Lower Nicola Indian Band August 2023

N?e?iyk Spílęm



August 2023



ELOWER NICOLA INDIAN BAND

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August 2023



Message from the kwúkwpi? Stu Jackson

hen/le? band members and community members. I hope everyone is enjoying the summer weather. With summer comes extensive heat. It is important to realize and consider how the heat can impact not only yourselves, but also your pets if you have animals. It is important to keep yourself and your pets cool and hydrated. Extensive heat can also produce fires, so it is so very important to be mindful that lighting campfires or just fires in general probably isn't the wisest thing to do during these hot temperatures. Let's be mindful and aware that fires are not our friend during this time of year. Water in our communities is also something we all should be thinking of as well. This is usually the time of year when we start realizing that our water levels are at their all-time low. Our rivers are low, our creeks are low, which in turn will result in our water reservoirs also being low. I strongly urge all of you to watch the amount of water usage you utilize in your households and your properties. I have received numerous calls from concerned band members that many households are using TOO much water. Some members leave their water running in their yards all night. This is not acceptable! We need to take more responsibility on how we use our water source. What will we do if we run out of water? Do we need to apply water restrictions on our reserves much like what the City of Merritt is doing? Will we need to consider implementing water metering in our communities?

Water is life! We cannot take this matter lightly, so I ask each of you to be mindful and respectful of our most valued natural resource. It will be a very serious and scary situation if all of a sudden, our water source becomes compromised. Let's all of us be true stewards to our water and protect this very important resource.

Chief and Council have continued to meet through the summer, however, after August 1st, Council will recess for the remainder of August and reconvene in September. We will schedule a Band meeting for August 28th, which is the last Monday in August. The meeting will likely convene at the Rocky Pines Community Center. We will confirm the venue and communicate with the membership as soon as possible. Once again, if band members wish to speak to Chief and council, I encourage all of you to reach out to the band office and or respective Council to arrange for discussions if that is what you require. If you wish to meet with me, I can be contacted either by email at stuart. jackson@lnib.net or by phone at 250-315-9722.

I just wanted to comment a little bit on the progress of our 14 Unit housing complex being built at Rocky Pines. It is utterly amazing to see the progress being made with this building and it excites me to know that very soon band members will be living in this complex. In saying that, for any members looking to find housing availability at LNIB, please contact Jordana Mcivor-Grismer in our housing Sector to see if there is housing available. I realize that our housing list is quite long, but with a new housing complex nearing completion, it might be a good idea to see if housing opportunities are available in the near future.

Enclosing, I want to wish everyone a very safe and happy summer. We are mid-way through our summer!! Enjoy time in your garden, on the river fishing, in the woods camping or just staying home watching your soap operas. Please be safe in whatever it is you do. Safe travels to all of you that are embarking on a summer vacation. Take care of your friends and your family, but most importantly, take care of yourself. Much love and respect from your kwúkwpi?

K^wuk^wscémx^w k^wúk^wpi? Stu Jackson

August 2023



Dear LNIB Members,

I am pleased to present our monthly report for July 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 will sponsor 8 sessions for members to attend driving lessons. Please contact Steve Wilks at Steve. Wilks@Inib.net if you have any questions. Commercial Training and Air Brake

Endorsement for Class 1,2, 3, &4 are available. Please contact Sharon Parsons in Education at Sharon. Parsons@Inib.net to register. Drone Flight Training will be offered July 31 – August 4, 2023 contact Steve Wilks to register. There are many more opportunities arising keep checking the website for updates.

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

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

Human Resources: While visiting or receiving services at other buildings, please feel free to ask the staff member you are visiting to use a mask and to adhere to safety protocols if you are concerned. We are committed to keeping the community and employees safe during this pandemic.

We'd also like to welcome the new members to our team at LNIB: Ron Sterling, Garbage/Recycle Collector; Aidan Whiteley, Title and Rights Administer.

Current job postings with Lower Nicola Indian Band are Summer Students are Shulus Garden Center, Education Administrative Assistant, and Landscaper. The full time positions available are Accounting Manger, Housing Administrative Assistant, Lands Administrative Assistant, Fire Fighters, Garbage and Recycling Truck helper, Aquatics Biologist, Receptionist, 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 did not meet in July. The Finance and Audit Committee met July 5, 2023 and July 10, 2023.

Community Meetings and Workshops: The next Band General meeting is scheduled for August 28, 2023.

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

Kari Reilander,











Motions from Chief and Council July 18, 2023 meeting

Motion #07-18-2023-01 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the July 18, 2023 Chief and Council meeting agenda. Motion Carried

Motion #07-18-2023-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the July 4, 2023 Chief and Council meeting minutes as with noted changes. Motion Carried

Motion #07-18-2023-03 Reads: The Lower Nicola Indian Band Chief and Council authorizes the Lands Department to pursue funding to investigate the feasibility of restoring the Church of Immaculate conception located on Lot 29 and 30 in Nicola Mameet IR No. 1, and authorizes the Lands Manger to do all such acts and things as may be necessary or desirable to give effect to this resolution. Motion Not Carried

Motion #07-18-2023-04 Reads: The Lower Nicola Indian Band Chief and Council authorizes the Lands Department to pursue the demolition and removal of the Catholic Church of Immaculate Conception located on Lot 29 and 30 in Nicola Mameet IR No. 1, and authorizes the Lands Manger to do all such acts and things as may be necessary or desirable to give effect to this resolution. Motion Carried

Motion #07-18-2023-05 Reads: The Lower Nicola Indian Band Chief and Council approve the application to Infrastructure Canada: Disaster Mitigation and Adaptation Fund; proposal in the amount of \$5,250,000 for rehabilitation and expansion of the Mamit Lake Dam. Motion Carried

Motion #07-18-2023-06 Reads: The Lower Nicola Indian Band Chief and Council WHEREAS

A. On January 2021, LNIB entered an Environmental Assessment Collaboration Agreement (the "Collaboration Agreement") with the Teck Highland Valley Copper Partnership ("HVC") to establish a funding, collaboration, and information sharing framework concerning the review of the Highland Valley Copper 2040 Project under the Environmental Assessment Act (the "Environmental Assessment"); B. LNIB previously engaged Hemerra (now Ausenco) with a proposed budget of \$1,155,689.88 to undertake environmental studies to ensure LNIB's Indigenous rights and interests are properly considered during the Environmental Assessment (the "Environmental Work Plan"), to be funded by HVC under the Collaboration Agreement. On November 25, 2022, Ausenco provided an updated proposed budget for the Environmental Work Plan, which has increased to a total of \$2,028.667.20 after tax;

C. HVC has now proposed to enter the "Amending Agreement to Environmental Assessment Collaboration Agreement" (the "Funding Amendment") to amend the Collaboration Agreement in respect of Ausenco's updated budget for the Environmental Work Plan by providing LNIB \$2,028.667.20, which, in addition to funding already provided under the Collaboration Agreement to date, would represent a combined total of \$2,434,357.08 in funding to LNIB; and

D. LNIB Chief and Council have reviewed the Funding Amendment and have determined that it is in the best interest of LNIB and its membership to approve the Funding Amendment substantially in the form presented.

NOW THEREFORE BE IT RESOLVED by Chief and Council of the LNIB

1. The Funding Amendment be approved substantially in the form presented; and

Recording Secretary: Sondra Tom

Page 1 of 2

2. Chief Stuart Jackson be and hereby is authorized and empowered to execute the Funding Amendment in the name and on behalf of LNIB, and to do all such further and other acts and things as may be necessary in order to carry out the intent of these resolutions.

Whereas Subsidiary of Canadian Solar Solutions Inc. ("Highland Sub") is proposing to construct and operate the Project as described in the Agreement, referenced below, within the Traditional Territory of Lower Nicola Indian Band ("LNIB") where LNIB has rights pursuant to Section 35 of the Constitution Act, 1982 (Inherent Indigenous Title and Rights).

- 1. A draft Project Agreement (the "Agreement"), is attached for review and consideration by LNIB, Chief and Council.
- 2. The LNIB Chief and Council represents to Highland Sub by this resolution and in the Project Agreement that it, and no other group, is authorized to represent the holders of Inherent Indigenous Title and Rights within the Traditional Territory of LNIB and therefore it has the authority to approve, execute and deliver the Agreement.
- 3. The Chief and Council of LNIB hereby approves the Project Agreement and authorizes k^wúk^wpi? Chief Stuart Jackson and / or Executive Director to enter into, execute and deliver the Agreement in substantially the form provided to and reviewed by each of the undersigned, and all other documents or agreements contemplated by the Agreement, on behalf of LNIB, its Council and each of the members of LNIB, and to do all such further and other acts and things as may be necessary in order to carry out the intent of the Agreement and perform the obligations of LNIB under the Agreement.

Motion Tabled

Motion #07-18-2023-07 Reads: The Lower Nicola Indian Band Chief and Council move to approval of the Multi Year Financial Plan for the year ended March 31, 2028 and the annual operating budget for the year ended March 31, 2024 as recommended by the Lower Nicola Indian Band Finance and Audit Committee on July 10, 2023 in the amount of \$37,207,150. Motion Carried

Motion #07-18-2023-08 Reads: The Lower Nicola Indian Band Chief and Council move to approve the Multi Year Capital Plan for the year ended March 31, 2028 and the annual capital budget for the year ended March 31, 2024 as recommended by the Lower Nicola Indian Band Finance and Audit Committee on July 10, 2023 in the amount of \$18,669,300. Motion Carried

Motion #07-18-2023-09 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the July 18, 2023 meeting at 7:57 pm. Motion Carried

Recording Secretary: Sondra Tom

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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 openings.

Accounting Manager

Hours:	8:30 to 4:30 Mon to Fri	
Start Date:	As soon as possible	
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.

Lands Agent

Wage: \$21 to \$25 based on education, skills and experience

Start Date: As soon as possible POSITION SUMMARY:

The Lands Agent is responsible for assisting the Lands Manager with the day-to-day operations of the Lands Sector relating to reserve lands for the Lower Nicola Indian Band. Supports all aspects of the Lands Sector including the implementation of work plans, laws, regulations, policies, and procedures.

Recreation Assistant

Department:Human ServicesHours:20-35 hours per weekStart Date:NegotiableWage:\$20 hourSummary of responsibilitiesUnder the direction of the RecreationCoordinator, the successful candidate will be

responsible for developing and participating in recreational programs and events for Lower Nicola Indian Band members.

Janitor Hours: 4PM –

Hours: 4PM – 11:30PM Wage: \$20.00 to 21.50

Summary of responsibilities

The 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

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

August 2023

LNIB EDUCATION DEPARTMENT

sharon.parsons@lnib.net

-

(250) 378 - 5157

OR

(236) 575 - 2105

2160 SETTLERS ROAD

HWY 8

SHARON PARSONS

EDUCATION PROGRAMS MANAGER

Hello everyone,

Congratulations to each of the LNIB graduating students of 2023, post-secondary and high school. You would have seen those smiling faces in the Merritt Herald.



To recognize and celebrate the LNIB graduates, LNIB Education gave a well-deserved gift. The Grad Recognition Day was held at this office on June 29th. Look for pictures in this newsletter.

The Education Summer Learning Program is running again this year. Due to the algae bloom at Nicola Lake the group ventured out to Kentucky/Alleyne for the Canoe Protocol workshop facilitated by Scw'exmx Child and Family Services. Hope to see some of these kids participating in the annual canoe pull. Unfortunately, the Annual Canoe Pull was cancelled this year, also due to the algae bloom at Nicola Lake.

At print time of this newsletter, the 4th and final week of the Summer Learning Program will have started. The TRU Eureka Science Camp crew will be entertaining your kids for 4 days of activities, July 31st to August 3rd. If you haven't heard of this program, visit the website for insight. The group varies between 8 to 19 kids per day, depending on the activity. Feel free to offer suggestions for next year.

Contact the Education office for more information on postsecondary, trades, employment training & certification.

Until next time, Humelth



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



Hello Everyone,

I hope everyone has been able to get out and enjoy the great weather we are having. Doing lots of fun stuff with your family and friends. With no swimming in Nicola Lake, you will have to find another nice place to go swimming.

My garden is not doing too well. All the veggies are taking a long time to grow. Potatoes are the only ones that are doing well, they are just about to start flowering. Even my flower garden looks awful. I hope you are all

having better luck with your gardens and getting an abundance of fresh veggies.

We are still quite busy at the Education Office. Funding letters to the students and sponsorship letters to the Institutions have been sent out. Student files are being put together.

To all High School and PSE graduates in the area that haven't picked up your grad gift at the Education office, it is still here. Stop by the office and pick it up. Out of town grads will receive their gift through Canada Post or by courier.

LNIB School start-up forms are available. Stop by the office or a copy can be emailed to you.

The LNIB Scholarship applications deadline was July 31, and we will notify the winning recipients later this month.

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.

Gaíl La Rochelle

Phone: 250-378-5157

Email: gail.larochelle@lnib.net



Do you dream about taking a vacation on this beautiful sandy beach by the ocean?

LNIB Education



CONTACT

Phone: 236-575-2100 Email: reception.education@lnib.net





LENESSA SEWARD

LNIB EDUCATION DEPARTMENT

HELLO EVERYONE!

I hope everyone is enjoying the sunny weather this summer! The education department has done a few things this summer that we would like to acknowledge.

2023 GRAD GIFT GIVEAWAY

We gave out 13 Gift to the graduates this year! I hope the Graduates of this year are enjoying their break so far and good luck once again!

SUMMER LEARNING PROGRAM

We have had a great turn out this year for the LNIB Education Department Summer Learning Program!

We had a lot of fun things planned such as the Kamloops Wildlife Park, Cultus Lake Waterpark, and Adams River Rafting.

We also had some great Learning Experiences with Scwexmx Child and Family Services, we took the canoe out on the water at Kentucky Allyne.

The SD 58 Literacy Program come in and hangout with our kids for a couple days.

The Mariposa Nature Program came in and took our kids for a nature walk and even had some fun learning Games and Crafts ϵ well!

Lastly we had TRU Eureka Science Camp join us for the last wee of the program, with some fun experiments and projects that I hope the kids enjoyed!!

August 2023

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 one of the supervisors for the summer learning program. I help with gathering all the equipment needed for our activities of the day. Along with supervising our members that joined the program, in any downtime we get I lead the kids through some fun games, or we will do some arts and crafts.

Background

I am 19 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 enjoying the hot weather



LNIB SUMMER LEARNING PROGRM A DAY WITH MARIPOSA NATURE ACADEMY



2023 Grad Gift Giveaway!





Andrea Shintah



William Sandy



Kirsten Dick



Lincoln Sterling



Icesis McLoed



Brysen Pinyon



Shawna Coutlee



Adrian Hurtubise



Megan Beckett



Atorian Shuter





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 Jimmie LANDS AND HOUSING DIRECTOR stephen.jimmie@lnib.net

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

Brandi O'Flynn

LANDS MANAGER brandi.oflynn@lnib.net

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

LANDS PORTAL

Find information about LNIB lands online at <u>Inib.net/lands</u>. Updates are posted regularly, and printed materials are made available for pick up at the Lands office upon request. Kristopher Por LANDS RESEARCHER kristopher.por@lnib.net

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

Vacant LANDS AGENT

The Lands Agent assists with land transfers, Lands Management Advisory Committee (LMAC), and community meetings.

Vacant

LANDS ADMINISTRATIVE ASSISTANT Sayge Fisher ENVIRONMENTAL PROTECTION COORDINATOR sayge.fisher@lnib.net

Contact Sayge for details about environmental management and protection.

Alex Bukkos

SURVEY COORDINATOR alex.bukkos@lnib.net

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

LANDS MANAGEMENT ADVISORY COMMITTEE

UPCOMING MEETING

TBD AUGUST, 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 <u>250-280-7270</u> for access outside of regular office hours.



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

NOTICE ABOUT RECREATIONAL VEHICLES

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



LANDS PORTAL

Iniblands.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**.



IMPORTANT NOTICE

To all LNIB Members,

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

(250) 215-5048



NOTE

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

August 2023

BUYER'S NOTICE BOARD



If you are interested in <u>purchasing</u> land or property from a landowner, Contact the Lands Department to have your contact information listed here in the monthly LNIB newsletter. I am interested in purchasing property enough to build two homes. Located at Nicola Mameet or Zoht areas. <u>CONTACT</u> 604-928-2985

scwexmx@gmail.com

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

> CONTACT 250-280-5684

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

CONTACT 250-315-7501 lorne.dunn@yahoo.com

SELLER'S NOTICE BOARD

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



*There are no posted SELLER notices this month. Contact the Lands Department if you would like more information.

NOTICE TO COMMUNITY MEMBERS ON WILDLIFE SAFETY

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

Animal remains attract predators, leaving remains from a hunting trip too close to the community habituates the predators to keep returning for more food. Predators such as coyotes, bears and wolves will keep returning where there is food available to them. Attracting additional predators into the community will create an unsafe environment for children, pets, and all members of the community. Please relocate hunting remains or animal innards outside of the community by leaving them far away from residences or known industry. An alternative to Mamit Lake Branch Road could be up highway 97C, past the industrial park.

Thompson Nicola Regional District Electoral Area M+N Mosquito Surveillance and Control Program

01 – 30 June 2023 Progress Report

Overall weather conditions for the month of June in the Merritt area were slightly above average, with monthly mean temperatures 1.2°C above normal, and 0.8mm more precipitation than normal.



Following a rapid rise in Nicola and Coldwater River levels during May and the subsequent 3 weeks of moderate flooding, river levels quickly dropped and were below the larval development flood threshold by the first week of June. Nicola Lake levels were "held" at just below 3.2m for the entire of June which allowed for seepage waters to accumulate in many of the Quilchena sites located at Jack Ranch, the old golf course, adjacent the Quilchena Point RV area.

Recurrent larval development was observed at several sites located in the Douglas Lake, Quilchena (Nicola Lake) and Lower Nicola areas. Several permanent ponds located in farm fields around Douglas Cattle Ranch were active during June. Several permanent and seepage-filled sites located at the old Quilchena golf course and adjacent fields were also active with larval development into late June. Some 12 sites in the Lower Nicola floodplain, mostly permanent ponds and *Typha sp.* (cattail) swamps were also active with developing larvae on 1-2 occasions during June . Larval populations were highly variable and averaged from 1-10 larvae/dip sample with several sites having 20-30 larvae/dip sample and a few in the Douglas Lake Home Ranch area having upwards of 100 larvae/dip.

Aerial applications were required during June to control developing larval populations occurring in all three program areas. Two aerial applications, completed on 01 June and 22 June, required a

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Duka Environmental Services Ltd.

total of 488.7 kg of VectoBac 200G to treat 114.98 ha of permanent habitat and Nicola Lakeinfluenced, seepage-filled development habitat. A total of 250 inspections were completed at 71 individual sites and a total of 62 ground-based treatments were required to control developing larval populations at 37 of these sites. A total of 60.4 kg of VectoBac 200G were applied from the ground to 8.05 ha of active larval habitat during June. Light trap sampling has begun, although very few adult mosquitos have been observed by, or reported to field personnel.

The figure below presents the June 2023 Operational Summary for the TNRD Electoral Area M+N.



Larval sampling and collection by *Duka Ltd.* personnel at open water development habitats will continue throughout the season. Larvicide (VectoBac 200G) treatments will be completed as required, and where necessary to control developing larval mosquito populations. Light trap sampling will continue during July.

If you have any questions on this update, or require additional information please contact me at your convenience.

Chirtis Fediul BSS., BefBio.



Duka Environmental Services Ltd.

LAND CODE: UPDATE

The LNIB Land Code was recently amended to correct some typographical errors. These changes do not affect the main content of the Land Code, rather the amendment is simply intended to correct clerical errors that were written in the document. See Page 25 and 26 of the Land Code. Available in hard copy at the Lands Office, or in digital format online at <u>Iniblands.net/Land-Code</u>

	Exhibit 1
LAP	ND CODE
Dated	for Reference April 1, 2016
CERTIFIED A TRUE COPY THIS <u>8</u> ^H DAY OF <u>APPI</u> 20 <u>15</u> <u>HATCHE</u> 20 <u>15</u> AND FOR THE PROVINCE OF BRITISH COLUMBIA Heating <u>A</u> Solicitor 200-1022 Government Street 200-1022 Government Street	VERIFIED
Victoria, BC V8W 1X7	APR 1-8 2016



Monthly Invasive Weed Spotlight

Spotted / Diffuse Knapweed



Diffuse Knapweed

Spotted Knapweed

Description:

Please be warned that this invasive weed has been known to cause skin irritation, wear gloves during removal or wash hands with soap & water after contact.

This purple, white or pink flowered weed is known as Spotted Knapweed or Diffuse Knapweed, both names refer to a different variation of the same species of invasive weed. Originating from Europe and Asia, these invasives, this invasive weed relies on seed distribution to spread, each plant can drop up to 140,000 seeds per square meter. Knapweed is most common in the dry disturbed soils of southern and central BC, infesting roadsides, ditches, rights-of-ways, backyards, and rangelands. Ecological impacts include outcompeting native vegetation; decreasing natural biodiversity, increased erosion; causing additional sedimentation in watercourses, and the allelopathic properties of this plant can alter soil chemistry; preventing growth of other plants attempting to grow near the Knapweed. When the stalks of this weed die off and dry out, they become highly flammable and could increase the severity of a wildfire if one was to occur.

Spread:

Seed dispersal: dormant Knapweed seeds can remain viable in the soil for over 8 years after dispersal.

Mature seeds fully develop in July-August.

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, equipment, shoes, clothing, or vehicles before leaving an infested site.

Mechanical Control

- Use gloves to hand pull this plant.
- Mowing this plant prior to seed formation will not kill it but can decrease seed production and control spread. Any plants that have not flowered yet, may be manually removed, and left on site to decompose. Any plants that have developed seeds must be bagged and removed from site to prevent further seed dispersal.
- Removal may need to be repeated to properly deplete root reserves and prevent it from regrowing.

Biological Control

• There are currently 12 different biological control agents that have been released into BC as an effective control method for both variations of Knapweed. Seed/root feeding weevils and moths help to control the spread of Knapweed by eating the seed pods and root systems as larvae, while the adults further destroy the plant by eating the leaves and stems. Please visit the Thomspon Nicola Regional District's webpage online for more information.

Chemical Control

"Herbicide recommendations and use must consider site characteristics and be
prescribed based on site goals and objectives. Herbicide labels and other sources of
information must be reviewed before selecting and applying herbicides. Effective
herbicides include: picloram, dicamba, 2,4-D, clopyralid, aminopyralid and
glyphosate. Picloram has been determined most effective; however, it has residual
effects. Application: The use of a wick or selective spot spraying is recommended to
minimize non-target damage." (ISCBC Factsheet 2019)

Disclaimer - ALL herbicide applications 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:

<u>Invasive Species Council of BC Factsheet March 2019 – Knapweeds, Spotted – Centaurea</u> <u>biebersteinii, Diffuse – Centaurea diffusa</u>

Thomspon Nicola Regional District – Spotted Knapweed

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: <u>AQI Basics</u>

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 (PM2.5) are linked to more serious health effects than larger particles. PM2.5 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 <u>asthma management plan</u> 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

LNIB Ticketing and Enforcement Law Summary

Why We Need Laws

Laws are rules made by the government that forbid certain actions and may be enforced by the courts. Laws apply to everyone equally. If you break a law, you are faced with penalties which may include paying a fine, paying for the damage you have caused, or going to jail.

Without laws, life could be chaotic and even dangerous. Imagine driving on a road where drivers could choose which side of the road to drive on and ignore any traffic lights or signs. It could be difficult to feel safe on or near any roads when you couldn't trust all drivers to behave similarly and safely.

Even in well-ordered society, people disagree and conflicts arise. Laws provide guidelines to resolve disputes fairly, and help to ensure a safe and peaceful society.

The Canadian legal system respects individual rights and ensures that our society is orderly. It applies the same law to everybody. This includes the police, governments and public officials. All of them must carry out their duties according to the law.

LNIB Ticketing and Enforcement Law

Given the inherent right of LNIB to self-government and stewardship of our lands, and as enabled by the *Land Code*, the Lands Department will recommend that the Chief and Council ratify the *LNIB Ticketing and Enforcement Law*. The Law was tabled at a duly convened meeting of Chief and Council and the Law will be ratified at a duly convened meeting of Chief and Council in September 2023 or a later meeting. A Public Hearing for final review of the law by the members is scheduled for September 7th, 2023.

The purpose of the *Ticketing and Enforcement Law* is to enable the fair, effective, and efficient enforcement of all LNIB laws. Enacting an overarching *Ticketing and Enforcement Law* rather than enforcement provisions in each individual law makes sense at this time because of the robust suite of laws that LNIB is developing. This approach allows LNIB to avoid repetition, and possibly confusion, by repeating the same enforcement provisions in different laws. LNIB staff, members, residents and others interested in or affected by our laws must look only to one location for enforcement provisions.

The *Ticketing and Enforcement Law* enables Council to appoint a Justices of the Peace, sets out authorities, and the circumstances under which matters must be referred to a Judge. The law also designates Enforcement Officers and sets out their authorities.

The *Ticketing and Enforcement Law* establishes the requirements for tickets including their form and content, the serving of tickets, payment of fines or disputing tickets, and the process for hearings of disputes. The law lays out a process for instances when a person fails to appear at a hearing or fails to respond to a ticket, including time extensions in certain circumstances and collections.

Schedules to the law list all LNIB laws to which the *Ticketing and Enforcement Law* applies, and establishes the applicable fines and penalties for offences.

For more information, please refer to the *Ticketing and Enforcement Law*. Any questions can be directed to the Director of Lands and Housing, Stephen Jimmie (stephen.jimmie@lnib.net). Copies of the Law have been made available on the LNIB website (https://lniblands.net/Ticketing-and-Enforcement-Law) or in hard copy at the Lands office.

LAW RATIFICATION NOTICE

<u>The LNIB Ticketing & Enforcement Law</u> will be tabled for ratification by the Chief & Council in September 2023 or a following meeting.

A Public Hearing for final review of the law by the members is scheduled for September 7th, 2023.

For digital copies please contact Stephen Jimmie at stephen.jimmmie@lnib.net or call 250-378-5157.



August 2023



Jordana McIvor | Housing Administrator

250 378 5157 | jordana.mcg@lnib.net

LNIB HOUSING

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

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

THE HOUSING TEAM

Jordana McIvor-Grismer Housing Administrator jordana.mcg@Inib.net

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

Ashley DeGray

Tenant Relations Coordinator ashley.degray@lnib.net

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

HOUSING MAINTENANCE

Mel Blankinship Housing Maintenance

Brendan Colter Housing Maintenance Assistant

Jon Moore Housing Maintenance Assistant



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

ATTENTION HOUSING TENANTS

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

Thank you for your cooperation and understanding.

RAPID HOUSING INITIATIVE UPDATE

On-site Activity

The new 14-unit apartment building is coming along nicely. The structure is basically complete and we will having the siding, roof, electrical, plumbing and septic installation being completed over the next while. 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 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 <u>stephen.jimmie@lnib.net</u>. 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: <u>https://Iniblands.net/Subdivision-Feasibility-Study</u>
Free Energy-Saving Upgrades



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

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

Products installed may include:

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

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

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

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

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

		We're working together to help B.C. save energy		
816-285		BC Hydro Power smart	Energy at work	

#SHOPLNIB at www.LNIB.Shop



LNIB Economic Development would like to invite anyone interested in listing a product or service on a project website at <u>www.lnib.shop</u>. Please see some frequently asked questions and answers about the website/marketplace.

What is LNIB.Shop?

LNIB.Shop is an online digital marketplace to connect LNIB entrepreneurs and artists to the community and beyond.

Does the marketplace accept payments?

No, the website does not accept payments, it connects Entrepreneurs and Artists with potential customers. All payments are handled offsite by the customer and proprietor.

Does it cost anything to be listed?

No, it is 100% free!

What if I need help with shipping?

Economic Development will be happy to assist you in sourcing the most economical and efficient shipping options for your craft.

Do I need to have a registered business?

No, you can start by listing your ideas, crafts, or service for free today! Depending on the scope of the business, you may need insurance and a registered business.

How much time do I need to commit?

You can commit as much or as little time as you want, the choice is yours! This service is meant to be a starting block and place to direct people without having to learn or pay someone to design a website.

What if I want to start a business and need funding?

Contact Adam to get started with an initial session. Once you have a clear picture, schedule as many sessions as needed to get your business plan and cash flow projections, from there you can get your business registered and get a combination of grants and financing.

I would like to participate but don't know what to sell, are there any suggestions?

Here is a list of suggested business options someone could pursue:

- Traditional Crafts and Artisan Products
- Artwork
- Starting a tour guiding company
- Selling and delivering Bannock
- Cultural workshops
- Clothing with culturally unique branding
- Performing arts
- Motivational speaking
- Hosting events
- Grocery delivery/Costco runs.
- Drop shipping business.
- Photography/Videography

QUESTIONS/CONTACT

For more information about www.lnib.shop or to have a consultation about developing your idea or getting your business listed, please contact Adam Ova by email or phone:

E: adam.ova@Inib.net

P: 236-575-2230 Ext 173

LNIB Elders Program August 2023 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Bailey house picnic meet at the Bailey house 12 to 2 pm	3	4 Gift card bingo / Ndn Bingo RP community ctr 10-12	5
6	7 Civic Holiday	8	9	10 Grandmothers Group Crafts Meet at the RP center 1 to 4 pm	11	12
13	14 Meet at the Health center at 9 am	15	16	17 Return from Vancouver	18	19
	varic	ouver Elder	sGathering	s trip.		
20	21	22	23	24 Elders Luncheon 12 to 2:00 pm Soup kitchen building	25 Spa Day 10 am - 3pm RP community ctr	26
27	28 Drum Bags w/ Carol at the cultural center	29 Value Village trip call or text to sign up Meet at health centre at 9 am	30	31 Elders dinner & RCMP Internet Safety/Scam Prevention Presentation 4 to 630 at the RP Community ctr		

Any Questions email lani.mackenzie@Inib.net





Ashton Peterson came to the LNIB Culture Centre and needed help with his Chicken Dance regalia. With a little assistance Ashton has most of his regalia. put together.



A good day out on the land Sx^wusm harvesting.



A total of 21 gill nets were completed. with the help of knowledge keeper Jack McIntyer.



5 ladies participated in the buckskin glove workshop, these beautiful ladies have completed their project. Good job ladies, beautiful work.

Some of the recent work at the LNIB Culture Centre

PROUD TO BE

ýè tə síẩqit - good day Culture Programs with Carole Basil





Drop in craft night: Come work on your craft project or start a new one. Tuesday evenings: August 1st, 8th, 15th and 29th 4:00 pm to 7:30pm

Ladies Culture Nights Wednesdays: Aug 2nd ,16th, 30th 5:00pm to 7:30pm Come in and let's discuss what projects you would like to work on.



Ribbon Skirts Friday Ausust 4th – 9:00am to 2:00pm, Friday August 17th - 9:00pm to 2:00pm Monday August 28^h – 9:00am to 2:00pm

> Huckleberry Harvest: Friday August 18th and Monday August 21st.

Please call or text Carole 250-315-9158 to register for any of these events or if you require more information.

Hénłekw.



Group picking Black berries.



Robin Gathering Sxusm berries.



Huckleberries will be coming In August. Come out and join the group!

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



August 2023



WILDFIRE SMOKE AND YOUR HEALTH

Health Effects of Wildfire Smoke

Wildfire smoke is a complex mixture of fine particulate matter (PM2.5) and gases, such as carbon monoxide, nitrogen oxides, and volatile organic compounds. The mixture can change depending on the fuels, the weather, and distance from the fire. Wildfire smoke causes episodes of the worst air quality that most people will ever experience in British Columbia.



- Smoky air makes it harder for your lungs to get oxygen into your blood.
- Wildfire smoke can irritate your respiratory system and cause an immune response, which may lead to inflammation that affects other parts of your body.
- Common symptoms include eye irritation, runny nose, sore throat, mild cough, phlegm production, wheezy breathing, or headaches. Such symptoms can usually be managed without medical attention.
- Some people may have more severe symptoms, such as shortness of breath, severe cough, dizziness, chest pain, or heart palpitations. You should seek prompt medical attention if you experience any of these symptoms.
- Smoky air may increase risk of some infections, such as pneumonia COVID-19, and ear infections in children.

BC Centre for Disease Control

Reducing exposure to wildfire smoke is the best way to protect your health.

- Portable air cleaners that use HEPA filtration can effectively remove smoke particles from the indoor air. Do your research to find something suitable for your needs.
- If you have forced air heating, you can use different filters and settings to minimize the amount of wildfire smoke that comes into your home. Talk to your service provider about what will work best for your system.
- Libraries, community centres, and shopping malls often have cooler, filtered air that can provide a break from outdoor smoke.
- When driving, keep the windows up, the air conditioner on, and use the recirculate setting to limit intake of the outdoor air.
- The harder you breathe, the more smoke you inhale. Take it easy during smoky periods, consider exercising indoors, and drink lots of water to help your body cope with the smoke.
- If you have an outdoor occupation, refer to resources from WorkSafe BC <u>https://u.nu/4vl8</u>

FOR MORE INFORMATION bccdc.ca/wildfiresmoke

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EXTREME HEAT

Some people are more affected by the heat than others. People who should take extra care are: people over 65, people with multiple health conditions, people who use substances, people on certain medications, people who are pregnant, and infants and young children.



HEAT EXHAUSTION SYMPTOMS

Headache

Muscle cramps

Dark urine and

Extreme thirst

Difficulty concentrating

decreased urination

- Skin rash
- Heavy sweating
- Dizziness
- Nausea or vomiting
 Rapid breathing
 - and heartbeat

Anyone with these symptoms:

- Move to a cool space.Give plenty of water.
- · Cool the skin down with water.

COOL OFF

- Go to a place with air conditioning, such as a library, community centre, café, or a friend's home.
- Cool off with water. Take a cool shower, sit or put legs in a cool bath, wear a wet shirt, apply damp towels to the skin.
- Don't rely on fans as the only way of cooling your body during extreme heat. Fans cannot lower your body temperature or prevent heat illness in people at risk.

KEEP THE SPACE COOL

 Keep shades and blinds closed during the day. If you don't have air conditioning, close windows to trap cooler air inside and open windows at night to let the cooler air in. Use circulating and exhaust fans to move cooler outdoor air into the space overnight.









Find out more about heat-related illness, preparing for the heat season, and staying healthy in the heat: www.interiorhealth.ca/heat



With support from Avec l'appui de Health Santé the views of Health Canada.

Adapted with permission from Fraser Health Authority, B.C.

During the summer months both heat and wildfire

smoke can be a health concern. Find out more

about air quality: www.interiorhealth.ca/wildfires

This information does not replace the advice given to you by your nealth-care provider

- High body temperature
- Fainting or decreased consciousness

HEAT STROKE SYMPTOMS

- Confusion
- Lack of coordination
- Very hot and red skin

Anyone with these symptoms: Call 911

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.

The best way to prevent a heat-related illness is to spend time in a **cool space**.

CHECK IN

- Notice how you feel and watch for signs of heat illness in those around you. Monitor the indoor temperature.
- Multiple times a day, check in on those at risk for heat-related illness.

DRESS FOR THE HEAT

Wear loose-fitting, light-coloured, breathable clothing.

HYDRATE

• Drink plenty of water, and offer it to those in your care.

STAY INFORMED & PLAN AHEAD

• Check the weather forecast and heat alert information. Take it easy during the hottest times of the day.



Close windows and curtains during the day and open them at night.



How to stay safe during

extreme heat events

Check on others, especially those who live alone or are most at risk.



Take it easy and avoid intense activities.



Apply ice packs and cool, damp cloths to your wrists and neck.



Seek cooler locations like shaded areas, basements, or air-conditioned buildings.



Drink plenty of water, even when you don't feel thirsty.

Climate change and colonization continue to impact the emotional, physical, and spiritual resilience of Indigenous peoples.

For emotional and spiritual support, call:

- The IRSSS Toll-Free Line (1-800-721-0066)
- Tsow-Tun-Le-Lum (1-888-403-3123)
- Métis Crisis Line 1-833-Métis-BC (1-833-638-4722)

For medical support call:

- Your local health station
- First Nations Doctor of the Day (FNHA): 1-855-344-3800

- HealthLink BC: 811
- Northern Health Virtual Clinic: 1-844-645-7811
- For emergencies call 911 or your local emergency number



FIRESMART PRESENTATION





LNIB FIRE HALL

August 8th, 6pm-7pm (Snacks & refreshments provided)



LNIB Youth Group

CULTUS LAKE TRIP

LNIB & Community Members Ages 12-18



August 25, 2023 ***Limited Seating***

Deadline for registration is August 11th by 12:00 pm 8:30 am pick up at Rocky Pines Community Centre 8:45 am pick up at LNIB Band School

Contact Tiffany Pop at (250) 378-5157 or email tiffany.pop@lnib.net

Lower Nicola Indian Band

August 2023

LNIB MEMBERSHIP

TRANSFER

MEMBERSHIP CLERK

Do you have family of "<u>Nlaka'pamux</u> Blood Link" to the Lower Nicola Indian Band or you would like to transfer back?

Leave your name and phone number with the receptionist (250) 378-5157.

The band transfer policy is on the LNIB Website





https://www.canada.ca/en/indigenous-services-canada.html

Introduction of Bill C-38 An Act to amend the Indian Act new registration entitlements \cdot and opportunities for information sessions;

Find out what the Government of Canada is doing to address remaining inequities in registration and band membership under the *Indian Act*.

On this page

- Bill C-38, An Act to amend the Indian Act
- <u>Information sessions on Bill C-38</u>
 - <u>What the information sessions will cover</u> Get in touch
- Get in touch
 Related link

Bill C-38, An Act to amend the Indian Act

Introduced on December 14, 2022, Bill C-38 seeks to:

- address the inequity of enfranchisement
- enable deregistration by application
- eliminate sex-based inequities in the membership provisions
- remove some outdated and offensive language in the Indian Act

If passed, Bill C-38 will:

- ensure persons with a family history of <u>enfranchisement</u> will be treated the same as those without
- enable persons who wish to have their names removed from the Indian Register to apply for deregistration
- enable women who were <u>automatically transferred</u> to their husbands' band to seek reaffiliation with their natal band
 - women and their direct descendants may apply
- remove dated references to <u>mentally incompetent Indians</u>

Information sessions on Bill C-38

Indigenous Services Canada is hosting information sessions by request starting in January 2023.

What the information sessions will cover



The information sessions will:

- provide a summary of each amendment.
- explain the proposed changes to the Indian Act
- bighlight plans for finture changes to the *Indian Act*review the current stage of the legislative process
- share information about the implementation of changes

Get in touch

To get an information kit on Bill C-38 or to schedule an information session, send a request to aadoc engagementinscriptionpn-finegistrationengagement amde@cmada.ca.



https://www.canada.ca/en/indigenous-servicescanada.html

What is a Temporary Confirmation of Registration Document

A Temporary Confirmation of Registration Document (TCRD) is an official document issued by Indigenous Services Canada (ISC) that confirms <u>registration under the *Indian Act*</u> and eligibility to certain benefits, rights, programs and services. Registered persons may request a TCRD in situations where proof of registration is required, for example:

- during emergencies or natural disasters
- when a status card is lost, stolen, damaged or destroyed.

The document features:

- 1. the ISC letterhead
- 2. an expiry date (one year after issue date)
- 3. the raised seal of the Indian Registrar
- 4. the Canada logo with a red flag

How to request a Temporary Confirmation of Registration Document

You can request a Temporary Confirmation of Registration Document (TCRD):

- by calling Public enquiries to receive it by mail
- in person, at any regional office

Page **1** of **5**

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To request a TCRD, you must already be registered under the *Indian Act*. If the request is made on behalf of a child or dependent adult, you must provide the most recent legal documents proving custody or guardianship, if applicable.

For how long a Temporary Confirmation of Registration Document is valid

A Temporary Confirmation of Registration Document (TCRD) is valid for 1 year for adults, children and dependent adults. ISC recommends applying for a Secure Certificate of Indian Status, valid for 10 years for adults and dependent adults and 5 years for children.

A Secure Certificate of Indian Status, or secure status card, is a more recognized and accepted form of identification to confirm registration. To find out how to apply for a secure status card, visit <u>How to apply for a status card</u>.

Which benefits and services are accessible with a Temporary Confirmation of Registration Document

A Temporary Confirmation of Registration Document (TCRD) allows access to benefits, rights, programs and services available to registered persons.

- To find out more about certain rights and benefits guaranteed to Indigenous peoples in Canada, visit <u>Benefits and rights for Indigenous peoples</u>.
- To find out more about programs and services for which you may be eligible as a registered person, visit <u>Indigenous peoples</u>.

Will service providers accept a Temporary Confirmation of Registration Document

You must present your original Temporary Confirmation of Registration Document (TCRD) to service providers. A photocopy of a TCRD or a TCRD that has been altered in any way is not valid. ISC recommends that you print this web page and have it ready to share with service providers. You may be asked for a piece of <u>valid acceptable identification</u> to confirm your identity.

If you are a <u>service provider</u>, check the expiry date (not applicable during COVID-19 pandemic) and for the raised seal of the <u>Registrar</u> on the lower-right side to ensure the TCRD is acceptable.

What you can do if your Temporary Confirmation of Registration Document is lost, stolen, damaged or destroyed.

If your Temporary Confirmation of Registration Document (TCRD) has been lost, stolen, damaged or destroyed, you can request a new one. The replacement steps are the same as when <u>first requesting a TCRD</u>.

Page 3 of 5



Services aux Autochtones Canada Canada



DOCUMENT DE CONFIRMATION TEMPORAIRE DE L'INSCRIPTION TEMPORARY CONFIRMATION OF REGISTRATION DOCUMENT

(Date de délivrance / Issuance Date) (AAAA-MM-JJ / YYYY-MM-DD)

Avis au fournisseur de service / Notice to Service Provider Le présent document confirme que / This document confirms that :

(Nom / Name)

né le / born

(Date) (AAAA-MM-JJ / YYYY-MM-DD)

est inscrit (inscrite) à titre d'Indien(ne) en vertu de la Loi sur les Indiens en date du / is registered as an Indian under the Indian Act as of :

(Date) (AAAA-MM-JJ / YYYY-MM-DD)

avec le numéro d'inscription / with the registration number

(Numéro / Number)

Le présent document peut servir de preuve d'inscription jusqu'au / This document may be used as confirmation of registration until



(Date d'expiration / Expiration Date) (AAAA-MM-JJ / YYYY-MM-DD)

DOCUMENT NUL SI PHOTOCOPIÉ OU MODIFIÉ / PHOTOCOPY OR ALTERATION VOIDS THIS DOCUMENT DOCUMENT NON VALIDE APRÈS LA DATE D'EXPIRATON / DOCUMENT NOT VALID AFTER EXPIRATION DATE À cette date, le Certificat sécurisé de statut d'Indien sera émis et devrait

servir de preuve d'inscription et faciliter l'accès aux prestations et aux services.

By that date, a Secure Certificate of Indian Status will be issued and should be used by the registered Indian as confirmation of registration and to facilitate access to benefits and services.



JOHN GORDON Indian Registrar / Registraire des Indiens Ottawa, ON K1A 0H4

Pour de plus amples informations, appeler au 1-800-567-9604 TTY : 1-866-553-0554 ou consulter le site Web www.aadnc-aandc.gc.ca

Sceau du registraire des Indiens / Seal of the Indian Registrar Nul si le sceau n'est pas en relief / Do not accept if seal is not raised

For more information, please call 1-800-567-9604 TTY: 1-866-553-0554 or visit www.aadnc-aandc.gc.ca



https://www.canada.ca/en/indigenous-services-canada.html

Get, renew or replace status card

Find out how to get, renew or replace a status card and how long it'll take.

Reclaiming your name

You can reclaim your name in the Indian Register and on your status card.

At this time, your family name, given name or alias can only include letters from the Latin alphabet and some accented letters.

- To reclaim your family name or given name, you must submit a document that confirms your reclaimed name, such as a proof of birth document or a legal change of name certificate, with your complete application.
- To reclaim your name as an alias, you don't need to submit a document that confirms your reclaimed name with your complete application.

You can submit your application in the same way as when applying for registration or a secure status card.

Registered persons who have been evacuated and don't have a status card

Contact <u>Public enquiries</u> to obtain proof of registration. You will be asked a series of questions to validate your identity and, once confirmed, proof of registration will be sent to you.

How do you apply for a secure status card

Trusted sources for registration and status card applications

Find out about <u>trusted sources</u> and how they can help complete applications for registration in the Indian register and status cards.

Step 1: Get the application form

- <u>online</u>
- by mail, by calling <u>Public enquiries</u>
- in person, at any <u>regional office</u>
- in person, any First Nation office, if applicable

Step 2: Find a guarantor, if necessary

A guarantor is someone who can confirm your identity.

You need a guarantor if:

• applying by mail

Page 1 of 6

- providing identification that does not meet all of the requirements for valid acceptable identification
- <u>submitting an application in person on behalf of an adult or on behalf of a parent or legal guardian</u> <u>applying for a child or dependent adult</u>
- submitting a photo using the SCIS Photo App

Find out who can act as a guarantor.

Step 3: Fill out the application

Detailed instructions on filling out the application form for adults (16 or older) and for children (15 or younger) or dependent adults are available <u>online</u>.

Step 4: Sign and date the application

Before submitting the application, make sure you've:

- filled out all relevant sections of the form
- signed and dated the form
- included all necessary documents
- submitted a digital photo or included 2 printed photos
- included a guarantor declaration, <u>if necessary</u>

If the application is for a child or dependent adult, a parent, custodial parent or legal guardian must sign the form.

Step 5: Submit the application

To avoid delays in processing your application, you must submit all necessary documents and photos with the complete application for a secure status card.

What do you need to submit with an application for a secure status card

To apply for a secure status card, you or the child or dependent adult must be <u>registered under the *Indian Act*</u>. If not registered, you can now apply for registration and a secure status card at the same time.

If you're not sure if you or the child or dependent adult are or is registered, contact Public enquiries.

For an adult (16 or older)

You must submit:

- 1. a complete application for a secure status card for already registered persons
- 2. a digital photo using the SCIS Photo App or 2 printed photos that meet the photo requirements

Page **2** of **6**

- 3. original <u>valid acceptable identification</u> or a copy of the front and of the back of the identification, each copy signed and dated by a <u>guarantor</u>
- 4. a guarantor declaration, if necessary

If the name on the application is different from the name on any of the other necessary documents, you must also submit:

• an original legal name-linking document, such as a change of name certificate, marriage certificate or divorce order, that links the previous name with the current name

or

• a copy of a legal name-linking document and <u>valid acceptable identification</u> with the name that is on the application form

For a child (15 or younger) or dependent adult

If applying for a child (15 or younger) or dependent adult

The applying parent, custodial parent or legal guardian must have the authority to act for the child or dependent adult in legal or financial matters.

You must submit:

- 1. a complete application for a secure status card for already registered persons
- 2. a digital photo of the child or dependent adult using the <u>SCIS Photo App</u> or 2 printed photos that meet the <u>photo requirements</u>
- 3. original <u>valid acceptable identification</u> of the applying parent, custodial parent or legal guardian or a copy of the front and back of the identification, each copy signed by a <u>guarantor</u>
- 4. for a child (15 or younger), a copy of the most recent legal documents granting custody or guardianship to the applying parent or legal guardian, if applicable for a dependent adult, the guardianship order
- 5. a guarantor declaration, if necessary

If the child or dependent adult's name on the application form is different from the name on the proof of birth document or legal documents, you must also submit:

• an original legal name-linking document, such as a change of name certificate, that links the previous name with the current name

or

• a copy of a legal name-linking document and <u>valid acceptable identification</u> with the name that is on the application form

If the name of the applying parent, custodial parent or legal guardian is different from the name on any of the other necessary documents, you must also submit:

• a copy of a legal name-linking document, such as a change of name certificate, marriage certificate or divorce order, that links the previous name with the current name

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Where can you submit the application

You can submit the application and all necessary documents and photos:

- at any regional office
- at any First Nation office, if applicable
- by mail to
 - National SCIS Processing Unit Indigenous Services Canada 10 rue Wellington Gatineau QC K1A 0H4

Before you go to any regional office or First Nation office

Call ahead to:

- find out if the office near you is open
- make an appointment
- confirm what documents you need to bring

Can you apply for a status card at a First Nation office

Some First Nations still issue the Certificate of Indian Status (status card). If your First Nation does:

- fill out the <u>Application for Certificate of Indian Status</u> (PDF, 84 KB)
- submit the application in person to the Indian Registration Administrator of your First Nation office

If you have questions about your application for a status card, contact your First Nation office.

Protect yourself from identity theft

In 2009, Indigenous Services Canada (ISC) began to issue the Secure Certificate of Indian Status to help protect registered persons from identity theft.

ISC encourages registered persons to apply for the Secure Certificate of Indian Status, which has a number of <u>security features</u> that the Certificate of Indian Status doesn't have.

Can you apply for someone else

A third-party application is an application submitted in person by someone other than the applicant. For a child or dependent adult, a third person is any person other than the parent, custodial parent or legal guardian.

When submitting a third party application, you must submit:

- 1. a complete application for a secure status card for already registered persons, signed by the applicant
- 2. a digital photo of the applicant using the <u>SCIS Photo App</u> or 2 printed photos that meet the <u>photo</u> requirements

Page **4** of **6**

- 3. copies of the front and of the back of the <u>valid acceptable identification</u> of the applicant, each copy signed and dated by a <u>guarantor</u>
- 4. a guarantor declaration confirming the identity of the applicant
- 5. a signed statement from the applicant providing consent to submit the application through the third party
- 6. original valid acceptable identification of the third party

How to renew a secure status card

The secure status card is valid for:

- 10 years for adults and dependent adults
- 5 years for children

The renewal process is the same as when <u>first applying for a secure status card</u>. Fill out the same application form and check "Renewal" under "Reason for application".

You can renew your current secure status card up to 6 months before or up to 1 year after the "Renew before" date on your card.

If you're applying 1 year after the date indicated on your secure status card, fill out the same application form as when <u>first applying for a secure status card</u> and check "Replacement (lost, stolen, damaged SCIS)" under "Reason for application".

How to change your personal information on your secure status card

You can change the personal information on your secure status card anytime.

Fill out the same form as when <u>first applying for a secure status card</u> and check "Replacement (changes to personal information)" under "Reason for application" or include the changes to your personal information when <u>first applying for a secure status card</u> or for a renewal.

To change the name on your secure status card, you must submit:

• an original legal name-linking document, such as a change of name certificate, marriage certificate or divorce order, that links the previous name with the current name

or

• a copy of a legal name-linking document and <u>valid acceptable identification</u> with the name that is on the application form

To change the gender designation on your secure status card, select:

• M (male)

or

Page ${\bf 5}$ of ${\bf 6}$



• F (female)

or

• X (another gender)

The gender designation selected on the form doesn't need to match the gender designation on the documents you need to submit with the application.

To change the First Nation you're affiliated to on your secure status card, contact any regional office.

You can make more than one change to your personal information at the same time.

What to do if a status card is lost, stolen, damaged or destroyed

If you've lost your Secure Certificate of Indian Status or if it has been stolen, damaged or destroyed, you must report the incident by calling <u>Public enquiries</u>.

The call agent will:

- 1. cancel the lost, stolen, damaged or destroyed card to make sure it won't be used for fraudulent purposes
- 2. issue, if requested, a Temporary Confirmation of Registration Document

The replacement process is the same as when <u>first applying for a secure status card</u>. Fill out the same form and check "Replacement (lost, stolen, damaged SCIS)" under "Reason for application".

If you've lost your Certificate of Indian Status or if it has been stolen, damaged or destroyed, contact your <u>First</u> <u>Nation</u> office to apply for a replacement.

When you report your status card lost, stolen, damaged or destroyed

Your 10-digit registration number doesn't change when you are issued a new status card.

What to do if you find a status card

If you find a status card, just drop it into a Canada Post mailbox and it will be returned to ISC.

Page 6 of 6

Is your status card va

Your registration under the *Indian Act* doesn't expire, but your status card needs to be renewed.

On this page

- Why your status card expires
- What makes a status card valid
- <u>Status cards that are currently being issued</u>
 - Secure Certificate of Indian Status
 - Certificate of Indian Status
- Older versions of the status card
- <u>History of the status card</u>

Why your status card expires

Similar to other federal, provincial and territorial identity documents, such as a passport, driver's license or health card, a status card needs to be renewed to reflect the cardholder's current appearance.

If your status card is past the renewal date, submit an application to renew it.

What makes a status card valid

A status card is valid if it is:

- available
- not past the renewal date
- not suspended or revoked
- not reported lost, stolen, damaged or destroyed
- not found and returned to Indigenous Services Canada (ISC)

Status cards that are being issued

The Secure Certificate of Indian Status (or secure status card) and the Certificate of Indian Status (or status card) are issued to confirm registration under the *Indian Act*.

Secure Certificate of Indian Status

The Secure Certificate of Indian Status issued centrally by ISC, has a number of security features:

- laser-engraved information burned directly into the card
- raised letters and numbers on the surface

- patterns of extremely fine lines not easily scanned or copied
- ultra-violet imaging and printing visible with special equipment
- secondary photo image of the cardholder visible from both sides of the card
- toll-free number to call to confirm card is valid
- machine-readable zone to facilitate Canada-U.S. border crossing



As of February 1, 2019, all new and renewed secure status cards are issued with a machine-readable zone on the back of the card.

The machine-readable zone contains only cardholder information that is already displayed on the front of the card.

Certificate of Indian Status

The Certificate of Indian Status, or status card, is still issued in some First Nation offices. This card has only a limited number of security features found on other government-issued identity documents.

Government Gouve of Genada do Ca	methe 3529030				
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Picture	JOHN CARL				
Here	JOHNNY				
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The laminated status card with no renewal date is also still valid.

Older versions of the status card

All previously issued versions of both the secure status card and status card are <u>valid</u> until the renewal date on the card.

Some secure status cards in circulation may not have a machine-readable zone but remain <u>valid</u> until their renewal date.



If your status card is no longer valid, you may be denied <u>benefits and rights for Indigenous peoples</u> or have difficulty crossing the Canada–U.S. border.

History of the status card

In 1956, the Government of Canada began issuing the Certificate of Indian Status as an official identity document confirming the cardholder to be registered under the *Indian Act*.

The status card is either a laminated or a plastic card with fewer security features than now expected of a government-issued identity document.

In 2009, the more secure status card, the Secure Certificate of Indian Status, began to be issued to help protect registered persons from identity theft. <u>Improved security features</u> make it less vulnerable to tampering and counterfeiting.

Registered persons are encouraged to apply for a secure status card. To get a secure status card, visit <u>How to</u> apply for a status card.

Lower Nicola Indian Band – Indian registry

STAUS CARDS – STATUS CARDS

Office hours: Monday – Wednesday: 9:30 AM – 2:30 PM

Book Appointment (NO WALK – INS)

NON – MEMBERS - \$50.00 Fee for the Certificate of Indian status card. Payment is required prior to issuing the card. Bring the exact dollar amount.

Services:

Certificate of Indian Status card (CIS paper laminated card)



2023 - 2024

[Type here]

Secure Certificate of Indian Status card (SCIS)



Geraldine Bangham, Indian Registry Administrator – 695

geraldine.bangham@lnib.net

250-378-5157

181 Nawishaskin Lane Merritt, BC V1K 0A7



2023 - 2024

[Type here]

66

Join Interior Health's Security Team

WHAT'S HAPPENING?

- As part of an initiative by the B.C. Ministry of Health, Interior Health (IH) is transitioning to an in-house relational security (RS) program at our seven largest hospitals: Kelowna, Kamloops, Vernon, Penticton, Trail, Cranbrook and Williams Lake.
- The IH RS program is expected to go live in Fall 2023. Paladin Security will continue provide services at these sites until then.
- This exciting initiative will contribute to an enhanced culture of safety, and support a safe environment for our patients and staff.

REASONS TO JOIN



One of B.C.'s top employers, and a top employer for young people in Canada

8



ongoing education

Paid training and orientation, and opportunities to participate in

Uniforms, equipment and tools will be provided

If you're interested in a security position with IH

- Two types of positions are available Relational Security Officers (RSO) and Supervisors (RSS) – each with F/T, P/T and casual opportunities.
- All RSO/RSS positions require applicants to have BST, AST and a valid B.C. Security License before starting work. Applicants are responsible for their time and fees associated with these courses.
 - BST training is available online through the Justice Institute of British Columbia (JIBC).
 - AST courses are 2-3 days in length, offered inperson and delivered directly through certified AST instructors.
- We're hiring. Apply at jobs.interiorhealth.ca

These unionized positions offer excellent pay and benefits

TERIOR

\$27.40 / HOUR for Officers, plus shift differentials

- **\$29.46 / HOUR** for Supervisors, plus shift differentials
- 4 WEEKS VACATION per year for F/T staff
- GROUP BENEFITS for F/T and P/T staff
- PENSION PLAN



APPLY NOW

Shulus Community Garden June – July

Greetings from all the garden staff: Kat Peterson, Chris Doucette, Ashton Peterson, Jacy dick, Evan Sterling & Lorna Shuter.

Thank you to all volunteers and donations to Shulus Garden:

- 1) Arthur Dick, for his knowledge and use of his tractor to pound in fence posts and for donating fence posts to repair the barbed wire fence and teaching garden crew a bit about repairing barbwire fences.
- 2) Howard Swakum, who shared knowledge on how to tighten and repair a barbed wire fence.
- 3) LNIB Development Corporation Companies:

- Lower Nicola Site Services for a wonderful garden tractor, this equipment will save our backs & time tremendously with all the heavy work. Garden crews are learning safety operation and maintenance.

Produce list: attached, food vouchers are also available through both LNIB Community Services and Shulus Garden. Please enquire at both locations.

Honey Orders: The nectar flow is full speed ahead. So, send in your honey orders now and we will add you to the honey order list.

Beekeeper's course: Steve Wilks is offering a beekeeper's course on line, so sign up before July 29 to register.

We look forward to serving you this summer.

Best wish to all this summer,

Lorna & Garden Crew.



Lower Nicola Indian Band



The Power of Practicing Gratitude

Our lives, our minds, our brains are very busy with living life each day. Busy is good and we are very strong, capable people. However, busyness can get us on an autopilot or routine with the days and months that drains us rather than revives us. Here are 3 powerful ways that we can live each day with the power of life's full picture in view:

- 1. Start each day by reflecting on 3 things you are grateful for:
 - a. Nature, Community, Shelter, Food etc. and let each one soak into your body with appreciation
 - b. Notice the feeling you experience when you focus on the positives in life after a full minute.
- 2. Start a Gratitude Journal
 - a. Writing is an act of empowerment it is a record of our life and a testimony to ourselves that we are worth it and to look back on.
 - b. Repetitive practice helps grow our expectation of more good things to come.
- 3. Practicing Gratitude Rituals connects our whole being, always reminding us to carry our spirit with love and honor. Adopt rituals into your daily routine through:
 - a. Saying prayers when you wash your face in the morning.
 - b. Giving thanks to the Creator before every meal.
 - c. Safe Travel Acknowledgments.

Adapted from FNHA Newsletter July 2023



August 2023

COMING IN SEPTEMBER A CHANCE TO CONNECT ABOUT MENTAL HEALTH

FOUR SEASONS

We are all coping with daily life to maximize our mental wellness.

We are never alone with the challenges though often we may feel isolated.

Together we can share the wisdom of Life, support and learn from each other.

Meeting Weekly on Thursdays from 2pm to 4pm Where: LNIB Health Center Snacks & Drinks Provided Facilitator: Tony Broman (LNIB Counsellor)

Lower Nicola Indian Band



On June 23rd, the LNIB Development Corporation was proud to donate a new Kubota 4 x 4 Tractor with a rear mounted tiller valued at \$34,000 to the Shulus Community Gardens.

The Development Corp fully supports the initiatives of the Shulus Community Gardens with:

- educational programs for the community on how to start a garden, choose seeds, container planting, harvesting and storing
- a volunteer program that trades produce for volunteered hours
- family gardening plots available to community families who wish to grow their own food
- produce grown going to the Community Soup Kitchen, Elders, Good Food Box program

We truly hope this helps to overcome some of the intensive labour that has had to be done in the past, and we believe it's a great way for us to give back to the LNIB Community.





This month LNIBDC has been hard at work continuing with our fuel management efforts. We have so far completed 50 out of 68 hectares in the 8 Mile area and hope to wrap it up by the end of July. We will also be taking on new fuel management contracts in a continued effort to protect local communities from wildfires. In addition to this, we have been rehabilitating fire guards from the 2021 fire at White Rock near Douglas Lake. This has been a massive project and we are now just a few weeks away from completion! As well, we have crews out doing vegetation management for Trans Mountain, Highland Valley, and Rock Solid Industries in conjunction with pursuing more local contracts. Our goal is to help eradicate invasive plant species that threaten our native ecosystem.

Over the past few months, LNIBDC has brought on several students to join us for the summer. We hope to provide them with many new opportunities and a lifelong passion for the forest industry. These students will be working closely with our supervisors and crew members who will ensure they follow safe work practices while getting hands on experience working outdoors. We are very excited to have them on board!



Lower Nicola Indian Band

August 2023

July 28 Happy 3rd Birthday to Chase Love his Mom and Dad

Happy birthday to our Grandson Chase Love Grandpa Frank and Grandma Cathy







Lower Nicola Indian Band

August 2023

Steak and Potato Kebabs

Ingredients

Vegetable oil, for the grill 1/2 pound fingerling potatoes, halved lengthwise 1 1/2 pounds beef tenderloin, cut into 1 1/2-inch cubes 2 tablespoons extra-virgin olive oil Kosher salt and freshly ground black pepper Kosher salt and freshly ground pepper 1 bunch asparagus, cut into 1-to-2-inch pieces 1/4 cup ketchup 2 tablespoons Dijon mustard 2 tablespoons balsamic vinegar 1 tablespoon Worcestershire sauce 2 teaspoons steak sauce Pinch of red pepper flakes Get Ingredients

Directions

Special equipment: eight 10-inch skewers

Preheat a grill to medium high and brush the grates with vegetable oil. Put the potatoes in a microwave-safe bowl, cover, and microwave until just tender, about 5 minutes. Toss the beef with the olive oil in a large bowl and season with salt and pepper. Thread the beef, potatoes, and asparagus onto eight 10-inch skewers.

Combine the ketchup, mustard, vinegar, 2 tablespoons water, the Worcestershire sauce, steak sauce and red pepper flakes in a small bowl. Grill the kebabs, turning occasionally, until marked, about 6 minutes for medium rare. Serve with the sauce.

Fish Tacos

1 1/2 pounds fish filets
1/4 cup dry white wine
2 tablespoons lime juice
1 teaspoon minced garlic
1 tablespoon vegetable oil
1 lime, quartered
12 small corn tortillas, warmed
Romaine or Iceberg lettuce, shredded, for garnish
Pico de Gallo salsa, for garnish
1 avocado, pitted and cut into thin slices, for garnish
Sour cream or crema, for garnish.

Directions

Pat fish dry and combine in a nonreactive bowl with the white wine, lime juice and garlic. Set aside to marinate about 10 to 15 minutes.

When fish is ready, remove it from the marinade, pat dry, and season with salt and freshly ground black pepper.

Heat oil in a large nonstick frying pan over medium-high heat. When oil shimmers, place fish skin-side down in skillet. Cook until opaque and firm to touch, about 3 minutes per side.

Flake the fish, squeeze one of the lime wedges over the top, and toss to coat. To make a taco, stack 2 tortillas on top of each other and fill with fish, lettuce, salsa, a few avocado slices, and a dollop of sour cream. Repeat to make 6 tacos total.

