



Photo: Barb Huston



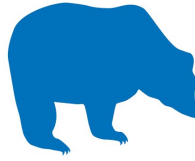
November 2021 N?e?iyk Spiləxm

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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!

PROUD TO BE
LNIB
Lower Nicola Indian Band

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





heñte? Band members and community members. I hope you are all doing well and staying safe and healthy. I want to apologize for not providing a newsletter submission last month and I will do my absolute best to correct that for the remainder of my term as kʷúkʷpi?. We had quite the summer season. That might be the understatement of the year for LNIB. So much has happened to our lands due to the devastating fires that we were all subjected to. From what I understand, Lytton First Nation is slowly picking up the pieces from all their losses. It is most definitely a community effort for all of them and I commend them on all the challenging work they are doing together. It really puts things

into perspective for me when it comes to our community. LNIB had quite the scare this past summer when LNIB Chief and Council administered the emergency evacuation. There was a lot of fear and uncertainty in our communities. Chief and Council have had brief discussions about the aftermath of the fire season, and we have agreed to debrief from the fire season as soon as is reasonable. The debrief we want to have is with the community. We want to meet with the community to discuss everything that went right and what went wrong when we administered the evacuation and the alert. We can only get stronger as a community by sharing our experiences and our concerns. Covid 19 has really hit us hard as a community. Covid 19 has capsized our ability to meet in person, engage as people and share information. The virtual world has helped stabilize how LNIB must do its regular band business, but it has also made keeping our community together and united incredibly challenging. I hope and pray that we will get back to normal very soon so that we can come together as a community.

Covid 19 is still here. Even though many of us have been double vaccinated, Covid 19 is still lingering in our community and in the Nicola Valley. There has been talks about what LNIB is going to do regarding “required vaccination” within our organization. LNIB Chief and Council

along with administration have been discussing this issue regularly. A Human Resource Committee had been struck from Council not long ago to investigate human resource matters and the Covid 19 issue is the top priority. Work is being done to address the concerns of Covid 19 and the importance of keeping our staff and most importantly, our community safe from Covid 19. It is my understanding that there is some opposition regarding whether required vaccinations should be implemented in our organization. I believe that everyone has a right to their own opinion, however, in the spirit of general safety for all our community it is our responsibility as leadership to ensure that we are doing everything we can to keep all our community safe from Covid 19.

Chief and Council continue to meet the first and third week of every month. We are still meeting virtually, and we encourage all band members to chime in at our meetings. Our meetings begin at 5pm. If you wish to log into our meeting, please contact Executive Assistant, Sondra Tom for assistance. I realize that there has been many questions and comments about having a community meeting and Chief and Council totally support this. As covid regulations

develop month to month we hope to have a better idea in the near future when we can call an “in person” community meeting so stay tuned for that. Until then, we will continue with our bi-weekly Council meetings. I hope you all enjoy the rest of the month of October. Halloween is amongst us and with Halloween comes costumes, candies and children running here and there. Sunday is going to be a busy day and night I am sure, so please be extra cautious when driving through the reserves that day. Not every child will be easily seen Sunday night, so it is especially important to be on the look out for our ghosts and goblins on October 31st Sunday.

Please take care everyone. We need to remain diligent with Covid 19. Masks and sanitizing need to remain intact. Social distancing is becoming the norm for many of us, and we need to continue fighting the Covid 19 fight. Let us not get complacent. I understand that hearing me blab on and on about Covid 19 must be annoying and disturbing, but I will continue to be the LNIB reminder that we are still living in the Covid 19 world, and we are not out the woods yet. Stay safe, stay healthy and take care of your friends and family. All my relations.

k^wuk^wscémx^w

k^wúk^wpi? Stu Jackson

Are you interested in joining the roster to deliver LNIB door to door materials? You need a reliable vehicle to deliver to 236 residences on Reserve(s). Call Ruth at 250-378-5157 if you want to join the team.

EXECUTIVE DIRECTOR

Dear LNIB Members,

I am pleased to present our monthly report for October 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:

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 Terri Stockwell, Community Nurse and Ashley DeGray, Housing Relations Coordinator. Adeana Miller, Ivan Swakum, Chris Doucette, Charmaine Clarke and Darian Harris are moving on to different endeavors and LNIB wishes them well.

Current job postings with Lower Nicola Indian Band are Day Custodian/Reception, Public Works Administrative Assistant, Public Works Clerk, K-7 Teacher, Special Education Assistant, Reception, Firefighter and Social Development Manager visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Committees and Liaisons: Lands Management Advisory Committee met October 4, 2021. School Board met October 12, 2021. Finance and Audit Committee did not meet in October. Joeyaska Contaminated Site Litigation Advisory Committee did not meet in October. Human Resource Policy and Procedures Review Committee met on October 6 and 20th. 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 tentatively scheduled for November 29, 2021 at 6:00pm virtually.

Support to Chief and Council: Chief and Council met October 5th and 19th. Chief and Council will meet November 2nd and 16th. Should you require anything on the Chief and Council agenda scheduled for November 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 myself to be added to the email invitation for the scheduled Chief and Council meetings

- Kari Reilander

A NEW PLACE OF REMEMBRANCE

The Nicola Valley First Nations Veterans Association is applying to Veterans Affairs Canada for a grant to build a new Veterans Memorial Wall in Shulus. If the grant application is successful, the new memorial will be constructed in an area near the Anglican Church Parish Hall. The vision is to have three granite slabs engraved with the names of all of the Nicola Valley First Nations Veterans. The area would also include 5 benches (representing the five Nicola Valley Bands) and a fire pit area. The existing rock monument would also be relocated to this area.

This area would provide easier access for Remembrance Day services, allow families to pay their respects throughout the year, and provide education to visitors on the accomplishments and service of so many First Nations throughout all the wars and conflicts.

The committee applying for this grant is a small one, but they have already obtained the support of all five Band Councils. The grant from the Federal Government will not cover all of the costs and the Committee will be reaching out to other groups and organizations for support. Volunteers to help with this project are welcome!

For more information you may contact:

Richard Jackson Jr. (LNIB)

Heather Shuter Trosky (LNIB)

Percy Joe (Shackan)

Jane McLeod (Coldwater)

Carol Holmes (Upper Nicola): Email: spaxomin_carol@yahoo.ca



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

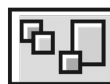
ENVIRONMENTAL PROTECTION
COORDINATOR
sayge.fisher@lnib.net

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

NOVEMBER 10, 2021
DECEMBER 15, 2021
JANUARY 12, 2022

Three Lands Management Advisory Committee term positions recently ended. and three new appointments

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.



LAND CODE

COMMUNITY COLLABORATION MEETINGS & APPROVAL

Meetings of Members

MEETING OF MEMBERS OCCUR PRIOR TO THE ENACTMENT OF A LAW

Prior to enacting a Law, Council shall convene a Meeting of Members to

receive input from Members, and, where required under LNIB Land Code, to obtain Community Approval.

COUNCIL MAY CONVENE A MEETINGS OF MEMBERS

At any time and from time to time, Council may convene a Meeting of Members to discuss or receive input on matters or issues arising under Land Code.

Procedure at a Meeting of Members

ADDITIONAL NOTICE FOR COMMUNITY APPROVAL MEETINGS

In addition to the requirements of section 11.5, [*Manner of Notice*]

notice of a meeting at which Community Approval will be sought shall be given to the Members by mailing or e-mailing the notice to Members for whom the Lands Management Advisory Committee has a current mailing or e-mail addresses at least 21 days before the meeting;

RIGHTS OF MEMBERS AND ELIGIBLE VOTERS

Every Member has a right to participate and provide input at a Meeting of Members held for the purposes of Community Engagement & Collaboration.

See a full copy of the **LNIB Land Code** online by visiting:

lnib.net/lands

LAND CODE

DEFINITIONS

"Community Approval" means approval by Eligible Voters of a Law, decision, or matter under section 12 [*Community Approval*];

"Community Engagement" means the process of involving the community in

accordance with Part 3 [*Community Engagement and Approvals*] through one or more Meetings of Members or other means of communication through which the Members may provide comments and feedback to Council, for consideration by Council in its sole discretion;

"Community Purpose" means a public purpose or public work intended to provide a benefit for the Members, LNIB or Persons who reside on or operate a business on LNIB Land and shall include but shall not be limited to transportation and utility corridors and requirements related to transportation and utility corridors, public works, cemeteries, schools, day-care facilities, administrative buildings and facilities, seniors' housing facilities, hospitals, fire halls, sewage and water treatment facilities, playgrounds, community centres and other similar facilities and the protection of heritage sites;



WILLS & ESTATES SERVICES

FOR LNIB MEMBERS

The Wills Project continues as participating members draft and review their wills with the lawyer. A new Wills Depository was recently setup so that members can safely and securely

store their original will in a fireproof filing cabinet at the Lands office. If you would like to know more about the new **LNIB Wills Depository**, please email [Kristopher Por](#) or call the office at (250) 378-5157. For questions and helpful information about wills and estates planning, members are encouraged to contact the Lands department.

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. Research is conducted by the Lands team as files are digitized and archives accessed so that complete reports can be produced to help settle 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 the [Wills & Estates](#) link.

INFO: 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](#)

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

SECURITY



LOWER NICOLA INDIAN BAND SECURITY

Lower Nicola Indian Band has been working with Securiguard to offer a program of security monitoring within its reserves near Merritt. A trained security guard has been travelling around the reserves in a marked SUV to monitor issues reported by residents, such as noise and nuisances, illegal dumping, and general safety concerns. More plans regarding security and surveillance will be presented to the LNIB membership soon.

See a list of **Home Safety Ideas** at the end of the Lands section.

**24 HRS
SECURITY**

CONTACT

Robert Moses Jr.
(250) 258-4240

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

Need help with membership or status cards?

Indian Registry Administrators

Barb Huston

barb.huston@lnib.net

Justice Cisco

justice.cisco@lnib.net

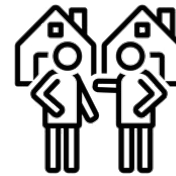


HOME SAFETY IDEAS FOR RURAL PROPERTIES

We understand that there are growing concerns in the community which are impacting people's ability to feel safe while enjoying the comfort of their own homes on the Lower Nicola Indian Band Reserves. In order to help people feel safe, we wanted to pass through some easy and cost-effective tips that may help to decrease unwanted guests and increase safety.

1) *Meet the Neighbours*

Getting to know your rural neighbours can work wonders. They will be able to keep an eye on your property when you are not around, and they can alert you or the proper authorities if they notice any strange activity taking place. Living in an area where everyone looks out for everyone else will definitely keep you, and them, safer.



2) *Lock It Up*

It goes without saying that you need to lock up your home when you are away, but you should also do the same thing when it comes to your garage and storage sheds. Thieves know all the best areas to look, so they will target places where you might store power tools, small engine equipment and other items of value. If you have a house alarm, it is advisable to have your garage and shed connected to the alarm system, if possible, too as an extra deterrent for opportunistic criminals.



3) *Ensure Property Looks Lived In*

Your property needs to look lived in even when you are away. If you have more than one vehicle, park one out in the driveway. Install automatic timers so that lights turn on and off at appropriate times. Ensure that your property is well maintained by ensuring that routine jobs, such as mowing the lawn, tending the garden, and picking up the mail, are done. This will obviously be much easier if you have a neighbour or family member who can help out when you are away.



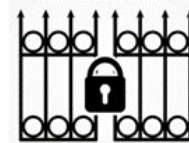
Securiguard

We make people feel safe.

HOME SAFETY IDEAS FOR RURAL PROPERTIES

4) *Fortify Your Home*

A home security system is a great idea, but other measures should be taken to make it harder for criminals to get inside your property. This can be accomplished by installing deadbolt locks, yard gates and lock, and motion detection lights.



5) *What about property that is stored outside the house?*

Thieves are often more interested in what is outside a house than what is inside. Store ATVs, snowmobiles, and other recreational toys in a locked barn, shed or storage area. It is best to disable machines and store the removed piece of the machine in another location so your ATV cannot be easily rolled away.



A few more safety-first tips for rural homeowners

The best defence: A fence around your property, plus a sturdy gate at the driveway (or laneway entrance) can help to deter trespassers. Keep the gate locked even if you are at home.

Do not confront a perpetrator: Consider your safety if you come across a crime in progress. Personal property can be replaced, people cannot. Call 9-1-1.

Ensure address awareness: Make sure your kids know your physical address. It should be visible at the end of your driveway—to help first responders.

If there are questions regarding any of the above-mentioned tips, please do not hesitate to contact our local Kelowna office for further help.

Thank you!

Rob Wynn

Business Development & Events Manager, Securiguard
116 – 1835 Gordon Drive, Kelowna BC
250-763-7339



Securiguard

We make people feel safe.

ELDERS

Good day LNIB!

I hope everyone is well; our team is working well together to make sure our Elders' needs are being met. We are appreciating all the feedback that is given to us to better adjust your monthly activities. I hope you are all enjoying the monthly calendars with a variety of activities to do. I hope there is something in the calendar that interests you. Polite reminder to sign up as we have limited seating due to covid-19. Come join us for some good laughs and great company. We always look forward to seeing you. I would also like to include that we have 11 Elders that are 80+ on LNIB reserve that we will be honoring. All you 80+ know who you are. Date and times to be determined and we will be personally calling you. Any questions or concerns please contact us directly.


Lana Clydesdale Elders' Coordinator (250)315-7477

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



Photos from Mushroom Picking excursion with Culture group
- Joe Shuter photos

2021 November - Elders 60+

1	Mon	Tue	Wed	Thu	Fri	S
	1	2 Value Village 9am	3 'Poppy Making' 1-3 Rocky Pines Centre	4 'Yeast Bannock Making' 1-3 Soup Kitchen	5 'Fit Nation' 'Bingo' 930-12 pm Rocky Pines Centre	6
	8	9	10 'Christmas Planning' 1-3 Rocky Pines Centre	11 	12 'Friday Night Bingo' 20 person max 5-8 Rocky Pines Centre	13
	15	16	17 'Traditional' Indian Bingo (bring items from home) 5-7 Rocky Pines Centre	18 'Elders Luncheon' Soup Kitchen Take-out 12-2 pm	19 'Fit Nation' 'Bingo' 930-12 pm Rocky Pines Centre	20
	22	23	24 'Movie Night' 6-830pm Rocky Pines Centre	25 'Grandmothers Group' 1-3 Soup Kitchen	26 'Fit Nation' 930-12 pm Rocky Pines Centre	27
	29	30	*Friday Night Bingo 1 card provided. \$10 per add'l card; 5 games		Lana—250-315-9937 Sheri—250-936-8066	

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
Oct-21	2	2	1	1	2	2	2	2	2
TOTAL	66	56	61	50	65	62	66	51	55

As of October 27, 2021

COUNCIL RESOLUTIONS

Chief and Council Resolutions, October 5, 2021

Resolution #05-10-2021-01 Reads: Chief and Council move to adopt the October 5, 2021 Chief and Council meeting agenda as presented.

Resolution Carried

Resolution #05-10-2021-02 Reads: Chief and Council move to adopt the August 30, 2021 Chief and Council meeting minutes as presented.

Resolution Carried

Resolution #05-10-2021-03 Reads: Chief and Council move to adopt the September 7, 2021 Chief and Council meeting minutes with noted changes.

Resolution Carried

Resolution #05-10-2021-04 Reads: Chief and Council move to go IN Camera at 5:15pm.

Resolution Carried

Resolution #05-10-2021-05 Reads: Chief and Council move to reconvene at 6:20pm.

Resolution Carried

Resolution #05-10-2021-06 Reads: Chief and Council will put forward a delegate for Core Council Member for November 2021 and Water Management Table member based on new Terms of Reference for the Nicola Water Governance Project by November 16, 2021.

Resolution Carried

Resolution #05-10-2021-07 Reads: Chief and Council approves the funding application to Indigenous Services Canada (ISC) as part of the Housing Support Program to complete health and safety renovations, to approve the signing of the Band Council Resolution to support this project and funding requirements and to authorize kwúkʷpi? Stuart Jackson, Kari Reilander, Executive Director and Stephen Jimmie, Director of Lands and Housing, to sign the necessary documentation.

Resolution Carried

Resolution #05-10-2021-08 Reads: Chief and Council move to approve the listing of the house and lot located on Lot 273 Nicola Mameet IR No. 1 with the civic address 2756 Cougar Crescent, Lower Nicola V0K 1Y0 for sale at fair market value less cost of repairs.

Resolution Carried

Resolution #05-10-2021-09 Reads: Chief and Council hereby approves the purchase of a Ford F550 Chassis 4x4 SD Super Cab 192" WB DRW XLT (X5H) from Mainland Motors, in the amount of one hundred and fourteen thousand forty-four dollars and zero cents (\$114,044.00) and further authorizes the Executive Director to approve the invoice for payment.

Resolution Carried

Resolution #05-10-2021-10 Reads: Chief and Council hereby approves the purchase of a little tikes commercial playground with shelter and picnic tables from Canadian Recreation Solutions,

quotation number LNI-01 in the amount of eighty eight thousand three hundred and eighty dollars and zero cents (\$88,380.00) and further authorizes the Executive Director to approve the invoice for payment from the First Nations Health Authority Funding Agreement.

Resolution Carried

Resolution #05-10-2021-11 Reads: Chief and Council move to sign the Peace Hills Trust banking forms for current authorized signatories.

Resolution Carried

Resolution #05-10-2021-12 Reads: Chief and Council move to authorize the Executive Director to submit a funding application under the Community Resiliency Investment Program through the Union of British Columbia Municipalities in the amount of forty two thousand four hundred and sixty dollars (\$42460.00)

Resolution Carried

Resolution #05-10-2021-13 Reads: Chief and Council hereby supports its 100% owned entity, Shulus Forest Enterprises LP to enter into a contract with the Province of British Columbia for Wildfire Risk Reduction work immediately south of the District of Logan Lake in the unceded Nlakapamux Territory; and, the work will be executed by Shulus Forest Enterprises LP with support from Forsite Consultants Ltd.

Resolution Carried

Resolution #05-10-2021-14 Reads: Chief and Council move to adjourn the October 5, 2021 meeting at 8:09pm.

Resolution Carried

Chief and Council Resolutions, October 19, 2021

Resolution #19-10-2021-01 Reads: Chief and Council move to adopt the October 19, 2021 Chief and Council meeting agenda with the addition of Mandatory Vaccination and Nicola Valley Aggregates Update.

Resolution Not Carried

Resolution #19-10-2021-02 Reads: Chief and Council move to adopt the October 19, 2021 Chief and Council meeting agenda with the addition of Nicola Valley Aggregates Update.

Resolution Carried

Resolution #19-10-2021-03 Reads: Chief and Council move to adopt the October 5, 2021 Chief and Council meeting minutes with noted changes.

Resolution Carried

Resolution #19-10-2021-04 Reads: Chief and Council move to go In Camera at 5:04pm.

Resolution Carried

Resolution #19-10-2021-05 Reads: Chief and Council move reconvene at 7:08pm.

Resolution Carried

Resolution #19-10-2021-06 Reads: Chief and Council move to adjourn the IN Camera meeting at 7:08pm.

Resolution Carried

Resolution #19-10-2021-07 Reads: Chief and Council hereby approves the purchase of a 2019 Ford F550 4x2 Goshen G-Force Para-Transit Bus (VIN 1FDAF5GT1KEE48989) from Kamloops Ford Lincoln Ltd, in the amount of one hundred and forty-six thousand thirty-five dollars and zero cents (\$146,535.00) and further authorizes the Executive Director to approve the invoice for payment. This purchase is expensed through the Indigenous Services Canada- Emergency Management fund in the amount of \$100,000.00 and the remaining \$46,535.00, to be expensed from Scw'exmx Child and Family Services Society Community Prevention Fund.

Resolution Carried

Resolution #19-10-2021-08 Reads: Chief and Council hereby approves entering into a Mutual Non-Disclosure Agreement with the Western Indigenous Pipeline Group Limited Partnership, as represented by its general partner, Western Indigenous Pipeline Group Inc. and further authorizes kwúkwpi? Stuart Jackson to sign the agreement on behalf of Lower Nicola Indian Band effective October 19, 2021.

Resolution Carried

Resolution #19-10-2021-09 Reads: Chief and Council move to authorize Executive Director and Director of Economic Development to

1. engage in exploratory discussions on behalf of the Lower Nicola Indian Band with the Province of British Columbia concerning the Nicola Valley Aggregate open pit mine proposal for District Lot 1923; and
2. bring back to Chief and Council for its consideration and, if thought appropriate, for approval of a proposed resolution emerging from the exploratory discussions.

Resolution Carried

Resolution #05-10-2021-10 Reads: Chief and Council move to adjourn the October 19, 2021 meeting at 8:20pm.

Resolution Carried

Summary of Action Items:

Action Item #1: Administration will communicate with membership and Chief and Council with an update on the Nicola Valley Aggregates file exploratory discussions.

WISDOM IN NATURE - TONY BROMAN

My last article focused on the benefits of “Moving” in nature but there is so much more than just that. In fact, often it is much healthier to NOT move when out in nature. There is so much wisdom and healing to be found in nature if we’re slow down to connect with it even in smaller, still moments.

Caring for animals, taking a stroll in a park, watching a sunset, or simply noticing the feeling of grass beneath your feet are all simple ways we can honor our connection with the natural world.

Here are some simple, quiet things you might add to your daily life:

1. A Plant – a quiet, gentle companion. Caring for plants adds to the care we give ourselves – we can’t be rough or forgetful with them and this teaches us the same wisdom about how we treat ourselves.
2. The Front Porch – taking a minutes, five minutes, an evening ... no matter how long, when we step out our door, we can shift our gaze past the “to do” list of our yard and notice the grass, the trees, the horizon, the sky ... and let ourselves soak them in. Our comfort, our gratitude will grow like a spring from within.
3. A Nature Walk – whether in our yard, a park, or out on a hike or a bike, making the move to step away from the buildings and pavement shifts us into connection with nature in a deeper way. It isn’t forced, it naturally happens. The sights, sounds, smells of Fall come to us and offer a real break from the usual surroundings.
4. Expressing Nature – a sketch, a painting, a picture on your phone, even a journal ... capturing special sights and sounds make a difference for us. It acknowledges our experience. No detail is too small or insignificant because it is your connection, your interaction, your meaning. One of my favorites is to take pictures of trees ... I stand with them for moments and wonder ... what have they witnessed? What are their stories? Their wisdom?
5. Noticing nature in city spaces – this one can be very powerful in it’s wisdom. When you can’t get out of town or when you have to go downtown, take a moment here and there to notice places where nature tries to shine through, such as wildflowers growing in the cracks of the pavement, songbirds sitting on walls, or vines sprawling down the sides of buildings. The ability to adapt, persevere, overcome unnatural obstacles and still grow and sing are powerful examples of nature’s encouragement.

Whether you get a chance to calm, a chance for companionship, a chance to gather wisdom for coping, nature is all around us, inviting us, speaking to us. As one writer put it, consider the birds of the air and the lilies of the field in all their beauty; they are cared for by our Creator, and so are we as we seek His comfort and listen for His wisdom.

If you want to add friends to the experience, call up LNIB’s culture program or community garden and see what they have on the go!

PRACTISING SELF COMPASSION**PROVIDING LOVING KINDNESS FOR OURSELVES**

During challenging times, it's vital that we are warm and understanding towards ourselves. Outlined below are three self-compassion activities that you may like to try.

**A RELAXATION EXERCISE**

This is a short exercise that can be done as part of a self-care routine. Meditation can relieve stress, promote calmness, and help us to love ourselves more.

Find a comfortable position, sitting or lying down. If you feel safe, close your eyes. Take a few deep breaths to settle into your body and into the present moment. Put your hand over your heart, or wherever is comforting and soothing, as a reminder that you are bringing not only awareness, but loving awareness, to your experience and to yourself.

After a while, feel your breath where you notice it most easily. Feel your body breathe in and out, and when your attention wanders, return to the gentle movement of your breath once again.

Release your focus on the breath, or continue to have a background awareness of your breath as you repeat in your mind "I care about myself. I love myself. I deserve good things. I deserve happiness."

If this feels uncomfortable, try to find other positive things that you can say to yourself in your mind. You can also ask for help and guidance from the Creator, from your ancestors, or from any other source that you wish. If you already have phrases that are meaningful to you, use those.

If you are new to meditating, open your heart and mind to what you need to hear – words of wisdom and compassion that speak to you in the deepest way and will support you in your journey forward.

Open your heart to these words, whispering them gently into your own ear, again and again or hearing the words from the inside, allowing them to resonate within you. Allow the words to take up space - to fill your being - if only for this one moment.

Whenever you notice that your mind has wandered, refresh your aim by feeling the sensations in your body. Come home to your own body, then feel the importance of your words. Come home to kindness and love, for yourself and for others. Finally, release the words and rest quietly in your own body. Gently open your eyes.

Learn more about Indigenous mindfulness here: <https://www.indigenousmindfulness.com/>

START A SELF-COMPASSION JOURNAL

Try keeping a daily self-compassion journal for one week (or longer if you like). Journaling is an effective way to express how you feel and can enhance both mental and physical wellness.

At the end of your day, when you have a few quiet moments, review the day's events. In your journal, write down anything that you felt bad about, anything you judged yourself for, or any difficult experience that caused you pain. For example, maybe you got angry with a family member for missing a FaceTime visit or you made inappropriate comments about someone on-line. Afterwards, you felt ashamed and embarrassed.

Mindfulness: For each event, use mindfulness and self-compassion to calmly acknowledge and accept your feelings and thoughts. Mindfulness mainly involves bringing awareness to the painful emotions that arose due to self-judgment or difficult circumstances.

Write about how you felt – sad, ashamed, frightened, stressed, and so on. As you write, try to be accepting and non-judgmental of your experience. Don't belittle it or be overly dramatic. For example you might write "I was frustrated because she missed the FaceTime visit. I got upset and angry, I wrote the post, and I felt regretful afterwards".

Mindfulness is often used by First Nations individuals and can be practised in many places – in isolation at home, outside on the land, by the water, under a tree, in a canoe, in your garden. Connect in whatever way feels comfortable to you. It's important to ground ourselves in our respect for the land, plants, trees, water, fire and animals.

Common Humanity: Write down the ways in which your experience was connected to the larger human experience. This might include acknowledging that being human means being imperfect and that all people have these sorts of painful experiences i.e., "Everyone overreacts sometimes, especially in times of uncertainty. It's human". You might also think about the causes and conditions underlying the painful event i.e., "My frustration was magnified by the fact that I can't to visit my family in person and or participate in ceremony. If the circumstances had been different, my reaction probably would have been different".



Self-Kindness: Write yourself some kind and understanding words of comfort. Let yourself know that you care about yourself. Try to adopt a gentle, reassuring tone. i.e., "It's okay. You messed up but it wasn't the end of the world. I understand how frustrated you were and you just lost it. Maybe you can try being extra kind with your family member this week".

Reasons to be Grateful: Keeping a positive focus is important. Acknowledge the good things that you already have in your life and how these things can help keep you well during challenging times. Write down three things that you are grateful for.

CREATE A LOVING KINDNESS PHRASE

There are three components to self-compassion. Practicing those components with this writing exercise will help you organize your thoughts and emotions while also helping you remember them. If you keep a journal regularly, your self-compassion practice will become even stronger and translate more easily into daily life. The Three Components of Self-Compassion:

1. Recognize that I am suffering
2. Remind myself that this is part of life
3. Express kindness to myself



First, think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down or think about what you typically do, what you say, and note the tone in which you talk to yourself. Ask yourself:

- What do I need to hear from myself?
- What do I long to hear from others?

Now imagine that a close friend feels really bad about themselves or is really struggling in some way. How would you respond to your friend in this situation, especially when you're at your best? Please write down or think about what you would typically do, what you would say, and the tone in which you would typically talk to your friends.

It's interesting how we can be so kind to our friends and family members when they are having a tough time but we find it difficult to express that same kindness to ourselves when we are struggling. What can you say to support yourself through tough times? What reassurance can you give yourself? When we practise saying positive things to ourselves on a regular basis, it helps us to grow in confidence and self-love. We can be our own cheerleaders and, with practice, we can learn and demonstrate self-compassion.

CULTURE REVITALIZATION



1) Avalanche lily



2) Tiger lily



3) Ceweta seed gathering



4) Nahatlatch mushroom trip



5) Pine mushroom harvest



6) Community members harvesting.

1. Avalanche lilies harvested at Botany valley. The bulbs are about 6 to 8 inches deep in dark damp soil.
 2. Tiger lilies harvested above Botany valley. The blossoms are dry, indicate where to dig.
 3. Cewète? (Indian celery) (seed harvesting) for tea.
 4. Nahatlatch mushroom picking group really enjoyed the amazing scenery and were successful.
 5. Pine mushrooms. There are a few different mushrooms that look similar, need to know the difference.
 6. Community members enjoying the outing and hunting the elusive pine mushroom.
 - Men's group meeting on October 23rd. more gathering dates to be posted, come check it out.
 - Hide tanning shed is waiting for metal roofing delivery.
- Beading on Mondays and craft days on Wednesday

LOWER NICOLA INDIAN BAND – CULTURE REVITALIZATION DEPARTMENT

Joe Shuter: 250-315-7487

Carole Basil: 250-315-9158

MEN'S GATHERING



Men's Gathering - October 23rd

Gathering went very well on Saturday. 15 men attended.

There was a lot of amazing discussion and ideas for traditional, cultural and good living and learning.

The ages were mixed and there was good input from all.

The group is looking forward to the next gathering ! - Stay tuned for the next date and time!

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



EDUCATION

EDUCATION DEPARTMENT

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

Shane's Submission

Happy November LNIB Membership!

The fall season here within the Nicola Valley is visible everywhere, and if you currently live outside the region I hope mother nature is also treating you with bright colours and fresh air leading into the transition of winter 😊

The team has provided information, which you will find following my submission, that will share both activities from the past month and news of upcoming events/information. This month I want to take the opportunity to not only share a couple of key projects that I am working but also provide a few reminders of the supports we have for our members.

One of the projects currently in its early planning stage is a shared one with SD58; a land based program for students who may be experiencing challenges associated to academics, social, emotional, or health. Last year we partnered up with MSS on the recently built water feature project to assist with personal/mental health strategies and this new project will definitely complement the progress we want to make in this area of support for our public school youth.

Another project, again in its early stage of development, is an enrichment program to support LNIB School students with mastery of curriculum. The program would run afterschool in the school's newly furnished Learning Commons and individual student programs focused on literacy and numeracy would be created in collaboration with teachers, parents, and administration.

Lastly, I would like to remind all LNIB Members we have funds available to assist K-12 students for supplies, academic achievement, and in some cases programs directly tied to curriculum. We also have funds available to assist Post-Secondary Students with academic tutors and counselling. Please contact LNIB Education to learn more about these supports or contact me directly at 236-575-2135 phone/text. I can also be reached via email at 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



BAND SCHOOL

November Newsletter

2021

Lower Nicola Band School

By Angie Sterling, Principal

Dear Parents/Guardians:

Hello everyone! How time flies, it's already November! Our Current K-7 Enrolment is 96 students. We have Geraldine Bob teaching Grade 6 right now, as our Grade 6 teacher resigned in September. Our new Grade 7 teacher is Randi Gardypie and is doing wonderfully.

November Dates to Remember:

November 1st – School Picture Retakes (with Lifetouch)

November 10 – Wear **Red** Day

November 11 – Remembrance Day – No School – No Ceremony at the School this year due to COVID – but the teachers will have Remembrance Day with students in their classrooms.

November 19 – Report Cards Go Home with students

November 24 – Parent-Teacher Interviews 3-5 pm, please call and schedule an appointment with your teacher.

Unfortunately, we will not be having our breakfast fundraiser this year, but Santa will still be coming in December.

If you have any questions, please call the School for more info. 378-5527. Thank you.

New Book Published:

Xwist Memin Kin “I want to go Home” – Memories of Kamloops Residential School and Joeyaska Ranch by Mary Jane Joe – You can now order a copy through Amazon just Google it.



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.



NOVEMBER 2021

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

Mon	Tue	Wed	Thu	Fri
1 Chicken noodle soup PHOTO RETAKES	2 Veggie chili + rice	3 Berry baked oatmeal casserole	4 Beef & barley soup + bun	5 Meatball sub
8 Grilled cheese + ham	9 Lasagna + garlic bread	10 Berry French toast Casserole Wear Red Day	11  REMEMBRANCE DAY NO SCHOOL	12 Chicken Caesar salad
15 Sausage + perogy casserole	16 Veggie wrap	17 Sheet pan breakfast sandwich	18 Chicken Greek pasta	19 Hashbrown casserole
22 Deviled egg salad	23 Taco salad	24 Breakfast enchilada bake Parent teacher interviews 3-5pm	25 Baked potato & broccoli	26 Sausage gravy + mashed potatoes and carrots REPORT CARDS GO HOME
29 Cabbage roll soup	30 Potato soup			

Join our PAC Group at LNIB School

Dear Parents/Guardians: We are looking for any parents who may be interested in being on LNB School PAC to please call us or send us a message at 378-5527. The PAC does things such as fundraising for the School (online orders) to raise money for students for events/activities happening at the School. Since, we will not be doing our Breakfast Fundraisers this year, this would be a good opportunity to do other kinds of fundraising ideas for our children at Christmas! We are looking for new PAC members to help get us started.

Anyone who attends a PAC meeting MUST wear a mask, sanitize upon entrance and be expected to physical distance while in the building. We look forward to seeing any new faces! Call us at 378-5527 at the School. Thank you.

Angie Sterling, Principal



Photo above from a field trip to AP Ranch. During the visit to AP Ranch our students had the opportunity to ride horses, learn how to rope a cow, Forging demonstration, turning a horseshoe into a heart and live music.

LITTLE STARS HEAD START

November



What We're Learning!

In November we will be talking about Space and looking at Bears and Hibernation. We will also focus on the meaning of Remembrance Day and why we recognize this special time. We will be looking at the letters E,F,G and H, as well as the numbers 2 and 3. Our shape for this month is a triangle and our colour is brown. Space is our Box Clever theme for the month.

Upcoming Events



November 11th -
Remembrance Day (NO
SCHOOL)

November 18th -
Fire Drill

November 25th -
PJ Day

November 30th -
Orange Shirt Day

Like Us On Facebook
"Little Stars Head Start"



Monthly Teacher Tip

Help your child find our colours and shapes during their day.
Try doing a scavenger hunt or play a game of eye spy.



LITTLE STARS CALENDAR

**Little Stars Head Start
Menu – NOVEMBER 2021**

Monday	Tuesday	Wednesday	Thursday
1 SALMON AND RICE	2 SMOOTHIE BOWLS	3 MEAT/CHEESE/CRACKER FRUIT/VEGGIE PLATTER	4 CHICKEN STRIPS & HAPPY FACE FRIES :)
8 PANCAKES AND FRUIT	9 JACK POTATOES	10 GRILLED CHEESE & SOUP WITH VEGGIES	11 NO SCHOOL
15 SHAKE & BAKE CHICKEN WITH RICE	16 NACHOS WITH SALSA & SOUR CREAM	17 BEEF STEW	18 EGGS/BACON/HASHBROWNS
22 QUESADILLAS	23 HAM & CHEESE BUNWICHES	24 FRUIT SKEWERS WITH YOGURT	25 SPAGHETTI & GARLIC TOAST
29 CHICKEN ALFREDO	30 HAMBURGER SOUP WITH BUNS		

*All meals served with choice of milk or water

LNIB EDUCATION
DEPARTMENT



Sharon.parsons@lnib.net



(250) 378 - 5157

2160 SETTLERS ROAD
HWY 8



SHARON PARSONS, EDUCATION MANAGER

Hello everyone,

You may have received an email or a phone call from the Education Department staff.

Gail, Rhonda and Tylar have been busy checking in with families of K-12 students, and post-secondary students to see

how everyone is doing this school year. If you or your child could use help navigating a challenge, Education staff are helpful and can find resources to suit your needs.

A meeting with the local Aboriginal Advisory Committee last week included an update and discussion on the return to school plan. As you know, students are back in school getting face to face instruction but are required to wear masks the full day.

My 2 grandsons are in kindergarten this year and are doing well with the mask wearing. From what I have observed at the schools, all kids have adjusted well to this requirement.

This year, we were successful at getting the Education Outreach Worker, Tylar Clark into the SD 58 schools to support Lower Nicola students with tutoring support. Tylar has times scheduled to visit students at Nicola Canford and MSS during school hours, and she is also available to tutor after school. Please check out the flyer in this newsletter. If you would like your child to access supports with Tylar, give her a call at (250) 313-5814.

At this time last year, School District 58 Superintendent Steve McNiven and two local bands were working on a proposal to ensure safer bus stops in their communities. Since then, shelters have been placed at the stops, but the structures were inadequate. This year the five local bands have partnered with SD 58 to access funding to



address the issues with bus stops within each community. The proposal was submitted in August, and we expect to hear from the province soon.

To offer LNIB membership more training opportunities this year, LNIB Education has put forward another proposal to the Ministry of Advanced Education and Skills Training. If you are interested in taking short term programs in cashier/customer service, project management, accounting/bookkeeping, emergency centre operations, or professional driver training, give us a call to get more information.

We can help you get the short-term training, certifications, or a post-secondary credential, needed to land the job of your dreams. Please call us to discuss the that training or education that will move you into the future.

Until next time, húmەł

INTRODUCING ASHLEY DEGRAY



ǵast sǵłǵǵalt My name is Ashley DeGray and I come from the Upper Nicola Band. I was raised in Douglas Lake by my mother Theresa DeGray and my grandmother Joan DeGray. I am a proud mother to three incredibly adventurous children who have been blessed to be raised in the same wonderful community that I have. In our spare time, we love to go hunting, fishing, camping or just navigating around the mountains admiring the beautiful scenery, while still doing our best to teach our blended family the same traditional values and beliefs that we were taught by our parents, grandparents and family. I am very excited to join the team at LNIB as the Tenant Relations Coordinator and I look forward to meeting everyone in my new position!

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



Hello Everyone,

I hope everyone is staying healthy and don't forget to get your flu shot. Fall is in the air with all the trees turning colour. With the restrictions regarding in-class instruction, I hope all the elementary, secondary, and post-secondary students have transitioned well.

This last month has been busy:

- Assisting members through the post-secondary funding process
- Ensuring Fall semester tuitions are paid to the Universities
- Checking with students on how their studies are progressing
- Contacting the students who have programs starting in January 2022
- 1 member completing his Electrical Apprentice Level 1
- Up-dating information regarding all supports provided by Institutions
- Up-dating student information
- Updating post-secondary forms
- Post-Secondary Students check out these Scholarships:
<https://www.rbc.com/dms/enterprise/futurelaunch/indigenous-scholarship.html>
<https://indspire.ca/for-students/bursaries-scholarships>
<https://bcaafc.com/education/first-citizen-funds/>

Our office is open to the public, with a reminder to 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 taking also if you need your resume updated. Please give our office a call to make an appointment, send an email or stop by and discuss your educational goals.

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. Give our office a call or email to update your current contact 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

RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

rhonda.dunn@lnib.net

(250)378-5157 LNIB
(236)-575-2100
DIRECT

To many, November 11th is a day to remember the people that fought for our freedom. May my grandfather who fought in WW11 rest in peace. On an education note, this time of year students are halfway in completing their fall term. The LNIB education department will do our best to help assist you or provide recommendations where we can direct you, so please do not hesitate to call us.

The education department sends out regular emails relating to educational information such as SD58 news, Bursaries & Scholarships, and LNIB Education Services and opportunities.



For LNIB members On/Off enrolled in K-12 the LNIB Education is able to assist with eligible extracurricular registration fees once per annual year. The program must be aligned with school curriculum or an organized sport. For more information and an application please contact the Education Department.

The LNIB Education has forwarded Consent for Release of Confidential Information forms to attending schools from K-12. This is to access Report Cards (grades/attendance). And is checked if student is requesting additional education supports.



To ensure the education department can email, phone or mail up-to-date educational training programs, youth opportunities and community news please keep your current contact information up to date with myself here at the education department. Also, checkout LNIB Facebook page or LNIB Web page.

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

- <https://indspirefunding.ca/> Deadlines - Nov 1st, and February 1, 2022
- <https://bcaafc.com/education/first-citizen-funds/> Deadlines Jan 15th and May 15th ,2022 (This bursary fund is only available to students currently enrolled in school and completed a semester).

If you require an applications or additional information the LNIB education department will do our best to help assist you. Please do not hesitate to call or email us. Education Matters!

LNIB GOOD FOOD BAG PROGRAM

LNIB Good Food Bag

Hello, we have started up the good food bag program again at the LNIB Community Services. The good food bag program is to promote healthy eating with a variety of produce at an affordable cost.

Each of the bags cost \$20.00 and they will include different types of vegetables and fruits depending on what is available at the time. For the rest of 2021 these are the date that the good food bag will be ready

- November 16, 2021
- December 14, 2021

If you are interested, please come to the front desk at the Community Services building by the last Friday of each month to sign up and pay for the following months good food bag. If you have any allergies, please let the front desk know when you are signing up.

If you are on Social Assistance there is a separate form you can fill out for the cost of the good food bag to be deducted from you monthly cheque.

If you have any other questions regarding the good food bag, please feel free to contact Kait Basil at 250-378-5157.

Thank you and I hope you have a great day.

Good Food Bag

Canada's Food Guide to Healthy Eating recommends eating 5 to 10 servings of vegetables and fruit each day. Many families in the Nicola Valley rely on the Good Food bag program to supply the vegetables and fruits needed for good health.

What is the Good Food Bag?

- Is a non-profit fresh fruits and vegetables bulk buying program.
- You can be sure your family eats healthier.
- Enjoys the benefits of cooperative bulk buying.
- Supports your community.

What might be in a typical bag(s)?

- Fresh fruit and vegetables.
- Potatoes, carrots, onions
- Celery, lettuce
- Apples, oranges, bananas
- Other vegetables or fruits that might be in season.

Can anyone participate?

- Yes, If you Eat, You qualify
- Because the Good Food Bag is not a charity, but a bulk-buying program, it empowers people by giving them access to high quality produce.

How much does it cost?

- \$20.00 per bag. You can purchase as many bags as you like!

How do I get a Good Food Bag?

- Non- Social assistance clients can drop off \$20.00 (cash only) at the Health Center; at the end of the month. To receive their GFB the following month.
- Social Assistance clients can have the payment deducted off their cheques by completing the attached authorization form.
- Pick Up Bag(s): at the Health Center on:
Nov 16, and Dec 14, 2021

Good Food Bag- Social Assistance Deduction Authorization

I _____ request that Lower Nicola Band Community Services Department deduct a sum of \$ _____ from my monthly entitlement of Social Assistance for the purchase of _____ Good Food Bag(s). I understand that it is my responsibility to pick up my Good Food Bag(s) on the date indicated. **Unclaimed food bags will be donated.** If you choose to discontinue deductions for the Good Food Bag a written notice must be submitted by the 15th of that month.

Signature

* _____
Phone#

Witness

Date

FIRE DEPARTMENT



Emergency # 911

Non-Emergency # 250-378-5110

Fire Chief # 250-315-3094

Fire Department Cell Phone # 250-315-3915

Lindsay.tighe@lnib.net

Charlene.joe@lnib.net

August/September/October At A Glance:

- Welcome our newest recruits Tanner O’Laney, Ron Stolp, CJ Jones, & Louis Elkins
- We are now 19 strong Paid-on Call Members
- Welcome Kolt Antoine to the Department Staff
- Practices are on Monday nights 6-8 PM
- Congratulate Adam McDonald, Charlene Joe, & Bruce Swakum for obtaining their Class 1 Drivers License
- Congratulate Lindsay Tighe, Charlene Joe, Bruce Swakum, Aaron Moses, & Adam McDonald on completing their Firefighter Level 2
- Congratulate Lindsay Tighe, Charlene Joe, Bruce Swakum, Kolt Antoine, Adam McDonald, Moose, Simon Cisco, Ron Stolp, Christopher Jones & Louis Elkins on completing Driver Operator Course
- Chimney cleaning has begun ~ if we missed you, please call the fire hall

The fire department has had a busy three months with the fires, driver training, and training. We have been busy trying to catch up on everything.

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. In the coming months we will be undertaking other fundraising initiatives.



FIRE SAFETY

WORD SEARCH PUZZLE

ALARM
BUILDING
CRAWL
DETECTOR
DRILL
DROP
EMERGENCY
ESCAPE
EXIT
EXTINGUISHER
FLASHLIGHT
HOME
LADDER
PLAN
PREPARE
PREVENT
ROLL
SIREN
SMART
SMOKE
STOP
TRUCK
WINDOWS

N	L	H	J	C	B	S	W	O	D	N	I	W	Q	Y
G	N	I	D	L	I	U	B	R	L	A	D	D	E	R
T	M	T	O	U	Q	J	G	E	L	R	J	E	L	Q
D	H	A	L	A	R	M	D	N	B	L	X	X	C	R
R	P	G	U	M	H	O	M	E	B	I	O	E	R	J
O	R	N	I	D	E	T	E	C	T	O	R	R	H	L
P	E	G	L	L	X	L	K	P	T	N	L	A	W	W
E	V	R	K	L	H	Y	H	V	R	I	F	P	R	A
P	E	P	C	B	R	S	Q	L	A	E	U	E	T	R
A	N	L	U	S	O	F	A	W	M	U	R	R	P	C
C	T	A	R	A	W	W	Q	L	S	C	B	P	U	S
S	E	N	T	J	G	P	Q	E	F	Y	M	V	U	I
E	U	R	E	H	S	I	U	G	N	I	T	X	E	R
Y	C	N	E	G	R	E	M	E	L	L	I	R	D	E
D	N	F	R	S	M	O	K	E	S	P	O	T	S	N

The words appear UP, DOWN, BACKWARDS, and
DIAGONALLY. Find and circle each word.



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www.puzzlestoplay.com

NLAKE'PAMUX ENVIRONMENTAL MANAGEMENT PROGRAM

This month's update for Nlaka'pamux Environmental Management Program. We would like to show you some of the results from the online survey we had in September. We had a total of 63 participants answer the 25 survey questions. Below are some of the results:

Chart 1: Question "Our Nlaka'pamux Environmental Management Program is dedicated to protecting our environment based on the values that are most important to our community. What activities have impacted your life" the chart shows a variety of responses?"

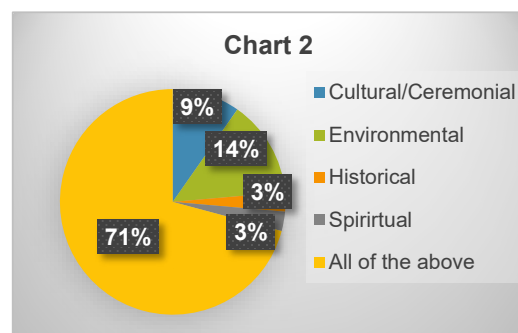
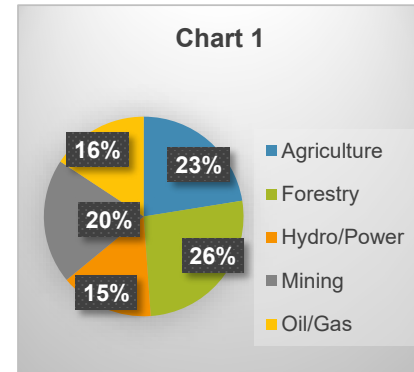
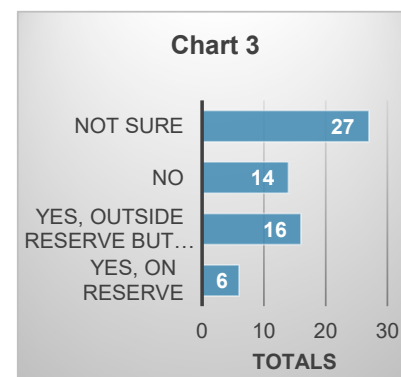


Chart 2: Question "Over the past few months, we have met with community members to share information and talk about community values that are important to protect or restore. Thinking about how LNIB lands and resources are used today, what is important to you to protect or restore?"

Chart 3: Question "Have you seen an endangered Plant Species before?"



We would like to thank everyone who was able to participate in the online survey. It very important to understand what's important to our community. 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.

TRADITIONAL LAND USE STUDY - UPDATE HVC AREA

In 2015, LNIB carried out a Traditional Use Study (TUS) of the area around the HVC mine site. The purpose of the study was to document culturally important places and activities on that area of our territory. Approximately 50 community members participated in TUS interviews, and they mapped over 700 sites. This demonstrates what LNIB members have always known: the Highland Valley area is culturally important to our community today, as it was in the past.

HVC is planning the 2040 project to extend the life of the mine. LNIB is involved in environmental assessments for this project, as well as planning for economic opportunities for the community.

LNIB is also undertaking an update of the 2015 TUS study of the HVC area to ensure that our cultural values are recognized and protected. The goals of this TUS update are:

1. To confirm locations and information about sites mapped during 2015 interviews;
2. To research and learn more about the history of this area, including family connections, cultural values, and changes on the landscape; and
3. To document additional sites and connections between HVC and other LNIB cultural locations across the territory.

The TUS update will take place between Fall 2021 and Spring 2022. Work for the project will include: two info sessions to introduce the project and seek community input; historical

and ethnographic research; interviews with LNIB community members; opportunities for community review; and a final report with recommendations for protecting LNIB's cultural values in the area.

This project is being carried out by Angie Bain and Gretchen Fox, under the direction of the LNIB Economic Development Department. Please reach out to Angie (angiebain@shaw.ca) or Gretchen (fox.gretchen.e@gmail.com) with any questions about the project.



RECREATION

November

2021

Recreation

After school-program

Monday to Thursday after school program runs for youth who have registered with the Recreation department.

LNIB Snowboard group.

Looking for youth interested in snowboarding!!

We will have space for dedicated youth who have gear or parents are willing to get gear, also we will support with gear needs please ask. Please contact recreation team for more details.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Asp 3-5 gym	2 Elders Kamloops No ASP	3 Asp 3-5 Youth Center Scavenger Hunt	4 No ASP skating 6-7 Adult volleyball	5	6
7	8 Asp 3-5 gym	9 Asp 3-5 swimming	10 Asp 3-5 Youth Center Games	11 Remembrance Day. Offices closed	12	13
14 Snowboard group lundbom (if snow)	15 Asp 3-5 gym	16 Asp 3-5 swimming	17 Asp 3-5 Youth Center Hiking	18 Asp 3-5 skating 6-7 adult volleyball	19 Elders Fit Nation 11:00-12:00	20
21	22 Asp 3-5 gym	23 Asp 3-5 swimming	24 Asp 3-5 Youth Center Games Elders Movie	25 Asp 3-5 skating 6-7 adult volleyball	26 Elders Fit Nation 11:00-12:00	27
28 Snowboard group lundbom (if snow)	29 Asp 3-5 gym	30 Asp 3-5 swimming			Band skating Fridays look on Facebook for up- to-date days.	

Please contact Recreation Coordinator Chelsea Spahan by texting 250-315-3379 or email chelsea.spahan@lnib.net
Or Recreation Assistant Jacint Majlath jacint.majlath@lnib.net

SNOWBOARDING

• Recreation •

Snowboarding

Ages 9-17 yrs old Welcome!

LNIB Recreation Snowboarding Group

November	Dates and Times to be announced	Practice
Open to youth interested in developing skills in snowboarding. Must be dedicated to coming twice a month for practice at lundbom hill. Skills will be taught to youth by the Recreation Assistant who is a certified instructor!		Once skills and practice have been determined the group will be taken to sun peaks for a day on the mountain. This will be a weekend activity and parent permission and support will be needed. (Must have own equipment).

Any questions please contact Recreation Coordinator Chelsea Spahan @250-315-3379 or Recreation Assistant Jacint Majlath @250-575-0569

PROUD TO BE
LNIB
Lower Nicola Indian Band

SHULUS GARDEN

Shulus Community Garden - October News

Shulus Garden crew thanks you for the pleasure to grow food crops for **LNIB Sustainable Food Security Initiative**. This initiative was started in 2016 and thanks to all of you, the initiative is still growing strong.

HV Tec Sustainable Food Security Grant paid for all the seeds, fruit trees, berry bushes, soil amendments, bee supplies, grow lights and other materials. HV Tech team did a garden tour this month and took pictures of our berry patch and composts, the beehives, the gazebo in the medicine garden, and the team pulled up their sleeves and helped to extract honey from the honey frames for a while. It was exciting to work alongside the Teck team.

Shulus Honeybees thrived this growing season. We kept a close eye on the beehives & every time we opened the hives, we found healthy bees and free of diseases like mites & other types of disease. We feed bees miticide patties for 2 weeks and then switch to a protein sugar patty for winter. We used the cook shack for 4 weeks in October to extract honey from 100 honey frames. We see the bees have plenty of food stored for the winter. We will return the honey frames to their hives in spring, so they can feed on the excess honey from their own honey frames. Still have **Honey for sale**, 1 Kg @\$11 and 650 ml bottles at \$6.50each.

School District 58 brought 4 bus loads of students from Leona's grade 8 & 9 classes. The students helped the garden harvest potatoes, celery and extract honey. We had a lot of fun at the garden, a big Thank you to all the students and to Leona D. and School district 58 for volunteering at the garden.

LNIB School students grades K to 4, helped us harvest their pumpkin patch. The heaviest pumpkin was 47 lb. Congratulations to Jed Tom who brought his pumpkins in for weighing, that was fun seeing all your pumpkins, good work to all our young pumpkin farmers. Your awesome, see you next year!

We used the Cook Shack (the Honey Shack) for 4 weeks in October to extract honey from 100 honey frames. It took us four weeks to extract the honey and to melt the wax into paddies. Still have more work to do on the wax and propolis production. A totally knew twist for us gardeners.

Shulus Garden Honey is still on the shelves, we have 1Kg containers and 650 mil bottles for sale. Phone Lorna at 250 936-8365 to place an order. We have been very fortunate to have been gifted ten complete hives from LNIB Ec. Dev. We've been fortunate to have guidance from our HR Director all these past few years. Both Kat and I are certified beekeepers, **Miller's beekeeping courses**. More courses will start up again in spring 2022. We started the Nicola Valley beekeepers club and host meetings 3rd Tuesday of each month.



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_

JOBS AT LNIB

Current Job Opening at LNIB

Full details at <https://secure.collage.co/jobs/l nib>

Fire Fighter temporary

Responds to fires and other emergency alarms and assists in those operations necessary to insure the confinement and extinguishment of fires or the elimination of other hazardous conditions. Also will be involved with wildland fire fighting and cultural burning.

Receptionist

Greet visitor to the building, answer phones and provide clerical support and file maintenance for the Lower Nicola Indian Band.

Social Development Manager (BSW required)

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.

Day time Cleaner/Reception

This is a great entry level opportunity to gain skills in several areas. In this permanent full time position the employee will 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 minute drive of one another.

Public Works Administrative Assistant

The Administrative Assistant is responsible for providing direct support to the Public Works Manager and the daily needs of the Infrastructure Department. To provide direction to the Custodial Supervisor and administrative support the Public Works Operators and the Facilities Maintenance Manager as required by the Public Works Manager.

Public Works Clerk

Provide regular 'seasonal' ground maintenance for all LNIB office buildings which will include lawn care, pruning of trees, weed management, cleaning of exterior windows, clearing of snow from all LNIB buildings, salt and/or sanding of sidewalks and entrances; support Public Works staff with snow plowing – elder's driveways; coordination of events; support with recycling collection when needed, support the ditch rider as needed with irrigation ditch maintenance. In addition, will be responsible for the LNIB Dam and provide support with water and wastewater

Teacher k-7

Using your Teaching Degree and Category 5 BC College of Teachers certification to deliver high quality education with a K-7 independent BC Provincially accredited school

Interested LNIB members that meet minimum qualifications are eligible for additional paid training.



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 Stirling

Stirling Instrumentation Maintenance,

Calibration & Electrical

(403) 971-6432 gqstirling@gmail.com

Ivan Swakum

Antler lamps, European Mounts, Wine racks

ivanswakum83@outlook.com

250-315-3756

Shawn Swakum

s.swakum@yahoo.com

Business administration and Consultant

Molly Toodlican

Independent Watkins

Consultant #830411

250-280-1012

mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com

Catering

Victor York

victoryork@hughes.net

Gourmet coffee supply and distribution

GREETINGS



Congratulations to our Firefighters for their achievements!

Charlene Joe
Bruce Swakum
Adam McDonald
Aaron Moses
Lindsay Tighe

Class 1 License
Class 1 License
Class 1 License

Level 2 Fire Fighter certification
Level 2 Fire Fighter certification
Level 2 Fire Fighter certification
Level 2 Fire Fighter certification
Level 2 Fire Fighter certification

NICOLA VALLEY NATIVE VETERANS

This remembrance page is to honor of our comrades. We should never forget the sacrifices made by members of the Armed forces and civilians in times of war.

Abbot, John
Ankity/Blankinship, Ales
Bent, Simon
Bent, Smith
Blankinship/Rettanbacher, Nellie
Blankinship, Gaylord
Blankinship, Francis
Bob, Mike Sr.
Bob, Mike Jr.
Charters, Henry
Charters, Earl
Charters, Robert Sr.
Clayton, Jim
Clayton, Tim
Colter, Alvin/Robert
Coutlee, Floyd
Coutlee, George Sr.
Coutlee, Joe
Coutlee, Norman
Coutlee, Ranger*
Diablo, Norman
Duncan, Peter
Earnshaw, Henry
Earnshaw, Herman
Eddy, Tom
Frank, William
Fountain, Willie
Garcia, Alphonse
Garcia, Frank Sr.
Garcia, Gladys
Garcia, Margaret
Garcia, George Sr.
Garcia, Harold
Garcia, John (Tona)
Garcia, Maurice
Gutierrez, Spike
Gutierrez, Francis
Hall, Delaney
Haller, Boyce
Harry, John
Huston, John Keith
Huston, Robert W.
Houge, William
Huston, William (Bill)
Isaac, John F.
Jackson, Richard Sr.
Jackson, Richard Jr. *

Jackson, Karl*
Joe, Percy*
Joe, Melvin (Dan)
Lafferty, William (Bill)
LaRochelle, Eddie
Lindley, Oliver
Lulu, Henry
Laviguer, George
Mackay, Matthew
Manse, Dave
Major, Jimmie
McCall, Lorn
McDonald, Peter Sr.
Martin, Peter
McDougall, Fred
McDougall, Tom
McDougall, Archie M.
McIvor, Alex Sr.
McIvor, Donald
McGavin, Hugh Brian
McIvor, Jim
McLean, George
McLellan, Kenneth
McIvor, Ernie Jr.
McLeod, Willie
McKay, Herman
McLeod, Donna
Moses, Antoine Sr.;
Lance Corporal
Murdock, Eddie
McRae, Harold
Pascal, Joe
Peterson, Angeline
Murdock, Joe
Robinson, Emmitt
Sandy, Mary
Richardson, Eddie
Shuttleworth, Reg
Sterling, Alfred
Shuter, David Sr.
Spahan, Sam
Sterling, Joe Jr.
Smith, Levi G., Pte
Sterling, Joe Sr.
Stewart, Oliver
Sterling, Greg
Stirling, Patrick
Stirling, Charlie

Stirling, George
Stewart, Hector
Stirling, Barney
Swakum, Henry
Stewart, Lambert
Voght, Tim
Voght, Tiny
Walker, Earl
Walters, E.J. Smokey
Voght, Jim
York, Archie
Voght, William; (Gunner)
Yamelst, Richard, Sr.

* Still living

ROLL CALL



REMEMBRANCE DAY



**LOWER NICOLA
INDIAN BAND**

Remembrance Day - November 11, 2021

This year there will not be any ceremony at the Shulus Cenotaph in order to keep everyone safe from COVID 19.

We invite you to participate in the Act of Remembrance from the safety of your own home and to observe two minutes of silence at 11:00 am on November 11th. A recorded ceremony is available to view on demand on YouTube - the link is on the LNIB website home page at lnib.net

The Act of Remembrance

*They shall grow not old, as we that are
left grow old;
Age shall not weary them, nor the
years condemn.
At the going down of the sun and in
the morning
We will remember them.
xʷuý xe? təkʷminstm*

