

# Hello April



**LOWER NICOLA  
INDIAN BAND**

**April 2025  
N?e?iyk Spíləxm**

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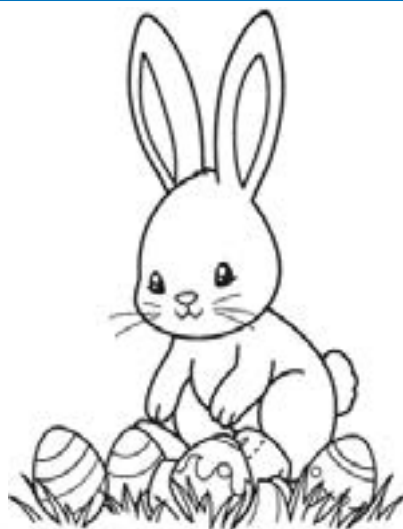
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EASTER PARTY

A festive flyer for an Easter Party. The background is a light pink surface decorated with various Easter-themed items: several speckled and solid-colored eggs in yellow, pink, and white; a small wicker basket filled with colorful eggs (red, blue, yellow, orange, purple); a wrapped gift box with a pink polka-dot pattern and a pink ribbon; and a yellow paper bunny. The text is centered and uses a mix of bold, black, and purple fonts. At the top left, there is a logo for the Lower Nicola Indian Band featuring a blue bear silhouette and the band's name in blue capital letters. The main title 'EASTER PARTY' is in large, bold, purple letters. Below it, the date and time are listed in bold black text. The location and activities are also in bold black text. The age groups for the egg hunt are listed in bold black text. The instruction to bring a basket is in large, bold, purple letters. At the bottom, contact information is provided in bold black text.

 **LOWER NICOLA  
INDIAN BAND**

**EASTER PARTY**

**SUNDAY APRIL 13**  
**12:00 - 3:00 PM**  
**SHULUS BAND HALL**  
**EASTER ACTIVITIES**  
**HOT DOGS AT 12:00**  
**1:00PM - AGE 0-5**  
**1:20PM AGE 6-9**  
**1:45PM AGE 10 AND UP**

**BRING A BASKET FOR THE  
KIDS EASTER EGG HUNT!**

**FOR MORE INFORMATION:  
CALL CHRISTIE OR MARILYNNE 250-378-5157**



DROP-IN BEADING



**LOWER NICOLA  
INDIAN BAND**

# Drop-in Beading

**DROP IN BEADING WITH  
CAROLE AND MARCELO**

**MARCH 31, APRIL 7<sup>TH</sup> AND 14<sup>TH</sup>**

**START FROM 2:00PM- 6:30PM  
LNIB CULTURE CENTER**

BEARS LAIR

# Lower Nicola Indian Band & Citxw Niaka' Pamux Assembly Dream Camp

*SPONSORED BY:*

# Teck

[WWW.TECK.COM](http://WWW.TECK.COM)  
[WWW.BEARSLAIRDREAMCAMPS.COM](http://WWW.BEARSLAIRDREAMCAMPS.COM)







LOWER NICOLA  
INDIAN BAND



Citxw Niaka'pamux Assembly

Lower Nicola Indian  
Band & Citxw Niaka'  
Pamux Assembly

*SAVE THE DATE*



YOUTH  
AGES 11-18

May 23 to  
May 26, 2025

SCAN CODE TO REGISTER →



**EXECUTIVE DIRECTOR**

Dear LNIB Members,

I am pleased to present our monthly report for March 2025. LNIB continued to be busy with several initiatives.

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

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.

The Lower Nicola Indian Band welcomes the new members to the team Katolina Peterson, Land Guardian and Evan Gauthier, Paid On Call Jr Firefighter.

Employee who left Lower Nicola Indian Band is Tiffany Pop LNIB wishes her well in new endeavors.

Current job postings with Lower Nicola Indian Band are Cultural Heritage and Environmental Field Workers, Policy Analyst, Geographic Information Systems Analyst, Fisheries Technician, Men's Mental Health and Addictions Counsellor, Accounting Clerk (Accounts Payable). For job postings visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Committees and Liaisons: The Lands Management Advisory Committee did not meet in March 2025. The Finance and Audit Committee is currently seeking members so if you're interested submit your resume and cover letter to [HR@lnib.net](mailto:HR@lnib.net). The Housing Policy Review Committee met on March 4 and 18th. The Human Resource Policy Review Committee met March 11, 2025.

Community Meetings and Workshops: The next Band General meeting is scheduled for April 28, 2025.

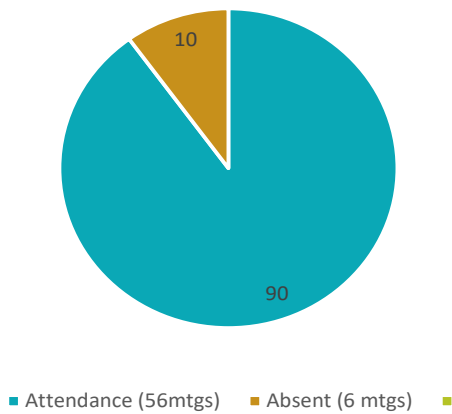
Support to Chief and Council: Chief and Council met March 4th and 18th. Should you require anything on the Chief and Council agenda scheduled for April please contact Nicola Cox and I. Finally, remember that the Chief and Council meetings are open to membership to join via online or telephone. Please contact Sondra Tom so you can be added to the email invitation for the scheduled Chief and Council meetings and Band General.

Kari Reilander,  
LNIB Executive Director

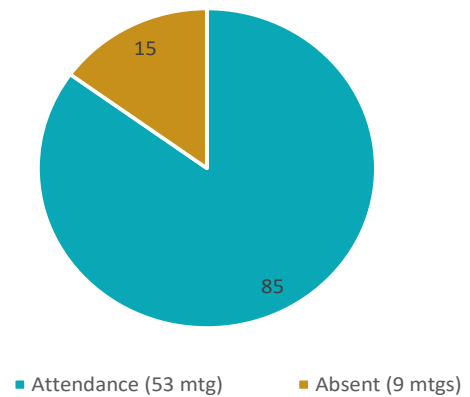
## CHIEF AND COUNCIL ATTENDANCE

Chief and Council Attendance  
Term October 2022-September 2025

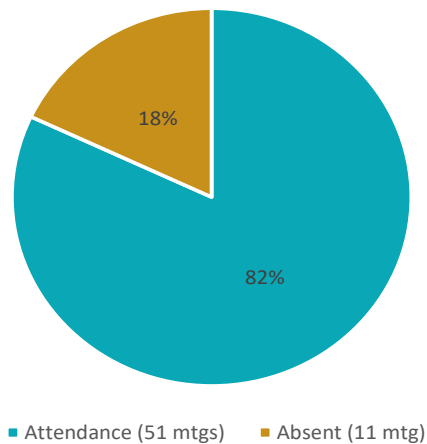
Stuart Jackson



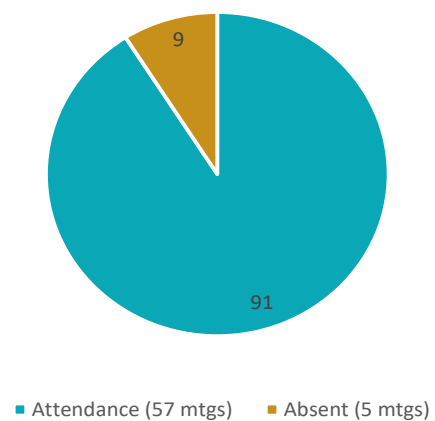
Bill Bose



Arthur Dick

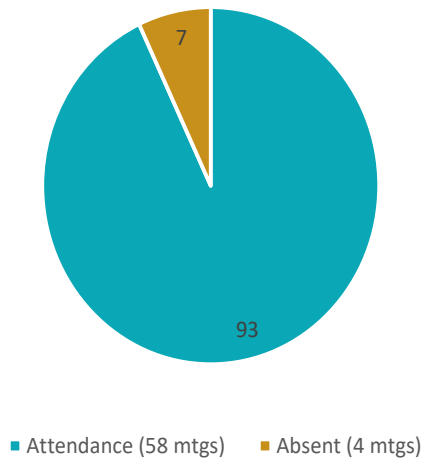


Robin Humphrey

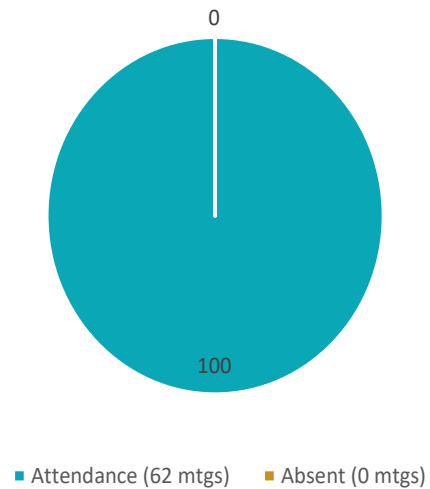


Chief and Council Attendance  
Term October 2022-September 2025

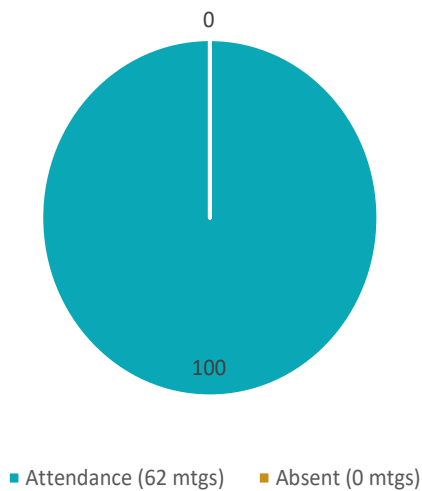
Connie Joe



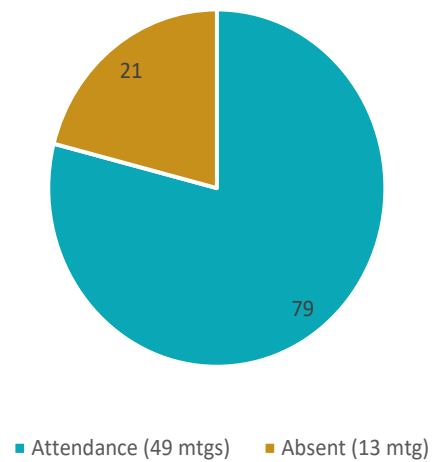
Lesley Manuel



William Sandy



Lucinda Seward





## CHIEF AND COUNCIL MOTIONS

### Resolutions from Chief and Council March 4, 2025 meeting

#### Resolution #03-04-2025-01 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the March 4, 2025 Chief and Council meeting agenda.

Motion Carried

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#### Resolution #03-04-2025-02 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the February 25, 2025 Chief and Council meeting minutes as presented.

Motion Carried

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#### Resolution #03-04-2025-03 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

Approves the LNIB School Calendar for the 2025/2026 School Year and the School Operations Schedule as presented.

Motion Carried

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#### Resolution #03-04-2025-04 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Supports the application to New Relationship Trust for their British Columbia Indigenous Clean Energy Initiative (BCICEI) 2025 Application Form - Streams 2, 3 & 4;
2. Authorizes kʷúkʷpi? Stuart Jackson and the Executive Director to sign a BCR Motion Letter;
3. Authorizes the Executive Director to sign the British Columbia Indigenous Clean Energy Initiative (BCICEI) 2025 Application Form - Streams 2, 3 & 4; and
4. 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. The Director of Economic Development will be present to request the Economic Development Department to tender a RFP for water sampling, testing, analysis and reporting; and to request a resolution to authorize the Executive Director to sign the Contribution Agreement between the Minister of the Environment and the LNIB.

Motion Carried

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#### Resolution #03-04-2025-05 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

Authorizes kʷúkʷpi? (Chief) to sign a waiver to indemnify Sun Life from any and all liability, loss or damage Sun Life may suffer as a result of claims, demands, costs or judgements against it arising from the payment of the life insurance benefits. LNIB also agrees to defend against any claims brought or actions filed against Sun Life with respect to the subject of indemnity whether such claims or actions are rightfully or wrongfully brought or filed.

Motion Carried

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Resolution #03-04-2025-06 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

Approves the Revised Terms of Reference of the Special Committee on Chief & Council Policy and Procedures, which adds a review and recommendations regarding amendments to the Custom Election Rules to the duties of the Committee.

Motion Carried

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Resolution #03-04-2025-07 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

Letter to LNIBDC

Motion Carried

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Resolution #03-04-2025-08 Reads:

The Lower Nicola Indian Band Chief and Council move to adjourn the March 4, 2025, meeting at 8:01 pm.

Motion Carried

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**Resolutions from Chief and Council March 18, 2025 meeting**Resolution #03-18-2025-01 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the March 18, 2025, Chief and Council meeting agenda.

Motion Carried

Resolution #03-18-2025-02 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the March 4, 2025 Chief and Council meeting minutes with noted changes as presented.

Motion Carried

Resolution #03-18-2025-03 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Authorize the Director of Human Resources to Sign the alarm system monitoring agreements with Houle Electric for the following buildings: Education, School, Health Centre, Public Works Trailer, Rocky Pines Community Centre, Arena, Band Hall, Lands Building, and Administration office.

Motion Carried

Resolution #03-18-2025-00 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Approves the Aspen Planers Ltd. Road Use Agreement, in substantially the form presented with any modifications, amendments or changes thereto that may be approved by the Executive Director in his/her discretion, such approval to be conclusively evidenced by his/her execution thereof; and
2. Authorizes the Executive Director, for and on behalf of the Council, to do all such acts and things as may be necessary or desirable to give effect to these resolutions, or in connection with the performance by LNIB of its obligations pursuant to these resolutions or the Aspen Planers Ltd. Road Use Agreement.

Motion Defeated

Resolution #03-18-2025-04 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Approves the Plan of Survey of Rights-of-Way over Lots 2, 3, 17-1, 17-2, 20 and over part of Zoht Indian Reserve No. 4 within Zoht Indian Reserve No. 4, that was executed between August 13th, 2019, and December 15th, 2020, and digitally signed on January 5, 2021 by Christopher John de Haan, CLS, BCLS of Underhill & Underhill Professional Land Surveyors.

Motion Carried

Resolution #03-04-2025-05 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Approves and supports the recommendation from the Evaluation Team to enter into an Independent Contractor Agreement with Snukwe? Security Inc. for Security Patrol Services pursuant to the Security Patrol Services Request for Proposals that closed on February 10, 2025;
2. Approves the Independent Contractor Agreement with Snukwe? Security Inc. in substantially the form presented with any modifications, amendments or changes thereto that may be approved by the Executive Director in his/her discretion, such approval to be conclusively evidenced by his/her execution thereof; and
3. Authorizes the Executive Director, for and on behalf of the Council, to do all such acts and things as may be necessary or desirable to give effect to these resolutions, or in connection with the performance by LNIB of its obligations pursuant to these resolutions or the Independent Contractor Agreement with Snukwe? Security Inc.

Motion Carried

Resolution #03-04-2025-06 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Supports a presentation to Chief and Council from Only Natural Things "ONT;"
2. Supports the development of funding applications to conduct a feasibility study to determine the viability of this business;



Resolution #03-04-2025-06 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Supports the Forest & Range Consultation and Revenue Sharing Agreement (the "Agreement" or "FCRSA"), with the Minister of Indigenous Relations and Reconciliation for the amount of \$352,895, for the fiscal year 2024-2025;
2. Authorizes kwúkwpi? Stuart Jackson to sign the Forest & Range Consultation and Revenue Sharing Agreement (the "Agreement" or "FCRSA"), with the Minister of Indigenous Relations and Reconciliation;
3. Authorizes the FCRSA Negotiation Committee to further renegotiate the FCRSA Agreement for later years on behalf of the LNIB; and
4. 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.

Motion Carried

Resolution #03-04-2025-08 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Approve the Cintas quote to supply and clean floor mats for our community buildings on a Sixty (60) month contract and further authorizes the Executive Director or the Director of Finance to sign the contracts and invoicing. The amount of the Contract is as follows:
  - i. Health Center – Average weekly total \$26.55
  - ii. Shulus Hall - Average weekly total \$31.50
  - iii. Administration Office - Average weekly total \$42.53
  - iv. Service Charge - \$15 per visit.

Motion Carried

Resolution #03-04-2025-09 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Approves issuing a Request for Proposal (RFP) for consulting services to support the Economic Development Sector on the HVC Mine Life Extension Project and further authorizes the Executive Director or the Director of Finance to issue the tender once it has been reviewed by legal counsel.

Motion Carried

Resolution #03-04-2025-10 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Approves the payment of Sagebrush Golf Club invoice 6L9J-8A3B for the LNIB Annual Golf Tournament Fundraiser, in the amount \$25,213.10.

Motion Carried

Resolution #03-18-2025-11 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

1. Approves the amendments to the Personnel Policy, recommended by the Human Resource Policies and Procedures Review Committee, as set out in the blacklined copy of the Policy, with a further

addition to emergency hours of operation to be approved in principle by the Chair of the Committee and the Executive Director.

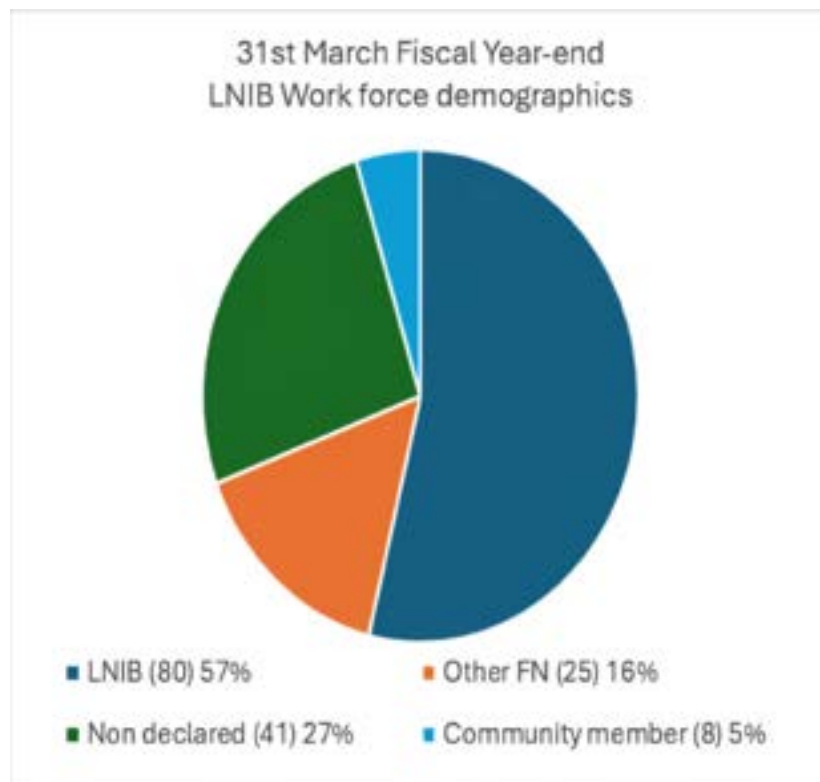
Motion Carried

IN-CAMERA

Resolution #03-18-2025-12 Reads:

The Lower Nicola Indian Band Chief and Council authorize kʷúkʷiʔ Stuart Jackson to be the LNIB representative signing authority of the band Council Resolution of the Lower Nicola Indian Band regarding Equity Opportunity with Enbridge.

Motion Carried



As of 31st March 2025

154 employees

80 LNIB Band 57% + 8 community members = 5%

(25 other First Nation = 16.)

(42 non declared = 27% )

## LANDS DEPARTMENT

# The LANDS DEPARTMENT



Discuss land activities with the Lands team and exchange stories. Reach out to the Lands Department for any inquiries regarding LMAC, community meetings, and general land matters.

**STEPHEN JIMMIE****DIRECTOR OF LANDS & HOUSING**[stephen.jimmie@lnib.net](mailto:stephen.jimmie@lnib.net)

Reach out to Stephen for questions regarding Land Code, Individual Agreements, Law and Policy Development, Special Land Projects, and Land Use Planning.

**MONICA PETTINGER****LANDS AGENT**[monica.p@lnib.net](mailto:monica.p@lnib.net)

For inquiries related to lease and permit applications, land access requests, as well as easement and right-of-way applications, please reach out to Monica.

**KRIS POR****LANDS RESEARCHER**[kris.por@lnib.net](mailto:kris.por@lnib.net)

Please reach out to Kris for assistance with Family/Traditional Research, support with Allotment Applications, coordination of Will Development, and Estate Administration support.

**ALEX BUKKOS****SURVEY COORDINATOR**[alex.bukkoss@lnib.net](mailto:alex.bukkoss@lnib.net)

For inquiries regarding ongoing and historical land projects, including surveys and mapping efforts, please contact Alex.

**DELTA LONG****LANDS MANAGER**[delta.long@lnib.net](mailto:delta.long@lnib.net)

Connect with Delta for discussions on general inquiries, land allotments, transfers, and CPs, as well as matters of law and policy enforcement.

**SAYGE FISHER****ENVIRONMENTAL PROTECTION COORDINATOR**[sayge.fisher@lnib.net](mailto:sayge.fisher@lnib.net)

Reach out to Sayge for information on Environmental Management and Protection, Invasive Weed Management, Illegal Dumping, and Special Environmental Projects.

**JUSTICE CISCO****ADMINISTRATIVE ASSISTANT**[justice.cisco@lnib.net](mailto:justice.cisco@lnib.net)

Reach out to Justice for general inquiries, questions related to LMAC meetings, and information about community events.

**VACANT****SURVEY ASSISTANT**

**Lands Portal**  
**LNIBLANDS.NET**

If you have any questions regarding land or current projects, visit the lands portal online or contact the Lands Department.

Updates are posted regularly, and printed copies can be made for pick up at the land's office.



## NOTICE ABOUT RECREATIONAL VEICHLES

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.

## 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.

## LANDS MANAGEMENT ADVISORY COMMITTEE

**UPCOMING MEETING**  
**THURSDAY**  
**April 10, 2025**  
**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.

## SNUKWE? SECURITY

250-936-8722



**LNIB Members,**

**Our Securiguard is on duty 40 hours each week and responds to calls and messages while on shift.**

**The securiguard is here to assist as needed and monitor any issues reported by residents, such as noise, nuisances, illegal dumping, and general safety concerns.**

**If you or anyone else is in Immediate danger or emergency situation, please CALL 911 FIRST.**



**JOIN US!**

**APRIL 16, 2025 @ 5PM - 7PM**

**DRAFT ALLOTMENT & CUSTOM FAMILY  
LANDS LAW VIRTUAL PRESENTATION**

**MEETING ID: 488256974**

**DIAL IN: 1-780-666-2348**

**LINK: [HTTPS://V.RINGCENTRAL.COM/JOIN/488256974](https://v.ringcentral.com/join/488256974)**

**FOR MORE INFORMATION REACH OUT TO JUSTICE CISCO AT  
JUSTICE.CISCO@LNIB.NET OR 250-378-5157.**

**YOU CAN ALSO FIND ADDITIONAL DETAILS ON THE LNIB WEBSITE  
[HTTPS://LNIBLANDS.NET/ALLOTMENT-LAW](https://lniblands.net/allotment-law)**



## Security Measures for LNIB Reserve Lands



The Lands Department oversees the management and protection of LNIB reserve lands, ensuring their sustainability and security for the community. To address concerns such as the improper use of land and the illegal dumping of hazardous materials, measures have been implemented to safeguard these valuable areas.



### Camera Installation

To complement the gate system, security cameras have been placed in key locations throughout the reserve. These cameras are strictly for monitoring and security purposes, ensuring the safety of the lands without infringing on the privacy of nearby homes, businesses, or communities. Trail cameras are used in areas where gate installation would be impractical, providing a flexible yet effective solution.

### Gates for Land Protection

In September 2021, four gates were installed across Nicola Mameet IR1. These gates serve as a barrier to prevent unauthorized activities while still allowing controlled access. While members of the community retain full access to reserve lands, some areas may require gate codes for entry.

The installation of gates follows a dedicated effort to clean up areas contaminated by environmental hazards. These measures are essential to preserving the health and safety of the reserve lands for current and future generations.

Members' access to reserve lands will not be restricted by the GATES, though some areas may require gate codes.

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



## BUYER'S NOTICE BOARD

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If you are interested in buying land or property from a landowner, the Lands Department can help! Submit your contact information to be included in the monthly LNIB Newsletter.

Jennie Blankenship

I am looking to purchase enough property for two homes and a hobby farm in Zoht, Sunshine Valley, or Nicola Mameet (Hwy 97C). If you have property for sale, please contact me.

CONTACT | 604-928-2985 | scwexmx@gmail.com

Mindy Garcia

I am seeking land to build a home, summer home, and a sweat lodge. I am also interested in properties with existing homes, even fixer-uppers. If you or someone you know is selling, I would love to hear from you.

CONTACT | 250-280-5684.

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

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Are you a landowner looking to sell?

Contact the Lands Department to have your property featured in the monthly LNIB newsletter.

Opportunities for Purchase Available:

- Potential Business Highway Frontage | Located on Highway 8.  
CP Residential Lots for Sale

For more information, please contact Donelda Haller at 250-315-5315.



## Monthly Invasive Weed Spotlight

### Myrtle Spurge

*Euphorbia Myrsinites*



**“Myrtle spurge is toxic to humans, livestock and wildlife when consumed, or when its sap (latex) contacts skin. The sap causes nausea, vomiting and diarrhea when eaten. It can cause blindness if it gets in people’s eyes and skin contact causes redness, swelling and blisters. This plant is recognized as invasive and toxic in BC.”**

**-Invasive Species Council of BC**

#### **Origin:**

This invasive weed originated in Europe.

#### **Description:**

Commonly known as Blue Spurge, Donkey Tail or Wolf’s Milk, these perennial escapes from ornamental gardens, spreading aggressively in dry disturbed soils. Myrtle Spurge grows roughly 10-15 cm in height and has distinguished clusters of yellow/green flowers found at the end of each stock. These invasives spread primarily by seed but broken off plant / root fragments can also form new plants; seeds can remain viable in soil for up to seven years. When broken, Myrtle Spurge emits a milky latex sap that irritates the skin of humans and animals alike, causing blisters and swelling. All parts of this weed are toxic, and the root systems disperse an allelopathic compound into the soil that inhibits the growth of surrounding plants. This quality combined with its aggressive nature to spread rapidly, enables this invasive to out compete native vegetation and can easily spread to a monoculture infestation.

## Monthly Invasive Weed Spotlight

### Control Options:

#### Prevention

- Reseed all areas where ground disturbance has occurred and minimize ground disturbance near invasive weeds.
- Remove seeds and plant fragments from gear, equipment, or vehicles before leaving the 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.



#### Cultural Control

- Burning may be an effective tool to reduce the surface growth of the weed but this method would either need to be repeated regularly or used in combination with other control methods to prevent vegetative regrowth.
- Reseed any disturbed / bare soil with native plant species.





## Monthly Invasive Weed Spotlight

### Mechanical Control

- Hand-pulling small infestations is effective, ensure the entire root system is removed and bag the removed plants before disposal to prevent root systems detaching and spreading. Wear Gloves and long sleeves to avoid contact with the sap!
- Mowing patches of Myrtle Spurge repeatedly will prevent it from setting seed, but this method may also result in vegetative reproduction, plus causing the plant to spread via the plants fragments left behind establishing roots.



### Chemical Control

- "Herbicide recommendations and use must first consider site characteristics and be prescribed based on site goals and objectives. Herbicide labels and other sources or information must be reviewed before selecting and applying herbicides » Herbicides can eliminate small patches of leafy spurge with persistent treatments. Larger areas require additional (integrated) control measures, because long-term control is extremely difficult to achieve with any single control method. Thus, herbicides are an important component of any integrated pest management (IPM) program focused on leafy spurge control.
- » Proper timing of herbicide applications is essential for good Leafy spurge control. Leafy spurge is most susceptible to picloram alone or picloram plus 2,4-D or dicamba plus 2,4-D applications when the plant is in the true flowering and seed production stage from mid-to late June, or in early to mid-September after the stems have developed new fall re-growth.
- Glyphosate, a non-selective herbicide, provides good leafy spurge control when applied during active growth" – ISCBC
- "Several herbicides with the following active ingredients can control Myrtle spurge: picloram, 2, 4-D, dicamba, and glyphosate. For available products, contact your local Agri-Supply store. Prior to any herbicide application, read and follow the label instructions" – TNRD
- Chemically treated plants can be left onsite to compost.



## Monthly Invasive Weed Spotlight



**\*Disclaimer\*** - **ANY & 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 any body of water (seasonal or not) is prohibited.**

LNIB is requesting that the application of herbicide to treat half an acre or more is conducted 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.

### **Thompson Nicola Regional District (TNRD)**

The Thompson-Nicola Regional District webpage also has valuable information and materials for identifying, reporting and disposal methods for regional invasive weeds. Please see the link below to explore.

Link to Management Resources: <https://www.tnrd.ca/services/invasive-plant-management/resources/>

## Monthly Invasive Weed Spotlight

### Sources:

-All photos by Unknown Author are licensed under CC BY-SA

-TNRD. Myrtle Spurge. Latin Name: Euphorbia myrsinites. Retrieved from URI: [https://www.tnrd.ca/invasive\\_plant/myrtle-spurge/](https://www.tnrd.ca/invasive_plant/myrtle-spurge/)

-ISCBC (2023) Invasive Species Leafy spurge, Euphorbia esula. Retrieved from URI: <https://bcinvasives.ca/wp-content/uploads/2021/01/Leafy-Spurge.pdf>

-ISCBC (2023) INVASIVE PLANT Myrtle Spurge. Euphorbia myrsinites. Retrieved from URI: <https://bcinvasives.ca/invasives/myrtle-spurge/>

### Additional Resources:

#### Invasive Species Council of BC (ISCBC)

If you are interested in additional resources or information on invasive weeds, including herbicide application and biological management options, please visit the Invasive Species Council of BC webpage to explore their Resources and Learning links.

#### Resources -

Link to Webinar Gallery: <https://bcinvasives.ca/resources/webinar-gallery/>

Link to Resource Library: <https://bcinvasives.ca/resources/webinar-gallery/>

Link to Research Collection: <https://bcinvasives.ca/resources/research-collection/>

#### Learning -

Link to Learning Centre : <https://bcinvasives.ca/resources/learning-centre/>

Link for educators: <https://bcinvasives.ca/for-youth/for-educators/>

Link to Games & Activities: <https://bcinvasives.ca/for-youth/games-activities/>

ELDERS LUNCHEON EC. DEV.



LOWER NICOLA  
INDIAN BAND

# LNIB Elders Luncheon

**DATE:** APRIL 09, 2025

**TIME:** 12PM - 3:30PM

**WHERE:** SHULUS HALL

Join us for an informative Allotment Law presentation! Enjoy a delicious lunch. This is a great opportunity for you to ask questions, share your concerns, and chat with us regarding the allotment process. We'd love to see you there!

For more information reach out to Justice Cisco at [justice.cisco@lnib.net](mailto:justice.cisco@lnib.net) or 250-378-5157.

You can find the Allotment Law Materials on the LNIB website: <https://lniblands.net/Allotment-Law> or pick up copies of the materials at the Lands and Economic Development office.



## HOUSING

# The HOUSING DEPARTMENT



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 Fund, and Indigenous Service Canada (ISC)

**JORDANA McIVOR- GRISMER****HOUSING ADMINISTRATOR**

[jordana.mcg@lnib.net](mailto:jordana.mcg@lnib.net)

Contact Jordana about the First Nations Market Housing Program, external renovation and building funding options, needs, and requirements.

**ASHLEY DEGRAY****TENANT RELATIONS COORDINATOR**

[ashley.degray@lnib.net](mailto:ashley.degray@lnib.net)

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

**SARA FRAZIER-SHUTER****HOUSING ADMINISTRATIVE ASSISTANT**

[sara.fraziershuter@lnib.net](mailto:sara.fraziershuter@lnib.net)

**MEL BLANKINSHIP****HOUSING MAINTENANCE****JON MOORE****HOUSING MAINTENANCE ASSISTANT****LUKE FLOWER****HOUSING CARPENTER**

## REMINDER TO ALL TENANTS

We kindly request that residents take responsibility for the conduct of their guests in both the unit and community. This responsibility includes being mindful of noise levels, driving with care and ensuring that all activities are lawful and respectful of others.

Any failure to meet these expectations may be viewed as violation of the rental agreement, potentially leading to the issuance of breach notice or eviction. Your understanding and cooperation in upholding these standards are greatly appreciated.

If you wish to report any disturbance or illegal activity, please contact our security service (250) 215-5048, or the RCMP.

If you have any questions or concerns, please feel free to contact us at (250) 378- 5157.

# Housing ANNOUNCEMENT



## Septic System Maintenance

**DO NOT USE KIRKLAND BRAND TOILET PAPER, as it does not break down and clogs the toilet.**

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.**

**Do not use chemicals like bleach as it kills the good bacteria that break down the solid waste.**

Space out your water consumption so the tank and drain field are not overwhelmed. By this we mean do not 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.

## 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.



We currently have three vacant units. We are just wrapping up some much-needed renovations, and decisions are being made about the next steps for one of these units for when this work is complete. We have been working on some much-needed updates and some structural changes to the other two permanent rentals. We appreciate your patience and understanding as we are getting this unit ready for the next family that will call it home.

## LNIB SCHOOL

Lower Nicola Indian Band

April 2025

**LNIB EDUCATION SECTOR****LNIB School/K-12/PSE/Head-Start/Career-Development****Shane's Submission**

Well...we are now officially on the seasonal trail of transition between winter and summer...all of us from the LNIB Education Sector hope Spring has started great for all of you no matter where you currently live!

Here are a few notes I wish to share with membership:

- Since we restructured our service delivery at Head-Start...no waitlist for members; increased hours/days during the year; and weekly Speech/Language support to name a few...we are now focused on increasing services to our youngest LNIB Members. Structured and Scheduled programs will soon be available for Parents and their LNIB infants/toddlers...parents will be contacted this month with more information. If you do not hear from us please contact me directly at [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net) or Call/Text 236.575.2135
- One of the new activities planned for this year's LNIB Youth Summer Program will be structured Bike-Rides. We are still in the planning stage on what this will look like in action but it will include elders, cultural activities/teachings, and of course personal health to name a few. Since the start of Education offering our Summer Program for LNIB Youth the additions we have implemented each year has been rewarding...more to come!
- I want to remind all LNIB members living outside the Nicola Valley to reach out for our support and advocacy...especially if you have children aged anywhere between 0-18 as LNIB Education has a variety of resources/services available. One example is a parent with children attending public schools in the lower mainland contacted me earlier this year...we are now actively engaged with influential district staff (Superintendent, Principals, Teachers) and the attention our members deserve in their schools is now taking place.  
**Call/Text/Email me anytime 236.575.2135 or [Shane.Coutlee@lnib.net](mailto:Shane.Coutlee@lnib.net)**

**Sector Leadership**

**Director of Education**  
**Shane Coutlee**

**LNIB School Principal**  
**Leroy Slanzi**

**Education Manager**  
**Sharon Parsons**

**Head-Start Coordinator**  
**Hinal Thacker**

**Have a great April Everyone!!**



LNIB Education 2025-2026

LNIB EDUCATION  
DEPARTMENT



[sharon.parsons@lnib.net](mailto:sharon.parsons@lnib.net)



(250) 378 – 5157

OR

(236) 575 – 2105

183 NAWISHASKIN LANE  
HWY 8



SHARON PARSONS  
EDUCATION PROGRAMS MANAGER



Upcoming Events:

-Friday, April 18th: Stat Holiday – Good Friday

-Monday, April 21st: Stat Holiday – Easter Monday

-Friday April 25<sup>th</sup>: MSS and PSS Grade 9 – 12 Report cards go home

Hello LNIB,

Spring Break has passed and grade K to 12 students are back to school.

There is a great opportunity to explore post-secondary programs and careers at the Employment & Education Fair coming up on April 9<sup>th</sup> at NVIT. Bring your questions and your resume.

Give us a call or pop into the Education office to discuss eligible funding for post-secondary, training, short courses, and even upgrading.

Is it too soon to think about summer jobs? Or maybe you've completed your program and are looking for a permanent position. Come work for the Lower Nicola Indian Band or tell your friends about the many positions available. Use this link to check out the posted jobs.

<https://www.lnib.net/jobs/>

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 you good health, and good fortune!

Until next time, Humelth



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

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Hello everyone!

I can't believe it's April already. Spring is in the air, and I can't wait for the warm weather.

The K-7 and High School students should be settling back in class after a well-deserved Spring Break. I hope everyone had a wonderful and fun filled time with family and friends.

April 1<sup>st</sup> is April Fool's Day. How many jokes did you pull on your friends?

Easter is also in April. I hope the Easter Bunny brings everyone some yummy goodies and you will be able to share a wonderful meal with your family.

PSE students are in their last month of studies for the winter semester. Good luck to all doing final exams this month and don't forget to send your transcripts when all the grades are posted.

It's time to get started on the Post-Secondary Funding Applications which are due on the last day of May. Give me a call or an email and I can send you a copy and answer any questions you may have.

To all graduating grade 12 students near and far. If you are planning to enroll in Post Secondary Studies, please check out the entrance bursaries that are available at all Universities and Colleges. Contact the student aid office at your university for assistance. The Education office is here to answer any questions or concerns you may have and to help fill out the PSE application. It can be an overwhelming process, but don't get discouraged, we are here to support you the best we can.

#### Scholarships and Bursaries:

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

Applications open in May 2025

<https://www.newrelationshiptrust.ca/funding-for-students/>

Applications open in May 2025

<https://chiefjoemathias.ca/>

Applications open April 1, 2025

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 and up-to-date contact information.

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

Gail La Rochelle

Phone: 250-378-5157

Email: [gail.larochelle@lnib.net](mailto:gail.larochelle@lnib.net)





**ADDRESS**

183 Nawishaskin Lane

**PHONE**

LNIB:

250-378-5157

Direct:

236-575-2100

**EMAIL**

Reception.education@lnib.net

**WEBSITE**

www.lnib.net

# Lenessa Seward

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

## APRIL 2025

**HELLO EVERYONE**

Hope all the students have enjoyed the much-needed spring break, and that they have no trouble adjusting to their schoolwork

Happy Easter to all the families, hope everyone has a good long weekend!!

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**REMINDER TO STUDENTS**

- Post-Secondary Application Forms for funding are due May 31

If interested, please contact the education department for more information and the next steps

**LAPTOP LENDERS**

We have laptops available to lend to LNIB members that are in need of one for school purposes

\*Contact the education department for more info\*

**LNIB EDUCATION DEPARTMENT SCHOOL SUPPORT**

If you haven't applied for the following school support, please do so at the LNIB Education Department

- School Start Up
- Extra-Curricular Activities
- K-12 Tutoring
- International Field Trip Support

We can email fillable forms, or we have printed copies in the office

Reminder that we have moved office buildings, New Address:  
183 Nawishaskin Lane

**FOR MORE INFORMATION, PLEASE CONTACT  
THE EDUCATION DEPARTMENT**



# HEAD START

## APRIL 2025

### MONTHLY OVERVIEW

This month we will be learning on spring, Easter, flowers and gardening .

We will be talk about EARTH DAY .

Starting this month until end of June , we will take or k4 children to see MR. HANNA on each Wednesday

form 12:15 to 12:45 . so they can get a feel for kindergarten environment .

With the weather warming up we will be spending more time outside Please send appropriate clothing for you child .

### CONTACT INFO

HINAL THAKER

[hinal.thaker@lnib.net](mailto:hinal.thaker@lnib.net)

5878882454

JUSTICE FORMAN

[justice.forman@lnib.net](mailto:justice.forman@lnib.net)

6048603028

### LITERACY

we will be moving onto letters

V,W X and number of 8. Color

will be PURPLE . Shape is

DIAMOND

### UP COMING EVENTS

5th Fire drill

10th cultural field trip ( bitter root pickup with James )

15th lunch with big school kids

18th no school (good Friday)

21st no school ( Easter Monday)

22nd Earth day

25th Monthly Dinner

29th field trip (smith park )

30th orange shirt day

**SCHOOL LUNCH**

# MENU

## APRIL 2025

<b>31</b> PANCAKES AND FRUITS	<b>1</b> CHEESE QUESADILLA AND VEGE	<b>2</b> SCRAMBLED EGGS BACON HAMBURGER	<b>3</b> MINI PIZZA AND CUCUMBER	<b>4</b> FRUITS SALAD AND YOGURT
<b>7</b> ENGLISH MUFFIN AND YOGURT	<b>8</b> WAFFLES AND FRUITS	<b>9</b> CHICKEN BURGER AND FRIES	<b>10</b> MEAT CHEESE PICKLES CRACKERS	<b>11</b> HOT DOGS AND VEGE
<b>14</b> SMOOTHIE AND GRANOLA BARS	<b>15</b> LUNCH WITH BIG SCHOOL	<b>16</b> CHICKEN NOODLES SOUP + GRILLED CHEESE	<b>17</b> CHEESE NACHOS AND VEGE	<b>18</b> NO SCHOOL
<b>21</b> NO SCHOOL	<b>22</b> SNACK PLATTER AND	<b>23</b> CHICKEN NUGGETS AND FRIES	<b>24</b> FRENCH TOAST AND FRUITS	<b>25</b> OATMEAL AND YOGURT
<b>28</b> HAM AND CHEESE PINWHEEL	<b>29</b> EGG BACON AND TOAST	<b>30</b> SPAGHETTI AND TOAST		

## ELDERS CALENDAR

# Elders Events April 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 <b>Culture Centre</b> Drop in Beading 9:30am – 11:30am	5
6	7 <b>Band Gym</b>  LNIB Gym Day 2pm – 4pm	8	9 <b>Shulus Hall</b>  Allotment Law Presentation & Luncheon 12pm – 3:30pm	10 <b>Band Hall</b>  Easter Luncheon 12pm – 2pm	11 <b>RP Centre</b> DIY Easter Goodie Bag 10am – 12pm  <b>Band School</b> Elders Luncheon 12pm – 2pm	12
13	14 <b>RP Centre</b> DIY Mini Easter Baskets 2pm – 4pm	15 <b>RP Centre</b> Coffee with a Cop 10am – 12pm	16 <b>RP Centre</b> Easter Egg Decorating 2pm – 4pm	17 <b>Soup Kitchen</b> Elders Luncheon 12pm – 2pm	18 <b>STAT Holiday</b> Office Closure Good Friday	19
20	21 <b>STAT Holiday</b> Office Closure Easter	22 <b>RP Centre</b> Earth Day Walk 2pm – 4pm	23	24 <b>RP Centre</b> Phone Training with Claire 12pm – 2pm	25 <b>RP Centre</b> DIY Necklace Making 2pm – 4pm	26
27	28 <b>RP Centre</b>  DIY Coasters 2pm – 4pm	29 <b>RP Centre</b>  Macramé Hanging Art 12pm – 2pm	30			

If you have any questions or require a ride to any of these events, please call or text Courtney at  
**236-575-2083.**

(RSVPs to the craft making events and out of town trips help me plan better)



**LAUREN WREDE****Lauren Wrede**

Receptionist, Lower Nicola Indian Band Administration  
Hello! My name is Lauren Wrede, and I am proud to be a member of the Lower Nicola Indian Band. My roots run deep in this community through my family. My mother, Doreen Wrede (Gullason), is the daughter of Michael and Lillian Gullason. On my father's side, Peter Wrede is the son of Nils Peter Otto Wrede and Carolyn Wrede (Clayton). My great-grandmother was Pearl Clayton, whose mother was Lucy Leith.



Both my parents grew up in Merritt, BC, though they eventually settled in Victoria after moving around a bit. I was born and raised in Victoria, spending my childhood in Sooke, BC. I am the youngest of three girls, with two wonderful sisters, Vanda and Corie Wrede.

Although I didn't grow up in Merritt, I have fond memories of spending summers here as a child, visiting family. Those visits left a lasting impression on me, and in February 2025, I made the move to Merritt to start a new chapter as a Receptionist at the Lower Nicola Indian Band Administration Building.

I bring with me a diploma in Business Administration Bookkeeping, which I earned before moving here. I look forward to putting my skills to good use, especially in accounting, a field I truly enjoy. Additionally, I'm eager to deepen my connection to the community by enrolling in a language course once I've settled in.

This fresh start in Merritt fills me with excitement and hope. I'm deeply inspired by the stories of my family and heritage and am committed to making a positive impact on our community.

Personal Motto: "Today may be hard, but tomorrow may be the best day of your life."

Outside of Work: In my free time, I enjoy immersing myself in books and video games. I also have a love for camping and exploring nature's beauty.

Contact Information:

Email: [lauren.wrede@lnib.net](mailto:lauren.wrede@lnib.net)

Phone: 236-575-2109

## CHEROKEE BENT

# Cherokee Bent

RECEPTIONIST | Lower Nicola Indian Band

Contact:

cherokee.bent@lnib.net

Ext. (236) 575-2074

hen e k , nsk est Cherokee Bent, Bonnie Bent nskíxze , Whey-hey-uct-chuk nsqác ze , August Caprian nsqác ze , c e he Kim McNally nkz e , c e he Walter Bent Jr. nspapzé , c e he Romonia Fraser nkz e , c e he J.C Lucas nspapzé , c e he Jane Caprian nkz e . tul n e kepmx-kin, Rocky Pines-kin.

Hello, my name is Cherokee Bent, my mother is Bonnie Bent, my father is Whey-hey-uct-chuk and my step Father is August Caprian. My grandmother on my moms side was Kim McNally, and my Grandfather is Walter Bent Jr. (Greg). My grandmother on my fathers side is Romonia Fraser, and my grandfather is JC Lucas, and on my step fathers side my grandmother is Jane Caprian.

I was raised here in Lower Nicola, I am n7e7kepmx and I am from Rocky Pines. I attended the LNIB school as well at M.S.S.

I've recently moved back from Vancouver and am so happy to be home.

In Vancouver I spent about 6 years going to school and working with Vancouver Coastal Health in the fields of Mental Health, Addictions Care, & Culturally Safe Care, advocating for Indigenous peoples navigating the health care system. I also worked in film, radio, and podcasts on different projects with organizations in similar topics as well as did speaking at many conferences for indigenous wellness.

I am now LNIBs new receptionist at the Admin Office and it is an honour and a privilege to serve our community and i look forward to meeting you all and helping out in any way that I can.

kʷukʷscémxʷ, Thank you - Stəptəpt-heléw-smutec

- " Nicola Valleys Cherokee Bent "

- " Lower Nicola Indian Band Recognition Award for healthy living 2022 and continued sucesss "

- " BC Child & youth in care week: Recognition in celebration of successes, and wins "

- " B.C's Recipient for Council of the Federation Awards: For innovation in Mental Health and Addictions Care 2022 "



**LOWER NICOLA  
INDIAN BAND**

**UBCIC Women's Representative Report – March 2025****UBCIC Women's Representative Report – March 2025**

**Melissa Moses, UBCIC Women's Representative**

**Email:** womensrep@ubcic.bc.ca

**Honouring the Role of the UBCIC Women's Representative**

The Union of BC Indian Chiefs (UBCIC) is a political advocacy organization representing up to 150 First Nations Bands across British Columbia. UBCIC works to protect and advance Indigenous Title and Rights, address critical issues affecting First Nations communities, and advocate for Indigenous women, youth, and Elders.

First Nations women have always been at the heart of this advocacy. From its inception, Indigenous women played a critical role in shaping the movement for Indigenous rights, ensuring that First Nations women were not excluded from political discourse.

2010 UBCIC passed Resolution 2010-11-19, formally creating elected Active Member seats for Women, Youth, and Elders. Since then, the Women's Representative has worked to amplify the voices of First Nations women, advocating for their safety, rights, and leadership across BC and beyond.

As a proud member of the Lower Nicola Indian Band (LNIB), I am committed to ensuring that the concerns and voices of First Nations women in our communities are heard at all levels of government. At the request of the LNIB Chief and Council, I am providing this report to update LNIB members on my ongoing advocacy efforts as the UBCIC Women's Representative.

**Serving My Second Term as UBCIC Women's Representative**

In February 2020, I was elected as the UBCIC Women's Representative, and I am currently serving my second three-year term, having completed five years in this role. My work continues to focus on advocating for the rights, safety, and empowerment of First Nations women and youth across British Columbia.

Additionally, when called upon, I have had the honour of serving as Proxy for the BC Assembly of First Nations (BCAFN) Women's Representative at provincial and national events and meetings on behalf of former BCAFN WR Louisa Housty-Jones. This work has allowed me to represent the voices of Indigenous women in BC at broader leadership tables, ensuring that the issues affecting our communities are addressed at every level of governance.

**Mentorship & International Advocacy**

I am deeply honoured to be mentored by Sharon McIvor, a renowned Indigenous rights advocate and legal expert. Through her guidance, I have had the opportunity to expand my advocacy work beyond Canada.

At her invitation, I attended the United Nations Committee on the Elimination of

Discrimination Against Women (CEDAW) in Geneva, Switzerland, where I learned how to navigate the international system to advocate for Indigenous women's rights globally. This experience has strengthened my ability to hold Canada accountable to its commitments under international human rights law and to ensure that the voices of First Nations women in BC are heard beyond provincial and national borders.

## **Key Areas of Advocacy and Action**

### **1. Walk4Justice 2025: Demanding Action on MMIWG2S+**

I am honoured to support Walk4Justice 2025, a national movement demanding urgent action on the National Inquiry into Missing and Murdered Indigenous Women, Girls, and Two-Spirit+ (MMIWG2S+).

This walk will begin in British Columbia on June 21, 2025, and end with a powerful rally at Parliament Hill on September 15, 2025. Walk4Justice calls on governments to fulfill their responsibilities in addressing systemic violence, accountability in law enforcement, and actual implementation of the Calls for Justice.

### **2. Support for the Coalition on MMIWG2S+**

I continue to work alongside and support the Coalition on MMIWG2S+, including survivors, families, and Indigenous women's organizations advocating for justice, healing, and policy change.

### **3. Addressing Violence Against Women in the Downtown Eastside (DTES)**

I advocate for greater visibility and support for Indigenous women in the DTES, where many experience extreme marginalization due to poverty, addiction, and systemic discrimination.

### **4. Increasing Visibility of Women in Rural and Remote Communities**

Women in remote and rural First Nations communities often experience isolation, lack of access to services, and increased vulnerability to violence. My advocacy prioritizes expanding these regions' support networks, services, and resources.

### **5. Gaps in Safe Transportation**

Many Indigenous women are forced to rely on unsafe transportation options, particularly along highways where they are at risk. I continue to push for safer transit alternatives, including community-based transportation solutions.



#### 6. Addressing Sex Work and Human Trafficking

Indigenous women are disproportionately affected by sex work-related violence and human trafficking. I continue to advocate for policy changes that protect women involved in sex work and address the systemic factors driving Indigenous women into dangerous situations.

#### 7. Sexual Assault Nurse Practitioner (SANE) Training

Through UBCIC Resolution 2021-31, I have helped advocate for Sexual Assault Nurse Examiner (SANE) Training for Indigenous nurses, ensuring that trauma-informed and culturally safe responses are available for survivors of sexual assault.

#### 8. Forced and Coerced Sterilization

I continue to raise awareness and push for justice for Indigenous women who have been subjected to forced or coerced sterilization—a violation of human rights that has affected many Indigenous women in Canada.

As part of this work, I am actively supporting the Circle of Reproductive Justice and Bill S-250, which aims to criminalize forced and coerced sterilization and provide accountability for those responsible. The voices of Indigenous women who have survived this injustice must be heard, and real action must be taken to ensure that this practice is entirely abolished and never repeated.

#### 9. Provincial and Federal Gender-Based Violence Prevention Policy

I actively engage with provincial and federal governments to push for more substantial, Indigenous-led policies on gender-based violence prevention, ensuring that they address the unique realities Indigenous women face.

#### 10. Implementation of the National Inquiry's Calls for Justice

A core part of my work is ensuring that the National Inquiry's Calls for Justice are not ignored or forgotten. I continue to push for their full implementation at the local, provincial, and federal levels.

#### 11. Implementing a Red Dress Alert System in BC

The Red Dress Alert system is a crucial initiative that would function like an Amber Alert, notifying the public when an Indigenous woman, girl, or Two-Spirit person goes missing.

### Education Advocacy and My Role at NVIT

As a full-time Nicola Valley Institute of Technology (NVIT) student, I strongly advocate for higher education as a path to empowering Indigenous peoples.

I currently serve on the NVIT Board of Governors and NVIT Education Council, pushing for accessible, culturally relevant education honing Indigenous ways of knowing.

I firmly believe that education is a tool for breaking cycles of intergenerational trauma and working toward:

- Increasing access to post-secondary education for First Nations students
- Ensuring Indigenous knowledge and traditions are integrated into curriculums
- Creating safe and inclusive learning environments for Indigenous youth

### Looking Forward: Strengthening Indigenous Women's Voices

As I continue my second term, my commitment remains unwavering:

- Walking with Walk4Justice 2025 to demand action on the National Inquiry into MMIWG2S+.
- Ensuring full implementation of the Calls for Justice.
- Fighting for the implementation of the Red Dress Alert system in BC.
- Advocating for Indigenous language preservation across BC.
- Holding governments accountable for gender-based violence prevention and systemic change.

For inquiries, collaboration, or support, please get in touch with me at:

womensrep@ubcic.bc.ca

Thank you to all the women, families, and grassroots advocates who continue to fight for justice. Your strength inspires me every day.

In solidarity,

Melissa Moses

UBCIC Women's Representative

Proud Member, Lower Nicola Indian Band

Full-time Student, NVIT | NVIT Board of Governors & Education Council

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CULTURE CENTER

**ýè tə síłqít - good day**  
**Culture Programs with**  
**Carole Basil**



Big Drum with Buck Sheena  
Every other Thursday—4:30pm to 6:30pm  
April 17 May 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>  
At the LNIB Culture Centre



Traditional Vest/Capes:  
This is an two-day workshop.  
April 1<sup>st</sup> and 16<sup>th</sup>  
5:00pm to 6:30pm  
must pre-register. First  
session is FULL



Drop in Beading:  
Monday's April 7<sup>th</sup> and 9<sup>th</sup>  
9:00am to 2:00pm  
Friday's April 11<sup>th</sup> and 25<sup>th</sup>  
9:30 am to 12:00 pm  
At the LNIB Culture Center

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

# April

## 2025

Subtitle



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	1 Staff wellness 9:00 Sp'e'cn ( string) harvesting 1 pm	2 Cape/Vest 5 – 6:30	3	4 Nkeshytkn bitter root harvest.	5
6	7 JOHCS meeting 1:30	8 Staff wellness 9:00 Coffee with a Cop	9	10 N̓eʔkepmx language group 5-7 pm	11	12
13	14	15 Staff wellness 9:00	16	17 Big Drum 5-7 pm	18 Statutory day	19
20	21 Statutory day	22 Staff wellness 9:00 Sp'e'cn ( string) making 1 pm	23	24 N̓eʔkepmx language group 5-7 pm	25	26
27	28 Pick Asparagus	29 Staff wellness 9:00	30	1 Big Drum 5-7 pm	2	3
4	5 MMIWG Walk					

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RECREATION CALENDAR

# LNIB April Recreation Calendar 2025

## Note:

Forms Are Available At LNIB Main Office, And LNIB health Center, LNIB School, Nicola Canford. For More Information Contact: [Jacint.Majlath@lnib.net](mailto:Jacint.Majlath@lnib.net) or: 250 280 4487  
[Shawna.coutlee@lnib.net](mailto:Shawna.coutlee@lnib.net) or: 2503156049



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 River Visit 2:30pm-4:45pm	2 Rotary Park 2:30pm-4:45pm	3 Youth Center 2:30pm-4:45pm	4	5
6 Skateboarding . 10am-12pm . 16pm-20pm .	7 Swimming 2:30pm-4:45pm	8 Bowling 2:30pm-4:45pm	9 Central Park 2:30pm-4:45pm	10 Youth Center 2:30pm-4:45pm	11	12
13 Skateboarding . 10am-12pm . 16pm-20pm .	14 Swimming 2:30pm-4:45pm	15 Park Visit 2:30pm-4:45pm	16 LNIB School 2:30pm-4:45pm	17 Youth Center 2:30pm-4:45pm	18	19
20 Skateboarding . 10am-12pm . 16pm-20pm .	21 Swimming 2:30pm-4:45pm	22 Bowling 2:30pm-4:45pm	23 Hiking 2:30pm-4:45pm	24 Youth Center 2:30pm-4:45pm	25	26
27 Skateboarding . 10am-12pm . 16pm-20pm .	28 Swimming 2:30pm-4:45pm	29 Hiking 2:30pm-4:45pm	30 River Visit 2:30pm-4:45pm			

Programs Can Change Due To Weather, Sickness, Or Other Reason.

## FOOT CARE

**Healthy Feet Can Reduce Seniors' Risk of Falling**

Not only are Elders more at risk for falls, when they do fall, it poses a greater risk for injuries, hospitalization and complications. For a ground-up approach to fall prevention, Elders should start by examining the health of their feet.

Painful foot conditions, such as osteoarthritis, corns, bunions, hammertoes, flat feet, high arches and diabetes complications, can make it difficult for Elders to maintain balance and coordination when walking or standing. Also, the very exercises intended to correct risk factors for falls, such as lower-body weakness, as well as gait and balance problems, are difficult to perform when one suffers from painful foot and ankle conditions. While the factors causing falls are numerous, Elders can take the following steps to reduce their risk by minimizing or eliminating foot pain. Doing so will improve balance, coordination and stability when walking or standing.

1. Do not ignore pain. Foot pain is not just a normal consequence of growing older. It is likely a treatable condition. For proper diagnosis and treatment, be sure to pay attention to your feet and see a qualified health care professional for regular foot care.
2. Examine your feet. As the gatekeeper of your own health, make sure you examine your feet regularly. At the first sign of bumps, lumps or other changes in your feet, make an appointment with your local foot and ankle surgeon.
3. Exercise. Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief. A foot and ankle surgeon can explain which exercises are appropriate for you.
4. Protect. Use padding, insoles or whatever special footwear you are prescribed. Be sure to wear these, along with comfortable, sensible shoes, every day.

Just one fall can rob Elders of their independence and can dramatically reduce their quality of life. Taking good care of feet and ankles, however, can reduce the risk of a life-altering slip, trip or fall.

Melissa Krause, LPN FCN Ed.

Advanced Foot Care Nurse

LNIB Health Centre

250-378-5157 to book your appointment

**CULTURAL DAY EVENT****Cultural Day Event**

Cultural Day Event for Venturers Scout Group – A Day of Learning, Tradition, and Connection  
On Sunday, March 16, the Lower Nicola Indian Band had the pleasure of hosting a special Cultural Day event for the Venturers Scout group from New Westminster. Fourteen enthusiastic youth and their chaperones gathered to engage with and learn about N̓eʔkepmxc culture and traditions in a fun and educational setting. The event was an enriching experience for all involved, highlighting the beauty and significance of N̓eʔkepmxc heritage.

One of the key highlights of the day was a hands-on activity led by Joe and Lorna Shuter. The youth participated in a Tooty Reed mat weaving workshop, where they not only learned about the technique but also went on a walk to see where Tooty Reeds grow. Each participant had the opportunity to collect reeds and make a tobacco offering to the land, honoring the sacred relationship between the people and the earth. Returning to the Mezzanine, the youth were guided through the process of weaving their own mat—a meaningful experience that connected them directly to one of many traditions.

Bob Sterling and the Repatriation group setting up tables full of fascinating artifacts, photos, and artwork that provided the youth with a deeper understanding of the N̓eʔkepmxc way of life. The young scouts had the chance to ask questions and explore the items on display, learning about the history and significance of each artifact.

The day's activities didn't end there. The youth then ventured outside to try their hand at archery, giving them an opportunity to have another unique experience.

Catering for the event was provided by Mountain Chief Catering, who treated everyone to a delicious meal of traditional fish soup, Bannock, and fruit salad. The meal was a perfect way to nourish both body and spirit, offering the youth a taste of some culinary traditions.

As the evening approached, everyone gathered to listen to powerful and spiritual moving drumming. The event concluded with a rare and deeply moving opportunity to see the Bear Dancers, which left all attendees in awe.

This Cultural Day event was an incredible opportunity for the Venturers Scout group to connect with and learn about Indigenous traditions in an immersive and respectful manner. It was a day full of shared learning, cultural exchange, and deep respect for the N̓eʔkepmxc heritage.

Darcie DeBruyne, BISW  
Employment Coordinator  
Economic Development  
Lower Nicola Indian Band  
Office 236-575-2119 ext.157

Cultural Day event was an incredible opportunity for the Venturers Scout group to connect with and learn about Indigenous traditions in an immersive and respectful manner. It was a day full of shared learning, cultural exchange, and deep respect for the Nłe?kepmxc heritage.





## LNIB SPONSORED DRIVING LESSONS

# LNIB Sponsored Driving Lessons

## The Lessons:

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



## Requirements:

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

For more info contact  
Darcie DeBruyne  
Employment Coordinator  
Economic Development  
[Darcie.debruyne@lnb.net](mailto:Darcie.debruyne@lnb.net)  
236-575-2119

## LNIB DEVELOPMENT CORPORATION



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

### *LNIB Development Corporation - Cash Distributions to LNIB – April 2021 to October 2024*

Giving back  
to our  
Shareholder  
!!!

Historical CASH Dividend payments made to the Lower Nicola Indian Band by the LNIB Development Corporation:

- April 27, 2021 - cash dividend payment: **\$987,843.92**
- December 6, 2021 - cash dividend payment: **\$600,000.00**
- May 10, 2023 - cash dividend payment: **\$800,000.00**
- October 2024 - cash dividend payment: **\$650,000.00**

**Total Cash Dividends Paid: \$3,037,843.92**

• It's worth noting that at the October 2024 distribution of **\$650,000.00** was distributed to every Band member 18 years of age and older. This was amazing news for us to hear and extremely satisfying to know that individual Band members are **directly** benefiting from our operations.

### *Shulus Forest Enterprises LP – Wildfire Risk Reduction Work – Friday Afternoon BBQ with Councillor Arthur Dick*

Friday,  
February 28<sup>th</sup>,  
2025, BBQ  
with Councillor  
Arthur Dick



## SHULUS ARENA

I'd like to thank all our user groups for contributing to another great season at Shulus Community Arena. We look forward to see the good folks of the Nicola Valley & beyond use our facility And I can't wait to see you again, next season. Feel free to contact me for your arena or mezzanine rental inquiries, we'll do our best to fulfill your space needs. I want to start a Farmer's Market at the arena this season on Sundays & possibly Wednesday evenings so as not to clash with the one in town. Let me know if you would like to participate. We really would like it to be successful.

Sincerely,  
Gylan Bose & Staff



## JOB POSTINGS

### Job Openings

**For Full Job Descriptions and to apply for a position go to**  
**<https://secure.collage.co/jobs/l nib>**

### Committee Member Opportunity

#### **Finance and Audit Committee Member**

The LNIB Financial Administration Law (FAL) requires the Band have a Financial and Audit Committee. Before applying Candidates must review the full FAL which is available on the LNIB web site at:

<https://www.lnib.net/wp-content/uploads/2020/11/LNIB-Financial-Adminstration-Law-2020.pdf>

**Remuneration:** An Honorarium, set by Chief and Council is paid for meeting attendance.

**Term:** 2 years from date of appointment

#### **Overview of responsibilities:**

##### ***Section 11 of the FAL reads***

- (1) The Committee of the First Nation is established to provide Council with advice and recommendations in order to support Council's decision-making process respecting the financial administration of the First Nation.
- (2) The Council must appoint not less than three (3) members of the Committee, a majority of whom must have financial competency and all of whom must be independent.
- (3) For purposes of this section, an individual is considered to be independent if the individual does not have a direct or indirect financial relationship with the First Nation government that could, in the opinion of Council, reasonably interfere with the exercise of independent judgment as a member of the Committee.

##### ***Section 14 of the FAL reads.***

- (1) The Committee must carry out the following activities in respect of the financial a
  - (a) annually review and recommend to the Council for approval a strategic plan and a multi-year financial plan;
  - (b) review draft annual budgets and recommend them to the Council for approval;
  - (c) on an ongoing basis, monitor the financial performance of the First Nation against the budget and report any significant variations to the Council;
  - (d) review the quarterly financial statements and recommend them to the Council for approval;
  - (e) review and make recommendations to the Council on the audited annual financial statements, including the audited annual financial statements respecting the local revenue account and any special purpose reports;
  - (f) carry out any other activities specified by the Council that are not contrary to the Act or inconsistent with the Committee's duties specified in this Law; and

***Under Section 15 of the FAL*** The Committee also has Financial Audit review responsibilities:

- (a) make recommendations to the Council on the selection, engagement and performance of an auditor;
- (b) receive assurances on the independence of a proposed or appointed auditor;
- (c) review and make recommendations to the Council on the planning, conduct and results of audit activities;
- (d) periodically review and make recommendations to the Council on policies and procedures on reimbursable expenses and perquisites of the councillors, officers and employees of the First Nation;
- (e) monitor financial reporting risks and risk of fraud and the effectiveness of mitigating controls for those risks taking into consideration the cost of implementing those controls;

#### Qualifications

- A strong financial background
- Able to pass a criminal record check
- Previous experience working with or for a First Nation Organization, preferable the Lower Nicola Indian Band
- Agree to follow a strict Code of Conduct and
- Be free of financial conflict of interest.

If interested please submit a detailed resume to

[HR@LNIB.net](mailto:HR@LNIB.net)

Applications will be reviewed by the LNIB Chief and Council and Officers.

Open until filled

### Economic Development Department

#### **Cultural Heritage and Environmental Field Workers**

**Department:** Lands and Economic Development Department

#### **Summary of Organizational Responsibilities:**

The successful candidate will bring their energy, enthusiasm and interest in environmental and cultural resources to a variety of resource planning and research projects. Specifically, the successful candidate will provide support to the LNIB staff on Cultural Heritage and Environmental resource development projects.

Full description at

<https://secure.collage.co/jobs/lNib/10112>

### **Policy Analyst**

**Wage:** up to \$40/hr depending on experience

#### **Summary of responsibilities**

The Policy Analyst will be responsible for assisting the Title and Rights Administrator in researching, analyzing, and developing policies related to the implementation of the *Declaration on the Rights of Indigenous Peoples Act* (DRIPA) within the context of the Lower Nicola Indian Band. This position requires a deep understanding of Indigenous rights, laws, and policies, along with a commitment to social justice, equity, and community well-being.

#### **Geographic Information Systems (GIS) Analyst**

**Wage:** up to \$30/hr depending on experience

#### **Summary of Organizational Responsibilities:**

The Geographic Information Systems (GIS) Analyst will design, develop, and increase GIS



and mapping capacity for the Lower Nicola Indian Band. Duties will include creating geodatabases and map products for various departments, digitizing information, downloading data, following data backup policies, researching, working with technical staff, troubleshooting problems, and performing various administrative duties.

The GIS Analyst is responsible for the administration, maintenance, distribution, and end-user support of applications using spatial data relating to land and natural resources.

#### **Fisheries Technician**

**Start Date:** Hiring Immediately

**Hours:** Up to 35 hours per week (likely 2 – 4 hrs overtime during the field season).

**Salary:** Dependent on knowledge and experience

#### **Summary of Organizational**

#### **Responsibilities:**

The successful candidate will bring their energy, enthusiasm, and interest in aquatic and fisheries related environmental resource planning, monitoring, restoration, and research projects. Specifically, the successful candidate will provide support to the LNIB staff by (1) conducting field assessments of proposed areas for in-stream and riparian restoration work in the Nicola River watershed, (2) monitoring and enumeration of local fish populations, (3) assisting in data collection for future work and research projects, and (4) helping with triage of salmon populations in this critical season of drought by doing river walks and helping improve passage for spawning salmon migrating upstream and salvage of juveniles holding in the system.

<https://secure.collage.co/jobs/lrib/51225>

### **Human Services**

#### **Men's Mental Health & Addictions Counsellor**

**Wages :** \$35 to \$45 per hour

**Hours :** 35 hours per week, Mon-Fri, though given the nature of the position, time and hours may vary.

#### **Job Summary**

The Mental Health & Addictions Counsellor works within a multi-disciplinary team to provide prevention, assessment, referral, clinical counselling and follow-up services to individuals and family members affected by mental health and substance use issues. This position serves a primarily male clientele, some family or group counselling.

All Applicants MUST provide proof of 2 Covid Vaccinations

### **Finance**

#### **Accounting Clerk A/P**

**Position Title:** Accounting Clerk A/P NOC 1431

**Start Date:** May 2025

**Wage:** \$25 to \$35 per hour depending on education and experience

All Applicants MUST provide proof of 2 Covid Vaccinations

#### **Summary of responsibilities**

Reporting to the Director of Finance, the Clerk is responsible for recording transactions, maintaining all files relating to accounts payable, paid in a timely, organized, and complete manner, participating in budget preparation, monthly, quarterly and year-end financial report preparation and year end accounts reconciliation.

<https://secure.collage.co/jobs/lrib/14439>

For these and all opportunities go to <https://secure.collage.co/jobs/lrib>

Applications can also be sent to [HR@LNIB.net](mailto:HR@LNIB.net)

COLORING CONTEST

# EASTER coloring contest



Coloring pages are  
available for pick up  
at the Health Center  
Deadline is April 17th.  
0-17 years of age.



**LOWER NICOLA  
INDIAN BAND**



Name:

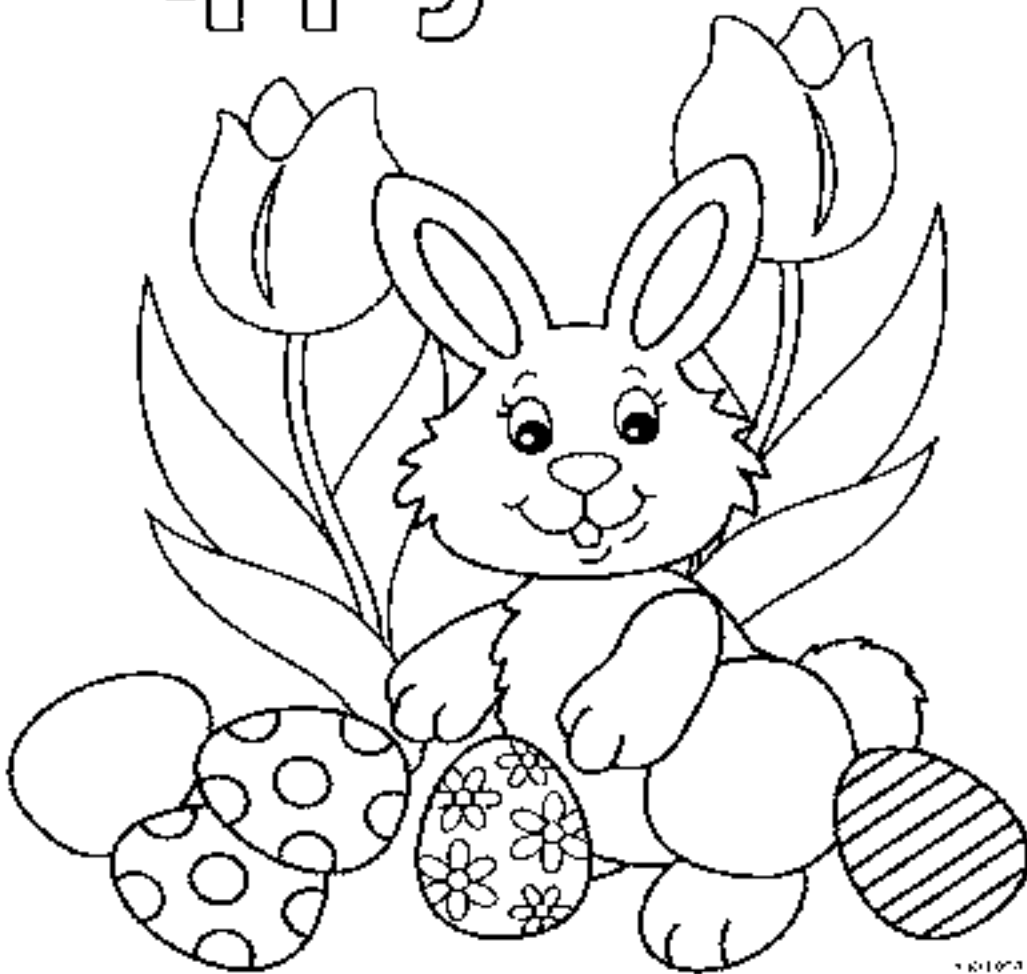
Age:

8-yr

Phone Number:

Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Age: \_\_\_\_\_ 0-7

# Happy Easter!



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