



# April 2019 N?e?iyk Spíləxm

## IN THIS ISSUE

Resume Workshop	P.2
Elders' Easter Lunch	P.3
Turn Me Loose in Shulus	P.4
Councillor Leona Antoine	P.5
Executive Director	P.8
Finance Committee Needs Members	P.9
Lands & Economic Development	P.12
Shulus Garden	P.14
Fire Smart	P.15
Grandmothers' Gathering	P.16
Education Department	P.19
Changes to Recycling	P.26
LNIB School Calendar	P.27
Honours!	P.28
Birthday Greetings!	P.28
Culture Revival	P.30
LNIB Development corporation	P.32
LNIB Community Easter Lunch	P.34
Indigenous Artist Call	P.35
NVIT Open House re Water Management	P.36
32nd Annual Nicola Jr Native Hockey Tourn.	P.37
Hockey School	P.39
April Recreation	P.40
Feel the Beat	P.41
Traditional Games & Training	P.42
Youth & Elder Gathering	P.43
Membership	P.44

Sixties Scoop	P.45
Member Owned Business Dir.	P.46
From the Editor	P.48



Cottonwood Buds - make the best antibiotic ointment - and are the scent of Spring!



**RESUME WORKSHOP****LOWER NICOLA  
INDIAN BAND**

# **Surerus/Murphy**

## **Resume Workshop**

### **Enhance Your Resume Composition Skills**

More often than not, a resume is not given enough credit for the level of influence it can have on a potential employer or interview committee. Your resume is in competition with many others for a single position to be awarded. Your resume is the first impression that is given to someone in which to evaluate you. Your resume must represent the best you. If you feel that this workshop could benefit you please contact me to reserve a time and spot.

- **Where:**
  - The basement of the Lands and Economic Development Office
- **When:**
  - Wednesday April 3<sup>rd</sup>, 2019
- **Time:**
  - Starting at 5:00 PM
- **Duration:**
  - 6 - 30-minute sessions with 5 people at a time
- **Who:**
  - 2 Human Resource Personnel from Surerus/Murphy will deliver the workshop sessions

**Please bring your current Resume & Cover Letter with you**

**Don't miss the opportunity to put your best foot forward**

If you have any questions, please call Steve Wilks @ 250-378-5157 or email [steve.wilks@lnib.net](mailto:steve.wilks@lnib.net)

## ELDERS' EASTER LUNCH



**A N N U A L**

# ELDERS EASTER LUNCH

**April 9, 2019**  
**Merritt Civic Centre**



**EASTER BUNNY**

**Entertainment starts at 10 am**

**Snacks start at 10 am**

**Lunch at 12 pm**

FOR MORE INFORMATION  
**Journeys Into Tomorrow**  
**Transition House**

**TO RSVP Telephone: (250)378-6170 Email: [journeys@live.ca](mailto:journeys@live.ca)**

## TURN ME LOOSE IN SHULUS

**Saturday, May 4, 2019**  
**at Shulus Arbour (near the Arena)**  
**4TH ANNUAL TURN ME LOOSE IN SHULUS**



**RUN - WALK - STROLL**  
**ʔLÍYX - XʷEXʷÍŠT - XʷESÍŠT**

Open to everyone, all ages and abilities  
Registration fee by donation (min \$10) with proceeds to benefit  
Youth & Elder Programs - Youth under 18 and Elders free!

**10K - 5K - 2K - 800m**  
Light healthy lunch to follow, 50/50, Door prizes

**No Need to Pre-register!**

**COUNCILLOR LEONA ANTOINE**

Hentl'

With spring in the air there are number of to do items on Chief and Councils list with budgets, measuring where we are, evaluate our strategic plan, present Governance Plan, keeping eye on Federal Government with upcoming election and defining Reconciliation with the Provincial Government, Nation to Nation relations, and our Nlaka'pamux Nation building, and constraints to our Tmix and of course our own elections of LNIB by fall and ensuring all the policies are implemented so we can ensure all

business is being conducted in a good way.

With the assistance of Four Directions we were able to identify the dreams of LNIB and how do we get there strategically. Entrusting in the policies has been hard to incorporate into LNIB everyday business as its been ingrained into our culture of what is acceptable. With the accumulative frustrations I am hoping that there will be a culture shift to be a healthy functioning community. On an upbeat note I am proud that we are show casing our accomplishments of food security, invasive plants, green energy, water management, management regimes of protecting our culturally sensitive areas, participating in the economic sector not just as laborer's but being at the management tables and our entrepreneurs steam rolling out contracts with pride.

Over the recent months our entire Nlaka'pamux Nation has been meeting for 2 items; steelhead fisheries and determine our boundaries with neighboring nations. Since 2015 the Shuswap Nation has been declaring to the Province, municipality of Logan Lake, and proponents that Western boundary of our nation is theirs and are after specific claims. As nations we met and asked of their intent and they did not reply, so as a nation we are strengthening our jurisdictions. We are in hopes that we will be rolling out in coming weeks with an action plan. We are encouraging membership to talk to leadership of the concerns or ideas and will address at the Nation table.

Fisheries has been a very consuming file with number of efforts at different tiers for strategy of our steelhead, chinook and coho. DFO has been frustrating in that they do their roll out of harvest plan on the 11th hour and our technicians have no opportunity to weigh in on the plan. At a Nation level we are having discussions with our technicians on how to proceed with harvest this year. We have also talked to MLA of Saanich that will be our voice in Parliament on Mid Fraser's issues of protecting our head waters to ensure salmon habitat is being protected and continue rehabilitation of habitats on the tributaries throughout migration routes. In saying that mother nature is challenging with climate change and accumulative effects and by no means can we ever manage water entirely as mother nature has proven us wrong and sometimes we have to be patient as it shifts and changes. NO FISHING STEELHEAD - I am seeing some of our band members showing off steel head catch on Face Book and feel I have to get the message out there more!!!!!!

Merritt hosted the BC Assembly of First Nations at NVIT early March. The 2 -day event was a time to show other leadership our proud culture and when working together what can transpire. NVIT is a



joint effort of all Nicola 5 bands that has grown beyond the dreams initially started. It by no means has been a easy journey but with us being focused on the objective has shown collaboration can work. We had our children sing, dance and speak the 2 languages of Syilix and Nlaka'pamux. The culinary program did most of the meals and evening entertainment was Laura Grizzlypaws and our local drummers and dancers. Its those days that I can see our efforts paying off and continue the hard work.

The Water Governance Pilot Project was shared with stakeholders and there was a lot in common in that we need to collaborate all our efforts to manage water better. Myself and Chief Aaron will be going to Cowichan April 1-3 to meet with another nation how they manage water government to government with collaborative efforts on the watershed. It will be refreshing to see what others are doing.

The LNIB Development Corp is quit busy with training for the upcoming season of invasive plants spraying contract of Trans Mountain right of way form Kamloops to Burnaby, OMH Integrity pipeline contracts in Prince George with Trans Mountain, Spectra and Enbridge, timber cruising exclusively for Aspen Planers, forest development for Tolko, Weyerhauser, and Stuwix, road building, logging truck transporting of fir to Lillooet plant and haul back pine to Aspen Planers mill, certification in the event Trans Mountain project is a green light, continue seeking opportunity with Highland Valley mine, crushing contract for HVC renewing contract for 3 year term, firewood for elders, working towards tourism with Jordan Hunt out of Shulus Farms site up the Guichon and other tourism opportunities.

For the LNIBDC staffing consists of 4 full-time, 4 part time LNIB members, UNIB members 2 full time, and 3 full time non- aboriginal. The office will soon be shared at the Infracon site in coming months freeing up office space at our Lands Department.

The Highland Valley Implementation Committee is working close to ensure that our agreement conditions are being met. The working plan was presented to us early March with concerns being expressed by us of Human Resource issues we've been made aware of. HVC is checking with the Steel Workers Union to ensure that employees are being informed of their rights and the process for grievances. If the Union is not addressing issues I encourage the employees to inform us and we will address concerns.

Last week I attended a meeting with the Restorative Justice team and guests of lawyers and judge from New Westminster to observe our process in court. They are struggling with a bigger urban setting to implement the program and admired how our process is very community driven with amazing support. The next day I witnessed the court proceedings in action with our elder panel and the client with the judge to review the recovery plan designed by the client himself. It makes the client accountable to elders and followed by questioning from the judge to ensure it's a sound plan and feeling comfortable with the process. We did have an individual blanketed as he did succeed and meet all requirements by all. It was a very moving experience. I really admire the UNIB Grandmothers Oath stating that they are responsible as well to ensure community members are

getting the support the client requires.

In closing I feel I could go on and on with our everyday battle but want to ensure that we are putting a lot of our efforts into protecting our Tmix and hoping our efforts are resonating through the legislation and operationally on the ground. The Premier and Ministers know the Nicola 5 intents and have met us regularly to get some wins on the ground but build out at a Provincial level.



Photos (Leona Antoine)  
Clockwise: Nlakapamux Nations meeting re fisheries; Colton Sterling youth demo dance; BCAFN at NVIT; Water Governance meeting with Minister Scott Fraser



## EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for March 2019. We are proud to share some of the stories, events and highlights of the programs and services that we delivered to Lower Nicola Indian Band members in the past month.

The Band Office continues to be a busy place and there are always many things on the go, many people visiting to discuss their issues.

Here are some of the things we are working on:

**Community Plan:** The community plan will be finalized in April and distributed to members and made available for viewing on our website. Looking forward to sharing this document with membership to enjoy all their suggestions and ideas for LNIB.

**Proposals:** There is a proposal that was supported and submitted to Clean BC for solar energy initiatives for the community that will focus on supplying solar energy to the LNIB Administrative, Health Services, Lands & Economic Development, 4-plex and 8-plex homes. This initiative can move eventually expand of the years to include band owned and privately owned homes once income is generated through this initiative. A proposal to the Low Carbon Challenge is focused on installing Solar Panels, Geothermal and LED lights in the Shulus Arena. New Relationship Trust application was successful and this will assist the Lands department with assessing LNIB Lands for economic opportunities.

**Website:** LNIB website is functional however the Members Only portion is disabled and most documents you can find under the documents section on the website.

**2019-2024 Multi Year Budget:** LNIB Council passed the 2019-2024 Multi Year budget. The budget was presented to the band membership at the March 25, 2019 Band General. If you would like a closer look come into the administration building and Barry Torgerson, Director of Finance would be happy to show this to you and answer any questions you have on the budget.

**Community Meetings:** LNIB hosted many community meetings this month. Surerus Murphy will have a resume Workshop on April 3, 2019 if you would like to take advantage of this opportunity. Renewable Energy Workshop was well attended by the community and offered some exciting details on the two grants applied for and provided the opportunity to bring forward your suggestions. There was a Repatriation Community Meeting held on March 13, 2019 that also was well attended and provided excellent photographs of Nlakapamux artifacts that are currently housed at the Peabody Museum of Archaeology and Ethnology located in Cambridge, Massachusetts.



A Genealogy Workshop was offered February 12, 2019 that supplied information on how to get started on creating your own family tree.

**Committees and Liaisons:** Lands Management Advisory Committee applicants will be brought to Chief and Council to have a new member appointed to the LMAC. Finance and Audit Committee will be presenting some applicants to Chief and Council to appoint a new member.

**Support to Chief and Council:** Chief and Council met March 5, 2019 and March 25, 2019. The Band General that was scheduled for Monday, March 25, 2019 the budgets were presented to membership at this Band General. Should you require anything be on the agenda please contact Sondra Tom or myself.

---

## FINANCE COMMITTEE NEEDS MEMBERS

### RECRUITMENT OF FINANCE COMMITTEE MEMBERS

The Chief and Council of LNIB is looking to recruit two people to join the LNIB Finance Committee. . If you are interested in being appointed by Chief and Council as a member of the LNIB Finance Committee and have some background in accounting or financial management, please forward your expression of interest along with a short biography of your financial experience and two references to:

Barry Torgerson, CPA, CMA  
Director of Finance  
Lower Nicola Indian Band  
barry.torgerson@lnib.net  
or a hardcopy to be left at the front desk of the LNIB Administration Office.

If you have any questions or require more information, please contact  
Barry Torgerson at 250-378-5157

**Please note the Band offices will be closed on Friday, April 19th and Monday, April 22nd**



## Nicola Valley Economic Development Protocol

The Nicola First Nations of Lower Nicola Indian Band, Upper Nicola Band, Coldwater Indian Band, Shackan Indian Band, Nooaitch Indian Band, and the Province of British Columbia are working together to build a strong partnership, grounded in recognition and respect.

The Province of British Columbia is committed to implementing the United Nations Declaration on the Rights of Indigenous Peoples, including self-determination and the inherent right of self-government, and re-building community strength and well-being.

Over many years the Nicola First Nations and the Province have advanced a path of partnership together on mutual interests and priorities, most recently through the Nicola Watershed Memorandum of Understanding (2018).

The Province of British Columbia recognizes the Nicola First Nations' active and ongoing work to build and strengthen resilient and prosperous communities. Through this Protocol, the Nicola First Nations and the Province intend to continue collaborative work to advance economic development opportunities in the Nicola Valley - opportunities that will benefit the Nicola First Nation communities and the region as a whole.

Through this Protocol, together we will:

- (a) explore economic development opportunities that will benefit Nicola First Nations and neighboring communities;
- (b) consider new and unique approaches to building resilient economic partnerships between Nicola First Nations and the broader Nicola Valley region; and,
- (c) prioritize the review of Nicola First Nations' application to develop the proposed Gateway 286 site as a cultural learning and visitor centre.

The Gateway 286 project application is currently moving through the provincial statutory decision making process. If the application regarding the transfer of the lands to the Nicola First Nations' is successful, the Ministry of Indigenous Relations and Reconciliation will seek funding to support the transfer and acquisition of the lands to the Nicola First Nations.



This Protocol confirms our mutual commitment to build a strong future for the Nicola First Nations, British Columbians living and visiting the Nicola Valley, and for the generations that will follow on this path we are walking together.

**On behalf of the Nicola First Nations:**

**On behalf of the Province of British Columbia:**

*Chief Aaron Sumexheltza*  
Lower Nicola Indian Band

Honourable John Horgan  
Premier of British Columbia

*Chief Harvey McLeod*  
Upper Nicola Band

*Chief Lee Spahan*  
Coldwater Indian Band

*Chief Jordan Joe*  
Shackan Indian Band

*Chief Marcel Shackelly*  
Nooaitch Indian Band



Signed on the 20 of March, 2019

## LANDS & ECONOMIC DEVELOPMENT

### Lower Nicola Indian Band

#### Lands Management Advisory Committee Vacancy

**Term:** 6 months (ends September 5, 2019)

**Department:** Lands and Economic Development

**Hours:** Evening hours required

---

#### Summary of responsibilities

We are looking for dedicated and engaged LMAC Committee members who can bring different skill sets to the new land management regime at Lower Nicola Indian Band, such as interpreting and understanding survey work; dispute resolution; land use planning; environmental protection; policy and law development; financial literacy; research and writing; and/or community engagement.

#### Qualifications:

- Any LNIB Member, whether resident on or off LNIB Land, 18 years or older;
- Cannot be convicted of an offence that was prosecuted by way of indictment except for a conviction for an offense where the person was involved in the support or defense of an aboriginal right or title;
- Cannot have any undischarged bankrupt or owe money to LNIB; and
- Cannot be convicted of a corrupt practice in connection with an election, including but not limited to, accepting a bribe, dishonesty or wrongful conduct.
- Obtain Criminal Record Check

#### Apply To:

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

Interested members, please submit a resume and cover letter that highlight your relevant lands knowledge and experience including three references.

As per section 33.4 of the LNIB Land Code, members of the Lands Management Advisory Committee shall be appointed by Council so as to ensure a broad representation of the LNIB membership.

Thanks to all who apply.





### ASPEN PLANERS ROAD USE AGREEMENT

On December 04, 2018 LNIB entered into an agreement with Aspen Planers to haul logs through Nicola Mameet IR No.1 on Coutlee Mountain Road. The contract ended as of March 31, 2019, Aspen and their contractors will no longer be using the road unless a new agreement is negotiated and signed. As part of the agreement Aspen has agreed to install an industrial gate as directed by LNIB. Employees of the LNIB Lands Department completed a site visit and identified that the gate will be installed along the reserve boundary on Coutlee Mountain Road (as identified on the map below).



## SHULUS GARDEN

This year Shulus Gardens was asked to continue to grow pesticide free produce for the LNIB community and membership. Lorna met with the LNIB Community & Health Programs to select vegetable, fruit & herb seeds to grow at the Shulus Garden. Seed & root stock was order on March 01<sup>st</sup> through West Coast Seeds. March 13 the seeds arrived with a few back orders that will arrive in time to plant. The seed packages have been tagged with planting dates for both indoor & outdoor seedling. We will start planting indoor seedlings on March 18 to May 06, depending on their requirements.

### **Time lines to plant seeds indoors:**

- Marigolds - plant indoors in February 25
- Celery, leek, onion, peppers, asparagus seeds - plant indoors in March 11 - 18<sup>th</sup>
- Lettuce, Eggplant, Herbs seeds - plant indoors April 01
- Cauliflower, Broccoli, Cabbage, Kale - plant indoors April 15
- Brussel Sprouts - plant indoors April 29
- Cucumber, Tomatoes, Basil - plant indoors May 6
- Flower seeds - plant indoors between February, March and April

Majority of other seeds can be planted directly into ground after last frost & when soil is warm enough.

### **Garden Club Meetings for April:**

- **Location:** Soup Kitchen,
- **Dates:** April 10 & April 24,
- **Time:** 10 am to 12.

We talk about gardening activities for the year, planting, maintaining, harvesting, preserving food we grow and more. Everybody is welcome to get involved with the fun and to help organize the activities.

### **Workshops by the Garden Club (to name a few)**

- Hoop House Building Workshop: April 15 to 26,
- Seed planting indoors, starting on April 29
- Preparing garden soils, starting May 01
- Build garden planters, TBA depending on interest from LNIB Members.

### **Agricultural Workshop:**

**Thanks to Shulus Garden Club and CFDCofCIFN, Community Future Development Corporation of Central Interior First Nation** from Kamloops for working together to organize guest speakers, meal, door prizes & expenses.

The goal was to start thinking about the things we need to know in-order to grow fresh food for ourselves and for our community.

I have reviewed many seed catalogues and found Westcoast Seed to be full of valuable gardening information and recommend gardeners spending time to read the information that Mark has spent a lot of time researching for us. Its proven to be a good guide for Shulus Gardens over the years. For more information about any garden activities, please contact me at 250-378-5157 or [lorna.shuter@lnib.net](mailto:lorna.shuter@lnib.net)

PROUD TO BE LNIB



## FIRE SMART

LNIB is striving to be a FireSmart community. This means all of the residents doing their part to reduce the risk and spread of wildfire around us - from the perimeter of Band lands, to what surrounds our homes.

The first planning meeting for FireSmart happened Wednesday, March 27th at Rocky Pines. There are more community meetings planned - we'll be touch. In the meanwhile, have a good look through the Fire Smart Homeowners Manual and enlist your family to help make your own corner of the world safer.



## GRANDMOTHERS' GATHERING

I recently participated in a Grandmothers' Gathering held on the ?Aqam Reserve hosted and sponsored by the Ktunaxa First Nation.

The objective of this gathering:

To bring together a small group of Grandmothers from the Seven Interior Nations to discuss how Grandmothers can support family and community health and wellness; to collaboratively implement the Grandmothers' Declaration.

Carol Holmes, UNB, spoke on the creation of the Grandmothers' Declaration and the UNB Grandmothers group progress and events of the past year.

Topics such as:

How can our Nations support girls and women to become healthy, vibrant Mothers and Grandmothers again?

How can we include Grandmothers' in the planning and service delivery programs?

How can Nations reinforce the importance of ceremony in daily life?

What do we need to do to help our Grandfathers and fathers to help our young men grow strong and healthy?

These discussions were in groups of 6-8 people, notes summarized and shared and will be available when the host has them typed.

We were also able to check out the Dan Joe Memorial Gym and it is huge! A wonderful dedication to the late Dan Joe. A birthday celebration was occurring when we arrived and they paused to give us a warm welcome and an offer to share in the birthday cake offerings.

Thank you to the Ktunaxa First Nation for their sponsorship and opportunity to share in the discussions.

Also, thank you to Bernadette Collins, FNHA-Merritt, who had connected to, and for us, regarding this gathering. Bernadette works within and for our communities and has a passion for learning and goals to working towards a united Nle?kepmx Nation. She is an awesome travel companion and took good care of us on the trip.

MJ Coutlee





PS to Helder Ponte - the gang tried to call but you weren't home



Traditional story time at Upper Nicola Band



Beaded moccasins - works of art produced at the Culture Centre!



## EDUCATION DEPARTMENT

Lower Nicola Indian Band

April 2019

# EDUCATION DEPARTMENT

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

### Director's Report

#### Happy Spring Season LNIB Membership

While winter is still evident at higher ground most of us are well into the transition of Spring at home. I am sure most of us would agree it is a great time of year to see what our land, water, and animals have to share with us during this time of year in the valley. Spring is a good time of year to remind us why we must remain educated stewards throughout our territory and to ensure the activities within it will sustain all living things. It is good to know we not only have members trained/educated in environmental fields to support current needs, but we also have students today earning credentials in this area of study which will keep our educated capacity strong in this field for many years to come.

As our annual fiscal nears its end March 31st one of the priorities this month was to ensure we have leveraged all Federal Revenue to full capacity for our members. If members are not fully aware of the processes involved with Federal Funding as it relates to our Sector please contact us and we will share this information with you; guidelines can change on an annual basis based on political outcomes from interest groups (Provincial, Federal, AFN, FNESEC). The 2019-2020 Federal Budget was announced a couple of weeks ago, and once the BC Regional Education Team at Indigenous Services Canada learns how this funding will be dispersed, we will know if there are any changes to this upcoming fiscal's guidelines and will share these updates as well.

Another key priority this month was collaborating with Post-Secondary Institutes to discuss future projects that would both educate LNIB members and provide the Band with additional infrastructures to enhance current programs and services. While we continue to support and encourage members to further their education in academia we also recognize industry demands in trades related careers is high, and as such, we are leveraging these opportunities with post-secondary partnerships. There are many outside agencies stating a commitment towards the

### Department Staff

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

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

**Education Coordinator**  
**Gail LaRochelle**

**Front-Line/Admin Support**  
**Rhonda Dunn**



## Lower Nicola Indian Band

April 2019

**Attention all Off Reserve Members****Did you know all BC School Districts receive extra funds to support your child at their schools**

(academic, social, emotional, cultural). Each child generates around \$1000.00 per year to receive extra programs and services. If your child is falling short at your school in any of these areas listed above we can help by pressing the District's responsibility to ensure your child is accessing all services through these funds. We will travel or call to advocate for your child. Call Shane for info at 236-575-2135.

**Literacy Updates**

As reported last month we made a contribution towards the last Scholastic Book Order for members enrolled at schools throughout SD58 and from the feedback we received this was a successful investment. We recognize a solid foundation in literacy has a strong value in academic success, and as such, we will continue to invest in various literacy areas each school year.

There appears to be a few literacy camps being administered throughout the valley this summer; however, we are still actively seeking resources that may provide LNIB with the opportunity to host our own. We will keep you posted on this matter.

trades — provincial government, federal government, industry — and we plan to be one of the Bands in the province to benefit from this. Information will be made available with membership as we receive it.

One last item to share this month is we will be introducing a new service for graduates and their families. Earlier this month we invited members to Rocky Pines Community Centre for an information sharing session and one item we brought forward that evening was we want this milestone moment of graduation to be a memorable experience for our members, and as such, we will be setting up a professional photoshoot for graduates and their families (both Grade 12 and Post-Secondary Students). The location of the shoot will be somewhere on the land, and to try and make it work for everyone, we will provide two separate shooting dates in late May. Additional information will be provided to graduates that we have on our contact list. If you are unsure of your name being on this list please contact either Gail or Sharon at the Education Office to confirm.

Our sector strives to be an excellent team of advocates for members in our daily undertakings; the team has submitted more of the many activities that took place during this past month below.

As I have shared in previous reports transparency, accountability, and communication are core values we strive to practice in our day to day behaviours. In order for us to be better advocates we need to know the areas that we fall short on from those we provide service to. I want to thank all of you who have come forward over the past few months to share both the strengths and the opportunities for our Sector to be better. I encourage all members, both on and off reserve, to share your voice and assist us in our efforts to be excellent advocates for LNIB.

**As always please reach out at anytime to discuss LNIB Needs. I can be reached by phone at 236.575.2135 or by email at [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net)**



Lower Nicola Indian Band

April 2019

SHARON PARSONS - EDUCATION PROGRAMS MANAGER

heñ te?

Looks like spring is here and the sun is shining. By the time you get this newsletter Spring Break will be done and the kids will be back in school.

The education office has been very busy this month, and the time has gone by very fast. There is always so much going on at this time of the year: post-secondary graduation and new applications, grade 12 graduates researching post-secondary opportunities, and new training programs being planned to get those summer workers trained and certified.

**K – 12 News & Events**

First, I will let you know as of February 25<sup>th</sup>, LNIB Education has secured an office space at Merritt Secondary School. I am there 3 Mondays each month, and Shane Coutlee is there the first Monday of each month. While there we will connect with teachers, FN Support Workers, Counsellors, and admin staff to address students' immediate needs. We will provide supports and ensure they get whatever they need to help them have a positive and successful educational experience.

The Homework Club started at the beginning of March was put on hold until after Spring Break. Amy Manuel is tutoring grades 4-7 students, and we have Ben McNiven helping high school students with all courses including Pre-Calculus. The end of the school year is creeping up on us, if you would like your student to attend the Homework Club at Rocky Pines Community Centre, call the Education office to confirm the time and dates.

On March 12, I attended 2 meetings at School District #58 Office. In the morning the Rotary Club presented on the International Student Exchange Program. Applications for this program will be open for the 20/21 school year, and LNIB will be seeking candidates for this once in a life time opportunity.

The afternoon agenda included the quarterly report presented by District Superintendent, Steve McNiven. The report included report cards for all LNIB students

**Lower Nicola Indian Band**

April 2019

living on reserve. Education staff will be contacting parents to discuss how we can work together to support your student.

The afternoon agenda included discussion on a transportation proposal, which in collaboration with local First Nations bands, will enhance the transportation services for all SD #58 students riding the bus.

To date there are 9 LNIB students working towards graduation. When SD #58 posts dates and times of the graduation ceremonies, that information will be shared. Contact LNIB Education to discuss supports for 2019 graduates.

LNIB Education sponsored 14 students for a day trip to Science World in Vancouver, on March 19. Smiles!! Looks like they had a great time.

Thank you Clif Garcia and Chelsea Spahan for making this happen!

Also, an early reminder to attend the Annual SD #58 PowWow on May 22.

It's a great event we enjoy together.

Please call me anytime at  
250-378-1504



Lower Nicola Indian Band

April 2019

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

Hello everyone, Spring is in the air. Time to get out and enjoy the warm weather.

Some things I have been working on this month:

- Secured a training spot and accommodations for a member to take his HEO Training in Winfield
- Secured acceptance for 2 members into new PSE Programs
- Contacted 2 new students who are submitting PSE applications for the 2019-2020 academic year
- Registered 3 members into the Traffic Control training
- Assisted 4 members with resumes and cover letters
- Assisted 2 members with books to study for their Red Seal Exam in Plumbing
- Helping a student with registration and housing to take the Welder Foundation Certificate Program at NVIT
- Arranging OFA Level 3 course for 3 students
- Arranging for a member to attend the Fire Fighter Boot Camp in Kelowna
- Assisted 4 students with upcoming training courses at NVIT
- Helped Rena Joe apply for the Indigenous Early Years Bursary through New Relationship Trust Foundation.
- **We would like to congratulate Rena on being the recipient of the Bursary! Way To Go Rena....**

**PSE Students and anyone thinking of returning to school for the Fall 2019-2020 Academic Year, the deadline to submit your PSE Application is MAY 31, 2019**

Stop by or call the office anytime for information on any training or course you would be interested in.

w7éxw we7 7u7 Gail La Rochelle  
Post-Secondary, Trades and Training Coordinator  
236-575-2104

Lower Nicola Indian Band

April 2019

**Rhonda dunn****Frontline Administrative Support**

Hello All,

Well spring is officially here and with it brings new life. People want to get outside and explore and enjoy the beautiful weather. As a Frontline Administrative Support, I look forward to assisting members seeking employment, training or putting together a post-secondary education plan.

Here is a list of events, duties and responsibilities that occupied me month:

- Trained on the Scratched Rock Database
- Trained on Office Computer Systems
- Trained on maintaining the Education section of the LNIB website
- Posted and shared job postings, scholarships & bursaries
- Attended Awakening the Canoes at the MSS House of Honor
- Updated job seekers cover letter and resumes
- Promoted Homework Club at Rocky Pines Centre
- Promoted Post-Secondary Programs to membership
- Promoted Training Courses to membership
- Continue to update LNIB members contact information

Please call me to verify your contact information 250.378.0915

Education Matters,

Rhonda Dunn,

Frontline Administrative Support



# Congratulations



The Lower Nicola Indian Band is very proud to recognize our students and their success in education!

## Principal's List, (86-100%)

- ◇ **Amy Manuel** - Grade 11
- ◇ **Megan Beckett** - Grade 8
- ◇ **Shawna Coutlee** - Grade 8
- ◇ **Chelsea McIvor-Desjarlais** - Grade 8
- ◇ **Brysen Pinyon** - Grade 8

## Honour List, (80-85%)

- ◇ **Shaelan Willson** - Grade 12
- ◇ **Isabella, Aljam-Antoine** - Grade 11
- ◇ **Lanessa Seward** - Grade 10
- ◇ **Robert Sterling** - Grade 9
- ◇ **Kirsten Dick** - Grade 8
- ◇ **Will Heard** - Grade 8
- ◇ **Brooke Shintah** - Grade 8
- ◇ **Lincoln Sterling** - Grade 8

## Merit List, 73-79%)

- ◇ **Chantel Bourassa-Trosky** - Grade 12
- ◇ **Destiny Sphan** - Grade 12
- ◇ **Indiana Joe** - Grade 10
- ◇ **Kayla Gray** - Grade 11
- ◇ **Tryton, Bose** - Grade 10
- ◇ **Isabelle Heard** - Grade 10

PROUD TO BE

**LNIB**

## CHANGES TO RECYCLING

### IMPORTANT NOTICE – CHANGES TO RECYCLING

Effective immediately, how you recycle has changed. There are six different categories that are accepted at the Eco Depot for free; they are as follows:

1. Paper and Carboard	4. Glass Jars
2. Plastic and metal containers	5. White Styrofoam
3. Plastic bags and wrap	6. Coloured styrofoam

#### HOWEVER,

LNIB Public Works is only able to pick up the following items on the '**DO RECYCLE**' list below. If you include anything in your bins from the '**DON'T RECYCLE**' list below, your recycling **WILL NOT** be picked up.

Please note: LNIB will be implementing 2 days for recycling and providing a 2<sup>nd</sup> bin to assist you in making recycling easier – one bin will be for just paper and cardboard and the second bin will be for containers

 <p><b>DO RECYCLE</b> <i>ACCEPTABLE in your bin</i></p> <p><b><u>PAPER AND CARDBOARD:</u></b></p> <ul style="list-style-type: none"> <li>✓ newspaper, inserts and flyers, magazines, catalogues, phone books</li> <li>✓ Boxboard boxes, moulded paper</li> <li>✓ Paper bags</li> <li>✓ Shredded paper (please contain in paper bag or box)</li> <li>✓ Cardboard boxes</li> </ul> <p><b><u>CONTAINERS:</u></b></p> <ul style="list-style-type: none"> <li>✓ Plastic bottles, jars and jugs including their caps, tops, lids and pumps</li> <li>✓ Metal cans</li> <li>✓ Plastic trays and clamshells; plastic or paper take-out cups, bowls and lids</li> <li>✓ Cartons for soup, milk, etc</li> <li>✓ Foil wrap and take out containers</li> </ul> <p><b><i>**Remember: Empty, rinse, flatten and place "LOOSE" in the cart</i></b></p>	 <p><b>DON'T RECYCLE</b> <i>NOT ACCEPTABLE in your bin</i></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> <b>Plastic Bags and Overwrap</b></li> <li><input checked="" type="checkbox"/> Glass</li> <li><input checked="" type="checkbox"/> Hazardous Waste</li> <li><input checked="" type="checkbox"/> Dishes</li> <li><input checked="" type="checkbox"/> Paint</li> <li><input checked="" type="checkbox"/> Foam Packaging</li> <li><input checked="" type="checkbox"/> Garden Hoses</li> <li><input checked="" type="checkbox"/> Hangers, pots, pans and other scrap metal</li> <li><input checked="" type="checkbox"/> Toys and games</li> <li><input checked="" type="checkbox"/> Hard and soft cover books</li> <li><input checked="" type="checkbox"/> Paper towels, napkins and tissues</li> <li><input checked="" type="checkbox"/> Electronics and appliances</li> <li><input checked="" type="checkbox"/> Windows and mirrors</li> <li><input checked="" type="checkbox"/> Light bulbs</li> <li><input checked="" type="checkbox"/> Ceramic products</li> <li><input checked="" type="checkbox"/> Foam packaging and Styrofoam</li> </ul> <p><b><i>**There are many other items that are recyclable at TNRD Transfer Stations and Eco Depots. Contact Lower Nicola Eco Depot at 250.377.2596</i></b></p>
---	--

For more information, visit [www.tnrd.ca](http://www.tnrd.ca) or contact the TNRD at 1.877.377.8673 or email: [recyclenow@tnrd.ca](mailto:recyclenow@tnrd.ca)

Please click on link for: [Frequently Asked Questions](#)



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

# LNIB SCHOOL CALENDAR

**Absolutely *NO NUTS and NO Peanut Butter In LNB School***

# APRIL 2019



	Mon	Tue	Wed	Thu	Fri
1	Chicken & rice soup	2 Tortellini bake	3 Beef stir-fry	4 7 layer salad	5 Pizza buns
8	Chicken gnocchi soup	9 Hot chili bake	10 Chicken wrap <u>Unmatched Sock Day</u>	11 Creamy tomato soup	12 Pizza bunwick
15	Sausage alfredo bake	16 Beef stroganoff	17 Cream of broccoli & Ham casserole	18 <u>Jump Rope for Heart Breakfast Fundraiser</u> 8:45—11:00 <b>WEAR RED DAY</b>	19 <u>NO SCHOOL</u> <u>GOOD FRIDAY</u>
22	<u>NO SCHOOL</u> <u>EASTER MONDAY</u>	23 Perogy sausage casserole	24 Lasagna	25 Meatball casserole	26 Taco salad
29	Cabbage roll soup	30 Teriyaki Meatball & rice			

## HONOURS!



46 likes

fnha "Being here together we know we are not alone in the work that we do." Christine Upfold from Gitksan Nation, honoured for 44 years of service as an addictions worker.

---

## BIRTHDAY GREETINGS!

Happy Birthday to Arlene Huston (April 2) and Kurt Oppenheim (April 16)  
- Barb



Congratulations to James Shuter - our Nlakapamux Language Hero honoured and recognized at the Salish Language Conference



Salish Language Conference - Spokane Wa., March 6-9, 2019



## CULTURE REVIVAL

# April 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5 MENS SWEAT 4 PM	6
7	8 RIBBON SHIRTS 9AM-3PM	9 RIBBON SHIRTS 9AM-3PM	10 WOMANS SWEAT (COLDWATER) 4 PM	11 COTTONWOOD BUD GATHRING 12PM-4PM	12 RIBBON SHIRTS 9AM-3PM	13 GATHERING SWEAT BUILDING MATERIALS
14	15 BUILD A WOMANS SWEAT 10AM-4PM	16 COTTON BUD SALVE 5PM-8PM	17 GLOVES 5PM-8PM BRING YOUR OWN BUCKSKIN	18 MENS SWEAT 4PM DROP IN BEADING 9-3PM	19 GOOD FRIDAY	20
21	22 EASTER MONDAY	23	24	25	26	27
28	29	30				

FOR MORE INFORMATION PLEASE CONTACT: 250-378-4089

Sharon Antoine- sharon.antoine@lnib.net

Hank Yamelst- hank.yamelst@lnib.net

Carole Basil- carole.basil@lnib.net

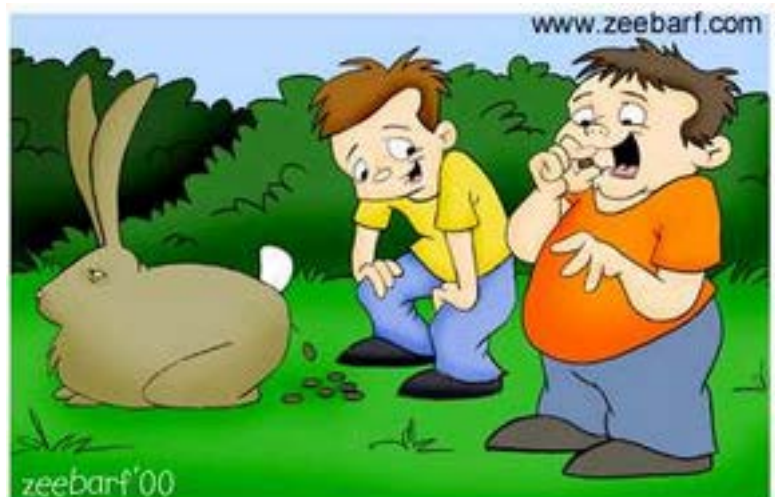
A bit more info....

Ribbon Shirts - please bring your own material, ribbons and thread. Not sure how much? That will depend on size of course... Carole Basil can assist you.

Women's Sweat - happens out at Coldwater by Sharon Antoine's home. However, exciting news is that in April the Culture Revival team will be building a Women's sweat right here in Shulus. The build is happening on Monday April 15th, pretty much all day, down by the river. If you want to help gather materials or would like more information, please contact Sharon Antoine.

Planning on joining in to make gloves? This project starts on Wednesday April 17th in the evening. Please note you must supply your own buckskin or leather.

Finally, while it is anticipated that programs happen at the Culture Centre on Nawishaskin Lane (the old Honey Pot Daycare building), we are trying to resolve some plumbing issues there. Consequently some programs might be held at Rocky Pines Community Centre. Check with the Culture Revival Team to confirm your destination!



"What a lucky break!  
Not only do we FIND the Easter bunny...  
BUT we catch him right when he's  
making chocolate mini-eggs!"

**LNIB DEVELOPMENT CORPORATION*****LNIB Development Corp.******General Manager's Report******LNIB Newsletter******March 21, 2019***

My first nine months at LNIB Development Corp have been enjoyable and productive. In this newsletter, I wish to give an update on our LNIBDC operations and some of our larger initiatives.

**Strategic Planning:**

LNIBDC staff and our Board of Directors are participating in a 2-day session to set some broad goals and objectives for the coming years. The session will be guided by the LNIB Letter of Shareholders Expectations, which was drafted by LNIB leadership about 18 months ago. The resulting Strategic Plan will be a useful roadmap for LNIBDC staff as we carry out the day-to-day business for our Development Corporation.

**Operations Report:*****Shulus Forest Enterprises Inc.***

One of my first observations upon joining LNIBDC, is that SFE has a very good safety and environmental program in place which consists of monthly safety meetings and daily reporting by our SFE team members. As a result, our safety track record is better than the industry average. There have been no significant safety or reportable environmental incidents over the past 12 months and our frequency of recordable incidents and lost time accidents is low. A recent audit of our operations by the BC Forest Safety Council showed good results.

SFE is a profitable company whose financial results have consistently tracked ahead of budget over the past 12 months. Our 13 person SFE crew performs forestry services, vegetation management, log hauling and civil/road construction services for a variety of customers including Trans Mountain, Teck, the BC Government, and various forest companies like Aspen Planers, Weyerhaeuser, and West Fraser Timber. SFE is a safe, successful company with a great track record and reputation among our customers. I am proud to be associated with SFE!!

***Shulus Farms Ltd.***

Shulus Farms is entering its third year of a ten-year lease with Lower Nicola Cattle Company who has installed a large pivot irrigation system that will be owned by the LNIBDC at the end of the lease term. We have developed a good working relationship with our Lower Nicola Cattle Company tenants, Mr. John Aarts and Mr. Albert Van der Brink.

In the coming weeks, LNIBDC will be working with a local tourism operator, Ms. Jordan Hunt of Inspire Trails ([www.inspiretrails.ca](http://www.inspiretrails.ca)). Jordan, who is also a well-respected horse trainer, plans to base a trail-riding operation out of Shulus Farms to showcase the Shulus territory and N'laka'pamux culture to guests this summer. Jordan is in the process of finalizing her business relationship with LNIBDC and will be working with LNIB staff in the Lands and Cultural departments to ensure that her business operates in accordance to LNIB policies and laws.

***Lower Nicola Site Services ("LNSS"):***

LNSS is a civil/construction business that is jointly-owned by LNIBDC (51%) and Infracon (49%). LNSS operates a 9-person rock-crushing crew based at Teck/HVC and performs various construction and vegetation management services in Merritt, and the surrounding area. LNSS also acquired a pipeline integrity company called Ogilvie Mountain Holdings ("OMH") this past June.

Our HVC crushing crew, which employs 8 LNIB members on a full-times basis, is in the final months of a successful 3-year crushing contract with Teck. We are in the process of negotiating a renewal of the contract with HVC staff. These contract-renewal discussions are proceeding well, and we will keep informed of the outcome.

OMH has a contract with Enbridge to maintain and ensure the integrity of the LNG pipeline that is located in our Territory. OMH has an excellent reputation for safe, high-quality work among its customers, which also include Trans Mountain. Our year-to-date financial results are positive and there will certainly be good career opportunities for LNIB people as OMH grows and expands its operations.

LNSS and OMH have advertised, and will be holding, their first community meeting on Wednesday, March 27<sup>th</sup> at Shulus Hall. There will be other opportunities to meet with LNSS and OMH staff in the coming months.

***Trans Mountain Expansion Project ("TMEP")***

In August, 2018 the Canadian Federal Government purchased TMEP, as well as the existing Trans Mountain Pipeline system from Kinder Morgan Canada Limited. Although the TMEP does not yet have full regulatory approval, TMEP staff are continuing to work with LNIB as per our provisional Mutual Benefits Agreement ("MBA"). Part of this work includes potential business

and employment opportunities on sections of the proposed new pipeline located in LNIB Territory.

This work includes the following:

1. Civil work for LNIBDC and its partners, such as LNSS. This civil work could include clearing, grubbing and grading of the expanded right-of-way.
2. Pipeline integrity work for OMH, and other partners, during the twinning of the existing pipeline.
3. Road building and hauling opportunities.
4. A myriad of site service opportunities such as security, traffic control, first aid, camp services, equipment rentals and industrial supplies. LNIBDC has established a number of good partnerships with companies such as Securiguard, CanRuss Medical, Britco and Civeo to cover off some of these opportunities. In each case, there are significant training and employment opportunities for LNIB people. In many cases, these employment opportunities will continue after the completion of the TMEP.

LNIB and LNIBDC have made best efforts to establish strategic partnerships to cover off the range of business and employment opportunities under TMEP, but our work is, by no means complete. Please contact me if you are interested in working with LNIBDC on TMEP-related, or other business ventures.

As always, I am proud to be associated with LNIB and our LNIB Development Corporation. Please contact me anytime via my email or on my mobile phone if you have requests, ideas, or questions related to LNIBDC.

Kukstemc,

**Kevin Ainsworth**  
**General Manager**  
**LNIB Development Corp.**

---

## **LNIB COMMUNITY EASTER LUNCH**

Mark your calendars! The LNIB Community Easter Lunch will be at the Rocky Pines Community Centre on Sunday April 14th. Watch for the poster...



## INDIGENOUS ARTIST CALL

Utilizing the “Two-Eyed Seeing” approach, FireSmart Canada is currently embarking on a national initiative developing an Indigenous FireSmart Canada Booklet that recognizes Indigenous wildfire prevention and risk reduction approaches and wise practices alongside non-Indigenous FireSmart principles with corresponding case studies.

FireSmart Canada calls for Indigenous (First Nations, Métis and Inuit) artists to submit artwork related to the Indigenous FireSmart Booklet. Specifically, we envision illustrations that will be integrated throughout the inaugural Indigenous FireSmart Canada Booklet to be an artistic depiction of select themes about wildfire which include, but are not limited to the following:

*Advancing Indigenous knowledge through wildfire* – e.g., traditional ecological knowledge; balance/harmony/relationship between the land and Indigenous Peoples in Canada

*Healing and protecting the land* – e.g., land stewardship, collective responsibility in wildfire prevention and risk reduction

*Respecting wildfires as living entities*

*Re-connecting with our (Indigenous) cultures* through the use of FireSmart principles

*Connecting with communities* – Elders and community involvement in wildfire prevention, risk reduction and cultural revitalization

This call aims to celebrate the creativity of Indigenous artists from across Canada. As such, an important part of creating your wildfire-related illustration is to make beautiful artwork that also communicates one or more of the above wildfire-related themes.

Contact:

Laura Stewart  
President, FireSmart Canada  
[president@firesmartcanada.ca](mailto:president@firesmartcanada.ca)

Website:

<https://www.firesmartcanada.ca/indigenous-informed-firesmart-booklet/>



## NVIT OPEN HOUSE RE WATER MANAGEMENT



Chiefs, Ministers, elders, public and assorted dignitaries attended the NVIT hosted open house on water management.

Wonderful catering by the new NVIT Culinary Program team!



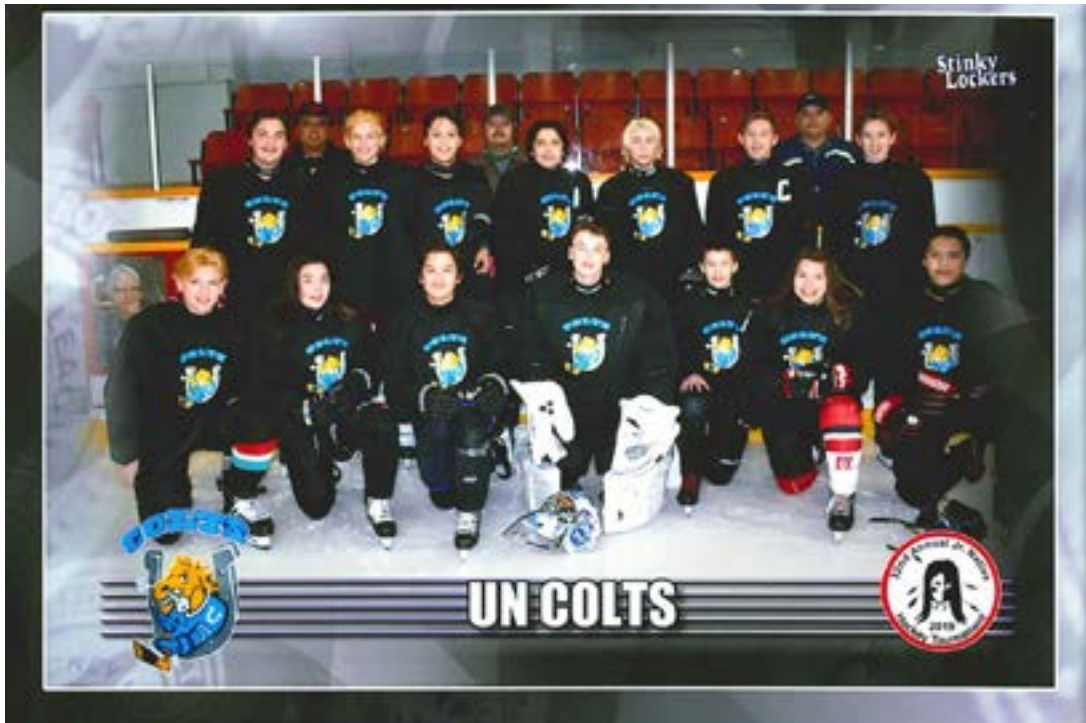


## 32ND ANNUAL NICOLA JR NATIVE HOCKEY TOURN.

It takes special people to get 63 games done in 4 days at the Jr Native Hockey Tournament at the beautiful Shulus Arena and the Merritt Arena!



*Well done Crew at the 32nd Annual Junior Native  
Hockey Tournament  
- Punch*



Congratulations to the UN Colts on their Division Championship

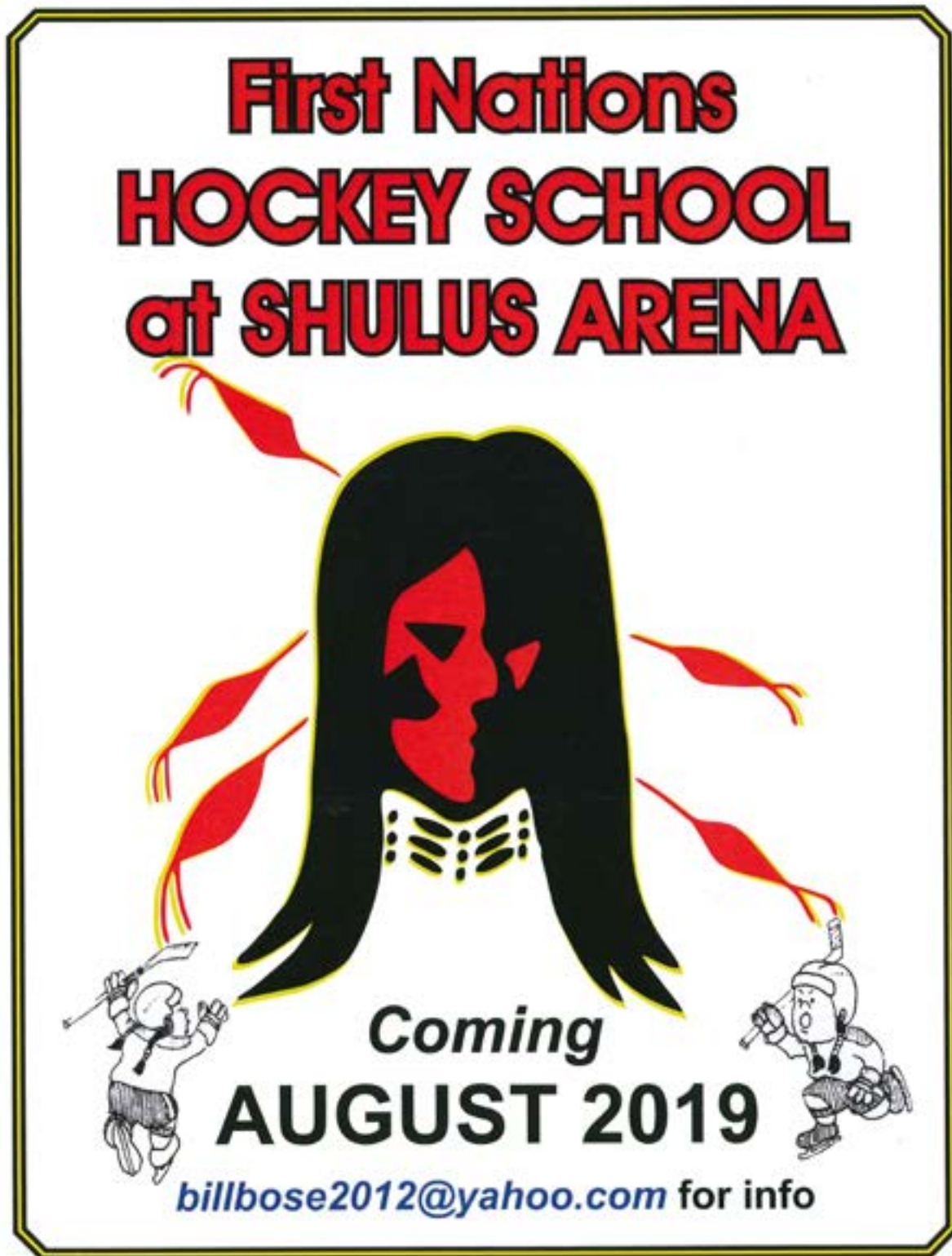


### **Shulus Arena**

Enquiries contact:

Sheldon Quewezance. Arena Manager  
sheldon.quewezance@lnib.net  
250-378-5180

## HOCKEY SCHOOL





## APRIL RECREATION

# April

# 2019

### RECREATION ACTIVITIES CALENDER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>NO ASP</b> Workout/Walking club 6pm Inibs	2 ASP 3-5pm	3 ASP 3-5pm Workout/Walking club 6pm Inibs	4 ASP 3-5pm	5	6
7	8 ASP 3-5pm Workout/Walking club 6pm Inibs	9 ASP 3-5pm	10 ASP 3-5pm Workout/Walking club 6pm Inibs	11 ASP 3-5pm Volleyball 7pm	12	13
14	15 ASP 3-5pm Workout/Walking club 6pm Inibs	16 ASP 3-5pm	17 ASP 3-5pm Workout/Walking club 6pm Inibs	18 ASP 3-5pm Volleyball 7pm	19 Good Friday	20
21	22 Easter Monday office closed	23 ASP 3-5pm	24 ASP 3-5pm Workout/Walking club 6pm Inibs	25 ASP 3-5pm Volleyball 7pm	26	27
28	29 ASP 3-5pm Workout/Walking club 6pm Inibs	30 ASP 3-5pm	31 ASP 3-5pm Workout/Walking club 6pm Inibs			

Yoga Passes available @ community service pm attend AKAS yoga studio for sessions. Must sign up limited 2 per month.

Refer to calendars/newsletter or on our Facebook page for more information.

Contact Recreation Coordinators, Chelsea (315-3379) or Clif (315-3439)

## FEEL THE BEAT

# April 2019 ~ Cultural Events

For More Information Please call Charlene Joe, Cultural Program Coordinator

(250) 378-2771 or email [feelthebeat@scwexmx.com](mailto:feelthebeat@scwexmx.com)

Cultural Events – 2975 Clapperton Ave Everyone Welcome ~ 4:30-8:30 PM. – Potluck Dinner 5 PM



### Guidelines & Values

- Drug & Alcohol Free
- Be Respectful to Self and Others
- No Violence
- Family Events
- There will be sign-up sheets for certain events
- Runners & Water Bottle for Traditional Games

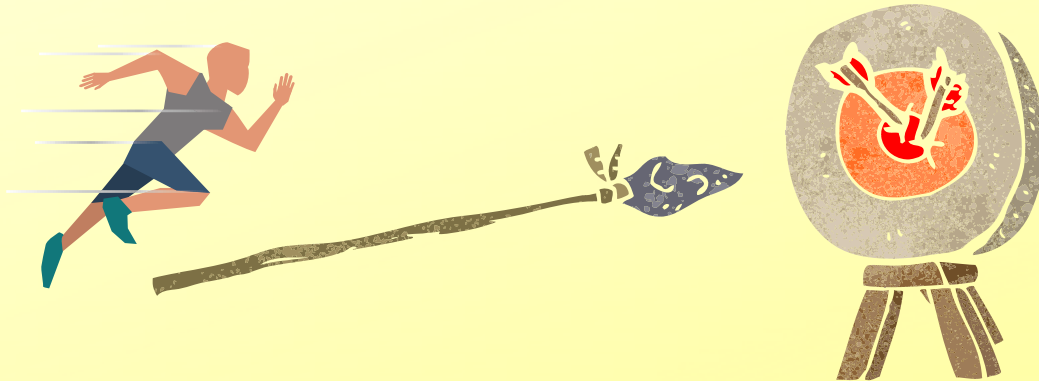


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Regalia/Ribbon Shirt/Skirt 4:00-8:00 PM		Regalia/Ribbon Shirt/Skirt 4:00-8:00 PM		
7	8	9	10	11	12	13
		Regalia Ribbon Shirt/Skirt 4:00-8:00 PM		Traditional Games Buzz Manuel 4:00-8:00 PM		
14	15	16	17	18	19	20
		Regalia Ribbon Shirt/Skirt 4:00-8:00 PM		Traditional Games Buzz Manuel 4:00-8:00 PM	Good Friday	
21	22	23	24	25	26	27
	Easter Monday	Regalia Ribbon Shirt/Skirt 4:00-8:00 PM		Traditional Games Buzz Manuel 4:00-8:00 PM		
28	29	30				
		Regalia Ribbon Shirt/Skirt 4:00-8:00 PM				
<p><b>Please bring your own containers in case of leftover food from potluck and reusable water bottles.</b>  <b>We are trying to minimize our carbon foot print.</b>  <b>If your require a ride please call (250) 378-2771 or email <a href="mailto:feelthebeat@scwexmx.com">feelthebeat@scwexmx.com</a></b></p>						

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

## TRADITIONAL GAMES & TRAINING

# Traditional Games & Training



**Come on out and join this FREE 8 Week Training Program  
with RunWalk and Traditional Games Leader Buzz Manuel  
at SCFSS Feel The Beat in preparation for the  
Feel The Beat 5Km Fun Run  
and the NLX Adventure Race**

**Training will begin Thursday April 11th and will run  
every Thursday till May 30th from 5:00 - 7:00 PM  
at Feel The Beat 2975 Clapperton Ave, Merritt BC.**

**This is open to all ages and abilities.  
Please bring a water bottle and wear proper running shoes.**

**Registration will be available on-site. Any questions please contact:  
Buzz Manuel T: 250-378-1864 E: [bmanuel@cna-trust.ca](mailto:bmanuel@cna-trust.ca)**

**Presented in partnership with:**



**YOUTH & ELDER GATHERING**

Citxw Nlaka'pamux Assembly presents

# YOUTH & ELDER GATHERING

## MAY 25 & 26, 2019

**Boston Bar First Nation Longhouse  
& Anderson Creek Campground**

A gathering for all ages! As part of the commitment to support relationship building between our elders, youth & the territory we are excited to host this event. Join us for archery, traditional games, drumming, pit cooking, traditional teachings, interpretive centre tours and language & culture activities. This event is open to all Nlaka'pamux Nation Elders, Youth & Families. This is a drug & alcohol free event.

**Camping Spots Available | Meals Included**

For more information call the CNA at 250-378-1864 or go to  
our website at [www.cna-trust.ca](http://www.cna-trust.ca)

**REGISTER BEFORE MAY 10TH TO BE ENTERED FOR PRIZES**

## MEMBERSHIP



### HERE'S WHAT YOU NEED TO KNOW ABOUT STATUS CARDS:

Indian status does not expire but the status card does. If your First Nation or band office continues to issue Certificates of Indian Status (status cards), contact your First Nation or band office to find out how to renew your status card.

The secure status card is valid for 10 years for adults (16 or older) and five years for children (15 or younger) and dependent adults.

The renewal process is the same as when first applying for a secure status card. Fill out the same application form and check "Renewal" under "Reason for application".

You can renew your current secure status card up to six months before the renewal date or up to one year after the "Renew before" date on your card.

If you are applying a year after the date indicated on your secure status card, fill out the same application form as when first applying for a secure status card and check "Replacement (lost, stolen, damaged SCIS)" under "Reason for application".

All forms are available on-line at <https://www.aadnc-aandc.gc.ca/eng/1462806841047/1462806896945#chp1>

### What to do if your status card is lost, stolen, damaged or destroyed?

If you have lost your Secure Certificate of Indian Status (secure status card) or it has been stolen, damaged or destroyed, you must report it by calling INAC Public Enquiries right away. The call agent will:

- cancel the lost, stolen, damaged or destroyed card
- issue, on request, a Temporary Confirmation of Registration Document

The replacement process is the same as when first applying for a secure status card. Fill out the same application form and check "Replacement (lost, stolen, damaged SCIS)" under "Reason for application".

If you have lost your Certificate of Indian Status (status card) or it has been stolen, damaged or destroyed, contact your First Nation or band office to apply for a replacement card.

**Membership and status card issues - please call for an appointment - 250-378-5157 or [Geraldine.Bangahm@lnib.net](mailto:Geraldine.Bangahm@lnib.net) All membership issues are dealt with on Wednesday and by appointment only**



## SIXTIES SCOOP

MONTRÉAL, Nov. 27, 2018 /CNW Telbec/ - The Sixties Scoop Class Action has been Settled. To be eligible, you must be a registered Indian, or, a person eligible to be registered, or, an Inuit person, who was adopted or made a permanent ward and was placed in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991, which resulted in the loss of cultural identity.

Eligible class members will receive compensation between \$25,000 and \$50,000 depending on the overall number of eligible members.

Collectiva, the Claims Administrator, along with its First Nations' partners, will be travelling across the country beginning in December 2018 to provide information to class members. They will hold 21 information sessions in 21 different cities across Canada where class members will receive support and guidance in preparing their claim forms and attend presentations on financial literacy provided by AFOA Canada. A qualified staff member from Collectiva along with other First Nations' professionals will be on hand to answer class members' questions.

**If you are a Sixties Scoop class member  
To make a claim for compensation, you must complete a  
claim form and send it to the Claims Administrator, Collectiva,  
no later than August 30, 2019.**

To receive more information or assistance you may:

Visit the Settlement website: <https://sixtiesscoopsettlement.info>

Call 1 844 287-4270

Send an e-mail request to [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca).

SOURCE Collectiva Class Action Services

For further information: Mélanie Vincent, Cell / SMS: (418) 580-4442, [melanievincent21@yahoo.ca](mailto:melanievincent21@yahoo.ca)>

***Note to LNIB Members: Copes of the Claim form are available at the Band Office and at the Lands Office.***

**MEMBER OWNED BUSINESS DIRECTORY****Aly Moon-Pierre**

Online Life Coaching Business.  
Aly Moon-Pierre, SW Dipl. BSW  
Spirituality Coach | Inclusive Coach  
[www.Inclusive-Coach.com](http://www.Inclusive-Coach.com)  
[aly@inclusive-coach.com](mailto:aly@inclusive-coach.com)

**Angie Bain**

[angiebain@shaw.ca](mailto:angiebain@shaw.ca)  
604-802-9709  
Over 20 years experience in providing training,  
research & research analysis services

**Bonnie Bent**

Micoblading  
(250) 280-0430 or (778) 800-7878

**Donna Bent**

250-378-4396 Donna Bent Artifacts

**Brandon Joe**

250-525-0443 (text only)  
Commercial Embroidery and Jewellery

**Shannon Kilroy**

[skilroy09@yahoo.com](mailto: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](mailto:mostlyglasscreations@gmail.com)

**Sharon McIvor**

250-378-3300 Lawyer, Instructor and Legal Advisor

**James McNaney**

[nomadhauling@gmail.com](mailto:nomadhauling@gmail.com)  
Trucking, Hauling

**Earl Michel**

[emichel@live.ca](mailto:emichel@live.ca)  
Wolf Pac Construction

**Focus iN Consulting**

Business development and housing  
[gaildjoe@gmail.com](mailto:gaildjoe@gmail.com)

**Lorne Mike**

[paulinehenry2011@hotmail.com](mailto: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**

Jerrod Peterson  
[growinggarlic.ca](http://growinggarlic.ca)  
[growinggarlic.ca@gmail.com](mailto:growinggarlic.ca@gmail.com)

**Gwayne Point**

250-378-9167 Northwest Indian Art

**Loren Sahara Consulting**

Counselling & Leadership Development  
778-676-7844  
[info@lornesahara.com](mailto:info@lornesahara.com)  
<http://lornesahara.com>  
<https://www.facebook.com/lornesaharamony>

**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

**Maggie's Bannock**

Maggie Shuter  
250-378-6579

**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

**S&D Muir Inc**

sd.muirinc@gmail.com  
250-378-1964 Shane Muir,  
Mining and Survey Equipment

**SCS Diamond Drilling**

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

**Alison Sterling**

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

**Robert Sterling**

robert\_sterling@hotmail.com  
Archaeology, Anthropologist, traditional land use  
studies

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

Rona Sterling-Collins  
info@ronasterlingconsulting.com

**Godey Creek Consulting**

Sue Sterling  
suesterling75@gmail.com

**T Sterling Construction Ltd.**

Ted Sterling  
ted17@telus.net

**Glenn Stirling**

Stirling Instrumentation Maintenance,  
Calibration & Electrical  
(403) 971-6432 gqstirling@gmail.com

**Shawn Swakum**

s.swakum@yahoo.com  
Business administration and Consultant

**Molly Toodlican**

Independent Watkins  
Consultant #830411  
250-280-2012  
mollytoodlican61@gmail.com

**Penny Toodlican**

pcctoodlican@gmail.com  
Catering

**Victor York**

victoryork@hughes.net  
Gourmet coffee supply and distribution

## FROM THE EDITOR



I heard on the news the other day that the Kamloops area had experienced the first wildfire of the season - in March! It was a grass fire that consumed two hectares. Amazingly, the wildfire service is also watching for hot spots in places where last year's wildfires happened - how does a fire stay active under a blanket of snow?? It just goes to show that while we think the ground is wet, that's only surface.

Included with this month's Newsletter is a FireSmart booklet produced by the Government of BC. Please take the time to read it, and take a look around your own home and yard. In years of Emergency Operations training, the speed at which fire spreads continues to astound. The most and best we can do to prepare and protect our homes is to take away fuel sources. Can you picture your home being devoured by fire because gutters weren't cleaned of pine needles, or gas tanks were stored in the carport? Think of the constant winds our area experiences and envision how those winds will fan the flames from a discarded cigarette, through those unmown and dry grasses. Flames will greedily feed on debris, wood and junk in its path until it hits the jackpot of your home. A few good gusts (and fire creates its own wind) and the fire will jump to share the misery with your neighbours.

Making your home FireSmart is the first step to your safety. It's a good project for the family. People typically undertake 'Spring Cleaning' and often concentrate on inside. Take the Spring Cleaning project outside! And participate in upcoming FireSmart activities. The Shulus Garden Club is spearheading some upcoming Community Engagement Meetings.

**While on the subject of fire, remember to check ventilation indexes (<http://www.env.gov.bc.ca/epd/epdpa/venting/>) when considering outside burning, and don't forget to let our LNIB Fire Department know before you start.**

Is your Tenant's Contents insurance adequate? Is your homeowner's insurance up to date? Spring cleanup time is a good reminder to review both.

*From Wikipedia: Wildfires have a rapid forward rate of spread (FROS) when burning through dense uninterrupted fuels. They can move as fast as 10.8 kilometres per hour (6.7 mph) in forests and 22 kilometres per hour (14 mph) in grasslands.*

Get into the habit of cleaning out the lint trap of the dryer after every load! Be FireSmart inside too!

The clocks changed - did you remember to change the batteries in your smoke alarms?