

| Lower Nicola Indian Band

ELOWER NICOLA INDIAN BAND



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| Lower Nicola Indian Band

November 2022 |

Message from the Executive Director

Dear LNIB Members,

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

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: Paul Robillard, Janitor; Amanda Forman, Fire Fighter; James McDonald, Fire Fighter; Ralph Ditrocchio, Arena Attendant.

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



Committees and Liaisons: There were no committee meetings during the election time and the committees will need to wait for Chief and Council to appoint chairs. 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 tentatively November 28, 2022.

Support to Chief and Council: Chief and Council met October 25th for the Oath of Office signing

with a public signing tentatively November 17, 2022 at 5:00 pm. Regular scheduled Chief and Council meetings will be November 1st and 15th with the newly elected Chief and Council. Chief and Council meetings will also be November 8, 22, and 29th for Orientation. Strategic Planning will be scheduled in December. 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.

Henle,

A warm greeting to all. I may fall short of words to express my emotions and gratitude for the opportunity I have received to be a member of the council table for LNIB.

I extend my sincere thanks to my family, friends, and loyal supporters who have taught such capabilities in me that I felt confident to be able to offer my duties and responsibilities as a council member. Also, I thank all the people who trusted me and have put their faith in me.

A team is like a toolset; not one tool can do all the jobs, but together it can, so let's join our hands together to work with team spirit for the good of our band and for the well-being of our people.

Let's take our band to the greater heights of success.

Thanking you once again!

Lesley Manuel

K^wuk^wsčémx^w huméł cúk^w



Lower Nicola Indian Band Job Opportunities

For full job description and to apply go to https://secure.collage.co/jobs/Inib

LNIB Band members will be given priority for all job opening.

Title and Rights Administrator

Hours: 35 hours per week Start Date: ASAP Reports to: Director of Economic Development **Summary of Responsibilities:**

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.

Receptionist

Hours: 8:30 am - 4:30 pm, Mon to Fri Start date: Flexible Wage: \$20 per hour (\$18.50 during 90-day probation)

Summary of Responsibilities

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

Summary of Responsibilities

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

Housing Administrative Assistant

Hours: 8:30 to 4:30 Mon to Fri Start Date: ASAP Wage: \$20 to \$24 per hour depending on education and experience

Summary of Responsibilities:

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

Lands Administrative Assistant

Hours: 8:30 to 4:30 Mon to Fri Start Date: ASAP Wage: \$20 to \$24 per hour depending on education and experience

Summary of Responsibilities

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

Summary of Responsibilities

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.

LNIB Work Force



Employees by Department







LOWER NICOLA INDIAN BAND

CHIEF AND COUNCIL

TERM 2022-2025

SWEARING IN CEREMONY AND DINNER

Swearing-In and Oath of Office For The 2022 to 2025 Chief and Council Members;

NOVEMBER 17, 2022 6:00pm LNIB School Gym, 201 Horn Rd

- ➢ 6:00pm- Welcome
- ➢ 6:05pm- Opening Prayer & Song
- ▶ 6:10pm-Dinner
- ➢ 6:55pm-Announce Swearing-in Ceremony & Prayer
- 7:00pm- Dancers lead in the Chief & Council
- 7:15pm-Chief and Council sign
- 7:30pm-Chief & Council Honor Song & Retire the Colors

LOWER NICOLA INDIAN BAND

14 UNIT APARTMENT BUILDING

GROUND BREAKING

NOVEMBER 2, 2022 11:00AM-1:00PM ROCKY PINES COMMUNITY CENTER, COUGAR CRESCENT

11:00AM-WELCOME ADDRESS 11:10PM-OPENING PRAYER & SONG 11:15PM-SPEAKERS 11:30PM-CLOSING REMARKS 11:45PM-GROUND BREAKING CEREMONY 11:55PM-DRUMMERS AND SONG 12:00PM-LUNCH

CELEBRATE WITH US AS WE BREAK GROUND FOR CONSTRUCTION OF THE LOWER NICOLA INDIAN BAND 14 UNIT APARTMENT BUILDING



Call for Bids

Catering bids are now being accepted by Lower Nicola Indian Band for a Ground Breaking Ceremony held at the RP Center November 2nd, 2022 12:00pm.

- Seeking bids for November 2nd, 2022 Lunch for approximately 100 people: Menu must consist of diabetic friendly and/or Gluten free options main course, small desert and beverages.
- Cost estimates for guaranteed 100 including plates, utensils, napkins, cups, condiments (salt/pepper, butter etc.)
- **3.** Beverages to be made available by 5:00 pm and be made available throughout the meeting (coffee, tea, juice, and water)
- 4. Meals to be served consistently throughout the meeting Dinner at 5:00 pm
- Caterer to ensure that acceptable number of crew has Food Safe Certificates;
- 6. Ability to serve a meal within amount of time
- 7. 50% of bid could be advanced to successful bid to assist with preparation
- 8. <u>Responsible to Clean-up tables, garbage, kitchen and maintain</u> <u>EQUIPMENT- Put grease into tin cans! Responsible for full organization for</u> <u>entirety of meal preparation (shopping, serving, recruiting helpers, clean</u> <u>up, bring own cooking supplies: pots ect..)</u>
- **9.** Lowest bid may/may not be considered.
- 10. Must have a valid driver's license and a vehicle

There is a kitchen at the RP Center for your use as for cutlery and pots and pans must be supplied by caterer.

Deadline for bids October 31st, 2022 by noon and the successful candidate will be notified by 4:30 pm October 31st, 2022.

Submit your bids to: Human Resources

Lower Nicola Indian Band 181 Nawishaskin Lane, Merritt, BC, in person or (250)378-6188 by fax or hr@lnib.net email or call (250)378-5157 for more information

Call for Bids

Catering bids are now being accepted by Lower Nicola Indian Band for the Swearing in Ceremony held at the LNIB School November 17nd, 2022 12:00pm.

- Seeking bids for November 17nd, 2022 Dinner for approximately 100 people: Menu must consist of diabetic friendly and/or Gluten free options main course, small desert and beverages.
- Cost estimates for guaranteed 100 including plates, utensils, napkins, cups, condiments (salt/pepper, butter etc.)
- **3.** Beverages to be made available by 5:00 pm and be made available throughout the meeting (coffee, tea, juice, and water)
- 4. Meals to be served consistently throughout the meeting Dinner at 5:00 pm
- Caterer to ensure that acceptable number of crew has Food Safe Certificates;
- 6. Ability to serve a meal within amount of time
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- **9.** Lowest bid may/may not be considered.
- 10. Must have a valid driver's license and a vehicle

There is a kitchen at the LNIB School for your use as for cutlery and pots and pans must be supplied by caterer.

Deadline for bids November 10th, 2022 by noon and the successful candidate will be notified by 4:30 pm November 14th, 2022.

Submit your bids to: Human Resources

Lower Nicola Indian Band 181 Nawishaskin Lane, Merritt, BC, in person or (250)378-6188 by fax or hr@lnib.net email or call (250)378-5157 for more information

Celebrating a Sapphire Wedding Anniversary of 65 years on November 2nd.

Mr. & Mrs. Archíe & Edna Blankínshíp

A Never-Ending Love Story, Filled with Family Blessings, Countless Memories, Adventures, and Many Friends.





Thank you for being amazing parents, grandparents, sister, brother, uncle, aunty, and friends to many.

~ You Are Greatly Loved ~

Jenníe, Dwayne, Mel, James & Pam

LNIB COMMUNITY DINNER

Community Dinner hosted by LNIB Human Services and Scwe'xmx Child & Family Services



Nov 10th, 2022 5-7pm Shulus Hall



- Dinner
- Door prizes
- Provide suggestions for Youth & Family focused programs/Events/supports







Nicola Valley

First Nations Veterans invites you...

NICOLA VALLEY FIRST NATIONS VETERANS'

REMEMBRANCE DAY CEREMONIES

FRIDAY, NOVEMBER 11, 2022

10:20 A.M. PARADE MARCH

THIS WILL BE THE LAST REMEMBRANCE DAY CEREMONY HELD AT THE CATHOLIC CHURCH SITE, SHULUS. COME ON OUT AND JOIN US!

2023 WE WILL BE AT THE NEW SITE.

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



Now Hiring



Equipment Operator Nicola Mines Crushing Crew Merritt, BC Experience an Asset \$26-\$28 to start

Careers@infracon.com

Lower Nicola Indian Band

November 2022

EDUCATION DEPARTMENT

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

Shane's Submission

Wow...the time since my last submission has really flown by, but it has only been a few weeks which is probably the reason I feel this way...this being said it has been a great few weeks in all areas of LNIB Education!

Before I share a couple of the highlights that have been going on over the past few weeks I would like to remind all LNIB Members to reach out and ask how we can provide both support and assistance to you and/or your family. Please remember you do not need to be living on-reserve to access programs and services from us — we provide start-up funding support for K-12 students; we attend school meetings with parents to ensure their child is accessing/maximizing full support from any public/private school in Canada and/or Worldwide; we have funds to

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

support students with external human resources such as tutors and counsellors; we have extracurricular activity funds for students K-12; we have technology equipment that can be signed out if needed; and many other areas as well (too many to list). Please reach out to any of the Sector Leadership Members identified above on the right for assistance...if you do not receive a response within one business day you can call/text me directly at 236.575.2135 anytime and I will ensure your message is directed to the appropriate person who will then get in touch.

A couple of key happenings taking place at the current time are:

- LNIB School Principal Leroy Slanzi is implementing "Play is the Way" a practical hands on approach for teaching social and emotional skills — a school wide initiative that incorporates Indigenous Perspectives for learning (Contact Leroy Anytime To Learn More)
- We are creating a plan for SD58 to follow as it relates to our LEA more information in the coming months Contact LNIB Education if you want a copy of our current LEA

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 <u>Shane.Coutlee@lnib.net</u>



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LNIB Education

LNIB EDUCATION DEPARTMENT



sharon.parsons@lnib.net



(250) 378 – 5157 OR (236) 575 - 2105

2160 SETTLERS ROAD HWY 8



SHARON PARSONS, EDUCATION PROGRAMS MANAGER

Hello everyone,

Congratulations to the newly elected LNIB Chief & Council team. May it be a collaborative and productive 3 years.

Halloween will have come and gone by the time this newsletter reaches your household. I hope it was a frightful night filled with fun and lots of tricks and treats.

November 11th is a day of remembrance. Check with your child's school for events planned to recognize this important date.

In support of local Indigenous veterans, you might check out the Nicola Valley First Nations Veterans Project on their Facebook page.



LNIB membership, is 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,

Humelth





Hopefully some/many of you had the chance to make it to the Shuswap to watch the salmon run, what an amazing thing to see. This year was a "dominant" salmon run which happens only once every four years, with millions of fish to be seen.

With November now upon us, we have made it two months into the school year. If you think you might have a student or students in need of one-on-one tutoring or that would benefit with extra help with their schoolwork, Jenn Johnnson is available to help.

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 🐵

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



Hello Everyone,

I hope everyone had a great Halloween and were able to watch some amazing fireworks. October has just flown by so fast.

The weather will be getting colder now, and it's time to dig out your warm clothes and winter boots. Don't forget the toques and mittens too.

Coming up is November 11^{th,} Remembrance Day. A day to remember and be thankful for all the men and women who fought and sacrificed for our freedom.

Soon it will be time to start Christmas shopping and baking.

PSE students are settling in with school and studying. Students are already starting to send in their mid-term grades. I am still updating all the student's contact information.

There are still quite a few members signing up for short-term courses.

Throughout the year, I will be sending out links to apply for scholarships and bursaries so watch for it in your emails. If you need assistance with completing the forms give me a call.

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@Inib.net

LNIB EDUCATION DEPARTMENT

rhonda.dunn@Inib.net (250)378-5157 LNIB (236)-575-2100 DIRECT

2160 SETTLERS ROAD HVVY 8





RHONDA DUNN ADMINISTRATIVE SUPPORT

Hello All,

Welcome November! This time of year, students are starting their third month of school. We hope you are enjoying school and are successful in your studies.

We have received many LNIB Education **School Assistance** forms for K-12 on/off reserve for the school year 2022-2023. 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.

Did you know Khan Academy offers free online practice lessons and tutorials. The Khan Academy is for students, parents, and teachers. This site is setup for grades K-12 and some post-secondary in many education areas of study. Here is the link: <u>https://www.khanacademy.org</u> Again, there is no cost to you, you just need to setup an account and away you go.

Scholarships and Bursary's

- <u>https://indspire.ca/programs/students/bursaries-scholarships/</u>
 Deadlines: November 1, Feb 1 at 11:59pm
- 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: <u>rhonda.dunn@lnib.net</u> Education Matters!



CONFERENCE November 5th, 2022

The Seabird Island Band (SIB) has extended an invitation (First Come First Serve) for Indigenous Youth from our First Nations communities (within the Fraser Valley) to attend the Sto:lo Youth Entrepreneurship Initiative Conference, which will take place at the Seabird Island Band Multi-Purpose Room in Fall 2022.

This is event is by invitation only and letters of invitation were sent to our communities located within the BC Lower Mainland Region. If you are interested in attending this event, please contact our event staff at the email listed below to see if space is available.

The intent of this gathering is to assist Indigenous youth in developing greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable.



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Increase awareness, interest, and the development of foundational finance, investment, planning, and wealth/resource management skills; Encourage Indigenous youth to further their studies in strategic areas, thus enabling them to contribute to their community's socio-economic development and well-being; Create a unique opportunity for Indigenous youth to better understand their current and Goals future role in their local and regional economies; Raise awareness of the importance of completing high school and pursuing post-secondary studies; Assist Indigenous youth by providing insight and guidance into the importance of community planning, good governance, and financial management. Overall, the training will prepare Indigenous youth for their current and future roles in the community. **GOVERNANCE & COMMUNITY PLANNING;** Section **FINANCIAL FUNDAMENTALS** FINANCIAL FUNDAMENTALS (Budgeting, (Budgeting, Investing, Basics of Investing, Basics of Accounting); Accounting); **ENTREPRENEURSHIP** (Identification, **ENTREPRENEURSHIP & MARKETING; Evaluation, Exploring of New Business)** പ്പ **INNOVATION, CAPITAL AND FUNDING RAISING CAPITAL AND CURRENT;** echnic **OPPORTUNITIES; CASE STUDIES** INVESTMENT **OPPORTUNITIES; PROFESSIONAL CAREERS REQUIRED – SIB PRIORITIES** oeaker **GUEST SPEAKERS TO BE CONFIRMED** FREE (For confirmed registered participants) Fees Registration includes: access to all sections; training materials, lunch and coffee breaks. Door prizes will be available

For registration and general inquires please contact:

Mr. Brady Redden Business Coordinator Sqewqel Development Corporation Box 650 – 6895 Chowat Road, Agassiz, BC Tel: 604-703-8691 Email: b.redden@sqewqel.ca

LOWER NICOLA BAND SCHOOL NOVEMBER NEWSLETTER

Hello LNBS families,

The past month has been a whirlwind of excitement for students and staff at our wonderful school. We have started to implement the fundamentals of Play is The Way, which is a program that helps students with their social emotional regulation. Through play we teach students the skills and strategies to work through situations that they find difficult, whether it be with their peers or with adults.

Our focus this past week and for the next few weeks will be around manners and the purpose of using them. Students have been learning about why and when they use manners like please, thank you and your welcome and many more. At our assembly last week, three students from each grade were recognized for using manners in and out of class. They are absolutely embracing the importance of manners and why they are a fundamental part of a healthy and happy school community.



Our students have also learned about working with other students and understanding that the best way to be better as an individual is to work within a community. The community is what makes you strong and safe. We taught the students how important this was through a game called "Islands."

There is no better way to engage students in learning about doing the right thing for themselves and their communities than through play!

We also started our intramural program in hopes of participating in School District 58's Elementary Volleyball tournament at the end of November. Students from Grade 4-7 have been coming together for the past few weeks at lunch time learning how to serve, bump, set and spike. We hope to go Merritt Secondary School at some point in the next few weeks to watch an inter squad game so they can see how an actual volleyball game looks.



Stay tuned for next months update on the ongoings at the Lower Nicola Band School \square

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R 2022 BUTTER In LNB School!!!!

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VEMB

Fri	4 Indian taco salad	11 REMEMBRANCE DAY NO SCHOOL	18 Butter cup Hamburger sliders REPORT CARDS GO HOME	25 Tuna melts	
Thu	3 Beef stroganoff	10 Hero sub Wear Red Day	17 Dill pickte soup	24 Corn chowder soup	
Wed	2 Chicken Caesar wraps	9 Mini pizza veggie	16 Shepard's pie	23 Chicken cordon blue pasta	30 Baked potato& broccoli sauce
Tue	I Beef barley soup	8 Beef stir-fry	15 Crispy chicken oven fries	22 Beef stew	29 Lasagna soup
Mon		7 Turkey veggie soup	14 Teriyaki meatballs & rice	21 Grilled cheese + ham <u>PICTURE DAY</u>	28 Breakfast wraps

| Lower Nicola Indian Band

November 2022 |



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 <u>Inib.net/lands</u>. 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@lnib.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

NOVEMBER 17th, 2022 DECEMBER 8th, 2022 JANUARY 12th, 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.



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@Inib.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



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 Mindy Garcia, I am interested in purchasing land to build a home on or land with a home, even if it's a fixer upper. If you or someone you know may be interested in selling, please let me know. Thank you.

CONTACT 250-280-5684

Hello, my name is Lorne Dunn. I am interested in purchasing around an acre parcel of land at Nicola Mameet IR1 to place a home.

CONTACT 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.

PURPLE AIR QUALITY MONITOR

The purple air monitor is installed and active! It is located on the left side of the Lands and Ec. Dev. Building and has been collecting air quality data since Tuesday October 4th, 2022. Please view the real-time interactive map here:

https://map.purpleair.com/1/ mAQI/a10/p604800/cC0#10 .26/50.1049/-120.7439

or by simply google searching, **Purple Air**, and using the interactive map.

This is public data so all members of the community can utilize this map and view the data anywhere they have access to the internet. This Purple Air monitor is the only active one in the valley and can be used to collect realtime data that is updated every 10 minutes. This data can inform community health advisories and monitor activities or events that cause excessive air pollution / risks to community health.

If you click on the Purple air monitor in Nicola Mameet, a graph should come up to show air quality trends over time. If you hover your mouse over the bottom left legend, it also has information on health indicators, showing real time data how air pollution conditions and how that may affect public health. The graph itself is interactive and units of measure can be changed, please see the "How to use the Graph" highlights in blue on the top right portion of the graph.

Please check out this new way to measure local air quality! Example pictured below.



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





GYPSY CUCKOO BUMBLE BEE SPECIES AT RISK

Buzz...Buzz...have you heard? There is a new proposed Recovery Strategy for Gypsy Cuckoo Bumble Bee available on the Species at Risk registry! Check it out and see how you can help protect our habitat. Gypsy Cuckoo Bumble Bee (Bombus bohemicus): RS proposed.ca

https://www.canada.ca/en/environment-climatechange/services/species-risk-public-registry/recoverystrategies/gypsy-cuckoo-bumble-bee-proposed-2022.html



BRIDGE-OUT: COMMUNITY NOTIFICATION

Please be advised that the Bridge to Hamilton IR 7 has collapsed and is no longer accessible. The road leading up to the Bridge, accessed off Highway 5A through Quilchena Creek Road, has been decommissioned for public safety. A locked chain has been put in place at the entrance to the reserve to prevent accidents on the decommissioned road leading up to the bridge until a more permanent solution is in place. Currently there is no signage to indicate the road is out, signs will be posted as soon as possible.

Thank you for your understanding in this matter, please contact the Lands Department at <u>Sayge.fisher@lnib.net</u> with any further questions or if you require access.

WILLS & ESTATES MEMBER SURVEY PRIZE WINNERS SELECTED!!

Thank you to all who participated in the wills and estates survey. Your feedback is important to us. From the group of Members who participated, ten names were chosen at random, and all gift cards have now been given to the winners! If you would like to learn more about Wills & Estates support for LNIB Members, please visit the Lands Portal online at https://iniblands.net

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.

<u>Please avoid recreation or foraging within the infestation boundary.</u> 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!



Survey Draw Winners

The LNIB Invasive Weed Survey draw & the LNIB Species at Risk Survey draw Winners have been selected!!

Winners were chosen at random using Wheel of Names, each winner will be contacted individually to provide their information to claim the winnings.

Thank you again to everyone for participating!! I hope to have more community survey draws soon.

Participants who indicated interest in an interview can expect to be contacted by the Lands Department in the near future.

| Lower Nicola Indian Band

November 2022 |



Jordana McIvor | Housing Administrator

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

LNIB HOUSING

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

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

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.

ATTENTION HOUSING TENANTS

Please be advised that according to the Lower Nicola Indian Band Animal Control By-Law there is a limit on the number of animals per dwelling. Every home is only allowed to keep <u>A MAXIMUM OF 4 ANIMALS</u> consisting of dogs and cats or similar sized domestic animals with <u>A MAXIMUM OF 2 DOGS</u> per house. The multi-plex buildings including the 8-plex and 4-plex buildings are not permitted to have any animal living in the units. Also, all pets are to be vaccinated and should be spayed or neutered. We want to provide a safe environment for our members as well as their animals.

Thank you for your cooperation and understanding.

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!



Fall Home Maintenance Tips

As we come into this beautiful fall season, the Housing Department would like to share some Fall Maintenance Tips that can assist in making sure your home is working as efficiently and safely as possible. Here are some tips we think may be helpful!

- Check your thermostat and ensure that your furnace turns on and is in good working condition.
- Check your furnace filters to see if they are in need of replacement.
- Check your windows and doors for any type of cracks that may cause your home to lose heat.
- Check your vents and air intakes and make sure they are clear of any blockages and are blowing air efficiently.
- Test your smoke/carbon monoxide detectors and ensure they are working properly.
- Disconnect garden hoses and drain water that is still in faucets and if it is already installed, turn the shut off valve to the <u>"off"</u> position inside your home.
- Make a fire escape plan for your house and take the time to review it with your family members so everyone knows what to do in an emergency situation.

If you require any assistance, please call <u>250-378-5157</u> or e-mail me at <u>ashley.degray@lnib.net</u>

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.

BIG-235 We're working together to help B.C. save energy. **EXAMPLE 1 EXAMPLE 1**

"The contractors did a great job and were more than accommodating." Colin – Haisla Nation Council

Economic Development Department

We invite you to: LNIB Economic Development Open House Date: Thursday, November 3rd, 2022 Location: Shulus Hall - 1:00pm - 4:00pm Dinner and Entertainment to follow starting at 5:00pm—8:00pm





Award winning comedy magician, CHRIS YUILL, has been amazing and amusing audiences of all ages for 28years. With a stage performance that combines unbelievable illusion with hilarious audience participation that is sure to please crowds of all shapes and sizes.

www.cymagic.ca

Hoop Dancing by Gary Abbott





Are you an LNIB member, a knowledge keeper, or an Elder? We want to understand fisheries knowledge from you! Share your thoughts in our survey (20-30 minutes) by going to the link or scanning the QR code!

https://forms.office.com/r/pwX2k3AmSd



The Aquatic Habitat Restoration Funding (AHRF) project in the Economic Development Department is funded by Fisheries and Oceans Canada (DFO). This project will incorporate traditional and Indigenous ecological knowledge to help restore salmon habitats in the areas that are culturally and economically important to LNIB community members.

We would like to learn from you the values you place upon the health of land, water, plants, animals, and fish, as well as any changes in the Nłe?kepmx Territory you have seen over time. Your responses, including the knowledge and information we have obtained, will be used to assist in salmon restoration study in the Nicola watershed in the Valley, protecting important areas and thus help build a robust future for the next generations.

We sincerely appreciate your responses to the survey questions, and we thank you for your valued contributions. For questions about this study, please contact Macus Ong at <u>macus.ong@lnib.net</u>. If you require a printed form, please do not hesitate to call us at 236-259-2687.

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Good Food Bag Notice

October 20, 2022

Hello Everyone,

We just wanted to inform you our Good Food Bag program is going under review due to costs. We will you keep posted on any updates in the future.

Thank you from the Good Food Bag Program!

We hope you have a wonderful day!



November 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	<u>FRIDAY</u>	<u>SATURDAY</u>
		1.	2. Remembrance Day Wreaths Rocky pines 1pm – 3pm	3. 15 min elders workout & Chair yoga / Meditation 1pm – 2:30pm Rocky Pines Center	4. Movie Night! Rocky Pines 5pm-7pm	5.
6.	7.	8.	9. Gift Card Bingo Rocky Pines 1pm-3pm	10. Grandmothers Group Knitting / Crochet Classes 10am – 1pm Soup kitchen	11. Remembrance Day - STAT	12.
13.	14.	15.	16. DIY sock Snowmen Rocky pines 11am – 1pm	17. Elders Luncheon Soup Kitchen	18. Aqua fit / Pool Day 10 am – 11:30 am	19.
20.	21.	22.	23. Baking Group Chocolate chip banana bread! Soup Kitchen 11am – 2pm	24. Grandmothers Group Knitting/crochet classes 10am-1pm Soup Kitchen	25. Online Rotary Bingo 5pm start	26.
27.	28.	29.	30. Paint Day Rocky Pines 1pm-3pm			

ADDICTION & STIGMA

THIS IS NOT A ONE-WAY STREET. LET'S START A CONVERSATION ...



IS THE ANSWER IN THE SPACE BETWEEN?

Stigma is isolating. Those that seem to be on the outside of addictions may appear to be pushing away, shooting down or outright avoiding it as much as possible. Maybe.

On the other hand, those are on the inside maybe doing the same thing to and for themselves. They might push others away, speak negatively to and about themselves, and even sometimes avoid it as much as they can to give themselves some kind of relief. But is stigma where people are really at? Reality is where we live, not Perception. The reality is that both "sides" agree – "we don't like addiction". The "outsiders" are often in their own hidden journey with addiction or genuinely frustrated in their compassion to the point of oversimplifying solutions. Those entangled in it all long to be free. They know (painfully) how they come across at times, and brace themselves for the loneliness that they know is coming. <u>CONNECTION IS THE CURE.</u>

<u>stigma</u>

A complicated and isolating response to something that a person cannot make sense of, doesn't feel able to address, or hasn't fully explored.

INTERNAL STIGMA

A response toward oneself based on values & beliefs, hurts, mistakes and frustrations about how life has not gone as they longed for. On top of that they daily face a place in life where, despite their good intentions, good information, available resources, they believe they are unable to repair or resolve things.

EXTERNAL STIGMA

An outside response to a lifestyle of addiction that appears on the surface to be insensitive or lacking understanding. It is also a response to people based exclusively on a problemarea rather than the whole person. The response produces isolation in framing it narrowly as unsolveable, unrelateable and/or unapproachable.

4 PILLARS OF ADDICTION WORK

PREVENTION



- CARING RELATIONSHIPS
 CLEAR INFO ABOUT SERIOUS RISKS
- GROWING EMOTIONAL INTELLIGENCE
 SENSE OF BELONGING & IDENTITY

MENTORING, ADVOCACY, LIFE SKILLS, CULTURE, COMMUNITY PROGRAMS, TEAM SPORTS, FAMILY, CHILDCARE, CLUBS, RISK AWARENESS

TREATMENT/RECOVERY

HOLISTIC EVALUATION OF NEEDS
SUPPORTIVE SYSTEMS OF CARE THAT INCREASE CLIENT EMPOWERMENT
TRAUMA PLUS SUBSTANCE COPING
CAPACITY BUILDING IN SYSTEMS AND IN INDIVIDUALS

> OUTREACH, DETOX, COUNSELING, HOUSING, EMPLOYMENT PROGRAMMING, TREATMENT CENTERS, LIFE SKILLS, MEDICAL, JUSTICE & FAMILY SYSTEMS

HARM REDUCTION



PROMOTING COMMUNITY & FAMILY INCLUSION RELATIONSHIPS OF MUTUAL RESPECT, EMPOWERMENT AS REALITY, ADVOCATING FOR OPPORTUNITY, ON-SITE MEDICAL SUPPORTS

COMMUNITY SAFETY



BUILDING UP CLIENT HEALTH AND CAPACITY, REDIRECT COPING TO AVOID CRIMINAL ACTIVITY. STRENGTHEN JUSTICE SYSTEM SUPPORTS AND TRANSITION SERVICES

Hénłekw.



1) Dip Netting Salmon at Thompson Siding



2)Men's Conference at Glimpse lake



3) Site seeing at Tunkwa Lake Lodge

LOWER NICOLA INDIAN BAND – CULTURE REVITALIZATION DEPARTMENT Joe Shuter: 250-315-7487 Carole Basil: 250-315-9158



ýè tə síẳqt - good day Culture Programs with Carole Basil



Lest We Forget Come Bead a Poppy 9am to 12 noon Monday October 31st Friday November 4th





Pow wow Concho Belts Tuesday Nov 1st – 5pm to 7pm Wednesday November 2nd 9am to 12 noon Limited supplies this is a first registered basis Please call or text Carole Basil 250-315-9158

Infant/Toddler Moccasins Monday November 14th and Tuesday November 15th please note: This is a 2-day workshop





Ribbon Aprons 9am to 2 pm Tuesday November 29th and Wednesday November 30th This is a 2-day workshop

If there is a workshop you are interested in and these times do not work for you, please call or text Carole 250-315-9158, she is happy to work with you.

PROUD TO BE		LNIB Culture Revitalization November 2022					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		Pow wow Con- cho Belts 5pm—7pm	2 Pow wow Concho Belts 9am - 12 noon	3 Cottonwood mushrooms Spm-7pm Nłelkepxmcin	4 Scraping hide. Boiling hooves Beading Pop- pies gam-12 noon	5	
6	7 Drum Bags 9am to 12 noon	8 Drum Bags 5pm—7pm	9 Pine Mush- room trip, Nahatlatch Day trip	10 Spm-7pm Nłe©kepxmcin	II ST Remembrance Day	12	
13	14 Infant/ Toddler Moccasins 9am—2pm	15 Infant/ Toddler mocassins gam-2pm Pine mushroom, Nahatlatch.	16 Three sisters. Pictograph hike.	17 Spm-7pm Nłelkepxmcin	18 Drop in beading 9am-12 noon	19	
20	21 Cooksferry rock oven hike.	22	23	24 Spm-7pm Nłelkepxmcin	25	26	
27	28	29 Stretch/scrope hide Ribbon Aprons gam-2pm	30 Check lake for ice fishing. <i>Ribbon</i> <i>Aprons</i> gam-12 noon	Spm-7pm Nłe⊡kepxmcin			

For more information please contact: Carole Basil @ 250-315-9158 Joe Shuter @ 250-315-7487 Feel free to stop in at the LNIB Culture Centre any time.

> Blue_both Joe and Carole Red-Joe Shuter's program Green-Carole Basil's program

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GATHERING: ONE DAY AT A TIME

Living a Healthy Life Style



October 25- Intro, getting together November 1st, 8th, 15th, 22nd, 29th

Meal provided (Soup & Sandwich)

Join our community of friends as we talk about living with and beyond addiction. 5pm -7pm every Tuesday | Soup Kitchen, Shulus | irene.howe@lnib.net

LNIB reflects on the sacrifices made for our freedom.



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Lower Nicola Indian Band	November 2022
	LOWER NICOLA INDIAN BAND Human Services
Awards Dinner Nom	ination Form
LNIB Annual Community Awards Dinner and F Wellness, Sobriety, and welcoming babies No	Recognition for Healthy Living,
Date of Dinner TBA	
Please fill out and include:	
Nominees Name: Who are you nominating? _	
Nominees Ph #:	
Please Circle: Sobriety/Healthy Living Welcoming Babies	
Reason:	
Please submit to Irene Howe email: <u>Irene.Hov</u> By November 20, 2022 (Optional) Nominators Name :	
181 Nawishaskin Lane, Me Phone: 250-378-5157 Fax: 250-378-67 Email: reception@	188 Toll Free: 1-888-447-1744

Shulus Community Garden October Newsletter 2022

From garden crew: Kat Peterson, Chris Doucette, Lorna Shuter Telephone # 250 -378-7561 & 250 - 936-8365

Vegetables harvested:	Pounds harvested:	Comments:
Asparagus	3	(2 nd year growth)
Beets	85	
Kidney Beans	10	(Dried)
Broccoli	10	(Unusual weather)
Cabbage head	155	
Carrots	248	
Celery	45	
Cucumbers	90	
Leeks	41	
Lettuce	7	
Onions	80	
Swiss Chard	100	
Spaghetti & Acorn Squash	41	
Zucchini	44	
Assorted Herbs	20	(Drying in progress)
Honey	200+ kg.	(Extracting in progress)

Sales for June to October 19, 2022:

✓ Total vegetable sales @\$4,164.26

✓ Total Honey sales @\$1,390.00, (PS: still extracting fall honey).

Shulus Community Garden would like to thank all our faithful patrons for supporting us this growing season. Especially a big applause to LNIB Community Services for offering the food vouchers again this year. Thank you very much! Thank you to the Lower Nicola Indian Band, for all your support and employment opportunities this year. We are fortunate to have such a knowledgeable garden team, who know how to make food crops flourish under all kinds of conditions. A big thanks to Chris, our seasonal gardener, for all his hard work, he managed the composts, mixed soil & prepared veggie rows, work the goats & worm farm, build the bee yard. See you next growing season Chris.

The weather proved to be a challenge to grow specific crops like the broccoli, kale, spinach & lettuce. Had a cold May and June, hot July to September & not to mention Grasshoppers. But we did manage to provide a lot of produce to LNIB community members. We appreciate your comments & suggestions for future crops. And after monitoring the potato beetle situation this year, we feel confident to grow potatoes next year.

We will continue with administration duties, once we have finished with harvesting tasks. We do have the harvest station to complete, hopefully we can get the cement pad poured, weather permitting. Garden equipment is being winterized. The beehives are being fed winter syrups & patties & the hives will be insulated this month for winter. Goats have moved on and left our fields in good condition for spring. Orchard & medicine garden will be water in before snow. Drop by or phone anytime as we are open Monday to Friday, 8:30 to 4:30. Kwukwscemxw Lorna Shuter

