



August 2016 N?e?iyk Spiləxm

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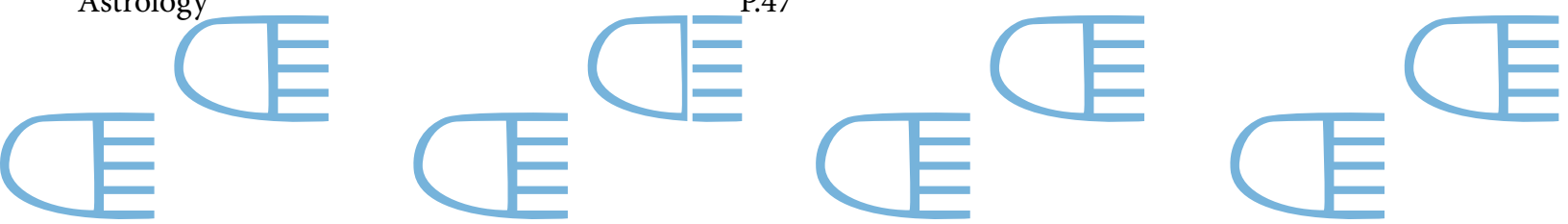
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Soap Berrries gathered by Charlie Toodlican



Summer Student Workers gathering Indian Tea



CHIEF AARON SAM

Dear Lower Nicola Band Members,

I am writing to provide you and update on my recent activities.

Shulus Cattle Company is still an active operation. After our community consultation, LNIB Development Corporation has decided not to sell all our cattle. We still have 70 head that we run as part of our operation, that we put out to range this spring. We are also excited to announce that LNIB Band member Lorne Basil has also been promoted to manager of the company. It is

also my understanding that we will be donating another cow to the band for the upcoming LNIB Open house and Annual General Assembly. We recently donated two cows to Community Services to fill our band freezers, to share with our elders, those on social assistance, and community members.

I have also been informed by Chief Operating Officer Sean Maloney that Lower Nicola Site Services (a company under the bands Development Corporation) that we will be hiring 4 more workers (In addition to the workers that are already there) for our crushing operation in the coming days. We are also hiring 3 food service related positions through another venture Coquihalla Catering for the upcoming school year at NVIT. LNIB Development Corporation is actively pursuing other contracts that we hope to confirm and announce over the coming weeks.

The Chief and Council recently passed the Conflict Of Interest Schedule to the LNIB Financial Administration By-Law. This by-law was recommended to the Chief and Council by the section 3.8 Committee. The 3.8 Committee members are community members Shannon Kilroy, Vince McDonald Jr., LeEtta Tom, Shawn Swakum, Sharon Dick, Rena Joe and Verna Moses. The Committee members have worked so very hard this last year and a half on this By-law. I am so proud of the work of the committee. I believe that their hard work on the By-law will benefit the band for many years to come, to ensure that the Chief, Council and community members continue to work in the best interest of all our community members. Congratulations to the Committee, the Council and the community on passing this important By-law.

The Chief and Council has also looked at potential properties to purchase for the Band. Recently some members of the Council visited the Coquihalla Lakes Lodge which is a lake and approximately 7 acres of land on the top of the Coquihalla. We also plan to visit Dot Ranch soon, which is another piece of property between Merritt and Spence's Bridge. At this point the Chief and Council is only exploring our options, and seeing what is available. I believe it's the position of Council, that we will not purchase a piece of property without community consultation and approval.

Finally, as I have said in other recent updates to the membership, the Chief and Council has approved installing solar panels on the gymnasium of the Lower Nicola Indian Band School. Steps to move this forward is already ongoing. The panels will be installed in August, and will be fully operational before school starts in September. This is most likely the first step of a phased approach on making our

community more energy self-sufficient. The Council will also be considering putting a program in place where we can support community members in making their own homes self-sufficient with solar panels in the near future.

Thanks for taking the time to read this update. There are many other exciting ventures the band is currently pursuing. If you have any questions or concerns, please do not hesitate to contact me on my cell at 250.315.7563.

Have a great August. Humelth

Chief Aaron Sam



**LOWER NICOLA
INDIAN BAND**

You are invited to:

The Lower Nicola Indian Band Annual Open House
on Tuesday, August 9th at the Shulus Arena 11 am - 4 :30 pm

Dinner August 9th near Arbour 5 pm - 6 pm &
Cultural Celebration at the Arbour 6 pm - 8 pm

Lower Nicola Indian Band Annual General Assembly
on Wednesday, August 10th at the Arbour, 9 am - 3 pm
(AGA - LNIB Members only)

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IMPORTANT NOTICE

LNIB MEMBERSHIP

The Band General Assembly

**Is Scheduled Wednesday, August 10, 2016
At 9:00 am**

The 2nd Annual General Assembly is the August Band General Meeting. Please note the change in date.

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

Lower Nicola Indian Band 2nd Annual General Assembly

Wednesday, August 10, 2016

8:00am-9:00am	Continental Breakfast	
9:00am-9:30am	Prayer Welcome Message, Chief Welcome Song MC Housekeeping Details	
9:30am	Introduction of Chief and Council Portfolios and Reports	
10:00am	Annual Report Presented	Children's Activities
10:15am-10:30am	Nutritional Break	
10:30am-11:15am	Directors Update (7 minutes each) -Lands and Economic Development Sector -Administration Sector -Infrastructure Sector -Human Services Sector -LNIB School -Finance Sector	
11:15am-11:45am	Auditor's Report	
11:45am-12:00pm	LNIB Development Corporation Update	
12:00pm-1:00pm	Lunch /Door Prizes	
1:00pm	Land Code	
1:15pm	LNIB Program/Committee Updates (10 minutes each) Comprehensive Community Plan Framework Financial Administration Law-Schedula A Conflict of Interest Education Policy Review Committee Language Nest Culture Revival	
2:00pm	Recognition of LNIB Members/Community Members	
2:30pm	Closing Prayer	

EXECUTIVE DIRECTOR REPORT



June 23rd to July 20th, 2016

Dear LNIB Member,

I am pleased to provide you with a summary of the activities in which I have been involved in the capacity as Executive Director of LNIB for the period from June 23rd to July 20th, 2016. Most of the work was related to ongoing activities which started some time ago and take some time to complete, and a small number of

new projects.

2016 LNIB Chief & Council Elections – LNIB retained the services of Mr. Raymond Phillips to act as Electoral Officer of the upcoming elections of Chief & Council, which are scheduled to take place on Saturday, October 1st. Mr. Raymond Phillips, who has law practices in Lytton and Kamloops, is very familiar with the LNIB Custom Election Regulations and elections process, as he has acted on this capacity in the last few LNIB elections, and acted for many First Nations communities throughout British Columbia.

LNIB Culture Revival Program – Bridget LaBelle and I worked on and presented to Chief & Council (C&C) a revision to the workplan and budget for this important program. The revision was approved by C&C, and shortly after we completed the recruitment of the Culture Revival Coordinator. From a set of impressive candidates, we hired Sharon Antoine, who brings to LNIB a wealth of knowledge, experience, and drive. We welcome Sharon to our team, and pledge to work with her in reviving the ancestral knowledge, history, and cultural practices of our community and Nation.

LNIB Land Code – With the date of the vote (officially, the community ratification process) approaching fast (Friday, August 12th) the work of our dream Land Code team has grown dramatically in intensity and scope during this past month. We urge you attend the many events that are planned until the voting day, so you have the information you need to cast your vote. You can vote in person (advance polls August 5th and 6th, from 9:00 am to 8:00 pm), or on voting days (August 11th and 12th from 9:00 am to 8:00 pm), or by electronic vote (telephone, mail, and online) anytime now, as electronic vote is now open. For more information on the Land Code, please visit our Land Code website, at www.landcodevote.lnib.net.

Second LNIB Annual General Assembly – We have been very busy getting ready for the upcoming Second Annual LNIB General Assembly, scheduled for August 9th and 10th (Tuesday and Wednesday). The Annual General Assembly is actually comprised of three main elements: the LNIB Open House, which will take place on the first day (August 9th from 10:00 am to 4:00 pm at the Shulus Arena), an evening Cultural Event from 6:00 pm to 9:00 pm at the LNIB Arbour, and the Annual General meeting on the second day, from 9:00 am to 4:00 pm, also hosted at the LNIB Arbour. In addition to the display booths of all programs of LNIB and many businesses, government agencies, and regional institutions, children's programs, the program will include the presentation of the LNIB 2015-16 Annual Report, LNIB programs and the presentation of the Auditor's Report and audited financial statements for the fiscal year ended on March 31st, 2016. There will be a very special cultural event and the program of events is packed with surprises and valuable door prizes, as well as a moment

to recognize a number of outstanding members of our community.

As you can imagine, there is a lot of work that goes into preparing the printed annual report and the events, so we have a large number of staff members dedicated to this initiative. We look forward to see you; bring your family, and let's enjoy our pride in being LNIB.

LNIB Financial Administration Law – Provisions Governing Conflict of Interest – After 18 months of intense work, we very proud to inform you that Chief and Council have enacted on July 19th the amendment to the LNIB Financial Administration Law to include new provisions governing conflict of interest. The work was led by the Section 3.8 Committee, comprised of seven heroes (Shannon Kilroy, LeEtta Tom, Sharon Dick, Shawn Swakum, Vince McDonald Jr., Rena Joe, and Verna Moses) who contributed an amazing amount of time and discussions to develop an excellent governance tool. The work originally started with crafting a by-law, that later became two, and later converted into an amendment to the LNIB Financial Administration Law. I take the opportunity to thank the work of Mr. Doug Springford, Mr. Dean Crawford, and Ms. Catherine Keri, the lawyers who over the last 18 months have assisted the committee in developing the final version of this piece of legislation.

LNIB 5 Year Capital Infrastructure Plan – Hyrum Peterson, Barry Torgerson, and I worked on the draft LNIB 5 Year Capital Infrastructure Plan that was approved by Chief & Council at the July 19th meeting. The Plan contains the list of projects, time line, and costs, as well as sources of financing to implement the plan. The cost estimate for the first five years of the Capital Infrastructure Plan is estimated at approximately \$18 million, and \$14 million for the next five years. Most of the projects will be funded by LNIB own source revenue, with a portion of the financing to be in the form of long-term debt, and a smaller portion from Indigenous and Northern Affairs Canada (INAC) and other sources.

Recruitment of LNIB Education Program Manager – We posted widely this career opportunity, and we just completed the interviews for this position, and we should have the successful candidate to start working in about two or three weeks. I take this opportunity to thank and recognize the work and dedication of Lynne Charlton, who in spite of her health challenges and personal sacrifice, has given her best in serving LNIB. Lynne will stay with us for a period of time.

LNIB Comprehensive Community Plan – I worked with Gretchen Fox, Principal of Fox Cultural Research, of Kamloops, BC, in the base document that will be presented at the upcoming LNIB Annual General Assembly. This document outlines the main factors shaping the future of LNIB, as well as strategic options for all aspect of life in LNIB.

N̓eʔkepmx̓ Language Nest – As we approach the new school year, we are getting ready to launch the N̓eʔkepmx̓cin nest. This will be the only N̓eʔkepmx̓cin immersion program for youngsters aged 0 to 5 years old. The development coordinator, Aiona Anderson is busy working with elders, teachers, and families, as well as getting the facility ready to open in early September. We urge you to consider to register the young members of your family in the N̓eʔkepmx̓cin Language Nest, as it is one of the best programs in guaranteeing the survival and revival N̓eʔkepmx̓cin. Please feel free to contact Aiona at your convenience, so you can get

answers to all questions that you may have about the N7e7kepmxcin Language Nest.

LNIB School Awards Day – I had the privilege to attend this very special event at our School, organized by the teachers, staff, and Angie Sterling, Principal of LNIB School. It was a day of pride and joy that marked the end of the school year and the beginning of the summer holidays. When I drove back to the office after the event, I remember well how proud I was of being LNIB.

LNIB School Solar Energy Garden Project – Chief & Council approved this innovative project, which will have the roof of the LNIB School Gym converted into a vast source of solar energy. We intend to achieve three main goals with this project: 1 – produce energy that does not come from burning fossil fuels, or block the natural migration of fish by concrete dams; 2 – be an opportunity for learning and teaching built-in the LNIB School curriculum leading edge alternative green sources of energy; and 3 – achieve substantial savings in energy costs for many years to come.

Shulus Cemetery Clean-up Day – The vast majority of LNIB staff members participated as volunteers in the clean-up day for Shulus Cemetery. The day was long and plenty of hard work, but we all could see the difference at the end of the day: the Shulus Cemetery looks a lot nicer and well cared for.

Shulus Community Garden – Our community garden is taking shape; you can see now the plants growing green, strong, and beautiful. Chris Doucette has been doing a great job in reviving this important source of local healthy food for elders and families in need in LNIB.

Expansion of LNIB School – This project is now under construction, and we expect to be complete sometime in late fall. The expansion consists of the construction of four new classrooms, one of which will be a fully equipped technology classroom.

Rocky Pines Community Centre – We are now finalizing the details of the concept of this facility. The building will be located at the South end of Rocky Pines neighbourhood, and will consist of a medium size hall (capacity for 54 to approximately 200 people, depending on seating arrangement), four offices, small boardroom, store/post office/ laundromat, and a large patio in the back of the building. Chief and Council has approved the budget (not to exceed \$2.4 million). The architect and engineers are now working in developing the plans, and we expect to start construction early next year.

New Housing Construction – This project has been very slow in starting, but we are now in full construction. This new phase of affordable housing comprises three duplex units (four 3-bedroom for larger young families and two 2-bedroom units), located near LNIB School.

Education Policy Review Committee – Councillor Molly Toodlican and community members Madeline Lenaro, Darlene Vallee, Ryan Mann, and Sondra Tom have been very busy developing ideas and programs on how we can improve our education program, particularly student financial assistance investment funded by band own-source revenue. We expect to have final recommendations to Chief & Council before the new school year.

LNIB Finance Committee – With the audit season almost over, the Finance Committee of LNIB had three meetings in the last few weeks to review the financial statements, the funding request from LNIB Development Corporation, and the financing options for the three larger construction projects that LNIB will undertake in the near future (School addition, Rocky Pines Centre, and Office complex). The Finance Committee is comprised of Councillor Clyde Sam, Julia Dick, Councillor Art Dick, Barry Torgerson, Director of Finance, and myself, Executive Director.

LNIB Office Space – As you probably noticed, we are running out of space to house the growing number of programs and employees. We are now scattered over five different worksites, which does not help us in being more efficient in the services that we provide. We are currently studying the feasibility of purchasing a 16 office modular building to house lands & economic development, language, culture, health, education, and possibly LNIB Development Corporation and its subsidiaries. We are now working on this and plan to present to Chief & Council a set of options before the end of August.

LNIB Development Corporation – Chief and Council approved the requests of funding from the Board of Directors of LNIB Development Corporation for equity investment in the rock crushing contract joint venture with LNB Construction for the three year contract with Highland Valley Copper Mine, in the amount of \$204,000, and of working capital for LNIB Development Corporation (operations and investments) in the amount of \$375,000. The working capital component requires LNIB and LNIB Dev Corp to complete and sign the letter of owner's expectations regarding the operations of all businesses in which LNIB has an ownership interest in. The Development Corporation also entered into a joint venture with Civeo (a large catering company in Western Canada) to provide catering services to NVIT.

Band Members' Concerns – During this period the telephone never stopped ringing, and I attended to a number of concerns on a wide variety of issues and ideas brought to my attention.

Much Deserved (?) Holidays – Please note that I will be on vacation from July 21st to August 9th, arriving just in time to be at the Evening Cultural Event. During this period, Barry Torgerson will be Acting Executive Director. In the meantime and from afar, I will be thinking of all of you, all the time...

Thank you,

Helder Ponte
Executive Director



Heñte? k^w Lower Nicola Indian Band Members!

Mark your calendars and invite your away family members for a visit.... The week of August 8th to August 13th will be a great time to be home!

Tuesday - August 9th:

Annual Open House at the Arena

Come see what our businesses, and community partners have been up to and have to offer

Cultural Celebration in the Arbour

Join us for an evening celebration celebrating what it is to be LNIB and Nlaka'pamux

Wednesday - August 10th:

Second Annual General Assembly in the Arbour

LNIB Members are invited to participate in the Annual General Assembly and to hear reports from the Band Administration Team

Thursday - August 11th and Friday August 12th

Land Code Vote - in Shulus Hall

Vote in person on this very important question that would allow LNIB to take back control of its Lands Management

Saturday - August 13th

LNIB General Elections Nomination Meeting in Shulus Hall

Nominate your candidates for the Band General Election to be held October 1.

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IN THE NEWS



Proudly owned by:



Lower Nicola Indian Band Development Corporation and Civeo Secure a Catering Contract through Innovative Joint Venture—Coquihalla Catering

Merritt, B.C., July , 2016—The Lower Nicola Indian Band Development Corporation (LNIBDC) and Civeo are pleased to announce that their recently formed joint venture company Coquihalla Catering has been awarded the contract to provide catering and food services to the Nicola Valley Institute of Technology (NVIT) Merritt Campus.

The unique partnership between the business development arm of the largest First Nation Band in the area and a Canadian catering company with global operations, will allow for high level service delivery with local food products from LNIB-owned farms and other LNIB Member partner producers to the benefit of NVIT students, staff, and guests.

“The local supply chain, relationships in the area, and expertise in helping design the menus to local tastes, makes LNIBDC an invaluable equity partner in securing the relationship with NVIT,” says Mike Ridley, President of Civeo North America. “There is no doubt that Coquihalla Catering, due to LNIBDC will be a financial success and a culinary powerhouse in the region and will add to a vibrant and dynamic NVIT campus life.”

The three-year contract between Coquihalla Catering and NVIT will see a first food service date of August 15th, in advance of the start of the fall semester in September.

Chief Aaron Sam, LNIBDC Chair said that the LNIBDC is excited about opportunity. “Diversifying our economy is a key objective of the LNIB. Utilizing LNIB local foods, produced by local LNIB companies, prepared by LNIB staff members to be served at NVIT in Merritt makes a lot of sense. Our partner Civeo brings a tremendous level of expertise and commitment to the process and community. Our new company will be looking to further expand into other commercial and institutional catering operations and we feel confident we have found the best partner. Our Development Corporation is committed to working with local LNIB member owned businesses and food producers and this an important step in the development of a larger LNIB agricultural plan.”

BAND GENERAL ELECTIONS



Raymond D. Phillips, QC
BARRISTER & SOLICITOR

e chuckpalsh@gmail.com
t 236-425-4441 or 855-355-2471

July 18, 2016

To all LNIB Electors:

RE: 2016 General Band Election

It is with great honor that I have accepted the appointment from Council to serve as Electoral Officer in the up and coming general band election. Key election dates are:

- **Saturday, August 13th, 2016:** Nomination Meeting held at the Shulus Hall between 4p – 6pm.
- **Saturday, September 24th, 2016:** Advance Poll will be held at the Shulus Hall between 11am and 5pm.
- **Saturday, October 1st, 2016:** Election Day Poll will be held at the Shulus Hall between 9am – 8pm with count to follow.

All candidates are required to meet the eligibility requirements of the election code in order for their name to stand in the election. The election code is available on line at: www.lnib.net or at the band office. As part of the nomination process, all candidates must within 13 days after the nomination meeting, caused to be delivered to the Electoral Officer: Written acceptance of their nomination; A completed criminal record check; and Written confirmation from the finance manager of the band that the elector is not in arrears on any indebtedness to the LNIB or a LNIB entity.

Hu7malth,



Raymond D. Phillips, Q.C.
BARRISTER & SOLICITOR

KAMLOOPS OFFICE • 236-425-4441
216 – 345 Chief Alex Thomas Way
Kamloops, BC | V2H 1H1



*"Helping the nksbAytka seek
a measure of justice"*

LYTTON OFFICE • 250-455-2471
PO Box 369, 968 McIntyre Rd
Lyttton, BC | V0K 1Z0

LOWER NICOLA INDIAN BAND ELECTION NOTICE

NOMINATION MEETING

THIS NOTICE IS TO INFORM ALL ELECTORS OF THE LOWER NICOLA INDIAN BAND THAT A NOMINATION MEETING WILL BE HELD:

Saturday, August 13th, 2016
At the Lower Nicola Band Hall at Shulus
4:00 PM TO 6:00 PM

NOMINATIONS WILL BE ACCEPTED FOR THE FOLLOWING POSITIONS:

ONE (1) CHIEF
SEVEN (7) COUNCILLORS

No elector shall be a candidate unless his or her nomination has been moved and seconded by a member who is at least 18 yrs. of age and, within 13 days after the nomination meeting, he or she has caused to be delivered to the Electoral Officer:

- a) Written acceptance of their nomination;
- b) A completed criminal record check; and
- c) Written confirmation from the finance manager of the band that the elector is not in arrears on any indebtedness to the Lower Nicola Band or a LNIB entity.

Please note that **any voter may nominate candidates in person at the nomination meeting or by using a mail-in nomination form.** Mail-in nomination forms will be mailed to members residing off-reserve. Electors residing on the reserve who wish to nominate by mail may request mail-in nomination forms from the electoral officer. Mailed nominations not received by the electoral officer before the time set for the nomination meeting are void.

The Election will be held Saturday, October 1st, 2016



Raymond D. Phillips, Q.C.
Electoral Officer
Box 369, Lytton, BC V0K 1Z0
Toll Free: (855) 355-2471
Email: chuckpalsht@gmail.com

HUMAN SERVICES SECTOR

We have a number of events through the summer months so we look forward to a busy summer.

- Lower Nicola Indian Band Unity 7es/q'ùx^w Youth Conference was July 5th, 2016 it was a great conference. The staff who worked on this did an amazing job and the youth and families who participated had a great day of learning and fun.
- LNIB ANNUAL FUN-DAY July 6th, 2016 went well too, the kids absolutely love this day.
- We have Lepika Saddleman moving into the Community Services Assistant (maternity leave) position and have now posted the Home Maker position.
- We have reposted the Community Health Nurse (currently in the process of interviews), Rose from Scw'əmx Health has been assisting the band with immunizations until we are able to fill this position.
- We have posted for an Education Manager we are in the process of interviewing at this time.
- We have posted for Christie Hill's (maternity leave), her role is the Family Activities and Wellness Coordinator. She will be going on maternity August 12th, 2016.
- We are in the process of finalizing our Cultural Revitalization work plan and staffing needs. I would like to welcome Sharon Antoine as the Culture Revival Coordinator, feel free to check in with her and we look forward to the new project and all the new ideas and activities.
- The **N7e7kepmxcin** Language Nest program will begin in September 2016!!!!!!! Forms are available at the front desk and on-line. This program is for 0-5 year olds who will be immersed in **N7e7kepmxcin** in a home setting environment. We are very excited about this project feel free to contact us for more information. The location for the language nest will be near the LNIB Band School. We are in the process of filling the staff requirements to start this year.

The two eye clinics in Merritt charge you a minimum fee of \$45.00 up to \$99.00 for an eye exam. This is the patient portion and is not covered by FNHB, You must get pre-approval for LNIB to cover your fees if you need to see a doctor in between our clinic dates. . We will no longer cover your exams if you did not get pre-approval. Some require additional appointments and those will be approved on a case-by case basis. Dr. Ahmed will be returning every six months so, ensure that you book as he does not charge any additional costs to you as the patient.

Pre-approval is also required for any additional fees for dental work as well. If you have a dentist appointment and you know there will be additional fees you need to contact us prior to your appointment.

Our department has a number of activities weekly and monthly and we are always looking for new ideas.

Bridget LaBelle, BSW
Director of Human Services



Fun Day



Youth Conference





August 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 STAT	2 Petey Creek Weather permitted 12:00-3:00pm	3 Outdoor activities With Community & elders 10-1pm	4 Office Day	5 Grief and support Group 9:30 am Skill share 2:00pm-4:00pm	6
7	8 Parents and Babes	9 Open House	10 AGM Princesses & Uncle Chris the clown	11 COHI half day	12 Grief and support Group 9:30 am Skill share 2:00pm-4:00pm	13
14	15 Office Day	16 Monk Park 12-3:00pm	17 GFB	18 Elders outing	19 Grief and support Group 9:30 am Skill share 2:00pm-4:00pm	20
21	22 Parents and Babes	23 Office Day	24 TBA	25 COHI	26 Grief and support Group 9:30 am Skill share 2:00pm-4:00pm	27
28	29 Out Door Activity 12-3:00pm	30 Office Day	31 Deck Party with Community & elders			

notes

For any more information please contact Christie Hill @ 250-315-3661 or the health center @250-378-4089 Please Note that events or activities may change due to unplanned events or circumstances. Please note that Christie Hill will be going on Maternity leave as of August 12, 2016

*Anyone who can come in on Fridays to share your "skill" with us we will give a \$25 gift card. Please call ahead so we can arrange a date. Beading, knitting, cooking etc....

HEALTH SERVICES

Adult Day Program (ADP)

All events from 9:30 am to 1:00 pm

August 3rd- Outdoor Activities

August 10- NO ADP due to annual LNIB AGM

August 24th- Painting/crafts/puzzles

August 31st- BBQ- Deck Party

The ADP will be held Wednesday at the soup kitchen. This will allow the elders to socialize with the lunch crowd on soup kitchen days. Also, we will be including weekly exercises and strengthening. If you have any questions please the Health Center 250-378-4089.

Contact Home Care Nurse Irene How at 250-378-4089 if you have any questions or require any information.

Foot Care: Drop in August 29th

Services are now available to anyone living or working on reserve. To book an appointment, please call Lower Nicola Health Services (250-378-4089) to reserve a time.

Upcoming Events – Mark your Calendar!!!

Sept 6- Diabetes Awareness Day

Cyndi Noakes, Diabetes Specialist will be conducting 1:1 – (1 hour appointments) for diabetes education and support for people.

Where: LNIB Community Health Center; please phone LNIB Community Health Services to book an appointment.

Sept 6- Surg-Med Kamloops Company will be conducting medical equipment repairs

for various medical equipment such as, walkers, wheelchairs, etc.

Also, they can assess for fittings for compression socks and diabetic socks, as well many more assessments.

Sept 13- Sign – up for the Chronic Pain Management Workshop.

Where: Community Health Services

Time -5:30pm-8:30pm every week for 6 weeks

No cost

Hosted: by Irene Howe RN, BSN

COMMUNITY HEALTH

“Good Day Everyone, starting off the month of August 1st we have a Civic Holiday! Wow how is that for the start of a new month. August will be a busy month as we will be preparing for LNIB Open House on August 9th. Following the Open House we will be having LNIB AGM on August 10th. I am also accepting registrations for the Mammography Unit coming on August 23rd. So please ladies who qualify contact me for assistance in setting up your appointment. For health the month of August is Safety-Canning (Please see safety article).

- **Elders’ Luncheon** will be held on Thursday, August 18th we will be taking a group of Elders to a movie and lunch. I will be taking names on a first come basis due to limited seating. Also, because of the volume of calls we have for our programs we are now utilizing a system called Phonevite. It allows me to set up a greeting to invite you to our programs. My cell number 250-315-9559 which will show up on your caller ID if you have it setup. Once you answer the phone my message will start right away.
- **Good Food Bag** –Wednesday, August 17th pickups after lunch. We remind people that it is very important to pick up your good food bag that day as it is not being refrigerated. The deadline for GFB cash purchases is the last Friday of the month (an example would be Friday, July 29th. However, Friday is a Stat for this month so cash deadlines will be Thursday). Note: Good Food Bag Deliveries: We would like to encourage people receiving the GFB to make arrangements to pick up their GFB. If your GFB has not been picked up it will be donated Friday morning.
- **Patient Travel** - Is used for specialist appointments nearest to our community. Patient Travel funds is not used for General Practitioners (GP). If you currently do not have a doctor due to their office closure. Mountain Medical - Dr. Simon is still accepting new clients of at 250-315-1455. Also, Julie Walker a Nurse Practitioner can be contacted. Julia works out of Conayt Friendship Centre at 250-378-5107. And also we have the Nicola Valley Health Centre at 250-378-2242

- Rhonda Dunn, Health Coordinator



MAMMOGRAMS

LNIB Health Centre

August 23, 2016

10:00-4:00 pm



“We are now accepting registration forms and scheduling appointments”

Note: Please fill out “Screening Mammography Program of BC Registration Form” and return to LNIB Health Centre.

You will need: Care Card, Family Dr. Name, and your mailing address at time of appointment.

Requirements:

- **Every second year to all women 40-79 years**
- **Has a direct family member who has had breast cancer.**
- **Or doctor’s note.**



Apr/28/2016 11:17:12 AM

SMP Mobile Read Site 604-877-6231

3/4



BC Cancer Agency
CARE & RESEARCH

SCREENING MAMMOGRAPHY
PROGRAM OF BC

Attention - Kendal

SCREENING MAMMOGRAPHY PROGRAM OF BC REGISTRATION FORM

SMPBC provides screening mammograms to *eligible BC residents age 40 and up*

Eligibility questions:

*If the answer is **yes** to any of the questions below you are not eligible for screening mammography. Please contact your family doctor to find out about other breast health options.*

1. Are you currently pregnant?
2. Have you been breast feeding in the last three months?
3. Have you had breast enlargement surgery, such as implants or injections?
4. Have you had breast cancer?
5. Do you now have any new breast complaints such as a solitary lump or nipple discharge?
6. Have you had a mammogram on both breasts in the last 12 months?

Registration form - the following information must be provided:

Last name: _____ Title: _____ (Ms., Mrs., Miss)

First name: _____ Middle initial: _____

Birth surname: _____

Date of birth: / /
Day Month Year

Place of birth: _____

Personal health number (care card): _____

Mailing address:

Street: _____

City/Town: _____, BC

Postal Code: _____

Home telephone: _____ - _____ - _____

Work telephone: _____ - _____ - _____

Family Doctor: _____

City/Town: _____

For your mammogram appointment, do not wear deodorant, body powder or perfume.

APPOINTMENT DATE: _____ TIME: _____

LOCATION: _____ **Fax completed form to 604-877-6231**

CANNING SAFETY

Home-Canned Foods

- When in doubt, throw it out!
- Inspect your commercial and home-canned foods
- Safely dispose of food and cans that may be contaminated
- Use a bleach solution to wipe up spills of food that may be contaminated
- Know the risks of home-canned foods
- Use proper home canning techniques

Protect Yourself from Botulism

Botulinum toxin is produced by the germ *Clostridium botulinum*. This toxin can affect your nerves, paralyze you, and even cause death. Food borne botulism is a rare but serious illness caused by eating foods that are contaminated with a nerve toxin called botulinum toxin. Home-canned vegetables are the most common cause of food borne botulism outbreaks in the United States. Taking even a small taste of food containing botulinum toxin can be deadly.

When in doubt, throw it out!

Any food that may be contaminated with botulinum toxin should be thrown out. Find out how to safely dispose of food and cans that may be contaminated.

Never taste the product to determine if it is safe. Do not taste or eat foods from containers that

- are leaking,
- have bulges or are swollen,
- look damaged or cracked, or
- seem abnormal in appearance.
- When you open a jar of commercially or home-canned food, thoroughly inspect the product. Do not taste or eat foods that are discolored, moldy, or smell bad. Do not use products that spurt liquid or foam when the container is opened.

Inspect your commercial and home-canned foods

- Don't open or puncture any unopened cans, commercial or home-canned, if you suspect contamination.
- Suspect contamination if
- The container is leaking, bulging or swollen, looks damaged or cracked or seems abnormal in appearance,
- The container spurts liquid or foam when opened, or
- The food is discolored, moldy, or smells bad.

Safely dispose of food and cans that may be contaminated

- Put on rubber or latex gloves before handling open containers of food that you think may be contaminated.
- Avoid splashing the contaminated food on your skin.
- Place the food or can in a sealable bag, and seal it shut.
- Wrap another plastic bag around the sealable bag.

- Tape the bags shut tightly.
- Place bags in a trash receptacle for non-recyclable trash outside the home and out of reach of humans and pets.
- Don't discard the food in a sink, garbage disposal, or toilet.
- Wash your hands with soap and running water for at least 2 minutes after handling food or containers that may be contaminated.
- Use a bleach solution to wipe up spills of food that may be contaminated
- Add ¼ cup bleach for each 2 cups of water.
- Completely cover the spill with the bleach solution.
- Place a layer of paper towels, 5 to 10 towels thick, on top of the bleach.
- Let the towels sit for at least 15 minutes.
- Wipe up any remaining liquid with new paper towels.
- Clean the area with liquid soap and water to remove the bleach.
- Wash your hands with soap and running water for at least 2 minutes.
- Discard sponges, cloths, rags, paper towels, and gloves that may have come into contact with contaminated food or containers with the food.

Use proper home canning techniques

The best way to prevent food borne botulism is by carefully following instructions for safe home canning in the USDA Complete Guide to Home Canning.

Use a pressure canner or cooker, and follow all specified home canning processing times for safe home canning of all foods.

Pay special attention to the processing times for low-acid vegetables, such as green beans, carrots, potatoes, and corn.

Discard all swollen, gassy, or spoiled canned foods. (Find out how to safely dispose of food and cans that may be contaminated(<http://www.cdc.gov/botulism/consumer.html#dispose>)).

Boil home-processed, low-acid and tomato foods canned foods in a saucepan before serving, even if you detect no signs of spoilage.

At altitudes below 1,000 feet, boil foods for 10 minutes.

Add 1 minute for each additional 1,000 feet of elevation. (Shulus Band Office is at 1800 ft)

Foods known to be under-processed according to the current standards and recommended methods should not be eaten and should be disposed of safely.

COUNSELING SERVICES



Good Afternoon or Morning depending on when you read this letter:

My Name is Rylan Kerber I am the Community Support Worker and Counselor and work in the Community Services building; to some that means the health center. I just wanted to remind everyone that I am taking bookings for sessions now.

If there is anything you would like to sit down and visit such as, grief and loss, anger management, understand difficult behavior, or would like to see your child and or youth sit down for a session please don't hesitate to contact me at the Community Services, the number is 250-378-4089 or also on my cell 250-315-8044.

All my relations,
Rylan Kerber



Congratulations to Emily Harry on her graduation from the Little Stars Head Start Program and for receiving the Language Award!

The Editor of this newsletter sincerely apologizes for missing you out in last month's Newsletter!

BACK TO SCHOOL

Back to School Start-up forms

School Start-up and Consent forms will be available at the beginning of August.



FORMS CAN BE PICKED UP AT THE LNIB EDUCATION OFFICE OR THE COMMUNITY SERVICES OFFICE.

PLEASE BRING COMPLETED FORMS TO THE LNIB EDUCATION OFFICE NO LATER THEN SEPTEMBER 15, 2016.

It is almost that time of year again, and we are sure most of the students are excited about getting back to school. We hope you are making the best of your holidays!

Enjoy the rest of your summer!!
Lynne, Gail, and Terri-Lynn



REGISTRATION 2016-2017



THE LOWER NICOLA BAND SCHOOL
INVITES ALL CHILDREN *(First Nations/Non First Nations)*
To Register for Kindergarten to Grade 7

“FREE” Daily
HOT LUNCH PROGRAM
and SNACK PROGRAM
3 times a week

NEW PLAYGROUND
EQUIPMENT

“WHATS COMING”
4 Classroom school additon.
To be completed in 2017

- Full Time Kindergarten – must be 5 yrs by **Dec 31, 2016**
- Bus Services provided to all areas of Merritt.

HEAD START SERVICES:

- 3 & 4 year old Program (K4 must be 4 yrs old by **Dec. 31, 2016**)
- Parent & Tot Drop In
- Home Visiting Program
- Transportation provided for all Head Start programs
- Mom's & Tot's Services 0 to 6 years old

CURRICULUM:

- New BC Curriculum
- Nle?kepmx
- Cultural Studies
- Field Trips
- Learning Assistance Program
- School supplies supplied

FACILITIES:

- Full-Size Gymnasium
- Library
- Computer Lab
- Baseball/Soccer Field



FOR MORE INFORMATION

Lower Nicola Band School
Ph: 250-378-5527  **201 Horn Rd., Merritt, BC**

RECREATION

Hello LNIB,

In total, the recreation department has received 65 summer camp registrations. We are very happy with the registration numbers. We hope that the youth are enjoying their time at camp. We have had an excellent summer with the youth. The recreation staff has been keeping our youth busy with plenty of activities including hiking, kayaking, swimming, rotary park, Monck park, sports and games at the arena and utilizing our new youth centre.

This summer LNIB departments have teamed up to develop a new BMX park at Rocky Pines. The outdoor arena has also been updated for everyone's pleasure. Please use these spaces at your own responsibility and please take care of them.

We have a few activities scheduled for the month of August that are very exciting. We will be taking the youth ziplining in Kelowna (August 4th) and to the Cultus Lake waterslides (August 17th) Waiver forms will be sent home with each youth. Please make sure these forms are signed before attending.

Have a great summer everyone,

Joe Quewezance



Summer Camp fun



ROCKY PINES BMX PARK

Check out the happenings at Rocky Pines!

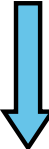

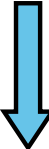





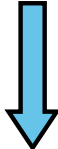


A newly resurfaced court, and a BMX track! (Please - no motorized bikes)



Thank you to Surerus Murphy, LNB Construction, Shulus Forest Enterprises Inc for their generosity in making these projects happen!

DAY CAMP CALENDAR

August 2016 Please bring Lunch, water, sunscreen EVERY DAY!!! Thanks

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ages 5-10 	1 BC DAVII  No Activities	2 Hiking- Info Center 9:30am-12:30pm Rotary Park 1pm-2:30pm	3 Activities and Games @ school 9:30am-2:30pm	4 Zip Lining in Kelowna	5 Monck Park 	6
7 Ages 11 & Up 	8 Swimming @ Aquatic Center 9:30am-12:30pm Activities @ arena 1pm-2:30pm	9 LNB Open House	10 LNB Open House	9 Helmer-Kayaking 9:30am-2:30pm 	12 Monck Park 	13
14 Ages 6-10 	15 Swimming @ Aquatic Center 9:30am-12:30pm Activities @ arena 1pm-2:30pm	16 Floor hockey @ the black top 9:30am-12:30pm RP Water Park 1pm-2:30pm	17 Cultus Lake Water Park 	18 Berry Picking? Culture day! 	19 Games and Activities @ School Gym 9:30am-2:30pm	20
21 Ages 11 & Up 	22 No Activities Today	23 LNB RECREATION CAMP @ MONCK PARK 	24	25 	26 CAMP ENDS. NO ACTIVITIES. HAVE A GOOD REST OF YOUR SUMMER!!!!	27
28	29	30	31			

**ABORIGINAL SPORT,
RECREATION AND PHYSICAL ACTIVITY
PARTNERS COUNCIL**

551 Chatham Street
Victoria, BC V8T 1E1
PH: (250) 388-5522
Fax: (250) 388-5502
www.aboriginasportbc.ca

FOR IMMEDIATE CIRCULATION
May 15, 2016



BC Aboriginal Provincial Championships & Athlete Development Camps

Events held in summer and fall of 2016 part of selection processes for Team BC for NAIG

The Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council) is pleased to announce the dates and locations of several events within the 2016 series of BC Aboriginal Provincial Championships and Athlete Development Camps.

Launched in 2011, the annual BC Aboriginal Provincial Championships and Camps were established to support Aboriginal athlete and coach development and support the creation of a strong, coordinated and competitive Team BC program. The majority of the events in the 2016 Championships & Camps will serve as a primary component of the talent identification and selection processes for Team BC for the 2017 North American Indigenous Games (NAIG).

The 2017 NAIG will be hosted in Toronto, Ontario, from July 16 to 23, 2017 and Team BC will be represented in 13 sports: archery, athletics (track & field), badminton, basketball, canoe/kayak, golf, lacrosse, rifle shooting, soccer, softball, swimming, volleyball and wrestling.



The following BC Aboriginal Provincial Championships and Camps are confirmed. More details regarding the Team BC Selection processes for each individual sport will be announced in the coming months as preparation and planning progresses.

PROVINCIAL CHAMPIONSHIPS:

BC Aboriginal Provincial GOLF Championships

Hosted by Talking Rock Golf Course & Little Shuswap Band

August 7-9, 2016

Talking Rock Golf Course, Chase, BC

- The age categories listed below will be offered for both male and female players at the 2016 Championships
 - U13 (born 2003-2005)
 - U15 (born 2001-2002)
 - U18 (born 1998-2000)
- NOTE: The 2017 NAIG divisions for golf are U16 (born 2001 & later) and U19 (born 1998 & later)
- Team BC selection process details to be announced.



**Open To all
Aboriginal
Youth ages
5 - 15**

Join us for a 3 day
Summer Hockey
Camp with National
Aboriginal Hockey
Championships
Team BC Coach
Chris Luke, Jr.
& Off-Ice Training
with coaches from
PacificSport
Columbia Basin



**Rocky Mountain
Aboriginal Youth
Summer Hockey Camp
August 31 – September 2, 2016**

Location:

Kimberley Civic Centre
525 Proctor Ave
Kimberley BC



Camp Schedule

Session Time	Age Groups		
	5 - 8	9 - 11	12 - 15
11:30 – 12:30 PM	On Ice Session	Off Ice Training	Cultural
12:45 – 2:00 PM	Cultural	On Ice Session	Off Ice Training
2:15 – 3:30 PM	Off Ice Games	Cultural	On Ice Session

Full hockey gear required.
Please bring a water bottle,
running shoes & proper gym
clothing for off-ice training.

Registration Link: <https://aboriginalsportbc.wufoo.com/forms/zlbbx9plx9wel/m/>

Camp Fee: \$20.00 per player. Fee includes player jersey.

Please make payment out to: Rocky Mountain Metis Association

For more information contact:

Amy Cross

T: 250-581-2111

E: amyconnochie@hotmail.com

Bernard Manuel

T: 250-350-3254

E: bmanuel@bcaafc.com



Aboriginal Sport, Recreation
& Physical Activity Partners Council

GOLF TOURNAMENT

8th Annual Shulus Arena Fundraiser Golf Tournament



WEDNESDAY AUGUST 31ST, 2016

**4 PERSON BEST BALL
TEE TIMES 12:00PM – 2:00PM**

Merritt Golf & Country Club

To register or sponsor contact Joe Quewezance @
joeq@lnib.net or 250-525-0084



**\$75 Walking
\$90 with cart**

**All proceeds
assist with
providing free
skating programs
for Nicola Valley
Youth**

**50/50, door prizes,
all golfers win a
prize**

**\$10,000 hole in
one**

**SHULUS
COMMUNITY ARENA**

www.lnib.net



First Nations Health Authority
Health through wellness

DROUGHT PLANNING Information for First Nations Communities

This information is being provided to increase awareness of drought and water restriction conditions and to take action to minimize negative impacts during this summer's dry season.

What Causes Drought Conditions?

A drought can occur whenever there is insufficient rain or snowfall over an extended period of time, resulting in water shortage for communities and environment

What are the Impacts of Drought?

Drought conditions can impact communities and individuals by reducing the amount of water available for household and business uses. Under extreme conditions, water systems could run out of potable water and be unable to meet fire suppression requirements. Drought can also impact water quality from surface sources that can reduce the safety of the treated water.

How Can I help Conserve Water?

- **Fix leaky faucets and taps promptly.** A dripping tap can waste up to 20 litres or more per day! Report any water leaks noted in your home, and around your community.
- **Do not let the water run continuously** when shaving, brushing teeth, washing your face or hand-washing dishes.
- **Take shorter showers,** and use a water-conserving showerhead rather than taking baths.
- **Create a low-flow toilet** by displacing water in the tank reservoir. A water-filled one-litre plastic milk jug works well. Be sure to place them so that they do not interfere with the flushing mechanism.
- **Fill a water jug and refrigerate for cold water** rather than letting the cold water tap run.
- **Run the dishwasher and laundry machines only with full loads.** Use the shortest wash and rinse cycles and the lowest water level setting possible. Avoid the permanent press cycle.
- **Use a bucket when washing your car, and wash and rinse sections individually.** During severe restrictions, washing cars should be discouraged.
- **Use soaker hoses and drip irrigation for garden watering,** which are more efficient than spray. **Do not water in the heat of the day.** Early morning or evening watering provides the most water for your plants. **Lawns should not be watered in severe drought.**
- **Using a pool cover will minimize loss due to evaporation.** Filling of pools, hot tubs or fountains may be restricted or banned during severe drought.

Under **severe water restriction**, use potable water for the following essential uses only:

Drinking water / Mixing Baby Formula / Cooking / Brushing teeth / Washing / Flushing

For information on developing an Emergency Response Plan, go to the Indigenous and Northern Affairs Canada (INAC): www.aadnc-aandc.gc.ca/

For up to date drought information for British Columbia, please see the **British Columbia Drought Information Portal 2016** website.

For any water-related public health issues, contact your FNHA Environmental Health Officer (EHO): www.fnha.ca/what-we-do/environmental-health

LAND CODE

OUR LAND | OUR LAND CODE

Make sure your voice is heard!

ADVANCE VOTING DAYS

August 5-6
9:00am - 8:00pm
Shulus Hall

REGULAR VOTING DAYS

August 11-12
9:00am - 8:00pm
Shulus Hall

VOTE ONLINE NOW
LANDCODEVOTE.LNIB.NET

If you have not received your voter package or if you have any questions about the vote, contact Lillian Rose (Ratification Officer) by email lillianrose363@gmail.com or call **250-342-1635**

PROUD TO BE
LNIB

LANGUAGE NEST

Lower Nicola Indian Band
Nʔeʔkepmxcín Zm'en'm
Language Nest



sincʔ
little brother
teyt
hungry
snukʔweʔ
friend



nkseytkn
my family
sʔaʔxans
food
kix
younger sister

Do you have a child under the age of 5? Do you want your little one to learn Nʔeʔkepmxcín and do you want to learn and share language and culture experiences with him or her?

The Language Nest programme provides learning in a home type setting where you and your child are exposed fully to Nʔeʔkepmxcín while playing, eating, carrying on conversations.

This excellent experience and opportunity needs commitment from the parents/guardian to participate and to practice in your own homelife as well.

The Programme starts in September and interviews will be conducted in August to answer your questions and determine if this is the right programme for your family.

Space is limited! So please get your registration form online at www.lnib.net or at the Health Centre.

Application deadline is July 29th, 2016. Completed application forms may be dropped off at the Health Centre or the Band Office.

For more information contact:

Aiona Anderson, Language Nest Coordinator:
aionaart@gmail.com

Or

Bridget Labelle, Human Services Director,
(250) 378-4089
Bridgetl@lnib.net



MEMBERSHIP

RENEWING YOUR CERTIFICATE OF INDIAN STATUS CARD (CIS)

Please schedule an appointment with the Indian Registry Administrator at the LNIB Band Office. Appointments may be scheduled for **Wednesdays between 9 am and 4 pm**

CALL GERALDINE BANGHAM AT 250-378-5157

IDENTIFICATION REQUIRED

Clients must provide two (2) pieces of identification when applying for a status card. One piece of id must have a digitized photo on it. **NO PHOTOCOPIED ID** or SIN cards accepted. All identification must be intact and not have expired.

Acceptable ID:

Primary ID - Valid Canadian Passport

- New plastic CIS issued after 2002 ; and

Secondary ID - Certificate of Birth

- Marriage of Divorce Certificate

- Provincial Identification Card

- Driver Licence

- Employee ID with digitized photo

- Student ID with digitized photo

- Firearms Licence

Other Category:

- Guarantor's from approved by Indian Registration and Band Lists Manager; AANDC-BC Regional Office

Questions on Membership?
Geraldine (Shuter) Bangham is the
Indian Registry Administrator;
Back-ups are Vonna Moses and
Phyllis Edwards

1ST QUARTER FINANCIAL STATEMENTS

Lower Nicola Indian Band
Unaudited Statement of Revenues and Expenses
 For the 3 Period(s) Ending June 30, 2016
 *
 Consolidated Departments



	Actual Year to Date	Budget Year to Date	Variance to Budget Year to Date	Approved Budget For Year	Budget Remaining For Year
Revenue					
40010-` AANDC NGOM - BAND EMPLOYEE	34,652	31,733	2,919	126,931	92,279
40020-` AANDC NPO5 - BAND SCHOOL INS	279,042	232,535	46,507	930,139	651,097
40040-` AANDC NPOS - ANCILLARY SERVIC	7,779	5,720	2,059	22,880	15,101
40050-` AANDC NP8R - ADMIN SER	20,926	18,684	2,242	74,735	53,809
40060-` AANDC NP85 - BASIC NEEDS	283,454	253,084	30,370	1,012,335	728,881
40070-` AANDC NP87 - GFA	14,903	13,306	1,597	53,222	38,319
40080-` AANDC NPC5 - ADULT IN	18,803	16,789	2,014	67,156	48,353
40090-` AANDC NP8L - SPECIAL NEEDS	7,312	6,529	783	26,117	18,805
40100-` AANDC NPEO - PREVENTION PROJ	7,166	1,792	5,374	7,166	
40105-` AANDC NG1E GOVERNANCE P & ID	4,860	13,500	(8,640)	54,000	49,140
40115-` AANDC NPBO - NATIONAL CHILD B	24,479	21,857	2,622	87,428	62,949
40120-` AANDC NTMW - COMMUNITY BUIL	7,200	7,169	31	28,678	21,478
40125-` AANDC NTMS - FIRE PROTECTION	7,746	7,746		30,984	23,238
40135-` AANDC NT4X - LANDS MANAGEME		1,212	(1,212)	4,848	4,848
40140-` AANDC NT45 - CEDO PLANNING &	44,268	14,756	29,512	59,024	14,756
40170-` AANDC NGOF - BAND SUPPORT	109,145	69,965	39,180	279,861	170,716
40175-` AANDC NP1A/NP1B - EDUCATIONA	12,023	8,840	3,183	35,360	23,337
40185-` AANDC NPC7 - SERVICE DELIVERY	3,318	2,963	355	11,851	8,533
40190-` AANDC NPC9 - ADULT INSTITUTIO	2,688		2,688		(2,688)
40195-` AANDC NTMV - MUNICIPAL SERVIC	21,413	13,384	8,029	53,534	32,121
40200-` AANDC NTMZ - FIRE TRAINING	3,870	3,870		15,480	11,610
40215-` AANDC NPOR - TUITION AGREEME	313,340	261,116	52,224	1,044,465	731,125
40220-` AANDC NTMT - ROADS & BRIDGES	11,580	11,579	1	46,318	34,738
40225-` AANDC NPG7 - MEMBERSHIP REGI	9,163	2,291	6,872	9,163	
40235-` AANDC NP5A - POST SECONDARY	135,771	113,143	22,628	452,570	316,799
40240-` AANDC NTFP - SANITATION	6,771	6,770	1	27,081	20,310
40245-` AANDC NP13 - GUIDANCE & COUN	7,290	5,360	1,930	21,440	14,150
40255-` AANDC NTFG - WATER SYSTEMS	22,908	22,910	(2)	91,639	68,731
40270-` AANDC NP12 - FINANCIAL ASSISTA	3,890	2,860	1,030	11,440	7,550
40290-` INAC RECOVERIES/REIMBURSEME	2,016	4,200	(2,184)	16,800	14,784
40310-` AANDC CPMS #11364 INDIV/HOUSE	9,000	3,500	5,500	14,000	5,000
40320-` AANDC NTMU - ELECTRICAL SYST	1,251	1,250	1	5,000	3,749
43010-` FNESC SUMMER PROGRAM		2,073	(2,073)	8,293	8,293
43025-` FNESC SEP PROGRAM		26,127	(26,127)	104,507	104,507
43200-` BC MINISTRY OF EDUCATION		100,000	(100,000)	400,000	400,000
43500-` PROVINCE OF B.C.	548	1,050	(502)	4,200	3,652
43900-` OTHER REVENUE	83,087	472,473	(389,386)	1,889,891	1,806,804
44000-` ISETS		500	(500)	2,000	2,000
44900-` TNRD		20,875	(20,875)	83,500	83,500
45000-` CMHC SUBSIDY	51,591	53,511	(1,920)	214,045	162,454
45010-` CMHC FUNDING	68,650		68,650		(68,650)
46000-` COST RECOVERIES	9,481	35,814	(26,333)	143,251	133,770
47000-` H.C. HEADSTART	29,082	24,750	4,332	99,000	69,918
47010-` H.C.MANAGEMENT & SUPPORT	60,165	60,164	1	240,656	180,491
47015-` H.C. DIABETES INITIATIVE	13,515	13,514	2	54,054	40,539
47020-` H.C. OPERATIONS & MAINTENANC	8,496	8,495	1	33,982	25,486
47025-` H.C. BRIGHTER FUTUR	24,033	24,032	1	96,129	72,096
47030-` H.C. MEDICAL TRANSPORTATION	27,175	11,828	15,347	47,311	20,136
47035-` H.C. SOLVENT ABUSE	4,086	4,085	2	16,338	12,252
47040-` H.C. MENTAL HEALTH	17,430	17,429	1	69,717	52,287
47045-` H.C. CHR.	13,404	13,405	(1)	53,620	40,216
47055-` H.C. HOME & COMMUNITY CARE	43,404	43,403	1	173,613	130,209
47070-` H.C. NNADAP PREVENTION	13,659	13,659		54,635	40,976
47075-` H.C. DRINKING WATER SAFETY	9,978	5,248	4,730	20,993	11,015
47080-` H.C. COMMUNITY HEALTH NURSE	27,177	27,176	1	108,703	81,526
47115-` H.C. AIDS STRATEGY	513	514	(1)	2,055	1,542
47125-` H.C. PRENATAL NUTRITION	5,133	5,537	(404)	22,148	17,015
47140-` H.C. NIHB MGMT & SUPPORT	1,773	1,774	(1)	7,097	5,324
47165-` H.C. Child Oral Health	14,788	6,401	8,387	25,606	10,818
48000-` ADMINISTRATION FEES	30,000	27,000	3,000	108,000	78,000
48010-` RENTAL REVENUES	264,740	230,799	33,941	923,200	658,461
48020-` SALES	1,710	2,001	(291)	8,000	6,290
48025-` REFERRAL INCOME	1,950	15,960	(14,010)	63,839	61,889

Lower Nicola Indian Band
Unaudited Statement of Revenues and Expenses
 For the 3 Period(s) Ending June 30, 2016
 *
 Consolidated Departments



	Actual Year to Date	Budget Year to Date	Variance to Budget Year to Date	Approved Budget For Year	Budget Remaining For Year
48030- MANAGEMENT FEES	36,000	37,251	(1,251)	149,000	113,000
48050- INTEREST	22,103	10,565	11,539	42,258	20,155
48070- FUNDRAISING	3,179	2,000	1,179	8,000	4,821
48080- CONCESSION SALES		5,750	(5,750)	23,000	23,000
48085- SPECTRA ENERGY SCHOLARSHIP		1,250	(1,250)	5,000	5,000
48095- KWOIEK CREEK RESOURCES LP		1,250	(1,250)	5,000	5,000
48105- GOLF TOURNAMENT REVENUES		3,750	(3,750)	15,000	15,000
49100- MISCELLANEOUS REVENUE		750	(750)	3,000	3,000
49900- TAXATION		350,000	(350,000)	1,400,000	1,400,000
Revenue total	2,324,876	2,862,574	(537,698)	11,450,286	9,125,410
Wages & Benefits					
50100- WAGES/SALARIES	709,378	851,815	(142,437)	3,407,261	2,697,883
50110- CPP EXPENSE	33,871	32,558	1,313	130,231	96,361
50120- EI EXPENSE	17,508	17,806	(298)	71,222	53,714
50200- EXTENDED BENEFITS	18,617	23,919	(5,303)	95,677	77,060
50300- PENSION	29,330	38,067	(8,736)	152,267	122,937
50500- WCB	5,833	6,204	(371)	24,815	18,982
50550- CASUAL, ONCALL, SHORTTERM LA	13,665	55,943	(42,277)	222,847	209,182
50700- CONTRACTORS UNDER OUR WCB	3,993	4,308	(315)	16,000	12,007
50900- ENHANCED TEACHERS SALARIES		2,000	(2,000)	8,000	8,000
Wages & Benefits total	832,195	1,032,620	(200,425)	4,128,321	3,296,126
Expenditures					
60000- ADVERTISING	8,154	11,874	(3,720)	47,500	39,346
60020- EQUIPMENT LEASES & RENTALS	19,001	9,800	9,201	39,200	20,199
60050- ACCOUNTING & AUDIT	25,000	12,888	12,112	51,500	26,500
60100- ADMINISTRATION FEE TO ADMIN D	15,000	16,500	(1,500)	66,000	51,000
60150- CAPITAL EXPENSES	30,545	190,222	(159,677)	760,893	730,348
60200- COMPUTER REPAIRS, NETWK COS	3,184	18,788	(15,604)	75,150	71,967
60250- CONSULTANTS/CONTRACTORS W	68,798	43,289	25,509	173,160	104,362
60300- CONTRACTORS INDEPENDENT	53,982	22,513	31,469	90,050	36,068
60400- AUTOMOTIVE - FUEL	15,812	15,075	737	60,299	44,487
60410- AUTOMOTIVE - REPAIRS & MAINT	7,871	16,779	(8,908)	67,120	59,249
60420- AUTOMOTIVE - INSURANCE	31,363	12,856	18,507	51,420	20,057
60450- HONORARIA	7,967	10,838	(2,871)	43,348	35,381
60500- INSURANCE	103,332	30,619	72,714	122,446	19,114
60550- LEGAL/PROFESSIONAL	178,328	61,626	116,702	246,500	68,172
60555- PROFESSIONAL SERVICES	60,729	7,500	53,229	30,000	(30,729)
60600- LICENSES/FEES/DUES	2,851	1,622	1,229	6,484	3,633
60650- WORKSHOPS & SEMINARS	5,361	13,730	(8,369)	54,929	49,568
60700- COMMUNITY EVENTS EXPENSES	6,427	17,175	(10,748)	68,700	62,273
60750- OFFICE SUPPLIES	10,521	9,624	897	38,500	27,979
60800- RENT - PREMISES	900	10,097	(9,197)	40,390	39,490
60850- POSTAGE/COURIER/DELIVERY	1,384	2,374	(990)	9,495	8,111
60900- PROGRAM MATERIALS/SUPPLIES	31,191	36,456	(5,265)	145,826	114,635
60910- SHULUS GARDENS MATERIAL	1,509		1,509		(1,509)
60925- HOUSING REPAIRS MAINTENANCE		125	(125)	500	500
60950- SNOW REMOVAL		4,552	(4,552)	18,200	18,200
61000- TELEPHONE/INTERNET	25,322	25,973	(651)	103,903	78,581
61040- STAFF EVENTS	216	4,061	(3,845)	16,243	16,027
61050- STAFF TRAINING	27,472	22,610	4,862	90,440	62,968
61200- TRAVEL	32,980	28,877	4,103	115,511	82,531
61250- UTILITIES	60,841	73,179	(12,338)	292,711	231,870
61500- TNRD DUMP FEES	35,912	3,750	32,162	15,000	(20,912)
70000- PROMOTIONS AND GIFTS	1,761	1,887	(126)	7,550	5,789
70015- HONORARIUM ARTHUR DICK	14,400	14,400		57,600	43,200
70018- HONORARIUM AARON SAM	18,000	18,000		72,000	54,000
70020- HONORARIUM CLYDE SAM	4,950	4,950		19,800	14,850
70022- HONORARIUM M TOODLICAN	4,950	4,950		19,800	14,850
70025- HONORARIUM HAROLD JOE	4,950	4,950		19,800	14,850
70040- HONORARIUM ROBERT STERLING	4,950	4,950		19,800	14,850
70051- HONORARIUM CLARENCE BASIL J	4,950	4,950		19,800	14,850

Lower Nicola Indian Band
Unaudited Statement of Revenues and Expenses
 For the 3 Period(s) Ending June 30, 2016
 *
 Consolidated Departments



	<u>Actual</u> <u>Year to Date</u>	<u>Budget</u> <u>Year to Date</u>	<u>Variance to</u> <u>Budget</u> <u>Year to Date</u>	<u>Approved</u> <u>Budget</u> <u>For Year</u>	<u>Budget</u> <u>Remaining</u> <u>For Year</u>
70052- HONORARIUM NICHOLAS PETERS	5,425	10,200	(4,775)	40,800	35,375
70100- INTEREST AND BANK CHARGES	2,293	200	2,093	800	(1,493)
70105- COMMUNITY SUPPORT	26,978	21,250	5,728	85,000	58,022
70125- GARBAGE COLLECTION	10,442	16,125	(5,683)	64,500	54,058
70140- REGULAR SERVICE AGREEMENTS	4,881	17,436	(12,554)	69,743	64,862
70155- BAD DEBTS EXPENSE	6,515		6,515		(6,515)
70205- GOLF TOURNAMENT EXPENSES		1,250	(1,250)	5,000	5,000
70253- COMMITTEE & MEETING EXPENSE	7,485	7,625	(140)	30,500	23,015
70260- FIELDTRIPS	8,674	2,499	6,175	10,000	1,326
70265- INSTRUCTIONAL SUPPLIES		9,980	(9,980)	39,920	39,920
70270- NUTRITION SUPPLIES	16,012	8,995	7,017	35,980	19,968
70300- BUILDING REPAIRS & MAINTENAN	35,082	65,915	(30,833)	263,654	228,572
70301- ELDERS HOME REPAIRS	1,358	6,250	(4,892)	25,000	23,642
70315- GROUND MAINTENANCE	12,233	5,500	6,733	22,000	9,767
70320- JANITORIAL SUPPLIES		3,599	(3,599)	14,400	14,400
70445- POST SECONDARY CONTINGENCY	3,046	3,076	(30)	12,300	9,254
70450- POST SECONDARY TUITION	95,858	28,749	67,109	115,000	19,142
70455- POST SECONDARY BOOKS/SUPPLI	1,939	9,501	(7,562)	38,000	36,061
70460- POST SECONDARY LIVING ALLOW	48,549	78,976	(30,426)	315,898	267,349
70465- SD#58 TUTORIALS	3,288	750	2,538	3,000	(288)
70470- STARTUP K-12	1,626	3,000	(1,374)	12,000	10,374
70471- HIGHSCH ALLOWANCE	1,060	1,250	(190)	5,000	3,940
70475- LEA TUITION AGREEMENTS		261,116	(261,116)	1,044,465	1,044,465
70480- SCHOLARSHIP		2,500	(2,500)	10,000	10,000
70485- POST SECONDARY GRAD FEES	400		400		(400)
70490- YOUTH TRAINING	1,849	1,250	599	5,000	3,151
70495- TRADES & CERTIFICATION		2,500	(2,500)	10,000	10,000
70510- GRADUATION CEREMONIES	1,256	425	831	1,700	444
70650- G.F.A.	9,546	13,243	(3,697)	52,972	43,426
70655- SPECIAL NEEDS	5,644	6,527	(883)	26,108	20,464
70670- BURIALS	14,769	4,500	10,269	18,000	3,231
70671- NON STATUS HEALTH BENEFITS	4,351	1,800	2,551	7,200	2,849
70678- WOP SHELTER	4,040	2,300	1,740	9,200	5,160
70710- ADULT DAY PROGRAM	120	1,250	(1,130)	5,000	4,880
70715- INSTITUTIONAL CARE	793	3,315	(2,522)	13,260	12,467
70735- INCENTIVE/ALLOWANCE	700		700		(700)
70800- JANITORIAL SERVICES		14,000	(14,000)	56,000	56,000
70825- COMMUNITY WELLNESS	30,817	14,107	16,710	56,426	25,609
70845- CLIENT TRANSPORTATION	14,054	11,828	2,226	47,311	33,257
70860- PRENATAL NUTRITION	3,614	3,750	(136)	15,000	11,386
70875- MEDICAL SUPPLIES	825	1,500	(675)	6,000	5,175
70895- MEDICAL/DENTAL SERVICES	423		423		(423)
70900- MORTGAGE INTEREST	11,646	12,579	(932)	50,315	38,668
70901- MORTGAGE PRINCIPAL	68,095	67,997	98	271,988	203,893
70915- PROPERTY MANAGEMENT EXPEN	36,000	36,000		144,000	108,000
70920- REPLACEMENT RESERVE ALLOWA	815	17,875	(17,060)	71,500	70,685
70950- ANIMAL CONTROL	815	900	(85)	3,600	2,785
70960- EMERGENCY WATER DELIVERY		126	(126)	500	500
70965- FISH SCREENS MAINTENANCE	31	625	(594)	2,500	2,469
70970- MAINTENANCE ROADS & BRIDGES	10,817	5,000	5,817	20,000	9,183
70975- MAINTENANCE WATER SYSTEMS	8,012	22,500	(14,488)	90,000	81,988
70985- DITCH IRRIGATN & MAINTENANCE	4,800	5,000	(200)	20,000	15,200
70995- MAINTENANCE WASTE WATER SY		5,000	(5,000)	20,000	20,000
71015- SUPPLIES-CONCESSION		3,375	(3,375)	13,500	13,500
71100- LOAN PNI PAYMENT	11,902	14,900	(2,998)	59,600	47,698
72075- TAX RESERVE ANNUAL TRANSFER		87,750	(87,750)	351,000	351,000
72250- PLANS SURVEYS		501	(501)	2,000	2,000
73115- INSPECTION FEES		292	(292)	1,167	1,167
74005- SD EMPLOYABLE	65,337	64,740	597	258,959	193,622
74015- SD PPMB	14,283	12,429	1,854	49,716	35,433
74025- WOP BASIC	1,554	1,250	304	5,000	3,446
74035- SD SHELTER	87,570	89,846	(2,276)	359,383	271,813
74045- SD PWD	44,730	50,939	(6,210)	203,758	159,029
80000- EXCAVATION & SITE PREPARATIO	107		107		(107)

Lower Nicola Indian Band
Unaudited Statement of Revenues and Expenses
 For the 3 Period(s) Ending June 30, 2016
 *
 Consolidated Departments



	Actual Year to Date	Budget Year to Date	Variance to Budget Year to Dat	Approved Budget For Year	Budget Remaining For Year
80040-` BUILDING SUPPLIES/MATERIALS	2,555		2,555		(2,555)
Expenditures total	1,685,878	1,942,068	(256,190)	7,768,191	6,082,313
Surplus (Deficit) Current Period	(193,197)	(112,114)	(81,083)	(446,226)	(253,029)
Interfund Transfers					
89990-` TRANSFER TAXATION INVESTMEN	(1,390,557)	(347,639)	(1,042,918)	(1,390,557)	
89998-` TRANSFER FR DEPTS	1,796,641	449,160	1,347,481	1,796,641	
89999-` TRANSFERS TO DEPARTMENTS	(1,796,641)	(449,159)	(1,347,482)	(1,796,641)	
99988-` TRANSFER FROM TAXATION	1,390,557	347,638	1,042,919	1,390,557	
Surplus (Deficit) After Interfund Transfers	(193,197)	(112,114)	(81,083)	(446,226)	(253,029)
34000-` ,35 Opening Surplus (Deficit)	9,133,869	9,133,869			
Closing Surplus (Deficit)	8,940,673	9,021,756			

Fun Trivia:

- Fredric Baur invented the Pringles can. When he passed away in 2008, his ashes were buried in one.
- That thing you use to dot your lowercase “i” is called a tittle.
- The German word kummerspeck means excess weight gained from emotional overeating. Literally, grief bacon.
- Horses can’t vomit.
- Beaver teeth are so sharp that Native Americans once used them as knife blades.

ROCKY PINES COMMUNITY CENTRE



ROCKY PINES COMMUNITY MULTIPURPOSE CENTRE - CONCEPT SKETCH

TRUBKA 2015



LOWER NICOLA BAND MEMBER OWNED BUSINESS DIRECTORY

Cascadian Forest Consultants Service

A3ranches@hotmail.com

250-280-1687 (cell)

Leona Antoine, Principal

Forestry consultant, contract administration, roads assistant, post-harvest inspections, First Nations liaison, public relations, timber cruising. In business for 10 years

JP Edwards Contracting

Jpedwards33@gmail.com

250-936-8737 Moses Edwards, Principal

JP Edwards Contracting provides landscaping, ditching, road maintenance, site preparation, and snow removal. Our company is capable and certified to operate heavy equipment consisting of the following: Excavator, Grader, Backhoe, Bulldozer, Skitter, Tractors, Loaders, and minor excavation equipment.

JW Forest Contracting Ltd.

250-378-5468

250-378-1556 (cell) Warren Smith/Janet Sterling, Principals

Logging contractors, road builders, land clearing

Established 1998

Certified Safe Company

11 employees, 80% First Nations

Equipment: Faller/Buncher, Grapple Skidders, Log Processors, Excavators, Cat Crawler Tractors

Millco Safety Services

www.millcosafety.com

PO Box 4154 Lower Nicola, B.C.

250-378-2221 Patrick Miller/Angela Garcia, Principals

Construction safety, construction security, First Aid, Traffic Control, fully certified personnel

S&D Muir Inc

sd.muirinc@gmail.com

250-378-1964 Shane Muir,

Mining and Survey Equipment

SCS Diamond Drilling

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

250-314-4864 (fax) Spence Coutlee, Principal

SCS DIAMOND DRILLING has built a strong and lasting reputation providing safe, productive and cost effective drilling services, drill support services including general mine and energy related services within Western Canada. Operating as a 100% owned and operated First Nations Company. Recipient of BC FN Aboriginal Award

Angie Bain

angiebain@shaw.ca
604-802-9709

Over 20 years experience in providing training, re-
search & research analysis services

Donna Bent

250-378-4396 Donna Bent Artifacts

Brandon Joe

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Commercial Embroidery Retail and Sales

Connie Joe

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Connie Joe Accounting

Shannon Kilroy

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Earthline Contemporary Aboriginal Designs and
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Honey Pot Daycare

Ryan Mann

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Hoodoo Ranch and Pipe Fitter Inspection

Don McIvor

250-378-0095 Licensed Auto Technician

Sharon McIvor

250-378-3300 Lawyer, Instructor and Legal Advisor

James McNaney

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Earl Michel

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Wolf Pac Construction

Focus iN Consulting

Business development and housing
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Lorne Mike

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Fitness Instructor and Rough Stock Horses

2mojo@ocise.net

Ranchers, retail, business development and Johnny's on
the Rez

Gene Moses Fencing

Gene Moses
250-378-2801

Mojo Post Rail and Mill Plant and Ranching

Robert and Verna Moses
2mojo@telus.net

Vivian and Arnie Narcisse

250-315-0584 Catering MC and coordination of
Cultural Events

Nicholas Peterson Farming

Nicholas Peterson
nicholas@growinggarlic.ca

Gwayne Point

250-378-9167 Northwest Indian Art

Clyde Sam

Laidlaw0@telus.net
Construction equipment

Maggie's Bannock

Maggie Shuter
250-378-6579

Alison Sterling

ajsterling67@gmail.com
Jacona Sports, Behavior Intervention, and Bubble Tea,

Lorna Sterling
Avon

Robert Sterling
robert_sterling@hotmail.com
Archaeology, Anthropologist, traditional land use studies

**Rona Sterling Consulting Inc. and Godey Creek Paint-
ball**
Rona Sterling-Collins
info@ronasterlingconsulting.com

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Sue Sterling
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T Sterling Construction Ltd.
Ted Sterling
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Shawn Swakum
s.swakum@yahoo.com
Business administration and Consultant

Penny Toodlican
pcctoodlican@gmail.com
Catering

Victor York
victoryork@hughes.net
Gourmet coffee supply and distribution

Korean Event

Date : August 17th - 18th 2016. 5 p.m.

Where: Cold Water Band Hall

Adults \$10/20 250 1295

*Bamb Office 25.50 1007 1000

****Performance & Dinner****

(Nanta with Drum, Korean Dancing, Music)

** Balloon Art, Face painting For CHILDREN*

**Hair Dyeing(Colouring) (5 people)*

**Nail Art and Foot Massage (Everybody)*

****Dinner with Korean food***

JOB POSTINGS

LOWER NICOLA INDIAN BAND

Position Title: Cultural Heritage Resource/ Environmental Project Workers
Reports To: Lands & Economic Development Director
Subject to: Term Position Lasting until Approximately November 2016. Subject to Terms and Conditions of the Personnel Policy and Budget Approval.

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 work the LNIB staff as a surveyor on land and resource development projects.

Potential Duties and Tasks:

- Field surveying of Cultural Heritage Resources, archaeological, plants, wildlife and soils values;
- Data entry;
- Communications (small reports, presentations);
- Background research relating to current and historical resource use and environmental management;
- Interviewing community members on current and historical resource use in the Nlaka'pamux Territory;
- Strong computer and information management skills;
- Strong file management;
- Familiarity with online mapping platforms.

Qualifications:

- Post-secondary training/education in natural resource management or related field (Preferred);
- Resource Inventory Standards Committee Training in Archaeological and CMT Inventory for Crew Members (Preferred);
- Level I first-aid (Preferred);

Knowledge, Skills and Abilities:

- A valid drivers license and reliable transportation (Mandatory);
- Positive attitude and genuine interest in projects and related duties (Mandatory);
- Understanding/interest in Nlekepmx resource use and cultural practices; Computer literate in Microsoft Word, Excel, Outlook, Publisher;
- Attention to detail related to note taking, and field sampling duties;
- Physically fit and able to work in adverse field conditions;
- Daily travel will be required;
- High paced work environment;
- Personal Protective Equipment (hard hat, safety glasses, steel toed boots, hi-vis vest) required;
- Ability to speak or willingness to learn the Nlekepmx language.

Deadline: This is an open call; however individuals are encouraged to respond as soon as possible.

Start Date: Dependent on scheduling with clients.

Applicants are required to submit a cover letter and resume to: Lands & Economic Development Director
181 Nawishaskin Lane, Merritt, B.C. V1K 0A7 Email: reception@lnib.net

LIFE EVENTS



Happy Birthday Wishes to

John Isaac
Gloria Sam
Jack Red Cloud Adams

Happy birthday to staff members:

Vonna Moses - August 3, Mel Blankenship - August 7, Joe Collins - August 13, Jill Fitzer and Shelley Leblanc - August 20

**Happy 13th Wedding Anniversary on August 16th
to my Husband Jim Beckett**

I love you all the way to Yellowknife and back!

- Terri



In Memoriam
Our condolences to the family and friends of Willie Shuter

ASTROLOGY



Salmon: Jul 22 - Aug 21

Electric, focused, intuitive, and wholly creative, the Salmon is a real live-wire. His/her energy is palpable. A natural motivator, the Salmon's confidence and enthusiasm is easily infectious. Soon, everybody is onboard with the Salmon - even if the idea seems too hair-brained to work. Generous, intelligent, and intuitive, it's no wonder why the

Salmon has no shortage of friends. This Native American animal symbol expresses a need for purpose and goals, and has no trouble finding volunteers for his/her personal crusades. In a supportive environment, the Salmon is stable, calm, sensual, and giving. Left to his/her own devices, those that bear this Native American animal symbol can be egotistical, vulgar, and intolerant of others.



Bear: Aug 22 - Sep 21

Pragmatic, and methodical the Bear is the one to call when a steady hand is needed. The Bear's practicality and level-headedness makes him/her an excellent business partner. Usually the voice of reason in most scenarios, the Bear is a good balance for Owls. The Bear is also gifted with an enormous heart, and a penchant for generosity.

However, one might not know it as the Bear tends to be very modest, and a bit shy. In a loving environment this Native American animal symbol showers love and generosity in return. Further, the Bear has a capacity for patience and temperance, which makes him/her excellent teachers and mentors. Left to his/her own devices the bear can be skeptical, sloth, small-minded and reclusive

Lower Nicola Indian Band
Cultural Revival Program

Drum Making Workshop
With Jorge Lewis
Thursday, August, 25, 2016

10:00 AM – until everyone is finished

The workshop will be held at the LNIB Community Services Trailer
(Near the LNIB Community Services Office and the Shulus Arbor)

Lunch will be provided

ONLY 14 SEATS AVAILABLE

PROUD TO BE LNIB	Cultural Revival Coordinator	Cultural Revival Assistant	LNIB Community Services
	Sharon Antoine	William Sandy	230 Hwy 8 West (w) 250-378-4089 (f) 250-378-9137

For up-to-date information (e.g. Location) please contact the Cultural Revival Program Coordinator at 250-378-4089
Programs and/or Scheduled Times might change due to unforeseen circumstances.

For comments, suggestions and submissions to this newsletter,
please contact Ruth Tolerton, Communications Coordinator,
communications@lnib.net

Your participation will make this Newsletter better!