



February 2021 N?e?iyk Spíləxm

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Need help with Zoom or Skype? Don't be shy - give our Communications team a call at 250-378-5157 (business hours) and we'll get connected.



Ice fishing? Please be extra careful to check the depth of the ice. With our fluctuating temperatures the ice is not always what it seems at first glance.



ENVIRONMENTAL FIELD SKILLS TRAINING

Environmental Field Skills (EFS) Training

LNIB is pleased to offer this training to its members sponsored by the Governments of Canada and British Columbia through the Community Workforce Response Grant. The 120-hour (three-week) EFS provides course participants with high-quality, in-demand Environmental Monitoring field skills, including Backpack [Electrofishing Certification](#). EFS 'graduates' are qualified and capable to lead or assist with environmental monitoring and assessment of mining, hydro-electric, oil & gas, forestry, road construction, and other natural resource-related programs and projects.

NRTG's Environmental Field Skills Certificate Program is delivered in partnership with [Nicola Valley Institute of Technology](#) (NVIT), Merritt, B.C. NVIT grants certificates to all successful EFS 'graduates' and provides credits towards completion of their own two-year [Environmental Resources](#) diploma program. **Only 12 Seats Available**

The Program also includes:

- Resume writing 1-day - 8 hours.
- Technical Writing 3-days - 24 hours.
- GPS Orientation 3 days - 24 hours.
- Introduction to Fish Habitat Restoration. 1-day - 8 hours.
- RISC (Resource Information Standards Committee) & CMT (Culturally Modified Tree) Inventory 5-days - 40-hours.



Total Course duration is 6 weeks 240 hours

Participants Must:

- Be Canadian citizens, permanent residents or protected persons entitled to work in Canada.
- Be at least 15 years old.
- Be Indigenous.
- Be unemployed or precariously employed (part-time, seasonal, or casual)
- Be seeking training to become employed or self-employed in the community.
- Have a valid SIN. and cannot be taking part in any other federally or provincially funded training program at the same time as being a part of this one.

Student supports include:

- Transportation
- Child Care
- All necessary PPE
- School supplies
- Lunches

Contact

Steve Wilks
steve.wilks@lnib.net
250-378-5157



KʷÚKʷPI? STU JACKSON

heñte? Band members and Community members. I hope everyone is staying safe and healthy. The first month of our 2021 year has come to an end. It is hard to believe how quickly time is moving. As we continue through our winter season, changes in weather and climate conditions must be always considered. We have had snow fall at varying times this winter and with snow fall comes shoveling and plowing of walkways and driveways. The Band has received numerous

phone calls and complaints of our snow removal program this year. We had situations where the unpredictable snow forecast had compromised our Public Works and Infrastructure Department manpower. I just want to personally commend our snow removal team on a job well done. Council had discussed the snow issue at a recent Council meeting, and we had a very healthy and productive discussion regarding snow removal, prioritization and developing a snow removal plan that will regard safety and accessibility, particularly with our Elders. Another thing that was proposed regarding snow removal was an “Adopt an Elder” program within our community. I think this is a great idea and something to consider. I realize that we live very busy lives and time is valuable, however, if each one of us could set aside just a few minutes (when there is extreme snowfall) to help our neighbors, help our elders and/or anyone that could use support with snow removal would most definitely go a long way. There was a time not so long ago when we as community helped one another when in need. We need to bring back some of these teachings to our youth and our community as whole. I hope that if we get another extreme snow fall this winter that we as a community will get out there and help where necessary. Helping one another will make our community stronger and unified.

The Covid-19 virus is still very much alive in our community. Our Health Services team has been working almost literally around the clock. We need to continue to maintain social distancing, sanitize frequently and wear our masks! Travel should only be essential travel. We need to use good judgment as we fight this Covid-19 fight. We need to be always diligent. There is word out in our community and our neighboring Band's that many of our youth are not following and adhering to the recommended protocols to keep our people safe. We need to continue to educate our people about how serious this pandemic is. People are losing their lives to this virus! We have many elders living in our community that cannot afford

to be exposed to Covid-19!! I, myself personally do not have all the answers on how to maintain and enforce preventative measures for our most vulnerable. What I do know is to follow and respect the required procedures as set out by our provincial and federal health officials. We cannot ease up on our fight. We cannot become complacent. We need to protect ourselves and one another day in and day out. If we do not protect ourselves, how can we help others that may need help if it arises? It is time to buckle down even more than ever before. We need to communicate and work with our front-line workers when warranted. A vaccine is on the horizon, but it is not certain when LNIB will get the vaccine. We need to be ready. I strongly encourage all band members and community members to get in touch with our Human Services Department and begin the communication of whether you want the vaccine. Our health nurses will be reaching out to our elders, but I would suggest not waiting on the nurses. Let us all be proactive and get ourselves ready for when the vaccine comes to our community. We need to do our part to alleviate any stresses as we prepare for vaccination at LNIB. If you have any questions or concerns, please call the Band office at 250-378-5157.

Chief and Council have been meeting regularly and dealing with the normal administrative and governing issues. We are still meeting through skype and I have noticed more and more band members chiming into our meetings, which I think is great. Although skype meetings are not ideal when dealing with governing matters, I think we are doing a great job continuing with our day-to-day responsibilities. I encourage our band members to log into our Chief and Council meetings. If you have any questions on how to access Chief and Council meetings, please contact the band office for instructions.

In closing, I just want to reiterate to all of you to be safe and stay healthy. I realize that we are living in very concerning and in some cases, fearful times. As a community, we need to be strong and diligent. We need to do our part and stay home as much as is possible. We need to check in with our elders daily to ensure their safety and their wellbeing. I hope we all continue to do our best to keep our community safe and healthy. I ask each of you to take care of your families, take care of your friends, but most importantly, take care of yourselves.

k^wuk^wsteyp

k^wúk^wpi? Stu Jackson

EXECUTIVE DIRECTOR



Dear LNIB Members,

I am pleased to present our monthly report for January 2021. Our offices are open provided you have made an appointment in advance. Our office protocols allow 2 people in the office at one time and the office will be sanitized once they leave. 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.

Here are some of the things we are working on:

Annual Report: The 2019-2020 Annual Report is at the printers. As we are unable to schedule an in-person AGM, we are still looking at other options. We will be mailing the Report to our Member households – please remember to keep your contact information up to date.

Human Resources: New employees hired this month include Aaron Moses, Fire Fighter and Charmaine Clarke, Health Center Reception. Welcome Aboard. Current job postings with Lower Nicola Indian Band are Housing Maintenance, Social Development Assistant, Vice Principal and Special Education Assistant, Speech Language Specialist visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

We wish Tony Allen, Deputy Fire Chief and Jonas Lafferty well in all their future endeavours and thank them for their years of service to LNIB.

Committees and Liaisons: Lands Management Advisory Committee met January 11 and 25th. School Board cancelled the January meeting. Finance and Audit Committee met January 26th. All committee meetings are open to the membership. Please contact the band office for details on how to access the meetings.

Community Meetings and Workshops: Workshops and Community Meetings can only take place online given the current Public Health Orders. If you need any assistance with learning or accessing these meetings, please contact our Communications team by call the Band office – speak to Ruth or Terri.

Support to Chief and Council: Chief and Council met January 12th and 19th. Chief and Council appointed Darlene Vallee to the G2G Core Committee as LNIB's representative. Chief and Council passed a motion to approve a budget up to \$21,000.00 to review the Chief and Council Policy Review committee. 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 February 2nd and 16th. Should you require anything on the Chief and Council agenda scheduled for February 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
Jan-21	2	2	2	2	2	2	2	2	2
TOTAL	44	40	41	36	43	41	44	34	39

As of December 23, 2020

A FOND FAREWELL TO PA?IS (JONAS) LAFFERTY AND TONY ALLEN

I would like to announce the retirement of our long time LNIB Assistant Fire Chief Tony Allen and the resignation from the LNIB Housing Department Maintenance team of Pa?cis (Jonas) Lafferty who is leaving for a new opportunity.

Pa?cis started with LNIB in February of 2010 and continually improved and developed his skills particularly working towards a Red Seal Plumber designation. Jonas could always be counted on to fix and repair any maintenance problem any day (or night) in good weather and bad.

Tony first began with LNIB in 2006 providing yearly contracted fire fighter services which included the set up of many of the fire hall procedures and training of most volunteers though the years. Tony particularly enjoyed his interactions on fire preventions with the Band school children.

Both Pa?cis and Tony served the LNIB community faithfully and loyally for several years and we wish them the best of luck as the move into the next stages of their life and career.

LN FIRE DEPARTMENT

Emergency # 911
Non-Emergency # 250-378-5110
Fire Chief # 250-315-3094
Lindsay.tighe@lnib.net
Charlene.joe@lnib.net

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

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

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

Public Education:

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

To operate a fire extinguisher, remember the word **PASS**:

- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
- **A**im low. Point the extinguisher at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side-to-side.

January At A Glance:

- Practices on Monday nights have resumed (COVID protocols in place)

- Congratulate Charlene, Bruce, Aaron, Justin, and Ken for completing the First Responder course
- The Staff are almost finished Level 1 & 2 Firefighter training
- Welcome Aaron Moses to the Fire Department Staff

Aaron has been a volunteer with the fire department since July 2020. In that short period of time, he has completed training in Exterior Operations for Structural Fire Fighters and First Responder. Aaron brings 15 years of Wildland Firefighting experience. He looks forward to connecting and ensuring the safety of the community.



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

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

Your LNIB Fire Department Staff:

Lindsay Tighe, Charlene Joe, Bruce Swakum, Isaac Jackson, & Aaron Moses

Paid on Call Firefighters:

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



CFL Light Bulb Safety

Energy-saving compact fluorescent light bulbs (CFL) are becoming more common in homes and at work. In addition to using less electricity, they also have a positive impact on the global climate. Here are some important safety tips you should know about CFLs.



PURCHASE CFL LIGHT BULBS that have the listing label of a recognized testing laboratory. Light bulbs labeled by a recognized testing lab will ensure that the bulb meets the latest product safety standards.

When a CFL Burns Out

- » When a CFL bulb burns out it may smoke and the plastic base may blacken. This is normal and is not a fire safety issue.
- » CFLs should never be discarded with household trash. The Environmental Protection Agency recommends that consumers use local recycling options for CFLs. Contact your local government or visit epa.gov/cfl/cflrecycling to identify local recycling options.

If a CFL Breaks

CFLs are made of glass and can break. Be careful when removing from packaging and installing or removing from a socket. If a CFL breaks:

- OPEN a window to allow the room to air out for 5–10 minutes.
- People and pets should LEAVE the room.
- TURN OFF forced air heating and/or air conditioning.
- COLLECT broken glass and visible powder using stiff cardboard, tape or a damp paper towel.
- PLACE the debris in a glass jar or a plastic bag in a safe location outside until you can dispose of it.
- CONTACT your local government to find out how to dispose of the debris
- CONTINUE airing out the room for several hours.

NOTE

Consider checking the Consumer Product Safety Commission (cpsc.gov) for recalls of CFLs that may present a fire danger.

FACT

CFL bulbs contain a small trace of **mercury** within the glass. When broken, mercury will immediately dissipate into the air. Concentrations of mercury will likely approach zero in an hour or so.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Name of Organization Here

Contact Information Here

www.nfpa.org/education ©NFPA 2016

Wood & Pellet Stove Safety

As the temperature drops outside, wood and pellet stoves may be fired up inside the home. What you may not realize is that heating equipment is one of the leading causes of home fires during the winter months.

- » Have a QUALIFIED professional install stoves, chimney connectors, and chimneys.
- » Stoves should be listed by a qualified testing laboratory.
- » In wood stoves, burn only DRY, seasoned wood. In pellet stoves, burn only dry, seasoned wood pellets.
- » Have your chimney and stove INSPECTED and cleaned by a certified chimney sweep every fall just before heating season.
- » CLEAN the inside of your stove periodically using a wire brush.
- » Allow ashes to COOL before disposing of them. Place ashes in a covered metal container. Keep the container at least 10 feet away from the home and other buildings.
- » Keep a CLOSE EYE on children whenever a wood or pellet stove is being used. Remind them to stay at least 3 feet away from the stove.
- » Stoves need SPACE. Keep anything that can burn at least 3 feet away from the stove.
- » INSTALL and maintain **carbon monoxide alarms** (CO) outside each sleeping area and on every level of the home. For the best protection, interconnect the CO alarms. When one sounds, they all sound.

SMOKE ALARM SENSE

Install and maintain smoke alarms on EVERY level of your home, outside each separate sleeping area and inside each bedroom. For the best protection, interconnect the alarms.

When one sounds, they all sound. TEST all smoke alarms at least monthly.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Name of Organization

Contact Information Here

www.nfpa.org/education ©NFPA 2016

Electrical Safety

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.



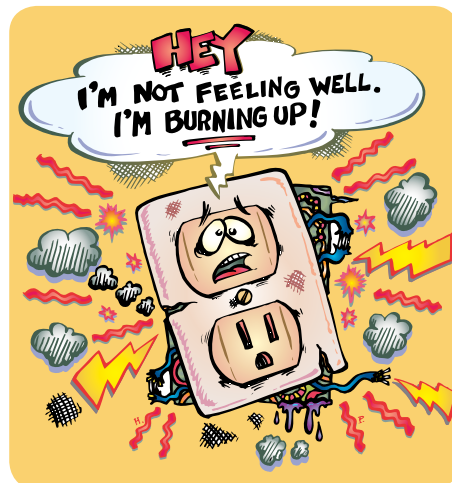
SAFETY TIPS

- Have all electrical work done by a qualified electrician.
- When you are buying or remodeling a home, have it inspected by a qualified private inspector or in accordance with local requirements.
- Only use one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.
- Major appliances (refrigerators, dryers, washers, stoves, air conditioners, microwave ovens, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- Arc-fault circuit interrupters (AFCIs) shut off electricity when a dangerous condition occurs. Consider having them installed in your home.
- Use ground-fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- Test AFCIs and GFCIs once a month according to the manufacturer's recommendations. You do not need a flame to start a fire. Fires can start when heat builds up near things that burn. This can happen when a hot light bulb is near things that burn, such as cloth or paper, or a cord has been placed under a carpet.
- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- Use a light bulb with the right number of watts. There should be a sticker that indicates the right number of watts.

IMPORTANT REMINDER

Call a qualified electrician or your landlord if you have:

- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dimming lights
- Sparks from an outlet



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

Your Logo

LANDS DEPT.



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

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

LANDS UPDATES

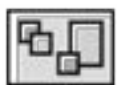


LANDS PORTAL

Lower Nicola Band Members can now view upcoming and past events online using the new Lands Portal. Here, members can access Lands Management Advisory Committee (LMAC) meeting minutes and information. The Lands team has uploaded law draft documents with tracked changes for review, including audio recordings from presentations and discussions that occurred virtually.

Materials for all Lands activities and events are also printed and made available for members to pickup at the Lands office upon request.

Visit the Lands Portal to stay informed on upcoming events. For technical support, contact the Lands team at kristopher.por@lnib.net or visit members.lnib.net



LANDS MANAGEMENT ADVISORY COMMITTEE (LMAC)

Lands Management Advisory Committee (LMAC) meetings are being held virtually and are open to all Lower Nicola Band members. Join in to discuss lands activities and law development!

UPCOMING MEETINGS

Mondays from 4PM – 7PM

FEBRUARY 08 FEBRUARY 22 MARCH 08

Find Lands Management Advisory Committee (LMAC) events on the LNIB calendar 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 community through Land Code. Here is the status of drafted documents under review by the Lands Management Advisory Committee (LMAC).

Business Licensing Law: 1st Review complete

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 Lands Management Advisory Committee (LMAC) meetings, Band members review the law in detail and discuss potential changes.

If you would like to participate in upcoming meetings, email brandi.oflynn@lnib.net



ENVIRONMENTAL MANAGEMENT PLAN (EMP)

With the ratification of the Land Code, LNIB accepts responsibility for governing and managing its reserve lands. This responsibility can be seen as having the following environmental components.

- Protecting community members and reserve ecosystems from environmental harm by controlling human activities and making sure that development and other human activities do not create environmental problems or increase risks.
- Complying with environmental requirements arising from the Land Code. LNIB must have environmental protection and environmental assessment regimes, policies, laws, and other measures to address identified environmental issues.
- Complying with federal environmental laws. LNIB must still abide by provisions of the Fisheries Act, Species at Risk Act, and Migratory Birds Convention Act.

The first environmental management planning presentation was presented to the Lands Management Advisory Committee (LMAC) and the Chief and Council in August 2020. The draft is still under development and it will likely be ready for review in 2021.

If you would like more information, contact brandi.oflynn@lnib.net



SOLID WASTE MANAGEMENT PLAN (SWMP)

The Lands and Infrastructure Departments undertook a project to examine LNIB's solid waste management program with the goal of improving its environmental and financial outcomes. This Solid Waste Management Plan (SWMP) contains recommendations involving residual waste, recycling, composting, other solid waste, education and engagement.

The Solid Waste Management plan was presented to the Lands Management Advisory Committee (LMAC) and the Chief and Council in July 2020.

To view detailed reports and information visit the membership portal online at members.lnib.net or contact brandi.oflynn@lnib.net for printed documents and materials.



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 posted on the membership portal members.lnib.net after being reviewed by the Lands Management Advisory Committee (LMAC).



CANADA MORTGAGE AND HOUSING CORPORATION (CMHC) RENT-TO-OWN AGREEMENTS

The Lands and Housing Departments have been working together over the last year to identify Canada Mortgage and Housing Corporation (CMHC) homes that have been paid in full but have not yet been given a Certificate of Possession (CP).

The Lands and Housing Departments have been able to identify priority order for allotments of the CMHC homes that are eligible to receive a Certificate of Possession (CP) under the LNIB Rental Housing Policy. Next steps will include notifying the members of their eligibility, compiling documents for allotments and scheduling and completing new surveys as needed.

If you would like more information, contact brandi.oflynn@lnib.net



LOWER NICOLA SECURITY

LNIB has partnered with Securiguard to offer a new program of security monitoring within its residential reserves near Merritt. There will be a trained security guard travelling around the reserves in a marked SUV to help monitor issues reported by residents; such as noise and nuisances, illegal dumping, and general safety concerns



CONTACT: **Robert Moses 250 258 4240**

The Lands team is open to hear your thoughts about security on LNIB lands. Contact the Lands team at 250 378 5157 for questions and comments.



MEMBERSHIP & STATUS CARDS

Members who need assistance with membership or status cards please contact Barb Huston or Justice Cisco, Indian Registry Administrators.

All membership enquires and requests can be directed to Barb Huston at barb.huston@lnib.net or Justice Cisco at justice.cisco@lnib.net



WILLS PROJECT

The Lands team is working together 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 update and complete registered wills for elders who are in need.

We hope to continue this project to assist another group of elders during the later part of this year. Lands will continue to examine the most effective methods to assist Lower Nicola Band members with their wills.

More details about this project will be shared soon.



MATRIMONIAL REAL PROPERTY (MRP)

Matrimonial Real Property (MRP) 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 at 250 378 5157



CANNABIS

Cannabis Control and Licensing Act is valid on all LNIB lands. Learn more about cannabis licensing by visiting the link below.

Cannabis Control and Licensing Act
www.bclaws.gov.bc.ca

For more information contact the Lands team at 250 378 5157



LANDS OPEN HOUSE PRIZE WINNERS

The Lands team hosted an Open House event last October where members had a chance to gather at Shulus Hall for presentations and discussions about land activities and projects. Names for door prizes were recently drawn!

Samsung 43" UHD 4K TV
Irwin Mike

Multi-use Pressure Cooker
Angela McIvor

Portable Heater 9000BTU
Leona Antione

At the Bridge Book
Opal Charters

Coleman Xtreme Cooler
Destiny Coutlee

At the Bridge Book
Barb Huston



Thank you all for joining us!

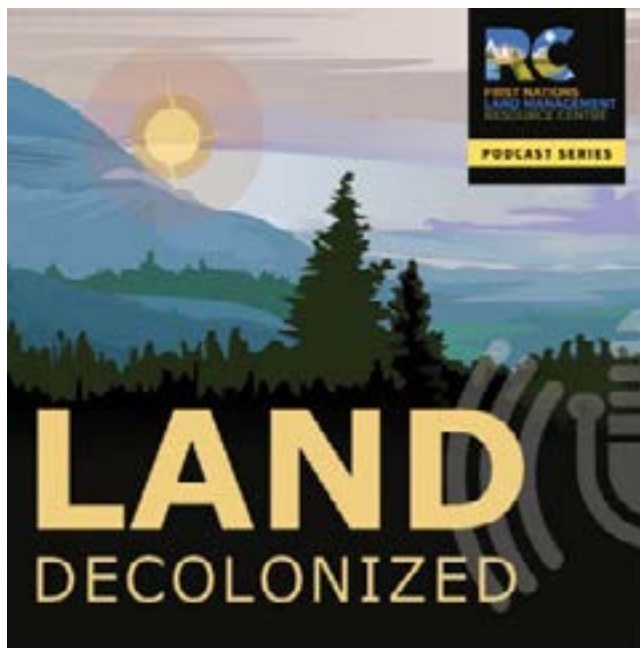
To claim your prize please contact the Lands team at 250 378 5157 so we can arrange a time for you to pickup your prize from the Lands office.



RECOMMENDED LISTENING

Land Decolonized is an Indigenous podcast that explores the practical side of the Framework Agreement on First Nation Land Management. This podcast was created for First Nations communities and anyone interested in learning more about land governance outside of the Indian Act. The Land Decolonized podcast is brought to you by the First Nation Land Management Resource Centre and supported by the First Nation Land Advisory Board.

Available on Apple Podcasts and Spotify.



Land Decolonized

by First Nation Lands Management Resource Centre

Download the podcast for free on you computer, device or tablet. Visit the First Nation Lands Management Resource Centre online at www.labrc.com

WORD SEARCH PUZZLE

Land Code

E	A	I	T	I	E	A	G	A	D	U	E	A	O
S	E	W	R	U	S	E	N	L	N	L	O	L	W
U	N	A	A	S	V	L	I	O	A	A	R	L	N
B	F	T	D	E	T	B	N	C	L	W	B	O	E
D	O	E	I	C	N	N	O	I	D	H	U	T	R
I	R	R	T	I	E	A	Z	N	L	O	S	M	S
V	C	E	I	V	M	T	A	A	E	L	I	E	H
I	E	W	O	R	P	B	G	E	G	D	N	N	I
S	M	O	N	E	O	E	C	N	A	I	E	T	P
I	E	L	A	S	L	N	R	W	B	N	S	R	N
O	N	B	L	L	E	E	E	A	R	G	S	T	E
N	T	V	I	C	V	N	A	S	A	S	W	R	E
L	D	A	I	O	E	V	B	T	G	S	I	C	O
I	R	L	G	N	D	R	N	E	S	E	T	A	R

OWNERSHIP
 DEVELOPMENT
 USE
 WATER
 SUBDIVISION
 HOLDINGS
 BAND
 ILLEGAL
 ENFORCEMENT
 LAND
 BUSINESS
 WASTE
 GOVERN
 ALLOTMENT
 GARBAGE
 TRADITIONAL
 ZONING
 SERVICES
 LOWER
 NICOLA
 LAW
 LICENCE
 RATES

Play this puzzle online at : <https://thewordsearch.com/puzzle/1926767/>

CULTURE REVITALIZATION

Hénłekw.



Ice fishing trout



gathering cedar boughs



gathering fir boughs



Baby cradle board making



beading projects



glove and ribbon shirt making

The trout were given to elders in the valley.

Cedar/juniper/ fir boughs for tea and to boil for air purifying in the home. Lots at culture center if anyone wants some.

Baby boards are ready for members to come in to make their own baby board.

Glove and ribbon shirt projects can be scheduled if members are interested.

Beading sessions can be scheduled first week of February if anyone calls in. limit group to 4.

Decolonization workshop session on Jan 25 went well. Next Session Feb 1st, 5:30 pm call for information.

- Fish spear and arrowhead knapping workshops have been postponed due to Covid.

LOWER NICOLA INDIAN BAND – CULTURE REVITALIZAION DEPARTMENT

Joe Shuter: 250-315-7487

Carole Basil: 250-315-9158

EDUCATION

Lower Nicola Indian Band

February 2021

EDUCATION DEPARTMENT

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

Shane's Submission

I would like to start this month's submission by saying I hope everyone, no matter where you currently reside, is handling all challenges that this global pandemic has created. While the majority of our global population has not tested positive for the virus the reality is most of us is either aware of someone that has or knows someone who was directed by Health Officials to self-isolate due to potential exposures. No matter what the situation is within any of our circles the fact remains we have all been impacted in some way.

While our sector's primary mandate is focused on Education please know you can reach out to us at anytime if you need someone to talk with...we may not have the resources to assist with immediate needs; however, I can assure LNIB Membership that we will exhaust our means to both advocate and find the appropriate avenues if asked. There is a saying "It takes a community to raise a child" and this is equally true for "It takes a community to both support and lift each other in need" and we will make ourselves available to assist where we can to achieve this.

As for news on the Education Trail our team has put together a few of the highlights they have been working on over the past month below, and as for me, I continue serving LNIB in two roles right now as both the Director of Education and the Principal of the LNIB School. While there is no confirmed date indicating when this will change all mandatory deadlines and accountability reports with ISC, Ministry of Education, FNEESC, and LNIB continue to be met in both roles. A few of the current projects that I have been creating and planning to have added to our programs/services are: multipurpose building for sector (counsellors, tutors, meetings); music program for the school, basketball program for the school, and professional mentorship program for the school to name a few. I look forward to sharing the end results of these with you by June.

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



SHARON PARSONS, EDUCATION MANAGER

heñle?

We are a month into a new year, and I think you all are doing a great job working around the hazards of the COVID-19 pandemic.

LNIB Education staff continue to come into the office to provide services to the public. However, to avoid potential contact, we ask that you please call before coming to the office. We will do our best to accommodate you with an appointment or arrange to email, pick up, or drop off documents. Soon a secure drop box will be attached to the outside of our office building.



When the COVID curve starts to level out, Education will work with Power Concepts to get them back into the valley to provide one more 4-week computer training program in March or April. The training will be open to LNIB band members and LNIB staff. We are still in the planning stages, but if you are interested in honing your computer skills please call or email the staff to get your name on the list. More information will be shared as the details are worked out with Power Concepts.

A funding proposal that was submitted to the Ministry of Advanced Education in the fall has been approved. The funding is intended to support band members looking for small warehouse equipment operator training and certifications. Education can also support band members to obtain a commercial level driver's license. If you are interested in a course, give us a call, send us an email, or make an appointment to come in to discuss your plan. Watch for the flyers so you can sign up early.

The high school students will be moving into a new semester at the beginning of February. Considering the circumstances, the school district's staff, parents and students have been navigating through this year like a heavy fog, planning the best they can without knowing what is up ahead. Although it has been challenging, LNIB Education has been working with SD staff and families to ensure students have the supports they need to have a successful year. Please contact me to talk about your student.

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

Until next time, Humelth

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



Happy New Year Everyone,

I hope January was not too stressful for everyone.

With Valentines Day in February, I hope you all can find a way to safely celebrate with your loved ones.

Congratulation to PSE Grads

Kasey Stirling- SFU - Bachelor of Science,

Vanda Wrede- UVic - Bachelor of Arts,

Megan Howe- OK College- LPN,

Keneesha Joe- UBC- Access Studies Certificate

Congratulations to Kristina Walker for being a recipient of the New Relationship Trust Fund Scholarship.

To all grade 11 and 12 students: If you are thinking of continuing with your education and enrolling in a Post-Secondary Institution, please take the time to call or email Dave Anderson at MSS (dandersen@sd58.bc.ca, 250-378-5131 or Jennifer Lisle at NVIT (jlisle@nvit.bc.ca, 250-378-3365, regarding information on transitioning into Post-Secondary. They will have very valuable information for you and your family about NVIT or any other institution you might be interested in attending.

Our office is open by appointment only. If there is any type of training or online courses you would like to take, please email, or give our office a call and make an appointment to come to the office, 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

gail.larochelle@lnib.net

Phone: 250-378-5157

LNIB EDUCATION DEPARTMENT



rhonda.dunn@lnib.net



(250)378-5157

2160 SETTLERS ROAD
HWY 8



RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

It is the month of February and it is a time to check on our health do we need to spend more time away from electronics and go for walks with the family/friend or dog. Its important for our mental health plus it is fun!

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 is 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.

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

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

JENN JOHNSON, EDUCATION ASSISTANT

Greetings everyone! My name is Jenn Johnson, I have been an Education Assistant for the Lower Nicola Indian Band Education department for almost 3 months now, and I am excited to share with you what I have been able to assist with and how it is going this month.

January has been a great start to the new year! Because of everyone's continued efforts in keeping a safe and clean environment we can continue with our skating program at the Shulus arena. Our hockey program resumed after the Christmas break with students progressing quickly from being able to put on their own hockey gear, to being able to balance on their own with the use of a hockey stick instead of a chair, to skating and stopping. Approximately 86 students, 6 classes, take part in the hockey program. The students also have been learning how to tighten and loosen skates on their own (with the assistance from an adult if required).

In January we started doing more challenging hockey drills using cones, foam mats and hockey sticks to create an obstacle course. The students understand the drill and maneuver around each obstacle. The students are enjoying more of a challenge now that they are more confident skating. We have also started to do drills that build up to playing a hockey game. This month we brought out the hockey nets to practice shooting the puck with a person in net and without a person in net.

It has been incredible to see the progression in the students this month. There were approximately 2-3 students per class needing extra help and one on one training, which is now down to about 1 student per class if that! I am proud of all the hard work the students have put in to be at the level of skating they are, and I look forward to continuing to watch them progress until the end of the skating program, which is February 19th, 2021.

If you have any questions about the program, you can call or email myself, Jenn Johnson, and I would be happy to answer them. Until then, enjoy your day!

LITTLE STARS HEADSTART

February



What We're Learning!

This month we will be talking about Valentine's Day. Our shape for the month is a heart and our colour is pink. The perfect combination for Valentine's Day! We will be focusing on the numbers 6 and 7 and the letters P, Q, R, S

Upcoming Events



Feb 2nd - Ground Hogs Day

Feb 11th - Valentines Day class Party

Feb 15th – Family Day (No School)

Like Us On Facebook
"Little Stars Head Start"



Monthly News



We will be starting our new class schedules on February 1st. Unfortunately, we can not accept any Valentines goodies or cards. We will provide cards for your littles to hand out.

BAND SCHOOL

February Newsletter

2021

Lower Nicola Band School

On behalf of all staff here at the school we hope January has been as good of a start to 2021 as it could be under the circumstances of a global pandemic. We know it has been a difficult journey for some and our thoughts are with those who are directly impacted by the challenges the pandemic has influenced. We want everyone to know we have made every effort to keep school as normal as possible for students and will continue to keep this a priority each day.

As most of you already know from our weekly Facebook Posts we have had an exciting start to 2021: those in skating/hockey program has made significant progress since the program started in the fall; new literacy and numeracy initiatives at the school are being implemented; a full week dedicated to "hats"; snowshoeing around the school property; a student's artwork recognized in local newspaper; and a bus load of students/staff taking learning to the land for a day of ice-fishing. There is of course many other happenings that take place on a daily bases and I encourage everyone to ask their child what they did each day as I'm sure they all will have a highlight they enjoyed.

One last note to share is a reminder of February being a short month for in-class instruction. Please remember to highlight Friday February 12th (Pro-D) and Monday February 15th (Family Day BC Holiday) making it a 4-day weekend for students.

Angie is still on leave, and as such, if you require any assistance related to either school programs/services or your child's academic progress please reach out to me anytime for assistance. My direct contact information is 236.575.2135 or Shane.Coutlee@lnib.net

Have A Great February Everyone!

Shane Coutlee -- LNIB Director of Education

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

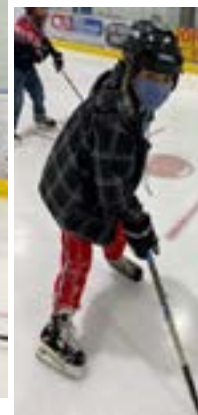
Teachers:

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 Toodlican

Phone: 250.378.5527



Check out our new Hockey gear! Mrs., Haller's grade 4/5 class was so excited to learn how to put on their new hockey gear. Comments such as, "I have wanted to learn how to play hockey for so long." "Now I have gear, and I'm so happy." My students are so excited and have grins from ear to ear when it's time to practice their hockey skills.



Making cereal box Cowboy Hats!!!

BOOKS! BOOKS! BOOKS!

All LNIB Students were gifted a book. Thank you, Miss.Sterling & Mr.Coutlee.

From all the students here at the School

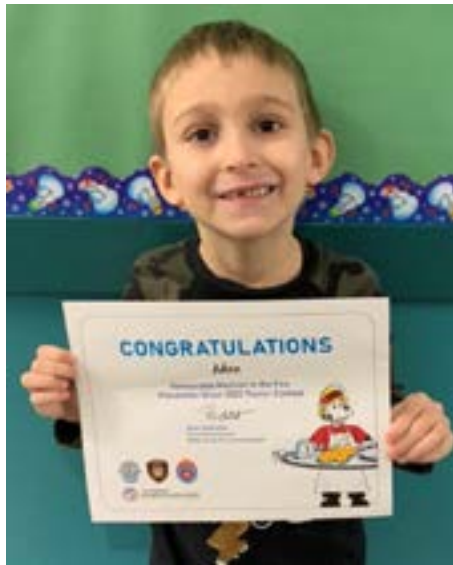




Ice fishing and snow shoeing trip to Mameet Lake.

Our students had a blast learning to ice fish. James taught Mrs. Haller's 4/5 class to put a weight, hook and worm onto their fishing stick he made for them the previous day. The kids also learned about the four different types of fish that live in Mameet which are rainbow trout, northern pikeminnow, largemouth sucker and peamouth chub. Rylan was overjoyed when he landed a largemouth sucker.

Thank you to Mike for going over some very important snowshoeing survival procedures and teaching our students how to put on snowshoes and how to walk in them properly.



Congratulations Aden Bangham. This year, Fire Prevention week, (October 4 to 10, 2020) aimed to educate people about the simple but important things they can do to keep themselves and those around them safe from fire in their kitchens and homes. Students from grade 1 and 2 submitted pictures they drew to the BC Fire Association Contest and Aden Bangham won Honorable Mention for his Fire Prevention poster. He received a personalized certificate and \$35.00 gift card.

On the week of January 18th-22nd, we had Spirt week. It was nice to see all the different hats that students and staff wore during the week. Thank you to all that participated. Check out the February calendar for the next Spirit week activities.





SCHOOL CALENDAR



FEBRUARY 2021

Absolutely NO NUTS
and NO
Peanut Butter



Mon	Tue	Wed	Thu	Fri
1 Broccoli soup & bun	2 Meatball sub	3 Mac & cheese + salmon roll	4 Stir fry	5 Corn dogs
8 Potato soup + bun	9 Breakfast Casserole	10 Mexi fries	11 Dill pickle soup & bun	12 PRO D DAY NO SCHOOL
15 NO SCHOOL FAMILY DAY	16 Bologna + cheese Sandwich	17 Loaded chicken Caesar salad	18 Pizza roll up	19 Hero sub
22 Lasagna soup + bun	23 Indian tacos	24 Ziti pasta bake	25 Bacon cheddar Ranch wrap	26 Beef barley soup + bun
				happy Valentine's day
				100 DAYS

SHULUS FOREST ENTERPRISES

Shulus Forest Enterprises Taking Care of Our Lands

One of the projects taken on by LNIBDC's company Shulus Forest Enterprises, is the Legacy Dump clean up. This project was initiated by LNIB's Lands department, and the goal is to clean up all the areas on reserve that were used for unauthorized garbage dumping. The areas in need of cleanup have been used for unauthorized dumping of garbage for 20 years or more. The cleanup crew was managed by Operations Supervisor Jonathan Holmes and crew members included Site Supervisor Roxanne McKinnon, Machine Operator Joshua Dick, Cultural Monitor Craig Shintah and Dump Truck Driver Janice Joe. From now on there will be cameras installed to monitor the sites and make sure there is no further dumping. The crews are proud to be working on this project and taking care of the LNIB Lands.



LNIB HOMECARE

LNIB Homecare (Irene Howe, Sheri Daw, Raylene Humphrey)

Please note we may not be providing in house visits but are very much involved with our homecare client's needs. Through active case management (stat data entry, discharge planning, multidisciplinary team case reviews/ support , on- going nursing webinars and on-line training), footcare services, soup kitchen and phone call check-ins.

Due to all the current COVID-19 news, I thought it would be nice to take a break from the current situation and focus on something positive. Therefore , I have included an elder story and wish to showcase an elder within our community each month

If interested, in sharing your story please contact Irene Howe @ 250-378-7340

Getting to Know Our Elders

(Lorna Sterling)

Lorna Sterling grew up carefree in the village of Toketic (Spencer's Bridge region) – born to Jacob and Mary Anderson - her father Jacob was adopted by Bill Anderson after he lost both of his parents to the 1819 pandemic.

Lorna's mother Mary was well-known for her handicraft in making buckskins – she made hundreds to sell. Mary was also skilled at knitting, crocheting, and sewing – these skills were passed on to Lorna. Mary could often be heard telling her daughter, "Don't you dare sit down", thus Lorna grew up to be well-disciplined and talented like her mother.

Lorna's disciplined upbringing found her working by the age of 15, at the Tuberculosis Sanatorium in Cotaletza – where she was a nurse's aide for 2 years.

One fine evening, at a local dance, Lorna was to meet her future husband, Fred Sterling, who was playing the guitar in a rock n roll band. They would later marry in 1960 and would raise 5 beautiful daughters and one son.

With Lorna's skills passed from her mother, she would make all her own children's school clothes; still finding the time to make buckskin jackets and knitted native sweaters to sell and help support her family In the 1970s found Lorna driving school bus (10 years) for the Lower Nicola Indian Band school located in Shulus. As a true entrepreneur, Lorna has sold Avon for over 26 years and continues to do so today.

For recreation Lorna could be found bowling or playing baseball. Lorna was a star pitcher for a local ladies' fastball team called Navarino's. She helped them win many trophies throughout the province and their team would land at the Canadian Championships in Toronto.

Whether Lorna is working or playing – she has always worked hard and been successful at all she has done. She is a true inspiration to us all!

LORNA STERLING



Lorna Sterling



VACCINE SIGN UP

VACCINE SIGN UP

Please Call Us

DATE | TIME

UNKNOWN

PLACE

UNKNOWN



- As many of you are aware, the Moderna Vaccine has arrived at many Rural and Remote First Nations locations.
- As of right now, we do not know when or how many vaccines LNIB will be receiving.
- When they do arrive, they will only be available for 2-3 days.
- All unused vaccines will then ship to another community.
- All community members 18 and over are eligible to receive.
- We will call to let you know what time slots are available when we know more about arrival times and support staff numbers.
- All must be able to make their appointments.

I am aware that there are people that do not wish to receive the vaccine and that is a personal choice, and we all accept your personal life choices 100%.

What I am asking is the people who want the vaccine to call and put themselves on our list so that we know how many days we are going to set up for how many support staff we are going to need.

WE WOULD LIKE A LIST OF HOW MANY PEOPLE WANT THE VACCINE.

Please Call Rainbow Acoby (236) 575-2099, or Irene Howe (236) 575-2092 and leave message with Name and Phone Number.

Special Note: When coming to your appointment you **MUST** have your **Care Card** with you. Your personal files will not be on hand to look up your personal information.

IMMUNOCOMPROMISED? Please Notify your Physician right away and get a prescription **before** you come for vaccine.

COVID-19 VACCINE FACTS



First Nations Health Authority
Health through wellness

What You Need to Know About the COVID-19 Vaccine

What is the COVID-19 vaccine?

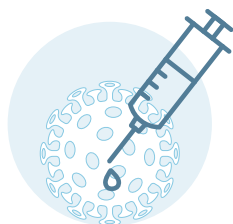
- Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

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 are 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 was approved by Health Canada Dec. 23, 2020 and will start going out to communities the week of Dec 28. It doesn't have such strict storage requirements so it will be suitable 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.



The facts about COVID-19 Vaccines



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.

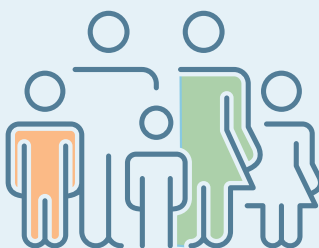
WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK



COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECTING FIRST NATIONS PEOPLE IS A PRIORITY



COVID-19 vaccines began rolling out to First Nations in BC at the end of December, 2020, and will be made more widely available over the next few months. The FNHA's Medical Officers strongly recommend that First Nations people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures.

**STAY STRONG,
STAY THE COURSE.**

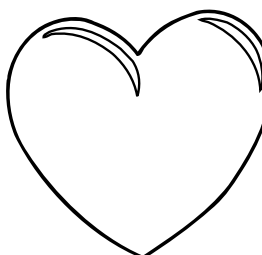
For more information, visit www.fnha.ca

Revised Dec. 30, 2020

COVID-19 Immunization Plan			
Phase 1	Phase 2	Phase 3	Phase 4
Dec 2020-Feb 2021	Feb-March 2021	April-June 2021	July-Sept 2021
High-risk population		General population	
<ul style="list-style-type: none">Residents, staff, and essential visitors to long-term care and assisted livingIndividuals assessed for/awaiting long-term careHospital health care workers who may provide care for COVID-19 patientsRemote and isolated Indigenous communities	<ul style="list-style-type: none">Seniors aged 80+ who are not yet immunizedIndigenous seniors aged 65+. Elders, and additional communities not yet immunizedHospital staff, community GPs and medical specialists not yet immunizedVulnerable populations in select congregated settingsStaff in community home support and nursing services for seniors	<p>People aged 79 to 60, in five year increments:</p> <ul style="list-style-type: none">79 to 7574 to 7069 to 6564 to 60People aged 69 to 16 who are clinically extremely vulnerable	<p>People aged 59 to 18, in five year increments:</p> <ul style="list-style-type: none">59 to 5554 to 5049 to 4544 to 4039 to 3534 to 3029 to 2524 to 18
<p>Once more vaccines are approved/available, people 64 to 18 yrs who are front-line essential workers or work in specific workplaces/industries may be included later in Phase 3.</p>			
The timeline for BC's COVID-19 Immunization Plan may change based on vaccine availability.			COVID-19 IN BC



Sparky® is a registered trademark of the NFPA.
For more fun and games visit www.sparky.org.


 Happy
 Valentine's
 Day!

PUBLIC HEALTH OFFICER ORDER

Public Health Officer order on Province-Wide Restrictions

The order is in effect from November 19, 2020 at midnight to February 5, 2021 at midnight.

Social gatherings

No social gatherings of **any size** at your residence with anyone other than your household or core bubble. For example:

- Do not invite friends or extended family to your household
- Do not host gathering outdoors
- Do not gather in your backyard
- Do not have playdates for children

Core bubble

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling.

For example:

- If you have a rental suite in your home, the suite is a separate household
- If you live in an apartment or house with roommates, you are all members of the same household

For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household.

Drive-in events

Drive-in events may proceed with a limited number of people. Drive-in events can have a maximum of 50 cars in attendance. People must stay in their cars. Drive-in events must have a COVID-19 Safety Plan in place.

Examples of drive-in events:

- Religious services

Drop-off events

Drop-off events may proceed with a COVID-19 Safety Plan in place.

Examples of drop-off events:

- Fundraisers

- Toy drives

All drive-in and drop-off events must:

- Maintain physical distancing
- Control the entry and exit points
- Avoid congestion of cars and congregating of people

Funerals, weddings, and baptisms

May proceed with a limited number of people and a COVID-19 Safety Plan in place. You can have a maximum of 10 people attend, including the officiant.

Receptions associated with funerals, weddings or baptisms are not allowed at any location, that includes:

- Inside or outside homes
- Any public or community-based venues

Meals for people in need

May proceed with a limited number of people and a COVID-19 Safety Plan in place. You can have a maximum of 50 people in attendance. This includes:

- Soup kitchens
- Meals at shelters
- Charities offering meals

Pre-packaged meals are the best option to limit gatherings inside a dining area.

Workplace

Employers must review and redouble their efforts on their COVID-19 Safety Plan, remind employees to monitor themselves daily and to always stay home if they have symptoms.

Employers must make every effort to provide work from home options.

- Workplaces must ensure that all workers and customers maintain appropriate physical distance and extra care should be taken in small office spaces, break rooms and kitchens

A daily health check should already be included in every business's existing COVID-19 Safety Plan.

Coparenting and supporting those in isolation

For those who parent from separate households or rely on a family member or close friends for support with things like picking up children after school or delivering essential items like mail, medication or groceries, these activities can continue.

Allowed activities

These activities are not considered a social gathering:

- Going for a walk. You must make sure a walk does not turn into a group of people meeting outside
- Parents carpooling kids to and from school
- Grandparents providing childcare
- Public pools and public skating rinks, when not associated with an event, are allowed to continue to operate with a COVID-19 Safety Plan

Retail and vending markets

By order of the PHO, retail businesses are required to:

- Establish capacity limits based on 5 square metres of unencumbered space per person
- Post occupancy limits
- Where practical, post directional signs to keep people moving in the same direction and not congregating

Restaurants, pubs, and bars

You must wear a mask when not at a table. Events are no longer allowed. Restaurants, pubs, and bars can continue to operate if they have a COVID-19 Safety Plan and employee protocols in place.

- Remember, a maximum of six people at a table and no moving between tables

WorkSafeBC will be conducting inspections to verify that COVID-19 Safety Plans remain effective. Establishments that are noncompliant with plan requirements may face orders and fines, and possible referral to public health which may result in a closure order.

Fitness centres, studios, exercise, and gyms

By order of the PHO, restrictions are in place for indoor group exercise. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

High intensity group exercise

Businesses, recreation centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HIIT)

High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people.

Low intensity group exercise

Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities may resume activities providing they follow the guidelines.

An updated COVID-19 Safety Plan using the guidelines should be posted clearly at the facility for everyone to follow. Health authority approval to re-open is not required but safety inspections continue regularly. Low intensity group exercise does not cause a sustained and accelerated rate of breathing and does not involve close contact with other people. These include:

- Yoga (Hatha)
- Low intensity exercise machines and cardio equipment
- Pilates
- Light weightlifting
- Stretching
- Tai-Chi
- Low intensity Barre classes

Gyms and recreation facilities

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

Sports and extracurricular activities

By order of the PHO, restrictions are in place for adult and youth indoor and outdoor team sports. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

Adult indoor and outdoor team sports

<ul style="list-style-type: none"> • Basketball • Cheerleading • Combat sports • Floor hockey • Floor ringette • Road hockey • Ice hockey • Ringette 	<ul style="list-style-type: none"> • Lacrosse • Hockey • Ultimate • Rugby • Football • Baseball • Softball 	<ul style="list-style-type: none"> • Martial arts • Netball • Team skating • Soccer • Volleyball • Indoor bowling • Lawn bowling • Curling
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Indoor and outdoor team sports for people 22 years of age and older are suspended. These include:

While restrictions are currently in place related to adult team sports, some indoor and outdoor sports and activities are permitted with a reduced number of participants:

- Two people may engage in indoor sports with one another
- Four people may engage in outdoor sports with one another

In both cases, participants must maintain 3 metres distance from one another unless everyone lives in the same private residence.

Youth indoor and outdoor team sports

All organized indoor and outdoor sports for people 21 years of age and younger must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

- Individual drills and modified training activities can continue
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

All indoor and outdoor team sports for people 22 years of age and older are suspended.

Spectators

Under the order, no spectators are allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

Travel for sport

Travel to, from and between communities for athletic activities like games, competitions, training, and practice is prohibited. However, athletes can travel to their home club if their home club is outside of their immediate community. For example:

- A figure skater who lives in the Vancouver Coastal Health region but trains at their home club in Burnaby
- A soccer player who lives in the Fraser Health region but trains at their home club in Vancouver

Sport exemptions

High Performance athletes are now excluded from the adult sport prohibition, so they can travel and train together, and compete, but must still follow COVID-19 safety plans.

To qualify as a high-performance athlete, you must be:

- Identified by the Canadian Sports Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization
- Continuing to follow the safety guidelines of your provincial sports organization

Youth extracurricular activities

<ul style="list-style-type: none">• Educational programs• Music• Art	<ul style="list-style-type: none">• Dance• Drama	<ul style="list-style-type: none">• Outdoor exercise• Recreational programs
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Structured extracurricular activities and programs for people 21 years of age and younger can continue to operate with a COVID-19 Safety Plan in place and must be supervised by an adult. These include:

Under the order, performances, recitals and demonstrations are not allowed.

Mask requirements in public indoor settings

As outlined in the mask mandate order, masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12
- People who need to remove their masks to communicate due to a hearing impairment

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses, hospitals, and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs, and bars when not seated at a table
- Sport or fitness facilities when not working out

Mask enforcement

You are subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

Masks at workplaces and shared living areas

It is strongly recommended that masks be worn in the following areas:

- **Common areas in apartment buildings and condos, including:**
 - Elevators
 - Hallways
 - Lobbies
 - Stairwells
- **Shared indoor workplace spaces, including:**
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms

Travel advisory

At this time, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province. For example:

- Do not travel for a vacation
- Do not travel to visit friends or family outside of your household or core bubble

What is essential travel?

Individual circumstances may affect whether a trip is considered essential or non-essential. Essential travel within B.C. includes:

- Regular travel for work within your region
- Travel for things like medical appointments and hospital visits

For example, if you live in Vancouver and work in Surrey you can continue to commute.

If you need to travel for essential reasons, take the same health and safety precautions you do at home.

- Wash your hands often
- Practice safe distancing, 2 m

- Travel only with yourself, household or pandemic bubble
- Stick to the outdoors whenever possible
- Clean spaces often
- Wear a mask in indoor spaces

First Nations communities

Many First Nations have declared a state of emergency for their communities and enacted COVID-19 community protection by-laws including travel bans for non-residents and non-essential visitors. It is important to respect these restrictions in addition to the province-wide travel advisory.

Travel for mountain sports

Ski and snowboard at your local mountains. For example, if you live in Vancouver, you should ski at Cypress, Grouse or Mt. Seymour.

Coming from outside of B.C.

At this time, people travelling to B.C. from another province or territory within Canada should only come for essential reasons. If you do travel, you are expected to follow the same travel guidelines as everyone else in B.C.

International travelers returning to B.C. are required by law to self-quarantine for 14 days and complete the federal ArriveCAN application.

- All air passengers five years of age or older will be required to test negative for COVID-19 before travelling from another country to Canada. Anyone who receives a negative test result and is authorized to enter Canada must still complete the mandatory 14-day quarantine
- Review federal testing requirements for air travellers

The restriction of all non-essential travel at the Canada-U.S. border remains in effect.

- Travelers to and from the United States going to and from Alaska must proceed directly to their destination and self-isolate during any necessary overnight stops

Flights to and from B.C.

The order does not restrict flights entering and leaving B.C.

Enforcement

COVID FATIGUE AND THE POWER OF LOVE

As my grandmother told me, “I know this feels so hard right now but it will not feel this way forever.”

Do you ever feel like you're so tired of everything? When we carry stress for too long without having reasonable relief or endpoints in sight, our bodies can experience a brown-out type of state. Brown-out is a state of 70% living. Our new max has shifted from 100% on some days to 70%. This is a normal experience so not a need for alarm but attention and care are important. We might feel tired but can't sleep; grumpy but don't want anyone to help us; and all we want to do is listen to angry music at max volume or binge watch anything and everything. We don't have sleepy Wednesdays anymore – they have literally taken over every day.

If you've been feeling this way on more days than not, it's possible that the seemingly never-ending stress and uncertainty of COVID has simply been going on too long for our minds and bodies to function in a steady, normal manner. After all, this duration for covid restrictions is not normal. Of course, logically, that means we must begin to take care of ourselves outside of the normal levels too.

Here's the thing: It's not just COVID fatigue — it's COVID fatigue PLUS daily stress and situational struggles. When our capacity to carry weight is 100 and we load ourselves up to 90 each day, it only takes small things to bump us above our limit. Not only that but our ability to relax is reduced because we hold the 90/100 tension in our bodies every day and even though we can do it slowly builds up as an “expected” thing we MUST do, SHOULD do. This leads us to make decisions differently. We begin to make decisions about daily life that become about reducing daily task demand. We might bump appointments, shuffle our workload due dates, put off housecleaning

or cooking, or extend our evening tv show into 3 tv shows per night. These do help but only in the moment because we know the work is still there to do; the next day with it's due dates is still coming.

So how can we make things better for ourselves when we are so tired of being tired?!? The answers we can come up with will vary depending on who we are. First, we take stock. We know that we are free people with free choices and empowerment about our lives. We know that 100% empowerment is a myth, so we are not facing anything new in that regard. So where does that leave us? Our challenge – each person and every person - is to live on purpose, focusing on what we can do, instead of allowing the things we can't to slowly become the stronger influence on us. What we focus on becomes the greater influence in our lives. It is also a strange but normal thing that we grow as we reach our current limits. It is true physically and mentally – but we must make sure that we stay in the place where we are overwhelmed for too long. To be there once in a while is normal, and it takes encouragement from our loved ones to help us hold our ground, and bounce back. So we create more of that – love, family, friends, community. We use our knowledge that growth happens through pressure, not through easy times, and we plan to become stronger people as we love more, respect more through challenges instead of just passively waiting them out thinking “there's nothing I can do” or “that didn't take the pressure off me”. The reality is that we know it is hard, for ourselves and for others, but we also know that our feelings and our circumstances will change just as the weather and the seasons change. Let's continue to believe in the strength of love. It does overcome all things.

-Tony Broman, Counselor

ELDERS



Happy Valentines Day Elders!

**Valentines Lunch - pick up at
Activities Trailer/Soup Kitchen**

**Friday, February 12, 2021
Between 12:00 noon and 1:30 pm**



**Tillie's Valentine's Day date whispering sweet
nothings in her ear.**

GREETINGS



Happy birthday to my amazing brothers:

Robin H February 19

and Riley J February 16

Love u always,
Ray, Mat, Sydney, Donny, and Trinity

February 16 - Happy 18th Birthday to Sophie Beckett, We love you all the way to Yellowknife and back! Love Mom, Dad, Megan, Domanic, Evan and the Kato Baby,

February 26 - Happy Birthday to Jim Beckett, Love you all the way to Yellowknife and back! Love Terri, Sophie, Megan, Domanic, Evan and the Kato Baby.

February 16 - Happy Birthday Sophie Girl Love Grama and Cha Cha

February 26 - Happy Birthday to Jim Beckett Love from Mom(Maggie)



Congratulations!

Tanya and Cory on their precious
baby girl born Jan. 24 2021
So proud of you!

Love Auntie Ray, Mat, Donny,
Trinity and Sydney

JOBS

Lower Nicola Indian Band

Position Title: Housing Maintenance Assistant

Department: Infrastructure

Hours: 35 hours per week

Reports to: Director of Infrastructure

Start Date: asap

Primary Duties and Tasks:

- Assist the Facilities Maintenance Manager in daily repairs and maintenance of LNIB housing and buildings.
- Provide services as necessary to all LNIB buildings on reserves, including band rentals and housing.
- Assist Tenant Relations Coordinator and Housing Administrator as needed.
- Perform plumbing, carpentry, and general building maintenance related work
- Operate and maintain Public Works Equipment: backhoe, garbage truck, pickup truck, weed eaters, mowers, small power tools, hand tools, garden equipment, dump truck, snow plow truck, trailer.
- Assist in collection of recycling products weekly.
- Assist other departments as requested from Manager.
- Be part of the On-call rotation.

Minimum REQUIREMENTS

- Must have a minimum of grade 12 education.
- Minimum 3 years of direct work experience in construction industry or construction trade.
- Must be willing to obtain Small Water and Wastewater Systems certification with EOCP.
- A related Red Seal certificate is an asset.
- Good verbal and written communication skills
- Team oriented with excellent interpersonal skills
- Good time management skills, multitasking skills, and the ability to prioritize tasks with minimal supervision
- General mathematical and budgeting skills

Working Environment:

High demand volume periods requiring occasional overtime in all weather conditions. Close team work environment requiring commitment to be at work for planned projects. Frequent dialogue by phone, email, and in person with staff and managers. Occasional distractions from field level noise. Working long periods outside in, around and on various equipment, work at a computer, with occasional periods on the phone, and paperwork.

Compensation

The starting wage for this position is \$21.00 per hour depending of skills, education and experience. Following successful completion of a 3-month probation period, LNIB provides extended Benefits and -Pension package.

Lower Nicola Indian Band

Position Title: Community Services Assistant

Department: Community Services

Hours: 35 hours per week

Start Date: asap

Reports to: Director of Human Services

Summary of Responsibilities

Reporting to the Director of Human Services, the Community Services Assistant will be responsible for providing support to the Human Services Sector staff of LNIB, must be flexible and willing to perform a wide range of duties.

Duties and Tasks

- To provide Patient travel to LNIB Community members who have status
- To do quarterly reports to First Nation Health Authority
- To assist with Social Assistance Coordinator on cheque day and filing
- Provide clerical and administrative support to program and activities staff
- To assist with purchase order requests
- To facilitate the Good food bag program
- Undertake special projects/ and or assist with big community events when required
- Assist with community events.
- Performs other related duties as assigned by the Director

Knowledge, Skills and Abilities:

- Valid Class 5 driver's license and access to transportation, must provide a driver abstract
- Ability and willingness to submit to a criminal records check
- Experience with Microsoft Office suite software, email & internet
- Strong interpersonal skills, and written and oral communication skills
- Extensive experience working with confidential material
- Patient travel policy training, first aid and food safe required or willingness to take the courses
- After business hours and work on weekends may be required,
- Ability to attend internal and external meetings, including at client's home
- adaptability/flexibility
- team rapport
- leadership and role modeling
- collaboration

Apply below

Deadline to apply: Feb 15, 2021 **Email:** hr@lnib.net



PO Box 1849 Merritt, BC V1K 1B8

January 28, 2021

Position: Junior Forest Technologist
Company: Lower Nicola Indian Band Development Corporation
Location: Merritt, BC
Reports to: Forestry Supervisor
Deadline: 4:30 pm February 19, 2021

Basic Responsibilities:

Assist with all aspects of technical forestry work including:

- Timber Cruising
- Block boundary and Road Layout
- Site Plan data collection and write ups
- Riparian Assessments
- GPS Traversing

The successful candidate will:

- Ideally have some experience in forestry field work
- Be willing to work out of town (hotel or camps)
- Be willing to work outside in adverse weather conditions
- Have a valid Class 5 driver's licence
- Have a firm commitment to safety
- Have excellent written and oral communication skills

If needed, training will be offered to the successful candidate

Please forward all cover letters, resumes and supporting documents to Forestry Supervisor, Craig Shintah via email: craig.shintah@lnibdc.com no later than 4:30 pm Friday, February 19, 2021.

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

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suesterling75@gmail.com

T Sterling Construction Ltd.

Ted Sterling
ted17@telus.net

Glenn Stirling

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Calibration & Electrical
(403) 971-6432 gqstirling@gmail.com

Ivan Swakum

Antler lamps, European Mounts, Wine racks
ivanswakum83@outlook.com
250-315-3756

Shawn Swakum

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Business administration and Consultant

Molly Toodlican

Independent Watkins
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250-280-1012
mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com
Catering

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution