



# **ELOWER NICOLA INDIAN BAND**



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Quorum of Council: 5

# LOWER NICOLA INDIAN BAND COUNCIL RESOLUTION

181 NAWISHASKIN LANE, MERRITT, BRITISH COLUMBIA V1K 0A7 Tel.: 250-378-5157 FAX: 250-378-6188

Resolution #: 12-01-2020-17

WHEREAS the Lower Nicola Indian Band operates under the authority of Chief and Council;

WHEREAS concerns have been raised regarding alleged contraventions of Lower Nicola Indian Band conflict of interest laws and policies and alleged breaches of fiduciary duty by Councilor Spence Coutlee, related to Councilor Coutlee's personal business interests.

WHEREAS concerns have been raised regarding alleged improper revision of the Lower Nicola Indian Band Contractor and Supplier Information list by Councilor Spence Coutlee.

WHEREAS concerns have been raised regarding alleged unauthorized communications from Councilor Spence Coutlee to Trans Mountain Corporation.

WHEREAS concerns have been raised regarding alleged improper interference with administrative staff and administrative operations by Councilor Spence Coutlee (all of the foregoing allegations hereinafter referred to as the "Allegations").

WHEREAS in order to protect the privacy of Councilor Coutlee and in order to fulfill their duty to uphold the laws of the Lower Nicola Indian Band, Chief and Council have conducted a preliminary, confidential review of these Allegations.

**AND WHEREAS** Chief and Council have determined that it is necessary to conduct a formal investigation into these Allegations.

THEREFORE BE IT RESOLVED THAT the Lower Nicola Indian Band Chief and Council are hereby authorized pursuant to Section 3.1.6 of the Lower Nicola Indian Band Chief and Council Policy to conduct or direct an investigation into the Allegations, and that all steps taken by Chief and Council in relation to these Allegations prior to the date of this Band Council Resolution are also hereby authorized. Chief and Council shall be empowered to make all such decisions and take all such steps as necessary in order to carry out the investigation, and to take all such steps as may be necessary following the completion of the investigation, including the imposition of disciplinary measures. Chief and Council may at their discretion retain an independent person or persons to conduct the investigation and take other such steps as Chief and Council may direct.

This resolution is supported by the undersigned and passed this 1st of December 2020.

Stuart Jackson, kwakwpi?

Bill Bose, Councilor

William Sandy, Councilor

Lucinda Seward, Councilor

Aaron Sumexheltza, Councilor

# LOWER NICOLA INDIAN BAND BAND COUNCIL RESOLUTION

181 NAWISHASKIN LANE, MERRITT, BRITISH COLUMBIA V1K 0A7

TEL.: 250-378-5157FAX: 250-378-6188

Resolution #: 2022-09-28-05

WHEREAS the Lower Nicola Indian Band operates under the authority of Chief and Council.

WHEREAS concerns have been raised regarding alleged contraventions of Lower Nicola Indian Band conflict of interest laws and policies and alleged breaches of fiduciary duty by Councillor Spence Coutlee, related to Councillor Coutlee's personal business interests.

WHEREAS concerns have been raised regarding alleged improper revision of the Lower Nicola Indian Band Contractor and Supplier Information list by Councillor Spence Coutlee.

WHEREAS concerns have been raised regarding alleged unauthorized communications from Councillor Spence Coutlee to Trans Mountain Corporation.

WHEREAS concerns have been raised regarding alleged improper interference with administrative staff and administrative operations by Councillor Spence Coutlee (all of the foregoing allegations hereinafter referred to as the "Allegations").

WHEREAS Chief and Council retained an independent investigator to conduct an investigation into the Allegations, and said investigator provided a report to Chief and Council dated June 30, 2022 (the "Report").

WHEREAS upon review of the Report and the supporting documentation relied upon by the investigator, Chief and Council have determined that Councillor Spence Coutlee engaged in a conflict of interest, breached his fiduciary duties, and violated the following LNIB policies:

- The Chief and Council Policy: the loyalty provisions (section 3.2), the primary responsibility to govern as one (section 4.1(2)), and the responsibility for the interests in membership and the community as a whole;
- The Chief and Council Oath of Office requirement to "not allow our business or personal affairs
  to influence our decision making and we will always consider the best interest of the community
  when making a decision"; and
- The LNIB Financial Administration Law, 2020 requirement to "disclose circumstances to the council in writing as soon as practicable" should the Councillor believe he or she have a conflict of interest."

WHEREAS section 4.12 of the LNIB Chief and Council Policy states that "Any member of Chief and Council who commits any <u>substantial</u> transgression or who has committed a violation under Section 4.11 may be subject to a penalty imposed by way of a valid Band Council Resolution. Such penalties are limited to:

- 1. Suspension from all Chief and Council activities with or without pay or honorarium for a period of up to one (1) month;
- 2. Suspension from all Chief and Council activities without pay or honorarium for a period of up three (3) months;
- 3. Removal of all or certain appointments;
- 4. Removal from Office;

Quorum of Council: 5

5. Any decision of Chief and Council under Section 4.12 must be reported to the people of Lower Nicola Indian Band as soon as is reasonably possible ."

WHEREAS section 4.11 of the LNIB Chief and Council Policy states that "If the Chief or any Councillor is removed from Office under this Policy she/he will be ineligible to run for either Chief or Council in the next election or by-election."

AND WHEREAS Chief and Council have determined that Councillor Spence Coutlee committed a substantial transgression, and that removal from office and a declaration of ineligibility to run in the next election is a reasonable and appropriate disciplinary measure in light of these violations.

THEREFORE BE IT RESOLVED THAT Councillor Spence Coutlee is hereby removed from office, effective immediately, pursuant to section 4.12.4 of the LNIB Chief and Council Policy.

AND THEREFORE BE IT FURTHER RESOLVED THAT Councillor Spence Coutlee is ineligible to run for Chief or Council in the next LNIB election, pursuant to section 4.11 of the LNIB Chief and Council Policy.

AND THEREFORE BE IT FURTHER RESOLVED THAT Chief and Council, and any individual member thereof, is authorized to take all steps and do all things necessary in order to carry out and implement the disciplinary measures set out herein.

This Band Council Resolution is supported by the undersigned in a duly convened meeting and passed this 28th day of September, 2022.

Chief Stuart Jackson

Bill Bose, Councillor

William Sandy, Councillor

Aaron Sumexheltza, Councillor

Lucinda Seward, Councillor

#### Notice to the Members of the Lower Nicola Indian Band

In early 2020 Council became aware of allegations that Councillor Spence Coutlee had breached his duties and obligations as a LNIB Councillor as a result of a series of actions taken by him between November 2019 and July 2020.

In order to protect the interests of the LNIB community and of Councillor Coutlee, Council retained an independent investigator to conduct a thorough and impartial investigation of the allegations. Completion of the investigation was delayed by, among other things, Councillor Coutlee's refusal to participate in the investigation. The investigator completed the investigation and prepared a detailed 54 page report, which was released on June 30, 2022. Based on her detailed review of the evidence, the investigator concluded that Councillor Coutlee had violated several LNIB policies, engaged in a conflict of interest and breached his fiduciary duties.

Council has given careful consideration to the report and to the submissions provided by Councillor Coutlee. After careful consideration, Council, by way of a 4-3 majority vote, has concluded that Councillor Coutlee violated the Chief and Council Policy, the Oath of Office, and the LNIB Financial Administration Law, and that he engaged in a conflict of interest and breached his fiduciary duties. Council also determined that given the serious potential harm that those breaches could have caused to the LNIB community, it is necessary to remove Councillor Coutlee from office effective immediately, and to declare him ineligible to run for LNIB Chief or Council in the upcoming election.

This is a very difficult decision, and it is one that we are reluctant to make. However it is necessary to take these steps in order to protect the interests of the LNIB community.

NOTE: Membership can read the 54 page report at the Administration building but there is to be no photocopies or screen shots available.



henle? Band members and community members. I hope you all enjoyed your summer. Yes, summer has passed, and we are now embarking on the fall season. It seems like only yesterday that we were enjoying the summer months. Our families were camping, fishing, quadding, hiking and so much more. Now we must prepare ourselves for the upcoming winter season. As we move into fall, I have noticed that our hunters are already beginning the process of filling freezers. This is such an exciting time of year to get out on the land and exercise our traditional right to hunt. Hunting was always a passion of mine and I hope to get out on the land and harvest some much-needed wild meat for the winter. For all you hunters out there, please be safe and conscious of the fact that many hunters will be out in the wilderness with all of you. Always keep your safety's on and be aware of your surroundings as much as possible. Hunting can both be fun and exciting, but hunting can also be dangerous if things are taken for granted. Be safe and have fun on our lands and good luck in your hunting endeavors.

The Lower Nicola Indian Band Chief and Council will be winding down this term at the end of September. Realizing that our election is on October 22nd, there will not be a Chief and Council for three weeks. I would like to clarify that although our term ends September 30th, this Council will remain active as a Council if needed. This is all a result of the Custom Election Rules amendment process that took place earlier this summer to include electronic voting for this upcoming election. It is my hope that this does not create any confusion for the membership as we move into election mode. Chief and Council will convene meetings if necessary and Council will be available to membership if necessary. If you have any questions regarding this, please do not hesitate and call me directly, (250) 315-9722 or call the Band office at (250) 378-5157.

As we move into a new election for Lower Nicola Indian Band, I just want to express to all of you how honored I have been to be able to serve all of you as kwúkwpi?. This term has not come without hurdles, challenges, hardship, and frustration. I am proud to say that throughout all the craziness that we as community faced these past three years, I feel that we accomplished a lot. I am certain that even though we were subjected to these unprecedented times, Lower Nicola Indian Band battled through Covid, Fires, Floods, and the 215 Children the best way possible. Much was learned by governance and administration, and we will take what we learned and apply and implement processes and a structured framework system that will make our communities safer and better prepared for the future. I want to tip my hat to all band members and community members on a job well done in keeping our community's safe throughout the covid-19. Covid is still continually active at Lower Nicola Indian Band, and I ask that all of you continue to be mindful and cognizant of this. Please take care of your family and friends, but most importantly, take care of yourselves. Much love and respect to all of you.

kwukwscémxw

kwúkwpi? Stu Jackson



#### **Executive Director Report**

Dear LNIB Members,

I trust everyone had a nice summer and got to enjoy the weather.

Council adopted a resolution amending the Custom Election Rules to include online voting. We also want to make sure that everyone is aware that the delays in the referendum pushed the dates for the Elections 2022 back October 22, 2022. The nominations meeting was September 3, 2022. Online voting will be from October 8, 2022 starting 9:00 am to October 22, 2022 ending at 8:00 pm. The advance polls will be October 15, 2022 starting at 9:00 am to 8:00 pm. and Election

Day will be moved from October 1, 2022 to October 22, 2022 starting at 9:00 am to 8:00 pm.

Human Resources: While all Band buildings are open to the public, there has been a significant uptick in the number of COVID cases within our communities and at our offices. As a result, you will notice that our health staff will be wearing masks again and we strongly encourage others to do so as well. While visiting or receiving services at other buildings, please feel free to ask the staff member you are visiting to use a mask and to adhere to safety protocols if you are concerned. We are committed to keeping the community and employees safe during this pandemic.

We'd also like to welcome some new members to our team at LNIB: Leroy Slanzi, School Principal; Jon Moore, Housing Maintenance Assistant; Roy Coutlee-Dumont, Janitor; William Heard, Bus Driver.

Current job postings with Lower Nicola Indian Band are Communications Coordinator, Receptionist, Homemaker, Housing Administration Assistant, Lands Administrative Assistant, Janitor and Title and Rights Administrator visit https://www.lnib.net/jobs/ or https://secure.collage.co/jobs/lnib for further details.

Committees and Liaisons: Lands Management Advisory Committee met September 8, 2022. School Board did not meet in September 2022. Finance and Audit Committee did not meet in September 2022. Joeyaska Contaminated Site Litigation Advisory Committee did not meet in September 2022. Human Resource Policy and Procedures Review Committee did not meet in September 2022. 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 will be advertised when an agenda and date is finalized.

Support to Chief and Council: Chief and Council met September 20th and 28th. Chief and Council will meet October 25th for the Oath of Office signing

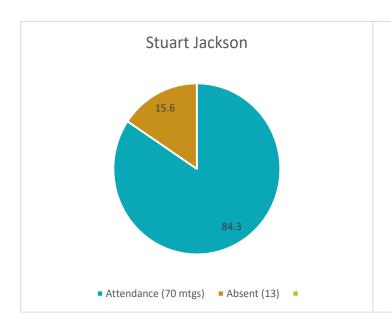
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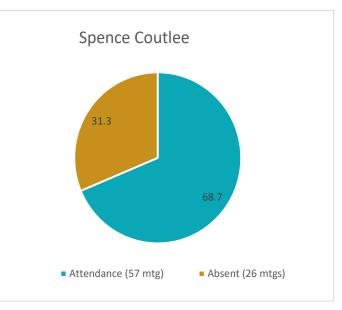
#### | Lower Nicola Indian Band

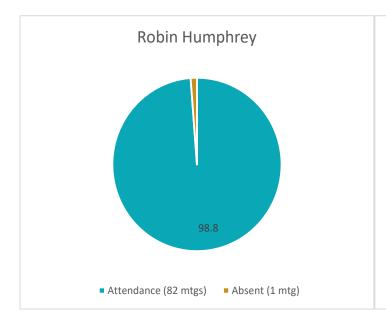
with a public signing tentatively October 29, 2022. Regular scheduled Chief and Council meetings will be November 1st and 15th with the newly elected Chief and Council. Should you require anything on the Chief and Council agenda scheduled for November please contact Sondra Tom and myself. Also, the Chief and Council meetings are open to membership to join via online or telephone. Please contact Sondra Tom or me to be added to the email invitation for the scheduled Chief and Council meetings.

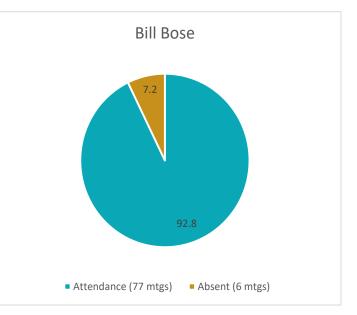


#### Chief and Council Attendance Term October 2019-September 2022

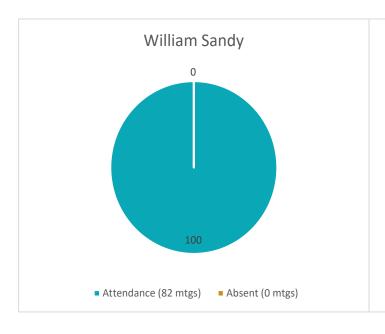


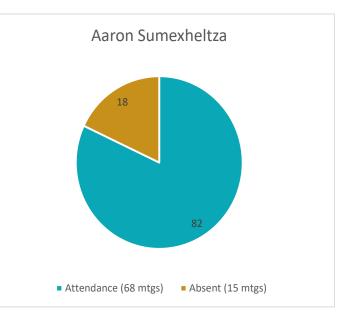


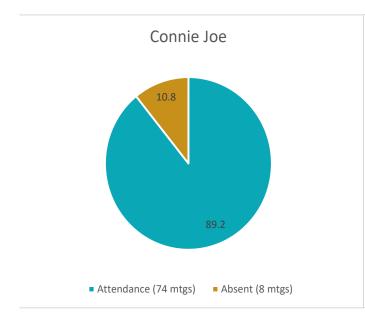


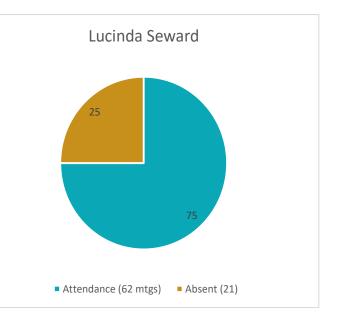


#### Chief and Council Attendance Term October 2019-September 2022









#### Motions from the Chief and Council September 20, 2022

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to appoint Councilor Lucinda Seward chair with Kukpi Stuart Jackson technical difficulties.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the September 20, 2022 Chief and Council meeting agenda as presented.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the August 16, 2022 Chief and Council meeting minutes with noted changes.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to approve the Community Tripartite Agreement Letter of Expectations between Lower Nicola Indian Band and Merritt Detachment of the Royal Canadian Mounted Police First Nations Community Policing Services for the years 2022-2023.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council hereby:

- 1. Supports the 2022 First Nations Clean Energy Business Fund Capacity Funding Application Aspen Solar Project; and
- 2. Authorizes kwúkwpi? Stuart Jackson and the Executive Director to sign a BCR Motion Letter and submit the 2022 First Nations Clean Energy Business Fund Capacity Funding Application to the Ministry of Indigenous Relations and Reconciliation.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council support the letter to the Minister of Environment and Climate Change Strategy and the approach set out herein:

- Authorized kwúkwpi? Stuart Jackson to sign the Minister of Environment and Climate Change Strategy Letter; and
- Authorized Leesa Mike to deliver the Minister of Environment and Climate Change Strategy Letter and take such further actions as may be reasonably necessary to address these issues.
   Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council hereby:

- 1. Supports the 2022 National Infrastructure Fund;
- 2. Authorizes kwúkwpi? Stuart Jackson and the Executive Director to sign a Band Council Resolution Motion Letter; and
- 3. Authorizes the Executive Director to sign the application and submit the 2022 National Infrastructure Fund up to the amount of \$190,000 to Infrastructure Canada.

  Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council hereby authorize the Lands Manager to engage a legal survey company to complete a subdivision survey of Lot 205

Nicola Mameet IR No.1 including all necessary infrastructure and access roads within or to the property. Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council hereby authorizes the Lands Manager to engage a legal survey company to complete a subdivision survey of Lots 236, 250, 251, 252, 253, 260, 261, and 262-1 Nicola Mameet IR No.1 and to survey all necessary infrastructure within these properties.

**Motion Carried** 

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council hereby authorizes kwúkwpi? Stuart Jackson, Councilor William Bose, and Lands Manager Brandi O'Flynn to sign the following: 1. Certificate of Possession No. 403047678 for Lot 7 Hamilton Creek IR No.7 in the name of Robert Shane Muir:

- 2. Certificate of Possession No. 403047679 for Lot 8 Hamilton Creek IR No.7 in the name of Robert Shane Muir: and
- 3. Certificate of Possession No. 403047680 for Lot 9 Hamilton Creek IR No.7 in the name of Robert Shane Muir.

**Motion Carried** 

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council hereby prohibits RV's to be utilized as dwellings, residences, or cabins on LNIB Lands including CP Lands and Custom Family Lands unless they receive prior written authorization by the Lands Manager.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council hereby appoints: Monica Pettinger, and Lorne Dunn to the LNIB Lands Management Advisory Committee commencing at midnight on the 20th day of September 2022 and ending at midnight on the 6th day of September 2025. Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council WHEREAS:

- A. All capitalized terms used but not otherwise defined in this resolution shall have the meanings ascribed to them in the Lower Nicola Indian Band Land Code (the "Land Code");
- B. Pursuant to section 16.1 of the Land Code: "...Council may by Resolution, upon a recommendation from the Lands Management Advisory Committee, grant (a) Interests and Licences in LNIB Land...". An Interest, as defined in the Land Code, includes an Easement;
- C. Pursuant to section 17.1 of the Land Code, Council may grant an Easement or right of way for the purpose of community utilities and services for "so long as required" without the requirement for prior Community Approval;
- D. LNIB has been approached by Spayum Holdings Limited Partnership ("Spayum") with a request for Council to grant a right of way (the "Right of Way") on LNIB reserve land to the City of Merritt (the "City") for the purposes of a sewer trunk and ancillary works (the "Sewer Works") to be constructed, owned and maintained by the City, which works are required by Spayum to service their proposed Gateway 286 project;
- E. The proposed route of the Right of Way is along the north side of Highway 5a and crosses Joeyaska IR #2 (the "Reserve") as shown on the sketch drawings attached hereto as Schedule A (the "Right of Way Area");

- F. LNIB Council is satisfied that the Sewer Works are "community utilities and services" referred to in section 17.1 of the Land Code as they will, inter alia, enable residents of the Reserve to receive wastewater disposal services from the City on terms to be agreed upon by LNIB and the City;
- G. LNIB Council is satisfied that the term of the Right of Way may be for "so long as required" without the need for prior Community Approval and that once granted, LNIB Council accepts that it will have no right to terminate the Right of Way;
- H. The Lands Management Advisory Committee has recommended the grant of the Right of Way by LNIB Council;
- I. LNIB Council has been presented with drafts of a proposed agreement between LNIB and the City in respect of the Right of Way ("Right of Way Agreement"); and
- J. LNIB Council wishes to authorize the grant of the Right of Way to the City for the Sewer Works for so long as required over the Right of Way Area, and authorize the Lands Manager to execute and deliver a Right of Way Agreement, substantially on the terms and conditions set out in the draft Right of Way Agreement presented to Council at this meeting.

#### THEREFORE BE IT RESOLVED THAT:

- 1. LNIB grant to the City a Right of Way, which is an Easement pursuant to the Land Code, for Sewer Works over the Right of Way Area for so long as required;
- 2. the Lands Manager, for and on behalf of Council, is hereby authorized to execute and deliver:
- a Right of Way Agreement to the City to provide for the grant of the Right of Way referred to in paragraph 1 above substantially on the terms and conditions set out in the draft Right of Way Agreement presented to Council at this meeting, with such modifications, amendments or changes thereto (including the total compensation payable by the City for the Right of Way) as may be approved by the Lands Manager in his/her discretion, such approval to be conclusively evidenced by his/her execution thereof; and
- any other agreements that are consistent with, incidental to, or otherwise related to the purposes set out in the Right of Way Agreement in such form and on such terms as may be approved at the discretion of the Lands Manager, such approval to be conclusively evidenced by his/her execution thereof;
- 3. the Lands Manager, for and on behalf of Council, is hereby authorized to do all such acts and things as may be necessary or desirable to give effect to these resolutions, or in connection with the performance by LNIB of its obligations pursuant to these resolutions or the Right of Way Agreement.

  Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to renew the Canada Mortgage and Housing Corporation (CMHC) Loan Agreement Reference Number 19-360-197/011 for Phase 23, Lots 196-1-1, 196-1-3, 196-1-5 Nicola Mameet IR #1 in the amount of \$826,424.13 and authorize LNIB Chief and Executive Director, to sign the necessary documentation. Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to approve a loan guarantee in the amount of \$237,500.00 under the First Nations Market Housing Fund Agreement No. 0079 and further authorizes the signing of all necessary documents:

A. Authorizes Lower Nicola Indian Band Chief, Executive Director and Director of Finance to sign all necessary documents, including the following:

- i. Lower Nicola Indian Band Security Agreement;
- ii. Bank of Montreal First Nations Housing Loan Agreement;

- iii. Bank of Montreal Loan Service Authorization Form;
- iv. Bank of Montreal Cost of Borrowing Disclosure;
- v. Bank of Montreal First Nation Guarantee for Indebtedness of an Individual;
- B. And further authorizes the Executive Director to take any steps necessary to bring the Security Agreement between the member and LNIB into compliance with Section 8 of the LNIB Finance Policy and Procedures March 3, 2020.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council WHEREAS:

- A. The Lower Nicola Indian Band ("LNIB") operates under the authority of Chief and Council.
- B. The LNIB Land Code (the "Land Code") came into force on December 1, 2016.

NOW THEREFORE BE IT RESOLVED: The Lower Nicola Indian Band Chief and Council move to approve the funding application to Indigenous Services Canada (ISC) as follows:

- A. The Lower Nicola Indian Band is seeking funding approval from Indigenous Services Canada (ISC) as part of the Housing Support Program for new home construction subsidy for (1) home, being built be an individual member for a total project cost of \$452,032.00;
- B. The Lower Nicola Indian Band is requesting \$84,532.00 in ISC funding;
- C. The Lower Nicola Indian Band confirms any cost overruns that exceed the approved ISC funding are the responsibility of the Band Member Clinton Garcia;
- D. Lower Nicola Indian Band commits to complete the project by 30/09/2023;
- E. The Lower Nicola Indian Band certifies that all housing units constructed or renovated will be inspected by qualified inspectors who must confirm that all work meets or exceeds the BC Building Code standards and other applicable code standards. Inspections will be performed at all stages of the project pursuant to BC Building Code. The First Nation agrees that all inspections will be kept on file by the First Nation. Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to accept the Terms of Reference for the Emergency Executive Committee as required under the Financial Governance Policy and Procedures, Section 5 – Committee Establishment and Dissolution.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move approve an expenditure of \$243,000.00 to provide a \$1000.00 deposit to each household where an Elder resides. This is to assist with heat expenses through the winter months for the year ended March 31, 2023. Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council WHEREAS the Lower Nicola Indian Band operates under the authority of Chief and Council; WHEREAS

A. LNIB has received a request from Lower Nicola Indian Band Development Corporation ("LNIBDC") for a term loan in the principal amount of \$2,500,000 (the "Loan"), the proceeds of which are to be contributed to Shulus Electricity Transmission Line LP ("Shulus LP") to part-finance the acquisition by Shulus LP of the Kingsvale Transmission Line (the "Project");

B. Band Council Motion #26-07-2022-14 directed LNIB staff and advisors to take the actions and expend the funds necessary to prepare the loan documents that would give effect to LNIB loaning \$2,500,000 in

respect of the Project, provided that the motion and any such loan documents are in compliance with all LNIB laws, including the LNIB Financial Administration Law;

- C. LNIB Council has been presented with a Loan Agreement in respect of the Loan to LNIBDC, which will subsequently be contributed to Shulus LP, in respect of the Project; and
- D. LNIB Council has determined that it is in the best interest of LNIB and LNIB membership to approve the Loan and Loan Agreement in furtherance of LNIB's participation in the Project indirectly through LNIBDC and Shulus LP and that such approval is in accordance with LNIB's Financial Administration Law and Finance Policy and Procedures.

#### NOW THEREFORE BE IT RESOLVED

- 1. the Loan Agreement is hereby authorized and approved in substantially the form presented, together with any modifications, amendments or changes thereto as may be approved by [the person holding the position of Chief of LNIB and that person holding the position of Executive Director of LNIB], in their mutual discretion; and
- 2. [the person holding the position of Chief of LNIB and that person holding the position of Executive Director of LNIB] be and hereby are authorized and empowered to execute and deliver in the name and on behalf of LNIB the Loan Agreement in substantially the form presented, with such modifications, amendments or changes thereto as may be approved by such persons in their discretion, such approval to be conclusively evidenced by each of their execution thereof, and to do all such further and other acts and things and execute and deliver all such further and other documents, agreements and instruments as may be necessary in order to carry out the intent of these resolutions.

  Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council

WHEREAS certain plaintiffs commenced a court action styled as Curve Lake First Nation and Chief Emily Whetung on her own behalf and on behalf of all members of Curve Lake First Nation and Neskantaga First Nation and Chief Christopher Moonias on his own behalf and on behalf of all members of Neskantaga First Nation v Attorney General of Canada, Court File No. T-1673- 19, in the Federal Court on October 11, 2019 (the "Federal Action");

AND WHEREAS certain plaintiffs commenced a court action styled Tataskweyak Cree Nation and Chief Doreen Spence on her own behalf and on behalf of all members of Tataskweyak Cree Nation v Attorney General of Canada, Court File No. CI-19-01-24661, in the Manitoba Court of Queen's Bench on November 20, 2019 (the "Manitoba Action", and together with the Federal Action, the "Actions");

AND WHEREAS the Actions were certified by the respective courts as class proceedings;

AND WHEREAS the Attorney General of Canada and the plaintiffs in the Actions have negotiated a settlement agreement (the "Settlement Agreement") in respect of the Actions;

AND WHEREAS the Settlement Agreement provides that a First Nation that is a member of the class described in the Actions (the "Class") may provide the administrator appointed by the courts under the Settlement Agreement (the "Administrator") with notice of acceptance by that First Nation of the Settlement Agreement and thereby become entitled to certain compensation and benefits under the Settlement Agreement available to First Nation Class members;

AND WHEREAS Lower Nicola Indian Band is a member of the Class and the Lower Nicola Indian Band Council (the "Council") wishes to confirm and approve the acceptance of the Settlement Agreement by Lower Nicola Indian Band by passing this Band Council Resolution at a properly constituted meeting called for this purpose;

#### BE IT HEREBY RESOLVED THAT:

1. The Council hereby directs and authorizes Chief Stuart Jackson, on behalf of the Lower Nicola Indian

Band, to approve and accept the Settlement Agreement, a copy of which was reviewed by the signatories below on behalf of the Council, and the Council hereby further directs and authorizes such signing authority to deliver an executed copy of this Band Council Resolution to the Administrator to confirm acceptance of the Settlement Agreement by Lower Nicola Indian Band. The Council hereby acknowledges and confirms that no further actions are required by Council to accept the Settlement Agreement.

- 2. The Council hereby directs and authorizes the Chief, on behalf of the Lower Nicola Indian Band, from time to time, to execute and deliver these resolutions and such further documents and instruments and do all acts and things as may be reasonably necessary to carry out and give effect to the Settlement Agreement, including, if the Chief determines appropriate, a confirmation of the individual class members resident on a Lower Nicola Indian Band reserve while a long-term drinking water advisory was in force on that reserve during the period applicable to the Settlement Agreement.
- 3. These resolutions may be signed by the Chief and Council members in as many counterparts as may be necessary, in original or electronic form, each of which so signed shall be deemed to be an original, and such counterparts together shall constitute one and the same resolution.

  Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 8:35 pm.

Motion Carried

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to Reconvene at 9:02 pm.

**Motion Carried** 

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to authorize Kari Reilander and Leesa Mike to:

- 1. support, if and to the degree they deem it appropriate, a request by Nicola Valley Aggregates Ltd. to sell District Lot 1923 in its current state to the Province of British Columbia, if they consider that will assist the Province to acquire District Lot 1923 for the benefit of the Lower Nicola Indian Band;
- 2. engage in negotiations, if and to the degree they deem it appropriate, towards the Lower Nicola Indian Band making a modest financial contribution to facilitate an acquisition by the Province of District Lot 1923, if they consider that will assist the Province in acquiring District Lot 1923 for the benefit of the Lower Nicola Indian Band; and
- 3. bring back to Chief and Council for its consideration and, if thought appropriate, for approval of a proposed resolution emerging from the negotiations.

Moved:

Seconded:

Motion Carried/ Not Carried/ Tabled

Motion #20-09-2022-00 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the September 6, 2022 meeting at 9:11 pm.

Moved:

Seconded:

Motion Carried/ Not Carried/ Tabled

### LOWER NICOLA INDIAN BAND NOTICE OF ELECTION

Notice is hereby given that the **Lower Nicola Indian Band** has called an election for the **22**nd **of October, 2022**, in accordance with the *Lower Nicola Indian Band Custom Election Rules* for the purpose of eligible Electors electing one (1) candidate for the Office of Chief and seven (7) candidates for the Office of Councillor, to be elected for the ensuing term.

#### VOTE ELECTRONICALLY - OCTOBER 8th to OCTOBER 22nd

VOTE BY ELECTRONIC BALLOT FROM 9:00AM OCTOBER 8<sup>TH</sup> TO 8:00PM OCTOBER 22<sup>ND</sup> 2022

Use the link below and follow the instructions provided to Register, and then Vote safely from anywhere on your computer or smart device. You will be asked to provide your Band Registry Number (Status Card, starts with 695), date of birth, and your personal email address. Please contact the Electoral Officer immediately if you require any assistance whatsoever (see bottom of this Notice for contact information).

Go to https://www.onefeather.ca/nations/lowernicola Click on the "Vote with OneFeather" [red box] and follow instructions.

#### **VOTE IN-PERSON – OCTOBER 15th, 2022**

ADVANCE POLL 9:00AM to 8:00 PM Shulus Band Hall, #85 Highway 8

#### VOTE IN-PERSON – OCTOBER 22<sup>nd</sup>, 2022

REGULAR POLL 9:00AM to 8:00 PM Shulus Band Hall, #85 Highway 8

#### **VOTE BY MAIL-IN BALLOT**

Mail-in Ballot packages will be mailed to all electors not residing on a Band Reserve, for whom a current address has been provided. Please contact the Electoral Officer if you need to update your mailing address.

Given under my hand at Victoria, British Columbia, this 19th day of September, 2022.

Drew Shaw, Chief Electoral Officer

OneFeather

For more information or assistance please contact:

Drew Shaw, Electoral Officer Support at OneFeather

Email: support@onefeather.ca

Office: 250-384-8200 Toll Free: 1855-923-3006 Fax: 250-384-5416

209-852 Fort Street, Victoria, B.C., V8W 1H8 https://www.onefeather.ca/nations/lowernicola

# LOWER NICOLA INDIAN BAND FINAL CANDIDATES LIST

Notice is hereby given that the **Lower Nicola Indian Band** has called an election for the **22nd of October, 2022**, in accordance with the *Lower Nicola Indian Band Custom Election Rules* for the purpose of eligible Electors electing one (1) candidate for the Office of Chief and seven (7) candidates for the Office of Councillor, to be elected for the ensuing term.

OFFICE OF CHIEF - CANDIDATES				
ANTOINE, LEONA MARIE	JACKSON, STUART			
COUTLEE, SPENCE	STERLING, ROBERT JR.			

OFFICE OF COUNCILLOR - CANDIDATES				
BEARSHIRT, WENONA	JOE, CHARLENE			
BOSE, WILLIAM	JOE, CONNIE			
CLAYTON, DAVID	LAFFERTY, JOANNE			
COUTLEE, GEORGE	MANUEL, LESLEY			
COUTLEE, LARA	PARE, LAINE			
COUTLEE, MARY JUNE	PINYON, TODD (TJ)			
DAWSON, ASHLEIGH	SANDY, WILLIAM			
DICK, ARTHUR	SEWARD, LUCINDA			
HUMPHREY, ROBIN	SWAKUM, SHAWN			

Signed in Victoria, British Columbia, this 19<sup>th</sup> day of September, 2022.

Drew Shaw, Electoral Officer

For more information or assistance please contact:

Drew Shaw, Electoral Officer Support at OneFeather

Email: support@onefeather.ca

Office: 250-384-8200 Toll Free: 1855-923-3006 Fax: 250-384-5416

209-852 Fort Street, Victoria, B.C., V8W 1H8 https://www.onefeather.ca/nations/lowernicola



#### **Lower Nicola Indian Band Job Opportunities**

For full job description and to apply go to <a href="https://secure.collage.co/jobs/Inib">https://secure.collage.co/jobs/Inib</a>

#### **Communications Coordinator**

Work hours: 35 hours per week

Start date: ASAP

wages: up to \$35 per hour based on education

and experience

The Communications Coordinator support the Band in internal and external communication, media relations, education and promotional plans, and publication management with outcomes that support the Lower Nicola Indian Band overall goals and maintain a positive public image of the Lower Nicola Indian Band. The position requires a candidate with strong organizational skills and multi-tasking abilities, coupled with excellent interpersonal strengths. The ideal candidate will have excellent verbal/communications skills, graphic design abilities and excellent computer literacy.

#### Receptionist

Hours: 8:30 am - 4:30 pm, Mon to Fri

Start date: Flexible

Wage: \$20 per hour (\$18.50 during 90-day

probation)

To provide clerical support and file maintenance for the Lower Nicola Indian Band. Answer phones and handle inquiries.

- · Grade 12 diploma required.
- · Excellent communication skills

#### Homemaker

**Hours:** 8:30 to 4:30. Mon to Fri

Start Date: ASAP

**Wage:** \$20 + per hour, depending on education and experience

Reporting to Homecare lead, primary role as a homemaker will be to provide general house-keeping to the applicants that have been assessed already.

Homemakers Clients are initially assessed by the Registered Nurse and The Lead Care Aide to determine the care requirements of the applicants.

## Housing and Lands Administrative Assistant

Hours: 8:30 to 4:30 Mon to Fri

**Start Date**: ASAP **2** positions available

Wage: \$20 to \$24 per hour depending on

education and experience

The Administrative Assistant is responsible for providing direct support to the Manager and the daily needs of the Department. To provide direction and administrative support as required

#### **Janitorial Staff**

Hours: Mon – Fri 4 pm To 11 pm

Wage: \$20 per hour

Start: ASAP

The Custodian/Janitor position will clean and disinfect assigned areas in accordance with safe working practices, protocols and procedures to ensure the environment is clean and safe.

#### Title and Rights Administrator

Hours: 35 hours per week

Start Date: ASAP

Reports to: Director of Economic

Development

Work in a team environment to receive and respond to land referral requests and maintain records of land referral and benefit agreements. Researching LNIB's interests and use within the Traditional Territory and area of interest. Work will also involve developing, assessing and making recommendations regarding natural resource management strategies, policies and procedures to ensure adequate and meaningful consultation and accommodation of LNIB's Title and Rights.



#### Nicola Valley

First Nations Veterans invites you...

# COMMUNITY UPDATE ON THE VETERANS MONUMENT

- ♦ Location, design, and contributors
  - ♦ Names of the Veterans

**Date: October 11, 2022** 

11:00 a.m. Unveiling of Signs—location and donors

11:15 a.m. Donor contributions
11:45 a.m. Snacks and Beverages

Location: LNIB Shulus Arbour, Neale Rd,

Merritt, BC V1K 1M9

EVERYONE WILL BE TALKING ABOUT THIS EVENT .... COME ON OUT AND JOIN US!

For more information or to confirm your attendance: Carol Holmes 250-378-7809 or email spaxomin\_carol@yahoo.ca

September 28, 2022

#### IMPORTANT NOTICE REGARDING BEARS

It has come to the attention of the Public Works Department that there have been Bear sightings in the Rocky Pines area

#### WE ASK YOU TO PLEASE BE BEAR AWARE!

- Practice safe storage and removal of your household trash
- Flease maintain close supervision of children and pets
- Hike during the daylight hours and go in a group if possible
- Flease Report all sightings and encounters as soon as possible

#### IF YOU DO COME INTO CONTACT WITH A BEAR:

- Be aware of the animal's location and slowly back away, DO NOT RUN!
- Remain calm; give the animal a chance to leave on its own
- Leave Bears an escape route
- Remember all Bears are Dangerous
- Please report all Bear sightings to the Conservation Officer 250-378-8489

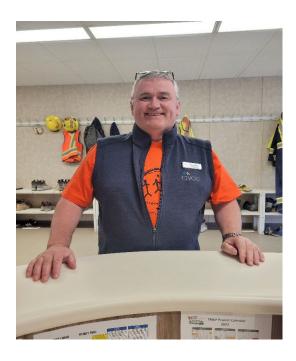
If you have any questions, please feel free to call the

Public Works Department at 250.378.5157

#### National Day for Truth and Reconciliation

September 30, 2022 is a National Day for Truth and Reconciliation, colloquially known as Orange Shirt Day, recognizing the Canadian Indian Residential School System.

We would like to thank Fraser Mathieson- Civeo Camp Manager (left) and Roger Francoeur-Trans Mountain Operations Manager (right), for showing their support by taking part in Orange Shirt Day.









# Sober(er) for October Challenge: Social Media Toolkit

The First Nations Health Authority is inviting you and your community or organization to join us in a **Sober(er) for October Challenge**. We hope you will be part of the change and lead by example. As wellness champions and leaders, we must use our influence to promote health and wellness for the First Nations communities, people and families we serve.

Throughout the month, the FNHA will be sharing information, tips and resources relating to the use of alcohol.

To help support the efforts of First Nations leaders to participate, the FNHA has prepared some social media posts. We encourage everyone, including First Nations health leaders, to share their commitment to a Sober(er) for October by using the hashtag: #SoberERforOctober.

We recommend sharing a post before or on October 1. Take a "stoic" selfie and add one of the sample posts provided below.

#### **SAMPLE 1: SOCIAL MEDIA POST**

#### Copy and Paste:

Join me in being Sober(er) for October. Change begins with me, and I am here to "walk the talk." The goal for the month is to encourage people to make informed decisions about alcohol consumption and their health. #SoberERforOctober.

#### **SAMPLE 2: SOCIAL MEDIA POST**

#### Copy and Paste:

Sober(er) for October is here. Let's create a healthier and more informed community. The "(er)" in "sober(er)" means that YOU make the rules in your Sober(er) for October challenge. You can choose to cut down on or quit drinking for the month (or longer)!

Learn more at www.fnha.ca/wellness/community-wellness/soberer-for-october/ #SoberERforOctober

#### **SAMPLE 3: SOCIAL MEDIA POST**

#### Copy and Paste:

I am here to commit to a Sober(er) October. This is a good opportunity to look at the role alcohol and other substances have in our lives – how much, how often and why we consume them. I commit to reducing/eliminating my alcohol consumption with an open mind and an open heart. #SoberERforOctober

The Wellness Initiatives Team is here to support you and your team during the challenge. If you have any questions, please email Wellness@fnha.ca.

For more information, see www.fnha.ca

September 2021

# HARM REDUCTION IN COMMUNITY

We Stand Together. No more Stigma

#### PERFORMANCES & PRESENTATIONS BY







Community Professionals



Michelle Thrush Actress



Pow Wow Dancing
Performance

**OCTOBER 20, 2022** 

**OCTOBER 21, 2022** 

#### MERRITT CIVIC CENTRE

1950 MAMETTE AVE

1:00 PM - DOORS OPEN

1:30 PM - PRAYER, DRUMMING, OPENING REMARKS

- WHAT IS HARM REDUCTION
- ASK WELLNESS SOCIETY
- PHARMACIST
- CITY OF MERRITT
- NALOXONE & INTERIOR HEALTH
- YOUTH AND HARM REDUCTION
- CONAYT FRIENDSHIP SOCIETY

5:55 PM - MEAL

7:25 PM - MUSICAL PERFORMANCE BY: **GEORGE LEACH** 

8:30 PM - CLOSING CEREMONY

1:00 PM - DOORS OPEN

1:30 PM - PRAYER, DRUMMING, OPENING REMARKS

- IFOT PRESENTATION
- DOCTOR PRESENTATION
- TRAUMA AND HARM REDUCTION
- COMMUNITY POLICING/RCMP
- NICOLA VALLEY COMMUNITY JUSTICE
- NICOLA VALLEY SHELTER AND SUPPORT

5:15 PM - SPECIAL PERFORMANCE BY:

#### **MICHELLE THRUSH**

"FIND YOUR OWN INNER ELDER"

6:15 - MEAL

7:15PM - DANCE & DRUM

8:30 PM - CLOSING CEREMONY

#### **Contact:**

May George, Manager,
Zu?mintéx\* Wellness Team
ph: 250-378-9745
c: 250-315-9654





REGISTER NOW >

#### **SPACE IS LIMITED**





# MEN'S CONFERENCE

FUN, MEDICINE, CULTURAL GAMES, WORKSHOPS, PIT COOKING

Camping spaces available, bring your own gear

FOOD and many GREAT DOOR PRIZES









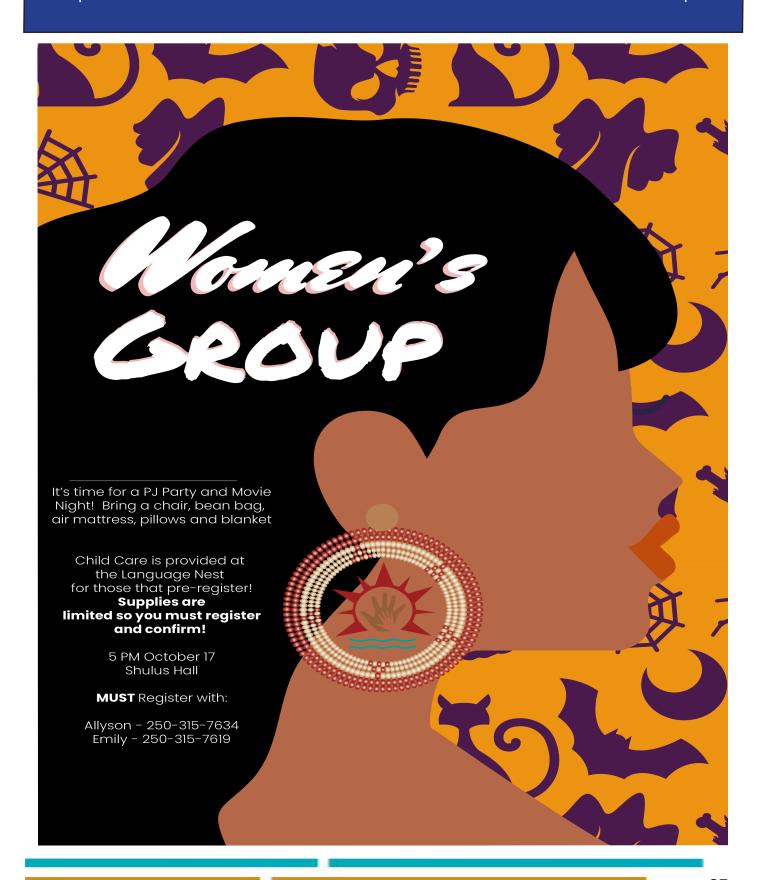
#### 14-16 OCTOBER 2022 GLIMPSE LAKE



#### **For Information Contact:**

Spike Manuel 250-315-3692 Joe Shuter 250-315-7487 Dan Jager 250-315-7756 Mark Coutlee 250-378-7520





# Relationship Program

A program designed to support couples working together to create a better relationship.

#### Ways we support you

Cultural Connections
Communication
Bonding Activities
Setting Boundaries
Building Trust
Conflict Resolution



#### FOR INFORMATION

Contact Allyson Sterling Allyson.Sterling@scwexmx.com



# Firewood For Sale



\$200 Per Pick-up Load (Cut & Split)

Contact Jonah Dick

(250) 936-8316



October 2022

# **EDUCATION DEPARTMENT**

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

#### **Shane's Submission**

October is an exciting month where everyone experiences similar sensory changes...feel temperature getting colder, seeing colours of fall, smelling the land transition into fall, and tasting the food we harvested/preserved...it is a month to be both thankful and grateful to the land. On behalf LNIB Education I wish everyone a great October!!

I am pleased to report all areas within my sector has had a positive start to the school year....LNIB School Field Trips on the land, K-12 student supports in place, Head-Start Programs in full swing now, and over 50 LNIB members currently enrolled in Post-Secondary Education Programs to date...it is definitely shaping up to be a great year for the number of members we will be supporting this school year!

#### **Sector Leadership**

Director of Education
Shane Coutlee

LNIB School Principal Leroy Slanzi

Immersion Administrator
Angie Sterling

Education Manager Sharon Parsons

Head-Start Manager Tamika Bob

Here are a few topics I would like to highlight this month:

- Monday October 3rd will be the first day for our new School Principal Leroy Slanzi.
   Leroy did visit the school a couple of times during September and once he officially takes over the position he will begin to reach out to all parents and community members to both introduce himself and gather ideas for future school growth
- Prior to the pandemic we incorporated an accountability process into the way we
  approached meetings with the School District, specifically using our Local Education
  Agreement to ensure the programs/services are being fully exhausted to support our
  members. We plan to regroup and continue where we left off moving forward.
- A reminder to all LNIB Members with children living outside the Nicola Valley that
  we have numerous resources available...you do not need to be living on reserve to be
  eligible for our support...please contact us for anything big or small so we can help.

As always if you have any thoughts or ideas to share with me I can reached directly at 236-575-2135 talk/text or via email <a href="mailto:Shane.Coutlee@lnib.net">Shane.Coutlee@lnib.net</a>



LNIB Education 1

# LNIB EDUCATION DEPARTMENT



sharon.parsons@Inib.net



(250) 378 – 5157 OR (236) 575 - 2105

2160 SETTLERS ROAD HWY 8



#### SHARON PARSONS. EDUCATION PROGRAMS MANAGER

Hello everyone,

By the time this is in print, a month of the school year has gone by already.

The LNIB summer students, Lenessa Seward and Mackenzie Miller completed their summer hours in the Education office and with the Summer Program. They returned to complete their programs at TRU and NVIT. They are both quite capable students and I have no doubt they will do well.



Jenn Johnson, Summer Program coordinator, has also returned to school to continue with her Teaching degree. Jenn will be staying on with the Education Department as a part-time tutor. She will connect with the students she was working with in June, to see if they require tutoring support this school year and will make time for new students seeking support.

At my last count, there are 53 LNIB members approved to attend a full-time post-secondary program this year. Five are completing a master's program, one is due to complete her doctorate this winter, 31 are undergraduates in various degree programs, with the remaining 16 in diploma and certificate programs. There are several more in the process of applying for LNIB funding for a late school start. Read Gail's article for more accurate numbers.

LNIB Education submitted 2 major ISC reports, one in May and another in August. Both provide data to support annual LNIB post-secondary funding.

The next ISC report, Nominal Roll, which supports public school funding for grades Kindergarten to grade 12, is due on October 15th.

LNIB membership, you are encouraged 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.



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, HAPPY HALLOWEEN!

Humelth

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



Hello Everyone,

I hope you all had a great summer holiday and were able to do a lot of fun stuff.

Now we are heading into the Fall season. Days are staying quite warm, and the nights are getting a little chilly. Time to get the furnace serviced and ready for the colder weather

August was a very busy time at our office and now September is just flying by us so quickly. We were busy with the submissions of the LNIB PSE Funding Applications. We were updating all the student information, sending out sponsorship letters to the Institutions, and to

the students. Also submitted an Annual Register Report on all PSE students to Indigenous Services of Canada.

There were a few late submissions for part-time courses and some transcripts were late coming in. We have a total of 61 PSE students. There are 32 returning, 21 new students, 3 high school grads and 5 masters students. This academic year will be very interesting.

Congratulations to all the PSE and High School students who were recipients of and were awarded one or all the LNIB Scholarships.

To all PSE students, new and returning, contact your post-secondary institutions financial aid office for information on the entrance bursary and all the scholarships that available through your school. You would be surprised at how many scholarships are out there that no one applies for. If you need any assistance with completing any forms, contact our office.

Throughout the year, I will be sending out links to apply for scholarships and bursaries so watch for it in your emails.

The Education Team is here to assist the membership with any skills training for employment, taking online courses, or short-term programs. We can also create or update a resume. For more information, send an email, give us a call, or stop by the office.

If you live away from the valley the LNIB Education team is here to offer any assistance to you as well, contact our office for more information.

Please call or email our office to ensure we have your current up-to-date contact information. Until next month, stay safe, healthy and be good to one another.

Gaíl La Rochelle

Phone: 250-378-5157

Email: gail.larochelle@lnib.net

LNIB Education

#### LNIB EDUCATION DEPARTMENT



rhonda.dunn@lnib.net



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

2160 SETTLERS ROAD HWY 8





#### RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

Welcome October! This time of year, students are already in their second month of school. We hope you are enjoying school and are successful in your studies.

The LNIB Education Department will be hosting a Cultural Day with SD58 on October 28th at LNIB arbor. This is a cultural interactive event for SD58 teachers and the LNIB community. The event builds upon on respectful understanding of working with Indigenous students in the school system.

I have emailed out the LNIB Education **School Assistance forms for K-12 onloff reserve** for the school year 2022-2023. The School Assistance forms were also mailed out in the education services package in February for the up coming school year. If you didn't receive an email, please contact the LNIB Education department. Please keep your contact information up to date with LNIB Education as we want to ensure we do not miss any LNIB membership in providing education services or programs.

#### Scholarships and Bursary's

- https://indspire.ca/programs/students/bursariesscholarships/
   Deadlines August I, November I, Feb I at II:59pm
- Did you know that if you are experiencing financial barriers that most post-secondary's have an <u>Indigenous Emergency Fund</u> to help Indigenous students once per annual year. Look under Emergency Aid or inquire at your Post-Secondary Indigenous department.

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: <a href="mailto:rhonda.dunn@lnib.net">rhonda.dunn@lnib.net</a> Education Matters!

## LNIB EDUCATION DEPARTMENT

# ANGIE NIKKEL, EDUCATION ASSISTANT HELLO, AND HAPPY OCTOBER TO EVERYONE!



angie.nikkel@lnib.net



(250) 315 - 7927

2160 SETTLERS ROAD HWY 8





First of all, I'd like to introduce myself. My name is Angie Nikkel, and I am the new band member support for LNIB students in the district, taking over for Jenn Johnnson. I know I have some pretty big shoes to fill taking over for Jenn, but I will do my best and give it my all.

I always imagined working as an SEA would

be a very rewarding career, and I am super excited to start my role working with children in the schools. As a mom of 3 girls, I am no stranger to the classroom, as I have volunteered countless times in my girls' classes, and also on field trips. It's this experience that led me to my decision to go back to school and start a career in education.

A little bit about myself... like I said, I have 3 incredible daughters who keep me pretty busy. But in my spare time, I like to hike, fish, go for walks with my dog, and crochet (usually for my girls). I'd really like to advance my abilities in the kitchen-I'm not the best cook-so maybe there will be more education training for me in the future!

Jenn will still be available for those of you with a student or students in need of one-on-one tutoring or would benefit with extra help with their schoolwork.

Please reach out to Jenn at jenn.johnnson@lnib.net (250-936-8369) or Sharon Parsons at sharon.parsons@lnib.net (250-378-5157) to fill out an application and get onto the schedule. We have computers available if needed. Cheers (3)

#### JENN JOHNSON, EDUCATION ASSISTANT/TUTOR



#### Hello!

The education department wrapped up the end of the Summer Learning Program on August 11<sup>th</sup>. The last week consisted of crafting, river rafting, and a fun wrap up day with a pizza party. It was great to have parents be able to come in and help with some of the bigger out of town days, so a big thank to you parents! It's great to have the community back to being more involved and hands on than the last two years. I'm looking forward to continuing with the Summer Learning Program next year!

You know what September means... School days are back!! Tuesday September 6<sup>th</sup> is the first official day back at school for the school district as well as for those who attend the LNIB school. **The first day is from 10am-12pm**. If you have youth that need extra support with their school work, or after school with homework, I will have a very flexible tutoring schedule available beginning September 12<sup>th</sup>.

My position with LNIB has changed as we have welcomed Angie Nikkel to replace me in the public schools! She will be taking over my position as a band member support in the school district, and I have no doubt she will do great in this position. As for me, I will still be here to assist with tutoring during/after school part time as I continue with my post-secondary education. If you have a student in need of one on one tutoring or who would benefit with extra help with their school work, please feel free to message myself at <a href="mailto:jenn.johnnson@Inib.net">jenn.johnnson@Inib.net</a> (250-936-8369) or Sharon Parsons at <a href="mailto:sharon.parsons@Inib.net">sharon.parsons@Inib.net</a> (250-378-5157) to fill out an application and get onto the schedule. We have computers available if needed. Cheers!

# OCTOBER 2022

Absolutely NO NUTS and NO Peanut Butter in LNB School!!

Fri	7 Turkey stuffing casserole	14 Eyeball pasta	21 PRO D DAY	Trick or treat pancakes	
Thu	6 Tuna melts	13 Shrunken potato heads	20 Skeleton meatloaf	27 Pumpkin alfredo	
Wed	5 Potato soup	Vampire soup ( stuffed pepper soup) PJ DAY	19 Mummy pizza	26 Monkey brain soup (meatball soup)	DAY
Tue	4 Beef barley	11 Gooey pasta	Green worms + sauce (spaghetti)	Finger dogs	
Mon	3 Hamburger gravy Potato + veggies	10 NO SCHOOL THANKSGIIVING DAY	17 Pumpkin mac& cheese	24 Chicken boodle soup	Witches brew (lasagna soup)



WHY - To support and assist Indigenous (First Nation, Métis, Inuit) students in their continued educational success, ongoing studies and eventual career path

**HOW** - The **Support for Indigenous Student Learning Program (SISLP)** will accept applications from eligible Indigenous students to be considered to receive a laptop and / or related accessories necessary for learning and academic success

**WHO** - Indigenous students of any age, from anywhere in Canada who have limited financial resources, including Indigenous students living with disabilities. To be eligible, students must be of low-income, enrolled in formal education (online, remote, on-site), and must be actively attending classes

### Resources are limited - apply today!

Applications will be accepted up to March 15, 2023 or until available resources have been expended.

All information will be verified, applications will be approved or declined based on documented priority need

Visit www.bcands.bc.ca for more information and to apply

\*Due to the pandemic and world wide shortages of technology, times to receive computers by approved applicants may be longer than anticipated



# Indigenous Disability Canada (IDC)

Mailing Address: #6 - 1610 Island Highway - Victoria, British Columbia - Canada - V9B 1H8Toll Free Telephone: 1-888-815-5511Victoria Capital Region Telephone: (250) 381-7303

Fax: (250 381-7312 Email: sislp@bcands.bc.ca





### **Hello from The Public Works Department**

As we are entering the Fall season, the infrastructure team is working hard to complete projects before the snow flies; and then our efforts will be focused on keeping LNIB roads cleared and safe for travel with our new Sanding/Plow truck that will be arriving towards the end of September. YES, you read correctly...LNIB is excited about the new Sanding/Plow truck!

Also, a reminder that Water restrictions are still in effect until September 30, 2022; we thank all members for taking steps to reduce your water use this year.

### Public Works:

Please welcome Ericka Boggs as a Co-op Student with LNIB's Public Works Department. Ericka has been a Co-op student with LNIB the summer of 2020, the summer of 2021 and this year she started on September 6, 2022, and will be with us this year for 8 months. Ericka will be working with our Public Works Team on various projects such as the Rocky Pines Bridge, Pipseul Culvert and our Asset Management Plan.

Congratulations to Josh Moore for completing his Water Distribution Level I and will be starting his Water Distribution Level II in October.

Skyler Peterson will also be starting his training to obtain his Water Distribution Level I in October!

Cody Kovacs completed his Small Water System Training and is now enrolled in the Small Waste Water System later this fall.

Suzette O'Flynn just completed 3-days of training in the 'Sustainable Workshop for BC First Nations' in Vancouver, BC

### **Friendly Reminder:**

Recycling Day is every Wednesday, please have your Blue Bin out on your curb by 9:00 am to ensure your recycling does not get missed.

Please make sure to follow the Recycling 'Do's and Don'ts' list which will be in every LNIB Newsletter and updated on a regular basis. You can also click on this link to go to the Recycle BC app which will also provide what is accepted material <a href="https://recyclebc.ca/download-the-app/">https://recyclebc.ca/download-the-app/</a>

Let's continue to do our part for our environment and recycle ~ Reduce - Reuse - Recycle

### Facilities:

Hello from Ted Sterling, Facilities Maintenance Manager, Dwayne Blankinship, Facilities Maintenance Worker and Fran Piper, Building Maintenance & Control Systems. Our maintenance department have been very busy over the summer working on everyday maintenance such as lights, plumbing, heating/cooling, doors/windows, roofs, gutters as well as several projects which include:

Arena	Lands/Economic Development Building	School
- new Zamboni room where we insulated the walls	completed a cricket roof to prevent water from leaking into the building	Fran has been working on the boiler system getting them ready for winter
- Sheathed the walls		
- New coat of paint so it is ready		
for the new electric Zamboni		
- Ice plant and dehumidifiers		

If you have any questions, please contact the Infrastructure Department at 250-378-5157



1.	Do you use the LNIB Main	Irrigation Ditch?					
	☐ Yes ☐ No						
2.	Do you know where the N	lain Irrigation Ditch is	s located	d on Nicola M	ameet IR1?		
	☐ Yes ☐ No						
3.	Should LNIB be responsibl Holdings?	e for maintaining the	entire i	rrigation ditc	h even on Cl	P Lands or Traditional	
	☐ Yes ☐ No						
4.	If 'Yes' to question 3, pleas	se check all that appl	У				
	☐ Remove thick over-gro	owth using LNIB excav	vator?		4		
	<ul><li>☐ Clean all culverts</li><li>☐ Slash burns vegetation</li></ul>	out of ditch?					
				244			
5.	Should the Irrigation Ditch	users be responsible	e for a p	ortion of the	ditch?	18	
	☐ Yes ☐ No						
6.	If 'Yes' to question 5, plea	se explain.					
	1 97 3 79	13 24	Ť	11.6		\$ 3	
	- 1		7		3	+	-

Please Feel Free to Fill this Form and Return to the Main Office

### Lower Nicola Indian Band



Brandi O'Flynn | Lands Manager

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

### THE LANDS TEAM

Talk with the Lands team about lands activities and to share your stories. Members can contact the Lands Department with questions about LMAC, community meetings, and general land inquires.

### Stephen Jimmie

LANDS AND HOUSING DIRECTOR stephen.jimmie@lnib.net

Contact Stephen with inquiries about Land Code, lands policies and law development.

### **Brandi O'Flynn**

LANDS MANAGER brandi.oflynn@lnib.net

Contact Brandi with inquiries about land administration, programs, and services.

### **LANDS PORTAL**

Find information about LNIB lands online at <a href="Inib.net/lands">Inib.net/lands</a>. Updates are posted regularly, and printed materials are made available for pick up at the Lands office upon request.

### **Kristopher Por**

LANDS RESEARCHER kristopher.por@lnib.net

Contact Kristopher with questions about research, historic records, as well as wills and estates planning.

### **Mindy Garcia**

LANDS AGENT mindy.garcia@Inib.net

Contact Mindy about land transfers, Lands Management Advisory Committee (LMAC), and community meetings.

### Sayge Fisher

ENVIRONMENTAL
PROTECTION COORDINATOR
sayge.fisher@lnib.net

Contact Sayge for details about environmental management and protection.

### **Alex Bukkos**

SURVEY COORDINATOR alex.bukkos@lnib.net

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

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

# LANDS MANAGEMENT ADVISORY COMMITTEE

### **UPCOMING MEETINGS**

OCTOBER 6, 2022 NOVEMBER 17, 2022 DECEMBER 8, 2022

Two new Lands Management Advisory Committee positions were recently appointed. 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 the Lands
Department for more
information.

# 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 gates were put in place to protect reserve lands.

# INSTALLATION OF CAMERAS

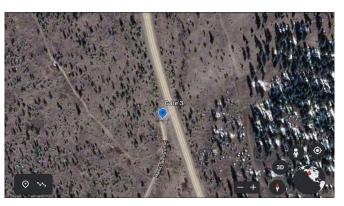
Security cameras are planned to be installed during 2022 near important areas and locations of interest. These cameras are for security purposes only and will not interfere with the privacy of neighboring homes, businesses, and communities. If you know of any areas of concern, please contact us and we can see about getting a camera setup. 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 this project by visiting the Lands Portal online.

Members' use of the land will not be restricted by gates but may need to obtain access codes from the 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 the Lands Department at 250-378-5157.









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

# REMINDER: LANDS PORTAL ONLINE

Many important documents and resources are available for LNIB and community members to review and download from the LNIB Lands Portal online.



PROJECTS

LAND CODE

LAW DEVELOPMENT

COMMUNITY ENGAGEMENT

LANDS COMMITTEE

WILLS & ESTATES

RESEARCH

CONTACT

# LANDS PORTAL Inib.net/lands

If you have any questions about Lands or would like to know more, please contact Kristopher in the Lands Department.

Kristopher Por LANDS RESEARCHER kristopher.por@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

### | Lower Nicola Indian Band



### **LNIB ESTATES**

After the death of a community member there are a few things to know so that the estate can be fully settled.

Lower Nicola Indian Band is dedicated to supporting its Members through difficult times. Please contact the Band to report the death of a loved one and to receive assistance.

# WHAT TO DO WHEN A DEATH OCCURS

Contact LNIB
Human Services

Bridget LaBelle
Director of Human Services
bridget.labelle@lnib.net
250-378-5157

Funeral Assistance is available, contact for more details.

Please note that Indigenous Services Canada (ISC) does not share administrator or estate information with the Band. An estate administrator or executor can request support from LNIB when handling an estate through ISC. Contact the Lands Department for more details about dealing with estates on and off reserve.

### **GRAVESITES & BURIALS**

If you are interested to learn more about LNIB gravesites and burial plots, please contact the Lands Department by email at kristopher.por@lnib.net or by phone at 250-378-5157.

LNIB Gravesites mapping and records are currently being reviewed by the Lands Department. If you have knowledge of Lower Nicola gravesites and would like to share information with the Band, please contact the Lands team any time. We would be happy to discuss an opportunity for your participation in the upcoming Gravesites Project.

### BUYER'S NOTICE BOARD



If you are interested in <u>purchasing</u> land or property from a landowner, Contact the Lands Department to have your contact information listed here in the monthly LNIB newsletter.

Hello,

My name is Lorne Dunn and I am interested in purchasing around an acre parcel of land on Nicola Mameet IR1 to place a home.

### CONTACT

Lorne Dunn 250-315-7501 lorne.dunn@yahoo.com

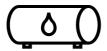
### **SELLER'S NOTICE BOARD**

If you are interested in <u>selling</u> land or property as a landowner, contact the Lands Department to have your information listed here in the monthly LNIB newsletter.



\*There are no posted SELLER notices this month.

Contact the Lands Department if you would like more information.



# CALL FOR POTENTIAL PARTICIPANTS FUEL STORAGE TANK REMOVAL

The Lands Department is exploring funding opportunities for environmental remediation and waste management on reserve.

If you have a <u>fuel storage tank</u> that you would like to be removed from your property, please contact Sayge Fisher, Environmental Protection Coordinator at: <u>Sayge.Fisher@Inib.net</u> to report it and have it added to the list for potential removal services.

Please be advised that removal of the fuel tanks is not yet guaranteed. The purpose of this call-out is to collect evidence regarding the need for waste management funding specific to fuel storage tank removal services.

### **REDUCE - REUSE- RECYCLE**

**REDUCE** – This is the first step in controlling the amount of waste one produces, reducing the use of unnecessary items such as single use plastics of excessive packaging.

**REPAIR/REUSE** – Most items have more than one use, reusing or repairing items as opposed to simply buying new will save money, lessen your garbage load, and help protect the environment.

**RECYCLE** - Recycling is a way to return the garbage we have created back to the manufacturing process. Certain materials can be broken down and remade into a new product or repurposed for the original product in which it was intended for.





### **BENEFITS OF REDUCING, REUSING & RECYCLING**

Personal benefits include reducing the amount of garbage one creates, lessening the load to carry it to the curb and lengthening the time between needing to change the garbage bags.

Recycling Return-It locations offer your deposit back for drink containers, returning these items in bulk can. Reusing, or repurposing items you already own saves money by reusing items instead of buying them new. Thrifting is also a great option to buy clothing, houseware, small appliances, glassware, toys and much more for very reduced prices.

Larger, long-term benefits include the conservation of limited resources, diverting waste from being piled into landfills or littered on the ground and contributing to a healthier community by removing excess waste.



**REUSE TIPS** – Reusable water bottles can significantly reduce the amount of plastic you dispose of daily.



Egg cartons make wonderful seed starting trays for sprouting, seedlings can be planted directly into the ground when the sprouts outgrow them as opposed to transplanting.



**REDUCE TIPS** – Buy items in bulk when you can, reduce the amount of individually packaged items when shopping. Community Farmer's Markets are a great way to access fresh, local produce and products with minimal to no packaging involved.



Have extra raw fruits and vegetables that need to be used? Odd bits and ends from chopping up meat or vegetables? Freeze these items to use in baking, cooking or make a soup stock with. This ensures you are getting all the nutrients possible from your food!



**REPAIR TIP** – Clothing can be mended, altered, or donated before being thrown away. Clothing swaps offer the opportunity to upgrade your wardrobe for free, it also allows you to see your clothing gain a new life. These events also given individuals a chance to socialize and bring more extensive meaning to the fashion industry.

Did you know the clothing industry is one are the largest global contributors to landfills? Clothing items that are beyond repair can be cut up and their fabric used to make quits, blankets, new clothing items, artwork or simply and possibly the most useful household item: spare cleaning rags.







**RECYCLE TIP** – Did you know you can still recycle most of the items that are not accepted at residential recycling pickup programs? Items such as glass, metal, batteries, tires, used pesticides, oil, paints and large appliances. All of these items are **FREE to recycle** at the **local Lower Nicola Eco Depot** any day from 8:00 am -4:00 pm.

### OTHER ALTERNATIVE WASTE MANAGEMENT METHODS TO TRY:

Composting raw fruit and vegetable scraps for your garden. Supporting local small businesses with packing free options (Farmers markets). Clothing donations drop-off.

Thrift stores.

Yard Sales.

Clothing Swap Events.

Repair & Mend Events





# INVASIVE WEED INFESTATION - HERBICIDE APPLICATION NOTICE



Please be advised that herbicide application of <u>Milestone</u> is planned to treat the Blueweed infestation on <u>Mamit Lake Branch Road and Aberdeen Road</u>, Signage will be displayed.

Please avoid recreation or foraging within the infestation boundary.

This herbicide application is part of a systematic effort to eradicate the blueweed infestation and prevent the future spread of this noxious weed within Nicola Mameet.

<u>Milestone</u> herbicide is considered minimally toxic to wildlife and is designated as a "reduced -risk" compound by the Pest Management Regulatory Agency (Health Canada).

Please contact the Lands Department Environmental Protection Coordinator for more information on this herbicide or to report known infestation locations: sayge.fisher@lnib.net

## **CALL FOR PLANT SUGGESTIONS!**

Are there species of native plants that you don't see enough anymore?

What kind of vegetation do you think would best suit or benefit the community?

Please email plant suggestions to the Environmental
Protection Coordinator at sayge.fisher@Inib.net
Your suggestions are greatly appreciated and will be

included in any potential future revegetation plans!



### | Lower Nicola Indian Band



Jordana McIvor | Housing Administrator

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

### **LNIB HOUSING**

Find information about the LNIB Housing online at <a href="Inib.net/housing">Inib.net/housing</a>

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).

### 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@Inib.net

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

### **HOUSING MAINTENANCE**

### **Mel Blankinship**

Housing Maintenance

### **Brendan Colter**

Housing Maintenance Assistant

### Jon Moore

Housing Maintenance Assistant



Contact LNIB Housing Department by phone or email or visit us at the Main LNIB Administration Building.

### 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

### | Lower Nicola Indian Band

# HOUSING |NITIATIVE (RHI)



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

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**

14 unit, two story, modular apartment building. This building will have 2 rree-bedroom units, 4 two bedroom units and 8 one bedroom units. Our arget demographic will be women, women and their children, as well as NIB Elders.

Il units will be rent-geared-to-income (RGI), so eligibility and income review *i*ll be done prior to moving in as well as annually and rent affordability will ased on each individual household's income.

### 'ROPOSED LOCATION

ot 278-1 next to the Rocky Pines Community Center



### **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.

### **HOUSING DEPARTMENT: VACANT UNIT UPDATES**

We are still working with contractors to get some much-needed repairs, updates and renovations completed. These units, will be available to rent when this work is complete, and we will be in contact with the next eligible family on the housing rental waitlist when we have a concrete timeline for them to be able to move in. Thank you all, for patience and understanding as we ready these units for the next families that will call them home.



### **VEHICLE REMOVAL**

We are excited to be partnered with Kamloops Auto Recycling and Mario's Towing for scrap vehicle removal in all our LNIB communities. Keeping our communities clean of old vehicles assists with potential environmental concerns that could arise from batteries, tires, old paint decaying and releasing hazardous substances into the environment. Things like coolant, old oil and other liquids can leak over time, seep into the ground, and contaminate the ground water. We would love to get these old vehicles cleaned up to keep our community healthy for generations to come!

If you have multiple vehicles, you would like to be picked up you can call Kamloops Auto Recycling at 250-574-4679.

If you have single vehicles, you would like to be picked up you can call Mario's Towing at 250-378-9241.

### **REMINDER TO ALL TENANTS**

If you need to change the locks on your unit for any reason, please ensure that the Housing Department has been notified and provided prior written consent. You are also required to provide the Housing Departments with a key ensure the maintenance team will still have access to the unit in case of an emergency. Otherwise, this can be considered a breach of the rental agreement and a Notice of Breach may be issued.

We appreciate your cooperation on this matter and should you have any questions or concerns please feel free to contact us at 250-378-5157.



# **HOUSING ANNOUNCEMENT**

The housing department has a list on file of <u>all</u> of our houses on reserve (which include Band Rentals, Rent-to-owns, CP's and Traditional Land homes) and how many occupants reside in each unit. We do our best to keep the list updated at all times and would appreciate your assistance in keeping this list as accurate as possible for <u>safety and emergency purposes only</u>. We do not need to know names of each occupant in the unit but would appreciate updates on how many individuals are living in each home which includes babies, children, teenagers, adults and elders.

If at any time your family size changes, for any reason, please e-mail the information to Ashley DeGray at Ashley.degray@lnib.net or call 250-378-5157.

We appreciate your cooperation and look forward to hearing from you!

# Free Energy-Saving Upgrades



# Help your community members save money and increase the comfort of their homes.

The Energy Conservation Assistance Program (ECAP) provides qualified\* community members of First Nations Bands with FREE home energy assessments and no-cost installation of energy-saving products.

Products installed may include:

- > Energy-saving light bulbs
- > Water-saving showerheads & faucet aerators
- > Door weatherstripping

Community members living in houses and townhouses may even qualify for an ENERGY STAR® fridge and insulation installed in their crawl space, walls and/or attic.

Get started today! Contact Jordana McIvor-Grismer in the LNIB Housing Department.

All on reserve houses are eligible for the initial energy assessment. This will provide you with some of the above listed products and will determine your eligibility for other upgrades.

We're working together to help B.C. save energy.

"The contractors did a great job and were more than

accommodating." Colin – Haisla Nation

Council





B16-285

# WETLAND ON OUR LAND

LNIB's Engagement in BCIT Wetland Restoration

by Macus Ong (Habitat Stewardship Coordinator, Economic Development)

### What is Our Wetland?

Wetlands are a significant feature of land in British Columbia's landscape. Some wetlands may include swamps, marshes, bogs, and fens — basically an area inundated with water. They provide amazing ecosystem services in terms of environmental, recreational, cultural, and traditional benefits, including carbon sequestration (or sink), water filtration, groundwater storage, flood control, climate change mitigation, or even as a wildlife viewing patch!

### **BCIT Wetland Restoration Program**

The restoration of wetlands has always been a priority for British Columbia Institute of Technology (BCIT). Gaining outside-of-classroom and practical experience is one of the essential components for graduate students in the Ecological Restoration program. The program has been put to a halt due to the onset of COVID-19 pandemic in 2020. When restrictions are relaxed in 2022, BCIT embarked on its journey to Logan Lake again to restart its wetland restoration project that has been put on hold since 2020. I was not able to partake in any hands-on experience in wetland design and construction, or restoration activities during the pandemic as a BCIT alumnus. It was a great opportunity for LNIB to participate in this wetland restoration program.



Photo shows LNIB staff and Elder who participated in the BCIT and BCWF Wetlands Workforce program. Left to right: Macus Ong, Steve Wilks, Elder Jackson Photo by Jessie Spence (BCWF 2022)



Jackson's expressing appreciation in the closing ceremony. Photo by Macus Ong (LNIB 2022)

### Past LNIB Engagement

In the previous years, as a form of engagement and relationship building, LNIB Elders and youth were invited to British Columbia Wildlife Federation (BCWF) Wetlands Workforce projects in the Traditional Territory to learn about active wetland restoration sites. Whilst being able to take in the work that is being done on site, Elders and youth are also exchanging cultural, traditional, and Indigenous ecological knowledge with BCWF's work-pods. This two-way learning experience is significant to the Indigenous communities as the land must be managed by integrating Western and Indigenous approaches.

### **Current LNIB Engagement**

This September, LNIB was invited to participate in the wetland restoration as part of a reconciliation and relationship building. We had less than a week to prepare and plan before the event began. However, plans quickly took shape within the week given such a short notice. As a participating partner, BCWF was very supportive and respectful. They held a virtual meeting with LNIB and BCIT to support LNIB's request in the process of engagement, and were very helpful in accommodating mobility, and health and safety concerns we raised for LNIB Elders.

It is an amazing effort to have BCIT instructors, BCWF staff and Indigenous liaison, as well as LNIB Economic Development staff put together a plan to participate in the opening and closing of the wetland building. We were honored to bring our very respectable Elder, Mr. Johnny Jackson, to join the opening and closing of the wetland restoration, blessing the site before and after being restored. The site is in the Meadow Creek Golf Club in Logan Lake.

The wetland restoration program spanned across a week from September 12 to 16. Some of the restoration work include heavy machinery and equipment excavating the land, application of peat in the flooded site to decrease pH levels, overlaying mulch over the remainder of the wetland, and revegetation.

# "EVERYTHING RELATES TO ONE ANOTHER," ELDER JOHNNY JACKSON



Participants making a circle during the opening prayer on September 12. The site is at Meadow Creek Golf Club in Logan Lake. The photo shows the site pre-restoration. Photo by Macus Ong (LNIB 2022)

### A Warm Start

To begin with, despite a rather cold morning, we received a warm and cordial welcome by BCIT instructors and students, and BCWF staff. During the opening prayer ceremony, Steve was happy to join the circle of the participating members from BCIT and BCWF. Many anecdotes were shared by our Elder and it was a pleasurable experience for all to learn and exchange knowledge from each other.

I, on the other hand, was flying a drone over the circle and around the site on both days we were present to record some video footage and still imageries of the ceremony.

### A Memorable Closing

During the closing prayer ceremony on 16 September, a Friday morning, Elder Johnny Jackson started drumming and performed a Welcome Song. *Spirits welcome us*, says Elder Johnny Jackson. He then continued with another Traveling Song that would serve as a farewell for individuals who have come this way (to Logan Lake) and for those who will make their journey back to wherever they come from, and for those who will help the world with the knowledge they possess. At the end of the ceremony, we were extremely honored to be brushed down by the Elder with his fan made from eagle feathers.

After the ceremony, students interacted with the Elder by sharing with him activities that took place in the past few days and gave him a small tour around the site. 'I don't even recognize this place; did you bring me to the right spot?' says Elder Johnny Jackson, making a comment about how different the site looks just days apart. The last day of the wetland restoration involved a lot of vegetation planting, some of which include Oregon grapes, spruce, Ponderosa Pine, as well as live staking of willows. Live staking of willows around the wetland is to help reduce erosion of the banks. It is a fast and efficient way to establish root systems in the soil and bring back natural vegetation to the newly restored wetland site.





# "I AM VERY PROUD OF THE STUDENTS' WILLINGNESS TO LEARN, NOT ONLY EDUCATIONALLY, BUT ALSO CULTURALLY. IT MAKES ME FEEL GOOD," ELDER JOHNNY JACKSON



Photo shows the wetland after it is being restored. Vegetation planted adjacent to the wetland can be seen from aerial view. Photo by Macus Ong (LNIB 2022)



**Up**: Elder Johnny Jackson brushing down participant at the wetland restoration site. **Left**: Elder Johnny Jackson drumming and singing the Traveling Song. **Right**: BCIT student sharing types of vegetation planted

### **Looking Forward**

BCWF and BCIT are hopeful the engagement and relationship with LNIB is very much alive and will continue to build and grow in the coming years.

What will come next is a forum that will take place in Shulus Hall. Be sure to keep your eyes open for an Elders Forum that will again be joined by BCIT and BCWF. This will be a cultural and knowledge exchange forum between BCIT and LNIB with respect to wetlands restored in the past and present. BCIT will present to LNIB their wetland restoration program and learn from LNIB Elders what can be improved to gain feedback to apply to future sites that require restoration. What is exciting is also a guided tour to Logan Lake to show LNIB Elders previously and newly restored wetlands!

LNIB is looking forward to our continuous engagement with BCIT and BCWF with respect to wetland restoration that will take place in LNIB Traditional Territory.



# CHINOOK SPAWNING

LNIB's Engagement in Spius Creek Hatchery

■ by Macus Ong (Habitat Stewardship Coordinator, Economic Development)

### What do the following fish have in common?

- Chinook Salmon;
- Coho Salmon;
- Steelhead Trout; and
- Sockeye Salmon.

They offer members of the LNIB community substantial economic, traditional, and cultural benefits to LNIB community members. Most importantly, they constitute a crucial component of the rights and interests of LNIB members.

In June 2022, Economic Development Department organized a trip to Fisheries and Oceans Canada (DFO) Spius Creek Hatchery. We were given a guided tour in and around the hatchery. Apart from knowledge on species of salmon at the hatchery, origins of the fish, and we were also provided with information on hatchery operation and management and operation of a hatchery. We also expressed our interest in continuing to discuss opportunities for LNIB to participate in salmon egg-take, incubation, and release, as well as access to fish for ceremonial purposes.



Spius Creek Hatchery visit in June 2022. From left, Steve Wilks, Leesa Mike, Chad Findlay, Greg Schuler from DFO, and Rod Malcom. Photo by Macus Ong (LNIB 2022)

LNIB was invited by Spius Creek Hatchery to take part in a Chinook spawning in September. On September 12, Steve and myself had the pleasure representing the Economic Development Department to partake in DFO's Chinook salmon spawning process at the hatchery. I was involved in the actual handling of the fish throughout the three-hour spawning and fertilization processes. Our department is looking to establish an LNIB-owned hatchery as one end goal. Having an opportunity to participate in spawning activity organized by DFO will therefore greatly benefit LNIB in relation to learning the operation and management of a hatchery, some of which may include egg-take, spawning, and release of juvenile fish.

### Goals for this trip:

- To learn methods of fish handling
- To acquire knowledge of spawning fish and fertilization

The Chinook salmon acquired for this spawning process are donor stock that comes from Salmon River.

- 1. Female fish are examined for ripeness.
- 2. Female fish that are ripe are then transferred to a bucket mixed with Vidalife solution. In fish hatcheries, Vidalife is a water conditioner formulated and used for handling and moving fish. It helps protect fish from abrasions by preserving the fish's natural mucous coat.
- 3. They are clubbed on their heads and transferred to another bucket. These fish will be used for egg-take and fertilization.



Female fish are transferred to another bucket after they have been clubbed. Photo by Macus Ong (LNIB 2022)

4. Male fish are then selected. Milt is taken from them. After that, they are released into the raceways. Some males will be used again if there is not sufficient milt to fertilization all the eggs taken from the female.



Milt is taken from the male Chinook salmon. Photo by Steve Wilks (LNIB 2022)

- 5. Samples are taken from their adipose fins for DNA testing. The male fish are clipped at their operculum (gill) plate to signify that they have been sampled.
- 6. All fish are now transported to the fish handling room for egg-take.
- 7. Female fish are cut on their mouth and bled out. They are hung upside down accordingly. This is to prevent blood from contaminating the eggs.



Female fish are hung upside down. This is to bleed the fish, and to prevent the blood from contaminating the eggs. Photo by Steve Wilks (LNIB 2022)

8. Fish are taken by their tail and head to the gut cutting station for egg-take.

### | Lower Nicola Indian Band



Kidney samples are taken from female fish for BKD testing. Photo by Macus Ong (LNIB 2022)

- 9. Fish are held at around 45 degrees and cut open with an S-shaped gut cutter. The bowls used to contain eggs must be dry to prevent cross contamination from water.
- 10. After the eggs are extracted from the sack, they are moved and placed on another station.
- 11. Here, kidney samples are taken and sent to Nanaimo for Bacterial Kidney Disease (BKD) testing. Otoliths are also sampled for thermal marking.
- 12. The eggs are transferred to the fertilization station next door. The eggs are mixed with milt taken from previous male samples that have been added with activator solution, and the milt from the male fish sample on the spawning day. One bowl of female eggs is mixed with milt from two male fish to increase the gene pool of the fish, as well to prevent failure in fertilization by depending on one sample of milt.

13. The mix of egg and milt are let to sit for three (3) minutes for fertilization. The fertilization process is successful when the solution in the bowl starts to bubble.



**Left**: Milt and eggs are mixed in bowls, and then they are left to sit for three minutes. From left, the photo shows Steve from LNIB and the Operation Manager of Spius Creek Hatchery. **Right**: When the mix of milt and egg starts to bubble, it means the fertilization is active and successful. Photos by Macus Ong (LNIB 2022)

14. After that, the eggs are rinsed with 10 °C well water. Dead and harden eggs that are contaminated will be picked out during this process.

15. The eggs are now fertilized and transferred to the incubation trays. They will now be kept in cooler water to slow their growth before they grow into fingerlings. They will be ready to be transferred to the raceways in the hatchery come next Spring.

The fish use for spawning will be disposed of at the landfill. The fish are not released back into the water system due to their handling in chemical solution, and such is also to prevent contamination. At the end of the day, we gained a lot of valuable knowledge from this hands-on experience, including the protocol of handling fish at the hatchery facility, and how a hatchery can contribute to helping the local community in many ways. We also look forward to discussing opportunities for LNIB to participate in future activities organized by Spius Creek Hatchery.

When it comes to helping salmon, we cannot always leave it to SALMON else!



# **REDD SURVEY**

LNIB's Aerial Drone Investigation and Survey on Chinook

■ by Macus Ong (Habitat Stewardship Coordinator, Economic Development)



# Did you know that Chinook salmon are making their redds (known as nests) in Spius Creek and Nicola River?

LNIB has been flying a drone to look for Chinook salmon redds in the past two weeks. The investigation began downstream of the Nicola Dam but due to dense tree covers on the riverbanks, I was unable to proceed farther after doing an aerial sweep of 200 m. Apart from that, we were able to cover grounds such as the following:

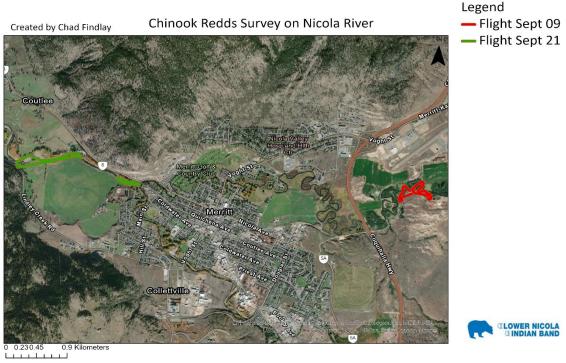


Figure 1. Map of Chinook redd survey on Nicola River on September 9 and September 21.

- 1.2 km of Nicola River adjacent to the Coquihalla Highway (shown in Figure 1);
- 1.9 km of Nicola River from the confluence of Coldwater and Nicola Rivers (shown in Figure 1); and
- 1 km of Spius Creek (shown in Figure 2)

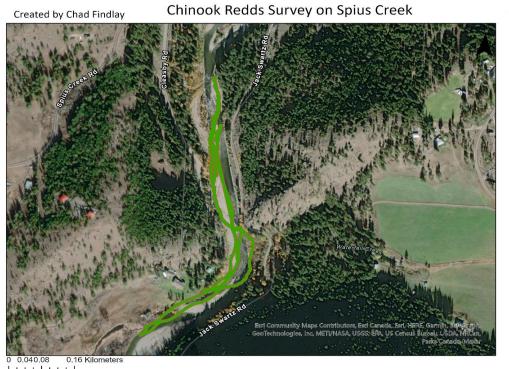


Figure 2. Map of Chinook redd survey on Spius Creek on September 19.

### Legend

- Flight Sept 19

### Opportunities

- 1. Aerial survey with a drone is more cost effective while posing minimal impacts on the fish/aquatic animals.
- 2. A drone can possibly cover grounds that are difficult to access.
- 3. Digital records from the drone can be examined repeatedly.

### **Lessons and Challenges**

From lessons learned, we will continue to improve our future flight performance.

- 1. Do not conduct the flight facing the sun. Glares from the screen of the mobile phone, even with the help of polarized glasses on the flight crew, can pose difficulties in flight navigation.
- 2. Having a shade or overhead protection will greatly benefit each flight navigation as shades will minimize glares on the screen
- 3. Binoculars will help the flight crew to keep the line-of-sight of the drone in view.
- 4. Tree covers and canopy will add extra layer of difficulty for drone to access due to the loss of transmission because of interference, and the loss of line-of-sight.

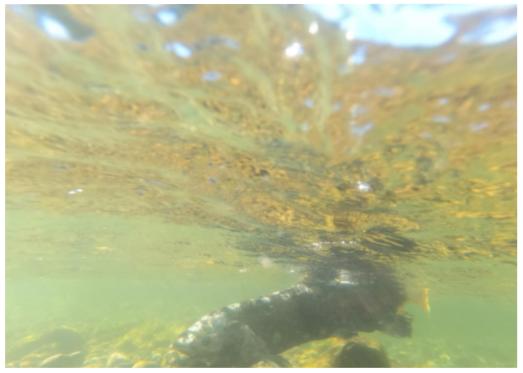


Photo shows a large component of sand and silt in the main stem of Nicola River adjacent to the Coquihalla Highway in Merritt. Photo by Macus Ong (LNIB 2022)

From our aerial survey, we found that the section of the Nicola River adjacent to the Coquihalla Highway in Merritt contains a lot of sand and silt materials in which it is not an ideal location for fish to make redds or spawn. We saw many Chinook salmon and their redds in the water system, some of which are very close to the wetted edge of the water. I also waded the creek to look for eggs but was very careful not to get too close to their redds to prevent disturbance if the fish have already started laying eggs. I also tried to measure the length and width of one of the redds in the Spius Creek by using a 1-m stick.



Chinook redds in Spius Creek are visible from the aerial view. Photo by Macus Ong (LNIB 2022)



Chinook salmon in Spius Creek. Photo by Macus Ong (LNIB 2022)

Following the aerial survey will be data wrangling that will entail redd and fish count in order to create a baseline data for LNIB for Chinook salmon that came into the water systems.

We have current notice posted on the Facebook page for LNIB Members:

Good morning. This is to notify members that LNIB will be conducting aerial fish and stream surveys on the Nicola River and Spius Creek, from 19 to 29 September 2022, between 9 am and 4 pm. We will continue to update from time to time should there be new drone surveys. Thank you.

We will continue to post notices of survey from time to time. Please stay tuned to LNIB Membership Facebook page!

The Aquatic Habitat Restoration Fund program under Economic Development Department is looking for knowledge keepers and holders who are willing to participate in our survey and share knowledge about redds! Survey forms are available at the front desk of the Economic Development office. Please do not hesitate to grab a copy and fill it out! You could also fill out the survey form online, by clicking the link Aquatic Habitat Restoration Funding Project Study - Survey (microsoft.com). We sincerely appreciate your responses and thank you for your valued contributions. Please reach out to Macus Ong at macus.ong@lnib.net for more details.

k<sup>w</sup>uk<sup>w</sup>scémx<sup>w</sup>

### **LNIB Economic Development – Grants and Funding Opportunities**

LNIB Economic Development has worked diligently to seek, apply and utilize funding opportunities for a variety of initiatives. The following are opportunities we have been pursuing since April 1, 2022, and have others on the way. If you have ideas, want to contribute to the success of the delivery of grants or are keen on starting a business, please reach out to the Economic Development Department.

**Aquatic Habitat Restoration Fund - Base Funding** – Applied for \$161,000 to continue work on the capacity funding. This grant will fund the salary for our Habitat Stewardship Coordinator, fish counts, professional services and bank stabilization research.

**Smart Renewables Electrification Program (Aspen) (Highland)** - This grant funded two separate capacity engagement grants for \$50,000 respectively. Funding was used to hire consultants and experts to develop LNIB's capacity and engagement in potential solar projects. This opportunity was from Natural Resources Canada and is currently ongoing.

**Building Economic Development Capacity** – This \$14,000 opportunity is funding the development of the LNIB Business Incubator and upgrading the current webpage for Business Listings at LNIB. This opportunity was from the Economic Trust of the Southern Interior and is currently ongoing.

**Terrestrial Cumulative Effects Initiative** - Received \$300,000 to continue working on the Cumulative Effects from the Trans Mountain Pipeline. Funding was used to hire a Cumulative Effects Coordinator, purchase equipment and work with a professional consulting firm. This opportunity was from Environmental Climate Change Canada and is underway until 2024.

**Community Opportunity Readiness Program** – This \$15,000 funding opportunity is for a pre-feasibility study for a Biomineral Fertilizer Project. This opportunity was from Indigenous Services Canada. This study is currently on going and will unlock an additional \$220,000 to complete the feasibility study.

**Local Food Infrastructure Fund**— This \$250,000 opportunity from Agriculture Canada, is aimed at constructing a greenhouse, purchasing an industrial meat smoker and upgrading the irrigation at Shulus Community Garden. It will also provide opportunities for training and provide local produce for the community.

**First Nations Clean Energy Business Fund (Aspen)** - This grant funded two separate capacity engagement grants for \$50,000 respectively. Funding was used to hire consultants and experts to develop LNIB's capacity and engagement in potential solar projects. This opportunity was from Natural Resources Canada and is currently ongoing.

Nation Building - This \$40,000 opportunity from New Relationship Trust will fund pre-feasibility work and

capacity building to investigate potentially working with Enbridge and their Hydrogen Fuel project. This opportunity is currently ongoing.

**National Infrastructure Fund** – This \$190,000 opportunity from Infrastructure Canada is aimed at completing revegetation work on reserves and a riverbank stabilization project at Hamilton Creek. This opportunity is currently being worked on collaboratively between Economic Development and Lands.

Adam Ova Project Manager



Do you require a COVID vaccine??

• We offer 1st/2nd/3rd/4th doses

# Call the Lower Nicola Indian Band Health Centre today and book your appointment @ (250)378-5157

Monday - Friday 8:30-4:30

Thank you we look forward to helping you – LNIB nursing staff!



### October 2022 - Elders Program Calendar

Please sign-up for any programs you would like to attend Rides are available for those with limited transportation Please contact Elders Coordinator Shyla McColl @250-936-8779



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1.
2.	3.	4.	5. Aqua Fit / Pool Day 11am – 1pm	6. Thanksgiving Luncheon Rocky Pines 12pm – 1:30pm	7. Cooking Group Soup Kitchen 11am – 3pm (Apple & Pumpkin Pie!!)	8.
9.	10.	11.	12. Grandmothers Group. Ribbon Skirts @Culture Center 9am-2pm	13. Teacher Guided Painting Rocky Pines 1pm – 3pm	14. Rotary Online Bingo Rocky Pines 5pm start	15.
16.	17.	18.	19. Chair Yoga / Meditation Rocky Pines 10am – 12pm	20. Elders Luncheon Soup Kitchen	21. DIY Halloween Decorations. Soup Kitchen 1pm – 3pm	22.
23.	24.	25.	26. Dessert Hills Pumpkin Patch	27. Pumpkin Painting Rocky Pines 1pm-3pm	28. Bingo Rocky Pines 1pm-3pm	29.
30.	31.					

### Addiction: Can We Start A Conversation?

Addiction is hard to talk about. It is a word that has powerful meaning for almost everyone in every society on earth. It is a word full of pain and overflowing with suffering. It is enraged with anger. It is sobbing in heartache. It is lost in confusion. It is maddened by powerlessness. It is potent with bitterness, evergrieving, yet relentless as it batters the clinging shreds of hope in our souls. We can chase it forever and never catch it. We can study it, fight it, run from it, ignore it and yet, no matter the path chosen, it is ready to spring up right in front of us and all the while jeering at us, taunting us.

Talking about it is like trying to walk through a mine field. You never know what is going to set something off. For some it is the issue – the thing that is the problem. If only addiction was gone, all the problems would go too. For others it isn't the problem but the thing that shows there's a problem – a symptom. If only the sadness, the suffering was gone there would be no need for addiction. We are all taught it is unhealthy, and we can all see the destruction in every form, yet we are encouraged to play with the line to entertain ourselves. From porn to pills, from smoke to coke we swallow it up, drink it down, gamble it away and then twist and turn in every direction to explain or avoid or hide.

Whatever the chosen form, It is seen and hailed as a saviour each day, yet offers the same hell over and over to millions. The struggle is unavoidable even when we try to turn a blind eye. The evidence is always before us yet the solutions never seem to materialize. What do we do? How do we plug the hole in the dam when the bandaids have run out? When resources are exhausted or refused? Where do we turn when information does not create the solutions we were told it would? What do I do with the next seminar when awareness is already everywhere?

The list of thoughts, quick ideas that float around can swamp us ... There must be something I missed. Maybe this next time will be the time everything turns around. If I just give a little more money. If I only say "no" instead of enabling. If only I learn a little more. Let them know you care. Use boundaries. It's called tough love. It's a choice. Give consequences. Take away consequences. Let them hit rock bottom. Give supports so they don't hit rock bottom. We are part of a never-ending yo-yo of options. How do we stop the anguish of our own hearts? How can I quench the fury of my powerlessness?

So many things pour through our hearts and minds from our own lives through to loved ones across generations and neighbourhoods and communities. We are all longing for, wanting the same thing – an end to addiction, and end to cycles, an end to pain and suffering. Connecting about all of this is hard. It can be embarrassing, liberating, discouraging, hopeful, aggravating, and enlightening. Together we can find a sustaining strength that is much harder to maintain than when we are alone with it.

Over the next few articles, we will take a closer look at what is out there for perspectives, options, resources, and information.

In the meantime, I would like to invite you to a face to face gathering where we can connect and care without judgment, without being force-fed info or advice. Light refreshments provided with coffee/tea. Join me starting on Thursday, October 6th for "One Day At A Time" from 1 to 2:30pm at the Shulus Soup Kitchen.

Looking forward to connecting with you.

Tony Broman, Counsellor

### Hénłekw.





1) Huckleberry picking at North Bend

2) Nłe?képmxcin beginners Group on Thursdays





3) Kokanee fishing at night

4) Bee hive seasonal maintenance

- 1. Everyone got berries, Jack McIntyre gifted LNIB Culture Center a bag of dried salmon.
- 2. Næ?kepmx language beginners group on Thursday evenings has a good turn out.
- 3. Kokanee night fishing (pinkish color above the middle is a Kokanee), they are a small land locked salmon.
- 4. This is the bees near entrance, there are a lot more bees under this board where the honey is.

### **LOWER NICOLA INDIAN BAND – CULTURE REVITALIZATION DEPARTMENT**

Joe Shuter: 250-315-7487 Carole Basil: 250-315-9158

### **LNIB Fire Hall**

### August and September callouts 2022:

Fire call outs: 3 Medical call outs: 7 Rural rescue: 2

MVA (Motor vehicle accident): 1

Total: 13

### **Monday Night Practices!**

- BC Ambulance
- Learned how to do cribbing on a car
- Practiced how to use our SCBA (Oxygen tanks/masks) and get into our gear in a timely manner. (Basic training)
- We learned how to run a hydrant and "minute man" with the hose (how to probably lay it on the fire engines.)
- How to pull the hose properly and efficiently from the fire engines.
- Practiced how to tie knots for rural rescues.
- We have been practicing with "the jaws of life" often for motor vehicle accidents.

In the past few months, we have welcomed several new volunteers having a total of 8 involved & active volunteers. We are always recruiting and looking for any members who would love to join our fire team!

Merritt fire hall has graciously invited our fire fighters to train with them for the past 8 weeks on Tuesday and Wednesday every week. We are extremely excited to continue this training program with the Merritt fire department. Increasing the level of expertise as our experience and knowledge grows.

We have also joined in at the band school helping FNESS present an outstanding safety presentation to all the kids! It went of without a hitch.

The fire fighters have been joining in on several community events. One of their favorite experiences being at the cultural center getting smudged.

Hayley Parsons
Fire Captain
Lower Nicola Indian Band
Phone: 250-378-5110



# Support Group for Grief or Loss Drop In for October 2022

Come join for conversation with others who are going through a similar Experience.

# (@ Rocky Pines Center) Every Thursday



Time: 9 am - 10:20 9am- 9:15 Smudge & prayer

9:15am -10:15am-Group time

### Agenda

Week 1- Going to the water (Water visit)

Week 2- Cultural Teachings
(Guest Speaker)

Week 3- The Grieving Brain

Week 4- The Tree of Life

Contact: Irene Howe (378-7340)

### Shulus Arena

With the end of September upon us, we enter fall with a fresh sheet of ice.

This new season brings with it some new skates, maybe some new twigs and hopefully an endless supply Of people enjoying their ice time. Another new addition that you should see this season is a new Zamboni. We will be ushering in this year with an electric Zamboni that will compliment out solar panels that Populate our roof and will do their part to shrink our carbon footprint as we do our best to be good stewards of our lands.

We have hosted the first of many tournaments this year already. The HPL (High Performance League) kicked off their slate of tourneys, along with the many faces at the tourney were a couple ex NHL'ers, an ex Captain of Les Habitants & an ex-goalie of the Edmonton Oilers were seen watching their kids play at our arena. This could be a regular occurrence this winter as the HPL has many more events over the course of the hockey season. Feel free to pop in and say hi to James, our arena attendant, Ryan, in the concession or myself, Gylan Bose. October will be busy with many patrons entering our doors, we welcome all our user groups to safely & responsibly enjoy our facility.



### **Shulus Community Garden Final Harvest**

- 1) Beets
- 2) Carrots
- 3) Corn
- 4) Small Cucumbers
- 5) Long Cucumbers
- 6) Cabbage head
- 7) Swiss Chard
- 8) Leeks
- 9) Onions
- 10) Spaghetti & Acorn Squash
- 11) Zucchini
- 12) Shulus Garden Honey
- 13) Assorted Herbs
- 14) Honey
  - ➤ Routine harvest schedule: Monday & Tuesday mornings.
  - > Contact Kat Peterson at 250-378-7561 to place an order.

