

Lower Nicola Indian Band

July 2023

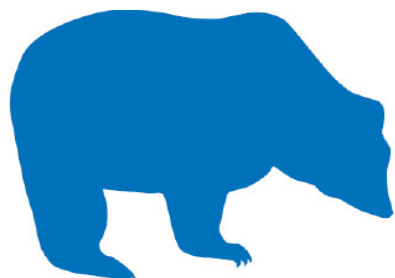


Nʔeʔiyk Spłəm



Thompson River Salish people





LOWER NICOLA INDIAN BAND



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hello Band members and community members. I hope each of you are doing well and enjoying this very odd and confusing weather. We are slowly moving into the month of July and our weather is definitely not cooperating! At any rate, summer holidays are fast approaching for all our students and I am sure there is excitement in the air! With that in mind, our children will be out and about so it is so very important that we are aware of this and mindful as we drive through and around our streets and neighborhoods. Fire season is still here. Even though we have seen a lot of precipitation as of late, fire season is still at our front porches. We need to be cognizant of this if we decide to light a family fire to have a cook out or a get together. Let's be responsible and cautious of fire, especially in these next few months.

Chief and Council have been meeting as consistently as possible. We have had a few cancellations of Council meetings and community meetings, but we hope to get back on track and continue with regular scheduled meetings. We did have a community meeting just the other night and it went quite well. We had the opportunity to invite a few groups in that presented their interest in purchasing the Trans Mountain Pipeline. WIPG (Western Pipeline Indigenous Group) and Natural Law-X. This is a very interesting topic and I

was quite impressed with the content that was provided to our membership. There are a lot of opportunities that can be made available to membership if we decide to sign into this opportunity. There will be dividends that will go out to the membership. There will be contractual opportunity for our band member businesses with respect to operating contract agreements. There will be management agreements in place that will open up opportunity to hire band members to help manage the pipeline. There will be pipeline monitoring responsibilities that can lead to jobs as well. There are a lot of opportunities that LNIB needs to consider. The royalties are just a tip of the iceberg for Lower Nicola Indian Band. I plan on inviting both these groups back to an LNIB community meeting very soon. There is more to discuss and lots more to learn about this opportunity. I hope to see more membership in attendance when these groups come back.

Our next community meeting is scheduled for August 28th at the Rocky Pines Community Center. Just a friendly reminder that Chief and Council meet the first and third Tuesday of every month as well. Summer is just before us and Council may take a summer break. I will let you know if this will occur in my next submission. I just want to wish everyone well. I do realize that life is different for each of us. Some of us deal with varying forms of hardship in our lives and some of us deal with life changing moments that are everlasting and joyful. All that I hope is that each of you try your best to enjoy as much of life as you are able. Enjoy your time with your friends and family. Please take care of yourself in whichever way suits you. Let us bust down the doors of July with a big bang and a big smile. You never know what the future has in store, but we need to make the best of it. Love you all.

kukscémx

kúk pi Stu Jackson



Dear LNIB Members,

I am pleased to present our monthly report for June 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 May 25, 2023 there were 984 payments processed out of 1,426. Leaving 442 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 to on and off reserve members phone the band office if you require assistance filling out your form.

Upcoming Training and Workshops: LNIB Sponsored Driving Lessons an application can be submitted to Steve Wilks and you wait for your approval then your lessons can be booked. Indigenous Agriculture Training Program

Opportunities coming up in July and August will be Farm Equipment Training/Safety, WHIMIS, First Aid, Food Safe, Introduction to Bee Keeping, Food Preserving, Growing Food Crops and Green House Course. Watch for details for these opportunities. Hospitality Work Skills and Training Program will be in Hope July 3-9, 2023. LNIB Summer Education Summer Learning Program will be running from July 10-August 3 at the LNIB School. This is exclusive to LNIB members ages 7-13 contact the Education department for information and registration. 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 take a look at the following link, 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: Ron Sterling, Garbage/Recycling Collector; Ashton Peterson, Garden Center Assistant Summer Student; Tiffany Pop, Youth Program Coordinator; Jonathan Bertram, Culture Heritage Field worker; Lani Mackenzie, Elder Program Coordinator. The staff who moved on to new endeavors is Kaiden Harris LNIB thanks him for his contribution to the LNIB Team.

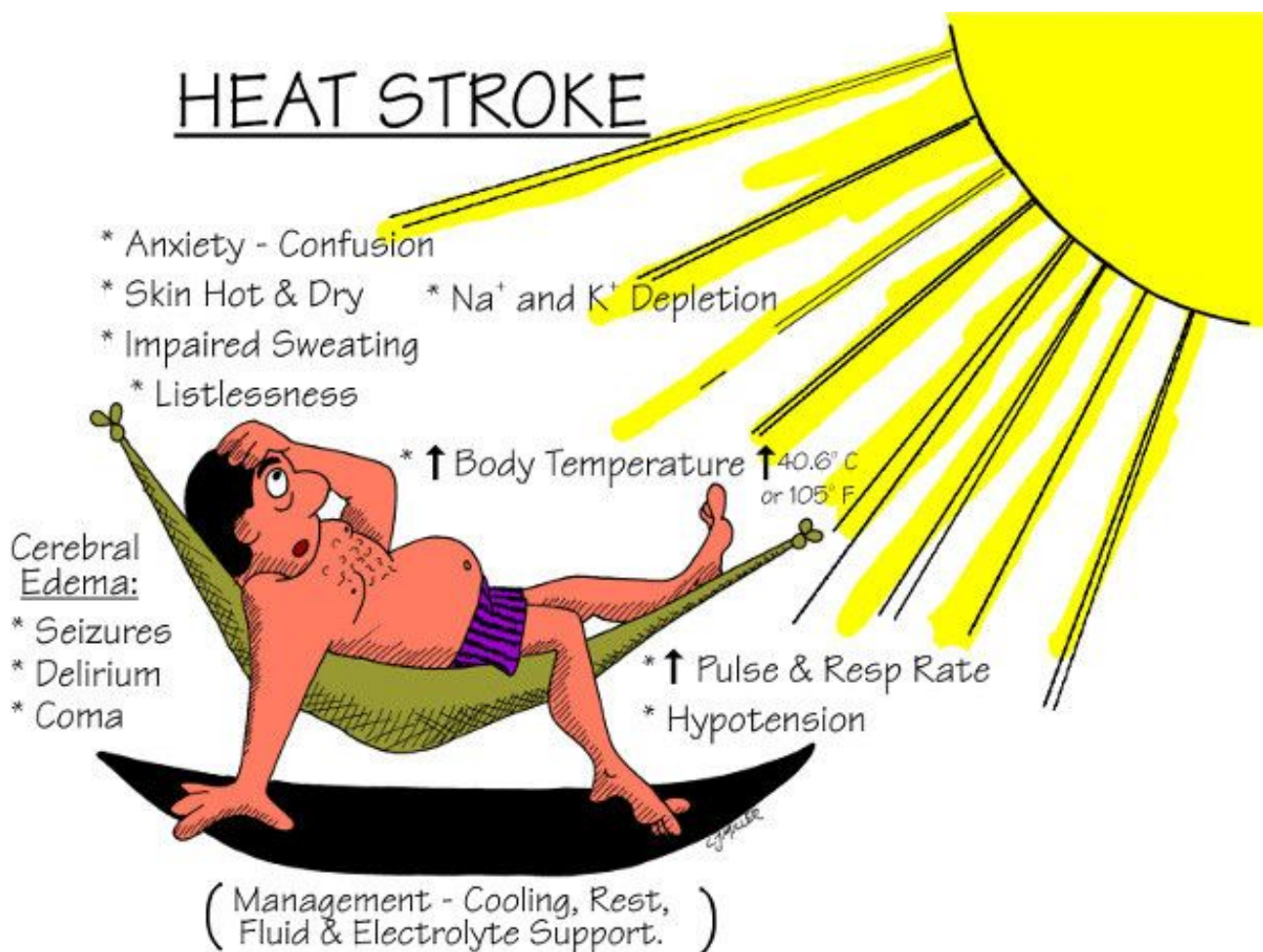
Current job postings with Lower Nicola Indian Band are Accounting Manager, Lands Administrative Assistant, Housing Administrative Assistant, Recreation Assistant, and Janitor visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Committees and Liaisons: Chief and Council: The Lands Management Advisory Committee met June 22nd. The Finance and Audit Committee did not meet in June.

Community Meetings and Workshops: The next Band General meeting is scheduled for June 26, 2023.

Support to Chief and Council: Chief and Council met June 6th and 20th. Chief and Council orientation meeting was June 11th with a focus on Lands. Should you require anything on the Chief and Council agenda scheduled for July please contact Sondra Tom and I. Also, 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



Chief and Council Attendance
Term October 2022-September 2025



Chief and Council Attendance
Term October 2022-September 2025



Motions from Chief and Council June 6, 2023 meeting

Motion #06-06-2023-01 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the June 6, 2023 Chief and Council meeting agenda with removing f.iv. appointment of .
Motion Carried

Motion #06-06-2023-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the May 16, 2023 Chief and Council meeting minutes as presented.
Motion Carried

Motion #06-06-2023-03 Reads: The Lower Nicola Indian Band Chief and Council endorse the Funding Applications to the Indigenous Skills and Employment Training Summer Student Programs to fund and hire four (4) First Nations summer students and authorize the LNIB wage and equipment contribution of up to, but not exceeding, \$5,000.
Motion Carried

Motion #06-06-2023-04 Reads: The Lower Nicola Indian Band Chief and Council
Now therefore be it resolved that the Chief and Council:
1. approves hiring First Peoples Law LLP to make application(s) to a BC Court for the private prosecution of the non-members trespassing on LNIB Reserve Land;
2. approves a private prosecution budget of \$100,000; and
3. authorizes the Director of Lands and Housing to do all such acts and things as may be necessary or desirable to give effect to this resolution.
Motion Carried

Motion #06-06-2023-05 Reads: The Lower Nicola Indian Band Chief and Council hereby approve the Plan of Survey of Lots 386 to 388 and Right of Way over Lot 386 Nicola Mameet IR No.1 that was executed between March 3rd to April 5th, 2023, by Scott Rhodes CLS.
Motion Carried

Motion #06-06-2023-06 Reads: The Lower Nicola Indian Band Chief and Council authorize kwúkʷpi? Stuart Jackson, Councilor William Bose, and Lands Manager Brandi O'Flynn to sign the following:
1. Certificate of Possession No. 403048856 for Lot 66 Nicola Mameet IR No.1 in the name of Jesse Darrel James Voght;
2. Certificate of Possession No. 403048858 for Lot 91 Nicola Mameet IR No.1 in the name of Jesse Darrel James Voght; and
3. Certificate of Possession No. 403048857 for Lot 111 Nicola Mameet IR No.1 in the name of Jesse Darrel James Voght."
Motion Carried

Motion #06-06-2023-07 Reads: The Lower Nicola Indian Band Chief and Council
Now therefore be it resolved that the Lower Nicola Indian Band Chief and Council support the delivery of a survey to community members to address the potential future of the Catholic Church of Immaculate Conception located on Lot 29 and 30 within the Shulus Community, Nicola Mameet IR 1 and ask that the survey results be presented at a Chief and Council meeting in July 2023.
Motion Carried/

Motion #06-06-2023-08 Reads: The Lower Nicola Indian Band Chief and Council hereby authorize the Director of Economic Development to expend an amount not exceeding \$67,500.00 from profit number 750 for the purpose of purchasing an additional field truck.

Motion Withdrawn

Motion #06-06-2023-9 Reads: The Lower Nicola Indian Band Chief and Council hereby:

1. Supports the 2023 Local Food Infrastructure Fund application
2. Authorizes the Executive Director to sign the application and submit a Motion Letter/Band Council Resolution or equivalent as part of the application process.
3. Authorizes \$11,792 in band source revenue as a 15% cash contribution for the tractor purchase.

Motion Not Carried

Motion #06-06-2023-10 Reads: The Lower Nicola Indian Band Chief and Council move to to support and sign the Annual Rates Law 2023 and Annual Expenditure Law 2023 to come into force and effect on the day after it is approved by the First Nations Tax Commission.

Motion Carried

Motion #06-06-2023-11 Reads: The Lower Nicola Indian Band Chief and Council move to approve Stuart Jackson's travel to Vancouver BC to attend the Judicial Review from June 27, 2023 to June 29, 2023 not to exceed the amount of one thousand two hundred and fifty-eight dollars (\$1,258.00).

Motion Carried

Motion #06-06-2023-12 Reads: The Lower Nicola Indian Band Chief and Council move to approve Lesley Manuel's travel to Vancouver BC to attend the Judicial Review from June 27, 2023 to June 29, 2023 not to exceed the amount of one thousand two hundred and fifty-eight dollars (\$1,258.00).

Motion Carried

Motion #06-06-2023-13 Reads: The Lower Nicola Indian Band Chief and Council move to approve Councilor Arthur Dick's travel to Vancouver BC to attend the Judicial Review from June 27, 2023 to June 29, 2023 not to exceed the amount of one thousand two hundred and fifty-eight dollars (\$1,258.00).

Motion Carried

Motion #06-06-2023-14 Reads: The Lower Nicola Indian Band Chief and Council move to approve Robin Humphrey's travel to Vancouver BC to attend the Judicial Review from June 27, 2023 to June 29, 2023 not to exceed the amount of one thousand two hundred and fifty-eight dollars (\$1,258.00).

Motion Carried

Motion #06-06-2023-15 Reads: The Lower Nicola Indian Band Chief and Council move to approve Bill Bose's travel to Vancouver BC to attend the Judicial Review from June 27, 2023 to June 29, 2023 not to exceed the amount of one thousand two hundred and fifty-eight dollars (\$1,258.00).

Motion Carried

Motion #06-06-2023-16 Reads: The Lower Nicola Indian Band Chief and Council move to approve William Sandy's travel to Vancouver BC to attend the Judicial Review from June 27, 2023 to June 29, 2023 not to exceed the amount of one thousand two hundred and fifty-eight dollars (\$1,258.00).

Motion Carried

Motion #06-06-2023-17 Reads: The Lower Nicola Indian Band Chief and Council appoints Councilor Connie Joe, Robin Humphrey as the Council representative(s) to the review panel for the review of the, BioMineral Consulting Contract, Modular Office Building and the purchase of a vehicle for the Economic Development Sector.

Motion Carried

Motion #06-06-2023-18 Reads: The Lower Nicola Indian Band Chief and Council cause each of the common shares in the capital of 1374678 B.C. Ltd. (the "Company") currently held by the persons indicated in column 1 below (the "Current Owners"), as nominees for and on behalf of LNIB, be transferred to the respective person(s) indicated in column 3 below (the "New Owners"), each as nominee for and on behalf of LNIB.

Current Registered Owners	#Common Shares Held	New Registered Owners
Leesa Mike	1	Stuart Jackson
Barry Torgerson	1	Arthur Dick
Kari Reilander	1	Connie Joe

That LNIB cause the Current Owners to resign as directors of the Company and the New Owners to be appointed as directors of the Company.

That the directors of the Company, the Current Owners and the New Owners be authorized to sign all such documents and do all such things as may be required to give effect to the foregoing resolutions.

Motion Carried

Motion #06-06-2023-19 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 8:16 pm.

Motion Carried

Motion #06-06-2023-20 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene at 8:47 pm.

Motion Carried

Motion #06-06-2023-21 Reads: The Lower Nicola Indian Band Chief and Council direct the Executive Director, Councilor Arthur Dick and kʷúkwpi? Stuart Jackson to make recommendations to the Council within sixty days (60) for a Negotiations Committee Terms of Reference template that complies with the Lower Nicola Indian Band Governance Policy for committee establishment and dissolution as well as make recommendations for what triggers a negotiations committee on a file.

Motion Carried

Motion #06-06-2023-21 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the June 6, 2023 meeting at 9:25 pm.

Motion Carried

Motions from Chief and Council June 20, 2023 meeting

Motion #06-20-2023-01 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the June 6, 2023 Chief and Council meeting agenda with added Band member complaint letter.

Motion Carried

Motion #06-20-2023-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the June 6, 2023 Chief and Council meeting minutes with noted changes.

Motion Carried

Motion #06-20-2023-03 Reads: The Lower Nicola Indian Band Chief and Council move

Now therefore be it resolved that:

1. the Trespass Law Proposal is approved, and the Lands Department will oversee the development and ratification of the Trespass Law;
2. the Trespass Law will be ratified as soon as possible within the requirements set out in the Lower Nicola Indian Band Land Code; and
3. a \$10,000 budget is approved for the development of the Trespass Law and this budget will reduce the private prosecution budget already approved from \$100,000 to \$90,000.

Motion Carried

Motion #06-20-2023-04 Reads: The Lower Nicola Indian Band Chief and Council move

Now therefor be it resolved that:

1. Site 6 is selected as the preferred site; and
2. the Project Team is authorized to carry out the Phase 2 of the Subdivision Feasibility Study.

Motion Carried

Motion #06-20-2023-05 Reads: The Lower Nicola Indian Band Chief and Council supports the funding application to the Indigenous Advisory Monitoring Committee for the Trans Mountain Expansion and Existing Pipeline (IAMC – TMX) project proposal.

1. Supports the application requesting the amount of \$49,999.00 of grant funding.
2. Authorizes Chief Stuart Jackson and/or Kari Reilander, Executive Director to sign off on the funding application pack.

Motion Carried

Motion #06-20-2023-06 Reads: The Lower Nicola Indian Band Chief and Council move to accept the Terms of Reference for the Information Management and Records Retention Policy Review Committee (“Committee”) as required under the Financial Governance Policy and Procedures, Section 5 – Committee Establishment and Dissolution, and further appoint Councilor William Sandy as the Chair of the Committee, and appoint Monica Charters, Leesa Mike, Sondra Tom, Wenona Bearshirt, and Teri-Lynn Beckett and further move to approve a budget of up to \$2,500 for a legal review.

Motion Carried

Motion #06-20-2023-07 Reads: The Lower Nicola Indian Band Chief and Council move to recommend the appointment of kwúkʷpi? Stuart Jackson as the Stuwix Joint Venture Committee (JV Committee) member (the “NAIK Nominee”) and LNIB’s director appointment to the board of directors of Stuwix Resources Ltd. (“Stuwix”) and further recommend the appointment of Alex LaForce as the JV Committee Alternate as of June 20, 2023 until Council recommends new appointees. That LNIB cause, via NAIK Development Corporation (“NAIK”), the wholly owned subsidiary of LNIB and registered shareholder of LNIB’s equity ownership in Stuwix, its current director nominee (the “Current NAIK Director”) to resign as a director of Stuwix board and a member of the JV Committee and that the Current NAIK Director sign all such documents and do all such things as may be required to give effect to the foregoing resolution.

Motion Carried

Motion #06-20-2023-08 Reads: The Lower Nicola Indian Band Chief and Council hereby approves the purchase of a GMC Truck (VIN #1GTPUAEXXPZ173212), in the amount of sixty-seven thousand and five hundred and zero cents (\$67,500.00) and further authorizes the Executive Director to approve the invoice for payment.

Motion Carried

Motion #06-20-2023-09 Reads: The Lower Nicola Indian Band Chief and Council move to appoint Cheryl Casimer as Lower Nicola Indian Band's proxy for the British Columbia Chiefs Caucus dated June 26, 2023 and Assembly of First Nations Special Chiefs Assembly date June 28, 2023
Motion Carried

Motion #06-06-2023-10 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 7:53 pm.
Motion Carried

Motion #06-06-2023-11 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene at 9:20 pm.
Motion Carried

Motion #06-20-2023-12 Reads: The Lower Nicola Indian Band Chief and Council hereby authorizes the Lands Manager to engage a legal survey company to subdivide Lot 265 Nicola Mameet IR No.1 including all necessary infrastructure within the parcel in connection with the January 26, 2023 Letter of Intent with the Lower Nicola Indian Band Development Corporation.
Motion Carried

Motion #06-20-2023-13 Reads: The Lower Nicola Indian Band Chief and Council
WHEREAS:

A. The property located at 2893 Aberdeen Road, Merritt, BC, legally described as PID 013-160-656, DISTRICT LOT 1638 KAMLOOPS DIVISION YALE DISTRICT EXCEPT: (1) PARCEL A (DD 63394F) (2) PLANS 36370 AND KAP53517 (the "Property"), approximately 75 acres in size, is currently listed for sale for \$3,100,000.

B. Council of Lower Nicola Indian Band ("LNIB") is of the view that acquisition of the Property is in the best interests of LNIB.

C. 1374678 B.C. Ltd. (the "Company") is a corporation, all of whose shares are owned by the Executive Director, the Director of Economic Development and the Director of Finance of LNIB (collectively, the "Project Team") in trust for LNIB as beneficial owner. The Company is currently the owner of Tunkwa Lake Resort Ltd., operator of Tunkwa Lake Resort.

D. Council wishes to authorize the Executive Director, working with the Director of Economic Development, the Director of Finance and external legal counsel, to negotiate a purchase agreement between the vendors of the Property and the Company (the "Purchase Agreement") to acquire the Property, which Purchase Agreement will contain the following terms and conditions:

1. customary due diligence conditions (the "Purchaser's Conditions"), including being satisfied with the legal title and condition of the Property and the results of any feasibility studies and/or appraisal LNIB may wish to carry out;
2. a right of the Company to assign its interest in the Purchase Agreement to a corporation or other entity controlled by LNIB prior to completion of the purchase and sale of the Property; and
3. any other terms and conditions the Project Team considers prudent.

THEREFORE BE IT RESOLVE THAT:

1. The Executive Director be and is hereby authorized, working with the Director of Economic Development, the Director of Finance and external legal counsel, to negotiate, finalize and enter into the Purchase Agreement to acquire the Property for a purchase price not exceeding the (appraisal value plus ten percent.)
2. If the Purchase Agreement is entered into between the Company and the vendors of the Property, the Executive Director be and is hereby authorized to cause due diligence with respect to the Property to be carried out and, if the results of such due diligence are satisfactory to the Project Team, to remove the Purchaser's Conditions by the date for removal set out in the Purchase Agreement.

3. The Executive Director and one other member of the Project Team be and are hereby authorized to approve, execute and deliver the Purchase Agreement and all other documents and instruments, with such changes as they may approve (such approval to be evidenced conclusively by their execution thereof), and to do such further acts as may be necessary to give effect to these resolutions.

Motion Carried

Opposed:

Motion #06-20-2023-14 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the June 20, 2023 meeting at 9:23 pm.

Motion Carried

Summary of Action Items:

Action Item #1: Fire department will be the next orientation session.

Action Item #2: Response letter will be prepared to address the band member complaint



Lower Nicola Indian Band Job Opportunities

To see ALL Openings, and full job descriptions and to apply go to

<https://secure.collage.co/jobs/lnib>

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

Accounting Manager

Hours: 8:30 to 4:30 Mon to Fri
Start Date: ASAP
Wage: \$70,000+ Based on Education and Experience
Summary

This is a great long-term career opportunity for a new or experienced accountant, or a student currently enrolled in the CPA certification program. The candidate will oversee and manager A/P, A/R, payroll, report preparation, and data entry. This position will be trained as part of succession planning in the LNIB Finance Department

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
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

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

Recreation Assistant

Department: Human Services
Hours: 20-35 hours per week
Start 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.

Janitor

Hours: 4PM – 11:30PM
Wage: \$20.00 to 21.50
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.
Required knowledge, skills and abilities
Must have the ability to express and comprehend oral and written English.
Reliable transportation.
Knowledge of general working safety procedures.

All new hires are required to sign and certify that they are free of all COVID 19 symptom's and have been so for 14 days prior to start date of work and have received Covid-19 Vaccinations.

Please apply to HR@LNIB.net



Brandi O'Flynn | Lands Manager

250 378 5157 | brandi.oflynn@lnib.net

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 JimmieLANDS AND HOUSING
DIRECTORstephen.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 lnib.net/lands. 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.

Monica Pettinger

LANDS AGENT

monica.p@lnib.net

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

VacantLANDS ADMINISTRATIVE
ASSISTANT**Sayge Fisher**ENVIRONMENTAL
PROTECTION COORDINATORsayge.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.

LANDS MANAGEMENT ADVISORY COMMITTEE

UPCOMING MEETING

**THURSDAY
JULY 20, 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.

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

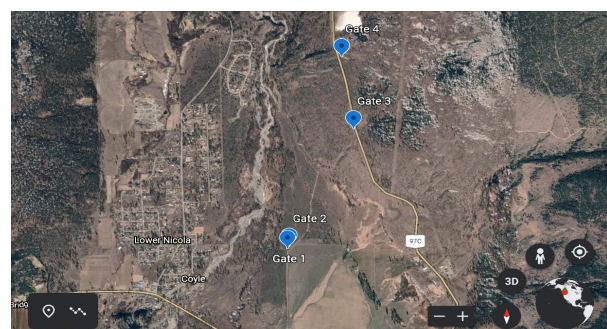
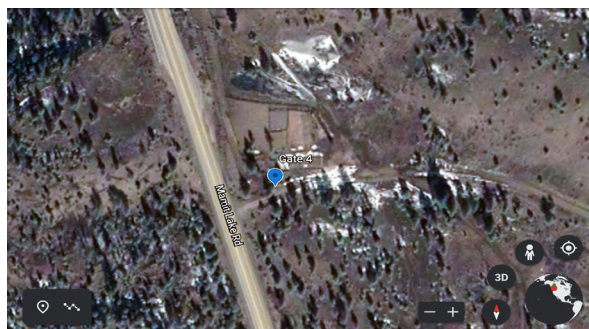
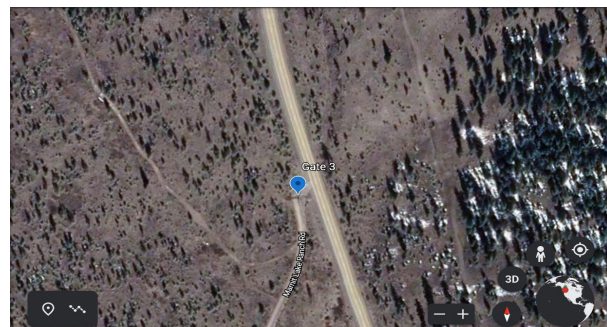
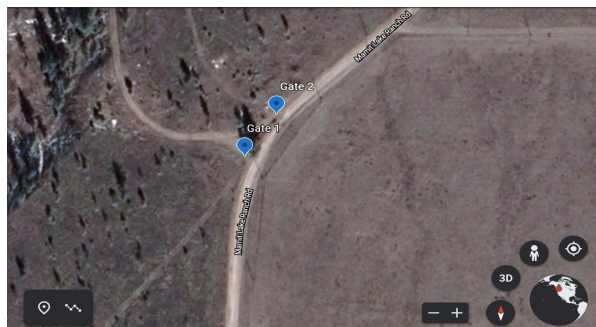
contaminated areas on LNIB land, multiple gates were put in place to protect reserve lands.

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.

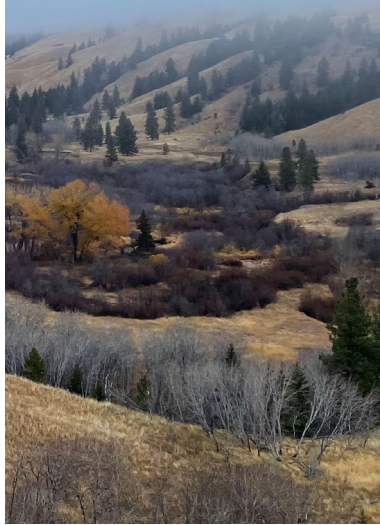
Please contact [250-280-7270](tel:250-280-7270) for access outside of regular office hours.



* 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

Inblands.net

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**.



***LNIB Securiguard
Security***
PHONE #

(250) 215-5048

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:



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.

BUYER'S NOTICE BOARD



If you are interested in purchasing 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.

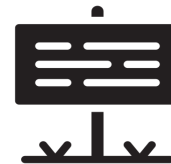
CONTACT
250-280-5684

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 selling 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.

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.



**CATHOLIC CHURCH: RESTORATION
OR DECOMMISSION?**

Tell the LNIB Lands Department what you think should be done about the contaminated structure. Take the survey by following the link below or request a printed copy from the office.

SURVEY: <https://forms.office.com/r/z49N4eMNZx>

Monthly Invasive Weed Spotlight**Blueweed / Viper's Bugloss****Description:**

Please be warned that this invasive weed is highly toxic to horses and cattle!

This purple, blue and pink flowered weed is known as Blueweed or Viper's Bugloss, originating from Europe and Asia. The stalks are covered in stiff hairs that can cause pain when handled, so please use gloves to remove this invasive! The invasive weed relies on seed distribution to spread, each plant can drop up to 2800 seeds. Blueweed is most common in the dry disturbed soils of southern and central BC, infesting roadsides, ditches, rights-of-ways, backyards, and rangelands.

Origin:

Europe and Asia

Control Options:

Prevention

Reseed all areas where ground disturbance has occurred and minimize ground disturbance near invasive weeds.

Remove seeds from gear and equipment or vehicles before leaving a site.

Mechanical Control

- Use gloves to Hand Pull the plant; mowing this plant will not kill it but can decrease seed production and spread.
Removal may need to be repeated to properly deplete root reserves and prevent it from regrowing.

Chemical Control

- "2,4-D can be applied in spring or early autumn for short-term control. Fall treatment is more effective than spring treatment. » Glyphosate can be used for short-term control in non-vegetated areas. Glyphosate is not recommended for use in areas where desirable perennial vegetation occurs. » Metulfuron methyl plus aminopyralid or these two herbicides plus 2,4-D provides very good control. » Picloram, alone or mixed with 2,4-D, provides long term, residual control." (ISCBC Factsheet 2019)

Disclaimer - ALL herbicide application should be applied as spot spraying; broadcast spraying may negatively impact other vegetation in the area & harm sensitive ecosystems.

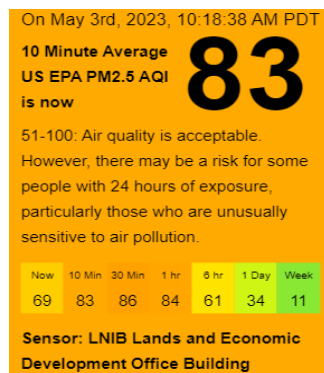
Herbicide application within 5m of a body of water (seasonal or not) is prohibited.

LNIB requesting that the application of herbicide to treat half an acre or more, is carried out by a person holding a valid BC Pesticide Applicator Certificate. Before selecting and applying herbicides, you must review and follow herbicide labels and application rates; municipal, regional, provincial, and federal laws and regulations; species-specific treatment recommendations, and site-specific goals and objectives.

Sources:

[Invasive Species Council of BC Factsheet 2019 – Blueweed, Echium Vulgare](#)

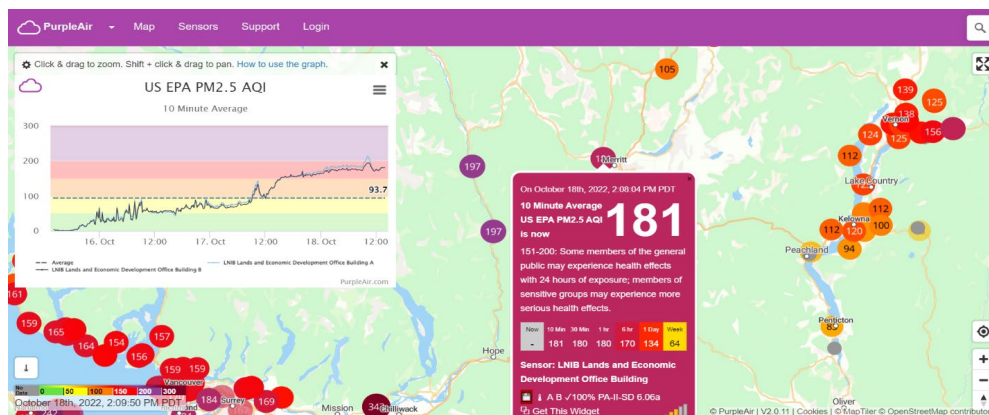
PURPLE AIR MONITOR – AIR QUALITY INDICATOR



Please be advised that a public Purple Air Monitor is available online for anyone to check the quality of the local air in real-time. This monitor provides local health advice based on the current quality of the air.

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 googling Purple Air and using the interactive map.



Example from 2022 wildfire season

Using the Monitor

A purple air monitor was installed at the Lands and Economic Development office on October 4th, 2022. It is an air quality monitor that measures PM2.5 (particulate matter) in the local airshed.

When you open up the map, scroll to Nicola Mameet and select the sensor labeled: LNIB Lands and Economic Development Office Building. 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.

Air Quality Index

The Air Quality Index (AQI) on the Purple Air Monitor is defaulted to use the U.S. AQI but this setting can be changed in the graph to any AQI preferred.

“Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 or below represents good air quality, while an AQI value over 300 represents hazardous air quality.” Source: [AQI Basics](#)

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
0 to 50	Good	Green
51 to 100	Moderate	Yellow
101 to 150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon

Particulate Matter

“Particulate matter (PM) refers to small solid or liquid particles floating in the air. These particles can be made up of different substances like carbon, sulphur, nitrogen, and metal compounds.

Generally, smaller particles are thought to be more harmful to health than larger particles. Small particles can move deeper into the respiratory tract, including the lungs. For this reason, fine particles that have diameters less than 2.5 micrometers (PM_{2.5}) are linked to more serious health effects than larger particles. PM_{2.5} is about one-eighth the diameter of a human hair.”

Source: [Particulate Matter and Outdoor Air Pollution](#)

Particle Pollution

“How can particle pollution affect my health?

Particle pollution can affect anyone, but it bothers some people more than others. People most likely to experience health effects caused by particle pollution include:

People with heart or lung diseases (for example, asthma)

Older adults

Babies and children

Read more about the [health impacts of PM](#).

If you have asthma, particle pollution can make your symptoms worse. Carefully follow your [asthma management plan](#) on days when pollution levels are high.”

Source: [National Center for Environmental Health](#)

For more information on particulate matter and your health, visit the following:

B.C. Ministry of Environment –

BC Air Quality www2.gov.bc.ca/gov/content/environment/air-land-water/air

The Lung Association <https://www.lung.ca/lung-health/air-quality-0>



Jordana McIvor | Housing Administrator

250 378 5157 | jordana.mcg@lnib.net

LNIB HOUSING

Find information about the LNIB Housing online at lnib.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-Grismar
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 **A MAXIMUM OF 4 ANIMALS** consisting of dogs and cats or similar sized domestic animals with **A MAXIMUM OF 2 DOGS** 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.

RAPID HOUSING INITIATIVE UPDATE

On-site Activity

As some may have noticed the modules for our new apartment building have been delivered and

craned into place. It is wonderful to see such progress on this project but there is still a lot of work to be done on site and this will remain an active construction site for the next several months. We appreciate your ongoing cooperation and diligence regarding community safety around the site and on the roads with the increased activity in the area.

Questions about the project?

Contact the Housing
Department

250-378-5157



HOUSING PROJECT UPDATE: PHOTOS

14 Unit Housing Complex located at 2794 Cougar Crescent, Lower Nicola



Thank you for your patience and cooperation during this project.



HOUSING ANNOUNCEMENT

SEPTIC SYSTEM MAINTENANCE

Your septic system is a living ecosystem, and you need to do your part to ensure it is healthy and working as it should.

Never put anything down the drain or toilet that will not biodegrade, including but not limited to, wipes (Lysol, baby, etc.), clothes, bottles, feminism products, paper towel, plastic, etc.

Don't use chemicals like bleach as it kills the good bacteria that breakdown the solid waste.

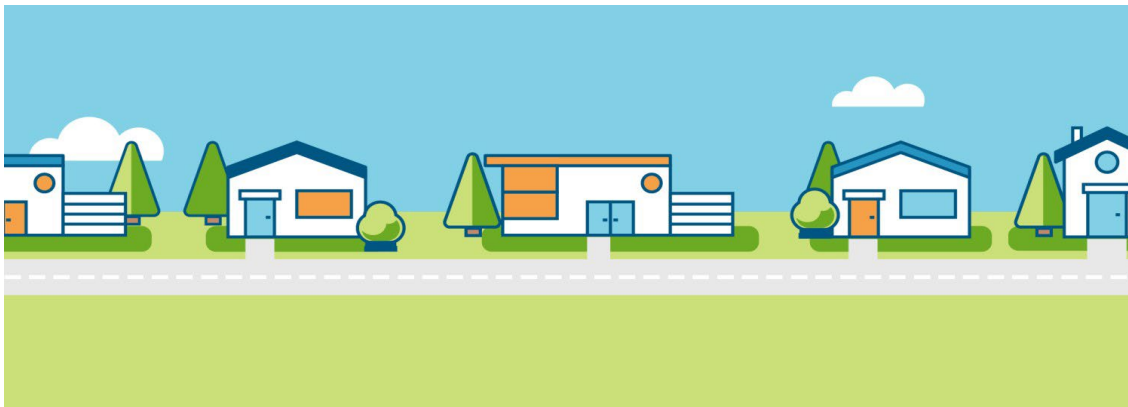
Space out your water consumption so the tank and drain field are not overwhelmed. By this we mean don't do excessive loads of laundry in a day, have extended showers, leave your tap running unnecessarily, etc.

The drain field (or leach field) is the area on your property where wastewater from your septic system is dispersed into the soil. To avoid damaging the drain field and overall functioning of the septic system; - Never park a vehicle, build a structure, have large livestock animals, have fires, or plant trees or a garden over your septic system's drain field - You should also prevent excess water from flowing over your drain field by making sure your downspouts are pointing away from it because a saturated field cannot drain and process wastewater.

These are some of the simple steps that can save time and money and extend the life of your septic system.

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**.

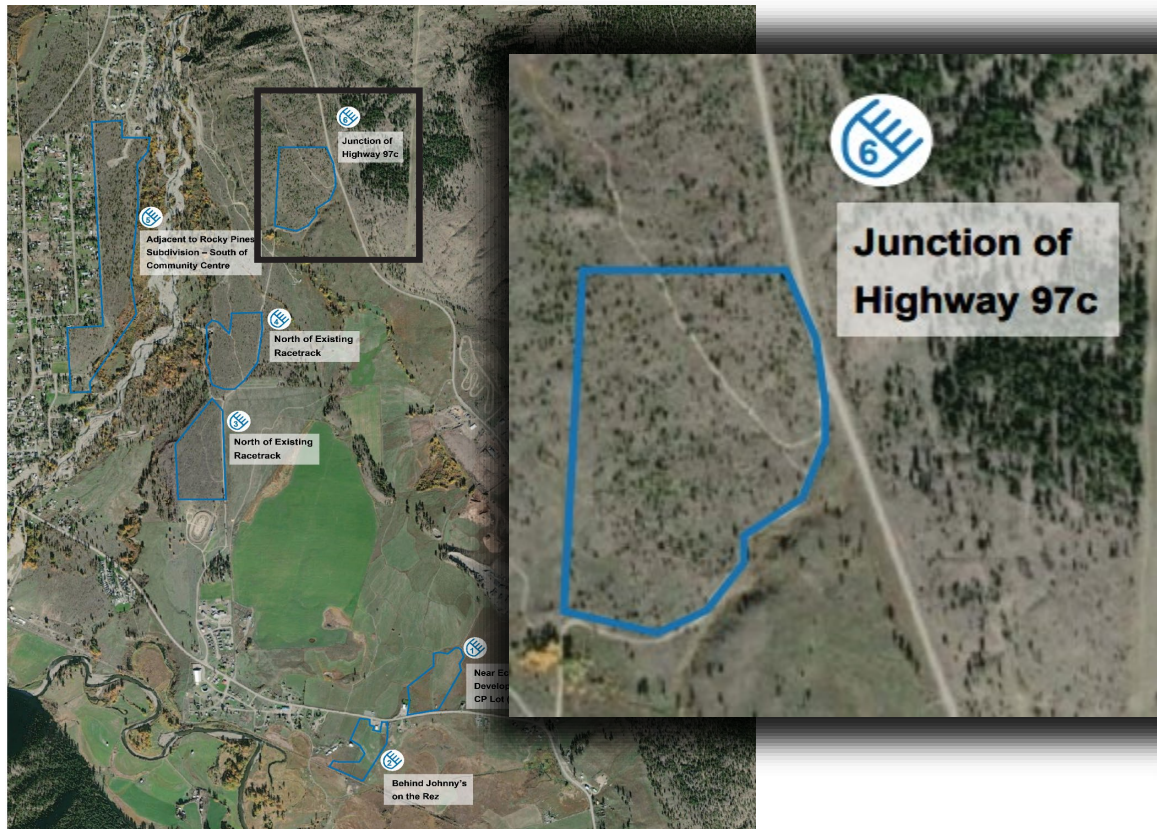
If you have single vehicles, you would like to be picked up you can call **Mario's Towing 250-378-9241**.

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.

SUBDIVISION FEASIBILITY STUDY



Site Recommended for Further Exploration

SITE 6 – Convenient access to Highway 97C and Mamit Lake Branch Road; main irrigation ditch along parcel boundary to discharge stormwater; no water, sewer, or power immediately available in proximity; could connect to Industrial Subdivision's waterline but would need a treatment and storage facilities (currently non-potable); a lot of opportunities for servicing capacity, but with high costs; site supported by the community.

For more information go to the LNIB Website (link below) or contact Stephen Jimmie, Director of Lands and Housing at 250-378-5157 or stephen.jimmie@lnib.net. The Opportunities and Constraints Summary, Housing Needs Assessment and Phase 1 Engagement Summary will be available for viewing or downloading on the website.

Website Link: <https://lniblands.net/Subdivision-Feasibility-Study>

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 **Housing Department Administrative Staff**.

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!



**LOWER NICOLA
INDIAN BAND**

Employment & Training Report by,
Steve A Wilks
Employment & Training Coordinator
Steve.wilks@lnib.net



Driving Lessons:

Since the start of our sponsorship for driving lessons in 2022, Economic Development has sponsored 54 LNIB Members for 170 lessons. The lack of a Driver's License continues to be a major barrier for a lot of employment opportunities. The lessons are delivered in conjunction with CNA. (Citxw Nlaka'pamux Assembly) Members must first fill out an application form and submit it to the LNIB Employment & Training Coordinator for approval, once approved the Member can contact CNA and book their lessons. Members are entitled to 8 Driving Lessons plus the cost of a Road Test and Vehicle.

Perspective



Highland Valley Copper (HVC):

The working relationship with HVC regarding employment has grown well over the past 3 years. Members have a better chance of employment due in part to the elimination of the aptitude testing and an agreement that all LNIB Members resumes are considered. The employment statistics have improved over the past 3-years, but we feel we can and should do better in the number of Members employed at the mine.

We still get reports of the lack of inclusion at the mine, along with conversations that can include racial overtones. We have had good cooperation with the investigation of these kind of events from one of the Indigenous Liaisons working at the mine. In most cases it shows a lack of education and ignorance on the part of the people behind these kinds of improprieties. Members working at the mine should know that there is an in-house reporting procedure. You can also contact me if you feel that you are experiencing unfair and inappropriate treatment.





**LOWER NICOLA
INDIAN BAND**

TMEP (TransMountain Expansion Project)

SMJV (Sureus/Murphy Joint Venture)

- Pipeline Spread 5a is 84% complete with most of the remaining work being south of Merritt.
- The project completion date for spread 5a is the 4th quarter of 2023.
- 152 km of pipe has been lowered in in Spread 5A –20 km's remaining!
- 84% completion in Spread 5A/overall project Machine clean-up 27%.
- There are presently 5 LNIB Members still employed by SMJV.
- SMJV workforce peaked at 900 and currently is 708 with further reductions planned soon.
- Some workers were recalled in late May.
- 83 Indigenous employees represent 11.1% of workforce.
- 77 women represent 11% of workforce.



Lower Nicola Security/Securiguard

There are still a few Members patrolling for our Joint Venture Partner; as well as our local Community Security Guard, Rob Moses. Securiguard has been downsizing their number of Guards working on TMEP and will continue to do so until the completion of Spread 5a. Securiguard is looking to branch out to include Traffic Control as part of their services.



A big shout out to SMJV for their part in the construction of the War Memorial.

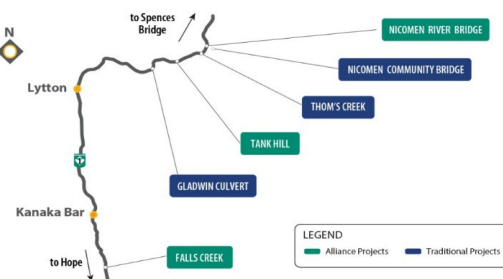




**LOWER NICOLA
INDIAN BAND**



There are currently several Bridges under various stages of repair. They are on Highways 1, and 5. If you want to work on any of these projects, please send me an up-to-date resume. The bridges involved are Tank Hill, Nicomen, Falls Creek, Juliet, Bottletop, and Jessica.



Gender	Hire Date	Position Job Classification Title	Indigenous Group (If applicable)
F	10-2-2018	Building Services Worker	LNIB
M	6-27-2022	Haulage Truck Operator	LNIB
F	3-9-2022	Community Affairs Coordinator	LNIB
F	4-23-2013	Haulage Truck Operator	LNIB
M	1-9-2023	Haulage Truck Operator	LNIB
F	12-15-2014	Processing Operator	LNIB
F	10-24-2022	Haulage Truck Operator	LNIB
M	3-11-2008	Millwright Journeyperson	LNIB
M	11-13-2012	Processing Operator	LNIB
M	7-27-2010	Dozer Grader Operator	LNIB
M	5-7-2013	Millwright Apprentice	LNIB
M	11-15-2021	Haulage Truck Operator	LNIB
F	2-10-2015	Processing Operator	LNIB
M	7-24-2018	Haulage Truck Operator	LNIB
M	7-27-2010	Carpenter Journeyperson	LNIB
M	5-31-2010	Cable Operator	LNIB
M	10-6-2021	Heavy Duty Mechanic Journeyperson	LNIB
F	4-7-2015	Haulage Truck Operator	LNIB
M	3-23-2010	Tire Repairperson	LNIB
M	12-13-2016	Building Services Worker	LNIB
F	9-12-2022	Haulage Truck Operator	LNIB
M	10-24-2022	Haulage Truck Operator	LNIB
F	10-12-2021	Building Services Worker	LNIB
M	5-7-2013	Haulage Truck Operator	LNIB
F	6-27-2022	Building Services Worker	LNIB
M	1-30-2023	Haulage Truck Operator	LNIB
M	9-12-2022	Haulage Truck Operator	LNIB
M	6-27-2022	Haulage Truck Operator	LNIB
F	1-4-2021	Haulage Truck Operator	LNIB
F	4-25-2022	Haulage Truck Operator	LNIB
M	8-28-2012	Core Splitter	LNIB
F	9-7-2015	Community Affairs Lead	LNIB
M	5-9-2022	Processing Service Utility Person	LNIB
M	1-10-2011	Processing Operator	LNIB
M	1-3-2017	Haulage Truck Operator	LNIB
F	8-8-2022	Haulage Truck Operator	LNIB
M	4-11-2017	Haulage Truck Operator	LNIB
M	10-12-2021	Haulage Truck Operator	LNIB
M	7-12-2021	Haulage Truck Operator	LNIB
F	1-29-2019	Processing Service Utility Person	LNIB

M	8-14-2018	Haulage Truck Operator	LNIB
F	1-30-2023	Processing Service Utility Person	LNIB
M	11-14-2022	Haulage Truck Operator	LNIB
M	1-23-2007	Mine Operations Senior Supervisor	LNIB
M	3-20-2012	Electrician Journey person	LNIB
M	9-4-2018	Haulage Truck Operator	LNIB
M	4-11-2017	Mine Utility Person	LNIB
F	6-6-2022	Building Services Worker	LNIB
F	1-4-2021	Building Services Worker	LNIB
M	6-2-2014	Haulage Truck Operator	LNIB
F	1-20-2015	Processing Operator	LNIB
M	1-9-2023	Haulage Truck Operator	LNIB
M	7-14-2015	Processing Service Utility Person	LNIB
F	11-14-2022	Building Services Worker	LNIB

Total LNIB Members currently employed	53
Total LNIB Female Members currently employed	20
Total LNIB Male Members currently employed	33
Total LNIB Members hired over the past 12 months	17





**LOWER NICOLA
INDIAN BAND**

LNIB Sponsored Driving Lessons

The Lessons:

- An application must be submitted to steve.wilks@lnib.net and approved before any bookings can be made.
- The Lower Nicola Indian Band will sponsor LNIB Members for 8 Driving Lessons, a rental car, if needed, and road test fees.
- Members will be responsible for booking their lesson times through Citxw Nlaka'pamux Assembly
- After being approved, contact CNA Employment & Training to book your lessons. (250) 378-1864 administration@cna-trust.ca



Requirements:

- Have A valid Learners License
- Have Parent or Guardians consent unless of legal age.
- Fill out an application to be approved.
- Be on time for all lessons.
- Lateness will not be tolerated as it affects everyone that follows you.
- If you have a cough, fever, not feeling well or are exhibiting other suspicious symptoms please stay home and notify the instructor as soon as possible.

For more info contact
Steve Wilks
Employment Coordinator
Economic Development
steve.wilks@lnib.net
250-378-5157

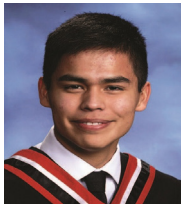
FACES OF

LOWER NICOLA SITE SERVICES



TYLER BATESON; LOCAL AREA MANAGER - MERRITT

Tyler has been a Lower Nicola Resident since his early teens. He started working with Infracon back in 2008 when the company was formally known as LNB. Starting as an excavator operator and low bed driver Tyler has worked his way up to Local Area Manager. While directing and overseeing all day to day operations in the Merritt and surrounding area Tyler keeps a close relationship with LNIB's Development Corporation and Economic Development Sector to establish relationships with local businesses to ensure the success of LNSS. Tyler is proud to be part of the first major project completed by the partnership, the Merritt Area Transmission Line for BC Hydro. He enjoys everything outdoors related!



Every year Lower Nicola Site Services gives out a \$1000.00 scholarship to a Merritt Secondary School graduate who is a Lower Nicola Band Member.

LNSS would like to congratulate this years scholarship recipient Brysen Pinyon. Best of luck on your future endeavours Brysen!

The LNSS Crew has been crushing it! Literally! We almost have our valley crush site completely full of rock products. We will be moving our crushing operations to a new location at HVC early July. Keep up the great work guys!
- Shaun Hanna; Superintendent HVC & Nicola Mine Crushing



LNSS AND LNIBDC ARE TEAMING UP TOGETHER TO HOST AN ELDERS LUNCHEON THIS SUMMER! KEEP AN OPEN EYE FOR AN OFFICIAL ANNOUNCEMENT WITH DETAILS.

Kiewit

Location: Hope BC Area

Schedule: 14/7 rotation with paid flights

Hours: 10-hour days rotation with paid flights

Accommodation: Camp provided

Employment Opportunities:

- Office Administrator (Good Excel Skills)
- Heavy Equipment Operators (Op 1)
- Traffic Control Person
- Drivers (Class 1)



All employees:

- Must successfully complete Drug and Alcohol and 50lb Fit for Work Test
- Must have steel-toed boots; all other Personal Protective Equipment (hard hat, gloves, safety glasses, vest) is provided.
- Receive comprehensive medical, dental, vision, RRSP and Pension Benefits through CLAC
- Have opportunity for advancement and in-the-field-training

Email resume to Robin Farr
KBTP.Communications@KBTP.ca





My name is Tiffany Pop, I am the ‘Youth Program Coordinator.’

I am Secwepemc First Nations from Williams Lake, BC, stswecem’x xgat’tem (Canoe Creek) and xatsull (Soda Creek) First Nation. My parents are Sandra Billy and Richard Pop. My late grandparents are Patricia Billy, Steve Johnson; Margret Pop, and Fred Sampson.

I have three children; Sunset, Shale and Bluesky. My partner is Frank Jr. (Stick) Sterling. I have lived in the Nicola Valley since 2011, and have learned a lot about the Nlaka’pamux and Siylx cultural, spiritual, traditional teachings and language through the elders and many teachers over the years.

I am passionate about youth support/prevention work, and LGBTQ2+ support. I look forward to supporting the youth, and young adults. Thank you for this opportunity.

I can be reached at (250 378-5157



Hello LNIB Community!

I wanted to introduce myself and invite you all to come share my passion for fitness with LNIB'S newest program POWER HOUR. My name is Chelsea Cooper and I have been a certified personal trainer for almost 4 years. I found my love for fitness while struggling with my own weight loss journey and have since made it my mission to help others enjoy moving their bodies while also losing weight.

Bring your spouse, friends, and children and come get sweaty with me Monday evenings from 6-7pm in the Arbor.

**Peace, Love and Protein
Chelsea**



POWER HOUR

- Bring water
- Dress comfortably

Everyone welcome!

Join is for Power Hour
@ the arbour
Monday evenings 6pm-7pm

For more information contact
Christie Hill (250)315-3661



LNIB COMMUNITY FUN DAY

JULY 6, 2023
10:30 AM - 2:30 PM
LNIB COMMUNITY SERVICES



EVERYONE WELCOME

**BOUNCY CASTLE, DUNK TANK, HAIR TINSEL, REIKI,
SNOW CONE MACHINE & MUCH MORE OF FUN**

LUNCH WILL BE PROVIDED
ANY QUESTIONS CONTACT (250) 378-5157

Four Seasons, For Seasons of Life – Tony Broman July, 2023

Just as the wind is always moving around us, wisdom is always whispering to us. Our natural world has incredible truth and insight available to help us. The incredible thing about people, is that almost all of us are highly equipped and already using many of these gifts in our daily lives. Where we often run into challenges is that the good abilities and insights we do have are either drowned out by the busyness or noise of other things. This makes it challenging for us to clarify where our focus and priorities need to be in order to achieve or reach for what we are longing to see as a reality in our lives. The natural order of life's seasons is given to us to help us understand the nature of our own lives. The sense of orderliness and timing; the beauty of harmony and co-existence; the ebb and flow of life's cycles in weather, birth, growth, death; and how each season requires preparation, adaptation and flexibility to survive and thrive.

There are 3 main areas of ability and wisdom that we can look at to help us step back from things and get our bearings, gain perspective as well as evaluate and modify our efforts.

First is self-regulation. I am my main gift to me. I am made of a mind, emotions, a body and spirit. I am able to use these for my benefit as I understand their role and purpose. My mind is to think and decide, my feelings are to help me notice what is important, my body is to produce action and effort, my spirit to connect with my Creator. I decide at all times if I will use these in the way I am designed. If I use my feelings to make decisions instead of my mind I will naturally experience less than what I am longing for. If I use my mind to reject or argue with my feelings, I add intensity within myself that interferes with my efforts to prioritize and clarify. If I see clearly and reason well but don't take the appropriate action with my body and mouth, then what I want never gets done and I can never see the changes I am longing for. BUT the opposite is true as well – as I use my feelings, my mind, my body according to their function, and together, I can accomplish many things I am longing to and manage myself along the way.

The second area is Interpersonal strengths in the area of our relationships. While these may not be in an ideal state or all that we long for, what we long for does exist even if only in small amounts at the present time. Friends, family, community all offer us much needed support. Sometimes family can be too close to the issues to offer us all we need but that doesn't mean all is lost, it just means it is at a different stage than we are hoping for and that takes time and careful, wise efforts to build. Truly, we wouldn't have it any other way since we ourselves want respect and so moving forward respectfully and carefully is the key.

The third area is Meaning making. Understanding how meaningful something is in our lives is so powerful. Most of the time because we are familiar with things and people, we move too quickly to understand the importance of what we are trying to do in it's fullest sense. To grow spiritually is not a game and spirituality is not a toy that is to be played with. We are spiritual beings. To disregard ourselves in this way is to risk much hardship and turmoil. Our spiritual nature offers us great strength and support, helping us cope with, heal and overcome all life may throw at us. By evaluating what makes something meaningful in our lives we are then able to give it the priority it needs as well as manage our own response and support better.

Take time to consider the seasons of different aspects of your life. As you notice each one, consider these 3 things for them and you will be amazed at how empowered we are, how rich we are in ability and supports, how meaningful life is for us. Then rechart your course of action and step one foot at a time into all that is available for you!

July 2023

LNIB Recreation



Summer Program Calendar

Picture Caption

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Kayaking 10am-2pm	5 Apex 10am-3pm	6 Community Fun day 10am-3pm	7 Swimming Aquatic Center 10am-2pm	8
9	10 Kangaroo far. Kelowna. 10am-3pm	11 Vehicle Maintenance	12	13 Driving for the School	14 Swimming Aquatic Center 10am-2pm	15
16	17	18 Kayaking 10am-2pm	19 Fun Factory 10am-3pm	20 Driving for the School	21 Swimming Aquatic Center 10am-2pm	22
23	24	25 Kayaking 10am-2pm	26 Wildlife Park Kamloops 10am-3pm	27 Driving for the School	28 Swimming Aquatic Center 10am-2pm	29
30	31					

Recreation summer program application forms available at LNIB Main Office, and LNIB Health Center.
For more information contact Jacint at : jacint.majlath@lnib.net or 250 575 0569

Hénłekw.



Gathering hekwu? (Indian Rubarb)



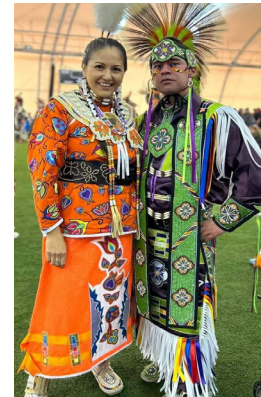
stúkʷcn (dipnet) making workshop by Charles Brown.

LOWER NICOLA INDIAN BAND – CULTURE REVITALIZATION DEPARTMENT

Joe Shuter: 250-315-7487

Carole Basil: 250-315-9158

Henthle kw
Nskwest Xwustse tul he Eshwapwemouyemx
Nskixeza Shpschy Nskutze Kwolekek
Nskikeya belong to this Tmixw



Hello

My name is Lani MacKenzie

my parents are Amelia Washington and Robin MacKenzie. My grandparents are Matthew Washington and Minnie (Martin) Sam, Angus and Elsie (Charters) MacKenzie, my great grandparents are David Washington and Emily Swakum, Johnny and Hilda (Sampson) Martin and William and Mary (Sterling) Charters and Charles Boothe MacKenzie.

I have 4 children Morning Star, Kira, River and Tyee. My husband is Adrian Retasket from Stuxtews (Bonaparte).

I was recently hired on as the Elders Coordinator at Lower Nicola Indian Band.

I am an artist and I've been an artist all my life. I have always drawn and painted. I started beading when I was 8 years old. I bead jewelry and pow wow regalia. I love natural elements and do quillwork and shell work. I love to sew and create ribbon skirts and shirts quilts and regalia.

My family love to travel to pow wows and dance. I started dancing at fifteen years old. I love dancing fancy shawl.

One of my goals in life is to be fluent in Nlekepmxcin and be able to teach my children grandchildren and community how to speak and think in Nlekepmx. My culture and language is one of the most important things in my life. I look forward to being helpful to the Elders at Lower Nicola Indian Band and learning as much as I can. I can be reached at (250) 378-5157.

Lower Nicola Indian Band

July 2023

EDUCATION DEPARTMENT

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

Shane's Submission

It's that time of year again LNIB Members....SUMMER!!

I hope whatever the plans you have over the next couple of months that they will be great...time with family/friends, being out on the land, time for yourself, moving to a new location, or maybe starting a new career...the summer is always a great season to connect, reflect, and have fun!!

Typically our sector will measure success and growth over a "school year" as this is when most of our students are engaged in studies (September thru June); this includes all LNIB Members enrolled in Head-Start, K-12, and Post-Secondary education programs. This past school year has proven to be our most progressive year, and next year we plan to see even more growth in programs & services LNIB Education Sector provides. A few noteworthy items are:

- For the first time ever LNIB School will have a sports program in place that will compete with other school teams throughout the year...volleyball, basketball, and track to name a few. Another first for LNIB School is every classroom teacher will be learning culture/language at the same pace as their student...they will be taking part in all scheduled classes over the year.
- For the first time ever recorded at LNIB the 2022-2023 year has the highest number of Graduating Students...both Grade 12's and Post-Secondary Students...official numbers will be shared with membership in next month's newsletter submission.
- Head-Start is now considered a 12-month program for children who are registered with LNIB...these children now have the opportunity to attend during the summer months...the new schedule starts this summer with programs/services continuing to grow moving forward.

As always if you have any thoughts or ideas to share with me I can be reached directly at 236-575-2135 talk/text or via email Shane.Coutlee@lnib.net



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

LNIB Education



LNIB EDUCATION

SUMMER LEARNING PROGRAM

FROM JULY 10TH – AUGUST 3RD
AT LNIB BAND SCHOOL

Register your kids for our 4 weeks of fun!!

Exclusive to LNIB Band Members ages 7-13

For more information, please contact LNIB Education:

Lenessa Seward: reception.education@lnib.net

236-575-2100

Sharon Parsons: Sharon.parsons@lnib.net

236-575-2105





LNIB EDUCATION
DEPARTMENT

REMINDER

I will be out of the office from
July 10th- August 3rd due to the
Summer Learning Program.

CONTACT

Phone:
236-575-2100

Email:
reception.education@lnib.net



LENESSA SEWARD

TEMPORARY RECEPTIONIST
(EDUCATION SUMMER STUDENT)

HELLO EVERYONE

School is out! I hope the students have a wonderful summer break!

Congratulations to the graduates of 2023! Good luck with your future endeavors!

From LNIB Education Department staff.

SUMMER

With summer break starting, the LNIB Education Department is planning a summer program for the kids in our membership!

For more information feel free to reach out!

SCHOLARSHIPS & BURSARIES

For those looking for scholarships and Bursaries, the LNIB Education Department has three scholarships for high school students, high school graduates, and post-secondary students.

We also can help with finding more scholarships and bursaries you are eligible for.

For those that need help with applications, contact the Education Department.

Hannah Manuel

Education Department

My Position

I am a temporary summer student working for the Education department at LNIB.

Responsibilities

I have a desk in the education office where I do clerical work. Currently, I am working in the office maintaining the filing system and assisting where I am needed. In the future I will be assisting the graduate recognition day as well as the grad gift-giveaways. During the summer I will be working as a supervisor for the summer learning program.

Background

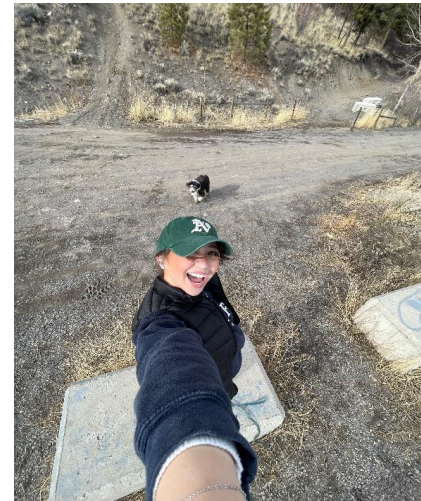
I am 18 years old, and this will be my first year working with LNIB's Education department. I was raised in Lower Nicola by my parents, Lesley and Steve Manuel. I have completed my first year in college at NVIT and I graduated high school at MSS with honors. I spend most of my summers working in similar programs at other establishments, so I am excited to see what LNIB and I can do for each other!

Thank you for reading!

You can contact me at LNIB's Education Department

Education.student@lnib.net

(250)-575-2013



Hobbies

I spend a lot of my free time with my dog Duke! We love to go out on hikes and walks. I also like to spend my time painting and sight-seeing. When I get a free weekend usually my family and I like to go out fishing or just spending time at the lake. Lately, I have been spending my time with the education department and with my other serving job.

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



Hello Everyone,

I hope everyone was able to get out to enjoy the festivities on June 21st, Indigenous Peoples Day.

If you planted a vegetable garden, it should flourish nicely and produce fresh, tasty veggies for you and your family to enjoy. It is also time to plan fun activities to do with your children and grandchildren now that school is out. Plan a fishing trip, go

camping, to the lake for a picnic and swimming, all the fun activities for everyone to enjoy during the summer.

Congratulations to all the High School and Post-Secondary grads in the valley and beyond. You did it, give yourself a pat on the back, all the long hours of studying have paid off. To all Graduating PSE students, please have a copy of your credential and final transcripts sent to our office.

The Education Office is still very busy with the PSE Applications. We have **60** PSE students for the 2023-2024 academic year: **25** continuing students, **7** high school grads, **9** new students, **8** masters students of which 3 are new, **3** in trades programs, **7** in part-time studies and **1** in an upgrading program. The next year will be exciting and fun to watch the students achieve their goals.

This month we will be sending out funding approval letters to the students and sponsorship letters to the universities. We will stay in contact with the students to help them with the transition to post-secondary. Getting all the files in order, updated and ready for the year.

All students check out the following Scholarships and Bursaries:

<https://www.scholarshipscanada.com/>

<http://aboriginallearning.ca/scholarshipsbursaries/>

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

<https://indspire.ca/programs/students/bursaries-scholarships/>

<https://www.sac-isc.gc.ca/eng/1351185180120/1351685455328>

To all Membership in the Nicola Valley and away from the area, if you find a program or course you are interested in taking, such as first aid, a post-secondary course, skills training for employment, or an online course, 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.

Gail La Rochelle

Phone: 250-378-5157

Email: gail.larochelle@lnib.net

**LNIB EDUCATION
DEPARTMENT**



angie.nikkel@lnib.net



(250) 315 – 7927

2160 SETTLERS ROAD
HWY 8



**ANGIE NIKKEL, EDUCATION ASSISTANT
HELLO, AND HAPPY JULY TO EVERYONE!**


Upcoming Events:
-Saturday, July 1: Canada Day

By the middle of summer, students and parents are getting used to having time off from school. They are forming new habits in every aspect of their life including eating habits, sleep schedules, and mental well-being. The actions students and parents take during the summer can impact performance and mental health throughout the school year.

There are several ways to practice self-care. While putting positive practices into action can be difficult, summer is the perfect time to form these habits. Self-care comes in many forms:

- Eating habits
- Exercise
- Good sleep routine
- Writing in a journal
- Relaxation techniques

Self-care looks different for everyone. Not everyone will have the same relaxation techniques, the same exercise routine, or the same goals.

It is important that parents, students and teachers all go into the school year focused on maintaining positive mental health. Mental health can have a major impact on education. Taking care of oneself is a wonderful way to work on mental health, and summer can be a great time to focus on both physical and mental well-being.

If you are worried that your child (or children) is struggling in one or more areas, a tutor will be available in September 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 angie.nikkel@lnib.net (250-315-7927) 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.



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine



INDIGENOUS MD ADMISSIONS WORKSHOP

JULY 26-28, 2023

The 20th annual Indigenous MD Admissions Workshop will take place at the Island Medical Program, located on the University of Victoria campus in Victoria, BC.

EXPLORE A FUTURE IN MEDICINE

If you are thinking about pursuing a future in medicine, this is a unique opportunity to learn how UBC can support you in your studies and connect with an inclusive, caring community of medical practitioners, students, and faculty.

Our annual pre-admissions workshop for Indigenous pre-med students isn't just for those already in university. Prospective students, including post-secondary and high school students can explore what it means to attend university and embark on a journey to becoming a healthcare professional.

JOIN A CARING COMMUNITY

Being part of a community is important—it helps people feel connected to traditions and knowledge unique to them. At the UBC Faculty of Medicine, we are a community that celebrates our students' diverse perspectives on healthcare and Indigenous ways of knowing.

For twenty years we've been providing the Indigenous MD Admissions Workshop dedicated to welcoming Indigenous people into our faculty and supporting them as they make a commitment to study medicine. We know that our annual workshop will give you an introduction to our community and help you feel more confident about your decision to study medicine.

WHY ATTEND?**To learn**

- Find out about prerequisites, course planning, and get a preview of the medical curriculum and residency programs.
- Get an overview of the Medical College Admissions Test (MCAT), and learn about the UBC interview process by participating in mock interviews.
- Gain familiarity with the application process and admission requirements.

Meet faculty & staff

- Hear stories from doctors and faculty who chose UBC.
- Learn about student supports from a member of the Student Affairs team.
- Get the facts about your financial options from the Faculty of Medicine's Student Financial Assistance Officer.

Feel supported

- Learn about preparing your application from our Indigenous Student Initiatives Manager.
- Better understand specific Indigenous resources and support for students with Indigenous ancestry, including First Nations, Métis & Inuit peoples.
- Hear from a local Elder during the opening and closing remarks.
- Ask questions of Indigenous medical students and residents to learn about their experiences.
- Find out more about what pursuing a career in medicine entails.



If you're feeling apprehensive about pursuing a medical degree, our workshop is one of the best ways to reduce your doubts, fears, or anxieties about pursuing your goal of becoming a medical doctor. You'll gain personal insights and guidance about your choice to study medicine with us.

We are excited about the remarkable students, alumni, and faculty who will be presenting and advising over all three days of the workshop and we hope you'll join us in July 2023.

WE'VE GOT YOU COVERED

There is *no cost* to attend the workshop.

The workshop will take place in person in Victoria. The university will cover your accommodations and meals, however travel to/from the workshop will be your responsibility.

If public health guidelines change, the workshop may need to shift to a virtual gathering. This will be communicated as soon as a decision is made. Successful applicants will be notified by email.

NEXT STEPS: YOUR WORKSHOP APPLICATION

Apply online at:

https://ubc.ca1.qualtrics.com/jfe/form/SV_0D4S4HRDke8seKV

Along with your application, you'll need to prepare and submit:

- A 500-word autobiographical essay, including who you are and why you want to become a doctor.
- A copy of your most recent transcripts or report card.
- A copy of your proof of ancestry such as status, treaty and Métis membership cards. We also accept written letters of support from your Band, Inuit and Métis organizations.

We encourage you to get your application in as soon as possible. If you have any questions about the workshop, please reach out to us.

CONTACT US

Meghan MacGillivray
Indigenous Student Initiatives Manager
indigenous.md@ubc.ca
604-822-8291

✉ indigenous.md@ubc.ca

📘 facebook.com/UBCmed

🌐 mdprogram.med.ubc.ca/admissions

🐦 @UBCmedicine

Competency Based IEPs Match the Redesigned Curriculum

The Competency Based IEP parallels what is going on in classrooms all over BC. It supports flexible learning environments and allows for personalization so that students may pursue personal interests and passions.

Technology has changed the way students access their learning. Information is instantly accessed and there are new and innovative ways for students to share what they know.

Key Ways Competency Based IEPs are the Same

Regardless of format, all IEPs have certain aspects:

- they are written and managed by a school-based Case Manager;
- they are reviewed throughout the year;
- goals and objectives may target lagging skills.

Key Ways Competency Based IEPs are Different

Key changes to goals and objectives include:

- they are worded from the student's point of view;
- they focus primarily on Core Competency facets and student self-agency;
- Curricular Competency goals are secondary;
- they look the same province wide



Competency Based Individual Education Plans



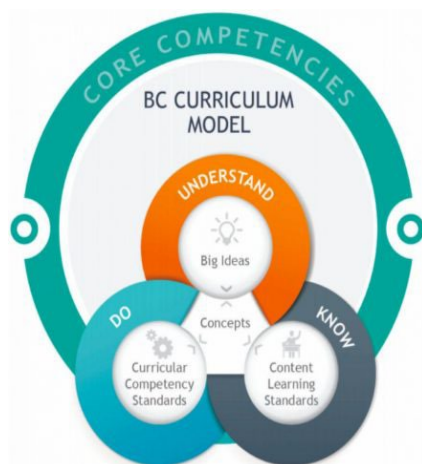
BC's Redesigned Curriculum

To prepare students for the future, the curriculum must be learning-centred, flexible, and maintain a focus on literacy and numeracy, while supporting deeper learning. BC's redesigned curriculum is made up of three main elements: Big Ideas, Curricular Competencies and Content.

Big Ideas: what students understand

Curricular Competencies: what students do

Content: what students know



Core Competencies

Core Competencies are at the centre of BC's redesigned curriculum and are at the centre of the Individual Education Plan (IEP). Core Competencies are the abilities students use to demonstrate their understanding of the content. They are intended to support academic learning and foundational skill building, as well as help students develop into well-rounded individuals. Core Competencies are developed in every area of the curriculum.

Curricular Competencies

The Curricular Competencies are the skills, strategies, and processes that students develop over time. They reflect the "Do" in the Know-Do-Understand model of learning. While Curricular Competencies are more subject-specific, they are connected to the Core Competencies. Curricular Competencies are explicit statements of what is expected at each grade level in each area of learning.



Misty Sheldon
Director of Instruction - Inclusive Education
(250) 378-5161
msheldon@365.sd58.bc.ca

"Learning ultimately supports the well-being of the self, the family, the community, the land the spirits, and the ancestors."

~First Peoples Principles of Learning

Core Competency Key Facts

Thinking

Creative Thinking
Critical and Reflective Thinking

Communication

Communicating
Collaborating

Personal and Social

Positive Personal/Cultural Identity Personal Awareness and Responsibility Social Awareness and Responsibility

BC's redesigned curriculum brings together two features that most educators agree are essential for 21st century learning: a concept based approach to learning and a focus on the development of competencies, to foster deeper, more transferable learning. These approaches complement each other because of their common focus on active engagement of students. The Competency Based IEPs have both these components at their centre.



Jumpstart your career in
childhood education

Take the Responsible
Adult Course for FREE.

\$0




YMCA BC is pleased to announce the **Responsible Adult Course** is now available to **anyone** in British Columbia for **FREE**!


Invest in your future and the future of the children you care for. Enroll in the 20-Hour Responsible Adult Course, offered FREE for a limited time.

This comprehensive course provides valuable training and certification for anyone who works or volunteers in childcare facilities, schools, before- and after-school care, camps, and other settings where children are present.

Although this course is designed to meet the criteria for Child Care Facilities Licensing in the province of British Columbia, anyone working with school-aged children will benefit from this course.

The YMCA's 20-hour Responsible Adult Course is:

- 100% FREE and 100% online 
- Qualifies you for a career in: 
 - Occasional Licensed Child Care
 - School Age Licensed Group Child Care
 - As a replacement (substitute) for ECE Assistants (for less than 30 days) in a licensed group childcare center or preschool.
- Meets the Section 29 requirements of the Child Care Licensing Regulation 

Launching your child and youth career has never been easier! 

Visit <https://www.gv.ymca.ca/responsible-adult-course> to enroll TODAY for FREE



For more information contact LNIB Education at 250 378 5157

LNIB HEAD-START PROGRAM/SERVICE UPDATE

Hello LNIB Members,

I hope this message finds you all well and that the summer has started great for everyone ☺

As you all may or may not be aware I took over the supervision of our Head-Start Program back around November 2019. At that time my area of expertise in Early Childhood Education was limited as my specialized credentials/experience is K-12; however, after researching and familiarizing myself with the mandates of Aboriginal Head-Start Programs/Services, and learning directly from First Nation Health Authority representatives, it was apparent our program at that time (2019) was falling short in a few areas. A few examples include LNIB Members being told their child will be on a waitlist, limited education plans that had little to no external agencies/experts actively involved, and minimal involvement of outreach and/or parent inclusion. While I made immediate changes to address the most obvious gaps back in 2019/2020, there were other areas identified where we could increase operational capacity throughout our program...the pandemic, floods, and unforeseen challenges such as program displacement this year for a few months did stall our progression...however we are now back on our results-based plan to continue implementing growth in our program.

For those of you who may not be aware of Head-Start's 6 key components I thought it would be helpful to membership to identify them, and to also share a brief description of what we currently provide in our program today with a few initiatives we have planned moving forward:

1. **Culture/Language**...we currently have 4 local educators delivering this today (James Shuter, Annie Major, Angie Sterling, and Emma-Lee Joe) - they take the lead on all local culture/language in our Head-Start program. Next year we have plans to incorporate both the resources and LNIB Members from our LNIB Culture Program; we also have plans to increase involvement of LNIB Elders;
2. **Education and School Readiness**...we have two certified ECE's and one certified Speech & Language Specialist delivering locally developed curriculum and supporting students with recognized needs (classroom and on the land) - we work in collaboration with the school's kindergarten program as this is the intended transition; we also have plans to increase the capacity of current curriculum to best reflect what LNIB members want to see included - meetings with parents/elders/leaders will take place throughout the next year to gather this information;
3. **Nutrition**...while there is on occasion "treat" meals like oven baked fries, cakes, and holidays to name a few our main food and snack program include such items as sandwiches, soups, and vegetables/fruits. The school food program (Penny/Brandy) also provide fresh cooked meals throughout the year. While supply of traditional diet does not provide for daily preparation, we do plan to increase the use of our traditional foods being served throughout the coming years...salmon, game, berries, etc;

4. **Health**...this is a diverse component that relates to the other 5 components...we have both an onsite counsellor (Tammy) and onsite elders (James/Annie) who are always accessible to assist with emotional health. There are many outdoor explorations and as noted above we do provide healthy food as well. While we do have access to LNIB Health Representatives and external agencies our plan next year is to increase the interactions with external resources on a regular scheduled basis to further enhance personal health programs;

5. **Family Involvement**...there has been mixed communication around this in the past but I am pleased to state our current program is 100% open to any/all involvement from parents, elders, and if interested any other LNIB member...this program is for LNIB and the door is never closed to our members (parents can even hop on the bus with their child if they wish to spend the time with them in our programs). We also provide outreach opportunities for those who are not able to make it in on site. Our plans for next year are scheduling more structured days when parents/community are actively engaged and inviting various resource people in who support early life strategies to further assist our parents and children;

6. **Social**...while we do meet a certain component of “social” outcomes by having a diverse group of students to both interact and learn from each other we know there is opportunity to expand, and with the restrictions of the pandemic behind us now our pre-pandemic plans can now be executed in the upcoming year...games, crafts, Knowledge Keepers, seasonal gatherings, and other traditional “social” practices will take place.

As I have already been pointed out, I recognize there are still areas within the delivery of our program that can be enhanced and I want membership to know our goal each year is to be sure evidence of improvement is being made...mistakes and unforeseen challenges will always occur from time to time but they are not an excuse to accept status quo...the progress we have made over the past few years is evident and we look forward to executing additional programs/services each year for positive growth – one exciting change you will see next year is we will be extending our hours each week, and, we will also be providing various programs during Spring Break and Summer Break for both parents and students.

Lastly, it was recently shared when our program first opened there were useful strategies being used that do not appear to be evident in our program today, and as this has been pointed out we will be scheduling a meeting in the near future inviting as many of those who were involved back at that time who may be willing to share these with us; we will gather the information so we can be sure to include those strategies into existing annual delivery plans. We will also open this invitation to any/all LNIB members as the more ideas we can gather from our community the stronger our program will be.

As always I am both available to meet in person or communication via text/call/email...my direct number for text/call is 236.575.2135 and my email is Shane.Coutlee@lnib.net

Shane Coutlee – LNIB Director of Education

LITTLE STARS HEAD START

**JUNE 21, 2023 – ABORIGINAL DAY (NO
SCHOOL)**

JUNE 27, 2023 – YEAR END FIELD TRIP

JUNE 29, 2023 – K3/K4 GRADUATION

**JULY 28, 2023, K3/K4 HS REGISTRATION
PIZZA & DRINKS! JOIN US IN THE HEAD
START ROOM, 2 PM**

**AUGUST 25, 2023, K3/K4 HS REGISTRATION
PIZZA & DRINKS! JOIN US IN THE HEAD
START ROOM, 2 PM**

LOWER NICOLA BAND SCHOOL

JULY NEWSLETTER

June 2023 – Newsletter

Hello LNIB Parents and Guardians,

I am both happy and sad to say that this is our last newsletter regarding our beautiful school until September as summer holidays are right around the corner.

June is typically the busiest month in the school and we did not disappoint. Our kids have been to the Kangaroo farm, seen goats in Juniper, been to the firehall and police station and so many more places. Our kids have baked bread, played in Lahal tournament at Stein Valley school, danced in two Pow Wow's and some of our boys were able to show off their talents on the big drum after practicing for months.

We have also hosted the grads as they did their traditional walk through, and we just finished our Kindergarten and Grade 7 Grads where the kids were given blankets and all of us were honoured to have Chief Stu Jackson take some time out of his busy schedule to say some very nice things to our Grade 7's as they are about to head off to start their journey through high school.

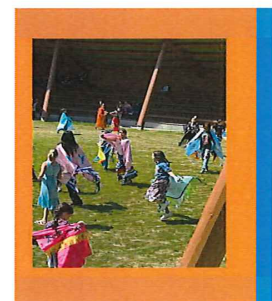
It has been a memorable year to say the least. The kids and the staff have been exceptional and all of them deserve a well-earned break that involves a lot of fishing, swimming and playing with friends and family. Please stay connected through our Facebook page to see all of this year's activities and for announcements that come up through the summer.

I also want to thank all of our kids' parents, grandparents and guardians for being so helpful and kind throughout the year. The gratitude and pleasant approach to our school made the culture of this school flourish even more than it already is.

Have a great summer everyone!

Leroy Slanzi

Principal – Lower Nicola Band School





LOWER NICOLA BAND SCHOOL

Culture and Language Program

Dear Community Members:

Hentle! Wow, it's the start of summer already for our LNB School Students, how wonderful and how fast the year goes! Thank you to everyone who participated in the year-end Awards, we are so proud of our Students! I will be working through part of July and August and taking some days off this summer as well to go berry picking and enjoy the sun!

Paul Joe has been actively involved with teaching our students drumming and singing. Arnie Narcisse is now completed storytelling on his Residential School experience with the Intermediate classes. We also had Colin Stonechild come in and teach the Grade 7 students drumming and they loved it. Some of the Grade 7 boys learned to drum on the big drum with Buck Sheena and did an awesome job! They also drummed at our year-end pow-wow with Coldwater School that was held at the Arbor.

Its always wonderful to have guest speakers come into the School. Have a great Summer everyone!

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:**

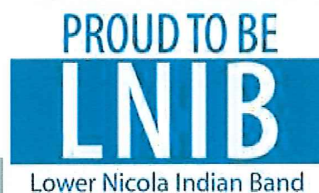
Angie Sterling

**Culture and Language
Teachers:**

James Shuter

Annie Major

Phone: 250.378.5527





 **LOWER NICOLA
INDIAN BAND**

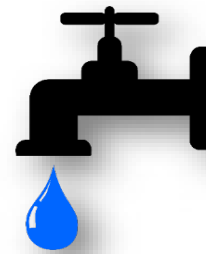
Water Nourishes Our Bodies and Lawns, However, we Still
need to be Living Water Smart!

Watering Days

- **Even Numbered Addresses:** Wednesday & Friday
- **Odd Numbered Addresses:** Tuesday & Saturday

Watering Hours

- **Manual Sprinkler:** 6 am – 8 am | OR | 7 pm – 9 pm
- **Automated Irrigation:** 12 am – 2am



Other Water Usage

- **Washing & Hand Watering:** Hand watering of plants, washing vehicles, or power washing with a user-controlled flow nozzle with shut-off valve is permitted at **ANYTIME** during Level 3 Watering Restrictions. LNIB Public Works Department recommends that residents wash vehicles over grass or gravel when possible so that run off water drains into the earth instead of down the drains.
- **Pools, Spas, & Ponds:** At this time, residents may only top up swimming pools, spas, or ponds.

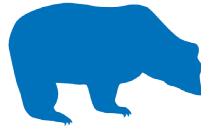


Let's work together to consume less water this summer!

Be a Water Hero!

181 Nawishaskin Lane Merritt, BC V1K 0A7
Phone: 250-378-5157 | Fax: 250-378-6188 | Email: reception@lnib.net





 **LOWER NICOLA
INDIAN BAND**

Public Works - Announcements

- Ron Sterling has been hired to be our steady Garbage/Recycle Driver.



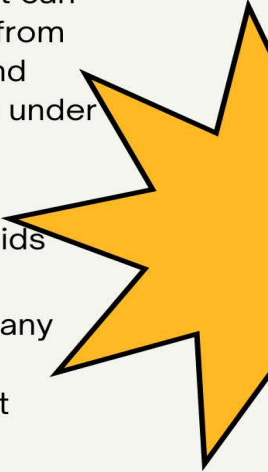
If you have any questions regarding Garbage or Recycling, please contact the Public Works Department at 250-378-5157

- Recycle Days are Wednesday. Please have your recycle can out at the end of your driveway by 9am
- Josh and Skyler have been busy the past few weeks doing Hydrant Flushing. They are almost complete.
- Be Fire Smart!! Call the Fire Department for all Fire Smart Questions!
 - If you spot an out-of-control fire, call 911 Immediately!
 - Stay Safe and Hydrated this July!





Fire Safety Tips for Your Home

- Make sure your gas grill is working properly- Check the gas tank hose for leaks before using it for the first time each year. If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.
 - Never leave equipment unattended- For campfires, fire pits, and chimineas, always have a hose, bucket of water, or shovel and dirt or sand nearby, and make sure the fire is completely out before going to sleep or leaving the area.
 - Keep equipment a safe distance from things that can burn- Place your grill well away (at least 3 feet) from anything that can burn, including deck railings and overhanging branches; also keep them out from under eaves
 - Use fuel and fire starters properly- Never use gasoline or other flammable or combustible liquids on firepits, chimineas, or campfires.
 - If a fire breaks out, call the fire department- For any type of outdoor fire that can't be quickly and effectively extinguished, call the fire department immediately for assistance.
- 
- 
- 

**BE AWARE AND
STAY SAFE!**



Recent Completed training:

Resilient Minds – Building the psychological strength of fire fighters: Course completed

Welcomed four new Volunteer's to the fire department.

Lower Nicola Firehall follows the federal law, for fire bans, please see:

[Fire Bans and Restrictions - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca)

Switch off appliances

Double check and make sure appliances are not left running after use.

Monitor your extinguishers

Constantly check your fire extinguishers and replace as necessary.

Clean vents and dryers

Clean lint filters after use and ensure all vents are unobstructed.

A BIG thank you to Carole Basil, for inviting the fire department to the culture center to create Ribbon skirts.

From all of us at the LNIB Fire Department.



***Happy Button Day Sinci? Rodney Mike,
32 spins around the sun and wishing
you many more to come.***

Love the Mike Tribe



***Happy 35th spin
around the sun
Jenny Craig, much
love to you.***

Love the Mike Tribe



**GARRETT MIKE
FOR JULY 1ST**

WISHING YOU MANY BLESSINGS
FOR YOUR BIRTHDAY AND MANY
MORE TO COME XO

LOVE, MOM, KELSEY & LIAM



25 LAPS AROUND THE SUN



Garrison MountainChief



***Love from Everyone!!
Ritchie's, Narcisse,
Bearshirt's,
MountainChief & Mike's***

***10 laps around the sun!!
Wishing you lots of fun
and blessings for your
big day - July 8th***

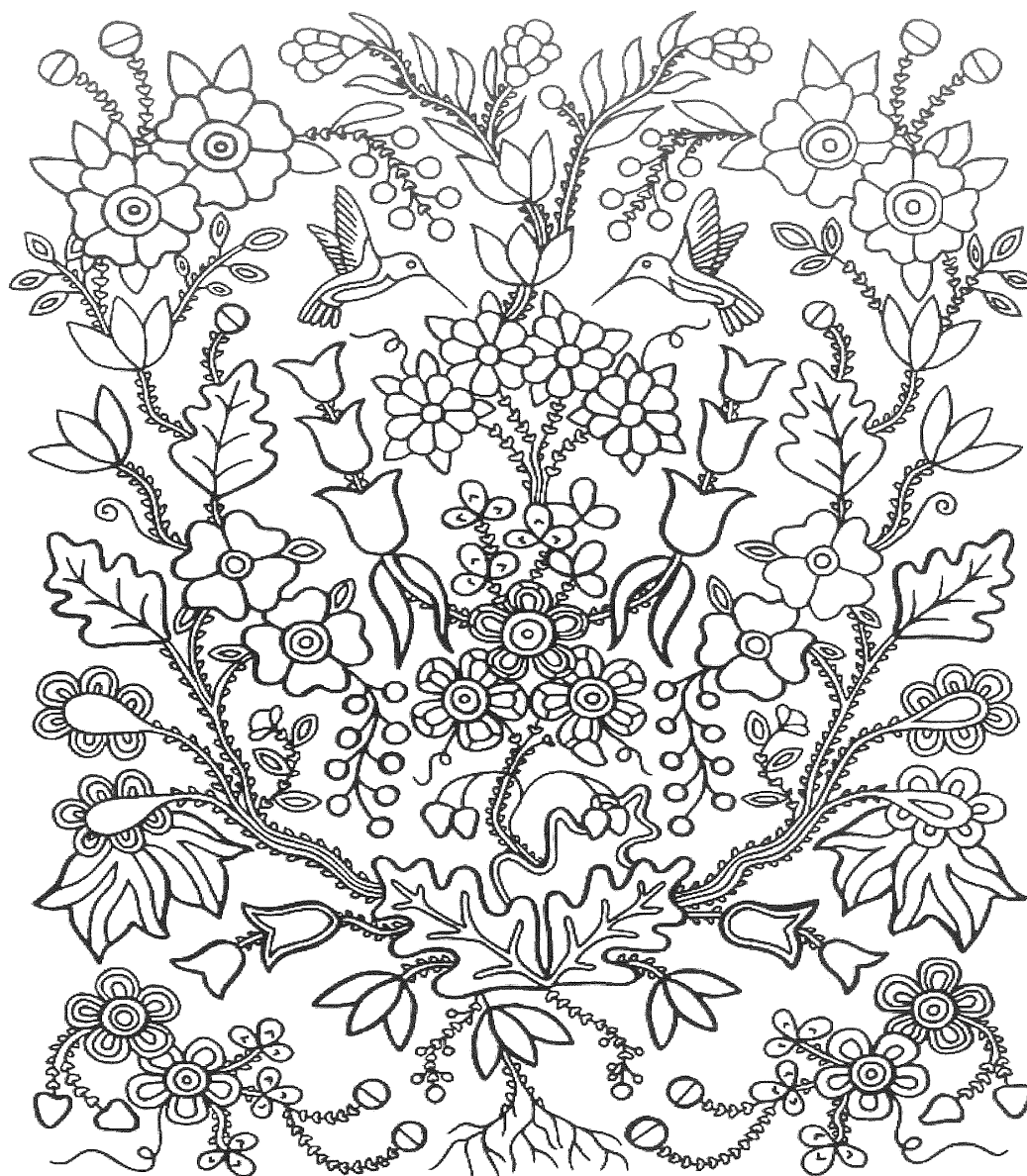


We would like to Congratulate our daughter Megan Beckett on Graduating High School. We are so proud of you! Reach for the Stars!! We love you all the way to Yellowknife and back! Also a Happy Belated Birthday June 25.

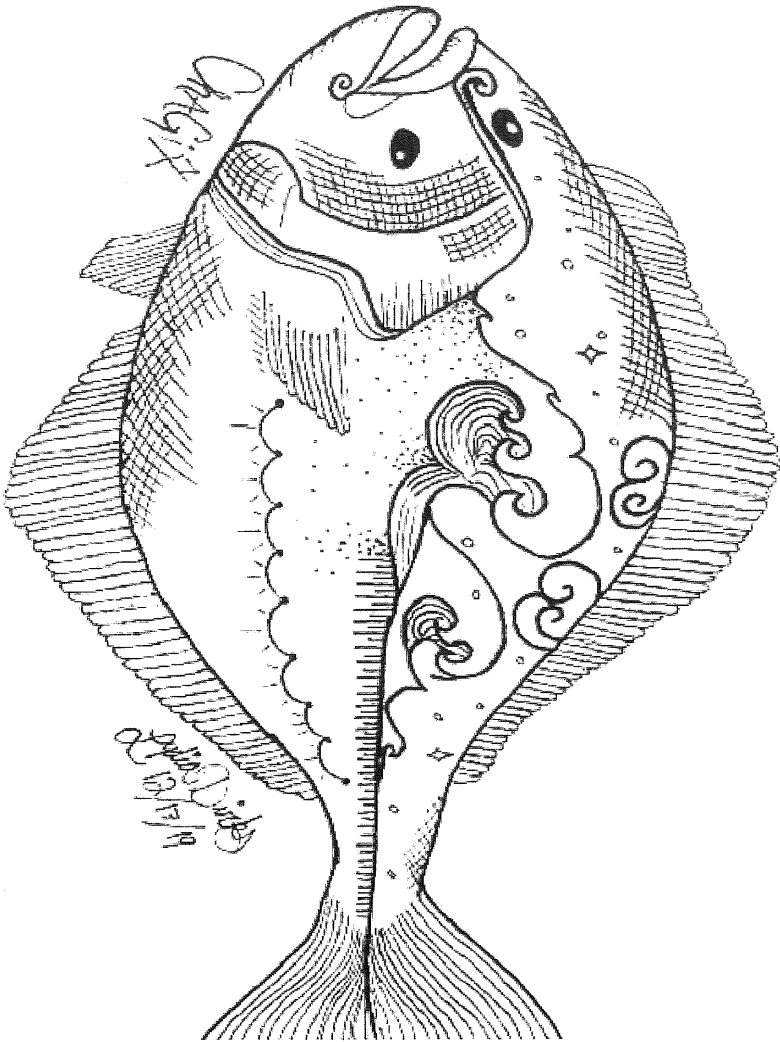


Also, would like to congratulate Chelsea McIvor.





Christi Belcourt
Metis



Lydia Dirks
Unangaʔ

TEAM BC RIFLE SHOOTING & NAIG 2023

Team BC is pleased to announce the official Rifle Shooting roster for the 2023 North American Indigenous Games (NAIG) in Halifax, Nova Scotia:

2023 NAIG Team BC Rifle Shooting Roster

Name	City
Marissa Crouse	Burns lake
KC Hale	Tofino
Torin Savage	Chilliwack
Zaccaria William	Lower Nicola
Zakiya William	Lower Nicola

Head Coach: Curtis Smecher
Assistant Coach/Manager: Nicole Gerow

