

COVER NICOLA INDIAN BAND



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Message from the kwúkwpi? Stu Jackson

heňłe? band members and community members. Welcome Spring! It seems as though we have been waiting forever for Spring to appear. Although our weather has changed here in just the past few days, there is still snow in the mountains and in higher elevations. Freshet is beginning its process and hopefully our waterways will be in good position as the snow begins to melt. One thing I have notices in the past couple of weeks is the low levels at Nicola Lake. I have never seen the lake at such a low level. Although this may appear as an advantage to our previous freshet challenges with regards to the Nicola river flooding, I can't help but wonder if this low level issue is impacting the fish in the Nicola River. All we can hope is that our freshet season takes its natural course and hopefully all of the impacts are minimal. I took a drive out to our head gates just the other day to check the flows on Guichon creek. The flows look relatively normal for now, however, with the sudden change in temperature the flows may begin to increase in the coming weeks.

Council have been meeting regularly. Council meet on the first and third Tuesday of every month. Council also schedule orientation sessions in between duly convened meetings when necessary. These orientation sessions help with Council to focus on specific items or issues that may take more time and/or consideration and later on be added to a future Council agenda. These orientation sessions are very helpful and useful for Council is also very committed with continuing with our Band meetings. We will continue with scheduling Band meetings for the last Monday of every month. Council may consider recessing during the summer months as summer usually takes membership and their families away for vacations, pow wows, ceremonies and such. This will be something Council will discuss in the coming months. We have transitioned into in person meetings for our Council meetings, however, there are occasions where members of Council still continue to dial in from time to time. Members also dial into our meetings which is great, but I would also encourage members to stop into our Council meetings in person, it would be great to see you.

I hope each of you have a great "spring" into the Spring season!! I am sure many of you are prepping your gardens and getting ready to plant. Ranchers are likely ready or have already harrowed your fields. In any case, please be safe in whatever it is that you are doing. Many of the upper roads are clearing from ice and snow, so for all you mountain terrain enthusiasts, please be careful navigating up and down our steeper sloped areas. Roads and weather are unpredictable so let us use caution if we choose to play on these higher levels of fun and entertainment. Enclosing, I just want to wish all of you well wishes and good thoughts. Please be kind and considerate to your neighbors. Take care of your friends and your family, but most importantly, please take care of yourself.

k^wuk^wscémx^w k^wúk^wpi? Stu Jackson



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Dear LNIB Members,

I am pleased to present our monthly report for April 2023. LNIB continued to be busy on several initiatives. Here are some of the things we have been working on:

Covid-19 Financial Aid: Chief and Council passed a motion on January 17, 2023 to do a final Covid-19 financial aid to all registered band members in the amount of \$300.00. Forms are available to fill out at the Band Office you can also phone and request the form be filled out over the phone. As of March 16, 2023 there were 949 payments processed out of 1,426. Leaving 477 members who have yet to apply and receive their payment. Encourage your family members to phone the band office for assistance in submitting their application. This is a benefit for both on and off reserve members. Please call the band office if you require assistance filling out your form (250-378-5157).

Upcoming Training and Workshops: LNIB will sponsor 8 sessions for members to attend driving lessons. Please contact Steve Wilks at Steve.Wilks@Inib.net if you have any questions. Commercial Training and Air Brake Endorsement for Class 1,2, 3, &4 are available. Please contact Sharon Parsons in Education at Sharon. Parsons@Inib.net to register. Scw'exmx Tribal Council is also offering an Indigenous Skills, Training and Employment Program on May 23, 2023. Please contact Jody John at for more information or to register. There are many more opportunities arising keep checking the website for updates.

First Nations Drinking Water Settlement: The Chief and Council passed a motion at the September 20, 2022 Council Meeting, to accept the Settlement Agreement of the individual class members who were residents on a Lower Nicola Indian Band reserve while a long-term drinking water advisory was in force on that reserve during the period applicable in the Settlement Agreement.

In the meantime, please look at the following link, as there is some excellent information on this website: https://firstnationsdrinkingwater.ca/ The deadline to apply is extended to March 7,2024.

Human Resources: 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 the new members to our team at LNIB: Clarence Basil, Jordan Shackelly, Kimberly Mike, David Coutlee, Jason Payne, Bobbie-Lee McLeod, Cultural and Heritage Field Workers; Tommy Ritchie, Aquatics Monitor; Tamer Gras, Accounting Manager; Sanjogta Kumari, Home Maker; Maxwell Bose, Reception; Marnee Shipclark, Teacher. The staff who moved on to new endeavors is Macus Ong, Habitat Stewardship Coordinator. LNIB thanks him for his contribution to the LNIB Team.

Current job postings with Lower Nicola Indian Band are Summer Students are Shulus Garden Center, Education Administrative Assistant, and Landscaper. The full time positions available are Nurse Practitioner, Lands Administrative Assistant, Lands Administrative Assistant, Youth Worker, Fire Fighter, Recreation Assistant visit https://www.lnib.net/jobs/ or https://secure.collage.co/jobs/lnib for further details.

Committees and Liaisons: Chief and Council: The Lands Management Advisory Committee met April 20th. The Finance and Audit Committee did not meet in April.

Community Meetings and Workshops: The next Band General meeting is scheduled for May 29, 2023.

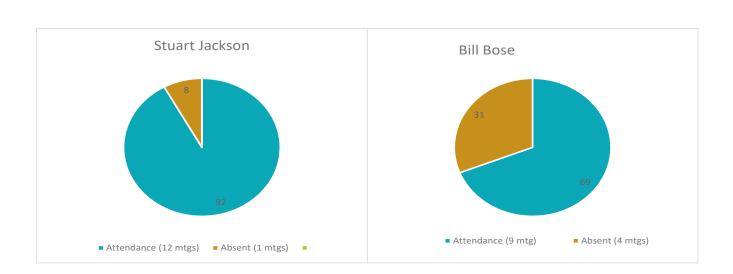
Support to Chief and Council: Chief and Council met April 4th and 18th. Chief and Council orientation meeting on April 11th. Should you require anything on the Chief and Council agenda scheduled for May please contact Sondra Tom and me. Finally, we'd like to remind members that the Chief and Council meetings are open to membership to join via online or telephone. Please contact Sondra Tom to be added to the email invitation for the scheduled Chief and Council meetings.

Kari Reilander, LNIB Executive Director

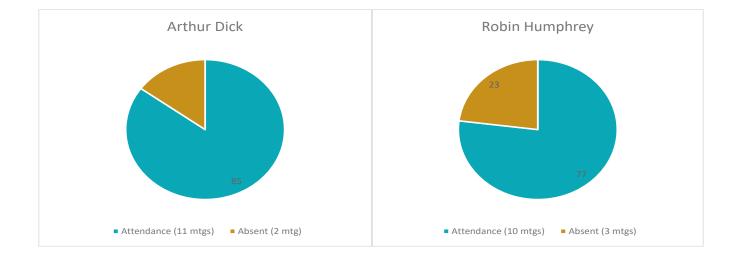


May 2023 |

LNIB BAND GENERALMay 29,
2023 at
5:00 p.m.



Term October 2022-September 2025

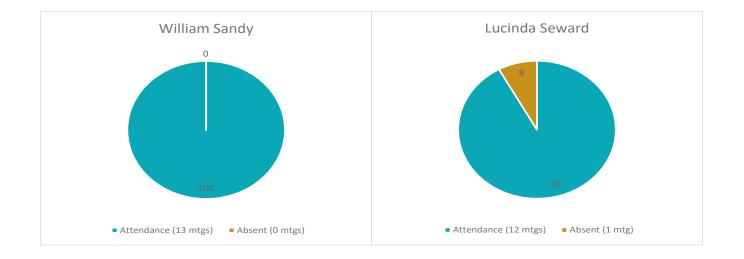


Chief and Council Attendance

May 2023 |



Chief and Council Attendance





Motions from Chief and Council April 4, 2023 meeting

Motion #04-04-2023-01 Reads: The Lower Nicola Indian Band Chief and Council move to appoint Lucinda

Motion Carried

Motion #04-04-2023-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the April 4, 2023 Chief and Council meeting agenda as presented. Motion Carried

Motion #04-04-2023-03 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the March 21, 2023 Chief and Council meeting minutes with noted changes. Motion Carried

Motion #04-04-2023-04 Reads: The Lower Nicola Indian Band Chief and Council move to approve the Fleet Insurance annual coverage and payment of premiums effective April 1, 2023 in the amount of \$61,233.00 invoice number 234715 from Acera Insurance for fleet policy number 695023. Motion Carried

Motion #04-04-2023-05 Reads: The Finance Committee recommends Council to approve the internal Operating Financial Statements as at June 30, 2022 (3 months). Motion Carried

Motion #04-04-2023-06 Reads: The Finance Committee recommends Council to approve the internal Operating Financial Statements as at September 30, 2022 (6 months). Motion Carried

Motion #04-04-2023-07 Reads: The Finance Committee recommends Council to approve the internal Operating Financial Statements as at December 31, 2022 (9 months). Motion Carried

Motion #04-04-2023-08 Reads: The Lower Nicola Indian Band Chief and Council move to renew the Canada Mortgage and Housing Corporation (CMHC) Loan Agreement Reference Number 19-360-197/006 for Phase 18, Lots 23, 29, 77, 201-2 & 203-2-2 Nicola Mameet IR #1 and Lot 6-1 Joeyaska IR #2 in the amount of \$104,849.11 and approve the signing of the Loan Renewal Amending Agreement. Motion Carried

Motion #04-04-2023-09 Reads: The Lower Nicola Indian Band Chief and Council move to accept the invitation from First Nation Agricultural Association of BC, to host the Indigenous Agricultural Training Program at Shulus Community Garden and to be complete by August 2023, also to provide In-Kind contribution of classroom and field facilities to host the courses. Motion Carried

Motion #04-04-2023-10 Reads: The Lower Nicola Indian Band Chief and Council move to rescind Covid-19 vaccination requirements for outdoor working Cultural Heritage and Environmental Field Staff of the Economic Development Department, effective 4th April 2023 and to further review the Mandatory Vaccination Policy.

Motion Carried

Motion #04-04-2023-11 Reads: The Lower Nicola Indian Band Chief and Council hereby:

1. consents to obtaining a court order to remove the two non-member individuals living in travel trailers on or near Lot 154 Nicola Mameet IR No.1. and

2. authorizes the Executive Director to do all such acts and things as may be necessary or desirable to give effect to this resolution.

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Motion Carried
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Motion #04-04-2023-12 Reads: The Lower Nicola Indian Band Chief and Council appoints kwúkwpi? Stuart Jackson as the Chair of the Community FireSmart and Resiliency Committee and further appoints Jonathan Holmes, Leona Antoine, Hayley Parsons, Sondra Tom, and Lorna Shuter for a term of three years, effective April 4, 2023. Motion Carried

Motion #04-04-2023-13 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 7:00pm. Motion Carried

Motion #04-04-2023-14 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene at 8:30pm.

Motion Carried

Motion #04-04-2023-15 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the April 4, 2023 meeting at 8:31 pm. Motion Carried

Motions from Chief and Council April 18, 2023 meeting

Motion #04-18-2023-01 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the April 18, 2023 Chief and Council meeting agenda as presented. Motion Carried

Motion #04-18-2023-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the April 4, 2023 Chief and Council meeting minutes with noted changes/ as presented. Motion Carried

Motion #04-18-2023-03 Reads: The Lower Nicola Indian Band Chief and Council move to approve the Commercial Insurance annual coverage and payment of premiums effective April 1, 2023 in the amount of \$422,227, from Acera Insurance Invoice 235016 Motion Carried

Motion #04-18-2023-04 Reads: The Lower Nicola Indian Band Chief and Council hereby: 1. supports the Highland Valley Cooper (HVC) 2040 and BASA Project Indigenous Knowledge (IK) Protocol Lower Nicola Indian Band (LNIB); and

2. authorizes kwúkwpi? Stuart Jackson and/or the Executive Director to sign the Indigenous Knowledge Protocol Agreement.

Motion Carried

Motion #04-18-2023-05 Reads: The Lower Nicola Indian Band Chief and Council hereby supports and authorizes the Executive Director to sign the Lower Nicola Indian Band Cheque Requisition for Ausenco's invoice #2314385 in the amount of \$80,213.37.

Motion Carried

Motion #04-18-2023-06 Reads: The Lower Nicola Indian Band Chief and Council supports the request of the Nicola Valley First Nations Veterans Association to have the Canadian Air Division perform a flyby at the War Memorial ribbon cutting on May 28, 2023 and further authorizes kwúkwpi? Stuart Jackson to provide the Canadian Air Division with a support letter. Motion Carried

Motion #04-18-2023-07 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 8:40pm. Motion Carried

Motion #04-18-2023-08 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene at 9:45pm. Motion Carried

Motion #04-18-2023-09 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the April 18, 2023 meeting at 9:45 pm. Motion Carried

Summary of Action Items:

Action Item #1: Community meeting for Personal Home Insurance questions

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Lower Nicola Indian Band Job Opportunities

To see ALL Openings, and full job descriptions and to apply go to <u>https://secure.collage.co/jobs/Inib</u>

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

Call for a Nurse Practitioner Services Background:

During a typical month the Lower Nicola Indian Band Health Services department provides a wide variety nursing support and home care services to its on reserve members. There is a need to expand these services to include more extensive women's health, pre-natal, vaccination, diagnosis and other similar services.

The Services of a Nurse Practitioner are sought on an as needed, contract basis.

• Fee not to exceed \$850.00 per day

Lands/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

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

Youth Worker

Hours: 35 hours a week plus on call shifts Start Date: ASAP

Wage: \$25 to \$35 pr hour based on Education and Experience

Summary of responsibilities

As part of the LNIB Community Outreach Team, the Youth Worker provide professional and compassionate support to youth and their families within the wider community. The responsibilities of this position are wide ranging and include provision of social engagement and mentorship, transportation for meetings and appointments, assessment of physical and mental wellbeing so as to facilitate appropriate action and offering limited but regular on-call support. In this dynamic setting, strong communication, independent decision making, and adaptability are the skills required to successfully meet the needs of the individuals we serve.

Fire Department

Fire Fighter and paid on call fire fighterHours:35 hours a week plus on call shiftsStart Date:ASAP

Wage: \$27 to \$30/hour Summary of responsibilities

Responds to fires and other emergency alarms and assists in those operations necessary to insure the confinement and extinguishment of fires or the elimination of other hazardous conditions. Also will be involved with interface fires and monitoring any controlled burning.

Recreation Assistant

Department:Human ServicesHours:20-35 hours per weekStart Date:Negotiable

Wage: \$20 hour

Summary of responsibilities

Under the direction of the Recreation Coordinator, the successful candidate will be responsible for developing and participating in recreational programs and events for Lower Nicola Indian Band members.

Good day to you,

Here is our repatriation committee update.

It has been brought to my attention that I should explain what "repatriation" means. it is term used to describe anything or anyone returning to its country of origin.

Our committee has been using "repatriation" in the sense of bringing home human remains that were taken for research many years ago to be reburied on our land. We have also brought artifacts home for reburial. And more recently we have been researching and bringing home "ideas" and "photographs" after studying museum artifacts from distant places.

Our repatriation committee is up and running - post covid, we have had 2 meetings and will try our best to keep rolling to bring education and awareness of our cultural past to the community.

Together as a group we have decided to try and expand community awareness of our cultural past by hosting a series of "Show and Tell" sessions, where LNIB members can bring personally owned cultural objects in to "show and tell" with other interested members.

We are excited to announce The first "Show and Tell" will be Sunday May 28, 2023. From 12 noon till 4pm.

The Focus will be "BASKETRY"

So if you own a basket and are willing to "show" or are interested seeing what others have and hear their story, come see and enjoy this aspect of our cultural past.

Each presenter will have table space to show and tell. You will need to stay and watch over your items.

Each presenter will be photographed with their baskets for future reference.

We ask all visitors that there be no touching of any baskets or items on display, this event will be for looking only.

This is a gathering to celebrate the artistic craft of our culture, not a sale. Please no soliciting.

We look forward to your cooperation and participation, we are looking at future show and tell gatherings for; buckskin/fur and woven items; stone bone and wood; Games, tools and weapons.

If you are interested in sharing and having some table space for our next "show and tell" display or would like to join the committee please call Robert Sterling 250 315 3206, or come the next repatriation meeting @ 530pm May 17, 2023 at the LNIB band hall. We had some trouble with zoom but able to use teams so if you are from out of town and would like to participate, send us your email address and we will do our best stay inclusive for all.

Robert Sterling





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May 17 5:30 pm

Are you interested in

BEING APART OF THE REPATRIATION COMMITTEE?

Topics Incude:

- * Museum Studies
- * Language
- * Culture
- * Traditional knowledge
- * Cultural protocols at all levels.

Shulus Hall

Our ongoing repatriation project has been active in the study of research methods, identification, analysis of museum objects with the intent to learn, and revitalize various aspects of our culture.

If you are interested call Robert Sterling (250) 315-3206



Brandi O'Flynn | Lands Manager

250 378 5157 | brandi.oflynn@lnib.net

Sayge Fisher

Alex Bukkos

ENVIRONMENTAL

sayge.fisher@lnib.net

about environmental

Contact Sayge for details

SURVEY COORDINATOR

Contact Alex for details

about current and past

surveys and mapping.

Lands projects including

alex.bukkos@lnib.net

PROTECTION COORDINATOR

management and protection.

THE LANDS TEAM

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

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 <u>kristopher.por@lnib.net</u>

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

Monica Pettinger

LANDS AGENT monica.p@Inib.net

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

Vacant

LANDS ADMINISTRATIVE ASSISTANT

LANDS MANAGEMENT ADVISORY COMMITTEE

UPCOMING MEETING

THURSDAY May 18, 2023 4:30 PM Lands Management Advisory Committee (LMAC) meetings are open to all LNIB Members to attend virtually starting at 4:30 PM. Listen in to learn about Lands activities and developments. Check the Members Only portal for LMAC meeting links or contact Monica, Lands Agent, for more details.

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PROJECT UPDATE: SECURITY CAMERAS AND GATES

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 across Nicola Mameet IR1 in September of 2021.

SOLID WASTE MANAGEMENT

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.

CAMERAS

Security cameras were recently installed near important areas on reserve. Cameras are intended for security purposes only and will not interfere with the privacy of neighboring homes, businesses, and communities. The use of trail cameras is the best strategy for sites where it would not be appropriate to restrict access by installing a gate. Members' access to reserve lands will not be restricted by gates though some areas may require gate codes. Contact the Lands Department during regular office hours to obtain a code.

Please contact <u>250-280-7270</u> for access outside of regular office hours.



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

NOTICE ABOUT RECREATIONAL VEHICLES

The Lower Nicola Indian Band prohibits RV's to be utilized as long-term primary dwellings, residences, or cabins on LNIB Lands including CP Lands and Custom Family Lands (also known as Family Lands) unless they receive prior written authorization from the Lands Manager.



LANDS PORTAL

<u>Iniblands.net</u>

If you have any questions about land or would like to know more about current Lands projects, visit the Lands Portal online or contact the Lands Department at **250-378-5157**.



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.

May 2023 |

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, summer home and a sweat lodge on or land with a home even if it's a fixer upper, I am interested. 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.

NOTICE TO COMMUNITY MEMBERS ON WILDLIFE SAFETY

Please refrain from leaving hunting remains, animals' entrails or trimmings up Mamit Lake Branch Road or anywhere near the community / residential areas.

Animal remains attract predators, leaving remains from a hunting trip too close to the community habituates the predators to keep returning for more food. Predators such as coyotes, bears and wolves will keep returning where there is food available to them.

Attracting additional predators into the community will create an unsafe environment for children, pets, and all members of the community.

Please relocate hunting remains or animal innards outside of the community by leaving them far away from residences or known industry.

An alternative to Mamit Lake Branch Road could be up highway 97C, past the industrial park.

CONTAMINATED SITE

The church has tested positive for Asbestos and should not be entered, disturbed, or altered in any way until further assessment and remediation can be completed!

Church of Immaculate Conception - Lot 29/30 Shulus Community

Please be aware that that the Church located on lot 29/30 at the junction of Crab Apple Lane & Central Shulus Lane (2140 Central Shulus Ln.) within the Shulus Community has been designated as a Contaminated Site.

This site has been deemed a risk to public health & safety, please contact the Lands Department for more information.

Thank you for your understanding and cooperation.



LNIB SPRING CLEAN-UP EVENT 2023

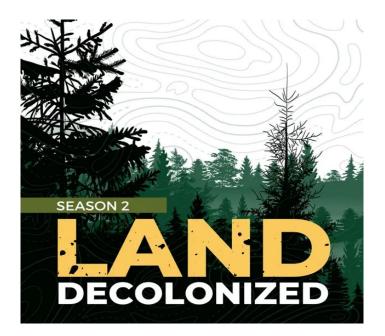
LNIB has begun this year's **Spring Clean-Up Event**! Unfortunately, the Recycle BC First Nations Recycling Initiative, which included the recycling portion of this event, cannot be included as was intended.

Thank you for your understanding & participation in the Recycling Survey, the information collected will be used in future events and to gauge the need for additional Recycling services on reserve.



RECOMMENDED LISTENING

Land Decolonized is an Indigenous podcast that explores the practical side of the Framework Agreement on First Nation Land Management. This podcast was created for First Nations communities, and anyone interested in learning more about land governance outside of the Indian Act.





Download both seasons of the podcast for free on your computer, device, or tablet. Available on <u>Apple Podcasts</u> and <u>Spotify</u>.

Visit the First Nation Lands Management Resource Centre online at www.labrc.com

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LNIB LAW-MAKING SUMMARY

HIGHLIGHTS FROM LNIB'S LAND CODE: PART 2 - LNIB LEGISLATION

LAW-MAKING POWERS

Council may make Laws, following the Land Code, that relate to LNIB Lands. As laid out in Section 6.2 of the LNIB Land Code, these Laws may relate to:



Land Interests

- Land Allotments and Transfers
- Granting Licenses and Interests
- Natural Resource Extraction/Removal



Land Development and Subdivisions



Business Regulation Licensing and Permitting



Expropriation



Land Use Planning

Land Surveys

Zoning and Land Uses

Restrictions and Protections

Parks and Recreational Lands



Public WorksLocal ServicesTraffic and Transportation



Environment Assessment and Protection



Sanitation Public and Private Premises



Dispute Resolution



LNIB Law Enforcement and Ticketing



Residency and Access

- Landlords' and Tenants' Rights and Responsibilities
- Trespassing



Wildlife Management and Protection Hunting and Fishing



Nuisances Public and Private



Animal Control



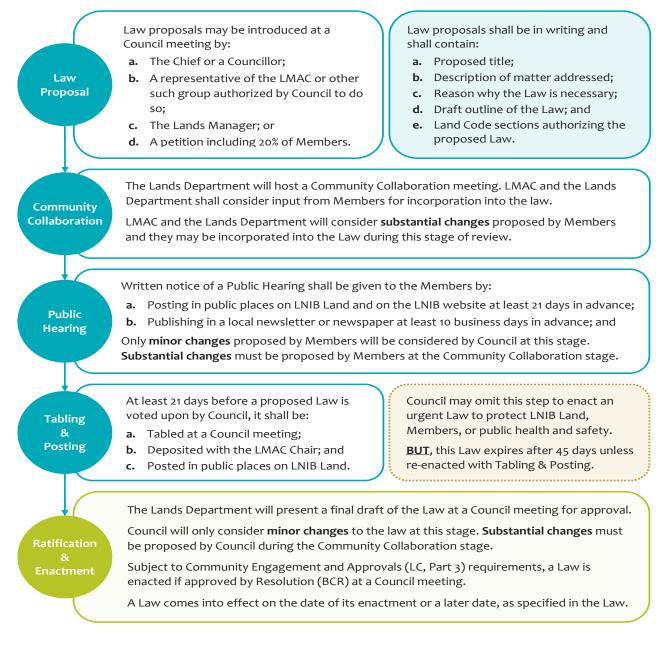
Approvals and Ratification Votes

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LNIB LAW-MAKING SUMMARY

LAW-MAKING PROCEDURE

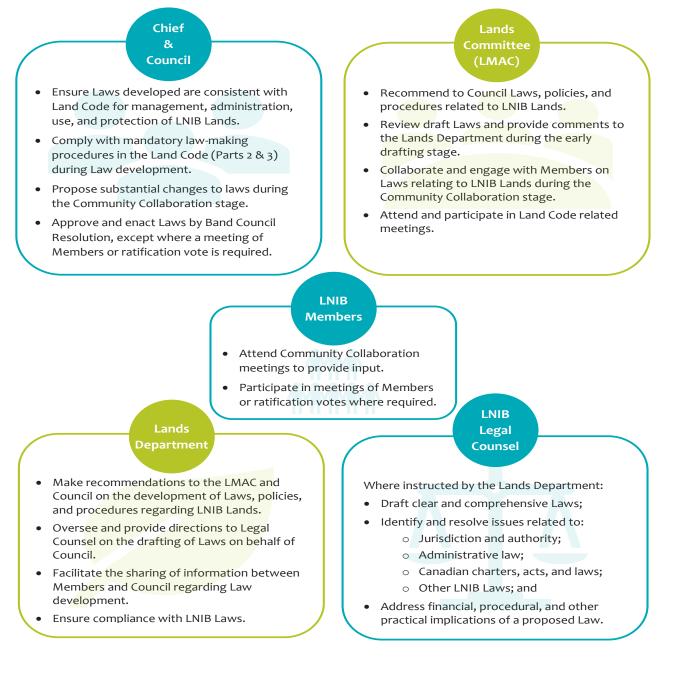
Section 7 of the LNIB Land Code (LC) describes the development process for LNIB Laws, carried out as:



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LNIB LAW-MAKING SUMMARY

LAW-MAKING ROLES AND RESPONSIBILITIES



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May 2023 |

Mosquito Life Cycle

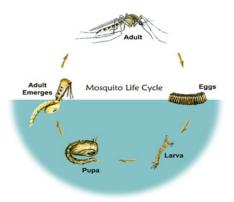
Breaking the Mosquito Life Cycle in your Community

Small amounts of standing water could grow your own family of mosquitos in as little as 7 to 21 days.

- Reduce or eliminate standing or stagnant water around your house.
- Empty containers (buckets, tires, toys etc)
- Encourage flow; ponds should be moving at all times.
- Replace water in bird baths, pet bowls, livestock troughs, etc. every few days.
- Rain barrels should have screen or lid on opening
- Storing objects so they do not collect rainwater
- 2 main predators for mosquitoes are fish and dragonflies.







Break the Mosquito Life Cycle

÷

house

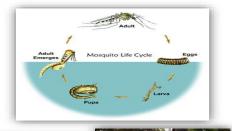
and pants if possible)

Screens on all windows and doors

Reducing mosquitoes in your community

Small amounts of standing water could grow your own family of mosquitos in as little as 7 to 21 days.

- Reduce or eliminate standing or stagnant water.
- Empty containers (buckets, tires, toys etc) ----
- Encourage flow; ponds should be moving at all times.
- Replace water in bird baths, pet bowls, livestock troughs, etc. every few days.
- Rain barrels should have screen or lid on opening
- Storing objects so they do not collect rainwater
- 2 main predators for mosquitoes are fish and dragonflies.





Practice the 4 D's: Drain eliminate standing water around your

Dress in light loose-fitted clothing (long sleeves

Mosquitoes & Ticks and avoid wearing perfume

Dawn and Dusk; minimize outdoor activities Repellents containing DEET work best for





Tips for outdoor enjoyment

- $\dot{\mathbf{v}}$ Mosquito Magnate/Trap – uses CO2 mosquito attractant, mosquitoes are collected into a bag for disposal. Works best on large property, placed a distance from people (magnate attracts mosquitoes to the trap). Usually sold online.
- \$ Cobra Mist stand placed by sitting area helps mosquitoes stay away
- ** Oscillating fan close to sitting area, mosquitoes do not like wind.
- Fan + Mister together = fewer mosquitoes ÷.

For more information visit: https://travel.gc.ca/travelling/health-safety/insect-bite https://www.canada.ca/en/health-canada/services/pest-control-tips/mosquitoes.html https://duka.consulting







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Tips for backyard enjoyment when you just do not know where the mosquitos are coming from

Mosquito Magnet/trap – uses CO2 as a mosquito attractant, mosquitos are collected into a bag/box for disposal. Works best on large properties where you can put the machine 100ft from sitting area. The trap that has a mesh bag works best. Traps with sticky tape are not as effective.





Mosquito Coils – when started an hour before going outdoors, make a difference. They will control adult mosquitos. Citronella candles/torches are only a repellent.

Cobra Mistand placed by sitting area helps mosquitos stay away.



Oscillating fan by sitting area, mosquitos do not like wind.

Fan + Mister together = fewer mosquitos.

It's cooler and mosquitos don't fly well in heavy mist/fog.



Duka Environmental Services Ltd.

May 2023 |



Jordana McIvor | Housing Administrator

250 378 5157 | jordana.mcg@lnib.net

LNIB HOUSING

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

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@lnib.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 Housing 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 currently have one vacant unit. While we are still working to get some much-needed repairs, updates, and renovations completed; this unit 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 move in timeline. We appreciate your patience and understanding as we get this unit ready for the next family that will call it 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 250-574-4679**.

If you have single vehicles, you would like to be picked up you can call **Mario's Towing 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 maintains a list of <u>ALL</u> houses on reserve (which includes Band Rentals, Rent-to-Owns, CP's, and Traditional Land homes), as well as how many occupants reside in each unit. We do our best to keep the list current with updated information and appreciate your assistance with providing LNIB with accurate information for <u>Safety and Emergency purposes</u>. We do not need to know the names of each occupant in the unit but would appreciate an update when the number of individuals living in your home changes. This 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 <u>ashley.degray@lnib.net</u> or call **250-378-5157**.

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

HOUSING: WORK ORDER PROCESS

The Housing Department would like to clarify the levels of urgency on home maintenance and repairs and what type of timeframe you will be looking at for our Maintenance Team to attend your residence. The Housing Department being notified will only be considered when you have called, texted, or e-mailed the <u>Housing Department Administrative Staff</u>.

Emergency Repairs will be assessed and rectified within 24-48 hours of the Housing Department being notified. Examples of Emergency Repairs are listed below:

- major leaks in pipes or the roof;
- damaged or blocked water or sewer pipes or plumbing fixtures;
- the primary heating system;
- the electrical system;
- deficiencies to the integrity of the structure; and
- any other damage that poses an immediate and urgent jeopardy to the Rental Unit or to the health and safety of persons

Mid-Level Repairs will be assessed within 1-2 weeks of the Housing Department being notified. Examples of Mid-Level Repairs are listed below:

- Running Water (faucet dripping, leaking hose bibs etc)
- Appliance Repairs or Replacements
- Plug-ins not working
- Bathroom Fan not working

Low Level Repairs will be assessed 30 days or more of the Housing Department being notified. Examples of Low-Level Repairs are listed below:

- Non-Essential Light Fixtures not working
- Furnace Filter Replacement
- Replacement of interior doors/doorknobs
- Functional toilet repairs (toilet is functional to use but requires repairs)
- Flooring Repair
- Non-Essential Major Renovations
- Drywall Repairs

Please understand that these time frames are "best case scenario" and we may have issues with supply chain and/or contractor availability that may cause delays. The Housing Department works hard to ensure all of our homes are healthy and safe but as more work orders are called into the office sometimes our priorities have to be modified.

As always, we appreciate your patience when these situations do arise and if you see our maintenance team out in the community be sure to give them your best smile and wave!

May 2023 |

RAPID HOUSING INITIATIVE UPDATE

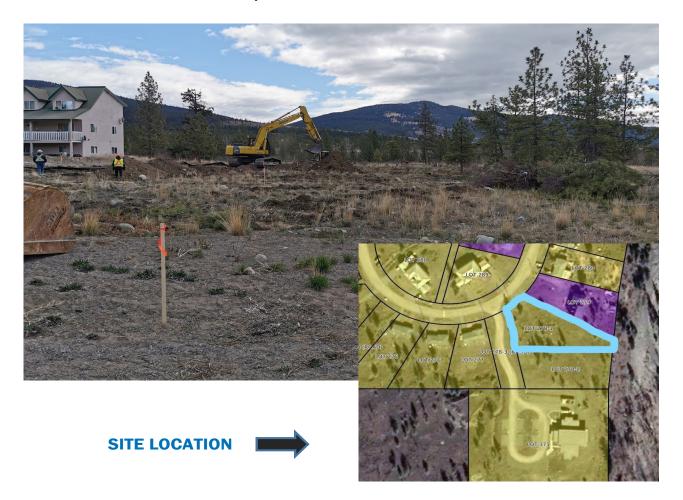
On-site Activity

As some of may have noticed site work has started. We are excited to see this building come together. Please be advised that with this on-site work starting there will be increased people, equipment and vehicles, both large and small in the community and on the roads, especially along Cougar Crescent. This will be an active construction site for the next several months, with some open excavation. There will be fencing put up to protect the community but please mind your children, pets and yourselves around this site. Thank you for your understanding. We hope to minimize disturbance to the community. Hours of on-site work are listed below:

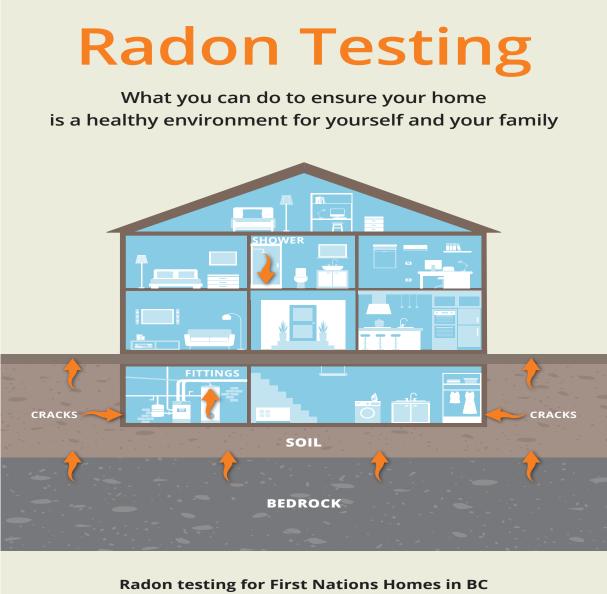
Monday to Friday 7:00 am - 6:00 pm

Weekends *only if needed 9:00 am -5:00 pm

Questions about the project? Contact the Housing Dept. at **250-378-5157**.







For information on radon testing for your home and tips on what you can do to protect yourself and your family contact your local Community Health Centre or visit us online: www.fnha.ca/environmentalhealth





It's Time to Test for Radon

Now is the perfect time of year to test your home for radon!

What is radon?

Radon is a colourless, naturally-occurring gas that comes from the soil in all parts of the world. You never know what the levels of radon are in your house unless you test – your house could have very different results from your neighbour's. Most homes will have some level of radon.

Why is radon a concern?

As radon levels increase, so too does the risk of lung cancer. Radon is the second leading cause of lung cancer in Canada after smoking, and when combined with tobacco smoke exposure, the risk goes up even higher.

How do I know if I have radon?

The only way to know the radon level in your house is to test. The test involves placing a small plastic "puck" in the lowest-occupied level of your home, and then just waiting! Over time, radon will make a mark on the inside of the detector. A lab will count these marks and translate them into a radon concentration. It's best to leave the detector in place for a longer period of time (up to one year) to get a good average reading. If a shorter test-ing period is used (at least three months), it's best to test during the colder, winter months when people send more time indoors with the windows and doors closed.

FNHA will work with your community to provide everything needed to test your home for radon: we will supply the detectors, and in many cases can even come to place them in your home and collect them after the testing period. We will also provide shipping to get the detectors to the lab, and will interpret the results for you and provide advice on next steps.

What happens if I have high levels of radon?

Health Canada has different recommendations for action depending on how high the levels are. If levels are above 200, we recommend that you take action within two years. If they're over 600, we recommend action within one year.

Reducing radon levels is generally a fairly straightforward process that involves allowing the gas from under the building to vent through a pipe, so it doesn't stay in your home. Indigenous Services Canada can often provide funding for this work in communities, in coordination with your Housing Department.

What if I have more questions?

FNHA is here to help and can answer any questions you might have! You can contact your Environmental Health Officer directly, or visit <u>www.radonaware.ca</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

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

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.			
B16-285		BC Hydro Power smart	FORTIS B Energy at work	°C™	
				33	

Attention Rocky Pines Residents

We are writing to provide an update on the upcoming construction activities taking place at 2794 Cougar Crescent. We have recently started the excavation works and will be initiating a couple of key activities on May 23rd, which may have impacts to the community.

Part of the modular construction build process involves "transportation and craning", where we will transport 'modules' or pieces of the building, and position them to be hoisted into place with a crane. Transportation and craning or the modules may cause a slight disruption to street access while we bring the modules to site.

Transport access will continue from Aberdeen Road, turning right onto Saskatoon Lane, and then right onto Cougar Crescent. The trucks will drive past the site a short distance prior to backing into the site.

What you should be aware of:

• No parking on the streets in front of the address above or along the site

• Heavy equipment and wide trailers with need more space when moving through the area. Please be mindful of potential delays.

- Work will be performed between 7:00am and 5:30pm
- Local residents will be notified in advance of any parking restrictions.

• The work is subject to weather however we will work to keep local residents updated on any schedule changes.

The safety of neighbours and staff is our priority:

- WorkSafe BC construction guidelines will be followed on-site.
- Workers will be wearing personal protective equipment.

Kwukwscemxw for your patience and cooperation during this project.

Any questions please call the Main Office (250) 378-5157.







May 2023 |

INFRASTRUCTURE UPDATE

Hooray Hooray!! It's the Month of May!!

We are happy to announce the winner of the 1996 Econoline Van is Clyde Sam

Thank you everyone who took part in the bidding process.

We are happy to announce that the Spring Clean-up is coming along smoothly.

Again, thank you to our members for taking part in this. Please remember to take before and after pictures.

We have heard great news from TNRD that everyone is doing a great job with our Recycle Program.

Keep up the great work!

Reduce – Reuse – Recycle!

FACILITY BOOKING PROCESS

Please ensure that you fill out a Facility Booking Request form
Email completed form to: <u>suzette.oflynn@lnib.net</u> and <u>naomi.jackson@lnib.net</u>

- G A Damage Deposit will be required by members and non-members
- The Damage Deposit will be reimbursed once keys are returned to the office.
- Also note, please use the blue recycle can for recyclables only ABSOLUTELY NO GARBAGE!

(Garbage left in the Recycle Can after an event could possibly cost your damage deposit)

Deposit can be Cash or Cheque Only!!
LNIB does not have a debit machine and we cannot take credit cards

Congratulations to Ted Sterling, Dwayne Blankenship, and Cody Kovacs

For successfully completing the Chainsaw Course!



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MAY 2023 EDITION





BILL CAMPBELL; LABOURER/OPERATOR/SUPERVISOR

I have been with Infracon/LNSS for the last 6 years. For LNSS I've overseen the work at the Civeo Camp, and Flint Stockpile yard. I like the diversity of work that the company offers. I like the fact that fellow employees are always willing to help each other in times of need whether it be on the work site or after hours... since starting here six years ago I've gained much more experience running equipment and having a better understanding of the safety culture in the construction industry. All the training that I've received has benefited me and I enjoy sharing my knowledge with our fellow new employees.



MIKE STAMP; SERVICE MANAGER

I've worked with Infracon for the last 23 years and with LNSS since the company was created. I started out as a mechanic and now I get to supervise two mechanics myself. I like the fact that we get to fix a variety of different pieces of equipment and vehicles and, it's not always the same thing everyday. We utilize local resources as much as possible when it comes to sourcing out parts. Since LNSS has acquired a bunch of new pieces of equipment it's been keeping the shop busy.



RICHARD CULBERTSON; CLASS 1 DRIVER

I have been employeed 2 years with Infracon/LNSS. It has been an exciting 2 years learning a new career. The LNSS/Infracon personal have been great to work with - fun, patient and experienced in training new people. I am grateful for the opportunity to grow within the company.



TREVOR ROOKE; SUPERINTENDENT

I've been with Infracon/LNSS since 2015 and really enjoy the vast array of experiences. There are endless amounts of training and growth is encouraged both personally and professionally. I've met and worked with many amazing people on projects that have changed the landscape in the Nicola Valley. I'm very proud of the accomplishments of all of my teams and look forward to what the future brings.

WWW.LNSS.CA

2975 HWY 97C MERRITT BC V1K 1M8



May 2023 - 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>	SATURDAY
	1.	2.	3. DIY Spring Home Décor Rocky Pines 1pm – 3pm	4. Teacher Guided Painting Rocky Pines 1pm – 3pm	5. Aquafit / Pool Day 9:45am start	6.
7.	8.	9.	10. Cottonwood Bud Shoot gathering. Meet by Central Elementary 2pm	11. Grandmothers Group Medicine Making (with Cotton wood bud) Rocky Pines 1pm-3pm	12. Mother's Day Tea and Breakfast! Shulus Soup Kitchen 10am start	13
14.	15.	16.	17. Gift Card Bingo Rocky Pines 1pm – 3pm	18. Elders Luncheon Shulus Soup Kitchen 11:30am Start	19.	20.
21.	22. <u>Victoria Day</u> <u>STAT</u>	23.	24. Elders Program Dinner Fundraiser Rocky Pines 5pm Start	25. Movie Night! Health Center 4:30pm Start	26. Bowling Details to come please contact Shyla McColl for sign up!	27.
28.	29.	30.	31. Value Village (Kelowna) Leave health center at 9am			

ýè tə sí ħ́q it - good day Culture Programs with Carole Basil





Drop in Beading with Carole: Come work on your beading or start a New project. Monday May 1st, 15th, 29th 9:00am to 3:00pm



Every Tuesday at Rocky Pines Center 5:00 - 7:30 pm May 2 May 9 May 16 May 23 May 30 Ribbon Shirts Drop In Sewing May 16 - 18 9:00am to 3:00pm Limited Seating

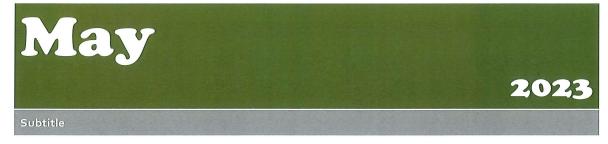


To Register for any of these programs Text or Call Carole Basil (250) 315-9158

LIMITED SEATING

Leather Crafting Wednesday May 10th, 17th, 24th and 31st 6:00 - 8:00 pm **Limited Seating** Must pre-register with Carole Basil





Cultural Revitalization Program Joe Shuter - (250) 315-7487



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Hand drum group 5:00 Rocky pine center	3	4 Nłe?képmx Language group 5:00 culture ce.	5	6
7	8 Asparagus picking	9 Hand drum group 5:oo Rocky pine center	10	11 Nłe?képmx Language group 5:00 culture ce.	12	13
14	15 Steweta / Wild potato Picking	16 Hand drum group 5:00 Rocky pine center	17	18 Nłe?kėpmx Language group 5:00 culture ce.	19 Wild Onion Picking	20
21	22 Stinging nettle Picking	23 Hand drum group 5:00 Rocky pine center	24 Dip net making 8:30-4:30 Till June 4 th .	25 Nłe?képmx Language group 5:00 culture ce.	26 Dip net making	27 Dip net making
28 Dip net making	29 Dip net making	30 Hand drum group 5:00 Rocky pine center	31 Dip net making	1 Dip net making	2 Dip net making	3 Dip net making
4 Dip net making						

View and edit this document in Word on your computer, tablet, or phone. You can edit text; easily insert content such as pictures, shapes, and tables; and seamlessly save the document to the cloud from Word on your Windows, Mac, Android, or iOS device.

Héńłek^w.



Returned from a Special Luncheon by Lytton Band

Salt salmon old preserving method

- March 29: Fishing meeting in Lytton, this year a low return is expected.
- April 6: Lytton Band Special lunch thanking all who helped them after the fire.
- April 16 : Funeral Protocol workshop at Coldwater school was well attended by LNIB
- • April 19: Ancestral remains ceremony was well attended by LNIB community.
- Tuesday Hand drum group has performed for ceremonies twice in April with Paul Joe
- The Thursday Language group is well attended by both learners and fluent speakers

May Activities and Calendar is posted.

Steweta, asparagus, stinging nettle, onions, and wild potatoe picking will be early in May. So get your digging and gathering tools ready.

Men's group:

Continue with a firearms PAL course and a gun cleaning workshop. Bring a group to Bella Coola in July.

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





MMIW & MMIW2S WALK



Tuesday, May 30, 2023 10:00 a.m.



Start: Shulus Hall Finish: Shulus Arbor

Light lunch to be served & Hand drumming



For more information please call: Carole Basil (250) 315-9158 Christie Hill (250) 315-3661



2nd Stage Treatment & Aftercare Program

Starts May 24th, 5:30 - 8:30 pm ** LIMITED SEATING** Rocky Pines Community Center

A comprehensive 2nd stage recovery program for those recovering from addiction. Learn to understand the underline issues of trauma, the cycle of dysfunction and developing new coping strategies.

> 21 week program MUST BE COMMITTED TO COMPLETE THE PROGRAM LNIB Members on/off reserve Registration deadline: May 17th

To register or more information contact Irene Howe (250) 378-7340



STROLLER CLUB!!



• Every Tuesday • Starting MAY 09 /2023

• 10:30-12:00 PM • LOCATION TO BE DETERMINED EACH WEEK

• GREAT OPPPRTUNITIES • FOR PARENTS!

Please join us in creating a safe space for parents to come together & have all your healthy questions answered by the CHN! Experience the fresh air while getting some exercise! Leaving supported & refreshed!

ANY FURTHER QUESTIONS? CONTACT ASIA ELLIOTT (CHN) AT LNIB COMMUNITY BUILDING @ (250)-378-5157



SPORTS FEES & EQUIPMENT

MAX AMOUNT:

- SA families can receive 100% coverage up to a max of \$1000.00 per/year.
- 2 parent families where both parents are employed can receive \$500.00 + \$100.00/additional child
- 1 parent families where parent is employed or 2 parents with 1 parent employed can receive \$750.00 per/HOUSEHOLD

WE ARE ABLE TO ASSIST FOR FEES & EDUIPMENT!!!



REQUESTS WILL BE REVIEWED INDIVIDUALLY USING THE GUIDELINES; HOWEVER, SOME REQUESTS MAY BE SUBJECT TO FURTHER REVIEW BASED ON SPORTING COST.

PLEASE CHECK OUT THE FOLLOWING LINKS FOR CANADIAN TIRE JUMPSTART PROGRAM & KIDSPORT CANADA PROGRAM, BOTH SUPPORT FAMILIES IN NEED WITH SPORTS FEE.

HTTPS://KIDSPORTCANADA.C A/BRITISH-COLUMBIA

HTTP://JUMPSTART.CANADIANTI RE.CA/CONENT/MICROSITES/JU MPSTART/EN.HTML

CONTACT

LNIB COMMUNITY SERVICES

(250)-378-5157

280 HWY 8

MERRIT, BC

45

WINTER IS OVER, LIFE IS HERE - Tony Broman

I have been through many harsh seasons in my life. Growing up in a family of substance misuse, of violence and mental health struggles were forces that combined to produce a harsh, winter-like season for my childhood. I do not speak disrespectfully but simply in observation and acknowledgment of it's reality. Our family had days and weeks of sunshine and warmth that solidified the truth of love but the consistency was not established and the duration was not long so we learned to be on guard rather than to relax and enjoy the good times and each other as fully as we could.

This was largely because my parents were the product of intergenerational trauma. They had suffered injustices in their families and in their communities that were not healed fully. In trying to offer their best, (and I honour them for all they offered) there were struggles and hurts passed on. I have had to challenge myself most days of my life to sort through it with accuracy. I had to work carefully at emerging from that harsh season and discover that the sun was shining and that it felt good. I had to discover that play was possible; that trust is beneficial; that enjoyment of relationships is a deep pool of refreshing water rather than shark-infested waters. And what I realized after a while was that winter was actually gone quite a while ago and I was just nervous to come out to check. And when I did, I didn't stay outside long enough to let it sink in.

So I come very respectfully today and want to ask some questions that are trying to look at a harsh season from a different viewpoint. My wonderings are innocent, honest and in a good way. I have no negative agenda or judgment, simply hoping, longing, trusting, believing for love to prevail in our hearts as we know it's strength never fails.

Here they are:

What if residential school agendas were a failure? What if the idea of erasing culture failed? Totally? What if we are still here? What if the deep hurts can become a picture of our deep love and strength rather than echoing endless messages about injustices and losses? What if culture, tradition and language did not die but simply retreated inward as a wise tree does through the harsh winter? What if culture is budding and blossoming? Shooting up from the soil of the each life? Spreading? Growing in a new climate? Gaining strength?

It is true that winter seasons are long and harsh. The winter conditions are not chosen by the tree or the forest. Harsh, frozen times come. Resources are few. Blizzard storms blow and cold, nights are dark and long with little daylight and warmth to enjoy. Through harsh times branches are lost. Wind whips wildly and breaks apart some. Others fall because resources cannot flow as in other times. Sometimes the hunter or trapper comes through and whole trees or groves of trees are lost for firewood or shelter.

But winter ends as nature shows us each year and new life springs up around us. Some life is in familiar places while other life is new. The sun beams down and warmth spreads over the mountains and into the valleys drawing out both forest and creature to bask in it's life-giving rays. Slowly, carefully and also steadily life emerges out of the harsh season to bud and blossom and flourish anew. This is our confidence as we journey through our own lives. The land around us speaks a message of wisdom and steadiness to our hearts and minds that our own seasons can shift and life can come out of harsh times.

We can learn gently, carefully, as nature does each year, that it and we are not destroyed but preserved. We are not lost but held safely away for the right climate to flourish in. This is true for each person and also for community and culture as well. We navigate not only the seasons of nature but also the seasons of relationships both as groups and as families and as individuals. Seasons are always weathered but how we come through them is different and takes time to adjust to and understand. Emerging is often about gaining or regaining trust in ourselves to make our way together. We must go steadily and gather the knowledge and wisdom around us to create life as our Creator put inside us to do.

Here is to our Spring. May the land around us speak hope and life to the harsh winter conditions of our lives that the time is passing and is now for us to emerge carefully, strongly in new ways.



LOWER NICOLA

come join us for a Community Dinner

To Honour Our Mother's

Thursday, May 11, 2023 Shulus Hall 5:00 - 7:00 p.m.

Everyday is a good day to celebrate our mother's

More information call Christie Hill (250) 315-3661

Every Tuesday 10:00 am - 12:00 pm **SHULUS COMMUNITY GARDEN** MEETING

Soil Testing Bee Club Meetings Insect Control Location: Shulus Community Gardens Lorna Shuter (250) 936-8365 Katolina Peterson (250) 378-7561



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LOWER NICOLA BAND SCHOOL MAY NEWSLETTER

April 2023 - Newsletter

I feel like I am starting to sound like a broken record when I talk about how much we fun we have at our school. We are very lucky to be able to provide so many wonderful opportunities for our students and will continue to far into the future.





Field trip season is also beginning to amp up as well not that the weather is changing. Ms. Sheena's class was out with our culture teachers gathering wood buds to make medicine (after a swimming lesson I might add).

One of the biggest highlights for us

this past month was having a bunch

of our students (U-10) participate in the LNIB Jr. Native Hockey

Tournament. Semiah Cote stepped up

to coach our kids in this tournament (Semiah was also one of our hockey

program coordinators for the year).

She put in a lot of effort and made sure her mom (Randi Gardypie-

Teaches Grade 7) put on her toque

you, ladies!!

and gloves to help out as well. Thank

Ms. Haller's class went to the Merritt Sewer treatment plant, learning how our sewer is treated and then sent back out into the environment with an incredible amount of care. You can see in the picture the kids looking through a microscope to see how bugs (yes bugs) are the most important part in treating sewer. It is an incredibly organic process.



Please do not forget that our kindergarten and grade 7 grad photos are coming up very soon. We have a very exciting month ahead with more field trips and one that will see the entire school head out !



Principal Leroy Slanzi Leroy.slanzi@lnib.net **Executive** Assistant Sioux.Swakum@lnib.net **Teachers:** Derek Hanna-Gr.K Terry Bose/ Brenda Ens -Gr.1/2 Rhonda Sheena-Gr.3/4 Donelda Haller-Gr.4/5 Jennifer Desgagnes-Gr.6 Randi Gardypie-Gr.7 Office & Support Tammy Armstrong, Chantel Ashdown Barb Basil Joe Collins Jill Fitzer Nikki Flottorp Lee Fulton Bill Heard Cody Jones Shelley LeBlanc Arnold Meyer April Morel Devan Nagata Reese Paterson Brandy Pinyon Annie Rabbitt Penny Toodlican Phone: 250.378.5527

LOWER NICOLA BAND SCHOOL

Culture and Language Program

Dear Community Members:

Happy Spring, I cannot believe it's already May. We only have 2 months of School left! I hope everyone is having a good Spring, despite the cooler weather. I'm sure we are all looking forward to warmer days!

Kwukwscemxw to all the Elders who attended our Elders Day Breakfast, we look forward to hosting more gatherings.

Paul Joe has been teaching/singing drum songs with our students in the Culture program and the students love it! In April we had an Elders Day Storytelling event at the School, kwukwscemxw to all the Elders that attended. It's so wonderful to see the Elders come out and pass on our traditional knowledge. We will be having an upcoming Culture day in May and a Pow-wow on June 1st with the other Band Schools. Arnie Narcisse will be coming into the Grade 5-7 classes in May and telling his story on Residential Schools titled "Hard to be a Good Indian—Memories of an Indian Residential School Survivor." If you have any ideas about our Culture and Language Program, I would love to hear them. Please email me at this address:

angie.sterling@lnib.net or call the School at 378-5527.

Kwukwscewmx.

Angie Sterling, Culture and Language Administrator

"The most important thing is to teach the children, so that our Culture never dies." "You've got to know your language to understand your culture."



Culture and Language Administrator: Angie Sterling Culture and Language Teachers: James Shuter Annie Major Phone: 250.378.5527





Happy

| Lower Nicola Indian Band

Absolutely NO NUTS and NO Peanut Butter In NB School **MAY 2023**

Day

aoM	Tite	Mad	Th:	is I
	200			-
1 Scrambled eggs Sausage + hashbrowns	2 Cheesy potato soup	3 Deviled egg pasta	4 Sandwiches veggie cup UNMATCHED SOCK DAY	5 Hamburger Mashed potatoes & gravy
8 Grilled cheese + tomato soup	9 Meat tortellini tomato soup	10 Breakfast wraps	11 Teriyaki meatballs + rice	12 Pizza
15 Veggie omelet	16 Beef stroganoff BANDANA DAY	17 Spaghetti sauce	18 Caesar salad	19 Lasagna + garlic toast
22 NO SCHOOL VICTORIA DAY	23 Chicken noodle soup	24 Egg bunwich	25 Tomato mac soup	26 Hot dog + chili
29 Hamburger stir fry + rice	30 Chicken burger Roasted veggie	31 French toast	-	

May 2023 |

| Lower Nicola Indian Band

LNIB EDUCATION DEPARTMENT sharon.parsons@lnib.net (250) 378 – 5157 OR (236) 575 - 2105 2160 SETTLERS ROAD HVVY 8

SHARON PARSONS EDUCATION PROGRAMS MANAGER

Hello everyone,

On the evening of April 11th School District 58 Superintendent, Steve McNiven, engaged with band members to provide information on the how the Local Education Agreement (LEA) is supporting our First



Nations students. Jane Kempston, District Principal of Student Support Services, was present to explain and gather parents' information to incorporate into the district wide Equity Scan. Thank you to the LNIB members who shared school experiences, information, suggestions, and conversations. Your participation in these 2 meetings was greatly appreciated. Please contact Sharon Parsons or Shane Coutlee if you would like to more information on the LEA or the Equity Scan.

The 2023/2024 post-secondary funding applications are coming into this office daily. May 26th is the deadline to get that application in to the Education Department by email, fax or in person. Come talk to us about your education plan, post-secondary band funding, scholarship applications or short-term training.

Flyers about upcoming computer training in May, and the professional driver training for class 1(MELT), 2, 3, or 4 Driver's License, are included in this newsletter, give us a call, or drop in to get more information.

It's Graduation season. LNIB Education will hold a Grad Recognition Day at this office in late June. Details will be sent out to all LNIB grads prior to the event.

Just a friendly reminder to LNIB membership that you are free to contact Education staff if you or your child could use help navigating a challenge. Education staff may be able to find resources to suit your needs.

Until next time, Humelth

LNIB EDUCATION DEPARTMENT



angie.nikkel@lnib.net



(250) 315 - 7927

2160 SETTLERS ROAD HVVY 8



ANGIE NIKKEL, EDUCATION ASSISTANT HELLO, AND HAPPY MAY TO EVERYONE!



Upcoming Events: -Monday, May 22: Victoria Day CHILDREN WHO READ, SUCCEED

There are so many benefits of children reading more books in today's day and age. Parents should actively encourage their children to read more books because reading more helps children become more successful in school, exercises their brains, and builds strong and fun family relationships

According to various studies, children who grow up in homes where there are many books readily available to them tend to be more successful in school because reading promotes achievement in all subjects.

As children read more books, their brains retain more knowledge. They also learn how to use new words and structure sentences that help them to write and become better speakers.

Parents who read with their children help to create stronger family relationships because reading with children at home on a regular basis or taking visits with them to the library are a few fun ways to bond with your children and teach them the benefits of reading more books.

Have you noticed that your child (or children) is struggling in one or more areas? A tutor is 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 myself at <u>angie.nikkel@lnib.net</u> (250-315-7927) or Sharon Parsons at <u>sharon.parsons@lnib.net</u> (250-378- 5157) to fill out an application and get onto the schedule. We have computers available if needed.

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



Hello Everyone,

I hope everyone had a great Easter Holiday.

This month is Mother's Day. Time to gather your family together and treat your Mom. Do something special for her. Have a barbeque and cook her favorite meal along with all the fixings. Hopefully we will have some nice warm weather so we can enjoy being outside.

The Education Office will be quite busy for the next couple of months. There will be the High School and Post-Secondary Graduations and

the submissions of PSE Funding Applications for the next academic year. Check out the computer and driving training that is being offered.

To all Graduating PSE students, please have a copy of your transcripts sent to our office.

If you are a graduating high school student from the valley or from outside the valley and you are planning to enroll in Post Secondary Studies, don't forget about the entrance bursaries that are available at all Universities and Colleges. Contact the student aid office at your chosen university for more information and assistance with completing the applications.

The deadline to submit your LNIB PSE Funding Application is the last Friday of May. If you have any questions or concerns regarding the process of applying to a University, give our office a call, make an appointment and we can help you sort through the paperwork.

If you did not receive the Education Department mail out package, send an email or give me a call and I will send you a fillable Funding Application along with the Education Policy.

All students check out the following Scholarships and Bursaries:

https://www.scholarshipscanada.com/

<u>https://bcaafc.com/education/first-citizen-funds/</u> Application deadline is May 15, 2023, for the Winter semester.

https://newrelationshiptrust.ca/apply-for-funding/student-funding/student-scholarship-andbursaries/ Opens: May 15, 2023 Closes: August 1, 2023

To all Membership in the Nicola Valley and away from the area, if you find any programs or courses you are interested in taking, such as first aid, a post-secondary course, skills training for employment, or online courses, we are here to help you with the process. We can also help create or update your resume. Contact our office to find out how we can support you.

Give our office a call or email to ensure we have your current up-to-date contact information.

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

Gaíl La Rochelle

Phone: 250-378-5157 Email: gail.larochelle@Inib.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 May! A couple of days to mention are Mother's Day on May 14th and Victoria Day on May 23rd. The LNIB offices will be closed Monday, May 22nd for Victoria Day!

Computer Training opportunities for May-June:

• Microsoft Basics:

- Computer Basics, May 8-9th
- Intro to MS Office, May 10-11th
- MS Office Core:
 - Word, May 15th
 - Excel, Outlook, May 16th
- Expert:
 - Excel Expert I, Excel Expert 2
- Management:
 - Outlook Strategic Management and OneNote June 8th
 - Review Training, June 9th
- **Commercial Driving:** class1, 2, 3, 4 & Air Brake Endorsement. First, practice and challenge learners. Training to take place in Kamloops, travel and meal allowance provided on days of training.

If you are interested in any training, please contact the LNIB Education department as soon as possible to register and check seat availability.

Graduation Recognition:

We are hosting an outdoor graduation day:

Date: June 28, 2022 Start Time: Will call grads to set-up a time to present gift. Place: LNIB Education Building 2160 Settlers Road

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





As the weather is warming up, we will be spending most of our days outside. Head Start provides sunscreen to help protect our littles from the harmful effects of the sun. Please send your child with a hat and appropriate clothing for our hotter days. Г

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FRIDAY	5 FRENCH TOAST WITH FRESH FRUIT	12 TERIYAKI MEATBALLS WITH RICE	19 HAM AND CHEESE PINWHEELS	26 MONKEY BREAD PIZZA	
THURSDAY	4 SCRAMBLED EGGS/ BACON/TOAST	11 CHICKEN NOODLE SOUP WITH GRILLED CHEESE	18 HOMEMADE PIZZAS WITH THE KIDS	25 SPAGHETTI WITH GARLIC TOAST	
WEDNESDAY	3 SNACK PLATTERS	10 SPAGHETTI WITH GARLIC TOAST	17 SMOOTHIE BOWLS	24 SHAKE AND BAKE CHICKEN WITH RICE	31 BANANA MUFFINS WITH YOUGURT AND GRANOLA
TUESDAY	2 STIR FRY WITH RICE	9 CHICKEN BURGERS WITH FRIES AND VEGGIES	16 MEAT LOAF WITH MASHED POTATOES AND GRAVY	23 WAFFLE AND FRESH FRUIT	30 CHICKEN ALFREDO

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Little Stars Head Start Menu – MAY 2023

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May 2023 |

| Lower Nicola Indian Band

May 2023 |





Parent Engagement Sessions!!

Starting in April, we will be offering information sessions for parents. The topics were identified in a recent parent survey. We are working with a consortium of experts from Well Mind Counselling who will be facilitating these sessions/workshops on:

Risky Behaviours—April 18th (5 pm to 6 pm) Library at MBE

Part of being a child is pushing the boundaries and learning our place in the world, which includes some level of risky behaviors. But as a parent, how do we know when those risks are beyond the norm and something we need to address? In this presentation, we'll look at developmental stages and the risky behaviours that are common for each of these stages. We'll also discuss what we can and should do if the risks are outside of the norm.

Exploring family fun and outdoor activities—April 26th (5 pm to 6 pm) Outside Field Areas of MBE

The staff at Bench will offer a session for families and explore a variety of fun filled activities that your family can engage in together taking time away from screens and some time connecting with your loved ones. This session will take place outside in the field areas of our school. You will leave this session with some fantastic ideas.

Supporting kiddos with mental health concerns-May 4th (5 pm to 6 pm) Location TBD

If your child struggles with ADHD, anxiety, OCD, depression or any other mental health disorder, this presentation will help you learn to support them. We'll discuss some of the foundations of mental health in kiddos and how that can be presented differently in children than it does in adults. We'll look at co-regulation techniques you can use with your child to help them better manage whatever they are going through. Lastly, we'll look at some of the things you can do support yourself, so that you are better equipped to be there for your child.

Loss, Change and Transition-May 17th (5pm to 6 pm) Location TBD

Whether someone passes away, a family structure changes or it's a big move, loss, change, and transition are events that all children experience at some point in their life.

In this presentation, we will go through the key factors that build resilience, seeing how we can apply each of these to your child's life to help them manage through the tough times. For each factor, we'll offer some clear techniques or tools you could try out and we'll also help you brainstorm what that could look like with your individual child.

Body Image—June 7th (5pm to 6pm) Location TBD

Recent statistics have found that anywhere between 52-79% of children as young as 6 years worry about how they look. 35% of these kids experience strong worry because of their appearance. This presentation will focus on supporting our kids in building strong relationships with their bodies. We'll also discuss some of the common signs that suggest you may want to get your child extra support, or signs that they have an unhealthy relationship with food.

Please note that this conversation will not just center on girls, and we also strongly welcome parents with boys to attend.

Identity-June 22nd (5pm to 6 pm) Location TBD

Many parents have worries and concerns about their child's exploration of their personal identity. We'll begin our conversation defining some terms to get on the same page, and then talk about best practices around personal identity. We'll discuss the concerns that you may have and discuss some age-appropriate ways to discuss and explore personal identity with your children.

The sessions will take place in person. Snacks, coffee, or tea will be provided for those who join us in person. Due to the nature of the sessions and the need to prepare food, we will be asking parents to confirm their interest in attending. A reminder will be sent out prior to the session.

Our first session on Risk Behavior will take place on April 18th and held at Merritt Bench Elementary.



REGISTER NOW! BAND SPONSORED COMMERCIAL TRAINING AND AIR BRAKE ENDORSEMENT

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



Class 1, 2, 3 & 4 with Air Brakes

Basic knowledge and practical skills for entry-level driver

Train on full size commercial vehicles

Pre-Trip Inspection Classroom Theory Road Test at ICBC

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

LOWER NICOLA INDIAN BAND

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

www.lnib.net

Dates to be announced!





LNIB POST-SECONDARY FUNDING APPLICATION

LNIB MEMBERS FOR A SEPTEMBER 2023 START



PLEASE HAVE YOUR POST-SECONDARY FUNDING APPLICATION IN BY FRIDAY, MAY 26, 2023

FOR MORE INFORMATION CALL

MAIN LNIB ADMIN (250) 378-5157

EMAIL: Sharon.Parsons@Inib.net or Gail.Larochelle@Inib.net



ADDITIONAL INFORMATION

If you are an LNIB member interested in entering or continuing a Post-Secondary Education, a Trades Program or a **Training Opportunity** contact the LNIB Education Department for more information on funding supports. LNIB Education accepts funding applications all year, however, full funding support is based on the availability of funds. You can find a fillable **PSE Funding Application** on the website Inib.net, under the Education tab, pick one up at the Education office, or call and we can email you a package. Applying to more than one school is encouraged. Submit your application

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SCHOOL DISTRICT 58 READY, SET, LEARN MERRITT EVENTS!

COME JOIN US FOR READY SET LEARN EVENTS!

YOU ARE INVITED TO: SEE THE SCHOOL MEET THE PRINCIPAL AND KINDERGARTEN TEACHER ENGAGE WITH GUEST SPEAKERS ENJOY ACTIVITIES FOR THE KIDS SNACKS PROVIDED

PLEASE JOIN US FROM 10:00-11:30 AT THE FOLLOWING LOCATIONS: APRIL 11TH AT DIAMOND VALE ELEMENTARY APRIL 25TH AT MERRITT CENTRAL ELEMENTARY MAY 2ND AT NICOLA CANFORD ELEMENTARY MAY 9TH AT COLLETTVILLE ELEMENTARY MAY 16TH AT BENCH ELEMENTARY

DO YOU HAVE QUESTIONS?

Contact:

Daniella Bennie, District Vice-Principal of Early Learning and Childcare Email: dbennie@365.sd58.bc.ca Telephone: 250-378-5161

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PEOPLE EVENT

PLEASE JOIN US FOR A

Merritt Central Elementary School 1501 Voght Street, Merritt, BC



Do you have a child age 3-5?

Are you looking for more information about community resources for young children?

JOIN US FOR OUR FIRST LITTLE BIG PEOPLE EVENTS APRIL 12TH MAY 10TH JUNE 14TH FROM 10-11:30AM WHAT IS IT?



Booths by local Early Years Organizations and Service Providers An opportunity to see what services and activities are available for children and families in the early years Fun for 3-5 year olds Promoting health and wellness Snacks, prizes, fun and so much more!

The SEY2KT planning table is comprised of members from:

School District 58, Nicola Valley Infant Development, Literacy Merritt & Nicola Valley, LNIB, Upper Nicola Headstart, Nzeman Aboriginal Infant Development, Nicola Valley Food Bank

For additional information please contact

Daniella Bennie, District Vice Principal of Early Learning and Childcare at dbennie@365.sd58.bc.ca

or

anet Verbeeck, Nicola Valley Infant Development at janetverbeecknvidp@shaw.ca

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SD NO.58 GRADE 7'S Awakening of the Canoes Celebration

Date: May 4th, 2023 Place: Rotary Park, 1990 Maxwell Ave Time: 10am - 1pm Lunch Provided

Bring your own lawn chair!



MAY 24, 2023 SD58 POWWOW

Water is Life!

LNIB Shulus ARBOR Neale Rd 9:30am - 2:00pm

Host School: Merritt Central Elementary M.C.: Richard Jackson Special Performances: Gary Abbott Hoop Dance INVITED DRUMS ONLY

All Dancers & Vendors must pre register by contacting Martha Chillihitzia by phone: 250-315-3858 or by email: mchillihitzia@365.sd58.bc.ca

For further info contact: Shelley Oppenheim-Lacerte, Manager 250-315-9334 slacerte@365.sd58.bc.ca







Sunday May 28, 2023 at 10:15 a.m. Shulus Arbour, Neale Road

Come and join us for the Unveiling Celebration for the Veterans Memorial Monument.

Shulus Community Garden Newsletter for May 2023

Garden Club:

Date: Tuesday, 10 to 12 noon,

Location: 2124 Neale Road, Shulus Community Garden Portable.

Topics: everything about growing food crops. Share your garden stories and get answers for garden pests, soil tests - done on site, trade & gather seeds, fun stories & refreshments welcome. Contact Kat at (250) 378-7561 for more information.

Beekeeping:

One of five hives survived the winter, have added & removed the mite strips, there is no sign of disease, there was plenty of food in the hive, indicating coldness perhaps or swarmed. Will remove winter hive jackets in week when the night temperatures warm up to 15c.



*Next Honey Harvest in July/August 2023: Pre-orders are welcome!

Invasive Plants to Dig-up:	Grow Me Instead:
Blue Weed	Purple Coneflower or Common Harebell
Hoary alyssum	Yarrow
Knapweed	N/A
Common Tansy	N/A
Himalayan knotweed	N/A
Baby's Breath	Hybrid Yarrow or Showy Daisy
Common Periwinkle	Kinnickinnick or Bunchberry
Toadflax	Canada Goldenrod or Daylilies
Yellow Flag Iris	Virginia Iris or Oregon Iris
Russian Olive tree	Pacific Ninebark or Scouer's Willow

*For more information: BCINVASIVES.CA/PLANTWISE or 1.888-933-3722 *

Vegetable & Herb Seedlings:

Peppers, Tomato, Cucumbers, Kale, Broccoli, Cabbage, Lettuce, Radishes, Sunflowers, Squash, Herbs, Flowers,

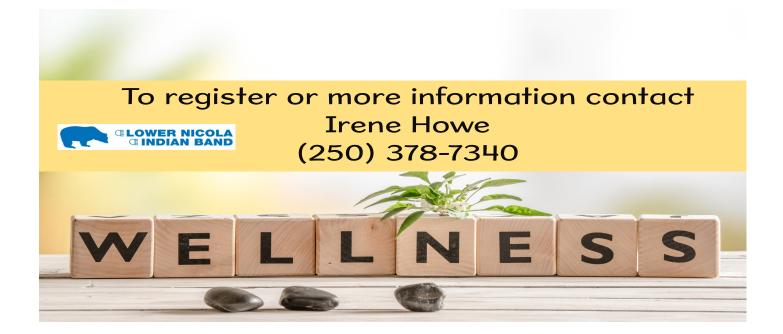


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2nd Stage Treatment & Aftercare Program Information Session

May 9th, 5:30 - 6:30 pm Rocky Pines Community Center

The 2nd Stage Treatment & Aftercare Program Creator is willing to host an information session in the community. If you would like to get more information please feel free to attend.





ALLINBOFFICES Will be CLOSED for



The offices will reopen to regular hours Tuesday May 23, 2023 8:30 am - 4:30 pm

If you have an emergency, please call Administration: (250) 631-7056 Health & Social: (250) 378-1573 Public Works: (250) 315-8184 Housing: (236) 575-2014