

Lower Nicola Indian Band

October 2023



N?e?iyk Spíləm



Lower Nicola Fire Department
National Fire Prevention Week October 8 - 14, 2023





LOWER NICOLA INDIAN BAND



The LNIB would like to take this moment to acknowledge Mel Blankinship for his 14 years of service with the LNIB. Working with the Maintenance Department.



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**Message from the kwúkwi? Stu Jackson**

heñle? band members and community members. Our fall season has officially begun. The cool winds are imminent and the leaves are no longer the green color that they once were during the summer season. With the fall season here, school has been in full operation. I just want to kindly remind all of you that with school in full force that we have our children walking on our streets more frequently getting to and from our schools as well as to their respective bus stops. Let's drive with caution when we leave our homes for work to keep all of our children safe. The mornings before school and early afternoons are the times when our children will be out and about on our roads and streets so please, let's be mindful and aware during these times in the day.

Chief and Council have commenced work after taking a summer recess last month. Council continues to have their regular meetings on the first and the third Tuesday of every month. We continue to encourage band members to attend our meetings as we provide

virtual meeting invites to any band members that wish to attend our meetings virtually. If you are interested in attending Chief and Council meetings and need assistance in signing up virtually, please contact our Executive Assistant, Sondra Tom and she would be happy assist you in logging into our Council meetings. Council continues to host community meetings on the last Monday of every month as well. It has been brought to our attention that the audio system at the Rocky Pines Community Center has had its challenges in terms of providing adequate sound and clarity of sound. Council is currently working on this problem and we hope to have the issue addressed before our next Band General Meeting October 30th. If for some reason we are unable to get the sound system rectified, we may discontinue virtual community meetings until such time that we are able to fix the problem. Please stay tuned as we may move our community meetings back to the Shulus Hall and they will be in-person meetings. We will be sure to communicate this well in advance if we should have to go in-person for community meetings.

Our LNIBDC – Lower Nicola Indian Band Development Corporation held its first annual AGM September 26th. This had been a long arduous process, but we are so proud to finally complete our first annual general meeting. The meeting dealt with a few reports from the organization and more importantly the financial audit. The shareholders of the development corporation, which is the Chief and Council attended the meeting as well as the existing Board of Directors and some other staff from the LNIBDC and LNIB. There were also individuals in attendance that had expressed interest in sitting on the Board of Directors. Before the meeting concluded, the shareholders had to nominate candidates to sit on the Board of Directors and a vote commenced. Once all the votes were tallied the new LNIBDC Board of Directors were announced. LNIBDC and the Chief and Council would like to welcome and congratulate the new Board of Directors.

LNIB Members

- 1) Michael Moses
- 2) Leesa Mike
- 3) kwukwpi? Stu Jackson

Non – LNIB Members

- 1) Brad Carr
- 2) Chris Scott
- 3) Dennis Coates

For those of you that may not know, National Day for Truth and Reconciliation is September 30th. There are many activities, ceremonies and events planned for this very important day. LNIB will be doing a march from the Shulus Hall to the Pow Wow grounds Friday September 29th. NVIT will be doing Orange Shirt Day Thursday September 28th. Be sure to wear your orange shirt or hoodie if you plan to attend one of these events. National Day for Truth and Reconciliation is a very important day for all indigenous people all across our country. This day gives all of us the opportunity to remember a part of indigenous history that isn't the easiest to understand or accept. There was much hardship that many of our ancestors had to endure during the Residential School era. Many of the children who attended these schools never made it back home. Many survivors who did make it home suffered many traumas due to the Residential Schools in which many were unable to recover spiritually, emotionally, physically and mentally. Please take a moment on September 30th to honor National Day for Truth and Reconciliation and honor all our people that have been impacted.

Enclosing, I just want to wish each of you well. Please take care of your friends and your family, but most importantly, take care of yourself.

k^wuk^wscémx^w

k^wúk^wpi? Stu Jackson



Dear LNIB Members,

I am pleased to present our monthly report for September 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.

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: Vanessa Buonanno, Youth Program Coordinator; Olivia Mills, Reception; Monica Pettinger, Lands Agent; Joelle Brown, Reception; Eeva-Liisa Vickruck, Early Childhood Education and Sonia Antoine, Health Nurse LPN . Employees who have left Lower Nicola Indian Band are Emily Weston, Tiffany Pop and Brandi O'flynn wish them well in their new endeavors.

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

Committees and Liaisons: Chief and Council: The Lands Management Advisory Committee met September 21, 2023. The Finance and Audit Committee did not meet in August.

Community Meetings and Workshops: The next Band General meeting is scheduled for October 30, 2023.

Support to Chief and Council: Chief and Council met September 5th and 19th. Should you require anything on the Chief and Council agenda scheduled for October please contact Sondra Tom and I. Finally, members remember that the Chief and Council meetings are open to membership to join via online or telephone. Please contact Sondra Tom so you can be added to the email invitation for the scheduled Chief and Council meetings.

Kari Reilander,
LNIB Executive Director

Band General Meeting
October 30, 2023
5:00 pm



Chief and Council Attendance
Term October 2022-September 2025



Chief and Council Attendance
Term October 2022-September 2025



Motions from Chief and Council September 5, 2023 meeting

Motion #05-09-2023-01 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the September 5, 2023 Chief and Council meeting agenda.

Motion Carried

Motion #05-09-2023-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the August 1, 2023 Chief and Council meeting minutes as presented.

Motion Carried

Motion #08-01-2023-03 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the August 19, 2023 Chief and Council meeting minutes with noted changes.

Motion Carried

Motion #05-09-2023-04 Reads: The Lower Nicola Indian Band Chief and Council move
WHEREAS the Lower Nicola Indian Band operates under the authority of Chief and Council;
WHEREAS to give notice to the Indian Registrar of the acceptance of:

Name: Clayton Conrad Spinks

Birth date: July 16th, 1990

Registry No. 7050087402

Registry Group: Lytton First Nation

WHEREAS the Lower Nicola Indian Registry Administrator certifies the above Adult has satisfied all requirements under the LNIB Transfer Policy dated September 17, 2013 and now requests that the departmental records be amended to reflect his addition to our registry group.

NOW THEREFORE BE IT RESOLVED that the Lower Nicola Indian Band Chief and Council move to give notice to the Indian Registrar of a Band transfer acceptance of Clayton Conrad Spinks (Adult) from the Lytton First Nation into the Lower Nicola Indian Band.

Motion Carried

Motion #05-09-2023-05 Reads: The Lower Nicola Indian Band Chief and Council

WHEREAS:

A. The Lower Nicola Indian Band ("LNIB") operates under the authority of Chief and Council.

B. The LNIB Land Code (the "Land Code") came into force on December 1, 2016.

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

A. The Lower Nicola Indian Band is seeking funding approval from Indigenous Services Canada (ISC) as part of the Housing Support Program for health and safety renovations subsidy for (12) homes, for a total project cost of \$697,000;

B. The Lower Nicola Indian Band is requesting \$697,000 in ISC funding;

C. The Lower Nicola Indian Band confirms any cost overruns that exceed the approved ISC funding are the responsibility of the First Nation;

D. Lower Nicola Indian Band commits to complete the project by 30/09/2024;

E. The Lower Nicola Indian Band certifies that all housing units constructed or renovated will be inspected by qualified inspectors who must confirm that all work meets or exceeds the BC Building Code standards and other applicable code standards. Inspections will be performed at all stages of the project pursuant to BC Building Code. The First Nation agrees that all inspections will be kept on file by the First Nation.

Motion Carried

Motion #05-09-2023-06 Reads: The Lower Nicola Indian Band Chief and Council

WHEREAS:

A. The Lower Nicola Indian Band ("LNIB") operates under the authority of Chief and Council.

B. The LNIB Land Code (the "Land Code") came into force on December 1, 2016.

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

A. The Lower Nicola Indian Band is seeking funding approval from Indigenous Services Canada (ISC) as part of the Housing Support Program for health and safety renovations subsidy for (12) homes for a total project cost of \$742,000;

B. The Lower Nicola Indian Band is requesting \$742,000 in ISC funding;

C. The Lower Nicola Indian Band confirms any cost overruns that exceed the approved ISC funding are the responsibility of the First Nation;

D. Lower Nicola Indian Band commits to complete the project by 30/09/2024;

E. The Lower Nicola Indian Band certifies that all housing units constructed or renovated will be inspected by qualified inspectors who must confirm that all work meets or exceeds the BC Building Code standards and other applicable code standards. Inspections will be performed at all stages of the project pursuant to BC Building Code. The First Nation agrees that all inspections will be kept on file by the First Nation.

Motion Carried

Motion #05-09-2023-07 Reads: The Lower Nicola Indian Band Chief and Council

WHEREAS:

A. The Lower Nicola Indian Band ("LNIB") operates under the authority of Chief and Council.

B. The LNIB Land Code (the "Land Code") came into force on December 1, 2016.

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

A. The Lower Nicola Indian Band is seeking funding approval from Indigenous Services Canada (ISC) as part of the Housing Support Program for health and safety renovations subsidy for (12) homes for a total project cost of \$697,000;

B. The Lower Nicola Indian Band is requesting \$697,000 in ISC funding;

C. The Lower Nicola Indian Band confirms any cost overruns that exceed the approved ISC funding are the responsibility of the First Nation;

D. Lower Nicola Indian Band commits to complete the project by 30/09/2024;

E. The Lower Nicola Indian Band certifies that all housing units constructed or renovated will be inspected by qualified inspectors who must confirm that all work meets or exceeds the BC Building Code standards and other applicable code standards. Inspections will be performed at all stages of the project pursuant to BC Building Code. The First Nation agrees that all inspections will be kept on file by the First Nation.

Motion Carried

Motion #05-09-2023-08 Reads: The Lower Nicola Indian Band Chief and Council move to approve a loan guarantee, for Darren Geoffray Joe, in the amount of \$418,524.54 under the First Nations Market Housing Fund Agreement No. 0079 and further authorizes the signing of all necessary documents:

A. Authorizes LNIB Chief, Executive Director and, Director of Finance to sign all necessary documents, including the following:

i. Lower Nicola Indian Band Security Agreement;

ii. Bank of Montreal First Nation Guarantee for Indebtedness of an Individual;

iii. Lower Nicola Indian Band Transfer of Interest Form;

B. And further authorizes the Executive Director to take any steps necessary to bring the Security Agreement between the member and LNIB into compliance with Section 8 of the LNIB Finance Policy and Procedures March 3, 2020.

WHEREAS:

C. A. The Lower Nicola Indian Band ("LNIB") operates under the authority of its Council.

D. The LNIB Land Code (the "Land Code") came into force on December 1, 2016.

E. On December 1, 2014, LNIB entered into an agreement with the First Nations Market Housing Fund to address the housing needs of the Membership.

F. A component of the agreement with the First Nations Market Housing Fund is to provide access to financing through a lending institution for Band Members who desire to take control of their individual housing needs;

G. Band Member Darren Geoffray Joe, Band # 6950036704 has qualified for bank financing with the Bank of Montreal (BMO);

H. The proposal submitted by the Bank of Montreal for a Credit Enhancement Certificate was accepted by Lower Nicola Indian Band and the First Nations Market Housing Fund on September 5, 2023;

I. Band Member Darren Geoffray Joe, Band # 6950036704 has entered into a Security and Indemnity Agreement in favour of the LNIB and has consented to transfer to LNIB as security for their loan guarantee the Band Member's Certificate of Possession and any other rights, titles and interests to the land and all improvements on the land situate on Nicola Mameet Indian Reserve #1, being more particularly described as:

Legal Land Description: Lot 388 Nicola Mameet IR No.1

Survey Plan No. 112277 CLSR BC

Now therefore be it resolved:

That the Council of Lower Nicola Indian Band approves the request of Member Darren Geoffray Joe, Band # 6950036704, to guarantee payment of his/her loan in the amount of \$ 418,524.54 from the Bank of Montreal and authorizes the signing of all documents required to make that loan guarantee.

Motion Carried

Motion #05-09-2023-09 Reads: The Lower Nicola Indian Band Chief and Council move

WHEREAS:

A. The Lower Nicola Indian Band ("LNIB") operates under the authority of Chief and Council.

B. The LNIB Land Code (the "Land Code") came into force on December 1, 2016.

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

A. The Lower Nicola Indian Band is seeking funding approval from Indigenous Services Canada (ISC) as part of the Housing Support Program for new home construction subsidy for (1) home, being built be an individual member for a total project cost of \$525,688.00;

B. The Lower Nicola Indian Band is requesting \$84,532.00 in ISC funding;

C. The Lower Nicola Indian Band confirms any cost overruns that exceed the approved ISC funding are the responsibility of the Band Member Darren Joe;

D. Lower Nicola Indian Band commits to complete the project by 30/09/2024;

E. The Lower Nicola Indian Band certifies that all housing units constructed or renovated will be inspected by qualified inspectors who must confirm that all work meets or exceeds the BC Building Code standards and other applicable code standards. Inspections will be performed at all stages of the

project pursuant to BC Building Code. The First Nation agrees that all inspections will be kept on file by the First Nation.

Motion Carried

Motion #05-09-2023-10 Reads: The Lower Nicola Indian Band Chief and Council move to repeal any previous versions of the Negotiations Committee Terms of Reference and replace it with cécwu? Stuwix (Negotiations Committee) dated September 5, 2023.

Motion Carried

Motion #05-09-2023-11 Reads: The Lower Nicola Indian Band Chief and Council hereby approves issuing a Request for Proposal (RFP) for enhanced audio-visual equipment at the following locations: Rocky Pines Community Centre, LNIB School, Administration Building, Lands and Economic Development, Shulus Hall, Shulus Arena and Shulus Arbor, and further authorizes the Executive Director or the Director of Finance to issue the tender once it has been reviewed by legal counsel.

Motion Carried

Motion #05-09-2023-12 Reads: The Lower Nicola Indian Band Chief and Council hereby:

1. authorizes Kwúwʷpi? Stuart Jackson to sign the Westcoast Energy Inc. BC Pipeline – Investment Opportunity Letter (Letter of Intent) dated June 20, 2023; and
2. selects TD Bank as LNIB's preferred financial advisor to represent the Participating Indigenous Investors, in the form attached as Schedule "B" to the Letter of Intent.

Motion Carried

Motion #05-09-2023-13 Reads: The Lower Nicola Indian Band Chief and Council approve kwúkwpi? Stuart Jackson attendance at the Enbridge opportunity meeting at Vancouver on September 11-13, 2023

Motion Carried

Motion #08-01-2023-14 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 8:00 pm.

Motion Carried

Motion #08-01-2023-15 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene at 9:08 pm.

Motion Carried

Motion #05-09-2023-16 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the September 5, 2023 meeting at 9:09 pm.

Motion Carried

Motions from Chief and Council September 19, 2023 meeting

Motion #09-19-2023-01 Reads: The Lower Nicola Indian Band Chief and Council move to appoint Councilor Lucinda Seward chair with kwúkwpi? Stuart Jackson joining the meeting virtually.

Motion Carried

Motion #09-19-2023-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the September 19, 2023 Chief and Council meeting agenda.

Motion Carried

Motion #09-19-2023-03 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the September 5, 2023 Chief and Council meeting minutes with noted changes.

Motion Carried

Motion #09-19-2023-04 Reads: The Lower Nicola Indian Band Chief and Council

NOW THEREFORE IT BE RESOLVED THAT the Chief and Council:

1. ratifies the Enforcement Law (formerly the Ticketing and Enforcement Law) at this duly convened meeting on September 19, 2023; and
2. authorizes the Lands Manager to sign the title page prior to submitting the law for registration in the First Nation Land Registry.

Motion Carried

Motion #09-19-2023-05 Reads: The Lower Nicola Indian Band Chief and Council move to appoint kwúkʷpi? Stuart Jackson, Councilor's Arthur Dick, and Connie Joe as well as Executive Director Kari Reilander and Director of Economic Development Leesa Mike to the cécwu? Stuwix Teck – Highland Valley Copper (HVC) 2040 (Negotiations Committee).

Motion Carried

Motion #09-19-2023-06 Reads: The Lower Nicola Indian Band Chief and Council move to appoint kwúkʷpi? Stuart Jackson, Councilor's Arthur Dick, and Lesley Manuel as well as Executive Director Kari Reilander and Director of Economic Development Leesa Mike to the cécwu? Stuwix Westcoast Energy (Enbridge) (Negotiations Committee).

Motion Carried

Motion #09-19-2023-07 Reads: The Lower Nicola Indian Band Chief and Council hereby approves issuing a Request for Proposal (RFP) for a rubberized play area surface, improvements to the grass area and the installation of a fence at the LNIB HeadStart, and further authorizes the Executive Director or the Director of Finance to issue the tender.

Motion Carried

Motion #09-19-2023-08 Reads: The Lower Nicola Indian Band Chief and Council hereby authorizes the Executive Director to:

1. execute a contract with Rafter X Ventures for the repair and replacement of fencing damaged caused by the 2021 atmospheric flood in the amount of \$139,750.00; and
2. do all such acts and things as may be necessary or desirable to give effect to these resolutions, or in connection with the performance by LNIB of its obligations pursuant to these resolutions or the contract.

Motion Carried

Motion #09-19-2023-09 Reads: The Lower Nicola Indian Band Chief and Council move to approval kwúkʷpi? Stuart Jackson's travel to Vancouver BC to attend the Indigenous Economic Participation in TransMountain meeting as Lower Nicola Indian Band Political Representative from September 25, 2023 to September 27, 2023 in an amount not to exceed \$2,000.00.

Motion Carried

Motion #09-19-2023-10 Reads: The Lower Nicola Indian Band Chief and Council move to approval kwúkʷpi? Stuart Jackson's travel to Vancouver BC to attend the Nicola Valley Aggregates Summit meeting as Lower Nicola Indian Band Political Representative in an amount not to exceed \$2,000.00.

Motion Carried

Motion #09-19-2023-11 Reads: The Lower Nicola Indian Band Chief and Council move to approval Full Time Councilor Arthur Dick's travel to Vancouver BC to attend the Indigenous Economic Participation in TransMountain meeting as Lower Nicola Indian Band Political Representative from September 25, 2023 to September 27, 2023 in an amount not to exceed \$2,000.00.

Motion Carried

Motion #09-19-2023-12 Reads: The Lower Nicola Indian Band Chief and Council move to approval Full Time Councilor Arthur Dick's travel to Vancouver BC to attend the Nicola Valley Aggregates Summit meeting as Lower Nicola Indian Band Political Representative in an amount not to exceed \$2,000.00.

Motion Carried

Motion #09-19-2023-13 Reads: The Lower Nicola Indian Band Chief and Council approve an expenditure of up to eight thousand and one hundred and sixty-two dollars (\$8,162) to support members affected by Evacuation Orders in other jurisdictions up to December 31, 2023. Moved:

Motion Carried

Motion #09-19-2023-14 Reads: The Lower Nicola Indian Band Chief and Council approve the application to the Agricultural Water Infrastructure Program in the amount of \$100,000 to complete a proof of concept for Lower Nicola Indian Band irrigation infrastructure.

Motion Carried/ Not Carried/ Tabled

Motion #09-19-2023-15 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 9:12 pm.

Motion Carried

Motion #09-19-2023-16 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene the meeting at 10:31 pm.

Motion Carried

Motion #09-19-2023-17 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the September 19, 2023 meeting at 10:31 pm.

Motion Carried

Summary of Action Items:

Action Item #1: Get a report from Executive Director and City of Merritt Fire Department regarding fire at Nicola Post Rail and bring back to the table October 3, 2023. Executive Director will give a report on liabilities in relation to Buckshee leases and the BC Hydro situation if there was authority for BC Hydro to access the land.

Lower Nicola Indian Band Job Opportunities

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

Career Opportunity:

LNIB is looking for an interested Band member that would like to train to become a **Power Engineer/mechanical Technician**. All Costs will be paid by LNIB, and the trainee will work closely with current Infrastructure staff as part of our employee succession planning process. You would learn about all LNIB mechanical infrastructure, and once education and training is complete be eligible to take over as the LNIB Power Engineer with a \$100,000+ wage. Please contact HR@LNIB.net or call 236-575-2129 to learn more about this great opportunity

Housing Maintenance (Carpenter, Red Seal preferred)

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

Wage: \$30 to \$45 per hours based on experience and training

Start Date: ASAP

Summary of Responsibilities

The successful candidate will coordinate and complete repairs and maintained on over 200 Band housing units. The candidate will perform skilled carpentry work at the journeyman level in construction, repair and maintenance of structural elements, fittings, roofs, stairs, fences, etc.

Biologist, Aquatics, RPB

Hours: 35 hours per week

Wage: \$70,000 to \$95,000 based of experience and required certification

Start Date: ASAP

Summary of responsibilities

The Lower Nicola Indian Band (LNIB) has an immediate opening for a full-time Senior-level Aquatic Biologist with a thorough knowledge of environmental regulations and their application to a wide variety of projects. Our ideal candidate has in-depth experience managing community-based aquatic programming in western Canada, with strengths in fisheries science, habitat offsetting, effects assessment and the regulatory environment. The position will initially oversee and coordinate the Aquatic Habitat Restoration Program, which includes supervision of two Senior Field

Technicians (or Crew Leads) as well as six Junior Field Technicians and the Habitat Stewardship Coordinator, while also helping expand and drive forward the LNIB Fisheries program into the indefinite future.

Lands Administrative Assistant

Hours: 35 hours per week

Wage: \$24 to \$28 per hour based of experience and education

Start Date: ASAP

Summary of responsibilities

The Lower Nicola Indian Band Administrative Assistant is responsible for providing direct support to Managers and the daily needs of the Department, including; coordinating monthly meeting, working with LNIB Accounts Payable department, organization, coding and processing payment of departmental invoices, providing purchase orders, assisting with the preparing reporting documents to INAC, FNIIP, ACRS, MTSA and capital projects reporting, liaison with internal and external companies and public, draft public notices/letter and assist in preparation of department newsletter submission.



ECONOMIC DEVELOPMENT OPEN HOUSE

- ✓ October 13th, 2023
- ✓ 10am to 3pm
- ✓ Lower Nicola Band School

CONTACT MONICA CHARTERS

 250-378-5157
monica.charters@lnib.net



Lower Nicola Indian Band

Call for Bids

Catering bids are now being accepted by Lower Nicola Indian Band for the Economic Development Open house, October 13th, 2023.

Seeking bids for Lunch (250 people) 12pm.

- Cost estimates including plates, utensils, napkins, cups, condiments (salt/pepper, butter etc.)
- Beverages (coffee, tea, juice, and water) – Available starting at 10:00am and replenished throughout the day.
- Meals to be served at 12:00 P.M. (Bagged lunch)
 - Sandwiches (Individual Container)
 - Vegetables and dip (Containers)
 - Fruit salad (Containers)
 - Bag of chips - assorted
- Caterer to ensure that acceptable number of crew has Food Safe Certificates (Copies must be submitted);
- Caterer to ensure they obtain an Interior Health permit or temporary permit (Copy must be submitted);
- Ability to serve a meal within amount of time;
- **Responsible to Clean-up tables, garbage, kitchen and maintain EQUIPMENT-Responsible for full organization for entirety of meal preparation (shopping, serving, recruiting helpers, clean up, bring own cooking supplies: pots etc.);**
- Lowest bid may/may not be considered;

Deadline for bids **October 3rd, 2023 by 12:00 P.M (noon)**

Submit your bids to:

Lower Nicola Indian Band 85 Hwy 8 Merritt BC V1K 0A7 in person or by email monica.charters@lnib.net.



My name is Nathalie Charette, and I am the manager of the National Seniors Council Secretariat at Employment and Social Development Canada. On behalf of the Governor in Council's Selection Committee, I am pleased to inform you that the Government of Canada is still seeking applications from qualified Canadians to fill current and future vacancies on the National Seniors Council.

If you would like to be part of a group advising the Government of Canada on matters related to the well-being, health, and quality of life of seniors, visit the [Governor in Council Appointments website](#) and apply now!

Through this application process, the Government of Canada is looking for a wide range of applicants from across the country to ensure the National Seniors Council represents the diversity in Canada and brings together members with varying and complementary experience and expertise.

The Government is committed to reconciliation with Indigenous peoples, and would be grateful to have First Nations, Inuit and Métis Peoples' representation within the National Seniors Council. Over the years, having the voice and perspective of members of Indigenous communities at the table has added much value to the Council's work and advice it has provided to the federal government.

Additionally, individuals who identify as or have experience working with immigrants, 2SLGBTQI+ people, women, visible minorities, equity-deserving individuals, or persons with disabilities are strongly encouraged to apply.

Candidates are being sought to fill the [member](#) and [chairperson](#) positions. The review of applications will begin on **October 11, 2023**. Candidates are strongly encouraged to submit their applications by this date. Applications received after this date will be retained and may be considered up until an appointment to the position is made.

The Government is committed to open, transparent and merit-based processes for selecting the National Seniors Council members.

I invite you to share this news with your community members and networks.

Should you have any questions about the selection process or the National Seniors Council, you can reach me by replying to this email.

Yours sincerely, on behalf of the Governor in Council Selection Process 2023,

Nathalie Charette
Manager – Seniors Policy, Partnerships and Engagement Division
Employment and Social Development Canada

For regular updates, please follow:

Facebook: [Seniors in Canada](#)

Twitter: [@ESDC_GC](#)

The Nicola Valley Restorative Justice Program

The Nicola Valley Restorative Justice Program provides Indigenous individuals, families, and communities with the opportunity to develop and participate in structured alternatives to the court system in dealing with criminal and potentially criminal matters. The program offers an alternative measures component as well as community-based restorative justice forums. It also provides monitoring of Indigenous adults on probation and supervision of community work service.

The Nicola Valley Restorative Justice Program will be giving a small talk on their program.

Oct 10th: 2pm – 3pm

Being held at the Rocky Pines Community Center
Drop-in basis with **no registration required**.

Refreshments and snacks will be provided.
We will have a small door prize.

Contact: Irene Howe for any questions 250-378-5157 or email
Irene.Howe@lnib.net



Electrical Cooking Appliance Safety

When we think of cooking appliances in the kitchen, we often think of the stovetop, oven, and microwave. However, more and more people are often turning to electrical appliances like air fryers and slow cookers for the convenience of cooking meals quickly. Using these appliances properly is key to keeping safe in the kitchen.

Key Safety Tips

- Always use cooking equipment—air fryers, slow cookers, electric skillets, hot plates, griddles, etc.—that are listed by a qualified testing laboratory.
- Follow the manufacturer's instructions on where and how to use appliances.
- Remember to unplug all appliances when not in use.
- Check cords regularly for damage. Do not use any appliance with a damaged cord.

Slow Cooker

A slow cooker is designed to be left on while you do other things, even things outside of the home. However, there are few safety tips to keep in mind:

- Keep things that could catch fire away from the slow cooker.
- Make sure the slow cooker is in a place where it won't get bumped. If the lid gets dislodged, the liquid could boil away, which could cause the appliance to overheat and create a fire.

Pressure Cooker

A pressure cooker is designed to cook food faster than a stovetop or oven. Because it uses hot steam and pressure to cook food it is important that they are used properly to prevent burns.

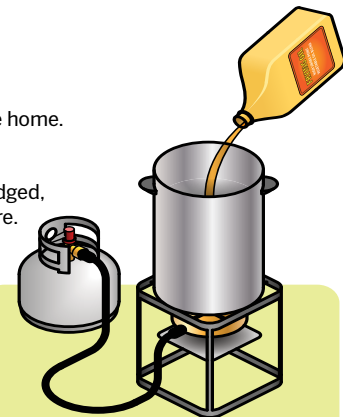
- Place the cooker in an open space to give enough room for the steam to ventilate.
- Never cover the steam release valve on the pressure cooker.
- Do not leave the home when using a pressure cooker.

Air Fryers

- Give your air fryer enough space. The air vents release heat and need airflow.
- Do not leave the home when using the air fryer.
- Make sure you clean grease and food debris after every use. Unplug and allow to cool completely before cleaning.

Hot Plate, Griddle and Electric Skillet

- Stay with the hot plate, griddle, or electric skillet when cooking.
- Do not touch the surface of a hot plate, griddle, or electric skillet, as it could burn you.
- Unplug a hot plate, griddle, or electric skillet when not in use and before cleaning. Allow the appliance to cool before cleaning it.



Turkey fryers that use oil and an open flame cannot be used safely. These fryers use a large quantity of cooking oil at hot temperatures, which can lead to devastating burns.

Buy an infrared fryer or electric turkey fryer that has been listed by a qualified testing laboratory. Do not leave fryers unattended when in use.



**FIRE
PREVENTION
WEEK™**

For home fire safety tips, visit fpw.org, sparky.org and sparkyschoolhouse.org
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Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ! The leading cause of fires in the kitchen is unattended cooking.
- ! Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



LOWER NICOLA INDIAN BAND

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



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nfpa.org/education ©NFPA 2018

Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

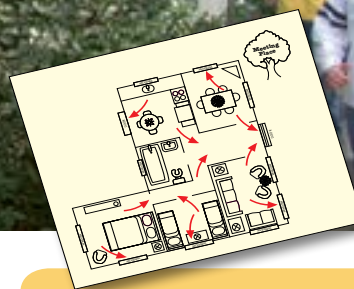


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Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year.
- » **PRACTICE** using different ways out.
- » **TEACH** children how to escape on their own in case you can't help them.
- » **CLOSE** doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » **CALL** the fire department from outside your home.

FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education ©NFPA 2016

Home Safety for People with Disabilities

There's no place like home. It is a place to relax, share laughs with family, and enjoy home cooked meals. But did you know that the majority of fire deaths occur in the home? Help everyone in the home stay safe from fire.



Home Fire Sprinklers

Home fire sprinklers protect lives by keeping fires small. Sprinklers allow people more time to escape in a fire. When choosing an apartment or home, look for one that has home fire sprinklers.

Smoke Alarms

- » Install smoke alarms in every sleeping room. They should also be outside each sleeping area and on every level of the home.
- » Test your smoke alarm at least once a month by pushing the test button. If you can't reach the alarm, ask for help.
- » For added safety, interconnect the smoke alarms. If one sounds, they all sound. This gives more time to escape.
- » Smoke alarms with sealed (long-life) batteries work for up to 10 years. They can be helpful for people who find it hard to change batteries.
- » Smoke alarms expire. Replace them every 10 years.

People who are Deaf or Hard of Hearing

- » Smoke alarms and alert devices are available for people who are deaf or hard of hearing.
- » Strobe lights flash when the smoke alarm sounds. The lights warn people of a possible fire.
- » When people who are deaf are asleep, a pillow or bed shaker can wake them so they can escape.
- » When people who are hard of hearing are asleep, a loud, mixed, low-pitched sound alert device can wake them. A pillow or bed shaker may be helpful. These devices are triggered by the sound of the smoke alarm.



Escape Planning

Include everyone in home escape planning. Each person should have input about the best ways to escape. Home fire drills are important. Everyone in the home must participate in them. Keep a phone by your bed in case you can't escape and need to call for help.

Talk with someone from the fire department about your escape plan. Ask them **review your plan**. Ask if your fire department keeps a directory of people who may need extra help. If you have a **service animal**, agree on a plan to keep the animal with you during an emergency.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



**LOWER NICOLA
INDIAN BAND**



Hello, LNIB and Community Members. My name is Sonya Hall. I am excited and grateful, to be given an opportunity a position at the LNIB Office as an IRA (Indian Registration Administrator). I was born and raised in Merritt, my maternal mother is Late Marlene Hall and Paternal Father is Lorne Voght. My grandparents on my mother's side Late Hilda Pickles and Late Raymond Hall and Grandparents on Fathers side Late May and Fredrick Voght. I also have a sweet 4 ½ year old son.

I Have Successfully completed the Indian Registration Administrator course and received my certificate October 2022. At the beginning of September. I started my training and I'm excited to contribute to what looks like incredible work. I look forward to be putting my skills to work and reaching my full potential as a team member. Outside of work I enjoy spending all my time with my son and my dog Gemma doing outdoor activities, going for walks, hikes or playing in the park.

I am looking forward to working with all of you and getting to know everyone. Please don't hesitate to reach out if you have any questions. I'm happy to share more about what I'll be doing here; I'm pleased to find out how I can best support you in any way. I can be reached at (236) 575-2081 my direct line.

Sincerely,
Sonya Hall



Older versions of the status card

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

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



If your status card is no longer valid, you may be denied benefits and rights for Indigenous peoples 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. Improved security features 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 [How to apply for a status card](#).

"BACK to SCHOOL"

LNIB EDUCATION DEPARTMENT SUPPORTS
LNIB MEMBERS WITH SCHOOL START UP
FUNDS.

Applications can be picked up & dropped off at
LNIB EDUCATION OFFICE
2160 SETTLERS ROAD
Or have it sent by email.

For more information
phone Lenessa at 250-378-5157
or EMAIL

Lenessa.seward@lnib.net or sharon.parsons@lnib.net

LNIB EDUCATION
DEPARTMENTSHARON PARSONS
EDUCATION PROGRAMS MANAGERsharon.parsons@lnib.net

(250) 378 – 5157

OR

(236) 575 - 2105

2160 SETTLERS ROAD
HWY 8

Hello everyone,

If you have visited or called the Education office within the last month, it's likely that you were greeted by Lenessa Seward. She is the new Education Admin Assistant/Receptionist, the position previously held by Rhonda Dunn. We wish Rhonda the best experience with a new employer.



A friendly reminder to all LNIB members living on and off reserve, that LNIB Education continues to provide financial support for school supplies & school related fees. Come in to fill out the forms or call the office to get the forms sent to your email. You may also be eligible for support with extracurricular registration fees. Call the office if you need more information.

October 20th is a non-instructional day (ProD) for School District 58 staff. LNIB Education will be hosting a Culture Camp on that day. This event is intended to introduce school district 58 staff to a community where their students live. Lenessa and I are working with a team of FN Support Workers to put together an agenda for a day of breakout sessions with knowledgeable presenters.

On behalf of the Education Department staff, we wish all students a successful and productive school year.

Feel free to contact the Education office for more information about supports for K-12, post-secondary, trades, employment training & certification.

Until next time, Humelth

**LNIB EDUCATION
DEPARTMENT**



angie.nikkel@lnib.net

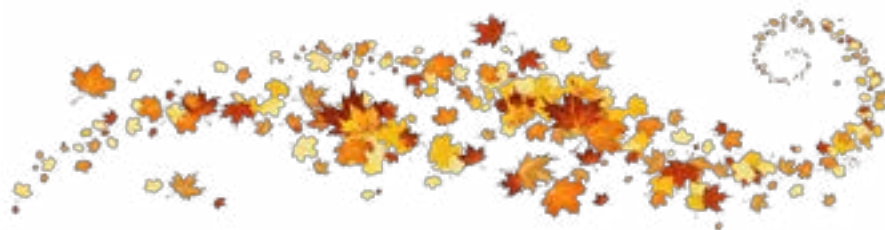


(250) 315 – 7927

2160 SETTLERS ROAD
HWY 8



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

**Upcoming Events:**

- Monday, October 2: National day for Truth and Reconciliation Statutory Holiday**
- Monday, October 9: Thanksgiving Day**
- Friday, October 20: Non-Instructional Day**

We did it! We successfully completed the first month of school. Fall is now upon us, even if some days it still feels like summer. We are feeling the days getting shorter, and the nights getting longer. It is at this time of year that we have really begun to settle into our daily routines in our classrooms.

October is one of my favorite times of the year. I hope that during this month you have many things for which to be thankful for. I can tell you that am truly grateful to be working with such amazing students every day.

If you have noticed that your child (or children) is struggling in one or more areas, a tutor is available for those of you with a student or students in need of one-on-one tutoring or would benefit with extra help with their schoolwork. Please reach out to myself at angie.nikkel@lnib.net (250-315-7927) or Sharon Parsons at sharon.parsons@lnib.net (250-378-5157) to fill out an application and get onto the schedule. We have computers available if needed.

**ADDRESS**

216 Settlers Road

PHONE

236-575-2100

EMAIL

Reception.education@lnib.net

WEBSITE

www.lnib.net

Lenessa Seward

**LOWER NICOLA INDIAN BAND EDUCATION DEPARTMENT
ADMINISTRATIVE ASSISTANT**

OCTOBER 2023

HELLO EVERYONE

I hope all the students have settled back into school with ease.

And that everyone is enjoying the cooler weather heading into fall!

I have recently started full time as Admin Support at the Education Department. I am very excited to have this opportunity at LNIB.

Here are some opportunities that the Education Department can help with.

TECHNOLOGY SUPPORT

Students in need of a technological equipment for school can apply at Indigenous Disability Canada for a laptop, mouse, or headphones. Check out the flyer in this email.

Please note that those without a disability are still eligible to apply

**SCHOOL SUPPORTS**

If you have children that are LNIB members and haven't applied for school start up and/or extracurricular activities, there are applications here at the education department or you can reach out to me via email, and I can send you a digital copy to fill out.

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



Hello everyone,

We are heading into the Fall season, the days are still quite warm, but the nights are getting chilly.

Flu season is right around the corner. Put a reminder on your fridge about getting a flu shot when they are available.

The leaves in the tree are beautiful, they are starting to turn to fall colours.

Halloween is coming soon, and I can't wait to see all the amazing costumes. Everyone be safe out there while trick-or-treating. I wonder if we will be having fireworks.

Welcome back to another year of school. I hope all the students from Kindergarten to Post-secondary had a wonderful first month back in the classroom. Hope you all have an awesome year. A successful future starts with an Education.

We have already processed a lot elementary and secondary school start-up forms. If you need the start-up forms for on or off reserve members stop by the office or send us an email and a copy will be emailed to you and get the forms in soon.

I have been checking all PSE student files to make sure we have the most recent banking, and contact information and updating all the student files. Keeping in contact with students as they start the new school year and assisting new and returning students navigate the school system.

We completed the Annual Register Report on all PSE students to Indigenous Services of Canada.

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

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

Gail La Rochelle

Phone: 250-378-5157

Email: gail.larochelle@lnib.net



LNIB ARTISTS



SEEKING
LOGO FOR
SCHOOL

LNIB School will be taking part in extracurricular sports with other schools this year and we are now in need of a logo for our uniforms.

Please contact Director of Education Shane Coutlee at 236.575.2135 or Shane.Coutlee@lnib.net no later than Friday October 13th, 2023 for more information on the required details.



**LOWER NICOLA
INDIAN BAND**

LNIB HEAD-START PROGRAM/SERVICE UPDATE

Hello LNIB Members,

I hope this message finds you all well and that your October has started equally great ☺

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

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

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

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

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


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

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

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


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

Shane Coutlee – LNIB Director of Education



LOWER NICOLA BAND SCHOOL

Culture and Language Program



Dear Community Members:

Hentle! Welcome back to the new School Year, the summer went by very quickly! We are now at the start of fall! We had our welcome back dinner in September already.

The School went Indian tea Picking in September. There will be more culture fieldtrips coming up throughout the year. There will be ice fishing on January 12, 2023.

Some of the Grade 7 boys participated in a sweat with Paul Joe in September, watch for notices going home on classroom events.

We will be having an Elders Day Luncheon on October 6th from 11:30-1:00 pm at the School, please let me know if you need a ride, call at the School at 250-378-5527.

This year the classroom teachers are sitting in the culture and language classes with the language teachers, how wonderful.

If you have any ideas about our Culture and Language Program, I would love to hear them. Please email me at this address:

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

Kwukwscewmx.

Angie Sterling, Culture and Language Administrator

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

PROUD TO BE
LNIB
Lower Nicola Indian Band



LOWER NICOLA BAND SCHOOL

SEPTEMBER NEWSLETTER

Newsletter – September – 2023

The first month of school has been absolutely fantastic! It has been an incredible journey filled with new experiences, friendships, and learning opportunities. From the moment the students stepped foot into their classrooms, their eyes lit up with excitement and curiosity. The teachers have gone above and beyond to create a warm and welcoming environment, where our goal is to make every child feel valued and supported.

The joy and enthusiasm in their voices as they share what they have learned and experienced has been wonderful. The school has organized various extracurricular activities from, drumming and dancing to field trips, cross- country running and of course our annual Terry Fox run. We are doing our best to ensure that every one of our students has the opportunity to explore their interests and talents. This first month of school has been nothing short of amazing, setting the stage for a year full of growth, discovery, and lasting memories.



Cheers,

Leroy Slanzi

Principal– Lower Nicola Band School



Principal

Leroy Slanzi

Leroy.slanzi@lnib.net

Executive Assistant

Sioux.Swakum@lnib.net

Teachers:

Derek Hanna-Gr.K/1

Marnee Shipclark -Gr.1/2

Rhonda Sheena-Gr.2/3

Donelda Haller-Gr.4/5

Brenda Ens- Gr. 5/6

Randi Gardypie-Gr.7

Office & Support

Tammy Armstrong,

Barb Basil

Joe Collins

Nikki Flottorp

Alexandria Girardi

Bill Heard

Cody Jones

Sophia Jungheim

Shelley LeBlanc

Arnold Meyer

April Morel

Devan Nagata

Reese Paterson

Brandy Pinyon

Annie Rablitt

Garry Stefiuk

Penny Toodlican

Phone: 250.378.5527



Hello Everyone,

My name is Alexandria Girardi, and I am very happy to have been accepted as the new Physical Education Teacher and Athletic Coordinator at the Lower Nicola Indian Band School. I have been here for three weeks and have enjoyed every minute of it. I truly could not be happier with the decision to come to LNIB.

I was born and raised in Brantford, Ontario – a small city not too far from Toronto. Throughout my life, sports have been critical in shaping who I am as a person today. From the young age of three, I have been participating in a plethora of sports – basketball, volleyball, track & field, cross country, and soccer. I began coaching and training children in youth athletic programs in grade six, and ultimately aspired to one day teach physical education.

I completed my undergraduate degree at Wilfrid Laurier University in Kinesiology with a Double Minor in Biology and Psychology, with a concentration in Health and Movement Sciences. This past April, I graduated from Nipissing University with a Bachelor of Education in Physical Activity. While completing my teaching degree, I was fortunate enough to work as a teacher-on-call for two years in Ontario. In May, I relocated to Chilliwack as a TOC until I received this position.

I am a very energetic, curious, and adventurous person. I have always wanted to explore the world, so while competing in elite-level sports I had the opportunity to travel throughout the United States and different parts of Canada. My desire to learn about the world and the multitude of cultures that exist within it flourished, so I began properly travelling last year to Newfoundland and Hawaii. Prior to relocating to British Columbia in May, I backpacked the east coast of Australia and plan on backpacking parts of Asia next summer. I love the feeling of adrenaline surging through my veins, so I enjoy skydiving, bungee jumping, cliff jumping, and whitewater kayaking on the weekends.

Trying to find a place I belong has been challenging, however I believe my journey has led me to Merritt to teach physical education to the students at LNIB to find a new home here. I feel incredibly fortunate to have the opportunity to teach and continue to learn from each of the amazing people I have met so far. I am very excited to see how this year progresses and what will come in future years.

I hope to meet each of you one day.

Alexandria Girardi



Mr. Hanna's class is welcoming in a new group of kindergarten students. Along with the kindergarteners are some grade 1 students joining the classroom to be a split K/1 class. Excited for the beginning of the new year everyone is already learning lots of new things and making friends throughout the school and having lots of fun!





Ms. Shipclark's Grade One and Two students have been busy little bees learning about high frequency words, sounds, letters, numbers, culture, and manners!

We have been learning some fun games and songs to help us develop these skills too!

We have welcomed in Fall and look forward to our first field trip where we will harvest Kece for tea.



I'm very excited to have my grade 2/3 class and to start a new school year together! This year will be filled with many fun and interesting learning opportunities. I can't wait to begin getting to know my students and their family!



Ms. Sheena

Mrs. Haller's grade 4/5 class harvested organic Gala and Macintosh apples from a local resident's yard. They then went to another yard and picked organic Granny Smith apples. Thank you, Mike, for sharing your delicious apples with us!



Students cleaned the apples and made fresh natural delicious apple juice!







The students then chopped and sliced and diced the apples into pie size pieces and coated the apples with flour, sugar, and cinnamon. Then they added the coated apples to their pie shells and put a dollop of butter on top before covering the apples with pastry.



The results are in...Students Love the PIE!

A few finger pokes, thread that tangles, beads that spill, finding the eye in the needle, this is all part of the fun and frustration of learning to bead. The Grade 5/6 class of Mrs. Brenda Ens, has been under the helpful guidance of Barb Basil as they learn the art of beading. After practicing beading a straight line, L shaped line and finally a circle, students began beading an Orange Shirt brooch in honor of Orange Shirt Day. The goal is to be completed by September 29th, when students will also be participating in the LNIB Orange Shirt Day Procession/Walk from Shulus Band Hall to the Arbour.



Grade 7 Class Embraces the Joy of Reading and Canning Adventures!

Dear Parents and Guardians,

We hope this newsletter finds you well. We're excited to share some wonderful news about our Grade 7 class as they embark on a journey to appreciate the joys of reading and explore the world of canning.

Reading Adventures:

Our Grade 7 students have truly embraced the world of literature, and it's been a joy to witness their enthusiasm for reading grow. Whether it's diving into classic short stories, exploring contemporary fiction, or devouring non-fiction texts, they're discovering the incredible power of words. With the guidance of our dedicated staff, they're not just reading; they're understanding, analyzing, and connecting with the stories they encounter.

Through engaging discussions and creative assignments, our students are developing critical thinking skills, empathy, and a deep appreciation for diverse perspectives found in books. We've seen friendships blossom as they share book recommendations and discuss their favorite characters. Reading has become a bridge that connects them, and we're thrilled to see their passion for learning grow.

Canning Adventures:

In addition to their literary pursuits, our Grade 7 class has embarked on a unique outdoor adventure – canning! They've had the opportunity to explore the art of preserving food through canning, and it's been an exciting and educational experience for all.

From making homemade jams bursting with vibrant flavors to preserving delicious salmon, our young chefs are learning valuable life skills. These adventures not only teach them about food safety and sustainability but also provide a sense of accomplishment as they savor the fruits (and fish!) of their labor.

We're proud of our Grade 7 class for their commitment to learning and their adventurous spirit in embracing new challenges. As we continue to nurture their love for reading and culinary skills, we can't wait to see what other exciting adventures await them this school year.

Thank you for your continued support in helping our students grow and thrive. If you have any questions or would like to get involved in our reading or canning initiatives, please don't hesitate to reach out.

Warm regards,

Randi Gardypie
Grade 7 Teacher





LNIB Sports

Across the last three weeks, our physical education classes have been emphasizing agility, speed, and endurance in hopes of those skills translating to our first sport of the year – cross-country. Cross-country entails having students run a little over two kilometers in competition with other schools located in and around Merritt. With only a few cross-country practices, the students have been setting new goals, putting forth their best efforts, and aspiring to race in upcoming cross-country meets. We will continue to practice cross-country and improve our stamina over the course of the next few weeks. Today was our first cross-country meet at Central Park, in which we had 13 strong runners compete on behalf of LNIB. Each of our runners finished their races with a great position on the leaderboards, a positive attitude, and a huge smile. The next cross-country meet is October 4th, so all those that wish to participate are encouraged to continue practicing, working hard, and encouraging each other.

Today's results include:

2011 Boys: Ryder Moyes (15th), Raiden Whittaker-Spahan (16th), Nathan Trosky (17th)

2012 Boys: Malaki Covell (7th), Noah Shackelly (12th)

2013 Boys: Joseph Simmons (10th), Dimitri Covell (12th)

2013 Girls: Leah Prosper (10th)

2014 Boys: Ryan Prosper (9th), Dustin Eberle (13th)

2014 Girls: Mikala Bangham (7th)

2015 Boys: Liam McDougall-Shuter (17th)

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

OCTOBER 2023



Mon	Tue	Wed	Thu	Fri
2 NO SCHOOL	3 Beef barley soup & cheese biscuit	4 Mac & cheese casserole + green salad	5 Turkey noodle soup with dumpling	6 Turkey casserole & Caesar salad
9 NO SCHOOL THANKSGIVING DAY	10 Pumpkin alfredo	11 Vampire soup 	12 Halloween quesadillas	13 Spooky salad & garlic toast
16 Monster mash	17 Hocus pocus & toes	18 Witches brew	19 Spooky Shepards pie	20 Monster loaf
23 Baked finger dogs	24 Mummy pizza	25 Eyeball pasta & ants on a log 	26 Pumpkin mac & cheese	27 PRO-D 
30 Green worms	31 Trick or treat pancakes			



IMPORTANT NOTICE REGARDING BEARS

It has come to the attention of the Public Works Department that there have been bear sightings in the Rocky Pines, Zoht and surrounding areas

WE ASK YOU TO PLEASE BE BEAR AWARE!

- ☐ Practice safe storage and removal of your household trash
- ☐ Keeping areas around your residence clear of anything that might attract Bears to your yard
- ☐ Please maintain close supervision of children and pets
- ☐ Hike during the daylight hours and go in a group if possible
- ☐ Please Report all sightings and encounters as soon as possible

IF YOU DO COME INTO CONTACT WITH A BEAR:

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

If you have any questions, please feel free to call the
Public Works Department at 250.378.5157

181 Nawishaskin Lane, Merritt, BC V1K 0A7
Phone: 250-378-5157 | Fax: 250-378-6188 | Toll Free: 1-888-447-1744
Email: reception@lnib.net















**LOWER NICOLA
INDIAN BAND**

ATTENTION LNIB MEMBERS AND COMMUNITY MEMBERS!

Mark this on your Calander!

Garbage Pick Up Days Will Remain Status Quo

Monday	 Shulus/Springs and Rocky Pines
Tuesday	 ALL 97C  Band School  Soup Kitchen
Wednesday	 RECYCLE DAY <i>For more information on what can be recycled, please visit Recycle BC at www.recyclebc.ca</i>
Thursday	 Joeyaska  Zoht  Soup Kitchen
Friday	 Rocky Pines  Shulus/Springs and Rocky Pines

Please contact the Public Works Department for any questions at 250-378-5157

181 Nawishaskin Lane, Merritt, BC V1K 0A7
 Phone: 250-378-5157 | Fax: 250-378-6188 | Toll Free: 1-888-447-1744
 Email: reception@lnib.net

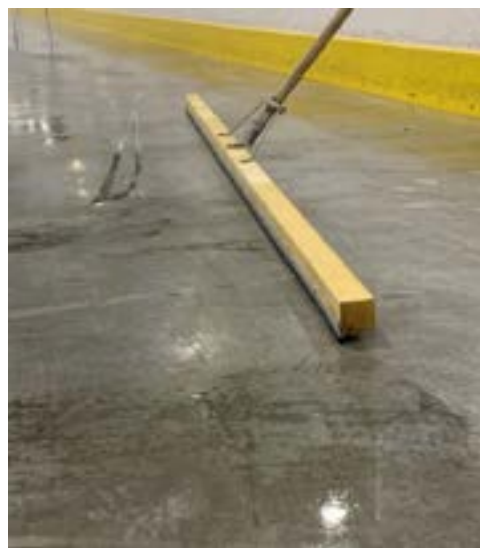


**LOWER NICOLA
INDIAN BAND**

When you can't find the right size Squeegee, sometimes you must get a little creative and build one!

The Facilities team built this handy tool; it is 7 ft long and was used at the Arena recently as they repaired the concrete before the ice went in!

Three Cheers to Ted and Dwayne, Jason, Calvin and Fran!



TEAM

Together
Everyone
Achieves
More

181 Nawishaskin Lane, Merritt, BC V1K 0A7
Phone: 250-378-5157 | Fax: 250-378-6188 | Toll Free: 1-888-447-1744
Email: reception@lnib.net





LNIB 2023 October Recreation Calendar

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 STAT	3 Bowling 2:30pm-4:45pm	4 Gold Panning 2:30pm-4:45pm	5 Tye Dying 2:30pm-4:45pm	6	7
8	9 STAT	10 Swimming 2:30pm-4:45pm	11 Skating 2:30pm-4:45pm	12 Swimming 2:30pm-4:45pm	13	14
15	16 River Visit 2:30pm-4:45pm	17 Bowling 2:30pm-4:45pm	18 Skating 2:30pm-4:45pm	19 Swimming 2:30pm-4:45pm	20	21
22	23 Gold Panning 2:30pm-4:45pm	24 Skate Park 2:30pm-4:45pm	25 Skating 2:30pm-4:45pm	26 Swimming 2:30pm-4:45pm	27	28
29	30 River Visit 2:30pm-4:45pm	31 Bowling 2:30pm-4:45pm				

Notes
Recreation After School Program Application Forms Are Available At LNIB Main Office, And The LNIB Health Center, LNIB School, And Nicola Canford School. For More Information Contact Jacint At jacint.mallat@lnib.net Or 250 280 44 87. Programs Can Change Due To Weather.

Men's Group



Oct 15–18, 2023
Trip to Bella Coola

10 PARTICIPANT MAX.

**RIDES, ACCOMMODATIONS
& MEALS PROVIDED**

Register ASAP to secure your seat!

Must be committed to the 4 day trip as room bookings require the correct number of attendees. Only register if you can confirm your attendance.

SCAN ME



**LNIB Bear's Den – Business Pitch Competition****What?**

LNIB Economic Development is pleased to announce the “LNIB Bear’s Den” business competition! This competition is designed to reward a prospective LNIB Entrepreneur with start-up funding, individual coaching & training, access to financing and business plan development!

When/Where?

We are aiming to have the event on Wednesday December 6, 2023 at Shulus Hall. The event will consist of business pitches and a catered dinner for anyone who wants to attend.

Who?

This contest is open to LNIB Members only between the ages of 19 – 40.

Why?

LNIB Economic Development is interested in funding a young entrepreneur to start their own venture and will assist them to take it from an idea to reality and beyond.

How?

If you're pitch is selected, you will be provided with the following:

- \$1,500 Start Up Cash;
- Business plan and cash flow development for financing applications;
- Assistance to access Business Equity Grant (Up To \$1,500 Matching Equity);
- Assistance to access the First Citizens Fund (40% Grant 60% Loan over 5 years);
- Assistance to access the Women's Entrepreneur Fund (Women Only) (35-40% Grant Applied Immediately);
- Personalized coaching and training opportunities.

If you're interested in entering the contest, please fill out the following form and the Economic Development Project Manager will be in contact with more information and how to prepare for the pitch!

Link to entry form: <https://forms.office.com/r/UOWaxhe0dk>

After you have filled out the form, you will be provided with:

- Coaching session to develop your pitch (if needed)
- Pitch deck template

If you have any questions, please contact Adam Ova, Economic Development Project Manager by email at: adam.ova@lnib.net

Economic Development

The Nlaka’pamux Environmental Management Program (NEMP) is a branch of the LNIB Economic Development Department dedicated to monitoring and protecting LNIB land and natural resources. Species at risk have been identified as a priority value by LNIB members. As part of the NEMP, LNIB is monitoring species at risk and other wildlife on LNIB reserve lands. In 2022, 20 remotely triggered wildlife cameras were set up on Zoht 4, Zoht 5, Zoht 14 and Hamilton 7. These cameras were checked in the summer of 2023.

Over 34,000 photos were captured on the cameras in the past year; 13,194 of which had a wildlife species recorded on them. Eighteen different wildlife species were documented, including:

Mule deer	Black-billed magpie
White-tailed deer	Ruffed grouse
Black bear	Great gray owl
Coyote	Sharp-tailed grouse
Moose	Raven
Red squirrel	Northern flicker
Snowshoe hare	Mink
Cougar	Snow bunting
Bobcat	

Some photos highlighting the wildlife that were documented are below.

- Photo 1: Bobcat
- Photo 2: Mule deer doe and fawns
- Photo 3: Black bear
- Photo 4: Moose
- Photo 5: Cougars
- Photo 6: Ruffed grouse









Stephen Jimmie | Lands and Housing Director

250 378 5157 | stephen.jimmie@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, law development, housing policies and housing development.

Vacant

LANDS MANAGER

Contact the Lands Director with inquiries about land administration, programs, and services.

LANDS PORTAL

Find information about LNIB lands online at lnib.net/lands. Updates are posted regularly, and printed materials are can be made available for pick up at the Lands office upon request.

Kristopher Por

LANDS RESEARCHER
kristopher.por@lnib.net

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

Monica Pettinger

LANDS AGENT
monica.p@lnib.net

Contact Monica about land transfers, Lands Committee (LMAC), and community meetings. Limited availability.

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.

Vacant

SURVEY ASSISTANT

**Contact LNIB Human Resources to apply.*

LANDS MANAGEMENT ADVISORY COMMITTEE

UPCOMING MEETING

**THURSDAY
OCTOBER 19, 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 Stephen, Lands Director, for more details.

Lower Nicola Indian Band

Lands Management Advisory Committee (LMAC)

Term: Ends September 6th 2025

Department: Lands

Hours: Evening hours required

Summary of responsibilities

We are looking for two dedicated and engaged LMAC Committee members who can bring different skill sets to the new land management regime at Lower Nicola Indian Band, such as interpreting and understanding survey work; dispute resolution; land use planning; environmental protection; policy and law development; financial literacy; research and writing; and/or community engagement.

Qualifications:

- Any LNIB Member, whether resident on or off LNIB Land, 18 years or older;
- Cannot be convicted of an offence that was prosecuted by way of indictment except for a conviction for an offence where the person was involved in the support or defense of an aboriginal right or title;
- Cannot have any undischarged bankrupt or owe money to LNIB;
- Cannot be convicted of a corrupt practice in connection with an election, including but not limited to, accepting a bribe, dishonesty, or wrongful conduct; and
- Must be able to pass a Criminal Record Check;

Apply To:

Deadline to apply: Open until filled

Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC V1K 0A7
E-mail: hr@lnib.net

Interested members, please submit a criminal record check, resume and cover letter that highlight your relevant lands knowledge and experience including three references.

To obtain a criminal record check:

- Go to the RCMP Station, Tuesday-Thursday between 9:30am-3:30pm.
- You will need 2 pieces of government issued ID.
- Costs \$50 (must pay in cash).
- Takes minimum 2 weeks to come in.

As per section 33.4 of the LNIB Land Code, members of the Lands Management Advisory Committee shall be appointed by Council to ensure a broad representation of the LNIB membership.

Thanks to all who apply.

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.

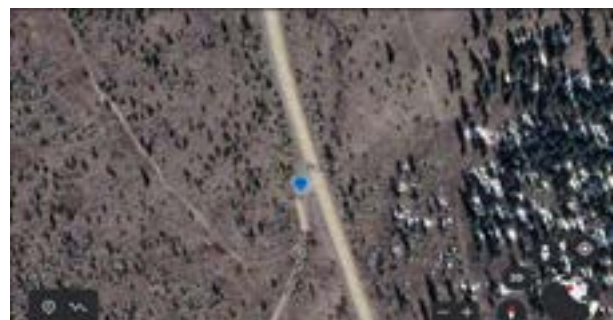
CAMERAS

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.

**GATES HAVE BEEN
CLOSED AND LOCKED AS
OF SEPTEMBER 1, 2023**

Please call **250-280-7270** for access outside of regular office hours.



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

LNIB ROADS RESEARCH PROJECT UPDATE

Over the years, LNIB has identified some inconsistencies, gaps in knowledge, and other historical issues related to roads on reserve lands. Many of these issues stem from the exclusion of public roads from reserve lands, as well as potential encroachment by the Provincial government and industry. Uncertainties around roads on reserves can be obstacles to LNIB's economic development, infrastructure improvements, and heritage protection.

To address some of these issues, the LNIB Lands Department carried out research on the histories of two roads on Band Lands, Mill Creek Rd. on Zoht IR4, and Quilchena Creek Rd. on Hamilton Creek IR7. This research built on existing roads reports by LNIB, the Province and the Federal government. Research on Mill Creek Rd. focused on sections realigned after flooding, and research on Quilchena Creek Rd. focused on the currently collapsed bridge near the eastern reserve boundary.

The outcome of this research will provide the LNIB Lands Department with information to support resolution of these issues through negotiation of Section 35 tenure agreements with the Provincial and Federal governments, or through other steps deemed prudent by LNIB.

Some key findings related to Mill Creek Rd.:

1. Mill Creek Road, also known as Clapperton Creek Road, runs through the entire length of Zoht IR 4, providing access to Zoht IRs 4, 5, 14 and beyond. Today, Mill Creek Road is a primary access route for these reserves from Nicola. It is excluded from Band Lands under LNIB's land code.
2. In the past, LNIB members hunted, fished, gathered, camped, and traveled through the area via a network of trails. LNIB members recall traveling the Mill Creek Road with horse and buggy and later automobiles and recreation vehicles.
3. Though LNIB members recall the original route of Mill Creek Road following the same route as it does today, LNIB queried whether the route was altered over time.
4. Natural disasters have impacted the road. The Mill Creek Road has historically been impacted by Clapperton Creek flood events. The most recent event in 2017 washed away a 1 km portion of the road through Zoht IR 4.
5. A professional survey is required to technically compare the existing section of the road as repaired after the 2017 flood event, with the original survey to determine whether the road extends beyond the legal right-of-way.

Some key findings related to Quilchena Creek Rd. and bridge:

6. LNIB members want to build and improve their lands on IR7, but this is difficult today because the bridge across Quilchena Creek Road is out of service, and other roads accessing the reserve are in poor condition.
7. The BC Ministry of Transportation and Infrastructure only claims ownership of Quilchena Creek Rd. up to the east end of the bridge.
8. The portion of Quilchena Creek Rd. that includes the bridge was not included in Band lands under LNIB's Land Code.
9. LNIB is engaging with Indigenous Services Canada to determine next steps in clarifying ownership and responsibility for the bridge, so that steps can be taken to repair and maintain the bridge and adjacent road for community use.

A draft of the research report is available for community review and comment. Contact Kristopher at the Lands Department for a copy, and with any questions about the project. (250-378-5157 or kristopher.por@lnib.net)

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 Securlguard
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.

BUYER'S NOTICE BOARD



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

Hello, my name is Jennie Blankinship. I am looking to purchase enough property for two homes and a hobby farm at: Zoht, or Sunshine Valley, or Nicola Mameet (Hwy 97C). If you have property for sale, contact me: Jennie, Jaime, Robbyn Blankinship.

CONTACT / 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 selling land or property as a landowner, contact the Lands Department to have your information listed here in the monthly LNIB newsletter.

**LNIB Members and Non-Band Members –
Potential Business Hwy Frontage Available Located on Hwy 8.**

Please call Donelda Haller at 250-315-5315 for more information.

Potential CP Residential Lots FOR SALE
Please call Donelda Haller at 250-315-5315



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.

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:

iniblands.net/Land-Code



LOWER NICOLA INDIAN BAND

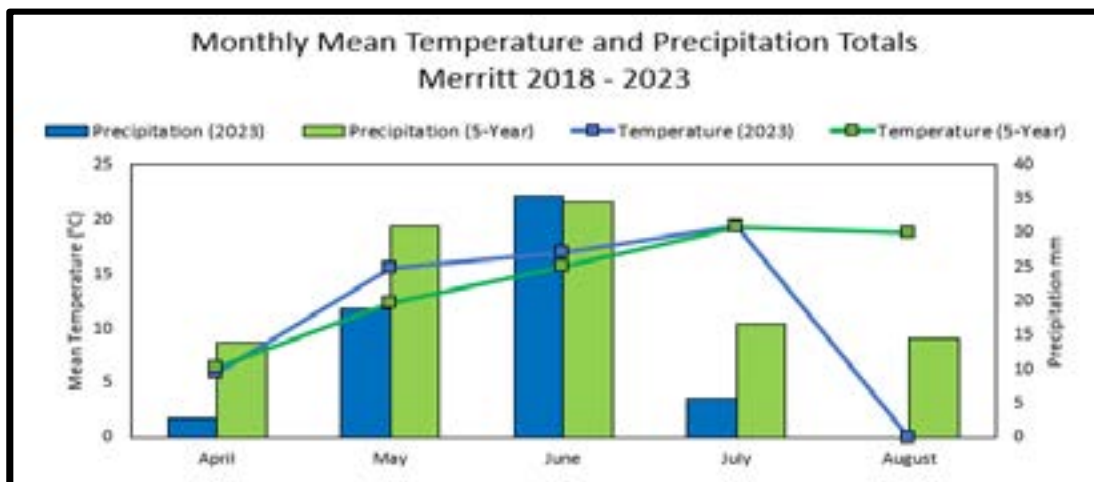
LNIB ENFORCEMENT LAW

The LNIB Enforcement Law was ratified by the Chief & Council on September 19, 2023. This law is the beginning of LNIB's law enforcement regime and is the first law ratified under the Land Code. A signing ceremony is being planned to celebrate this achievement and more information regarding the ceremony will be available soon. For more information about the Law, please contact Stephen Jimmie at stephen.jimmie@inib.net or call 250-378-5157.

Thompson Nicola Regional District Mosquito Surveillance and Control Program

01 – 31 July 2023 Progress Report

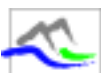
Overall weather conditions for the Merritt, Nicola and Douglas Lake areas during July 2023 were “drier” than normal and it was the seventh month in a row when precipitation totals were at, or below the 5 year (2018-2022) normal. Total precipitation for July 2023 (5.8mm) was just 35% of normal for the month.



Because of drier winter and spring conditions, and the below average snowmelt, Douglas Lake and Coldwater River levels were moderate and there was no flooding into June or July 2023. Nicola Lake levels were managed/maintained at just below the flood/larval development threshold of 3.2m for the entirety of the summer. As a result, Nicola River levels were also well below the flood/larval development threshold during June and July. Larval development, where it was observed during July 2023 was in permanent ponds and slow draining river oxbows, seepage areas or spring-fed habitats.

Regular sampling throughout the month of July found recurring larval development in a total of 29 different sites. Recurrent larval development was observed at several sites in the Douglas Lake, Quilchena (Nicola Lake) and Lower Nicola areas. Several permanent ponds (Sites DL05b, DL13, DL14, DL16, DL18, DL20, DL21) located in farm fields around Douglas Cattle Ranch were active on 1-3 occasions during July. Several slow-draining and permanent sites (Qu01, Qu02a,c, Qu04, Qu07, Qu08, Qu09, Qu10A, Qu10B) located in the old golf course and adjacent farm fields in Quilchena/Nicola Lake area were also repeatedly active with larval development during July.

- 1 -

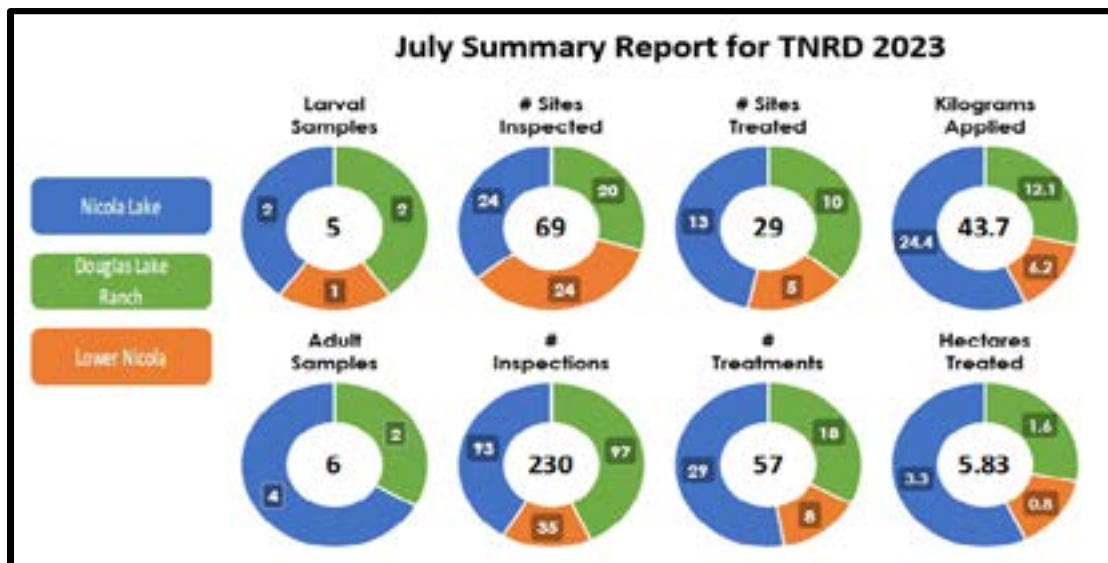


Duka Environmental Services Ltd.

Several 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 July. Larval populations were highly variable and ranged from 1-30 larvae/dip sample with most sites averaging 3-10 larvae/dip sample.

A total of 230 inspections were completed at 69 individual sites. A total of 57 treatments were completed from the ground to control developing larval populations at 29 different, and active, sites. A total of 43.70 kg of VectoBac 200G were applied from the ground to 5.83 ha of habitat.

The figure below presents the July 2023 Operational Summary for the area.



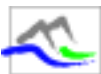
Larval and adult sampling and collection by *Duka Ltd.* personnel will continue through till mid-August when field operations will start winding down. Larvicide (VectoBac 200G) treatments will be completed as required, and where necessary to control developing larval mosquito populations.

This progress report has been shared with Lower Nicola Indian Band, the Upper Nicola Indian Band and the Douglas Lake Cattle Ranch. If you have any questions on this update, or require additional information please contact me at your convenience.

Yours truly

Curtis Fedruk
Curtis Fedruk BSc., RPBio.
President

- 2 -



Duka Environmental Services Ltd.

MONTHLY INVASIVE WEED SPOTLIGHT

GIANT HOGWEED



“Giant hogweed plants produce a highly toxic sap that can cause burns, blisters and scarring if you touch it. Work Safe BC has issued a Toxic Plant Warning for Giant hogweed requiring workers to wear heavy, water-resistant gloves and water-resistant coveralls that completely cover skin while handling the plants. Eye protection is also recommended.” [\(ISCBC\)](#)

Description:

Native to Asia and Europe, Giant Hogweed was likely introduced as an ornamental plant. It grows up to 5 m tall and has a green hollow stem covered in purple blotches and stiff hairs. The flowers are large, white, or pinkish, and can grow up to 80 cm wide (across) with additional blooms growing below the main. This weed prefers damp soils but can also adapt to acidic or nutrient-poor habitats and it is widespread throughout the lower mainland of BC, but it is not limited in its spread as it can infest a large range of habitats from vacant lots and disturbed sites to sensitive riparian areas and wetlands. It is very toxic to humans and handling this plant without protective gloves can result in painful blisters, rashes and even chemical burns that could result in recurrent dermatitis (irritation of the skin). This invasive weed spreads via seed distribution, each flower head can produce up to 1000,000 seeds per plant with average seed production at 20,000 seeds per plant, prevention of seed formation is key!

Origin:

This invasive weed originates from Asia and Europe.

Control Options:**Prevention**

Reseed all areas where ground disturbance has occurred and minimize ground disturbance near invasive weeds. Remove seeds from gear and equipment or vehicles before leaving a site. Avoid parking or running equipment in or near infestations.

Mechanical Control

- Digging up taproots, only effective for young plants as a mature Hogweed can have a taproot of over 1m in depth and unless removed entirely, the plant may regrow.
- Cut Flower heads to reduce seed production, but this puts individuals at risk for exposure to the plant, personal protective equipment is necessary.
- Mowing may reduce seed production, must be repeated several times throughout the season, effectiveness improved by each cutting prior to seed formation. Plant should be mowed every 2 weeks for effective control.

Chemical Control

“Effective herbicides include glyphosate and triclopyr. Foliar herbicide applications are most effective in spring on actively growing plants, followed with a subsequent summer application for late sprouts. » Stem injections or “cut stem and inject” methods are effective after heavy sap flow in the spring but are currently not a registered application technique.” - [ISCBC Giant Hogweed Factsheet](#)

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:

https://bcinvasives.ca/wp-content/uploads/2020/12/Giant_Hogweed_TIPS_2017_WEB.pdf
<https://bcinvasives.ca/invasives/giant-hogweed/>



Jordana McIvor | Housing Administrator

250 378 5157 | jordana.mcg@lnib.net

LNIB HOUSING

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

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

THE HOUSING TEAM

Jordana McIvor-Grismer

Housing Administrator
jordana.mcg@lnib.net

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

Ashley DeGray

Tenant Relations Coordinator
ashley.degray@lnib.net

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

Maxwell Bose

Housing Administrative Assistant

Mel Blankinship

Housing Maintenance

Brendan Colter

Housing Maintenance Assistant

Jon Moore

Housing Maintenance Assistant



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

ATTENTION HOUSING TENANTS

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

Thank you for your cooperation and understanding.



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 two vacant units available. One has some minor updates and repairs that are needed and the other is getting very close to being ready for move-in! These units will be available for rent once repair work is complete. The LNIB Housing team will be in contact with the next eligible family on the housing rental waitlist soon. We appreciate your patience and understanding as we prepare these units for move-in.



VEHICLE REMOVAL

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

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

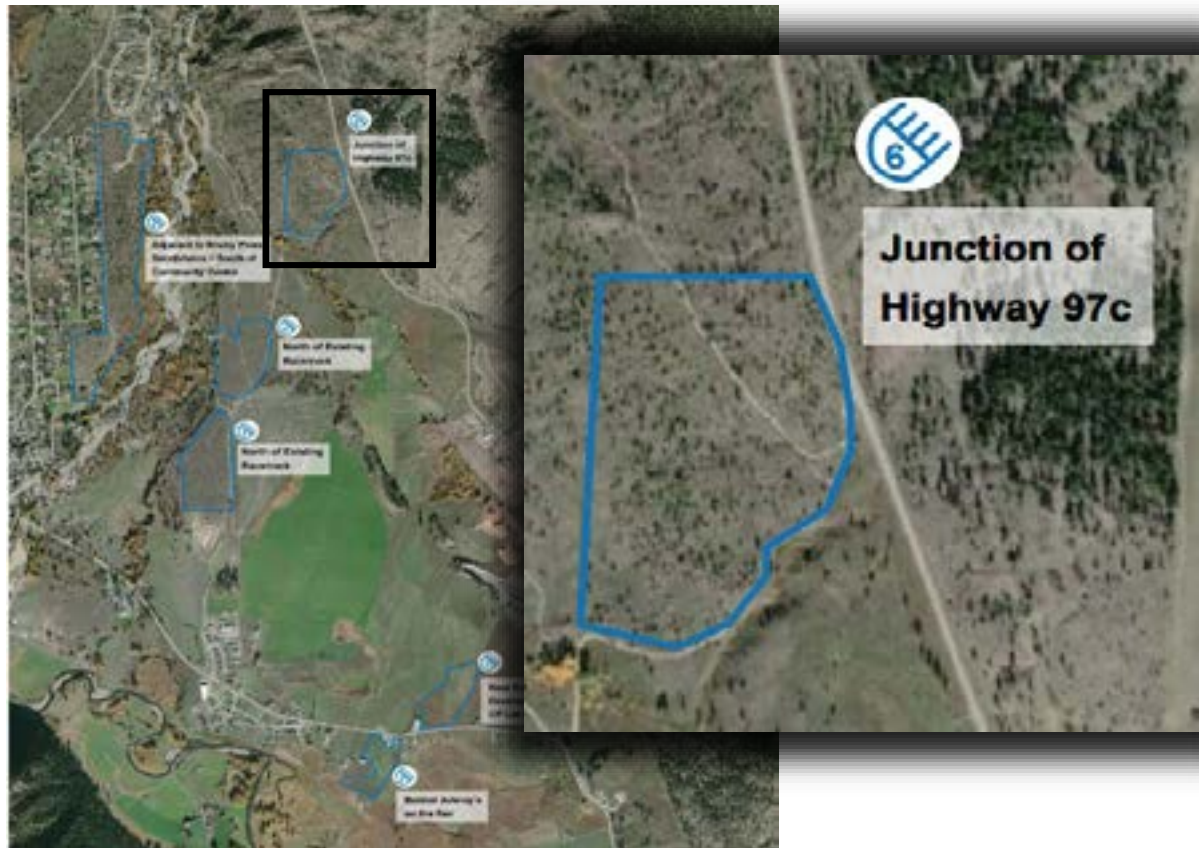
If you have single vehicles, you would like to be picked up you can call **Mario's Towing 250-378-9241**.

REMINDER TO ALL TENANTS

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

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

SUBDIVISION FEASIBILITY STUDY



Site Recommended for Further Exploration

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

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

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

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.



Shulhas Forest Enterprises
 Shulhas Farms
 LNIB Holdings
 LNIB Ventures
 Shulhas Electricity Transmission Line
 #65 - Hwy 8, PO Box 1849 Merritt, BC V1K 1B8



Farewell to our Summer Students!

LNIBDC would like to wish good luck to all the students who came to join us this summer as they return to their studies. We hope you were able to gain some valuable experience that you can take with you on your future endeavours. We loved having you all on board and appreciate your hard work and dedication to the job. You were all great assets to the team, and we wish you well for the future!

Whiterock

LNIBDC is proud to announce that we have recently completed all prescribed fireguards in the Whiterock area. This project has lasted for 20 consecutive months and in this time our crews have restored and reclaimed approximately 200km of guards. We anticipate this project will be fully wrapped up by the end of September. Thank you for all your hard work, guys!



Ross Moore Lake Fire

We would like to give a big shout out to our crews that have been helping battle the Ross Moore Lake fire alongside BCWS. Our crews spent several weeks battling the blaze and now that they have been released from the front lines of the fire, we are actively looking to work alongside the ministry to support culturally sensitive areas, water concerns and slope stability. Great job everyone!

Don Gossoo – General Manager
 250-315-9277
 Don.Gossoo@lnibdc.com

Shirley Rhodes – Administrative Manager
 250-378-7052
 Shirley.Rhodes@lnibdc.com

Craig Shintah – Forestry Supervisor
 250-315-3029
 Craig.Shintah@lnibdc.com

JJ Holmes – Operations Supervisor
 250-315-3187
 JJ.Holmes@lnibdc.com



What is Lower Nicola Site Services?

Lower Nicola Site Services (LNSS) is a strategic partnership between Infracon, Canada's leading civil earthworks contractor, and the Lower Nicola Indian Band Development Corporation (LNIBDC). LNSS was created to offer a full range of construction equipment, services, and other assets to all our customers.

LNSS prides itself on our partnership with the Lower Nicola Indian Band. Especially for construction projects in areas surrounding the Thompson and Nicola rivers in the southern interior of British Columbia, this working relationship provides LNIB members long-term and meaningful employment as well as a consistent revenue stream.

What does Lower Nicola Site Services do?

Since 2016, LNSS has operated crushing services at Highland Valley Copper. We have two shifts working there: each 4-person shift has 3 Lower Nicola Band members on the team. In other words, 75% of our workers on both shifts are Lower Nicola Band members.

How long is the contract with Highland Valley Copper?

We are very pleased to share that Highland Valley Copper (HVC) has recently extended the crushing services contract with LNSS for an additional 5 year period until 2028 providing continued long-term employment for LNIB band members and an additional revenue stream for the strategic partnership. The contract extension with HVC has also allowed LNSS to invest in the purchase of two new Cat Loaders and a Cat 336 Excavator to support the operation.

LNSS is also selling riprap and aggregate from our crushing and quarry operations at Nicola Mines to Ogilvie Mtn Holdings LP (OMH) for the 2023 Phase 3 flood remediation sites on the Trans Mountain Pipeline.



Does LNIB have any other strategic partnerships with Infracon?

Yes. Ogilvie Mountain Holdings LP (OMH) is another strategic partnership with LNIB and Infracon. Next month, we'll share more information about OMH's operations.

NATIONAL DAY FOR TRUTH AND RECONCILIATION 2023

HONOURING
those who have been affected
by the Residential School System.

INFRACON

**LOWER
NICOLA**
SITE SERVICES

Office: 250.378.4524
2975 Mamit Lake Road, Merritt BC

**LOWER NICOLA
INDIAN BAND**

Employment & Training

If you haven't already joined the LNIB Employment & Training Opportunities group on Face Book, now is your chance. Just do a search from your Face Book Home Page using LNIB Employment & Training Opportunities and ask to join the group. Only LNIB Members are allowed to join the group. If you would like to post a job offering you feel is appropriate, feel free to do so, but if it is not employment and training related it will be taken down.

I also send out an email blast to over 700 LNIB Members using our Scratched Rock Data Base that duplicates the postings on the Face Book Group. If you are not receiving the Scratched Rock 4 Nations Data Base emails and would like to receive them, please forward me your current email address and I will add it to your profile. Likewise, if you would like to be removed let me know and I will oblige.

If you know of any training opportunities that would benefit the Membership, please forward them to me for consideration. If your job is training dependant, we may be able to sponsor you individually.

Your resume is a very important snapshot of your skill level, experience, and who you are. If you need help with your resume, please feel free to contact me any time.

Steve A Wilks
Employment Coordinator
Steve.wilks@lnib.net
250-378-5157





**LOWER NICOLA
INDIAN BAND**

LNIB Sponsored Driving Lessons

The Lessons:

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



Requirements:

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

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

Raffle Fundraiser

***Win 2 tickets to see Pink in
concert and one night hotel
stay in Vancouver, October 20th!
(Approx. value \$1500!)***

Tickets:

- \$5.00 each, or;
- 3 for \$10.00

*For tickets, please contact Lisa Flower at 250-280-4902 or email Lisa.Flower@lnibdc.com. Or
alternately, contact Don Gossoo at 250-315-9277 or Don.Gossoo@lnibdc.com*

Tickets may also be purchased/picked up at the SFE office located downstairs in the Lands building

For e-transfers please contact Craig Shintah at 250-315-3029 or cshintah@yahoo.ca

Tickets will be on sale from September 26th to October 13th

We will be making the final draw at 4:00pm on Friday, October 13th

**All proceeds from the raffle will be provided to LNIB
Human Services to help fund initiatives that support
LNIB Members**

*All prizes donated by Canruss Medical & Safety on
behalf of LNIBDC*



Presented by FNHA Harm
Reduction Team

NOT JUST NALOXONE TRAINING

October 11 & October 12, 2023

Rocky Pines Community Centre
9:00 am – 3:00 pm

Free Event

Not Just Naloxone (NJN) is a two-day train-
the-trainer program aimed at teaching
people how to have safe conversations
about substance use in First Nations
Communities

Topics of discussion include:

- Learn about key clinical and non-clinical definitions
- Examine the statistics and trends of the toxic drug crisis, particularly as they relate to First Nations and other Indigenous peoples and demographics.
- Examine the origins of prohibition laws in the context of colonial Canada. Why are some substances legal and some illegal? Who creates these policies? Can they be unmade?
- Decolonizing Substance Use
- Indigenous Harm Reduction
- Naloxone Training Provided, practice on how to confidently administer both intramuscular (IM) and nasal naloxone.

CALL TO REGISTER:

Irene Howe (250) 378-7340

Asia Elliott (250) 936-8527

LUNCH WILL BE PROVIDED



JOIN US
FOR A
HALLOWEEN
Party AND FIRE
WORKS

Games, Fire works, snacks
Wear your costume!
HAUNTED HOUSE

OCTOBER 26TH

5-8PM PARTY AND GAMES

5-7:45PM HAUNTED HOUSE

ROCKY PINES COMMUNITY
CENTER

HAUNTED HOUSE IS AT
THE YOUTH TRAILER



Thanksgiving Dinner

October 5th | 5 to 7pm

Shulus Hall
Loonie Auction
and 50/50

For more
Information Contact
Christie Hill
250-315-3661



YOU ARE INVITED

HALLOWEEN EXTRAVAGANZA

**OCTOBER 24, 2023
START AT 4 PM TO ?**

**LOWER NICOLA INDIAN BAND FIRE DEPARTMENT
#10 SHULUS, HIGHWAY 8**

**GAMES, PRIZES, DRESS-UP, BEST COSTUME
SNACKS, DRINKS
FOR BAND/COMMUNITY MEMBERS
FIRE SAFETY**



First Place Hunting Story Winner

Skyler Peterson

One dark September morning before the sun was awake, my brother Travis and I were heading out to go elk hunting- always racing to beat the morning rush of hunters getting in and out of 7/11 in the early morning.

As we hit the highway making sure to keep our speed up as to not let anyone beat us to our spot (that's always the thought while racing on the highway) "it's still quite dark" I mentioned to Travis, "I can barely see very far ahead of my lights!"

I decided to turn on my high beams and just as I do so I see the hind quarters of an elk! "Did you see that" I said, "we just about smoked an elk going 100k."

Without even skipping a beat or thinking of the danger we just dodged, we started to make a game plan... where there is one, there is more!

There was a road we both knew coming up and hoped if we jumped off the highway, we could head off the elk and make a move.

I take the turn, we drive about 200 yards up the road and turn the truck off and wait for the sun to get a little bit higher because we still can't see a thing.

We planned to walk about 200 yards closer to where we thought the elk would be and try doing some calling.

We have learned it is easier to work your way up in sound starting with a quiet "cow call chirp" and as soon as we let out a few cow calls, we could hear a small herd calling back to us.

We knew if there was a bull with the group, we would only have a short period of time before he'd start coming this way.

We made a plan to split up having the shooter go forward 50-100 yards towards the sound, while the other would call sitting further back towards the tree line.

Lucky for me, I got the chance to be the shooter and Travis was my caller.

I moved up to a single solo tree out in the open field and sat in front of it so I wouldn't stand out like a sore thumb.

Travis continued to do a sequence of cow calls urging the heard to move closer to us, while I sat there quietly as patient as I could be.

The bull sent out one of his cows to take a look and see if the coast was clear and I continued to sit and watch her move closer to where the sounds came from.

At this point Travis and I had to stay quiet because if the elk decided the call was coming from an area that they could see, and they couldn't see another elk they would take off.

As the cow elk is stood in the open field just about to figure out our plan, the bull elk came running in behind her heading towards the call.

I saw him moving way too fast for me to get a shot so I used my mouth reed to make a cow call from the open field I was sitting in to see if I could get him to stop to squeeze off a shot.

It worked- the elk stopped dead in his tracks to look my way.

Time seemed to stand still, and I slowly brought the rifle scope up to my face, placed the cross hairs on his neck, and slowly squeezed the trigger. Though this happened in a matter of seconds, it sure felt like an eternity.

BOOM the sound of my rifle echoed through the hills and down the valley.

Success. My shot went directly where I had aimed the elk dropped and hit the ground right where he stood.

I said a quick prayer thanking the creator for our successful hunt and walked over to my brother to thank him for his cow calling.

We gave the elk a few minutes to expire and walked over to check him out and to lay some tobacco down as an offering.

A nice 4x5- how lucky! He will be feeding my family for years to come. I couldn't be more grateful to spend time with family making memories and filling bellies.

It brings me such pride to be able to provide for my elders knowing they enjoy the beautiful meat and to save some money, especially because everything is so expensive nowadays.

Another year doing what I love and sharing my love of hunting with my brother brings me so much joy and pride, providing for our family is the cherry on top.

Now, to wait 11 more months until it's September again! I haven't been this excited about anything since Christmas as a young boy.

Can't wait to see what next September has in store!

-Skyler Peterson



Second Place Hunting Story Winner

Taylor Tolman

Imagine the anticipation building as you and your cousin set out on a chilly September morning. The forest is alive with the rustling of leaves and the distant calls of birds. As you quietly make your way down the road, spot movement in the distance. Your heart skips a beat as you catch sight of a majestic buck, its antlers glistening in the morning light. With your heart pounding and adrenaline coursing through your veins, you carefully raise your rifle, taking aim with steady hands. Time seems to stand still as you squeeze the trigger and the shot echoes through the quiet woods. The buck leaps into the air, but soon succumbs to its fate, crashing to the forest floor. You and your cousin rush over, overcome with a mix of awe and pride, as you admire the beauty and size of your first buck. As it was my first buck, I hung the stomach lining on a tree and thanked the creator. I gifted the deer to an elder to feed him and his family. It's a moment you'll never forget, marking the beginning of a lifelong passion for hunting and the start of countless more incredible adventures in the wild.



Third Place Hunting Story Winner

Mindy Garcia

I've grown up hunting with my parents but wasn't confident being the shooter. This one season my parents and I weren't having any luck and were hunting in the middle of a blizzard. It was windy and snowing when my dad said he'd walk down into this area we've seen moose before, and hopefully get a moose moving. So, my mom and I stood at the clearing waiting. We were chatting and enjoying the beautiful scenery when I looked over and seen a beautiful bull moose running out into the clearing. I got excited and said, "Holy shit" and loaded my brand new 30.06 and held it up and looked through the scope and without hesitation "pow!" The moose dropped and my mom screamed with joy, jumped into my arms, and hugged and congratulated me. It was my 2nd kill and my 1st kill with my parents. I felt so proud and relieved because we had been feeling so unlucky. I said, I hope dad's not going to mad. My mom says why?! I said, "because its so big!" Lol. My mom laughed and said no.... I was getting worried about my dad because he was gone for a while and started getting ready to follow his tracks into the forest, but he walked out, we gave him the thumbs up and pointed at the moose on the ground. He looked at the moose, and looked at us and had the biggest proudest father smile on his face. We made our offering, gutted the moose, and got the 7-point bull moose into the truck whole just the three of us. It was hard work, but I loved it and felt so grateful. I love hunting with my mom and dad. We European mounted it sits in my living room.



Elder's Calendar **October 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
Office Closed STAT	2 Office Day	3 Meals on Wheels & Delivery	4 Meals on Wheels & Delivery	5 Kamloops Dinner & Movie	6 Book Club 10:00 – 2:00 pm	7
Office Closed STAT	9 Meals on Wheels & Delivery	10 Meals on Wheels & Delivery	11 Bowling 1 – 3 Sign up with Lani	12 Grandmother Group 10:00 – 2:00 pm	13 Gift Card Bingo 9:00 – 12:00 pm	14
16	17	18 Crafts 10:00 – 3:00 pm	19 Elder's Luncheon Activities Trailer 12 pm	20 Self-Care Spa Day 11:00 – 3:00 pm	21	22
23	24	25 Crafts 10:00 – 3:00 pm	26 Going to Water 9:00 – 2:00 pm	27 Dinner & Games 3:00 – 7:30 pm	28	29
30	31					

Location

All Elders Activities will be hosted at the ROCKY PINES COMMUNITY CENTER. Elder's Luncheon will be at the

Contact

Any Information contact Lani Mackenzie (250) 378-5157 or email lani.mackenzie@lnib.net

Special Sign Up's

October 5th – Kamloops Dinner & Movie
October 11th – Bowling



Seabird Mobile Diabetes Team

Where: LNIB Health Centre

When: Oct. 03/04, 23



Contact: Asia

Number: 250-378-5157

Living • Well • Together

Clinic Notice

Who Is It For:

People Living with Diabetes
People Who Are Curious About It

What The Appointment Includes:

Testing Blood Sugar and Cholesterol Levels
Checking Kidney Function
Diabetes Education



The Spirit of Truth and Reconciliation ~ Tony Broman, Oct 2023

October 1st is set aside as the National Day for Truth and Reconciliation.

Of course this day is in reference to a specific and very important document and movement, and has become a pillar of First Nation Peoples' efforts in work, in their homes and in their hearts. But it extends far beyond First Nation's people and is a call to all people of Canada, and it is this full lens of understanding that meets us in our everyday lives.

What does it mean to live in Truth and Reconciliation? We can reference the document to be sure and we should from time to time as needed. But my question is toward the Spirit of Truth and Reconciliation. How do we live out the Spirit of Truth and Reconciliation each day?

The Spirit can be found in the words themselves, and they are powerful words.

Truth: the fullest sense of reality in every breath, every situation, every encounter and exchange, every circumstance we find ourselves in. There is no such thing as "your truth" and "my truth". Truth is not my personal view or my personal feelings about something – that would be called an opinion or a perspective. Valuable and important, but not the same as Truth. Truth always involves perspectives and experiences but also other details that combine to provide a whole understanding.

Reconciliation: the process of resolving differences and establishing peace. It is a word that involves action and so must be lived out, accompanied by action to become reality. It is a word that describes a current, established state of being in relationship with others, despite a history of being at odds. It is a word that encompasses courage, humility, and respect.

We cannot reconcile current or historical injustice without humility on all sides. To recognize our shared humanity, shared longings, shared turmoil can only be done with humility. To acknowledge injustices past and present without allowing them to remain enflamed requires courage. To recognize that so much of today's reconciliation is being done with people who were not part of the history but are stepping up to stand and acknowledge it's past occurrence and current recovery requires great respect on all sides.

This is why it must be in the Spirit of Truth and Reconciliation – because it involves so many people who are not here with us today. Those who committed unspeakable wrongs are not here but there are those standing up to acknowledge it's horror and injustice. Those who were lost to the injustice are not here to speak but there are those standing up to be their voice.

We here today are those reeling and recovering from it all.

We are not lost but we are hurting from it on all sides.

Together it can happen as we commit and persevere in the spirit of truth and reconciliation.

Shulus Garden - September 2023,

Greetings from Shulus Garden Crew: Kat, Chris, Lorna.

A big thank you & Best Wishes to the Summer Students: Ashton Peterson, Jacy Dick, Evan Sterling.

Produce available:

- Potato – Russet, fingerlings, red
- Onion – Yellow, red, white
- Vegetables - Carrot, Cucumbers, Peppers, Tomatoes,
- Assorted Herbs – Basil, Dill, Chives, Dill, Mint, Onion powder, Sage, Thyme.
- Assorted Squash – Butternut, Pumpkin, Spaghetti, Butter cup
- Honey - \$15.00 per 1 kg, (sold in tubs or jars).

Harvest Station – Farm Credit Canada funded us to build a small harvest station at SCG, Thanks to garden staff and William H. for constructing it this summer.

Volunteers - A Huge Thank you, to all the volunteers:

1. Howard Swakum –fence repairs, tightened barbed wire and installed wooden stays.
2. Joes Goats – Weed management for Hoary Alyssum, Blueweed, Knapweed, on going.
3. Jared Aker – beekeeping, harvest honey frames, extracting honey, herd goats, on going.
4. McKenzie – All sorted of gardening tasks.
5. Public Works – Assist with tractor services, moving the sea can & more.
6. LNIB Ec. Dev – Garden Survey assistance, Door prizes donations, beekeeping equipment & offering members the NAIT Beekeepers course.
7. LNIB Dev. Corp. – For gifting a new garden Tractor from LNSS.
8. Dairy Farm – Delivered three tandem truck loads of cow manure.
9. Joe Shuter - Assisting & advise with the Harvest station.
10. LNIB Staff – use of Cook Shack for Honey Extracting.
11. LNIB Community Services- Once again for providing food Vouchers to LNIB membership.

Fall harvest is in full swing:

Collecting seeds from all the plants to be planted next spring, Removing sunflowers, corn plants, weeds, potatoes, carrots, herbs, flowers, etc. Remove irrigation systems from fields, clean & put away, then rototill the fields. Plant garlic seed & cover rows with straw. (Straw insulates garlic for 10 months).

Plant Fall Rye, to replenish soil nutrients & to keep soil from blowing away.

Equipment & tool get cleaned & serviced before winter.

Honey orders are filled & all equipment gets cleaned & stored away.

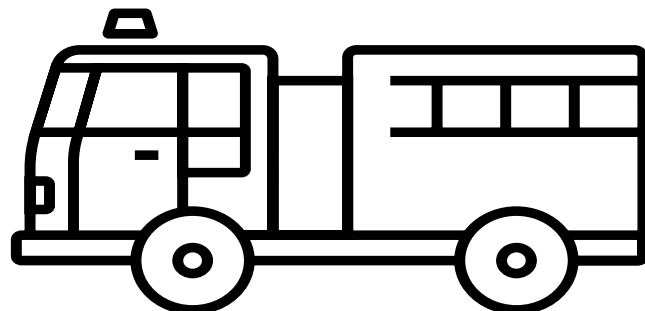
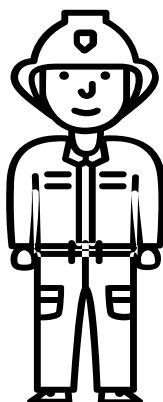
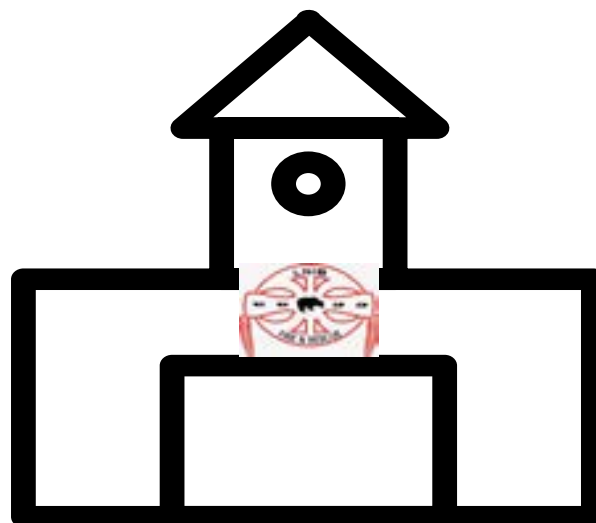
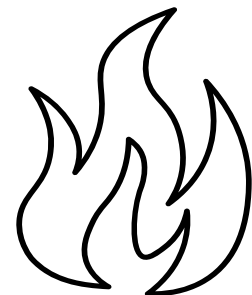
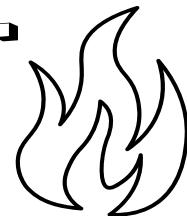
Beehives get treatments for mites & disease, in Oct will get wrapped for winter months.

Garden Shop Hours: Monday to Friday, 8:30 to 4:30, Kat (250) 378-7561, Lorna (250) 936-8365



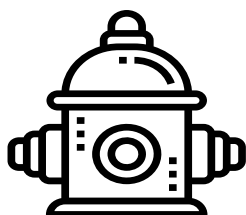
Fire Lesson

in case of a fire...



call the

FIRE DEPARTMENT 911



NAME: _____ GRADE: _____

DEADLINE: OCTOBER 20TH BY 3:00 PM

