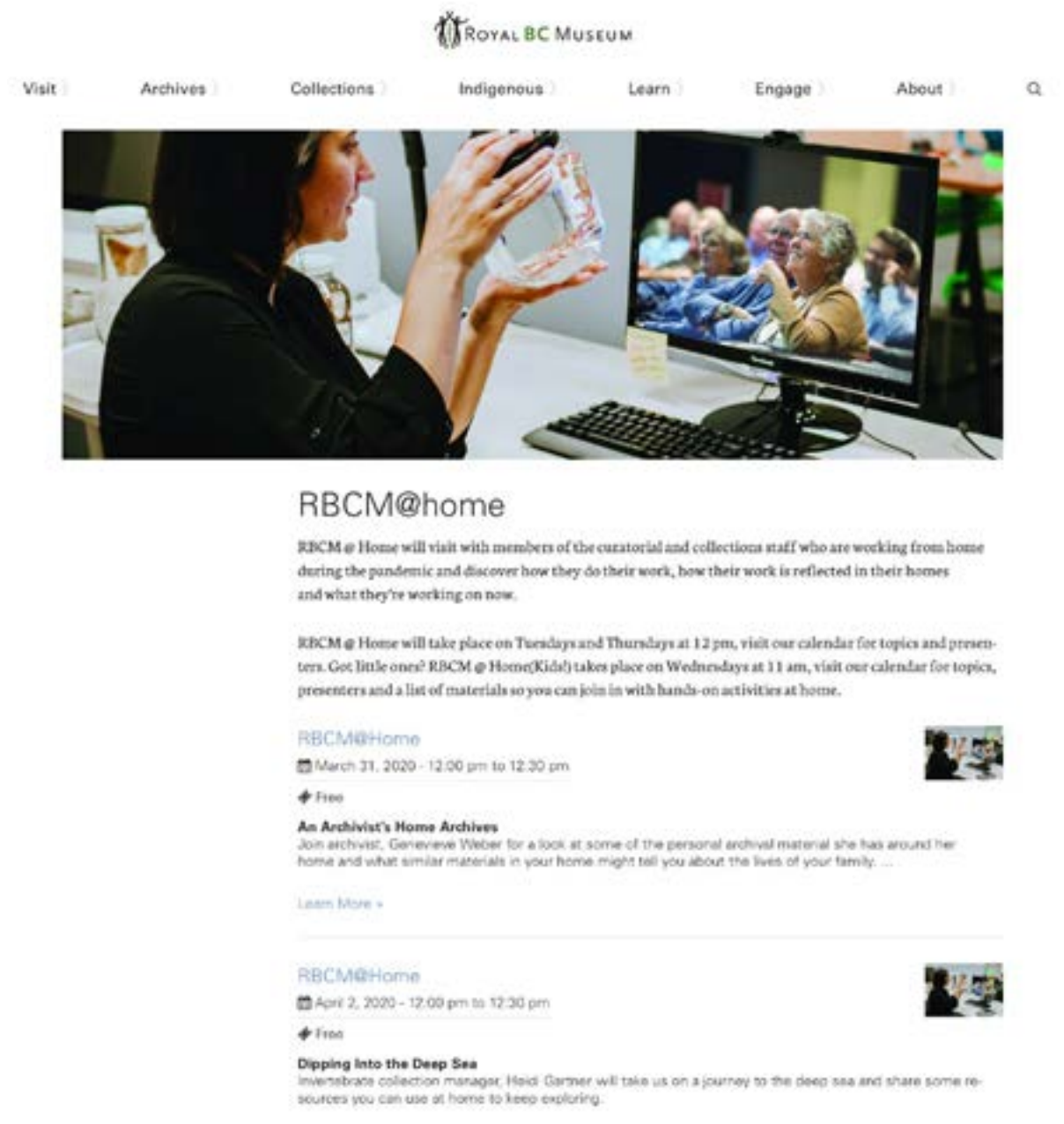
COVID-19 Information:

Ministry of Health COVID-19 Support and Information.

BC Centre for Disease Control COVID-19 Self-assessment for testing and other related information.

Website Address for These Resources:

<https://www.openschool.bc.ca/keeplearning/>



The screenshot shows the Royal BC Museum website. At the top is the museum's logo and a navigation bar with links: Visit, Archives, Collections, Indigenous, Learn, Engage, and About. Below the navigation bar is a large image of a woman holding a small object, with a computer monitor in the background showing a group of people. The main heading is "RBCM@home". The text below explains that the program features curatorial and collections staff working from home during the pandemic. It also mentions that the program takes place on Tuesdays and Thursdays at 12 pm, and on Wednesdays at 11 am for kids. Two specific events are listed: "An Archivist's Home Archives" on March 31, 2020, and "Dipping Into the Deep Sea" on April 2, 2020. Both events are free and include a "Learn More" link.

ROYAL BC MUSEUM

Visit Archives Collections Indigenous Learn Engage About Q

RBCM@home

RBCM @ Home will visit with members of the curatorial and collections staff who are working from home during the pandemic and discover how they do their work, how their work is reflected in their homes and what they're working on now.

RBCM @ Home will take place on Tuesdays and Thursdays at 12 pm, visit our calendar for topics and presenters. Got little ones? RBCM @ Home(Kids!) takes place on Wednesdays at 11 am, visit our calendar for topics, presenters and a list of materials so you can join in with hands-on activities at home.

RBCM@Home
March 31, 2020 - 12:00 pm to 12:30 pm
Free
An Archivist's Home Archives
Join archivist, Genevieve Weber for a look at some of the personal archival material she has around her home and what similar materials in your home might tell you about the lives of your family. ...
[Learn More >](#)

RBCM@Home
April 2, 2020 - 12:00 pm to 12:30 pm
Free
Dipping Into the Deep Sea
Invertebrate collection manager, Heidi Gartner will take us on a journey to the deep sea and share some resources you can use at home to keep exploring.

Website Address for These Resources:

<https://royalbcmuseum.bc.ca/rbcmhome>

WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation.
But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do the next right thing.**



Children and Family Development

Extended supports help youth in care during pandemic

Share



News Release

Victoria

Monday, March 30, 2020 5:15 PM

Media Contacts

For non-medical information relating to COVID-19:

Visit:

www.gov.bc.ca/COVID19

Email: servicebc@gov.bc.ca

Or call: 1 888 COVID-19

Ministry of Children and Family Development

Government

Communications and Public

Engagement

250 356-1639

More from this Ministry

- [Factsheets & Opinion Editorials](#)
- [Visit Ministry Website](#)

Featured Topics

- [Kids Help Phone – Call toll-free in B.C. 310-1234 \(no area code required\)](#)
- [Affordable Child Care Benefit](#)
- [Child Care](#)
- [Adoption](#)
- [Fostering](#)

Youth in care will not age out of services during the COVID-19 pandemic and those who have recently aged out will get extra assistance.

"During these uncertain times, youth deserve our steady, consistent support to help them through," said Katrine Conroy, Minister of Children and Family Development. "We don't want anyone to fall through the cracks, so we've taken emergency steps to ensure young people in and from care can continue getting the services they count on."

Youth and young adults from care will continue receiving the same level of service during the pandemic, even if they were set to age out. This enables extra stability and support for young people who might otherwise face housing, educational and employment uncertainty. Youth currently living in foster care, contracted residential agencies or with relatives through the extended family program will be able to stay where they are. Social workers are modifying agreements to allow youth and caregivers to extend their current living arrangements once a youth reaches 19 years old.

Young adults between the ages of 19 and 27 who are enrolled in the Agreements with Young Adults (AYA) program will continue to receive financial support despite school closures and other training program interruptions caused by the current pandemic. If applicable, these young adults may also be eligible to receive an extension of AYA support beyond the current maximum of 48 months. Youth who are nearing the end of an Independent Living or Youth agreement will be given options allowing them to continue receiving monthly living expenses past their 19th birthday. Social workers are contacting youth to guide them through this process.

Additional efforts will be made to locate young adults who have recently aged out of care to connect them to other lines of available support, like the B.C. Emergency Benefit for workers and the Federal Emergency Care Benefit.

These interim measures further complement government's \$5-billion COVID-19 Action Plan to provide income supports, tax relief and direct funding for people, businesses and services.

Learn More:

For information on B.C.'s COVID-19 Action Plan and other government resources and updates, visit: www.gov.bc.ca/covid19

Agreements with Young Adults: <https://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/teens-in-foster-care/agreements-with-young-adults>

For non-medical related information on COVID-19, visit: www.gov.bc.ca/covid19

Or call: 1 888 COVID-19

For medical-related information on COVID-19, visit: www.bccdc.ca

Or call: 811

Simple Activities for Children and Adolescents

Activities for children and adolescents with no screen time:

- ___ Tell stories.
- ___ Tell exaggerated "Stories" of the "old days" to entertain.
- ___ Put on mini plays or skits. Have children act out different characters.
- ___ Play "Story Building." One person starts the story, and then other family members add to it.
- ___ Share secrets, most embarrassing moments, wishes, and/or dreams.
- ___ Make up different dances or dance to known songs (i.e., the hokie pokie). Have a dance contest.
- ___ Have a Karaoke night. Children can sing their favorite songs.



Education Sector's Lead Contacts:

Director of Education:

Shane Coutlee
236-575-2135
ShaneCoutlee@lnib.net

Education Department:

Sharon Parsons	236-575-2105	Sharon.Parsons@lnib.net
Gail LaRochelle	236-575-2104	Gail.LaRochelle@lnib.net
Rhonda Dunn	236-575-2100	Rhonda.Dunn@lnib.net

School/Head Start

Angie Sterling	236-575-2116	Angie.Sterling@lnib.net
Tamika Bob	236-575-2131	Tamika.Bob@lnib.net
Sioux Swakum	236-575-2128	Sioux.Swakum@lnib.net

MENTAL HEALTH SELF CARE

Self-Care and Resilience

When life gets busy and our sense of well-being and balance is affected, we often forget to take care of ourselves or we look for quick fixes or solutions to problems. Building self-care into your daily or weekly routine can greatly improve resilience and prevent burnout.

Create a self-care and resilience plan: Use this worksheet to map out how and when to use these self-care practices and resilience building strategies. Identify what you need support with and find people and resources that can support you. Take time to discover these supports now so they will be easier to access when you actually need them.

Put a checkmark next to the items that you think might be helpful and that you are willing to try. Pick some key ones for you – many strategies may look interesting but focus on those you feel you will have time to work on and incorporate them into your daily or weekly routines:

- Write in a journal
- Volunteer for a cause meaningful to you
- Make a gratitude list
- Take a fresh air break
- Meditate or listen to guided visualization
- Cuddle with pets
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Photography
- Read a good book
- Write a blog
- Spend time outdoors, if possible
- Go for a drive
- Exercise
- Join an online social club
- Nutrition – increase healthy food choices
- Turn off electronic devices
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Join an online support group
- Have a virtual game night with friends
- Work in the garden
- Get creative: draw, paint, write a song, or cook a new meal
- Try a new hobby
- Have an adventure day
- Creative arts
- Spend time with your children – read to them, listen to their laughter, play with them, etc.
- Create a poster with images of a positive vision
- Listen to enjoyable podcasts or videos

Source: Adapted from Self-care starter kit, Homewood Health

Next Step: On the next page, list your top 3 items and plan when, how and who can support you.



My Self-Care and Resilience Plan

My top 3 Self-Care Strategies or Resources	When will you do this? How? Who or What can support you?
1.	
2.	
3.	

Make a commitment to yourself to practice your self-care routine as often as you can.



Mental Health Resources

National, Provincial and Territorial Crisis lines:

National Crisis Hotlines

[Kids Help Phone](#)

1-800-668-6868

[Crisis Services Canada](#)

1-833-456-4566 or text 45645

[First Nations and Inuit Hope for Wellness Help Line](#)

1-855-242-3310

[Canada Drug Rehab Addiction Services Directory](#)

1-877-746-1963

[National Eating Disorder Information Centre](#)

1-866-633-4220

National Resources for Information about Mental Illness

[Bell Let's Talk](#)

[Canadian Association for Suicide](#)

[Prevention](#) (not a crisis line)

613-702-4446

[Canadian Mental Health Association](#)

416-646-5557

[Canadian Psychological Association](#)

1-888-472-0657

[Mood Disorders Society of Canada](#)

613-921-5565

[Schizophrenia Society of Canada](#)

1-800-263-5545

[Mental Health Commission](#)

613-683-3755



British Columbia Crisis Hotlines

[Crisis Centre](#)

1-800-784-2433

No area code needed: 310-6789

British Columbia Resources

[Canadian Mental Health](#)

[Association - British Columbia](#)

[Division](#)

1-800-555-8222

[HeretoHelp](#)

1-800-661-2121

[Youth in B.C. online chat](#)

Greater Vancouver: 604-872-3311

Howe Sunshine & Sunshine Coast:

1-866-661-3311

[Aboriginal Wellness Program](#)

(604) 736-2033 or 1-866-884-0888

[B.C. Psychological Association -](#)

Find a Psychologist

1-800-730-0522

[B.C. Problem Gambling Help Line](#)

1-888-795-6111

Alberta Crisis Hotlines

[Distress Centre](#)

403-266-4357



Alberta Resources

[Canadian Mental Health](#)

[Association - Alberta Division](#)

780-482-6576

[Suicide Information and Education](#)

[Services](#)

403-342-4966

[Psychologists Association of](#)

[Alberta](#) - Find a Psychologist

1-888-424-0297

Saskatchewan Crisis Hotlines

[Saskatoon Crisis Intervention](#)

[Service](#)

306-933-6200

[Mobile Crisis Services](#)

306-757-0127

Saskatchewan Resources

[Canadian Mental Health](#)

[Association - Saskatchewan](#)

[Division](#)

1-800-461-5483

[Psychology Association of](#)

[Saskatchewan](#) - Find a

Psychologist

Additional reading:

Coping with Stress: World Health Organization

[WHO Coping with stress during COVID-19](#)

[WHO helping children cope with stress during COVID-19](#)

Wellbeing and Working Remotely:

How to Work from Home if You Have Never Done it Before:

<https://www.nytimes.com/2020/03/12/smarter-living/how-to-work-from-home-if-youve-never-done-it-before.html>

Coronavirus and your Wellbeing:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseca1d7>



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Contact us: mhfa@mentalhealthcommission.ca

Visit: www.mhfa.ca/en

Follow us:  /MHFA.Canada
 /MHFA_PSSMCanada

HELPING CHILDREN COPE WITH STRESS



World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

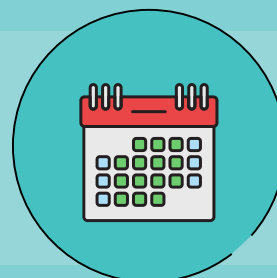
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

YOGA AT HOME

LNIB Recreation are in support of people being home during this time and would like to provide some healthy activities. Akasa yoga has reached out and will be holding live streaming classes for anyone from LNIB who would like to join.

How does it work?

The classes will be live streamed on the Akasa private group page through Facebook (schedule will come out soon), and they'll be up for 24 hours so that people can do them when it's convenient (ie: when the kids are in bed or whatever works best). Basically it's unlimited access to all of our classes. If you are an LNIB member let them know when you sign into take any classes.

Hope everyone is staying safe and social distancing!

If you have any questions please contact Recreation Coordinator, Chelsea Spahan.

Chelsea.spahan@lnib.net or phone: 250-315-3379



LANDS DEPARTMENT UPDATES

LANDS DEPARTMENT UPDATES

With LNIB offices closed, Lands Department staff are working remotely from home. We are still accepting member requests and enquiries regarding LNIB lands, though they may take a bit longer to process and address.

LNIB land requests and enquiries can be directed to the Lands Manager, Brandi O'Flynn, by emailing Brandi.OFlynn@lnib.net or by calling the main LNIB line (250-378-5157).

Here are updates on some of our interdepartmental projects and services:

IRRIGATION DITCH



Activities related to the maintenance and operation of the irrigation ditch on Nicola Mameet IR No.1 have been put on hold during the current pandemic. If there are any changes or updates to this situation, they will be posted online on the Infrastructure Department's "[Irrigation Ditch 2020](#)" page on the LNIB website and in the LNIB monthly newsletter.

Questions or concerns regarding the irrigation ditch can be directed to Hyrum Peterson by email at Hyrum.Peterson@lnib.net or by phone at 236-575-2071.

FIRST NATIONS MARKET HOUSING FUND (FNMHF) PROGRAM



At their March 24th meeting, Chief and Council voiced their support of the FNMHF and their desire to keep this program available to members. Under LNIB's Financial Administration Law, policy shall be created to guide LNIB loan guarantees within the FNMHF program.

This policy will empower LNIB members to utilize the FNMHF program for housing loans for purposes including building, buying, renovating, and refinancing homes on reserve.

Stay up to date with information about the FNMHF program at LNIB through newsletters and the LNIB website news.

MEMBERSHIP SERVICES



Indigenous Services Canada's (ISC) BC office is currently closed, which may cause delays for status cards and registration requests. Additionally, LNIB's "paper laminate" Certificate of Indian Status (CIS) cards services are on hold for now.

If your status card is **expired**:

- merchants may accept it with supporting photo ID;
- you can apply for the Secure Certificate of Indian Status (SCIS) card by mail (forms online) & use the free SCIS photo app in place of a passport photo.

If your status card is **lost**, you can call the ISC Public Enquiries line (1-800-567-9604) to request a Temporary Confirmation of Registration Document.

See the LNIB website page "[COVID-19 & Status Cards](#)" for more information.

SHULUS COMMUNITY GARDEN REPORT

Greeting from staff at Shulus Community Garden.

The garden was opened on March 03.

Karolina Peterson started to plant seeds for the community garden. We reorganized our workspaces to make room for seed beds and grow lights. Lorna moved her office back into the Garden Center and is momentarily working from home as per instructed by L.N.I.B. Leadership. The garden soil is still in frozen, but we are currently putting our minds to designing the layout of the garden rows etc. Chris Doucette started working at garden March 31; he will be working outside to set up garden structures and preparing for the next garden season.

However, due to the corona virus, we must close the gardens to all volunteer activities until further notice.

Meanwhile, the West Coast Garden Guide and Seed book has been delivered to all the LNIB departments and school staff, inviting their participation with Shulus Garden activities. You may access the same seed catalogue at <https://www.westcoastseeds.com/>

So, far the Language Nest Program members came by and we planted Steweta, Elderberry and Marigold seeds. They have sprouted and grow under the grow lights. Thank you for donations of the wild seeds and your help to plant the seeds. We look forward to your company again soon.

LNIB Culture Center staff brought a bunch of elderberry stems to the garden and we have the cuttings sitting in water to sprout roots. We hope they will ready to plant later this spring.

The beehives are monitored, and we fed the hives a special type of Bee food 3 weeks ago. I see the bees buzzing around during warm weather. They are searching for water and food for their hive. It is still to cold to open the hives, so we will not be looking at the hive frames until late April or so and we will also keep the hives wrapped in their winter blankets until late May in order to keep the bees protected from the cold weather.

The worm farm inside has been fed and watered on a regular schedule. But now the outside worm farm will get taken care of by Chris.

The hoop house blew down months ago and now Chris will rebuild it so we can use it to harden off the seedlings in good time.

All in all the garden is moving right along and we are planning to grow a lot of food again this year. So, when we are open again to the public, we welcome you all to come for a visit and to get involved in the joy of gardening together.

Until then, we wish you the best and look forward to seeing you again soon.

Sincerely,
Lorna Shuter

LNIB MENTAL HEALTH TEAM

Hello LNIB family,

We are in such an unusual time right now. It's a strange thing for us in Canada to experience something like this. My family – and I'm sure yours too - has felt the tension. At first it's not a big thing as we seem to get more down time but now it has past that point and is creating it's own type of stress on us.

For some of us it is the fear of illness that hits inside. For others its the cabin-fever. Being cooped up on a day-after-day basis, less free to do life as we normally would. Each of these can slowly build up and add to our struggles with getting along, with getting by.

My family is in the same boat so I'm feeling it for all of us. We are a family of 4 with challenges at work, scrambling to make sure we have food stocked up, cautious about social contact and frustrated with the new limits on our freedoms. I believe there are things we can do to turn it into positives for ourselves and our loved ones.

I'm here and our LNIB Counseling and Wellness team are here to help wherever we can. I do have to do my support by text, phone or skype chat for now but many find that to be actually better for them as it is more private in some ways. Please don't hesitate to reach out to me if needed. Whether it's a one-time conversation or wanting some information by email or regular weekly support, I am here for you. My email is tony.broman@lnib.net and my work numbers are: 250 378 4089 (work) and 1-236-575-2110 (skype)

I'm keeping all of you in my thoughts and prayers at this time.

Take care, Tony



Hello my name is Tammy Armstrong and I am a Mental Health Counselor with the Lower Nicola Indian Band. I understand that during the current Coronavirus outbreak and self isolating may be triggering increased anxiety, depression and stress. I have been and will continue to be posting information on the LNIB Facebook page to give helpful information and expert tips on managing anxieties, depression and stress in these uncertain times. My primary task is to help ALL community members. Due to the self isolating I am working from home but I am available by phone, text or e-mail. Please know that you are not alone in this the mental health team is here to assist. Together we will get through this.

While you are in isolation due to COVID-19 crisis.
During these times of stress pay attention to your own needs and feelings.
Engage in healthy activities that you enjoy and find relaxing.
Exercise regularly, keep regular sleep routines and eat healthy foods.
Try and keep things in perspective.

You can reach me at (250) 315-7013 call or text or email:
tammy.armstrong@lnib.net

Did you know Elderberries not only help fight colds and flu, they help boost your immune system. Think elderberry tea, elderberry jam, elderberry syrup...

Other immune boosters in the natural world are: garlic, onions, ginger, mullein for coughs

Got meat bones in the freezer? A good, long simmered bone broth is SOOO good for you! Of course you can add onions and garlic.. and vegetables.

DEB JOHN TO THE COMMUNITY

From Deb John:

There is a lot of talk about protecting Mother Earth; some not wanting pipeline to go through lands, afraid of contamination.

We hate to say Mother Earth is in stress already. Hurting from so much disrespect. Using her, then leaving messes. With Spring upon us, let's as a community pick up our community, Pick up our community image and self esteem. Just by cleaning up the garbage and the weeds - not only in our own back yards but outside the fence too. Along the roads where we go. Help our view be more enjoyable.

Please help pick up and do not litter. Remembering what we do affects Mother Earth. Let's be a positive community that helps her be a happy, beautiful community.



FAMILY ACTIVITIES TEAM

Good afternoon !! I hope you all are doing as well as you can Through out this time !! I just wanted to jump on here and remind you that you are not alone , whatever you are doing right now to keep you and your family safe is enough some days are harder then others and maybe just getting up out of bed and dressed is all you have done well that's enough and I'm so proud of you !! I'm here we are in this together !!

Please reach out if you need someone to talk to I'm always one phone call or message away 250- 315-3661

Remember to breath

Together we are stronger

All my relations

Marilynne Munro and the
Family Activities Team

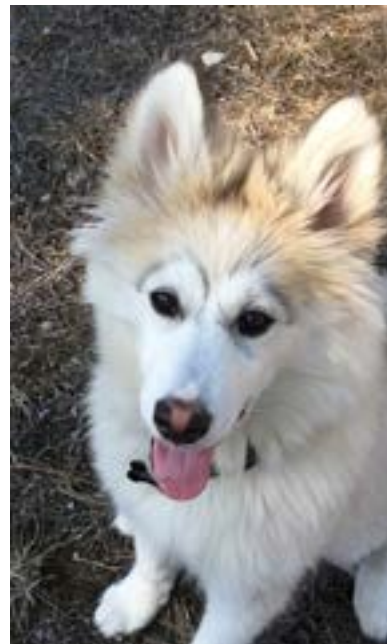
Here a couple fun ideas for chores



THE BACK PAGE

Oh yeah.... and Happy Easter from all of us to all of you! Let's hope that by mid month the weather will have turned warmer and that awful wind will have quit. I know we'll still be practicing social distancing but wouldn't it be nice to do it in a sunny yard!

So I'm one of the people working from home (or occasionally from the office where I'm by myself). The bonus about working from home is that I can have my cairn puppy in the room with me for comic



relief. There is another puppy but she prefers to play and run outside so she waits for break time. One pup weighs 4 lbs, the other close to 40. Neither are fully housetrained. Have I mentioned I miss the office?

Actually I think the hardest thing for all of us with the social distancing is missing the opportunities to connect and laugh with co-workers and friends. We have to put extra special effort into it. Remember, you can get together for a walk, just stay 2meters apart!

In the meantime...Pray! Pray for the world, pray for your loved ones, pray for warm weather, pray for keeping a sense of humour and patience.

Ruth Tolerton
Communications Coordinator