

Lower Nicola Indian Band

February 2024

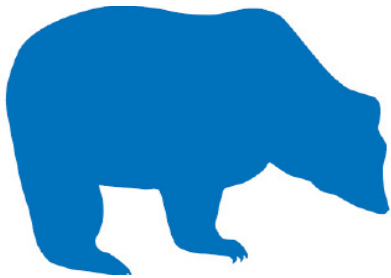


N?e?iyk Spíləm



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LOWER NICOLA INDIAN BAND



In This Issue

Chief Stuart Jackson	Page 3
Message from Executive Director	Page 4
Chief & Council Attendance	Page 5
Chief & Council Motion	Page 7
LNIB Job Postings	Page 11
LNIB Education	Page 13
LNIB Culture Revitalization	Page 37
LNIB Public Works & Infrastructure	Page 38
Shulus Gardens	Page 41
LNIB Recreation	Page 55
LNIB Community Services	Page 56
LNIB Ec Devopment	Page 61
LNIB Lands & Housing	Page 62
LNSS	Page 79
Infracon	Page 80
Poppies for sale	Page 81
Shout out for acoomplishments	Page 82
Birthday Wishes	Page 84
LNIB Office Closure	Page 88
Steve Wilks	Page 89





Message from the kwúkʷpi? Stu Jackson

heñe? band members and community members. I hope everyone had a great ring into the New Year! The holiday season usually tends to come and go very quickly. One minute you're on holidays and the next minute you are back at work. I hope everyone had the opportunity to get in some relaxation, time with friends and family, and time for yourself.

Chief and Council met twice this month to conduct the necessary business for the band. As we are getting closer and closer to the end of the fiscal year, it is very important that Council continues to meet as regular as possible these next few months. Band administration will be doing their best to ensure that all financial responsibilities are adhered to and appropriate monies are expended before the end of March 2024. LNIB also had our monthly community meeting just the other evening as well. Although the turnout was rather light attendance wise, there was some valuable information presented to the band members that were present. We had a presentation from a group called Canadian Solar. David Marieno met with band membership to discuss solar energy opportunities to LNIB. David had met with Chief and Council previously and Council felt it was important to present information to the band membership. Canadian Solar is hoping to work out a partnership/agreement with LNIB in the very near future. I feel there is great opportunity if LNIB considers delving into solar development. The revenue streams could prove to be very lucrative and very promising for LNIB's future. We keep band membership informed as we continue working with Canadian Solar.

Band membership also had the opportunity to meet and listen to Chad Henderson who is the current president of Infracon. Infracon is a joint partner with LNIB through a company named Lower Nicola Site Services, which is 51% owned by LNIB. Chad did a presentation

to band membership of the some of the projects that are currently underway with Lower Nicola Site Services (LNSS). LNIB also has ownership rights to another pipe integrity company named Ogilvie Mountain Holdings (OMH). Chad spoke about OMH and some of the work that this company is also doing where LNIB does benefit from. There was some positive developments that came out of Chad's deliberation, however, there is much more work and improvement that need to be undertaken as well. Comments ensued around employment and training opportunities for band members with these companies. Currently the employment of band members with these companies is respectable to some extent, but there was comments from the audience that more band members should be working for LNSS and OMH. We agreed that we need to meet with these partners more regularly and get more updates.

Chief and Council held an orientation session this month as well. In this session, Council met with a company that is working with LNIB. This company is named Ausenco. Ausenco is currently working with LNIB to address the future of the Highland Valley Copper Mine. Generally speaking, Highland Valley Copper Mine is currently scheduled to shut down in 2028. In saying this, there has been understudy and work put forth to potentially expand the life of the mine to 2040. Currently, LNIB has an agreement with Highland Valley Copper Mine what is called an Impacts Benefit Agreement. This agreement was signed in 2016 between the mine and LNIB. With the possibility of a mine expansion, LNIB has conducted the necessary work, with Ausenco to assess this potential mine expansion. A lot of work has already been done to address this possible expansion and more work needs to ensue as we move forward at the LNIB level. I hope to invite Ausenco to our next community meeting to discuss the nature of this possible expansion, speak to possible impacts and socialize these issue to the membership. Keep an eye out on any updates regarding Highland Valley Copper Mine, Ausenco and Lower Nicola Indian Band.

I just wanted to inform all of you that LNIB lost a very important person. Our dear Gloria Sam passed away on the evening of January 22nd. Many of you knew Mrs. Sam as Gloria. Gloria is my auntie, but I only knew Gloria as Mama Sam. Sincere condolences to my family, Wendy Leonard (Tweedy), Kyle Sterling, Jerry, Jeanette, Nikki and Gavin Sam, Gail Joe, Amy, Mark and Maya Smith, Erica and Jared Collen, Darren Joe and Timothy Sam. Mama Sam will be missed by many. Lots of love to each of you.

I hope everyone has a safe month of February. Be mindful of the sudden change in weather as it can be unpredictable most times. Take care of your friends and your family members and most importantly, please take care of yourselves. Much love and respect to all of you.

kwúkʷscémxw

kwúkʷpi? Stu Jackson



Dear LNIB Members,

I am pleased to present our monthly report for January 2024. LNIB continued to be busy on several initiatives.

Here are some of the things we have been working on:

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.

The Lower Nicola Indian Band also like to welcome the new members to the team at LNIB: Roy Dumont, Janitor for Arena.

LNIB would like to wish Vanessa Buonanno, Jaguar Isaac, Daycia Stephens and Lani MacKenzie in their next opportunities and thank you.

Current job postings with Lower Nicola Indian Band are Youth Outreach Worker, Elder's Program Manager, Council Clerk, Carpenter, Housing Administrative Assistant, Lands Administrative Assistant, Recreation Assistant, Teacher (K-Grade 7) Homemaker, Homecare Aid, Fire Fighter 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 did not meet in December. Applications are now accepted to fill two vacancies for the Lands Management Advisory Committee.

Community Meetings and Workshops: The next Band General meeting is scheduled for February 26, 2024.

Support to Chief and Council: Chief and Council met January 2nd 16th and 30th. Should you require anything on the Chief and Council agenda scheduled for February 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

Next Band General is February 26, 2024
Location to TBA

Chief and Council Attendance
Term October 2022-September 2025



Chief and Council Attendance
Term October 2022-September 2025



Motions from Chief and Council January 2, 2024 meeting

Motion #01-02-2024-01 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the January 2, 2024 Chief and Council meeting agenda.

Motion Carried

Motion #01-02-2024-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the December 19, 2023 Chief and Council meeting minutes with noted changes.

Motion Carried

Motion #01-02-2024-03 Reads: The Lower Nicola Indian Band Chief and Council hereby supports and authorizes the Executive Director to sign the Lower Nicola Indian Band Cheque Requisition ED10137 for Ausenco's invoice #2318001 in the amount of \$167,307.23.

Motion Carried

Motion #01-02-2024-04 Reads: The Lower Nicola Indian Band Chief and Council hereby:

1. Authorizes kwúkpi? Stuart Jackson and the Executive Director to sign a Motion Letter;
2. Authorizes the Executive Director to sign the Canada-Lower Nicola Indian Band Natural Infrastructure Fund Grant Agreement for Lower Nicola Indian Band Reserve Revegetation once executed by Infrastructure Canada; and
3. Further authorizes the Executive Director, for and on behalf of Council, to do all such acts and things as may be necessary or desirable to give effect to this motion, or in connection with the performance by the Lower Nicola Indian Band of its obligations to this motion or the Canada-Lower Nicola Indian Band Natural Infrastructure Fund Grant Agreement for Lower Nicola Indian Band Reserve Revegetation.

Motion Carried

Motion #01-02-2024-05 Reads: The Lower Nicola Indian Band Chief and Council move to go IN Camera at 6:15 pm.

Motion Carried

Motion #01-02-2024-06 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene the meeting at 7:04 pm.

Motion Carried

Motion #01-02-2024-07 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the January 2, 2024 meeting at 7:04 pm.

Motion Carried

Motions from Chief and Council January 16, 2024 meeting

Motion #01-16-2024-01 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the January 16, 2024 Chief and Council meeting agenda.

Motion Carried

Motion #01-16-2024-02 Reads: The Lower Nicola Indian Band Chief and Council move to adopt the January 2, 2024 Chief and Council meeting minutes with noted changes/ as presented.

Motion Carried

Motion #01-16-2024-03 Reads: The Lower Nicola Indian Band Chief and Council
NOW THEREFORE IT BE RESOLVED THAT the Chief and Council hereby appoint Sondra Tom to the Lands Management Advisory Committee commencing at midnight on the 16th day of January 2024 and ending at midnight on January 15, 2028.

Motion Carried

Motion #01-16-2024-04 Reads: The Lower Nicola Indian Band Chief and Council
NOW THEREFORE IT BE RESOLVED THAT the Chief and Council hereby appoint Mindy Garcia to the Lands Management Advisory Committee commencing at midnight on the 16th day of January 2024 and ending at midnight on January 15, 2028.

Motion Carried

Motion #01-16-2024-05 Reads: The Lower Nicola Indian Band Chief and Council move to authorize a payment of \$5,806.64 to the Nicola Valley First Nations Veterans Association resulting from surplus monies on completion of the Nicola Valley First Nations Veterans Memorial project managed by Lower Nicola Indian Band.

Motion Carried

Motion #01-16-2024-06 Reads: The Lower Nicola Indian Band Chief and Council
WHEREAS the Lower Nicola Indian Band operates under the authority of Chief and Council.
WHEREAS Chief and Council have reviewed and have approved the terms of the Master Engagement Agreement with Dentons Canada LLP dated January 8, 2024 ("Engagement Letter");
NOW THEREFORE BE IT RESOLVED THAT:

1. The engagement of Dentons Canada LLP as legal counsel to the Lower Nicola Indian Band according to the terms of the Engagement Letter is hereby approved; and
2. Any member of Council is hereby authorized and approved to execute and deliver the Engagement Letter and to do all such further acts, engage in all such communication, and prepare, deliver and execute all other documents as may be required in order to give effect to the engagement with Dentons Canada LLP.

Motion Carried

Motion #01-16-2024-07 Reads: The Lower Nicola Indian Band Chief and Council move to approve the Structural Fire Protection Agreement between Lower Nicola Indian Band and Nooaitch Indian Band for the provision of exterior structural fire protection services for Nooaitch Indian Reserve Number 10, for a period of five years, ending March 31, 2029 in the amount of one hundred and thirty two thousand, seven hundred and twenty eight dollars and forty cents (\$132,728.40).

Motion Carried

Motion #01-16-2024-08 Reads: The Lower Nicola Indian Band Chief and Council move to approval kwúkwpi? Stuart Jackson's travel to Vancouver BC to attend the Association of Mineral Exploration Round Up meeting as Lower Nicola Indian Band Political Representative in an amount not to exceed \$4,000.00 on January 22-25, 2024.

Motion Carried

Motion #01-16-2024-09 Reads: The Lower Nicola Indian Band Chief and Council move to go IN
Camera at 7:02 pm.

Motion Carried

Motion #01-16-2024-10 Reads: The Lower Nicola Indian Band Chief and Council move to reconvene the meeting at 7:33 pm.

Motion Carried

Motion #01-16-2024-11 Reads: The Lower Nicola Indian Band Chief and Council

WHEREAS:

A. On December 15, 2023, Lower Nicola Indian Band ("LNIB") completed its purchase of 2893 Aberdeen Road, Merritt, BC, legally described as PID 013-160-656, DISTRICT LOT 1638 KAMLOOPS DIVISION YALE DISTRICT EXCEPT: (1) PARCEL A (DD 63394F) (2) PLANS 36370 AND KAP53517 (the "Property") through 1374678 B.C. Ltd. (the "Corporation"), a corporation whose shares are legally owned by Arthur Dick, Stuart Jackson and Connie Joe on behalf of LNIB as beneficial owner.

B. The Property is located next to the western boundary of Nicola Mameet Reserve No. 1 (the "Reserve"). The top portion of the eastern boundary of the Property is separated from the Reserve by a long driveway (the "Existing Driveway") that provides access from Aberdeen Road to 2897 Aberdeen Road (the "Maunu Property"), which is owned by Jack Earl Maunu ("Maunu").

C. A covenant registered in the Land Title Office under No. KH109450 (the "Covenant"), a copy of which is attached to the briefing note presented to Chief and Council, requires Maunu to transfer the Existing Driveway to LNIB if LNIB provides an alternative access route to the Maunu Property across public roads on the Property.

D. Council of LNIB wishes to authorize the Executive Director of LNIB to negotiate and enter into a legally binding agreement (the "Maunu Agreement") with Maunu pursuant to which LNIB and/or the Corporation would agree to provide alternative access to the Maunu Property by means of a driveway over part of the Reserve between the Maunu Property and Aberdeen Road (the "Alternative Driveway"), rather than by means of public roads on the Property, in exchange for Maunu transferring the Existing Driveway to LNIB, which agreement will contain the following additional terms and conditions:

1. LNIB will at its cost construct the Alternative Driveway and grant Maunu the necessary legal rights to use the Alternative Driveway;
2. Maunu will transfer the Existing Driveway to LNIB at no cost to LNIB;
3. the Maunu Agreement will be subject to Thompson Nicola Regional District agreeing to discharge the Covenant from title to the Property and the Maunu Property on the transfer of the Existing Driveway to LNIB;
4. the Maunu Agreement will be subject to approval by LNIB's Council;
5. the route of the Alternative Driveway will be subject to approval by LNIB's Lands Management Advisory Committee; and
6. any other terms and conditions the Executive Director considers prudent.

THEREFORE BE IT RESOLVED THAT:

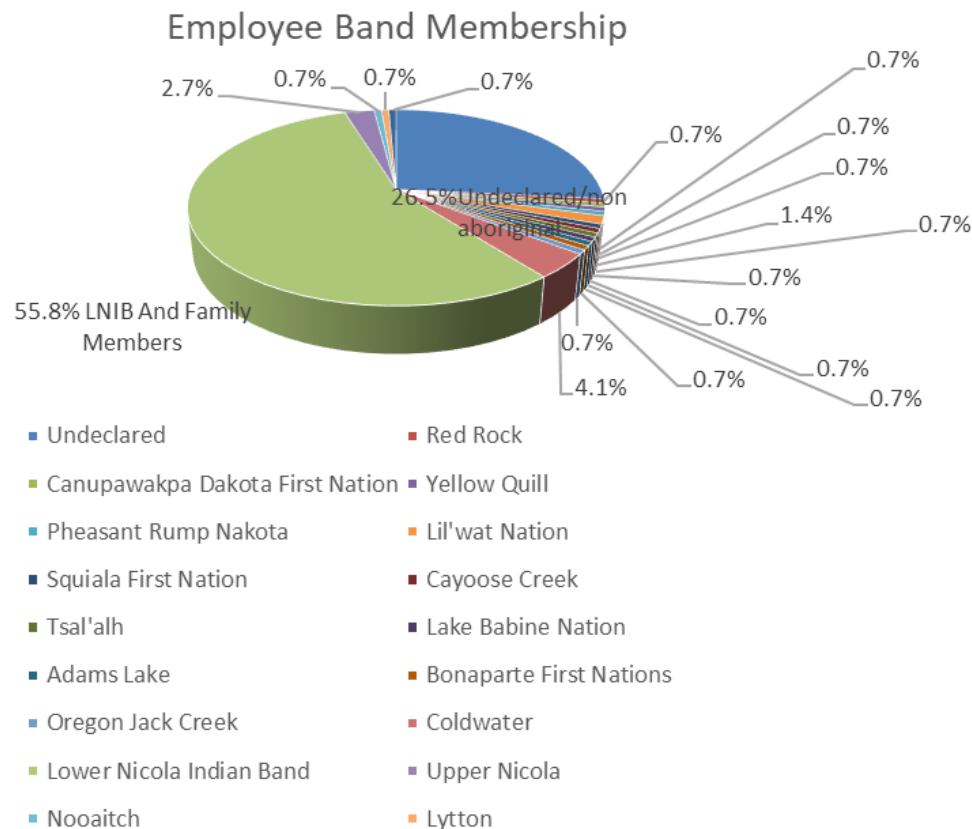
1. The Executive Director be and is hereby authorized to negotiate, finalize and enter into the Maunu Agreement on behalf of LNIB and/or the Corporation.
2. The Executive Director be and is hereby authorized to approve, execute and deliver the Maunu Agreement and all other documents and instruments, with such changes as she may approve (such approval to be evidenced conclusively by her execution thereof), and to do such further acts as may be necessary to give effect to these resolutions.

Motion Carried

Motion #01-16-2024-12 Reads: The Lower Nicola Indian Band Chief and Council move to adjourn the January 16, 2024 meeting at 7:38 pm.

Motion Carried

Current LNIB Work Force demographics



The chart shows the Current Band Affiliation of LNIB Employees

In Addition to over half the workforce being LNIB Members, we have employees who are members of 17 other Canadian First Nations. Succession plans are in place to encourage LNIB Members to train for and then assume as many positions as possible.

Current and Future Job Openings at LNIB

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

Youth outreach Worker, BSW

Department: Human Services

Hours: 35 hours per week

Start Date: ASAP

Wage: Based on Education and Experience \$30-\$40 per hour

Summary of responsibilities

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

Elders Program Manager

Department: Human Services

Position Title: Elders Program Manager (NOC 0311 Managers in Health Care)

Reports to: Director of Human Services

Wages: \$25 to \$30, based on funding, education and experience

Hours: Up to 35 Hours per week daytime and some evenings may be required

Summary

Reporting to the Director of Human Services, the Elders Program Manager is responsible for program development, and overseeing our Elders programs, Including:

- Gathering information and assessing needs of Elders in our community
- Compiling and sharing resources with Elders
- Development of wellness plans/self-care plans for Elders in coordination the Director and Home Care Nurse
- Elders weekly dinner/lunch
- Travel to various provincial elders events

Council Clerk

Wage: 25 per hour

Reporting to the Executive Director, the Council Clerk is the primary contact regarding LNIB Council business and governance. It manages Council and Committee meetings, quasi-judicial boards, manages corporate information governance, including information management and oversight of information access and privacy services.

Performing duties as the Council Meeting Coordinator, this position is instrumental in ensuring the smooth functioning, legislative compliance and sound governance of Chief and Council Committees. This position exercises a high degree of judgement and discretion by working with confidential, urgent, and sensitive items related to governance and decision-making processes.

Carpenter

Wage: \$30 to \$45 per hour based on education and experience: Red Seal certification preferred

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.

Lands Manager

Wage: up to \$41/hour for a qualified/certified candidate

The Lands Manager is responsible for overseeing the day to day operations of the Lands Department relating to reserve lands for the Lower Nicola Indian Band. The incumbent supports all aspects of the Lands Department including the implementation of work plans, laws, regulations, policies and procedures.

Administrative Assistant

Housing and Lands Administrative Assistants
 Hours: 35 hours per week
 Wage: \$20 to \$24 per hour based on education and experience
 Opening: 2

Summary of Organizational Responsibilities:
 Administrative Assistant are responsible for providing direct support to Managers and the daily needs of the Department. To provide direction to for Supervisors and administrative support to the department as required

Teacher Grades K-7 (starting next September)

Hours: 35 hours per week
 Start Date: Sep 2024
 Term: Permanent full time position based on approved Budgets and funding.
 Wage: Equivalent to SD 58

Summary:
 We are seeking a passionate Grade school Teacher for the Lower Nicola Band School beginning August 28th, 2023.
 We are an independent school where nte?kepmxc culture and language are a big part of our school community as our way of life truly embraces social-emotional learning and diversity, equity and inclusion. The successful candidate will demonstrate empathy, creativity, strong communication skills and the ability to build a caring rapport with students and colleagues. Our goal is to honour our culture while educating kind inquiring global citizens who can become leaders in helping to create a balanced and harmonious and sustainable world. We do this with integrity and in the spirit of deep respect, curiosity and joy in a safe and enriching setting that supports students in their pursuit of academic success, personal growth, and social responsibility.

Homemaker

Department: Human Services
 Reports To: Homecare Lead
 Wage: \$25 per hour

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

Home Care Aide

Department: Human Services
 Reports to Home Aid Lead
 Wages: \$25 to \$30 per hour

Job Summary:
 The Home Care Aides primary role is to assist the Home and Community Care Nurse and to demonstrate and assist clients implement procedures in home management and self care, and other related duties.
 Required Qualifications:
 · Home Care Attendant Certificate from an accredited institution or equivalent, within 5 yrs or currently employed as a Home Care Attendant
 · Previous experience in providing personal care; assisting frail, cognitively impaired and physically disabled individuals with activities of daily living;

Fire Fighter, Paid on call (additional full time position open to LNIB member only)

Fire Department
 Hours: 35 hours a week plus on-call schedule
 Start Date: ASAP
 Wage: \$28/hour for weekly 2-hour practice participation \$2.50/hour while on scheduled After-Hours on call - full rate is called in \$30/hour to start for regular full-time fire fighters, \$32 after probation \$ x1.5 regular pay for all hours worked over 80 hours/two week pay period

Summary of responsibilities
 Responds to fires and other emergency alarms and assists in those operations necessary to insure the confinement and extinguishment of fires or the elimination of other hazardous conditions. Also will be involved with interface fires and monitors any controlled burning. Approximately 80% of call outs are for medically related issues.

LNIB EDUCATION DEPARTMENT



sharon.parsons@lnib.net



(250) 378 – 5157

OR

(236) 575 – 2105

2160 SETTLERS ROAD
HWY 8



SHARON PARSONS EDUCATION PROGRAMS MANAGER

Hello LNIB, it is the month of Love and Acceptance.
February is also Black History month.

The Education staff, Gail, Lenessa, Angie and Sharon are sending out a big Congratulations to LNIB member Mackenzie Miller, who has made the Dean's List at TRU. Mackenzie is currently enrolled in the Natural Resource Science Program at TRU. Mackenzie's Aunty Mindy is so proud of her, she shared the great news with us. Good job Mackenzie, you are a shining star.



School District #58 continues to recruit staff to fill various positions at the Merritt and Princeton schools as well as in the administration sector. As a member of the Indigenous Education Committee, it is my pleasure to participate in many of the interviews.

If you are interested in the jobs available, use the following link to explore: <https://www.makeafuture.ca/careers-in-bc-education/>

Are you interested in a professional driving career? LNIB Education has funding to support band members obtain a Class, 1, 2 or 3 with air brakes.

Do you want to upgrade your computer skills? LNIB Education can help you sign up for online courses such as: Word, Excel, Outlook, OneNote & more.

Have you considered a career in surveying? More information will be available at the upcoming LNIB AGM.

Are you interested in learning more about Emergency Management? The course schedule is in the planning stages. More information will be available in the next few weeks.

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

Wishing each of you good health, and good fortune!

Until next time, Humelth

LNIB EDUCATION
DEPARTMENTangie.nikkel@lnib.net

(250) 315 – 7927

2160 SETTLERS ROAD
HWY 8ANGIE NIKKEL, EDUCATION ASSISTANT
HELLO, AND HAPPY FEBRUARY TO EVERYONE!

Upcoming Events:

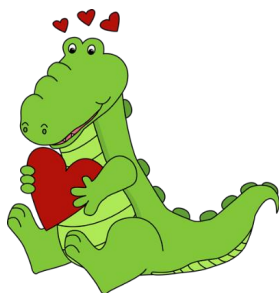
-Friday, February 2: MSS Report Cards go home**-Friday, February 16: Non-Instructional Day****-Monday, February 19: Family Day****-Wed, February 28: Pink Shirt Day (Anti-Bullying Day)**

Well, we have certainly hit the ground running since January and are continuing to do so this month as we head closer to Spring. With January being so cold, I wonder what February will have in store for us. It's hard to believe it, but February marks the halfway mark in the school year!

This month we celebrate inclusion with Pink Shirt Day, love and friendship with Valentines Day, and togetherness with Family Day. On February 19 the BC government provides funding for free Family Day activities, so find out what is available in our community and take advantage of them with your loved ones! On February 28th wear your pink shirt to show that you stand up against bullying. If you or someone you know is being bullied, tell somebody about it, or stick up for them, and let them know they don't deserve to be bullied.

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.

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



Hello everyone!

Wow, January has just gone by so fast, and February is upon us now.

I hope everyone kept toasty warm during the cold snap.

February 14th is Valentines Day! A day to do something special for your loved ones. Do something special to show how much you love them.

February 19th is Family Day. A day to spend with your family and plan a few fun activities to do together. Go ice fishing, sledding or roast hot dogs and marshmallows in the back yard.

February 28th is Pink Shirt Day. Wear your pink shirt proudly to show that we will not tolerate bullying anywhere and that there is support for children and adults who have or are experiencing any acts of bullying!

PSE students should be settling into the winter/spring semester. Talk with your academic advisor, to be sure you are on track with the right courses for your program to graduate.

Students remember to send the Education Office your unofficial transcripts for the fall semester, and keep in contact with the Education Office, we are always here to support you.

Scholarships and Bursaries: Check the Deadlines

<https://www.ikbbc.ca/indigenous-awards/about-this-award/>

<https://studentscholarships.org/scholarship/18138/kochhar-co-scholarship>

[Scholarships for Indigenous Students | Aboriginal Scholarships BC | BC Scholarship Society](#)

<https://studentlifefnetwork.55rush.com/cfs2024?ref=scholarshipscanada>

<https://bcaafc.com/education/first-citizen-funds/> check the deadlines to apply.

<https://www.interiorsavings.com/about-us/community/bursary-programs> apply if you have an account with Interior Saving and if you are eligible.

To all Membership in the Nicola Valley and away from the area, you can sign 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 assist you with the process. We can also help create or update your resume. Contact our office to find out how we can support you.

Please call or email our office 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

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Lenessa Seward

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

FEBRUARY 2024**HELLO EVERYONE**

I hope everyone is having a great start to the year and are keeping up with their new year's resolutions!

I know that the semester has changed for the high school and post-secondary students, hope you all are doing well with your new schedules

UP COMING TRAINING

There are a few on-going training courses that the Education Department is funding for LNIB members.

Pro Driver Training

Computer Training

Also keep an eye out for Emergency Management Training dates being shared potentially next month.

TECHNOLOGY SUPPORT

Students in need of a technological equipment for school can apply at Indigenous Disability Canada for a laptop, mouse, or headphones.

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 copies 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.

For more information, please contact the Education Department



CONTINUING STUDIES COURSES

Foodsafe Level 1

- March 15, Friday

Occupational First Aid Level 1

Available Dates:

- January 24, Wednesday
- February 23, Friday
- March 13, Wednesday
- April 26, Friday

Occupational First Aid Level 3

- February 26 - March 8, Weekdays
- Registration deadline: February 12, 2024

Emergency Medical Responder Bridge

- March 18 - 28, Weekdays
- Prerequisite: Occupational First Aid Level 3
- Registration deadline: March 4, 2024

Download the registration form now!



 nvit.ca  info@nvit.ca  1.877.682.3300

February



What We're Learning!

This month we will be talking about Valentine's Day. Our shape for the month is a heart and our colour is pink. The perfect combination for Valentine's Day! We will be focusing on the numbers 6 and 7 and the letters P, Q, R, S

Upcoming Events



Feb 2nd – Ground Hog Day

Feb 14th -Valentine's Day
Wear RED or PINK

Feb 19th – Family Day
SCHOOL CLOSED

Feb 28th – Pink Shirt Day

Feb 29th – HEADSTART
DINNER

Like Us On Facebook
"Little Stars Head Start"



We had to postpone doing TIE DYE shirts last month so we will be doing these the second week of February on the 7th . We would love to have parents and guardians join us for some class time fun so please keep an eye out for texts to let you know the details. I will be providing the T-shirts so I will need to have a confirmation if you will be attending. I will give you guys a msg the week before to give you some time to plan.




LOWER NICOLA BAND SCHOOL
JANUARY NEWSLETTER

Dear Parents,

As you know, last week was Literacy Week, which we used to celebrate the joy of reading and promote literacy development. It was such a successful week we wanted to do our best to keep the ball rolling and below are some ideas that you could continue to do at home so we can keep the train heading down the tracks in the right direction.

Read Together: Set aside dedicated time each day to read with your kids. Choose books that are age-appropriate and capture their interests. By reading together, you not only strengthen the bond between you and your child, but you also encourage their reading comprehension and vocabulary skills.

Visit the Library: Take a trip to our local library (across from Save-On Foods) and explore the vast collection of books available. Encourage your child to select books they find intriguing and exciting. By exposing them to a variety of different kinds of books, you will help to expand their horizons and broaden their creativity and imagination.

Create a Reading Corner: Dedicate a cozy spot in your home for reading. Fill it with comfortable pillows, a blanket, and a small bookshelf stocked with a selection of books. This reading corner will provide an inviting and peaceful atmosphere for your child to retreat to and dive into a good book.

Engage in Word Games: Play word games together that help develop literacy skills. Scrabble, Boggle, or word puzzles are good ideas. These games not only enhance your kid's vocabulary, but it will also strengthen their critical thinking and problem-solving skills.

Be a Reading Role Model: Children often imitate their parents' behaviors. Let your child observe you reading an e-book, a paperback book, a magazine, or a newspaper for example. By being a reading role model, you will help to inspire them to develop a lifelong love for reading.

Thank you for your continued support and dedication to helping us develop our kids foundational skills in literacy and numeracy ☐

Sincerely,

Leroy



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 Rabbitt

Garry Stefiuk

Penny Toodlican

Phone: 250.378.5527

School cell: 250-315-8546



LOWER NICOLA BAND SCHOOL

Culture and Language Program

Dear Community Members:

Henle! I can't believe it's already February! I hope everyone had a good January, we finally did get some snow!

Upcoming Events in February:

February 9th - Elders' Luncheon at the LNB School 11:30-1:00 pm.

February 23—Storytelling with Elders at LNIB School will send out more details about the time when we have it.

Please call the School if you have any questions at 378-5527.

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.

Kwukwscewmx.

Angie Sterling, Culture and Language Administrator

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



Culture and Language Administrator:

Angie Sterling

Culture and Language Teachers:

James Shuter

Annie Major

Phone: 250.378.5527

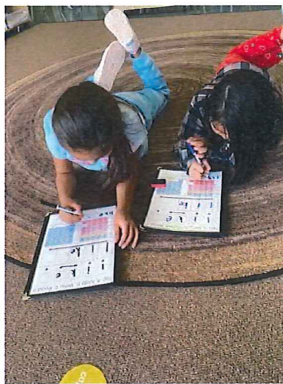


Mr. Hanna's class sang Five Little Elves at the Christmas concert, got a visit from Santa and had fun outside!



Ms. Shipclark's Grade One and Two Classroom!

We are having lots of fun learning in grade one and two as we start 2024! In culture, we continue to learn about animals and the 7 Sacred Teachings. We continue to grow our reading and writing skills by learning new sounds, mapping words, practicing reading decodable books, and growing our pathway of motion with printing. In math we continue to practice our basic facts in addition and subtraction. We are also learning about place value. Constable Tammy comes and reads us stories every Tuesday! We are staying active with Miss G teaching us basketball skills in gym and we are learning how to snowshoe as a class!



Ms.Sheena's Gr. 2-3

My class is getting back to routine after the winter break. We would like to welcome Jayden Douglas to our classroom! Our class is gearing up for skating at the Shulus Arena and skiing lessons at Harper Mountain.



Declan, Jayden, and Chayton working on the nlaka'pamux scrabble game.

“Heroes”

The grade 4 and 5 class were out in full force shoveling snow for the elders. They enjoyed themselves while learning how to truly help people without receiving anything in return. They also learned how to handle a shovel, how heavy snow can be, ways to work efficiently, and to work as a team.

People were happy to see my students and we received so many wonderful and positive comments from the community. Thank you to Radio Q101 for sharing their story about how great it was for my students to help the elder's and community. We had Jen and Shelley from CBC Radio Kamloops call and interview some of the students. Their answers were amazing! I'm so proud of my class, they are always willing to help!

Thank you to Mr. Slanzi for giving us the go ahead and thank you to Joe our bus driver.





Mrs. Haller's grade 4/5 class are joined by the grade 6 class for a presentation on snowshoes. Mike taught students about snowshoe history, survival, what they are made and how to put them on.

James told a story about how the loggers wore snowshoes while falling trees and taught the students how to say the word for "snowshoe" in Nle?kepmxcin. Annie told students about how her brother made them when he was only seven. He gave Annie a list of all the material he used which included willow branches. I hope he comes in to show us how to make them ...that would be awesome!

Thank you to Mike, James, and Annie.





Our snowshoe trip out to Lundbom was perfect! Students traversed (like a switch back) up the side of the hill and back down again. We enjoyed some hot dogs and hot chocolate and went sledding. What a fantastic day! Thank you to Mike for teaching them how to snowshoe and taking them all the way to the top and back!







In December 2019 students in Mrs. Ens' Grade ½ class at Lower Nicola Band School wrote Christmas letters to the Canadian Armed Forces. Now, 4 years later, Mrs. Ens' received a call from one of the recipients of the letters, Sergeant Ryan Buckland. Buckland asked if he could come by the school to meet and talk to the students. In 2019, Buckland, who is originally from Merritt, was a Bombardier stationed in Petawawa, Ontario. He has now moved up in rank to Sergeant and stationed in Vancouver. Coincidentally, Mrs. Ens now teaches Grade 5/6 class and some of those same students who wrote those letters are in her present class.

So there was great anticipated excitement when Sergeant Buckland, along with fellow member Sergeant Tony Hwang of the Air Force, visited the class to thank them and share their experiences with the Forces. Sergeant Buckland is trained in artillery, and parachuting, whereby Hwang is part of the Canadian Air Force and trained as an airplane mechanic. Buckland and Hwang provided opportunity for students to ask questions and learn what a career with the Armed Forces entailed.



LNIB Sports – Basketball

Since the first week of December, our students have been working hard to improve their basketball skills and techniques for this year's district basketball season. The students are very excited to participate and have been very dedicated in practices and PE classes. If you are interested in watching either our boy's or girl's teams play, the schedules are located below. GO LNIB GO!!!

Girls Basketball Schedule

- 1) Bench
- 2) Diamond Vale
- 3) LNIB
- 4) Nicola Canford
- 5) Collettville

Time	CMS Court 1	CMS Court 2
January 16		
3:10-3:25	1 vs 2	3 vs 4
3:30-3:45	5 vs 1	2 vs 3
3:50-4:05	4 vs 2	3 vs 5
January 23		
3:10-3:25	3 vs 1	4 vs 5
3:30-3:45	2 vs 5	1 vs 4
3:50-4:05	1 vs 2	3 vs 4
January 30		
3:10-3:25	5 vs 1	2 vs 3
3:30-3:45	4 vs 2	3 vs 5
3:50-4:05	3 vs 1	4 vs 5

Boys Basketball Schedule

- | | |
|-----------------|-------------------|
| 1) Central 1 | 5) Nicola Canford |
| 2) Central 2 | 6) Upper Nicola |
| 3) Diamond Vale | 7) Bench |
| 4) LNIB | 8) Collettville |

Time	CMS Court 1	CMS Court 2	Collettville
January 18			
3:10-3:25	1 vs 2	3 vs 4	6 vs 7
3:30-3:45	5 vs 1	2 vs 3	8 vs 6
3:50-4:05	4 vs 2	3 vs 5	7 vs 8
January 25			
3:10-3:25	4 vs 6	7 vs 5	1 vs 2
3:30-3:45	3 vs 7	5 vs 4	8 vs 1
3:50-4:05	6 vs 4	7 vs 3	2 vs 8
February 1			
3:10-3:25	1 vs 6	5 vs 2	3 vs 4
3:30-3:45	7 vs 1	5 vs 6	8 vs 3
3:50-4:05	2 vs 5	1 vs 7	4 vs 8

Alex

FEBRUARY 2024

Absolutely NO NUTS
and NO
Peanut Butter 



Mon	Tue	Wed	Thu	Fri
			1 Trio sub + veggie cups	2 Deviled eggs Pasta salad GROUND HOG DAY
5 Grilled cheese + green salad	6 Chicken noodle soup	7 Chili + bun	8 Butter chicken + rice	9 Hot dogs + green salad
12 Teriyaki meatballs	13 Chicken Caesar wraps	14 Pizza day WEAR RED DAY	15 Beef stroganoff	16 PRO-D DAY
19 NO SCHOOL FAMILY DAY	20 Tomato mac & cheese	21 Meatball sub	22 Breakfast wrap	23 Hamburger + gravy
26 Shake & bake chicken + alfredo pasta	27 Pancakes & fruit + sausages	28 Taco salad PINK SHIRT DAY	29 Pizza buns	



**LOWER NICOLA
INDIAN BAND**

School

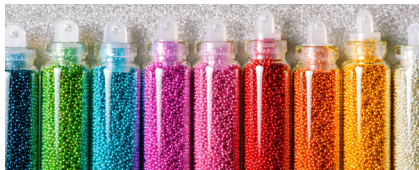
**School Calendar for the 2023/2024 School Year
Days in Session 191 – Days of Instruction 184**

August 28 – August 30, 2023	Monday – Friday	Summer Pro-d Session
September 5, 2023	Tuesday	School Opening – 10:00am-12:00pm
October 2, 2023	Monday	National Day of Truth & Reconciliation – No School
October 9, 2023	Monday	Thanksgiving – No School
October 20, 2023	Friday	Provincial Pro-d Day- No School
November 13, 2023	Monday	Remembrance Day – No School
November 17, 2023	Friday	Report Cards go home
December 22, 2023	Friday	Last day before Winter Break
Dec. 25 – Jan 5, 2024		WINTER BREAK
January 8, 2024	Monday	School re-open after Winter Break
February 16, 2024	Friday	Professional Development Day
February 19, 2024	Monday	Family Day – No School
March 8, 2023	Friday	Report Cards go home
March 15, 2024	Friday	Last Day of School before Spring Break
March 18 – March 28, 2024		SPRING BREAK
March 29, 2024	Friday	Good Friday – No School
April 1, 2024	Monday	Easter Monday – No School
April 2, 2024	Tuesday	School Re-opens after break
May 20, 2024	Monday	Victoria Day – No School
June 21, 2024	Friday	National Aboriginal Day – No School
June 27, 2024	Thursday	Last Day of School
June 28, 2024	Friday	Admin Day – No School
June 28, 2024 – Sept. 3, 2024		SUMMER HOLIDAYS
September 3, 2024	Tuesday	First Day of School -10:00am-12:00pm

201 Horn Rd, Merritt, B.C V1K 1M9
Phone: 250-378-5527 | Fax: 250-378-6389 | Email: bandschoolreception@lnib.net

ýè tə síłqit - Good Day

Culture Programs with Carole Basil



Drop in beading & Crafts:

Come work on your craft project or start a new one.

Monday Feb 5th

Monday Feb 12th

Wednesday Feb 21st

9:00 am to 11:30am and 1:30pm to 3:00pm



Concho Belts:

Thursday - February 1st

Friday - February 2nd

9:00 am - 2:00 pm



Toddler Moccasins:

Thursday Feb 8th

Friday Feb 9th,

9:00 am - 12:00 pm

This is a 2-day workshop.



Rattles:

Thursday February 15th

9:00am - 12:00 pm

Continuing: Tuesday February 20th

To register call or text Carole at (250) 315-9158



Hén̓tek^w

LNIB Culture Revitalization Department



Fresh kekn'iy
(Kokanee) Ice Fishing



Spəq^wlɪc (Ling Cod)
ready to be skinned.



Beehive winter feeding



Beehive winter
maintenance

Joe Shuter: (250) 315-7487
Carole Basil: (250) 315-9158

**UPCOMING EVENTS: (FEBRUARY)
(TRAINING IS FOR FIRE FIGHTERS)**



- **AIRBRAKES TRAINING, DRIVING TRAINING**
- **PUMP & PUMPING TRAINING.**
- **EXTERIOR OPS SKILLS TRAINING.**
- **FIRE DRILLS AT THE BAND SCHOOL.**
- **FIRST RESPONDER MEDICAL TRAINING.**
- **ICE RESCUE TRAINING.**
- **EMERGENCY MANAGEMENT TRAINING.**

**ENGINE 1 AND ENGINE 2 PASSED THEIR YEARLY CVI
INSPECTIONS AND ARE RUNNING LIKE CHAMPS.!**

**TUESDAY NIGHT PRACTICES NIGHTS WE WORKED ON
BASIC SKILL TRAINING, LADDER, SCBA, FILL STATION,
PUMP AND PUMPING, DRIVING TRAINING, KNOTS, ROPES
AND SCENE LIGHTING.**

**MORGAN AND SHAWN JOINED THE MONDAY MEN'S
GROUP WITH RICHARD JACKSON.**



 **LOWER NICOLA**
 **INDIAN BAND**

Notice to all LNIB Members and Community Members

SNOW REMOVAL

The roads have been divided into the following three snow removal priority categories:

PRIORITY 1: These are arterial and major collector roads, generally with a right-of-way width exceeding 30 feet and average daily traffic greater than 2,000 and includes approximately 9 lane kms. Included are roads serving emergency response facilities and schools

PRIORITY 2: These are generally minor collector roads, typically with a pavement or gravel width of at least 20 feet. Included in this category are roads serving lower volume traffic and can include streets with hills and sharp curves where traction problems may cause hazardous driving conditions and includes approximately 11 lane kms.

PRIORITY 3: All other roads not designated as either Priority 1 or 2 streets and includes approximately 10 lane kms of gravel. Included in this category are roads that are on hills.

Please remember, it is dangerous and difficult to plow narrow streets that are congested with parked vehicles. Plowing around parked cars limits the effectiveness of snow removal activities. Some narrow streets may not be plowed if equipment cannot safely drive down them. The most helpful thing residents can do to facilitate snow removal is to move vehicles off the street and encourage their neighbors to do the same.



Safe Winter Walking

The Public Works Team do their best to clear snow and ice as quickly as possible. You may find some areas are slippery as you make your way across the parking lot and roads. It is important to be aware of the hazards and to take steps to minimize the risk of injury. Practice safe winter walking to help you stay on your feet this winter. Be sure to Report snow covered or icy sidewalks and roadways to Public Works by calling 250-378-5157 or the on-call phone at 250-315-8184.

Prevention of Slips, Trips and Falls

- Do the penguin shuffle: point your feet outward like a penguin, take short shuffle like steps
- Concentrate on keeping your balance. Be sure to walk slowly
- Walk in designated areas – Stay in cleared sidewalks
- Avoid carrying loads that obstruct your view – consider wearing a backpack
- Allow yourself additional time to get to your destination
- Use handrails from start to finish
- Keep your eyes on where you are going
- Step- don't jump from vehicles or equipment
- Don't text and walk at the same time



Shulus Community Garden News for January /February 2024

Greeting from garden crew Lorna & Kat.

New Harvest Station: We are so proud to show you pictures of the new harvest station that was built at the Shulus Garden this year. Thanks to **Farm Credit Canada** for donating the funds that paid for the cement pad, a woodshed kit converted to a harvest shed with doors, drainpipes, electricity and indoor lights, counter tops and a sink, rain barrels, drain system. We recycle the water because it is the water, we used to rinse garden vegetables with and can be recycled to water fruit trees and such.

Worm farm is still very active, so if you want to start your own worm farm, we can give you a hand full of red wiggler worms for your farm.

Nicola Valley Beekeepers Club: Monthly meeting on February 12th, 7:00 to 8:30 pm, at Shulus Hall. Please do drop in to hear our stories and learn from all sorts of experienced beekeepers.

Honeybees are still buzzing inside the hives. They are busy protecting & keeping the queen warm. Bees stay in a large cluster to keep the nest warm and they eat their home made bee bread & nectar that is stored in the combs. Plus, we beekeepers check on the hives monthly and top up their food with sugar fondant and white sugar during the cold winter months. Careful not to disturb the bee cluster. Must wear bee suits and gloves, use clean tools and a smoker. We follow a **monthly beekeepers schedule** recommended by the **BC Honey Producers Association** and learn from other beekeepers. Bee keeping course will be starting soon, so if interested please give me a call or email for more information.

Garden planning is important to start thinking about planning your garden now. West coast seed has a great supply of seeds and garden supplies. In their seed book they have grow charts and companion planting information that we use at Shulus Garden. We will be gearing up to start seedlings in March onward. Drop by the garden or phone me for more information.

Garden Club will start again on Tuesday, February 06, at Shulus Community Garden Portable. Let's get started planning our vegetable gardens now. Please contact me for more information at (250) 378-5157 or (250) 936-8365 or Email at lorna.shuter@lnib.net

It has been a pleasure serving you and hope to hear from you soon.

Lorna Shuter

Shulus Community Garden's Harvesting Station Upgrade***Shulus Community Garden Flourishes with Harvesting Station Upgrade***

The Shulus Community Garden of the Lower Nicola Indian Band is celebrating the completion of its Harvesting Station upgrade. This transformative project, generously funded by Farm Credit Canada (FCC) with a \$22,000 investment, marks a pivotal moment for the community, resulting in enhanced agricultural practices and efficiency.

The Shulus Community Garden has long been a source of sustenance and growth. The garden provides produce for LNIB community health programs, produce for the community soup kitchen, elders' good food box program and more.

With generous support from FCC, the Harvesting Station upgrade introduces modernized equipment, streamlining the harvesting process and reducing manual labor. The Harvesting Station Upgrade included building a small shelter, upgrading drainage, servicing the shelter with water and electricity, purchasing shelves, sinks, storage bins and more. Work was performed by local contractors and garden staff with some in-kind hours provided by Public Works. The process was also helped by the tractor donated by the LNIB Development Corporation in 2023.

This project will allow staff at the garden to process the thousands of pounds of produce (beans, beets, cabbage, carrots, cauliflower, celery, cucumbers, leeks, lettuce, onions, peas, squash, zucchinis and more!), herbs (basil, chives, cilantro, mint, oregano, parsley, rosemary, sage, spearmint, summer savory tarragon, thyme) and over a hundred pounds of honey!

In 2024, the garden will be aiming to produce more for the community with the support of generous donors like FCC, the LNIB Development corporation and future funding opportunities. The garden will aim to expand on gardening workshops, volunteering programs that provide produce for hours, and more support for the programs and people it supports.

Lastly, if you feel yourself developing a green thumb, you can even create your own family veggie plot to grow your own produce. Save money, eat healthy and support local with the Shulus Community Garden!

Check out photos of the process below!

For more information contact Garden Manager Lorna Shuter by phone at (250)-936-8365 or email at lorna.shuter@lnib.net.

More information about the Shulus Community and Medicine Garden: <https://www.lnib.net/shulus-community-and-medicine-garden/>

Shulus Community Garden's Harvesting Station Upgrade

Intial Concept Design



Shed Construction from a
journeyman Carpenter

Trench construction with
heavy equipment



Drain system
dug out



Kubota Tractor
donated from the
Development
Corporation
delivering sand and
top soil to the
grounds.

Inside he shed with
electrical sockets and
sinks!



Shulus Garden crew and
volunteers who constructed
the shed, cement floor and
drainage profile



Lorna Shuter, Garden
Manager with the
finished product

Shulus Community Garden Survey

In the late fall of 2023, LNIB Economic Development and the Shulus Community Garden conducted a survey around the Shulus Community Garden. There were 95 responses, some questions had more than others. This exercise proved to be a good gauge of the sentiment around the Shulus Community Garden and LNIB Member current usage, future usage and what membership would like to see. The questions were crafted around the following themes:

- General Questions
- What would you like to see/purchase?
- Training/Volunteering
- Traditional Medicine
- Garden Plots/ Producing Your Own Food
- Garden Continuation

General Questions

Questions 1-5 were around garden visitation and receiving food from the garden.

- 88 of 94 responses indicated they are aware of the garden.
- 32 Visited, 5 volunteered, 3 worked, 1 attended training and 23 selected other.
- 50 responses indicated they had received fresh produce, while 45 did not.
- 26 respondents indicated they had purchased food, 10 used a food voucher and 23 had a voucher and purchased items
- 38 people received food or goods while 55 did not.

What would you like to see/purchase?

Questions 6-11 were around what people would like to see or if they would purchase more from the Garden.

- 86 respondents indicated that they would purchase vegetables from a garden stand.
- 90 respondents indicated they would purchase fruit from the hypothetical stand.
- 62 respondents indicated they would purchase preserved fruit, 78 said vegetables, 64 were interested in eggs and 46 were interested in pickled vegetables.
- Numerous responses indicated that they would like to see carrots, fruit, potatoes,
- 77 respondents indicated they would be interested in signing up for a seasonal food box, 16 said they are not.
- 51 respondents indicated they would like to see local season vegetables and produce, 39 indicated they would like things from the southern interior and 54 indicated a mix of local produce and meat.

Training/Volunteering

Questions 12-19 were around training.

- 83 respondents indicated that they have not taken any training at the garden while 9 have.
- Some of the training courses included gardening, beekeeping and honey extracting.
- 56 respondents indicated that they would take training while 33 would not.

- 49 respondents said they would take cooking classes while 41, said they would not.
- 64 respondents indicated they would be interested in learning about dehydration of fruits and vegetables while 28 would not.
- 69 respondents indicated they would be interested in learning how to cure meat or fish curing and drying while 22 said they are not.
- 36 respondents indicated they are interested in beekeeping while 54 were not.
- 34 responses entered text responses about learning about animal husbandry, the most common animal to raise was chickens.

Traditional Medicine

Questions 20 to 22 were around traditional medicine.

- 73 respondents indicated that they would be interested in traditional medicinal plant workshops hosted at the garden, while 18 were not.
- 63 respondents indicated that they were not aware of the mental health “green space” at the garden while 29 were aware.
- 72 respondents were not aware of the harvesting options at the garden while 20 were.

Garden Plots/ Producing Your Own Food/ Volunteering

Questions 23 to 27 were about garden plots and youth gardening.

- 37 respondents indicated that they would have their own garden plot while 53 would not.
- 75 respondents indicated that they would like a garden box at their home, while 13 would not.
- 90 respondents see the value of youth learning to produce their own food, while 1 person did not.
- 65 respondents indicated they would not be interested in volunteering with youth in the garden while 26 would be interested.
- Gardening, food preservation and summer programs were the most popular responses when respondents were asked about knowledge sharing with youth.

Garden Continuation

The last two questions were around the garden continuing to operate at LNIB:

- 90 respondents want the garden to continue, while 0 opposed.
- 90 respondents see value in the garden continuing in the future.

Conclusion

Overall, it appears that the garden is a legitimate source of food and medicine in the community. There appears to be a solid number of people who support the garden and would support more initiatives from it. There are many opportunities for people to take up gardening, harvest traditional medicine and learn more about food production and preservation.

With the new tractor and harvest station, the garden appears to be poised for more growth in 2024 and the community is encouraged to go out and learn a thing or two about growing and harvesting.

For more information contact Garden Manager Lorna Shuter by phone at (250)-936-8365 or email at lorna.shuter@lnib.net.

More information about the Shulus Community and Medicine Garden:
<https://www.lnib.net/shulus-community-and-medicine-garden/>

Lastly, congratulations to the prize winner of the Shulus Community Garden Survey, Madeline Lanaro, pictured with Garden Manager Lorna Shuter:



Survey Results

General Questions

1. Are you aware of the Shulus Community Garden on LNIB - Nicola Mameet IR No. 1?, ,

It indicated that 88 of 94 responses are aware of the Shulus Community Garden.



2. Have you visited the garden this growing season? (If yes - select all that apply),

32 visited, 5 volunteered, 3 works, 1 attended training and 23 selected others.



3. Have you received produce (fresh vegetables etc) from Shulus Community Garden before?

50 respondents indicated that they had received fresh produce from the Garden, while 45 respondents indicated they had not.



4. Have you received food or goods (honey, dried herbs, etc) from the garden before? (If yes - select all that apply)

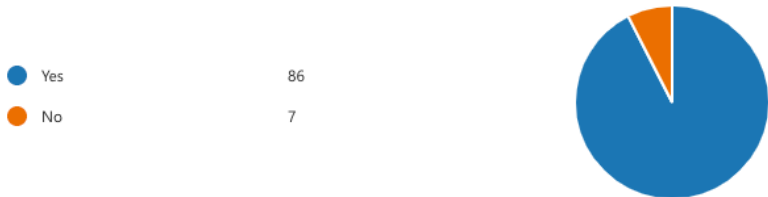


5. Have you received food or goods from the garden in 2022/2023?



What would you like to see/purchase?

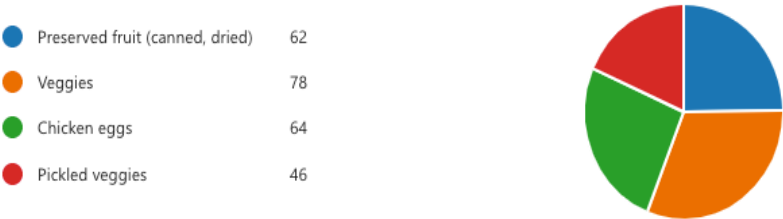
6. If a farmstand existed on Highway 8 near the Arena, would you purchase seasonal veggies?, ,



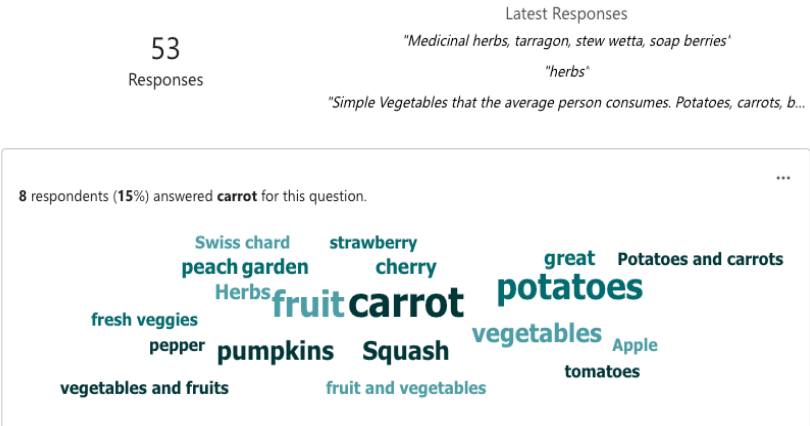
7. Would you purchase season fruits (peaches, cherries, apples, berries)?



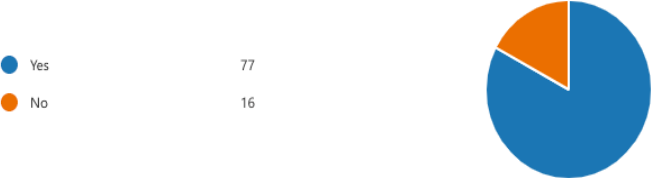
8. Would you be interested in purchasing the following? (if yes - select all that apply)?



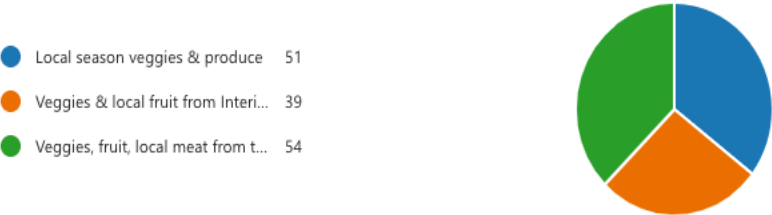
9. What would you like to see the garden grow?



10. Would you be interested in signing up for a seasonal food box (food delivery to your doorstep)?



11. What would you like to receive in a 'Food Box'?



Training/Volunteering/Learning

12. Have you taken any training or workshops at the Shulus Community Garden? ,



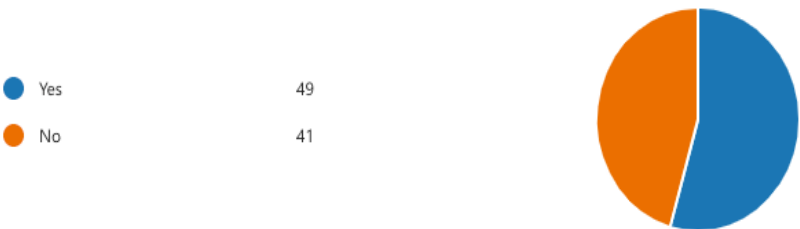
13. What year(s) did you take training/workshops/classes?



14. Would you take basic (or advanced) gardening training if offered for free?



15. Would you take cooking classes with seasonal veggies from Shulus?



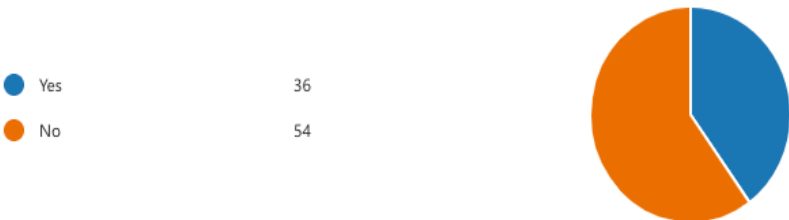
16. Would you be interested in learning to preserve or dehydrate fruit / veggies?



17. Would you be interested in learning meat or fish drying and curing?



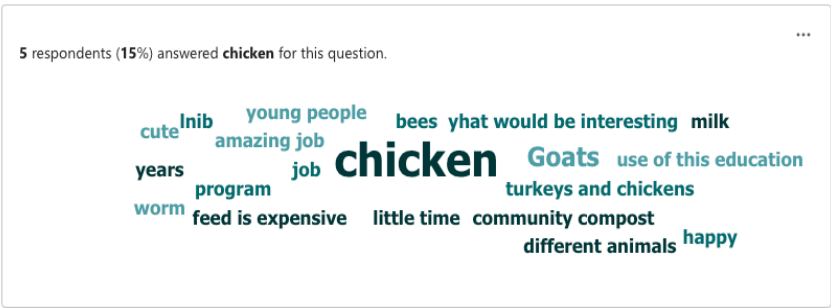
18. Would you be interested in Bee Keeping (apiculture) courses?



19. Would you be interested in learning animal husbandry in the garden? (cows, sheep, goat, chicken, turkey, llama, alpaca)? Comments/ideas:

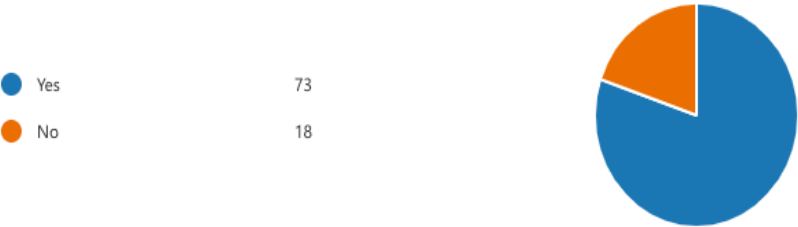
34
Responses

Latest Responses
"I tried turkeys and chickens few years back feed is expensive"



Traditional Medicine

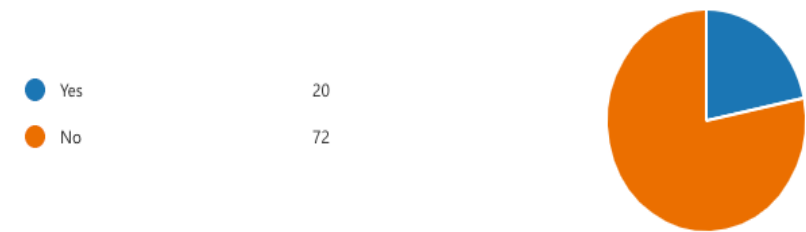
20. Would you be interested in traditional medicinal plant workshops hosted at the garden?



21. Did you know a mental health ‘green space’ with our traditional (medicine) plants existed at the Shulus Community Garden?



22. Did you know that you can harvest the traditional medicine plants at the garden?

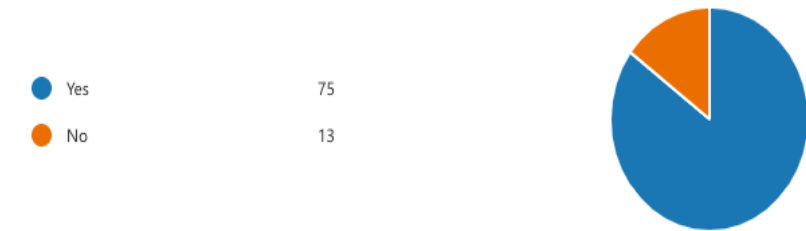


Garden Plots/Producing Your Own Food

23. If family garden plots were offered at the garden, would you use them?



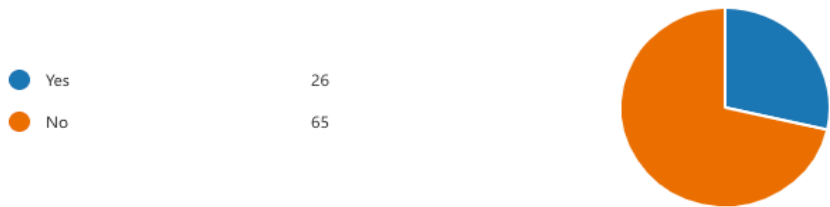
24. If Garden boxes were offered at houses would you like one at your home?



25. Do you see value in our youth learning to produce their own food locally?



26. Would you be interested in volunteering with youth in the garden?

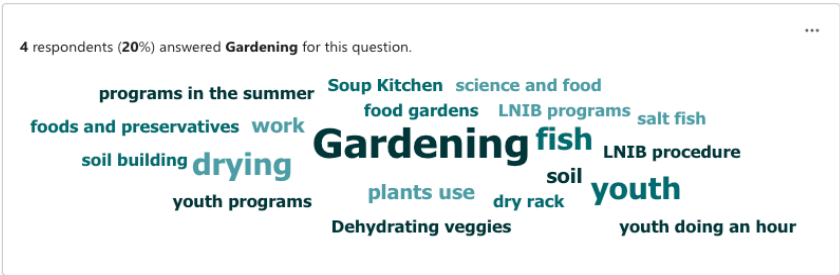


27. If Yes; What skills, knowledge or experience would you like to share to LNIB youth? (gardening, preserving, fish drying, traditional plant use and knowledge, raising animals)? Please explain:

20 Responses

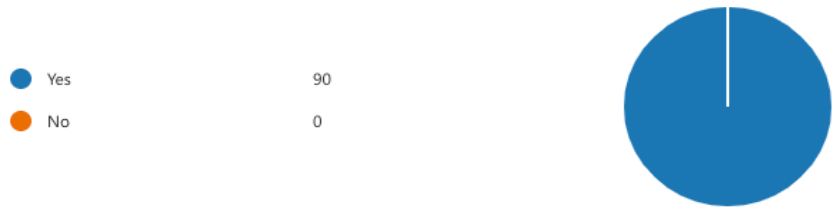
Latest Responses

"I have stwen dry rack at house salt fish and canning"

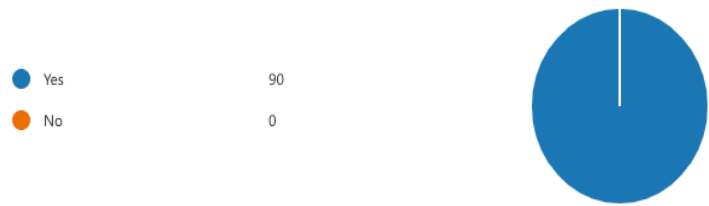


Garden Continuation

29. Do you want the Shulus garden to continue to exist?



29. Do you see value in the Shulus Community Garden continuing in the future?





Recreation Calendar February 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	3 Snowboarding 6:00am-5:00pm
4 Snowboarding 6:00am-5:00pm	5 Swimming 2:30pm-4:45pm	6 Bowling 2:30pm-4:45pm	7 Skating 2:30pm-4:45pm	8	9	10 Snowboarding 6:00am-5:00pm
11 Snowboarding 6:00am-5:00pm	12 Swimming 2:30pm-4:45pm	13 Youth Center 2:30pm-4:45pm	14 Skating 2:30pm-4:45pm	15	16	17 Snowboarding 6:00am-5:00pm
18 Snowboarding 6:00am-5:00pm	19 Stat	20 Bowling 2:30pm-4:45pm	21 Skating 2:30pm-4:45pm	22	23	24 Snowboarding 6:00 am - 5:00pm
25 Snowboarding 6:00am-5:00pm	26 Swimming 2:30pm-4:45pm	27 Youth Center 2:30pm-4:45pm	28 Skating 2:30pm-4:45pm	29		

For more information contact Jacint at (250) 280-4487 or email jacint.majlath@lnib.net
Forms can be picked up at the following LNIB Offices, Health Centre, Main Office, School & Nicola Canford



LNIB Walking Club

LNIB Community & Membership

- Keep track all your steps for the month
- All forms to be handed in by the 10th of every month
- One time payment of \$350 for those who participate for 6 months straight
- Monthly incentives

*Forms can be picked up at the
LNIB Health Centre*

*Program runs from September to September.
You will be put in a draw for a chance to win \$100*

*Any questions contact Christie Hill or
Marilynne Munro at (250) 378-5157*



Reiki Healing Sessions

with Leah Mobbs



Sessions Available:

- *February 2, 2024*
- *February 16, 2024*

9:00 am - 3:00 pm

Lunch Break at 12:00 - 1:00 pm

Please come heal with us

**Call the LNIB Health Centre
Receptionist to book your
appointment at (250) 378-5157**



**ARE YOU EXPECTING A BABY
OR RECENTLY HAD A BABY?**

**Pre & Post Natal
Allowance Available**

**For more information contact:
Asia Elliott, LPN CHN
at the LNIB Health Centre
(250) 378-5157**





Grief & Loss

Get- together & Coffee time

Every last Thursday of the month

9:30 - 10:30 am
Meet at Choles Diner at
2701 Nicola Avenue, Merritt, BC

*If you have any questions or need transportation.
Contact Irene Howe (250) 378-7340*

INDIGENOUS WINTER WISDOM FOR LIFE!

Winter is an amazing season, so different from the others. In that way, it offers us it's own flavor of wisdom for life. Winter survival skills of indigenous peoples were developed over millennia of trial and error and so now, contain great wisdom. Much of the indigenous knowledge of how to get through winter falls into the following categories:

Store and transfer heat from fires

One of the tricks Native Americans used was to store heat from a campfire or cooking pit, both by heating rocks with it and by keeping coals alive for re-use.

Sharon Day, executive director of the Indigenous Peoples Task Force shared, "A pit would be built in the middle of the floor with rocks buried underneath the floor. When the rocks were heated, it would radiate the warmth." For life, our home, our family is the source of warmth for our hearts and we must tend it carefully to keep that warmth alive for us all.

Live campfire coals were also transported to a new campsite inside a fire horn or firepot — a covered or sealed vessel filled with fine ash and moss that could keep the coal going. This points us to how we need to value and carry love forward into each new place we go. A healthy heart is a good vessel for love.

Make use of winter's advantages

One of the themes that came up repeatedly was the degree to which indigenous people would treat winter weather not as an obstacle but an opportunity.

It can be a lot easier to travel and transport heavy loads on a sled over well-packed snow than it is to do the same across rough terrain with no roads. Frozen rivers were basically highways — totally flat, and free of obstacles. In life, we can use the same mindset for challenges and changes — opportunity instead of obstacle. Learn to evaluate and see where and how we can navigate to where we want to be.

And of course, there's food under those frozen highways — ice fishing was a major source of wintertime calories. In life we find support, sustenance to keep us going in all kinds of places, even those that look like they contain no life, might offer us a happy surprise when we look beneath the surface!

Dress in layers

All indigenous people in northern climes — from Canada's First Nations to the Finnish Sámi to Siberians — dress in layers to keep the cold at bay. These are often layers of skins and furs, where the furs are especially critical because they impart the same protection to humans that they do to the regional animals they're taken from. The hides and skins work well since leather is good as an outer layer for trapping body heat as well as giving some abrasion resistance, and underneath, an insulating down layer.

Life requires the same needs. We must have a mindset and abilities in place to tune in and understand each relationship so that we both preserve and nurture ourselves but also interact daily without rigid, heavy armour.

Take an ice bath

This may seem counterintuitive, but taking a quick dip in an icy bath can help you keep your core temperature up. The cold bath works by shocking your system so that you have less blood flow in the limbs and retain more core body heat. Sometimes we need to take the plunge in life to invigorate ourselves. Of course we must consider the plunge but initial discomfort should not always overrule the long-term benefits when we go to make the decision.

The other big advantage of deliberately exposing yourself to extremes of cold is that it builds up your tolerance for it. This increased cold tolerance will boost your ability to function outdoors, especially under stress. Here is the big positive for life because the principle is the same. When we encounter seasons with higher workload or stress, we can recognize that the potential to gain strength and resilience for ourselves can also buffer the journey in positive ways.

Plan ahead

A big part of indigenous winter preparations involves forecasting just how harsh the winter is likely to be. There are whole books written about different native traditions of watching certain types of animal, plant, and weather behavior as an indication that the coming winter will be more or less severe.

All of this forecasting is in the service of making plans for where to be, and on what timetable, and with what supplies. Ultimately, indigenous people didn't just prep for "winter" generically, but for the specific winter they thought was coming based on the signals they got from their environment. And here we see the wisdom of learning to forecast in our lives about specific situations and conditions in work, home, relationships. We are worth it so tuning into ourselves is simply treating ourselves and others as respectfully as we can.

Let the wisdom of winter sink deep into your bones but preferably do it around that cozy warm fire at home.

Tony Broman, LNIB Counselor

Adapted from:

5 Indigenous Techniques for getting through Winter the Old-Fashioned Way

The LNIB Counseling Team offers private, respectful support for personal and relationship struggles that become more than people want to face on their own. Our efforts to support involve empowering people to consider their struggle and their options carefully to create a workable plan and resolve things. We work from Monday to Friday, 8:30 – 4:30.

You can contact Tony by email: tony.broman@lnib.net or call (250) 378-5157.

L.N.I.B MEMBERSHIP



REPATRIATION COMMITTEE

**Tuesday, February 20, 2024
5:00 pm at Shulus Hall
Topic: Touch base & reconnect**

Topics Include:

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

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

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



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.

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
TBD
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 December 2nd 2027

Department: Lands

Hours: Evening hours required

Summary of responsibilities

We are looking for three 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 offense 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.

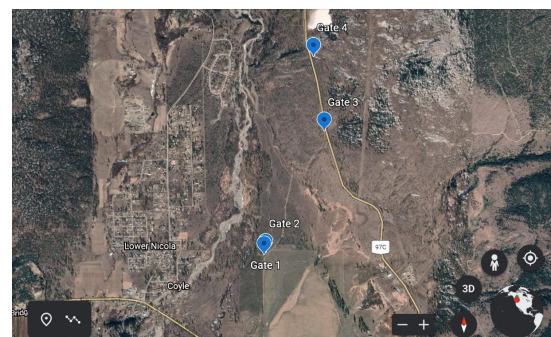
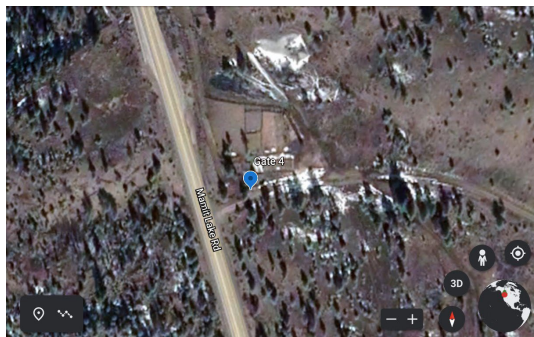
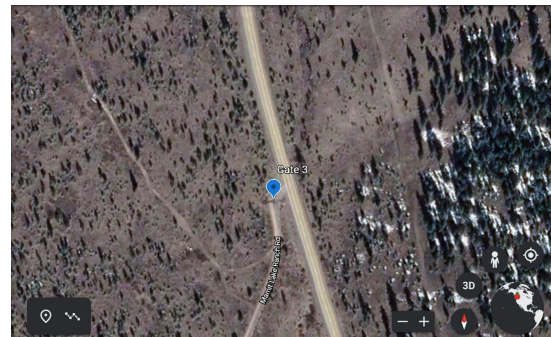
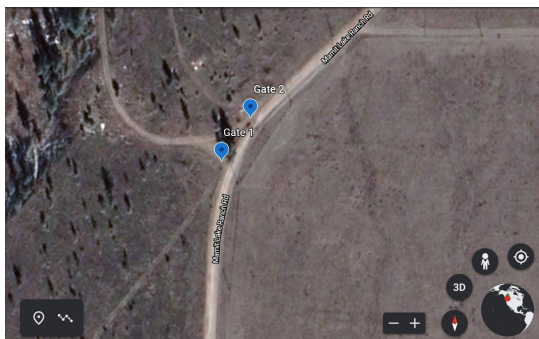
CAMERAS

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.

ALL GATES ARE NOW CLOSED AND LOCKED AS OF OCTOBER 26, 2023

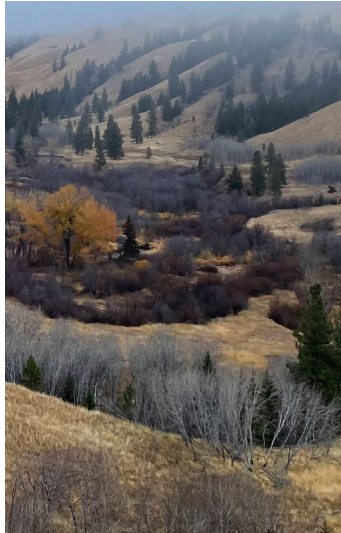
Call **250-280-7270** for access outside of regular office hours or contact LNIB Security at (250) 215-5048



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

NOTICE ABOUT RECREATIONAL VEHICLES

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



LANDS PORTAL

lniblands.net

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



LNIB Members,

The **LNIB Security** contact phone number has changed, please use the phone number listed here in blue: **(250) 215-5048**

LNIB Securguard Security



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.

DRAFT TRESPASS LAW OVERVIEW

PURPOSE

The purpose of this Law is to provide for the protection, management, use and possession of LNIB Land by:

- a. regulating the residence and access of individuals invited on LNIB Land; and
- b. prohibiting trespassers on LNIB Land.

ROLES AND DUTIES

Council	Enforcement Officer	Administrator
<ul style="list-style-type: none">• Ratify this law• Appoint Enforcement Officers and the Administrator of this law• Issue and rescind Prohibition Orders to prohibit access to LNIB Lands• Set fines and other penalties for offences	<ul style="list-style-type: none">• Make inspections, investigations; inquiries, collect samples, evidence• Enter land, unoccupied buildings, dwellings under certain conditions• Take lawful measures to remove individuals	<ul style="list-style-type: none">• Administration of matters set out under this Law• Powers include all things necessary to fulfill the duties and responsibilities• Provide copies of Prohibition Orders to affected parties• Publish Prohibition Orders• Manage disputes related to Prohibition Orders

KEY TERMS IN THE LAW

"Interest" means an interest in LNIB Land, and includes an Allotment (or CP), Leasehold, and Easement, but for greater certainty does not include title to the land.

"Licence" means a licence, permit or other permission granted under this Land Code, or a licence or permit issued pursuant to the *Indian Act* prior to the effective date of this Land Code, to use, develop, or extract specified Natural Resources from, or otherwise have non-exclusive use of, LNIB Land but which does not grant an Interest in, or possession to, LNIB Land.

"Invited Guest" means a person authorized to:

- a. reside on LNIB Land because they have been invited to do so by an Inviter in accordance with paragraph 24.1(d) [Right of Tenancy] of the Land Code; or
- b. access LNIB Land because they have been invited to do so by an Inviter in accordance with paragraph 24.2(c) [Right of Access] of the Land Code.

"Inviter" means:

- a. the following persons who are authorized to invite another person to reside on LNIB Lands:

- i. a Member who has been allocated a residential lot by Council under paragraph 24.1(a) [Right of Tenancy] of the Land Code; and
 - ii. a Member with an Interest in LNIB Land, in accordance with paragraph 24.1(c) [Right of Tenancy] of the Land Code; and
- b. a holder of an Interest or a Licence in LNIB Lands who is authorized to invite another person to access LNIB Lands, in accordance with paragraph 24.2(a), (b) and (c) [Right of Access] of the Land Code;

PROHIBITION ORDER

If Council has reasonable grounds to believe that an Invited Guest poses a threat or may cause harm to the LNIB community or LNIB Land then Council may, by Band Council Resolution, revoke that right by issuing a Prohibition Order that prohibits the Invited Guest from residing on LNIB Lands, from accessing LNIB Lands, or both. The Order must be delivered to the individuals affected within 5 days and will be posted in public places. Individuals affected by the order can dispute it in writing.

TRESPASS PROHIBITED

A Person who does any of the following, without lawful authority or permission, commits an offence:

- a. enters onto or occupies a Premises if entry onto or occupation of the Premises is prohibited;
- b. enters onto, occupies or does not immediately leave a Premises after a Notice of Trespass, setting out that the Person's entry onto or occupation of the Premises is prohibited; or
- c. engages in or does not immediately stop an activity on or in a Premises, after being given a Notice of Trespass setting out that the activity they are or were engaging in is prohibited on or in the Premises.

NOTICE OF TRESPASS

Notice of Trespass may be given in one or more of the following ways:

- a. orally or in writing;
- b. by means of a sign or signs which are posted so that the signs:
 - i. are clearly visible;
 - ii. contain writing that is clearly legible, if any writing is used, to indicate a prohibition; and
 - iii. contain graphic representations that are clearly visible, if any graphic representation is used, to indicate a prohibition; or
- c. by Band Council Resolution posted in a public area and available at the LNIB administrative offices.

RATIFICATION

The Lands Department is planning to schedule community engagement meetings regarding the draft Trespass Law in January 2024 and the Chief and Council may consider ratifying the Law in February 2024. Look for more meeting details in the January newsletter. Contact Stephen Jimmie at 250-378-5157 or stephen.jimmie@lnib.net if you have any questions about the draft Trespass Law.



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. To celebrate this achievement, a signing ceremony was held at Shulus Hall on October 25, 2023. For more information about the Law, please contact Stephen Jimmie at stephen.jimmie@lnib.net or call 250-378-5157.

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.

Monthly Invasive Weed Spotlight

Orange Hawkweed



Description:

Orange hawkweed is a perennial that grows bright flowers sprouting from rhizomes and short stolon's. It is one of 14 different species of hawkweed present in BC. This invasive is easily recognizable by these vibrant orange/red/yellow flower clusters growing from a single hairy stem that has minimal leaves. Flowers grow in clusters of 5-30 at the top of the stem, which may exude a milky latex when cut or picked. Hawkweed spreads via seed dispersal, root fragments and horizontal stolon's. The seeds are dark brown, ridged and cylindrical in shape, they can remain viable / dormant in the soil for up to 7 years before sprouting. This invasive weed is widespread throughout the province but is of particular concern in the Kootenay, Okanagan, Thompson, Cariboo, Omineca and Peace River regions.

Orange hawkweed will outcompete native species for water, nutrients, and light. This species can spread and grow in matt-like growth patterns, choking out native biodiversity by preventing other native plants from growing in the same area. Hawkweed grows well in disturbed locations, preferring coarse, well drained soils with minimal leaf litter. Most often identified along roadsides, pastures, rangeland, hayfields and specifically lawns.

Origin:

This invasive originated in Europe.

Control Options:

Prevention

- Reseed all areas where ground disturbance has occurred and minimize ground disturbance near invasive weeds.
- Remove seeds from gear, equipment, or vehicles before leaving a site. Clear Livestock of seed or plant fragments before changing pastures.

- Do not compost this plant, as root and stem fragments can continue to grow and resprout after being removed.
- Avoid tilling or digging near this weed as fragmented pieces can sprout into a new plant.

Mechanical Control

- Hand-pull small infestations, ensure the entire root system is removed and bag the removed plants to prevent root systems detaching and spreading.
- Goats are able to eat this invasive and repeated grazing can help hinder seed production and deplete root reserves.
- Mowing can help limit flower/seed production but should be avoided near disturbed ground or the weed may spread to those areas.

Chemical Control

- “The following active ingredients can control orange hawkweed: aminopyralid, metsulfuron, 2,4-D, clopyralid, dicamba, and picloram.
- For available products, contact your local Agri-supply store. Prior to any herbicide application, read and follow the label instructions.” – [TNRD Orange Hawkweed](#)
- Chemically treated plants can be left onsite to compost.

Disclaimer - ALL herbicide applications must 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:

Orange Hawkweed (2023) TNRD. Retrieved from URL:
https://www.tnrd.ca/invasive_plant/orange-hawkweed/

Orange Hawkweed, Hieracium aurantiacum or Pilosella aurantiaca. (2017) ISCBC Factsheet.
Retrieved from URL: https://bcinvasives.ca/wp-content/uploads/2021/01/Orange_Hawkweed_TIPS_2017_WEB.pdf

[Photos](#) by Unknown Author is licensed under [CC BY](#)



Jordana McIvor | Housing Administrator

250 378 5157 | jordana.mcgc@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.mcgc@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.

Vacant
Housing Administrative Assistant

Vacant (Red Seal)
Housing Maintenance

Mel Blankinship
Housing Maintenance

Brendan Colter
Housing Maintenance Assistant

Jon Moore
Housing Maintenance Assistant



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

ATTENTION HOUSING TENANTS

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

Thank you for your cooperation and understanding.



HOUSING ANNOUNCEMENT

SEPTIC SYSTEM MAINTENANCE

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

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

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

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

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

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

HOUSING DEPARTMENT: VACANT UNIT UPDATES

We currently have one vacant unit. While we are just wrapping up some much-needed repairs, updates, and renovations, decisions are being made about the next steps for this unit for when this work is complete. We appreciate your patience and understanding as we get this unit ready for the next family that will call it home.



VEHICLE REMOVAL

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

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

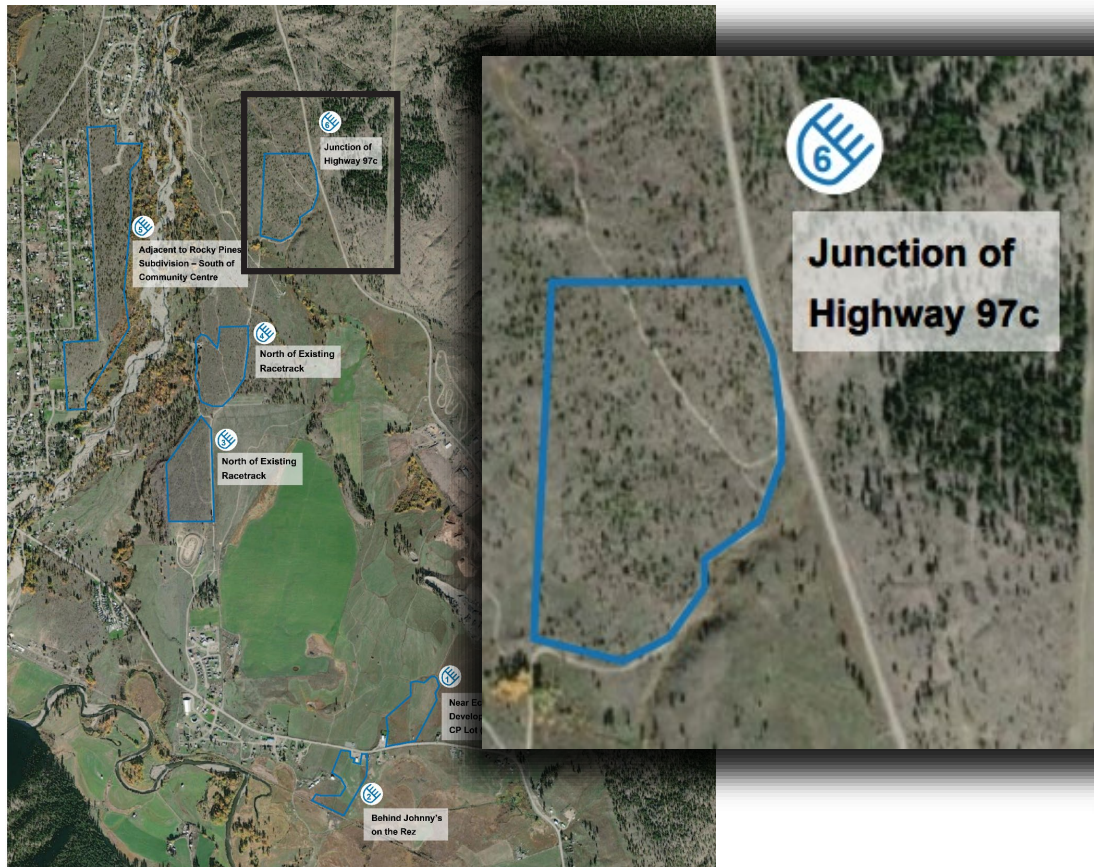
If you have single vehicles, you would like to be picked up you can call **Mario's Towing 250-378-9241**.

REMINDER TO ALL TENANTS

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

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

SUBDIVISION FEASIBILITY STUDY



Site Recommended for Further Exploration

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

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

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

REMINDER

With temperatures starting to drop and colder days, and nights, ahead we would like to take this opportunity to remind you that it is time to detach your garden hose from your outside tap.

If you haven't already done so, please, think about doing it in the next few weeks. As overnight temperatures have started to dip close to freezing.



If you leave the hose on and it freezes it can cause the internal workings of the faucet to crack. This is what causes those leaking outside faucets come spring time.

Also if there is an independent shut off for your outside faucets we strongly recommend turning them off over the winter. This will further ensure no damage to the outside faucet and reduce any risk of it leaking inside your home.

K^wuk^wscemx^w



Lower Nicola Indian Band Housing Department

Free Energy-Saving Upgrades



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

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

Products installed may include:

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

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

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

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

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

We're working together to help B.C. save energy.

BC Hydro
Power smart

FORTIS BC
Energy at work

B15-285

Attention LNIB Membership



We are still accepting applications for the new 14-plex

- 1 - bedroom units and 4 completely wheelchair accessible
- 800 square foot apartments
- All rent geared to income units and rent will be calculated based on 30% of tenant's income, up to maximum amount
- No pets allowed in the building



Housing applications are available at the front desk of the Band Administration Office or the LNIB's website on the Housing Page.

Any questions contact the Housing Department at (250) 378-5157



Supporting Local Entrepreneurship

Lower Nicola Site Services LP (LNSS) is proud to support programs and initiatives to further develop entrepreneurship within the local community. We are honoured to participate in programs like the inaugural LNIB Bear's Den Business Pitch competition that took place in December 2023. We look forward to continuing our participation to support new business and program ideas developed by LNIB community members.

Equine Therapeutic Development Program

We are very proud to support Phil Dumont and his team at the Equine Therapeutic Development Program with a \$2,000 donation to contribute to the care of the horses and overall operations costs as they work to build on their success in developing an equine therapy program supporting youth wellness in the Nicola Valley.

We believe in the positive impact and progress the Equine Therapeutic Development Program is making in the community and we are proud to contribute to the program's success and further development. We feel programs like these have the potential to create a lasting legacy for the participants and the community.



We look forward to following the Equine Therapeutic Development Program progress and continuing our support of progressive programs in LNIB community.



LNSS.CA

2975 HWY 97C MERRITT BC V1K 1M8



Pesticide Applicators Course

Industrial Vegetation & Noxious Weed - General



Dates: March 5th to 7th, 2024

Where: Merritt Best Western Plus

Cost: \$600/person + GST & \$90 for each exam

Please email Don Gossoo (don.gossoo@lnibdc.com) to register or call 250-315-9277

Giving Back with "In-Kind" Work

On October 31st, Shulus Forest Enterprises and LNSS were approached by LNIB's Lands Dept and Infrastructure Dept in hopes some "in kind" work could be performed on Reserve land to repair and improve some flood damaged roads and improve drainage with additional culverts and rip rap installs. The work was completed on November 7th and 8th and results looked great! **Total aggregate materials donated by LNSS was valued at \$5989.72 and excavator, gravel truck and man-hours donated by SFE was valued at \$7321.62.** Below: culverts armoured with rip rap, improved water flow, and elevated road surface capped with crush.



www.lnibdc.com

PO Box 1849, Merritt BC V1K 1B8

Fundraising for the up keep of the Nicola Valley Native Veterans Monument

**These beaded poppys were beaded and
donated by Inmates at Matsquie
Prison, they are \$30 each and there is
13 available**



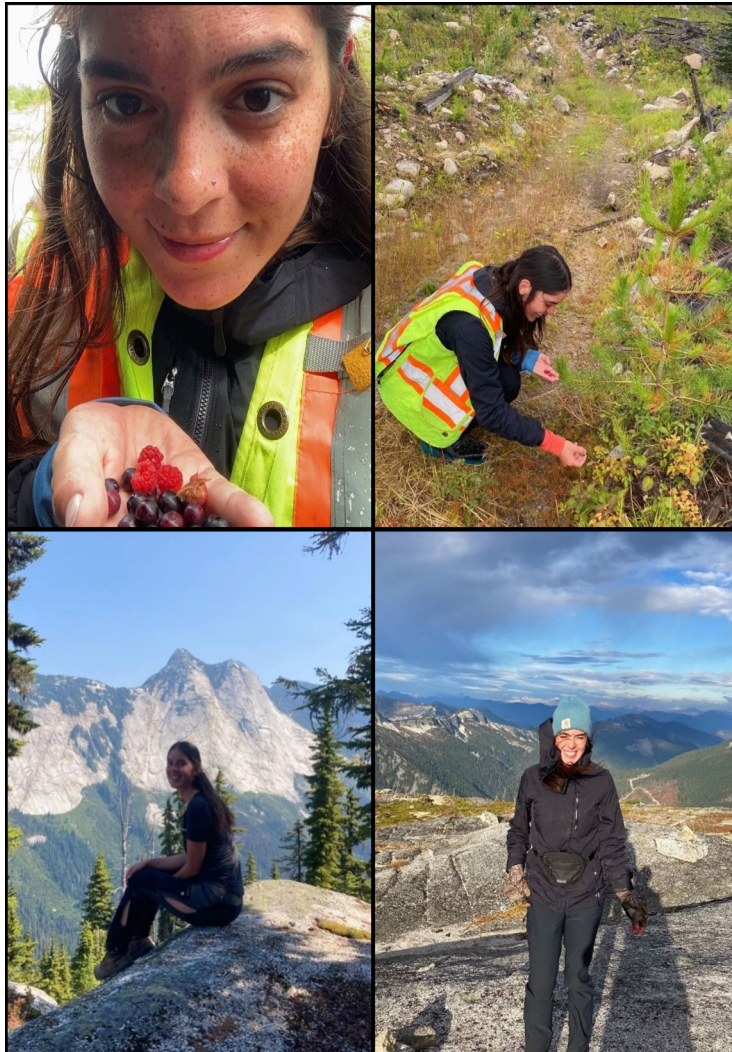
**Contact
Richard
Jackson Jr.
250-280-2424**





Recently the gym Adelphi Grappling opened up in October of 2023. The coach is 15 year old community member Kasey Wycotte(son of Matt Wycotte and Kim Harry). Kasey has competed around the world in Jiu Jitsu and has won several championships. Since opening the gym in October last year, he's had 10 year old Alexis Dawson(daughter of Band member Ashleigh Huston and Scott Dawson) attending classes 5 days a week to train with him. The weekend of Jan. 13th, Alexis joined Kasey and two other kids on a journey to Calgary for Alexis' first ever tournament where she won Gold. This gold medal is also the first gold medal that has been won by a student training out of Adelphi Grappling.

Alexis has a second tournament coming up on February 10th in Kelowna. Alexis was super excited to win gold and plans on continuing to travel and compete around the world.

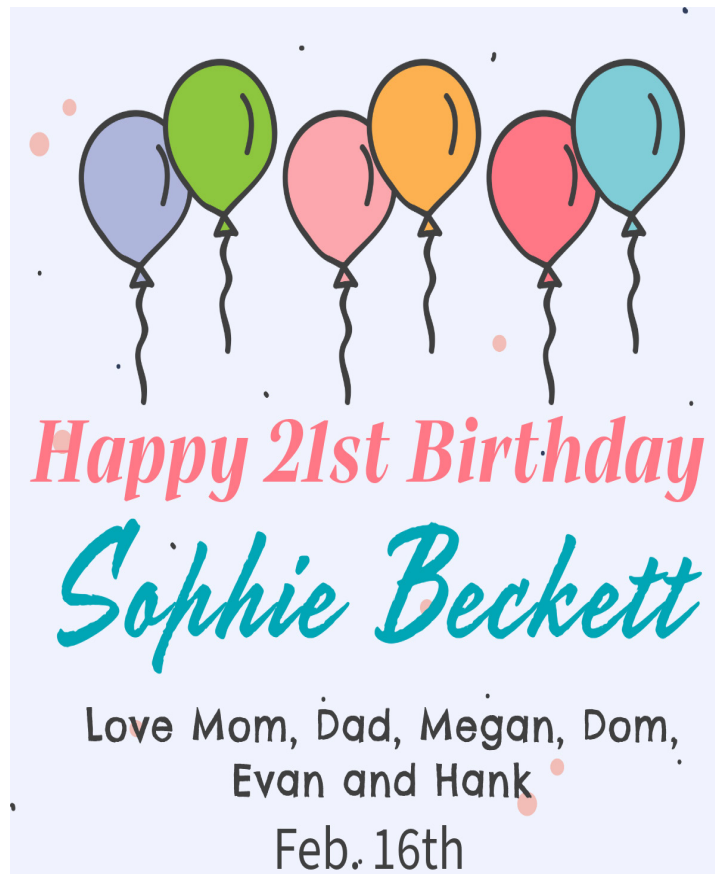


Congratulations
Mackenzie Miller
on making the
Dean's List at TRU
in the Natural
Resources of
Science Program.

We are all so
proud of you. Keep
shining bright in
life and don't you
dare ever give up.
We love you!!

Love: Grandma Cathy,
Grandpa Frank,
Auntie Marcy & Mindy,
cousins Chase &
Hunter, and the whole
family.







Valentines Craft Fair

Saturday, February 10, 2024
LNIB Shulus Hall
85, Hwy 8

9:00 am - 4:00 pm
Vendors set up at 8:00 am

\$20 a table for Vendors

RSVP: mtoodlican61@gmail.com
Send your name and contact information

*Fundraising for the Salish Language Conference
Group for LNIB Community/Elders*

**HAPPY 1ST
BIRTHDAY EMORY
WHITECAP-MUIR**

Love Auntie Terri, Uncle Jim,
Sophie, Luke, Megan,
Domanic, Evan and Hank!

THE COMPANY THAT CARES

MERRITT JJ'S TOWING & RECOVERY



CALL US 866-670-6887

locally owned and operated by a LNIB Member

Are you the owner of this car or know the owner?
Black Kia Forte as been abandoned on Neale Road
across from the LNIB Fire Hall.

If we don't hear from you it will be towed away.
You have 2 weeks from the posted date.
January 30, 2024



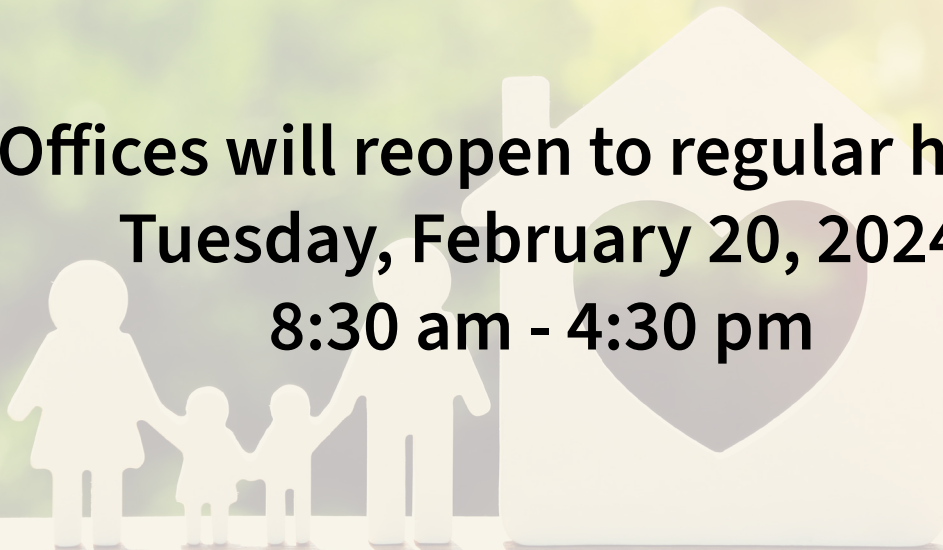
If you have any information please contact
Wenona Bearshirt at (250) 378-5157



All LNIB Offices will be CLOSED

**Monday, February 19, 2024
for BC Family Day**

**Offices will reopen to regular hours
Tuesday, February 20, 2024
8:30 am - 4:30 pm**



**If you have an emergency, please call
Administration: (250) 315-9153
Health & Social: (250) 378-1573
Public Works (On Call): (250) 315-8184
Housing: (236) 575-2072**

**LOWER NICOLA
INDIAN BAND**

Level of Interest Inquiry

Economic Development is looking for two LNIB Members that are interested in becoming **Driving Instructors**. Once their training is completed, the focus will be on delivering driving lessons to Community Members, beyond that we will be offering our services to other nearby Nations as well. We are hoping to have two well trained Members with a good deal of patience that like working with youth and adults to enable them to attain their Driver's License.

If you feel you have what it takes to be a good Instructor, please email a short description of why to steve.wilks@lnib.net. Only those contacted for interviews will be considered.



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





**LOWER NICOLA
INDIAN BAND**

Employment & Training Seminar

Wednesday February 21st in the Band Hall 6:00pm-8:00pm

Apprenticeships.

- History
- Evolvement
- Value
- ITA
- Technical Training
- Practical on the job Training

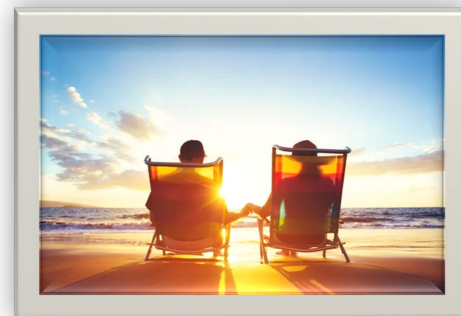
HVC Hiring and working requirements.

- Age
- Grade 12
- Class N DL
- Industrial Experience
- Resume submission
- Entry Level Positions
- Shift work
 - Haul Truck
 - Building Services Worker
 - Mill Services Utility Person
 - Utility Person

Career Planning.

- Skills Upgrading
- Lifelong Learner
- Resumes (What you must include)
- Investments
- Retirement

Steve Wilks
250-378-5157
Steve.wilks@lnib.net





**LOWER NICOLA
INDIAN BAND**

Level of Interest Inquiry

Economic Development is looking into the viability of becoming a **Red Cross Training Partner** and recruiting two LNIB members to become **First Aid Instructors**. The instructors would be responsible for the delivery of Red Cross Emergency First Aid & CPR and Red Cross Standard First Aid & CPR to LNIB Membership and staff as well as servicing other First Nations Communities in the area.

If you feel you would make a good Instructor, please email us a short paragraph describing why. If enough interest is generated from this notice, we will be interviewing those that we feel are most eligible.



For more Information
Contact Steve Wilks
250-378-5157 or 250-315-5278
Steve.wilks@lnib.net

2024 Soccer Registration Now open!

Go to the registration page of our
website www.merrittyouthsoccer.com

Soccer is our favourite season



FMI

[https://www.facebook.com/
MerrittYouthSoccer](https://www.facebook.com/MerrittYouthSoccer)



**Season Starts Week of
April 8, 2024**

Contact us for more info:
info@merrittyouthsoccer.com

**Age Divisions: U5,
U7, U9, U11 & U13**