



# April 2021 N?e?iyk Spíləxm

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## HVC VIRTUAL COMMUNITY MEETING



## HVC 2040 Project Update - Virtual Community Meeting



Highland Valley Copper 2040 Project – July 2019 – Michelle Bucholtz Graphic

### When:

**Monday April 12, 2021**

7:00 pm - 8:00 pm

### Where:

Zoom (Virtual) Link:

<https://zoom.us/j/93146150371>

### What:

- Live presentation
- Interactive activities
- Opportunities to provide feedback & get involved!

*For more information, please feel free to get in touch!*

Leesa Mike, LNIB

Email: [leesa.mike@lnib.net](mailto:leesa.mike@lnib.net)

Bob Sterling, LNIB

Email: [robert.sterling@lnib.net](mailto:robert.sterling@lnib.net)

Eliza Bethune, Hemmera

Phone: 604.669.0424 ext. 265

Email: [eliza.bethune@hemmera.com](mailto:eliza.bethune@hemmera.com)

## LNIB invites all members to the HVC 2040 Project Update Virtual Community Meeting.

Come learn about the Project and how you can get involved. We hope to see you there!

### Join the Meeting:

- By Phone: 1.778.907.2071  
Meeting ID: 931 4615 0371
- By Videoconference:  
<https://zoom.us/j/93146150371>  
Meeting ID: 931 4615 0371

Chance to  
win 1 of 5  
gift cards!

**Meeting Materials:** Stop by LNIB's administration office from April 5 – April 12 to pick up printed meeting materials.



## COVID-19 HEALTH ORDER MARCH 29 2021

Between March 29 at 11:59 pm and April 19 at 11:59 pm the PHO is strengthening province-wide restrictions:

- The variance allowing indoor religious gatherings and worship services between March 28 and May 13 is suspended
- Indoor low intensity group exercise classes are cancelled
- Restaurants, pubs and bars are closed for indoor dining. Outdoor patio seating and take-out or delivery is allowed
- Whistler Blackcomb ski resort is closed
- No indoor social gatherings of any size at your residence with anyone other than your household or, if you live alone, your core bubble. For example:
  - Do not invite friends or extended family inside your residence or vacation accommodation
  - Do not host a party or event inside your house

### Outdoor gatherings

Up to 10 people can gather outdoors. For example:

- Up to 10 people can gather at a park or beach
- Up to 10 people can gather in the backyard of a residence
- Do not gather with several groups of new people. Stick to the same people. Continue to use COVID-19 layers of protection and maintain physical distancing. Patios and outdoor areas at restaurants, pubs and bars are not included as places to gather with 10 people at one table.

### Outdoor Funerals

Funerals conducted by a religious body may be held outdoors (including in open-sided tents and under overhead coverings). Before, during and after the funeral service, people must not gather or socially engage.

Up to 50 people may attend, plus 2 extra people to make sure rules are followed

### Youth Extracurricular Activities

Structured extracurricular activities and programs for children or youth 21 years of age and younger can continue to operate with a COVID-19 Safety Plan in place. They must be supervised by an adult. These include:

Education programs

Music

Art

Dance

Drama

Outdoor exercise

### Recreational programs

Structured extracurricular activities and programs for children or youth are subject to a 50 person limit.

Performances, recitals and demonstrations are not allowed.

### Adult indoor and outdoor team sports

Indoor and outdoor organized team sports for people 22 years of age and older are prohibited.

### 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.

### 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

### Masks in Schools

All B.C. students in Grades 4 to 12 will now be required to wear masks in school. Students in Kindergarten up to Grade 3 will not be required to wear masks, however the province recommends they do.

**Please remember that even if you have had the Covid Vaccine, you must continue to follow the orders and keep up the distancing and hygienic practices.**

### Mass Vaccination Clinics – 1st dose

(March 19, 2021) COVID-19 Vaccine Clinics Opening to Indigenous People Age 55 and Older - As of Saturday, March 20 at noon, all Indigenous people in BC age 55 and older will be able to register for a COVID-19 first-dose vaccination appointment as part of the province's mass vaccination clinics. The change is part of an acceleration of the provincial vaccination rollout announced March 18. Another part of the change will open registrations to Indigenous people age 18 and older starting April 6.

Interior Health Authority: 1-877-740-7747

Merritt – Conayt – April 15th & 16th





**INTERIOR REGION**  
First Nations Health Authority

**“Stay the course to make sure that we don’t lose any more of our loved ones, our time keepers, our wisdom holders and our Elders, our middle-aged and our young folks. This is really about protecting yourself, protecting family and protecting community so that we can continue to thrive as Indigenous people.”**

- Zach Parker, Dakelh Dene Interior Region Nation Executive Rep

# STAY THE COURSE

**Even after vaccination it’s important that we all maintain public health measures to continue preventing the spread of COVID-19.**

The First Nations Health Authority recommends the COVID-19 vaccine to protect Indigenous individuals, their families, and their communities.

[www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)

## KʷÚKʷPI? STU JACKSON



heñte? Band members and community members. The spring season is here!!! After what I would describe as a very long winter, I can finally see the Robins bouncing around my front

yard and chirping away. What a pleasant sight to see. The month of March brings us many things to consider and to keep in mind. Things of importance include our annual burning season, freshet and hungry wildlife. Burning has already commenced in some parts of the community. It is very nice to see the LNIB Fire Department being a presence in our community with either burning certain areas themselves or assisting with band members and their burning needs. What is equally encouraging is that many of our band members are communicating with our Fire Department with regards to burning. There have been many occasions over the years where burning too late in the day had caused much concern with safety and potential infrastructure damage to homes and LNIB buildings. Keep in mind that the southern winds really begin to build up around midday. Electing to burn in the morning is by far the best choice and I do hope that we all keep that in mind before we decide to burn our properties. I would also strongly encourage all members to contact the LNIB Fire Department to discuss and/or strategize your burning needs as well. Fire Chief, Lindsay Tighe can be contacted at 250-315-3094. Please be safe when burning. Make sure you have ample manpower before lighting a match and putting together a safety plan is a proactive measure to

consider.

Along with burning comes freshet. The freshet is something that is relied upon for many of us, particularly our ranchers and our reservoir. As the weather begins to break, we need to be cognizant of our surroundings. Our territories are beginning the melt quite quickly, as it usually does this time of year. I have taken a few drives out to our range, our reservoir and other areas. Some areas are beginning to dry up in the lower elevations, however, there is still snow and mud higher up so be mindful of unpredictable road conditions. Irrigation will be another important topic of discussion in the coming weeks as well. Lets all do our part in managing our burning practices and our water use. We all depend on our water source. We need our water for consumption, irrigation, fire protection among other things. Lets respect our water and lets maximize the freshet.

I had received numerous phone calls and text messages regarding problems up at Rocky Pines with coyotes. There has also been some concerns brought to the Band's attention regarding feral cats as well. I met with the Conservation Officer Service March 9th to discuss the issue regarding our coyote problem. After some meaningful discussion, conservation officer, Tyler Kerr proposed an opportunity to meet with the community to discuss preventative measures regarding coyote problems. I hope to arrange some time at our next community meeting to have Mr. Kerr join us and talk about ways to mitigate coyote control in all our community's. Coyotes can be dangerous and have no fear to human contact, so I feel it is very important to talk about how

we can eliminate coyote contact all together. In the mean time, please do not hesitate in contacting the LNIB office if you are having problems with coyotes. As far as the feral cat issue. The Band needs to review any existing processes that deal with feral cats. I have a feeling that the Band has no such process in place, and this will need to be brought to the attention of Administration. I hope to have a report for membership soon to address the concerns that were raised about feral cats not so long ago.

For your information, some band members had an issue with a cougar a few short weeks ago between the OK Corrals and 4-Mile Lake. The cougar was about 2-3 years old and likely looking for food. The cougar was taken down, which is unfortunate, but it was the right thing to do. The incident with the cougar involved young children and at one point the cougar came in very close contact with one of the children. We are very fortunate that the family had their family dog with them at the time and likely saved the child from any ill harm. Like I had mentioned earlier, the spring season can bring forth many things. Wildlife is just as excited to get out on the land and enjoy the warmer temperatures as we are. Wildlife is hungry and in the search for food as well, so it is very important for all of us to be aware that cougars, bears and other wildlife will be more and more active as the weather warms up. Respect that we are in their territory and that we need to give them their space. Be careful when you are out on the land.

Council has been meeting regularly as we do every month. What have done a little differently this month is hold an LNIB Community Meeting. It has been a long

time coming for our community. Covid has definitely had its grip on LNIB, but we finally made the decision as a Council to hold a meeting. I felt that the meeting went very well. Council that was able to attend provided brief reports from their respective portfolio's and I believe they were well received by the band members who were in attendance. It was a good feeling to engage with membership once again. Open dialogue with membership allows for questions and comments from any members that have concerns. I hope to announce another community meeting in the very near future. If any members have any recommendations or thoughts on how they would like future community meetings to run, please reach out to myself or any Council members or our administration. Feedback is important so that we can provide adequate information for all members. I look forward to our next community meeting.

A quick note to membership. We had 440 vaccinations administered this past month to band members, community members and staff for the Covid-19. This was a huge success and I want to thank our community health nurses, Rainbow Acoby and Irene Howe for their tireless commitment to ensuring that we vaccinated as many of our people as we could. Even though many of us received the vaccine, it still very important that we continue to exercise all the safety protocols. We are still susceptible to getting the covid-19 virus so now is not the time to become complacent. Stay safe, social distance yourselves, wear a mask, sanitize often and only travel if necessary.

It is with great sadness that I announce that LNIB had lost two band members this month. Sharon Dick nee Abbott was married to former kwukwpi? Arthur Dick. Sharon was an incredible

woman. She stood by kwukwpi? Arthur Dick when needed and stood by her children and grandchildren at any given moment. Sharon will be missed by many. My sincere condolences go out to the entire family.

LNIB also lost Twyla Della Vecchia nee Edward. Twyla was a kind and gentle woman. My sincere condolences go out to Twyla's family. Twyla will be missed by all her friends and family.

In closing, I just want to wish all of you a Happy Easter weekend!! I hope all the children get a chance to see the Easter Bunny, and find as many eggs as they can. Please stay safe during these unprecedented times. We have new Covid restrictions that were just announced a day or so ago, so I encourage all of you to inquire what these new restrictions entail. Let's continue to fight the fight. We will get through this challenging time. We will overcome all this adversity. We need to take care our friends, our family's and most importantly, we need to take care of ourselves.

kwukwsteyp

kwúkpi? Stu Jackson

## COVID VACCINE CLINIC



### Merritt Conayt Friendship Society COVID-19 Vaccine Clinic

**If you are an Indigenous community member, 18 years of age or older, you can BOOK a vaccination appointment at the Society for:**

***Thursday, April 15<sup>th</sup> and Friday  
April 16<sup>th</sup>, 2021***

**TO BOOK AN APPOINTMENT PLEASE CALL 250-378-5107  
BETWEEN THE HOURS OF 8:30AM AND 4:00PM MONDAY TO  
FRIDAY. WE ARE CLOSED FOR LUNCH BETWEEN 12:00PM AND  
12:30PM**

**When you make your appointment, you will be asked for:**  
Your legal name, birthday, postal code, personal health number (PHN) that is on your care card or driver's licence, and phone number.

The most up-to-date local vaccine information can be found online at:  
<https://news.interiorhealth.ca/news/covid-19-vaccines/>



**ELDERS' PROGRAM**

I will be working on doing some zoom sessions for the month of May.

***"BRINGING PROTOCOLS BACK TO THE COMMUNITY"***

I will be having a couple of elders that will covering basic things that we do every day to funeral topics. I will have more details at a later date. If you are interested in doing these sessions please call me at (250) 280-1975 or email – [wenonamike@lnib.net](mailto:wenonamike@lnib.net)

**Elders Luncheon**

**12:00 – 1:30 pm**

**Activities Trailer**

**No deliveries due to COVID restrictions**

I'm available to do income tax returns for elders just give me a call and I can make an appointment for you.

***Wishing you all Safe and Happy Easter!!***



**Wenona Bearshirt – Elders Coordinator**

## EXECUTIVE DIRECTOR



Dear LNIB Members,

It is the end of the fiscal year for LNIB, and all Sectors are busy preparing for year end. We continue to have a modified schedule to comply with Provincial Health Orders, however, we are open to the public with staff in office. In order to better serve our member, we ask that you make an appointment with the staff member you are there to visit so we can make sure there is not more than two people in the office at a time. We continue to have visitors sign in for contact tracing purposes and COVID-19 screening. And as always, staff can be reached by phone and/or email and will do their best 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:

**Monthly Community Meeting:** On Monday, March 29, 2021 Chief and Council will be hosting the first Informational Community meeting via ZOOM online from 6:00pm-9:00pm. The Chief and Council provided a report on their portfolios to the membership that attended. Notice for the next informational meeting will be posted.

**Human Resources:** Band buildings are open to the public and we will set out some Covid-19 safety protocols for staff and membership to follow to keep the distance. We are committed to keeping the community and employees safe during this pandemic.

LNIB returning employees are Randy Coutlee, Joel Jones and Ivan Swakum are Cultural Heritage Field Technicians that have returned this month. Current job postings with Lower Nicola Indian Band are Asset and Fleet Tracking Manager, Maintenance Control Technician, Maintenance/ditch rider, Data Entry Clerk, Forestry Technician, Road Support Technician, Environmental Protection Coordinator, Daytime Custodian and Accounting Assistant Clerk visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

**Committees and Liaisons:** Lands Management Advisory Committee met March 29th. School Board cancelled the March meeting. Finance and Audit Committee met March 10th, 22nd, and 24th. 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:** Covid-19 immunization clinics were held March 9-12th for Community and band members. Approximately 410 people were immunized which comprised of membership, Chief and Council and staff who work within LNIB communities. 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.

Support to Chief and Council: Chief and Council met March 2nd, 23rd and 25th. Chief and Council supported the proposed addition to reserve for Cayoose Creek Indian Band-Blue Hill ARR6291. Chief and Council will also attend a forum with the District of Logan Lake as a relationship building and Community Forest, the Mimi Falls Trails and the Calcite/Daladon/Pipsuel Lands Agreement updates. Council recommended the appointment of Connie Joe and Dan George to the Shulus Electricity Transmission LLP Board. A purchase of a 2017 Cat 313FLGC for the Public Works department was approved in the amount of \$156,000. A lease for Shulus Forest Enterprises and Boderline Trucking Ltd were approved by Chief and Council. A thirty-six-month lease was signed with TELUS to increase Fibre connection for the office buildings. Chief and Council approved the renewal of the fleet insurance in the amount of \$51,083 and business insurance in the amount of \$273,384 with CapriCMW. The 2021-2022 annual operating budget in the amount of \$26,861,370 and the 2021-2026 Multiyear Financial Plan was approved March 25, 2021. Chief and Council also approved the 2021-2022 annual Capital Budget in the amount of \$3,747,120 and the 2021-2026 Multiyear Capital Plan. The Chief and Council will meet April 6th and 20th. Should you require anything on the Chief and Council agenda scheduled for April 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



**LN FIRE DEPARTMENT**

Emergency # 911  
Non-Emergency # 250-378-5110  
Fire Chief # 250-315-3094  
[Lindsay.tighe@lnib.net](mailto:Lindsay.tighe@lnib.net)  
[Charlene.joe@lnib.net](mailto:Charlene.joe@lnib.net)

**March At A Glance:**

- Practices on Monday nights have resumed (COVID protocols in place)
- We have started Spring burning around the community.

**We are still looking for:**

- Homeowners that would like to participate in a free **Community Fire Safety Education - Home Safety Assessment**.
- Community members who are interested in doing **Fire Extinguisher Training**.
- Comments, concerns, or questions on the **Proposed Burn Plan for Rocky Pines**.
- Return of the **911 Update Form – February 2021**. If you have not received one please call or email, or if you have one filled out you can drop off at the Fire Hall or call and we can arrange to pick it up.
- Setting up **Burn plans** for the **fields** and around the **community**.

**Outdoor Fire Pit Safety Tips:**

- Never leave young children unattended near a fire in the pit.
- Fill a bucket with water and set it next to the pit before you even begin building the fire.
- Avoid throwing leaves, pinecones, pine needles and paper into the fire. They catch fire quickly and can result in dangerous floating embers.
- Unless there is an emergency, avoid dumping the entire bucket of water on the fire to put it out. Instead, spread the pieces of fuel as far apart as possible and gently sprinkle water over them until there are



no more glowing embers. This prevents the scatter of embers and a thick cloud of smoke.

If you have bottles you would like to donate to the Lower Nicola Volunteer Fire Department please either drop off at bottle depot, drop off at Fire Hall, or call us and we can come pick it up. Donations go towards the Volunteer account and are used for the Paid-on Calls of the Fire Department.

Become a Paid-on Call Firefighter and make a difference in your Community. If you are interested in joining the Fire Department but are unsure; stop by the Fire Hall, email, or call us. We are looking for Firefighters, Junior Firefighters, and Auxiliary Personnel.

**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, & Justin Tighe



## CHILDREN AND FIRE



Children “playing” with or starting fires is dangerous and costly. Each year these fires cause hundreds of injuries, millions of dollars in damage, and are most likely to kill young children under the age of 5.

Some children play with fire out of curiosity, boredom, or peer pressure, not realizing its danger. But other children misuse fire because they are struggling with problems or emotions. Without proper intervention and instruction, children who misuse fire will very likely do it again. However, if punishment is the only intervention strategy used, it could actually contribute to the problem. What can you do?

### Follow these tips to keep your family safe:

- Keep matches and lighters out of the reach of children, up high, preferably in a locked cabinet.
- Closely supervise children, making sure that they are kept away from other fire sources, including lit candles, cigarettes, bonfires, and stoves.
- It is natural for young children to be curious and ask questions about fire, play with fire trucks, or pretend to cook. Use these opportunities to teach them about fire safety.
- Explain that fire moves very fast and can hurt as soon as it touches them. Tell them that this is why matches and lighters are tools for adults only.
- Teach young children to never touch matches or lighters. They must go tell a grown-up when matches or lighters are found.
- Establish clear rules and consequences about unsupervised and unauthorized uses of fire.
- Be a good example! Always use fire sources — matches, lighters, candles, fireplaces, and campfires — in a safe manner. Never treat them as toys, or children may imitate you.
- Talk with children about what their friends or other children are doing with fire. What are they seeing online in video games, on TV, in movies, and on social media? Teach them specific ways to resist the peer pressure to misuse fire.
- Give praise for showing respect and age-appropriate responsible behavior toward fire.

## Important!

Understand that children and fire are a **deadly combination**. If you suspect a child is unusually interested in fire or is setting fires, take immediate action. Follow these safety tips. Contact your local fire department, school, burn center, or counseling agency to get help from specially trained experts.

All children are at risk for using fire unsafely. Many fires happen simply because matches and lighters are left within a child's reach.



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

## CONTROLLED BURNS



SHADED ARE THE FOUR AREAS WE ARE PROPOSING TO BURN

## LOWER NICOLA/ROCKY PINES CONTROLLED BURN

### DETAILS

We will be partnering with BC Wildfire Service to safely burn. Burning will only be conducted on days when the Venting Index is "Good" which allows for smoke management. There will be constant monitoring of any type of shift of weather patterns. There will be established hose lines out before conducting the burn.



### *Why Burn?*

- ✓ Wildfire Risk Reduction
- ✓ Increase Community Interface Protection
- ✓ Reduce Fuel Loading (buildup of dry grass/pine needles, etc.)
- ✓ Enhance Natural Habitat for Native Plant Species
- ✓ Reduce Risk of Invasive Plant Species

*For More Information,  
Questions, or Concerns:*

**Lindsay Tighe, Fire Chief**  
250-315-3094

[Lindsay.tighe@lnib.net](mailto:Lindsay.tighe@lnib.net)

OR

**Bruce Swakum, Firefighter**  
250-378-5110

[Bruce.swakum@lnib.net](mailto:Bruce.swakum@lnib.net)

## LANDS REPORT



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

[brandi.oflynn@lnib.net](mailto:brandi.oflynn@lnib.net)  
phone 250-378-5157

### LANDS UPDATES

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#### LANDS – ONLINE

Lower Nicola Indian Band Lands department contact information can be found online by visiting the main LNIB website at:

[www.lnib.net](http://www.lnib.net)

The Lands team has uploaded law draft documents with tracked changes for members to review, including audio recordings from presentations and discussions that occurred virtually. Members can access Lands Management Advisory Committee (LMAC) meeting minutes and information by visiting the Lower Nicola Indian Band Membership Portal online at:

[members.lnib.net](http://members.lnib.net)

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

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For questions or technical support contact the Lands team at [kristopher.por@lnib.net](mailto:kristopher.por@lnib.net)

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#### LANDS MANAGEMENT ADVISORY COMMITTEE

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

**APRIL 12   APRIL 26   MAY 10**

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Find Lands Management Advisory Committee (LMAC) events on the LNIB calendar or email [brandi.oflynn@lnib.net](mailto: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:** 1<sup>st</sup> Review complete

**Ticketing and Enforcement Law:** 1<sup>st</sup> Review complete

**Subdivision, Development, and Servicing:** 1<sup>st</sup> Review complete

**Environmental Management Law:** Draft in progress

- **Environmental Management Plan:** 1<sup>st</sup> Draft

- **Solid Waste Management Plan:** 1<sup>st</sup> Draft

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

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If you would like to participate in upcoming meetings, email [brandi.oflynn@lnib.net](mailto: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 LMAC review during April and May of 2021.

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For more information contact the Lands department at [brandi.oflynn@lnib.net](mailto: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.

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To view detailed reports and information about this project, visit the LNIB website online at [www.lnib.net](http://www.lnib.net) or contact [brandi.oflynn@lnib.net](mailto: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.

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Updates and draft documents can be found online at [www.lnib.net/lands](http://www.lnib.net/lands) 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.

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If you would like more information contact [brandi.oflynn@lnib.net](mailto:brandi.oflynn@lnib.net)



### **MEMBERSHIP & STATUS CARDS**

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

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All membership enquires and requests can be directed to Barb Huston at [barb.huston@lnib.net](mailto:barb.huston@lnib.net) or Justice Cisco at [justice.cisco@lnib.net](mailto:justice.cisco@lnib.net)



### WILLS & ESTATES: WILLS PROJECT UPDATE

In mid-February, the Lands team hosted two wills and estates presentations in partnership with a legal firm. During March and throughout April, the Lands team will be assisting eleven Lower Nicola Band elders with gathering documents and coordinating interviews to update and complete registered wills. The Lands department is hoping to continue this project to assist more LNIB members during 2021.

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For information about **Wills & Estates Planning**, contact the Lands department at 250-378-5157 for a printed planning booklet that is available upon request.

General information for estate **Administrators** and **Executors** is also available, contact the Lands department to request printed copies to be picked up at the Lands office.



### 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](https://coemrp.ca/resources)

---

For more information visit the link above or call the Lands office at 250-378-5157



### CANNABIS

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





## LEGALIZATION IN CANADA

- Medical cannabis has been legal in Canada since 2001.
- The *Cannabis Act* came into force on October 17, 2018, which legalized the use of non-medical cannabis.
- Canada became the first G7 country to legalize non-medical cannabis and only the second country in the world to do so. Uruguay was the first.
- Criminal penalties still exist and enforced for those breaking the law and not abiding to the *Cannabis Act*.



Canada

Learn more about Cannabis in Canada

[www.canada.ca/cannabis](http://www.canada.ca/cannabis)

Cannabis Control and Licensing Act

[www.bclaws.gov.bc.ca](http://www.bclaws.gov.bc.ca)

For more information contact the Lands team at 250-378-5157



### 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](tel:250-258-4240)

The Lands team is open to hear your feedback about security on LNIB lands. To participate in the **LNIB Securiguard Security Survey** click the link below.

### [\*\*COMPLETE THE SURVEY NOW\*\*](#)

**OR** contact the Lands office at 250-378-5157 to pick up a printed copy for completion.

ALL LNIB MEMBERS WHO COMPLETE AND RETURN THIS SURVEY WILL RECEIVE A TWENTY-DOLLAR GIFT CARD COURTESY OF THE LANDS DEPARTMENT.



### **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 office at 250-378-5157 so we can arrange a time for you to pick up 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 your computer, device, or tablet. Visit the First Nation Lands Management Resource Centre online at [www.labrc.com](http://www.labrc.com)

KAMLOOPS SEXUAL ASSAULT COUNSELLING CENTRE

1.888.974.7278

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## WELLBRIETY MEETINGS



# Virtual Wellbriety Support Group

Open Daily Zoom Meetings

**EVERYONE IS WELCOME TO ATTEND**

**Every Day, Monday to Friday**

**1:00 pm to 3:00 pm Pacific Daylight Time**

*Join by clicking this link or copy and paste the link into  
a web browser <https://us02web.zoom.us/j/84428458473>*

**Dial in option: 1-778-907-2071**

**Meeting ID: 844 2845 8473**

*For more information contact:*

**Dave Manuel, TteS Wellness Counsellor  
250-372-5030 [dave.manuel@kib.ca](mailto:dave.manuel@kib.ca)**

**Me7 knucwentwécw-kp (help one another)**

**Me7 yegwyúgwt-k ell me7 yegwyúgwt ke7 púsmen  
(Keep healthy and strong in body and mind)**



The poster features a decorative border at the top and bottom with a repeating geometric pattern in red, orange, and blue. The main title "Wellbriety Online Meetings on Zoom" is centered in a white banner with black text. Below the title is a circular logo for the Wellbriety Movement, which includes a stylized building and the words "WELLBRIETY MOVEMENT". The text "MON/WED/FRI EVENING MEETINGS" is prominently displayed in bold, with "EVENING MEETINGS" in red. The meeting times "5 PM PT/ 6 PM MDT/ 7 PM CT/ 8PM ET" are listed below. The text "JOIN US for our daily Wellbriety 12 Steps Meetings!" is followed by a paragraph describing the meeting's purpose: "During this meeting, you will have the opportunity to listen to others from around the world and share your experience, strength and hope. This unique meeting is held online at zoom.us". The meeting ID "548-538-0164" and password "488-123" are provided at the bottom. The background of the poster is white with scattered black and grey feather illustrations.

**Wellbriety Online Meetings  
on Zoom**



**MON/WED/FRI  
EVENING MEETINGS**

**5 PM PT/ 6 PM MDT/ 7 PM CT/ 8PM ET**

**JOIN US for our daily  
Wellbriety 12 Steps Meetings!**

During this meeting, you will have the opportunity to listen to others from around the world and share your experience, strength and hope. This unique meeting is held online at zoom.us

Meeting ID: 548-538-0164  
PW: 488-123

## CULTURE REVITALIZATION



### LNIB Culture Revitalization April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b> <b>Office Closed</b> <b>Good Friday</b>	<b>3</b>
<b>4</b> <b>Easter Sunday</b>	<b>5</b> <b>Office Closed</b> <b>Easter Monday</b>	<b>6</b> <b>Jack MacIntyre</b> <b>cottonwood</b> Salve	<b>7</b> <b>Drop in</b> <b>Crafts</b> <b>12-7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> <b>Drop in</b> <b>Beadng</b> <b>10-3</b>	<b>13</b>	<b>14</b> <b>Drop in</b> <b>Crafts</b> <b>12-7</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> <b>Drop in</b> <b>Beadng</b> <b>10-3</b>	<b>20</b> <b>Processing</b> <b>Bear Grease</b> <b>1-3</b>	<b>21</b> <b>Drop in</b> <b>Crafts</b> <b>12-7</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> <b>Quilting</b> <b>9am-3pm</b>	<b>26</b> <b>Drop in</b> <b>Beadng</b> <b>10-3</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

For more information please contact:

Carole Basil @ 250-315-9158

Hank Yamlest @ 250-280-2365

Feel free to stop in at the LNIB Culture Centre any time.

211 Nawishaskin Lane (old Honey Pot Daycare Building).

## Hén7ekw.



Boiling beaver trap



beaver trap set



stretched beaver pelt



Beaver cooked



Looking for devil's club



Fish skin prepared for tanning

- The trap is boiled in poplar branches to take off the scent of humans or any oils.
- The trap is set on a beaver trail, where it swims.
- The pelt will be cured to keep the fur on.
- The beaver was cooked by NVIT culinary student, Elders from the valley feasted on beaver.
- Devils club was not found on a day trip past the Coquihalla.
- Fish skin tanning. This is an old first nation practice. Practice makes perfect.
- Proposed: 2 more decolonization workshops topics to include: energize organizational change, sharing tools for developing healthier relationships, unpacking the reality of power and privilege and more.

Beading on Mondays and craft days on Wednesday. Call ahead to schedule a time.

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

**Joe Shuter: 250-315-7487**

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



## MAMMOGRAM CLINIC



# APRIL 7 2021



Rainbow has been contacting those women that are due and rescheduling those that missed out on the last screening that was cancelled due to Covid-19. Please call to book if you have not had a screening in past 2 years. Eligible for those **age 40 and over**. Rainbow will discuss further criteria needed for eligibility.

Please do not come to this Event if you are on isolation protocol or having symptoms of Covid-19. Masks provided.

**Please Call (236) 575-2099**

## NLAKA'PAMUX ENVIRONMENTAL MANAGEMENT

### **Economic Development Department**

**UPDATE: Formally known as Cumulative Effects Initiative is now called “Nlaka’pamux Environmental Management”**



**The Cumulative Effects team is excited to update LNIB members. We are currently updating our project information and materials!**

**Coming soon! Project details will be added to the LNIB website, and information packages will be made available online and in print as we move forward into Spring 2021!**

**And a reminder to all, that if you have any questions about the project, we would love to hear from you!**

**You can reach Marsha Spence, Cumulative Effects Coordinator at 250-378-5157, or by emailing [marsha.spence@lnib.net](mailto:marsha.spence@lnib.net).**

“The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.”

- Pope John Paul II



# April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Meet at RP center 3:45pm Swimming	2 Good Friday	3
4 Easter Monday	5 Meet at RP center 3:45pm Hiking	6 Gym bookings	7 Meet at RP center 3:45pm Swimming	8 Gym bookings	9	10
11 Gym booking	12 Meet at RP center 3:45pm Hiking	13 Gym booking	14 Meet at RP center 3:45pm Swimming	15 Gym booking	16	17
18 Gym booking	19 Meet at RP center 3:45pm Hiking	20 Gym booking	21 Meet at RP center 3:45pm Swimming	22 Gym booking	23	24
25 Gym booking	26 Meet at RP center 3:45pm Hiking	27 Gym booking	28 Meet at RP center 3:45pm Swimming	29 Gym booking	30	

**FOR ALL ACTIVITIES PLEASE CONTACT JACINT THE RECREATION ASSISTANT :250 575 0569**

Limited seating and Covid restrictions apply - please contact ahead of time. Please, if you have any symptoms just stay home!

## COYOTES

## Conflict Reduction with Coyotes

Cats provide increased foraging opportunities for coyotes, with the addition of garbage, ants, fruit, berries, compost, and bird seed. These attractants also support rodents that are a primary food source for coyotes. Green spaces provide adequate to excellent food, water and shelter opportunities with the additional benefit of reduced risk of degradation.

Avoid attracting coyotes to your property and community by following these best practices.

- Keep your pets either protected with fencing, supervised or kept indoors, especially at night. Cats and dogs that are left to free range can become easy prey targets.
- Feed your pets indoors. Uneaten pet food can attract coyotes and other coyote prey species such as rodents.
- Pick up after your dog. Fertilizers can act as an attractant for coyotes.
- Never feed wildlife including coyotes. The Provincial Wildlife Act considers it an offence to attract and/or feed dangerous wildlife which includes bears, wolves, cougars and coyotes.
- Keep all garbage secure, clean garbage containers, and ensure that they have tight fitting secure lids or use heavy duty dump bins. Do not place garbage out until the morning of pickup if your neighbourhood has curbside pickup.
- Ensure your compost is working properly. Composts that emit strong odours are likely not working correctly.
- Pick up all fruit.
- Remove dense landscaping or overhanging tree branches in your yards and neighbourhoods as these provide cover for coyotes and opportunities to reside in our neighbourhoods. In addition, the spaces under our porches, decks and eaves can provide opportunities for hiding or denning. Use small wire mesh to seal off these areas and reduce the chance of attracting a coyote to your yard. Fences that are 2 m high can help exclude coyotes from your yard.
- Extra caution at night, lights or vehicles.
- Bird feeders can also attract non-target species such as moths and insects. Beards will then attract coyotes.

If you keep chickens or small livestock use a properly installed and maintained electric fence that is maintained regularly and should follow WFLP's best practices for your region. Store all of your feed in a secure rodent-proof location and ensure feeding areas are clean and free of attractants. Chicken coops and runs should be covered as many animals can leap over a roof foraging. Put small domestic livestock in an enclosed area at night. Use lighting around barns and pens to deter predators. Refer to [www2.gov.bc.ca/gov/content/safety/animal-welfare/keeping-livestock-in-coyote-habitat](http://www2.gov.bc.ca/gov/content/safety/animal-welfare/keeping-livestock-in-coyote-habitat)



## SCAMS!

An LNIB Elder asked me to tell their story in the hopes that it would keep someone else from falling prey to the criminal elements out there.

It started with a phone call saying the person answering had won a substantial prize - in this case it was cash and a Mercedes. The caller promised to deliver both the following day but first needed help with some delivery expenses. The Elder was instructed to go buy three Visa cards and then read the numbers on the back of the card to the caller. (This allowed the caller to cash in the cards and use them for purchases without having to have the cards in his possession.)

The next day, the caller contacted the Elder again and said he needed more cards to be able to deliver the vehicle. The Elder said "fine, I'll get the cards and give them to you when you deliver the car."

Fortunately when the Elder went into town to buy the additional Visa cards, the bank and the merchant recognized the scam and would not sell the cards to the Elder. In fact, the Elder was directed to the RCMP where the particulars were noted, and the Elder was given a referral to Victim Services (although the Elder notes that they have not had any success getting through to the number provided).

The caller never did turn up with the promised car or cash, but persistently telephoned to hound the Elder for more cards. The RCMP recommended not answering (or simply hanging up) but this caller would not give up until they wound up trying to pull the scam on a member of the Elder's family who called him on it.

In the end, this scam cost the Elder \$750 and it could have been much worse.

**Remember - if you have won a legitimate prize, there will not be any costs to you (not for delivery, postage, transfers, handling fee or anything else).**

**Do not give banking or personal information to anyone over the phone.**

**If you are suspicious, your gut is probably telling you to check it out more carefully. Phone the RCMP, or the Bank, or even ask a family member what they think. If it sounds too good to be true, it likely is a scam.**

## EDUCATION

Lower Nicola Indian Band

April 2021

# EDUCATION DEPARTMENT

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

### Shane's Submission

Well, it has been just over a year since the global pandemic made an unprecedented impact on our lives, and as we move forward into a new fiscal year, I know all of us are hopeful the most challenging factors are now behind us so we can focus our attention on new beginnings for our members. We know there may still be restrictions announced in the coming months; however, with a large number of our community now vaccinated with the first of two doses it has helped lessen the stress and anxiety for many.

Usually April's submission is a little lean due to Spring Break in March; however I do have a couple of exciting items to share with members this month:

- Chief and Council approved all Budgets for the upcoming 2021-2022 Fiscal. This is great news as we can both sustain the programs and services that we have put into place and implement new initiatives to further enhance our service for membership
- Head-Start was successful with an external funding opportunity of \$100K to build a new outdoor learning space for our program. We have over a year to complete the project but we are hopeful to have most of it in place before the fall. The program will receive new play equipment, a shaded learning space, and an extended fenced area.

Our priorities between now and the end of June will focus on the following objectives: supporting PSE Students with final projects/exams; PSE Funding Applications for 2021-2022; facilitating and supporting a few training opportunities; ensuring current K-12 students successfully complete all outcomes for the 2020-2021 school year; and, collaborating with external resources to create a few summer programs that will involve literacy, numeracy and science components for students enrolled in both Head-Start and K-7 Programs.

Have a great April Everyone!!

**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](mailto:Shane.Coutlee@lnib.net)**



### Sector Leadership

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

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

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

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

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SHARON PARSONS, EDUCATION MANAGER

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heñłe?

School is back in session after the Annual Spring Break. Easter long weekend is around the corner, but the snow fall makes it feel more like Christmas Break is on the way. The weather at this time of year is very unpredictable, but the positive is that we can enjoy 3 seasons in one day.



Only 3 months left in this school year. Please call the Education office, to discuss how we can support your K -12 student.

This time last year, we were putting COVID safety protocols in place that are still in place today. We are doing well.



LNIB Education staff continue to come into the office to provide services to the public. 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. There are 2 mailboxes outside our main entrance door for dropping off completed documents and picking up blank documents.

This month Education staff have been busy setting up training opportunities, securing venues, coordinating schedules, and gathering documents to confirm registration. Rhonda has twenty-five participants confirmed to take the eleven-day Power Concepts Computer Training Course that spans over 4 weeks. It is filling up fast, so call now to grab one of the few available seats.

Seven band members have registered to take a 20-hour course to prepare them for the commercial learner's license test. Once they have the learner's license, they will be eligible to register for a professional driver training program of their choice; most are planning on going all the way to a class 1 license. Two band members have registered for a class 1 driver training course with Extreme Pro Driver Training in Kamloops.

If you are interested in a career or training opportunity, please contact the Education office to discuss with the staff.

Until next time, Humelth

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

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Hello Everyone,

I hope everyone in your household is staying safe and healthy. During these difficult times, please reach out to your family, friends, elderly neighbors, and community member who are unable to get out and lend a helping hand

All PSE students are nearing the end of the Winter/Spring semester and studying for final exams. Do not forget to send your final transcripts at the end of the semester. We look forward to seeing the results of all your hard work.

Important Deadlines:

- LNIB PSE Funding Application – May 31, 2021

- [ikbbc.ca/indigenous-awards/about-this-award/](http://ikbbc.ca/indigenous-awards/about-this-award/) –  
5:00 pm Friday, April 30, 2021

- <https://bcaafc.com/education/> – May 31st, 2021, for  
students applying for the Winter 2021 semester  
(January-April)

Our office is open by appointment only. We are always here to assist with any 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. If you live away from the valley the LNIB Education Department team is here to help support you as well, give us a call for more information.

Happy Easter, I hope the Easter Bunny brings everyone lots of goodies.

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

*Gail La Rochelle*

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

Phone: 250-378-5157



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JENN JOHNSON, EDUCATION ASSISTANT

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Greetings everyone! My name is Jenn Johnson, I'm an education assistant with the LNIB Education department. March has been a nice transition month for students with warmer weather, sunnier days, and of course spring break! After we wrapped up with the successful hockey program, LNIB school's Healthy Activity Support worker, Clif Garcia, and I decided a great way we can give back to the students is by giving them their own hockey cards. Traditionally in minor hockey, the players have pictures taken with a shot of themselves in their hockey gear, and another shot with their team. We went ahead and took pictures of each student that participated, as well as each "team" (class). The photos turned out fantastic! The students were extremely proud and the photos were a great way to remember the fun times and skills learned over the winter season.

Since the hockey program wrapped up, I have been able to focus more on assisting students by tutoring. We have our meetings via zoom or facetime, which has been an effective, and safe way, to connect. It has been great getting to know students better, learn what their goals are and what direction they want their education to take them, and to be able to help them work on the core courses they need to get there. I am currently tutoring 4 students in between my other duties for the education department.

After spring break, one of my focuses will be assisting with a basketball program for the students at the LNIB school. I am extremely passionate about sports, and I am driven to sharpen my athletic skills, as well as encourage the students to sharpen theirs. But of course, the most important part for the students to embrace is: to have fun, of course! I am thrilled to continue to assist with sharing my passion and knowledge with the students as we carry on into a new month and season.

If anyone would like more information on tutoring available for students, or about upcoming programs, please email myself at [jenn.johnson@lnib.net](mailto:jenn.johnson@lnib.net) or my supervisor Sharon Parsons [sharon.parsons@lnib.net](mailto:sharon.parsons@lnib.net). Happy Spring!

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## LNIB EDUCATION DEPARTMENT

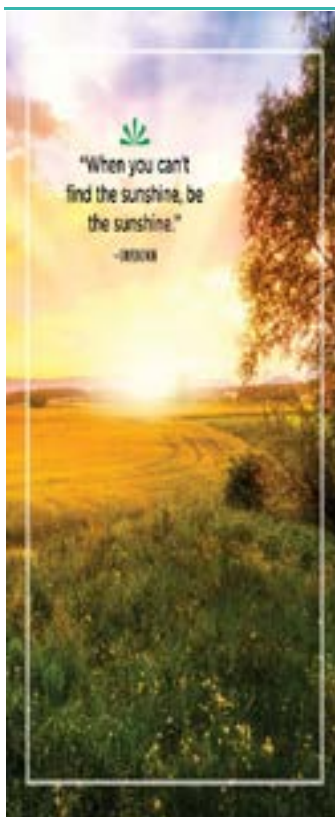


rhonda.dunn@lnib.net



(250)378-5157

2160 SETTLERS ROAD  
HWY 8



## RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

It is the month of April and spring is officially here. We have a Good Friday on April 2<sup>nd</sup> and Easter Monday on April 5<sup>th</sup> and LNIB offices will be closed on those days and reopen on April 6<sup>th</sup>. April is a good month as trees are budding and spring flowers are coming out. It is a good time to start collecting traditional medicines and get out with the family and go walks its good physical and mental health.

The LNIB Education regularly emails 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. Note: If you are a new LNIB member or have moved and have not received a LNIB Education services package please contact myself.

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

- **Indigenous Skills and Employment Training Program (ISET-P) New Location:** Located in WorkBC Centre building at: 2099 Quilchena, Call Delores Charters at: (250) 280-7846, or contact Arlene Johnston at (250) 378-4235, email: [director@scwexmxtribal.org](mailto:director@scwexmxtribal.org)
- **First Nations Health Authority, Scholarship and Bursary Resource Guide:** <https://www.fnha.ca/about/news-and-events/news/scholarship-and-bursary-resource-guide>
- **The Nicola Valley Institute of Technology** has just released a Nle7kepmx Language Fluency certificate and diploma Program. Contact: [mjimmie@nvit.ca](mailto:mjimmie@nvit.ca) or call local 250-378-3300 or toll free at; 1-877-682-3300 for more information visit: [www.nvit.ca/programs/default.htm](http://www.nvit.ca/programs/default.htm)

If you require any 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!

## HEAD START

April

Learning and Activities

Hope everyone had a great Spring Break and enjoyed some much-needed rest! We are happy to be getting back into our routine.

This month we will be focusing on Spring, Easter, Flowers, and Gardening. We will be talking about Earth day and how we can incorporate daily changes into our classroom. We will be moving onto the letters X,Y,Z.

With the weather warming up we will be spending more time outside. Please send appropriate clothing for your child.

## Upcoming Events



April 5- Easter Monday  
(NO SCHOOL)

April 8- Fire drill

April 15- PJ Day

April 22- Earth Day

April 29- Decades Day  
(50's 60's 70's 80's etc.)

Like Us On Facebook  
"Little Stars Head Start"

Fun recipe to try with your child!Moon Sand

10 cups of sand  
5 cups of corn starch  
1 cup of water

Mix dry ingredients together, then add water.



### Little Stars Head Start Menu - April 2021

Monday	Tuesday	Wednesday	Thursday
NO SCHOOL	Maxi Fries	French Toast & Fruit	Scrambled Eggs & Bacon
12 Ham & Cheese Sandwich with Chicken Noodle Soup	13 Pancakes & Smoothies	14 Stir Fry & Rice	15 Meat/Chicken/Porkies/Crackers
19 Lasagna & Garlic Toast	20 Tacos	21 Quesadillas & Veggies	22 Poutine with Veggies and Dip
26 Soup & Grilled Cheese	27 Spaghetti and Meatballs	28 Nachos	29 Pizza and Veggies

■ All meals served with choice of milk or water



Lower Nicola  
Band School

# KINDERGARTEN REGISTRATION

## 2021-2022





**THE LOWER NICOLA BAND SCHOOL**  
**INVITES ALL CHILDREN** *(First Nations/Non First Nations)*  
To Register for **KINDERGARTEN** to Grade 7

**“FREE” Daily**  
**HOT LUNCH PROGRAM**  
**and SNACK PROGRAM**

**PLAYGROUND EQUIPMENT**  
**CLIMBING WALL**  
**BASKETBALL COURT**  
**SPINNER**



**CURRICULUM:**

- New BC Curriculum
- Nle?kepmx
- Cultural Studies
- Field Trips
- Learning Assistance Program
- School supplies provided
- **SKATING/HOCKEY PROGRAM**
- Joyful Literacy

**FACILITIES:**

- Full-Size Gymnasium
- Library
- Baseball/Soccer Field





**Education  
Comes First**

**FOR MORE INFORMATION**

**Lower Nicola Band School**  
**Ph: 250-378-5527**  **201 Horn Rd., Merritt, BC**



# Is Your Child Starting Kindergarten?



## DID YOU KNOW YOUR CHILD NEEDS VACCINES?

### Your child needs two vaccines starting at age 4 (kindergarten entry):

- The **Tdap-IPV vaccine** to protect against tetanus, diphtheria, pertussis (whooping cough), and polio
- The **MMRV vaccine** to protect against measles, mumps, rubella, and varicella (chickenpox)

These vaccines are free.

### Call to book your child's immunization appointment today!

- Contact your local health unit\*
- Contact your health care provider†

\* Health units are called public health units, community health centres, or primary care homes in some areas of B.C.

† Family doctors and nurse practitioners provide immunizations in some areas of B.C.

**Vaccines are a healthy choice for your child. They protect your child's health and the health of their classmates.**

### HEALTH UNIT FINDER



[www.immunizebc.ca/finder](http://www.immunizebc.ca/finder)



ImmunizeBC



A free immunization tracking app.  
[www.canimmunize.ca](http://www.canimmunize.ca)





01/20

# BAND SCHOOL CALENDAR



# APRIL 2021

**Absolutely NO  
NUTS and NO  
Peanut Butter In  
LNB School**

Mon	Tue	Wed	Thu	Fri
 <b>5</b> <b>NO</b> <b>SCHOOL</b> <b>EASTER MONDAY</b>	 <b>6</b> Annie's Cabbage + hamburger & rice <b>Hawaiian Day</b>	<b>7</b> Mexi wrap <b>Crazy Hair Day</b>	<b>1</b> Cheesy spaghetti Wear anything that has To do with Easter	<b>2</b> <b>NO</b> <b>SCHOOL</b> <b>GOOD FRIDAY</b>
<b>12</b> Grilled cheese +ham	<b>13</b> James's Cabbage rolls	<b>14</b> Pulled pork wrap	<b>8</b> Chicken stir-fry <b>Rainbow Day</b>	<b>9</b> Perogy casserole <b>Emoji Day</b>
<b>19</b> Mac & cheese	<b>20</b> Marj's Beef stroganoff	<b>21</b> Scrambled egg + bacon wrap	<b>22</b> Baked potato + broccoli & cheese <b>EARTH DAY</b>	<b>23</b> Goulash
<b>26</b> Potato soup	<b>27</b> Sioux's Spaghetti + hamburger sauce	<b>28</b> California rolls + miso soup	<b>29</b> Tuna casserole	<b>30</b> Chicken cordon blue

## NLE?KEPMX LANGUAGE FLUENCY

**NVIT is pleased to offer the following program:**

# **Nt̓eʔkepmx Language Fluency Certificate & Diploma**

**Zuʔzuʔstis he nqʷincutnkt**

*"Our language makes us strong"*

*These stories, this language, these ways, and this land are the only valuables we can give you - but life is in them for those who know how to ask and how to learn ... (Cajete, 1994)*



The **Nt̓eʔkepmx Language Fluency Certificate & Diploma** programs are foundational and innovative programs with a focus on Nt̓eʔkepmx content in the language fluency curriculum. Our desire is to run a cohort in the Fraser Canyon and the Nicola Valley. Admission is **open to all learners** within the respective Nt̓eʔkepmx communities, particularly those wishing to enhance their knowledge, understanding and conversational ability of Indigenous languages.

If you are interested in this exciting program, please contact **Mandy Na'zinek Jimmie** ([mjimmie@nvit.ca](mailto:mjimmie@nvit.ca)). Our intent is to have a strong and vibrant program lasting into the future.

For more information please visit:  
[www.nvit.ca/programs/default.htm](http://www.nvit.ca/programs/default.htm)



Artist: Andrew Dexel



WEBSITE: [nvit.ca](http://nvit.ca)  
TOLL FREE: 1.877.682.3300



## NVIT EXTENDED DEADLINE

SHARING KNOWLEDGE  
PREPARING LEADERS

BC'S INDIGENOUS PUBLIC  
POST-SECONDARY INSTITUTE



FOR IMMEDIATE RELEASE - March 9, 2021

**The Nicola Valley Institute of Technology (NVIT) announces an EXTENDED deadline to August 16, 2021, for the Immediate Entrance Bursary for all Indigenous Grade 12 Graduates in BC.**

In response to *Indian Control of Indian Education* (1972), the Nicola Valley Institute of Technology (NVIT) was created by the five founding bands of the Nicola Valley in Merritt, BC. In 1995, NVIT became a public Post-Secondary Institution (PSI) and is currently the only Indigenous PSI in BC. NVIT has two campuses, one located in Merritt and the other in Burnaby, and provides community-based post-secondary opportunities throughout BC. The vision of the five founding bands is reinforced through the emerging landscape to Indigenize education through the recommendations of the Truth and Reconciliation Commission (TRC), the adoption of the United Nations Declaration of Indigenous Peoples (UNDRIP), and the Royal Commission on Aboriginal Peoples (RCAP). The NVIT Immediate Entry Bursary directly responds to BC's *Bill 41 – 2019: Declaration on the Rights of Indigenous Peoples Act*. Specifically, removing a financial barrier provides Indigenous learners greater access to post-secondary opportunities at NVIT, resulting in an educational experience immersed in Indigenous ways of knowing.

NVIT first offered the Immediate Entry Bursary in September 2018 to all students graduating from Grade 12 in School District 58. In 2020, NVIT's commitment to closing the education gap was reinforced by further expansion of the NVIT Immediate Entry Bursary program to include **all Indigenous Grade 12 graduates** across the province of British Columbia. Both SD 58 Grade 12 graduates and Indigenous Grade 12 graduates from BC can apply to either of NVIT's campuses in Merritt or Burnaby. They will receive an Immediate Entry Bursary of \$2,729 to be used for the first-year tuition. To be eligible, students must be grade 12 graduates who transition directly from high school to NVIT and meet one of the following criteria:

- graduate from School District 58 (Indigenous or non-Indigenous)
- graduate from BC First Nations School that is registered with the BC First Nations Schools Association OR
- Indigenous graduate from any public school in BC

To qualify for the bursary, students must apply and have a final acceptance letter from NVIT by August 16, 2021. To be accepted, final transcripts and any other admission prerequisite documents must be received no later than 4:30 PM, August 16, 2021. Students must also complete and submit an Immediate Entry Bursary application (available from Enrolment Services) before the deadline.

- NOTE - The Immediate Entry Bursary is non-transferable and can only be applied towards the first-year tuition. (i.e. unused portions cannot be applied to subsequent years).

For more information, please contact Sue Sterling-Bur, Associate Vice President of Students and Registrar, (250)378-3347 or [ssterling@nvit.ca](mailto:ssterling@nvit.ca).

### NICOLA VALLEY INSTITUTE OF TECHNOLOGY

MERRITT CAMPUS:  
4155 Belshaw St,  
Merritt, BC, V1K 1R1

TOLL FREE: 1.877.682.3300  
WEBSITE: [nvit.ca](http://nvit.ca)



VANCOUVER CAMPUS:  
200-4355 Mathiisi Place  
Burnaby, BC, V5G 4S8

# IMMEDIATE ENTRY BURSARY

Deadline for Application Packages extended  
to **August 16, 2021.**

For more information contact:

**[info@nvit.ca](mailto:info@nvit.ca)**

**1-877-682-3300**

**[www.nvit.ca/applynow\\_ieb.htm](http://www.nvit.ca/applynow_ieb.htm)**





## DRIVING & EQUIPMENT OPERATOR COURSES



**LOWER NICOLA  
INDIAN BAND**  
Education

# COMING SOON

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DRIVING OR  
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COURSE**



**LNIB MEMBERS**

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OR  
EQUIPMENT OPERATING COURSE  
PLEASE CALL (250) 378-5157 OR EMAIL**

[MICHELLE.MUIR-THOMPSON@LNIB.NET](mailto:MICHELLE.MUIR-THOMPSON@LNIB.NET)

OR

[RHONDA.DUNN@LNIB.NET](mailto:RHONDA.DUNN@LNIB.NET)



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Enhance your skills  
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be announced

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181 Nawishaskin Lane  
Merritt BC  
250-378-5157

[www.LNIB.net](http://www.LNIB.net)



**LOWER NICOLA  
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# PROFESSIONAL DRIVER TRAINING

## **\*\*PREPARE FOR THE LEARNER'S EXAM \*\***



- ONLINE COURSE
- 5 DAYS
- MARCH 22 – 26, 2021

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PROFESSIONAL DRIVER'S LICENSE LEARNER'S EXAM

PLEASE CALL (250) 378-5157 OR EMAIL



[MICHELLE.MUIR-THOMPSON@LNIB.NET](mailto:MICHELLE.MUIR-THOMPSON@LNIB.NET)  
OR  
[RHONDA.DUNN@LNIB.NET](mailto:RHONDA.DUNN@LNIB.NET)

## Ogilvie Mtn Holdings LP is **HIRING !!!**

We are seeking qualified candidates:

- Sandblasting, Coating, and Pipeline Integrity Skilled Labourers
- Heavy Equipment Operators
- NACE Technicians
- Safety Advisors, First Aid Attendants, Medics

**Required Certifications: First Aid Level 1, H2S Alive and Ground Disturbance Level II.**

Submit a resume to: [hr@ogilviemtn.ca](mailto:hr@ogilviemtn.ca)



April Harvesting on the land:

Asparagus - wild  
Labrador Tea  
Trappers Tea  
Chocolate Lily (Rice Root)  
Stinging Nettle  
Watercress  
Indian Potato  
Nodding Onion



Chocolate Lily



## LNIBDC SECURING MORE FUEL MANAGEMENT CONTRACTS

Over the past year LNIBDC has secured 3 fuel management contracts in the Nicola Valley, including - Fox Farm Road, Woodward Road, and Lindley Creek Road rural areas. Fuel management involves spacing and pruning trees, then piling the debris and burning the piles. Fuel management reduces the amount of fuel in our forests, keeping the communities in the Nicola Valley safer from forest fires. Our fuel management crew is comprised of 6 highly skilled employees including 3 fallers, a buckerman, and 2 field laborers. LNIBDC is in the process of securing another large contract for fuel management in the area as well. Thanks to the crew for all the hard work!



## **JOBS**

### Lower Nicola Indian Band

Position Title: Referrals Clerk/Field Technician

Department: Economic Development

Hours: 35 hours per week

Start Date: ASAP

Reports to: Title and Rights Administrator

#### **Summary of Organizational Responsibilities:**

Referrals Clerk/Field Technician is responsible for data entry and management of all referrals into the database, deciphering maps based on project location. Participating in environmental, archaeological, forestry field work, and writing PFR reports. As well as attending meetings, completing tasks as the Title and Rights Administrator requires.

#### **Duties and Tasks:**

- Communications (reports, presentations, emails, proposals);
- Maintains a comprehensive filing system for the Referrals Department;
- Has availability of flexible work hours and travel needs;
- Data entry for all referral files;
- Complete Environmental, Archaeological and Forestry field work as required;
- Attend meetings as required;
- Write PFR reports as required;
- Interviewing community members on current and historical resource use in the Nlaka'pamux Territory; and
- Performs other duties as assigned by the Title and Rights Administrator.

#### **Knowledge, Skills and Abilities:**

- A valid driver's license and reliable transportation (Mandatory);
- Post-secondary education in a diploma program or undergraduate degree in a related field such as Geographic Information Systems (GIS), Aboriginal Studies, Natural Resources, Environmental Management, or a related field is an asset; and or one (1) or more years' experience doing field work, forestry/environmental; or an equivalent combination of skills, knowledge and experience;
- Excellent oral and written communications skills;
- Computer literate in Microsoft Word, Excel, Outlook, Publisher;
- Ability to review and decipher maps;
- Attention to detail related to note taking, and field sampling duties; and
- Personal Protective Equipment (hard hat, safety glasses, steel toed boots, hi-vis vest) required.

#### **Working Environment:**

- Occasional travel may be required;
- Outdoor work, subject to all weather conditions and terrain;



- High paced work environment;
- Long hours of work may be required; and
- Ability to attend internal and external meetings, often after business hours.

Deadline to apply: until filled

Apply at: <https://secure.collage.co/jobs/lrib> OR Email: [HR@lrib.net](mailto:HR@lrib.net)

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

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



There are numerous tales surrounding the origins of the Easter Bunny. One is that the rabbit comes from the ancient pagan festival of Eostre, which some believe is where the celebration of Easter began.

Eostre honoured the goddess of fertility and spring, and her animal symbol is believed to have been a rabbit, which traditionally symbolises fertility.

Easter is also believed to have originated among German Protestants around the 1600s. Their Easter Hare, would judge children and decide whether they deserved an Easter egg hunt or not.

In America, some people believe the Easter Bunny was first introduced in the 1700s by German immigrants in Pennsylvania.

They introduced their tradition of the egg-laying hare who was known as 'Osterhase' or 'Oschter Haws,' and who would lay colorful eggs as gifts to children who behaved well.

Children would then make nests for the rabbit to leave her eggs. Over time, this tradition spread across America and became a widespread Easter tradition.

The Easter Bunny's egg delivery then came to include treats such as toys and chocolate.  
- from Helen Johnson for The Scotsman

**Lower Nicola Indian Band****Department: Lands and Economic Development Department****Position Title: Cultural Heritage and Environmental Field Workers****Summary of Organizational Responsibilities:**

The successful candidate will bring their energy, enthusiasm and interest in environmental and cultural resources to a variety of resource planning and research projects. Specifically, the successful candidate will provide support to the LNIB staff on Cultural Heritage and Environmental resource development projects.

**Duties and Tasks**

- Field surveying of Cultural Heritage Resources, archaeological, plants, wildlife and soils values;
- Data entry;
- Communications (small reports, presentations);
- Background research relating to current and historical resource use and environmental management;
- Interviewing community members on current and historical resource use in the Nlaka'pamux Traditional Territory;
- Strong computer and information management skills;
- Strong file management;
- Familiarity with online mapping platforms.

**Knowledge, Skills and Abilities:**

- A valid drivers license and reliable transportation (Mandatory);
- Positive attitude and genuine interest in projects and related duties (Mandatory);
- Understanding/interest in Nlaka'pamux resource use and cultural practices;
- Computer literate in Microsoft Word, Excel, Outlook, Publisher;
- Attention to detail related to note taking, and field sampling duties;
- Physically fit and able to work in adverse field conditions;
- Daily travel will be required;
- High paced work environment;
- Personal Protective Equipment (hard hat, safety glasses, steel toed boots, hi-vis vest) required;
- Ability to speak or willingness to learn the Nlaka'pamux language.

**Qualifications:**

- Post-secondary training/education in natural resource management or related field (Preferred);
- Resource Inventory Standards Committee Training in Archaeological and CMT Inventory for Crew Members (Preferred);
- Level I first-aid (Preferred);

**Working Environment:**

- Outdoor work, subject to all weather conditions and terrain;
- Must be able to handle wildlife encounters and respond as per training.

Applications must be received by 1st April 2021.

To Apply:

Email: [HR@lnib.net](mailto:HR@lnib.net)

Job Website: <https://secure.collage.co/recruiting/positions>

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## SPRING CLEANUP

This year the Annual Spring Cleanup will take place April 12-May 12 2021.

As in previous years, bins will be placed at various locations on reserve. We will post locations and more information as time gets closer.

FYI - the following items are accepted all year round at the TNRD Eco Depot without charge:

Mattresses  
Box springs  
Tires on rims  
Paper, magazines, newspapers  
Old corrugated cardboard  
Plastic containers  
Cartons and paper cups  
Aluminum/metal containers  
Glass bottles and jars  
Plastic bags and overwrap  
Foam packaging (white & color)  
Residential yard waste  
Household batteries  
Used oil  
Scrap metal  
Propane tanks Appliances (including fridge & freezers)  
Electronics  
Small Appliances  
Tires off rims  
Paint



## Job Description

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**Position:** Crushing Laborer, Loader & Hoe Operator

**Summary:** This role is a shift work position performing a variety of tasks to operate and maintain crushing operations. Candidates with crushing or operator experience will be given preference however on the job training is conducted for less experienced workers.

**Safety. No Excuses.** is our most important core value, the successful candidate(s) must embody our Health, Safety and Environment Program by participating, implementing and holding yourself and others accountable to all elements of the Program. Successful candidate(s) will participate in safety meetings, hazard assessment (JHA, FLHA...etc.) and complete pre and post-trip inspections.

**Responsibilities:**

- Complete general physical labor duties including shoveling, cleaning belts and assisting in screen changes and linear changes
- Move tools, equipment and construction materials to and from work areas
- Operate crushing loader, skid steer and excavator feeding a crusher or similar operations
- Complete inspections on equipment and notify supervisor of all defects
- Operate equipment in a safe manner in accordance with all local laws and regulations
- Service/maintenance of crushing equipment
- Other job-related duties as required

**Requirements:**

- Completion of a Corporate and site-specific Orientation
- WHMIS2015 training
- Successful Fit Test and fitting of a respirator
- Valid Class 5 Drivers License
- Feed plant and load trucks safely and efficiently
- Keep materials within job specifications
- Operate a loader/excavator safely in a high production setting
- Repair and maintain equipment, those who are mechanically inclined will be given preference
- Basic PPE to be supplied by the worker (boots, hi-visibility vest, hardhat and safety glasses). The Company will provide any specialized PPE.
- Ability to take direction and work as a part of a team

**Physical Demands:** Position requires employee to frequently stand, walk, twist, bend, reach and kneel. Employees must be able to lift 60 – 80 lbs above shoulder height.

**Work Environment:** Position is shift work. Work is outdoors, and conditions include very cold or temperatures dependent on the season, wind, flying dust, and uneven ground.

**Compensation:** The company offers great benefits, ongoing training, growth opportunities, and a culture built on determination, teamwork, and integrity.

There will be no travel compensation or LOA for this role. Applicants must be local to the area near the Highland Valley Copper Mine.



## Attention!!!!

Lower Nicola Site Services is actively recruiting

### Crushing Operators



Apply today by emailing a resume, copies of safety tickets to:  
[hr@lnss.ca](mailto:hr@lnss.ca)



## 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**  
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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**

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Business administration and Consultant

**Molly Toodlican**

Independent Watkins  
Consultant #830411  
250-280-1012  
mollytoodlican61@gmail.com

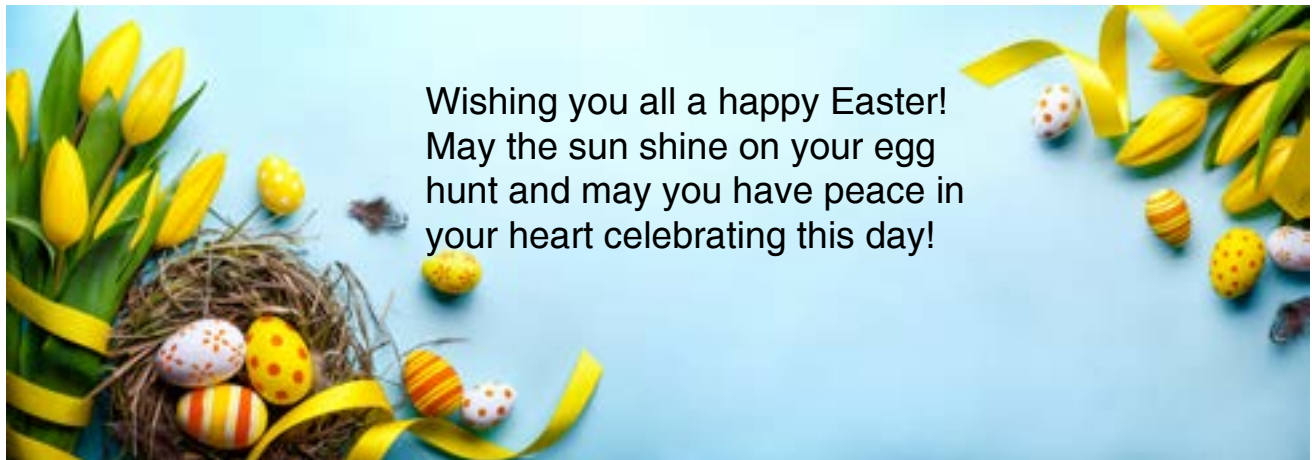
**Penny Toodlican**

pcctoodlican@gmail.com  
Catering

**Victor York**

victoryork@hughes.net  
Gourmet coffee supply and distribution

## GREETINGS



Wishing you all a happy Easter!  
May the sun shine on your egg  
hunt and may you have peace in  
your heart celebrating this day!

## IN MEMORIAM

Extending our condolences to the family and friends of:

Sharon Louise Dick (nee Abbott) - Sunrise June 22, 1955, Sunset March 11, 2021

Twyla Denise Dalla Vechia (nee Edward) - Sunrise November 3m 1963, Sunset March 12, 2021

# Carrot Cake Cupcakes



Recipe courtesy of Ina Garten

Show: Barefoot Contessa Episode: Anniversary Dinner



Level: Intermediate

Total: 1 hr 15 min

Prep: 30 min

Cook: 45 min

Yield: 22 cupcakes

## Ingredients:

- 2 cups sugar
- 1 1/3 cups vegetable oil
- 1 teaspoon pure vanilla extract
- 3 extra-large eggs
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking soda
- 1 1/2 teaspoons kosher salt
- 3 cups grated carrots (less than 1 pound)
- 1 cup raisins
- 1 cup chopped walnuts

## For the frosting:

- 3/4 pound cream cheese, at room temperature
- 1/2 pound unsalted butter, at room temperature
- 1 teaspoon pure vanilla extract
- 1 pound confectioners' sugar

## Directions:

- 1** Preheat the oven to 400 degrees F.
- 2** Beat the sugar, oil, and vanilla together in the bowl of an electric mixer fitted with a paddle attachment. Add the eggs, 1 at a time. In another bowl, sift together the flour, cinnamon, baking soda, and salt. With the mixer on low speed, add 1/2 of the dry ingredients to the wet ingredients. Add the grated carrots, raisins, and walnuts to the remaining flour, mix well, and add to the batter. Mix until just combined.
- 3** Line muffin pans with paper liners. Scoop the batter into 22 muffin cups until each is 3/4 full. Bake for 10 minutes then reduce oven temperature to 350 degrees F and cook for a further 30 to 35 minutes, until a toothpick comes out clean. Cool on a rack.
- 4** For the frosting, cream the cream cheese, butter, and vanilla in the bowl of an electric mixer fitted with a paddle attachment. Add the sugar and beat until smooth.
- 5** When the cupcakes are cool, frost them generously and serve.



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