



January 2021
N?e?iyk Spíləxm

IN THIS ISSUE

K'úk'wpi? Stu Jackson	P.2
LNIB HR Committee Seeking Members	P.4
Executive Director	P.7
Zoom How-To	P.9
Lands Department	P.13
Education Department	P.18
Shulus Gardens	P.30
Culture Revitalization	P.33
COVID-19 Vaccine Information	P.35
Cumulative Effects Management Program	P.39
Welcome Marsha Spence	P.40
Health	P.41
Membership	P.55
Jobs	P.58
Member Owned Business Directory	P.62
The Back Page	P.64



Levi Shuter - scraping hide



KʷÚKʷPÍ? STU JACKSON



heñte?

Good day Lower Nicola Indian Band Members and Community members. First and foremost, I want to wish each one of you a very Merry Christmas and a Joyous New Year!!!

It totally amazes me how fast time flies. It was not long ago where we all might have complained because of the dreaded summer heat, and now here we are deep into the winter season. I hope everyone has had the chance to get their Christmas shopping all done, or at least close to done. As I am sure you are all aware, we had enormous amounts of snow fall in the last day. I saw many posts where the snow got as deep as 14 inches and more all around the Nicola Valley. Please be sure to prepare for these unpredictable winter conditions. There have been many reports of vehicle accidents in the past few days. Please drive with extreme caution! Minimize your travel if possible. If you do have to travel, keep in mind that road closures or very possible in any direction. Make sure your gas tank is full, please bring extra clothing or blankets in case you get stuck on the highway somewhere. It is probably a good idea to bring extra snacks and water and store them in your vehicle in case you are delayed on the highway due to weather and the unforeseeable. Take the extra necessary precautions if you need to travel abroad, and please be safe!

I want to talk a little about an amazing young man that comes from our community. I remember a time when I had the opportunity to spend some time with Darius Sam enroute to a hockey outing in Lillooet, BC. The impression I got from Darius back then was that he was honest, committed and had a great sense of humor. Along with these characteristics, Darius

was a pretty darn good hockey player as well. What I did not know was how he maintained these virtues over the years and developed even more along the way. As many of you may know, Darius made a commitment to run 100 miles to help support the Nicola Valley Food Bank back in June and raised an astonishing amount of money. Darius was put to the challenge that day and was unable to complete the run in its entirety, however, after some medical treatment and some moral support he managed to regain some inner strength and eventually completed his task. It was an amazing feat, and it touched many people in our community, our Valley and nationally as well. Darius hit the pavement again in December to run for Nicola Family Therapy to raise awareness for Men's Mental Health. Darius successfully completed his 100-mile conquest in dominating fashion!! It is hard to put into words how this makes me feel. I am so proud to say that I know Darius Sam. It is incredible what Darius has done for two organizations in our Nicola Valley. It takes a lot of courage and commitment to do what Darius has done and the Lower Nicola Indian Band should be very proud to call Darius a member of our community. Congratulations Darius Sam. Reach for the stars young man. I wish you nothing but success and well wishes in your future.

I took part in the Nlaka'pamux Health Services Society Annual General Meeting this month. This was the first inaugural AGM for this organization. It was an interesting experience to sit in on this meeting and find out what this organization does for the Nlaka'pamux people. NHSS does a wide range of service support and their primary office is located here in Merritt. NHSS provides program support for things like Wellness, Drug and Alcohol Counselling, Traditional Wellness, Addictions support, Health Care and Nursing. One of things that I find problematic however, is that these services are only provided to people that live "On-Reserve". I find it quite

concerning that our “Off-Reserve” members cannot receive these services if they require them. There are other avenues to access these services, however, the process to get these services is troublesome for many. We need to challenge the “red tape” that these funding agencies throw our way and hold their feet to the fire! We need to provide adequate and straight forward service to our people. I have spoken to many of our “Off-reserve” members and they always stress how little service they receive. I will bring a request to Chief and Council in the new year to find an appropriate representative to sit at the NHSS Board of Directors.

Chief and Council convened a meeting December 15th, and we will be convening again on the 22nd. Council have been working diligently to prepare ourselves for the fiscal year end. Our Finance and Audit Committee have been meeting regularly and this committee has been keeping Council apprised of our financial responsibilities. December 22nd will be our last Council meeting for the year 2020 and we will reconvene January 5, 2021.

I just wanted to mention that this is the time of year where band members should receive some Christmas support from the Band. I am not sure of all the logistics as to what each band member or band member household will receive from the Band, whether it be a Save on More food card or the like, but please reach out to the Band if you have not already received your gift card or Christmas support. Call the office at 250-378-5157.

Unfortunately, our community lost a few people this past month. Barbara Joe ‘nee’ Swakum passed away earlier this month. Barbara was like a second mother to me. Her youngest son, Lennard Joe and I are childhood best friends. Lennard and I grew up together and went to the Shulus kindergarten together. I

spent a lot of time with Barbara, Percy, Paul, Debbie and Lennard out at 14 Mile Ranch. I have fond memories of my mother, Delores and Barbara cheering in the stands when we were playing hockey or soccer as children. I will always remember Barbara’s smile and laugh. My condolences to the Joe and Swakum family during this difficult time. We also lost a young man a few short weeks ago. Clayton Parsons passed away suddenly. I had the privilege of teaching Clay at Nicola Canford Elementary School not so long ago. I remember Clay as a quiet respectful young man. He always did what he was told in class and never caused any disruption. I saw Clay a short time ago in passing and he just stared at me like he knew me. He said to me, “hey there, don’t I know you from somewhere?” I said, “you sure do Clay, how are you? I am Mr. J from Nicola Canford.” It was so amazing to see such a big young man’s eyes light up! He said, “Mr. J!!! I knew I knew you!! So good to see you!!”. Thank you for the memory Clayton, I hope you rest easy. My condolences to Sharon, Rocky, and the girls for your loss.

Enclosing, I just want to say once again, Merry Christmas and Happy New Year to all of you!! Please be safe in your travels and please remember that the COVID-19 is still very much alive here in the Nicola Valley and abroad. Do your due diligence and practice social distancing and sanitize regularly. Take of your friends and your family’s and most importantly, take of yourself.

k^wuk^wscémx^w

k^wúk^wpi? Stu Jackson

LNIB HR COMMITTEE SEEKING MEMBERS



**LOWER NICOLA
INDIAN BAND**

December 3, 2020

Become a Committee Member

Lower Nicola Indian Band is committed to excellence. To help us achieve this goal, we reach out to community members and band members by asking them to work with us in an advisory capacity with the LNIB Human Resource Policies and Procedures (HR Policies and Procedures Committee).

LNIB Human Resource Policies and Procedures Committee

Responsibilities

As a HR Policies and Procedures Committee member, you are responsible for:

- Review all existing requirements in LNIB policies, laws and bylaws related to human resource and personnel matters, including the Financial Administration Law, the Personnel Policy, the Financial Governance Policy and Procedures and the Information Management and Retention Policy.
- Make recommendations on amendments to the LNIB Personnel Policy to reflect all applicable LNIB policies, laws and bylaws.
- Recommend amendments to the LNIB Personnel Policy to comply with other laws applicable to the workplace, such as the Canada Labour Code or human rights legislation.
- Recommend procedures for training employees on applicable policies and on systems to ensure compliance with such policies.
- Recommend an approach for creating “plain language” documents to assist in the education and training of employees on workplace policies.
- Recommend best practices for working conditions of Lower Nicola Indian Band employees, including relations between the Council members and employees.

Skills

Applicant shall have a demonstrated expertise in human resources matters, employment law, financial administration or any combination.

Time Commitment

HR Policies and Procedures committee will require approximately 1-2 meetings per month for six months. (Please note: This may change)

For further clarification please request a copy of the Terms of Reference.

How to Apply

Email your resume to sondra.tom@lnib.net

Drop off resume at the Administration office

Fax resume to 250-378-6188

Deadline is January 11, 2021

Please contact Sondra Tom at **250.378.5157** if you have questions.

LOWER NICOLA INDIAN BAND

TERMS OF REFERENCE FOR COMMITTEES

Council, Committee members, and the Executive Director shall comply with the Disclosure of Interests found in Part III – Councilors and Committee Members in the *Financial Administration Law* and Financial Governance Policy and Procedures, Section 5- Committee Establishment and Dissolution.

1. Committee Name and Type

- a) Human Resource Policies and Procedures Committee, Special Committee

2. General Purpose and Mandate

- a) Lower Nicola Indian Band strives to follow best practices with regard to human resource and personnel policies and procedures;
- b) Lower Nicola Indian Band's Financial Administration Law sets out several requirements in respect of Lower Nicola Indian Band officers and employees;
- c) Lower Nicola Indian Band has a Personnel Policy and several other policies and procedures that relate to human resource and personnel matters.

3. Key Duties and Responsibilities

- a) Review all existing requirements in LNIB policies, laws and bylaws related to human resource and personnel matters, including the Financial Administration Law, the Personnel Policy, the Financial Governance Policy and Procedures and the Information Management and Retention Policy.
- b) Make recommendations on amendments to the LNIB Personnel Policy to reflect all applicable LNIB policies, laws and bylaws.
- c) Recommend amendments to the LNIB Personnel Policy to comply with other laws applicable to the workplace, such as the Canada Labour Code or human rights legislation.
- d) Recommend procedures for training employees on applicable policies and on systems to ensure compliance with such policies.
- e) Recommend an approach for creating "plain language" documents to assist in the education and training of employees on workplace policies.
- f) Recommend best practices for working conditions of Lower Nicola Indian Band employees, including relations between the Council members and employees.

4. Appointments and Composition

- a) The committee shall consist of no more than six individuals, consisting of at least three Council members. Members of the committee who are not Council members shall have a demonstrated expertise in human resources matters, employment law, financial administration or any combination.
- b) Councilor Spence Coutlee is appointed Chairperson.

5. Meetings

- a) The committee will meet twice monthly or at other such intervals as deemed necessary.

6. Resources

- a) Up to \$75,000.00 for technical support as required by PCM Lawyers.

7. Reports and Targets Dates

- a) The committee will make its recommendations to Council in writing, with an interim report to be made no later than March 31, 2021, and a final report by June 30, 2021.



EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for December 2020. 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.

Annual Report: The **2019-2020** Annual Report is in the final stages and will be going to the printer. With Covid-19 Provincial Orders, LNIB will need to be imaginative on how to present the Annual Report to membership. Plans are in place to mail a copy to every household until an Annual General Meeting is held.

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 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.

New employees hired this month include Rod Malcom, Title and Rights Administrator. Welcome Aboard! Current job postings with Lower Nicola Indian Band are Social Development Coordinator and Special Education Assistant, Speech Language Specialist visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Committees and Liaisons: Lands Management Advisory Committee participated in the Ticketing and Enforcement Law Public Hearing December 16, 2020. School Board met December 2, 2020. Finance and Audit Committee met December 22nd. The Finance and Audit Committee recommended purchasing from \$10,000-\$50,000 requires 3 quotes and that anything below \$10,000 are by the manager's discretion to ensure quality and efficient services are delivered to membership. All committee meetings are open to the membership to join. Please contact the band office for

details on how to join the meetings.

Community Meetings and Workshops: Workshops will start to take place with Covid-19 Coronavirus pandemic safety protocols and Social Distancing guidelines clearly posted. There will be some opportunities presented online please watch for the advertisements for these.

Budget Planning: The Directors continue to finalize the 2021-2022 budgets for their sectors. With Covid-19 Provincial Orders, LNIB will need to be imaginative on how to inform the Community on the 2021-2022 Budget.

Support to Chief and Council: Chief and Council met December 1st, 15th and 22nd. Chief and Council passed a motion on December 22nd to disperse a payment to off reserve membership from Scw'exmx Child and Family under a Covid-19 Community Support Fund. 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 January 5th and 19th. Should you require anything on the Chief and Council agenda scheduled for January 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.

- Kari Reilander

Chief and Council Attendance Term October 2019-September 2022

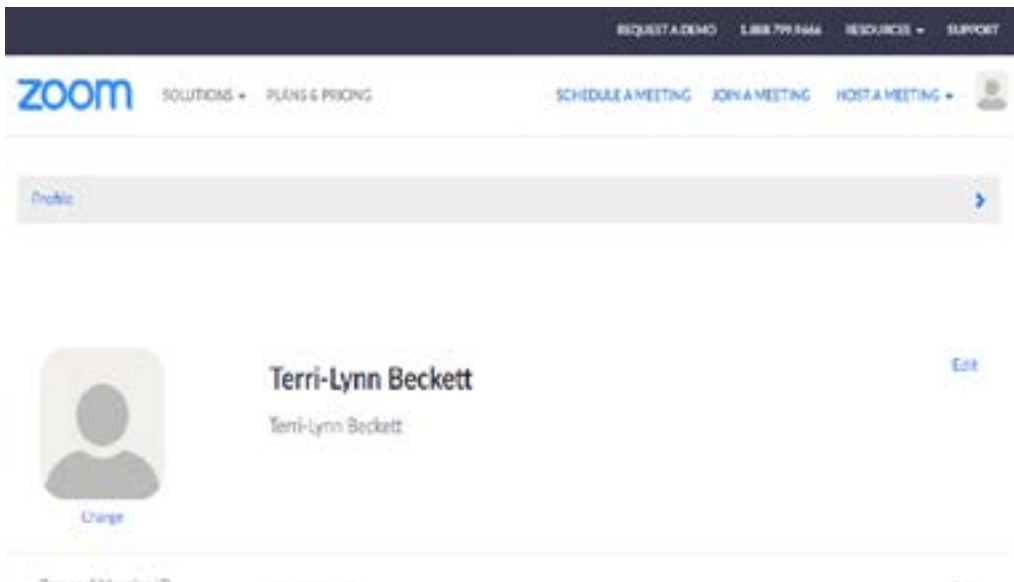
Month	Meetings Called	Stuart Jackson	Bill Bose	Spence Coutlee	Robin Humphrey	Connie Joe	William Sandy	Lucinda Seward	Aaron Sumexheltza
Oct- 19	4	4	3	4	3	4	4	3	4
Nov- 19	5	4	5	4	5	5	5	3	2
Dec- 19	3	2	2	2	3	2	3	3	3
Jan- 20	2	2	1	2	2	2	2	0	1
Feb- 20	4	4	4	2	4	4	4	3	4
Mar- 20	3	3	3	3	3	3	3	3	3
Apr- 20	3	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
Oct-20	1	1	1	1	1	0	1	1	1
Nov-20	3	3	3	3	3	3	3	1	3
Dec-20	3	3	3	3	3	3	3	2	3
TOTAL	42	38	39	34	41	39	42	32	37

As of December 23, 2020

ZOOM HOW-TO

How to join a Zoom meeting

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



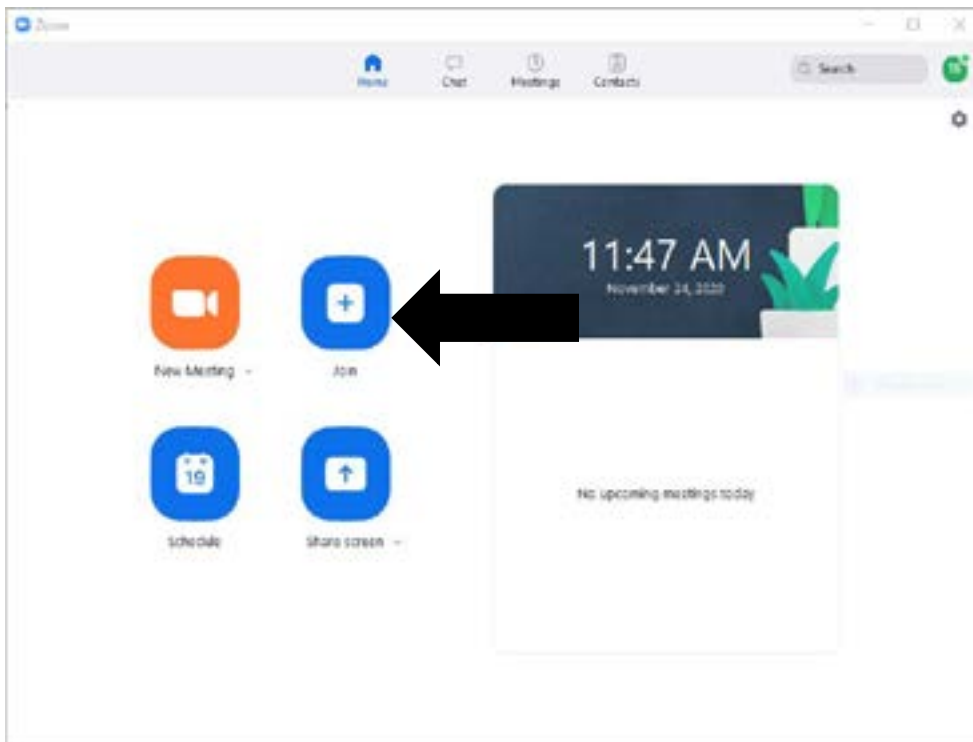
Click on Sign in if you already made an account on Zoom.

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

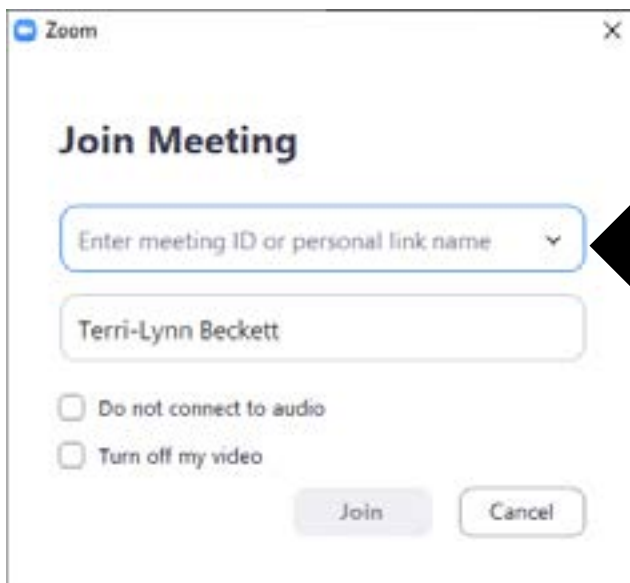
Click on Join a Meeting.



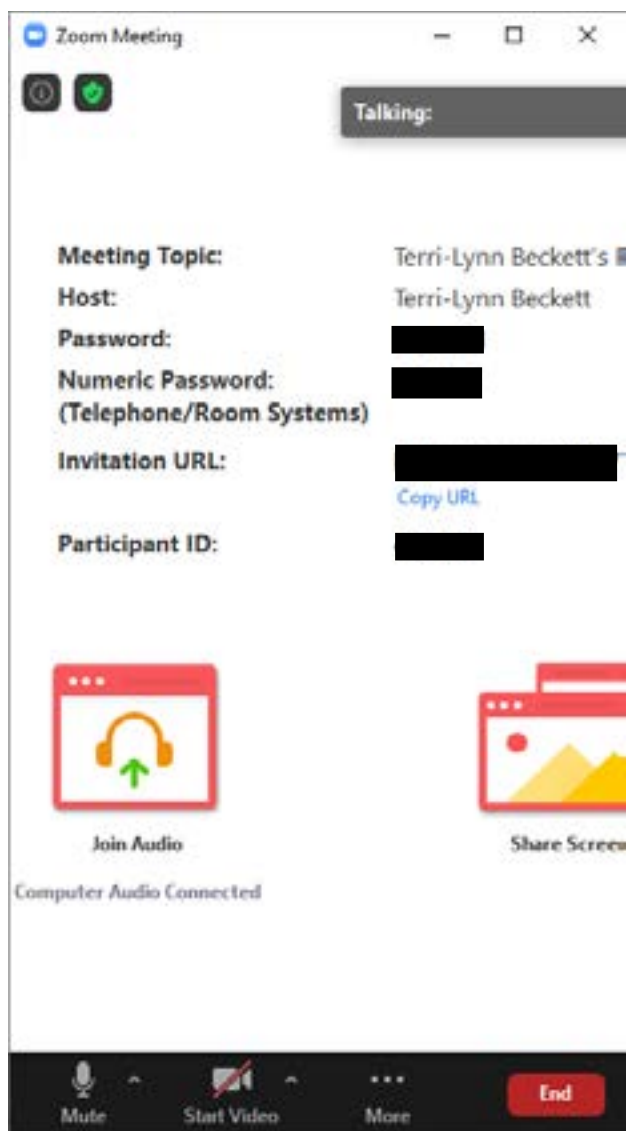
Adrian Wall of Surerus Murphy presented a cheque for \$2500 to Chief Jackson to help with the LNIB Hamper program



Again, click on Join.



Here is where you will enter the meeting ID number.
After, please click join.



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

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

LANDS UPDATES



LNIB LANDS PORTAL

Lands community collaboration efforts continue digitally. Members can now access upcoming and past event materials online from the new Lands Portal. Here, you can find a complete archive of LMAC meeting minutes available for review. The Lands team has also uploaded law draft documents with tracked changes shown, as well as, audio recordings of recent meetings, including presentations and discussions that happened virtually.

To access the new Lands Portal and to stay informed on upcoming events, visit members.lnib.net or contact kristopher.por@lnib.net from the Lands team.



LMAC MEETINGS

Lands Management Advisory Committee meetings are being held virtually and are open to all LNIB members. Join in to discuss Lands activities and Law development!

Upcoming Meetings:

Mondays from 4PM – 7PM

JANUARY 11 JANUARY 25 FEBRUARY 08

Find LMAC meeting information on the LNIB Community Events Calendar at lnib.net or email brandi.oflynn@lnib.net for details 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:

Ticketing and Enforcement Law: 1st review complete

Subdivision, Development, and Servicing: 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.

If you'd like to participate in upcoming LMAC meetings and 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. Over the past two months, Lands hosted four community collaboration meetings that LNIB members were invited to join.

A public hearing was held virtually on December 16, where members had a chance to provide final input and feedback regarding the LNIB Ticketing and Enforcement Law. There are no upcoming events scheduled, so be sure to check the LNIB Events Calendar for updates.

If you have questions or need assistance preparing for upcoming virtual meetings contact Lands at kristopher.por@lnib.net or visit members.lnib.net

LNIB TICKETING AND ENFORCEMENT LAW SUMMARY

(document on next page)

LNIB Enforcement Law Summary

Why We Need Laws

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

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

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

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

LNIB Enforcement Law

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

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

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

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

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

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



TRADITIONAL HOLDINGS PROJECT

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

An allotment application draft that aligns with LNIB values, protocols, and preferences expressed during Phase 1 community engagement has been created. A draft plan for a decision-making body and a dispute resolution process has also been formulated.

Updates and draft documents are available for review on the membership portal at members.lnib.net after being reviewed at the LMAC table.



LOWER NICOLA SECURITY

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



CONTACT

Robert Moses

250 258 4240

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

Members' surveys regarding security will be emailed out during the month of January. The Lands team will provide more details soon.



MEMBERSHIP & STATUS CARDS

Geraldine Bangham, from the Lands team, has currently handed her role as the main point of contact for Membership & Status Cards over to Barb Huston, Renewable Energy Coordinator and Indian Registry Administrator. If you need anything with regards to membership please note all associated files have been relocated to the administrative building.

All membership enquires can be direct to Barb Huston: barb.huston@lnib.net



WILLS PROJECT

From now until March of next year, Lands will be working with legal direction to generate official Last Will and Testament documents for a small group of elders. The goal of this project is to gather documents and offer support to complete registered wills for elders who may be in need.

We hope to continue this project for another group of elders in the later part of next year. Lands will continue to examine the most effective methods to assist LNIB members while generating, updating, and amending their wills.

Details about this project will be shared via the membership portal.



MATRIMONIAL REAL PROPERTY

Matrimonial real property refers to real property that is shared by two people during a marriage or common-law relationship. When a marriage or common-law relationship ends, such as in divorce or the death of a spouse or common-law partner, there are often many aspects which require sorting out including the division of real property.

Centre of Excellence for Matrimonial Real Property
coemrp.ca/resources

For more information contact the Lands team directly at 250 378 5157.

EDUCATION DEPARTMENT

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

Hello LNIB Membership 😊

I do not usually submit an entry this time of year as the month of December is short; however, the team was able to put a few things together for everyone and I hope you all enjoy our condensed submission for January's Newsletter!

The past few weeks has been a little more eventful for me personally as I have been the Acting-Principal for LNIB School — it has been exciting to be directly leading a school again — I will return to my full Director capacity in the New Year but it definitely was fun to be on the front lines with our school staff for this short period of time. We have a great team working to enhance student success at our school and I look forward to seeing both Angie and her staff continue to increase program/service capacity as we implement new initiatives over the next few years for K-7 students (literacy, numeracy, sports, music, and life skills to name a few of our current plans).

For most of December everyone within the Education Sector was focused on activities/events that are typical for this time of year: Head Start had a visit from Santa and continued their fun activities; LNIB School had various Christmas/Winter events (Concerts, Singing, Crafts, Hockey/Skating); Post-Secondary Students wrapped up exams/papers and are ready for a new semester in January; Incentives went out to Secondary School Students; and we also had involvement at the LNIB Christmas Parade with a few staff members of the School/Head Start.

In closing, I would like to once again ask all members to reflect on what programs and/or services you would like us to consider adding to our current offerings...no idea is too small or too big as it takes an idea (vision) to make something great happen...everyone has ideas to share and we want to make all efforts to make them become a reality...Please Share Anytime!!!

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

Sector Leadership

Director of Education
Shane Coutlee

LNIB School Principal
Angie Sterling

Education Manager
Sharon Parsons

Head-Start Manager
Tamika Bob



LNIB Education Department – Gail La Rochelle – PSE/Trades/Training Coordinator



Happy New Year Everyone,

I hope everyone had a wonderful Christmas holiday and that Santa was really good to each of you. Now it is time to start a New Year filled with Good Health, Hope and Happiness. Hopefully, the new year will get back with some sense of normal.

All the PSE student will be back in class and starting a new semester in January. Settling back in and adjusting to studying. The next four months will go by very quickly and next thing you will be doing is completing a PSE Application for September.

Congratulations to Cheslie William and Colin Shuter on completing the Online Solar Panel Training. There will be another 5-day training session taking place January 18 to January 22, 2021. If you are interested in taking the training, please contact me by email or phone to get you name on the list and complete the appropriate forms.

Here are some of links to a couple of scholarships. Be sure to check the deadline and see if you qualify.

<https://bcaafc.com/wp-content/uploads/2020/08/First-Citizen-Fund-NEW-Application.pdf>

<https://www.interiorsavings.com/about-us/community/bursary-programs>

Although our office is closed, we are still here to assist members in a completely safe environment. If there is any type of online training or part-time courses you wish to take, email, or give our office a call, we are here to assist you. If you live away from the valley the LNIB Education Department team is here to help support you as well, just give us a call.

Until next month, be good to one another, stay safe and healthy.

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, January is one month of the year to reflect and reassess how you can improve your lifestyle. This may be health to quick smoking, or fitness to get more exercise. It could even be I will be more patient or do a kind gesture each week. Whatever, you choose will be your goal!

The LNIB Education will be mailing out an information services package this month. 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@asetts.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!



I am writing today to let you all know what I have been up to these past few weeks.

I started working with the ladies at the Education Department on Nov.4, 2020. My first few days in the office consisted of cleaning my desk and sifting through files, gathering information for Scratched Rock and organizing my office for upcoming tasks such as filing, assisting with program planning and data entry.

Before working with Scratched Rock, Monica Charters did training with myself and the other ladies in the office. She showed us how to enter membership information into the database such as addresses, emails, etc. We use this system to contact bandmembers via email, phone, and mail with upcoming information about the Lower Nicola Indian Band, education, events, and celebrations. I look forward to talking with you soon.

I hope everyone is in good spirits and enjoying time with loved ones this holiday season. Be safe, Happy Holidays from my family to yours.



January Newsletter

2021

Lower Nicola Band School

Happy Holidays Everyone!

On behalf of LNIB School I would like to wish our entire school community a safe, healthy, and relaxing two weeks. While this holiday season will be much different in most cases there is light in sight knowing our lives should be returning to the way things were before the end of the school year soon. Our fingers are crossed that this anticipated plan will progress as effective/efficient as possible.

The first half of the 2020-2021 school year has been great on all fronts, and while we have had to adapt to factors associated to COVID guidelines, our students have made positive progress in their programs (both onsite and remote). As we move into the final half of the school year there will be new programs being added to the school schedule and also more communication with parents to ensure all students are on track to be successful for the school year.

As of now our return to school date is Monday January 4th, 2021 where we will continue our current daily routines. If the Provincial Health Authority is to make any changes to the return date for students, we will post this information on our School Facebook Page and will also send an email message out to all parent's early morning on the 4th if required.

See you all in 2021!!

LNIB School Administration

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.



Principal

Angie Sterling
Angie.Sterling@lnib.net

Head Secretary

Sioux Swakum
Sioux.Swakum@lnib.net

Teachers:

Marj Cushner
Brenda Ens
Kieran Easterbrook
Donelda Haller
Annie Major
Adeana Miller
Rhonda Sheena
James Shuter
Carrie Weekusk

Office & Support

Chantel Ashdown; Barb Basil; Joe Collins; Clif Garcia; Cody Jones; Shelley LeBlanc; Dan MacVicar; Brandy Pinyon; Annie Rabbitt; Michelle Sproson; Penny Toodlicat

Phone: 250.378.5527

Join our PAC Group at LNIB School

Story Subline

Dear Parents/Guardians: We are looking for any parents who may be interested in being on LNB School PAC to please call us or send us a message at 250-378-5527. The PAC does things such as fundraising for the School (online orders) to raise money for students for events/activities happening at the School. Since, we will not be doing our Breakfast Fundraiser this year, this would be a good opportunity to do other kinds of fundraising ideas for our children at Christmas! We are looking for new PAC members to help get us started. Anyone who attends a PAC meeting **MUST** wear a mask, sanitize upon entrance, sign in and expect to physical distance while in the building. We look forward to seeing any new faces! Call us at 250-378-5527 at the School. Thank you.

Angie Sterling, Principal

These are the two lovely ladies that are always busy cooking delicious and healthy breakfast, snacks & lunch for the students every day. Thank you, Penny & Brandy, for all you do here, from all of us here at the School



Here is our float that was in The Community Christmas Parade on Dec 11th, 2020. Thank you all that participated in putting this together, you did an amazing job!!

In picture is Barb Basil & Tamika Bob





Mykale & Mya made a girls Traditional Regalia and they have completed them. They had Penny teaching them how to sew on a sewing machine and inspired them to finish their skirts. They made their own headbands as well. Great job girls, it looks fantastic!!!

Elders- Annie Major
Penny Toodlican

Students- Mykale Winder, Grade 6
Mya Sheldon, Grade 6





What a great month of skating! All the students are improving so much.

Our skating program is coming along great, all our students are learning so much.



Spirit week was a hit, thank you to everyone that participated. Check out January calendar for the next spirit week events.






The Grade 1 and 2 class had a very busy December. They were busy writing letters to Santa, which he then published in the Merritt Herald, and they also made cards for the senior residents at The Florentine. They were fortunate to have local illustrators, Jill Fitzer & Lori Desy, from Lakeshore Creations, come into the class to help them make Christmas presents for their families. They made beautiful bird families out of locally sourced pebbles; each representing a member of their family. We hope you all enjoyed listening to their performance of, "Light a Candle for Peace," on the school's Facebook page. The students all loved this song as it is very peaceful and hopeful. On the last day of class, they enjoyed a Christmas skate at Shulus Arena, and a wonderful sleigh ride around the school; followed by a hotdog roast. A beautiful way to finish off the year.





JANUARY 2021

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

Mon	Tue	Wed	Thu	Fri
				1
4 Chicken noodle veggie soup + cheese bun <u>SCHOOL REOPENS</u>	5 Tuna melt wraps + veggie sticks	6 Sausage + egg Mc Muffin	7 Mac & chesse	8 Elvis special 
11 Teriyaki meatballs + rice	12 Toodlican stirfry	13 Breakfast wrap + fruit	14 Stuffed potato & ham	15 Lasagna
18 Shepard's pie <u>MAKE A NEW YEARS HAT</u>	19 Beef barley soup + cheese bun <u>WEAR A COWBOY HAT</u>	20 Brandy's special <u>WEAR A BALL CAP</u>	21 Hot dogs + fries <u>WEAR A TOOUE</u>	22 Pizza pop + veggie sticks <u>WEAR A HAT OF YOUR CHOICE</u>
25 Taco salad	26 Potato soup + biscuit	27 Chicken Caesar wraps + fruit	28 Perogy casserole	29 Hash breakfast



Jennifer Whiteside, Minister of Education

Dear parents and caregivers,

As the holidays approach, I wanted to take the time to introduce myself and let you know what a true privilege and honour it is to serve as your Minister of Education.

Throughout my life I have advocated for people and communities. For more than 20 years I've worked for unions and community organizations, both provincially and nationally, on a broad range of health policy and labour relations issues. Most recently, I was the secretary-business manager and chief spokesperson of the Hospital Employees' Union, which represents more than 50,000 health care social service workers across our province. I have a deep regard for the value of education and the important role of our education system in providing support and equity of opportunity to our children. We know the importance of keeping students, staff and everyone at our schools safe.

This year we have all faced challenges like never before. I'd like to thank you for supporting your children and each other during this incredibly challenging time. You rallied behind your children when we took lessons online in the spring at the start of the pandemic, and you have continued to be vital partners in education as we reopened schools in June and again in September. I've spoken to many families who have told me about the struggles they've faced over the past nine months keeping kids engaged and supported. I have also heard from students, families and staff that being in the classroom – connected to teachers and classmates – has been invaluable.

We know that school is the best place for most students to learn, and for their social and emotional wellbeing. While school doesn't look the same this year, we are all committed to ensuring all students continue to learn and are fully supported.

As we work together to fight COVID-19, we're going to miss our usual ways of connecting with each other over the holidays. I know this will be difficult for all of us, but as Dr. Henry often says, this is for now and not forever. There is light and hope on the horizon with the arrival of the first vaccines in B.C. this week. It's an important reminder for all of us, that the science we learn in school are the building blocks that transform lives.

I wish you all the best as you find meaningful ways to celebrate over the winter break. In the new year, we look forward to having students back in the classroom as we continue to work with all of our partners to provide a safe and healthy school environment for all our students and staff.

Have a safe, healthy and happy holiday season.

Sincerely,

Jennifer Whiteside
Minister of Education

SHULUS GARDENS

Greetings from garden crew. We had a very productive growing season this year.

Vegetables included: Carrots, Broccoli, String Beans, Peas, Beets, Lima beans, Onions variety, swiss chard, spinach, lettuces, tomatoes, cucumbers, cauliflower, potatoes, kale, Brussel sprouts, cabbage, corn, sunflowers, celery, zucchini, marrow squash, pumpkin, spaghetti squash, acorn.



Herbs both fresh and dried varieties included: Basil, Dill, Marjoram, Thyme, sage, parsley, chives, oregano,

Ground Hogs- We had to catch a few ground hogs and relocate them, we had to board up holes under the Sea-Cans and set live traps. I caught two hogs in one cage. They live under the red fire Sea-Can.

Shulus Garden Honey had a lot of fun harvesting honey in September. We tried to have 5 hives but two hives were not successful. But we will double the hives next spring. Busy as Bees!



Weed Management - we were fortunate to have goats come to garden in June, October & November to eat the seed pods, stems and leaves of the knap weed, Hoary Alyssum, Blue Weed, Thistles, and more. Took pictures to show before and after grazed areas. **Good job goats!**

Garden Tours – LNIB School kids came for garden tours in Sept. they picked carrots, celery, marigolds. They saw the beehives, the goat's pens, and all the garden veggies. They will be planting seeds collected during their tour and planting them next spring in their own garden patch.



Pumpkin Contest turned out well, we received photos from several young pumpkin gardeners;
Ethan Joe, Joe McDougal & Kay Swakum



Shulus Garden produce being prepared by the NVIT Culinary Chiefs Program



Produce still available at Shulus Garden includes: **Garlic cloves, Russet & Fingerling Potatoes, Dried Spearmint.**



Thank you to all the volunteers who took your time and energy to help us in one way or another at your community garden. We look forward to gardening with you again.

A Big Thank you to all our Customers. We enjoyed growing pesticide free vegetables for you and we look forward to serving you next growing season.



From: Shulus Community Garden Staff



Pumpkin winners - Joe McDougall, Ethan Joe and Kay Swakum



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

Hén!ekw.



One of the projects completed at the LNIB Culture Center: Tanya Bent and Cory Paul Completed their Baby Board. Can't wait to see the bundle of joy in the New Year!!!



One year and Gina Finally completed her Quilt. Good job!



Kim Petersons beautiful work



Anastasia's completed quilt. Awesome !!



Joe Shuter completed 2 projects: his hunting shirt, and his pair of leather glove. Great Job Joe your determination paid off.



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

We would like to take this time and wish everyone a safe holiday season.

COVID-19 VACCINE INFORMATION



What You Need to Know About the COVID-19 Vaccine

WHAT IS THE COVID-19 VACCINE?

- Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

WHY IS IT IMPORTANT TO GET A COVID VACCINATION?

- Vaccines save lives. Vaccines don't just protect the people getting vaccinated; they protect everyone around them too. The more people in a community who are vaccinated and therefore protected from COVID-19, the harder it is for it to spread.
- Widespread immunization is the best option to protect people in Canada from COVID-19.
- As more people get vaccinated, we can return to activities that haven't been possible during the pandemic.
- The FNHA's Medical Officers strongly recommend that Indigenous people opt to get the vaccine when they are offered one.

WHO WILL GET VACCINATED FIRST?

- Initially, only small quantities of vaccine will be available, requiring that vaccinations take place in a sequenced rollout.
- Health care workers in long-term care homes in Vancouver and the Fraser Valley will be the first to get the Pfizer-BioNTech

vaccine, which requires ultra-cold storage that is only available in a few sites in BC.

- The Moderna vaccine is the next that is expected to be approved by Health Canada. It doesn't have such strict storage requirements so it will be available for administration in long-term care facilities and community settings.
- Other vaccines will also become available in the New Year. Until they are more widely available, the following groups will receive priority:
 - Residents and staff of long-term care and assisted living facilities.
 - Health care workers providing care to COVID-19 patients in settings like intensive care units, COVID-19 medical wards, and emergency departments.
 - First Nations people in rural or remote areas (expected to have access to vaccines in February and March 2021).
 - Older adults. The age requirement for Indigenous adults will be lower than the rest of the population due to a higher rate of health risks and other factors that have affected equitable access to health care. Details are still being finalized.
- Check this page for updates as more vaccines are approved and more supplies become available: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/eligibility>

DECEMBER 16, 2020

HOW DOES THE VACCINE WORK?

- The first COVID-19 vaccines are called messenger RNA (mRNA) vaccines. RNA stands for ribonucleic acid, which is a molecule that provides cells with instructions for making proteins. These vaccines essentially teach our cells how to make the coronavirus's spike protein and trigger an immune response if we become infected with the virus.
- The Pfizer and Moderna mRNA vaccines require two doses to be fully effective. The second dose is administered about three weeks after the first.
- Clinical trials showed a 70 per cent effectiveness rate beginning seven to 10 days after the first dose and a 95 per cent effectiveness rate beginning seven to 10 days after the second dose.
- As with any vaccine, the COVID-19 vaccines may not fully protect all those who receive them.
- Questions remain about how long immunity lasts and whether a vaccinated person can still transmit the disease. Research into these and other questions continues.

IS THE COVID-19 VACCINATION SAFE?

- Vaccines are safe. To ensure vaccines are safe, there are many processes and standards in place.
- In Canada, new vaccines must go through three phases of clinical trials (studies) before being approved for use in the general public. There are hundreds or even thousands of participants who volunteer to participate in the third phase of the clinical trials. These trials provide crucial information on vaccine safety as well as effectiveness. After clinical trials, Health Canada must approve any vaccine before it is used in Canada.
- Before a vaccine is offered in Canada, Health Canada will ensure:

- It's safe
- It works
- There are consistent, high-quality manufacturing processes
- That the benefits of getting the vaccine outweigh the risks of not getting it
- There is strong evidence that the vaccine is safe and works for people 16 years and over - including seniors - and that it is highly effective across age, sex, race and ethnicity.
- COVID-19 vaccines have not yet been tested in people who are under 16 years old, pregnant, or have immune-compromising conditions (e.g., people undergoing chemotherapy). The vaccine isn't recommended for these people at this time.
- As more data becomes available, Health Canada will assess new clinical data, such as evidence to support use in broader populations (e.g., children).
- The vaccine is recommended for people with underlying health conditions, such as diabetes and/or heart disease. This is because people with underlying health conditions are vulnerable to developing a severe illness if they do get coronavirus, and vaccines are the most effective way to prevent that from happening.
- If you had, or may have had, COVID-19 you should still get the vaccine when it's available to you. This is because you may not be immune to the virus that causes COVID-19 and you could get infected again and become sick.

WHAT ARE THE SIDE EFFECTS?

- Only minor side effects were observed in clinical trials, similar to ones you might get from any shots.
- These include pain at injection site, tiredness, headache, muscle pain, chills, joint pain, and fever. These reactions are mild and generally last one to two days.

DECEMBER 16, 2020

- Should you develop any serious symptoms or symptoms that could be an allergic reaction, seek medical attention right away. Symptoms of an allergic reaction include: hives (bumps on the skin that are often very itchy); swelling of the face, tongue or throat; difficulty breathing. This is why you are asked to wait 15 minutes before you leave the clinic after getting a vaccination.
- If you have experienced a serious allergic reaction to another vaccine, drug or food, you should talk to your health professional before you receive the vaccine.
- The vaccine ingredients are published here: <https://covid-vaccine.canada.ca/info/pfizer-biontech-covid-19-vaccine-en.html>
- Vaccines continue to be monitored for safety after they are approved. They are monitored locally, provincial, nationally and globally. If you have an adverse reaction following immunization, it is important you let your immunization provider know.

I STILL FEEL NERVOUS ABOUT THE VACCINE

- Vaccination is a personal choice that most Canadians agree is part of good health and important for prevention of serious disease.
- The COVID vaccine is an option the FNHA's Medical Officers recommend to protect you, your family and your community.
- Feeling worried or hesitant is normal when something is new and it is understandable that some people – especially Indigenous people – may lack trust in the medical system. However, vaccine trials go through rigorous, well-established ethical processes. We can feel assured that vaccines are safe, effective and that they will save lives.
- Reduced access to stable housing, income, clean water and/or health and social services place many Indigenous peoples at higher risk of COVID-19. The COVID-19 vaccine is one way that Indigenous peoples can protect themselves from this virus and build "Community Immunity".

HOW DID WE GET A COVID-19 VACCINE SO FAST?

- Scientists have been able to develop COVID vaccines quickly thanks to high levels of government funding, by sharing information and working together across countries, and building on technology they already use in existing, successful vaccines.
- In addition, groups like Health Canada shortened the bureaucratic processes, for example reviewing data while clinical processes were going on. However, the safety approval processes have not changed. The requirements for safety data in clinical trials are as stringent as ever.

HOW IS THE COVID-19 VACCINE BEING DISTRIBUTED?

- The first vaccine, by Pfizer-BioNTech, is being transported into the province to pre-determined "drop sites" in highly populated areas that have the ultra-cold (less than minus 70 degrees) storage facilities the vaccine needs.
- The vaccine is fragile and can't be moved once it reaches a drop site.
- This may change over time but right now that means people need to go to the vaccine.
- The Moderna vaccine that is expected to be available next has less rigorous storage requirements – about minus 20 – the same as a regular freezer. Other vaccines that are in development can be stored in a fridge.
- These upcoming vaccines will be much easier to transport and store in various locations around the province.
- They will make it possible for vaccines to be brought to people all over the province. There should be no need to travel to a city to get the vaccine.
- The FNHA is working to make sure you can access the vaccine when it is available for you.

DECEMBER 16, 2020

WILL WE BE ABLE TO STOP WEARING MASKS AND OTHER MEASURES TO PROTECT OURSELVES FROM COVID? WILL LIFE GO BACK TO NORMAL?

- Not yet.
- We need to continue to practice all the recommended public health measures even if we've been vaccinated.
- That's because we don't know how long the vaccine will last or whether it prevents us from transmitting the COVID-19 to others, even if we don't have symptoms.
- To stop the spread of the virus, enough people need to be immune either through natural infection or immunization. The World Health Organization estimates that 70 per cent of the population would need to be vaccinated to ensure widespread protection.
- We hope to be able to offer every Canadian a vaccine by the summer.
- An effective vaccine against COVID-19 is another tool in our toolkit and another layer of prevention.

- We need to keep doing the basics because these stop COVID and other diseases too.
- To protect yourself from COVID-19, avoid touching your face and keep your distance (two metres/six feet) from people outside of your household, and wear a mask when you can't maintain that distance (e.g., in a store or transit bus). Stay home when you feel sick, and cover your mouth when coughing or sneezing.

FOR MORE INFORMATION, SEE:

www.fnha.ca/coronavirus

BC Centre for Disease Control:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine>

Government of BC COVID website:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/vaccines>

DECEMBER 16, 2020

CUMULATIVE EFFECTS MANAGEMENT PROGRAM

Economic Development Department

Cumulative Effects Management Program

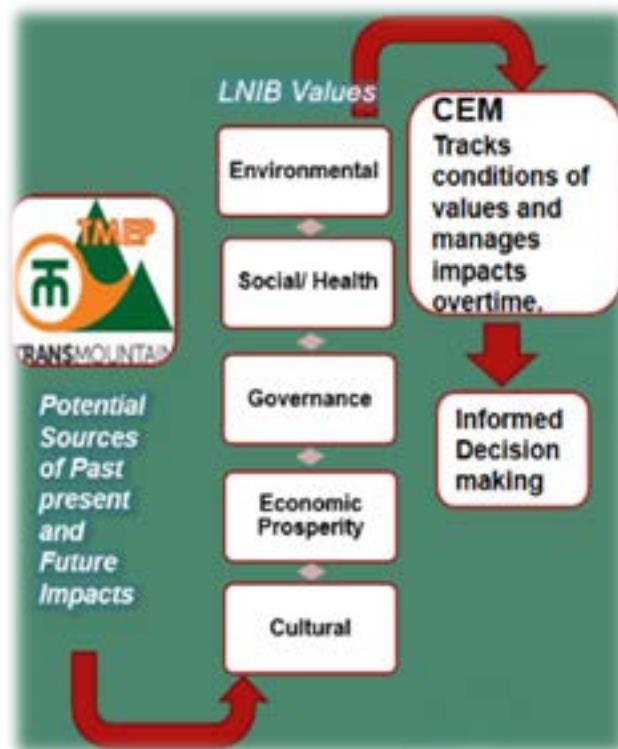


The Cumulative Effects Management (CEM) Program is a resource management system which is being developed to monitor the status of LNIB's values within the Nlak'apamux Traditional Territory; focusing on impacts from the Trans Mountain Expansion Project (TMEP).

Our goals for the program:

- To take a proactive approach to addressing cumulative change.
- To identify community values related TMEP.
- To identify and monitor impacts caused from TMEP.
- To protect, manage and improve values.

The CEM program will track current conditions and manage impacts over time.



Any questions or concerns feel free to contact Marsha Spence at marsha.spence@lnib.net or 250-378-5157.

WELCOME MARSHA SPENCE**Marsha Spence, Cumulative Effects Coordinator**

Happy New Year!

I am excited and grateful, for the opportunity LNIB has given me as the Cumulative Effects Coordinator in the Economic Development Department.

My family history and background makes' me an Nlak'apamux Mother of three, raised in Spences Bridge, BC, with my Mother's side of the family. My Father's family is from the Nooaitch Indian band. I feel privileged and honored to be raised in Nlak'apamux Nation; practicing traditional food gathering, hunting and fishing with my family. This has instilled a deep respect for the natural resources and what they provide us all as interior Indigenous peoples of BC.

I have been working in natural resources for most of my young life. I started in Grade 11 taking forestry and graduated with a high school diploma. Not too long after graduation I enrolled into NVIT and received a diploma in Natural Resources.

My career immediately took off when I started working for a local Forestry company as a Forestry Technician. I worked in several different forestry departments, starting in the planning stages doing mapping, block layout, and timber cruising. Then I transitioned into the Silviculture Department where I managed reforestation, silviculture crews, surveying programs and database management. All in all, I conducted forestry-related work for 10 years.

I initially was hired by the LNIB Economic Development Department as a Cultural Heritage Environmental Technician, where I mostly conducted environmental monitoring and archeology digs. I have since moved into this new opportunity as the Cumulative Effects Coordinator. In this role over the next two years, I will be helping to develop and implement a Cumulative Effects Management Program for LNIB.

Cumulative Effects are changes to the environment or human well-being from past, present, and future development projects and human activities. The development of this new program will involve identifying values, protecting and improving these values, and tracking conditions, while managing impacts over time within the Nlak'apamux Traditional Territory.

My goal is to learn and understand the values and concerns of the LNIB people along with advocating stewardship and protecting these values in our Traditional Territory.

Sincerely,

Marsha Spence

HEALTH

Greetings from the LNIB Homecare staff (Irene, Sheri & Raylene) Goodbye 2020! and we are looking forward to a brighter year in 2021. We hope everyone is doing well and staying safe. Unfortunately, we are not able to provide in home visits but are conducting scheduled in office visits with all COVID-19 safeguards in place. While in home services are not being provided we are networking with other agencies to provide these services. We are still providing meals, foot-care, prescription pickup and delivery, doctor consultations, phone check-ins, Elders luncheons, soup kitchen in to go containers and covid testing by appointment

I have included a relevant resource list for quick access during these trying times which I hope you find beneficial.

LNIB Homecare Services- Due to not providing in house homecare services the LNIB health services work in collaboration with outside agencies. These agencies include Merritt homecare, & Nlakapamx health services. Please be advised these require a referral process through LNIB health services.

Dietician Services- Nicola Valley Hospital dietician contact Jill Starrs
Or dial 811 to speak to a dietician (awesome resource!)
NVH Public Health @ 250-378-3400

Medical Transportation Bus @ 1-888-376-7525 (to book)
(Kamloops) leaves every Tuesday 8:15 pick up @ library arrival 10pm
Departs Kamloops 2:30 pm and returns to Merritt 4pm
(Kelowna) Leaves every Thursday 8:15 pick up @ library arrival 1:30pm
Departs Kelowna 3pm.

Interior Health Hospital Contacts

Aboriginal Patient Navigator– This is a valuable liaison resource for in hospital stays. They will provide the liaison between the doctors & Nurses.

Kamloops Royal Inland APN -Deb Donald @250-319-5420 or Michelle McFarlene @ 250-318-0697

Kelowna General APN- Nicole Big Sorrel Horse @ 250-801-0466

Vernon Jubilee APN- Diana Moar @250-309-9436

Conayt Friendship Center in Merritt (250-378-5107)

Orthopedic Specialists

RowMac Orthopedics located in Kamloops @250-374-5462

Burnaby Orthopedics located in Chilliwack @ 1-604-436-6092

As per scheduled appointment will come to the Merritt region with next visit planned for Jan 2021 (pls. contact Irene Howe @ LNIB Health Services to book an appointment).

Podiatrist – Doctor Lehman located in Kamloops @250-374-7495 (cost 30.00 per visit)

Senior Homes

Nicola Meadows located in Merritt @ 250-378-4254

Florentine- located in Merritt @ 250-378-5300

Coquihalla Gillis -House located in Merritt @ 250-378-3271

Local Pharmacies

Blacks- 250-378-2155

Walmart- 250-315-1371

Pharmasave- 250-378-9238

Extra Foods Drug Store- 250-378-2431

Ask Wellness in Merritt (250-315-0098), info@askwellness.ca

2020 has been a tough year for many of us; we regret the loss of so many loved Elders. Our hearts & prayers are to the families and loved ones of our sadly missed elders:

JFI- John Isaac (fondly remembered for his sense of practicality & good nature)

Willie Hance (fondly remembered for his love of music & warm smile)


Iris Smithers (fondly remembered for her gracious heart and gentle spirit)

Len Stirling (fondly remembered for his story telling & friendly smile)

Bernice Ball- (fondly remembered for her caring & giving spirit)

RoMell Peterson (fondly remembered for his love of family & friendly smile)



First Nations Health Authority	
Interior Region Mental Health and Wellness	
Coronavirus (COVID-19) pandemic	
Mental Health and Substance Misuse Quick Reference List	

Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

- **KUU-US: toll free** 1-800-588-8717
- **Indian Residential School Survivors Society** 1-604-985-4465/toll-free: 1-800-721-0066
- **Tsow-Tun Le Lum Society:** 1-250-268-2463
- **Hope for Wellness Helpline:** 1-855-242-3310
- **Interior Health Crisis Line** 1888-353-2273
- **First Nations and Aboriginal Specific Crisis Line available 24/7**
Toll Free 1-800-588-8717
Youth Line 1-250-723-2040
Adult Line 1-250-723-4050
- **British Columbia Crisis Center** 1-800-784-2433
- **Canadian Mental Health BC Division** 1-800-555-8222

Addictions and Substance Misuse Supports

- Adults Help Line 1-800-663-1441
- Mental Health Substance Use Interior Health 1-888-353-2283

Family / Domestic Violence

- **VictimLinkBC: 1-800-563-0808** (24 Hours) B.C. and Yukon
- **Domestic Violence Help Line 1-800-563-0808** (24 Hour)
- **Kids Help Phone** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234 or text [686868](tel:686868)
- **Seniors Abuse and Information Line (SAIL)** 604-437-1940 | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)

Youth and Children Mental Health and Wellness Supports:

- **Foundry Youth Mental Health Support:** 1-833-308-6379
Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) foundrybc.ca/get-support/virtual
- **Youth in BC online Chat:** 1-604-872-3311

PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week inquiries@pflagcanada.ca www.pflagcanada.ca

FNHA Health Benefits- Mental Health Service 1-855- 550-5454

- For a List of First Nation Health Authority Mental Health and Substance Use/ service providers in your area use link below: <https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- FNH Benefits service provider information: <https://www.fnha.ca/benefits/contact-health-benefits>
- Mental health service providers information: <https://www.fnha.ca/benefits/mental-health>

FNHA Doctor of the Day Clients call 1-855-344-3800

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

- You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry

FNHA First Nations Virtual Substance Use and Psychiatry Service

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

- You can be referred into the program through community health and wellness workers, addictions counsellors, mental health clinicians or counsellors, and medical practitioners.
- You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry

FNHA Traditional Wellness Support Resources:

The Interior Region Nations are rich with Knowledge Keepers to support your Traditional Wellness, should you be unable to connect with a Traditional Wellness resource in your Nation or community please feel free to reach out to:

- FNHA Interior Region Mental Health and Wellness Team Manager
Duanna Johnston Virgo at Phone: 1-250-319-9657 Email: Duanna.Johnston-Virgo@fnha.ca

Or

- FNHA Interior Region Addiction Specialist
Debra Robbins at Phone: 1-778-694-4548 Email: debra.robbsins@fnha.ca

FNHA Health Benefits Transportation for Self- Isolation Call 1-888-305-1505

seven days a week from 8:30 a.m. to 4:30 p.m. Health Benefits Isolation Support team is available to support your self-isolation travel needs

<https://www.fnha.ca/benefits/health-benefits-news/covid-19-guide-to-medical-transportation-benefits-for-self-isolation>

Interior Health Mental Health and Substance Centers in Interior Region:

Our Interior Region Partnership continues with Interior Health to has provided the below lists of resources and links to support for Mental Health and Substance use programs.

List of Mental health and Substance Use Center

<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.asp>

Interior Health and Substance Use Centers				
City	Address	Phone	Hours	Website
Chelan	1000 N. 2nd St. Chelan, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.chelan.org/health-services/mental-health
Colville	1000 N. 2nd St. Colville, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.colville.org/health-services/mental-health
Conance	1000 N. 2nd St. Conance, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.conance.org/health-services/mental-health
Curlew	1000 N. 2nd St. Curlew, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.curlew.org/health-services/mental-health
Dufur	1000 N. 2nd St. Dufur, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.dufur.org/health-services/mental-health
Ellensburg	1000 N. 2nd St. Ellensburg, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.ellensburg.org/health-services/mental-health
Emmet	1000 N. 2nd St. Emmet, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.emmet.org/health-services/mental-health
Granite Falls	1000 N. 2nd St. Granite Falls, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.granitefalls.org/health-services/mental-health
Leavenworth	1000 N. 2nd St. Leavenworth, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.leavenworth.org/health-services/mental-health
Liberty	1000 N. 2nd St. Liberty, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.liberty.org/health-services/mental-health
Logan	1000 N. 2nd St. Logan, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.logan.org/health-services/mental-health
Marathon	1000 N. 2nd St. Marathon, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.marathon.org/health-services/mental-health
Meridian	1000 N. 2nd St. Meridian, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.meridian.org/health-services/mental-health
Minwanna	1000 N. 2nd St. Minwanna, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.minwanna.org/health-services/mental-health
North Bend	1000 N. 2nd St. North Bend, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.northbend.org/health-services/mental-health
Opportunity	1000 N. 2nd St. Opportunity, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.opportunity.org/health-services/mental-health
Palouse	1000 N. 2nd St. Palouse, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.palouse.org/health-services/mental-health
Prosser	1000 N. 2nd St. Prosser, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.prosser.org/health-services/mental-health
Reardan	1000 N. 2nd St. Reardan, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.reardan.org/health-services/mental-health
Shelton	1000 N. 2nd St. Shelton, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.shelton.org/health-services/mental-health
Spokane	1000 N. 2nd St. Spokane, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.spokane.org/health-services/mental-health
Spokane Valley	1000 N. 2nd St. Spokane Valley, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.spokanevalley.org/health-services/mental-health
St. Ignace	1000 N. 2nd St. St. Ignace, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.stignace.org/health-services/mental-health
Union	1000 N. 2nd St. Union, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.union.org/health-services/mental-health
Wahkiakum	1000 N. 2nd St. Wahkiakum, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.wahkiakum.org/health-services/mental-health
Wenatchee	1000 N. 2nd St. Wenatchee, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.wenatchee.org/health-services/mental-health
Wentworth	1000 N. 2nd St. Wentworth, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.wentworth.org/health-services/mental-health
Yakima	1000 N. 2nd St. Yakima, WA 98801	509.682.2222	Mon-Fri 8:30am-5:00pm Sat 9:00am-12:00pm Sun 10:00am-12:00pm	www.yakima.org/health-services/mental-health

Interior Health Opioid Agonist Therapy (OAT) Clinic List:



Within the Interior Health Region

Community	Centre	Address	Contact # to arrange appointment	Clinic Type
Ashcroft	Ashcroft Hospital and Community Centre	700 Ash-Cache Creek Hwy Ashcroft, BC V0K 1A0	250.256.1345	BI
Castlegar	10 th Street clinic	707 10 th St. Castlegar, BC V1N 2H7	250.304.1284	BI
Chase	Chase MHSU	825 Thompson Ave. Chase, BC V0E 1M0	250.679.1390	BI
Cranbrook	East Kootenay Addictions Services (EKAS)	202-1617 Baker St. Cranbrook, BC V1C 1B4	877.489.4344	BI
Cranbrook	Cranbrook MHSU Clinic	20 - 23 rd Ave. South Cranbrook, BC V1C 5V1	250.417.7056	BI
Creston	Creston MHSU	243 - 16 Ave. North Creston, BC V0B 1G0	250.428.8734	BI
Elk Valley <i>Serves Sparwood, Fernie, Elkford</i>	Sparwood MHSU	570 Pine Ave. Sparwood, BC V0B 2G0	250.425.2064 Ext. 68170	BI
Enderby	Enderby Community Health Centre	707 - 3rd Ave. Enderby, BC V0E 1V0	250.838.2450 Ext. 38348	BI
Golden	Golden Medical Clinic	826 9 Ave. South Golden, BC V0A 1H0	250.344.2211	Private
Grand Forks	Boundary MHSU	7441 2 nd Street Grand Forks, BC V0H 1H0	250.442.0330	BI
Invermere	Invermere MHSU	850 - 10th Ave. Invermere, BC V1A 1K0	250.342.2363	BI
Kamloops <i>Also serves Clearwater</i>	Kamloops Rapid Access Addictions Clinic	105 - 220 3rd Ave. Kamloops, BC V2C 3M3	250.374.2345	Private
Kamloops	Interior Chemical Dependency Clinic (ICDC)	239 Lansdowne St. Kamloops, BC V2C 1X8	778.471.6488	Private
Kamloops	Dr. Hancke Decock	694 Seymour St. Kamloops, BC V2C 2H2	778.471.3574	Private
Kelowna	Kelowna MHSU Clinic	505 Doyle Ave. Kelowna, BC V1Y 0C5	250.801.2589	BI
Kelowna	Foundry	100 - 1815 Kirschner Rd. Kelowna, BC V1Y 6G3	250.420.2803	BI
Lillooet	Lillooet MHSU	951 Murray St. Lillooet, BC V0K 1V0	250.256.1345	BI
Lytton	St. Bartholomew's Health Centre	575A Main Street Lytton, BC V0K 1Z0	250.256.1345	BI
Merritt	Nicola Valley Hospital / Health Centre	3451 Voght St. Merritt, BC V1K 1C6	250.378.3401	BI
Nelson <i>Also serves New Denver, Enderby</i>	Nelson MHSU	333 Victoria St. Nelson, BC V1L 4X3	250.505.7271	BI

First Nations Health Authority Interior Region
I tested Positive for COVID -19:
What next for my Mental Health?



Know that you are not alone. These are normal feelings!

THE COVID – 19 pandemic has resulted in many changes.
You might feel like you're no longer in control of things.

Emotions you might feel:

Anger, Shame, Helpless, Embarrassed, Upset, Distraught, Alone, Scared, Anxiety, Overwhelm, Numb, Shock, Fear of engaging with hospital professionals, Trauma Triggers, Isolation, Grief, Loss. **These are normal feelings as you are going through a traumatic experience.**
Remember to be gentle and kind to yourself, and you are not alone. Please reach out for supports.

Physical responses to emotions:

Inability to eat, over-eat, inability to sleep or over sleep, inability to concentrate on work, hypervigilance, desire to use substances or engage in other addictive behaviors

Concerns you might have:

A sense of being socially excluded, judged and stigmatized; Concern about your children's education, well-being and childcare; Worry about losing your job, not being able to work, finances; Fear of being apart from loved ones due to isolation or hospitalization

Social media platforms can deliver negative messaging. Be mindful of the messaging that you engage with, and continue to find trusted resources on COVID-19 through health authorities.

Things you can do to help with emotions and fears:

- | | | | |
|--|-------------------------|------------------------------------|--|
| • Make a safety plan for children, finances, home and work | • Call a trusted friend | • Practice focused, deep breathing | • Art Therapy |
| • Journal your feelings and thoughts | • Read a good book | • Work out – physical exercise | • Ask a friend to bring you traditional medicine |
| | • Take a bath | • Listen to soft music | |
| | • Smudge | | |
| | • Go for walk | | |
| | • Yoga | | |

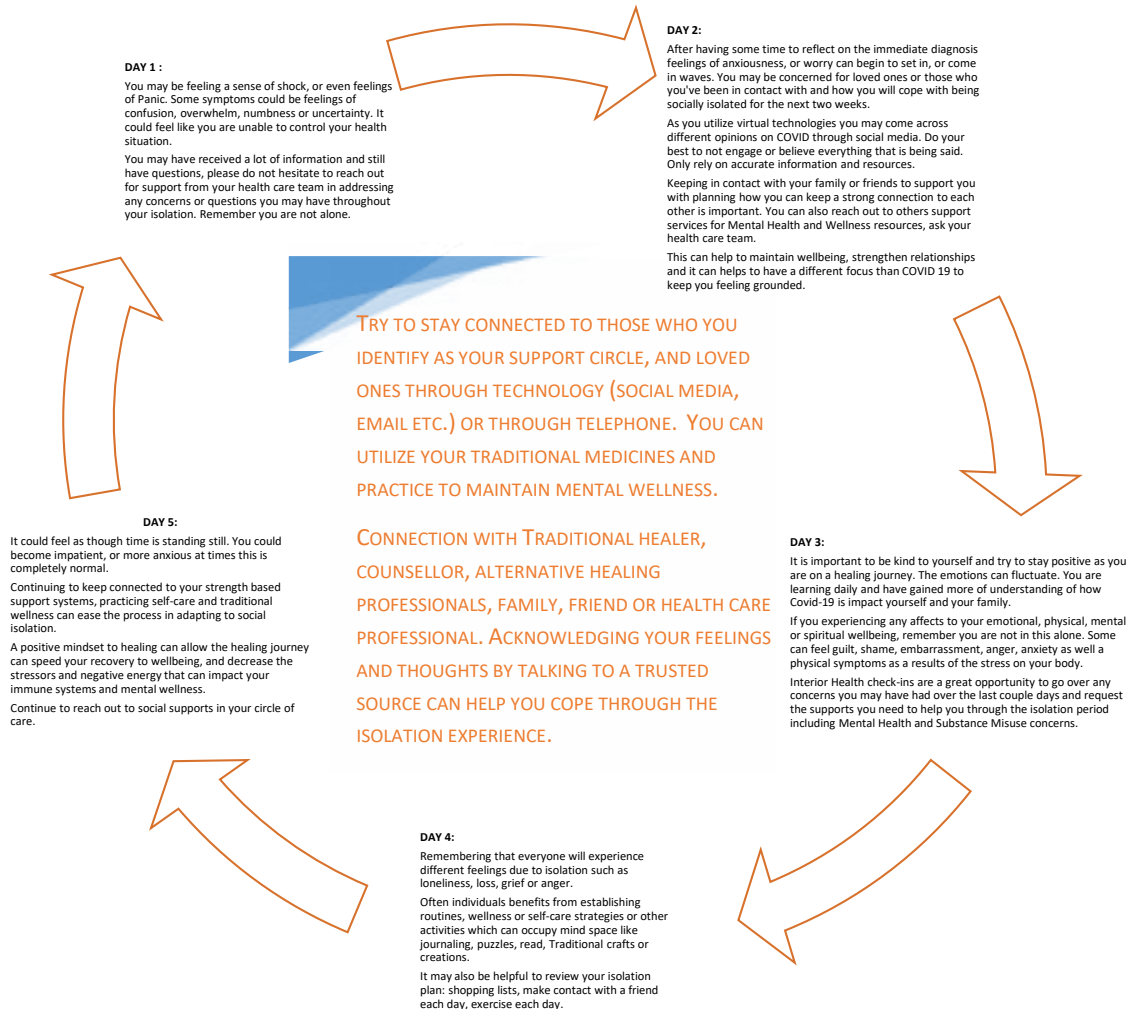
It is important to reach out someone in your support circle like a trusted friend, family member, or someone from your health care team who can connect with you support services. Below are some telephone and online resources you can reach out to.

First Nations and Inuit Hope for Wellness Help
 Line and On-line Counselling Service: Toll-Free: 1-855-242-3310
National Indian Residential School Crisis Line: 1-866-925-4419
Provincial Alcohol and Drug Information Referral
 Service: 1-800-663-1441

FNHA mental health provider: 1-855-550-5454.
 IHA Emergency Crisis Line: 1-888-353-2273
Suicide Prevention: 1-800-SUICIDE (784-2433)
KUU-US (Aboriginal) Crisis Line: 1-800-588-8717
Kid's Help Phone: 1-800-668-6868 or text "CONNECT" 686868
Métis Crisis Line: 1-833-MÉTISBC (638-4722)

Sept 16, 2020

FIRST NATIONS HEALTH AUTHORITY INTERIOR REGION
COVID 19 – CYCLE OF EMOTIONS TO AKNOWLEDGE AND EXPECT FROM ISOLATION



September 16, 2020

Counseling Supports for Chiefs and Community Leaders during COVID-19

As of March 30, Kackaamin Family Development Centre and Tsow-Tun-Le-Lum Treatment Centre (TTLL) are offering direct counseling and cultural support.

Call toll-free **1-888-403-3123** for an initial consultation.

Hours for initial consultation/session are:

MONDAY TO FRIDAY 8am – 8pm

SATURDAY AND SUNDAY 10am – 2pm

Initial consultation will be followed up by a counsellor or cultural support worker as needed, via telephone or other options as available.

Outreach will be coordinated by Nola Jeffrey, executive director of TTLL and George Jeffrey, cultural support worker. Nola and George are supported by 20 cultural support workers and more than 10 counsellors in providing this help to our communities during this pandemic.



NOLA JEFFREY is of Tsimshian and Coast Salish ancestry and is a member of the Eagle Clan. She has worked at Tsow-Tun Le Lum Society for over 18 years, including the past four years as Executive Director.

Nola is deeply committed to supporting First Nations people in their healing journey and believes in working within the framework of First Nations holistic and traditional ceremonies and perspectives of health and wellness.

Nola and her husband, George have been together for over 40 years. Nola has a strong identity as a mother of four, and a Gigi to five beautiful grandchildren.



First Nations
Health Council

fnhc.ca



First Nations Health Authority
Health through wellness

fnha.ca



This service is provided as part of the First Nations Health Director Association's Head to Heart campaign.



First Nations Health Authority
Health through wellness

First Nations Virtual Substance Use and Psychiatry Service

Referral Guide for Health and Wellness Providers

The First Nations Virtual Substance Use and Psychiatry Service provides responsive, quality access to addictions medicine and psychiatry for First Nations people and their family members living in BC (even if those family members are non-status). The service is an additional tool to help build community health team capacity and enhance wholistic, wraparound care closer to home for substance use and mental health challenges.

1. What is the purpose of the First Nations Virtual Substance Use and Psychiatry Service?

1. To provide direct virtual access to addictions and psychiatric care for First Nations people and their families
2. To provide addictions medicine and psychiatry services where every client encounter is aligned with the principles and practices of cultural safety and humility
3. To provide addictions medicine and psychiatry services where collaborative care planning and wraparound care services are integral to all client encounters

2. Who is eligible for the service?

This is a referral-based service and is available at no cost to all First Nations people and their family members living in BC. Clients cannot self-refer to this service and are encouraged to ask a provider in their circle of care for a referral.

Health and wellness providers can also call the service for provider-to-provider consultation to support the needs of complex clients.

Health and wellness providers
call 1-833-456-7655 for assistance

3. Who can refer clients to the service?

Health and wellness providers who can refer clients to the service include, but are not limited to:

- General practitioners
- Nurse practitioners
- Registered Nurses, Licensed Practical Nurses, and Registered Psychiatric Nurses
- Addictions Workers
- Wellness workers
- Traditional medicine specialists
- Mental health counsellors
- Community health reps
- Treatment centre staff

Clients who are living away from home and do not have access to a community health and wellness provider can ask for a referral from the **First Nations Virtual Doctor of the Day** service.

If your role is not listed above and you would like to know if you are eligible to be a referring provider, call 1-833-456-7655

Please note that this service is not intended for supporting response to acute health emergencies. In case of emergency, health and wellness providers should call 911 or access existing emergency service pathways.

Frequently Asked Questions

4. How does it work?

Health and wellness providers call 1-833-456-7655, preferably with the client present. A Medical Office Assistant (MOA) begins the intake process.

If the referring provider is not a general practitioner or nurse practitioner, the MOA will be joined by a Care Coordinator with the First Nations Virtual Substance Use and Psychiatry Service to work through the intake process. The Care Coordinator is a unique and key role to help support intake, assessment, collaborative care planning, education, navigation, and connection to the service in a manner that is culturally safe and trauma informed.

The service is delivered through Zoom for Healthcare at a scheduled time that works for the provider and client. Attending an appointment on Zoom is simple. Clients and providers click the link in the invitation emailed to them by the MOA to launch the appointment.

5. What are the technical requirements for video conferencing?

Providers and clients will need access to a personal computer, laptop, tablet or smartphone. Although most computer devices can launch Zoom, it works best with:

- an internet connection: broadband wired or wireless (3G or 4G/LTE)
- a minimum bandwidth of 600kbps (1.5 Mbps. is recommended). Check internet bandwidth using **Speedtest**
- a device that includes a microphone and a headset/headphone. Plugging in a headset prevents an echo in the Zoom meeting

6. What are the service hours?

- Substance Use / Addictions Medicine: Monday to Friday from 9:30 a.m. - 5:30 p.m.
- Psychiatry: Monday to Friday from 10:00 a.m. - 3:00 p.m.

7. When can I access this service?

The service will be open for referral from community providers starting at **10am on Monday August 24th, 2020.**

8. Why do clients need to attend appointments with their provider?

With the client's consent, the service encourages the referring provider or another community health support person to attend the specialist appointment with the client. This ensures that local knowledge is available to the specialist for care planning and that there is community-based continuity of care for the client.

Clients can work with their care providers to choose a location that works best for them. This may include a private room in a health centre or the client's home. Clients and providers can attend sessions together on Zoom without having to be in the same room.

Things to consider when choosing a location include client comfort and privacy, quality of internet connection, phone service, travel distances and provider schedules.

9. What if a client does not have a computer or internet access?

For reasons related to client safety, all initial consults for this service must be by video. Following the first appointment, specialists prefer to continue with visual appointments; however, phone appointments may be able to be arranged for clients who cannot visit a health centre or do not have easy access to video conferencing, and have consented to have a support person attend for the duration of the call.

**Health and wellness providers
call 1-833-456-7655 for assistance**

YOU CAN HELP OTHERS QUIT SMOKING

A REQUEST TO INTERIOR REGION COMMUNITY MEMBERS

GREETINGS

Hello, my name is Brett Draney and I am Nlaka'pamux from Cooks Ferry Band in Spences Bridge. I am the Tobacco Cessation & Reduction Coordinator for FNHA-Interior Region. I gratefully acknowledge the strength and diversity of everyone in our region—and especially those who have overcome the challenges of commercial tobacco. Your courage to quit and your success in staying tobacco free has positive impacts on those around you. Thank you for making the change and being a leader in your community!

QUITKIT FNHA-Interior Region is in the process of creating a quit tobacco toolkit for community members who want a plan to quit commercial tobacco. QuitKit includes a guide book, journal, and other resources to support the quitting journey. Quitkit will be available in early 2021 for all First Nations in the Interior Region.

WE WOULD LOVE YOUR SUPPORT!

I am humbly reaching out to ask you to inspire others by sharing your experience and insights. Your message will be included in the QuitKit. Your words can help encourage others to make positive changes in their lives.

PRIZES If you choose to share, you will be entered into a draw for two Nike Wellness Bundles worth over \$150 each. Lucky winners will be contacted and prizes will be mailed to you directly.

DRAW DATE Friday, December 18, 2020

HOW CAN I HELP?

STEP 1 Review the questions on pages 2 and 3

STEP 2 Write or email your responses to:

EMAIL brett.draney@fnha.ca



Brett Draney – First Nations Health Authority
520 Chief Eli LaRue Way
Kamloops, BC V2H 1H1

OPTION If you would rather share over the phone, send me an email and we can arrange a time to chat.

Thank you!



QUITKIT QUESTIONS

These are provided as a guide only, there is no need to answer all of them.
Answer only those questions that are meaningful to you and your personal story.

1. What advice would you give someone who is thinking about quitting commercial tobacco?

2. What message would you give people who don't think they can quit?

3. What challenges did you face on your quitting journey?

4. What positive changes came into your life when you quit? Mind, body, spirit, community?

5. What got you through the tough times along your quitting journey?

What did you learn by going through that?

6. Please share anything else about your quit smoking journey.

Why did you quit? When did you quit? How long did it take? Did you make a plan?

7. What is your relationship with traditional tobacco?

How does traditional tobacco support your holistic health and wellness?

CONSENT TO SHARE

I acknowledge that I am voluntarily sharing this information and I give my permission to FNHA-Interior Region to include my answers in the QuitKit and related materials.

Name: _____

Signature: _____

Date: _____

First Nation: _____

Email or phone number: _____



First Nations Health Authority
Health through wellness

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



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

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

Position Title: Social Development Coordinator

Department: Human Services

Hours: 35 hours per week

Start Date: ASAP

Wage: Depends on experience, \$27 to \$30 per hour

Reports to: Director of Human Services

Summary of responsibilities

Performing the duties and responsibilities assigned by the ISC authority in the social development policy and procedures manual. Liaises with other divisions and departments within the organization for the benefit of the clients- Education, Economic Development, Housing, Career Development, Health and Counselling.

Required knowledge, skills and abilities

- Diploma in Social Work or Human Services along with 2 years relevant experience preferable in a First Nation setting providing direct services and financial management. A combination of experience and other related education will be considered.
- Proven ability to lead and work well with other individuals in a team environment to ensure high quality program delivery
- Solid analytical skills required to design and evaluate programs and projects
- Strong oral and written communications
- Strong reporting and writing skills
- Understanding of socio-economic issues that contribute to the social assistance dependency cycle
- Computer literacy, including effective working skills of MS Word, Excel and e-mail required
- Good time management skills
- Ability to maintain a high level of confidentiality regarding client information
- Willing to take training as needed
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Passing of criminal background check required
- Valid drivers' license and reliable transportation
- Ability to speak or willingness to learn the Nlaka'pamux language

Deadline to apply: Posting will remain open until a qualified candidate is found

Apply to: 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 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: 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,
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

250-280-1012

mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com

Catering

Victor York

victoryork@hughes.net

Gourmet coffee supply and distribution

THE BACK PAGE



Well 2020 is all wrapped up! It didn't start out too badly but everyone sure seems anxious to see it go. 2021 isn't starting off too well but hopefully things will improve as the year marches on. I'm not making any resolutions for New Year's - that seems to set one up for failure. Rather I'm taking the time to count my blessings and there are many!

I'm grateful I live in a country that values science and where there is help for its citizens when it's needed.

I'm grateful I live in a community where we look out for each other.

I'm grateful that my husband and all in my family have managed to protect their health.

I'm grateful that I have an interesting and challenging job, and fun co-workers, and I'm grateful for the technology that allows me to work from home when necessary.

I'm grateful that friends we can't meet up with still manage to stay in touch.

I'm grateful for all three of my new fur companions and for the smiles they elicit. I suppose I'm even grateful for the countless cat scratches on my body because they sure help me wake up in the shower every morning.

I'm grateful that I'm OK with being me and still recognizing there's always room to learn more, to improve, to laugh more, to share more.

Wishing you all that's good in 2021 and for the continued strength to deal with the rough spots in life's path.

Ruth Tolerton

