



October 2021 N?e?iyk Spiləxm

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WINTERIZING HOSES

**LOWER NICOLA
INDIAN BAND**

REMINDER

With temperatures starting to drop and colder days, and nights, ahead we would like to take this opportunity to remind you that it is time to detach your garden hose from your outside tap.

If you haven't already done so, please, think about doing it in the next few weeks. As overnight temperatures have started to dip close to freezing.



If you leave the hose on and it freezes it can cause the internal workings of the faucet to crack. This is what causes those leaking outside faucets come spring time.

Also if there is an independent shut off for your outside faucets we strongly recommend turning them off over the winter. This will further ensure no damage to the outside faucet and reduce any risk of it leaking inside your home.

K^wuk^wscemx^w



Lower Nicola Indian Band Housing Department

SPORT FEES

Sports Fees

The LNIB Community Services department has set some guidelines regarding sport fees. Requests will be reviewed individually using the guidelines; however, some requests may be subject to further review based on sporting costs.

The guidelines are as followed:

- SA families can receive 100% coverage for one sport **per child/year**
- 2 parent families where both parents are working can be eligible to receive \$500.00 towards sports fees **per household/year**
- 1 parent families where the parent is employed or 2 parent families where one parent is working can be eligible to receive \$750.00 towards sports fee **per household/year**

We are unable cover any sort of REP fees or equipment costs.

Please check out the following links for the Canadian Tire Jumpstart program and KidSport Canada program, both help families in need with sports fees.

<http://jumpstart.canadiantire.ca/content/microsites/jumpstart/en.html>

<http://www.kidsportcanada.ca/british-columbia/>

Thank you!



TUTORING

Tutoring

****available for band and community members****

Flexible location options!

Snacks are provided



Flexible times

**sign up at any
time throughout
the school year!**

With school start up approaching quickly, we would like to remind everyone that we are continuing to offer tutoring for all band (on and off-reserve) members and community members, enrolled in grades K-12 attending both in person classes, and online courses.



For more information please contact:
Sharon Parsons (250) 378-5157 or sharon.parsons@lnib.net
Tylar Clark (250) 315-5814 or tylar.clark@lnib.net

HOMEWORK CLUB

Homework Club

Tuesday Rocky Pines:
3:30–4:30

Thursday Portable:
3:30–4:30

****Effective October 5th ****

Snacks are Provided!

For Grades 4–12

We would like to start up a Homework Club!

It will be held in the Rocky Pines Center Library, and in the Portable at the LNIB School.

These will be safe spaces created for students to come and complete their homework, with snacks, computers, and a printer available. One on one Tutoring is also available if your student requires additional assistance.

**** Unfortunately, at this time rides will not be offered due to limited time frames. ****

For more information and to book please contact:
Sharon Parsons (250) 378-5157 or sharon.parsons@lnib.net
Tylar Clark (250) 315-5814 or tylar.clark@lnib.net



NICOLA WATER GOVERNANCE



Nicola Water Governance Project

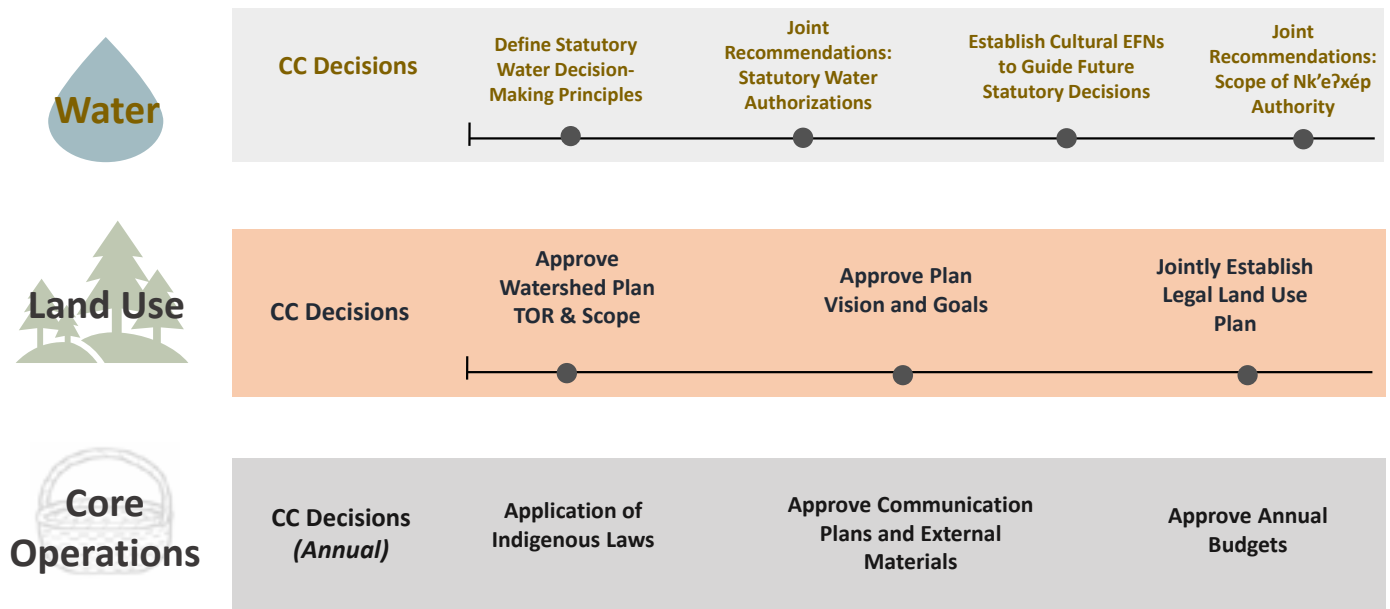
Chief Arnold Lampreau, Chief Stuart Jackson, Chief Lee Spahan, District Manager of FLRNOD- Jennifer Reid, Executive Director MOE- Ted Zimmerman, Regional Executive Director-Gerry Macdougall, Chief Harvey Mcleod, Regional ED of MIRR-Peter Hilton, ADM of FLNROD Paul Rassmussen, Councilor-Brian Holmes

Nicola Watershed Governance Project

- ✓ Indigenous Laws Summary and Strategy
- ✓ Shared Decision-Making for Land and Water
- ✓ Strong G2G Structure
- ✓ 5 Year Plan (draft)
- ✓ Completed Groundwork for Cultural EFNs
- ✓ Nk'e7xép (Drought Response)
- ✓ Pre-Planning in Watershed Plan
- ✓ Website Launch



What's on the 5-Year Horizon for Water and Land Shared Decision-Making?



EXECUTIVE DIRECTOR

Dear LNIB Members,

I am pleased to present our monthly report for September 2021. LNIB offices are open to membership. Staff have returned to working from their offices. Visitors are also required to sign in for contact tracing purposes and COVID-19 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:

Wildfire Update: All Emergency Support Service (ESS) claims have been processed and payments sent to payees. In total we processed in excess of 251 claims. Additionally, all fire affecting LNIB Lands – Lytton Creek, Tremont Creek and July Mountain, are under control. These wildfires are being managed by an Incident Management Team based in Merritt, and are part of the Cascades Complex. Resources, including firefighters, helicopters, and heavy equipment are shared between the wildfires to meet operational objectives as needed.

BC Wildfire has also posted the following:

Hunters: *Please note that an Area Restriction is in effect for these fires and NO hunting is permitted within the area . This Restriction is to provide for the safety and security of wildland firefighters. There are extreme dangers within the wildfire perimeter like ash pits, falling trees, falling rocks, unstable slopes, burnt over roads, etc. Conservations officers are regularly patrolling the area restriction, and fines will be given out to anyone found accessing the area without authorization.*

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 welcomes Sayge Fisher, Environmental Protection Coordinator, Shyla McColl, Reception at the Health Center and Lily Shuter, Lands Administration Assistant. Tia Powell is moving on to different endeavors and LNIB wishes her well.

Current job postings with Lower Nicola Indian Band are Custodian/On Call Receptionist, Social Development Manager, Tenant Relations Coordinator, Habitat Stewardship Coordinator, Director of Infrastructure, Public Works Manager, and K-7 Teacher visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Committees and Liaisons: Lands Management Advisory Committee meetings were postponed during the month of September. Three new members were appointed by Chief and Council. Welcome

Molly Toodlican, Shawn Swakum and Clyde Sam to the Lands Management Advisory Committee. School Board has not met in September. Finance and Audit Committee did not meet in September. Joeyaska Contaminated Site Litigation Advisory Committee did not meet in September. Human Resource Policy and Procedures Review Committee met on September 14, 2021. 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: The next Band General meeting is scheduled for October 25, 2021 at 6:00pm.

Support to Chief and Council: Chief and Council met September 7th. Chief and Council will meet October 5th and 19th. Should you require anything on the Chief and Council agenda scheduled for October please contact Sondra Tom and 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 email invitation for the scheduled Chief and Council meetings

- Kari Reilander, Executive Director



K^wuk^wpi? Congratulating Geraldine Bangham on her retirement after such long service to LNIB

LNI BAND SCHOOL

October Newsletter

2021

Lower Nicola Band School

By Angie Sterling, Principal

Dear Parents/Guardians:

Welcome Back to School! It's so nice to see all the children back at School! We currently have 93 Students from Kindergarten to Grade 7. We have moved some students around to best fit student numbers in classrooms.

K/1 = 13 students – Mr. Hanna

Grade 1/2 = 18 students – Mrs. Ens

Grade 3/4 = 16 students – Ms. Sheena

Grade 4-5 = 19 students – Mrs. Haller

Grade 6 = 13 Students – Ms. Miller has resigned, Ms. Bob will be filling in for now.

Grade 7 = 14 Students – Ms. Gardypie

September 28 – Terry Fox Run

September 29 – Orange Shirt Day at School

September 30 – Stat No School

October 6 – Photo Day at School – Call the School for more info. 378-5527 if you have any questions. Thank you.

The future belongs to those who believe in the beauty of their dreams – live, love, learn...



COVID-19

We are happy to announce that there have been **NO** cases of COVID-19 in our School.

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

Fever, dry cough, tiredness, Chills, worsening of chronic cough, Shortness of breath, Muscle aches, Sore throat, Loss of sense of smell or taste, Skin rashes or discoloration of fingers or toe, Headache, Fatigue, diarrhoea, conjunctivitis, chest pain, loss of speech or movement

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

SCHOOL CALENDAR

OCTOBER 2021				
Absolutely NO NUTS and NO Peanut Butter in LNB School!!				
Mon	Tue	Wed	Thu	Fri
 4 Lasagna soup	5 Chicken dumpling soup TRICK OR TREAT	6 Stir fry & rice PICTURE DAY	 7 Tuna melts+ veggie cup	1 Teriyaki Meatballs + rice
11 NO SCHOOL	12 Goopy pasta PJ DAY	13 Skeleton meatloaf Mashed potatoes + veggies	14 Shrunken potatoes heads	15 Halloween mini pizza
18 Chicken Boo-dye soup	19 Pumpkin alfredo	20 Stuffed peppers	21 Zombie brain soup	22 PRO D DAY
25 Finger dogs	26 Green worms + sauce	27 Trick or treat pancake	28 Mac & cheese pumpkin	30 Vampire soup Costume parade in gym

FAMILY EVENTS CALENDAR

October

2021

Family activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Grief and support 9-30am	2
3	4	5 Girls' empowerment night ages 9-12 sign up only	6 Soup kitchen 11:30am-1:30pm	7	8 Thanksgiving drive thru lunch 12:00 @Rocky Pines	9
10 Happy thanksgiving STAT	11	12	13 Soup Kitchen 11:30am-1:30pm	14	15 Grief and support 9:30am	16
17	18	19 Good Food Bag	20 Soup kitchen 11:30am-1:30pm	21	22 Pro D Day	23
24	25 Prep for haunted drive thru	26 Prep for haunted drive thru	27 Soup Kitchen 11:30am-1:30pm	28 Halloween Haunted drive thru 5PM start @Rocky Pines	29 Grief and support 9:30am	30
31 Happy Halloween						

We hope everyone is staying safe 😊

we are working on some zoom programs for our Parents and Babes program and family program SO STAY TUNED
if you have any questions, please contact christie Hill @ 250-315-3661

HVC 2040 ENGAGEMENT SESSIONS



IN-PERSON ENGAGEMENT OPPORTUNITY



LNIB wants to hear from you to support
their contributions to the HVC 2040
Project's Environmental Assessment !

What:

- The in-person workshop sessions will help LNIB to better understand how the proposed HVC 2040 Project may affect its members
- Will involve interactive activities, a bonfire, and refreshments

When:

One 3-hour workshop will be given two times on Wednesday, October 13th. Please sign up for either the morning or afternoon session.

Morning session:

- 9:00 am - 12:00 pm

Afternoon session:

- 1:30 pm - 3:30 pm

Who:

- All LNIB members, from youth to Elders, are invited to sign up
- Each session is limited to a maximum of 15 people
- Honoraria will be provided

Sign up:

Deadline to sign up: October 8, 2021

1. Email Bob at robert.sterling@lnib.net
2. Call Eliza at 604-669-0424 ext.265 or email eliza.bethune@hemmera.com

Where:

- LNIB's Shulus Hall

COUNCIL RESOLUTIONS

Chief and Council Motions, August 20, 2021

Motion #30-08-2021-01 Reads: Chief and Council move to appoint Lucinda Seward as chair in the absence of kʷúkʷpi? Stuart Jackson.

Motion Carried

Motion #30-08-2021-02 Reads: Chief and Council move to adopt the August 30, 2021 Chief and Council meeting agenda as presented.

Motion Carried

Motion #30-08-2021-03 Reads: Chief and Council move to extend the Evacuation Alert to expire on September 9, 2021 at 1200 hours. The Lytton Creek Complex K71086 and Tremont Creek K21849 wildfire in Speous IR No. 8, Pisuel IR No. 3, and Nicola Mameet IR No. 1 poses a threat to the structures and residents for the following properties addressed as:

- Pipsuel IR No. 3 Lots 4, 5, 6, and 7 – 6561 Hwy 97C
- Speous IR No. 8 – 2280 Sunshine Valley Road
- All addresses in Nicola Mameet IR No. 1 including:
- 3009 Aberdeen Rd
- 218-220 Bill John Rd
- 2140 Central Shulus Rd
- 2700- 2844 Cougar Crescent
- 203-214 Crab Apple Ln
- 188-2114 Eagle Rd
- 320 Earnshaw Ave
- 259-263 Fyall Rd
- 131-E-318-E Hwy 8 East
- 10-265 Hwy 8 West
- 196-219 Horn Rd
- 2861-2905 Hummingbird Rd
- 2172-2190 Joe Rd
- 5-114 Lindley Creek Rd
- 2183-2428 Mamit Lk Br Rd
- 2393-4434 Hwy 97C
- 2085-2141 Moses Bent Rd
- 180-222 Nawishaskin Ln
- 2124-2164 Neale Rd
- 3030-3130 Pumphouse Rd
- 24-249 Saskatoon Ln
- 2160-2181 Settlers Rd
- 271-289 Shuter Rd
- 21-28 Snake Rd
- 2166-2195 Swakum Rd
- 2852-2975 Yapskim Dr

Because of this, the Lower Nicola Indian Band has issued an Evacuation Alert for these

properties, effective at 1100 hrs on August 30, 2021.

Motion Carried

Chief and Council Motions, September 7, 2021

Motion #07-09-2021-01 Reads: Chief and Council move to appoint Lucinda Seward as Chair in the absence of kwúkʷpi? Stuart Jackson.

Motion Carried

Motion #07-09-2021-02 Reads: Chief and Council move to adopt the September 7, 2021 Chief and Council meeting agenda as presented.

Motion Carried

Motion #07-09-2021-03 Reads: Chief and Council move to adopt the July 6, 2021 Chief and Council meeting minutes as presented.

Motion Carried

Motion #07-09-2021-04 Reads: Chief and Council move to adopt the July 20, 2021 Chief and Council meeting minutes as presented.

Motion Carried

Motion #07-09-2021-05 Reads: Chief and Council move to adopt the August 12, 2021 Chief and Council meeting minutes as presented.

Motion Carried

Motion #07-09-2021-06 Reads: Chief and Council move to adopt the August 14, 2021 Chief and Council meeting minutes as presented.

Motion Carried

Motion #07-09-2021-07 Reads: Chief and Council move to adopt the August 15, 2021 Chief and Council meeting minutes as presented.

Motion Carried

Motion #07-09-2021-08 Reads: Chief and Council move to adopt the August 20, 2021 Chief and Council meeting minutes as presented.

Motion Carried

Motion #07-09-2021-09 Reads: Chief and Council move to support the joint submission by the Nicola Bands of Commemorative Partnership Program Community War Memorial Funding application to Veterans Affairs Canada related to construction, restoration, or expansion of a community war memorial.

Motion Carried

Motion #07-09-2021-10 Reads: Chief and Council move
WHEREAS:

- A. The Ministry of Forests, Lands and Natural Resource Operations seeks to reach agreement with LNIB concerning the award of Replaceable Forest Licence A97967 (the "Licence") with a 15 year term authorizing the harvest of up to 19,504 cubic meters per year to LNIB under a Forest Tenure Opportunity Agreement (the "Agreement");
- B. The Licence will also include a non-replaceable volume of 78,016 cubic meters over a term of five years;
- C. The direct award of the Licence under the Agreement is intended to allocate forestry volume to LNIB over a 15-year period and to assist in achieving stability and greater certainty for forest resource development within LNIB territory;
- D. Under the Agreement, LNIB would be the licensee for the Licence and may appoint a representative subject to the requirements under the Forest Act, Forest and Range Practices Act, and other provincial statutes; and
- E. LNIB wishes to approve the Agreement substantially in the form presented.

THEREFORE BE IT RESOLVED THAT:

1. The Agreement is hereby authorized and approved in substantially the form presented; and
2. Chief Stuart Jackson be and hereby is authorized and empowered to execute and deliver in the name and on behalf of LNIB the Agreement in substantially the form presented.

Motion Carried

Motion #07-09-2021-11 Reads: Chief and Council hereby accept the Plan of Survey of Lots 379 and 380 Nicola Mameet Indian Reserve No.1, that was executed May 6, 2021, by Christopher John de Haan. CLS, BCLS.

Motion Carried

Motion #07-09-2021-12 Reads: Chief and Council hereby appoints:

Molly Toodlican, Shawn Swakum and Clyde Sam to the LNIB Lands Management Advisory Committee commencing at midnight on the 7th day of September 2021 and ending at midnight on the 6th day of September 2025.

Motion Carried

Motion #07-09-2021-13 Reads: Chief and Council move to approve a purchase for 2020 Chevrolet

Girardin G5 Paratransit 20 passenger + 1 WC (Convertible to 16 + 2 W/C) for the human services sector in the amount of \$111,765.00 from Kamloops Ford Lincoln from the Indigenous Services Canada Emergency Management assistance program \$100,000 and \$11,765.00 from Scw'exmx Child and Family Services Society community prevention fund. And further authorizes the Executive Director to approve the invoice and payment.

Motion Rescinded

Motion #07-09-2021-14 Reads: Chief and Council move to approve securing an expression of interest to have a multi-purpose building built at the empty lot 2152 Neale Road by the arbor subject to lot ownership by Lower Nicola Indian Band. Funding to be utilized from Indigenous Services Canada- Emergency Management assistance fund.

Motion Carried

Motion #07-09-2021-15 Reads: Chief and Council appoints Councilors William Sandy and Bill Bose as the Council representative to the review panel for the capital purchase of the snowplow and sander for the Public Works Department, the review of the Subdivision Feasibility request for proposal for the Lands Department and the twenty-four passenger van for Community Services Department.

Motion Carried

Motion #07-09-2021-16 Reads: Chief and Council hereby recognizes the addition of a new statutory holiday called National Day for Truth and Reconciliation and authorizes the Executive Director to take the necessary steps to implement the recognition of this holiday on September 30th of each year.

Motion Carried

Motion #07-09-2021-17 Reads: Chief and Council move to add the State of Emergency and Evacuation Alert to the agenda.

Motion Carried

Motion #07-09-2021-18 Reads: Chief and Council move to rescind the evacuation alert on Nicola Mameet IR #1, Pipsueal IR #3 and Speous IR #8 effective September 7, 2021 at 9:12pm.

Motion Carried

Motion #07-09-2021-19 Reads: Chief and Council move to go IN Camera at 9:17pm.

Motion Carried

Motion #07-09-2021-20 Reads: Chief and Council move to reconvene at 9:48pm.

Motion Carried

Motion #07-09-2021-C Reads: Chief and Council hereby supports signing the Mutual Non-Disclosure and Confidentiality Agreement with TECK Resources Ltd., Canadian Solar Solutions, and Sunfield Energy Inc..

Motion Carried

Motion #07-09-2021-22 Reads: Chief and Council move to adjourn the September 7, 2021 meeting at 9:50pm.

Motion Carried

COUNCIL ATTENDANCE REPORT

Chief and Council AttendanceTerm October 2019-September 2022

Month	Meetings Called	Stuart Jackson	Bill Bose	Spence Coutlee	Robin Humphrey	Connie Joe	William Sandy	Lucinda Seward	Aaron Sumexheltza
Oct- 19	4	4	3	4	3	4	4	3	4
Nov- 19	5	4	5	4	5	5	5	3	2
Dec- 19	3	2	2	2	3	2	3	3	3
Jan- 20	2	2	1	2	2	2	2	0	1
Feb- 20	4	4	4	2	4	4	4	3	4
Mar- 20	3	3	3	3	3	3	3	3	3
Apr- 20	3	1	3	2	3	3	3	3	2
May-20	4	4	4	4	4	4	4	4	4
Jun-20	3	3	3	3	3	2	3	3	3
Jul-20	1	1	1	1	1	1	1	1	1
Aug-20	1	1	1	0	1	1	1	1	1
Sep-20	2	2	2	0	2	2	2	1	2
Oct-20	1	1	1	1	1	0	1	1	1
Nov-20	3	3	3	3	3	3	3	1	3
Dec-20	3	3	3	3	3	3	3	2	3
Jan-21	2	2	2	2	2	2	2	2	2
Feb-21	2	2	2	2	2	2	2	1	2
Mar-21	3	3	3	2	3	3	3	3	3
Apr-21	2	1	2	2	2	1	2	2	1
May-21	2	2	1	1	2	2	2	1	2
Jun-21	3	1	3	0	3	3	3	1	3
Jul-21	2	2	2	1	2	2	2	1	2
Aug-21	5	3	5	4	5	5	5	5	1
Sep-21	1	0	1	1	1	1	1	1	0
TOTAL	64	54	60	49	63	60	64	49	53

As of September 27, 2021

N LAKA'PAMUX ENVIRONMENTAL MANAGEMENT PROGRAM (NEMP)

Economic Development Department

Nlaka'pamux Environmental Management Program (NEMP)



Update for the month of October, some upcoming things to watch for are Facebook posts on our members only page. Feel free to comment or participate in our posts or send in your thoughts to Marsha Spence.

We would also like to thank the members who were able to participate in the online survey and engagement sessions, we will provide an update on the results from this survey in the next newsletter.

Project updates:

Finalizing Phase: 2 Community Values Inventory

- Identified Community Values.
- Built a Comprehensive Value List.
- Finalizing our Priority Values and will use in Phase: 3.

Phase: 3 Research & Understanding Community Values

- Collect data
- Assess Effects
- Identify Responses and Actions to Conserve.
- Report results

If you missed any of our sessions, you can find information on our project page under the communications tab.

Web page links is <https://www.lnib.net/nlakapamux-environmental-management/>

Remember, if you have any questions about the program, 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.

GIRLS' NIGHT

Girls Night

• DAY •

October 5th 2021

• TIME •

5:30- 8:00pm

• PLACE •

Rocky Pines Community Center

**Ages 9-12 Dinner & Prizes •
Women empowerment key
chains with parent permission**

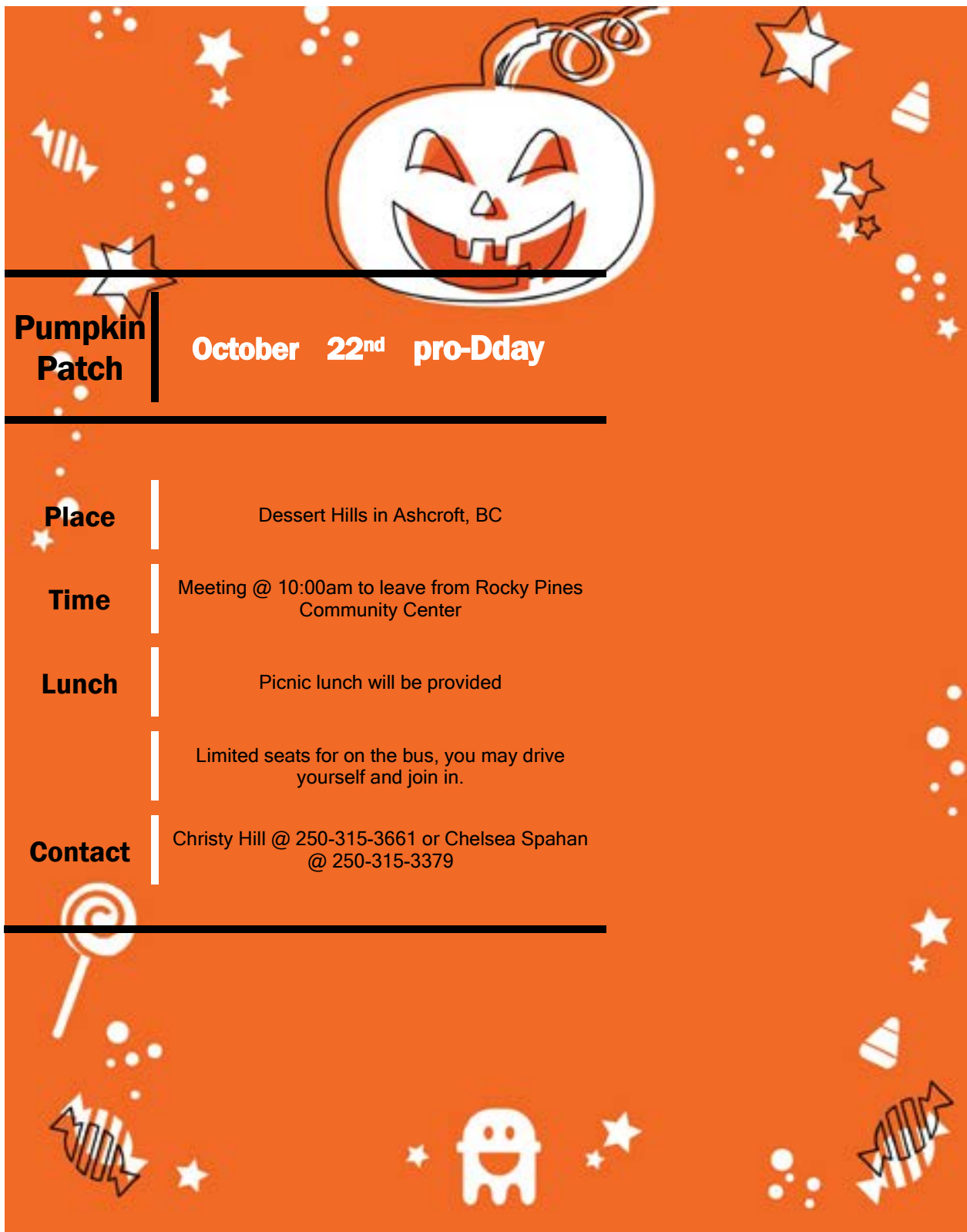
For more information please contact:
Christy Hill @250-315-3661 or Chelsea @250-315-3379

PROUD TO BE

LNIB

Lower Nicola Indian Band

PUMPKIN PATCH TRIP



The graphic has an orange background with white stars, candy, and a ghost. At the top center is a large white jack-o'-lantern with a smiling face. Below it, the text 'Pumpkin Patch' is on the left and 'October 22nd pro-Dday' is on the right, separated by a vertical line. Below this, the details are listed in a table-like format with labels on the left and descriptions on the right, separated by vertical lines.

Pumpkin Patch	October 22nd pro-Dday
Place	Dessert Hills in Ashcroft, BC
Time	Meeting @ 10:00am to leave from Rocky Pines Community Center
Lunch	Picnic lunch will be provided
	Limited seats for on the bus, you may drive yourself and join in.
Contact	Christy Hill @ 250-315-3661 or Chelsea Spahan @ 250-315-3379

LANDS DEPARTMENT



Brandi O'Flynn | Lands Manager

(250) 378-5157 | brandi.oflynn@lnib.net

LANDS PORTAL

Find information about LNIB lands online at lnib.net/lands

Lands updates are posted online and printed materials are made available for members to pick up at the Lands office upon request.

GET TO KNOW THE LANDS TEAM

Stephen Jimmie
LANDS AND HOUSING DIRECTOR
stephen.jimmie@lnib.net

Brandi O'Flynn
LANDS MANAGER
brandi.oflynn@lnib.net

Email Stephen with inquiries about Land Code, lands policies and law development. Email Brandi with inquiries about land administration, programs and services.

LANDS TEAM

Talk to the Lands team about lands activities and to share your stories.

Lily Shuter
ADMINISTRATIVE ASSISTANT
lily.shuter@lnib.net

Monica Pettinger
LANDS AGENT
monica.pettinger@lnib.net

Alex Bukkos
SURVEY COORDINATOR
alex.bukkos@lnib.net

Email Monica about land transfers, LMAC, and community meetings. Email Alex about land surveying and mapping records.

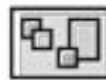
Sayge Fisher

ENVIRONMENTAL PROTECTION COORDINATOR
sayge.fisher@lnib.net

Kristopher Por
LANDS RESEARCHER
kristopher.por@lnib.net

Email Sayge for information on environmental protection. Email Kristopher with questions about land research, historic records, and wills and estates planning for members.

For LNIB Housing, contact **Jordana McIvor-Grismer**, Housing Administrator.



LANDS MANAGEMENT ADVISORY COMMITTEE

UPCOMING MEETINGS

OCTOBER 04
OCTOBER 18
NOVEMBER 08

Three Lands Management Advisory Committee term positions ended on September 5th and we hope to have new appointments made soon.

Lands Management Advisory Committee (LMAC) meetings are being held at Shulus Hall, with limited capacity, and are open to all LNIB members starting at 4:30 PM. Join in to discuss Lands activities and developments! Due to current health restrictions food will not be offered at this time.

Call or email [Monica Pettinger](mailto:Monica.Pettinger@lnib.net) for more information about the Lands Management Advisory Committee (LMAC) and for details about joining upcoming meetings.

NEW LANDS DEPARTMENT STAFF MEMBERS



Welcome

Sayge Fisher

**ENVIRONMENTAL PROTECTION
COORDINATOR**

Originally from the West Coast, I was born in K'ómoks unceded traditional territory on Vancouver Island. I grew up between the wild beauty of Tofino located in Nuu-Chah-Nulth, Tla-o-qui-aht First Nations Lands and the pristine topography of the K'ómoks traditional territory located on Denman Island, BC. Both unique locations made me enamored with the land and ecology. From a very young age I have had a focus on environmental preservation and protection. After moving to Revelstoke, BC for secondary school, I then continued to Kamloops, BC to complete my BA degree, majoring in Geography & Environmental Studies

and minoring in Visual Arts on the traditional unceded territory of the Tk'emlúps te Secwépemc. In my spare time I am an artist, currently specializing in embroidery inspired by natural landscapes and fauna. I have now been graciously given the opportunity to apply my knowledge and gain new experience from the LNIB within the position of Environmental Protection Coordinator. I am particularly keen to fill this position to the best of my ability and contribute to the protection and remediation of the local environment. Thank you for having me.



Welcome

Lily Shuter

ADMINISTRATIVE ASSISTANT

hen7e?

nskixze? Lily Anne Shuter the Great-granddaughter of late Mem and Pep (Lily and Tim) Shuter, the daughter of Rose Justice and Marvin Shuter. I am the mother of five beautiful children who were raised to value their heritage, respect their elders/others, love the land, water, and wildlife. Lily was raised and lived on the Joyaska land all her childhood and has a traditional way of life with her family.

I am excited to work with the Lands Department as a member of the team and utilize my skills and knowledge to the fullest. I look forward to working with the community and being a positive role model for my family and community members. I have completed two years of Business with NVIT and look forward to pursuing a degree in Business in the future.

kʷukʷscém



THANK YOU! Geraldine Bangham

After 30 years of service with the Lower Nicola Indian Band, Geraldine Bangham retires from her position as Lands Agent within the Lands department. Over the past years and throughout her many roles, Geraldine has been a key figure in shaping the Band and says she holds a very special place for LNIB and its members in her heart. Geraldine plans to spend lots of time with her family and says she will never go too far

from the land and the people that she loves so much. Geraldine's conversation and grand laugh will be missed during office hours. The Lands team would like to wish Geraldine and her family all the best in the future.

K^wuk^wscemx^w

For information about Lands related activities, contact the Land office at (250) 378-5157.

ALLOTMENT AND CUSTOM FAMILY LANDS LAW

The Lands Department will propose the ratification of an Allotment and Custom Family Lands Law and this law will define a procedurally fair process for assessing members' claims to Traditional Land Holdings or Custom Family Lands. The decision-making body will be defined in the law and will be structured to ensure impartiality. LNIB needs to

create an Allotment and Custom Family Lands Law because there are currently no guidelines for a procedurally fair and transparent process for transferring reserve land parcels to LNIB Members. The right to possess Custom Family Lands is not legally recognized in the Land Code but it is recognized within the LNIB community. The existence of Custom Family Lands is the source of many lands' issues.



MEMBERSHIP & STATUS CARDS REMINDER

Need help with membership or status cards? Contact **Barb Huston** or **Justice Cisco**, Indian Registry Administrators.

Barb Huston

barb.huston@lnib.net

Justice Cisco

justice.cisco@lnib.net





LOWER NICOLA INDIAN BAND

LAND CODE

PART 4 - INTERESTS AND LICENCES IN LAND

Each month the Lands team highlights a few key details from the LNIB Land Code that have allowed LNIB members and Band administration to thrive in

areas of Economic Development, Environmental Protection, and more. Here are some definitions from Part 4 of the LNIB Land Code. See more details below.

"Interest" means an interest in LNIB Land, and includes an Allotment, Leasehold, and Easement, but for greater certainty does not include title to the land.

"Licence" means a licence, permit or other permission granted under this Land Code, or a licence or permit issued pursuant to the Indian Act prior to the effective date of this Land Code,

to use, develop, or extract specified Natural Resources from, or otherwise have non-exclusive use of, LNIB Land but which does not grant an Interest in, or possession to, LNIB Land.

"Register" means the register of LNIB Land established by Canada under clause 51.2 of the Framework Agreement and maintained in the First Nations Land Registry established under the First Nations Land Registry Regulations.

Also, find a full copy of the **LNIB Land Code** online by visiting:

lnib.net/lands

14. LIMITS ON INTERESTS AND LICENCES

All dispositions in writing

14.1 An Interest in, or Licence to use, LNIB Land may only be created, granted, disposed of, assigned or transferred by a written instrument issued in accordance with this Land Code.

Standards

14.2 Council may, after full and fair consideration of any recommendations of the Lands Management Advisory Committee, establish mandatory standards, criteria and forms for Interests and Licences in LNIB Land.

Improper transactions void

14.3 A deed, lease, contract, instrument, document or agreement of any kind,

whether written or oral, by which LNIB, a Member or any other Person purports to grant, dispose of, transfer or assign an Interest or Licence in LNIB Land after the date this Land Code comes into effect is void if it contravenes this Land Code.

Granting of Interests and Licences

14.4 A Person, whether or not a Member, may hold an Interest or Licence in LNIB Land subject to this Land Code and any relevant Laws; however, a Person who is not a Member may not hold an Allotment in LNIB Land, and shall not be issued a Certificate of Possession.

14.5 The written consent of Council must be obtained for any grant, encumbrance or disposition of an Interest or Licence in LNIB Land to a Person who is not a Member.

WHY LAND CODE?

Land Code is a way for First Nations to independently manage reserve lands and resources. A Land Code is a document created by First Nation communities to replace multiple sections of the Indian Act that relate to land management. Once a signatory to the Framework Agreement on First Nation Land Management, a First Nation has the ability to create a Land Code that outlines how the community will work together to develop laws and policies for governing and managing their reserve lands and resources. LNIB members voted and approved the LNIB Land Code in August 2016.



WILLS & ESTATES

The Wills Project has restarted, and participating members will be drafting and completing their legal wills soon. Adding to this project, a new Wills Depository was recently setup so that members can safely and securely store their original will in a fireproof cabinet at the Lands office. If you would like to

keep your will on file with the Band, email [Kristopher Por](#) or call (250) 378-5157 for more information about the new **LNIB Wills Depository**. For questions and helpful information about wills and estates planning, members are encouraged to contact the Lands team.

As an **Executor** or **Administrator**, it is important to communicate with LNIB and provide copies of appointment documents so that the Lands team can verify and

share relevant information with you. Currently, research is being conducted by the Lands team as files are being digitized and archives accessed so that complete reports may be produced to help clear up unsettled estates and land disputes. Members can contact the Lands team at any time to review pertinent documents, maps, and historic records. Find more information on the LNIB website under [Wills & Estates](#).

BC REGION WILLS AND ESTATES PLANNING

What is an estate?

An estate includes real (immovable) property, (e.g., land and buildings or structures), and personal (movable) property, that someone owned or had in their possession when they died. Anyone who owns something has an estate. These assets can include items such as: a home, car(s), bank accounts, stocks, bonds, mutual funds, life insurance policies, retirement plans, business interests, furniture, jewellery, art work and collections.

What is a will?

A written document that gives instructions on what is to be done with an estate after death. If someone dies without a will, section 48 of the Indian Act sets out how the estate will be distributed. If someone dies without a will it is called dying intestate.

Who is an administrator?

A person appointed (by the Minister) to administer an estate. If there is no will or

no one is stated in the will the Minister will appoint someone to handle all the legal and financial matters of the deceased's estate. It is not possible to have more than one appointed administrator.

Who is an executor?

A person named in the will to administer (handle all the legal and financial matters) the deceased's estate and to ensure that the details of the will are carried out. This is the same as an administrator or a personal representative. It is possible to have more than one executor named in a will.

Who is a beneficiary?

Persons (e.g., child, cousin, or friend) or organizations (e.g., church or animal shelter) specifically named in the will to inherit from the estate.

Who is an heir?

Person(s) who may inherit from the estate of someone who died without a will (e.g., spouse, children, parents, and other relatives).



MATRIMONIAL REAL PROPERTY

Indigenous Services Canada

[Matrimonial Real Property On Reserve](#)

Centre of Excellence for Matrimonial Real Property

coemrp.ca/resources

For more information about estate services for members, including Matrimonial Real Property, contact the Land team at (250) 378-5157 or email [Kristopher Por](#).

ELDERS ACTIVITIES CALENDAR



	Mon	Tue	Wed	Thu	Fri
	SAVE THE DATE! Tuesday Nov 2, - 9 am 'Value Village' Limited seating, book your seat now!!	Lana - 250-315-7477 Sheri - 250-936-8066			1 'Bingo' 'Fit Nation' 930-12 pm Rocky Pines Centre
	4	5	6 'Fall Elders Meeting' Pizza 5 pm Shulus Hall	7 'Grandmother Group' 1-3 pm Soup Kitchen	8 'Dry Soup Making' 'Fit Nation' 930-12 pm Rocky Pines Centre
	11 Thanksgiving	12	13	14	15
	18	19	20 'Cards/ Dice' 1-3 pm Rocky Pines Centre	21 'Elders Luncheon' Soup Kitchen Take-out 12-2 pm	22 'Bingo' 'Fit Nation' 930-12 pm Rocky Pines Centre
	25	26	27 'Movie Night' 6-830pm Rocky Pines Centre	28 'Ribbon Skirt/Shirt Making' 4 Machines 9-3 pm Culture Centre	29 'Fit Nation' 'Painting Pumpkins' 930-12 pm Rocky Pines Centre

ELDERS

Good day Elders! I would like to start by congratulating Johnel Toodlican as she starts her new position of Elders' & Community Support Worker on Sept 27th/2021. Most of you know that the Elders' jackets arrived but there was an error and LNIB was not put on the jackets. If you have picked yours up at the Health Centre already, I am encouraging you to bring it back to us so we can get it put on your jacket.

All Elders interested in any of the programs on the calendar, please ensure to call in to sign up as the seating is limited.

Heat allowance for Elders 60+ has been sent out - by direct deposit or cheques have been mailed. It was mistakenly labeled as Covid-19 money, so you can disregard that. If you haven't received it by Oct 4/2021, please see my contact information below to ensure you receive it for this year.

K^wuk^wscemx^w

Sheri Daw

Sheri Daw Elders' Program Manager (250) 936-8066

Lana Clydesdale Elders' Coordinator (250) 315-7477

EDUCATION

EDUCATION DEPARTMENT

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

Shane's Submission

It's that time of year again when those within the Education System, including all of us here at LNIB Education, are gearing up for the 2021-2022 year. It is sincerely both an honour and a privilege to serve all our learners at every age... thank you for letting us be a part of this journey with you 😊

The team has put together a few information items below to share with you this month...specifically from Sharon's department as both our school and head-start programs were off for the summer...it was a great summer for our kids!

There are a couple of key information items I want to share:

- Programs and Services at our school will continue to be enhanced this year at all levels, including coaches to collaborate with our professional staff throughout the year. These professional mentors are highly recognized throughout the province and are provided to us through the First Nations Education Steering Committee to support school capacity growth. We will continue to both maintain and implement new initiatives that have proven to be successful for wholistic student growth (social, emotional, academic, and cultural). We continue to receive student registrations and look forward to another great year!
- Tamika and her team have really made significant efforts over the past year to increase the overall structure of our Head-Start Program. This program will see growth continue as a new playground will begin to be built, new strategies created in collaboration with external resource people, and increased interaction with members via home-supports to name a few. A reminder to all members...all LNIB children are guaranteed a spot at anytime of year...you will never be in a position of having registered members put on a waitlist in our program.

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

Sector Leadership

Director of Education
Shane Coutlee

LNIB School Principal
Angie Sterling

Education Manager
Sharon Parsons

Head-Start Manager
Tamika Bob

LNIB EDUCATION SUMMER PROGRAM!

"the kids are fearless!" **ADAMS RIVER RAFTING!**



TANYA STARRS FARM & KANGAROO FARM



CRAFTS, GAMES, AND MORE! "they're so competitive!"



We would like to give a huge Thank You to Terri-Lynn Beckett from Jenn, Tylar, Lenessa, and Reese! For providing us these awesome shirts to wear while we went on field trips with our Summer Program! They were a hit!



LNIB Education Summer Student

Lenessa Seward

Hello, my name is Lenessa Seward I am from Lower Nicola BC. I started working for the education department near the end of July. Initially I was working with Jenn Johnson, Tylar Clark, and Reese Paterson on the summer activities program. My duties as an assistant were to help supervise the kids in the program and make the snacks & lunches for the kids and supervisors alongside Reese. The first week of the program was what I was most nervous for, fortunately it went great. I began to get more excited as the days went by and dreading the last day of the program because the kids were a blast!

After the program ended, I joined Sharon Parsons, Rhonda Dunn, and Gail LaRochelle at the Education office. My duties at the office were to help anyone who has a big work load that day. Which included organizing and putting files away for Gail, help Sharon put together scholarship applications, and working on the data base Scratched Rock with Rhonda. I feel like I picked up everything quickly, but if I had questions or needed reassurance the ladies were very kind & patient when helping me out. I enjoyed both roles & positions during my time doing this job, I showed that I can work actively with big groups and work independently in the office.

I am very thankful to be given this opportunity to work with both the kids and the ladies at the office. My last day is coming up and I'm going to miss working here at the office with my fellow coworkers. After my last day I will be starting post-secondary here in Merritt at NVIT. I am attending the general arts program with a social work focus, so after I finish general arts, I will be starting the Bachelor of Social Work program also at NVIT. Post-secondary is a big change, but I am feeling more confident after working with both jobs, at the office and with the summer activities program. At the LNIB education office I learned to maintain a heavy workload, and overall improved my time management skills. At the summer program I learned how to problem solve while thinking critically, and creatively, and overall improved my social skills. This job has given me many new opportunities and allowed me to reach out and connect with amazing people, I'm grateful to have been working here this summer. Thank you and have a nice day!

Sincerely,

Lenessa Seward

Greetings,

My name is Reese Paterson, I was born and raised in the Nicola Valley and love the compassion in our community. I have recently been hired on as an educational assistant at the LNIB school. I have an extensive background working with children. From working at summer camps and volunteer coaching for a variety of different sports, to teaching swimming lessons and safety at the local aquatic center.

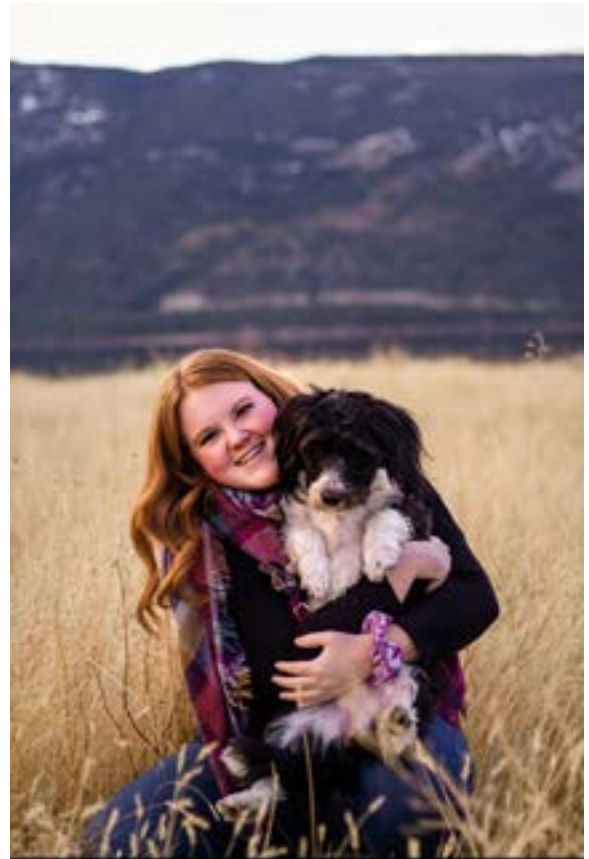
This summer I helped organize and run the summer activities program alongside Jenn Johnson, Tylar

Clark and Lenessa Seward. During this program we went on plenty of fun adventures and talked about safety, health, culture and wildlife. This program was an amazing new experience for me personally and gave me a chance to connect with the children from the community before the academic school year starts in September.

I look forward to connecting with more community members over the course of the school year. I am very grateful for this opportunity and am excited to see how I can help maintain a safe and positive school environment.

With kind regards,

Reese Paterson



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



Hello Everyone,

I hope all the elementary, secondary, and post-secondary students heading back to the classroom got through the first month relatively smooth. Have the vegetables and fruit from your gardens been harvested? Now with the weather starting to change it's time to get the yards cleaned up for winter.

This year will we have:

- 44 students in full-time studies
- 4 students in part-time studies
- 3 students with a January 2022 start
- 1 student decided to take a year off.
- A few members doing short-term courses
- 1 member is completing is Heavy Mechanical Level 4
- 1 member starting Level 1 Electrical Apprentice Level 1
- 3 students registered with alternative funding agencies

A Huge Congratulations go out to Janessa Collins, Rhonda Sheena, and Mary Suchell on completing their Master's in Education.

Always great to keep in touch with all the PSE students and hear their good news. Also good to keep them updated on information regarding Scholarships and Bursaries that come into our office.

Our office is open to the public, with a reminder wear a mask and to adhere to all safety protocols.

The Education Team is here to assist with any training, online courses, or short-term programs you are interested in or if you need your resume updated. Please give our office a call, send an email or stop by and make an appointment to discuss your training opportunities.

If you live away from the valley the LNIB Education Department team is here to help support you as well, give our office a call for more information.

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

Gail La Rochelle

Phone: 250-378-5157 Email: gail.larochelle@lnib.net

LNIB EDUCATION
DEPARTMENT

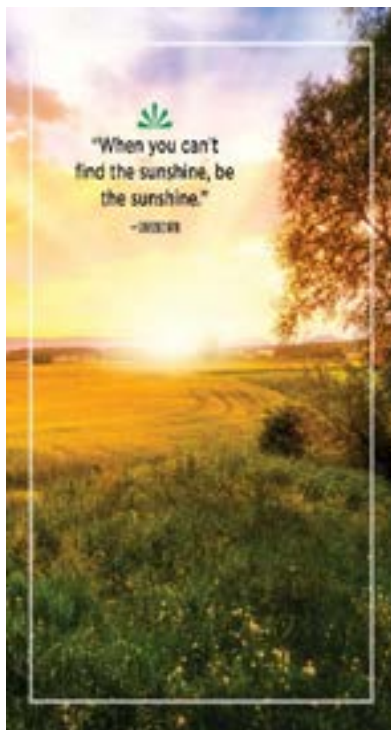


rhonda.dunn@lnib.net



(250)378-5157

2160 SETTLERS ROAD
HWY 8



RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

Welcome, October leaves are falling, Cottonwood mushrooms are poking out from under the leaves. We are storing away and collecting, preserving fruits and vegetables, fish, and meats. The wildlife is also prepping for winter as well. Like bears eat as much as they can to reserve body fat for hibernation. Squirrels & Chipmunks store cones away in stashes for winter food.

We are also accepting School Assistance applications for ON/OFF Reserve. So, if you have not submitted your application(s) please have them in by October 15, 2021. If you need a form, I can email you an electronic fillable form or you can drop by the LNIB Education and pick up a form. Please note that all School Assistance applications need to be accompanied with a Consent of

Confidential Information Release form.

The LNIB Education regularly emails and call membership On/Off reserve for Educational Training Programs, Educational 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.

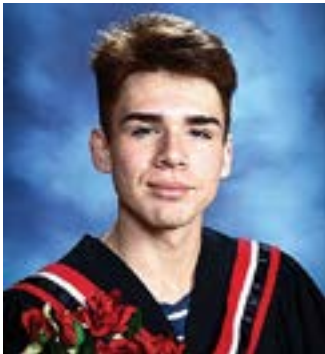
I have attached a links of bursaries for your convenience:

- <http://www.newrelationshiptrust.ca/funding/for-students>
- <https://indspire.ca/for-students/bursaries-scholarships/>
- <https://www.ikbbc.ca/indigenous-awards/about-this-award/>
- <https://bcaafc.com/education/>

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!

*Congratulations High School
2021 LNIB Graduates*



BRAYDEN EDWARD



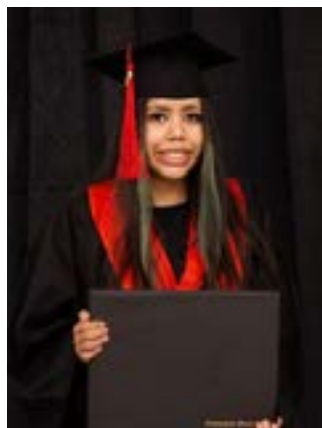
BRODIE STERLING



LENESSA SEWARD



MACKENZIE MILLER



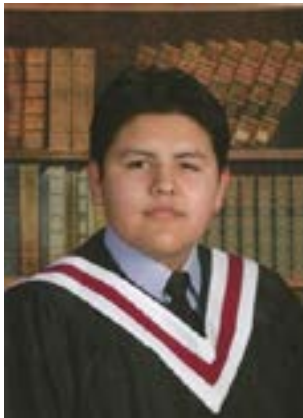
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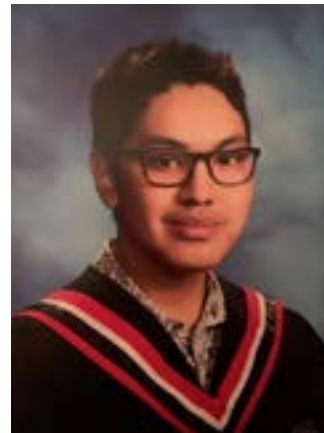
SYDNEY JOE



Congratulations High School
2021 LNIB Graduates



LUCUS JACKSON



TRYTON BOSE



AUTUMN BERRY



SPENCER NAGATA



ISABELLE HEARD



INDIANA JOE



Congratulations Post-Secondary
2021 LNIB Graduates



Jared Peterson, Jr.



DAVIS MOSES



Dana Alexander



TYLAR CLARK



LILY SHUTER



AMANDA BERRY



CULTURE REVITALIZATION

LNIB Culture Revitalization-October 2020

Héñlek^w.

As Summer has slowly gone and Fall has arrived, the weather has gotten much cooler. The sun rises later, and night fall comes sooner. The leaves slowly turn to yellow, orange, and red the Fall Equinox has arrived.

The Culture Centre hosted a Drum making workshop and a 47 drums were made that evening
Picture on the right is the LNIB group



Picture below is the Lytton Evacuee group
(not all participants are in the photo)



We have started:
Monday -drop in beading

Also
Tuesday – drop in sewing

Huckleberry Harvesting



Elder Jean York
Quilting



Elder Darlene Vallee
Ribbon Skirt Making



We would like to remind everyone that we are now moving into the next phase during this Covid-19 Pandemic, the LNIB Culture Centre is now open. As we are all practicing social distancing and safety precautions.

LOWER NICOLA INDIAN BAND – CULTURE REVITALIZAION DEPARTMENT

Joe Shuter: 250-315-7487

Carole Basil: 250-315-9158

POWWOW PREP NIGHTS

You've made your drum....

You've sewn the ribbon skirt and the ribbon shirt....

The jingle dress is about ready to sing its song....

Now What? The Cultural Revitalization Team would like to know if you are interested in participating in PowWow Prep Nights. These evening sessions would help to teach/learn PowWow etiquette, the dances, the drumming and songs.

If you are interested in participating, give Joe or Carole a call:

Joe: 250-315-7487 or email joe.shuter@lnib.net

Carole: 250-315-9158 or email carole.basil@lnib.net



SHULUS COMMUNITY GARDEN

The harvest season is coming to an end. Get your fresh produce from our Shulus Community Garden. Vouchers are available for Band Members at the Health Services Reception. You may also place your order by phone: Lorna Shuter - 250-936-8365



Produce available:

Potatoes, Onions, Squash, Celery, Broccoli, Beets,
Swiss Chard, various Herbs

Honey - \$10/kg

Pick up your produce and get ready for your
Thanksgiving feast! Hurry before the garden is put to
bed for the year!

MENTAL HEALTH & GENERAL WELLBEING

Getting Out On The Land – What’s in it for me?

Most of us know the many physical benefits of exercise but what about the other benefits? When our culture values the land and environment the Creator (Hx’lkwupi) has given us, we gain so much more than just physical benefits. Here are a few other benefits to think about when you are heading out the door to enjoy the day.

1. It helps us take a break from thinking, worrying, internal frustration.
We are thinking nearly every moment of each day without even really noticing it directly. This is awesome but also tiring when we do it sometimes. It is healthy to push “pause” and step out into an environment – nature – where we shift away from busy thinking. Physical activity kicks up endorphin levels, the body’s famous “feel good” chemical produced by the brain and spinal cord that produces feelings of happiness and euphoria. Gardening, hiking, hunting, fishing, gathering medicine or food all work this way.
2. Gets rid of stress
Besides taking a break from thinking, we also get a chance to literally “work out” body tension that gets stored inside when we carry the daily stress load. When our bodies are moving physically, the change in our body’s blood flow and oxygen can actually reverse stress-induced brain states. Similar to a “reset” button or resetting a breaker when the lights go out, this can improve our mind and mood by clearing the space out for a while.
3. Feeling better about ourselves.
When we do something we enjoy, we feel better – no surprise there. But the power of that experience is often pushed aside when we get busy, frustrated or worried. When we get out on the land, we are taking care of ourselves and saying “I am important”. That by itself makes a big difference in self-respect.
4. Better sleep
If you have trouble getting a good night’s sleep, exercise can help with that, too. Physical activity increases body temperature, which naturally relaxes us in a deeper way. Physical activity also helps keep our bodies in their regular sleep-awake rhythm which is always a positive. If we do graveyard shifts, timing our exercise with sleep can really improve the quality of rest we do get. It is important to understand that exercise right before bedtime won’t work since it does stir us up a bit and the relaxing part comes later on.

Adapted by Tony Broman from:

<https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/five-mental-benefits-of-exercise>

FIRE SAFETY

Learn the Sounds of Fire Safety™

Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online.

What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single “chirp” every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have “end of life” sounds that vary by manufacturer. This means it’s time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

Hear a Beep, Get On Your Feet!

Get out and stay out! Call 9-1-1 from outside.



Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old. If you don't remember how old the unit is, replace it!



**FIRE
PREVENTION
WEEK™**

Your Logo

**FIRE
PREVENTION
WEEK™**Learn the
Sounds
of Fire SafetyThe _____ Family's **Home Safety Action Plan**☐ **ACTION #1****Make the first Saturday of each month "Smoke Alarm Saturday"!**

A working smoke alarm will clue you in that there is a fire and you need to escape. Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds. (See ACTION #2.)

☐ **ACTION #2****Develop a home fire escape plan and practice it at least twice a year!**

Having a home fire escape plan will make sure everyone knows what to do when the smoke alarm sounds so they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.

☐ **REMEMBER:****When You Hear a Beep, Get On Your Feet!**

Get out and stay out. Call **9-1-1** from your outside meeting place.

Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire alarm if it is older than 10 years old. If you don't remember how old it is, replace it.

**BEEP!
BEEP!
BEEP!**

For fire safety tips, visit firepreventionweek.org and sparky.org
Sparky® is a trademark of NFPA. ©2021 National Fire Protection Association®

FIRE PREVENTION WEEK CONTEST



Fire Prevention Week™ 2021 Contest

This year, **Fire Prevention Week** runs from October 3 to 9 and the theme is Learn the Sounds of Fire Safety!™

Fire Prevention Week is a great time to discuss fire and burn prevention with the people in your community, and is an opportunity for students to win some fantastic prizes.

Bringing the important message of fire and burn prevention in to schools and classrooms helps to save lives and prevent painful burn injuries and lifelong suffering. We thank you for all your efforts and the work that you do to share these messages.

The annual Fire Prevention Week poster and video contest is open to all students from kindergarten to grade 12 who are attending a public or independent school in British Columbia.

Please see the next page or visit www.gov.bc.ca/FirePreventionWeek for full contest rules.

Contest Timeline

- **OCTOBER 22** – Deadline for sending completed posters and video links to BC Professional Fire Fighters' Burn Fund
 - » Poster entries must be received at the BC Professional Fire Fighters' Burn Fund, 3891 Main Street, Vancouver, BC, V5V 3P1 or emailed to FirePreventionWeek@burnfund.org no later than October 22, 2021
 - » Video entries must be posted on YouTube and link sent via email to FirePreventionWeek@burnfund.org no later than October 22, 2021
- **BEGINNING OF DECEMBER** – Winners announced. Presentation of prizes to be completed by end of January 2022

Please don't hesitate to let us know if you have any questions or comments – we would love to hear from you!

Fire Prevention Week 2021: Contest Entry Form

Student Name: _____ Address: _____
 City/town: _____ Postal code: _____ Phone: _____
 School Name: _____ ☐ Indigenous school Grade: _____
 Name of teacher: _____ Zone: _____
 Your local Fire Department: _____ Skill testing question: Test your smoke alarms _____ a month.

HERE'S WHAT YOU NEED TO DO TO ENTER:

Complete the entry form. Submit the entry form with your poster or video to the BC Professional Fire Fighters' Burn Fund by October 22, 2021.
 By completing this entry form, you acknowledge that the winning posters and videos may be used in promotional material by all contest partners and sponsors where appropriate.

CONTEST RULES:

Visit www.gov.bc.ca/FirePreventionWeek for the full contest rules and how to enter.

SUBMISSION DEADLINE: October 22, 2021

MAILING ADDRESS FOR ENTRIES:

BC Professional Fire Fighters' Burn Fund 3891 Main Street, Vancouver, BC V5V 3P1

EMAIL FOR ENTRIES:

FirePreventionWeek@burnfund.org

 Teacher Signature

 Date

THANK YOU TO OUR SPONSORS

**Fire Prevention Week 2021: Contest Entry Form**

Student Name: _____ Address: _____
 City/town: _____ Postal code: _____ Phone: _____
 School Name: _____ ☐ Indigenous school Grade: _____
 Name of teacher: _____ Zone: _____
 Your local Fire Department: _____ Skill testing question: Test your smoke alarms _____ a month.

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 Teacher Signature

 Date

THANK YOU TO OUR SPONSORS



COVID VACCINES & PASSPORTS

Covid-19 continues to impact our lives. Provincial Health Regulations now require that you present proof of vaccination before you are allowed into a sporting venue, restaurant, bar, indoor gatherings. To provide proof, you must download a “passport” from the Provincial government website and present that along with a piece of photo id.

Website: <https://www.fnha.ca/about/news-and-events/news/everything-you-need-to-know-about-bc-covid-19-vaccine-card>

Once you have downloaded your passport, save it on a device like your phone that you generally carry with you. Saving it in your photos seems to be a popular choice that makes it easily accessible. You can print it out to have a physical copy as well.

If you do not have access to a computer (or a printer) you the following options:

- You can also call the Provincial Vaccine Line at 1-833-838-2323 to have your printed card mailed to you.
- Visit one of the 64 Service BC Centres who can print your card for you.

Do you need a vaccination?

To get the first or second dose of the Covid-19 vaccine

- register and book your appointment
- find an immunization clinic location and the hours of service
- find information on vaccination clinics to students age 12 and over, staff, and school community family members
- Go to: https://news.interiorhealth.ca/news/covid-19-immunization-clinics/?fbclid=IwAR0tWhoijjDE11Y8_ADJU3UzOYcF3aCgJVR3Bwne3lwELIA46PAak4yinJQ_aem

SURERUS MURPHY EMPLOYEE GIFT TO LNIB

The employees of Surerus Murphy donated \$10,000 worth of hockey equipment to LNIB youth and a cheque for \$3,000 to help support arena accessibility and availability for members of all ages. Cheque presented to Chief Jackson by Derek Pickford and Adrian Wall



JOBS AT LNIB**Social Development Manager**

Department: Human Services
Reports To: Director of Human Services
Wages: \$36/hour Based on education and experience

Summary of Organizational Responsibilities:

Reporting to the Director of Human Services, the Social Development Manager is responsible for administration, program development, staff supervision and communications of Lower Nicola Band Social Services Department. This position is responsible for managing the following programs: Family Violence, Social Assistance, burials, special needs, Family Activities, and will perform band social worker roles and responsibilities.

Duties and Tasks**BAND SOCIAL WORKER**

- To track and maintain Social Assistance statistical information for quarterly and annual reporting to ISC
- Help community members in completing application forms such as Veterans Allowance, Old Age Security, Guaranteed Income Supplement, Child Tax Benefits,
- Work collaboratively with MCFD, Ministry of Social Development, Scwexmx Child & Family Services, ISC, First Nations Health Authority, and outside community agencies for client and community betterment.
- Work directly with families who have been referred by outside agencies, MCFD, Scwexmx.
- Works with and supports families with burial and loss of members

PLANNING

- Defines short- and long-term departmental objectives and ensures follow up and implementation of these objectives by developing an operating plan on an annual basis. Such plans may be multi-year in scope.
- Assesses social and health needs of individuals and the community. Structure and design effective programs; coordinate the implementation of programs to meet those needs.
- Exercises leadership by keeping abreast of new initiatives and government programs to meet current needs and to plan.
- Develops, recommends, and administers the operating budget for the Social Development programs.

ADMINISTRATION

- Verifies the monthly financial statements for social development programs

- To assist in the submission and implementation of funding proposals.
- Ensures that all statistical and reporting requirements are met to ensure an appropriate level of funding for our social development programs
- To oversee the preparation of and be responsible for all related reports required by the band Council or administration and by any funding agencies ISC
- To prepare and submit an annual budget to the Band administration for review and approval and to supervise the budgets for all related programs and other allocated monies.

STAFF SUPERVISION

- Immediate supervision of program staff within the social services department.
- Maintains staffing for community programs in accordance with LNIB personnel policy.
- Coordinates a departmental team approach, setting overall objectives and goals on an annual basis.
- In conjunction with the Director of Human services, develops or manages the development of employee training aimed at continuous improvement objectives.
- Performs annual employee evaluations for your department

COMMUNICATIONS/PUBLIC RELATIONS

- Regularly communicates to the Band membership and promotes the availability of programs and services offered by the Community and Health departments.
- Contributes to every issue of the LNIB newsletter.

Performs other related responsibilities as assigned by the Director of Human Services.

QUALIFICATIONS:

Required - Degree in a Social or Health related discipline with 5 years management experience.

SKILL REQUIREMENTS

- The proven ability to lead and work well with other individuals in a team environment to ensure high quality program delivery.
- Knowledge of Health Canada programs and funding requirements
- Knowledge of ISC policies and procedures manual
- Solid analytical skills required to design and evaluate programs.
- The capability to act as a liaison and effectively associate with other institutions and organizations.
- High level of communication and human relation skills required to diffuse confrontational situations and maintain motivation.

- High ethical standards required to ensure a high level of professionalism is maintained.

WORKING ENVIRONMENT

High stress work conditions related to being exposed to social and physical traumatic conditions or situations. Substantial overtime required to meet deadlines or respond to emergencies. Some fieldwork required.

Apply to
HR@LNIB.net

position will remain open until filled



LNIB HandFallers: David Sterling, Rick McLeod, Irwin Mike

Tree huggers: Leesa Mike and Tyler Bateson trying to circle Spruce tree by Juliet Creek
Photos submitted by Sheri Starko at Infracon



Lower Nicola Indian Band
Qualified foot-care provider

Position: **Foot Care Provider**

Department: Human Services
Hours: Currently we have 38 clients
Wage: To be negotiated
Start: ASAP

Job Summary

Reporting to the Home Care Nurse, The Lower Nicola Indian Band is looking for an experienced foot care provider who is dedicated to providing quality foot care. We believe in personalized care and excellent customer service.

Key Responsibilities

Care includes clipping nails, treating corns, calluses, ingrown nails and thickened nails;
Clients include the individuals who have been assessed by our home care nurse
Suggest and implement preventative care plans
Complete accurate documentation concerning client condition
All safety rules and safe work procedures are adhered to at all times
Communicate with the home care nurse any changes or concerns
Adhere to the policies to ensure client/family privacy and confidentiality
Excellent communication and interpersonal skills, compassion, caring
Demonstrated ability to develop rapport, trust, and ethical relationships with clients/families, client care providers and other health care professionals and providers
Have tools sanitized and set up in a professional manner
Reliable, with good time management skills

Required Education, Skills and Qualifications

Advanced Foot Care Certification
Liability Insurance
Valid First Aid Certificate
Knowledge of conditions affecting foot health, including diabetes
Class 5 drivers license; Must have own vehicle (mileage reimbursed)
Recent Criminal Record Check or willingness to provide

Apply on : <https://secure.collage.co/recruiting/positions> or email HR@LNIB.net

Homemaker

Department: Human Services
Position Title: Homemaker
Reports To: Homecare Lead
Wage: up to \$18/hour depending on experience

Summary of Organizational Responsibilities:

Reporting to Homecare lead, primary role as a homemaker will be to provide general house-keeping to the applicants that have been assessed already. Homemakers Clients are initially assessed by the Registered Nurse and The Lead Care Aide to determine the care requirements of the applicants.

Duties and Tasks

- General or Spring house cleaning
- Assist with event planning/ Work occasional community evening events

Knowledge, Skills and Abilities:

- Physically fit to perform duties
- Access to reliable vehicle
- Cooking /Meal Prepping/Deliveries

Qualifications:

- Food Safe
- Valid driver's license, own vehicle is required
- Must be willing to submit to a criminal record search

Position will remain open until filled

For a full Job Description and to apply go to:

<https://secure.collage.co/jobs/lrib/10305>

or email: HR@LNIB.net

Custodian/Reception

Department: Infrastructure
Wage: \$16.50 per hour

This is a great entry level opportunity to gain skills in several areas. In this permanent full time position the employee travel between all LNIB Facilities providing light cleaning and Covid sanitation and when needed provide reception duties at one of three locations. All locations are within a 2 min drive of one another.

Summary of Organizational Responsibilities:

The Daytime Custodian /Reception position will clean and disinfect public facility areas in accordance with safe working practices, protocols and procedures to ensure the environment is clean and safe. The employee will also be trained to provide reception duties as needed.

Primary Duties

Custodian

- Clean and disinfect all public and common areas of LNIB Facilities
- Remove trash as required
- Use of cleaning supplies

Reception

- Act as the back up reception for all buildings.
- Operate multi-line telephone system
- Process mail
- File documents
- Answer basic inquiry from visitors
- Create and modify documents using MS Office.
- Other administrative tasks as assigned.

Knowledge, Skills and Abilities:

- Must have the ability to express and comprehend oral and written English.
- Excellent communication skills
- Clerical experience
- Take detailed messages
- Reliable transportation.
- Knowledge of general working safety procedures.
- Ability to work as a team member and be able to multi task.
- Completed WHMIS (Workplace Hazardous Materials Information System) Certification.
- Physically able to meet the demands of bending, lifting and twisting positions.
- Willing to learn and take necessary training.
- Must be self motivated and reliable.
- Preferably grade 12 Graduation.
- Ability to speak or willingness to learn the Nlaka'pamux Language.

Apply to
HR@LNIB.net

Posting will remain open until filled

Kindergarten to Grade 7 Teacher - Lower Nicola Indian Band School

Position Title: K-7 Teacher – permanent ongoing

Hours: 35 hours per week

Start Date: August 24, 2021

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

Reports to: Lower Nicola Indian Band School Principal

Required knowledge, skills and abilities

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

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

Apply at:

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

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

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

**Job Posting
Director of Infrastructure**

Department: Infrastructure

Position Title: Director of Infrastructure

Reporting to: Executive Director

Hours: 80 hours per two week -Full-time position

Start Date: As soon as available

Wage: \$90,000 + per year, depending on education, skills and experience

The Lower Nicola Indian Band is a part of the Nlaka'pamux Nation and is located in the Nicola Valley near Merritt B.C. We invite you to learn more about us by visiting our website at www.lnib.net

Lower Nicola Indian Band is seeking an engineer for the position of Director of Infrastructure. This is a position offering a rewarding career for an individual who can manage a team dealing with a wide variety of challenges – from housing to water and sewer, and in between! Come join our team in the beautiful Nicola Valley.

Summary of Organizational Responsibilities:

The Director is responsible for the planning, development, and project management for: construction or repair of public buildings, earth structure (above ground and below ground), powerhouses, roads, bridges, canals and systems related to water distribution and sanitation. The Director also must manage, update and implement all policies pertaining to maintenance and repairs of the Band's public properties, plan and manage capital construction projects and to provide related policy analysis for the Band Council.

Duties and tasks included but are not limited to;

- Responsible for the management of the Band's Public Works department, including the maintenance of records and information that relate to the Band's assets
- To development and implement capital project plans, including the development of proposals for funding for and the implementation of capital projects
- Project Management of all capital projects or alternately to supervise any contracted project managers.
- Prepare engineering analysis of projects including preliminary design, calculation, life cycle cost and equipment selection. – make sure most appropriate, cost effective people involved
- Conduct technical analyses of survey and field data for development of topographic, soil hydrological or other information and prepare reports.
- Prepare and interpret blueprints, schematic drawings, layouts and other visual aids.
- Prepare and manage yearly detailed department budget and workplan
- To develop such proposals as may be available to fund public or capital works projects

- To ensure that the environmental concerns of the Band are identified and addressed
- To assist the Departmental Portfolio holder to develop related policies
- Ensure a capital assets registry is maintained
- Create, maintain and monitor sector budgets
- Supervision and guidance for departments for Infrastructure, Housing, Facility Maintenance and Public Works

Important Skills and Experience:

- Critical thinking for developing alternative solutions or approaches to problems.
- Adept at performance management of self and team.
- Solid interpersonal/communication skills, administration/organization skills.
- Experienced effectively liaising with various governments and organizations.
- Knowledge of funding agencies and applications processes.
- Computer competency in Microsoft products including MS Office.
- Driver's License and access to private vehicle
- Ability to speak or willingness to learn the Nlaka'pamux language

Preferred Minimum Qualifications:

- Bachelor's Degree in Civil or Mechanical engineering with Professional Engineer designation preferred
- Three to five years experience in a senior supervisory capacity
- Knowledge of applicable federal, provincial and local building codes and safety laws.
- Experience in working in a First Nation's environment and understanding of cultural norms and practices.

Working Environment:

Office environment associated with productivity requirements. Deadlines maybe punctuated by short time lines. Work may require evening and weekend work and on call by cell phone in case of an emergency.

Preference will be given to members of the Lower Nicola Indian Band and/or other First Nations person.

Apply To:

HR@LNIB.net

Or

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

open until filled by qualified candidate **This Position is open to CANDIAN Citizens and Permanent Residents ONLY. Other applicants will NOT be considered.**



A First Nations Majority owned Partnership with Integrated ProAction Corp

1425 Hugh Allan Drive
Kamloops, BC, V1S 1J3
mameet@intpac.ca

Opportunity – Survey Assistants

MaMeet Services Ltd., a Lower Nicola Indian band member owned survey company, is searching for driven and ambitious Survey Assistants based out of work locations located within LNIB Territory. The primary purpose of this position is to assist a Survey Crew Chief in executing field survey works associated with the Trans Mountain Expansion Project. The survey assistant's role will take day-to-day direction from a Survey Crew Party Chief.

To be successful in this role you will bring and are able to perform the following skills / attributes:

- Assist the Party Chief to complete assigned tasks.
- Effectively communicate with internal team members to ensure timely delivery of information, actions, deliverables, effort (time) and timelines.
- Support a positive team atmosphere and professionalism.
- Arrive at work on time and prepared for the task and shift assigned by the crew supervisor.
- Assist the Party Chief with day to day survey tasks including measuring angles and distances, locating and/or establishing survey controls, marking boundaries, locating and marking underground facilities as assigned.
- Organize and maintenance of tools, equipment and materials at project sites and in crew vehicle.
- Desire to participate and assist with safety meetings, hazard assessments and safe work procedures.

Qualifications

- Degree or diploma from a recognized technical school and registration with ASSMT as a Technologist in Training would be desirable. High school graduation (or equivalent) required.

Desirable

- Ability to take direction and communicate effectively
- Time management; interpersonal skills; good communication skills (verbal/written)
- Attention to detail; ability to read and understand information and ideas presented in writing
- Desire to maintain a safe working environment both for yourself and for those working with you
- Ability to work to deadlines and see tasks through to completion
- A valid Driver's License preferred

About Us:

MaMeet Services Ltd. was established in 2016 in partnership with Integrated ProAction Corp (IPaC) specializing in civil survey services. The company President and majority owner is Jessica Joe, a LNIB member. The company seeks to provide meaningful training and potential career opportunities for LNIB community members while participating in the various major and minor civil projects occurring on the territory. If you have the drive to succeed, pride yourself on your technical ability, team work and innovative nature, are looking for an environment where you are encouraged to reach your potential and be rewarded accordingly, please submit a resume and cover letter to 'mameet@intpac.ca'

We thank all candidates for their interest; however, only those selected for interviews will be contacted. This is a designated safety sensitive position subject to Trans Mountain pre-access screening protocols.

Open until positions are filled.

MEMBER OWNED BUSINESS DIRECTORY

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

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

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

Donna Bent
250-378-4396 Donna Bent Artifacts

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

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

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

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

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

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

James McNaney
nomadhauling@gmail.com
Trucking, Hauling

Earl Michel
emichel@live.ca
Wolf Pac Construction

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

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

Gene Moses Fencing
Gene Moses
250-378-2801

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

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

Gwayne Point
250-378-9167 Northwest Indian Art

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

JW Forest Contracting Ltd.

250-378-5468

250-378-1556 (cell) Warren Smith/Janet Sterling,
PrincipalsLogging contractors, road builders, land clearing
Established 1998

Certified Safe Company

11 employees, 80% First Nations

Equipment: Faller/Buncher, Grapple Skidders,

Log Processors, Excavators, Cat Crawler Tractors

Millco Safety Services

www.millcosafety.com

PO Box 4154 Lower Nicola, B.C.

250-378-2221 Patrick Miller/Angela Garcia,
PrincipalsConstruction safety, construction security, First
Aid, Traffic Control, fully certified personnel**Nicola Valley Muay Thai**

Kru Melissa E. Moses

250-378-9155 (msg) 808-428-0178

kru@nicolavalleymuaythai.ca

SCS Diamond Drilling

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

250-314-4864 (fax) Spence Coutlee, Principal

Alison Sterling

ajsterling67@gmail.com

Jacona Sports, Behavior Intervention, and Bubble
Tea**Robert Sterling**

robert_sterling@hotmail.com

Archaeology, Anthropologist, traditional land use
studies**Jessica Joe, Mameet Services LTD Survey Co**

1425 Hugh Allan Drive Kamloops BC

mameet@intpac.ca

**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 StirlingStirling Instrumentation Maintenance,
Calibration & Electrical

(403) 971-6432 gqstirling@gmail.com

Ivan Swakum

Antler lamps, European Mounts, Wine racks

ivanswakum83@outlook.com

250-315-3756

Shawn Swakum

s.swakum@yahoo.com

Business administration and Consultant

Molly Toodlican

Independent Watkins

Consultant #830411

250-280-1012

mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com

Catering

Victor York

victoryork@hughes.net

Gourmet coffee supply and distribution

GREETINGS



Our sincere condolences to the family and friends of Jonathan Patrick Trosky
Sunrise October 30 1998 Sunset September 21 2021

HALLOWEEN SAFETY TIPS



Sparky® is a trademark of the NFPA.

HALLOWEEN FIRE SAFETY TIPS

- »» **When choosing a costume**, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so he or she can see out.
- »» **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- »» Dried flowers, cornstalks and crepe paper catch fire easily. **Keep all decorations** away from open flames and other heat sources like light bulbs and heaters.
- »» **Use a battery-operated** candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.
- »» **Remember** to keep exits clear of decorations, so nothing blocks escape routes.
- »» **Make sure** all smoke alarms in the home are working.
- »» **Tell children** to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

Did you know?



Decorations are the first thing to ignite in roughly **800** reported home fires each year. More than one-third of these fires were started by a candle.



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

