



December 2020 N?e?iyk Spíləxm

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KʷÚKʷPÍ? STU JACKSON

heñte? Band membership and Community members,

As we delve into our winter season, I hope everyone is doing well, keeping warm and staying safe and

healthy. As many of you are likely aware, we are into this SECOND WAVE of the Covid-19 Virus. There have been many new rules and regulations announced provincially and even locally. Masks are required everywhere we go now. I believe this is a good thing for all of us. Masks and sanitizing are a must! We need to flatten the curve and the only way we can beat this virus is by continuing to do our part in this fight. This virus has proven deadly on many counts across our province and across our nation. We cannot take this lightly. We need to continue to realize that our new normal is masks, sanitization, social distancing and only essential travel. We cannot back down as a community.

We need to maintain our commitment as a people to protect ourselves and one another. Our First Nations peoples across Canada lost a great man a few days ago when Fred Sasakamoose succumbed to the Covid-19 virus. Fred was 86 years old (an Elder). He was a national role model to all First Nations by becoming one of the first Indigenous players to play in the National Hockey League (NHL). Fred will be sadly missed by many. The reason why I bring this national news forward to all of you is that we are all at risk here. Mr. Sasakamoose had a lot of life still to live, but Covid-19 took his. There is not one person on this earth who should feel that this virus is not concerning. This virus is not to be taken lightly,

especially to our sick and our elderly. Let us stand together as a community and take care of each other. Let us keep an eye on our elders and our most vulnerable - it is the least we can do.

November marked the annual Remembrance Day celebration that our community has hosted for many years. Unfortunately, this year we were unable to pay our respects to all our war veterans who fought for our freedom. Covid-19 has changed so much in terms of what we are all used to doing and participating in. Community gatherings, community events and community meetings have been missed at LNIB. I know that there are a lot of people who look forward to honoring our war veterans and our first responders and I can only hope that we can celebrate next year. I have fond memories of John F. Isaac at the helm keeping everything in order and maintaining absolute professionalism whilst we celebrated and honored all our military servants and their respective families. To all who have served and to all who continue to serve, I salute you with great respect and gratitude. To our first responders, our LNIB Fire Department and our Security officer, I am very grateful that we have all of you at our community's side to protect all of us. It is reassuring to know that we can turn to all of you for safety, security and protection. I thank each and everyone of you for your service and commitment to make LNIB a safer place to be.

I attended a Scw'exmx Child and Family Services Society session mid-November in West Kelowna. This session had the 5 Chiefs of the Nicola Valley meet with the Scw'exmx CFSS Board of Directors and some Administration team. I came out of that session with a great appreciation for what Swc'exmx Child and Family Services Society does for our children

and families. There is a lot of great work happening and there is a clear vision of what Scw'exmx Child and Family Services Society wants to achieve. The aim is to build Trusting Relationships, be visible in all Communities and to locate programs and services in all Communities. The primary objective for Scw'exmx Child and Family Services Society is moving from a Protective service to a Prevention approach when it comes to serving children and families. I felt the time spent at the session was very effective and meaningful and I am looking forward to what the steps forward look like. Another session is being planned with the Chiefs in the new year and I am looking forward to the work ahead.

Chief and Council continues to regularly meet every month by way of skyping. If any band member is interested in attending a Chief and Council meeting, please get in touch with the Band Office, 250-378-5157 and someone will help you get the necessary information to log into the meeting. Our next scheduled Chief and Council meeting is December 1, 2020. Hope to see you at the meetings if you wish to chime in and see what is happening at the governing level at LNIB. Something else to keep in mind is that we are getting closer and closer to Trans-Mountain Pipeline employment opportunities. Steve Wilks is the man in charge of handling resumes from band members and community members who might be interested in job opportunities. Steve can be contacted at steve.wilks@lnib.net or by phone, 250-378-5157 or 250-315-5278. I encourage everyone and anyone that has an interest in employment to contact Steve. There are definite career opportunities that can potentially change your quality of life if you so choose. If anyone wishes to get in contact with myself, I can be contacted at stuart.jackson@lnib.net or 250-315-9722.

In closing, I just want to wish everyone well. I know these unprecedented times have not been easy on any of us. We need to continue to be diligent with our own health and safety. We will get through this craziness one day soon. These are the times when we need to be grateful and thankful. Christmas is on its way very soon and we all need to be mindful of the important things in life, our health, our safety and more importantly, our family's. Please be safe if you are traveling. Please help our elders if you find any of them in need. Take care of one another and most important, take care of yourself.

Happy winter everyone.

kʷukʷscémxʷ

kʷúkʷpi? Stu Jackson

Posted on Facebook -
love the humour! - editor





Wishing you a very joyful holiday season despite the challenges this past year.

Merry Christmas!

May you and your families have a safe and healthy 2021.

Special Blessings from my family to yours.

- Councillor Connie Joe

Season greetings membership, administration and operations,

I would like to share from my home fire to yours the best and utmost holiday greeting for the holidays in December 2020.

This year has been a year of growth, strength and endurance for all of us, the days, weeks and months to come, hold your loved ones close, share great experiences, share the love for one another and share your gratitude and the xwezcin.

As a young councilor of Lower Nicola Indian Band I am proud to do my best and thank each and every member who believes in growth and steps forward.

May your home fire be warm, may your home be blessed with great things and may our creator guide us all in the future to come.

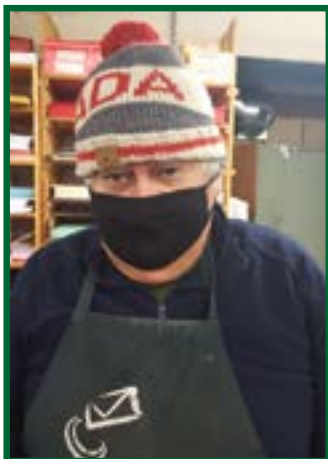
Hum'et,
Robin Humphrey



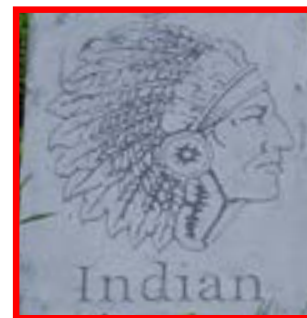
Merry Christmas



Scene from the Rez



and a
Happy
New Year



Bill Bose - Councillor, Lands Portfolio

FIRST NATIONS ORNAMENTS IDEAS

Stuck in the house? Here are some ideas from Pinterest for Christmas tree ornaments with First Nations flair. Get your children involved! Personalize your tree and/or give as gifts.

The reindeer was made at the LNIB Culture Centre, taught by Sharon Antoine.





EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for November 2020. This month LNIB continues open to the public with 75% of the staff in office. The offices will allow 2 people in the office at one time and the office will be sanitized once they leave. Please make an appointment with the staff member you are there to visit. Visitors are also required to sign in for contact tracing purposes and Covid screening. 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 December with Covid-19 Safety Precautions and Guidelines.

Here are some of the things we are working on:

Christmas Hours: LNIB offices will close December 24, 2020 at 12:00pm. The offices will reopen for regular hours January 4, 2020. This office closure staff will be utilizing vacation days as outlined in the LNIB Personnel Policy November 18, 2020. Please refer to the Christmas holiday hours page for phone numbers of staff for any Emergency that arises while the offices are closed. Essential services will continue to be available as needed through the holiday closure.

Human Resources: Band buildings are open to the public and we will set out some Covid-19 safety protocols for staff and membership to follow to keep the distance. We are committed to keeping the community and employees safe during this pandemic. A revised Personnel Policy was presented to Chief and Council Tuesday, November 17, 2020 and the adopted Personnel Policy aligns with the Financial Management Board standards and aligns with the Financial Administration Law as well as adheres to Canada Labor Code.

This month newly hired staff are Jennifer Johnson, Special Education and Darian Harris, Custodian/ Arena Attendant. Welcome aboard! Current job postings with Lower Nicola Indian Band are Speech and Language Teacher visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Committees and Liaisons: Lands Management Advisory Committee met November 2nd and 16th. School Board meeting November 4, 2020 was canceled. Finance and Audit Committee met November 10th and 30th. 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: With COVID and the resulting Public Health orders, we are unable to hold in person public meetings. Where we can, we will provide online meetings and workshops. Please contact our Communications department if you are having trouble accessing

these.

Budget Planning: The Directors met November 12th and 13th for Budget planning and review. The Chief and Council session on November 6, 2020 to review the Strategic Plan helped confirmed the programs and services for the upcoming fiscal year aligns with the Strategic Plan. With Covid-19 Provincial Orders, LNIB will need to be imaginative on how to inform the Community on the 2021-2022 Budget.

Financial Management System Certification: A formal review of the LNIB's financial management system started November 16-20, 2020. This process will determine if LNIB is in compliant with the Financial Management Board's Financial Management System Standards under section n 50(3) of the Act. Chief and Council passed this motion November 3, 2020 for the Standards Accreditation. This is the last step for securing the 10 Year Funding through Indigenous Services Canada and the implementation of the Financial Administration Law 2020. Chief and Council enacted an updated Financial Administration Law 2020 on April 28, 2020 to align with Financial Administration Board's standards. Please see the LNIB website to review the new [Financial Administration Law 2020](#).

Support to Chief and Council: Chief and Council met November 3rd 18th and 24th. The Chief and Council also had a chance to join a SharePoint training session on November 5th. The Chief and Council met November 6, 2020 and reviewed the Strategic Plan and updated the progress to date. The band general has not been scheduled yet due to the constraints of the Covid-19 Coronavirus and self-distancing. The Chief and Council will meet December 1st and 15th. Should you require anything on the Chief and Council agenda scheduled for December 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 Sondra Tom or me to be added to the invitation for the scheduled Chief and Council meetings.

Our offices continue to remain open and you may meet with staff on an appointment basis. We are strict about observing COVID safety protocols.

As we enter the festive period, on behalf of all staff at LNIB I wish you and your families a happy, safe and healthy season.

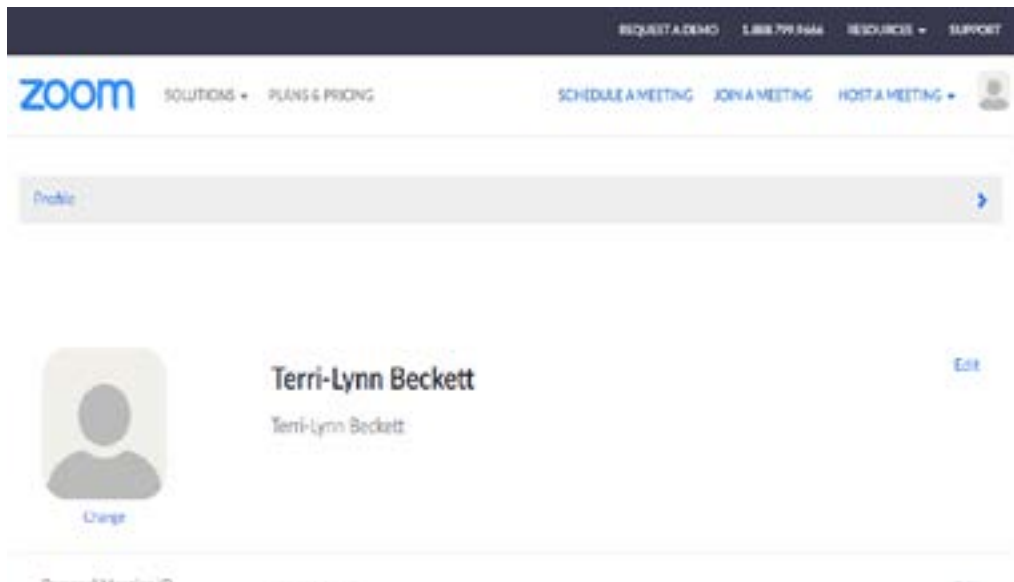
Kari Reilander



ZOOM HOW-TO

How to join a Zoom meeting

Step 1. Go to zoom.us or click on the link sent to you

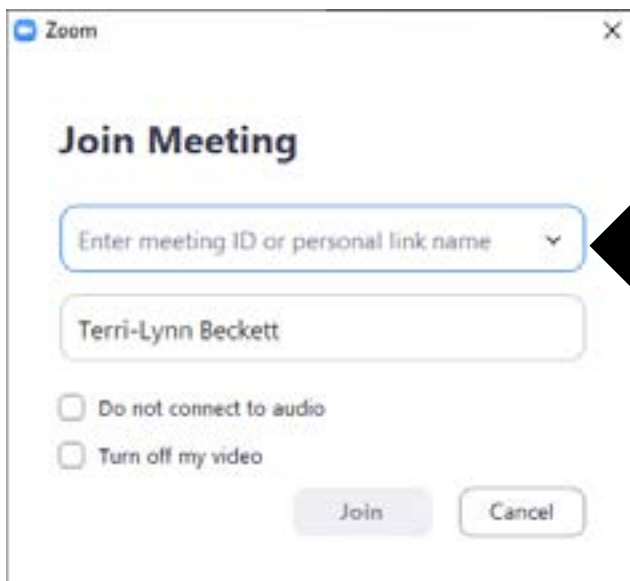
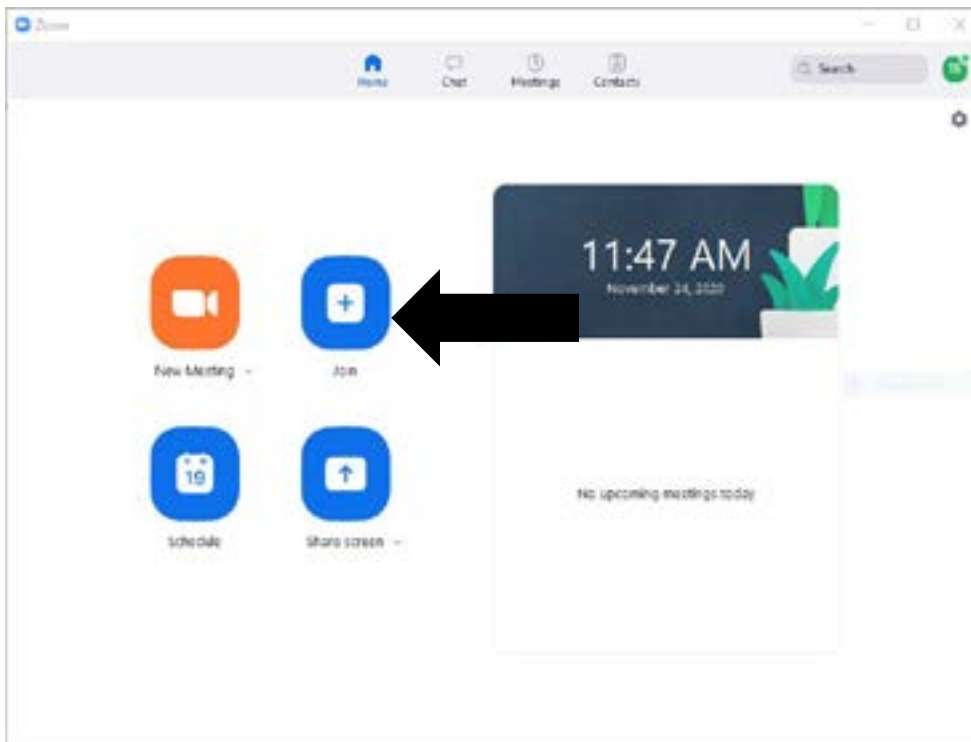


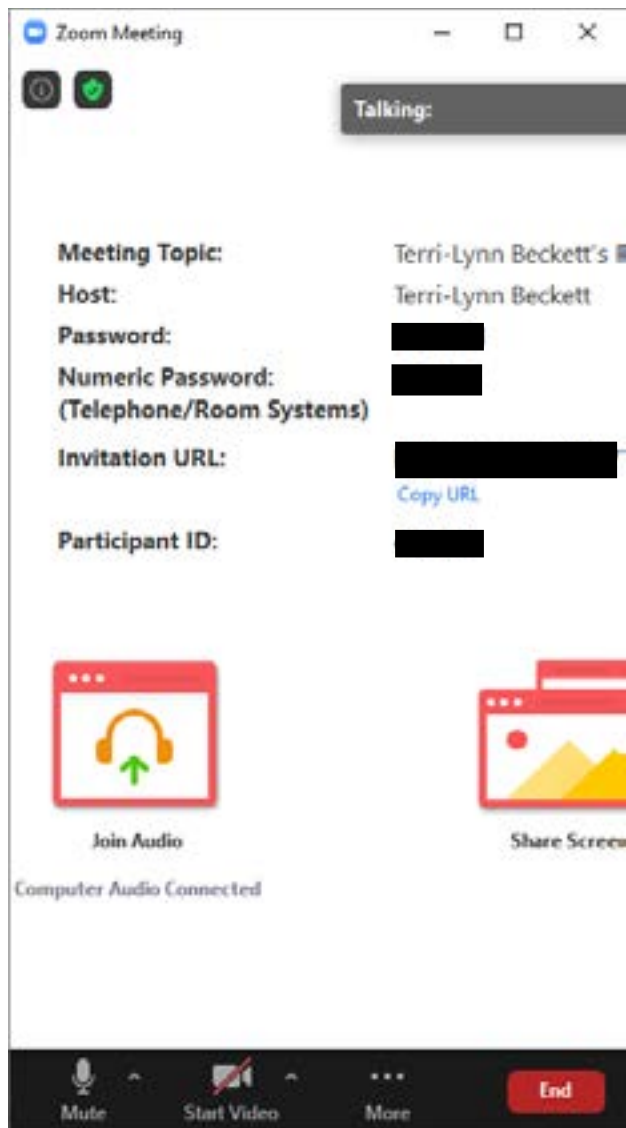
Click on Sign in if you already made an account on Zoom.

Click on Sign-up its free. if you have NOT made a Zoom account.

Click on Join a Meeting.







You will then be brought to this screen; this means you are in the meeting. If you look at the bottom of the screen you can see mute, start video, chat etc.



Joining a meeting by phone only

Dial an in-country number. If you dial a toll number, your carrier rates will apply. You can find the numbers on your meeting invitation or view a full list of international dial-in numbers.

You will be prompted to enter the meeting ID - the nine (9), ten (10), or eleven (11) digit ID provided to you by the host, followed by #.

If the meeting has not already started and join before host is not enabled, you will be prompted to enter the host key to start the meeting, or to press # to wait if you are participant.

You will be prompted to enter your unique participant ID. This only applies if you have joined on the computer or mobile device or are a panelist in a webinar. Press # to skip.

You may be prompted to enter the meeting passcode, followed by #. This passcode will be included in the meeting invite provided by the host.

If you join by computer or mobile device later, you can enter the Participant ID to bind your phone and device session together and show your video when you speak on the phone. To enter your participant ID once you are in the meeting, enter #Participant ID# on your phone.

Phone controls for participants

The following commands can be entered via DTMF tones using your phone's dial pad while in a Zoom meeting:

*6 - Toggle mute/unmute

*9 - Raise hand

Entering the meeting password using your dial pad

If the meeting requires a password, a phone-specific numeric password will be generated. You can find this password in the invitation listed below the dial-in numbers and meeting ID.

LANDS DEPARTMENT



Lands requests and enquiries can be directed
to the Lands Manager: Brandi O'Flynn

brandi.oflynn@lnib.net
phone: 250 378 5157

LATEST UPDATES



LMAC MEETINGS

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

Upcoming Meetings:

Mondays 4:00 PM – 7:00 PM

DECEMBER 07 JANUARY 11 JANUARY 25

Find meeting information on the LNIB Community Events Calendar at lnib.net
or email brandi.oflynn@lnib.net for information about joining upcoming meetings.



LNIB POLICY AND LAW DEVELOPMENT

The Lands team continues to develop and review policies and laws to support the Land Code and the LNIB community. Here's the status of drafted policies and laws under review at the LMAC table:

Business Licensing Law: 1st review complete

Ticketing and Enforcement Law: 1st review complete

Subdivision, Development, and Servicing Law: 1st review complete

Environmental Management Law: draft in progress

- **Environmental Management Plan:** 1st draft

- **Solid Waste Management Plan:** 1st draft

At LMAC meetings members review the law in detail and discuss potential changes. A public hearing is being held soon.

If you'd like to join upcoming LMAC meetings and participate in LNIB Law review, email brandi.oflynn@lnib.net for more information.



LNIB TICKETING AND ENFORCEMENT LAW UPDATE

The Lands Management Advisory Committee and the Lands team have completed a first review of the Ticketing and Enforcement Law. During the month of November, Lands hosted three community collaboration meetings that all LNIB Members were invited to join.

The last community collaboration meeting was held virtually over Zoom on November 25. A public hearing is being held on December 16 where members will have a chance to provide an essential contribution before final ratification of the Ticketing and Enforcement Law.

DECEMBER 16

Ticketing and Enforcement Law - Public Hearing
– Shulus Hall

If you have questions or need assistance preparing for upcoming virtual meetings contact Lands at kristopher.por@lnib.net or visit the members-only portal online at members.lnib.net/lands-projects/community-collaboration

LNIB ENFORCEMENT LAW SUMMARY

(view full document on next page)

ELDERS



December 2020

Hello,

I hope all is well with you all and keeping safe and healthy. I'm wondering if anyone was missed with the recent distributions for the LNIB Elder's on and off reserve to help with heating supplement for **each household**.

The first distribution was \$300 and just recently \$800 the payment will be direct deposit or a cheque will be mailed to you.

If you have missed from either of these payments please contact myself or Bridget LaBelle. To be eligible for these payments you need to be 60 plus and a LNIB member. If you have any questions you call me on my cell 250-280-1975

**December 17 a turkey meal will be delivered to Elders
on-reserve in to go containers**

Zoom Wreath Making - December 9th @ 2:00 pm

Limited space – Please contact me and I will drop off a package for you

I wish you all a Merry Christmas & Happy New Year

Wishing you all the best for 2021

Wenona Bearshirt
Elders' Coordinator



SA CLIENTS

**LOWER NICOLA
INDIAN BAND**

Community Services

LNIB Community Services
181 Nawishaskin Lane
Merritt, BC V1K 0A7

November 20, 2020

To: Social Assistance Clients,

I hope everyone is staying safe, and healthy during these difficult times.

I would like to inform the SA Clients that you can still bring in the Required Documents needed for your File. There is a (black) DROP BOX located next to the Front Door of the Community Services Building. You may drop off Documents at any time including evenings and weekends.

**Write the name of the Employee the Documents are for, and your name if not stated.*

A friendly reminder, to bring in your Utility Bills prior to receiving a Letter of Disconnection, or Final Notice. The payment process takes time for Cheques to be Issued, and to be signed. If done in a timely matter (upon receiving the Utility Bills) there will be enough time to ensure that you do not go without heat or hydro, especially during the winter months.

The Clients are responsible for informing the Social Development Worker of any changes and to declare their income if applicable to their SA File. This is to determine Eligibility of Benefits, and to prevent Overpayment of benefits.

The Social Development Information has been updated on the LNIB website; you may Request a Copy of the 'SA Handbook: Income Assistance for On Reserve...' if you would like to learn more.

If you have any questions or concerns, please call Social Development at 1-(250) 378-4089.

Yours truly,

Tiffany Pop, BSW
Social Development Worker
Phone: 1-(250)-378-4089
Email: Tiffany.pop@lnib.net

NEW LNIB TEAM MEMBERS



I would like to introduce myself and talk a little about my family; my name is Michelle Muir-Thompson, I am a band member and was born here in Merritt BC to my parents Peter Muir and Sandra (Tiessen) Kapelari. I was raised here with my older brother Ed Muir until I was a young girl in elementary school, and we moved to Smithers BC where I later met my husband and had a family of my own; we have two sons, Braydon Muir and Nicholas Thompson.

During the winter of 2001, my father passed away and I decided to move my family back to the Nicola valley to be closer to relatives. Moving home was hard at first but things started falling into place. The boys first started school at Nicola Canford Elementary School, while my husband worked for Lower

Nicola Backhoe, and I decided to go back to school and further my education.

Going to NVIT was an awesome experience and it helped me grow in so many ways. I took the Aboriginal Community Economic Development course and focused on community and business for three years. I learned many things about community development, growth and business and wanted to work within the service sector of my community. I took the information that I learned in school and began to develop my own business. The business plan took a year to complete and in 2007 I opened my business Wild Cactus Boutique with Sears as a backdoor business. It was an awesome experience and provided many opportunities to be involved with the community.

Fast forward to now, over 10 years later and many life changes, this past year I have been a custodian for the Lower Nicola Indian Band cleaning the offices and school while still living here in Merritt. I also love to be out in my garden, cooking and playing with my 4-year-old shepherd Grizz. He keeps me sane and helps me enjoy the craziness life has to offer. I've really enjoyed working back within my community, meeting new faces and reconnecting with the familiar ones.

I have also taken a few computer programs that were offered by our band. I was hoping to upgrade my office skills and acquire a position in an office setting, I needed a change and a change I got! During the day I had classes through the months of July and August and during the night I was cleaning with my team. The hard work paid off, I have been hired as a part-time administrative assistant within the Education Department of the Lower Nicola Indian Band and still holding the part-time custodian position. My duties will include working with the community collecting information and assisting in planning programs, assisting with the monthly newsletter and booking appointments, just to name a few. I am learning that we also offer many different programs and assistance to our community members, I'm excited to be working with some of you soon.

Hey everyone! My name is Jenn Johnson, and I am thrilled to be joining the team here at LNIB as an Education Assistant! To share a little about myself, my family moved to Merritt from Vancouver Island in 2000, and I had the privilege of growing up and going to school in our amazing little community of Merritt. We lived half an hour out of town on a farm up Petit Creek Road. I love to be outdoors, whether it be hiking, horseback riding, camping, or dirt-biking...if its outside, I'm all over it! I used to compete on my horse Bert in show jumping, dressage, and 3 day eventing. For about 7 years I was involved with the Nicola Valley Figure Skating club and then made the transition to joining hockey during high school. I did play on a lady's league for a couple of years but due to injuries I am no longer able to competitively play hockey, but I still enjoy strapping on my skates! I am also a mom to a very active and fearless 9 year old son, and I recognize it now more than ever before how important our childrens' education and learning environment are. I'm extremely excited to be joining the team and to bring my past experiences and skillsets into play, but the best part for me is to have the opportunity to help make a difference in children's lives!



Cheers!

Jenn Johnson

CHIEF & COUNCIL ATTENDANCE

Chief and Council AttendanceTerm October 2019-September 2022

Month	Meetings Called	Stuart Jackson	Bill Bose	Spence Coutlee	Robin Humphrey	Connie Joe	William Sandy	Lucinda Seward	Aaron Sumexheltza
Oct- 19	4	4	3	4	3	4	4	3	4
Nov- 19	5	4	5	4	5	5	5	3	2
Dec- 19	3	2	2	2	3	2	3	3	3
Jan- 20	2	2	1	2	2	2	2	0	1
Feb- 20	4	4	4	2	4	4	4	3	4
Mar- 20	3	3	3	3	3	3	3	3	3
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
Oct-20	1	1	1	1	1	0	1	1	1
Nov-20	3	3	3	3	3	3	3	1	3
TOTAL	39	35	36	31	38	36	39	30	34

As of November 30, 2020



EDUCATION

LNIB School/K-12/PSE/Head-Start/Career-Development**Shane's Submission**

Well...by the time you read this month's newsletter it will be less than 3 weeks of classes for K-12 students as the last day of school before the scheduled Christmas Break is Friday December 18th....many schools, including our own, attempt to make these weeks as eventful and enjoyable for the school community — this December may look and feel different due to COVID-19 restrictions but most classroom activities that take place during this time of year will remain in place.

It is also important to share with members that December is also a month when most of our Post-Secondary students are nearing the end of their first semester....completing final papers, presenting semester end projects, and studying for final exams is a normal occurrence this time of year. The start to the year has been exceptionally challenging for members attending Post-Secondary Studies, especially for our first year students, as most have had to endure remote classroom instruction online for the first time. One last note on PSE I want to share is when we total all university, college, short-course training, and summer program enrolments we have, and continue to support, over 100 members so far this fiscal...**WELL DONE TO EVERYONE!!**

I would also like to share with LNIB membership this month that we have now started our budget process for the 2021-2022 fiscal year and that the next few weeks leading up to the winter break my team (managers/principal) will be submitting to me their plans for programs/services in the areas they oversee. To be sure we hit the mark to meet all needs associated to the LNIB Education Sector please reach out to me directly and share your thoughts/ideas and I will create a way to infuse these into next year's program and service activities...Thank You!

As I close my last front page newsletter entry for 2020 I want to wish everyone a safe, eventful, and relaxing Christmas/New-Year holiday - I look forward to catching up with you all in 2021!!

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

Sector Leadership

Director of Education
Shane Coutlee

LNIB School Principal
Angie Sterling

Education Manager
Sharon Parsons

Head-Start Manager
Tamika Bob



LNIB SCHOOL SKATING PROGRAM

The rumours are true folks...our very own Band School has created a winter season skating program that both promotes and demonstrates physical activity through a variety of on-ice experiences. The structure of the program has been created by our Physical/Health Coordinator Clif Garcia who has collaborated with teachers to ensure the program enhances K-7 curriculum outcomes as much as possible. The structured program this year includes: learning to skate, skills associated to hockey, and of course on-ice safety. As we move forward with this program in future years we will look at other programs that can leverage our access to the arena resources.

We also wish to acknowledge Clif on his success with a grant application through Bauer/NHL/NHLPA where the school received over \$6000.00 worth of free hockey equipment to support our school program. The school now has a sufficient amount of resources to ensure all students of all ages & sizes have appropriate equipment to take part in a safe & comfortable ice program.

Finally, we want to thank our school teachers, our school support staff, the management/staff of the LNIB arena, and the team from LNIB recreation for all the support, time, and assistance they have all provided to make the start of this program as successful as it has been for our students at LNIB School...you have all made this program a great experience for our school.

If you have any questions or wish to learn more about our new program call us anytime!!



LNIB EDUCATION DEPARTMENT

SHARON PARSONS, EDUCATION MANAGER



Sharon.parsons@lnib.net



(250) 378-5157

2160 SETTLERS ROAD
HWY 8

The Education Department staff continues to check in with families of K-12 students, and all post-secondary students to see how everyone is doing with the changes this school year.

The BC Aboriginal Network on Disability Society (BCANDS) is still accepting applications for students who are enrolled in Formal education (either online, remote, or on-site learning) to receive a laptop and accessories. The deadline to apply is, March 15th, 2021, but get your application in early as funds are limited.



Hello everyone,

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

The Education Department has added 2 new staff to our contact list. Michelle Muir-Thompson is filling the position of temporary part-time Administrative Assistant and is located at the Education building. She will be providing support to current Education staff and is looking forward to assisting band members seeking education related services. Michelle will be promoting a computer training program and an opportunity to be a training equipment operator or obtain a commercial level driver's license. Watch for the flyers so you can sign up early.

Jenn Johnson is a certified Education Assistant who is currently exploring the daily routine at LNIB School, where she is encouraged to assist students and teachers throughout the day. Jenn will be at the band school until at least January, will eventually expand her services to all LNIB students attending the SD #58 public schools. Welcome Aboard to you both!

The Head Start Program has initiated administrative changes. Tamika Bob has accepted the position of Head Start Manager, and I have been helping her with the transition. Tamika is excited for the opportunity and has some ideas on how she would like to make some changes to the Head Start Program. I'm sure she will do all she can to make it the best it can be. Congratulations Tamika!

My Outlook Calendar shows I had quite a few meetings in the month of November, and most were online through Zoom. I am a member of the LNIB OH&S Committee, who met on November 17th to inspect the Lands & Economic Development building, I also met with the local Aboriginal Advisory Committee, Indigenous Affairs, several school team meeting to discussing Individual Education Plans, as well as a Jointly Convened Annual Meeting with up to 200 people participating. The JCAM was 2-3hour meetings spread over 2 mornings. It was well organized with Educators, regional and federal government officials, First Nations Education Coordinators, First Nation Leadership, and School Administration staff from each School District in BC making up the diverse group. The discussions included: Local Education Agreements, funding for on and off reserve students, Children in Care, curriculum, transportation, mental health and the COVID pandemic, and its daily effects.

Please call or email Rhonda Dunn, Gail LaRochelle, or me, Sharon Parsons and give us your ideas of what kind of training will move you into the future.

Until next time, Humelth

LNIB EDUCATION DEPARTMENT



gail.larochelle@lnib.net



(250)378-0915

2160 SETTLERS ROAD
HWY 8



GAIL LA ROCHELLE POST-SECONDARY/TRADES & TRAINING COORDINATOR

Hello Everyone,

I hope everyone in each of your households is staying safe and healthy.

During these difficult times, please reach out to your family, friends, elderly neighbors, or community members who are unable to get out. Lend a helping hand and offer your assistance with picking up groceries, prescriptions, or any way you can help them. Share the Holiday Spirit!

Wow, December already, where has the time gone?

- All PSE students should be preparing for the end of the fall semester and exams. Study hard and we look forward to receiving your transcripts showing the results of all your hard work.
- Ensuring students have submitted the required information regarding the Winter/Spring semester. Assisting new students with sponsorship for the start of their program in Jan. 2020.
- Supporting members each week with all types of short-term training.
- Assisting a member with completing his Carpentry Level 4 Red Seal training at TRU.
- Setting up members to do a 5-day Online Solar PV Design and Installation Training. If you are interested in the next training session being offered in January, give me a call to get your name on the list.

Although our office is closed, we are still here to assist members in a completely safe environment. Need help in completing scholarship applications, call or email and we will be happy to assist. Anyone needing their resume or cover letter updated, get in touch with our office. Are you interested in any type of online training or part-time courses, such as First Aid, Confined Space Entry, TCP, Language, or English classes, give our office a call, we are here to assist you? Even if you live away from the valley, the LNIB Education Department team is here to help support you.

Wishing everyone a Very Merry and Safe Christmas and a Healthy and Prosperous New Year. HoHoHo

Gail La Rochelle

LNIB EDUCATION DEPARTMENT



rhonda.dunn@lnib.net



(250)378-5157

2160 SETTLERS ROAD
HWY 8



RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

To many, December is a month to get together on the holidays. This year some families are getting creative and doing safe Skype or Facetime parties. To the students it's a time of finishing up fall-term exams and looking forward to a much-needed rest.

The LNIB Education will be mailing out an information services package soon. We also regularly email and call membership on educational training programs, SD58 supports, youth opportunities, Bursaries & Scholarships and community news. It's important to keep your current contact information up to date with me here at the education department. Also, checkout LNIB Facebook page or LNIB Webpage.

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. Check out the City of Merritt Activity Guide available online for programs. For more information and an application please contact the Education Department.

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

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

- **Aboriginal Skills and Employment Training (ASETS) New Location:** Located in WorkBC Centre building at: 2099 Quilchena, Call Delores Charters at: (250) 378-0126, or (250) 378-5151, Email: merrittec@aset.org
- **Indigenous Support for Student Learning Program (SSLP).** This program is a time-limited project targeting **Indigenous students** who have limited financial resources, including those **students** living with disabilities. The SSLP is now accepting applications (deadline March 15, 2021) from eligible **students** across Canada to be considered to receive a laptop, disability-related **software**, and accessories.
Visit: www.bcands.bc.ca for more details. Or call 1-888-815-5511 or email: sslp@bcands.bc.ca

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!

BAND SCHOOL

December Newsletter

2020

Lower Nicola Band School

By Angie Sterling

Dear Parents/ Guardians:

We had many fun events happening in November. Some of them include Remembrance Day Activities in class and posted on Facebook for parents to see! Thank you Everyone! Report Cards went home November 20th, Honor Roll students get to go to Chapters for the Day in November! Keep striving Hard Students!

Upcoming in December at our School:

December 18th 2020 –

- No Xmas Concert this year- But Santa will be visiting the classroom in PM!
- Last Day of School for Students!

January 4th 2021

- School reopens after the break



Our school in partnership with families and communities, is dedicated to striving for excellence by providing a quality education while promoting the N'lakapamux culture.



COVID-19

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

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






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

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



DECEMBER 2020

Absolutely **NO NUTS**
And **NO PEANUT BUTTER**
IN LNB School!!!

Mon	Tue	Wed	Thu	Fri
	1 <i>Shepard's pie + green salad</i>	2 <i>Deviled egg pasta salad + fruit salad</i>	3 Hamburger patty Rice & veggie	4 Hot dog & mac Casserole
7 <i>Pancake scrambled eggs + sausage <u>Wear anything that has To do with Xmas</u></i>	8 Meatloaf , potatoes, Veggies & gravy <i><u>- Wear red or green Day</u></i>	9 Baked potatoes + Toppings & chicken stripes <i><u>Bring a nonperishable Item for the food bank</u></i>	10 John Wayne casserole & cowboy salad <i><u>Best decorated Classroom door</u></i>	11 Lasagna + Caesar salad <i><u>Make or bring Xmas Tree Ornament</u></i>
14 French toast + fruit	15 Spaghetti & sauce + garlic bread	16 Meatball sub sandwiches	17 Chicken casserole	18 pizza 1-3 Santa to visit the classrooms Last day of school for Winter break <i><u>School reopens Jan 4, 2021</u></i>
21 	22 	23 	24 	25 
28	<i>MERRY CHRISTMAS FROM ALL</i>	<i>EVERYONE & HAVE A STAFF AT LNBS!!</i>	<i>HAPPY NEW YEAR!!</i>	

LITTLE STARS

December



What We're Learning!

In December we will be focusing on winter and of course CHRISTMAS!! Winter helps us understand how nature changes throughout the year. By learning about our outside environment and animals that live in it, children can see how nature adapts to the seasonal changes. Get outside and enjoy our changing seasons, and then come back in, snuggle up and enjoy your special winter memories!

Things are a little different this year and due to COVID we can not have our annual Christmas party with our families. We will however still celebrate with our littles and have a special guest (Santa) pop in to hand out gifts..

Upcoming Events



Dec 1-2nd – Pajama Day

Dec 8-9th – Ugly Sweater Day

Dec 15-16th – Class Christmas Party

Dec 17th – Last Day Of Class

DECEMBER 21- JANUARY 3
CHRISTMAS BREAK

Like Us On Facebook
"Little Stars Head Start"



Monthly Teacher Tip

We are finally feeling the change to winter weather and it is important to ensure that your child is dressed warmly for outside play. We go outside everyday, so please send your child with a pair of mitts (preferably waterproof), toque, snow pants, and warm winter boots.



CULTURE REVITALIZATION

Hén7ekw.



- Pine mushroom picking at Nahatlatch behind the community of North Bend.



- Cotton wood mushroom picking in the Merritt area.

Glove making.



- Fish spear and arrowhead knapping workshops have been postponed due to Covid.
- Decolonization workshop is still be proposed with social distancing and a zoom meeting.
- Culture Centre has met with Sxwexnx Health and is looking at ways to collaborate and work the Nle?kepmx language into the cultural center program.

LOWER NICOLA INDIAN BAND – CULTURE REVITALIZAION DEPARTMENT

Joe Shuter: 250-315-7487

Carole Basil: 250-315-9158



The Fall Equinox has arrived, the days a much cooler, and the days are shorter. Every November we celebrate "Remembrance Day". The Culture Center had the privilege along with Christie Hill – LNIB Wellness Worker and Marilynne Munro LNIB's Family Activities Worker, preparing Felt Poppy Packages for the community.

**PLEASE REMEMBER THE LNIB CULTURE CENTRE IS OPEN. IF YOU WISH TO START A PROJECT OR FINISH AN OLD PROJECT PLEASE CALL:
JOE SHUTER @ 250-315-7487 OR CAROLE BASIL @ 250-315-9158**



Due to the Covid-19 pandemic we were unable to preserve our Sxw'usm Berries after harvesting. So, we took a day to teach a family how to can and Preserve the berries the harvested. This was a first-time learning experience for these three LNIB Members. It was extra special for the LNIB Culture Centre as this was three generations learning. Mother- Karen Jackson Daughter Marilynne Munro and Granddaughter- Christie Hill.

Congratulations Bernadette Collins, welcome to the Yeye Club. Bern came in and made her first grandson Camilo Maveric Mack-Collins a baby board.



A couple of ladies came in to work on Star Quilting. And there were a couple of days spent making gloves.



Gina Basil and her 2-year-old son came in to turn her frozen elderberries that she harvested with us back in September, into elderberry juice. They have 16 jars canned. We also made some elderberry gummy bears.



LOWER NICOLA INDIAN BAND – CULTURE REVITALIZAION DEPARTMENT

Joe Shuter: 250-315-7487

Carole Basil: 250-315-9158

LN FIRE AND RESCUE

Lower Nicola Fire & Rescue

Emergency # 911

Non-Emergency # 250-378-5110

Fire Chief # 250-315-3094

Lindsay.tighe@lnib.net

Charlene.joe@lnib.net

Season's Greetings!

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

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

If you are interested or would like more information on this **free service**, please call or email.

Safety Tips:

- 1) Keep chimneys clean and free from debris
- 2) A candle is an open flame, it can easily ignite anything that can burn
- 3) Do not overload electrical outlets
- 4) Water your Christmas (real) Tree daily
- 5) Always turn off Christmas lights before leaving or going to bed

Public Education:

Are you interested in doing some **free Fire Extinguisher** training? Please call or email if you are interested or require more information. Max of 6 community members per training session. Social distancing will apply. We will have as many training sessions as there is interest.

November At A Glance:

- Welcome our newest volunteer – Justin Tighe
- Chimney Cleaning - If we missed you please call or email us
- Congratulate Lindsay, Charlene, Bruce, Isaac, Adam, Aaron, Randal, Tony, Moose, and Leonard on completing the Exterior Operations for Structural Fire Fighters
- The Staff have started Level 1 Firefighter training, and this will go until February

Rocky Pines proposed Burn Plan – Please see the attached map of the proposed burn plan for next Spring. The shaded area are the zones that we are proposing to burn. Please provide any comments, questions, or concerns to Bruce Swakum – bruce.swakum@lnib.net or call the non-emergency number.

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 Staff:

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

Paid on Call Firefighters:

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



*Merry
Christmas
&
Happy
New Year*

ROCKY PINES PROPOSED BURN MAP

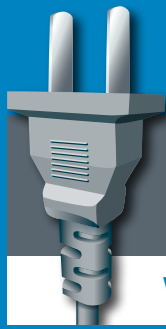
Rocky Pines Proposed Burn Map



Wishing you a
Fire-safe Holiday!



CHECK OUT **SPARKY.ORG** FOR MORE FUN!
THE NAME AND IMAGE OF SPARKY ARE TRADEMARKS OF THE NFPA.

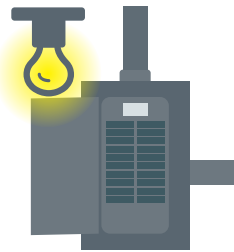


Be fire smart

with electricity in your home.

45, 

There are approximately **45,000** home electrical fires each year.



Half of all home electrical fires involve lighting equipment or home electrical wiring.

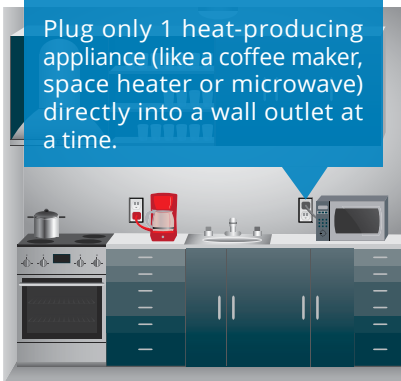


Home electrical fire deaths peak between **midnight and 8 a.m.**

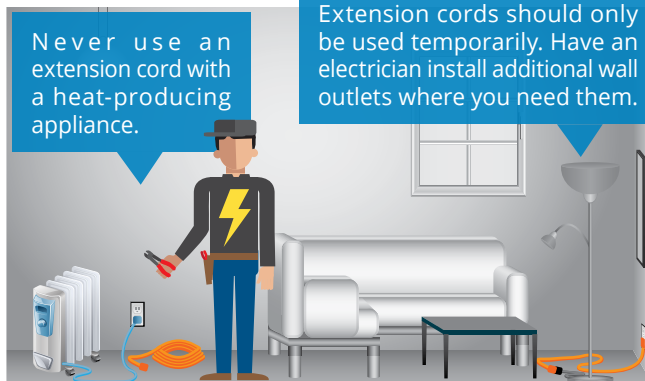


Peak months for electrical fire deaths are **November through March.**

Plug only 1 heat-producing appliance (like a coffee maker, space heater or microwave) directly into a wall outlet at a time.



Never use an extension cord with a heat-producing appliance.



Extension cords should only be used temporarily. Have an electrician install additional wall outlets where you need them.



For more information about electrical fire safety, visit www.usfa.fema.gov and www.nfpa.org/public-education.

WINTER HOLIDAY SAFETY

Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.



HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.



HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ❗ More than **one-third** of home decoration fires are started by candles.
- ❗ More than **two of every five** decoration fires happen because decorations are placed too close to a heat source.



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Your Logo

FIRE SAFETY DURING WINTER STORMS



Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 1 metre away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

IMPORTANT REMINDER:

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



REMEMBER:

Keep chimneys clean and free from debris like creosote, nests, snow, and ice. Have chimneys cleaned and inspected at least once a year.



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HOW TO BE “HOME FOR THE HOLIDAYS” AND ENJOY IT!

~ Tony Broman, Counselor LNIB

Adapted from <https://www.psychologytoday.com/us/blog/in-the-age-anxiety/201111/10-common-holiday-stresses-and-how-cope-them-0?collection=78610>

Tips for managing the tension of the season

The holidays can be full of great memories and good times but it's also pretty normal to have some family tension. Tension in any situation can have a way of quietly building up and stealing our ability to relax and enjoy the time. The gifts, the parties, the baking, the family—or perhaps the absence of these things—can make the season stressful, too busy or just plain lonely.

We know we can't always control what life brings our way, but even in the midst of all this holiday hubbub, we can take control of our tension. With some practical strategies, a “can do” attitude, and realistic expectations, we can increase our “quality time” this holiday season. Here are a bunch of places (internally) we might find ourselves through the next month. Take a look to see which ones show up in your life and use the tips below to live empowered and to add more peace and joy to your holiday season:

1. I can't get it all done! The entertaining, shopping, travel, and myriad other tasks that accompany the holidays can just feel like too much on top of an already-packed schedule. If you are feeling pulled in too many different directions, take a moment to slow down.

Take the opportunity to plan menus and consider gift ideas ahead of time. Make lists of the items you will need and then give yourself a few days to add anything you may have forgotten before heading out to brave the crowds. By organizing, prioritizing and grouping tasks together, you can minimize the stress of multiple trips to the grocery store or mall and avoid last-minute scrambling.

2. I can't afford this! Beginning in September (or maybe even August!) we are bombarded with television and magazine ads depicting holiday tables overflowing with food and gifts stockpiled under beautifully decorated fir trees. It is easy to overspend in an attempt to create these holiday ideals. Set a budget and avoid the temptation to stray. When you are making your gift lists, determine how much you can spend on each person and stick with it! Consider pooling resources to buy group gifts for friends. Draw names from a hat and buy gifts for one family member rather than all of them. Think about handmade gifts like baked goods, ornaments, or a recipe book or photo album. Or give the gift of time by babysitting for a friend or helping your grandmother clean her attic — it's free and often the most thoughtful present you can give.

3. This isn't how I thought it would be! Holidays seem to stir up our longing for a 10/10 life. This is beautiful in how it inspires us, but can lead to an emotional roller coaster when reality happens. Reality is the safest place for our hearts to check in with because it gives us the real picture for our expectations. If you find yourself disappointed during the holidays, try checking on your expectations. You may be better off lowering them.

“What?”, you ask. “Why would I want a less enjoyable holiday, Tony?” This is not about lowering your enjoyment, it is just a wise way to approach everything in life. If we keep our head in reality instead of in the clouds, we can avoid being caught off guard if things happen that we can’t anticipate. For example, if I aim for 7/10, I won’t be upset at all by getting an 8/10 and I won’t be very disappointed if things turn out to be a 6/10. But it would be totally different if I started with 10/10. My 8/10 would then be a bit sour tasting instead of decent, and my 6/10 would feel much harder to bounce back from. By keeping expectations realistic and focusing on what’s really important to you, you may just find that your “good enough” holiday turns out to be “pretty great” after all.

4. My family is driving me crazy! Holidays are often the time of year when families gather together with the hope of a special atmosphere – that peaceful, loving harmony we all long for. If your family is truly abusive, unpleasant, or unhealthy for you, know that you have the choice to decline spending time with them.

If like most families, however, they are just mildly irritating, boastful, opinionated, or hypercritical, use this opportunity to practice your coping and communication skills. Pick your battles—do you really want to argue about politics or past disagreements over turkey and stuffing with the whole family witnessing? Let it go for one day. Walk away and take a break if that works best. If you need to sort through personal differences, find another time when you can discuss these things privately. Set the tone by doing your best to not criticize others and to accept your family for who they are—likely imperfect and often times annoying—but family nonetheless.

5. I’m lonely! On the flip side, this season can often be a time when the absence of family or social connections becomes highlighted. If you are far from family, try creative ways to connect with them like email, videos or Skype. If you find yourself feeling alone, look for local holiday concerts or community events to participate in. Find out if any co-workers may also be far from family or without holiday plans and have a potluck. Consider spending your time giving to someone else in need. Volunteer at a local soup kitchen or food pantry or distribute gifts to needy children. Helping someone else makes you feel good and can broaden your social relationships.

6. I hate crowds! Ever been stuck in a loooong line up with those extra-happy Christmas carols drilling a hole in your ear? LOL. We’ve all been there. It’s part of the price we pay (emotionally and literally) to show the love of the season. Sometimes you just have to count the cost, remind yourself, laugh at the irony. The traffic, crowds and interminably long lines are, unfortunately, as much a part of the season as cranberry sauce and candy canes. But instead of frustration or anger, try humor, kindness, and bring to mind those you are shopping for. If you’re stuck in traffic, use the time to call an old friend and catch up – hands free of course. If you’re waiting in line, strike up a conversation with someone else waiting or enjoy just tuning it all out and daydream. If the crowds are rattling your nerves, take the opportunity to notice the sights and sounds around you. Take deep breaths and try to relax, accept that this is only a temporary inconvenience.

7. I have too many parties! The holiday season is packed with cookie exchanges, work parties, and school plays. All of the requests can create entirely too much “up time” and not enough “down time”.

Remember that it's okay to say "no" to some things. Choose wisely. Don't spend your time at a party with people whose company you don't really enjoy when you could be home with your family or making a dent in your holiday shopping. Friends and family will understand if you can't attend every social gathering. **NOT A PROBLEM THIS YEAR....NO GATHERINGS!!**

8. I'm exhausted! The late-night parties, alcohol, and over-indulgence in holiday sweets can leave you feeling tired, sluggish, and guilty. Make a pledge to have a fun but healthy holiday season. Be sure to get plenty of rest during this stressful time. Think carefully about your use of alcohol before you start drinking because we often can't rein ourselves in after we start. Plan that part of it wisely to avoid unnecessary problems. Watch the carbs — have one cookie instead of three, don't go back for a second helping of mashed potatoes and gravy. Take the time to take care of yourself and you'll have more energy to enjoy all that the holidays have to offer.

9. I haven't accomplished anything this year! As the New Year gets closer, we often look back at the past months and evaluate. Certainly we can all say that this year has been a crazy mess of COVID tension, changes of routine, additional nervousness and lifestyle restrictions. It's great to look back, look forward and then set goals for yourself, but they are not always met within the timeframe we had hoped. Rather than feeling down about what you didn't do last year, give yourself a break about it. Regroup and reenergize and by giving yourself the gift of 2021. Your future doesn't have to carry the negatives of your past with it.

10. It's just too much. If you find that you just can't cope with your anxiety, sadness, or triggers, be sure to get the help you need. The holidays can be a very difficult time for some of us and we have to accept where we are at and start from there rather than fight against it. If you are feeling overwhelmed by things, be sure to reach out early in your struggle. There is no need to carry the burden on your own. Connect with a friend, family member, elder; schedule a talk with your doctor or connect with a counselor. You are not alone. We are here for you.

Wishing you Happy Holidays and Merry Christmas!



"I make it three million shopping days to Christmas."

CHRISTMAS TREE SAFETY

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



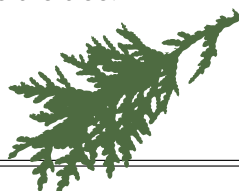
PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! More than **one of every four** home Christmas tree fires is caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes **one in every four** of the fires.



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MEMBERSHIP

Greeting LNIB members,

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

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

Contact information for Barbara and Justice:

Barbara Huston

Justice Cisco

Phone: 250-378-5157

Phone: 250-378-5157

181 Nawishaskin Lane

181 Nawishaskin Lane

barb.huston@lnib.net

justice.cisco@lnib.net

Thank you,

Barbara Huston – Lead LNIB IRA

Justice Cisco – Backup LNIB IRA

Geraldine Bangham – LNIB IRA

Last month we featured Members' Sunrises and Sunsets. Our apologies for missing Shawn Rafael Colt (Coutlee) who sadly celebrated his sunrise and passed into sunset on the same day - July 9th. A short life nevertheless needs to be recognized.

TWAS A MONTH BEFORE CHRISTMAS

Twas a month before Christmas, and all through the town
People wore masks, that covered their frown.
The frown had begun way back in the spring,
When A global pandemic changed everything.

They called it corona, it brought with it fear,
It didn't bring good time. It didn't bring cheer.
Contagious and deadly, this virus spread fast,
Like a wildfire that starts when fueled by gas.

Airplanes were grounded, travel was banned,
Borders were closed across air, sea and land.
As the world entered lockdown to flatten the curve,
The economy halted, and folks lost their verve.

From March to July we rode the first wave,
People stayed home, they tried to behave.
When summer emerged the lockdown was lifted,
But away from caution, many folks drifted.

Now it's November and cases are spiking,
Wave two has arrived, much to our disliking.
Frontline workers, doctors and nurses,
Try to save people, from riding in hearses.

This virus is awful, this Covid-19,
There isn't a cure. There is no vaccine.
It's true that this year has had sadness a plenty,
We'll never forget, the year 2020.

And just 'round the corner - the holiday season,
But why be merry? Is there even one reason
To decorate the house and put up the tree,
When no one will see it, no-one but me?

But outside my window the snow gently falls,
And I think to myself, let's deck the halls!
So, I gather the ribbon, the garland and bows,
As I play those old carols, my happiness grows.



Christmas ain't canceled and neither is hope.
If we lean on each other, I know we can cope.

author Shawna Hickling

HOLIDAY PUZZLE

Holiday

HIDDEN PICS

SEE IF YOU CAN FIND: ☐ golf club, ☐ piece of pie, ☐ coffee cup,
☐ oven mit, ☐ pencil, ☐ 2 smoke alarms, ☐ bowling pin, ☐ ice cream cone,
☐ swimming fin, ☐ dog bone, ☐ boot, ☐ toast, ☐ strawberry, ☐ battery,
☐ comb, ☐ flower, ☐ spoon, ☐ the number "2" and a ☐ hot dog!



THE NAME AND IMAGE OF SPARKY ARE TRADEMARKS OF THE NFPA.

CHECK OUT **SPARKY.ORG** FOR MORE FUN!



BCANDS' INDIGENOUS SUPPORT FOR STUDENT LEARNING PROGRAM (SSLP)

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

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

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

Resources are limited—apply today!
Applications must be received by March 15, 2021
Visit www.bcands.bc.ca for more information and to apply



British Columbia Aboriginal Network on Disability Society

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



British Columbia Aboriginal Network on Disability Society

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

Indigenous Support for Student Learning Program (SSLP)

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

Our Goal:

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

Am I Eligible?

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

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

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

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

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

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

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

Please keep this page for your records.

¹ Definition from the United Nations Convention on the Rights of Persons with Disabilities

GREETINGS



December 3 – Happy Birthday - Sheridan Coutlee – Love all the family

December 9 - Happy Birthday to Sawyer Coutlee – Love Grandma & Grandpa Coutlee

December 9 - Happy Birthday Sawyer – Love aunty Barb & Family

December 13 - Happy Birth Blanchard Coutlee aka “Mr. Handsome” Love all the family

December 31 – Happy Birthday – Molly Ann Toodlican – Love your sisters and Family



“Just stay under there and give everybody else a happy Christmas.”

LNIB DEVELOPMENT CORPORATION

LNIBDC is pleased to report that our Partners at Chinook Scaffold Systems Ltd. on October 15th, were awarded a multi-year scaffolding contract at HVC. This will result in economic spin-offs to the LNIB Development Corporation, and in turn the Band, as well as employment and training opportunities to LNIB Membership.

Don Gossoo, Interim GM,
LNIBDC

Below are comments from Chinook's Chief Administrative Officer:

"Chinook Scaffold Systems Ltd. was fortunate enough to secure a 3-5 year contract with Highland Valley copper. This was in large part due to our relationship with LNIB, a relationship that we are excited to have and are committed to. We have already hired 2 LNIB members, and will be looking to hire more in the near future. (See attached photo's of Will Shuter & Marco Comastro)
Chinook Scaffold Systems Ltd. started in Prince George in 1993 and we now have branches throughout BC, Alberta and Saskatchewan employing anywhere from 340 to 500 Carpenters/ Scaffolders at any give time. We are committed to providing a great service that is both safe and professional. We have built a strong team due to our long term maintenance agreements such as at HVC that allow us to continually grow, employ and train people to the standards that we have set. We are very proud of what we have accomplished and look forward to working with LNIB to create more opportunities in the near future."

Ronni-Lynn Walker, Chief Administrative Officer
Chinook Scaffolding Systems Ltd.



JOBS**Lower Nicola Indian Band School**

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

Summary of responsibilities

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

Required knowledge, skills and abilities

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

Apply To: Deadline to apply: open until filled

apply E-mail: HR@lnib.net

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

Lower Nicola Indian Band**Job Posting****Position Title:** Cleaner/Janitor (2 positions)**Department:** Infrastructure**Hours:** 4PM – 11:30PM**Start Date:** On Call - ongoing**Wage:** \$16.00 (to start)

Summary of responsibilities.

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

Required knowledge, skills and abilities

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

Apply To:E-mail: hr@lnib.net**Deadline to apply: open until filled**

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

Department: Arena

Position Title: Arena Maintenance Attendant.

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

Reports to: Shulus Arena Manager

Summary of responsibilities

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

Duties and tasks

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

Required knowledge, skills and abilities

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

Minimum Qualifications

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

Apply to: hr@lnib.net

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 1st October

Reports to: Education Manager

Summary of Responsibilities

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

Required Knowledge, Skills and Abilities

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

Minimum Qualifications

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

Apply To:

hr@lnib.net

Deadline to Apply: open until filled



Southern Interior

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

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

Requirements;

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

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

Immediate position available

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

MEMBER OWNED BUSINESS DIRECTORY

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

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

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

Donna Bent
250-378-4396 Donna Bent Artifacts

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

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

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

Ryan Mann
PlumberMann
250-936-8655
plumbermann250@gmail.com

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

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

James McNaney
nomadhauling@gmail.com
Trucking, Hauling

Earl Michel
emichel@live.ca
Wolf Pac Construction

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

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

Gene Moses Fencing
Gene Moses
250-378-2801

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

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

Gwayne Point
250-378-9167 Northwest Indian Art

Loren Sahara Consulting
Personal Development Coach, Mastemind
Knowledge Broker
778-676-7844

JW Forest Contracting Ltd.

250-378-5468

250-378-1556 (cell) Warren Smith/Janet Sterling,
PrincipalsLogging 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,
PrincipalsConstruction 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

250-280-1012

mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com

Catering

Victor York

victoryork@hughes.net

Gourmet coffee supply and distribution

THE BACK PAGE

Priecigus Ziemssvetkus! That is Latvian (my mother tongue) for Happy Winter Festival, aka Merry Christmas. I've been given to understand that there is no Nlakamexcín for Merry Christmas either - more a celebrate the winter thing. That just goes to show that some cultures predate Christianity and the customs still thrive.

Those hoping to sway people to new practices were smart to build on the existing traditions - many cultures have long brought greenery and light into their homes as part of winter celebrations - namely at Solstice - to symbolize the return of longer days and growing seasons. And when you get down to basics - like greenery and lights, some special foods, lovely music, and a warm hearth it's hard not to have your spirits lifted. So even with all the COVID restrictions, enjoy and celebrate the basics. Take time to tell stories about the "old days" and how celebrations happened then.

I really dislike the change from daylight savings time to standard time. If they are going to persist with that nonsense, then I think outside lights decorating homes and yards should coincide with the time changes. It makes the early darkness so much easier to bear. And now with energy efficient LED lights, I don't see why this shouldn't be so. For that matter, with the governments handing money out hand over fist, I think Hydro should give us all a cut in rates during the these dark months so that we can leave the lights on longer and gladden everyone's hearts.

We don't know what the rules will exactly be for Christmas, but it certainly won't be a free for all. We are now definitely in an age where we are tied more and more to our technology. So let's use that for good - use it to keep in touch. Start your own Zoom meetings; did you know you can set up your own Zoom account?

LNIB recognizes that not all of our members have easy access to technology. Starting next week we will be contacting Member households (on and off reserve) to ask some survey questions about technology haves, wants and needs to get a factual idea of what areas we need to concentrate on. Please spare us the time to answer the questions, and feel free to ask questions of your own.

In the meanwhile, use what technology is available to reach out to friends and family. Phone calls, letters, Christmas cards, a parcel or Secret Santa stocking dropped at a door. All will be appreciated that much more in these dark Covid plagued days.

- Ruth Tolerton
Communications Coordinator

