



Congrats to our Grads!



June 2020 N?e?iyk Spíləxm

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NO OPEN BURNING

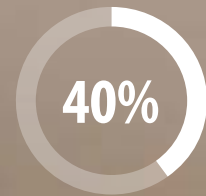
**PLEASE
REMEMBER
THAT THERE
IS A BAN IN
PLACE....**

**NO OPEN
BURNING!**

**NO BURNING
FIELDS!**

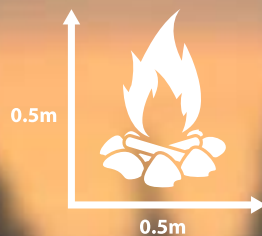
**NO BURNING
DITCHES!**

OPEN FIRE REGULATIONS



40% of B.C. wildfires are human-caused and therefore preventable

CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT'S THE DIFFERENCE?

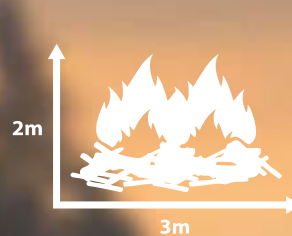


CAMPFIRE:

- Any fire smaller than 0.5 metres high by 0.5 metres wide

REGULATIONS:

- You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.
- Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)
- During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.
- You must build a fire guard around your campfire.



CATEGORY 2 FIRE:

- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

REGULATIONS:

- A fuel break must be established around any Category 2 burn area.
- Fireworks are banned when a Category 2 fire prohibition is in effect.
- Burning barrels are banned when a Category 2 fire prohibition is in effect.
- At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.



CATEGORY 3 FIRE:

- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windrows
- Stubble or grass burning over an area greater than 0.2 hectares

REGULATIONS:

- A fuel break must be established around any Category 3 burn area.
- Monitor your open burn to ensure that the fire doesn't spread beyond its intended size.
- You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.

GENERAL REGULATIONS:

- Never burn in strong wind conditions.
- Your fire must be extinguished before leaving the area.
- Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.
- Do not conduct Category 2 or Category 3 burns when venting conditions are "Poor" or "Fair". Always check here first: www.bcairquality.ca/readings/ventilation-index.html

*Further bans and restrictions can be implemented at the BC Wildfire Service's discretion.



Anyone found in contravention of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined anywhere from \$100,000 to \$1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling
***5555 or 1 800 663-5555.**



Ministry of
Forests, Lands and
Natural Resource Operations



www.bcwildfire.ca



@BCGovFireInfo



www.facebook.com/BCForestFireInfo



www.youtube.com/user/ProvinceofBC

KWUKWPI? STU JACKSON

Greetings Lower Nicola Indian Band membership and community members. I hope all is well for each one of you as we battle through these challenging and troubling times. The Covid-19 Pandemic has literally changed the world in which we live, and I can only hope and pray that we can overcome this virus that has many of us unsettled, uncomfortable and uneasy. I realize

that I have not submitted any newsletter submissions since March and my apologies for this. That is not to say that regular band business has not been carrying on, but the virtual challenges has made things a little different for myself as your kwukwpi? with respect to meaningful engagement, social interaction and person-to-person dialogue. As we move forward in terms of our band business and service delivery, many members have asked me when our band offices will once again open. This is yet to be determined at the leadership level. Chief and Council have had discussions with senior Administration as of late and further discussions will ensue in the coming weeks. There is concern of the 2nd Wave of the Covid-19 virus as one reason why there may be apprehension to open offices at this time. Once we are certain and confident that all mitigating factors have been solidified and discussed at the appropriate level, a public announcement will be made. Stay tuned in the coming weeks.

We have been continuing with regular Chief and Council meetings every Tuesday evening through Skype. This is an online procedure that keeps all of us social distanced and safe from potential exposure to Covid-19. Although this type of meeting process is not ideal to me, it is serving a very good purpose so that we as Council can conduct the necessary Band business that we need to do. We have had a few cancellations due to losses in our Community. As was directed at a Band General meeting last year, meetings will be cancelled and or postponed whenever there is a loss in our community. We have also included as of late, Director's and Chief and Council meetings weekly as well. These meetings have proven to be very effective in terms of how we manage the pandemic challenges in our community. I would like to express my deepest gratitude to our administrative team for their hard work and commitment during these difficult times. This is a teamwork approach and it does not come without its own challenges. As a Band organization, we are doing our absolute best for our people. We have provided some monetary support, food care packages and other supports. Yes, I realize that maybe everything could have been

done this way or that way. I know that we have not pleased everyone in how we have done things, but we will continue to learn from this and do our very best to provide the best support and service that we can. I thank all of you for your support and patience as we move forward.

As we carry on in our virtual world of Zoom meetings, skype meetings and conference calls, we are in definite need of a Band General Meeting! I have been canvassed by many band members asking me when we will be having a Band meeting. This is something that is on our Chief and Council radar and I am hoping that we can announce a Band general meeting very soon keeping in mind the health and safety of all of us. The pow wow arbor has been suggested as well as the Band school gymnasium as possible venues for a Band general meeting. Once we get further clarification as to “lifts” of social distancing from health authorities and the like, band gatherings will remain non-supportive.

In closing, I just want to say that I wish all of you good health. Please be safe and be mindful that this pandemic is all around us. We are all at risk and it is very important that we all take the necessary measures to keep ourselves safe as well as our families. We need to do our due diligence and sanitize whenever possible. Wash your hands and try to refrain from touching your face. Use a glove at the gas station. Those nozzles are being used day in and day out. Wear a mask when you go to the grocery store or Walmart. The mask protects the people that you may encounter. Assume that everyone has the virus and continue social distancing. Stay at home!!! Be sure that any travel that you embark on is essential. Let us do our part in making our community's safe from this harmful virus and take care of one another.



EXECUTIVE DIRECTOR

Dear LNIB Members,

I am pleased to present our monthly report for April 2020. This month the operations of LNIB continue to operate remotely. Staff can be reached by phone and/or email and will do what they can to address your concerns. Let's all do our best in protecting each other by physical distancing and staying home.

Here are some of the things we are working on:

Covid-19 Pandemic Assistance: During the month of May, membership received \$200.00 worth of groceries per household. This was disbursed to member households on and off reserve within the Nicola Valley. For those who didn't receive the groceries the head of the household received a \$200 payment for their household. If you were missed for this benefit, please contact the Band.

Human Resources: Band buildings will remain closed to the public from May 24-June 5 and we will revisit the Return to Work plan for employees. We are committed to keeping the community and employees safe during this pandemic.

This month for new staff is two summer students Robert Sterling III and Erika Boggs. Welcome aboard. Cultural Heritage and Environmental Field Workers hired this month are Randy Coutlee, Tommy Ritchie, Dion Aljam, Kelly Whitecap, Dale Dejarlais, and Marsha Spence. Lorne Basil is also hired as a Cultural Heritage and Environmental Field worker but currently there is no work for him. Hyrum Peterson moved on to bigger things and LNIB thanks him for the years of service and wishes him well.

Currently our job opportunities are Summer Landscaper Laborer, Fire Fighter, Summer Education Administrative Assistant, K-7 Teacher, Cumulative Effects Coordinator, Special Education Teacher, Event Worker, Cultural Heritage and Environmental Field Workers, Lands Agent 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 May 11th.

School Board meeting was cancelled for May. Finance and Audit Committee met May 4th. All committee meetings are open to the membership to join. Please contact the band office for details on how to join the meetings.

Community Meetings and Workshops: 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 May 5th, 12th, 19th and 26th. The band general has not been scheduled yet due to the constraints of the Covid-19 Coronavirus and self-distancing. Should you require anything on the Chief and Council agenda scheduled for June please contact Sondra Tom or myself. Also, the Chief and Council meetings are open to membership to join via online or telephone. Please contact me to be added to the invitation for the scheduled Chief and Council meetings.

Kari Reilander

Four men are in the hospital waiting room because their wives are having babies. A nurse goes up to the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse says to the second guy, "Congratulations! You're the father of triplets!"

"That's weird," answers the second man. "I work for the 3M company!"

A nurse tells the third man, "Congratulations! You're the father of quadruplets!"

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man is groaning and banging his head against the wall. "What's wrong?" the others ask.

"I work for 7 Up!"

INVESTMENT SCAMS



INVESTMENT SCAMS

What is investment fraud in the age of COVID-19? At a time when you spend majority of time at home and most of your time is spent on your computer, tablet or phone and constant pop ups and news articles speaking about how the market is at an all time low, a thought crosses your mind...maybe it is time to invest. You might have a lot of investment knowledge, little or next to none but the same thought should be on everyone's mind, is this a legit investment?

Some common themes of investment fraud the RCMP is seeing are:

- Questionable investment opportunities. You may hear something like, "I have found the miracle cure and I only need money from you to make this happen" or "I have a vaccine that will obliterate COVID-19, it's an excellent investment opportunity that will make you rich".
- Stock Offers. You may be pressured into investing in hot new stocks that have emerged at a time of crisis and guarantee a good return on your investment. You may be lured through fake advertisements but one the volume and price of the stock rises the fraudster sells their portion leaving you empty handed.
- Get rich quick schemes. You may be enticed into purchasing in demand products such as sanitizer, cleaning products, medical supplies at a "low cost" and with the intent to resell the product for a higher price. Be aware it could be a fake website and the fraudster won't deliver the product or it can compromise your credit card #, etc. or if you actually receive the product you could be blocked from reselling the product.

Ways to Protect Yourself from Investment Fraud

- Know who you are investing with
- Don't be afraid to say NO
- Don't respond to unknown emails or open attachments
- Do your own research
- Speak to your bank
- Do not provide your private information (birthday, SIN, credit card info) to unknown people
- **Government agencies (CRA, EI, Immigration) and Banks will never email you for personal information**

When to Contact the Police

If you are a victim of fraud in which you have incurred a financial loss and/or given out your personal information call your local police to report the incident. Details of your interaction with the fraudster can be helpful when reporting these crimes to the police. This would include such things as phone numbers, email addresses and any communication with the suspect which can often be obtained through photographs or screenshots of the online conversation.

SHULUS COMMUNITY SOLAR GARDENS

SHULUS COMMUNITY SOLAR GARDENS

INFORMATION LETTER FOR LNIB MEMBERSHIP

This letter is notification that the Lower Nicola Indian Band is under consideration for financial support under Infrastructure Canada's (INFC) Investing in Canada Infrastructure Program – to install Solar Panels on LNIB Reserve Buildings as indicated below. I am also writing to provide you with information on the proposed project and the provide you with the opportunity to convey any issues or concerns regarding possible impacts to Aboriginal rights or title or any other concerns that the Lower Nicola Indian Band may have with regard to our project.

Prior to proceeding with this project, we would like to know if any Lower Nicola Indian Band members have any questions or concerns regarding impacts to Aboriginal rights or title or if there any other concerns with regard to the proposed project. Furthermore, should you require additional information on the proposed project, please contact **Barbara Huston, Green Energy Coordinator**, by telephone at **250-378-5157** or by email at **barb.huston@lnib.net**. I would appreciate hearing back from you by **June 30, 2020**. If it is not possible to respond within this timeframe, would you kindly contact me to establish a mutually agreed upon timeframe

Site Location	Estimated Project Capacity (kW)	Roof Mount / Ground Mount	Approximate Footprint Size (m ²)
Shulus Arena	100	Roof Mount	530
Health Building	23	Roof and Ground Mount	124
8-Plex (2875 Yapskim Drive)	11	Roof Mount	61
4-Plex (2761 Cougar Crescent)	9	Roof Mount	50
4-Plex (2793 Cougar Crescent)	8.5	Roof Mount	45
4-Plex (242 Saskatoon Lane)	12	Roof Mount	64
Rocky Pines Community Centre	15	Roof Mount	83
Administration Building	15	Roof Mount	82
Lands and Natural Resources Building	11	Roof Mount	58
Firehall	15	Roof Mount	79
Pumphouse (Mamit Lake Road)	37	Ground Mount	199
Pumphouse (261 Fyall Road)	13	Roof and Ground Mount	69
Pumphouse (3300 Mill Creek Road)	26	Ground Mount	138
Pumphouse (266 Hwy 97C)	12	Roof and Ground Mount	66
Pumphouse (980 Joeyaska Road)	4	Roof and Ground Mount	24
Rocky Pines Chlorination System (3030 Pumphouse Road)	13	Roof and Ground Mount	69

Barbara Huston, Green Energy Coordinator
Lower Nicola Indian Band

cc: **Davin St. Pierre**

Senior Environmental Review and Approvals Officer
Infrastructure Canada, Aboriginal Consultation and Environmental Services
Telephone: (613) 298-7414

NICOLA WATER GOVERNANCE



Nicola Water Governance Project

On March 23, 2018, the Province of BC and five First Nations of the Nicola Valley (Coldwater Indian Band, Lower Nicola Indian Band, Nooaitch Indian Band, Shackan Indian Band, and Upper Nicola Band) signed a [memorandum of understanding](#) (MOU) expressing a joint commitment to exploring collaborative water management approaches in the Nicola watershed based on a government-to-government (G2G) relationship.

To begin implementing the vision of the MOU, the G2G Nicola Forum (G2G Forum) was established in July 2018 with the goal of working towards collaborative water management in the Nicola Watershed. The *G2G Forum* is co-led by five Nicola Chiefs and five senior Provincial executives from three (3) ministries: Ministry of Indigenous Relations and Reconciliation; Ministry of Environment and Climate Change Strategy; and Ministry of Forests, Lands, Natural Resources and Rural Development. The G2G Forum serves as a platform to broadly engage communities and stakeholders who also share an interest in resolving priority water management issues in the Nicola.

Appointment

The term of this appointment is one (1) year ending on March,31, 2021. The appointment is subject to the terms of reference (attached) for the Core Committee.

Responsibilities

As a Core Committee (CC) member, you are responsible for:

- Preparing for and CC attending meetings, including preparatory NWGP meetings and/or Nicola Leadership meetings;
- Sharing relevant, and permissible information, that will assist with CC deliberations;
- Engage in collaborative interest-based discussions at the CC table.

Qualifications-Experience and Knowledge in natural resources and watersheds within the Nicola Watershed.

Time Commitment


Core Committee meetings occur monthly on the 4th Tuesday of each month. Pre-reading packages are distributed a week in advance and generally require between 1-3 hours review time.

Submissions

Resume and letter of interest submitted by **June, 12, 2020** to;

Kari Reilander- Lower Nicola Indian Band Executive Director – kari.reilander@lnib.net
or

Leona Antoine Nicola Watershed Governance Project Coordinator-
lantoine@scwexmxmtribal.ca



Rosehips

- High in Vitamin C
 - Rich in anti-oxidants
 - Can reduce blood pressure
 - Improve blood flow
 - May help type 2 diabetes
 - Reduces pain and inflammation
 - Rich in compounds to protect your skin
- Aids indigestion
- Can lower cholesterol



Lemon Balm

- Anti-anxiety
- Insomnia
- Upset stomach
- Headaches
- Fever reduction
- Cold sores
- Nervousness
- Alleviate stress

TICKS



HealthLinkBC

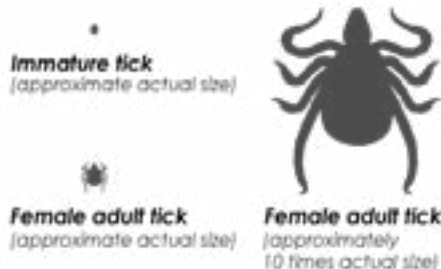
Number 01
March 2016

Tick Bites and Disease

What are ticks?

Ticks are tiny bugs, about the size of a sesame seed, which feed on blood. Different ticks prefer feeding from different types of animals. Sometimes, a tick will bite a person instead of biting an animal. While most tick bites do not result in disease, some do.

Ticks live in tall grass and wooded areas. They are easiest to spot on a person when they are actually sucking blood. Ticks burrow part way into the skin, bite, draw blood, and then drop off. The feeding tick's mouth will be under the skin, but the back parts will be sticking out. When they are full of blood they are usually blue-grey in colour. This is called an engorged tick.



What should I do if I find a tick on my skin?

If you find a tick on your skin, you need to remove it as soon as possible. Check your entire body and clothing. Do not stop when you find one tick. There may be more. Make sure the lighting is good, so you do not miss seeing the tick(s). If you cannot reach the tick or see it clearly, get someone else to remove the tick for you or see a health care provider to remove it. Be sure to check for ticks on your children and pets if they have been out in an area where ticks can live.

When to see a health care provider to remove the tick

See your health care provider to remove the tick if it has buried itself deep into your skin. This happens if the tick has been on you for several hours or even a day or two. When a tick has burrowed deep into your skin, it is very hard to remove the tick without leaving some mouth parts behind, which can cause an infection.

How to remove a tick yourself

If you can remove the tick yourself, follow these instructions.

1. Use tweezers to gently get a hold of the tick as close to its mouth as possible. The body of the tick will be above your skin. Do not touch the tick with your bare hands. Wear gloves if possible.
2. Steadily lift the tick straight off the skin. Do not squeeze the tick because this can force its stomach contents into the wound and increase the chance of an infection. Do not jerk, unscrew or twist the tick because this may separate the head from the body. It is very important to make sure that all of the tick, including the mouth parts buried in your skin, is removed.
3. Once the tick has been removed, clean the area with soap and water. You may also put a small amount of antibiotic ointment on the area. Wash your hands with soap and water.

You cannot remove a tick by covering it with grease or gasoline, or by holding a match or cigarette against the tick. This does not work and may increase the chance of getting an infection.

What to do with the tick once it is removed

If the tick is alive, put it in a small container (e.g., a pill bottle) with a tight fitting lid along with a cotton ball dampened with water to keep it alive. Do not use rubbing alcohol or any other liquid. The

container with the tick can be stored briefly in a refrigerator. Speak with your health care provider as soon as possible to see if they want to submit the tick to the BC Centre for Disease Control for testing.

How do I avoid getting bitten by a tick?

You can help protect yourself and your family against tick and insect bites by following these tips when you spend time in an area where ticks may live:

- Walk on cleared trails wherever possible when walking in tall grass or woods.
- Wear light coloured clothing, tuck your top into your pants, and tuck your pants into your boots or socks.
- Use an insect repellent containing DEET on your clothes and on all uncovered skin. Reapply it as directed on the container. For more information about insect repellents and DEET, see [HealthLinkBC File #96 Insect Repellent and DEET](#).
- Check clothing and scalp when leaving an area where ticks may live. Check in folds of skin. Have someone help you check young children.
- Regularly check household pets which go into tall grass and wooded areas.

Which diseases can be spread by ticks?

Several diseases can be passed to humans from tick bites. The most well-known is Lyme disease.

Borrelia burgdorferi, the organism that causes Lyme disease, has been found in ticks collected from many areas of British Columbia, and dozens of Lyme disease cases have been identified in the past 15 years. Many people with Lyme disease have not travelled outside of the province, and it is likely they contracted the disease in B.C.

Not all ticks carry the bacteria for Lyme Disease, and there is only a very small chance of ticks

giving it to you. However, since Lyme disease is such a serious disease, it is worth taking steps to avoid being bitten.

Other diseases passed on by ticks include relapsing fever, tularemia, Rocky Mountain Spotted Fever (RMSF), Q fever, and anaplasmosis. All of these diseases are rare in British Columbia.

Certain ticks may release a toxin that can cause temporary paralysis. For this reason it is important to remove the whole tick as soon as possible.

What are the symptoms of tick-related diseases?

If you have the following symptoms within days or weeks after being bitten by a tick, report them to your health care provider right away. Tell your health care provider when and where a tick bit you.

- General symptoms of fever, headache, muscle and joint pains, fatigue, or weakness of the muscles of the face.
- Skin rash, especially one that looks like a bull's eye, which may or may not be in the area of the bite.
- In very rare cases, paralysis may occur. The paralysis usually starts in the feet and legs and works its way up to the upper body, arms and head. The paralysis usually starts within a few hours to a day or two days after the bite.

What is the treatment?

There are currently no vaccines licensed in Canada for any diseases passed on by ticks.

Lyme disease and other tick-related diseases can be treated with antibiotics. Early diagnosis and treatment can help prevent complications.



For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit 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.

HEALTH RISKS IN THE WILDERNESS



HealthLinkBC



Number 24
July 2018

Health Risks in the Wilderness

If you travel or hike in the wilderness, you should be aware of certain health risks. Make sure that you are prepared for the activity you are doing and where you are going. Always use well-marked trails when hiking and be sure to stay on them to avoid getting lost.

How can I prepare for the wilderness?

3 T's for wilderness survival

Whether your activity is during the summer or winter, on land or water, remember the three T's and follow these simple steps:

Trip Planning

- Plan your travel route
- Know the terrain and conditions
- Check the weather
- Always fill out a trip plan. Visit AdventureSmart at www.adventuresmart.ca/tripplan/tripplan.php

Training

- Obtain the knowledge and skills you need before heading out
- Know and stay within your limits

Taking the Essentials

Always carry the essentials and know how to use them:

- Flashlight
- Fire making kit
- Signalling device (i.e. whistle)
- Extra food and water
- Extra clothing
- Navigational/communication devices
- First aid kit
- Emergency blanket/shelter
- Pocket knife
- Sun protection

Add other equipment specific to your chosen activity, season and location. For more information, see www.adventuresmart.ca/land/survive-essentials.htm

What are Other Tips to consider?

Travel with a companion

A companion can give you a hand to overcome difficulties or emergencies.

Be prepared

Ensure everyone with you understands what to do in case of an emergency.

Don't depend solely on technology

Equipment failure and lack of reception are very possible in the outdoors. Consider carrying a map and compass as a backup.

Is it safe to drink the water in the wilderness?

You should not drink water in the wilderness without treating it first. Parasites and certain bacteria found in any surface water, such as: lakes, streams and rivers can contaminate the water you use for drinking, eating and recreation.

Untreated water in the wilderness can have health effects such as diarrhea, abdominal cramps, nausea and/or vomiting, weight loss and fatigue lasting up to several weeks. People and certain domestic and wild animals can carry these parasites and bacteria.

Water quality and safety can also be affected by people practicing unhealthy backcountry hygiene. If proper toilets are not available, human wastes should be buried far away from streams and other bodies of water.

When in the wilderness or backcountry, you may use water for drinking or brushing your teeth by:

- Boiling the water for at least 1 minute. At elevations over 2,000 meters (6,500 feet), boil water for at least 2 minutes to disinfect it. Water boils at a lower temperature at higher elevations
- Filtering the water through a mechanical device that is rated to filter to 1 micron or smaller particle size
- Chemically treating the water before use

Bleach does not work well in killing *Giardia* (beaver fever) or *Cryptosporidium* parasites. For more information, see [HealthLinkBC File #49b Disinfecting Drinking Water](#), [HealthLinkBC File #10 Giardia](#)

[Infection](#) and [HealthLinkBC File #48 *Cryptosporidium* Infection](#).

What can I do to stay safe if there are wild animals in the area?

We must respect the fact that the wilderness is home to wild animals. As visitors we must do our part to help conserve their natural habitat. Animals can be unpredictable and dangerous if you get too close, especially bears and female moose with calves. Learn about the animals and wildlife in the area you'll be travelling to. Check for reported wildlife before going into their habitat. Park wardens, wildlife officers, and even signs posted at the trail head can help. Be alert and pay attention to wildlife and signs of animal activity.

When visiting wilderness areas, do not attempt to feed or touch any wild animals. Take special care to avoid contact with any animal that appears to be sick or dead. Remember that wild animals can carry various diseases. If a wild animal bites or scratches you, wash any wounds thoroughly with water and speak with your health care provider. You may need the tetanus vaccine.

Rabies is a very serious disease carried by a small percentage of bats in B.C. Do not touch live or dead bats. If you come in contact with a bat, wash any wounds thoroughly with soap and water under moderate pressure for at least 15 minutes. Report direct physical contact with a bat to your health care provider or local health unit immediately. Treatment must begin as soon as possible to prevent rabies, which can be fatal if left untreated.

How can I protect myself from fleas, ticks and other insects?

Fleas and ticks are tiny insects that can bite or burrow part way into your skin and draw blood out before dropping off. They can carry and spread some diseases. Speak with your health care provider if you have a flea or tick bite.

Check your whole body for ticks, including folds of skin. If you find a tick attached to your skin, the best way to remove it is by grasping it with a pair of tweezers. Pull it gently, straight up and out. If its mouth parts are imbedded deeply, a health care provider may have to remove the tick. Wash the bite wound thoroughly with disinfected water and soap. Do not touch the tick with your hands. You may wish to save the tick in a small plastic or glass container to submit it for testing through your health care provider. Put a cotton ball dampened with water in the container to

keep it alive. If you develop a fever or the area around the bite gets infected, the tick will help later with deciding how to treat you. See a health care provider if any illness occurs a few weeks after a tick bite.

Other insect bites may also cause concerns. Some people may have severe allergic reactions to bee and wasp stings. If you have an allergy to bee or wasp stings you should carry appropriate medication as prescribed by your health care provider.

Mosquitoes may carry West Nile Virus or viruses that cause other diseases. To protect against insect bites, including ticks, use insect repellent containing DEET or Icaridin on all uncovered skin and clothing. To protect against mosquito, insect and tick bites, wear loose fitting, light coloured, long-sleeved shirts and pants especially at dawn or dusk when mosquitoes are most active.

If you have any concerns about an insect bite, contact your health care provider or call **8-1-1** to speak to a registered nurse.

For More Information

For more information on animal and insect health and safety, see:

- [HealthLinkBC File #01 Tick Bites and Disease](#)
- [HealthLinkBC File #07a Rabies](#)
- [HealthLinkBC File #88 West Nile Virus](#)
- [HealthLinkBC File #96 Insect Repellents and DEET](#)

For more information on wilderness health and safety, see:

- [HealthLinkBC File #26 Sun Safety for Children](#)
- [HealthLinkBC File #41a Health Advice for Travellers](#)
- [HealthLinkBC File #47 Blue-green Algae \(Cyanobacteria\) Blooms](#)
- [HealthLinkBC File #52 Swimmer's Itch](#)

For more information on outdoor safety, search and rescue prevention and preparedness, and links to social media for current updates visit www.adventuresmart.ca

For more information on wilderness activities and recreation, visit BC Parks www.env.gov.bc.ca/bcparks/.



For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit 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.

SUN SAFETY FOR CHILDREN



HealthLinkBC

Number 26
June 2017

Sun Safety for Children

Is the sun harmful to children?

Children have sensitive skin that can easily be damaged by exposure to ultraviolet (UV) radiation (rays) of the sun, even on cloudy or overcast days. Too much sun exposure can cause sunburns, heat stroke/heat exhaustion, skin cancers, cataracts and other eye diseases. During the warm summer months, a child's sensitive skin can also be burned by touching hot surfaces such as the pavement, outdoor metal slides or car doors.

Research has shown that exposure to UV radiation can also affect the immune system, leading to greater risk of infections and reduced vaccine effectiveness. The sun can also cause premature aging and damage to skin.

Given outdoor play, much of our exposure to UV rays occurs before we are 18 years of age. By the time we are adults, many of us have soaked up more than enough UV rays to cause skin cancer. By protecting children from sunburns and too much sun exposure, you can significantly reduce their risk of developing skin cancer.

How can I protect my child from sun exposure?

Try to keep toddlers and children out of the sun during the peak hours of 10 a.m. to 4 p.m. This is when the sun is the strongest. When you are outside, look for trees and other naturally shady areas for children to play. If possible, use a sun umbrella if you can't find a shady spot. If you cannot keep your child out of the sun, make sure to protect their skin with "sun smart" clothing and sunscreen.

Sun smart clothing

Encourage your child to be "sun-smart." Make sure they cover up with loose, appropriate clothes. Closely-woven cotton material offers natural protection from the sun. If you can see through the clothing easily, then UV rays can get through too. A long-sleeved shirt and pants are the best clothes to

protect the skin. A wide-brimmed hat without ties, especially one that covers the neck, is recommended. Avoid baseball caps that do not shade the ears or back of the neck. You may consider purchasing lightweight, sun-protective swimsuits and hats that are specially designed for swimming and playing outside.

Sunscreen

Dermatologists strongly recommend a sunscreen with UVA and UVB protection and a Sun Protection Factor (SPF) of 30 or more if you and your child are out in the sun. Use a lip balm with SPF 30 as well. Make sure to use products approved by the Canadian Dermatology Association (look for their name or logo on the label).

For a small number of children, the chemicals in some sunscreens can trigger a skin rash or burn when exposed to the sun. Do a patch test on a small area of skin before applying the product more widely, or use a mineral-based sunscreen that contains zinc or titanium to minimize the risk of a skin reaction.

Apply sunscreen 30 minutes before exposure to the sun so it is absorbed by the skin and less likely to rub or wash off. Apply the sunscreen according to instructions on the package and reapply every couple of hours, after swimming, or following active play time. Swimmers and those who sweat heavily should use a waterproof lotion.

For children wearing bathing suits, make sure that sunscreen is applied up to and under the edges of the suit to protect sensitive areas, such as the upper thighs and chest. Pay particular attention to the ears, back of the neck, tops of feet and the back of the knees. Be careful when applying sunscreen near the eyes. It can be irritating, so avoid the upper and lower eyelids.

Sunscreens, like many other products, have a limited shelf life and become less effective over

time. Check the expiry date of old sunscreen containers and replace them if they are out of date.

Do I need to take extra precautions to protect my baby from the sun and heat?

Yes. Babies younger than 12 months of age are especially sensitive to UV radiation and heat. It is safest to keep babies younger than 12 months out of the sun. Try to find or create shade for your baby if you are going to be outside. Use a stroller with a sunshade if possible. If your baby must be in the sun, you can apply sunscreen to small areas of skin that aren't covered by clothing or a hat. Sunscreen is not recommended for babies less than six months of age as they can rub it in their eyes and mouth. Make sure to use a sunscreen approved by the Canadian Dermatology Association.

Do not let your baby get dehydrated or overheated. Make sure your baby is well hydrated in hot weather by offering breastmilk or something to drink every hour or so. Never leave your child alone in the car.

Should I protect my child's eyes from the sun?

Yes. The same UV rays that harm your child's skin can also injure their eyes. Babies and children are particularly at risk. Standards for sunglasses have improved, and most brands are effective at screening or reflecting ultraviolet rays. Look for sunglasses that provide 99 to 100 per cent UVA and UVB protection.

When buying sunglasses, see how well they cover the eyes. Large lenses, glasses that fit well, and a wrap-around design all help protect against damaging UV rays. Have your clear plastic or glass corrective lenses checked for UV protection.

What are other risks?

Skin cancer can develop in any skin type. Be extra careful with children who are fair-skinned and/or who have blond or red hair. They are more likely to burn easily and are most at risk of developing skin cancer later in life.

Most of the sun's damaging UV rays can penetrate light cloud cover and haze, so remember to protect your child even if it is cloudy or does not feel hot.

UV rays reflect off many of the surfaces around us. Up to 80 per cent of the sun's UV rays can be reflected off snow. Concrete, sand and water reflect less than 20 per cent. Children always need to be "sun-smart" whether they are skiing, swimming, playing or walking outdoors.

What are other sun safety tips?

- Protect your child's skin at all times, and try to stay indoors or in the shade during the hottest time of day (10 a.m. to 4 p.m.).
- If you have to go out in the sun without protective clothing, use sunscreen. Do not forget to apply it to ears, nose, and neck.
- Sunscreen is intended to enhance protection during periods of sun exposure – not to increase time of sun exposure.
- Do not wait for signs of sunburn to get your child out of the sun. Sunburns do not usually show up for 6 to 24 hours.
- A tan does not provide enough protection against the sun's rays. Actually, having a tan means that your skin has been damaged already by UV radiation.
- Teach children to be "sun-smart" and to protect themselves against exposure to the sun.
- Encourage your child to drink plenty of water.
- Indoor tanning beds and/or sun lamps are regulated by provincial law that does not allow children under 18 years old to use them. At any age, these devices damage your skin the same way UV radiation from the sun does.

For More Information

For more information, see the following resources:

- [HealthLinkBC File #11 Ultraviolet Radiation](#)
- [HealthLinkBC File #35 Heat-related Illness](#)
- Canadian Dermatology Association: <http://dermatology.ca/public-patients/recognized-products/sunscreen>



For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit 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.

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/>

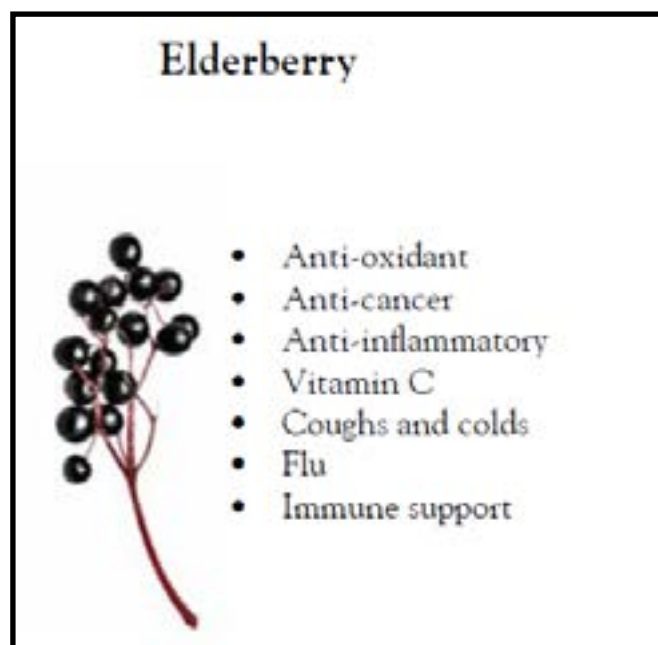
Federal Emergency Response Benefit: <https://www.cp24.com/news/how-to-prepare-application-for-the-new-canada-emergency-response-benefit-1.4876215>

BC Ferries info:

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

LNIB Information:

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



SPRING CLEANUP



LOWER NICOLA
INDIAN BAND

Calling all Stewards of the Land!

Time for a Spring Clean up inside and out! Bins will be available for the next month for your convenience!



What CANNOT go in the Bin:

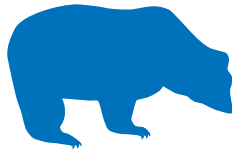
- Dead animals or Food waste
- Yard waste (Free at Eco Depot)
- Scrap metal (Free at Eco Depot)
- Propane tanks (Free at Eco Depot)
- Hazardous Material.
- Demolition, Renovation and Construction waste (Shingles, Concrete, and Drywall)
- ABSOLUTELY NO NEEDLES, needles and or prescriptions are to be brought to the Health Center and given to the nurse or your Pharmacy.



**BINS ARE IN PLACE
MAY 29 TO JUNE 30.**



If you have any questions or see the Bin is getting full please call:
Geraldine Bangham (236) 575-2017 or Email: geraldine.bangham@lnib.net



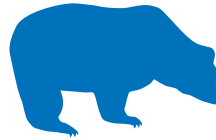
**LOWER NICOLA
INDIAN BAND**



1 garbage bin will be located
next to address 1245 Sterling
Road



2790 Cougar Crescent
Rocky Pines Community Center



**LOWER NICOLA
INDIAN BAND**



1 garbage bin will be located
next to address 3270 Coyote
Valley Road



1 garbage bin will be
located next to address
2158 Neale Road

EDUCATION

Lower Nicola Indian Band

June 2020

EDUCATION DEPARTMENT**LNIB School/K-12/PSE/Head-Start/Career-Development****Director's Submission**

First and foremost I hope this message finds everyone in good health and that the blanket of wellness is wrapped around you, your family, your friends, your neighbours, and the communities where you live. The COVID pandemic has created numerous challenges for us to adapt our lives around, and until a global vaccine becomes an option to us, we will need to continue with our preventative activities/behaviours to ensure we maintain minimal numbers of those being exposed to the virus. There is some comfort in knowing British Columbia is considered one of the safest areas within North America to be at right now; however, it does not make it any easier when we know there are family and friends in other regions of the world having to deal with different situations than ours. On behalf of LNIB Education Sector our thoughts and prayers will continue to be with all members during these challenging times.

As you already know it has been a couple of months since our last formal newsletter submission, and even though we have maintained communication with membership via Facebook/Email/Phone/Text, we are excited to reschedule our formal monthly newsletter submissions as we know members utilize this resource as well. We will continue to utilize diverse communicative platforms to ensure members are connected to our information, and if you feel there is room for us to improve in this area please call me directly at 236-575-2135 as I would like to hear how we can implement your ideas into our practices.

June will be a busy month as we will be assisting members with post-secondary education applications, supporting students who have chosen to return to K-12 for the month, and meeting with relevant stakeholders to ensure a successful transition into September to name a few. If anyone needs support in these or other areas please contact us anytime.

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



LNIB Education

Lower Nicola Indian Band

June 2020

Post Secondary Education for 2020-2021 School Year

As has already been shared by most PSE Institutes from across the country this September will look much different for students than it has in the past as most courses will now be both offered and facilitated via remote learning schedules.

What does this mean for most students? Here are a few things to make note of:

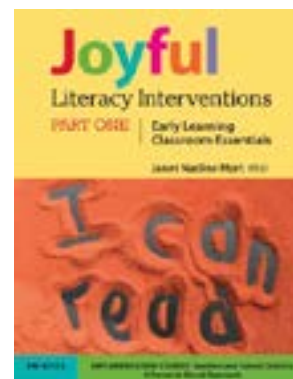
- Most courses that traditionally take place in lecture/classroom settings will now take place via video conferencing...for example Zoom Platform
- Practical type classes such as Science Labs and Trades will remain onsite and in regular schedule; however, with different guidelines and standards to follow in each setting
- Rules and Regulations will vary from site to site; however Health Authorities from each Province will set them accordingly

Sharon, Gail, and Rhonda are in regular contact with Post-Secondary Institute Officials and will keep us posted on all updates as they cross their desks. If you have any questions you wish our team to find answers please contact Sharon and she will arrange to get the answers to you ASAP
Sharon.Parsons@lnib.net

Joyful Literacy Program for LNIB School

It is with great excitement that I share with members we are restructuring our literacy program at the LNIB School for primary aged students and our goal is to have all processes in place in time for the program to commence September 2020. There are a variety of reasons that have influenced the decision to change our instructional approach; however, current student data, changes to curriculum, evidence-based strategies, and its use in SD58 have played a key factor.

In short, Joyful Literacy Intervention - just as it sounds - is all about making reading and comprehension "FUN" for primary aged children. In addition to making the learning more engaging for young children the activities involved are tailored to



accommodate individual interests. In the end, it does not matter whether you are 5 years old or 90 years old...when you are able to learn in a way that makes sense to your personal learning style the likelihood of both attaining and sustaining new concepts have a greater chance for successful understanding.

The earlier students can read, write, and comprehend grade appropriate material the greater chance of mastering literacy benchmarks that will greatly enhance student success in all subject areas throughout their public education journey. Joyful Literacy will play a significant role in this endeavour.

Lower Nicola Indian Band

June 2020

Head Start Program Team



Hello, my name is Tamika Bob and I am a Coldwater Band member. My mother is Cheryl Rule. My Grandparents are William Bob and Beverly Bob. I have two daughters who are 9 and 4. I have been working at the LNIB school for my second year. I am now the Head-Start manager for our Little Stars Head-Start.

I completed my Aboriginal Early Childhood Education Diploma in 2015. Over the last five years I have been involved with different centres in the community that have given me opportunities to learn and experience all about the development of children and special needs. I have gained knowledgeable work experience by working with all children 0-6 year and have maintained positive communication with children and their families and supported their learning and development. Supporting inclusion to all children is an important part of my philosophy. I am very excited about making some positive changes in September because I will be servicing the families and students in this community and would be promoting the Nlaka'pamux Culture. I am proud to foster our Outreach program in the fall and would love to get to know you and your little ones. I am looking forward to new registration for fall and will have open registration on June 22, 2020 here at the LNIB School in the little stars room.

Please don't hesitate to call or email with any further questions and don't forget to follow us on Facebook "Little Stars Head Start"

Phone: 250-378-5527 Email: Tamika.bob@lnib.net



Hinal Thaker (ECE/ Montessorri Assistance) was born in Anand, India. At the age of 10 years I able to take good care of my brothers and cousins, which made me happy and joyful. After this experience I decided to enter into the childcare & education field, which makes me happy, satisfied and realized for my purpose of life. I hold a 2007 Bachelor Degree in Human Development. Then I decided to study more in Law because of my family's legal background and I became a registered lawyer in Stat Bar council of Gujrat, India in 2010. Meanwhile I also helped a good friend to set up a preschool experience with children of various age groups and this provided her the opportunity to understand more about children's needs and education. Then my destiny had me fly to this beautiful country and

started work in different types of programs as daycare supervisor, preschool teacher, and then a Montessori teacher in Calgary. To make my self more familiar of childcare/education system of Canada, I took the Montessori Assistance course in 2017 and have been serving my knowledge in different age groups for 6 years. Now I am a mother of 20 months old daughter and serving LNIB at Little Star Head Start. Proud moment for my self!! Thank You!

LNIB Education

Lower Nicola Indian Band

June 2020

June



What We're Learning!



We are quickly approaching the end of the school year and getting very busy with year end organizing and wrap ups! We will spend the two weeks reviewing Kindergarten readiness concepts and enjoying time outside. We will be posting our Live circle times for the children in the program who are not returning. Children who are returning will be coming back for Monday, Wednesday, and Friday. From 9am to 1pm. For drop offs and pick ups only. We will be checking everyone's temperature before coming into the class. If a fever or illness is shown the students will return home for the rest of the year.

Upcoming Events



June 17th - K3 Grad

June 18th - K4 Grad

June 21st - Aboriginal Day

June 22nd - Open registration

Like Us On Facebook
"Little Stars Head Start"



Monthly News



This past year has been full of adventure and experiences for our classes. We look forward to seeing our returning friends in the fall, and we are sad to see our big kids leave for kindergarten. This year has been a blast. THANK YOU ALL! Please feel free to call or message any time for any further questions. Miss Tamika!!

Lower Nicola Indian Band

June 2020



LNIB EDUCATION
DEPARTMENT



Sharon.parsons@lnib.net



(250)378-0915

2160 SETTLERS ROAD
HWY 8

SHARON PARSONS, EDUCATION MANAGER

Hello everyone,

For most post-secondary students, the school year has come to an end. Many students are continuing with courses through summer, while others are beginning their summer job search.

Due to the COVID crisis, jobs are not plentiful in most business sectors but there are many in a few, such as the retail sector. The COVID has created unprecedented circumstances for every one of us but we will push through. Watch for LNIB summer job postings.

The end of the school year for Kindergarten to grade 12 students is just around the corner, but the province has put a back to school plan in place for September as well as an opportunity to return part-time in June. Starting June 1st, students will have the option of returning to school on a part-time basis but will continue to be supported while learning at home. A letter summarizing the back to school plan was drafted and sent home by School District Superintendent Steve McNiven. In case you haven't received that letter, it has been included in this newsletter.

School District 58 has not forgotten our class of 2020. MSS Principal Leroy Slanzi, and Vice Principals Gian Cavaliere and Adriane Mouland have a plan to celebrate graduation. The class of 2020 will have a unique graduation celebration which will make it more memorable than past graduation ceremonies. Students and families, please read the plan for the week-long ceremonies included in this newsletter, and please remember to practice safe distancing if you join in on the celebrations.

Today, nearly every job requires a basic understanding of computers, and many jobs involve intermediate to advanced computer skills. This can include knowledge of specific software, applications or devices. Three computer training courses are being planned. Please call the Education office if you are interested in upgrading your computer skills and want to sign up for one of the courses.

Also, a friendly reminder to call us for more information about training and certifications that could lead to potential employment.



Lower Nicola Indian Band

June 2020

LNIB EDUCATION DEPARTMENT



rhonda.dunn@lnib.net



(250)378-0915

2160 SETTLERS ROAD
HWY 8

RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,
June is upon us and the trees and hills are all nice and green. This time of year is exciting, planting vegetables and flowers and starting the garden.

Despite a few technical issues and delays due to the COVID event, I was able to mail out information packages to all households on my mailing list. The package included miscellaneous educational information for LNIB membership, application packages for School Startup for ON/OFF reserve, Post-Secondary funding, Short-Term Courses, and Tutoring. Thanks for your help Gail La Rochelle, and Courtney Hogue-Charters

The education department posts up-to-date educational training programs, job postings, youth opportunities and community news in office on the LNIB Facebook page and on the LNIB Webpage. Check it out!

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

For your information:

First Nations Schools Association of BC

- The First Nations Parents Club was created to acknowledge and support the key role of parents in ensuring educational success for their children. It provides parents with information, support, and rewards for their efforts. This initiative involves the organization of locally based Parents Clubs in First Nations communities in British Columbia.
<http://www.fnsa.ca/parents-club>
- **Aboriginal Skills and Employment Training (ASETS)**
Merritt office at 2051-D Voght Street, phone (250) 378-0126, or email: merrittc@aset.org

If you require any of these applications or additional information the LNIB education department will do our best to help assist you. Please do not hesitate to call or email us.

Education Matters!

LNIB Education

SD 58 GRADUATION

Lower Nicola Indian Band

June 2020

SCHOOL DISTRICT 58 GRADUATION 2020

Here is a timeline of what to expect:

June 1 - 14

Grad gowns, and 'Graduation 2020' yard signs will be delivered to each home. They will be delivered using the same process as we have with the homework packages. We will be needing visual contact with the graduate and/or parent/guardian to ensure the grad has received their items and to confirm it is the correct home address. We encourage you to show your pride and plant that yard sign for everyone around you to see! All social distancing measures will be followed during the drop off process.

June 15 - 30

We will be contacting businesses in town to see if they would be willing to hang a large grad picture of one (or up to 3) of our graduates in their store front for the public to see. The photos will be similar to the "Walk of Stars" theme that Merritt has. We would continue to follow appropriate distancing rules when dropping off pictures at each business. This will be a great way for our town to celebrate our grads!

June 15 - 18

The MSS Admin Team will be visiting each graduate at their house to present them their high school diploma. We hope to release a potential schedule but the drop off time will be between 5pm and 8pm during the days mentioned above. This will hopefully provide an opportunity for family to invite other family members to come over and celebrate this great achievement. We encourage families to make as big or little of a deal as you like. Decorate the house, have a big family dinner (BBQ anyone?), or have a quiet celebration in anticipation of the drop off. Grads, wear your gowns that were delivered to you prior to us coming over as a photograph will be taken with the admin team to add to the virtual ceremony! Let's really recognize their achievements!

We will ensure that drop off is performed in a safe manner in terms of distancing. The process of having photos taken with admin or other staff possibly coming will also follow similar distancing rules. Unless, restrictions change, anyone visiting grads will be driving in their own car.

June 24

Your grad ceremony right from your own home! We have found a company in Kelowna who will be putting together for us a wonderful virtual grad ceremony. Just like the traditional ceremony, there will be speeches and every grad student will have their name called with a slideshow of their picture, their write-up and any possible scholarships that they may have won. We will work hard in ensuring it has that "live" feel to it. After you are done watching it from your home, we will be given the file of the ceremony as it will be recorded. Then we can ensure each grad has a copy of this file for a keep sake.

The admin/grad team at Merritt Secondary are very thrilled to put on these activities during the month of June. We look forward to visiting each one of you to celebrate your well-earned success!

GRAD PHOTOSHOOT

Lower Nicola Indian Band

June 2020



2020 

**LNIB
GRADS**

**45 MINUTE
SESSION**

**15 DIGITAL IMAGES
ONLINE GALLERY**

*** GRAD * CASUAL
* PROM READY!**



LNIB Education

Lower Nicola Indian Band

June 2020



2020

LNIB GRADS

Claim your free session!

Connect with Jen to book your session



JHP IS PROUD TO BE TEAMING UP WITH LNIB TO BRING YOU A FREE GRAD SESSION!

email:
jenheardphotography@gmail.com

text/call:
250-378-7983



LNIB Education

Lower Nicola Indian Band

June 2020



LNIB Education

Lower Nicola Indian Band

June 2020



**THE BOARD OF EDUCATION OF
SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)**

ADMINISTRATION OFFICE

Stephen McNiven, B.Ed., M.A., Superintendent of Schools
Barbara Ross, C.P.A., C.G.A., Secretary Treasurer

P.O. Box 4100, 1550 Chapman Street, Merritt, B.C., V1K 1B8, Phone: (250) 378-5161, Fax: (250) 378-6263

May 19, 2020

Dear Parent/Guardian,

We hope that you continue to stay safe and are managing as best as can be during these unusual days. We know you have been working hard to keep your students engaged at home and connected to their school and teacher in whatever fashion that has served your family best.

As of May 14, most of our staff are back in our buildings, continuing to support students in a variety of ways as has been the case since April. As we look forward to more of the BC Economy opening, we as a school system are an integral part of Premier Horgan's **BC Restart Plan**. This 5-stage plan has us beginning to move from Stage 4 to Stage 3 where we will begin to offer increased in person instruction, while maintaining distance learning opportunities, and support to students beginning June 1.

For our K - Grade 5 students this could look like two days a week in smaller than usual groupings, half of the usual class size or less. With Health and Safety in mind as the primary focus we will maintain smaller adult to student ratios than we typically would. For Grade 6 - 12 students, in person instruction will be offered one day week with the same smaller group ratios.

As we begin to prepare for this next phase, we are reaching out to you with a survey to complete. The link is in the email sent to you with this letter. If you could please complete the survey by Friday, May 22nd that would be of great assistance to us.

Thank you for your assistance in helping us plan, your response does NOT lock you into what you have indicated, it solely helps us prepare for what the first week of our start up may look like. If you have any further questions, please feel free to get in touch with your school principal.

Respectfully,

Jameel Aziz
Assistant Superintendent

Success for ALL Learners ~ Today and Tomorrow

Lower Nicola Indian Band

June 2020



LNIB EDUCATION DEPARTMENT

gail.larochelle@lnib.net

(250)378-0915

2160 SETTLERS ROAD
HWY 8

GAIL LA ROCHELLE
POST-SECONDARY/EMPLOYMENT & TRAINING
COORDINATOR

Hello everyone,

I hope everyone has been self-isolating and staying healthy. With these unprecedented times, taking care of yourself and your family is most important. With our office being closed since March 18, it has been quite an experience working from home. Hopefully by June 1, 2020 our office will be open to the public, however, on a restricted basis. Hope to see you all soon.

- To all returning and new PSE Students: Find below a link to scholarships and bursaries. Check them out and apply for all that you are eligible for. And do not forget to apply for the LNIB Bursaries that are on LNIB's website

<http://aandc.gc.ca/bursaries>

<https://bcaafc.com/education/first-citizen-funds/>

- New students also be sure to apply for the Entrance Bursary that is provided by most Institutions, such as NVIT, TRU, Camosun College, SFU, UBC, UNBC, University of Victoria, Trinity Western, Langara College, just to name a few.

If you need any assistance in completing the bursary application call or email me and I can help. Anyone needing help with a resume, cover letter, or assistance with any type of training or education programs give the office a call.

Gail La Rochelle
Post-Secondary, Employment and Training Coordinator



MENTAL HEALTH RESOURCES

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: [!\[\]\(3342c215b2a8b663596a81468d5dc314_img.jpg\) /MHFA.Canada](#)
[!\[\]\(5e22d44aef1f9548ca8274cbfb388e9d_img.jpg\) /MHFA_PSSMCanada](#)

HOW TO WEAR A MASK



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to Wear a Face Mask

1



Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.

2



Check the new mask to make sure it's not damaged.

3



Ensure colour side of the mask faces outwards.

4



Locate the metallic strip. Place it over and mold it to the nose bridge.

5



Place an ear loop around each ear or tie the top and bottom straps.

6



Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.

7



Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.

8



Do not touch the mask while using it, if you do, perform hand hygiene.

9



Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask

1



Perform hand hygiene.

2



Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.

3



Discard the mask in a waste container.

4



Perform hand hygiene.

STATUS CARDS



For more information:
Canada.ca/coronavirus

Information for Indigenous communities:
Canada.ca/coronavirus-info-indigenous

COVID-19 UPDATE

Best Practices Surrounding Status Cards During COVID-19

In response to questions received from First Nations members, citizens, and stakeholders, Indigenous Services Canada (ISC) is proactively sharing information to ensure that registered persons with a status card can access programs, services, rights and benefits during the COVID-19 pandemic.

All ISC offices for Indian status and secure status card applications are closed until further notice. Processing times, including return of original documents, are delayed.

In light of these circumstances, ISC is recommending to service providers that they should accept status cards or [Temporary Confirmation of Registration Documents \(TCRDs\)](#) past the renewal date with a second piece of identification. ISC will be reaffirming to businesses and service providers that Indian status does not expire, and that the registration number provided on these documents remains the same and is what is required to confirm eligibility for programs and services.

It is recommended to share this notice with your members, so that they have a copy accessible to them to show services providers in the event there are difficulties.

For more information, please visit [Coronavirus \(COVID-19\) and Indigenous communities](#) or email the [Public Enquiries Contact Centre](#).



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

BACK TO REALITY ...CAUTIOUSLY

Readjusting after C-19 is so different for each of us. Some have been unaffected while others have. Some have been in good health for years, others struggling with other health issues that create a sense of vulnerability. Some feel ready to tackle the re-opening while others are more nervous about it. It is not simple on the inside even though re-opening might follow a more simple plan.

We know that C-19 has not created a new reality since we navigate risk every day, but it has resulted in a much greater awareness within us all that we are not as bullet-proof as we usually like to believe. Greater awareness of risk does mean that each of us, and together as a community, we are going to find our way back to a new state of normal.

Returning to daily life, school, work is going to involve challenging the internal risk we are believing about C-19. This will naturally change our internal tension we carry into each social encounter, each day at work, each time we send our kids to school. So: without making it complicated, what are a couple things we can do each day to succeed?

Notice what hasn't changed about daily life and don't add extra focus to it.

Practice good hygiene, stay healthy, stay home if sick, follow school and workplace procedures. These will be emphasized but haven't changed much at all.

Keep priorities meaningful. Meaningful things produce life within us and around us.

Culture, family, friends, hobbies & recreation fill our lives with purpose and joy.

Notice successful behaviour: each interaction, each workday, grocery shop, fun activity, gives us evidence that we are doing well. Our positive behaviour becomes like a snowball rolling down a hill. As we do it, it grows and grows into something big and powerful to help us.

Notice our feeling: stressful feelings – nervous, irritable, etc – do tell us we are not confident about succeeding yet. They do not tell us we are not succeeding. It takes time to shift feelings about confidence, even when our behaviour is positive.

Notice our community: NOT by watching the news but by what we ourselves notice. How is daily life shifting? Each person will be figuring out how to do the same thing and together, we are getting there. It is not a simple thing but it is that way every day of life, regardless of C-19.

And always, if there seems to be struggle beyond what we can manage, seek help and support. It is a sign of wisdom and strength to ask for help, it is not weakness or failure.

See you out there!

Tony Broman Reach me at 250 378 4089 or tony.broman@lnib.net

LANDS DEPARTMENT UPDATES

The Lands Department has transitioned to working partly in the office and from home. Lands Requests and Enquiries can be directed to the Lands Manager, Brandi O'Flynn (Brandi.OFlynn@lnib.net) or call the main office line (250-378-5157) to be connected by phone. Here are some updates from the Lands and related departments:



LNIB MEMBERS-ONLY WEBSITE

The LNIB Members-Only Website (members.lnib.net) contains extra content exclusively for Members! Here, you can find materials from Council meetings, LMAC meetings, and Lands Projects – including the Traditional Holdings Project and LNIB Law Development. Utilize opportunities to comment and share input into drafts of LNIB Laws, and LMAC meetings so that you can help keep Lands activities aligned with Members' values.



Click the “Login” button at the bottom of any page on the LNIB website (www.lnib.net) or go directly to members.lnib.net to register and login. Check it out regularly as new content is continually added and get involved today!

REGISTERED MEMBERS OF THE LOWER NICOLA INDIAN BAND CAN LOGIN HERE

LOGIN

For questions or more information, please contact Jerrica Joe (Jerrica.Joe@lnib.net) in the Lands Department or Ruth Tolerton (Ruth.Tolerton@lnib.net), the Communications Coordinator; or call the LNIB office at 250-378-5157 to be connected by phone.



LMAC MEETINGS (VIRTUAL)

Lands Management Advisory Committee meetings continue to be held virtually over Skype and are open to all LNIB Members. These meetings can be a great chance to learn more about the Lands Department's projects and activities, including the draft LNIB Enforcement

Law that is currently being reviewed at the LMAC table.

If you would like to attend an upcoming LMAC meeting (by phone or computer), information and meeting packages can be found on the LNIB Members-Only Site under the “LMAC” page (see previous section for more info).

You can also contact Jerrica Joe (Jerrica.Joe@lnib.net) for more details or to request a printed package for office pickup or mail delivery (Canada Post standard mail).



LNIB LAW DEVELOPMENT – ENFORCEMENT LAW DRAFT

The first draft of the LNIB Enforcement Law was brought to LMAC meetings for detailed review starting April 06. Having considered comments and input from LMAC and other Members, a second draft which shows the edits was brought up at the May 25 LMAC meeting and is available on the Members-Only Site (see previous section for more info) for review and comment.

If you would like to read this draft LNIB Law and participate in its review; you can find a digital copy and leave comments on the Members-Only Site (members.lnib.net), request a print copy from Jerrica Joe (Jerrica.Joe@lnib.net) for pickup, and participate in LMAC meetings virtually.



IRRIGATION DITCH UPDATE

In response to high demand, LNIB staff have resumed activities for the irrigation ditch on Nicola Mameet IR No.1. We have welcomed back Gwayne Point as our Ditch Rider for this season, and he will be carrying out coordination of the water schedule, communication, and daily maintenance activities.

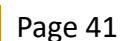


BC HYDRO WOOD POLE MAINTENANCE

BC Hydro will be carrying out Test and Treat program activities on approximately 121 wood transmission poles located within Nicola Mameet IR No.1. This program starts 20 years after installation, in an effort to maintain and prolong the life of the wood poles.

The program includes inspecting, testing strength, and treating with wood preservatives to combat decay. Poles are inspected and treated every 10 years after the first inspection, which can extend pole life from 20 to 50 years or more. Poles which do not meet strength requirements are either replaced, or reinforced to extend their life.

See the map on next page for pole locations on Nicola Mameet IR No.1. For more information, please contact Brandi O'Flynn by email (Brandi.OFlynn@Inib.net) or by calling the office (250-378-5157).



MOSQUITO CONTROL**TNRD MOSQUITO CONTROL PROGRAM UPDATE****APRIL 2020 FIELD ACTIVITIES**

May 02, 2020

Local river and lake levels are, for the most part, currently below normal for this time of year and will continue to be monitored visually, and through regular website updates. The exception is Hamilton/Quilchena Creek in the Quilchena area. Flowing through the now closed Quilchena Golf Course, increased flows have caused some flooding in fields adjacent to Triangle Ranch, the old course, at the course, and near the Jack Ranch cabins/RV area along the Nicola Lake. Flooding in the Upper Nicola Lake and Lower Nicola River areas has been minimal to date.

Field surveys and sampling completed during the past two weeks found larval development in a number of sites. The permanent ponds and cattail marshes in the Douglas Lake Cattle Ranch Home Ranch area were all active with larval development. Similar sites in the Lower Nicola area were also active during the last two weeks of April.

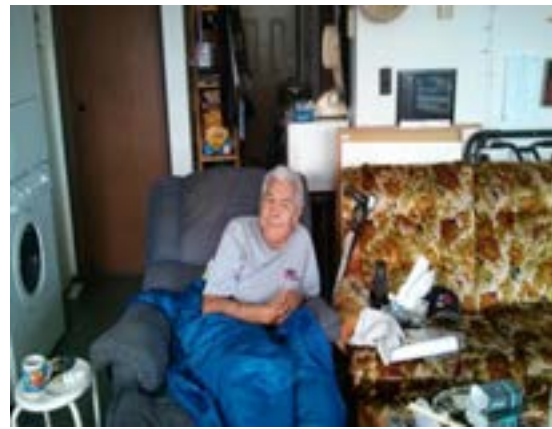
Larval populations were variable, and ranged from 1-10 larvae/dip in permanent ponds. Many temporary or fluctuating sites had larval populations ranging from 20-30 larvae/dip, and for some sites, larval populations were in excess of 100 larvae/dip.

A total 67 different sites were inspected a total of 77 times, and 33 separate VectoBac 200G applications were completed between 21-30 April 2020. A total of 34.80 kg of VectoBac 200G were applied to 4.64 ha of larval mosquito development habitat during the last two weeks of April 2020.

Larval mosquito samples have been collected and retained for taxonomy. Field personnel will continue to routinely monitor and sample larval mosquito development habitats and follow river, snowpack and weather websites and forecasts. Treatments will be completed as required, and where necessary to control developing larval mosquito populations.

For more information on mosquitoes, the control program, or to contact program biologists, visit www.duka.consulting or call Duka Ltd., Toll Free 1-800-681-3274.

REMEMBERING WILLIE HANCE



Willie Oscar Hance Gabriel passed away suddenly at the Nicola Valley General Hospital on April, 16, 2020. He is predeceased by his grandmother Louisa Hance Gabriel, grandfathers Willie Logan and Jimmie Major, his biological mother Mary Logan, his uncles Bill Harris Hance Gabriel and Jackie Major, two siblings: Robert Rodgers and Roy Rodgers and his wife Carol Hance. Willie has one surviving sister, Linda Hance Gabriel Epps and several other siblings in California: Ruby Rodgers, Will Rodgers, Ronnie Rodgers and Joann Rodgers. Willie had three sons and two stepdaughters, sons are: Joe Woodriff, Nathan Woodriff (mother Kathy?) and Willie Hance Jr. (mother Carol?). He also had numerous nephews, nieces, grandchildren, cousins and friends.

Willie was born in Merritt in 1944, removed from his community when he was 16 and relocated to California and eventually was placed in foster home care. It is ironic that Willie was returned to the Lower Nicola Indian Band between 2009-2010 because he was homeless and a burden to social institutions in Modesto, California. He had a difficult life, was homeless in California, suffered from chronic back injury pain, and struggled with alcoholism. Despite his circumstances, he was always quick to laugh and joke with community members. Willie used to talk about being 'sweet' because he had worked at a Hershey Chocolate Factory. Willie also worked as a custodian, security guard and short order cook. He liked to cook, his favorite dish was beans and rice. His favorite pastime was looking at western movies and listening to country and western music, he was also an excellent beader. He was proud of the cane that he beaded. As a young man, Willie danced the hoop dance with an American Indian dance group in California.

Due to the Coronavirus, funeral service and burial service will not be held at Lower Nicola Indian Band Cemetery. A heart-felt thanks to Irene Howe, Community Nurse; Chief Stuart Jackson of the Lower Nicola Indian Band; to the many elders who said prayers; to many community members who

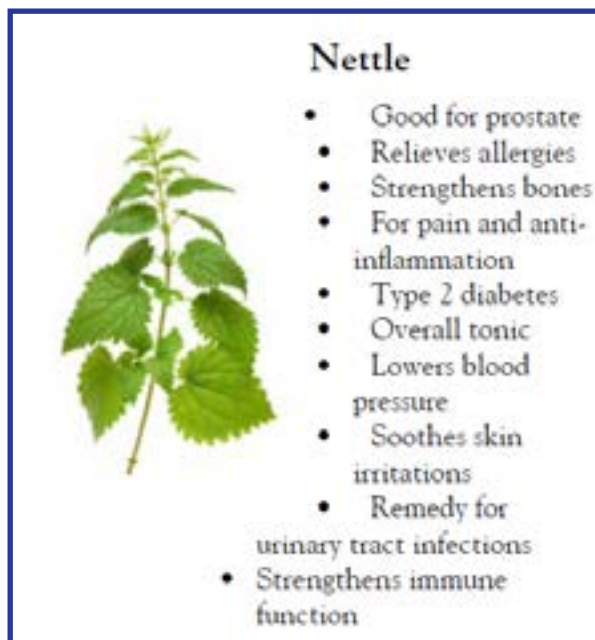
provided tele-support. A very special thank you to Merritt Funeral Chapel and the nurses at Nicola Valley General Hospital and to Dr. Fenrich who were there when Willie made his transition.

Willie is now with the creator and ancestors. Please do not hold on to your grief because he is now free.

I'M FREE – Unknown Author (edited and abbreviated)

Don't grieve for me, for now I'm free,
I'm following the path the Creator laid for me.
I took his hand when I heard his call,
I turned my back and left it all.

Perhaps my time seemed all too brief,
Don't lengthen it now with undue grief.
Lift up your heart and share with me,
Creator wanted me now,
HE SET ME FREE!



WATER RESTRICTIONS



**LOWER NICOLA
INDIAN BAND**
Public Works & Infrastructure



**TO ALL USERS OF
DOMESTIC WATER
SYSTEMS**

As summer approaches and temperatures are rising, we are asking you to conserve water as follow:

Water restrictions will begin June 1, 2020 and will remain in effect until September 30, 2020

Even numbered addresses are permitted to water on Mondays, Wednesdays and Fridays

Odd numbered addresses are permitted to water on Tuesdays, Thursdays and Saturdays

– There will be no watering on Sundays –

Watering is permitted on each of these days between

6:00 am – 8:00 am and 7:00pm and 10:00pm

Please note: Any homes with automatic sprinklers,
we encourage you to water between midnight and 4:00am on your respective days

Hand watering, using a controlled flow nozzle,
is permitted at any time, regardless of the applicable watering days

We thank you for taking steps to reduce your water use this year!

If you have any questions, please call Public Works at 250.378.5157

191 Newishashin Lane Kamloops, BC V1K 0A7
Phone: 250-378-5157 | Fax: 250-378-8188 | Email: nrcaptions@lnib.net

Shulus Gardens is pleased to announce....



It's The Great Pumpkin Growing Contest!

Get ready to grow your pumpkin! Pumpkins will grow in the ground and in containers – just have lots of room for the vine!

Pumpkins will be ready for judging in October.

Prizes – 1st, 2nd and 3rd in these categories:

- a) Largest Pumpkin
- b) Ugliest Pumpkin or Gourd
- c) Most interesting Pumpkin Shape

Please take photos of you planting your pumpkin and it growing at your plot (proof it didn't come from a commercial patch or store).

If you need seeds, please reach out to Lorna Shuter at Shulus Gardens – lorna.shuter@lnib.net, or 250-936-8365.

Don't have room? There could be room at Shulus Gardens but planting and maintenance is up to you!

SHULUS GARDENS

Welcome Robert Sterling III to the garden team, we look forward to working with you.

Planted 250 lbs. potato seed, Thanks to Gene & Felix for volunteering their time & equipment to pull the C.I.B.'s potato planter. Planted Russet, White & Finger potatoes.

Soil tests: we added Granular Gypsum to neutralize the pH in the soil. Plant roots absorb nutrients from soil when the pH is within the correct range. Vegetables prefer a pH between 6.5 to 7, the pH scale: .0__acidic_6.5_-_7.__alkaline__14.

Soil temperatures are important to seed and root systems. We use a soil temperature meter before planting potato or corn seed & tomato or onions.

Cold soil may cause seeds to decay or die and dry soil will hinder germination.

West Coast Seeds & Garden Guide has more information, get your copy at SCG or Purity
Soil amendments - Compost and aged manure was added to all the rows prior to laying down irrigation and planting. Feeds nutrients to crops.

Big Thanks to Harold Aljam for donating aged manure & Gene for delivering the manure.

Planting locations include:

We will continue planting seedlings as weather permits, within next two weeks

Green house: Tomatoes and Cucumbers with dill and basil, (directly in the ground)

Cloche Row Covers: tomatoes & basil, squash & marigolds, peppers & basil,

Field crops: Asparagus, celery, carrot, beet, romaine & fancy lettuce, spinach, swiss chard, broccoli, cauliflower, cabbage, kale, corn, peas, sunflowers, beans, squash, pumpkins. Dill, basil, etc.

Medicine garden: Tea garden includes lavender, yarrow, stinging nettle, rose hip. Strawberry leaves, mint, - donations & help to weed and harvest always welcome.

Food for Families: we look forward to working with the LNIB Community and Health Departments to help provide access of fresh produce to LNIB Membership

Volunteers program: SCG has a signup sheet for anyone who wants to exchange their volunteer time for fresh produce.

Food Preservation Program: we are growing specific crops for the food preserving program such as tomatoes, peppers, cucumbers, carrot, dill, etc.

Seeds to give away: pumpkin, gourds, potato seed, corn, etc.

Beehives are all healthy, we have more frames to clean and will need to attach wax sheets to the frames. Help is welcome.

Red Wiggler Farm is thriving, we collect the worm juice to fertilize the garden.
Gazebo needs shingles and ramps

Thank you, Steve and Gene for disking & rototilling a new garden zone, we will plant buckwheat to prepare for next growing season.

Tomato plants for sale: basket of 4 @ \$2.00, Basket of 6 @ \$3.00, transplanted @ \$4.50

Grow with Us!

CULTURAL REVIVAL - GATHERING FOODS

List of foods planned to be gathered in the near future:

Indian tea
Wild celery
Bitter root
Asparagus
Lightning mushrooms may be over.
Stinging nettle
Chocolate lily
Wild potatoes
Yellow avalanche lily

If you are interested in participating, please call Joe Shuter or Carole Basil so that they can contact you when the gathering is scheduled. Please note that you will likely need to arrange your own transport as with Covid precautions we can only take one passenger in a vehicle.



Lilac Jelly - pick the lilacs, keep only the petals and turn them into this liquid gold for your toast in the morning! Jack McIntyre walked our Culture Coordinators through the process. Recipe is on the following page...



YIELD: 6 CUPS

Lilac Jelly

Try making this easy lilac flower jelly recipe and enjoy this unique floral treat all year long!



PREP TIME	COOK TIME	TOTAL TIME
30 minutes	3 minutes	33 minutes

Ingredients

- 2 cups of packed lilac blossoms, leaves and stems removed.
- 3-4 cups of boiling water
- 1/4 cup lemon juice
- 4 cups of sugar
- 1 pouch powdered pectin

Instructions

1. Cut the lilac flowers from your tree, then remove the flower petals until you have 2 cups of firmly packed blossoms.
2. Add the blossoms to a quart-sized canning jar and cover to the jar neck with boiling water. Cover the jar and let it cool, then place in the fridge overnight to steep.
3. The next day strain the flowers, pressing or squeezing to remove as much liquid as possible. You should have 3 1/2 to 4 cups of liquid, make up the difference with water.
4. Pour the lilac tea into a large pot, add the lemon juice and pectin and bring it to a boil.
5. When it's boiling add the sugar, stirring until it has dissolved and return the mixture to a full boil for 1-2 minutes.
6. Remove from heat, skim off any foam and ladle into jars.

Recipe from Homestead Acres

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 Jewellery

Shannon Kilroy
skilroy09@yahoo.com
Earthline Contemporary Aboriginal Designs and
Accessories

Odd Job Joe
Handy Man Service & Solutions 24/7
(250) 378-7945

Ryan Mann
PlumberMann
250-936-8555

Mostly Glass
Mostly Glass Creations: Stained glass, mosaics,
mosaic lamps, stepping stones, beads, crystals,
prisms, window charms, bracelets
Email: mostlyglasscreations@gmail.com

Sharon McIvor
250-378-3300 Lawyer, Instructor and
Legal Advisor

James McNaney
nomadhauling@gmail.com
Trucking, Hauling

Earl Michel
emichel@live.ca
Wolf Pac Construction

Focus iN Consulting
Business development and housing
gaildjoe@gmail.com

Lorne Mike
paulinehenry2011@hotmail.com
Fitness Instructor and Rough Stock Horses

Gene Moses Fencing
Gene Moses
250-378-2801

Vivian and Arnie Narcisse
Mountainchief Catering
250-315-0584 Catering MC and
coordination of Cultural Events

Growing Garlic/Nicola Valley Produce
Jerrold Peterson
growinggarlic.ca
growinggarlic.ca@gmail.com

Gwayne Point
250-378-9167 Northwest Indian Art

Loren Sahara Consulting
Counselling & Leadership Development
778-676-7844
info@lornesahara.com
http://lornesahara.com

JW Forest Contracting Ltd.

250-378-5468
250-378-1556 (cell) Warren Smith/Janet Sterling,
Principals
Logging contractors, road builders, land clearing
Established 1998
Certified Safe Company
11 employees, 80% First Nations
Equipment: Faller/Buncher, Grapple Skidders,
Log Processors, Excavators, Cat Crawler Tractors

Millco Safety Services

www.millcosafety.com
PO Box 4154 Lower Nicola, B.C.
250-378-2221 Patrick Miller/Angela Garcia,
Principals
Construction safety, construction security, First
Aid, Traffic Control, fully certified personnel

Nicola Valley Muay Thai

Kru Melissa E. Moses
250-378-9155 (msg) 808-428-9155
kru@nicolavalleymuythai.ca

SCS Diamond Drilling

www.scsdrilling.com
1436 Sun Rivers Drive Kamloops
250.572-2615
250-314-4864 (fax) Spence Coutlee, Principal

Alison Sterling

ajsterling67@gmail.com
Jacona Sports, Behavior Intervention, and Bubble
Tea

Robert Sterling

robert_sterling@hotmail.com
Archaeology, Anthropologist, traditional land use
studies

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

Rona Sterling-Collins
info@ronasterlingconsulting.com

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T Sterling Construction Ltd.

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Business administration and Consultant

Molly Toodlican

Independent Watkins
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250-280-2012
mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com
Catering

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution

GREETINGS



Happy Birthday Uncle Reise Cisco on June 25th
from Joyce, Kal, John, Myrna, Austin, Stormm and
Winter

Happy Birthday Megan Beckett on June 25
from Auntie Joyce, Kal, John, Myrna, Austin,
Stormm and Winter

Happy Birthday Uncle Loren Basil on June 29th
and Ryan Seymor on June 17th
from Joyce, Kal, John, Myrna, Austin, Stormm and
Winter



Happy 15th Birthday to Megan Beckett!
June 25th.

Love Grama and Cha Cha

Happy 15th Birthday to Miss Megan
Beckett! June 25th.

Love you all the way to Yellowknife and
back!

Mom, Dad, Sophie, Domanic, Evan and
the Kato Potato!

RUNNING FOR THE FOODBANK

My name is Darius Sam and I'm a 19-year-old indigenous male who grew on Rocky Pines Indian reservation and on a mission to raise funds for the local food bank, motivate others and make a positive impact within the community. I'm planning on doing this by putting myself through hell. Specifically, I'm training for an endurance run of 100 miles (160 km) in 24 hours, taking me from Nicola Lake, to Spences Bridge and back again, on June 13th.

When I began, I set the goal of raising \$1,000, and I'm proud to say that I've already managed to double that and am currently pushing the \$3,000 mark. With the momentum of my community behind me and more drive than ever, I've reset my sights at raising \$10,000.

I'm currently seeking monetary donations, which can be made to my GoFundMe page or directly to the Nicola Valley Food Bank. The other way you can support me is by sharing my message on Facebook.

For your convenience, I've attached a couple photos of me training – running on the Nicola Ranch stretch, hiking up to the Merritt flagpole wearing a 45 lb vest, which I do every day as part of exercise routine.

If you have any questions about me or my goals, please feel free to reach out. Thanks for your time and I hope to hear back from you.



JOBS



**LOWER NICOLA
INDIAN BAND**

Job Description: Director of Infrastructure

Department:	Infrastructure
Position Title:	Director of Infrastructure
Reporting to:	Executive Director
Hours:	80 hours per week -Full-time position
Start Date:	1 st July 2020 or as soon as available
Wage:	\$82,000 per year, depending on education, skills and experience

The Lower Nicola Indian Band is a part of the Nlaka'pamux Nation and is located in the Nicola Valley near Merritt B.C. We invite you to learn more about us by visiting our website at www.lnib.net

Lower Nicola Indian Band is seeking an engineer for the position of Director of Infrastructure. This is a position offering a rewarding career for an individual who can manage a team dealing with a wide variety of challenges – from housing to water and sewer, and in between! Come join our team in the beautiful Nicola Valley.

Summary of Organizational Responsibilities:

The Director is responsible for the planning, development, and project management for: construction or repair of public buildings, earth structure (above ground and below ground), powerhouses, roads, bridges, canals and systems related to water distribution and sanitation. The Director also must manage, update and implement all policies pertaining to maintenance and repairs of the Band's public properties, plan and manage capital construction projects and to provide related policy analysis for the Band Council.

Duties and tasks included but are not limited to;

- Responsible for the management of the Band's Public Works department, including the maintenance of records and information that relate to the Band's assets
- To development and implement capital project plans, including the development of proposals for funding for and the implementation of capital projects
- Project Management of all capital projects or alternately to supervise any contracted project managers.
- Prepare engineering analysis of projects including preliminary design, calculation, life cycle cost and equipment selection. – make sure most appropriate, cost effective people involved
- Conduct technical analyses of survey and field data for development of topographic, soil hydrological or other information and prepare reports.
- Prepare and interpret blueprints, schematic drawings, layouts and other visual aids.





**LOWER NICOLA
INDIAN BAND**

- Prepare and manage yearly detailed department budget and workplan
- To develop such proposals as may be available to fund public or capital works projects
- To ensure that the environmental concerns of the Band are identified and addressed
- To assist the Departmental Portfolio holder to develop related policies
- Ensure a capital assets registry is maintained
- Create, maintain and monitor sector budgets
- Supervision and guidance for departments for Infrastructure, Housing, Facility Maintenance and Public Works

Important Skills and Experience:

- Critical thinking for developing alternative solutions or approaches to problems.
- Adept at performance management of self and team.
- Solid interpersonal/communication skills, administration/organization skills.
- Experienced effectively liaising with various governments and organizations.
- Knowledge of funding agencies and applications processes.
- Computer competency in Microsoft products including MS Office.
- Driver's License and access to private vehicle
- Ability to speak or willingness to learn the Nlaka'pamux language

Preferred Minimum Qualifications:

- Bachelor's Degree in Civil or Mechanical engineering with Professional Engineer designation preferred
- Three to five years experience in a senior supervisory capacity
- Knowledge of applicable federal, provincial and local building codes and safety laws.
- Experience in working in a First Nation's environment and understanding of cultural norms and practices.

WORKING ENVIRONMENT: Office environment associated with productivity requirements. Deadlines may be punctuated by short time lines. Work may require evening and weekend work and on call by cell phone in case of an emergency.

Preference will be given to members of the Lower Nicola Indian Band and/or other First Nations person.

Apply To:

Deadline to apply: open until filled

HR@LNIB.net

Or

<https://secure.collage.co/jobs/l nib>

A full Job Description is available by request to HR@LNIB.net



**LOWER NICOLA
INDIAN BAND****Education Assistant for Training Project
Job Posting**

Department: Education
Position Title: Program Assistant – EDU
Reports To: **Education Manager**
Hours of work: Part-time Term position – length of project
Start date: **June 2020**
Subject to: Terms and Conditions of the Personnel Policy

Summary of Organizational Responsibilities:

Reporting to the Education Manager, the Administrative Assistant's main responsibilities are providing administrative and clerical support to the department, while assisting the Education Manager with the coordination and planning of a training project. The assistant maintains contact between the Education Manager, students and the training contractor.

Duties and Tasks

- Assisting with day to day operation of the department
- Maintain a general filing system for appropriate correspondence and documentation
- Word processing and data entry
- Assisting with monthly newsletter submission
- Assist and report on a training project

Knowledge, Skills and Abilities:

- Computer fluent in Microsoft products including Word, Excel, Outlook and Access software
- Must demonstrate solid interpersonal/communication skills
- Administration, time management and organizational skills
- Problem solving skills and multi-project management required
- Team orientated with a great work ethic, a self-starter and able to work independently
- Maintain a high level of confidentiality
- Liaise effectively with various government agencies and organizations
- Must be able to lift to 25 lbs. and perform physical aspects of the position

Qualifications:

- Have completed at least one-year post-secondary education
- Experience with First Nation's organizations
- Class 5 Driver's license and reliable vehicle
- Ability and willingness to submit to a criminal record check
- Ability to speak or willingness to learn the Nlaka'pamux language

Apply : HR@LNIB.net or the link below

Closing Date: June 7th 2020

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



**Lower Nicola Indian Band
Job Posting**
2 SUMMER Landscaper Labourer Positions

Department: Infrastructure

Hours: Full-time to June to Sept (end date is negotiable) **Start:** ASAP

Wage: \$16 per hour

Landscaper/Labourer

Summary:

Reporting to the Maintenance Manager, the Landscaper/Labourer responsibilities are to provide regular grounds maintenance for all LNIB offices and buildings and provide additional support to maintenance staff.

Duties Include:

- lawn care and mowing,
- weed management, pruning of trees and shrubs,
- maintaining schedules for irrigation, weeding and general clean up.
- Will also be assigned to help with the Shulus Community garden,
- General construction and maintenance work

Requirements:

- Must be physically fit and able to lift up 50 lbs, able to work in all outdoor conditions and use of various small power equipment.
- MUST have a current valid Class 5 BC Drivers License
- Prefer to have own transportation as travel between various sites within the Reserve is required.

Working Conditions:

Frequent standing, walking, twisting, bending, reaching and kneeling,

COVID-19 Precautions

Proper Social Distancing protocols have been implemented and will be strictly enforced for all staff. When and where needed Personal Protective Equipment is provided.
All new hires are required to sign and certify that they are free of all COVID 19 symptoms and have been so for 14 days prior to start date of work.

Please apply to HR@LNIB.net or at the link below.

Closing date: June 5, 2020

<https://secure.collage.co/jobs/l nib>



**LOWER NICOLA
INDIAN BAND**

**Lower Nicola Indian Band
Job Posting**

Department: Fire Department

Position Title: Fire Fighter

Hours: 35 hours per week

Start Date: ASAP

Wage: \$24 to \$27/hour

Number of Hires: 3 positions as noted below

Summary of responsibilities

Responds to fires and other emergency alarms and assists in those operations necessary to insure the confinement and extinguishments of fires or the elimination of other hazardous conditions. Also will be involved with wild land fire fighting and cultural burning.

Duties and tasks

- assists in the evacuation of endangered persons from hazardous locales
- connects and lays hose lines operates hose nozzles and other fire extinguishing appliances in an efficient manner to reduce water or other damage raises,
- lowers and climbs ladders
- uses hand and power tools makes forcible entry into buildings opens up walls and other structures
- enters burning buildings or other locations
- protects property through salvage and clean-up operations by using salvage covers, brooms, mops, shovels and similar equipment
- replaces broken or ruptured sprinkler heads to prevent unnecessary water damage
- operates resuscitator and inhalator and administers first aid and CPR
- assists officers at the scene of a fire or other locale by delivery of messages, receiving reports and transmitting orders
- assists in getting equipment and apparatus prepared for further alarms after a fire or emergency
- attends instruction classes, training sessions and drills studies local conditions and factors affecting fire operations
- assists in maintaining fire apparatus, equipment and stations.
- Wildland firefighting

Specific Additional Community Role

Training officer (new position)

This new position will be required to set up and deliver all required training on a weekly basis and provide a training calendar to department members. Develop a training schedule for paid and volunteer crew members.

We will be starting a new training program this year which will have the department in line with the current standards. Each lesson entails 2-4 hours of prep work not including the practical portion. This position will also be required to conduct monthly Job Performance Requirements that will be recorded into our software for training records, and will be responsible for the community fire smart program

Public education officer (New Position)

This position will be responsible for providing public education to membership, band school, and band owned buildings. The training will include fire safety inside the home, fire extinguisher use and exchange program, how to call for help in the event of an emergency some of the membership don't know to call 911. This position will be doing home visits to elders and assist them in wood stove cleaning, filter replacement for furnaces as well will teach members how to deal with grease fires, chimney fires.

This position will also ensure fire drills are conducted in all public buildings as well as ensure escape routes are posted and exits are clear from debris.

Admin Officer (new position)

This position will be required to ensure all required information is recorded in the software program as well as create a system that identifies required inspections and services of all equipment. They also must create a system to track all required dates of gear purchases as they have an expiry date that we need to track. All daily, weekly, monthly, quarterly, and annual testing will also be required to have a tracking system as well. Will also create and maintain a system to track and monitor our SCBA system as well as our filling station, which will also entail refreshing all the air tanks on a monthly basis.

Required knowledge, skills and abilities

- Completion of Grade 12
- completion of one or two years of additional post-secondary education, apprenticeship or equivalent successful completion of an approved firefighter training program and National Fire Protection Association (NFPA) 1001 Level 1 and 2 Certification
- Class 3, 4 and/or 5 British Columbia driver's licence with airbrake endorsement
- a driving record that shows responsible and safe driving behaviour
- must be medically and physically fit and meet vision and hearing standards
- must pass a criminal record check
- CPR Level "C" and Occupational First Aid Level 3 or First Responder Level 3

Other qualifications that may be beneficial include:

- volunteer firefighter experience
- other work experience related to firefighting (such as building construction, mechanical experience, driving large or emergency vehicles, forest firefighting, diving, first aid and paramedical experience)
- fluency in a language other than English
- an ability to swim and related life-saving certificates
- Knowledge of cultural burning and
- non claustrophobic.
- volunteer work in the community

Apply To:

HR@LNIB.net or

<https://secure.collage.co/jobs/l nib>

Deadline to apply: All position will be open until filled

Nlaka'pamux Health Services Society
Employment Opportunity
Emergency Program Coordinator



POSITION: Emergency Program Coordinator
HOURS OF WORK: Monday to Friday 8:30 am – 4:30 pm (35 Hours per week/1hr lunch)

Objective:

As part of the Nlaka'pamux Health Services Society Team, the Emergency Program Coordinator will assist communities within the Nlaka'pamux Nation with Emergencies and disasters preparedness.

About you:

We are looking for a team member who will be:

- A knowledgeable member skilled in working in a matrix environment, collaborative in building relationships, knowledgeable in prioritize competing interests and requests.
- A self-starter who takes initiative to creatively identify and implement opportunities, respond quickly to issues, and recommend effective messages, versus awaiting direction.
- A supportive “team player” who views their role as helping and enabling their colleagues’ success, as much as securing support for their own.

Key Accountabilities:

- Work closely with communities to ensure supports are in place to implement programming related to Emergencies programming.
- Support leadership in developing and implementing a strategic direction for emergency response also incorporating mental health and wellness
- Identify needs and pathways of communications
- Supports reporting, ensures budgets are aligned with community activities, and tracks, identifies and applies to external funding opportunities
- Support the planning, implementation, and evaluation of community activities and work plan, and supports longer-term Nation planning (e.g., facilitation)
- Policy development

Qualifications:

- A two (2) year diploma from a recognized post-secondary institution in emergency management, supplemented by courses in emergency preparedness including risk assessment and emergency management.
- Minimum of three (3) years directly related experience including serving as an emergency management professional, preferably with some time in a local government setting.
- Thorough knowledge of the BC Emergency Management and Incident Command Systems, and the roles and responsibilities of the local authority under the BC Emergency Program Act.
- Team leader/ project manager experience in developing and delivering comprehensive training packages, including evaluation mechanisms.

Nlaka'pamux Health Services Society Employment Opportunity Emergency Program Coordinator



- Strong interpersonal, leadership and conflict resolution skills with the ability to maintain a volunteer program. Critical Incident Stress Debriefing training would be an asset.
- Ability to quickly respond to emergencies, work various shifts to meet operational requirements, including extended hours under stressful conditions, particularly during emergency situations.
- Standard First Aid.

Knowledge, Skills and Abilities Required:

- Experience and training in emergency management, the British Columbia Emergency Management System (BCEMS), and Incident Command System (ICS) is an asset.
- This position requires reasonable flexibility in work hours to support emergency operations center training and activations.
- Strong assessment skills relevant to the context of local Indigenous history, beliefs and practices.
- Knowledge of or willingness to learn Nlaka'pamux tradition and culture.
- Recent experience working with First Nation clients in rural, remote and on-reserve communities.
- Strong written and verbal communications skills, which includes correspondence, and report writing.
- Ability to work independently and in a multi-disciplinary team.
- Demonstrates strong interpersonal, organizational and time management skills.
- Functional in Microsoft Office: MSWord, Excel, PowerPoint, Outlook, Publisher.
- Hold a valid drivers' license with a clean drivers' abstract.
- Consent to a comprehensive criminal record check with clearance is required.
- Please note travel is involved to communities

Application Submission Process must include the following:

Resume: providing detailed information about your education and employment history that clearly demonstrates your ability to the required job qualifications.

Cover Letter: outlining your understanding of the position and how you're your education/experience would contribute to the success of the position, the organization and to the communities served.

Apply by Mail or email to:

Tamara George, CAPA

Executive Director

Address: 2088 Quilchena Ave,
PO 1624 Merritt BC, V1K 1B8

Email: george.t@nlxfn.com

Phone: 250 378 9772 ext.119

Fax: 250 315 0283

This posting will remain open until the position is filled.

Only applicants shortlisted will be contacted for interviews. Please note that successful applicants will require a Criminal Record Check, the details of which may preclude an offer of employment being finalized. Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.



Nlaka'pamux Health Services Society

Employment Opportunity

Health Care Aid

POSITION: Health Care Aid **Status:** Permanent Full Time
HOURS OF WORK: Monday to Friday 8:30 am – 4:30 pm (35 Hours per week/1hr lunch)

Nlaka'pamux Health Services Society is currently looking for Health Care Aid to work with clients within the Nlaka'pamux Nation. Must be available to work weekends as well as weekdays, if necessary.

Nlaka'pamux Health Service's Home Care services is a new department focusing on services to Elders and those with chronic illnesses. It is our goal to provide quality in-home health care to residents of our Nations communities that do not have their own nursing services and in collaboration with existing community nurses, CHRs and other Wellness workers.

REQUIREMENTS:

- HCA Diploma from a Canadian university or equivalent institution
- Registered with British Columbia Care & Community Health Worker Registry
- Valid BC Class 5 drivers' license required with a clear driver's abstract
- Current Level 1 First Aid and CPR

EXPERIENCE:

- Minimum 1-year experience in a health care environment preferred
- Excellent written and oral communication skills with knowledge/experience with computers, use of standard office equipment and Microsoft Office
- Preference given to those with experience with:
 - With working with dementia care or palliative care clients
 - Knowledge and or training in diabetes education
- Current Food Safe Certificate
- Familiarity of Nlaka'pamux history, customs and traditions is an asset

POSITION DETAILS:

- Office location in Merritt & Lytton; position requires travel to rural and remote First Nations communities
- A flexible schedule that includes occasional evenings, weekends, and extended hours

SPECIFIC RESPONSIBILITIES:

In a team environment, **Health Care Aid** will work under the direction of a **Nlaka'pamux Health Services Nursing Supervisor** following individual Client Care Plans to provide home support services to our clients.



Nlaka'pamux Health Services Society

Employment Opportunity

Health Care Aid

SPECIFIC RESPONSIBILITIES:

- Conduct home visits, providing home care services according to instructions provided by the Client Care Plans and Nurse Supervisor
- Assist clients with the Activities of Daily Living within varied settings to promote maximum independence
- Observe and document on client's health condition and environment
- Report significant and unsafe observations and provide support and guidance as well as input and feedback in the care planning process
- Document home care services to client files, using an electronic charting program
- Build relationships with community members, supporting health programing for elders and clients with chronic conditions
- Works in partnership with Community Health Nurses to prevent and control the spread of communicable diseases
- Position requires high degree of flexibility, and will include other duties as assigned
- Assures cultural safety and relevant best practices are maintained to support client care

Applicants to submit a cover letter with salary expectation, resume, copies of credentials and three professional references to:

Tamara George, CAPA

Executive Director

Address: 2088 Quilchena Ave,
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Nlaka'pamux Health Services Society

Employment Opportunity

Licensed Practical Nurse (LPN)

POSITION: Licensed Practical Nurse **Status:** Permanent Full Time
HOURS OF WORK: Monday to Friday 8:30 am – 4:30 pm (35 Hours per week/1hr lunch)

Nlaka'pamux Health Services Society (NHSS) is seeking a fulltime Licensed Practical Nurse to fill a Home Care Nurse position providing nursing services within the Nlaka'pamux Nation.

REQUIREMENTS:

- LPN Diploma from a Canadian university or equivalent institution
- Registered with British Columbia College of Nursing Professionals
- Valid BC Class 5 drivers' license required with a clear driver's abstract
- Current Level 1 First Aid and CPR

EXPERIENCE:

- Minimum 2-3 years' experience in nursing
- Excellent written and oral communication skills
- Preference given to those with experience with:
 - Home Care Nursing
 - Certification in Advanced Foot Care training as asset or willing to complete training
 - Diabetes education
 - First Nations communities
- Experience/knowledge of computers, use of standard office equipment and Microsoft Office
- Familiarity of Nlaka'pamux history, customs and traditions is an asset

POSITION DETAILS:

- Office location Merritt & Lytton; position requires travel to rural and remote First Nations communities
- A flexible schedule that includes occasional evenings, weekends, and extended hours

SPECIFIC RESPONSIBILITIES:

- Working in a team environment, health programing for elders and clients with chronic conditions
- Conducting home visits, build relationships with community members, provide health information
- Advocacy and referrals for clients and families to appropriate resources and services, and helping them to overcome potential access barriers
- Documenting client's notes, assessments, and care plans, using an electronic charting program
- Be part of a working group to promote health programs, e.g. healthy lifestyles, nutrition, cultural connection, and wellness activities
- Works in partnership with Community Health Nurses to prevent and control the spread of communicable diseases
- Position requires high degree of flexibility, and will include other duties as assigned



Nlaka'pamux Health Services Society

Employment Opportunity

Licensed Practical Nurse (LPN)

Home Care Nurse will provide:

1. Scheduling initial/annual care assessments, tracking follow-up and care of home care clients
2. Deliver services according to client care plans, monitor care delivered by Health Care Aid
3. Create social connection to the community and provide referrals into the program
4. Provides client advocacy with medical services within the Interior Health Authority framework
5. Advocates for the NHSS Home Care Services program and community members needs
6. Mentors HCAs and monitors HCAs training. Advocates for continual education of community health care and wellness workers through collaborative networking
7. Builds relationships with Community Health Leads and Health Center staff to collaborate with resources such as CHRs, Home Care workers, Wellness workers etc. in support of client care
8. Support health promotion activities and prevention programs organized by the community such as health fairs, diabetes and heart health events, and nutrition support
9. Links with NHSS management regarding management and policy structure
10. Follows requirements of NHSS Home Care Nursing policies for service delivery, nurse licensing requirements, maintains standards equivalent to British Columbia College of Nursing Professionals (BCCNP) practice standard and policies
11. Supports program development that assures culturally appropriate and trauma-informed service
12. Assures cultural safety and relevant best practices are maintained to support client care.

Applicants to submit a cover letter with salary expectation, resume, copies of credentials and three professional references to:

Tamara George, CAPA

Executive Director

Address: 2088 Quilchena Ave,

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FATHERS' DAY

Happy Fathers' Day all you Daddies! I hope you get to spend some meaningful time with your children and grandchildren. Share your stories with them! That's a two-way gift! Here's how Fathers Day is celebrated around the world...

Father's Day in Thailand is celebrated on the birthday of King Bhumibol Adulyadej, Dec. 5. The King gives a speech and many Thais wear pink to honor him — the King was once seen wearing a pink blazer as he left the hospital. It is also a tradition for people to give Canna Lilies to fathers and grandfathers.

Russia:

Men, not just fathers, are celebrated in Russia on Defender of the Fatherland Day. The Feb. 23 holiday started as a military commemoration. Soldiers are still honored in parades throughout the country. Women give the important men in their lives — not just dads — gifts.

Brazil:

Father's day in Brazil celebrates St. Joachim, Mary's father, on Aug. 2. St. Joachim is patron saint of fathers and grandfathers.

Germany:

In Germany, Father's Day, or Vatertag, is a federal holiday celebrated on the 40th day of Easter, Ascension Day. Men in Germany traditionally celebrate by pulling wagons loaded with beer and liquor into the woods. Instead of hiking and drinking, some men celebrate by going on bar crawls.

Nepal:

The Nepalese celebration of Father's Day is called Gokarna Aunsi, which literally translates as 'cow earned no moon night.' Sons touch their foreheads to their father's feet and daughters touch their foreheads to their father's hands. Children also give gifts to their fathers.

People also gather at the Gokarna Temple to pray for the fathers who have passed away.

Gokarna Aunsi is celebrated in late summer each year.

Mexico:

Mexico has an annual 21K Father's Day race, Carrera Día del Padre 21K Bosque de Tlalpan, each year on the third Sunday in June. They also celebrate with parties and gifts for dads.

Italy, Spain and Portugal:

In these countries, Father's Day coincides with the Feast of St. Joseph on March 19. Religious families typically go to church. Kids also make cards or buy gifts for their dads.

THE BACK PAGE

We'll thank goodness for a return to nicer weather! At least we can get outside in the fresh air to escape our Covid world a bit. What a strange world it is and I find the hardest thing is to not be able to hug people.

A really big shout out to our Grads. What incredibly trying circumstances for you in your graduating year - seems like it was all the stress and none of the fun! We hope that you can at least celebrate your accomplishments with your families! Have a dress up night and make a special dinner. Take advantage of the Photo shoots offered by LNIB. We are all very proud of you!

Happy Fathers' Day to all you Daddies out there. Take your kids and grands out on the land and spend some time with the Creator's bounty. Teach them how and what to gather. Share stories about your childhood... what a gift for all of you!

The warmer temperatures are having a positive effect on the growing season.... things are coming up in the garden and what a great time to fill in some gaps on your patio and in your yard. Tomato plants will provide you with healthy snacks whether grown in pots or in the ground. Get those pumpkin seeds started for the Great Pumpkin contest. Need some gardening know how? Drop down to Shulus Gardens and spend some time volunteering!

I've sprinkled some plant facts here and there through this newsletter. These are common plants that can serve you well as a healthy tea. Don't forget to let Joe Shuter and Carole Basil know that you're interested in the gathering excursions so that you don't miss out.

Take pride in the land and offer up some love in return. Bins are placed in all the communities so you can do your part in the annual Spring Clean up.

Continue to practice social distancing, and of course the usual hand washing and sanitizing. Caution and Patience continue to be our watchwords.