



# October 2020 N?e?iyk Spiləxm

## IN THIS ISSUE

Lands Department Open House	P.2
Construction Readiness Training	P.3
kʷukʷpi? Stuart Jackson	P.4
Executive Director	P.6
Chief and Council Attendance	P.7
Heating Assis	P.8
Culture Center	P.9
Harvesting Photos	P.10
Shulus Gardens	P.11
Honey Extraction photos	P.12
Lands Department	P.13
Health Nurse Fall - Prevention	P.15
LNIB Fire Department	P.17
Spray/Neuter Program	P.23
Housing	P.25
4th Year Nursing Student	P.25
Recreation Calendar	P.26
Gym Schedule	P.27
Education	P.28
Job Opportunities	P.56
Greetings	P.61
In Loving Memory of Mildred Hall	P.62
Member Owned Business Directory	P.64
Back Page	P.66



LANDS DEPARTMENT OPEN HOUSE



LOWER NICOLA  
INDIAN BAND



**LNIB LANDS DEPARTMENT  
OPEN HOUSE**

**SATURDAY, OCTOBER 17**

**Shulus Hall**

**9:00 - 4:00 pm**



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

Register for a time slot (1 hour 15 mins) (max. 20 people each) to come learn more about LNIB Lands projects and Law development, while meeting our project partners.

**\*\*COVID-19 protocols will be practiced\*\***

 To register for a time slot, please contact Monica Pettinger  
([Monica.Pettinger@lnib.net](mailto:Monica.Pettinger@lnib.net) or 250-378-5157)

**CONSTRUCTION READINESS TRAINING**The logo for Cord Construction Readiness Training features the word "Cord" in a stylized blue font with a red dot above the 'o', followed by "Construction Readiness Training" in a standard blue font.

Cord is hosting a 4 day Construction Readiness Training program for individuals interested in industrial construction job opportunities.

Who can apply – Individuals with interest/ experience in the following trades:

- Steamfitter/Pipefitters
- Welders
- Ironworkers
- Industrial carpenters
- Industrial electricians
- Scaffolders

Training Components:

- Industrial construction site 101
- H2S Alive
- ESC Fall Protection
- OSSA Elevated Work Platform
- CSTS 2020
- Interviews for upcoming job opportunities

Please note: **Valid Drivers Licence** is required

When: November 23-26, 2020

Where: Kamloops, BC

How to apply:

Interested applicants can email resumes to [dion.arnouse@worley.com](mailto:dion.arnouse@worley.com)  
subject line: Construction Readiness Training

Application Deadline: **October 30, 2020**

\*Please Note\* applicants must be registered to attend training. Cord personnel will contact successful candidates to provide further details.

Meals and accommodation will be provided.

**K<sup>w</sup>UK<sup>w</sup>PI? STUART JACKSON**

Greetings Band members and community members. I hope everyone is doing well and staying healthy and safe as we move into our Fall season. Where has the time gone? It will not be long and this Chief and Council will have completed its first year of our three-year term! It is hard to believe that we are 1/3 through our term. As I reflect on where this Council started in our term to where we currently stand with Band Business and Band Governance, I would say that we have covered some substantial ground in our Administration and our Council. There is so much to learn and absorb as we work week in and

week out so that we adhere to our Administrative and Governing responsibilities to our membership. I was told by past Chiefs, Elders and Band members these past few months that we have a lot of work we still need to do for the betterment of our membership. Who would have thought that our mandate to our membership would include a Pandemic? Covid-19 has most definitely created many challenges, hurdles, fear, frustration and confusion for our leadership, administration and more importantly our membership. Covid-19 has caused delays, insufficient service delivery and little to no personal interaction and engagement. I had the opportunity of meeting with some of our staff during these trying times and it is very apparent that our interaction with our membership have been compromised and inadequate. It is unfortunate that we find ourselves gradually delving into what I see is our “New Normal”. What this “New Normal” really looks like remains to be seen now, but I hope that we will all make an effort to adapt the best way we can. I can appreciate that it may appear in some respect that LNIB Governance isn’t doing enough for our people during this difficult time, but I assure all of you that we are mindful of the hardship that many are facing and we are doing our absolute best to address, support and deal with all that we can during these uncertain times.

As we move forward, Council has made some changes to our meeting schedule for this upcoming year. Council will be meeting twice a month. The first Tuesday and the third Tuesday of every month. We still have not determined when we will revisit convening Band General meetings. We realize the importance of Band meetings, however, we are also cognizant of this potential “second wave” of Covid-19 and we are monitoring very closely what is happening outside of our community. As many of you may be aware, there was a Covid-19 case in one of our neighbor’s communities not long ago. In fact, there were two cases on the Nooaitch reserve. It is undetermined how many more cases there may be anywhere else in the Nicola Valley, but it is evident that Covid-19 is getting closer and closer to LNIB. I cannot emphasize enough how important it is to continue doing our own due diligence. Social distancing and sanitation are very key in preventing exposure to Covid-19. Wearing masks whenever possible will only protect you from potentially putting others at risk. Staying home as much as possible is the best preventative measure. In my opinion, this is the time where we need to be more cautious and proactive with this pandemic. We cannot get complacent with Covid-19, we cannot get comfortable. We need to be aware that virtually anyone we meet might either have Covid-19 or maybe exposed to it. Let us do our part in being proactive, preventative and aware that Covid-19 is still out there. Let us be mindful of all our people in our community that are not well, or their health might be compromised. Let us keep in mind that our Elders are at risk of this pandemic, so we need to keep our Elders safe. I hope that we keep our LNIB safe from any harm during this scary time. If any of you show any signs of Covid-19 symptoms, please get in touch with our Health

Nurse Rainbow Acoby or Irene Howe at 250-378-5157 immediately. We have Health Care nurses on site that can-do assessments and testing, example, symptoms, prevention or any added support. Our offices are slowly transitioning to full operation. Wherever I go, I need to sign in with date and time for tracking purposes. We are taking every precaution to ensure that we know every person that comes into our offices/infrastructures. There still is a lot of virtual engaging that is occurring with Council and staff. We appreciate your patience and understanding as we move forward administratively.

As I mentioned earlier in my submission, there is a lot of work that needs to be completed before the end of our fiscal year as well as our term. We are in the beginning stages of being co-owners of the Kingsvale Transmission Electricity Line, we are piloting a security program for LNIB with support from our Joint Venture partner, Securiguard. We are almost completing a substantial garbage cleanup on our reserve lands behind the Band School. We are always mindful of how we can continue to help and support all our Elders with subsidy and firewood assistance. There is a lot going on in and around our communities. We are in the wake of a Provincial Election! One of our colleagues, Aaron Sumexheltza is the NDP Candidate for the MLA position for our riding, the Fraser-Nicola. I wish Aaron luck in his run as do members of Council who also conveyed their well wishes at our last Chief and Council meeting. Best of luck Councilor Aaron! There was a public announcement a short time ago regarding Gateway 286. As I understand, the Provincial government has transferred 11 hectares of land to Spayum Development Holdings Limited Partnership which includes the 5 Bands of the Nicola Valley. Our local LNIB Fire Department is back in full force as well. This is great news for LNIB!! Fire Chief Lindsay Tighe has the Fire hall back in full operation. There are more firefighting volunteers signed up now than what the volunteer total looked like one year ago, which is a huge positive. These are just a few accomplishments that have evolved as of late. It is a great feeling knowing that we can continue to operate as a Band Administration in light of a pandemic.

We will continue to move forward safely and effectively for the betterment of our people. I wish all of you good health and safe travels whatever you do or wherever you go. Let us take care of our loved ones and watch over one another. I hope to get out into the community a little more often now that there has been further lifting of social distancing and the like. I will, however, continue my own due diligence with social distancing, sanitizing, essential travel, wearing my mask and doing my daily Covid-19 checks on myself. It is important to know the symptoms. If you do not know the symptoms, call the LNIB office and speak with one of our nurses. Let us stay safe, let us stay educated and let us stay informed. Wishing you all a great start to our beautiful Fall season. May your hunts be successful, may all your canning be plentiful and may your time spent with your family and friends be meaningful.

All my relations,

Kʷukʷpi? Stu Jackson

## EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for September 2020. This month the operations of LNIB opened 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. 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 September 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.

This month for new staff is Carrie Weekusk, grade 7 teacher. Welcome aboard. LNIB welcomes James Unger back for the Winter with the Arena. Rodney Mike, Jerrica Joe and Nicola Belcourt have moved on to different endeavors and LNIB would like to thank them for their contribution and wish them well. Current job postings with Lower Nicola Indian Band are Custodians, Education Tutor (highly skilled in math and literacy k-12), Administrative Assistant for Lands department and Teacher on Call for visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

**Committees and Liaisons:** Lands Management Advisory Committee met August 14th. School Board meeting was September 2, 2020. There was no Finance and Audit Committee meeting in September. 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** will start to take place with Covid-19 Corona virus pandemic safety protocols and Social Distancing guidelines clearly posted. There will be some opportunities presented online please watch for the advertisements for these.

**Support to Chief and Council:** Chief and Council met September 1st and 15th. The Chief and Council will meet October 6st. The band general has not been scheduled yet due to the constraints of the Covid-19 Corona virus and self-distancing. Should you require anything on the Chief and Council agenda scheduled for October 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.

## CHIEF AND COUNCIL ATTENDANCE

Chief and Council Attendance Term October 2019-September 2022

Month	Meetings Called	Stuart Jackson	Bill Bose	Spence Coutlee	Robin Humphrey	Connie Joe	William Sandy	Lucinda Seward	Aaron Sumexheltza
Oct-19	4	4	3	4	3	4	4	3	4
Nov-19	5	4	5	4	5	5	5	3	2
Dec-19	3	2	2	2	3	2	3	3	3
Jan-20	2	2	1	2	2	2	2	0	1
Feb-20	4	4	4	2	4	4	4	3	4
Mar-20	3	3	3	3	3	3	3	3	3
Apr-20	3	1	3	2	3	3	3	3	2
May-20	4	4	4	4	4	4	4	4	4
Jun-20	3	3	3	3	3	2	3	3	3
Jul-20	1	1	1	1	1	1	1	1	1
Aug-20	1	1	1	0	1	1	1	1	1
Sep-20	2	2	2	0	2	2	2	1	2
TOTAL	35	31	32	27	34	33	35	28	30

As of September 28, 2020

## THE FIRST OFFICIAL THANKSGIVING IN CANADA

The first official, annual Thanksgiving in Canada was celebrated on 6 November 1879, though Indigenous peoples in Canada have a history of celebrating the fall harvest that predates the arrival of European settlers. Sir Martin Frobisher and his crew are credited as the first Europeans to celebrate a Thanksgiving ceremony in North America, in 1578. They were followed by the inhabitants of New France under Samuel de Champlain 1606. The celebration featuring the uniquely North American turkey, squash and pumpkin was introduced to Nova Scotia in the 1750s and became common across Canada by the 1870s. In 1957, Thanksgiving was proclaimed an annual event to occur on the second Monday of October. It is an official statutory holiday in all provinces and territories except Prince Edward Island, New Brunswick, and Nova Scotia.



## HEATING ASSISTANCE FOR ELDERS

September 30, 2020

Dear LNIB Elder:

Re: LNIB Assistance with Heating Costs

In the past, the Lower Nicola Indian Band has assisted our Elders living on reserve by providing a certain amount of wood fuel for heating homes. As time went by, many Elders upgraded their homes to different heating options and therefore didn't require the wood delivery. Other Elders living off reserve weren't provided assistance in any form. For example, last year 32 Elders' households benefited from provision of wood at a cost to LNIB of \$37,350 while the other 145 Elders' households received nothing.

This year our Chief and Council have determined a more equitable form of assistance distribution for heating costs for all Elders whether on reserve or off. They have directed staff to distribute \$300.00 to each Elder household to provide assistance with heating fuel costs – be that propane, wood, hydro, oil or wood pellets. This redistribution of the allocated budget is to make sure that all of our Elders households benefit equally.

If your household still uses wood as its heating source, you can continue to do so. Order wood as you would every other year but note that the cost of the wood will be your responsibility to be paid out of the \$300 you receive from the Band. We suggest that you reach out to family to assist you with sourcing wood. If those resources are not available to you, please let us know.

If your household uses a different form of heating source, the \$300 is meant to help with those costs.

If you have any questions about this new program, please do not hesitate to call me at 250-378-4089.

Sincerely

Bridget Labelle

Director of Human Services

Cc: LNIB Director of Infrastructure  
Shulus Forest Enterprises

**CULTURE CENTER**

**LNIB Culture Revitalization**

Hén7ekw

The new normal has been a challenge for the Culture Centre. As first nations people we are so used to being with one another all the time. With the Covid-19 restrictions this has made significant changes in our everyday lives.

As summer slowly comes to an end and we at the Culture Centre we able to allow more people into our bubbles, keeping social distancing in mind.



We have taken a couple of trips to the mountain to harvest huckleberries. The cool, crisp mountain air was breathtaking. This was Christie Hill & Chelsea Spahan’s first time harvesting huckleberries, Wayta go Christie & Chelsea!!



Another Summer tradition for our people is canning. Preserving our food for the winter months. We took a day to work with the LNIB Community Wellness Worker Christie Hill and Community Activities Worker Marilynne Munro and canned peaches and pears. This was a first hands on experience for Christie Hill and Joe Shuter.



As 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.

**LNIB CULTURE CENTRE PHOTO CONTEST WINNERS!!!**

Adults:

August 20<sup>th</sup>

- 1<sup>st</sup>- Ivan Swakum Sr
- 2<sup>nd</sup>- Sammie Spahan
- 3<sup>rd</sup> – Lesley Manuel

September 3<sup>rd</sup>

- 1<sup>st</sup>- Ryan Mann
- 2<sup>nd</sup> – Louis Dick
- 3<sup>rd</sup>- Tanya Bent

15 and under:

- 1<sup>st</sup>- Tanner Spahan/Spence
- 2<sup>nd</sup> – Ayden Sheena
- 3<sup>rd</sup> – Joseph McDougall Jr.

- 1<sup>st</sup> – Reegan Miller
- 2<sup>nd</sup> – Abraham Sheena Jr
- 3<sup>rd</sup> – Alexis Dawson



September 17<sup>th</sup>

- 1<sup>st</sup>- Rena Joe
- 2<sup>nd</sup>- Mike Spence
- 3<sup>rd</sup>- Jamie Swakum

- 1<sup>st</sup> –Talon Spahan/Spence
- 2<sup>nd</sup>- Donny Frank
- 3<sup>RD</sup>- Tyrese Basil

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

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

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

## HARVESTING PHOTOS



Harvesting Huckleberry



Gina Basil

## SHULUS GARDENS

### Shulus Garden news,

Greetings from Garden staff.

This was what Shulus Garden Harvested in August.

To place order Please contact 250-936-8365, 378-7561

Harvest times: Monday to Wednesday,

Pick-up: Thursday & Friday.

Due to COVID we are practicing social distancing.

<b>Fresh Produce:</b>	<b>Produce Prices:</b>
-----------------------	------------------------

1) Potato's:	@ 0.80 lb.	
a. Yukon Gold		Harvested 1400 lb.
b. Russets		Harvested 1326 lb.
c. Fingerlings	@ 1.20 lb.	sold out
2) Carrot's	@ 2.50lb	
3) Celery	@3.00 each	Thin stalk
4) Onion's:	@ 0.80 lb.	sold out
a. Yellow		sold out
b. White		sold out
c. Shallots		sold out
5) Swiss Chard	@ 2.50 bunch	sold out
6) Kale leaves	@ 1.50 bunch	
7) String Beans	@ 2.50 lb.	sold out
8) Beets & Greens	@ 2.50 lb.	sold out
9) Garlic cloves:	@12.00 lb.	small cloves
10) Dill	@ 1.50 bunch	sold out
11) Parsley	@ 1.50 bunch	sold out
12) Basil	@ 1.50 bunch	sold out
13) Mints	@ 1.50 bunch	sold out
14) Tarragon	@ 1.50 bunch	sold out
15) Oregano	@ 1.50 bunch	sold out
16) Chives	@ 1.50 bunch	sold out
17) Horse Radish Root	@ 2.50 lb.	sold out
18) Shulus Honey	@ 10.00 lb.	Small orders available

- Cold weather has hindered our crop production this year.
- Currently harvesting last of potatoes, carrots, kale.
- Planting garlic seed Oct 05 to 09<sup>th</sup> or so. Volunteers are welcome, will trade your time with available produce.
- Shulus Honey was just harvested and being processed this month, it is a small quantity this year, as we lost one hive to wasps, otherwise, we have healthy & free of disease hives.

**Thank you for your patronage, and have a lovely Autumn**

### HONEY EXTRACTION PHOTOS



## 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 line (250-378-5157) to be connected by phone.

Here are some updates from the Lands and related departments:



### 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 3 meetings (Mondays at 4:00 PM): **Oct. 19, Nov. 02, and Nov. 16.**

Find upcoming meetings on the LNIB events calendar ([www.lnib.net](http://www.lnib.net)) or email [LMAC@lnib.net](mailto:LMAC@lnib.net) for more information about 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 wrapping up
- **Enforcement:** 1<sup>st</sup> review complete

At LMAC meetings, members review the law in detail and discuss potential changes. **Community engagement is expected to start in late October, and we want your input for drafted LNIB Laws! Details to be determined.**

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



### LAND USE PLAN (LUP)

The updated Land Use Plan (LUP) is a policy document under development in the Lands Department, with the help of Urban Systems. Supporting implementation of the Land Code, the LUP captures the community vision, shares priorities for the use of land on LNIB's reserves, and helps guide future decisions for LNIB Lands.

Given the importance of community collaboration and acceptance for the LUP, this project has been delayed due to COVID-19 restrictions on public gatherings. Despite the delays, the Lands Department still anticipates the completion of the LUP in 2020.

The draft plan will be available to review and comment on the Members-Only site ([members.lnib.net](http://members.lnib.net)) after it has been 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!

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



## NEW LANDS STAFF: ALEX BUKKOS JR.

We are pleased to welcome Alex Bukkos as the new Survey Coordinator with the LNIB Lands team! Learn a bit about Alex and his new role in his introduction:

My name is Alex S. Bukkos Jr. eldest son of 4 to Alex Bukkos Sr. and Florence I. Bukkos (Laviguer) Grandson to Ernest Fountain and Josephine Charters of Spaxomin. Nephew to Mildred McRae and Jimmy Fountain. I am a member of UNIB.

I have started a position with the LNIB Lands Department as Survey Coordinator. My job and focus is to set up surveys, do most of the footwork and coordinate with Canada Land Surveyors. I have many years of surveying experience and have much knowledge to offer. I am excited to work in this position and look forward to meeting the local community.

If you see Alex around while he’s conducting fieldwork, feel free to wave and say hello while remembering to respect physical distancing protocols.



## HEALTH NURSE FALL - PREVENTION

# Fall Prevention

**Did you know the risk for falls becomes greater as you age?**

Every year (approx.) one in three seniors experience 1 fall. The highest fall risk is within the home.

“Every 13 seconds, an older adult is treated in the emergency room for a fall; every 20 minutes, an older adult dies from a fall.”

(<https://www.comfortkeepers.ca/canadas-seniors-falls-statistics-prevention/>)



- **Be Active** (Do at least 30 minutes of physical activity per day) , Depending on your health you may need to break the 30 min activity into segments, such as, 3x 10 min walks per day. Also, regular exercising might include trying yoga or tai-Chi, which helps with flexibility and to strengthen muscles and joints. However, before starting any exercise regime it is important to speak to you family doctor beforehand. A common self-directed senior activity program to try is called “SAIL”, [please see link below](https://findingbalancebc.ca/exercise/sail-home-activity-program/)

<https://findingbalancebc.ca/exercise/sail-home-activity-program/>

- **Wear proper footwear**, Wear properly fitting, sturdy shoes with non-skid soles.
- **Plan your outings**, allow yourself plenty of time to avoid rushing
- **Eat regular balanced meals**, do not skip meals. It can make you weak and dizzy, which will increase your risk for a fall

- **Get a Medication review**, consult with your family doctor on the medication you are taking for side effects and interactions. It is important to know your medicine and why you have been prescribed them.
- **Safeguard your home inside and outside such as,**
  - Install shower and tub grab bars in the bathroom, around the toilet and the tub.
  - Place non-slip mats on the shower floor and bathtub.
  - Add non-slip treads for bare wooden steps.
  - Install handrails and lights on staircases, with light switches at the top and bottom of the stairs. You may even consider glow-in-the-dark or lighted switches.
  - Secure loose rugs with double-faced tape, tacks, or slip-resistant backing. or if possible, remove all loose floor mats
  - Paint doorsills with a different, highlighting color to avoid tripping.
  - Repair loose, wooden floorboards and carpeting.
  - Store clothing, dishes, food, and other necessities within easy reach.
  - Immediately clean spilled liquids, grease, or food.
  - Make home lighting brighter but prevent glare. Place night lights in the bedroom, bathroom, and hallways. Place a lamp within easy reach of the bed for middle-of-the-night needs.
- **Regular health Screening**

Have vision and hearing checked on a regular basis

Monitor your health and consult your doctor for any health concerns. Note any health conditions such as dizziness, joint pain, numbness, or shortness of breath when walking. Tell the doctor, should any of these occur. He or she may evaluate muscle strength, balance, and walking style (gait) as well.

Consider a PERS (Personal Emergency Response System) unit that will alert others when help is needed. Certain companies offer home monitoring via telephone or cell such as, Lifeline. Medic Aide or Telus (Living Well Companion)

**Use Safety Aides**, Medical aides are prescribed to keep you safe such as, wear your glasses and hearing aids. If you have a poor gait or trouble walking, consider using a cane or walker for support. Consult an occupational therapist or health provider for the best adaptive medical device to fit your needs.

## LNIB FIRE DEPARTMENT

### Lower Nicola Fire & Rescue

Fall is officially here. October is Fire Safety Month.

**Fire Prevention Week ~ October 4-10, 2020**

**“Serve Up Fire Safety in the Kitchen!”**

To educate everyone about the simple but important actions they can take to keep themselves, and those around them, safe in the kitchen.



- **Did you know?**

Cooking is the #1 cause of home fires and home fire injuries. Unattended cooking is the leading cause of fires in the kitchen.

- **Recipe for safety**

Before you serve a meal, it's essential to serve up fire safety in the kitchen. There's nothing like spending time in the kitchen cooking a delicious meal for family and friends or an appetizing treat for yourself. But do you know the important steps to take long before anyone takes the first bite?

#### **Cooking in a kitchen:**

- Keep an eye on what you fry. Most cooking fires start when someone is frying food
- Watch what you are cooking. Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off
- Make sure you are awake and alert while cooking. Alcohol and some drugs can make you sleepy
- Wear short sleeves or roll them up so they don't catch on fire
- Make sure children and pets stay at least 1 metre away from a hot stove
- Turn pot handles toward the back of the stove so no one can bump them or pull them over
- Keep things that can catch fire, like oven mitts, wooden utensils, food packaging, towels, away from the stove
- Never pour water on a cooking pan grease fire! Smother the flames by sliding a lid over the pan and turn off the stove.

For more information on Fire Prevention week go to <https://www.nfpa.org/fpw>

#### **Safety Tips:**

1. **Close Before You Doze** – closed doors can reduce fire growth, limit damage to a home, keep temperatures down, and save lives.
2. **Heating Safety:**
  - a. Keep anything that can burn at least 3 ft away from heating equipment
  - b. Have a 3 ft “kid-free zone” around open fires and space heaters
  - c. Never use your oven to heat your home
  - d. Turn off portable heaters when leaving room or going to bed
3. Test your fire alarm monthly

**Safety Tips for Halloween:**

- Use a battery-operated candle or glow stick in jack-o-lanterns
- When choosing costumes, stay away from long trailing fabric
- Teach children to stay away from open flames, including jack-o-lanterns with candles in them.
- Dried flowers, cornstalks, and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs and heaters
- Provide children with flashlights to carry for lighting or glow sticks as part of their costume.
- Remember to keep exits clear of decorations so nothing blocks escape routes. Make sure all smoke alarms are working.

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

Next month look for information being posted about **Carbon Monoxide Awareness Week** which is from November 1-7, 2020.

**September At A Glance:**

- We were out cleaning chimneys. If we missed you please call 250-378-5110 or email [charlene.joe@lnib.net](mailto:charlene.joe@lnib.net)
- We started a 10-day Exterior Firefighter Training with the First Nations' Emergency Services Society.
- Beyond Suppression was here to make a short video – to showcase successful fire departments in Indigenous Communities. Watch for the short video to be posted on the LNIB website.
- We have had five new recruits join as volunteers. Welcome Jessie Cunningham, Randal Swakum, Ken Wills, Sheldon Chapman, and Connor MacDonald.

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 MacDonald, Ivan Swakum, Aaron Moses, Leonard Bearshirt, Ken Wills, Jessie Cunningham, Randal Swakum, Sheldon Chapman, & Connor MacDonald



SERVE UP FIRE SAFETY  
IN THE KITCHEN!

 [indigenouxfiresafety.ca/afac-apac/national-poster-contest](https://indigenouxfiresafety.ca/afac-apac/national-poster-contest)

 [posters@afac-apac.ca](mailto:posters@afac-apac.ca)




# NATIONAL FIRE SAFETY POSTER CAMPAIGN

**October 4-10, 2020 is Fire Prevention Week**

Every year the Aboriginal Firefighters Association of Canada collaborates with communities to promote safety through our national Fire Safety Poster Campaign. Full-time students from preschool to Grade 12 attending a Band or federally operated school are eligible to participate. Packages are available for download on our website and are mailed out to every band office and to every band and federally operated school.

THIS YEAR'S THEME:  
**SERVE UP FIRE SAFETY IN THE KITCHEN!**

To take part in the contest students create artwork in one of five categories:

1. **Preschool to Grade 12** – use multimedia to create messaging on this year's theme (this could be a video, animation, cartoon strip, photo essay—they are only limited by their imagination). Individual or group entries are allowed in this category.
2. **Preschool to Grade 2** – colour the provided poster.
3. **Grades 3 to 5** – create a poster on this year's theme.
4. **Grades 6 to 8** – create a poster on this year's theme.
5. **President's Award** – special needs students from preschool to grade 12 are invited to colour the provided poster or create their own art using any medium.

Send the artwork by mail or email to the AFAC by December 18, 2020.

You may fold your entry for easier shipping.

**AFAC Fire Safety Poster Campaign**  
7-3405 Mountain House Road  
Williams Lake, BC  
V2G 5L4

You can also email your school's submissions to [posters@afac-apac.ca](mailto:posters@afac-apac.ca)

Please check that each student's artwork includes the completed information label on the back so we can ensure winners receive their prizes: Name, school, grade, province, parent or legal guardian name, telephone number.



AFAC coordinates judging of the regional contests with the exception of BC\*. Winning artwork from each region is entered into the national contest. The AFAC board of directors judge the national contest. Prizes will be mailed to schools in March 2021.

**National contest prizes:**

Students placing first, second, third and honourable mention receive technology prizes. First place winners in each category receive a computer for the school.

\*Important notice for BC schools: The First Nations Emergency Services Society of BC (FNESS) is partnering with the BC Office of the Fire Commissioner for the BC regional contest. To find out more visit [www.gov.bc.ca/FirePreventionWeek](http://www.gov.bc.ca/FirePreventionWeek) or contact Sarah Kent, Fire Services Coordinator at [skent@fness.bc.ca](mailto:skent@fness.bc.ca) or 604-669-7305 ext.113

**Parents and Caregivers,**

Cooking is the No. 1 cause of home fires and home fire injuries. This year's Fire Prevention Week™ (FPW) campaign, "Serve Up Fire Safety in the Kitchen!™", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked **YES** on all the boxes, great job! If some boxes are checked **NO**, work together as a family to turn them into a **YES**.

— SERVE UP —  
**Fire Safety**  
 — IN THE KITCHEN! —



The **Family's Cooking Safety Checklist**

- YES  NO Does a grown-up always pay attention to things that are cooking?
- YES  NO Does a grown-up watch the stovetop when he or she is frying, boiling, grilling, or broiling food?
- YES  NO If a grown-up must leave the kitchen for even a short period of time, does he or she turn off the burner?
- YES  NO Are things that can burn, such as dish towels, curtains, or paper, away from the stovetop?
- YES  NO Are the stovetop, burners, and oven clean — no spilled food, grease, paper or bags?
- YES  NO Are pot handles turned toward the back of the stove when a grown-up is cooking?
- YES  NO Do children and pets stay out of the kid-free zone (3 feet or 1 meter from the stove) when a grown-up is cooking?
- YES  NO Are containers opened slowly when removing from the microwave? Hot steam can escape from containers and cause burns.
- YES  NO Does your family have working smoke alarms on every level of the home, outside all sleeping areas, and in each bedroom?
- YES  NO Does your family have a home fire escape plan?
- YES  NO Do you practice the plan?

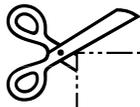


**FIRE PREVENTION WEEK™**

For more tips, visit [firepreventionweek.org](http://firepreventionweek.org) and [sparky.org](http://sparky.org)  
 Sparky® is a trademark of NFPA. ©2020 National Fire Protection Association®

Your Logo

# Make your own Kid-Free Zone Marker!



**STAY**

**OUT**

**OF THE**

**36" (3 foot)**

**KID-FREE**

**ZONE!**



**PASTE**

**PASTE**

**PASTE**

**PASTE**

**PASTE**

1. CUT ALONG ALL THE DASHED LINES (ASK A GROWN-UP FOR HELP).
2. USE GLUE TO PASTE THE RECTANGLES TOGETHER INTO A LINE.
3. HAVE A GROWN-UP HELP YOU MEASURE THE **KID-FREE ZONE** IN FRONT OF THE STOVE.



## 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**

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

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

Date Received:	
Received in office by:	

## HOUSING

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

## 4TH YEAR NURSING STUDENT



Hello, I'm Sophi, a 4th year nursing student from Thompson Rivers University . I am from Kamloops and have had many good experiences working as a care aide in long-term care, and as a nursing student in the hospital, home health, and mental health. My passion in nursing is to meet people and understand what their health needs are and how those can be managed, while looking at the bigger picture of the community and environment. I will be here for 8 weeks, calling a majority of community members to help Rainbow and Irene fill appointments for the Seabird Diabetic Mobile Clinic, Mammogram Clinic, and getting all our community members registered into the Meditech Access Program. I look forward to getting to know you as I work in your community and experience such a rich culture."

RECREATION CALENDAR

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
			September 30 Orange shift outdoor concert.		1	2	3		
4	Gym	5	Rec. youth group 4-6pm rocky pines	6	Gym	7	8	9	10
11	Gym	12	Rec. youth group 4-6pm rocky pines	13	Gym	14	15	16	17
18	Gym 4:00pm 3bars pumpkin farm.	19	RP-culture 4-6pm	20	Gym	21	22	23	24
25	Gym	26	Rec. youth group 4-6pm	27	Gym	28	29	30	31

## REC. EVENTS

**Gym / work out trailer.**  
Please sign up for gym days: 6 sessions per day. 3 morning/evening: Monday, Wednesday, Friday. Contact Chelsea or Jacint to sign up for times.

**Rec. youth group**  
4-6pm Tuesday.  
Pre-registration due to covid-19 limited seats available. Social distancing applies.

**Skating**  
Please pre-register with Chelsea limited seats available  
[chelsea.spdhan@lnib.net](mailto:chelsea.spdhan@lnib.net)  
Or 250-315-3379

Contact Information: Recreation Coordinator, Chelsea Spdhan Email: [chelsea.spdhan@lnib.net](mailto:chelsea.spdhan@lnib.net) phone: 250-315-3379

Recreation Assistant, Jacint Mqlath Email: [jacint.mqlath@lnib.net](mailto:jacint.mqlath@lnib.net)

## GYM SCHEDULE

### Gym schedule

**Open: Monday, Wednesday and Friday.**

There will be a limit to 3 people including the supervisor in the building at once. Limited to 1hr per work out, MUST SANITIZE and WIPE after each use of equipment. If there is no one signed in for the next hour, you may sign in and come back for the hour. Limit of 3 sign ups per week. The recreation team will be there to assist with sanitizing and opening the gym.

### Due to Covid-19

The gym will only be for the use of community members and band members that have not shown any symptoms or signs of Covid in the last 14 days and have not been out of the province.

No keys will be given to community members at this time. No sauna usage.

Booking 24hr in advance by email.

Morning sessions are with Recreation Assistant, Jacint Majlath Email: [jacint.majlath@lnib.net](mailto:jacint.majlath@lnib.net)

Afternoon sessions are with Recreation Coordinator, Chelsea Spahan Email: [chelsea.spahan@lnib.net](mailto:chelsea.spahan@lnib.net)

Example:	participant 1	participant 2	supervisor	
Session 1: 8:00am to 9:00am	}	}	}	
Session 2: 9:15am to 10:15am				Morning sessions
Session 3: 10:30am to 11:30am				
Session 4: 300pm to 4:00pm	}	}	}	
Session 5: 4:15pm to 5:15pm				Evening sessions
Session 6: 5:30pm to 6:30pm				

Any questions or concerns please direct them to Recreation Coordinator Chelsea Spahan.

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

Find us on Facebook. LNIB Recreation Activities (for up to date postings).

Ph: 250-315-3379

EDUCATION

# EDUCATION SECTOR

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

### Shane's Submission

It has definitely been a September like no other on the paths of Education: most university courses can only be accessed online, younger students having to wear masks and be separated from other groups from within K-12 schools, secondary school students only taking 2 courses at a time, and numerous extracurricular activities that are put on hold for all ages. However, this being said, for the most part everyone has been resilient and has made the best of the situation. As you will see in the reports below from the Education Team there were many exciting happenings during the month of September and on behalf of the Education Sector we look forward to serving our members over the course of the 2020-2021 academic year!!

### Sector Leadership

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

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

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

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

A few of the initiatives that I would like to highlight this month are:

- Created 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 find at all grade levels.
- Started a plan for a structured skating program for the LNIB School that will run as long as we have access to ice and will focus on skills related to proper skating and ice related sports such as hockey, ringette, and potential figure skating. This year's goal is focused on skills associated to skating and hockey.
- Finalizing annual schedule for "Play Is The Way" (practical methodology for teaching social & emotional skills) that will benefit students enrolled at both LNIB school and SD58. See [www.playistheway.ca](http://www.playistheway.ca) for background information.

I encourage everyone to periodically view all social media outlets associated to LNIB as we try our best to keep information available to members as it happens. Have a great October!!

**As always please reach out at anytime to discuss LNIB Needs - let's attain the same goals together. I can be reached directly at 236.575.2135 or [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net)**



### **Supporting Academic Success for LNIB K-12 Students during the 2020/2021 year.**

If members are not already aware LNIB Education has an annual budget to support K-12 students with academic support. There are a variety of supports available to ALL registered members enrolled in K-12 programs no matter where they live (On & Off Reserve). If your child(ren) could benefit from a private tutor, access to resources that the school is unable to sign-out to parents, or would like to join our upcoming afterschool program please reach out and let me know how our Sector can assist.

Contact Shane for more information 236.575.2135

### **School Start-Up Funds for LNIB Students (K-12)**

If you have not already accessed funding support for the 2020-2021 school year it is never too late to fill in the required forms. In addition, no matter where you live in the world, we will provide members with the applicable support (if you live outside Canada please note all funding is based on CAD currency).

Contact Sharon Parsons for more information directly ask 250.378.1504 or at [Sharon.Parsons@lnib.net](mailto:Sharon.Parsons@lnib.net)

## **COVID-19 PROVINCIAL UPDATES**

As I know all of you are already aware updates on both the latest statistics and changes to plans is shared with the public on a daily occurrence. While the information is great to have in order to be both current and transparent it can also be overwhelming for some as it can be difficult to keep up with the demands of the changes...especially with young children.

Every Friday evening the Deputy Minister of Education (Scott MacDonald) provides Principals with a weekly bulletin that both outlines changes that may have occurred during the week and/or shares newly created resources to help teachers, parents, and/or children with the ever-changing environments within K-12 systems.

While most of the information packages consist of very lengthy documents there were a couple this month that I would like to share with the community that will be attached to this October submission below:

1. Protocols for Confirmed COVID-19 Cases: The Ministry has prepared a protocol resource for school administrators regarding management of symptoms and confirmed cases of COVID-19 in a school community.

2. New Mental Health in Schools (MHIS) Strategy Released: The Ministry of Education has announced the release of its new Mental Health in Schools Strategy, which outlines a vision and pathway for mental health promotion in the K-12 education system. The strategy represents the Ministry's commitment to implementing the priority actions identified in A Pathway to Hope for the improved wellness of children, youth, and young adults.

One thing to note is while these resources try to be diverse in nature it is important to remember they do not always represent an Indigenous perspective. When we advocate with SD's or discuss frameworks for our own school we are always inclusive of an Indigenous lens.

CONGRATULATIONS TO THE FOLLOWING  
SUCCESSFUL SCHOLARSHIP  
APPLICANTS!

The Spectra Energy, Kwoiek Creek Resources Ltd. Partnership and the LNIB Student Excellence Award are awarded to qualifying students annually.

This year the scholarships were awarded to LNIB students under the following categories:

Doctoral Studies

Jennie Blankinship

Bachelor Degree

Amanda Berry  
Kirstyn Isaac  
Ericka Boggs  
Ayana Brown  
Paige Coutlee  
Challice Penny

Diploma Program

Sunshine O'Donovan  
Colton Sterling-Moses  
Jack Sterling-Moses  
Madeleine Barnes

Certificate Program

Keneesha Joe

High School Student

Joseph Isaac  
Miya Coutlee  
Brodie Sterling

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 everyone is staying healthy. Fall is in the air! Has everyone dug up their gardens and processed all the good food for the winter? All the students, Elementary, Secondary and Post-Secondary are back in school. Whether in class or online, hopefully enjoying being with friends and getting used to their daily routines.

September has been a steady month:

- To date we have: 17 new full-time students which includes 5 high school grads, 23 returning, 7 Graduate, 4 part-time, 1 doing up-grading and 6 students with alternative funding agencies. Thank you for seeking alternative funding as this gives room to fund members whose programs are not eligible for alternative resources.
- I will be contacting all the PSE students to find out how they are adjusting to their classes and to ensure they have contact information to all the resources available to them at each institution.
- Assisting a member to take OFA Level 1 and others to get their OFA Level 3.
- We have quite a few members in the Nle'kepmxcin language courses at NVIT. Way to go!
- If anyone is still needing driving lessons, please contact Steve Wilks at 250-315-5278 to set up the lessons.

If you need any assistance in completing any type of forms or 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?

Please stay safe and healthy and hope to see you all soon.

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,

October is upon us and it is fall time! I hope everyone is well and going forward. As it is time to start preparing for the cold months coming upon us.

On an education note the education department is wrapping up the K-12 School Assistance Applications for ON/OFF Reserve. If you have not applied please call ahead, and I can leave a School Assistance Application outside in LNIB Education Mailbox for you to pick up.

I have also emailed all parents/guardians an email asking how K-12 students are doing with their studies and are they getting the supports they need through school. I will also be following up with a phone call.

The LNIB Education has forwarded **Consent for Release of Confidential Information** to student's attending schools from K-12. This is to access Report Cards (grades/attendance), which is helpful when 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 is a telemarketer and don't answer. 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@aset.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!

---

LNIB EDUCATION  
DEPARTMENT

---



Sharon.parsons@lnib.net



(250)378-0915

2160 SETTLERS ROAD  
HWY 8




---

SHARON PARSONS, EDUCATION MANAGER

---

Hello everyone,

It's Fall time...frost is here so Lorna and her crew are harvesting the community garden produce in the next week or 2 then will be preparing the ground for winter. To get some of that fresh produce, ask for a voucher that LNIB Band Administration has generously provided to all band members. The vegetables are fresh and high quality.

Most LNIB Administration buildings are open to the public with limited access. Although the Education office staff continue to provide services from the office building, we are following the guidelines set by C&C and ask that you please call before coming to the office. We will do our best to accommodate you with an appointment or, arrange to pick up or drop off documents.

As you may know, there have been positive COVID-19 cases identified in the Nicola Valley areas. The School District 58 and all other public-school administrations throughout the province, continue to work with parents and students to address their concerns of the presence of COVID-19 in their communities. Ensuring all people entering the schools are safe is a huge job. Thank you LNIB members, for continuing to do your part in keeping yourself and others safe and healthy.

To do our part, the Education office staff will continue to check in with post-secondary students and families with K - 12 students to ensure they have a smooth transition into the new school year and a new way of doing things.

Gail, Rhonda, summer student Paige and I were kept quite busy through the summer assisting high school and post-secondary graduates, working with post-secondary funding applicants, and the scholarship applicants. Although working with people from a distance, over the phone and through email was challenging at times, all processes were completed with very few glitches and a lot of happy students.

With schools back in session, meetings will be scheduled to catch up and keep up. I will be meeting with the Local Education Agreement Working Group this week. The agenda includes discussion on pandemic support, the Joint LEA between the 5 local bands, transportation, and updates from community Education Coordinators. An update on that agenda will be included in the next newsletter.

People are getting back to work, or seeking new employment, if you need help putting your resume together, want to explore training, or need specific certifications to gain employment, please contact the Education office to put your plan in motion. Until next time, Humelth

---

# Little Stars Head Start OCTOBER



## What We're Learning!

Welcome to a new and different year! Be sure to start the year off right by getting your child excited about learning by establishing a routine for getting your child off to school. This month, we will be focusing on Fall, Fire safety and Creepy Crawlers. We will be learning the letters A, B, C, D, and the number 1, as well as the shape of a square. Of course our colours will be brown, red and orange, to go along with the changing colours of the leaves. We are looking forward to Thanksgiving, Halloween and talking about the importance of fire safety. We always keep in mind that teachable moments happen many times throughout the day and we love to take the opportunities to focus on these times as much as possible.

## Upcoming Events

October 1<sup>st</sup> - Back to class

October 12<sup>th</sup> - Thanksgiving

October 13<sup>th</sup> and 14<sup>th</sup> - Fire drills with our local firemen

October 31<sup>st</sup> - Halloween

Like Us On Facebook  
"Little Stars Head Start"

## Teacher's Notes

We will be spending a lot of time outside so please send appropriate clothing as it is starting to get chilly. Our health and safety plan will be handed out on the first day of class with a document that will need to be signed stating you have read and agree to the terms. The signed document will need to be sent back in your child's backpack the following day of class.



### **Lower Nicola Band School – Welcome Back to School!**

Welcome back to School students of the Lower Nicola Band School! It's great to see all of you again! The Staff here have certainly missed you! These times are different now for sure with COVID, but we are surely following all of the Ministry of Education and WorkSafe BC guidelines to ensure your children are safe at School!

#### Registration:

So far, we have 99 students registered at our School with 10 students being online. When registering your child, please remember to include 2 emergency contacts.

#### Masks:

Your child will be provided with a mask when they get on the bus and will wear it throughout the entire School day. Masks will be washed at the end of each day.

#### Bussing:

It is important that all parents walk their children to the bus stop. Your child will have their temperature checked before boarding on the bus, children will be screened for any symptoms of COVID, including a temperature check. If your child has a temperature of 38.0 Celsius, showing a Fever, they will not be allowed on the bus and must be returned home with the parent.

If a parent is not at the bus stop, but their child is, then the bus supervisor will have to call the parent, or go to the door, to confirm that the student is not sick. If no one answers, the student will be brought to the School and will sit in the sick room until the School can get a hold of the parent/guardian.

When the School Bus is dropping your child off afterschool, Kindergarten to Grade 5's must have a parent waiting at the bus stop for them. If the parent is not at the bus stop, the Bus Supervisor will phone the parent or walk to the door to see if the parent/s are home. If the parent/s does not answer the phone/or door, the child will have to be brought back to the School and the parent will have to come and pick up their child at the School.

The address provided on your child's registration form will be the daily pick up and drop off for your child. No bus changes will be allowed.

#### Food:

Your child can bring snacks and a lunch to School, but they are not allowed to share food with others. Please do not send microwaveable food. The students will be receiving individually packaged breakfast, recess snacks and a lunch, following COVID regulations.

Please call the School if you have any further questions, at 378-5527.

Thank you for patience and understanding.

Angie Sterling, Principal



# OCTOBER 2020

Absolutely **NO NUTS** and **NO Peanut Butter** in LNB Schools!!

Mon	Tue	Wed	Thu	Fri
5 Beef & barley soup + bun 	6 Penny's hash	7 Chicken Caesar Salad + bun 	1 Chicken salad wrap	2 Pizza
12 <b>NO SCHOOL</b>	13 Corn chowder + bun	14 Mac & cheese	8 Lasagna	9 Pizza pasta
19 Taco salad	20 Pasta salad	21 Hamburger stir fry	15 Teryaki meatballs & rice	16 Chili & bun
26 Monster pancakes	27 Eyeball pasta	28 Witches brew	22 Salisbury steak & potatoes	23 <b>PRO D DAY</b>
			29 Mummy pizza	30 Finger dogs



# MENTAL HEALTH IN SCHOOLS STRATEGY

## TABLE OF CONTENTS

3	MESSAGE FROM THE MINISTER
4	VISION
4	INTRODUCTION
5	A NOTE ON ADULT WELL-BEING
6	MENTAL HEALTH IN SCHOOLS (MHIS)
6	THE MINISTRY OF EDUCATION'S POLICY FOR STUDENT SUCCESS
7	<b>ELEMENT 01</b>   COMPASSIONATE SYSTEMS LEADERSHIP
8	<b>ELEMENT 02</b>   CAPACITY BUILDING
10	<b>ELEMENT 03</b>   MENTAL HEALTH IN THE CLASSROOM
12	CONCLUSION

## MESSAGE FROM THE MINISTER OF EDUCATION ROB FLEMING



Every student in British Columbia deserves a safe, caring and healthy environment that helps them to learn, grow and thrive. We know that students are better prepared for success when they have positive, healthy relationships along with appropriate supports, resources and tools. We want to create a school environment that supports student well-being and positive mental health.

That is why we are committed to the Mental Health in Schools Strategy, a new approach that embeds positive mental health in all aspects of the education system, including culture, leadership, curriculum and learning environments. The strategy's creation was guided by two provincial strategies: ERASE (Expect Respect and a Safe Education) and A Pathway to Hope: A roadmap for making mental health and addictions care better for people in British Columbia.

The Mental Health in Schools (MHIS) Strategy is the result of extensive research and a collaborative approach that includes the voices of education and community partners across our province. It relies on a decade of social emotional learning and aims to weave compassion throughout the school system.

Beyond positive mental health promotion, this strategy will actively help every student and create opportunities to focus on our most vulnerable. Anti-racism, sexual orientation and gender identity (SOGI), substance use, student hunger, and the immigrant and refugee student experience — all of these play a part in mental health and wellness and are addressed in this strategy in a meaningful way.

For far too long, there was a lack of investment in the mental health of students across BC. When we formed government, I made addressing those inadequacies a priority. Our education system must lift up all students, and I want to build and strengthen this critical role our schools play in the lives of all British Columbians. I want our education partners — teachers, families, school districts, independent schools, Indigenous educators, community and researchers — to work closely together, so students know they are seen, heard, valued and supported. So students know they aren't alone, and they have a school community that will support them if they are struggling. So students know their school is actively committed to helping them develop resilience to supporting their brightest future.

Strengthening mental health and wellness activities in schools will require a collective effort — now more than ever. The COVID-19 pandemic has demonstrated that teachers, school staff, families and students are resilient and have capacity to thrive in challenging times. We want the Mental Health in Schools Strategy action items to leverage this strength and to continue to create opportunities for greater mental well-being throughout our K-12 system.

The Mental Health in Schools Strategy builds on the work already underway in our schools, and it reaffirms our commitment to giving every student the tools to flourish in school, and for the rest of their life. By working together, we can make schools vital and compassionate communities of care where students are supported to reach their goals now and well into the future.

## VISION

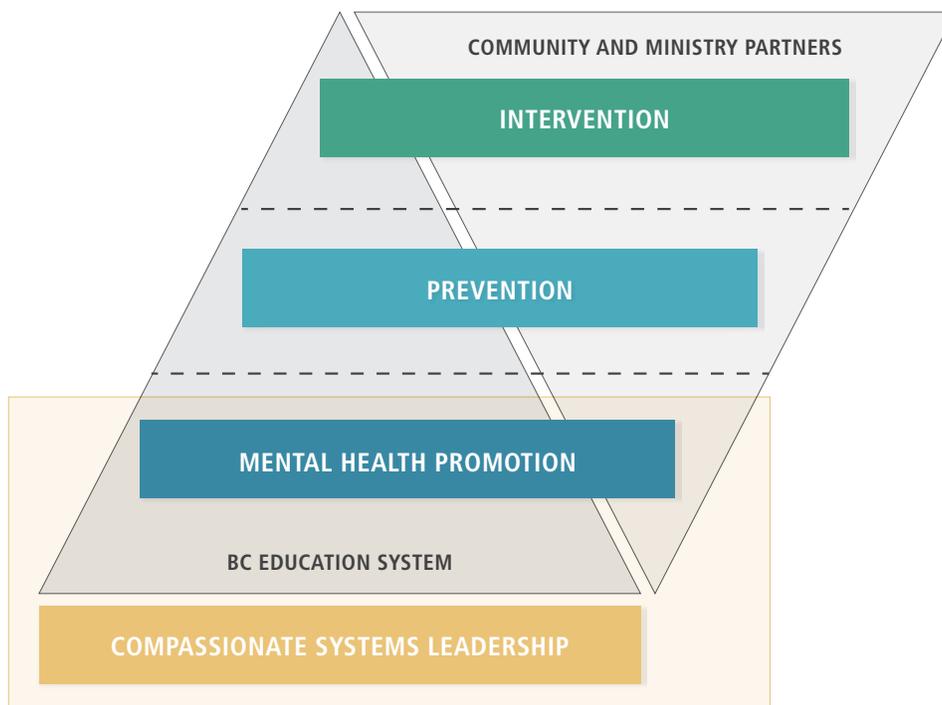
A whole-school system that promotes positive mental health, where mental health promotion is embedded in all aspects of the education system, including culture, leadership, curriculum and learning environments.

## INTRODUCTION

We know that giving children the best possible start is key to better long-term mental health outcomes. Wellness promotion and prevention needs to be the focus, starting in the early years and spanning throughout a child's life. Previous efforts have focussed on services oriented to those in acute crisis who require intervention; these services will always be needed. However, the intentional shift towards building resiliency early will reduce the pressure on acute care services, decrease costs and provide better experiences for children and families.

The Province of BC is committed to transforming BC's system of care for mental health and addictions through a whole of government approach outlined in [A Pathway to Hope: A roadmap for making mental health and addictions care better for people in British Columbia](#). The Ministry of Education plays a lead role in supporting the mental health of children and youth in schools through mental health promotion.

Mental well-being, or positive mental health, involves the capacity to think, feel and act in ways that improve our ability to enjoy life and deal with its challenges. Schools play an important role in supporting students to build the skills and knowledge that contribute to their overall well-being.



Though there is no clear and consistent definition of “system-wide,” we have used the term in the MHIS strategy to refer to the innovations and approaches used in the school system that reach multiple people (*students, teachers, administrators, parents etc.*) at multiple levels. System-wide approaches can be used at the provincial, district and school levels.

BC utilizes a co-governance model for K-12 education, within which the Ministry of Education makes high-level decisions and sets policies for the overall system. This model emphasizes the importance of working across the education system with other ministries, school districts, independent schools, educational partners, Indigenous Rightsholders and partners, educators, parents and students to deliver services and supports to students and families.

There is an emerging consensus in BC that, given the complexity of addressing this issue, making substantive progress on mental health in schools will require a system-wide approach.

Mental health promotion is a key driver for the Mental Health in Schools Strategy. In addition to the benefits for student outcomes and academic achievement, the Mental Health Commission of Canada (MHCC) estimates that mental health challenges cost the Canadian economy approximately \$50 billion annually. The MHCC estimates that if the number of people experiencing a new mental illness in a given year was reduced by 10%, after 10 years we could be directing more than \$4 billion a year into other services and supports for British Columbians.

The Mental Health in Schools Strategy is an emergent strategy, allowing the Ministry of Education to adapt and respond to the complex, ever-changing mental health care system. The MHIS Strategy provides a vision and pathway for mental health promotion in the BC K-12 education system and will help guide the Ministry of Education’s actions and investments in mental health promotion over the coming years.

The MHIS Strategy is based on a significant amount of research and engagement. It is the result of a collaborative approach that includes the voices of education and community partners across the mental health sector who are already successfully doing the work in the field.

## A Note on Adult Well-Being

The importance of addressing the well-being of adults in the system has never been more apparent than during the COVID-19 pandemic. Throughout the pandemic, teachers and school staff remain focused on supporting their students, while trying to maintain their own mental health and establish balance in new ways of living and teaching.

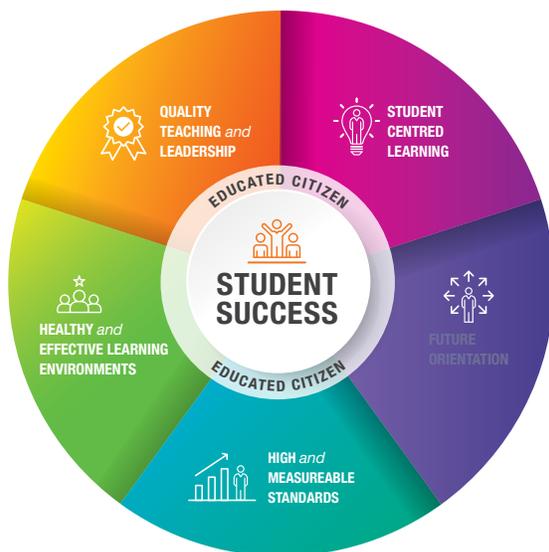
Although the focus of the MHIS Strategy is mental health promotion for students, we also know that the well-being of the adults in the system is just as important. Research confirms stress experienced by school administrators can negatively impact school staff. Teacher stress has been directly linked to increased student stress levels, spilling over from the teacher to the student and impacting social adjustment and student performance.

Not only does adult stress impact students directly, it can also lead to increased sick days taken by staff, increased disability claims and challenges with retention and recruitment, all of which cost the school system as a whole. Using a systems awareness lens, and in particular focusing on compassionate systems leadership, acknowledges that adult well-being is a critical element towards alignment and improved system-wide mental health outcomes. Through a system-wide approach to mental health promotion, the Ministry aims to improve mental health outcomes for students, as well as impact the overall long-term social and economic returns on investment.

## Mental Health in Schools

The Mental Health in Schools Strategy is the Ministry of Education’s commitment to moving forward with a coherent system-wide approach to mental health promotion in schools. The Mental Health in Schools Strategy focuses on three main elements – **Compassionate Systems Leadership, Capacity Building, and Mental Health in the Classroom** – which build upon a foundation of social emotional learning that has developed in BC over the past decade. The MHIS Strategy is layering mental health promotion as our next step in system transformation.

Building on these three elements, there are key principles that guide how we work collaboratively to achieve our goals. The Ministry is committed to taking an equitable, culturally safe and strengths-based approach that is informed by evidence and built through a collaborative and co-constructed practice.



## The Ministry of Education’s Policy for Student Success

The Ministry of Education’s mandate is to enable all learners to maximize their potential. This mandate is reflected in the [Policy for Student Success](#) and is what fuels our passion to work toward an ideal future state where all citizens are educated, engaged and thriving in a rapidly changing world. By focusing on the system as a whole, which centers on students and supports teachers and school leadership, we will continue to foster safe, healthy and caring learning environments, which in turn will support continued and

# ELEMENT 01

## COMPASSIONATE SYSTEMS LEADERSHIP

measurable student success.

### Cultivating system-wide well-being through compassionate leadership.

To support student well-being and resiliency, adults must have the tools and practices to support their own well-being. Compassionate systems leadership has three core elements to support systems change.

- 1| **Internal work** - includes self-reflection and practice
- 2| **Relationship work** - authentic connections where space is created to be truly present
- 3| **System work** - connections between self, others and the broader system

Compassionate systems leadership in education is an approach that inspires transformation and instructional best practices that lead to student success. It is anchored in self-awareness, social awareness, responsible decision-making, self management and relationship skills. Building on the strong foundation of leadership development that already exists, we need to engage new

system awareness tools and embed compassion into the work.

### Key Actions for Compassionate Systems Leadership

We will:

- Partner with education leaders to explore and foster adult well-being in the school system.
- Develop compassionate systems leadership training and infrastructure to support education leaders in both English and French.
- Embed compassionate systems leadership into early learning to support Kindergarten transitions.
- Support the implementation of the Integrated Service Delivery (ISD) Model to collaboratively address the needs of children, youth and their families through an integrated and aligned system-wide approach to mental health care.



ELEMENT  
02

CAPACITY  
BUILDING

### Providing the school system with the tools and supports to build capacity for mental health in schools

While the Mental Health in Schools Strategy focusses on mental health promotion, the Ministry of Education recognizes that mental health exists on a spectrum and there are students who need more assistance. In these cases, we rely on cross-government and community resources to provide more intensive supports. Schools are an important first step on a pathway of care. This means the school system must work to build meaningful relationships with community partners and service providers to ensure students will receive services and more intensive support, as needed.

There is a resounding consensus among researchers, educators, parents and students that a focus on social emotional learning, mental health literacy and trauma-informed practice is an effective way to promote students' positive mental health.

It is important that we have meaningful engagement with Indigenous communities to ensure that mental health promotion efforts are culturally relevant, equitable and safe for all students.

**SOCIAL EMOTIONAL LEARNING** is a set of specific skills that help individuals set goals, manage behaviour, build relationships, and process and remember information.

**MENTAL HEALTH LITERACY** is the knowledge and understanding of how to develop and maintain mental well-being; identify risk factors and signs of mental health challenges; access help when needed; and reduce stigma around the topic of mental health.

**TRAUMA-INFORMED PRACTICE** promotes inclusive and compassionate learning environments; understanding coping strategies; supporting independence; and addressing students' need to minimize additional stress or trauma.



BC is recognized worldwide for its robust mental health evidence, tools and approaches; this data and research forms a foundation to support the process of continuous learning, development and improvement.

In addition to building capacity in mental health promotion, there is a need to further build capacity in interpreting data. The Ministry continues to enhance data collection and research to strengthen the foundation for inquiry-based conversation.

A “whole child” approach recognizes that academic and life success are intertwined with social emotional learning, mental health literacy and trauma-informed practice, three key elements that support a system-wide mental health promotion strategy.

## Key Actions for Capacity Building

We will:

- Create opportunities for school communities to learn about emerging trends and practices and to understand the latest data and research.
- Support a Mental Health Leadership Network of mental health leads from each school district.
- Work with students and families to inform mental health priorities.
- Promote evidence-based approaches to mental health for educators, families and students.
- Enhance mental health data to build capacity to better understand, evaluate and measure system improvements, student mental health outcomes and inform priorities.



ELEMENT  
03MENTAL HEALTH  
IN THE CLASSROOM**Embedding mental well-being and Indigenous Knowledge and Perspectives throughout all learning environments**

We know that the best learning is rooted in relationships, and the redesigned K-12 curriculum was developed to honour this by creating safe, nurturing and caring learning environments.

The Core Competencies and Indigenous Knowledge and Perspectives are foundational to the redesigned curriculum and are applied across all grades and subject areas. In addition to these curricular foundations, the Physical and Health Education (PHE) curriculum focuses on well-being and the connections between physical, intellectual, mental, and social health.

**Core Competencies**

The K-12 curriculum identifies three core competencies: Communication, Thinking, and Personal and Social. Each of the competencies support social emotional learning and allow concepts related to mental wellness to be embedded in all subjects, at each grade level. The Personal and Social competencies include skills that students need to thrive as individuals, as well as to understand and care about themselves and others. Because the core competencies are cross-curricular, teachers in all subject areas can pursue emergent learning opportunities and connect them back to the core competencies. By linking their teaching to the core competencies, teachers can address mental wellness topics in any class.

**The Role of Educators and Mental Health**

Educators are not mental health professionals, nor should they be. Their role is to have open conversations with students about mental well-being, provide information about mental health and connect students to resources when they need them.

**Indigenous Knowledge and Perspectives**

The redesigned K-12 curriculum embeds Indigenous knowledge and worldviews in every area of learning for all students. This includes incorporating the [First Peoples Principles of Learning](#) into the classroom environments where all learners feel represented, as well as culturally and emotionally safe.

[The First Peoples Principles of Learning](#) focus on learning as a holistic, reflective and relational experience that supports the well-being of the self, the family, the community, the land, the spirit and the ancestors.

## Physical and Health Education

The Physical and Health Education (PHE) curriculum focuses on well-being and the connections between physical, intellectual, mental and social health. By combining physical education and health education, the PHE curriculum highlights the interconnections between physical and mental health, positive interpersonal relationships, substance use education, and how interactions with the community affect overall well-being.

### Key Actions for Mental Health in Classrooms

We will:

- Work with educators, to strengthen the tools and resources needed to embed mental health and well-being into each classroom.
- Work with early learning educators to improve social emotional learning outcomes for children through the Early Learning Framework.
- Develop a common language and understanding of mental health terms to improve mental health literacy and reduce stigma.
- Develop strategies to support educators to address substance use through the curriculum.

#### Alignment with Early Learning

The quality of children’s experiences in the years before they start school sets the stage for learning and health outcomes both at school and into adulthood.

The Ministry developed the [Early Learning Framework](#) to support those working in early years settings. The Framework explicitly links to the Core Competencies in B.C’s redesigned K-12 curriculum and ensures smoother transitions between the early learning and K-12 sectors.

The Framework also addresses mental health promotion in the early years, through social emotional learning.



## CONCLUSION

The Mental Health in Schools Strategy was developed based on a significant amount of research and engagement. It is the result of a collaborative approach that includes the voices of education and community partners across the sector who are successfully doing work in the field. The MHIS Strategy is the guiding document for the BC school system to provide students a strong foundation for their future.

The promotion of student mental health is our collective responsibility. We know that learning is best rooted in relationships that are built in safe, caring and nurturing environments. The MHIS Strategy lays the foundation on which we can continue to build on the work that is happening in our schools. By working together as partners – educators, Indigenous Rights holders and partners, researchers, government, students and parents – we can create healthy and effective environments that will contribute to the success of all learners.







# COVID-19 PROTOCOLS FOR SCHOOL AND DISTRICT ADMINISTRATORS

## Management of Illness and Confirmed Cases

Updated SEPTEMBER 11 | 2020

## TABLE OF CONTENTS

<b>INTRODUCTION</b> .....	2
<b>MANAGEMENT OF COVID-19 IN K-12 SCHOOLS</b> .....	2
Definitions .....	2
Figure A: Public Health Actions in Response to Confirmed Case of COVID-19 in a School.....	3
Figure B: School Administrator Actions in Response to Confirmed or Alleged Case of COVID-19 in a School .....	4
Roles and Responsibilities.....	5
Protocol if a Student/Staff Develops Symptoms of Illness at School.....	6
Protocol in the Event of a Confirmed COVID-19 Case in a School .....	6
Communications and Protecting Personal Privacy.....	7
Close Contacts of a Confirmed Case of COVID-19 .....	9
Return to School.....	10
Records Management and Contact Tracing.....	10
<b>KEY CONTACTS</b> .....	11

## INTRODUCTION

This resource is intended to provide K-12 school and school district administrators with key information on the processes, roles and responsibilities involved in managing symptoms of illness, exposure to COVID-19, and confirmed positive cases of COVID-19 within the school community.

Sources of information for this document include the [BC Centre for Disease Control website](#), [COVID-19 Public Health Guidance for K-12 School Settings](#), the [Provincial COVID-19 Health & Safety Guidelines for K-12 Settings](#), and the [COVID-19 Operational Guidelines for School Districts and Independent School Authorities](#).

## MANAGEMENT OF COVID-19 IN K-12 SCHOOLS

### Definitions

- **Confirmed Case** = a person with laboratory confirmation of infection with the virus that causes COVID-19 performed at a community, hospital or reference laboratory.<sup>1</sup>
- **Contact Tracing** = a process led by local health authorities to identify people that have been in close contact with a confirmed case. Contact tracing helps people get diagnosed earlier and reduces the chance of spreading COVID-19.
  - Only contacts who may have been exposed to respiratory droplets from the confirmed case (through coughing, sneezing or speaking) need to be identified.
  - More information on contact tracing is available on the [BCCDC website](#).
- **School Cluster** = multiple confirmed and linked cases of COVID-19 among students and/or staff within a 14-day period. The determination of clusters can only be made by medical health officers.
- **Self-Isolation** = staying home and avoiding situations where one could come in contact with others. Self-isolation is required for those confirmed as a case of COVID-19, those who are identified as a close contact of a confirmed case of COVID-19, and those who have travelled outside Canada in the last 14 days.

---

<sup>1</sup> [http://www.bccdc.ca/health-professionals/clinical-resources/case-definitions/covid-19-\(novel-coronavirus\)](http://www.bccdc.ca/health-professionals/clinical-resources/case-definitions/covid-19-(novel-coronavirus))

- The safety and well-being of our students, families and staff remains our highest priority.
- Please be reassured that our school will continue to implement the strict protocols and procedures we have in place so that children can continue to attend school as safely as possible.

#### Rumour of COVID-19 Case Circulating in School Community

Schools and school districts may use the following sample key messages to issue a communication to their school community in response to unconfirmed rumours regarding a case of COVID-19 in the school community:

- We have recently been made aware of concerns in our school community regarding the presence of COVID-19.
- At this time, we have not been notified by the local health authority regarding any student or staff being confirmed to have COVID-19.
- If a member of the school community were to test positive for COVID-19, the local health authority would follow up directly with any individuals who may have been exposed.

School administrators do not need to contact their school medical officer to inform them of a potential or unconfirmed case, but should keep their school district/authority leadership informed of the situation.

#### Close Contacts of a Confirmed Case of COVID-19

If a health authority determines that a student or staff is a close contact of a confirmed case of COVID-19 (e.g. family member, social contact outside of the school, etc.), they will be required to self-isolate. Only health authorities can determine who is a close contact.

School administrators will not be notified by the school medical officer if a student or staff is identified as a close contact of a confirmed case.

School administrators should ensure the necessary plans are in place to support continuity of learning for students who are required to self-isolate.

Depending on the circumstances (e.g. type of interactions, when and how long they were exposed, ability of a confirmed case to fully self-isolate from others in their household, etc.), public health may determine that someone who was in contact with a confirmed case while they were infectious is at low risk of developing COVID-19. In this situation, the person may be asked to self-monitor for symptoms but will not be required to self-isolate. Individuals asked to self-monitor for symptoms may continue to attend school.

### Return to School

Anyone experiencing symptoms of illness should not return to school until they have been assessed by a health care provider to exclude COVID 19 or other infectious diseases AND their symptoms have improved (i.e. only mild symptoms remain like a sustained cough or an occasionally runny nose). **A doctor's note is not required for students or staff to return to school.**

If a health assessment recommends testing to exclude COVID 19, students and staff who have been tested must stay home while awaiting their test results.

Students and staff with symptoms who have had COVID 19 excluded should not return to school until their symptoms have improved and they feel well enough.

If a student or staff member tests positive for COVID 19, the health authority will provide further instructions to the student or staff member on when they can return to school.

Individuals who have traveled out of the country must self isolate for 14 days.

Some students and staff who were required to self isolate, after testing positive for COVID 19 or being identified as a close contact of a confirmed case, may have experienced elements of trauma during their time away from school. A number of trauma informed resources are available to assist schools in supporting students and staff in their return to school:

- [Compassionate Learning Communities: Supporting Trauma Informed Practice](#)
- [Linda O'Neill - Trauma Informed in the Classroom](#)
- [Ministry of Children and Family Development: Healing Families, Helping Systems: A Trauma Informed Practice Guide for Working with Children, Youth and Families](#)

### Records Management and Contact Tracing

In the event of a confirmed case of COVID 19 in the school, the health authority may request contact information for students, staff, volunteers and visitors to the school in order to support contact tracing activities. This information should be easily accessible by school administrators and able to be quickly provided to the health authority upon request.

The following records should be maintained for a period of at least 30 consecutive days:

- Student and staff attendance
- Class, learning group and school bus lists and seating assignments (where applicable)
- Current contact information for students, parents/caregivers and staff (names, emails, phone numbers)
- Attendance lists for onsite programs (e.g. before and after school children care) including participants, staff and volunteers (names, emails, phone numbers)
- Visitor logs (names, emails, phone numbers)

## KEY CONTACTS

- COVID-19 related inquiries can be directed to the Ministry by email at [educ.covid@gov.bc.ca](mailto:educ.covid@gov.bc.ca) or by phone at 236-478-2712.
- Medical Health Officer Contact Information by Health Authority:
  - Fraser Health, email [FHAMedicalHealthOfficers@fraserhealth.ca](mailto:FHAMedicalHealthOfficers@fraserhealth.ca)
  - [Interior Health](#)
  - [Island Health](#)
  - [Northern Health](#)
  - [Vancouver Coastal Health](#)

## JOB OPPORTUNITIES

### 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 On-call will be called in to cover staff vacation, illness, time off requests and community event clean up.

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**

**Position Title:** Administrative Assistant  
**Department:** Lands  
**Hours:** 35 hours per week  
**Start Date:** **ASAP**  
**Wage:** Up to 21.50 depending of skills and experience

---

**Summary of responsibilities**

The Administrative Assistant is responsible for providing administrative and clerical support to the Lands Department. This includes assisting with documenting work plans and written reports on land administration activities.

**Duties and Responsibilities:**

- Assist with creating, documenting and maintaining the lands department plans and budgets including those related to the 5-year plan and annual plan.
- Assist with providing regular written reports to the Executive Director, Lands Management Advisory Committee.
- Booking appointments and assisting with day to day operation of the department.
- Maintain a comprehensive filing system for the Lands Department.
- Assisting with monthly newsletter submission.
- Recording of meeting minutes as required.
- Develop and maintain effective working relationships with colleagues.
- Performs all other duties assigned by the Director of Lands.

**Required knowledge, skills and abilities**

- Completion of a Post-Secondary program in administration, business or related disciplines and two or more years' related experience or an equivalent experience and education.
- Knowledge and experience working with First Nations communities and governments – familiarity with the activities and culture of LNIB is considered an asset.
- Experience in developing and managing budgets an asset.
- Knowledge in maintaining records, filing, and correspondence tracking.
- Advanced written and verbal communication skills.
- Advance computers skills using Microsoft products.
- Ability to remain professional when facing challenges.
- Must possess and maintain a valid Driver's Licence (Class 5) and have a reliable vehicle.
- Must successfully pass a pre-employment RCMP criminal record check.

**Apply To: Deadline to apply: until filled**

Lower Nicola Indian Band at  
<https://secure.collage.co/jobs/lNib>  
or  
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 obtained by contacting the Lower Nicola Indian Band.

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

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

**Position Title:** 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, dilineators, 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****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:**

Lower Nicola Indian Band

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

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

**Deadline to Apply: open until filled**

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

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

**Lower Nicola Indian Band School  
Job Posting**

**Position Title:** K-7 Teacher – permanent ongoing

**Department:** Lower Nicola Indian Band School

**Hours:** 35 hours per week

**Start Date:** August 2020

**Wage:** Is equivalent to SD 58, plus a generous benefits and pension program

**Reports to:** Lower Nicola Indian Band School Principal

**Required knowledge, skills and abilities**

- Category 5 Teaching Degree
- Training Certification – BC College of Teachers
- Training and experience with primary students
- Experience with First Nations children an asset
- Experience with behaviourally challenged students
- Experience in developing and implementing IEP's
- Excellent communication, leadership and interpersonal skills
- Working knowledge of BC curriculum, effective instructional methodologies and a holistic approach to meeting the learning needs of students
- Willing to continue to gain new knowledge and skills, be flexible, positive and a team player
- Current First Aid Certificate or willingness to obtain
- Ability and willingness to submit to a criminal record check is mandatory
- Ability to speak or willingness to learn the Nlaka'pamux language and culture

**Deadline to apply: position will remain open until a suitable candidate is found**

**Apply at:**

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

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.

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

## GREETINGS

Birthday wishes to Judy Huston – Oct 15th

Birthday wishes to Bill Huston Oct 16th

Love Barb



Chase Evan Mosley Newest LNIB Member,  
Future Chief and Pro Golfer.



---

## *Halloween Jokes*

Why do ghosts go on diets? So, they can keep their ghoulish figures

What is in a ghost's nose? Boo-gers.

Why did the policeman ticket the ghost on Halloween? It didn't have a haunting license.

What does a panda ghost eat? Bam-BOO!

What's a ghost's favorite dessert? I-Scream!

Why did the vampire read the LNIB Newsletter? He heard it had great circulation.

How do vampires get around on Halloween? On blood vessels.

What's it like to be kissed by a vampire? It's a pain in the neck.

**IN LOVING MEMORY OF MILDRED HALL****In Loving Memory of Mildred Hall March 26, 1942 – May 19, 2019**

Family History: Millie (Eshell) was born and raised in Zoht, stuwixmx-nlekepmx in the Nicola Valley of Turtle Island. Parents: Madeline Shuter+ and Billy Hall. Maternal Grandparents: Hereditary Chief Shutapagan and Marie Gilmour. Paternal Grandparents: Tommy Joe and Rosie McGee. Brothers and sisters: Raymond+, Rose+, Roger+, Arthur+, Earl+, Shirley+, Arnold (Georgina), Lavern+, Vonnet (Tynie), Beverly+, Eunice (Clay), Sonja, Stewart+. Millie had 4 Children with W. Peter McDonald: Brenda Hall, Rodney Blair+, [Vincent McDonald] tcuieska [Leita Tom] alpena and William Brent Michael Hall. Grand children: Willis Dodds, Bobbie-Anne Dodds, [Cebo Tom] shutapagan, [Vincent McDonald Jr.] nawisesqen, [Byron Tom] suxw sƏxw, [LeAnne Blaire Tom] twltko, Wendy Hall. Great grand children: 11 +.

Mom would not want anyone to be gathering in her name and get sick so we can all do something in our own homes. We can all pray eat and share at the same time until the pandemic is cleared please be safe.

Losing a loved one is a difficult process to go through, it is important for me to take the time to share the honor and celebration of life for my mother Mildred Hall. To inform the Community of her death and expressing pain acknowledges the loss of the Joy that her presence among us had brought even with these few names Two Gun; Dance Hall Millie and the Round up Queen.

Mom went to grade 10 she was a survivor of the Indian Residential School and Cancer. Mom was wild, daring, witty as well as mischievous, always the life of the party, the humorist, singing, dancing, joking, entertaining and she loved everyone but she was a fighter too and that is how she got the name Two Gun. I can remember her saying: son you should have seen me when I was young, I could out dance anyone. The go-go dancing was something she always talked about and then she would start singing & dance and giving all she's got:

These boots are made for walking, and that's just what they'll do  
One of these days these boots are gonna walk all over you (Nancy Sinatra Feb. 1966)

But we all know that her favorite was Elvis. Everybody and anybody who came to visit had to sing and or dance to Elvis. She loved to go to dances and dance that is why she was called Dance Hall Millie Mom loved to read western, romance and mystery books; watch old movies like Lucy Ball, Andy Griffith, Hill Billie's, Soaps like Edge of Night to Young and Restless. She once told me that her favorite movie was 8 Seconds, because it reminded her of me when I used to ride in the Rodeo and because her grandmother Marie used to race horses too is why she loved riding horses since she was a little girl right up to when she became the Round-up Queen of Spahomin in her 60s (and she was still little). Mom could have been a stunt woman; I remember 5 times that she bailed out of a moving vehicle going over 50 mph and never got hurt. James would stop go pick her up, dust her off and away we go again she only did that because she did not like what she was hearing. She was a very good cook - she loved to bake - you could go visit her any time and she would always have a cake or pie to serve you with her big smile. Other things that Mom loved: her house plants, gathering,

fishing, hunting and traveling.

Mom, with the thunder people speaking and the lightning in attendance, it was an honor to bring you back to our mother earth and our spirits connected as one in the universe with Dignity, Honor and Respect The appreciation to be able pay tribute to you as a gift of life, little baby girl, a daughter, sister, mother, aunty, grandmother and great grandmother.

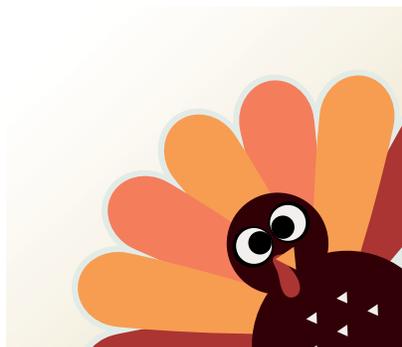
A mark of your honor for personal dignity leads to recognition and glory as source of pride of your achievements were to honor your parents a special privilege that is cherished for the things we did in our lives and it was indeed an honor to have had you here with us. I thank you for your love nurture and care.

You will be missed, until we meet again, sending you pure light, pure love and pure energy I Love you for eternity mom Your son, tcuieska; Vince Peter [McDonald]

---

### ***Origins of Thanksgiving in Canada***

The first official, annual Thanksgiving in Canada was celebrated on 6 November 1879, though Indigenous peoples in Canada have a history of celebrating the fall harvest that predates the arrival of European settlers. Sir Martin Frobisher and his crew are credited as the first Europeans to celebrate a Thanksgiving ceremony in North America, in 1578. They were followed by the inhabitants of New France under Samuel de Champlain in 1606. The celebration featuring the uniquely North American turkey, squash and pumpkin was introduced to Nova Scotia in the 1750s and became common across Canada by the 1870s. In 1957, Thanksgiving was proclaimed an annual event to occur on the second Monday of October. It is an official statutory holiday in all provinces and territories except Prince Edward Island, New Brunswick, and Nova Scotia.



**MEMBER OWNED BUSINESS DIRECTORY**

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

**Angie Bain**  
Over 20 years experience providing training,  
research and research analysis services  
angiebain@shaw.ca 604-802-9709

**Bonnie Bent**  
Micoblading  
(250) 280-0430 or (778) 800-7878

**Donna Bent**  
250-378-4396 Donna Bent Artifacts

**Brandon Joe**  
250-525-0443 (text only)  
Commercial Embroidery and Jewelry

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

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

**Ryan Mann**  
PlumberMann  
250-936-8555

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

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

**James McNaney**  
nomadhauling@gmail.com  
Trucking, Hauling

**Earl Michel**  
emichel@live.ca  
Wolf Pac Construction

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

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

**Gene Moses Fencing**  
Gene Moses  
250-378-2801

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

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

**Gwayne Point**  
250-378-9167 Northwest Indian Art

**Loren Sahara Consulting**  
Personal Development Coach, Mastermind  
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

## BACK PAGE

COVID-19 is invading every part and every day of our lives. Masks for sale is the most lucrative and promising business right now – though I have yet to find one that doesn't make me feel as if I'm suffocating or fog up my glasses. They are an effective reminder to oneself to make frequent use of mouthwash!

Now it seems we're heading into the second wave. This is because as our protocols were relaxed it wasn't long before many people simply ignored them all together. There are so many messages out there that I think we stop seeing them. Some make me smile: We went camping last month and the provincial parks had pit toilets for facilities. There were signs up in all of them to "Please sanitize before using this facility and sanitize after". No sanitizing supplies other than toilet paper on hand. Seriously? Who doesn't wash their hands immediately after setting foot in a pit toilet??? And sanitize prior to using because I'm going to be touching what exactly??

Not a mask in sight at the campgrounds but then we were all outdoors. I sanitized first thing when we got there. I slipped and fell into the lake. My valiant husband tried to save me so I made sure he was sanitized as well. The good news is the lake wasn't cold. The bad news is I didn't win the wet tshirt contest and my body was many colours for the rest of the trip.

Never mind. I'm thankful we managed to get away and had nice weather while camping. Now it's fall and October is the official month of feasting; Thanksgiving and Halloween. Although large gatherings for the big turkey get together are out of the picture, there is a lot to be thankful for. I'm very thankful I live in Canada. I'm very thankful that thus far my friends and family have been spared from COVID. I'm very thankful our community remains safe and I'm very thankful to all the people who are dedicated to keeping it that way. I'm very thankful my little Cairn terrier survived her surgery and seems to be making a complete recovery. I'm thankful my husky came through her first (and only) heat without puppies. I'm thankful I'll only have to share gravy and stuffing with my hubby.

So whatever reason for feast day, whether celebration of the harvest, change of season, or other tradition, continue to count and celebrate your blessings. Let the roasting begin!

