



December 2021 N̓eʔiyk Spíłəxm

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Winter Solstice:
December 21, 2021 07:59 PST



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

Our apologies for the poor print quality in the top banner - we were unable to get a service technician in in time for printing

WILDLIGHTS AT THE WILDLIFE PARK



NLAKA'PAMUX HEALTH SERVICES SOCIETY
INVITES YOU TO JOIN US FOR

***WILDLIGHT'S
AT THE
WILDLIFE PARK***

**Saturday December 11, 2021
5:00 PM - 9:00 PM**

**Gate passes, gas cards, hot chocolate, hot dogs,
and miniature train ride included!**

**Pre-registration required
Contact NHSS Wellness team
E-mail: raphael.j@nlxfn.com
Phone: 778-254-8589**



PASSES PROVIDED FOR THE FIRST 300 PARTICIPANTS.
9077 DALLAS DR.
KAMLOOPS, BC
V2C 6V1

KʷUKʷPI? STU JACKSON



heñte? Band members and community members. I hope each of you are doing well during these extreme times. As we embark on the month of December, it is difficult how to feel and how to comprehend everything that is going on in our valley. I have had numerous discussions with Band members, Band staff, community members and residents of the Merritt/Nicola Valley and much of what is discussed is where do we all go from here? It is absolutely heart wrenching to see what is happening here locally, but also down the lower mainland. The loss of life, land, wildlife, and infrastructure is unimaginable

to say the least. The sad thing is that the rain does not seem to want to go away. Countless hours have been consumed on our highways, bridges, waterways and in the city of Merritt to try and get to a normalcy that we all have not seen in quite some time.

Our valley had not even had the opportunity to recover from the devastation of our summer fires, our 215 children that were discovered, and of course the continuance of Covid-19. There has not been any opportunity for our community to share and celebrate the National Day for Truth and Reconciliation to commemorate the legacy of the Canadian Indian Residential school system. Where do we go from here? Where do we begin to pick up the pieces in the wake of all this devastation? Our neighbors from the East and West of Shulus have been hit awfully hard with life changing catastrophe. Mother nature, our creator is sending us a message. Global warming is definitely showing its teeth for all of us to see. As a community, it is time that we begin the process of adequate emergency preparedness for whatever the future may

hold.

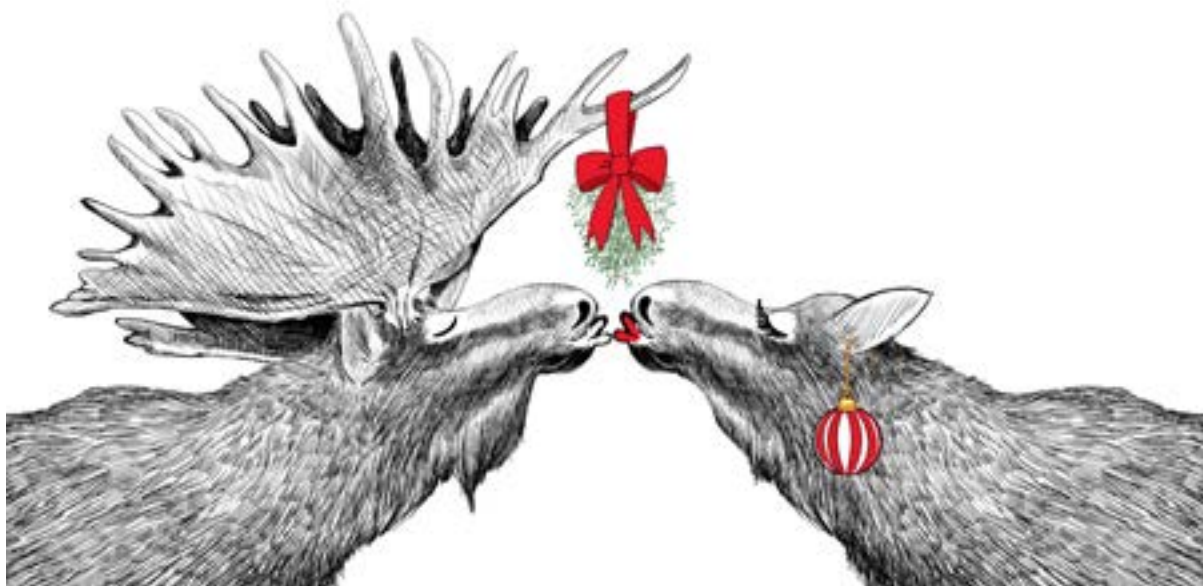
LNIB has been extremely fortunate that the extreme flooding has not heavily impacted our lands and infrastructure. That is not to say that we are out the woods with mother nature and so we must be diligent and mindful that our environment is still at a stage of unpredictability. Evacuation alerts and orders are still very possible as we trudge through these dark times and so it is particularly important that we all stay prepared in case alerts or orders are issued.

Please have a bag packed and ready with clothing and essentials for a minimum of 72 hours. Please keep your medication and other bare necessities nearby. We need to be prepared at a moments notice if mother nature decides to shift water flows. It is especially important to be prepared. I feel that it is fair to say that since the fires of the summer that we cannot take anything for granted. LNIB is doing its best to update leadership and our community's when public information is dispelled. There has been some comments that have come to my attention that LNIB communication to its members

needs to be better. All that I ask is please patient and LNIB will do its best to get any updated information out to our community's as quickly as is possible.

On that note, I want to commend LNIB staff, leadership, and volunteers for all their demanding work during these challenging times. LNIB is doing all that we can at this time with food issuance, cash disbursement and other support services for both our on-reserve members and more importantly, our off-reserve members who were evacuated from the City of Merritt. LNIB leadership and our staff cannot do this work alone. We need membership support as we fight through these calamities.

We are all in this together. Please take care of your friends and your families, but most importantly, please take of yourself.



EXECUTIVE DIRECTOR

Dear LNIB Members,

It's hard to believe it is already time for our December newsletter. On reflection, 2021 was more difficult than 2020 when LNIB and the rest of the world was faced with COVID 19; this year we have been challenged not only with COVID; we've also had to endure devastating wildfires, and now flooding. In saying that, I also want to thank all the community members and staff who have supported not only LNIB getting through the past year but the evacuees from other communities as well - your dedication has not gone unnoticed.

Here are some of the things we were working on in November:

Human Resources: Band buildings are open to the public and we have 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. The Chief and Council passed a motion adopting a Mandatory Vaccination Policy for all staff. This policy requires all LNIB staff to be fully vaccinated by December 20, 2021. If you would like clarification on this policy you can reach out to Lloyd Loveday, Director of Human Resources.

The flooding from the Coldwater River affected LNIB staff. Thirty LNIB staff were forced to evacuate on November 14th and 15th from the City of Merritt and surrounding area. This forced us to pivot to remote servicing in some sectors, however, most buildings are again open for business. The staff that can make it into work are in the offices.

We have some new team members to introduce this month: LNIB welcomes Melissa Gilbert Oppenheim, Home Support worker, Jordan Harris, Homemaker, Macus Ong, Habitat Stewardship Coordinator, and Sharon Williams, Care Aid.

Current job postings with Lower Nicola Indian Band are K-7 Teacher, Reception, Director of Infrastructure, 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 November 10, 2021. School Board met November 3, 2021. Finance and Audit Committee met November 22, 2021. Joeyaska Contaminated Site Litigation Advisory Committee did not meet in October. Human Resource Policy and Procedures Review Committee met on November 17th. 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 January 31, 2022 at 6:00pm virtually.

Support to Chief and Council: Chief and Council met November 2nd and 16th. Chief and Council also called an emergency Special Chief and Council meeting on November 18th. Chief and Council will meet December 7th and 21st. Should you

require anything on the Chief and Council agenda scheduled for December please contact Sondra Tom and me. 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.

I wanted to share a Christmas Fruit Bar recipe with you, from my family to yours

Base: ½ cup butter
1 cup of flour
2 tablespoons icing sugar

Mix the butter flour and icing sugar and press into a 8 x 8 baking dish and bake at 350 F for 5 minutes

Topping: 2 eggs
1 cup brown sugar
¼ cup flour
½ teaspoon baking powder
¼ teaspoon salt
1 cup chopped walnuts
1 cup chopped up maraschino cherries
½ teaspoon vanilla

Mix all topping ingredients together and pour on top of the base layer, bake at 350 F for 45 minutes then let cool

Frosting: ½ cup soft butter
¾ cup icing sugar
2 tablespoons milk
2 tablespoons boiling water
Vanilla to taste

Cream butter and sugar, add milk while beating, then add boiling water a little at a time while beating slowly, beat until stiff and fluffy (about 5 minutes). Once the topping layer is completely cooled add the frosting and enjoy.

Happy Holidays Everyone

LANDS DEPARTMENT



Brandi O'Flynn | Lands Manager

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

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.

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
MANAGEMENT
ADVISORY
COMMITTEE

UPCOMING MEETINGS

DECEMBER 16, 2021
JANUARY 13, 2022
FEBRUARY 10, 2022

Three Lands Management Advisory Committee term positions recently ended, and three new appointments have been made.

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.



LAND CODE

ACCOUNTABILITY

ANNUAL REPORT

Council shall, within 30 days of receiving an audit report, prepare and table with the Lands Management Advisory Committee, an annual report on LNIB Land management which shall include: (a) an annual review of land

management activities; (b) a copy and explanation of the audit report as it applies to LNIB Land; and, (c) such other matters as may be determined by Council or the Lands Management Advisory Committee.

ACCESS TO INFORMATION

Any Member may, during normal business hours at the main administration office of LNIB, have reasonable access to: (a) the register of Laws; (b) the auditor's report under section 40.4 [Duty of auditor]; (c) the budget or supplementary budget referenced in section 38.8 [Supplementary Budget], and (d) the annual report on lands issues in section 41 [Annual Report].

COPIES FOR MEMBERS

Any Member may, during normal business hours at the main administration office of LNIB, upon payment of any reasonable fee set by Resolution, obtain a copy of the auditor's report, annual report on LNIB Land management, budget or supplementary budget.

Download a full copy of the **LNIB Land Code** by visiting the LNIB website:

lnib.net/lands

LAND CODE DEFINITIONS

"Council" means the Chief and Councillors of LNIB or any successor elected government of LNIB.

"LNIB" means the Lower Nicola Indian Band

"LNIB Land" means any portion of a reserve of LNIB that is subject to the Land Code.

"Land Code" means this Lower Nicola Indian Band Land Code.

"Lands Department" means the department of LNIB that administers the day to day operation of LNIB Land and the Land Code.

"Lands Management Advisory Committee" means the Lands Management Advisory Committee established under the Land Code.

"Lands Manager" means the person employed or otherwise engaged by LNIB to oversee the day to day operations of the Lands Department and the administration of the Land Code.

"Member" means an individual whose name appears on the Lower Nicola Indian Band Membership List.



WILLS & ESTATES

The Wills Project has been delayed due to recent events that have affected the Nicola Valley and Lower Nicola regions. Participating members will be contacted soon to continue drafting 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.

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.

LNIB MEMBERS

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?

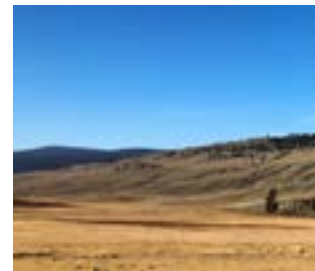
A person named in the will to administer (handle all the legal and financial matters) the deceased's estate and to ensure that the details of the will are carried out. This is the same as an administrator or a personal representative. It is possible to have more than one executor named in a will.

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](#).



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

Melissa Moses
(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



Season Greetings from the Lands Department



From the LNIB Lands Department family to yours, sending wishes of warmth, joy, and peace this holiday season.

Stephen Jimmie

Brandi O'Flynn

Lily Shuter

Sayge Fisher

Monica Pettinger

Kristopher Por

Alex Bukkos

Turkey Glaze Recipe

Serve a traditional roast turkey for Christmas with a sticky glaze to add flavor and golden color to a turkey.

For the glaze:

- 4 tbsp Honey
- 1 tbsp Dijon mustard
- 1 tbsp Red wine vinegar
- ~ Rub turkey in butter to keep moist.

~ While roasting the turkey, mix all the glaze ingredients in a bowl.

~ Hour before the turkey's cooking time is done, brush the skin generously with half the glaze. Continue to roast for another hour, glazing twice more, until cooked all the way through and the glaze is sticky and caramelized.

~ Leave to rest for at least 20 minutes

~ Save the juices to make gravy.



Power Outage Checklist

Before the lights go out:

- Have flashlights with extra batteries handy
- Charge all your mobile devices
- Have a battery-operated radio
 - This allows you to listen to your local station for warnings, advice, and instruction
- Inspect your chimney or flue
 - This helps prevent structural fires and ensures smoke, carbon monoxide and other potentially harmful gases are properly vented
- Make sure you have an adequate supply of food and water
 - Food in your fridge and freezer is [usually safe to consume](#) if the power is out for less than four hours
 - Fireplaces, wood stoves, barbecues and camp stoves can be used outdoors for emergency cooking. **DO NOT** use barbecues or camp stoves indoors

BE STORM READY



72 hour emergency kit:

<https://www2.gov.bc.ca/gov/content...>

Emergency guide:

<https://www.getprepared.gc.ca/.../ypr.../yprprdnssgd-eng.pdf>



How to Keep Your House Warm Without Electricity: 6 Easy Tips:

1. Block Up Cracks and Crevices.

Small cracks and crevices around windows and doors can let in more cold air than you think.

2. Wear Plenty of Layers.

When the temperature in your house drops, you can keep yourself warm by wearing more clothes.

3. Use Candles (Safely)

Place several candles together on a table for a neutral heat source.

* Always be safe when using candles, and never place them near flammable materials or somewhere they could easily fall over. Make sure all candles are put.

4. Have Blinds Open in the Day and Shut at Night.

When the power is out, ensure windows are uncovered in the day to get as much warmth from the daylight as possible. At night, close the blinds to trap warm air inside and stop any drafts from getting in.

5. Keep Yourself and Pets Warm with Blankets.

As well as wearing layers of clothing, use extra blankets to keep your body temperature up in the evenings and at night. Don't forget that any four-legged friends will also need to be kept warm without electricity, so offer them an extra blanket or two.

6. Use Water Bottles

If you can heat water on a gas camping stove or candle, put it in a water bottle for a heat source that will last a few hours. You can do the same with bags of beans. Put one by the fire and then use it to snuggle up with.

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



ELDERS



	Mon	Tue	Wed	Thu	Fri	Sat
	Lana—250-315-7477 Sheri—250-936-8066	If you need a ride, please give us 24 hours notice. Thanks	1	2	3 ‘Bingo’ 930-12 pm Soup Kitchen	4
	6	7	8 ‘Christmas Craft’ 1:30-3:30 Rocky Pines Centre	9 ‘Grandmothers Group’ 1:30-3:30 Culture Centre	10 ‘Friday Night Bingo’ 15 person max 5-8 Rocky Pines Centre	11 *Friday Night Bingo 1 card provided. \$10 per add’l card; 5 games due wednesday
	13	14	15	16 ‘Christmas Dinner’ Rocky Pines Centre Take-out 4-6 pm	17	18
	20	21	22 ‘Winter Elders Meet- ing’ 5 pm Rocky Pines Centre	23	24 Office Closed @12	25
	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31 Office Closed	

CULTURE REVITALIZATION

Hénłekw.



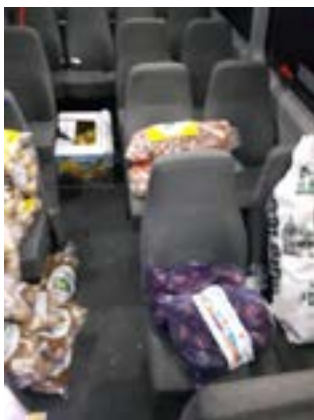
1) MJ soaking hide



2) Johnny Johnson



3) Johnny sharing knowledge



4) Flooding food donated



5) winterizing hives



6) honey from Shulus Gardens.

1. MJ soaking two deer hides in the river.
2. Johnny Johnson sharing his knowledge.
3. Johnny Johnson sharing stories.
4. Donations picked up from Coldwater Band School, received by LNIB from No Frills Grocery store.
5. Winterizing beehives at Shulus Gardens. The life of bees is amazing.
6. Honey received from Shulus Gardens for helping with the different tasks throughout the seasons.
 - Stone arrowhead knapping and fish spear workshops scheduled for Dec 4th and 5th.
 - Hide tanning shed metal roof is on, siding is in progress.
- 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



Baking Powder Bannock making with Elder Gloria Moses



The Culture Centre enjoyed
Hosting three days with the
Elders Program
as they created their
Beautiful ribbon skirts.
For more information on
Programs please call:
Joe Shuter: 250-7487
Or
Carole Basil: 250-315-9158

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

HEALTH

Have you met our new nurse Terri Stockwell? Here's a great opportunity to do that:

Flu Vaccine

Monday to Friday
10 am to 2 pm at the Health
Centre

Please call to book an
appointment first

250-378-4089

Need a COVID Test?

Available at the LNIB Health
Centre by appointment

COVID Vaccine Booster Shots & Vaccines for Children

Our nurses are waiting for confirmation on when the
Vaccines will arrive here and are anticipating we will be
having a clinic the second or third week of December.

BAND SCHOOL

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

DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1 Hamburger + Veggie, potato/ gravy	2 Lasagna soup + bun	3 Chili + mac & cheese
6 Chicken a la king	7 Tuna casserole	8 Chicken swirl wrap Wear anything that has to do with Xmas	9 Shepherd pie	10 Pizza roll up
13 Chicken soup	14 Ham + cheese Roll ups	15 Stuffed chicken casserole	16 Indian taco + bannock	17 Pancakes + fruit 1-3 Santa to visit the classrooms Last day of school for Winter break
20 	21 	22 	23 	24 
	MERRY CHRISTMAS FROM ALL	EVERYONE & HAVE A STAFF AT LNBS!!	HAPPY NEW YEAR!!	

NLAKA’PAMUX ENVIRONMENTAL MANAGEMENT PROGRAM

This December update for the Nlaka’pamux Environmental Management Program is on the Priority Value Selection Process.

The Priority Value Selection Process started by taking all Community Value data, which were compiled over the past 9 month through community engagement and document review, and grouped these by Theme, Value, and Sub Value. Once all Values were organized a series of Value Rating Questions were asked, as follows:

1. Are there measurable, practical indicators for tracking the value?
2. Is the value local or territory-wide?
3. Does the value cover more than one theme?
4. Is the status of the value changing?

Values with the highest number of Yes responses were ranked as Priority Value. The figure above shows an overview of the Priority Value Selection process.

With some Priority Values selected, the NEMP program focus has changed.



We are conducting research and compiling information on these Priority Values to understand their current status in the Nlaka’pamux Territory. As work on the phase of the program progresses, we will establish some linkages between values and collect information on the lower priority values. We intend to provide updates on this progress at future community engagement sessions

We hope everyone has a fantastic Christmas and we hope to talk to you in the New Year. Feel free to also check out our webpage at

<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.



CHRISTMAS MEMORIES

I remember my momma, Mary Mowry, every year she would bake fancy Christmas fruit cake. Mom would chop large amounts of dried fruits and fancy nuts and mix large batches of fruit cake dough.

One with Molasses for a dark fruit cake and one without molasses for light fruit cake.

Mom lined each loaf pan with wax paper and fill the pan to the top.

The delicious smells of fruit cake filled the house , Mmmm, Mmmm, Mmmm!

After the Christmas cakes cooled, they got wrapped in brown paper and left a month to cure.

All the delicious fruits and nuts and spices cured into a delicious fruit cake to die for.

Thank you, my beloved mother for leaving me with this fine Christmas memory.

Merry Christmas Everyone! - Lorna Shuter

Every year at my grandparents we do Christmas at midnight on Christmas Eve when I was a little girl we would get a special visit from Santa himself I remember feeling so special and happy! - Christie Hill

My favourite Christmas memory was, and still is, receiving homemade Christmas gifts. - Shane Coutlee

My favorite Christmas Memory when I was a young girl was when I received a Molly Doll, it kind of looked like a Raggedy Anne Doll. The doll sat and rode on a little pedal bicycle that I could tow around by a string. I played with this doll for hours when I was a little girl. This was the best gift I ever received in my childhood memories. Thank you Santa! - Angie Sterling

RECREATION

Recreation

Winter fun!!

Contact recreation team for more information on activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Snow day! 2pm	² Skating 4pm	³	⁴
⁵	⁶ Community gym	⁷ Snowshoeing! 2pm	⁸ Sledding 2pm	⁹ Skating 4pm	¹⁰ Youth center games 2pm	¹¹
¹²	¹³ Community gym	¹⁴ Crafting rocky pines center. 2pm	¹⁵ Movie night rocky pines! 4pm	¹⁶ Skating 4pm	¹⁷	¹⁸
¹⁹	²⁰ Community gym	²¹ Card making rocky pines. 2pm	²² Youth center games 2pm	²³ Family open skate 3pm	²⁴ Office closed 12:00pm	²⁵
²⁶	²⁷ Office closed	²⁸	²⁹	³⁰	³¹	

Contact: Chelsea Spahan chelsea.spahan@lnib.net 250-315-3379 or Jacint Majlath jacint.majlath@lnib.net 1-250-575-0569



SHULUS GARDEN

Produce available for sale include:

- ▣ Kennebec potatoes
- ▣ Garlic bulbs
- ▣ Onions: Shallots & Red
- ▣ Squash: Large Marrow & Zucchini, small Pumpkin, Gourds
- ▣ Shulus Honey: 650 ml Bottles & 1 kg Tubs

Gardening projects on the go include:

- We are planting an assortment of vegetable, herb & micro green seeds using soilless mix and micro seed trays.
- We started planting & maintaining seeds in October & November.
- Maintain & harvest fresh herbs for customer orders.
- Dehydrate herbs and vegetables for customer orders.
- Volunteers are welcome at NVIT Greenhouse to help plant and maintain Shulus Garden plants.
- We follow a seed planting schedule to fulfill customer orders.
- We grow fresh vegetables and herbs for the Culinary kitchen and the Cafeteria at NVIT and other customer orders.
- Have a planting schedule to provide Shulus Community garden with seedlings next May 2022.
- Shulus Garden Club:
 - o Garden planning
 - o Garden plots
 - o Special crops
 - o Crafting ideas

For more information and to share your ideas please contact Lorna Shuter at 250 936-8365.

We are a growing concern

JOBS AT LNIB

Current Job Opening with LNIB

For Full Job Descriptions and requirements please go to:
<https://secure.collage.co/jobs/l nib>

Administration:

- **Receptionist** Full Time permanent position
Provide clerical support and file maintenance for the Lower Nicola Indian Band.

Education:

- **Early Childhood Educator**, temporary fill position
Provide service to children ages 0 to 4 years and parents, including K3, K4. **Must** have ECE certification.
- **Teacher, k-7**, Full Time permanent position. Must have a BEd and BC teacher's certificate

Human Services:

- **Social Development Manager**, full time permanent, MUST have a BSW or MSW certification

Infrastructure:

- **Cleaner/Reception**, full Time, permanent position
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.
- **Public Works Administrative Assistant**, permanent position
Providing direct support to the Public Works Manager and the daily needs of the Infrastructure Department, including 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**, permanent position
Provide regular 'seasonal' ground maintenance, including; 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. In addition, will be responsible for the LNIB Dam and provide support with water and wastewater

Housing Dept:

- **Maintenance Assistant**, Full Time Permanent.
Responsible for assisting with the maintenance and safe operation of LNIB public housing buildings. The Maintenance Assistant is responsible for the completion of major and minor assigned tasks within the buildings.

LNIB Members are encouraged to apply and WILL be given preferential consideration when minimum job requirements are met.

Resumes can be emailed to: HR@LNIB.net DO NOT POST APPLICATIONS TO FACEBOOK



GeoVerra

British Columbia

Natural Resource Professional | **Fort St. John or Prince George**
 Geomatics Technician | **Vancouver**
 Geomatics Technician | **Invermere**
 Construction Crew Chief | **Kitimat (fly-in/fly-out)**
 Survey Assistant | **Kitimat (fly-in/fly-out)**
 Survey Assistant | **Victoria**
 Project Manager - Land Surveyor (BCLS) or LSIT | **Fort St. John**

Alberta

Survey Assistant | **Calgary**
 Survey Assistant | **Edmonton**
 Project Coordinator | **Edmonton**
 Accounting/Finance Co-op | **Edmonton**

Saskatchewan

Survey Assistant | **Regina**

Remote

Geomatics Technician | **Remote**

APPLY NOW!
geoverra.com/careers

View all available positions on our website.

Christmas Memories - My father declaring that Jesus was born at 4 pm on the 24th and therefore that's when Christmas starts. In reality he was just anxious to get on with the festivities but to this day in my house Christmas starts at 4 pm on the 24th - Ruth Tolerton



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

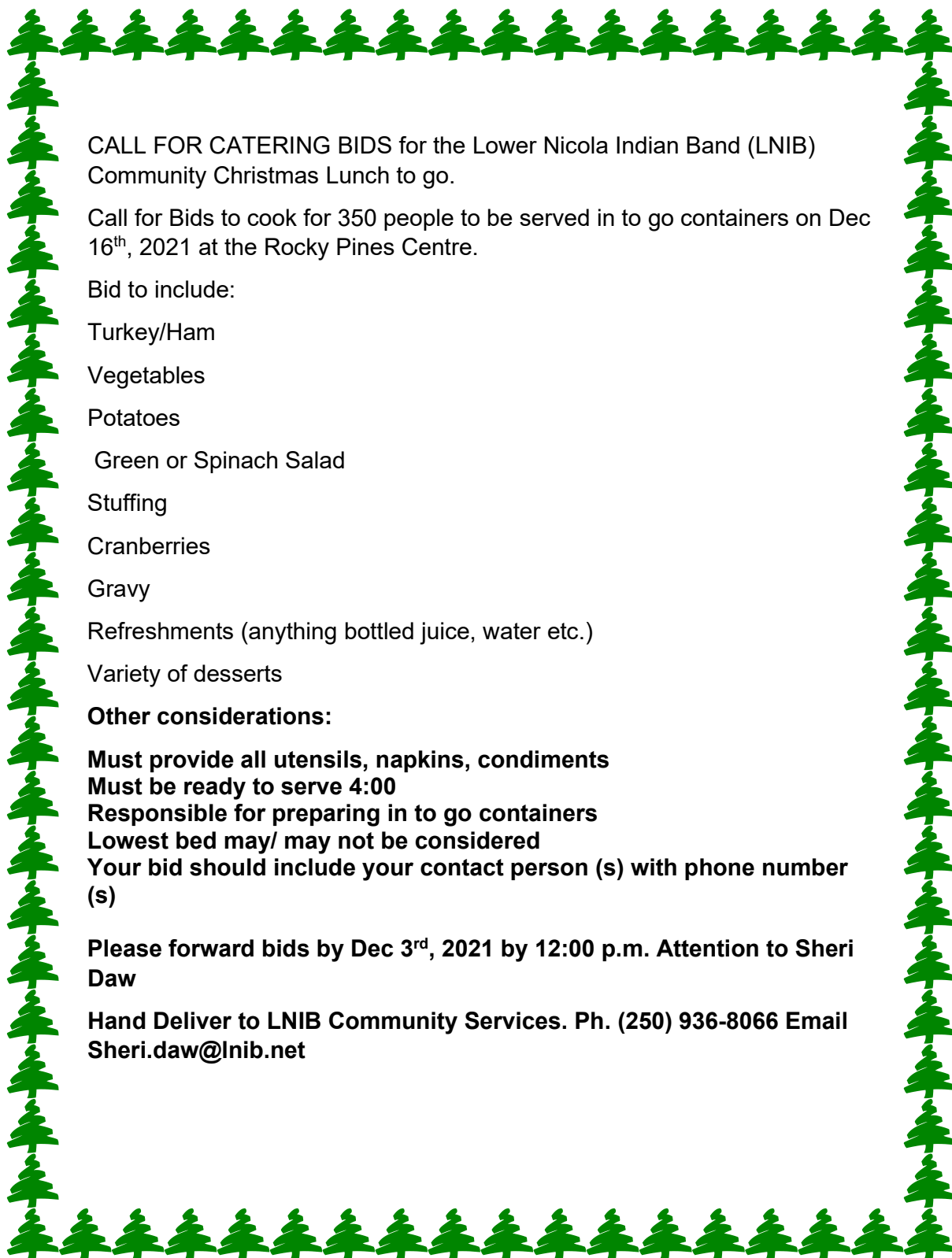
- Ability to take direction and communicate effectively
- Time management; interpersonal skills; good communication skills (verbal/written)
- Attention to detail; ability to read and understand information and ideas presented in writing
- Desire to maintain a safe working environment both for yourself 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.

CATERING BID OPPORTUNITY

CALL FOR CATERING BIDS for the Lower Nicola Indian Band (LNIB)
Community Christmas Lunch to go.

Call for Bids to cook for 350 people to be served in to go containers on Dec
16th, 2021 at the Rocky Pines Centre.

Bid to include:

Turkey/Ham

Vegetables

Potatoes

Green or Spinach Salad

Stuffing

Cranberries

Gravy

Refreshments (anything bottled juice, water etc.)

Variety of desserts

Other considerations:

Must provide all utensils, napkins, condiments

Must be ready to serve 4:00

Responsible for preparing in to go containers

Lowest bid may/ may not be considered

**Your bid should include your contact person (s) with phone number
(s)**

**Please forward bids by Dec 3rd, 2021 by 12:00 p.m. Attention to Sheri
Daw**

**Hand Deliver to LNIB Community Services. Ph. (250) 936-8066 Email
Sheri.daw@lnib.net**

MEMBER OWNED BUSINESS DIRECTORY

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

Angie Bain

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

Bonnie Bent

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

Donna Bent

250-378-4396 Donna Bent Artifacts

Brandon Joe

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

Shannon Kilroy

skilroy09@yahoo.com
Earthline Contemporary Aboriginal Designs and
Accessories

Odd Job Joe

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

Ryan Mann

PlumberMann
250-936-8655
plumbermann250@gmail.com

Mostly Glass

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

Sharon McIvor

250-378-3300 Lawyer, Instructor and
Legal Advisor

James McNaney

nomadhauling@gmail.com
Trucking, Hauling

Earl Michel

emichel@live.ca
Wolf Pac Construction

Focus iN Consulting

Business development and housing
gaildjoe@gmail.com

Lorne Mike

paulinehenry2011@hotmail.com
Fitness Instructor and Rough Stock Horses

Gene Moses Fencing

Gene Moses
250-378-2801

Vivian and Arnie Narcisse

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

Growing Garlic/Nicola Valley Produce

Jerrold Peterson
growinggarlic.ca
growinggarlic.ca@gmail.com

Gwayne Point

250-378-9167 Northwest Indian Art

Loren Sahara Consulting

Personal Development Coach, Mastemind
Knowledge Broker
778-676-7844

JW Forest Contracting Ltd.

250-378-5468
250-378-1556 (cell) Warren Smith/Janet Sterling,
Principals
Logging contractors, road builders, land clearing
Established 1998
Certified Safe Company
11 employees, 80% First Nations
Equipment: Faller/Buncher, Grapple Skidders,
Log Processors, Excavators, Cat Crawler Tractors

Millco Safety Services

www.millcosafety.com
PO Box 4154 Lower Nicola, B.C.
250-378-2221 Patrick Miller/Angela Garcia,
Principals
Construction safety, construction security, First
Aid, Traffic Control, fully certified personnel

Nicola Valley Muay Thai

Kru Melissa E. Moses
250-378-9155 (msg) 808-428-0178
kru@nicolavalleymuaythai.ca

SCS Diamond Drilling

www.scsdrilling.com
1436 Sun Rivers Drive Kamloops
250.572-2615
250-314-4864 (fax) Spence Coutlee, Principal

Alison Sterling

ajsterling67@gmail.com
Jacona Sports, Behavior Intervention, and Bubble
Tea

Robert Sterling

robert_sterling@hotmail.com
Archaeology, Anthropologist, traditional land use
studies

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

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Business administration and Consultant

Penny Toodlican

pcctoodlican@gmail.com
Catering

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution

GREETINGS

Happy birthday to my beautiful Aunty Mindy
Love Baby Bear Chase

Happy birthday to my smart, loving, caring and beautiful sister
Mindy

Love Marcy and Robert

Happy Birthday to our beautiful
Daughter Mindy

We are so proud of you

Love Dad and Mom



IN MEMORIAM

Sincere condolences to the family and friends of Maureen Swakum
Sunrise February 9, 1967 Sunset November 26, 2021



www.ChristmasComesToTown.com



OFFICE HOLIDAY HOURS

LNIB Holiday Office hours:

December 23, 2021 OPEN for regular office hours

December 24, 2021 CLOSED at 12:00pm

December 27, 2021 CLOSED all Day

December 28, 2021 CLOSED all Day

December 29-31, 2021 OPEN for regular office hours

January 3, 2022 CLOSED all Day

January 4, 2022 OPEN for regular office hours

Emergency Numbers:

Education	250-378-1504	LNIB Arena	250-378-5180
Administration	250-631-7056	Health & Social	250-315-3640
Public & Capital Works	250-315-8575	Housing	250-315-7487
LNIB School	250-315-8499	LNIB Fire Hall	250-378-5110
Lands & Economic Dev.	250-315-9378		
Fire, Police, Ambulance: 911			

On behalf of Chief and Council, and
all of the staff at LNIB best wishes
for a Merry Christmas, Happy
Winter Solstice and a safe, healthy
New Year!