



# November 2020 N?e?iyk Spíləxm

## IN THIS ISSUE


Security Training	P.2
Kʷúkʷpi? Stu Jackson	P.3
Executive Director	P.5
Chad Findlay - GIS Tech.	P.6
Adam Ova, Business Support Administrator	P.7
Remembrance Day	P.8
Lands Department	P.10
Spray/Neuter Program	P.15
Housing - Reminder	P.17
Sunrise - welcoming our newest members	P.18
Sunset - Remembering those who have passed	P.19
Employment Coordinator	P.21
Driving School	P.23
Electrofishing	P.24
LN Fire and Rescue	P.25
Elder's Luncheon	P.31
Shulus Forest Enterprises	P.32
Membership	P.32
Culture Revitalization	P.33
Get Fit and Win	P.35
Education	P.36
Head Start	P.43
LNIB School	P.44
Transmountain Construction Notice	P.52
Greetings	P.59
Jobs	P.60
Member Owned Business Directory	P.68
The Back Page	P.70



Kʷúkʷpi? Stu Jackson being pinned with the first poppy by Brian Cottrell of Br. 96 Royal Canadian Legion symbolizing the start of the 2020 Poppy Campaign in the Nicola Valley. (Please note masks were worn and only removed for the photo)



## SECURITY TRAINING



**LOWER NICOLA  
INDIAN BAND**

## NEW !!!

### Basic Security Training Online Theory




**Requirements:**


- Must be 19 years old
- Submit to criminal record check
- Submit to drug and alcohol screening
- Hold a Class 5 Drivers License

**Basic Information:**

- 40 Hour Online Course
- Set your own Pace
- LNIB Members fully Sponsored
- Jobs available upon successful completion
- Securiguard is presently employing several LNIB Members full time in the Merritt area



*January 2020 Grads*



*In partnership with*



**Securiguard**

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

## K'ÚK'PI? STU JACKSON



heñte? band members and community members. I hope everyone is staying safe and healthy during these difficult times. It is hard to believe that Covid-19 took over the world in or around mid-

March 2020. Eight months have passed, and we are still battling this scary virus. There have been known cases in the Nicola Valley as of late and I am sure that there are more to come. I cannot emphasize enough how important it is for all of us to keep our guard whilst we try to live as normal of a life as we can. Remember to always assume that the people we may run into at the store or on the street might be exposed to the Covid-19 virus. We need to continue to wear masks wherever we go and be sure to sanitize at every given moment. Staying close to home as much as possible is by far the best defense from potential exposure to the virus and I would recommend minimizing any travel out of town as well. I realize that minimizing travel can be a tall order for many of us as many of us work out of town or have family we need to tend to out of the Nicola Valley. We all need to do our part to keep each our families safe from harm and if we continue to be diligent in our efforts, we will all be okay. I wish nothing but good health and well wishes to all our band members, on and off reserve, and community members.

October has been a difficult month for our community. Unfortunately, we lost two band members this past month. Both Solomon Dick and Michael Sterling passed away on the same day, October 16, 2020. Michael lost his battle to cancer and Solomon passed away suddenly. Michael's parents are Patrick Sterling and Donna Sterling nee Bent. Patrick sat on Chief

and Council for a brief period and represented the community graciously. Michael will be missed by family and friends. My condolences go out to the Sterling family. Solomon's parents are former k'úk'pi? Arthur Dick and Sharon Dick nee Abbott. Solomon was a hard-working man who loved his children and family very much. Solomon's father, Arthur is a well-respected band member in our community. Arthur has spent many years at the Chief and Council table as k'úk'pi? and Councillor and as difficult as it was to deal with his son's affairs Arthur and his family are deeply appreciative of the support from the Lower Nicola Indian Band. Solomon will be missed by his family and his friends. My sincere condolences go out to the Dick family.

Due to the losses in our community, Council had only convened one meeting for the month of October. Although we have not met much this month, the band administration has still been moving things along. One of the items I want to bring forward to Chief and Council at our next duly convened meeting is to discuss Band General Meetings. Covid-19 has put a wrench in how we can conduct Band meetings, but I would like to discuss with Council how to revisit convening meetings safely and effectively. The day to day updates to social distancing and how open spaces can be populated are a definite challenge, but I hope that Council can bring their suggestions/recommendations forward and hopefully we can make a formal announcement when we can commence band meetings once again. I am looking forward to this discussion and I hope we can find a solution so we can get back on track with community engagement.

As many of you are aware, the Transmountain Pipeline Expansion project is getting closer



and closer to the Nicola Valley. I recently went on a field trip with our Lower Nicola Indian Band Development Corporation Interim General Manager, Don Gossoo and one of our partners, Civeo and a few members of their team. We went to look at the site where the work camp will be situated. It is only a matter of time before we will see construction at the site. Civeo is committed to working with the Lower Nicola Indian Band to provide employment opportunity for band members. Civeo along with other partnerships and joint ventures we have with other companies are very keen in working with LNIB. I encourage all band members and community members to reach out to Steve Wilks. Steve is our Employment Coordinator under the Economic Development Department. Steve can be reached at 250-378-5157 Band Office or 250-315-5278 Cell Number or [steve.wilks@lnib.net](mailto:steve.wilks@lnib.net) Bring your resume forward. We want all our band members ready for employment opportunity and our business partners want the same. Please contact Steve Wilks and he will work with you.

In closing, I have been approached by band members in the past few weeks asking me questions about a Federal Court Application involving the Lower Nicola Indian Band. On August 25, 2020 Chief and Council suspended Councillor Spence Coutlee for 30 days in relation to a Facebook post made by Councillor Spence Coutlee regarding a Lower Nicola Indian Band member. This suspension was reported to the membership August 26, 2020. Councillor Spence Coutlee has filed an Application in Federal Court challenging his suspension. Chief and Council are defending this claim and stand behind their decision to suspend Councillor Spence Coutlee. Chief and Council took this action in order to protect vulnerable Band members and to ensure that

all Band members are treated with respect, and Chief and Council feel that the investigation of Councillor Spence Coutlee's comments was fair and reasonable. This was a very difficult situation for all that were involved and something I hope to never have to deal with again. As leaders of Lower Nicola Indian Band, we have a duty to represent and protect all our people. We signed up as leaders to serve our people and support in all ways we can. I feel honored to be voted in as a political leader for Lower Nicola Indian Band and I will do everything in my capacity as a member of this Chief and Council to provide protection, support and unity in all of our community's.

For all you ghouls and goblins, Halloween is right before us. I want to wish everyone a Happy Halloween celebration. Please be safe if you are going to light fireworks. Please wear reflective wear if you are going to wander the streets and yell "TRICK or TREAT"!!!!!! Be mindful of the temperature outside and dress accordingly. And children, be aware of your parents the day after trick or treating. Hide your candy because your parents might sneak a candy bar here and a licorice there. I know from experience that parents and grand parents and aunties and uncles all have a sweet tooth. Be safe this weekend, but more importantly, HAVE FUN!!!

k<sup>w</sup>uk<sup>w</sup>scémx<sup>w</sup>

k<sup>w</sup>úk<sup>w</sup>pi? Stu Jackson

## EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for October 2020. This month LNIB continues open to the public with 75% of the staff in office. The offices will allow 2 people in the office at one time and be sanitized once they leave. Please make an appointment with the staff member you are there to visit. Visitors are also required to sign in for contact tracing purposes. Staff can be reached by phone and/or email and will do what they can to address your concerns. Let us all do our best in protecting each other by physical distancing and staying home. Looking forward we will be opening in the month of October with Covid-19 Safety Precautions and Guidelines.

Here are some of the things we are working on:

**Human Resources:** Band buildings are open to the public and we will set out some Covid-19 safety protocols for staff and membership to follow to keep the distance. We are committed to keeping the community and employees safe during this pandemic. A revised Personnel Policy was presented to Chief and Council Tuesday, October 6, 2020 and no decision was made to adopt the Personnel Policy that aligned with the Financial Management Board standards and aligns with the Financial Administration Law.

This month new staff are Dan MacVicar, School Custodian, Marsha Spence, Cumulative Effects Coordinator, Adam Ova, Business Support Administrator, Taylor Tolman, Custodian, Dewald Van DerMerwe, Teacher on call. Welcome aboard. Courtney Hogue-Charters transitioned to Lands Administrative Assistant. Current job postings with Lower Nicola Indian Band are Arena Maintenance Attendant, Receptionist, Grade K-7 Teacher, Cleaner/Janitor, Maintenance Technician: visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

**Committees and Liaisons:** Lands Management Advisory Committee canceled their October 19<sup>th</sup> meeting out of respect to the deaths in the community. LNIB sends condolences to the families. School Board meeting was October 7, 2020. There was no Finance and Audit Committee meeting in October. 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:** Workshops will start to take place with Covid-19 Coronavirus pandemic safety protocols and Social Distancing guidelines clearly posted. There will be some opportunities presented online please watch for the advertisements for these.

**Financial Management System Certification:** LNIB will be requesting Financial Management Board to conduct a formal review of the LNIB's financial management system to determine if LNIB is in compliance with the Financial Management Board's Financial Management System Standards and to issue a Financial Management System Certificate to LNIB under section 50(3) of the Act. Once Chief and Council pass this motion LNIB will start the audit process with FMB during the last week in November. This is the last step for securing the 10 Year Funding through ISC and the implementation of the Financial Administration Law.

**Support to Chief and Council:** Chief and Council met October 6<sup>th</sup>. The meeting scheduled for Tuesday; October 20, 2020 was canceled out of respect for the deaths in the community. Sincere condolences to the families. The Chief and Council will meet November 3<sup>rd</sup> and 17<sup>th</sup>. 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 November please contact Sondra Tom and/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 Reliander  
Executive Director

---

### CHAD FINDLAY - GIS TECH.



I was born in Calgary Alberta but raised in Central British Columbia. I lived in Powell River for eight years before moving to Quesnel until I graduated from high school in 2008. Then I moved to Edmonton, Alberta and have been living there on and off for the past 12 years. I went to university at Thompson Rivers in Kamloops and graduated with a degree in Geography and Environmental Studies in 2017. In 2018 I had the opportunity to go to New Zealand for a six-month internship at Waiheke Resource Trust. I also hold a certificate of geographic information systems from Northern Alberta Institute of Technology.

I have three main passions in my life; traveling, photography, and renewable energy. My favorite country to visit is Japan because of their futuristic cities and how the use trains to move people around. I have been there three times and my goal are to explore the entire country and document my travels by taking lots of photos. So far, I have explored Tokyo, Hiroshima, Osaka, and Sapporo. I want to explore the southern cities like Fukuoka and the island of Okinawa.

Photography has been a part of my life since my early teen years and I started taking pictures with a small cannon camera. I wanted to take photos because I was starting to forget my past adventures and wanted to keep hold of the memories. Taking photos just seemed like the natural thing to do at the time and as I took more photos I got better and better at it. Whenever I go some place new, I always bring my camera to document the landscape. The best kind of photos are the ones that you can't recreate twice.

Finally. renewable energy has become a passion of mine ever since I went to New Zealand. This country takes pride in the fact that they harness power from natural resources. My focus is electric vehicles and how the technology is changing at a rapid pace. I love to watch FullyCharge on YouTube because they review Ev's with a sense of humor while also providing up to date news from around the world on a weekly basis. In the future I would like to own an EV and in turn begin my journey to disconnect myself from fossil fuels.

My goal is to create meaningful and up to date maps that will benefit Lower Nicola Indian Band and its members. I want to bring a positive change to the community with the power of GIS.

**ADAM OVA, BUSINESS SUPPORT ADMINISTRATOR**

Firstly, I want to thank the LNIB for the opportunity as the Business Support Administrator in the Economic Development Department. Please see my bio below that provides some insight into the path that led me here.

I grew up in Courtice, Ontario, a small town 45 minutes east of Toronto. I attended St. Stephens Secondary for French Immersion. Following high school, I attended Trent University in Peterborough, Ontario and received my degree in Political Studies. Following my degree, I attended Seneca College in Toronto for a Post Graduate Certificate in Fraud Examination and Forensic Accounting.

Following my education, I was employed as a Project Administrator at Seneca College in the Project Management Office.

I then took a position with the Credit Union Central providing Risk Based Assessments for Anti-Money Laundering/Terrorist Financing for Credit Unions in Ontario and Manitoba.

Finally, I worked with the Royal Bank of Canada as an Anti-Money Laundering Investigator before venturing into entrepreneurship and moving to British Columbia in May, 2016.

After being unable to quell the entrepreneurial itch I've had since my teens, I decided that I wanted to start a sports video production business that focused on creating videos for athletes looking to get recruited and advance their careers.

In January 2017, I started Stand Out Sports Inc with my high school friend for this purpose. We started the business through the Self Employment program at Community Futures and have grown to have locations in the Okanagan and in Ontario.

Since inception, we've helped hundreds of athletes from Canada, USA and Europe advance their careers and secure scholarship opportunities. Our recruiting videos also help athletes analyze their own performance and have memories of their athletic prowess.

During this time I also worked at Community Futures as a Business Analyst and helped over 50 business start up and provided business advice to many others during their own ventures.

I look forward to working with every existing and new entrepreneur in the LNIB to support and develop their capacity in business.

Sincerely,  
Adam Ova



## REMEMBRANCE DAY

### Remembrance Day - November 11, 2020

This year there will not be any ceremony at the Shulus Cenotaph in order to keep everyone safe from COVID 19.

We invite you to participate in the Act of Remembrance from the safety of your own home and to observe two minutes of silence at 11:00 am on November 11th.



#### *The Act of Remembrance*

*They shall grow not old, as we that are  
left grow old;  
Age shall not weary them, nor the  
years condemn.  
At the going down of the sun and in  
the morning  
We will remember them.  
xʷuʔ xe? łəkwminstm*



Percy Joe, Richard Jackson Jr., Sondra Tom, Chief Stuart Jackson



## NICOLA VALLEY NATIVE VETERANS

This remembrance page is to honor of our comrades. We should never forget the sacrifices made by members of the Armed forces and civilians in times of war.

Abbot, John  
Ankity/Blankinship, Ales  
Bent, Simon  
Bent, Smith  
Blankinship/Rettanbacher, Nellie  
Blankinship, Gaylord  
Blankinship, Francis  
Bob, Mike Sr.  
Bob, Mike Jr.  
Charters, Henry  
Charters, Earl  
Charters, Robert Sr.  
Clayton, Jim  
Clayton, Tim  
Colter, Alvin/Robert  
Coutlee, Floyd  
Coutlee, George Sr.  
Coutlee, Joe  
Coutlee, Norman  
Coutlee, Ranger\*  
Diablo, Norman  
Duncan, Peter  
Earnshaw, Henry  
Earnshaw, Herman  
Eddy, Tom  
Frank, William  
Fountain, Willie  
Garcia, Alphonse  
Garcia, Frank Sr.  
Garcia, Gladys  
Garcia, Margaret  
Garcia, George Sr.  
Garcia, Harold  
Garcia, John (Tona)  
Garcia, Maurice  
Gutierrez, Spike  
Gutierrez, Francis  
Hall, Delaney  
Haller, Boyce  
Harry, John  
Huston, John Keith  
Huston, Robert W.  
Houge, William  
Huston, William (Bill)  
Isaac, John F.  
Jackson, Richard Sr.  
Jackson, Richard Jr. \*

Jackson, Karl\*  
Joe, Percy\*  
Joe, Melvin (Dan)  
Lafferty, William (Bill)  
LaRochelle, Eddie  
Lindley, Oliver  
Lulu, Henry  
Laviguer, George  
Mackay, Matthew  
Manse, Dave  
Major, Jimmie  
McCall, Lorn  
McDonald, Peter Sr.  
Martin, Peter  
McDougall, Fred  
McDougall, Tom  
McDougall, Archie M.  
McIvor, Alex Sr.  
McIvor, Donald  
McGavin, Hugh Brian  
McIvor, Jim  
McLean, George  
McLellan, Kenneth  
McIvor, Ernie Jr.  
McLeod, Willie  
McKay, Herman  
McLeod, Donna  
Moses, Antoine Sr.;  
Lance Corporal  
Murdock, Eddie  
McRae, Harold  
Pascal, Joe  
Peterson, Angeline  
Murdock, Joe  
Robinson, Emmit  
Sandy, Mary  
Richardson, Eddie  
Shuttleworth, Reg  
Sterling, Alfred  
Shuter, David Sr.  
Spahan, Sam  
Sterling, Joe Jr.  
Smith, Levi G., Pte  
Sterling, Joe Sr.  
Stewart, Oliver  
Sterling, Greg  
Stirling, Patrick  
Stirling, Charlie

Stirling, George  
Stewart, Hector  
Stirling, Barney  
Swakum, Henry  
Stewart, Lambert  
Voght, Tim  
Voght, Tiny  
Walker, Earl  
Walters, E.J. Smokey  
Voght, Jim  
York, Archie  
Voght, William; (Gunner)  
Yamelst, Richard, Sr.

\* Still living

Nicola Valley Veterans Committee:  
Percy Joe  
Richard Jackson Jr.  
Sondra Tom

The Nicola Valley Veterans would like to acknowledge the contributions of the following:

Carol Holmes  
Sondra Tom  
Penny Toodlican  
The Fire Keepers  
The LNIB Fire Department



## LANDS DEPARTMENT



Lands Requests and Enquiries can be directed to the Lands Manager, Brandi O'Flynn [brandi.oflynn@lnib.net](mailto:brandi.oflynn@lnib.net) or call the main office 250.378.5157 to be connected by phone.

### LATEST UPDATES



#### LMAC MEETINGS [ VIRTUAL ]

Lands Management Advisory Committee meetings continue to be held over Skype and are open to all LNIB Members. Join in to hear about Lands activities and LNIB Law development!

Next three meetings:  
Mondays 4 PM – 7 PM  
**Nov 02   Nov 16   Nov 30**

Find more meeting information on the LNIB events calendar [www.lnib.net](http://www.lnib.net) or email [brandi.oflynn@lnib.net](mailto:brandi.oflynn@lnib.net) for information about joining upcoming meetings.



#### LNIB LAW DEVELOPMENT

The Lands Department continues to work on Law development and review to support the Land Code and the LNIB community.

Here is the status of drafted LNIB Laws under review at the LMAC table:

**Subdivision, Development, and Servicing:** 1<sup>st</sup> review in-progress

**Business Licensing:** 1<sup>st</sup> review complete

**Enforcement:** 1<sup>st</sup> review complete

At LMAC meetings, members review the law in detail and discuss potential changes. **Community engagement started in late October, and we want your input for drafted LNIB Laws!**

Find information above about joining upcoming LMAC meetings to participate in LNIB Law review or email [brandi.oflynn@lnib.net](mailto:brandi.oflynn@lnib.net) for more information.



## LNIB ENFORCEMENT LAW UPDATE

A first review of the Enforcement Law has been completed by the Lands Management Advisory Committee (LMAC) and the Lands Department is planning upcoming community engagement sessions to connect with members during this crucial developmental process. We want your input and feedback!

Community meetings will take place during November with In-Person as well as Videocall options available. Details for these sessions are below:

### **Nov 12**

Videocall Meeting (Zoom)

### **Nov 18**

Shulus Hall Meeting (In-Person)

For both sessions Members will have the opportunity to participate in open discussions with the community and the Lands team. Registration will be sent to you by email or by phone call. We hope to see you there!

Most importantly remember to respect the wellness of everyone in our community; safety protocols will be followed during in-person meetings.

### **LNIB Enforcement Law Summary**

(see full document on next page)



## LNIB Enforcement Law Summary

### Why We Need Laws

Laws are rules made by the government that forbid certain actions and may be enforced by the courts. Laws apply to everyone equally. If you break a law, you are faced with penalties which may include paying a fine, paying for the damage you have caused, or going to jail.

Without laws, life could be chaotic and even dangerous. Imagine driving on a road where drivers could choose which side of the road to drive on and ignore any traffic lights or signs. It could be difficult to feel safe on or near any roads when you couldn't trust all drivers to behave similarly and safely.

Even in well-ordered society, people disagree and conflicts arise. Laws provide guidelines to resolve disputes fairly, and help to ensure a safe and peaceful society.

The Canadian legal system respects individual rights and ensures that our society is orderly. It applies the same law to everybody. This includes the police, governments and public officials. All of them must carry out their duties according to the law.

### LNIB Enforcement Law

Given the inherent right of LNIB to self-government and stewardship of our lands, and as enabled by the *Land Code*, the Director of Lands recommended to Chief and Council the enactment of the *LNIB Enforcement Law*. The Law was tabled at a duly convened meeting of Chief and Council on April 28<sup>th</sup>, 2020 and it is anticipated that the Law will be enacted at a duly convened meeting of Chief and Council later this year.

The purpose of the *Enforcement Law* is to enable the fair, effective, and efficient enforcement of all LNIB laws. Enacting an overarching *Enforcement Law* rather than enforcement provisions in each individual law makes sense at this time because of the robust suite of laws that LNIB is developing. This approach allows LNIB to avoid repetition, and possibly confusion, by repeating the same enforcement provisions in different laws. LNIB staff, members, residents and others interested in or affected by our laws must look only to one location for enforcement provisions.

The *Enforcement Law* enables Council to appoint a Justices of the Peace, sets out their authorities, and the circumstances under which they must refer matters to a Judge. The law designates Enforcement Officers and sets out their authorities.

The *Enforcement Law* establishes the requirements for tickets including their form and content, the serving of tickets, payment of fines or disputing tickets, and the process for hearings of disputes. The law lays out a process for instances when a person fails to appear at a hearing or fails to respond to a ticket, including time extensions in certain circumstances and collections.

Schedules to the law list all LNIB laws to which the *Enforcement Law* applies, and establishes the applicable fines and penalties for offences.

For more information please refer to the *Enforcement Law*. Any questions can be directed to the Director of Lands, Stephen Jimmie [Stephen.Jimmie@lnib.net](mailto:Stephen.Jimmie@lnib.net). Copies of the Law will be made available on the Members-only portion of the website [Members.lnib.net](http://Members.lnib.net) and in hard copy at the Lands office; and will be updated as new versions are drafted with community input.





---

## TRADITIONAL HOLDINGS PROJECT: PHASE 2

The Traditional Holdings Project team continues to work towards the resolution of Traditional Holdings or Custom Family Lands. These are lands to which members have asserted an interest or right, but are not formally recognized as allotments.

The main activities that have progressed so far in this phase are:

- Draft an allotment application that aligns with LNIB values, protocols, and preferences expressed during Phase 1 community engagement;
- Draft a plan for a decision-making body; and
- Draft a dispute resolution process for application decisions, based on preferences expressed during Phase 1 community engagement.

Once complete, these draft documents will be available to review and comment on the Members-Only site [members.lnib.net](https://members.lnib.net) after being reviewed at the LMAC table.



---

## LOWER NICOLA SECURITY

LNIB has partnered with Securiguard to offer a new program of security monitoring within its residential reserves near Merritt!



Contact  
**Robert Moses**  
**250.258.4240**

There will be a trained security guard travelling around the reserves in a SUV marked with the “Lower Nicola Security” logo to help monitor issues reported by residents; such as noise and nuisances, illegal dumping, and general safety concerns.

More details about this program will be shared soon in newsletters, on the website [www.lnib.net](http://www.lnib.net) and on Facebook.



## LANDS OPEN HOUSE EVENT

At Shulus Hall, on Saturday, October 17<sup>th</sup> LNIB members had a chance to speak directly with external consultants and Lands department staff to connect and provide updates on various projects. More information will be added to the Members-Only website regarding policy and law development.

We'd like to thank the members who joined us. We hope to host more safe and engaging community events like this one again soon. Draw winners will be contacted shortly!



Details about upcoming community engagement events will be shared on the website [www.lnib.net](http://www.lnib.net) and on Facebook.

## SPRAY/NEUTER PROGRAM

***Effective Immediately, please follow the new Spay/Neuter Program process as outlined below:***

**Steps required for reimbursement:**

- LNIB will continue to assist with 80% to a maximum of \$150 of spay/neutering cost only
- Only one procedure per year per status number
- Make the appointment for your pet's procedure and pay upfront
- Submit your receipt to the Band Office, fill out 'Reimbursement Request form'  
Attention: Public Works Admin Assistant
- IF you would like direct deposit, please Include your online banking information for electronic funds transfer (EFT)

***Please note, you are still encouraged to shop for the best deal***

Veterinary Clinics Options:

Merritt Vet Hospital: 250-378-2120

BCSPCA Kamloops Spay Neuter Clinic: 250-376-6055

Tranquille Road Animal Hospital: 250-852-7883

All my relations,  
Suzette O'Flynn  
Administrative Assistant  
Public & Capital Works  
Lower Nicola Indian Band

### Spay/ Neuter Application for Reimbursement

<b>Legal Name:</b>			
<b>Band Identification number (Status number)</b>			
<b>Contact Information</b>	<b>Phone</b>		
	<b>Mailing Address</b>		
	<b>Street Address</b>		
	<b>Email Address</b>		

<b>Payment to be made by: Please check a box</b>	<input type="checkbox"/>	<b>Cheque</b>	<input type="checkbox"/>	<b>Electronic Funds Transfer (EFT)</b>
<b>Cheque</b>	<input type="checkbox"/>	<b>Mailed</b>	<input type="checkbox"/>	<b>Picked up</b>
<b>EFT</b>	Please include a blank "VOID" cheque			

<b>Date Received:</b>	
<b>Received in office by:</b>	



## HOUSING - REMINDER

September 2, 2020

To: LNIB Rental Housing Applicant

Re: Updated application

In order to continue to be eligible for a rental unit with Lower Nicola Indian band it is necessary to complete the updated application on the LNIB website. We need to keep our records up to date and your application to reflect your current living situation and needs. All outdated applications have been discarded and a new list is created.

Complete the application in full (including Criminal Record Check and other required documents) and return to LNIB Housing Department ASAP. Criminal Record Checks may be done online with same day results, or the local RCMP office that may take up to 2 or more weeks.

Applications will be accepted in scanned form attached to an email sent to [doris.sterling@lnib.net](mailto:doris.sterling@lnib.net) or dropped off at the band office in the black mail box located outside the main door, or mailed to mailing address below.

If for any reason you are unable to submit your application ASAP please contact Doris Sterling at 236-575-2070 or 250-378-5157.

If you have any questions about the application process and selection process please reference the LNIB Housing Policy on the Lower Nicola Indian Band Website.

Kwukwscemxw

Doris Sterling  
Tenant Relations Coordinator  
Lower Nicola Indian Band- Administration  
236-575-2070

---

### Pumpkin Muffins ([pinchofyum.com](http://pinchofyum.com))

- 2 cups rolled oats
- 1 cup pumpkin puree (I used canned)
- 6 ounces plain Greek yogurt (1 small container)
- 1/2 cup real maple syrup
- 2 eggs
- 1 teaspoon baking soda
- pinch of cinnamon and salt
- chocolate chips (optional)

Preheat oven to 375 degrees.

In a food processor or blender, pulse the oats for about ten seconds to get them mostly smooth.

Add all the rest of the ingredients with the oats and pulse until mixed (some pieces of oats may remain). Stir in chocolate chips if you want them.

Transfer to a greased muffin tin. Bake for 15-ish minutes. They're best warm, but good the next day, too. Mmmm, yummy!



## SUNRISE - WELCOMING OUR NEWEST MEMBERS

Baby	Birthdate	Parents
Zachary Dale Alexander Olsen	Feb 20 2019	Chantelle Pinyon, Tony Olsen
Brooklyn McMaster-Steinick	May 2, 2019	Cristiana McMaster
Georgia McLeod	May 7 2019	Shylo McLeod
Bronson Mansfield	Sep 7 2019	Natasha Mansfield
Chantie Starlight Mills	Oct 20 2019	Olivia Shuter, Devon Mills
Isaiah Mountainchief	Feb 10 2020	Sheresa Brown, Montana Mountainchief
Addison Willow Rose Carnegie	Mar 18 2020	Jenna Hill, Eric Carnegie
Chase Evan Mosley	Jul 28 2020	Marcy Garcia, Robert Mosley



Addison Willow Rose Carnegie



Chantie Starlight Mills



Chase Evan Mosley



Bronson Mansfield



Isaiah Mountainchief

## SUNSET - REMEMBERING THOSE WHO HAVE PASSED

LNIB Members of have passed since Jan 2019



Helen Joan Rettenbacher  
Hugh Dale Mackenzie  
Walter Christopher Richarad Bose  
Makayla Ann Leigh McRae  
Mildred Hall  
David Graham Huston  
Robert William Lafferty  
Keith Randal Shuter  
Donna Elizabeth Caroline Sterling  
George Vernon Dean Shuter  
Gloria Elizabeth Swakum  
Johnny Frank Isaac  
Darin Scott Stirling  
Kaspar Konrad Kurt Paquette  
Irene Grace Murdock  
Willie Oscar Hance  
Leonard George Stirling  
Bernice Gerogean Ball  
Solomon Jedidah Dick

Sunrise  
Feb 16 1922  
May 6 1945  
Oct 14 1949  
Jan 10 2000  
Mar 26 1942  
Aug 6 1966  
Jan 15 1960  
Mar 20 1960  
Aug 6 1934  
Jan 6 1963  
Dec 16 1965  
Aug 6 1947  
Nov 22 1971  
Apr 8 1976  
Jul 23 1939  
Feb 9 1946  
Sep 11 1937  
Nov 5 1934  
Aug 31 1975

Sunset  
....?  
Mar 2 2019  
Apr 7 2019  
Apr 28 2019  
May 19 2019  
May 28 2019  
Jun 14 2019  
Jul 29 2019  
Oct 5 2019  
Jan 17 2020  
Jan 20 2020  
Feb 15 2020  
Mar 6 2020  
Mar 7 2020  
Apr 5 2020  
Apr 16 2020  
Jun 15 2020  
Aug 23 2020  
Oct 17 2020



Makkayla McRae



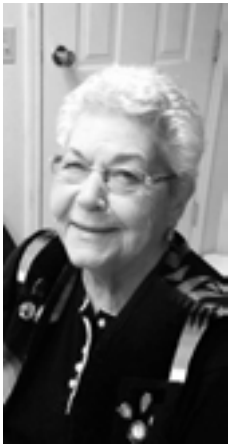
Donna Elizabeth Caroline Sterling (nee Bent)



David Huston



Len Stirling



Bernice Gerogean  
Ball



John F Isaac



Keith Randal Shuter



Mildred Hall



Walter Christopher  
Richard Bose



Willie Oscar Hance



Robert William Lafferty



Helen Joan  
Rettenbacher aka  
Nellie Blankinship



Konrad Kasper Paquette



Soloman Dick



Michael Kenneth  
Sterling



Gloria Elizabeth Swakum



## EMPLOYMENT COORDINATOR

It's hard to believe that it been over seven months since our lives have been disrupted by Covid 19. Everyone has had to adapt to the changes the virus has made in our day to day lives. It has also changed the way we offer our training programs. Wherever possible we have switched from in person to on-line training courses. Since mid March we have offered the following on-line courses: PCST, (Pipeline Construction Safety Training) Ground Disturbance for Supervisors, H2S Aware, WHMIS, Wilderness-Bear Aware, CSTS (Construction Safety Training System, and BST (Basic Security Theory).

Being 40 hours long, the Basic Security Theory is the longest on-line course we offer. The other courses listed range from 90 minutes to 7 hours in length. If you have good internet and an adequate computer, these courses can be done from the comfort of your own home. To accommodate Members that do not have the best internet or up to date computer, will soon be able to use, one of ten laptops recently purchased by our department specifically for on-line training. We are excitedly waiting their arrival along with a secure charging and storage cabinet that is mobile.

Our first virtual classroom was experienced by the seven Environmental Monitors that participated in the Electrofishing course delivered by the NRTG (Natural Resource Training Group). The class was brought together using Zoom, a platform that enables the Instructor to monitor and manage the class remotely. The seven members were able to participate from the comfort of their homes. Electrofishing is a two-day course with the first day being a virtual classroom and the second day being practical in-person training done using covid 19 protocol as best as possible.

The BST (Basic Security Training) is prerequisite 40-hour on-line training course, that when successfully completed, enables you to apply to the Provincial Government for a Basic Security Workers License. Currently there are 5 members enrolled with one member having successfully completed the training and acquiring their Security License. There are plenty of Basic Security Worker positions available at present with many more to become available soon.

All the courses mentioned and more, are fully sponsored, and available to LNIB Members. If you have an interest in any of the courses mentioned or any that will enhance or help you gain employment, please don't hesitate to call and make an appointment to discuss the possibilities.

### Trans Mountain Expansion Project

The TMEP has finally started to make some progress on pipeline spreads 5a & 5b. The Prime Contractor for spread 5a is SMJV (Surerus Murphy Joint Venture) and recently they have started to install pipe in the KUA (Kamloops Urban Area) along with permits being issued for work north of Kamloops towards Black Pines. We currently have 6 members working with SMJV in the KUA on the Right of Way). Five are on a clearing and fencing crew and the 6th an HEO (Heavy Equipment Operator). SMJV is looking at putting together another fencing and clearing crew as the things progress. Please send me your updated resumes if wish to apply for any upcoming job opportunities with SMJV.

MSJV (Macro Spiecapag Joint Venture) is the Prime Contractor for spread 5b. They are stationed in Hope. Their workload has been slowly progressing with their hiring focused on

the local work force. Most of the employment opportunities they have offered so far involve a commute, as they have been offering no living out or travel allowance to date. The situation can and will change with the implementation of a camp. There is no definite timeline as to when this will happen. Stay tuned.

Security for spread 5a is being supplied by Securiguard and we presently have 8 members employed by them. The need for Security Workers on the pipeline project grows daily and the need to train and license members to fill upcoming security positions is in demand. We offer the online Basic Security Theory that can be completed at home along with helping you through the licensing process. All our online training and safety courses are fully sponsored for LNIB Members.

As the project progresses there will be a need for a variety of job skills such as: traffic control, first aid, food handling and preparation, camp cook, house keeping, general labour, and skilled trades along with others. The challenges that come with covid will be addressed with smaller in person class size using strict covid control measures, and online learning.

Please send resumes to:

Steve A Wilks  
LNIB Employment Coordinator  
steve.wilks@lnib.net  
250-378-5157

### Highland Valley Copper

HVC Has just recently lifted their hiring freeze on entry level positions. There were two members that were cleared for hire and waiting for a phone call to go to work. Well that wait lasted nearly 2 years before the call came. On a more positive note HVC has posted 8 Building Service Worker positions to be filled. If you are interested in applying, do so on their website by creating a personal account and once you can login you can upload your resume and any pertaining documents and safety certifications. There are also a few fields to enter personal information into before to can click the apply button. If you have any problems, please contact me and I will help you through it. (See the posting in Jobs)



Congrats to Brodie Sterling who recently passed the ICBC Road Test to acquire his Class 7N with the help of financial sponsorship from LNIB Economic Development

## DRIVING SCHOOL



**LOWER NICOLA  
INDIAN BAND**

### Driving School Registration Form

Drivers Name: \_\_\_\_\_

Status #: \_\_\_\_\_

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

Phone #: \_\_\_\_\_

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

Date of Birth: \_\_\_\_\_

Yes, I have a ☐ Class 7L ☐ Class 7N

License #: \_\_\_\_\_

Issue Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Phone #: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Available Days: \_\_\_\_\_

**Contact**

Steve Wilks

Employment Coordinator

[steve.wilks@lnib.net](mailto:steve.wilks@lnib.net)

250-378-5157 250-315-5772

You must give us at least 24 hours cancellation notice and if you are late without just cause, it may lead to your ineligibility to receive further lessons. Please confirm your understanding by signing below.

## ELECTROFISHING

Electrofishing is used as a scientific survey method to sample fish populations and determine a variety of factors including the species health, abundance, and their density in an ecosystem. ... Electrofishing relies on two electrodes which deliver a current at a set voltage from an anode to a cathode through the water. It disables the fish from swimming allowing it to be captured in a net. It is measured, weighed, identified, and counted before being released.

The Electrofishing Training Program was delivered to seven LNIB Members over two days in late June.

The first day was a Zoom Virtual Classroom followed by a day of field training at Mill Creek.

The course was a great success with many of the participants getting Crew Supervisor Status with their certification.

The program was delivered by the NRTG (Natural Resource Training Group) and a very knowledgeable Instructor.

The program was made available to all our LNIB Environmental Crew Employees to enhance their skills and capabilities.





## LN FIRE AND RESCUE

### Lower Nicola Fire & Rescue

Non-Emergency # 250-378-5110

Emergency # 911



### ***Carbon Monoxide Awareness Week ~ November 1-7, 2020***

“Too many people in B.C. die, or become seriously ill, because of carbon monoxide (CO) poisoning. While the effects of CO poisoning can be devastating, they can be prevented. The best things to do is have all fuel-burning appliances inspected by a licensed contractor every year and install a carbon monoxide alarm that signals an alert when the gas is present.”

#### ***What is carbon monoxide?***

Carbon monoxide (CO) is a toxic gas that you can't see or smell, which can be harmful if you are exposed to it. It's produced when fuels are burned incompletely, including natural gas, propane, wood, tobacco and gasoline.

#### ***Where does carbon monoxide come from?***

Carbon monoxide (CO) is a poison gas that is a by-product of burning gasoline, natural gas, wood, oil, kerosene, or propane. It can come from:

- Furnaces, gas range/stove, gas clothes dryer, water heater, portable fuel-burning space heaters, fireplaces, generators and wood-burning stoves;
- Portable heaters and stoves, such as those used for camping;
- Vehicles, generators and other combustion engines running in an attached garage or other enclosed space;
- Blocked chimney or flue;
- Cracked or loose furnace exchanger;
- Second-hand smoke;
- Back drafting and changes in air pressure; or
- BBQs and grills.

#### **Safety Tips:**

- 1) Install CO Alarms – Test and check twice a year
- 2) You can't see or smell CO – When in doubt call 911
- 3) Keep a fire extinguisher in the kitchen
- 4) Clean your furnace filter once a month or replace annually

We are looking for homeowners that would like to participate in a free **Community Fire Safety Education - Home Safety Assessment**.

**They will be checking:** Visible Address, Exterior Fuel Tank or Gas Meter, Electrical Service Entry, Steps and Handrails, Exterior Outlets, Exterior Doors, Smoke Detectors/CO Detectors, Fire Extinguishers, Doors and Windows, Staircase and Handrails, Plumbing, Electrical, Heating Systems (Furnaces), Baseboards and Space Heaters, Wood Stove, and Home Safety Plan.

If you are interested or would like more information on this **free service** please call 250-378-5110 or email [charlene.joe@lnib.net](mailto:charlene.joe@lnib.net) to sign up.

Are you interested in doing some **free Fire Extinguisher** training? Call 250-378-5110 or email [charlene.joe@lnib.net](mailto:charlene.joe@lnib.net) to sign up. Max of 6 community members per training session. Social distancing will apply. We will have as many training sessions as there is interest.

### **October At A Glance:**

- Chimney Cleaning - If we missed you please call 250-378-5110 or email [charlene.joe@lnib.net](mailto:charlene.joe@lnib.net)
- Completed a 10-day Exterior Firefighter Training with the First Nations' Emergency Services Society.
- Fire Safety presentation in partnership with the First Nations' Emergency Services Society with the Lower Nicola Band School
- Fire drills with the Little Stars Head Start classes
- Participated in some training videos with the First Nations' Emergency Services Society
- The Fire hall has gone to a 4x4 shift – meaning there is at least two staff members on during the day – we are now accessible 7 days a week.





Check the Lower Nicola Indian Band Facebook page and website page for the most up to date information and events.

We look forward to seeing and hearing from the membership and community members.

### **Your LNIB Fire Department Crew:**

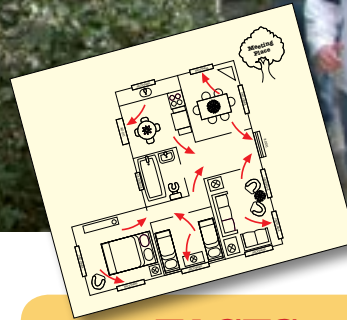
Lindsay Tighe, Tony Allen, Charlene Joe, Bruce Swakum, & Isaac Jackson

### **Volunteers:**

Moose Coutlee, Taylor Cox, Adam McDonald, Ivan Swakum, Aaron Moses, Leonard Bearshirt, Ken Wills, Jessie Cunningham, Randal Swakum, Sheldon Chapman, & Connor MacDonald

# Escape Planning

**Plan Ahead!** If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



## SAFETY TIPS

- **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- **PRACTISE** your home fire drill at night and during the day with everyone in your home, twice a year.
- **PRACTISE** using different ways out.
- **TEACH** children how to escape on their own in case you can't help them.
- **CLOSE** doors behind you as you leave.

## IF THE ALARM SOUNDS...

- If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- **CALL** the fire department from outside your home.

## FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ❗ According to an NFPA survey, only **one of every three** American households have actually developed and practised a home fire escape plan.
- ❗ While **71%** of people have an escape plan in case of a fire, only **47%** of those have practised it.
- ❗ **One-third** of people who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards

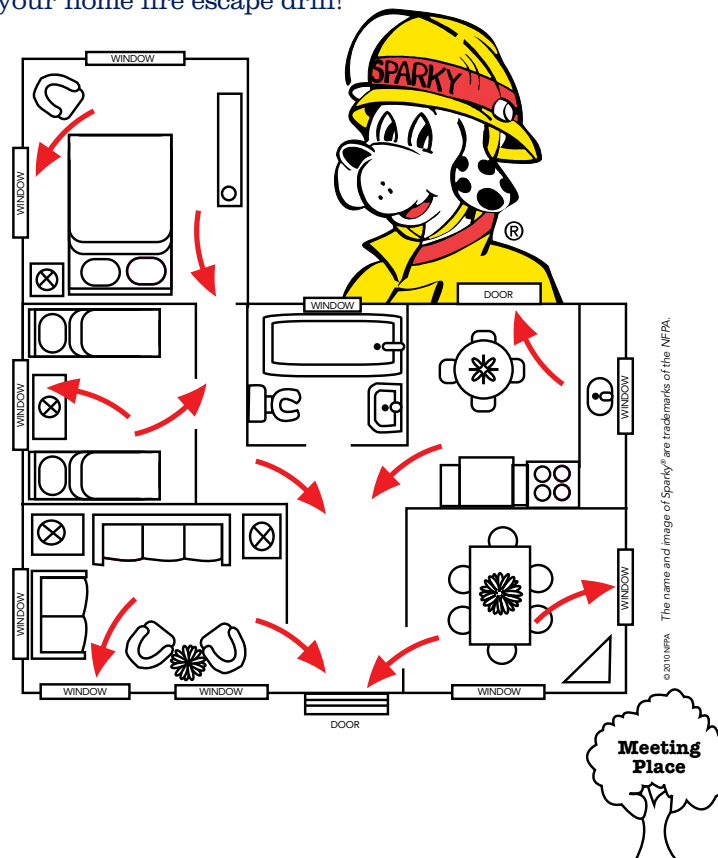
PROUD TO BE  
**LNIB**





# How to Make a Home Fire Escape Plan

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire escape drill!



- Make your own home fire escape plan on the back of this paper.

— Keeping Your Community Safe with Home Fire Escape Drills —

NFPA • 1 Batterymarch Park, Quincy, MA 02169 • [www.nfpa.org/education](http://www.nfpa.org/education)

# Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

## HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

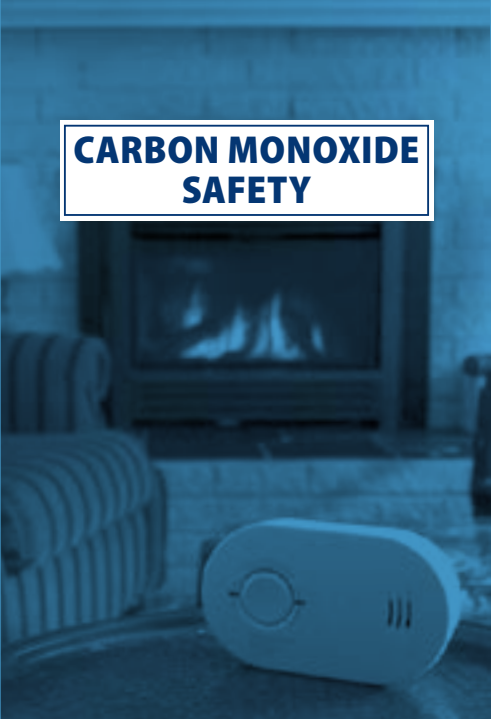
## FACTS

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ! There are more than 300 CO-related deaths each year in Canada and more than 200 people are hospitalized per year for CO poisoning.




**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards






**CARBON MONOXIDE  
SAFETY**



Office of the  
Fire Commissioner  
Emergency Management BC



**CARBON MONOXIDE**


**What is it?**

Carbon monoxide (CO) is a toxic gas that you can't see or smell, which can be harmful if you are exposed to it.

**Where does CO come from?**

CO is a by-product of burning gasoline, natural gas, propane, wood, oil, kerosene or tobacco. When these fuels don't have enough fresh air to burn completely, or if exhaust is not vented to the outdoors, a build up of CO can result. It can come from:


- Furnaces, gas range/stoves, gas clothes dryers, water heaters, boilers, fireplaces and wood-burning stoves
- Portable fuel-burning heaters and stoves, such as those used for camping
- Vehicles, generators and other combustion engines running in an attached garage or other enclosed space
- Blocked chimneys or flues
- Cracked or damaged furnace exchangers
- Second-hand smoke
- Back drafting and changes in air pressure
- Barbecues and grills




**Can't See It**

**How can you tell if CO is present?**


CO is sometimes called "the invisible killer" because you can't see it, smell it, feel it or taste it. Unlike many other toxins and poisons, CO doesn't irritate your body or cause pain – meaning there's often no warning or danger signs of its presence. That's why it's important to be alert to physical symptoms of CO, such as unexplained:




• severe headaches  
• disorientation




• nausea  
• vomiting




• dizziness  
• confusion



• fatigue  
• weakness



• sleepiness  
• lack of consciousness



**Can't Smell It**

## ELDER'S LUNCHEON

November 19, 2020

Lunch can be picked up at the Activities Trailer

12:00 pm to 1:30 pm

Take out only and no deliveries available

Please go to the side door by the kitchen for pick up.

If you have any questions call Wenona Bearshirt

(250) 280-1975

## SHULUS FOREST ENTERPRISES

In October SFE won a bid to upgrade 5.5km of Midday Valley Rd just south of Merritt. The scope of work includes upgrades to the surface of the road to maintain the 5m across running surface, upgrades to the 5.5km of ditch, installation of 15-20 new 600mm culverts, and thinning trees along the sides of the road. Subcontractor JW Forest, a local band member owned business, is running the skidder and buncher for felling the trees. There is also a grader, 210 John Deere excavator and SFE owned 160 excavator on site. The crew members are working hard, and they include Jonathan Holmes project manager, Joshua Dick site supervisor, Joe McDougall and Barry Jackson machine operators. The project is expected to last until November 1st. Get'r done boys!

---

## MEMBERSHIP

Greeting LNIB members,

We have made some changes in our LNIB Membership department. Geraldine Bangham will be stepping down as the lead Indian Registry Agent, Barbara Huston and Justice Cisco will be taking over the position.

The office for Indian Registry is now located at the main LNIB office. To keep things consistent at this time we will continue to provide the following services: status card/replacement for **LNIB members** only, and all Event reporting, on Wednesdays. Please phone to book an appointment as we are still utilizing Covid 19 protocols.

### Contact information for Barbara and Justice:

Barbara Huston

Justice Cisco

Phone: 250-378-5157

Phone: 250-378-5157

181 Nawishaskin Lane

181 Nawishaskin Lane

[barb.huston@lnib.net](mailto:barb.huston@lnib.net)

[justice.cisco@lnib.net](mailto:justice.cisco@lnib.net)

Thank you,

Barbara Huston – Lead LNIB IRA

Justice Cisco – Backup LNIB IRA

Geraldine Bangham – LNIB IRA



## CULTURE REVITALIZATION

### LNIB Culture Revitalization-October 2020

Hén?ekw.

As Summer has slowly gone and Fall has arrived, the weather has gotten much cooler. The sun rises later, and night fall comes sooner. The leaves slowly turn to yellow, orange and red the Fall Equinox has arrived.

The Culture Centre did some canning during the year. Working with Lucinda Seward the Interim Culture & Language Team Lead @ Scw'exmx Child & Family Services Society, we decided to put together care packages for the LNIB Children in Care



Each package includes:

- Pears
- Peaches
- Tomato Sauce
- Lilac Jelly
- Grape Jelly



**Some of the activities we have done while practicing social distancing are:**

We have gone Elderberry picking and would like to thank elder Jack McIntyre from Skuppa for teaching us how to harvest elderberries and sharing his way of processing and preserving elderberry juice and syrup.

We have also gone to harvest K'eece'? (Labrador Tea) out on the Kelowna Connector at the Sunset Main and Elkhart turn off. You could smell the scent of the fresh K'eece'? in the mountain air.

The Culture Dept. assisted with a Sock Puppet activity at the Rocky Pines Center. The youth were determined to complete their puppets and we so amazed in the finished product.



We would like to remind everyone that we are now moving into the next phase during this Covid-19 Pandemic, the LNIB Culture Centre is now open. As we are all practicing social distancing and safe precautions, we will be meeting with public BY APPOINTMENT ONLY. You must call Joe Shuter at 250-315-7489 or Carole Basil at 250-315-9158 to book a time to come work on a new project or finish up an old project. Thank you all for your understanding and cooperation.

**LOWER NICOLA INDIAN BAND – CULTURE REVITALIZAION DEPARTMENT**

**Joe Shuter: 250-315-7489**

**Carole Basil: 250-315-9158**

## LNIB Culture Revitalization-October 2020

Traditional burning at Coldwater



Elder Berry picking



tea gathering.



### **Decolonization** workshop proposed:

to explore the ways colonization has impacted our communities creating lateral violence and the effects of residential schools, the Indian act, among other things.

#### Goal:

connect the dots from past injustices to present challenges facing indigenous people.  
Understand key issues in our community including education, land, people, health.

Steps to healing by decolonization. Access critical and creative thinking on how we might do things differently in our communities.

### **Fish spear and stone arrowhead knapping** workshop proposed:



**LOWER NICOLA INDIAN BAND – CULTURE REVITALIZAION DEPARTMENT**

**Joe Shuter: 250-315-7489**

**Carole Basil: 250-315-9158**

## GET FIT AND WIN



LNIB Recreation is challenging all to stay physically active!

### **“Get Fit & WIN”**

**Here is the challenge: 3 physical activities must include  
one indoor, one outdoor and one with family/friends.**

Awesome prizes to be won!!

Names will be drawn November 27<sup>th</sup>, 2020.

Fitness trackers, Pro Buds, Massage Roller, Headphones, Water Bottles  
and More!!

Enjoy getting fit and having some fun.

OPEN TO ALL AGES!!

Prizes for 12 & under / 13+ adult

Take pictures or videos of each fitness activities  
and submit them by email to Recreation Coordinator,

Chelsea Spahan

[chelsea.spahan@lnib.net](mailto:chelsea.spahan@lnib.net)

If you need assistance, please contact Recreation Coordinator,  
Chelsea Spahan @ 250-315-3379(txt)



## EDUCATION

Lower Nicola Indian Band

November 2020

# EDUCATION SECTOR

## LNIB School/K-12/Head-Start/PSE/Career-Development

### Shane's Submission

Just when you think 2020 could not throw any more curve balls mother nature decides to introduce the province with both a cold snap and a large amount of snow within the interior to contend with. It has been awhile since I dressed up for October 31st evening activities, but I personally can't remember a time when the weather was like this prior to the end of October....fingers crossed the remaining days of 2020 will be closer to "normal" for all no matter where your live.

As you may have all grown accustomed to with my monthly newsletters the next piece of my front-page submission is usually highlighting a few initiatives that have taken place over the past month; however, to switch things up a little, I wanted to take the opportunity to discuss accountability, transparency, and communication...specifically what LNIB Members should expect from the Education Sector...not want, need, or desired...but EXPECT as it relates to these 3 following factors:

**Accountability** — We are accountable to all programs and services that we both oversee and provide our members. Each staff member within the sector, including myself, has been hired to provide expertise, knowledge, and support to LNIB; falling short in any area is not acceptable.

**Transparency** — There is nothing secret about the programs and services we provide members; through policies, guidelines, and standardized forms we ensure everyone knows what they are eligible for and what processes take place to be sure equitable decisions are made for all members

**Communication** — Perhaps the most important of the three and one that we have tried to enhance in our daily practices over the past couple of years. It is OUR responsibility to provide information in a timely manner and to also reach out in a proactive manner when it is required.

We should never accept status-quo processes as it does not increase overall capacity...in order to achieve progressive, effective, efficient, and results-based objectives we must keep the above 3 factors in the spotlight at all times...we want to be the best that we can be, and to achieve this we need members to help us reach new benchmarks as we move forward. Please reach out and let me know how we can achieve this together 236-575-2135 or [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net)

### Sector Leadership

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

**LNIB School Principal**  
**Angie Sterling**

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

**Head-Start Manager**  
**Tamika Bob**





## Lower Nicola Indian Band

November 2020

**Increasing Education Staffing Capacity**

I am very proud to share with LNIB Membership that over the past month the Education Sector has been planning to enhance services for K-12 students.

- Over the past month we posted, interviewed, and filled 2 positions: Daytime Custodian for LNIB School; and, Academic/ Program Support Worker for Education Department.
- We posted and are currently interviewing for a Certified Education Assistant for LNIB School and hope to have this position filled before October 31st.
- We plan to post, with our hope to fill before the end of November, 2 new positions for LNIB school: Certified K-7 Teacher/ Curriculum-Developer; and, a Speech and Language Support Worker.

There have been a couple factors at play that has allowed us to increase our staffing with no own source revenue required: we received additional federal funds to assist COVID related challenges with education; will receive additional funds associated to new categories within school Student Support Services; and, we are leveraging existing grants to maximize academic support for both the LNIB School and LNIB K-12 Members.

LNIB Education

**Coping With Stress During Pandemic**

As we transition from fall into winter it is important to keep in check with ourselves to ensure our health and wellness is as strong as it can be. While this is important for everyone in general it is a critical academic success factor for students. Here are a few coping strategies to consider when feeling stressed:

1. It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking with people you trust can help. Contact your family and friends.
2. If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
3. Do not use smoking, alcohol, or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
4. Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as PHO website or, a local health agency.
5. Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
6. Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

LNIB Education is both willing and ready to assist in taking any emotional weight off of our students in need. Please reach out to Sharon Parsons for more information directly at 250-378-1504 or [Sharon.Parsons@lnib.net](mailto:Sharon.Parsons@lnib.net)

## LNIB EDUCATION DEPARTMENT



Sharon.parsons@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8



## SHARON PARSONS, EDUCATION MANAGER

Hello everyone,

Although the Provincial Health Officer has announced the 2<sup>nd</sup> wave of COVID-19 is upon us, most LNIB Administration buildings remain open to the public with limited access. The Education office staff continue to provide services from the office building, and continue to follow the guidelines set by C.G.C. We ask that you please call before coming to the office, and we will do our best to accommodate you with an appointment or, arrange to email, pick up or drop off documents.

A meeting with the local Aboriginal Advisory Committee last week included an update and discussion on the pandemic supports School District 58 from School Superintendent Steve McNiven. Mr. McNiven also gave an update on a proposal that will go to the province to support the transportation needs of all students. At least two local bands have been working with the district to ensure better lighting at the stops, wider pullouts and shelters to protect students from the weather. If you have concerns about the bus stops within the LNIB communities, please contact Shane Coutlee or me, Sharon Parsons.

The Education Department staff have been busy checking in with families of K-12 students, and all post-secondary students to see how everyone is doing with the changes this school year. Comments have been positive and most say they have adjusted to the different way schools are providing instruction. Some have had to resolve minor issues, such as accessing technology so they can learn at home.

The BC Aboriginal Network on Disability Society (BCANDS) is now offering the Indigenous Support for Student Learning Program (SSLP). The SSLP is a time-limited project for Indigenous students who have limited financial resources, including those living with disabilities. They are accepting applications for students who are enrolled in Formal education (either online, remote, or on-site learning) to receive a laptop and accessories. For more information on this initiative please refer to the insert included in this newsletter.

How has your employment been affected by the COVID-19 pandemic? Have you lost your job or don't know if you will return to your previous employment?

As the province moves to economic recovery, will you be considering a career change? LNIB Education would like to know what type of short-term training or certification would benefit LNIB band members. Please call or email Rhonda Dunn, Gail LaRochelle, or me, Sharon Parsons and give us your ideas of what kind of training will move you into the future. Until next time, Humelth

---

## LNIB EDUCATION DEPARTMENT

---



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



(250)378-0915

2160 SETTLERS ROAD  
HWY 8

---



---

### GAIL LA ROCHELLE POST-SECONDARY/TRADES & TRAINING COORDINATOR

---

Hello Everyone,

I hope you are all staying healthy. It sure is getting chilly outside. Fall is in the air, the leaves are turning colour, and we already had our first snowfall. I hope all students, Elementary, Secondary and Post-Secondary have transitioned well with all the restrictions on going back to in-class instructing.

October has been an equally steady month for the Education Office:

- Hopefully, all students should have completed their mid-terms, sent in their grades, and actively seeking any additional supports if they are needed.
- Ensuring all Fall tuition payments are being submitted to the Universities.
- Supporting members each week with short-term training.
- Assisting members with OFA Level 1 and Level 3 training.
- If anyone is interested in the Nle'kepmxcin language courses or any other course at NVIT for the spring semester, give me a call and I can assist you in getting registered.
- Assisting a member with his Electrical Level 1 training
- Congratulations to Nicola Cox on receiving her Bachelor of Science in Environmental Science. Congratulations Nicola!
- Congratulation to Cameron Draney on receiving his Master's in Business Administration. Way to go Cam!

We are here to assist you in any way we can. Need any help in completing scholarship applications, call or email and we will be happy to help. Anyone needing their resume or cover letter updated, get in touch with our office. Are you interested in any type of training or part-time courses either online or in-class, give our office a call, we are here to assist you? Even if you live away from the valley, the Education Office team is here to help

Please stay safe and healthy and looking forward to seeing you in the community.

Gail La Rochelle  
Post-Secondary/TraDES and Training Coordinator

---

## LNIB EDUCATION DEPARTMENT



rhonda.dunn@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8



## RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

To many, November 11<sup>th</sup> is a day to remember the people that fought for our freedom. May my grandfather who fought in WWII rest in peace. On an education note, this time of year students are halfway in completing their fall term. The LNIB education department will do our best to help assist you or provide recommendations where we can direct you, so please do not hesitate to call us.

The education department sends out regular emails relating to educational information such as SD58 news, Bursaries & Scholarships, and LNIB Education Services and opportunities.

A new funding opportunity for LNIB members enrolled in K-12 to assist with extracurricular registration fees programs must be aligned with school curriculum and in most cases, it is easy to and at all grade levels. For more information and a application please contact the Education Department.

The LNIB Education has forwarded **Consent for Release of Confidential Information** forms to attending schools from K-12. This is to access Report Cards (grades/attendance). And is checked if student is requesting additional education supports.

To ensure the education department can email, phone or mail up-to-date educational training programs, youth opportunities and community news please keep your current contact information up to date with myself here at the education department. Also, checkout LNIB Facebook page or LNIB Webpage.

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

I have attached a link/or email address and contact information for your convenience:

- **Aboriginal Skills and Employment Training (ASETS)**  
**New Location:** Located in WorkBC Centre building at: 2099 Quilchena, Call Delores Charters at: (250) 378-0126, or (250) 378-5151, Email: merrittec@asets.org

If you require an 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!





***Congratulations to Cameron Draney for receiving his Master's degree in Business Administration from Thompson Rivers University. LNIB Education wish Cameron every success in his future endeavors!***

---

**LNIB EDUCATION  
DEPARTMENT**

---



Sharon.parsons@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8

---

**SHARON PARSONS, EDUCATION MANAGER**

---

Hi all,

Please help us spread the word!

School District 58 and the Nicola Valley Institute of Technology would like to invite all 2021 graduates and their families to post-secondary transition meetings this fall. Our goal is to connect with each family individually to learn more about your child's ambitions beyond grade 12. Whether entering the workforce, community living, attending university, or entering into an apprenticeship, we hope to be able to offer additional support in developing and executing a post-secondary transition plan.

Meetings are planned for around 20-30 minutes and can take place in person (while observing COVID-19 safety protocols) or digitally via Zoom. The schedule of available times during each week is included below. We hope to conclude all meetings before winter break so that students have as much time as possible to act on their plan.

**In person at NVIT:**

Tuesdays 7:00pm-9:00pm

**In person at MSS:**

Wednesdays 9:30-11:30am

**Via Zoom:**

Tuesday/Wednesdays 3:30-4:30pm

We look forward to meeting you all!

Thanks,

Dave Andersen

Merritt Secondary School

Jennifer Lisle

Nicola Valley Institute of Technology

For more information, or to set up a time and date that works for you, please e-mail [dandersen@sd58.bc.ca](mailto:dandersen@sd58.bc.ca), or call Dave Andersen at MSS, 250-378-5131

## HEAD START

# November



## What We're Learning!

In November we will be talking about Space and looking at Bears and Hibernation. We will also focus on the meaning of Remembrance Day and why we recognize this special time. We will be looking at the letters E, F, G and H, as well as the numbers 2 and 3. Our shape for this month is a triangle and our colour is brown.

## Upcoming Events

November 1<sup>st</sup> – Daylight Savings

November 11<sup>th</sup> – Remembrance Day

November 16<sup>th</sup> and 18<sup>th</sup> – Crazy Hair Day

Like Us On Facebook  
"Little Stars Head Start"



## Monthly Teacher Tip

Help your child find our colours and shapes during their day. Try doing a scavenger hunt, or play a game of eye spy.





## LNIB SCHOOL

# November Newsletter

2020

## Lower Nicola Band School

*By Angie Sterling*

Dear Parents/Guardians:

We had many fun fieldtrips in the month of October. Some of them included Indian tea picking, horse back riding, a visit to Shulus Gardens with Lorna Shuter. We had our Orange shirt day in Honor of Residential Schools Survivors and our Terry Fox run so far this year!

Upcoming in November at our School:

November 11<sup>th</sup> – Stat – No School – We will not be holding a Remembrance Day Ceremony this year. Each classroom will discuss, learn and Celebrate Remembrance Day in their own classrooms.

November 20<sup>th</sup> – Report Cards go Home

November 25 – Parent-Teacher Interviews 3-5 pm, will be done over the phone.

*New Month, New Dreams, Fresh Start*

*Welcome November!*



### COVID-19

We are happy to announce that there are no cases of COVID-19 in our School.

Please remember to daily screen your child for any of the following Symptoms of COVID-19:

Fever, Diarrhea, Chills, Loss of appetite, Cough worsening of chronic cough Nausea and vomiting, Shortness of breath, Muscle aches, Conjunctivitis (pink eye), Sore throat, Dizziness, confusion, Runny/stuff nose, Abdominal pain, Loss of sense of smell or taste, Skin rashes or discoloration of fingers or toe Headache, Fatigue

Check BCCDC's Symptoms of COVID-19 regularly to ensure the list is up to date.



## Join our PAC Group at LNIB School

Dear Parents/Guardians: We are looking for any parents who may be interested in being on LNB School PAC to please call us or send us a message at 378-5527. The PAC does things such as fundraising for the School (online orders) to raise money for students for events/activities happening at the School. Since, we will not be doing our Breakfast Fundraisers this year, this would be a good opportunity to do other kinds of fundraising ideas for our children at Christmas! We are looking for new PAC members to help get us started.

Anyone who attends a PAC meeting MUST wear a mask, sanitize upon entrance and be expected to physical distance while in the building. We look forward to seeing any new faces! Call us at 378-5527 at the School. Thank you.

Angie Sterling, Principal



Photo above from a field trip to AP Ranch. During the visit to AP Ranch our students had the opportunity to ride horses, learn how to rope a cow, Forging demonstration, turning a horseshoe into a heart and live music.



## Horse Therapy Sessions



AP Guest Ranch Field Trip

*Dates to remember in*

# November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	PJ Day!	Poppy Day!	No School Remembrance Day	Twin Day! Dress the same as your Bestie!	Jersey Day! Wear your favorite team jersey!	14
15	16	17	18	19	Report Cards Go Home	21
22	23	24	25 Parent teacher interview 3-5pm	26	27	28
29	30					


*There will be no Remembrance Day Ceremony this year. The school will be closed on November 11 for Remembrance Day. As temperatures drop please ensure your child is dressed appropriately (winter boots, gloves, coat & toque)*  
***School Spirit week will be Nov.9-Nov. 13 Please participate to help your class earn points throughout the week for a chance to win a Movie/Popcorn Day!***





# NOVEMBER 2020

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

Mon	Tue	Wed	Thu	Fri
2 Pumpkin Soup + bun	3 Chicken veggie soup + bun	4 Carrot soup + bun	5 Potato soup + bun	6 Hamburger soup + bun
9 Corn chowder <u>PI DAY</u>	10 Cabbage roll soup + bun <u>- POPPY DAY</u>	11 - <u>REMEMBRANCE DAY</u>  <u>NO SCHOOL</u>	12 Chicken dumpling Soup + bun <u>TWIN DAY</u> Dress the same as Your bestie	13 Stuffed pepper soup + bun <u>JERSEY DAY</u> Wear your favorite team jersey or t-shirt
16 Cream of broccoli Soup + bun	17 Lasagna soup + bun	18 Chili & rice + bun	19 Chicken pot pie Soup + bun	20 Beef barley soup + bun <u>REPORT CARDS GO HOME</u>
23 Taco soup + bun	24 Chicken gnocchi soup + bun	25 Beef stroganoff soup + bun <a href="#">Parent teacher interviews 3-5pm</a>	26 Tomato & mac soup + bun	27 Egg roll soup + bun
30 Bacon cheeseburger Soup + bun				



## BCANDS' INDIGENOUS SUPPORT FOR STUDENT LEARNING PROGRAM (SSLP)

**WHO**—Indigenous students of any age across Canada with limited financial resources, including those students living with disabilities. To be eligible, you must be of low-income, enrolled in Formal education (online, remote, on-site), and actively attending

**WHAT**—The Indigenous Support for Student Learning Program is accepting applications from eligible students to be considered to receive a laptop and related accessories

**WHY**—To support and assist Indigenous students in their continued educational success and participation

Resources are limited—apply today!  
Applications must be received by March 15, 2021  
Visit [www.bcands.bc.ca](http://www.bcands.bc.ca) for more information and to apply



British Columbia Aboriginal Network on Disability Society

#6-1610 Island Highway — Victoria, BC — Canada — V9B 1H8  
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312  
Email: [sslp@bcands.bc.ca](mailto:sslp@bcands.bc.ca) — [www.bcands.bc.ca](http://www.bcands.bc.ca)



## British Columbia Aboriginal Network on Disability Society

#6-9610 Island Highway — Victoria, BC — Canada — V9B 1H8  
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312  
Email: [slp@bcands.bc.ca](mailto:slp@bcands.bc.ca) — [www.bcands.bc.ca](http://www.bcands.bc.ca)

### Indigenous Support for Student Learning Program (SSLP)

The BC Aboriginal Network on Disability Society (BCANDS) is now offering the Indigenous Support for Student Learning Program (SSLP). The SSLP is a time-limited project for Indigenous students who have limited financial resources, including those living with disabilities. We are accepting applications for students who are enrolled in Formal education (either online, remote, or on-site learning) to receive a laptop and accessories.

#### Our Goal:

- Assist Indigenous students' continued participation and success in their education, and eventually, in their future employment

#### Am I Eligible?

- Applicants must be enrolled in Formal education at any level from kindergarten to post-secondary OR taking courses through an accredited institution, AND be actively attending
- Applicants must be of Indigenous ancestry
- Applicants must not have received/be receiving any other support for equipment from Nation, community, or other organization/program
- Applicants must be a Canadian resident
- Applicants must be low-income OR
- Applicants identify as living with a disability AND be low-income

"Persons with disabilities," for the purposes of student financial aid, is defined as "those who have long-term physical, mental, intellectual or sensory impairments which in the interaction with various barriers may hinder their full and effective participation in society on an equal basis with others"<sup>1</sup>

#### Acceptable Documentation to demonstrate financial need (for applicant or parent/legal guardian)

Please include proof of an approval statement from any one of the following:

- Federal or provincial/territorial Student Loan
  - Any Federal or provincial/territorial Income Assistance
  - Any Federal or provincial/territorial Disability Assistance
  - Canada Child Benefit (parent or legal guardian)
  - Most recent Income Tax Notice of Assessment prepared by Canada Revenue Agency (CRA)
- If these options are not available and you meet all of the eligibility criteria, provide thoroughly describe your situation under Section 3 B (Demonstrate Financial Need)

All information in the applications must be fully completed for consideration (Sections 1-6). BCANDS will verify the applicant's enrolment, attendance (online, remote, or in-class), and financial need. BCANDS reserves the right to refuse any application and determine the level of support approved. BCANDS will prioritize approvals based on the information provided in the application, the demonstrated need, and the date received. Applicant's receiving support from their Nation, community, or another organization/program in relation to equipment (computers) for their ongoing participation in school may be deemed ineligible.

Applications will be accepted on an ongoing basis. Applications must be received by BCANDS no later than March 15th, 2021 for consideration. However, due to the limited financial resources available and high demand, we recommend that applicants submit their completed application as early as possible. Late applications will not be reviewed. Call for applications will be closed in event that the project's resources have been fully expended prior to the **March 15, 2021 deadline**. If you need assistance with the application or have questions, please contact us.

Please keep this page for your records.

<sup>1</sup> Definition from the United Nations Convention on the Rights of Persons with Disabilities

## TRANSMOUNTAIN CONSTRUCTION NOTICE



TRANSMOUNTAIN

Construction Notice

**PIPELINE CONSTRUCTION**

We're working in the community of Merritt and surrounding areas in the BC Interior Region.

**October 2020 to October 2022\***

Trans Mountain plans to proceed with preparatory field work to support construction of the Trans Mountain Expansion Project south of Kamloops in the BC Interior region this fall (within Construction Spread 5A). Trans Mountain plans to begin construction in this region in late 2020\*.

Following the preparatory work, construction will begin in a series of phased activities along the pipeline right-of-way through October 2022\*. The schedule and map on the following pages provide more information the types of activities and timing in each community. The public's patience is appreciated as we work to minimize any disruptions or inconvenience associated with these activities.

Visit [transmountain.com](https://transmountain.com) to sign up for construction updates and stay informed about this work.

**SCHEDULE OF PREPARATORY WORK \***

Communities	Approx. Date Range	Activities
<b>Area 2: South of Kamloops to Merritt**</b>	Fall 2020 to Spring 2021	<ul style="list-style-type: none"> <li>Preparing the right-of-way</li> <li>Utility location</li> </ul>
<b>Area 3: Merritt to the Coquihalla Summit**</b>	Spring 2021 to Summer 2021	<ul style="list-style-type: none"> <li>Preparing access points</li> </ul>

**SCHEDULE OF CONSTRUCTION ACTIVITIES\***

Communities	Approx. Date Range	Activities
<b>Merritt</b>	Ongoing to October 2022	Stockpile site and construction yard development
<b>Merritt</b>	Ongoing to October 2022	Camp community site development and operations
<b>Kingsvale</b>	Ongoing to December 2021	Pump station construction
<b>Area 2 – Kamloops to Merritt**</b>	October 2020 to September 2021	Pipeline construction including: <ul style="list-style-type: none"> <li>Preparing the right-of-way</li> <li>Clearing</li> <li>Utility relocation</li> <li>Pipeline construction</li> <li>Horizontal Directional Drilling</li> <li>Watercourse crossings</li> <li>Hydrostatic testing</li> <li>Valve installation</li> </ul>
<b>Area 3 – Merritt to Coquihalla Summit**</b>	Spring 2021 to September 2022	

*\*Dates are subject to change. Commencement of work is subject to necessary regulatory approvals and permits. Activities will start no sooner than the date shown. \*\* See map*

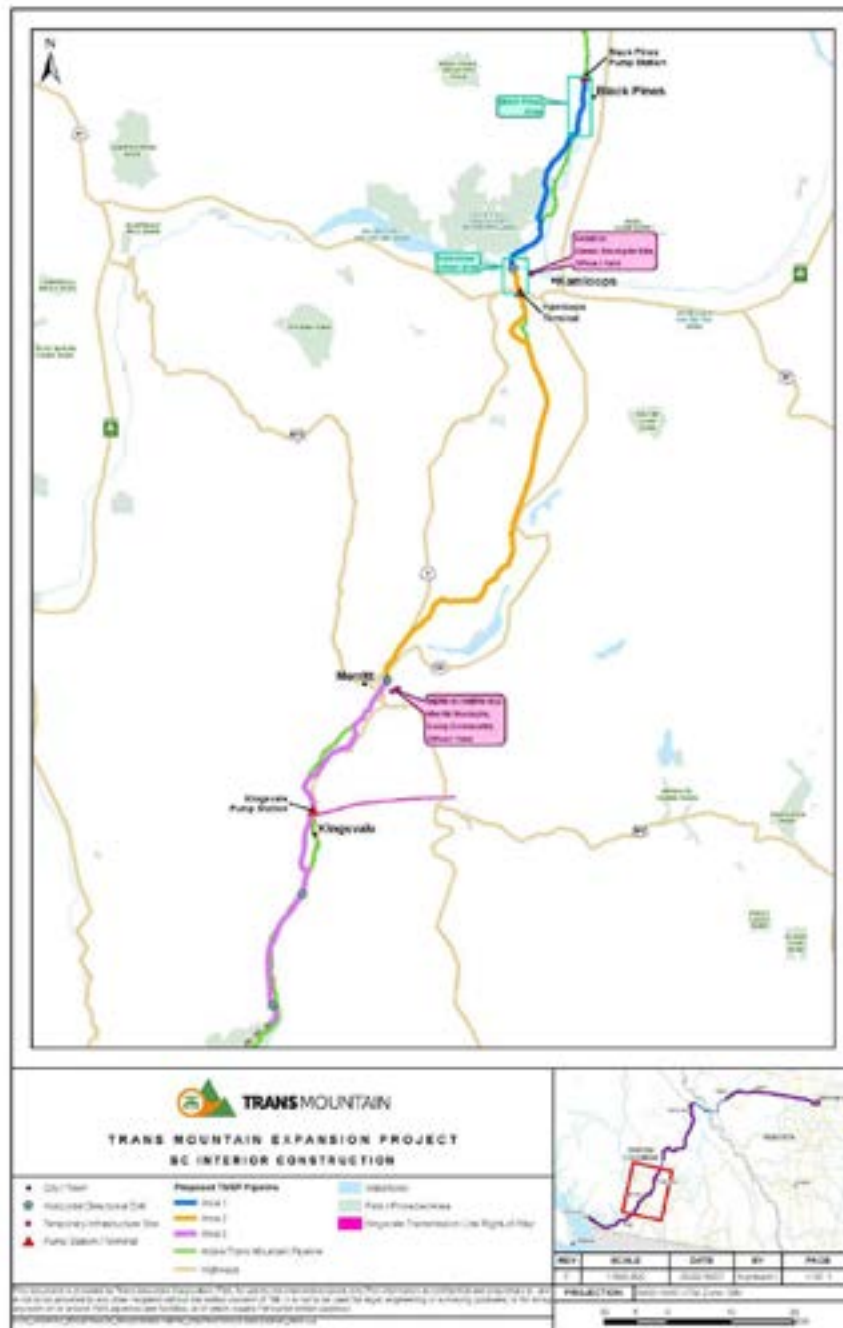




**TRANSMOUNTAIN**

Construction Notice

**AREA MAP**





TRANS MOUNTAIN

## Construction Notice

**WHAT YOU MAY NOTICE**

During the course of these activities, you may notice:

- Construction vehicles on-site
- Increased activity nearby
- Intermittent construction noise
- Signage near recreation areas
- Additional directed lighting
- Temporary traffic delays and increased traffic volumes
- Dust
- Some blasting activities near roadways

**HOURS OF WORK****Preparatory Work**

- 6:30am and 5:30pm, Monday to Saturday
- No work is planned on Sunday and statutory holidays

**Construction Hours**

- Work will typically be 6:30am to 5:30pm, Monday to Saturday
- Some facility construction work may take place on Sundays
- Horizontal directional drilling (HDD) requires continuous 24/7 construction to complete the drill safely, and may include hammering of the pipe
- We will abide by applicable noise bylaws where feasible, and the Trans Mountain Noise Management Plan, as approved by our Regulator

**OUR COMMITMENTS TO YOU**

- Strategies for avoiding or reducing potential environmental effects will be employed at all stages of the Project
- Dust control measures will be in place using best industry practices, including water trucks and street sweepers
- Traffic management plans will be in place to minimize impacts to the traveling public
- Survey and hydrovac locations will be restored following completion of the studies
- Lighting will be directed only on areas of work for worker safety
- Tree and vegetation removal work will comply with necessary approvals
- Registered professional foresters and certified arborists will be on-site, as needed
- Work will be monitored by Environmental Inspectors and Indigenous Monitors

**PROJECT UPDATES**

- Learn more about construction in your area and sign up for updates at [transmountain.com](http://transmountain.com)
- To view a detailed map of this work area, visit: [www.transmountain.com/kamloops](http://www.transmountain.com/kamloops)  
[www.transmountain.com/merritt](http://www.transmountain.com/merritt)

*Trans Mountain's first priority is the health and safety of our workforce, their families and our communities. In response to the evolving COVID-19 pandemic, Trans Mountain and our construction contractors for the Trans Mountain Expansion Project have been working diligently together to ensure adherence to all advice and direction from government and health officials both provincially and federally.*

*For more information on Trans Mountain's COVID-19 response, please visit [transmountain.com/covid19](http://transmountain.com/covid19)*



## Construction Notice

### PREPARATORY ACTIVITIES

#### Preparatory Work:

- Hand digging and/or hydrovac excavation
- Asphalt cutting and paving/patching
- Associated intermittent construction-type noise
- Site surveying at multiples points
- Intermittent traffic disruptions with control signage and flagging in place

#### Preparing the right-of-way

- BC One Call, locating and marking of all buried facilities
- Surveying
- Flagging and staking the right-of-way and any temporary workspace required for construction
- Installing signage
- Clearing trees and vegetation from pre-approved areas essential for construction
- Disposing or burning unsalvageable timber, like branches, tree limbs or shrubs left behind from clearing

#### Utility location

- Land surveying and locating existing underground will occur along the TMEP route in the BC Interior
- Small potholes will be bored at targeted locations
- Work will be conducted by a hydrovac truck and/or hand excavation
- This work will help inform construction planning and confirm construction techniques in these areas

#### Utility relocation

- Trans Mountain will work collaboratively with TELUS and/or BC Hydro to relocate their utilities in some areas, where new right-of-way areas are required.
- This should not impact your services, but you may see work crews in your area.

#### Blasting

- Blasting will take place at a number of locations near roadways, waterways, existing underground facilities and geohazard areas.
- Blasting close to roadways will usually take place at night to minimize impact to the travelling public.
- Temporary road closures may be required. Residents may notice noise relating to the blast and clean-up activities.

### CONSTRUCTION ACTIVITIES

#### Pipeline construction

Once clearing is complete and access to the right-of-way has been established, crews will perform a series of steps within the construction footprint to facilitate installation of pipe in the ground:

- Remove topsoil and grade the surface to prepare for the arrival of bigger equipment and delivery of pipe segments
- Remove pipe from delivery trucks and lay down along right-of-way
- Weld pipe segments together and apply a protective coating
- Perform non-destructive examinations to ensure quality of welds
- Dig a trench and lower in pipe sections
- Backfill the trench to bed and protect the pipe
- Cleanup and reclamation activities. These include returning the right-of-way to its original grade, replacing any topsoil and replanting vegetation.

#### Performing a hydrostatic test

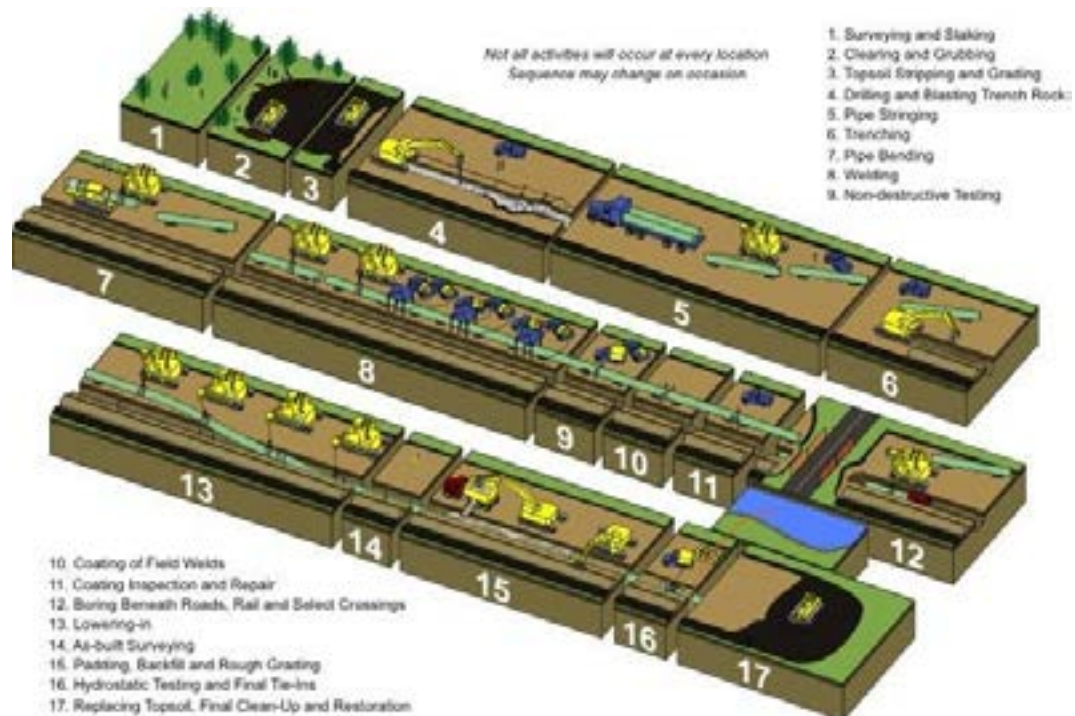
- Before the pipeline is ready to transport oil, a hydrostatic test is performed.
- A hydrostatic test is a way pipelines can be assessed for strength and any potential leaks.
- The test involves filling the pipe system with water and increasing pressure of the pipe to the specified test pressure.
- Should there be any leaks or weaknesses, they can be identified through this test and rectified



TRANS MOUNTAIN

Construction Notice

### Typical Pipeline Construction







TRANS MOUNTAIN

## Construction Notice

**Trenchless installation**

- Trenchless construction methods can also be used to install the pipe for select road or highway crossings and in places with restricted workspace such as some urban or residential areas.
- Several different trenchless methods can be employed with the selected methodology based on geotechnical conditions, topography, available working space and length of the crossing.
- Trenchless installation methods include direct pipe, horizontal directional drilling, and micro tunnelling

**Watercourse crossings*****Isolated method***

- The stream is temporarily dammed and rerouted through temporary pumps or using piping often referred to as a flume.
- The pipe is then installed using conventional construction techniques before the dam is removed and the stream returned to its normal flow path.
- Great care is taken to preserve the environmental features around the stream, such as the wildlife and aquatic habitat provided within the riparian zone.

***Trenchless method***

- Trenchless construction methods can be used to cross under some watercourses, leaving the bed and banks relatively undisturbed.
- Trenchless methods are only possible in the right geotechnical conditions and require special environmental measures to be put in place.

***Open cut method***

- If the other techniques cannot be used for environmental or geotechnical reasons, we will use an open-cut crossing of the watercourse.
- Open-cut watercourse crossings trench directly through the watercourse following the conventional construction methodology.

**Valve installations**

- Valves are installed at intermediate locations as required by the pipeline design and the Canadian Standards Association pipeline code.
- The valves are used once the line is in operation to shut off and then isolate part of the pipeline.
- Valve installation will take place along the pipeline route once hydrostatic tests are completed

**Camp Community**

The camp community near Merritt is being developed and will house approximately 400 workers at the peak of construction in this region. Trans Mountain will work with the accommodation owner to ensure Trans Mountain policies and expectations with respect to temporary workforce accommodation will be adhered to during Trans Mountain's occupancy.

The camp community will be self-sustaining and will include:

- Accommodation, laundry, dining, health and medical services, recreation opportunities, power and internet service
- Transportation for workers to and from their worksite
- Orientation to the host region for visiting workers
- Trans Mountain Worker Code of Conduct, which governs expectations of workers on the job site, in camp communities and in host communities



TRANS MOUNTAIN

Construction Notice

**Stockpile sites and construction yards**

In 2019, Trans Mountain began preparing and activating pipe stockpile sites to support construction related activity. These sites are being used for:

- Delivery and storage of construction materials and equipment, including stockpiling and staging of pipe
- Installation of temporary office buildings or trailers to support construction crews building the pipeline and associated facilities
- Transportation of materials and equipment to and from the site
- Temporary office space and parking

<b>CONTACT US:</b> Trans Mountain info@transmountain.com 1.866.514.6700 transmountain.com	@TransMtn youtube.com/transmntn PO Box 80018 Burnaby, BC V5H 3B0	<b>Pipeline or construction emergency?</b> Call 24/7: 1.888.876.6711
---	---	---

### In Flanders Fields By John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



## GREETINGS

**MASTERS OF BUSINESS ADMINISTRATION DEGREE**

Huge Graduate Congratulations to **Cameron Draney**  
who received his MBA from Thompson Rivers University.



We celebrate and are very Proud of Cam's accomplishment and hard work !!!

Congrats from the family: Mom Connie, Jerry, Brother Craig, Kristy, Connor  
Grandma Charlotte, Grandpa Maynard, Aunts Sheila & Charlene  
Cousins Taylor, Savannah, Brodie, Ethan & his Great Aunts & Uncles

Happy Birthday 28th to Reanna  
Huston – November 5th Love  
Mom (Barbara Huston)

Happy 7th Birthday to Alexis  
Dawson – November 5th Love  
Grandma (Barbara Huston)

Happy 1st Birthday to Rae-Lynn  
Dawson – November 26th Love  
Grandma (Barbara Huston)

Happy Birthday to Shawn Huston  
November 2nd Love Auntie Barb



## **JOBS**

### **Building Service Worker - Teck Highland Valley Copper**

Reporting to the Mill Supervisor, this position will be part of the team responsible for providing janitorial services to Highland Valley Copper. The Building Service Worker will perform routine janitorial work of site facilities and additional maintenance duties as needed.

**Responsibilities:**

- Be a courageous safety leader, adhere to and sponsor safety and environmental rules and procedures
- Ensure the highest sanitation standards are maintained
- Clean Lobbies, rest rooms, offices, walkways, ramps, and stairways of buildings
- Ensure walkways are clear of snow and mud both indoors and outside the buildings
- Sweep, scrub, wash, and polish floors and clean rugs
- Empty waste baskets, transport trash to disposal area
- Replenish bathroom supplies
- Clean building floors by sweeping, mopping, scrubbing, or vacuuming them
- Clean windows, glass partitions, and mirrors, using soapy water or other cleaners, sponges, and squeegees
- Dust furniture, walls, machines, and equipment
- Follow procedures for the use of chemical cleaners and power equipment, in order to prevent damage to floors and fixtures
- Requisition supplies and equipment needed for cleaning and maintenance duties
- Various other job duties as asked by supervisor

**Qualifications:**

- Completion of grade 12 or equivalent
- Effective written and verbal communication and strong interpersonal skills
- Ability to work in a high performance, fast-paced team environment
- Ability to adapt to and work effectively within a constantly changing environment
- Valid driver's license
- Strong Organization skills
- Previous industrial experience is an asset

At Teck, we value diversity. Our teams work collaboratively and respect each person's unique perspective and contribution.

Qualified applicants interested in joining a dynamic team are encouraged to submit a resume and cover letter electronically.

We wish to thank all applicants for their interest and effort in applying for the position; however, only candidates selected for interviews will be contacted.



**Lower Nicola Indian Band School**

Position Title: Speech Language and Literacy Education Assistant Specialist (SEA SLLS)  
Department: Lower Nicola Indian Band School  
Hours: up to 30 per week  
Start Date: ASAP  
Wage: \$20-\$23/hour depending on experience and education  
Reports to: Lower Nicola Indian Band School Principal

**Summary of responsibilities**

The Speech Language and Literacy SEA Specialist will use both indirect and direct methods of language intervention to support students with exceptionalities in language acquisition. This will include supporting students with severe challenges in language processing or production to facilitate learning, develop visual language supports or augmentative/alternative forms of communication, using pictures, symbols or voice output devices. The SEA SLLS uses an emphasis on evidence based, culturally appropriate services for First Nation students in Head Start and Kindergarten to grade seven, and will take the lead in the programming for augmentative/alternative forms of communication and prepared programs for language supports with adaptations for First Nation culture.

**Required knowledge, skills and abilities**

- Work co-operatively and constructively with outside resource professionals in the delivery of programs
- Provide assistance in implementation of Individual Education Plan Goals and Supports
- Successful Completion of an approved Education Assistant Program
- Successful experience carrying out speech language and/or physiology therapy program directions and/or successful completion of a Speech and Language Assistant Certificate Program as asset
- Preference will be given to applicants who have successful experience working with Learners with Autism, at both an academic and behavioural level
- Successful experience assisting in preparing learning materials for students (visual schedules, visual supports)
- Must be computer literate

Apply To: Deadline to apply: open until filled

apply E-mail: [HR@lnib.net](mailto:HR@lnib.net)

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

**Lower Nicola Indian Band  
Job Posting**

**Position Title:** Cleaner/Janitor (2 positions)

**Department:** Infrastructure

**Hours:** 4PM – 11:30PM

**Start Date:** On Call - ongoing

**Wage:** \$16.00 (to start)

---

**Summary of responsibilities.**

The Custodian/Janitor position will clean and disinfect assigned areas in accordance with safe working practices, protocols and procedures to ensure the environment is clean and safe.

**Required knowledge, skills and abilities**

- Must have the ability to express and comprehend oral and written English.
- Reliable transportation.
- Knowledge of general working safety procedures.
- Ability to work as a team member and be able to multi task.
- Completed WHMIS (Workplace Hazardous Materials Information System) Certification.
- Physically able to meet the demands of bending, lifting and twisting positions.
- Willing to learn and take necessary training.
- Must be self motivated and reliable.
- Must be willing to work evenings and weekends.
- Preferably previous custodial/janitorial experience.
- Preferably grade 12 Graduation.
- Preferably Certified in Transportation of Dangerous Goods or willingness to become certified in first 3 months.
- Ability to speak or willingness to learn the Nlaka'pamux Language.

**Apply To:**

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

**Deadline to apply: open until filled**



**Lower Nicola Indian Band****Job Posting****Position Title:** Reception, Full Time**Department:** Administration**Hours:** 8:30am-4:30pm

---

**Summary of responsibilities**

To provide clerical support and file maintenance for the Lower Nicola Indian Band.

**Knowledge, Abilities and Skills:**

- Grade 12 diploma required.
- Excellent communication skills
- Clerical experience
- Operate multi-line telephone system
- Take detailed messages
- Create and modify documents using Microsoft Office programs
- Perform filing and other administrative duties as required
- B.C. License recommended
- Ability and willingness to submit to a criminal record check
- Ability to speak or willingness to learn the Nlaka'pamux language

**Apply to:****Deadline:** until filledApply at: <https://secure.collage.co/jobs/lrib/12667>

or

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

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

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



**Lower Nicola Indian Band****Job Posting****Position Title:** Maintenance Technician**Department:** Infrastructure**Hours:** 35 hours per week**Start Date:** ASAP**Wage:** up to \$20 per hour depending on experience and skills**Summary of responsibilities**

Reporting to the Maintenance Supervisor, the Maintenance Technician's responsibilities are to provide regular maintenance for all LNIB offices and buildings including lawn care and mowing, weed management, pruning of trees and shrubs and maintaining schedules for irrigation, weeding, general clean up. Maintenance and service to all domestic water systems and wastewater systems.

**Required knowledge, skills and abilities**

- Assist in water quality sampling and water collection
- Operation and Maintenance of all Public Works Infrastructure: water lines, wells, septic fields, pumps, lift station, waste water dosing station, waste water systems, dams, reservoirs, roads, culverts, cattleguards, bridges, signs, delineators, garbage and recycling collection, pavement markings and line painting.
- Operate and maintain Public Works Equipment: grader, backhoe, garbage truck, pickup truck, weed eaters, mowers, small power tools, garden equipment, dump truck, snow plow truck, trailer.
- Assist in collection of recycling products weekly.
- Assist with ordering material and supplies.
- Assist with coordination of contractors, consultants and repairs of fleet equipment and infrastructure.
- Assist with on-call schedule.
- Assist other departments as requested from Supervisor.
- Be part of the On-call rotation.
- Ability and willingness to submit to a criminal record check
- Ability to speak or willingness to learn the Nlaka'pamux language

**Minimum Qualifications**

- Must have a minimum of grade 12 education.
- Prefer 1 year of direct work experience in public works.
- Must possess or be willing to obtain Small Water and Wastewater Systems certification with EOCP.
- Possess an Equipment Operators Certificate or be willing to obtain.

**Apply To:**

Lower Nicola Indian Band

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

or

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

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

**Deadline to apply: Oct 8 2020**

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





**Lower Nicola Indian Band  
Shulus Community Arena  
Job Description  
Arena Maintenance Attendant**

**Department:** Arena

**Position Title:** Arena Maintenance Attendant.

**Hours:** 30-35 hrs per week, evenings and weekends

**Reports to:** Shulus Arena Manager

---

**Summary of responsibilities**

Under the direction of Arena Manager the successful candidate will be responsible for all arena maintenance and Zamboni duties while on shift.

**Duties and tasks**

- Drive and operate the Zamboni and other various types of hand operated tools and equipment
- Resurface the ice sheet in such a manner that its condition is kept in good conditions at all times
- Will handle services and needs of general public, such as, but not limited to program questions, phone calls etc.
- Follow and direct others to follow the posted safety standards
- Complete all janitorial tasks whenever needed to provide a tidy and respectable facility
- Will take mechanical readings and record properly on all equipment in the arena
- Perform other duties as assigned or directed
- Arrive to work every day, on time as scheduled

**Required knowledge, skills and abilities**

- Ability to follow verbal and written instructions
- Background working with First Nation youth
- Excellent communication and high energy while at work
- A team worker with a great work ethic, a self-starter and able to work independently
- Able to communicate well and confidently with the public, we are in the people business

**Minimum Qualifications**

- Must be at least 18 years old
- Valid British Columbia driver's license
- Some high school or working towards completing high school diploma
- Some related work experience preferred but not required
- Must be available to work flexible hours, evenings and weekends

Apply to: [hr@lnib.net](mailto:hr@lnib.net)

**Lower Nicola Indian Band****Job Posting**

**Position Title:** Education Tutor/Support Worker

**Department:** Education

**Hours:** Up to 7 hours a day, 35 hours per week. Schedule will vary with program and student needs

**Start Date:** by 1<sup>st</sup> October

**Reports to:** Education Manager

**Summary of Responsibilities**

Our Education Tutor/Support Worker does more than academic support. They get to know each student, motivating and inspiring one student at a time, to help them achieve their best. You will deliver a personalized learning approach to help Lower Nicola Indian Band Students system with all subject areas in the K-12 system, including a specialized focus on courses at the senior level in Chemistry, Physics, Biology, and Math.

**Required Knowledge, Skills and Abilities**

- Must have the ability to express and comprehend oral and written English.
- Must have a valid Driver's License and reliable transportation
- Ability to work as a team member
- Willing to learn and take necessary on-going training associated to K-12 Education needs
- Must be self motivated and reliable.
- Must be willing to work diverse hours that may include evenings and weekends.
- High skill level and understanding of all K-12 academic subject matter
- Desire to implement and reinforce appropriate learning strategies at Elementary/Secondary levels
- Ability to speak or willingness to learn the Nlaka'pamux Language.

**Minimum Qualifications**

- Grade twelve graduation with senior level courses (Grade's 11&12) achieved in Sciences and Math
- Post-Secondary Diploma related to Education and/or Sciences

**Apply To:**  
hr@lnib.net

**Deadline to Apply:** open until filled



**Southern Interior**

Direct#: (250) 693-0006  
 Fax: (250) 741-1147  
 1140 Lower China Creek Road  
 Genelle, BC V0G 1L0  
 Toll Free#: 1-888-562-0600

**Chinook Scaffold Systems Ltd in concert with the LNIB has the following job posting and are looking for ambitious persons for an Apprentice Field Scaffolder Career.**

**Requirements;**

Must have transportation to the jobsite  
 Energetic and willing to learn  
 Follow instructions  
 Pass Scaffolding components to the Journeyman Scaffolder  
 Learn proper knot tying techniques  
 Overhead lifting  
 Working at heights  
 Assist with pulling or pushing gear carts  
 Willing to work in inclement weather conditions

Previous Scaffolding experience is not required as we will mentor and set up training.  
 Chinook's training department can set up any site specific safety training.

Immediate position available

Steve A Wilks  
 Employment Coordinator  
 Economic Development  
 Lower Nicola Indian Band  
 Office 250-378-5157 Cell 250-315-5278

**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  
250-936-8655  
plumbermann250@gmail.com

**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**  
Personal Development Coach, Mastemind  
Knowledge Broker  
778-676-7844



**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) 808-428-0178

kru@nicolavalleymuaythai.ca

**SCS Diamond Drilling**

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

250-314-4864 (fax) Spence Coutlee, Principal

**Alison Sterling**

ajsterling67@gmail.com

Jacona Sports, Behavior Intervention, and Bubble  
Tea

**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

**Ivan Swakum**

Antler lamps, European Mounts, Wine racks

ivanswakum83@outlook.com

250-315-3756

**Shawn Swakum**

s.swakum@yahoo.com

Business administration and Consultant

**Molly Toodlican**

Independent Watkins

Consultant #830411

250-280-2012

mollytoodlican61@gmail.com

**Penny Toodlican**

pcctoodlican@gmail.com

Catering

**Victor York**

victoryork@hughes.net

Gourmet coffee supply and distribution

## THE BACK PAGE

November has always been associated in my mind with Remembrance. Remembrance Day is one of such sad reflection and gratitude. Gratitude to those who served and sacrificed so that we can continue to enjoy our freedom. Sadness for the losses suffered and the people gone forever; more sadness because it seems that as humanity we have yet to learn how to live peacefully with each other.

This year marks a year where our getting together to remember and reflect as a group has been undermined by the ever present threat of Covid. Without having Remembrance Day services, it seems more important than ever to show that we remember by wearing the Poppy. And remember too that donations to the poppy campaigns go to help veterans and their families so give generously.

Richard Jackson Jr. and Percy Joe are the remaining members of the Nicola Valley Veterans Committee with expert administrative help from Sondra Tom. If anyone is interested in joining this group, please get in touch with Richard or Percy. The first Remembrance Day Ceremonies were held in Shulus sometime in the 1990's - anyone remember specifically when? Richard was telling me that he was the one who went out and found the rock that is now our cenotaph. Must have taken quite a few strong bucks to move that into place!

My husband and I moved to Nicola Valley twenty years ago. I remember that the Shulus Cenotaph also had a statue of the Fallen Warrior. It was such a strong representation for the cenotaph and then all of a sudden it wasn't there anymore. Can anyone tell me what happened to it?

kʷúkʷpi? was in a reflective mood the other day and suggested that November was an appropriate month to also remember those members who we've lost in the last year. Rather than simply focus on the dates of this Council's first year in office, we remember those who have passed since January 2019 to date. We also report on happier tidings and list the names of our newest LNIB members on the planet. (Hey new parents and proud Grands and Aunties - we are always happy to print photos and messages on the greetings page!)

So while we are all reflecting on those who have passed, let's remember that Covid is in resurgence and the numbers are climbing. More than ever, let's protect those who are still with us and keep them from harm. Do your part by observing the Covid protocols in place everywhere, and keep your gatherings to your minimum bubble group.

In the words of Dr. Bonnie Henry - Be Safe, Be Calm and Be Kind.

- Ruth Tolerton, Communications Coordinator.