

CINDIAN BAND March 2022 N?e?iyk Spíləxm

IN THIS ISSUE

LNIB Job Fair	P.2
Recreation	P.3
k w uk w pi ? Stu Jackson	P.4
Executive Director	P.6
Nlaka'pamux Environmental Management Prog	ram
(NEMP)	P.7
Lands Department	P.8
Good Food Bag Program	P.18
Techniques for Grounding yourself	P.19
Home Health Nursing & Care	P.21
Education	P.24
Band School	P.29
Head Start	P.31
Training - Commercial Driving & Air Brakes	P.32
Training - Project Mgmt & Bookkeeping	P.33
Experience NVIT	P.34
Training - Fisheries Field Skills	P.35
Training - Heavy Equipment Operator	P.38
Training - Wildland Firefighter	P.39
Training - Traffic Control Person	P.40
Solar Power	P.42
In Memoriam	P.43
Jobs at LNIB	P.44
Jobs at Lower Nicola Site Services	P.49
Member Owned Business Directory	P.50
Culture Events	P.52



LNIB JOB FAIR





Interested in joining our team?

Job Fair Monday, March 14, 2022 Shulus Hall 11 am - 5 pm

Drop in and meet our HR Director, various LNIB staff members and representatives from LNIB Development Corporation companies to learn about the numerous and various job opportunities available. We have positions open in all sectors!

> Please note that all COVID safety precautions in place including showing your vaccine passport.

RECREATION

LNIB Recreation - March 2022

12 Summing34 Movie Night5 Snowboarding13m.5pm3m.5pm3m.5pm3m.5pm3m.5pm189 Swimming1011 Youth Center1213m.5pm3m.5pm17 Wouth Center123m.5pm15 Bowi.16 Wouth17 Wouth Center1213m.5pm17 Wouth17 Wouth Center123m.5pm3m.5pm3m.5pm3m.5pm3m.5pm3m.5pm15 Bowi.16 Wouth17 Wouth103m.5pm3m.5pm3m.5pm2826110m.4pm21 Swimming24 Movie2526110m.4pm10m.4pm21 Swimming21 Swimming26110m.4pm10m.4pm21 Swimming2626110m.4pm21 Swimming24 Movie2526110m.4pm10m.4pm31 Movie31 Movie31 Movie110m.4pm10m.4pm31 Movie31 Movie31 Movie110m.4pm10m.4pm31 Movie31 Movie31 Movie110m.4pm10m.4pm10m.4pm31 Movie31 Movie110m.4pm10m.4pm10m.4pm10m.4pm10m.4pm110m.4pm10m.4pm10m.4pm10m.4pm10m.4pm110m.4pm10m.4pm10m.4pm10m.4pm10m.4pm110m.4pm10m.4pm10m.4pm10m.4pm10m.4pm110m.4pm10m.4pm10m.4pm<		Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
3pn-5pm 3pn-5pm 8 9 Swimming 11 Youth Center 3pm-5pm 3p			1	2 Swimming	m	4 Movie Night	5 Snowboarding
89 Swimming1011 Youth Center89 Swimming1011 Youth Center83pm-5pm3pm-5pm3pm-5pm9 Sowling16 Swimming17 Movie183pm-5pm3pm-5pm3pm-5pm283pm-5pm3pm-5pm3pm-5pm289 Sowling3pm-5pm24 Movie251pm-3pm1pm-4pmkamloops251pm-3pm1pm-4pm30 Swimming31 Movie1pm-3pm1pm-4pmkamloops11 Movie1pm-3pm1pm-4pmkamloops10 Movie1pm-3pm1pm-4pm1pm-4pm1pm-4pm1pm-1pm1pm-1pm1pm-1pm1pm-1pm1pm-1pm1pm1pm1pm1pm1pm1pm1pm1p				3pm-5pm		3pm-5pm	
3pm-5pm3pm-5pm15 Bowl.16 Swimming17 Movie183pm-5pm3pm-5pm3pm-5pm183pm-5pm3pm-5pm3pm-5pm25Bowling23 Swimming24 Movie251pm-3pm1pm-4pm24 Movie25bowling30 Swimming31 Movie31 Moviebowling1pm-4pm31 Movie31 Moviebowling30 Swimming31 Movie1000 Moviebowling1pm-4pm1pm-4pm1pm-4pm		7 Swimming	ø	9 Swimming	10	11 Youth Center	12
15 Bowl.16 Swimming17 Movie183pm-5pm Bowling3pm-5pm 3pm-5pm3pm-5pm183pm-5pm Bowling3pm-5pm Swimming3pm-5pm2522 Bowl.23 Swimming24 Movie251pm-3pm Bowling1pm-4pmKamloops251pm-3pm Bowling30 Swimming31 Movie31 Movie1pm-3pm Bowling1pm-4pmKamloopsKamloops		3pm-5pm		3pm-5pm		3pm-5pm	
3pm-5pm Bowling3pm-5pm 3pm-5pm3pm-5pm 3pm-5pm22 Bowl.23 Swimming24 Movie251pm-3pm Bowling1pm-4pmkamloops2529 Bowl.30 Swimming31 Movie31 Movie1pm-3pm Bowling1pm-4pmkamloopskamloops		14 Swimming	15 Bowl.	16 Swimming	17 Movie	18	19
22 Bowl.23 Swimming24 Movie251pm-3pm1pm-4pmKamloopsKamloops1pm-3pm1pm-4pm31 Movie31 Movie1pm-3pm1pm-4pmKamloopsKamloops		3pm-5pm	3pm-5pm Bowling	3pm-5pm	3pm-5pm		
1pm-3pm Bowling 29 Bowl. 30 Swimming 1pm-3pm Bowling	1	21 Swimming	22 Bowl.	23 Swimming	24 Movie	25	26
29 Bowl. 30 Swimming 1pm-3pm 1pm-4pm Bowling		1pm-4pm	1pm-3pm Bowling	1pm-4pm	Kamloops		
1pm-3pm 1pm-4pm Bowling		28 Swimming	29 Bowl.	30 Swimming	31 Movie		
		1pm-4pm	1pm-3pm Bowling	1pm-4pm	Kamloops		

Registration forms available at LNIB School, LNIB Health Center, LNIB Main Office and, Nicola Canford School. For more information contact Jacint at jacint.majlath@lnib.net or 250 575 0569

KWUKWPI? STU JACKSON



hen'te? Band members and community members. I hope all of you are doing well, staying healthy and keeping safe. It is hard to believe that the second month of 2022 has passed us by. It was not too long ago that we were celebrating Christmas and here we are crowding into the month of March.

February has been a very trying month for LNIB. Council meetings and committee meetings were cancelled throughout the course of the month due losses in our community. It was incredibly sad news to hear of the sudden loss of long-time political leader,

Austin Sterling. Austin and I sat on Council together for several years. In fact, we worked collectively to help rebuild the Lower Nicola Band School several years ago. It was a wonderful experience working alongside Austin during those times. I learned a lot about patience and persistence while working with Austin on that project. It is something I will never forget, and I am deeply grateful and privileged to have worked along side a highly respected leader and classy individual.

It was not long after Austin's passing that we lost our oldest elder of LNIB, Delia Shuter. Delia was 96 years young when she made her way to the other side. I was fortunate enough to have one last visit with Delia and I was incredibly happy to be able to spend a little time with her and some of her immediate family members. It was good medicine to be able to reflect and reminisce about some of the funny stories that were shared amongst us. Delia was an exceedingly kind soul who loved to share stories of her childhood and her life. Delia loved her family very much and she will be missed dearly, God bless.

February 27th had our third band member pass away. A long-time friend, Richard Moses passed away. Richard will be remembered by many as the man riding his bike up and down highway 8 in his High Visibility vest and Boston Bruins jersey (Bobby Orr #4). Richard was one of the kindest and nicest persons I ever knew. I have fond memories of Richard running up and down the old Shulus arena honing his ball hockey skills. Richard is a little older than myself, but I recall how kind and inclusive he was when it came to us younger kids being able to play hockey with the older kids. Whether it was at the Shulus arena or the pond below Elaine

Sterling's house, Richard made sure everyone had a chance to play. I will always remember his kindness and inclusivity. Richard was one of my first role models as a kid. I am quite sure Richard introduced me to the NHL rivalry that involved the Montreal Canadiens and the Boston Bruins. Richard was a die-hard Bruins fan, and his favorite player was none other than Bobby Orr. Montreal was my favorite team as kid and I must thank Richard for introducing me to the game of hockey, the NHL and my favorite player, Guy Lafleur. Richard will be missed by many. Rest easy my friend.

As I had stated earlier in my submission, meetings have been cancelled and will be rescheduled accordingly. These unprecedented times do not seem to be getting any easier for anyone. Our world is changing every day. Who would have thought that there would be a war declared in Europe shortly after our winter Olympics? What more can we as people bear during these unheralded times? We are still living in Covid. Our people are still getting sick from this pandemic. We still have not completely recovered from the vast November floods of 2021. We need to begin the recovery process of the 2021 flooding as we embark on the 2022 freshet. The Spring season is on the horizon, and we need to be prepared. There is so much to think about and be aware of as we move forward into 2022. In the meantime, all I ask as your kwúkwpi? is to continue and maintain your own due diligence to keep safe though covid-19. Wearing your mask protects people from yourself. Sanitizing your hands throughout the day keeps you safe from any possible covid detection as well. Social distancing should be of widespread practice by now. If we can continue these preventative measures, we can then be assured that detecting the covid virus can and will be minimized. Please stay safe out there and do your part to keep others safe if you are able. Take care of your friends and your families, but most importantly, please take care of yourselves.

k^wuk^wsteyp

kwúkwpi? Stu Jackson

EXECUTIVE DIRECTOR

Happy March everyone.

I'm pleased to share some of the things we have been working on:

Human Resources:

There were no new hires for LNIB in the month of February.

LNIB would like to thank Christine Upfold for her years of service to LNIB and wish her the very best in her well-earned retirement. We would also like to thank Sheldon Quewezance for his dedication to LNIB and wish him the very best at his new position.

Current job postings with Lower Nicola Indian Band are Receptionist, Communications Assistant, Summer Students, Cultural Heritage and Environmental Field Workers, Cumulative Effects Coordinator, Special Education Teacher K-7, Special Education Assistant- Tutor, Accounting Clerks Accounts Receivable and Human Services Office Administrator, Counsellor, Recreation Assistant, Coop Student: Process/Mechanical Engineer, Janitor/ Cleaner, Shulus Arena Manager and Lands Agent visit <u>https://www.lnib.net/jobs/ or https://secure.collage.co/jobs/lnib</u> for further details.

Committees and Liaisons: Lands Management Advisory Committee didn't meet in February. School Board did not meet in February 2022. Finance and Audit Committee did not meet in February 2022. Joeyaska Contaminated Site Litigation Advisory Committee did not meet in February 2022. Human Resource Policy and Procedures Review Committee met on February 9th. 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 March 28, 2022 at 6:00pm virtually.

Support to Chief and Council: Chief and Council met February 1st. Chief and Council will meet March 8th and 15th. Should you require anything on the Chief and Council agenda scheduled for March 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.

NLAKA'PAMUX ENVIRONMENTAL MANAGEMENT PROGRAM (NEMP)

Economic Development Department

Nlaka'pamux Environmental Management Program (NEMP)

There are several activities planned in 2022 for the Nlaka'pamux Environmental Management Program.

- Our team has been compiling information on the Priority Values to gain a better understanding of the current condition of these values and the real and potential impacts they are facing. As work on this phase of the program progresses, we will establish some linkages between values and collect information on the other values that have been identified.
- We are arranging funding to conduct some on-reserve monitoring for priority ecological values. This monitoring is expected to commence in the spring.
- We are preparing an annual report that will be available for distribution in March.
- Stay tuned for more news coming from the Nlaka'pamux Environmental Management Program Team in the coming weeks.

Please check out the program webpage for updates: https://www.lnib.net/nlakapamux-environmental-management/

Remember, if you have any questions about the program, we would love to hear from you! Please contact Monica Charters at 250-378-5157, or by emailing monica.charters@Inib.net.



LANDS DEPARTMENT



Brandi O'Flynn | Lands Manager

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



LANDS PORTAL

Find information about LNIB lands online at Inib.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@Inib.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. Talk to the Lands team about lands activities and to share your stories.

Lily Shuter ADMINISTRATIVE ASSISTANT lily.shuter@lnib.net

Email Lily with general inquires and questions about LMAC and community meetings.

Alex Bukkos

SURVEY COORDINATOR alex.bukkos@lnib.net

Email Alex for details about current and past Lands projects including surveys and mapping records.

Sayge Fisher

ENVIRONMENTAL PROTECTION COORDINATOR savge.fisher@lnib.net

Email Sayge for information on environmental protection.

Kristopher Por

LANDS RESEARCHER kristopher.por@lnib.net

Email Kristopher with questions about land transfers, research, historic records, as well as wills and estates planning for Members.

Contact the Lands Department by phone at 250-378-5157



LANDS MANAGEMENT ADVISORY COMMITTEE

UPCOMING MEETINGS

MARCH 3, 2022 MARCH 17, 2022 APRIL 14, 2022

Three Lands Management Advisory Committee term positions recently ended and new appointments have been made. Lands Management Advisory Committee (LMAC) meetings are being held virtually and are open to all LNIB Members to attend starting at 4:30 PM. Join in to discuss Lands activities and developments!

Check the LNIB Events Calendar for LMAC meeting links or contact <u>Lily Shuter</u> for more information about the Lands Management Advisory Committee (LMAC) and for details about joining upcoming meetings.



LAND CODE SUMMARY

A copy of the **Land Code Summary** can be requested and made available for pick up at the Lands office.

Members voted and approved the LNIB Land Code in August 2016, and the Land Code came into force on December 1, 2016. To help members understand the Land Code, we have broken each section down into highlights to create the Land Code Summary. However, this summary document should not replace reading the Land Code in its entirety. You can find the LNIB Land Code and many other important documents at Inib.net/policies-bylaws.

A Land Code is a comprehensive law created by a First Nation to replace 44 sections of the Indian Act that relate to land management. When members of a First Nation vote yes to a Land Code, the Government of Canada no longer has a say in how the community's reserve lands are managed. Specifically, First Nations exercise powers without supervision or approval of Indigenous Services Canada (ISC) and the First Nation holds and manages revenue from their lands instead of ISC holding funds in trust. With a Land Code in place, Canada continues to hold title to reserve land for First Nations' use and benefit, so First Nations cannot sell or transfer title. Today more than 100 operational First Nations that have implemented their own Land Codes.

Provides legal definition and asserts LNIB's authority to govern.	Section 2: LNIB Legislation Process that LNIB will follow when making laws to govern our reserve lands and resources.	Section 3: Community Engagement & Approvals Ensure that community engagement occurs in a fair and accessible way.
Section 4: Interests & Licenses in Land The ways individual people (including members) can have legal "interests" in LNIB land.	Section 5: Protection of Land How LNIB ensures that our reserve lands and resources remain ours, and under our control.	Section 6: Land Administration The "nuts and bolts" of how lands are managed day-to-day and the establishment of LMAC.
Section 7: Accountability Ensures leadership manages lands and resources clearly and openly.	Section 8: Dispute Resolution Sets out the process to follow regarding land-related disputes.	Section 9: Other Matters Arrangement of liability coverages, procedures for offences and enforcement, process for amendments.

* The figure shown above is from the Land Code Summary. Request a copy from the Lands Department.

WILLS & ESTATES

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. To find out more about the **Wills Project** and the **LNIB Wills Depository**, please contact Kristopher Por in the Lands Department. Members are also encouraged to visit the Lands Portal online to view current information about wills and estate planning under the <u>Wills & Estates</u> link.

As an **Executor** or **Administrator**, it is important to communicate with the Lands Department and provide copies of appointment documents so that the Lands team can verify and share relevant information with you. Indigenous Service Canada does not share appointment documents with the Lands Department. 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 disputes.

Members can contact the Lands team at any time to review documents, maps, and historic records, as well as receive support with wills and estates.

UNDERSTANDING WILLS & ESTATES

On and Off Reserve

The Indian Act estates sections apply to an estate if you are status (registered) First Nations person or entitled to be registered under the Indian Act and live on reserve; or live on reserve, but leave temporarily for educational reasons or seasonal employment; or leave the reserve for medical reasons or to go into a care facility. The estates sections do not apply if you are status (registered) or entitled to be registered First Nations person and live off reserve; are non status and live on reserve.

Ordinarily Resident

Under the Indian Act, Indigenous Services Canada (ISC) or Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC) is only involved with estates for people "ordinarily resident" on a reserve. "Ordinarily resident" on a reserve means that an eligible First Nations person usually lives on a reserve and does not maintain a primary residence off a reserve. They may, however, temporarily live off a reserve for education purposes or to obtain care or services not available on a reserve.

When there is a will but no person is able to process the estate then Indigenous Services Canada will appoint someone from the BC Estates Unit to manage the account.

For information about wills and estates of LNIB members who ordinarily reside off reserve, visit the Provincial BC Wills and Estates information section online or contact the Lands Department for a list of links and printed materials.



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.

COMMUNITY ENGAGEMENT

The February 16th Traditional Holdings Project Update Virtual Community Meeting has been postponed until further notice.

The Lands Department is currently planning a new date for this event and the details will be posted online on the LNIB Community Events Calendar and the Lands Portal when they become available. This event will be a virtual meeting where the Lands Department project team and Members can engage in open discussions about ongoing work on the Traditional Holdings Project and the proposed LNIB Allotment and Custom Family Lands Law. This law includes steps to formalize custom allotments on reserve lands, including traditional holdings and family lands. In 2020, LNIB families participated in meetings to discuss their family lands and give advice about the right way to formally recognize them through an LNIB Law. This advice was used to draft an Allotment and Custom Family Lands Law.

This meeting will also provide an opportunity for Members to share how they would like to be engaged in the project as it moves forward in 2022.

To participate, a Zoom meeting link will be posted on the LNIB Community Events Calendar and the Lands Portal prior to the meeting. Contact Kristopher Por, Lands Researcher, by email at kristopher.por@Inib.net for printed materials that can be collected from the Lands office one week before the meeting.

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.



ZOOM

VIRTUAL COMMUNITY MEETINGS

All upcoming community meetings and events hosted by the Lands Department are being held virtually using Zoom.

If you would like assistance getting prepared or connected to a meeting, contact Kristopher Por in the Lands Department at <u>kristopher.por@lnib.net</u> or call the Lands office at (250) 378-5157.

March 2022



LOWER NICOLA INDIAN BAND MEMBERSHIP & STATUS CARDS Need help with membership or status cards?

> Barb Huston barb.huston@Inib.net

> Justice Cisco justice.cisco@lnib.net



IMPORTANT NOTICE

To all LNIB Members,

The **LNIB Security** contact phone number has temporarily changed. Securiguard IT Department is working to restore the old number. For now, please use the phone number listed here in blue:



LNIB Securiguard Security

PHONE # (250) 215-5048



NOTE:

AN LNIB SECURITY GUARD IS ON DUTY 40 HOURS EACH WEEK AND RESPONDS TO PHONE CALLS AND MESSAGES WHILE ON SHIFT. IF YOU ARE IN DANGER OR REQUIRE POLICE ASSISTANCE, DIAL 911.

Inactive (250) 258-4240 (please use # listed in blue)

* An update will be provided to Members if the security phone number changes again. Stay safe, keep warm, and enjoy the end of the winter season!

GATES & SECURITY CAMERAS

The Lands Department is responsible for the management and protection of all LNIB reserve lands. To prevent unlawful activity including dumping of hazardous materials and waste, as well as improper use of LNIB land, four gates were installed on Nicola Mameet IR1 in September of 2021.

SOLID WASTE MANAGEMENT PLAN

After hours of hard work was done to cleanup various environmentally contaminated areas on LNIB land, multiple cameras and gates are now in place to protect reserve lands.

INSTALLATION OF CAMERAS

Security cameras are planned to be installed in Spring 2022 near significant areas and locations of interest. These cameras are for security purposes only and will not interfere with the privacy of neighboring homes, businesses, and communities.

The use of trail cameras is the best strategy for sites where it would not be appropriate to restrict access by installing a gate. See more details about Lands Projects and learn more by visiting the Lands Portal online:

Inib.net/lands

Members' use of the land will not be restricted by gates but may need to obtain access codes from the LNIB Lands Department. Contact the Lands team if you require access to use land that is behind a locked gate.

If you have any questions about the project or would like to see larger maps, contact Lily Shuter in the Lands Department at 250-378-5157 or by email at <u>lily.shuter@lnib.net</u>



* LNIB has installed locked gates to physically restrict access at the following sites shown above.

PARKING MANAGEMENT AGREEMENT

The Lands Department, with the support of Chief and Council, recently came to an agreement with Mario's towing to remove unwanted and abandoned vehicles from LNIB Reserve Lands. Many safety and environmental issues arise when vehicles are left in driveways, on the sides of roadways, and on culturally and traditionally significant areas of land. The Lands Department consulted Merritt RCMP prior to the floods in November 2021 to identify options available to LNIB to have these vehicles removed. The new Parking Management Agreement is intended to benefit all LNIB Reserve Lands and is part of the Solid Waste Management Plan that the Lands Department has been actively developing over the last two years. More details about this agreement will be posted on the **Lands Portal** online:

Inib.net/lands

If you have any questions or would like to know more, please contact Brandi O'Flynn in the Lands Department.

Brandi O'Flynn

LANDS MANAGER brandi.oflynn@Inib.net



SHULUS SURVEY PROJECT

Together, the Lower Nicola Indian Band Lands Department and its Members are responsible for managing and caring for a vast amount of reserve land. Many old surveys of LNIB land have now become outdated and inaccurate. Currently, Lands Department staff are working with residents and owners in the Shulus area to prepare a new survey that will provide each lot with its own survey record. The Shulus Survey Project, that started in Spring 2020, is intended to address all outstanding survey issues in the Shulus Village area. The newly proposed 2021 survey, as well as the old survey can be viewed below. The Lands Department is interested to hear Member feedback about the project. If you would like more information or to view maps in printed format, contact the Lands Department to

request a **Shulus Survey Project Package** that can be collected at the Lands office during regular office hours. Several highresolution maps are included and can also be downloaded from the Lands Portal online:

Inib.net/lands

If you have any questions about the project, contact **Alex Bukkos, Survey Coordinator,** by phone at 250-378-5157 or by email: <u>alex.bukkos@lnib.net</u>





Jordana McIvor | Housing Administrator

(250) 378-5157 | jordana.mcg@lnib.net

LNIB HOUSING

Find information about the LNIB Housing online at Inib.net/housing

The Housing Department is responsible for managing the housing program, including property management functions, planning and construction of new houses, maintenance and upkeep of the housing stock, the relationship with Canada Mortgage Housing Corporation, First Nations Market Housing Fund, and Indigenous Services Canada (ISC).

GET TO KNOW THE HOUSING TEAM

Jordana McIvor-Grismer, Housing Administrator jordana.mcg@lnib.net

Email Jordana about the First Nation Market Housing program, as well as external renovation and building funding options, needs and requirements.

Ashley DeGray, Tenant Relations Coordinator ashley.degray@lnib.net

Email Ashley for details regarding rent collection, housing maintenance, LNIB Rental Housing Policy, and general housing questions.

HOUSING MAINTENANCE

Mel Blankinship Brendan Colter



Contact LNIB Housing by phone at (250) 378-5157

IMPORTANT NOTICE

Please be advised that the Housing Department has been working on updating the current Rental Housing Policy. These changes will be made public for community review and input.

In February 2022, we posted a link to the LNIB website on the LNIB Facebook account where the amendments are outlined. We will be providing a summary table of the changes; however, the full policy will be available in printed format upon request.

We hope that our community will take this opportunity to help us develop a policy that will be able to stand the test of time and allow our Housing Department to be run in and transparent and equitable manner. Thank you

RAPID HOUSING INITIATIVE

(RHI)

In October 2020 the Government of Canada, through CMHC, launched its Rapid Housing Initiative (RHI). The initial funding was one billion to help address the urgent housing needs of vulnerable Canadians, especially in the context of COVID-19, through the rapid construction of affordable housing.

The first round of RHI exceeded its initial target if creating up to 3,000 new affordable units and will support the construction of more than 4,700 units across Canada. RHI Round 2 budget 2021 provides an additional investment of \$1.5 billion in new funding for the Rapid Housing Initiative in 2021-22 to address the urgent housing needs of vulnerable Canadians. The new funding will add a minimum of 4,500 new affordable units to Canada's housing supply. At least 25% of this funding will go towards women-focused housing projects.

THE PROJECT

A 14 unit, two story, modular apartment building. This building will have 2 three-bedroom units, 4 two bedroom units and 8 one bedroom units. Our target demographic will be

PROPOSED LOCATION

women, women and their children as well as Elders. All units will be rent-geared-to-income (RGI), so eligibility and income review will be done prior to moving in as well as annually and rent affordability will based on each individual household's income.



APPROVAL

The Lower Nicola Indian Band is pleased to announce that we have been approved for this funding opportunity and will be developing these units over the next several months.

LNIB Housing will be hosting a community engagement event where Members will have the opportunity to engage in discussion about the project.

For more information contact Jordana McIvor-Grismer, Housing Administrator at jordana.mcg@lnib.net or call (250) 378-5157.

GOOD FOOD BAG PROGRAM

Good Food Bag 2022

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 Community Services Building, by the last Friday of the month. To receive their GFB the following month.
 - Social Assistance clients can have the payment deducted off their cheques by completing authorization form at the Community Services.

DATES FOR 2022 GOOD FOOD BAG:

Jan 11, Feb 15, Mar 15, Apr 12, May 10, Jun 14, Jul 12, Aug 09, Sept 13, Oct 11, Nov 15, Dec 13, 2022

If you have any questions, please feel free to contact Kait Basil at the Community Services

TECHNIQUES FOR GROUNDING YOURSELF



THE BENEFITS OF DEEP BREATHING

One way that you can re-set your body and help to move out of the fight, flight, freeze or trauma response, is to practice deep breathing. Simply take a deep, slow breath and continue to breathe in slowly until you can't breathe in anymore. Then start to breathe out slowly, and continue to breathe out for longer than you breathed in. At the end of your exhalation, you can continue to hold your breath for a count of six.

If you want to increase the effect on your body, you can hug your arms around yourself while you are doing this deep, slow breathing. Even three cycles of deep breathing can help to reset your body and will only take a minute or two.



TRADITIONAL PRACTICES

First Nations people turn to practices they traditionally used in BC or to adopted practices from other Nations in Canada and around the world. Some of these include smudging with sweet grass and sage, cedar brushings, or brushing with an eagle feather. Each practice can provide grounding for individuals.

AFFIRMATIONS ARE POWERFUL

Our thoughts are powerful tools and can change how we feel and behave. Affirmations can shift negative thought patterns and behaviours into positive ones.



What we say has an energy to it and affects ourselves and those around us. Speaking positively is like making a request to the universe. Affirmations can be positive reminders or statements that we use for feeling secure, increasing self-esteem, and becoming more positive, to name a few.

Affirmations can come from within ourselves (by creating them to fit what we need at the time) or they can be something that resonates with us.

TRY ONE OF THESE AFFIRMATIONS

- 1 The Creator has chosen this journey for me because I can do it.
- 2 I create a safe and secure space for myself wherever I am.
- **3** Everything I have is a gift from the Creator.
- 4 I am connected to the Creator of all good things.
- 5 I give myself permission to do what is right for me so long as it respects others' right to feel safe.
- 6 I use my time and talents to help others ______ [fill in the blank].
- 7 What I love about myself is my ability to ______ [fill in the blank].
- 8 I feel proud of myself when I ______ [fill in the blank].
- 9 I give myself space to grow and learn.
- **10.** I allow myself to be who I am without judgment.
- **11.** I trust myself to make the right decision.
- I am grateful to have people in my life who ______ [fill in the blank].
- **13.** I am learning valuable lessons from myself every day.
- 14. I am at peace with who I am as a person.
- **15.** I make a difference in the world by simply existing in it.
- **16.** My ancestors are proud of me and watch over me lovingly.



HOME HEALTH NURSING & CARE

	Home Healt	n Nursing
	January 2022 Lower Nicola India Homecare Program	
 New Footcare Nurse Home Care Staff & Services Acts of Kindness Birthdays 	Greetings! The start of 2022 is promising as we leave 2021 behind . We hope everyone is staying well & safe.	 New Footcare Shella Broman was hired Jan 2022 as our foot- care Nurse. Eligibility: Live on reserve an elder diabetic Suffering from a chronic health issue with a doctors note. Contact Irene Howe to book.
	Homecare staff	
:	 Irene Howe (Homecare Nurse) Yvelaine Moses 	 ▶ NEW Please Welcome Sharon Williams (Personal Care Aide)
:	(PCA)	

Lower Nicola Indian Band—Community and Family Health

Homecare Nurse: Trene Howe
Community Nurse : ferri Stockwell
PROUD TO BE
WHERE ON THE WEB WWW.INDENST

UNIB is committed to providing its members with a full range of human services from career development, drug & alcohol counselling, intergenerational trauma therapy, PSTD counselling, couples therapy, group therapy, family counselling, home and community nursing, homemaking, family & community wellness, cultural revitalization, elders programs and advocacy, youth recreation programs and social development.

Service Review

Home care Nurse (Irene Howe)

- Supervises the homecare staff, and elder programs
- Completes Housekeeping applications and supervises homakers.
- Completes health assessments and client care plans
- Provides client advocacy.
- Conducts wound care.
- Imputes monthly stats.
- Provides Health teaching and health monitoring.

Service Review.

33 Active Homecare clients

PCW (Personal Care Aide). (Yvelaine Moses, Sharon Williams)

- Asist with AM Care or personal care
- Provide Bath Assist
- Med reminders or visual checks
- Transport assist for in town medical appointments (if family is unavailable).
- Vitals and health monitoring
- Light meal prep

Elders Coordinator (Lana Clydesdale)

- To assist the health team with health promotion activities
- To set up & deliver of programs & activities for elders.
- Assist with delivery of special community health functions
- To coordinate the Adult Day Program & Create monthly calendars.
- To coordinate & work with the Homecare Program to establish a meal program
- To prepare & coordinate with Elders Luncheons
- To coordinate fundraising activities
- Back up for soup kitchen

Elders Support Worker (Jonelle Toodlican)

- To assist with set up & delivery of health programs & activities.
- To assist with delivery of special community health functions.
- To assist in coordinating gatherings trips for the community.
- To provide 1.1 elder support
- To assist with elders luncheons
- Back up for weekly soup kitchen
- To assist with delivery of donations

EDUCATION

Lower Nicola Indian Band

March 2022

EDUCATION DEPARTMENT

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

Shane's Submission

Hello LNIB Membership!

Even though we have grown somewhat accustomed to life during a global pandemic it doesn't change the way we are naturally wired to the environments we are accustomed to as it relates to the seasons of our surroundings. For most of us living above the 49th parallel we welcome both the warmer weather and longer hours of daylight, and just knowing the first day of spring is less than 3 weeks away is sometimes enough to lessen the challenges we may face during this time of year. Wherever you currently reside I hope March will bring you, your family, and your friends a great start to the

Sector Leadership

Director of Education Shane Coutlee

LNIB School Principal Angie Sterling

Education Manager Sharon Parsons

Head-Start Manager Tamika Bob

L NIB

season of Spring 2022 😅

Over the past couple of years we have made significant strides with our efforts to increase programs and services in all areas within LNIB Education. We have doubled the number of members we support in Post-Secondary Education Programs, increased academic tutoring and on-site support for members attending MSS and NCE, increased staffing at LNIB School to increase success in literacy, numeracy, personal health, and student support services, increased offerings for K-12 students living outside the Nicola Valley, restructured Head-Start services to better align with program mandates, created summer programs for elementary school aged children, and in partnership with the province we have created specific short-course programs for members to enhance opportunities for various entry level positions. With the new fiscal only a month away we look forward to increasing the capacity of our sector and adding programs & services to align with the suggestions we received from members over the past year....stay tuned!

A reminder to LNIB members this is the last month of the 2021-2022 fiscal, and as such, please ensure you have applied for all eligible supports, especially those with children in K-12 programs. We still have funds in certain areas for support...contact anyone from our team for more information...or you can contact me directly at 236.575.2135 via phone/text.

LNIB EDUCATION DEPARTMENT



Hello everyone,

sharon.parsons@lnib.net



(250) 378 - 5157 OR (236) 575 - 2105

2160 SETTLERS ROAD HWY 8

2

GHUDANO

HELP

ASSISTANCE

I would like to start with a friendly reminder to LNIB membership that you are free to contact an education staff person if you or your child could use help navigating a challenge. Education staff may be able to find resources to suit your needs.

The School District 58 calendar has been included in this newsletter. You might put it on your fridge as a reminder of the upcoming events this month. Grade 8, 9, and KLC



report cards will go home on March 11th, and to accommodate parent teacher interviews, the district has shortened the school day on March 15th & 16th. Also, Spring Break is from March 19 to April 4th, hope you have some fun planned, maybe a trip.

Education staff are here to assist all students however, graduation year is a one of the major milestones in your child's life. This is the time of the school year when the grade 12 students will be working extra hard to ensure they have all the credits needed to walk the stage. Please contact this office if your child could use help organizing, starting, or completing assignments.

Unfortunately, we will be saying goodbye to LNIB Education Outreach Worker, Tylar Clark as she moves onto the next chapter in her life. We hate to see her go, but also wish her the best future.

When Tylar leaves in March, Jenn Johnson will step back into the role of the Education Outreach Worker and will be visiting LNIB students in the SD 58 schools. Contact me to find out more about Jenn's role and how she can support your student with tutoring.

Jenn will also head up the Summer Program again this year.

More training opportunities are coming for LNIB membership. Dates have been confirmed for the Intro to Project Management and Bookkeeping Program. This program will take place 2 or 3 days per week for 7 weeks starting on April 26th. Contact this office to register. If you are interested in upcoming cashier/customer service, emergency center operations, or professional driver training, give us a call for 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 training or education plan that will move you into the future.

Until next time, Humelth

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



Hello Everyone,

Let's hope spring is on the way with some warmer weather!

Grade 12 graduating students. The Education team is here to answer your questions and concerns regarding continuing with your education and enrolling in a Post-Secondary Institution. It can be a little overwhelming and we are here to help with the transition to Post-Secondary.

To all LNIB membership who want to continue with their

education or if you have decided to go back to school, the deadline to submit your completed PSE Funding Application is the last Friday in May. The 2022-2023 Funding Application can be found on the website <u>www.lnib.net</u> under the education tab, pick one up at the Education office or give us a call and we can email you a copy.

Scholarship and Bursaries:

The Irving K Barber British Columbia Scholarship Society is open. To apply go to the website <u>www.ikbbc.ca</u> The application deadline is May 16, 2022

First Citizens Fund- <u>https://bcaafc.com/education/first-citizen-funds/</u> Deadline

to apply for the Winter 2022 semester (Jan-April) is May 15, 2022.

http://aboriginallearning.ca/scholarshipsbursaries/

Be sure to check out all the bursaries and scholarships that are being offered at each Institution.

The Education Team is here to assist with any skilled training for employment, online courses, or short-term programs. We can also create or update a resume. Please, send an email, stop by our office, or give us a call to make an appointment to 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. Call or email our office to ensure we have your current contact information.

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

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

Gail La Rochelle

Phone: 250-378-5157

Email: gail.larochelle@lnib.net

LNIB EDUCATION DEPARTMENT



2160 SETTLERS ROAD HWY 8



RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

Wow, it's already March and there is a couple of special days in March. The first, is St. Patrick's Day on March 17th and the second day is March 20th this is the official day of when spring begins. This is the time of year with new beginnings such as newborn animals. And plants and trees are starting to sprout.

The LNIB Education has mailed out information service packages last month. This provides our membership up to date information on what services the LNIB education department provides. If you did not receive an LNIB education service package and would like to be added to our mailing list, please contact myself. The education department sends out regular emails relating to educational information such as SD58 news, Bursaries & Scholarships, and opportunities.

In addition, the education department emails, phones, or mails up-to-date educational training programs, youth opportunities and community news. Also, checkout LNIB Facebook page or LNIB Webpage.

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

- <u>https://bcaafc.com/education/first-citizen-funds/</u> Deadline May 15th ,2022 (This bursary fund is only available to students currently enrolled in school and completed a semester).
- www.oyep.ca The Outland Youth Employment Program (BC) OYEP six weeks of on the land training for youth ages 16-19 years of age.

If you require an application or additional information the LNIB education department will do our best to help assist you. Please do not hesitate to call (250) 378-5157 (236) 575-2100 or email: <u>rhonda.dunn@lnib.net</u> Education Matters!

TYLAR CLARK, EDUCATION ASSISTANT

Happy March! Spring is in the air, and everyone seems to be in extra good moods lately! I hope everyone had an awesome February and is looking forward to more sunshine!

I am happy to say that I am continuing to see progress as I continue to work with our students. They are all doing awesome jobs and are on their way to success!

On another note, I would like to let everyone know that unfortunately I will be leaving my position this month to move to the Okanagan and proceed with my schooling. But luckily a familiar face to this position will be taking over for me; Jenn Johnson will be shadowing me for a little while to see how this position has grown, as it looks a little different than it did when she left. I am glad that the students will get to work with her again and that she gets to see how far they have come.

I am continuing the homework club Tuesdays at the Rocky Pines Centre Library 3:30pm-4:30pm and at the LNIB school portable Thursdays 3:30pm-4:30pm. We have computers available if needed.

Although I am leaving my position, I will always be Proud to be LNIB! If you are interested in signing a student up for one-on-one tutoring or for the Homework Club, please contact Sharon Parsons (250) 378-5157 / sharon.parsons@lnib.net or myself (250) 315-5814 / tylar.clark@lnib.net.

BAND SCHOOL

LOWER NICOLA BAND SCHOOL

MARCH NEWSLETTER

Dear Parents/Guardians:

Greetings! March will be a short month for us!

Friendly Reminders to do your daily health check with your child for COVID symptoms. Please remember School

Attendance is extremely important right now. We only

have 3 months of school left. We have report cards

going home on March 4th. In order to give out grades for

report cards the teachers need as much work completed as possible. Incomplete work can lead to struggles for the student and it can be hard for them to catch up later. We want every child to be successful in School!

March Dates to Remember:

March Date—TBA—Honor Roll Students to Chapters with the Principal

March 4-Report Cards Go Home

March 9—Parent/Teacher Interviews—please call and book an appointment with your child's teacher. The teachers will be reaching out as well.

March 18-Swimming and Skating will be over.

March 18-Last Day of School and then Spring Break Starts

April 4-Students return to School

Please remember to have your child dress warm for the weather and send indoor shoes for your child for P.E.

Thank you. Angie Sterling, Principal

School Attendance:

An attendance rate of 95% is generally considered good; this allows for children to miss 9.5 days across the school year. Persistent absence (PA) is defined as an attendance rate of **90% or below**. There is 3 months of School left to achieve our best!



Principal

Angie Sterling Head Secretary

Sioux Swakum Sioux Swakum Plnib.net

Teachers

Rob Kozinski

Brenda Ens

Lee Fulton

Randi Gardypie Donelda Haller

Derek Hanna

Annie Major

Rhonda Sheena

James Shuter

Office & Support

Chantel Ashdown; Barb Basil Joe Collins Clif Garcia Cody Jones Shelley LeBlanc

Arnold Meyer

Devan Nagata Reese Paterson Brandy Pinyon Annie Rabbitt Penny Toodlican

Phone: 250.378.5527





I

Pizza casserole	Z Tomato mac soup 9	3 Chef salad 10	4 Indian taco REPORT CARDS GO HOME 11 Chicken models conn
Potato salad S Cheesy hot dog Chili on tater tots	beef stew Parent / teacher Interviews 3-5 16 Tortellini sausage soup	Pasta salad 17 Irish pasta Wear areen	18 French toast casserole + bacon LAST DAY BEFORE SPRING BREAK
22	23	24	25
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
29	30	31	SPRING BREAK
SPRING BREAK	SPRING BREAK	SPRING BREAK	

HEAD START



Notes and Reminders



Thank you all that have made sure to send their children dressed for the weather. The month of march usually brings changes to the weather again. Rubber boots can be great for the rainy days. Children should still bring an appropriate jacket and sweater for the colder days. We try to get outside every day, rain or shine, as it is very important to have physical activities and fresh air to get our brains and bodies working.

March 2022

TRAINING - COMMERCIAL DRIVING & AIR BRAKES



REGISTER NOW-COMING SOON!

LNIB EDUCATION SPONSORED TRAINING COMMERCIAL DRIVING & AIR BRAKE ENDORSEMENT

PLEASE CALL (250) 378-5157 OR (236) 575-2100 EMAIL RHONDA.DUNN@LNIB.NET OR SHARON.PARSON@LNIB.NET



Class 1, 2, 3 & 4 with Air Brakes

Basic knowledge and practical skills for entry-level driver

Train on full size commercial vehicles

Pre-Trip Inspection Classroom Theory Road Test at ICBC

Your new career starts here or add skills to your resume!

LOWER NICOLA INDIAN BAND

181 Nawishaskin Lane Merritt, BC V1K 0A7 (250) 378-5157

www.lnib.net

Dates to be announced!

TRAINING - PROJECT MGMT & BOOKKEEPING





REGISTER NOW-COMING SOON! LNIB EDUCATION SPONSORED TRAINING INTRO TO PROJECT MANAGEMENT AND BASIC BOOKKEEPING

PLEASE CALL (250) 378-5157 OR (250) 575-2100 EMAIL RHONDA.DUNN@LNIB.NET OR SHARON.PARSON@LNIB.NET



Intro MS Projects with little to no experience, create realistic projects, manage, track monitor progress

Gold Seal certified for hours towards professional development training

Learn fundamental bookkeeping principles and terminology while using accounting software programs!

LOWER NICOLA INDIAN BAND

181 Nawishaskin Lane Merritt, BC V1K 0A7 (250) 378-5157

www.lnib.net

Dates to be announced!

EXPERIENCE NVIT



TRAINING - FISHERIES FIELD SKILLS

Fisheries Field Skills



Description

The Fisheries Field Skills (FFS) program is an online and field-based fisheries field skills training course. The FFS is delivered as a scheduled course delivery, or as a contract to organizations and groups.

The 80-hour (two-week) FFS includes online sessions while the majority of the program is field-based and focuses on training individuals in a series of key field skills required to be qualified to conduct fish and fish habitat field procedures, projects and fieldwork. The field training simulates realistic scenarios, where course participants learn how to perform technical skills and procedures under the direction of experienced instructors and practitioners.

Each NRTG course includes free, lifetime admission. Enrol once – come back anytime.

Fisheries Field Skills

NRTG is now offering a blended Fisheries Field Skills Certificate training program. The classroom sessions are now offered and scheduled as a 'live' ONLINE Webinar with two field practicum options: 1) subsequent 'face-to-face' physical distancing field practicum sessions when NRTG instructors are able to travel, b) subsequent 'student led' field practicum sessions where students complete field sessions on their own, recording notes, video, images, and returning to share and discuss those results with the online class. For more information, please contact us!

Also, please take every precaution when deciding to attend this training. Please do not attend this training course, if:

- 1. You have or had symptoms of COVID-19 in the past 14 days (cough, sneeze, sore throat, fever, difficulty breathing).
- 2. Have been exposed to someone with COVID-19.
- 3. Share a home with someone who has been exposed to COVID-19

The FFS provides participants with skills and knowledge in WorksafeBCapproved backpack electrofishing certification, fish identification, fisheries field techniques, fish and fish habitat inventory and assessment, stream invertebrate sampling, streambank restoration, and water quality sampling and monitoring techniques. FFS 'graduates' are trained to conduct fish and fish habitat assessment, inventory and restoration projects, as well as other fisheries-related field work.

NRTG's Fisheries Field Skills (FFS) Certificate program is accredited by BC's College of Applied Biology (CAB). CAB will recognize graduates of the FFS program as meeting the core academic requirements for entry as an Applied Biology Technician.

An 'Applied Biology Technician' designation qualifies an individual as a B.C. provincially-recognized and certified technician and helps to expand their industry credibility.
Fisheries Field Skills Certificate (FFS) Program (Online & Field)



This course will be sponsored by LNIB Employment and Training. The course start date is April 11th, 2022, and is two weeks in duration.



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

TRAINING - HEAVY EQUIPMENT OPERATOR



Looking to select **4 LNIB Members** to attend the **Heavy Equipment Operator College** in Winfield BC for 6 weeks of training. Upon successful completion the members will be offered an **HEO Apprenticeship** with a Local Contractor.

Requirements:

- Class 5 Driver's License preferred.
- Own Transportation preferred.
- Available for training March April 2022.
- Strong desire to be a Heavy Equipment Operator.







Please submit an updated resume and letter stating why you should be chosen for this opportunity. Only those being considered will be contacted for an interview.

Send resume and letter to: Steve A Wilks steve.wilks@lnib.net 250-378-5157



Fully Sponsored by the Lower Nicola Indian Band

TRAINING - WILDLAND FIREFIGHTER



Calling on all LNIB Members to take part is these fully sponsored Wildland Firefighter Courses. Remember the 2021 fire season, it was HELL. So many people left homeless and stranded. There was an open call for Certified Fire Crews to step up to protect life and property. Our goal is to train as many LNIB Members as possible to ensure we can handle anything thrown our way. We will be offering S-100 Fire Suppression and S-185 Entrapment to all that want to be ready to battle the BEAST should it come our way. I hope we do not have to call on anyone, because that would mean we are being spared from the fury that fire can be. The best result of this training would be to have two-five pack Fire Crews, each with a team leader to commit to be on standby status and respond if need be. These courses ideally would be held on a weekend to avoid interrupting anyone's job. We will also be offering Danger Tree and Chain Saw Operator Certified Training to those that want it. Please respond by email if you would like to take part.



Contact: Steve Wilks 250-378-5157 Steve.wilks@lnib.net



TRAINING - TRAFFIC CONTROL PERSON

UHS IN PARTNERSHIP WITH MICHELS!

UHS VALUES

We are BC's leader in occupational health and safety consulting, personnel, and customized industry training. We are known for providing personalized health and safety solutions that are done right the first time. Bringing a wealth of experience and industry knowledge, we go above and beyond to exceed WorkSafeBC requirements to enhance client production and saving, and provide peace of mind.

Our team of experienced instructors provide the highest quality occupational health and safety training in the most comfortable environment. We teach to the learning style of the student to ensure that they can apply the material to real-life situations.

MICHELS VALUES

Safety: Safety is the cornerstone of our culture.

Environment: We are committed to preserving and improving the environments where we live and work.

Integrity: Our actions are characterized by integrity, trust and respect.

Dedication & Teamwork: Our people are dedicated and share a passion for quality and innovation.

Social Responsibility: We are committed to being a responsible community partner and value the diversity of individuals and their contributions.

Sustainable Operations: We have sustainable operations driven by our ability to execute swift, strategic decisions.

COURSE OFFERED: TRAFFIC CONTROL PERSON (TCP/FLAGGER) CERTIFICATION

OVER \$270 IN VALUE

INIVERSAL

- ACCOMODATIONS AND MEALS COVERED
- START WORKING AT A BASE RATE OF \$19.76/H

Times: 8:30AM - 4:30PM

Course Dates Burnaby: March 9-10 & 12-13 Course Dates Chilliwack: March 28-29 & 30-31 Burnaby Location: 4199 Lougheed Hwy. #201, Burnaby, BC V5C 3Y6 Chilliwack Location: 45920 First Ave, Chilliwack, BC V2P 7K1 Maximum class size: 14

REGISTER NOW AT: 604 900 9205 AND MENTION YOU HEARD ABOUT US FROM MICHELS



We are pleased to offer Traffic Control Person Training free to members of your community. This training is offered by Universal Health and Safety in partnership with MICHELS Canada on behalf of the Trans Mountain Expansion Project.

Participants graduating from the two-day training course are issued a three-year certificate qualifying them to work anywhere in BC as a Traffic Control Person.

The Universal Group may offer immediate employment opportunities particularly in the Lower Mainland and Fraser Valley to gualified candidates. Base rates start at \$19.76/hr.

Accommodations and meals are covered. Individuals in the course are also eligible to receive gas cards to support travel costs.

Each course is two days long and the venue / accommodation details are below:

Burnaby - course and accommodation are in adjacent parking lots

- Lodging Executive Inn Burnaby (4201 Lougheed Hvy., Burnaby, BC)
- b. Course Universal Health and Safety (4201 Lougheed Hwy., Burnaby, BC)

Chilliwack - course and accommodations are the same location

- Lodging Coast Hotel (45920 First Ave, Chilliwack, BC)
- b. Course Coast Hotel (45920 First Ave, Chilliwack, BC)

Kind regards.

Tawney Jager Indigenous Relations Administrator Michels Canada

office: 780-955-2120 | cell: 780-718-7607 TawneyJager@michelscanada.com 1102-16 Avenue | Nisku, Alberta T9E 0A9



LEARN MORE

SOLAR POWER

Installation of solar panels on the 8-plex in Rocky Pines is complete!



IN MEMORIAM



JOBS AT LNIB

Current Job Opening at LNIB

Members are strongly encouraged to apply

1. **Social Development Manager** – This is a funded position requiring a Bachelor of Social Work and will over see/ manage all Social Service Programs

2. **Counsellor**; family, youth, and addictions. This position is for a trained and experienced counsellor to replace the retiring Christine Uphold. We hope to recruit an LNIB Band Member or other First Nations person for this position.

3. **Receptionist**, this is an excellent entry level position, which will provide support to all departments

4. **Accounting Clerks**. This position requires some related education and will work in accounts receivable or program support services.

5. **Janitor/cleaner**. Another entry level position, we have 2 opening for this evening job. Position can be full time or part time to accommodate employee.

- 6. **Teacher, k-7.** Must have a Bachelor of Education Degree and hole a current valid BC Teachers Certificate. Also searching for a second teacher who can provide speech and language support.
- 7. **Cumulative Effects Coordinator**. This position will bring their energy, enthusiasm and interest in environmental stewardship and cultural resources to a variety of resource planning and research projects. Specifically, the successful candidate will be responsible for the coordination and technical implementation of the cumulative effects management program within the Nlaka'pamux Traditional Territory. Preferred qualifications are an education in natural resource management and 5 years related experience.

8. **Recreation Assistant**, Under the direction of the Recreation Coordinator, the successful candidate will be responsible for developing and participating in recreational programs and events for Lower Nicola Indian Band members. Required knowledge, skills and abilities include excellent communication and high energy while working with youth.

9. **Shulus Arena Manager**. The responsibilities of this \$30/hour job include; Ice installation and daily maintenance, building maintenance, scheduling and organizing leagues, tournaments, fundraisers and all other bookings, managing staff and budgets.

10. **SUMMER STUDENT** positions. Calling all high school and post-secondary students. We are now accepting resumes for a variety of jobs.

For full job descriptions of all positions, and to apply, go to <u>https://secure.collage.co/jobs/lnib</u> or the LNIB web site at <u>https://www.lnib.net/jobs/</u>

resumes can be emailed to HR@LNIB.net.

Preference is given to Qualified LNIB Band members.



A sad farewell to Christine Upfold. After 15 years serving the people of LNIB and becoming friend to so many, Christine has retired.

LNIB

COOP Student Placement – Mechanical Engineer

Position;Summer Student, Process/Mechanical EngineerWage:\$24 per hour, 35 hour per weekTerm:2nd May to 26th August 2022Location:Merritt BC

Position Overview

Reporting to the Maintenance Leader, the Process/Mechanical Engineer Co-op is responsible for working with others to upgrade and optimize the heating and ventilation system for the Lower Nicola Indian Band school. You will be responsible for developing and maintaining the heating and ventilation processes, assisting with purchasing and designing or programming equipment, maintaining documentation and code compliance, as well as health and safety aspects.

Key Responsibilities

The following are potential responsibilities, which are dependent on ongoing projects:

- Assist in reviewing and standardizing heating and ventilation processes to ensure the process works at the optimum level
- Working closely with Maintenance teams to ensure equipment is operating efficiently
- Assisting with replacing, designing, installing and commissioning new heating and ventilation equipment, monitoring modifications and upgrades, and troubleshooting existing processes
- Conducting heating and ventilation experiments
- Preparing and maintaining process documentation and reporting tools
- Assist with programming of the heating and ventilation system.
- Making observations and taking measurements directly, as well as collecting and interpreting data from the other technical and operating staff involved
- Ensuring that all aspects of an operation or process meet specified regulations

Qualifications (Education, Experience, Training)

- Pursuing a Bachelors of Engineering, Applied Science, Mechanical Engineering or Industrial Engineering
- Proficient computer skills in Microsoft Office
- Previous co-op experience within a process pipe environment would be beneficial

Required Knowledge, Skill and Abilities

- Strong mechanical aptitude
- Strong analytical, trouble shooting and problem-solving skills
- Ability to plan and organize a dynamic and diverse workload.
- Solid judgment and decision-making skills.

- Strong analytic skills with attention to detail.
- Clear and concise written and verbal communication and interpersonal skills.
- Strong attention to detail and the ability to prioritize effectively.
- Ability to work independently and in a team environment.

Working Conditions

Time will be spent both in a standard office setting, as well as at the LNIB school. The time in each setting will vary significantly due depending on ongoing activities. In the school, there is dust, loud noises, and large machinery

Job Types: Full-time, Fixed term contract Contract length: 4 months

Schedule:

- 7 hour shift, Monday to Friday
- There may be some weekend work, which could result in flexible weekday hours

Ability to commute/relocate:

• The project location is near Merritt, BC

APPLY at https://secure.collage.co/jobs/lnib/28715

Or email HR@LNIB.net



Job Description: Director of Communication and Community Liason

- Summary: This role is Director of Communications and Community Liaison for Lower Nicola Site Services (LNSS) and Ogilvie Mountain Holdings (OMH). LNIB development corporation proudly owns 51% of LNSS and OMH.
- **Reporting:** The employee will be a member of LNIB and will report directly to the President and CEO of LNSS.

Responsibilities:

The Director will be a senior member of the management team of both OMH and LNSS and will develop, direct and execute a community communication and liaison plan and structure. The purpose and the goal of the strategy is to create awareness and pride in the Band's ownership of a successful business and to regularly such success to the members. The role will prioritize the establishment of lines of communication between Infracon, as manager, and the Band Council, the Chief and the LNIB Dev Corp. ensuring the Band priorities are met.

The Director will also provide guidance, mentorship and, if necessary, advocacy on behalf of all employees of LNSS and OMH but especially for those members of LNIB in order to maintain a positive workplace atmosphere. Working closely with the rest of the senior management team, the Director will be in a position to address any issues or concerns brought forward by LNIB employees or by other members of the Band who seek information or have an interest in the companies.

Responsibilities include:

- Work with Infracon's HR Manager for LNSS's and OMH's recruitment strategy; this includes development of job postings, pre-screening, recruitment and onboarding of all new hires.
- Coordinate and direct a media out reach programs including with local and national press, the BC Indigenous Awards program and other governmental agencies or programs.
- Work with Infracon's Business Development team to ensure all possible avenues for new business are pursued.
- Work with Infracon's HR Manager to attend all Lower Nicola and area career fairs and community information sessions.
- Create, maintain and review of local and member-owned business list
- Work alongside Infracon's Procurement team to source local and member-owned businesses.
- Provide a monthly written report to LNIB, LNIBDC, LNSS and OMH on issues and progress that can improve the relationship between Infracon and LNIB
- Be prepared where requested to present to LNIB Chief and Council the opportunities for strengthening the relationship between LNIB and Infracon.



Job Description: Director of Communication and Community Liason

Requirements:

- Previous administrative, logistics, site support experience in the Construction industry an asset.
- Previous experience with communications, media, social networks etc.
- Great verbal and written communicator as this role will be a professional relationship with internal and external staff, clients and potential clients.
- Proficient with Microsoft Office Tools .
- Be creative in thinking and strategy.
- Adaptability to changing demands.

Work Environment & Physical Demands:

This position will be a combination of office work and some travel.

Lower Nicola Site Services offers competitive wage, great benefits, ongoing training, growth opportunities, and a culture built on determination, teamwork, and integrity.

Interested applicants should submit their resumé to Don Gossoo at the Lower Nicola Band Development Corp at <u>don.gossoo@lnibdc.com</u>

JOBS AT LOWER NICOLA SITE SERVICES

Reaching out regarding vacancies we are currently looking to fill at the LNSS yard in Merritt.

We are seeking the following:

- Class One Driver
- Excavator Operators
- Grader Operators

To apply, please send your resume to <u>wroberts@infracon.com</u> For more information, please call 250-371-7508 Lower Nicola Indian Band N?e?iyk Spílaxm

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 Bent250-378-4396Donna Bent Artifacts

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

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 Legal Advisor

Lawyer, Instructor and

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 Jerrod 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

Lower Nicola Indian Band N?e?iyk Spílaxm

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

s.swakum@yahoo.com Business administration and Consultant

Penny Toodlican pcctoodlican@gmail.com Catering

Victor York victoryork@hughes.net Gourmet coffee supply and distribution

CULTURE EVENTS

Hénłekw.

MMIWG2S

The LNIB Culture Centre will be offering:

Red Ribbon Skirt workshop and Kits



Wednesday March 2nd and Thursday March 3rd, this is a 2-day workshop please be dedicated on participating the full 2 days from 9 to 3

Due to covid protocols 4 seats available



12 Red Ribbon Skirts Kits Available on a first come first

Infant/Toddler Moccasins

Tuesday March 8th and Wednesday March 9th, this is 2-day workshop participants must be willing to attend both days. Due to covid protocols 4 seats available





Ladies Mukluks

Tuesday March 23rd and Wednesday March 24 from 9 am- 3pmThis is a 2-day workshop please be dedicated to participating on both days. Due to covid protocols 4 seats available



All LNIB Culture Revitalization Programs Lower Nicola Indian Band Members will be given priority.

PLEASE REMEMBER ALL COVID PROTICALS ARE FOLLOWED: MASKS ARE MANDITORY AND COVID VACINATION CARD MUST BE PROVIDED TO ATTEND THE WORKSHOPS IN PERSON. FOR ANY OTHER INFORMATION YOU MAY REQUIRE ON THE ABOVE-MENTIONED WORKSHOPS PLEASE CALL CAROLE BASIL @ 250-315-9158

