



November 2016 N?e?iyk Spiləxm

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REMEMBRANCE DAY CEREMONY



Friday, November 11, 2016

Starting at 10:15 am at the Cenotaph on Shulus.

Lunch to follow.

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- Major John McCrae

During the early days of the Second Battle of Ypres a young Canadian artillery officer, Lieutenant Alexis Helmer, was killed on 2nd May, 1915 in the gun positions near Ypres. An exploding German artillery shell landed near him. He was serving in the same Canadian artillery unit as a friend of his, the Canadian military doctor and artillery commander Major John McCrae.

As the brigade doctor, John McCrae was asked to conduct the burial service for Alexis because the chaplain had been called away somewhere else on duty that evening. It is believed that later that evening, after the burial, John began the draft for his now famous poem "In Flanders Fields"

EXECUTIVE DIRECTOR REPORT



October 1st to 25th, 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 October 1st to 25th, 2016.

New LNIB Council – The scope of responsibilities of a member of Band Council is wide and complex, and requires a steep learning curve. So, in order to assist the new members of Council we organized an orientation process that covers most aspects of the position.

This process started with the update of the Chief & Council Orientation binder (currently two thick binders); the allocation of Council portfolios; the development and completion of a Chief & Council Strategic Planning Session, which took place in Kamloops on October 15th and 16th, 2016; and finally, with the formal swearing-in and taking of Oath of Office ceremony, which took place at LNIB School, on Monday, October 17th. The ceremony was well attended by Band members and invitees. The main goal of the Chief and Council Strategic Session was to map the goals of Chief and Council for the next three years. The session was facilitated by Jessica Dickson, who will prepare a report of the proceedings and summarize the key milestones of the session.

Still as part of the orientation process for new members of Chief and Council, we updated the LNIB Program Grid (a document that shows the more than 80 programs and services that LNIB provides to its members, and the organization into Sectors (Human Services, Lands & Economic Development, Infrastructure, Finance and Administration, the LNIB School, and LNIB-owned businesses (led by the LNIB Development Corporation which operates under the direction of its board of directors)), outlining which portfolio the program is under (indicating the name of the portfolio holder), a summary of who are the clients (who receives the services of a program), where the bulk of the funding comes from (mostly INAC, LNIB own source revenue (taxation and forestry stumpage revenue), the name of the Sector Director and Manager for each program, and a list of staff members employed in each program. I also updated the organization chart to reflect the current allocation of Chief and Council portfolios.

As this process took its course, we also had to assign new phones and email addresses to the new members of Council, as well as updating the list of bank account signing officers.

The next steps of the orientation process includes individual meetings between the Council portfolio holders and the management and staff of each program - which we intend to carry out during the next month.

We are also engaged in ensuring that each member of Council fills out the Declaration of Business Interests, as set by the conflict of interest provisions of the LNIB Financial Administration Law, which requires the disclosure of business ownership interests, liabilities, income, and employment to members of LNIB Council, employees and contractors.

Mid-Year Review of Sector Workplans and Budgets – I have been working with the Directors (senior managers) of each of the sectors to present to Chief and Council a revised budget and workplan (we will use from now on the term “service plan”), taking into account the experience of the first half of the fiscal year. We intend to present the revised provisional budgets and service plans per Chief and Council meeting over the next three meetings.

Home Insurance for Privately-owned Homes – I wrote a brief article for the last issue of the LNIB monthly Newsletter about the importance of home insurance (protection from property loss, fire, flood, home contents, and liability). Most home-owners in LNIB have home insurance in place, but an important number still doesn't have it. We believe that not having home insurance is a major risk that families cannot afford, and that the cost of insurance is well worth the price that we pay for the peace of mind that it provides.

As you may know, we are currently engaged in completing the process of transferring the home ownership of LNIB Housing rental units from LNIB to the new owners (old tenants), for a significant number of families. We recommend the new owners to buy appropriate home insurance against a number of risks. A typical home insurance policy should cover the following risks:

- Personal property (contents) - usually the amount covered is 20% of the value of the house, and is automatically included in the home insurance policy.
- House break-ins
- Fire
- Earthquakes
- Hail storms
- Sewer backup
- Flood from burst pipes
- General liability – amount varies, but typically between \$3300,000 and \$1 million
- Additional living expenses – for family living while reconstruction is taking place.

Earlier in the summer we asked Mr. Doug Clark, of Capri Insurance, of Kamloops, BC, a qualified insurance professional and also the insurance agent for LNIB, to come to LNIB and make a presentation about home insurance for LNIB Members at an LNIB Band general meeting. At this meeting Mr. Clark mentioned that they offer a special First Nation Insurance Rate, which is priced slightly lower than conventional market rates.

We encourage you to contact a local insurance agent (in Merritt) of your preference at your earliest convenience to discuss your home insurance needs, inquire about their First Nation rates, and buy an insurance policy appropriate to your needs. Commonly, homeowners pay the cost of insurance policy in twelve monthly payments, rather than in just one annual payment.

Please be aware that the insurance agent may require a picture of the house, or even request a visit. Please make sure that you ask for a detailed explanation by the insurance agent and that he/she answers all of your questions, and ask for a brochure containing the information that you need to know about home insurance. In addition,

please make sure that you read the small print in the insurance policy and agree to its contents before you decide to buy the insurance policy.

Joint Session of LNIB Chief and Council and LNIB Development Corporation Board of Directors – I have been working with Sean Maloney, Chief Operating Officer of LNIB Development Corporation, to organize and host jointly a two-day strategic planning session to discuss how LNIB and LNIB Development Corporation will work together in advancing business interests of LNIB. The session will be held on November 25th and 26th. We will discuss and agree on the protocols that we will use for the relationship between these two collective bodies. Prior to the session itself, we will interview every member of Council and the Board of Directors of LNIB Development Corporation, as well as Leesa Mike, Director of LNIB Economic Development, Sean Maloney, Chief Operating Officer of LNIB Development Corporation, and me, Executive Director of LNIB. We will discuss the expectations of both Chief and Council, LNIB administration, and the Board of Directors of LNIB Development Corporation and its key senior manager. We will also discuss the LNIB Investment Code, which will guide us in making investment decisions and going (or not) into businesses, alone or in partnership or joint venture with other parties, and how we will help to promote and engage in business with LNIB member-owned business.

LNIB Comprehensive Community Plan – It is our goal to present to the membership at next year's annual general assembly the LNIB Comprehensive Community Plan (CCDP). If you remember, we issued a base document at the last AGA in August that contained the key components of LNIB CCDP. It is our goal to continue to work on this important initiative, so we agreed to move the responsibility of its implementation to the Lands & Economic Development Sector of LNIB. The process will require extensive research, consultation and engagement of all stakeholders of LNIB.

LNIB Land Code Implementation - We are currently working with Anna Hudson, Manager of Lands, in the development of the proposed Land Code Implementation plan. Substantial work lays ahead for the next two years, as many components of the new Indian Reserve Lands Administration require complex process, law instruments, and community consultation and engagement. Amongst many components of the LNIB Land Code, we need to start working in the development of matrimonial real property laws and other land code-related laws, as well as in the process to secure community engagement and representation in the process governing the administration of Indian reserve lands.

Personal, Family, and Community Safety – We were approached again by a community member who fears for her safety and of her family. A person with a white mask on was seen at night in her backyard lurking in the dark. Once confronted by the son of the concerned Band Member, the intruder ran away. She contacted the RCMP immediately, who are currently investigating the incident. We appeal to your help in finding the culprit.

Shulus Community Gardens - We are working with Lorna Shuter and Sean Maloney to develop the Shulus Community Garden into a full-fledged self-reliant community food production project based at Shulus Cattle Co lands. Lorna and Sean are working on a proposal to the Ministry of Agriculture, for partially funding the project over a period of two years. The funding criteria requires an equity from the LNIB, for which I suggest that we invest \$3,000 in lumber required for the Medicine Wheel Garden and \$12,500 per year for two years for project salaries and benefits.

Fiber Optics Coverage for LNIB Public Buildings – After more than two years in discussions with Telus, we finally reached agreement for the installation and operation of fiber-optics infrastructure to cover all LNIB community buildings - School, Health Centre, Arena, Arbour, Public Works, Lands & Economic Development, and LNIB Administration, except Shulus Hall. This will certainly help in mitigating the sometimes slow pace of sometimes accessing the internet from most computers located in these buildings.

Construction of LNIB School Addition – Construction of this project is well under way, 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. The solar garden project is now complete and in operation.

Rocky Pines Community Centre – We continue to work with the project architect and site services planning team, and the pace of this project is now accelerating. The total area of the building increased about 450 sq2 to accommodate the space needs of the learning centre and the store/laundromat, to a total of approximately 4,000 sq2. We also made improvements in the site services plan (sewage treatment facility and realignment of access road). We expect to start construction in early spring and complete the project in the fall of 2017. Hyrum and I also met with Anna Hudson to confirm the legal status of the parcel of land where the facility will be built.

N7e7kepmxcin LNIB Language Nest – We planned to open the N7e7kepmxcin LNIB Language Nest early in September, concurrently with the start of the new school year. Unfortunately, Aiona Anderson has not been well, which resulted in postponing the opening of the project a few weeks. Aiona and her team of teacher and Elders are working on finalizing the tasks for the opening of the N7e7kepmxcin LNIB Language Nest. The Language Nest is a full immersion program for young children (0 to 5 year olds).

Registrations are now open, and we urge young families to consider to enroll their young children in this important program. It is widely proven that the best time to learn a language is during a person's early years; take for example the Adams Lake Indian Band, where the best speakers are the ones that learned to speak in the language nest before they went to public school.

LNIB Housing – The LNIB Housing Working group has met every Wednesday to address a number of issues that have been pending for quite some time now. These issues included the proper administration and operation of the Housing Department, such as housing repairs applications, housing inspections, review of housing policies, rent in arrears, social assistance shelter payments, reconciliation of accounts with tenants, transfer of house lots to tenants (when tenant is entitled), eviction notices, and current construction of six housing units (in three duplexes).

Recruitment of Male Counsellor – The deadline for candidates sending their resume for this job opportunity has now closed. We had five candidates, and we plan to hold job interviews (or repost the position) soon.

LNIB Social Development Compliance Review - A team of two INAC officials recently completed the compliance review for LNIB Social Development program. No amounts will be recovered (out of possibly \$90,000), but the team confirmed that the accounting software that we are using (Adagio) does not interface well with the reporting needs of the Social Development program, especially with respect to shelter assistance record keeping. We are now working on a solution to address this challenge. We know that the previous Zintax

software cannot be used as an autonomous module within the Adagio system, and that better coordination and timely communication between our Social Development and Housing programs are required. It was also found that there is room for improvement in our administration of SA shelter documents, as it relates to our Housing program, and in accordance with the Interim Shelter Agreement that we signed with INAC back in 2013.

During this period I attended to a number of community members on a variety of issues and acted immediately on them by working with the respective staff member.

Thank you,

Helder Ponte
Executive Director



Labrador Tea and Trappers Tea

Did you know that scattered among clothes, the leaves will repel moths? And in Russia, the leaves are used for tanning leather. It is also said to repel mice and rats...

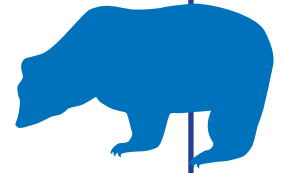
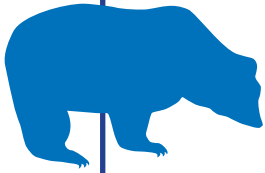
The tea is a tonic. It is useful for coughs, upset stomach and irritation of the membranes of the chest, and sooth a sore throat. Steep in boiling water for about 10 minutes.

Brewed at high strength, it makes an excellent wash for killing lice.



COUNCIL SWEARING IN CEREMONY

Oath of Office



We do hereby declare that we have been elected as Chief or Councillor of the Lower Nicola Indian Band for the Term October 2016 to October 2019 and do declare that:

1. We are of Nłeʔkepmx ancestry;
2. We will faithfully perform the duties of our office with dignity and respect for others and strive to earn the respect of others;
3. We will not allow our business or personal affairs to influence our decision making and we will always consider the best interests of the community when making a decision;
4. We will uphold the laws of the Band as approved by Band Council and as learned from general meetings and at large from the Band Members, Elders and Youth;
5. We will strive to preserve and enhance our culture and heritage and strive to maintain a proper place for our Band Members in society;
6. We will resign from our elected position whenever we have been found to be in contravention of the Lower Nicola Indian Band Custom Election Rules, LNIB Laws and Bylaws, and Chief and Council Policies or of this Oath of Office;
7. We will not abuse the consumption of alcohol or drugs while a member of Band Council.
8. Our term of office commenced on October 1, 2016 and ends on October 4, 2019

This oath is in addition to all duties/obligations imposed on us by any applicable law.

SWORN at Nicola Mameet, Indian Reserve #1 near the City of Merritt, BC on October 17, 2016.





Chief Sam - Portfolio: External Affairs, Aboriginal Rights &



Councillor Leona Antoine
Portfolio: Economic Development,
Natural Resources & Employment



Councillor William (Bill) Bose
Portfolio: Finance



Councillor Lesley Manuel
Portfolio Health & Social Development



Councillor Nicholas Peterson
Portfolio: Education



Councillor Lucina Seward
Portfolio: Housing, Capital & Public Works



Councillor Harold Joe
Portfolio: Lands, Wills & Estates

Councillor Joanne Lafferty
Portfolio: Language &
Culture



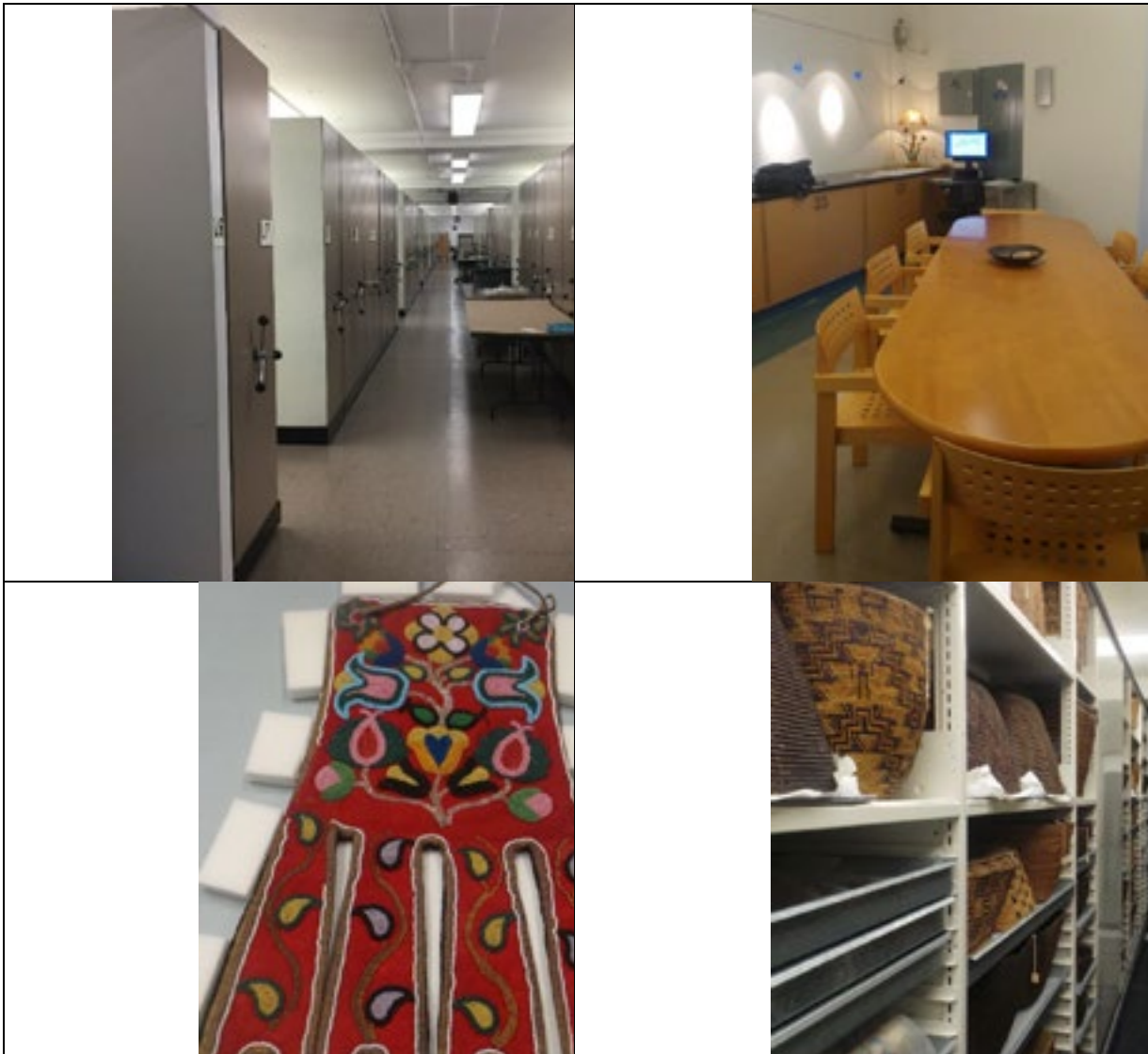
JAMES TEIT MATERIAL - ANGIE BAIN

Research on the East Coast – American Museum of Natural History, New York City and the American Philosophical Society Archives, Philadelphia.

Angie Bain, October 2016

While on my way to co-present a paper at the American Philosophical Society, I made three brief research stops to look at James Teit material from the Nlaka’pamux Nation.

On October 11, I met with Adam S. Watson, Postdoctoral Fellow, North American Archaeology, Division of Anthropology at the American Museum of Natural History (AMNH) in New York City to review the ethnology collections. The Museum has nearly 1,300 catalog entries tied to James Teit, 843 of which relate to Thompson River cultural group. The AMNH has done a great job of photographing the material themselves, and you can explore on your own using this link <https://anthro.amnh.org/collections>. While the digital collection is great, it was a true honour to be able to view and handle the material myself.



Top Left – Museum Collections vault. Top Right Smudge Room.
 Bottom Left – Octopus Bag. Bottom Right Baskets on Shelf in Storage vault.

On October 12 I returned to review James Teit correspondence in the AMNH archives. Senior Registrar and Archivist Kristen Mable identified portions of the archival collection that related to James Teit's work with the Nlaka'pamux people. The majority of the material was correspondence between Teit and the AMNH when he undertook work for the museum (1894-1926). Other material included drafts of parts of Teit's published manuscripts, maps, drawings and miscellaneous notes. The collection is rich in information. Some material, such as the Jesup North Pacific Expedition Archive (1897-1902) has been digitized and over 1,423 documents are available if you submit an application for web access to the Division of Anthropology (https://anthro.amnh.org/jesup_collection). This material contains letters, collection lists, notes and other material.



Top Left – Archives Room, AMNH. Top Right – Detail from Teit Document, AMNH Archives.
Bottom Left – APS storage vault. Bottom Right – APS Library and Archives

Finally, while at the APS symposium in Philadelphia, a small group of Nlaka'pamux (Mandy Jimmie, John Haugen and his friend Will and I) were given a tour of the American Philosophical Society Library, Archives by Senior Archivist Brian Carpenter. The APS houses two great collections, including the American Council of Learned Societies language collection (<http://www.amphilsoc.org/collections/view?docId=ead/Mss.497.3.B63c-ead.xml>) and the professional correspondence of Franz Boas (<http://www.amphilsoc.org/collections/view?docId=ead/Mss.B.B61-ead.xml>).

A return trip will be necessary to finish the research but it was a wonderful introduction to these repositories that hold a wealth of information about the Nlaka'pamux. If anyone would like more information about the material at the AMNH or the APS, I am available by email at angiebain@shaw.ca.

HOUSING DEPARTMENT

Over on Horn Road, near the Band School, you may have noticed a construction project happening.

The Capital Works and Infrastructure Department is busy on a new housing project scheduled to be completed at the end of November 2017. This housing project is the construction of 3 duplexes - 3 units with 3 bedrooms, and 3 units with 4 bedrooms - which will be allocated to families on the Housing waiting list.

Some interesting construction facts about this project:

- The units are being built with ICF (insulated concrete forms)
- ICF compared to Regular framing:
 - 1)50% more energy efficient, thermal image photo shows heat loss at studs (brighter) and some heat also escaping between studs on standard framed walls.
 - 2)50 % quieter
 - 3) Lower insurance rate according to Capri Insurance (but not a discount. Not 10% or 15%)
 - 4) Does not rot. No nutritional value for mold to grow.
 - 5) Has a 4 hr fire rating compared to regular stud framed walls of 2 hours
- Radiant floor heating (energy efficient, very comfortable) in the concrete. (Colored concrete is high durability).
- Cement Siding is higher durability and live span over vinyl siding.
- Metal roof last more than twice as long as shingle roofing.
- No hot water tank, will have hot water on demand system (more energy efficient)
- Regular doors on closets verses bifold or sliding doors.



Radiant concrete flooring poured in the new duplexes under construction.

Compare “state of the art” LOGIX ICF wall system technology to the conventional wall system

LOGIX ICF wall system



- EPS insulation, at R24 (Performance similar to R40 min).
- Up to 50 percent more energy efficient than conventional construction.

Energy Consumption

- Batt insulation at R19 (Effective Performance less than R15).
- No increase in efficiency unless additional insulation is added.

Conventional wall system



Environmental Impact

- Reduces green house gas emissions by one third or three tons annually.
- EPS and concrete are non toxic and do not off-gas.

- Little change in green house gas emissions.
- Conventional sheathing materials can off-gas and affect air quality.

Building Envelope

- Does not require additional air or vapor barriers.
- No nutrients for mold development.
- No R-value erosion over life of the structure.
- Typical air change per hour 0.22.

- Requires supplemental air and vapor barriers to protect structure from decay.
- Wood and moisture provide nutrient source for mold development.
- R-value erodes over time due to moisture penetration.
- Typical air change per hour 3.5.

Fire Rating

- 3 to 4 hour fire wall rating.

- 15 to 30 minute fire rating.

Structure

- 8 times stronger.
- Wind load up to 150 mph.
- Will not degrade over time.
- STC 56.
- Blast tested by the U.S. military.

- No change in structural integrity.
- Poor wind load resistance.
- Will degrade over time.
- STC 36.

Cost to Build

- Approximately 5% cost premium over conventionally built structures.

- Impacted by volatile material input costs.



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4 JUSTICE FOR HER FUNDRAISER FASHION SHOW



The 4 Justice For Her Fundraiser Fashion Show, Welcomes All the 4 Directions For Her, Through the 4 Seasons we will always remember Her, reminding ourselves the 4 Vital Connections to and from Her, the Water, Land, Animals and being a Giver of Life. 4 Ever For Her!

“4 Justice For Her Fundraiser Fashion Show” for the Missing and Murdered Indigenous Women and Girls, November 19th 2016, Merritt BC.

Doors Open at 4:00 pm, Dinner begins at 5:00, Fashion Show is 6-8pm at the Nicola Valley Institute of Technology 4155 Belshaw Street Merritt. Tickets include dinner and show at \$50 which can be purchased at Kekuli Café 2051 Voght St, in Merritt or through e-transfer to fashionspeaks15@gmail.com limited seating, purchase your tickets now, hope to see you there!

There to honor her, award winning musician George Leach with MC Roseanne Supernault. Fashion Designers are Tracey George Heese of Timeless Shadows Apparel from Regina, Danita Iris of Keesik Apparel from Edmonton, Stephanie Grace Gamble of C.Lysias Designs from Saskatchewan, Teresa Walker of Ab-Original Threadz Designs from Hope, Shannon Kilroy of Earthline Fashions from Merritt, and Nadine Spence of Rev/Evo Designs of Pukaist. Guest Speakers from Highway of Tears Initiative Brenda Wilson.

Everyone welcome to visit information booths, designers and artist's tables. Open at 11am-7pm November 19th at NVIT campus. For more information on tables please contact fashionspeaks15@gmail.com or ph. (250) 280-0700

Brought to you by partners Fashion Speaks Entertainment, Kekuli Café, Scwexmx Child and Family Services, supported by NVIT. Funds raised will be given to Charity # S-0026553 Carrier Sekani Family Services (Highway of Tears Initiative) For more info check out our facebook page by typing in @4justiceforher

Lower Nicola Indian Band has a limited number of tickets to give away for this event. If you are interested in attending, please contact Ruth at the Band Office (250) 378-5157 or send an email to communications@lnib.net

LANGUAGE SYMPOSIUM REPORT

“Translating across Time and Space: Endangered Languages, Cultural Revitalization, and the Work of History”
Language Symposium

By Mandy Naʔzinek Jimmie and Angie Bain, October 2016

From October 13-15, 2016, the Center for Native American and Indigenous Research (CNAIR) at the American Philosophical Society (APS) hosted a language symposium to launch the Museum’s exhibit *Gathering Voices: Thomas Jefferson and Native America*. The exhibit honours the work of the APS on language from the time of Thomas Jefferson to their current support of language revitalization work being undertaken by communities today.

We submitted a proposal to present on our project *Snkʔep* (Coyote) Travels the Tmix^w (Land): Language Revitalization in a Digital World. While our project focuses on place names, stories and mapping, our presentation focused on the challenges of revitalizing *n7e7kepmxcin*. Over 100 people attended the 3-day event and it was streamed live to over 125 viewers. General themes included “Decolonizing Archives, Revitalizing Tools, Landscape and Language, Creative Collaborations and Power and Language”.

APS Conference
Symposium – Left to
Right. Diana Marsh,
APS Curatorial
Fellow; Patrick Spero,
APS Librarian and
Director; Angie Bain,
LNIB; Mandy Jimmie,
Shackan/NVIT; John
Haugen, NNTC.



Philadelphia is a beautiful city rich in history, architecture, and east-coast culture; there are a wide range of museums, e.g. Civil War Museum, African American Museum, Firemen’s Hall Museum, and more. Definitely a place to revisit. This was their first symposium; but, hopefully not the only one.

STAR MUSICIAN - MCKENNA SHUTER

We have been very fortunate to have 4 of our senior music students selected to participate in the Kamloops District honour concert band for the first time. Each student had to go through a rigorous audition process and then were evaluated by both myself and a committee of music educators from several districts. For the past month these 4 students have been traveling to Kamloops once a week to rehearse with other students and community members in preparation for a concert **Nov 1 at Sagebrush Theater**. In addition to these weekly rehearsals, the students have been practicing on their own and with me to prepare for this concert. They will be missing school all day both Monday October 31 and November 1 as they will be participating in all day workshops with Dr. Keith Woodward a retired music educator from North Vancouver and several professional musicians. And so you know, they are also giving up their Sunday to participate as well.

So I would really like to make sure that everyone recognizes the effort that these 4 students have put forth and the tremendous accomplishment they have already achieved and support them in this endeavor. They should have talked to you already, but if not please excuse them from your class and I will make sure that they have time in my Band class to make up any missing work after the performance.

So as Donald Trump says, I've kept you in suspense long enough. Who are these great ambassadors of MSS: Grade 11: Izzy van Rossum, Grade 12: Sarah Grund, McKenna Shuter and Tasha Zimmerman (who was selected as section leader for the trumpets).

Brian Cargnelli
Merritt Secondary School
Music, Video Production, Photography Teacher

McKenna plays the clarinet - and has nerves of steel on top of talent to have gotten through the tough auditions! Congratulations McKenna on this superb achievement!!

“Music is the divine way to tell beautiful, poetic things to the heart..”
- Pablo Casals

FACTS ABOUT FLU



HealthLinkBC

Number 12b
September 2015

Facts about Influenza (the Flu)

What is influenza?

Influenza, often called the flu, is an infection of the upper airway caused by an influenza virus.

Getting sick with influenza also puts you at risk of other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems.

Healthy pregnant women in the second half of their pregnancy are at greater risk of being hospitalized following infection with influenza virus.

In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

How can influenza be prevented?

You can reduce the risk of getting influenza or spreading it to others by:

- washing your hands regularly;
- promptly disposing of used tissues in the waste basket or garbage;
- coughing and sneezing into your shirt sleeve rather than your hands;
- staying home when you are ill; and
- getting an influenza vaccine.

Getting an influenza vaccine can help prevent you from getting sick with influenza and from spreading it to others.

How does influenza spread?

Influenza spreads easily from person to person through coughing, sneezing, or having face-to-face contact.

The virus can also spread when a person touches tiny droplets from a cough or a sneeze on another person

or object and then touches their own eyes, mouth or nose before washing their hands.

An infected person can spread the influenza virus even before feeling sick. An adult can spread the virus from about 1 day before to 5 days after symptoms start. Young children may be able to spread the virus for a longer period of time.

What are the symptoms?

Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Children may also experience nausea, vomiting, or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse.

Symptoms can begin about 1 to 4 days, or an average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.

What is the home treatment?

If you get sick with influenza, home treatment can help ease symptoms. Follow the self-care advice below:

- Get plenty of rest.
- Drink extra fluids to replace those lost from fever.
- Avoid smoking and ask others not to smoke in the house.
- Breathe moist air from a hot shower or from a sink filled with hot water to help clear a stuffy nose.
- Anti-influenza drugs or antivirals are available by prescription, but these must be started within 48 hours of the start of your symptoms to work best. These will shorten symptoms by about 3 days if given within 12 hours and by about 1.5 days if given within 2 days of the start of symptoms.
- Non-prescription cough and cold medications are available for relief of influenza symptoms but these are not recommended for children less than 6 years of age.

- Acetaminophen or Tylenol® can be given for fever or soreness. ASA or Aspirin® should NOT be given to anyone under 20 years of age due to the risk of Reye Syndrome. For more information on Reye Syndrome, see [HealthLinkBC File #84 Reye Syndrome](#).

When should I see a health care provider?

Consult your health care provider early if you develop flu-like symptoms and you have a condition that puts you at higher risk of complications.

You should also call your health care provider if your symptoms get worse, such as shortness of breath or difficulty breathing, chest pain, or signs of dehydration (such as dizziness when standing or low urine output).

Is it influenza or a cold?

The following table can help you determine whether you have influenza or a cold.

For More Information

For more information, see the following HealthLinkBC Files:

- [HealthLinkBC File #12a Why Seniors Should Get the Inactivated Influenza \(Flu\) Vaccine](#)
- [HealthLinkBC File #12c Influenza \(Flu\) Immunization: Myths and Facts](#)
- [HealthLinkBC File #12d Inactivated Influenza \(Flu\) Vaccine](#)
- [HealthLinkBC File #12e Live Attenuated Influenza \(Flu\) Vaccine](#)
- [HealthLinkBC File #85 Hand Washing for Parents and Children](#)

Symptoms	Cold	Influenza (the flu)
Fever	Rare	Usual, sudden onset 39°-40°C (102.2-104°F) , lasts up to 7 to 10 days
Headache	Rare	Usual, can be severe
Aches and pains	Sometimes mild	Usual, often severe
Fatigue and weakness	Sometimes mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, coughing	Sometimes mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia, respiratory failure, and more complications in persons with chronic diseases
Prevention	Frequent hand washing	Yearly influenza vaccine and frequent hand washing
Treatment	No specific treatment is available; symptom relief only	Antiviral drugs by prescription, which can reduce symptoms



For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit.

Click on www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call 7-1-1 in B.C.

Translation services are available in more than 130 languages on request.

HEALTH

Homecare Program Events

(ADP) Adult Day Program: 9:30-1:30pm
Nov 16th- Lunch/Movie
Nov 23rd- BINGO
Nov 30th- Elder visit to Coq-Gillis

Footcare

Drop- in – The last Monday of the Month
November 28th

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!!!

Nov 8th - Flu Clinic 10am-6pm@ LNIB Health Center - get your flu shot!

Nov 9th - Cyndi Noakes, Diabetes Specialist will be conducting weight management education and support for people. She will be measuring body mass, water weight, accurate weight, muscle mass

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

Please feel free to contact the home care nurse (Irene Howe) at 250-378-4089 if you have any questions or require any information.



FINANCE

Lower Nicola Indian Band
October 18, 2016

RECRUITMENT OF FINANCE COMMITTEE MEMBERS

The Chief and Council of LNIB is looking to recruit two Lower Nicola Indian Band members to join the Finance Committee. Please see the following LNIB Policy, Purpose, Scope, Definitions, Responsibilities, Procedures, References and Terms of Reference the Finance Committee and its members are to abide by. Please make special attention to Appendix B – Financial Competency Guidelines. If you are interested in being appointed by Chief and Council as a member of the LNIB Finance Committee please forward your expression of interest along with a short biography of your financial experience and two references before November 15, 2016 to:

Barry Torgerson, CPA, CMA
Director of Finance
Lower Nicola Indian Band
barry@lnib.net

or a hardcopy to be left at the front desk of the LNIB Administration Office. If you have any question or require more information, please contact Barry Torgerson, CPA,CMA, at your convenience at 250 378 5157 extension 704.

Lower Nicola Indian Band Finance Committee Policy

1. Policy

It is Council's policy and a requirement of the LNIB's Financial Administration Law to establish and maintain a Finance Committee ("the Committee") to assist Chief and Council in carrying its oversight responsibilities for financial reporting, internal control, and risk management processes.

Purpose

The purpose of this Policy is to set out the composition, responsibilities, and procedures in establishing and maintaining a Finance Committee.

2. Scope

This policy applies to Council, the Finance Committee, the Executive Director and the Director of Finance.

3. Definitions

"financial competency" is the ability to read and understand financial statements that present accounting issues reasonably expected to be raised by the LNIB's financial statements.

"terms of reference" is a documented statement of the mandate, objectives, purpose, scope, functions and rules under which the Committee is expected to operate.

"financial reporting risk" is the possibility of an undetected material misstatement in financial information due to the existence of ineffective internal control or fraud resulting from manipulation or alteration of accounting records, misrepresentation or intentional omissions of transactions, or intentional misapplication of accounting

principles.

“fraud risk” is the potential for an employee, agent or other person connected to the financial administration of the LNIB to use deception to dishonestly make a personal gain for oneself or a loss for another. This commonly includes activities such as theft, corruption, embezzlement, or bribery etc.

“independence” – an individual has independence if the individual does not have a direct or indirect relationship with the LNIB government that could, in the opinion of council, reasonably interfere with the individual’s exercise of independent judgment as a member of the Finance committee.

“internal control” is a process, effected by the LNIB’s Council, Finance Committee, management and other personnel designed to provide reasonable assurance regarding the achievement of objectives in the following categories:

- effectiveness and efficiency of operations;
 - reliability of reporting; and
 - compliance with applicable laws and regulations.
4. Responsibilities
- (1) Subject to the LNIB’s Financial Administration Law, the Council is responsible for:
- (a) assigning to the Finance Committee any responsibilities or functions in addition to those set out in the Law;
- (b) approval of the Terms of Reference for the Finance Committee;
- (c) determining the minimum qualifications and eligibility requirements of the Finance Committee members, chairpersons and vice-chairpersons;
- (d) the appointment of the Chairperson and the Vice-Chairperson of the Finance Committee and the filling of any vacancies in those offices;
- (e) evaluating the effectiveness of the Committee;
- (f) providing the Committee with the resources it might need to carry out its functions;
- (g) requiring the Council to consider any recommendations or advice provided by the Committee; and
- (h) Providing a non-councillor chairperson with the agendas of the Council meetings, any documents and information requested by the non-councillor chairperson respecting agenda items and permitting a non-councillor to attend and speak at Council meetings.
- (2) The Executive Director is responsible for:
- (a) maintaining the current Finance Committee member list;
- (b) keeping the Chair of the Committee current in a timely fashion on major developments and provide the Committee with sufficient information on a timely basis to enable the Committee to discuss potential issues, make decisions, and fulfill its mandate;
- (c) assisting the chair of the Committee in planning and making necessary arrangements for setting agendas, giving required meeting notices and holding meetings;
- (d) attending each Committee meeting, unless excused by the chair for a reasonable reason or excluded from attendance by vote of the Committee as provided in the LNIB’s Financial Administration Law.
- (3) The Director of Finance is responsible for:
- (a) attending each Committee meeting, unless excused by the chair for a reasonable reason or excluded from attendance by vote of the Committee as provided in the LNIB’s Financial Administration Law;
- (b) providing technical and professional support to the Committee as requested or as required in the LNIB’s Financial Administration Law.
- (4) The Finance Committee Chairperson is responsible for:

- (a) facilitating the Committee's interaction with Senior Management;
 - (b) chairing the Committee meetings and ensuring they are conducted in an efficient and effective manner;
 - (c) planning the Committee's activities to ensure that the Committee is successful in fulfilling its mandate and addressing its functions, duties and responsibilities;
 - (d) preparing the Committee's agendas;
 - (e) ensuring and that minutes are recorded at each duly called meeting;
 - (f) recruiting qualified Committee member candidates and recommending them to Council;
 - (g) evaluating committee members and their contributions;
 - (h) reporting to Council on behalf of the Committee.
- (5) Committee Members are responsible for:
- (a) preparing for meetings by reading reports and background materials prepared for each meeting and acquiring adequate information necessary for decision making;
 - (b) actively participating in the Committee's deliberations;
 - (c) attending all scheduled Committee meetings subject to reasonable exceptions acceptable to the Chairperson;
 - (d) becoming knowledgeable of the Committee functions and statutory responsibilities under the LNIB's Financial Administration Law;
 - (e) maintaining direct, open and frank communications with management, the Committee, the Auditor and other advisors as appropriate;
 - (f) ensuring that they have financial competency;
 - (g) ensuring that they maintain their independence as required in the LNIB's Financial Administration Law;
 - (h) avoiding conflicts of interests and complying with conflict of interest policies and procedures established by Council or under LNIB laws;
 - (i) reviewing and making recommendations to the Council on the terms of reference of the Committee.

5. Procedures

Appointment and Removal of Members

- (1) Subject to the LNIB's Financial Administration Law, the Council of LNIB will appoint the Chairperson and Vice-Chairperson of the Finance Committee by a majority vote.
- (2) Subject to the LNIB's Financial Administration Law, the Committee will have a minimum of three (3) members (including the Chairperson) at least two (2) of whom must be Councillors of the LNIB.
- (3) The Council, upon recommendation of the Chairperson, will appoint the members of the Committee, a majority of whom must have financial competency and all of whom must have independence.
- (4) A Committee member may be removed from office by majority vote of Council in the circumstances permitted in the LNIB's Financial Administration Law.

Term Requirements

- (1) Subject to the LNIB's Financial Administration Law, when making appointments to the Committee, Council will endeavor to ensure that no more than half of the members' terms will expire in any one fiscal year.
- (2) The Executive Director will maintain a register of Finance Committee members which will, for each member, include the date of appointment or re-appointment, the term of the membership, and the term end date and which will track independence and financial competency issues for each member.
- (3) Upon any changes in the Committee membership, the Executive Director will report to Council on the term end dates for each member of the Committee.

(4) The term of a Committee member will be as established in the LNIB's Financial Administration Law. Committee Administration and Reporting

(1) Subject to the LNIB's Financial Administration Law, the quorum necessary for the transaction of business at Committee meetings will be a majority of the members of the Committee.

(2) Subject to the LNIB's Financial Administration Law, the Finance Committee will meet at least once in each quarter in the same fiscal year and otherwise as necessary but in any event as soon as practical following receipt of the audited annual financial statements and report of the auditor.

(3) Any member of the Committee may call meetings of the Committee.

(4) Chief and Councillors of the Lower Nicola Indian Band may attend meetings of the Committee provided, however, that no Councillor is entitled to vote at such meeting and is not counted as part of quorum for the Committee if he or she is not a member of the Committee.

(5) The external auditor may attend and be heard at meetings of the Committee.

(6) The Committee will maintain written records of attendance at its meetings of Committee members and of any ex-officio member such as the Executive Director, and the Director of Finance.

(7) The Committee will provide minutes of its meetings to the Council and the Chairperson will provide reports to Council as appropriate on the substance of meetings at the next Council meeting following a Committee meeting.

6. References and Related Authorities

(a) FMB's Financial Management System Standards

(a) Standard 11.2 – LNIB Committees – Finance Committees

(2) FMB's Financial Administration Law Standards

(a) Standard 10.1 – Finance Committee – Constitution

(b) Standard 10.2 – Finance Committee – Terms of Office

(c) Standard 10.3 – Finance Committee – Committee Officers

(d) Standard 10.4 – Finance Committee – Committee Procedures

(e) Standard 10.5 – Finance Committee – Committee Functions

(f) Standard 19.2. - Auditor

7. Attachments

Appendix A – Finance Committee Terms of Reference

Appendix B – Finance Competency Guidelines

Appendix A – Sample Finance Committee Terms of Reference

Sample Finance Committee Terms of Reference

Composition: The Finance Committee is comprised of no fewer than three members, and at least two of the members must be Councillors. Council will appoint Committee members, including a chairperson and a vice-chairperson one of whom must also be a member of Council. Each Committee member will perform their role in an objective, fair, and impartial manner. The majority of the Committee members must have financial competency and all of the members must have independence.

Quorum: Quorum necessary for the transaction of business at Committee meetings will be majority of

the voting members of the Committee.

Voting Rules: Unless a Committee member is not permitted to participate in and vote on a motion because of a conflict of interest, every member has one vote in all Committee decisions. In the event of a tie vote, the chairperson may cast a second tie-breaking vote.

Committee Term: Standing committee established by LNIB Financial Administration Law.

Member Term: Not less than two complete fiscal years with right to be reappointed for [two] additional terms. When possible, Committee members who are not members of Council will be appointed in opposing years of Council elections, and Councillors will be appointed to the Committee in the same year as Council elections.

Chairperson: Appointed by Council. Either the Chairperson or the Vice-Chairperson must be a Councillor.

Vice-chairperson: Appointed by Council. Either the Chairperson or the Vice-Chairperson must be a Councillor.

Mandate: The Finance Committee is responsible to review and make recommendations to Chief and Council on the financial administration matters of the Nation. The Finance Committee will assist the Council in fulfilling its oversight responsibilities for the financial reporting process, the system of internal control, the audit process, and the process for monitoring compliance with laws and regulations and the code of conduct.

Meetings: The Committee will meet not less than quarterly and immediately following completion of the annual audit, with the chairperson having authority to convene additional meetings as circumstances require. All Committee members are expected to attend each meeting, in person or via tele/video-conference. The Committee will invite members of the management, auditors, or others to attend meetings as necessary. The Executive Director and Director of Finance must be notified of all meetings and must attend those meetings, subject to reasonable exceptions.

The auditor of the LNIB must receive notices of all meetings and may attend and be heard at such meetings.

Meeting agendas will be prepared and provided in advance to members, along with appropriate briefing materials. Minutes will be prepared. The Chairperson will report key decisions and areas of discussion or concern to Council at the next Council meeting immediately following each Finance Committee meeting or in writing if the information needs attention in a timely manner.

The Executive Director or Director of Finance may be excluded from all or any part of a Committee meeting at the discretion of the Committee - decided by a recorded vote.

Responsibilities: Financial and Accounting

- a) Review monthly financial information of the LNIB;
- b) Subject to the LNIB's Financial Administration Law, draft or review draft annual budgets and multi-year financial plans and recommend them to Council for approval;
- c) Monitor the financial performance of the LNIB against the budget and report any significant variations to Council;
- d) Review the quarterly and annual financial statements and recommend them to Council for approval;
- e) Make any other recommendations to Council on any matter respecting the financial administration of the LNIB;
- f) Review managements approach for safeguarding the LNIB's assets and information systems, the adequacy of staffing of key financial functions and their plan for improvements;
- g) Review with management and the external auditors emerging accounting issues and their potential impact on the LNIB's financial reporting;

- h) Review with management the LNIB's financial policies and compliance with such policies.

Audit

- a) Make recommendations to 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 Council to approve the annual audit plan of the external auditors, including the scope of the audit to be performed and the estimated audit fees to Council;
- d) Review, and make recommendations to Council respecting the audited annual financial statements, including the audited local revenue account financial statements and any special purpose reports;
- e) Review post audit or management letters containing recommendations of the external auditors and management's response;
- f) Recommend to Council pre-approval of all audit, audit-related and non-audit services to be provided to the Nation by the external auditor;
- g) Periodically review, and make recommendations to Council respecting policies, procedures and directions on reimbursable expenses and perquisites of Councillors, officers and employees;
- h) Monitor financial reporting risks and fraud risks and the effectiveness of internal control designed to mitigate those risks taking into consideration the cost of implementing any change to internal control;
- i) Review the LNIB's Financial Administration Law and recommend amendments to Council;
- j) Review, and make recommendations to Council on, the terms of reference of the Finance Committee.

Risk Management

- a) Review reports on the insurance coverage of the Nation and make recommendations respecting appropriate coverage;
- b) Review requests for non-budgeted funding requests to the LNIB's business enterprises and make recommendations to Council.

Other

- a) Review expenses of Councillors and Senior Management and assess the LNIB's policies with respect to expense reimbursement or allowances;
- b) Review and recommend the approval of any compensation disclosures to be included in the LNIB's annual reporting;
- c) Evaluate at least annually, the adequacy of these terms of reference.

Authority

- a) The Committee is empowered to make such inquiry and investigation and require such information and explanation from management as it considers reasonably necessary and to require management to promptly inform the Committee of any material misstatement in the financial statements following discovery of such situation;
- b) After consultation with the Executive Director, the Committee may retain a consultant to assist in the performance of any of its responsibilities.

Appendix B – Financial Competency Guidelines

Some criteria for Chief and Council and the Finance Committee Chairperson to consider in determining whether or not a Finance Committee member is financially competent include:

- The ability to read, understand and analyze the financial statements and the notes to the financial statements;
- The ability to understand accounting policies, including any estimates used or judgments applied by management in the application of the LNIB's accounting policies, when these are explained by the LNIB's Director of Finance and the auditor;
- An understanding of the LNIB's objectives and operations that may impact the selection or application of accounting policies;
- A knowledge and understanding of the strategies that have been adopted by the LNIB and the risks inherent in any new strategies; and
- An ability to understand the LNIB's risk environment.

Deadness or Brightness to See

All around me I looked
 Where were my "friends" so to speak?
 Did they laugh, did they cry?
 When all was done where was it all
 on this road to destruction
 I screamed! I cried! God! The odour I despise and the taste of it too
 It disguises you, it lies to you, and I'll hate it till I die
 Yet on death's doorstep I sat
 Death crouched at my door and waited for long
 The demons they followed, they crawled on me, they spat on me!
 All hell waited for my fall
 I screamed, I cried, "Set me free, take this way, I hate it, can't stand it
 My children are waiting in a place they know not
 I cannot, will not have them in a place
 Where I was in my youth
 To my great surprise the chains fell off, all hell took flight!
 That day I met them face to face no more to greet my day
 I flew as the eagle flies high in the sky, no better song have I sung
 My Lord and my King, He said, "I will heal you and I'll comfort you"
 Dear people I implore you to write or speak of the hurts and pains
 All negative we carry is a poison to our system
 The drugs the alcohol so damaging to all
 Kukstamx, Homelx nee'

Sonja Hall 10/11/2016

COMMUNITY HEALTH REPRESENTATIVE

“Good Day Everyone, well November is upon us and winter is near. The month of November always reminds me about Remembrance Day on November 11th. And remembering our family, friends and who ever fought in the war. The poppy symbolizes Flanders’s Fields where many soldiers were laid to rest.



Also just wanted to mention for health we have a biomat and Far Infrared Sauna here at the Community Services building for community members to use.

- Elder’s Luncheon will be held on **Tuesday, November 22nd at 12:00 over at the Soup Kitchen**. 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, November 16th** 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, October 28th. 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 and Jocelyn Rhode both ladies work out of Conayt Friendship Centre at 250-378-5107. And also we have the Nicola Valley Health Centre at 250-378-2242

Spiced Pumpkin Bread (2 loaves)

- 3 cups sugar
- 1 cup vegetable oil
- 3 large eggs
- 1 16-ounce can solid pack pumpkin
- 3 cups all purpose flour
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 cup coarsely chopped walnuts (optional)

Preheat oven to 350°F.
 Butter and flour two 9x5x3-inch loaf pans.
 Beat sugar and oil in large bowl to blend. Mix in eggs and pumpkin. Sift flour, cloves, cinnamon, nutmeg, baking soda, salt and baking powder into another large bowl.
 Stir into pumpkin mixture in 2 additions. Mix in walnuts, if desired.
 Divide batter equally between prepared pans. Bake until tester inserted into center comes out clean, about 1 hour 10 minutes. Transfer to racks and cool 10 minutes. Using sharp knife, cut around edge of loaves. Turn loaves out onto racks and cool completely. - from Epicurious

SEASONAL AFFECTIVE DISORDER

10 Things You Didn't Know About Seasonal Affective Disorder

By Jessica Blaszczak

~ 4 min read

According to Dictionary.com—

Summer is “a period of fruition, fulfillment, happiness, or beauty.”

Winter is “a period of time characterized by coldness, misery, barrenness, or death.”

Well, that sums it up quite nicely, we think.

It is winter yet again. The beautiful colors of the autumn leaves have disappeared and have been replaced by barren tree limbs and icicles sharp and brittle. The harsh winds rattle the window frames and the cold air seems to sing a cruel song that frightens away birds to warmer climates. The daytime gives way to the moon, and darkness sets in way before supper. So, you see, while some perceive winter as a festive time when their worlds are blanketed by the purity of snow, others feel that they are being suffocated by a literally colorless existence. It is estimated that half a million Americans are negatively affected by the changing seasons and darkening of the summer light. They feel depressed, irritable, and tired. Their activity levels decrease, and they find themselves in bed more often. This depression disorder not only affects their health, but it also affects their everyday life, including their job performance and friendships. This disorder is known as Seasonal Affective Disorder, appropriately acronym-ed, SAD.

What is SAD Exactly?

SAD is a mood disorder that affects an individual the same time each year, usually starting when the weather becomes colder in September or October, and ends in April or May when the weather becomes warmer.

People with SAD feel depressed during the shorter days of winter, and more cheerful and energetic during the brightness of spring and summer.

“Hey, Einstein! I knew that already! Tell me something I don't know!”

Jeez, okay, okay. Irritability is a sign of SAD, so I understand your bitterness, Crankypants. Here are—

10 Things You May Not Have Known About SAD

1. Did you know that between 60% and 90% of people with SAD are women? It's true. If you are a female between 15 and 55, you are more likely to develop SAD. Great, so not only do women have PMS, Menopause, and child labor to worry about, add SAD to the list, too.
2. Even though the harsh chill in the air might bring you down, SAD is believed to relate more to daylight, not the temperature. Some experts believe that a lack of sunlight increases the body's production of a body chemical called melatonin. Melatonin is what helps regulate sleep and can cause symptoms of depression.
3. SAD can be treated. If your symptoms are mild, meaning, if they do not interfere in and completely ruin your daily life, light therapy may help you beat SAD. Using light therapy has shown highly effective. Studies prove that

between 50% and 80% of light therapy users have complete remissions of symptoms. However, light therapy must be used for a certain amount of time daily and continue throughout the dark, winter months.

4. Some say that light therapy has no side effects, but others disagree. We think it simply depends on the person. Some people experience mild side effects, such as headaches, eyestrain, or nausea. However, these light therapy users say that the side effects are temporary and subside with time or reduced light exposure. Most scientists agree that there are no long-term side effects, but remember to consult your physician before any treatment decisions are made.

5. There are some things to consider if you want to try light therapy in your home, otherwise you will not receive all the benefits that this type of therapy offers.

- When purchasing a light box, do not skimp as far as money is concerned. Buy a larger one so that you will receive enough light to be beneficial.
- The best time for light therapy is in the early morning. (If used late at night, it could cause insomnia.) So, even if it means waking up earlier, set aside some morning time to relax and use your light box.
- Many people are not aware of this, but you must have your eyes open and face the light during therapy. Do not stare at the light. That would be silly. Simply face the light, eyes open.

6. It takes more than just one winter depression to be diagnosed with SAD. Individuals must meet certain criteria:

- The symptoms and remission of the systems must have occurred during the last two consecutive years.
- The seasonal depressive episodes must outnumber the non-seasonal depressive episodes in one's lifetime.

7. SAD can be treated with certain medications that increase serotonin levels in the brain. Such medications include antidepressants, such as Paxil, Prozac, and Zoloft.

8. There is actually a device that conducts light therapy and allows you to walk around while treated. The device is called a light visor. Just wear the light visor around your head and complete your daily chores and rituals. A light visor still can potentially have the same side effects as the standard forms of light therapy, so only simple activities, such as watching television, walking, or preparing meals is advised. We do not recommend you operate heavy machinery while wearing a light visor. (You would look pretty silly with it on out in public, anyway.)

9. If you have a friend or loved one who suffers from SAD, you can help them tremendously.

- Try to spend more time with the person, even though they may not seem to want any company.

- Help them with their treatment plan.
- Remind them often that summer is only a season away. Tell them that their sad feelings are only temporary, and they will feel better in no time.
- Go outside and do something together. Take a walk, or exercise. Get them to spend some time outside in the natural sunlight. Just remember to bundle up!

10. Although not as common, a second type of seasonal affective disorder known as summer depression can occur in individuals who live in warmer climates. Their depression is related to heat and humidity, rather than light. Winter depression does cause petulance in many cases, but summer depression is known to cause severe violence. So, it could be worse.

There are times in this article, in which I seem a bit blithe. However, please, do not take my somewhat lighthearted approach to SAD the wrong way. SAD is a serious disorder that disrupts the lives of many people, worldwide. It is nothing to laugh at. Sneeze at, perhaps—it is winter, after all. But laugh at? No, not at all.

BAD BREATH & DIABETES

Sweet, fruity, with subtle notes of pear. This isn't the description of a dessert wine. Instead, these are words often used to describe unpleasant breath associated with diabetes.

Your breath has an interesting ability to provide clues to your overall health. Just as a fruity odor can be a sign of diabetes, an ammonia odor is associated with kidney disease. Similarly, a very foul fruit odor may be a sign of anorexia nervosa. Other diseases, such as asthma, cystic fibrosis, lung cancer, and liver disease also can cause distinct odors on the breath.

Bad breath, also called halitosis, can be so telling that doctors may even be able to use it to identify diabetes. Recently, researchers have found that infrared breath analyzers can be effective in identifying if you have prediabetes or early-stage diabetes. And researchers at Western New England University are testing a breathalyzer that measures blood glucose levels.

What Causes Diabetes Breath?

Diabetes-related halitosis has two main causes: periodontal disease and high levels of ketones in the blood.
Periodontal Diseases

Diabetes and periodontal disease is like a double-edged sword. While diabetes can lead to periodontal diseases, these diseases can also create further problems for people with diabetes. According to a report in IOSR Journal of Dental and Medical Sciences, an estimated one in three people with diabetes will also experience periodontal diseases. Heart disease and stroke, which can be complications of diabetes, are also linked to periodontal disease.

Diabetes can reduce blood flow throughout your body, including your gums. If your gums and teeth aren't receiving a proper supply of blood, they may become weak and more prone to infection. Diabetes may also raise glucose levels in your mouth, promoting bacteria growth, infection, and bad breath. To make matters worse, when your blood sugars are high it becomes hard for the body to fight infection, which makes healing the gums difficult.

Periodontal diseases, also called gum disease, include gingivitis, mild periodontitis, and advanced periodontitis. In these diseases, bacteria attack the tissues and bone that support your teeth. This may lead to inflammation. Inflammation can affect metabolism and increase your blood sugar, which worsens diabetes.

If you get periodontal disease, it may be more severe and take longer to heal than in a person without diabetes. Bad breath is a common sign of periodontal disease. Other signs include:

- red or tender gums
- bleeding gums
- sensitive teeth
- receding gums

Ketones

When your body can't make insulin, your cells don't receive the glucose they need for fuel. To compensate, your body switches to plan B: burning fat. Burning fat instead of sugar produces ketones, which build up in your blood and urine. Ketones can also be produced when you are fasting or you are on a high-protein, low-carbohydrate diet.

High ketones levels often cause bad breath. One of the ketones, acetone (also the chemical found in nail polish) can cause a nail polish-like odor on your breath.

When ketones rise to unsafe levels, you're at risk of a dangerous condition called diabetic ketoacidosis (DKA). Symptoms of DKA include:

- a sweet and fruity odor on your breath
- more frequent urination than normal
- abdominal pain, nausea, or vomiting
- high blood glucose levels
- shortness of breath or difficulty breathing
- confusion

DKA is a dangerous condition, mostly limited to people with type 1 diabetes whose blood sugars are uncontrolled. If you have these symptoms, seek medical help immediately.

What You Can Do

Along with neuropathy, cardiovascular disease, and others, periodontitis is a common complication of diabetes. You can, however, take steps to stave off gum diseases or to lessen their severity. Take control with these daily tips:

- Brush your teeth at least twice a day and floss daily.
- Don't forget to brush or scrape your tongue, a prime breeding place for foul-smelling bacteria.
- Drink water and keep your mouth moist.
- Use sugar-free mints or gum to stimulate saliva.
- Visit your dentist regularly and follow treatment recommendations. Make sure the dentist knows you have diabetes.
- Your doctor or dentist may prescribe a medication to stimulate the production of saliva.
- If you wear dentures, make sure they fit well and take them off at night.
- Don't smoke.

Finding the Care You Need

If you have bad breath, you're not alone. Approximately 65 million Americans will have halitosis in their lifetime, according to the National Institute of Dental Research.

Bad breath may be a sign of something more. If you have diabetes, it's important to be aware of what your breath may be telling you. Your understanding may save you from advanced gum disease or the dangers of DKA.

Some Facts to Sink Your Teeth Into:

- The average American spends 38.5 total days brushing their teeth over a lifetime.
- More people use blue toothbrushes than red ones.
- The elephant grinds its molars and grows new ones. This happens six times in a lifetime! An elephant's molar is about 7 inches square and can weigh over 6 pounds
- Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and an armadillo has 104 teeth.
- Kids laugh around 400 times a day, adults just 15 times a day.
- If you're right handed, you will chew your food on your right side. If you're left handed, you will tend to chew your food on your left side

HEALTHY HERO TRUDEEN PETERSON



The Select Health Blog recognized a Hero. Today we recognize Trudeen Peterson. Trudeen has worked at SelectHealth for three and a half years, and healthy living is a choice she makes every single day. We asked Trudeen to tell us what healthy living means to her.

“Healthy living started when I was a child. I grew up with fresh food all around me. My father worked in the agriculture business and traveled all over United States. He would often bring home 50 lb. bags of carrots, onions, and potatoes; he’d also bring boxes of

pears, apples, and enormous fresh avocados from Florida.

We had chickens in our backyard and fresh milk delivered to our home. My mother cooked hot cereal every morning for my siblings and me. For dinner, we often ate rice and beans or a cabbage-hamburger dish. I was raised in the Salt Lake Valley but would spend time each summer in British Columbia on an Indian reservation where my mother grew up. During those visits we’d eat fresh salmon and wild game.

As a child, I was extremely active. I walked to elementary school and rode my bicycle with my sisters on the weekends. We would collect cans and sell them for a penny each. I stayed active during middle school and high school through soccer. I started college in southern Utah and developed a deep love for hiking. I still love hiking today; it’s ingrained in me!

Later, I attended nursing school at the University of North Dakota, and then worked at LDS Hospital as a registered nurse. I saw patients and often learned why they were sick. This caused me to take a step back and consider my own lifestyle.

My job in case management at SelectHealth (in Utah) allows me to use my nursing background. Moving to a desk job scared me a bit, especially coming from a world of constant walking and time on my feet. I worried about gaining extra weight but have remained active through exercise and activities in the on-site gym at SelectHealth. I started slow, only attending 15-minute circuit classes, then moved to the 30-minute classes. Now I regularly attend classes during my lunch break.

Aside from using the gym, I also love to utilize the park across the street from SelectHealth. I enjoy walking a few laps to break up my day. I work on the fifth floor and attempt taking the stairs at least once per day. The past two years I have been nominated as an “Intermountain Health Hero.” I try to influence my coworkers by asking them what their plan is for their daily exercise.

Just as my mother influenced me, with a child of my own now, I try to instill healthy eating habits within my home. Healthy food is important to me and my family. I have a four-year old son and have exposed him to most fruits and vegetables already. Aside from home-cooked meals, I enjoy making smoothies and picking up fresh food at the farmer’s markets. I also try to eat with the seasons—summer months are full of watermelon, cantaloupe, and other delicious melons. healthy choices. I actively choose a healthy lifestyle.”

FREE COMMUNITY WORKSHOP SERIES

Supporting Aboriginal Families - November 8 & 9

Topics will include: impacts of colonization on families, communication, traditional & cultural role of families, overview to family violence, family group conferencing.

Suicide Prevention - November 29 & 30

Topics will include: signs of depression, increasing comfort level to talk about suicide, postpartum depression, youth and suicide, steps and action to take to prevent suicide.

Overview to Trauma - January 10 & 11

Topics will include: overview to trauma, types of trauma, impacts of colonization and residential school, recovery and wellness, impacts of trauma on children.

WORKSHOP LOCATION: Merritt Civic Centre 9 am to 3:30 pm
Lunch will be provided



Facilitator:
Rona Sterling-Collins, MSW
Rona Sterling Consulting

Generously hosted by:
Journeys into Tomorrow
Transition House

Registration is required
Open to service providers, parents,
community members.

Please contact Rona at:
info@ronasterlingconsulting.com
For more information

COMMUNITY WORKSHOPS

Hosted by Journeys into Tomorrow Transition House

REGISTRATION FORM

Please Print:

Name: _____

Title/Role: _____

Organization: _____

Mailing Address: _____

Email: _____

Tel: _____ Fax: _____ Cell: _____

Do you have any medical issues or dietary concerns or allergies that we need to be aware of:

TRAINING EVENT	Pick check which ones you are attending
Supporting Aboriginal Families	<input type="checkbox"/> November 8 & 9
Suicide Prevention	<input type="checkbox"/> November 29 & 30
Overview to Trauma	<input type="checkbox"/> January 10 & 11

There are a max. # of seats, please register early. Please let us know if you have to cancel.

Workshop Location: Merritt Civic Centre. 9 am to 3:30 pm.

Registrations can be faxed or emailed to:

Rona Sterling-Collins, Facilitator

250-378-5563

Email: info@ronasterlingconsulting.com

EDUCATION



The Q2 program is in full swing!! If you are interested in getting your grade 12 Adult dogwood certificate. Classes are Monday to Thursday, at the old Band school located in Shulus. Please come into the office for more information or feel free to call 250-378-0915

2017 ELECTRICIAN
PRE-APPRENTICESHIP CERTIFICATE PROGRAM
FEBRUARY 14-JULY 28 | 24 WEEKS | 350 HOURS

ADMISSION REQUIREMENTS

- Grade 12 (or ACE-IT students) or mature student
- English 12, English First Peoples' 12, or Communications 12
- Apprenticeship and Workplace Math 11, Foundations of Math 11, or Pre-Calculus 11

If you have any questions, please contact our Admissions and Registration Officers toll free at 1-877-682-3300.

NVIT NICOLA VALLEY INSTITUTE OF TECHNOLOGY
TOLL FREE: 1.877.682.3300
MERRITT: 250.378.3300
VANCOUVER: 604.622.9555
ONLINE: NVIT.ca

LNIB SCHOOL

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

November 2016



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>OCTOBER 31st PICTURE ORDERS ARE DUE TODAY!</p>	<p>2</p> <p><u>BEEF WRAP</u></p>	<p>3</p> <p><u>CHICKEN FETTUCINNI</u></p>	<p>4</p> <p><u>SHEPHERDS PIE</u></p>	<p>5</p> <p>GRADE 6 & 7 TO SYMPHONY ORCHESTRA <u>CHICKEN NOODLE SOUP</u> Skating Gr 1-7 Bring skates & HELMET to school 1:00-3:00</p>
<p>7</p> <p><u>TUNA CASSEROLE</u></p>	<p>8</p> <p><u>SPAGHETTI & MEATBALLS</u></p>	<p>9</p> <p><u>POTATO SOUP</u></p>	<p>10</p> <p><u>HAMBURGER & MACARONI CASSEROLE</u> REMEMBRANCE DAY CEREMONY, STARTING 10:45 EVERYONE WELCOME</p>	<p>11</p> <p><u>REMEMBRANCE DAY</u> <u>NO SCHOOL</u></p>
<p>14</p> <p><u>PEROGIES & SALAD</u></p>	<p>15</p> <p><u>STUFFED BAKED POTATO</u></p>	<p>16</p> <p><u>CHILI & RICE</u> Picture retakes</p>	<p>17</p> <p><u>CHICKEN & BROCCOLI CASSEROLE</u></p>	<p>18</p> <p>Breakfast fundraiser, \$5.00/plate, Loonie auction, everyone welcome <u>WEAR A JERSEY TO SCHOOL DAY</u> Skating Gr 1-7 Bring skates & HELMET to school 1:00-3:00</p>
<p>21</p> <p><u>CHICKEN CEASAR WRAP</u></p>	<p>22</p> <p><u>SWEET & SOUR PORK WITH RICE</u></p>	<p>23</p> <p><u>SLOPPY JOES</u></p>	<p>24</p> <p><u>BEEF ON A BUN</u></p>	<p>25</p> <p><u>PIZZA</u> Skating Gr 1-7 Bring skates & HELMET to school 1:00-3:00 <u>REPORT CARDS GO HOME</u></p>
<p>28</p> <p><u>LASAGNA</u></p>	<p>29</p> <p><u>BEEF STIR FRY</u></p>	<p>30</p> <p><u>TACO SOUP</u></p>		

ELIMINATING KNOWN SEX-BASED INEQUITIES IN INDIAN REGISTRATION

What was the Descheneaux decision?

On August 3, 2015, the Superior Court of Quebec announced its decision in the Descheneaux c. Canada (Procureur Général) case. The court found that several paragraphs and one subsection on Indian registration (status) under section 6 of the Indian Act unfairly violate equality rights under the Canadian Charter of Rights and Freedoms (Charter). This is because the section and paragraphs continue to support a difference in treatment between Indian women and Indian men, and their descendants.

The court struck down these Indian registration provisions, but suspended the implementation of its decision for a period of 18 months, until February 3, 2017, to allow the Government of Canada to make the necessary changes to the act.

What issues with the Indian Act were raised in the Descheneaux case?

The Descheneaux case deals with two specific situations of sex-based inequities in Indian registration, which affects:

cousins
siblings

The “cousins” issue relates to the different treatment in how Indian status is gained and passed on among first cousins of the same family. It depends on the sex of their Indian grandparent, in situations where the grandparent was married to a non-Indian before 1985. This results in different abilities to gain and pass on status between the maternal and paternal lines.

The “siblings” issue concerns the different treatment in the ability to pass on Indian status between male and female children born out of wedlock between the 1951 and 1985 amendments to the Indian Act. Indian women in this situation cannot pass on status to their descendants, unless their child’s father is a Status Indian. Unlike Status Indian men in similar circumstances who can pass on status to their children regardless of the other parent’s status.

More broadly, the Descheneaux decision highlights the continued residual sex-based inequities in Indian registration that were carried forward following the 1985 comprehensive changes to Indian registration and band membership under the Indian Act through Bill C-31 to comply with the Charter.

What is the Government of Canada’s response to the Descheneaux decision?

In response to the Descheneaux decision, the Government of Canada launched a two-staged approach to eliminate known sex-based inequities in Indian registration and begin a collaborative process with First Nations and other Indigenous groups on the broader related issues.

Stage I:

The Government of Canada will engage with First Nations and other Indigenous groups through information sessions to discuss the proposed legislative approach to the registration provisions of the Indian Act in response to the Descheneaux decision.

The Government of Canada will introduce legislative amendments in the Parliament of Canada that will address known sex-based inequities in Indian registration.

Stage II:

A collaborative process, consistent with the Government of Canada’s commitment to reconciliation with Indigenous peoples, will be launched with First Nations and other Indigenous groups to examine the broader issues relating to Indian registration and band membership with the objective of identifying areas for possible future legislative amendments.

What are the next steps?

The Government of Canada has an obligation to amend the Indian Act to be in line with the Quebec Superior Court’s Descheneaux decision by February 3, 2017.

The government has also committed to reconciliation and a renewed relationship, nation-to-nation, with Indigenous peoples in support of:

- self-determination commitments for sex-based equality
- the review of laws, policies and practices that impact the rights of Indigenous peoples

To meet all the commitments outlined, this two-staged approach will eliminate historic sex-based inequities in Indian registration under the Indian Act. This will open the door for dialogue and collaborative work with First Nations and other Indigenous groups on the broader issues associated with Indian registration and band membership.

For any questions or comments on what the Government of Canada is doing to eliminate known sex-based inequities in Indian registration, contact: IRIPMNationalSupport@aadnc-aandc.gc.ca

Why do female black widow spiders kill the males after mating?
To stop the snoring before it starts.

If Laura, Kate and Sarah go out for lunch, they will call each other
Laura, Kate and Sarah
If Mike, Dave and John go out, they will affectionately refer to each
other as Fat Boy, Godzilla and Four-eyes

A man will pay \$2 for a \$1 item he needs. A woman will pay
\$1 for a \$2 item that she doesn’t need but it’s on sale.

DR. AHMED

**Dr. Ahmed (Optometrist)
Will be at the LNIB Community Services
NOVEMBER 3 & 4, 2016**

Name: _____

Care card: _____

Date of Birth: _____

Status: _____

Phone #: _____

Please ensure that you complete the whole form and bring back as soon as possible. Once approval has been given, you will receive a call and an appointment will be set up.

If you have any questions you can call Wenona @ LNIB Community Services @ (250) 378-4089.



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



My Family Home On-Reserve

What Happens When my Relationship Ends?

The *Family Homes on Reserves and Matrimonial Interests or Rights Act (FHRMIRA)* is now in force.

The law ensures that spouses and/or common-law partners living on reserve have similar matrimonial rights and protections as those living off reserve.

FHRMIRA provides:

- Authority for First Nations to enact their own Matrimonial Real Property (MRP) law.
- Provisional rules that deal with matrimonial real property until the First Nation passes its own MRP law

Once a community enacts its own law in accordance with either *FHRMIRA*, the *First Nations Land Management Act* or a self-government agreement, these provisional rules will no longer apply.

To understand your rights it is important to determine if your community has enacted its own MRP law or if the provisional rules continue to apply.

Centre of Excellence for Matrimonial Real Property
For more information visit www.coemrp.ca or call us at
1-855-657-9992 or email info@coemrp.ca

If the provisional federal rules apply
on your First Nation →

UNDER THE PROVISIONAL FEDERAL RULES OF THE ACT:

- A "spouse" is defined as two persons who have entered into a marriage in good faith.
- A "common-law partner" is defined as a person who has cohabited with an individual in a conjugal relationship for at least one year.
- A spouse or common-law partner may occupy the family home during the relationship (s.13).
- A spouse or common-law partner must not dispose of the family home during the relationship without the free and informed written consent of the other (s.15).
- These rights apply whether or not the spouse or common-law partner is a First Nation member.

WHAT HAPPENS TO OUR HOME IF WE BREAK UP?

- One spouse or common-law partner could apply to the Family Court to remain in the family home. The other could be required to leave the family home and not return for a fixed period of time (s.20). This is called an **Exclusive Occupation Order** and does not change who holds a right or interest in or to the family home.
- Each spouse or common-law partner can also apply for **half the value** of the family home and share in the value of other structures and/or land the family holds on reserve. This is called an **Application for Division**.

WHAT HAPPENS TO OUR HOME IF MY SPOUSE DIES?

- When a spouse or common-law partner dies, the survivor may continue to live in the family home for a period of **180 days** (s.14).
- He or she can also apply to the court to remain in the family home for a **further period of time** (s.21). This **Exclusive Occupation Order** does not prevent an executor or administrator of an estate from transferring the right or interest to a beneficiary under the will.
- The survivor may also choose to apply for half the value of the family home and share in the value of other structures and/or land the family holds on reserve.
- A surviving spouse or common-law partner may choose to inherit under:
 - 1) the will
 - 2) if there is no will, under the estates sections of the *Indian Act* **OR**
 - 3) under section 34 of *FHRMIRA*



Robin Peterson is the Career Development Coach. The Career Development Centre is located in the Community Services Building.

CAREER DEVELOPMENT CENTRE



Career and Education Development Plans:

Discuss and plan your career/education goals. Putting our goals on paper makes us more accountable to ourselves. The road to success starts with a single step.

Come in to the Career Development Centre to discuss your training and education goals.



Interviewing successfully: (Basic tips to keep in mind.)

1. Dress professionally and for the line of work that you are applying for (dress as though you are ready to walk on the job)
2. Always have an answer! If the interviewer is taking the time to ask then take the time to answer!
3. Do your research on the company and position, know what you are interviewing for.
4. Engage your interviewer(s), interact as you may have to with their customers or clients. Build rapport by sharing a quick story to ease the interview along if it pertains to the job.



Training:

Sign up for future training that we will be offering in our community. Training plans are being developed based on the needs of our community. Be ready to jump in for last minute cancellations. With more training your probability of being hired increases.



Resume writing:

Come out to the LNIB CDC to have a resume customized to meet your needs. Each field is different so each resume should reflect the different types of work. Once a resume is developed we will monitor opportunities that may come available to our members. Please call the number below or email to book an appointment with Robin Peterson your Career Development Coach.

 W: (250) 378-4089 F: (250) 378-9137

 CAREER_DEVELOPMENT@LNIB.NET

 [HTTPS://WWW.FACEBOOK.COM/LNIBCAREERDEVELOPMENTCENTRE](https://www.facebook.com/LNIBCAREERDEVELOPMENTCENTRE)

Like us on facebook for current job postings, training initiatives and much more!

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

JOB POSTING**Maintenance Technician Assistant**

Reporting to: Public/Capital Works Executive Assistant.

Knowledge, Abilities and Skills:

- Grade 12 Diploma required.
- The Technician will assist with water sampling. The sampling will consist of packaging, sealing, reporting analyzing water samples then sending them to Provincial Health Department.
- The Technician must have ability to lead and work well with other individuals in a team environment.
- The Technician will assist in improving and enhancing the filing system for the Public Works Department as needed.
- Technician will archive old files, categorize and file all new correspondence and documentation as needed.
- The Technician will assist the Public Works Officer with repairs & maintenance to community buildings and other related duties.
- The Technician should have an interest in pursuing a career in the Construction and Public Works Field.
- Class 5 B.C. License mandatory
- Ability to speak or willingness to learn the Nlaka'pamux language is a pre- requisite.

Deadline: November 8, 2016 at 2:00 PM

Interested candidates should send a resume and cover letter to:

Mail:

Lower Nicola Indian Band
Executive Assistant
181 Nawishaskin Lane
Merritt, BC V1 K 0A7

E-mail: executiveassistant@lnib.net

Fax: (250) 378 - 6188



The Lower Nicola Indian Band thanks all those who apply, however, only qualified candidates will be considered for an interview.

**Lower Nicola Indian Band
Infrastructure Sector
Job Posting
Public Works Officer**

Position: Works Public Officer

Job Summary:

The primary function of this position is to support the Maintenance Supervisor with the LNIB's public works operations, maintenance and repair activities, including organizing, directing and monitoring. The position is also responsible for animal control by-laws. The work is performed under the direct supervision of the Maintenance Supervisor.

Required Qualifications:

- 2-3 years By-Law Enforcement experience, preferred
- Knowledge and experience in general maintenance and repair;
- Knowledge and experience in the operation of equipment e.g. backhoe;
- Enforce animal by-law regulations and respond to complaints concerning animals;
- Possess or willing to obtain Workplace CPR, First Aid and other required training;
- Good interpersonal skills to deal effectively with people;
- Good communication and organizational skills;
- Good computer skills, including Microsoft products, e.g. word, excel, outlook, etc.
- Knowledge of general work safe procedures.
- Completed WHMIS (Workplace Hazardous Materials Information System) Certification.
- Physically able to meet the demands of bending, lifting and twisting positions.
- Must be self-motivated and reliable.
- Must be willing to work evenings and weekends.
- Grade 12 Graduation or equivalent.
- Must have a class 5 driver's license

Deadline for Application: November 8, 2016 by 2:00

pm Submit **Resume and Cover** Letter:

Lower Nicola Indian Band
Executive Assistant
181 Nawishaskin
Lane Merritt BC V1K
1N2

Or: by fax (250) 378-6188

Or: by email executiveassistant@lnib.net (please include job title in email subject line)



The Lower Nicola Indian Band thanks all those who apply; however, only qualified candidates will be considered for an interview

LOWER NICOLA INDIAN BAND**Employment Opportunities Posting****Elders for the N̄eʔkepmxcín Language Nest
(Part-Time Positions)**

The LNIB Language Nest will consist of children from 0-5 years of age learning N̄eʔkepmxcín accompanied by one parent. The language nest will be a total N̄eʔkepmxcín immersion environment.

Job Description and Qualifications:

- The elders for the N̄eʔkepmxcín nest will preferably be fluent in N̄eʔkepmxcín or semi-fluent with work experience teaching the language and working with preschool children.
- The elders will have knowledge of N̄eʔkepmx culture, songs dances, stories, ceremonies, foods etc., or willing to learn.
- The elder will work with the teacher and different fluent elders in the language nest.
- The elders will help develop some of the teaching materials for the nest.
- The successful candidates will undergo a criminal record check.

Please send cover letter and resume to:

c/o Bridget LaBelle
Director of Human Services
Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC, V1K 0A7
Telephone: 250-378-4089
Fax: 250-378-6188
Email: bridgetl@lnib.net

Salary Negotiable.

CLOSING DATE: Thursday, November 10, 2016, at 4:30 PM.

Lower Nicola Indian Band

Employment Opportunity

**N̄eʔkepmx Language Nest Teacher
(Part-Time Position)**

The LNIB Language nest will consist of children from 0-5 years of age learning N̄eʔkepmxc̄in accompanied by one parent. The language nest will be a total N̄eʔkepmxc̄in immersion environment.

Job Description Summary and Qualifications

- The teacher for the N̄eʔkepmxc̄in nest will preferably be fluent in N̄eʔkepmxc̄in or semi-fluent with teaching credentials or have the equivalent work experience teaching and working with preschool children.
- The teacher will have knowledge of N̄eʔkepmx culture, songs dances, stories, ceremonies, foods etc., or willing to learn.
- The teacher will work with different fluent elders in the language nest.
- The Teacher will help develop some of the teaching materials for the nest.
- The successful candidate will undergo a criminal record check and have or willing to acquire Food Safe certificate as well as a First Aide certificate.

Please send cover letter and resume to:

Bridget LaBelle
Director of Human Services
Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC, V1K 0A7
Telephone: 250-378-4089
Fax: 250-378-6188
Email: bridgetl@lnib.net

Salary negotiable.

CLOSING DATE: Thursday, November 10, 2016, at 4:30 PM.

A BIT OF HISTORY

The Chiefs of the Interior Allied Tribes of British Columbia, representing First Nations from across British Columbia met at Spence's Bridge in May 1910. A Memorial to Sir Wilfred Laurier, Prime Minister of Canada, was created at that time. The document was signed by the Nations' Chiefs as the Unity Declaration of the Allied Tribes at Spences Bridge on Friday June 11, 1910. The formal Declaration was delivered to Prime Minister Laurier on August 25, 1910 when he visited Kamloops.

Because of its historical relevance, we transcribe the document as follows:

Memorial to Sir Wilfrid Laurier, Premier of the Dominion of Canada

From the Chiefs of the Shuswap, Okanagan and Couteau (Nlaka'pamux) Tribes of British Columbia.

Presented at Kamloops, 25th August, 1910 †

Dear Sir and Father,

We take this opportunity of your visiting Kamloops to speak a few words to you. We welcome you here, and we are glad we have met you in our country. We want you to be interested in us, and to understand more fully the conditions under which we live. We expect much of you as the head of this great Canadian Nation, and feel confident that you will see that we receive fair and honorable treatment. Our confidence in you has increased since we have noted of late the attitude of your government towards the Indian rights movement of this country and we hope that with your help our wrongs may at last be righted. We speak to you the more freely because you are a member of the white race with whom we first became acquainted, and which we call in our tongue "real whites."

One hundred years next year they came amongst us here at Kamloops and erected a trading post, after the other whites came to this country in 1858 we differentiated them from the first whites as their manners were so much different, and we applied the term "real whites" to the latter (viz., the fur-traders of the Northwest and Hudson Bay companies, as the great majority of the companies' employees were French speaking, the term latterly became applied by us as a designation for the whole French race.) The "real whites" we found were good people. We could depend on their word, and we trusted and respected them. They did not interfere with us nor attempt to break up our tribal organizations, laws, customs. They did not try to force their conceptions of things on us to our harm. Nor did they stop us from catching fish, hunting, etc. They never tried to steal or appropriate our country, nor take our food and life from us. They acknowledged our ownership of the country, and treated our chiefs as men. They were the first to find us in this country. We never asked them to come here, but nevertheless we treated them kindly and hospitably and helped them all we could. They had made themselves (as it were) our guests.

We treated them as such, and then waited to see what they would do, as we found they did us no harm our friendship with them became lasting. Because of this we have a warm heart to the French at the present day. We expect good from Canada.

When they first came among us there were only Indians here. They found the people of each tribe supreme in their own territory, and having tribal boundaries known and recognized by all. The country of each tribe was just the same as a very large farm or ranch (belonging to all the people of the tribe) from which they gathered their food and clothing, etc., fish which they got in plenty for food, grass and vegetation on which their horses grazed and the game lived, and much of which furnished materials for manufactures, etc., stone which furnished pipes, utensils, and tools, etc., trees which furnished firewood, materials for houses and utensils, plants, roots, seeds, nuts and berries which grew abundantly and were gathered in their season just the same as the crops on a ranch, and used for food; minerals, shells, etc., which were used for ornament and for plants, etc., water which was free to all. Thus, fire, water, food, clothing and all the necessities of life were obtained in abundance from the lands of each tribe, and all the people had equal rights of access to everything they required. You will see the ranch of each tribe was the same as its life, and without it the people could not have lived.

Just 52 years ago the other whites came to this country. They found us just the same as the first or “real whites” had found us, only we had larger bands of horses, had some cattle, and in many places we cultivated the land. They found us happy, healthy, strong and numerous. Each tribe was still living in its own “house” or in other words on its own “ranch.” No one interfered with our rights or disputed our possession of our own “houses” and “ranches,” viz., our homes and lives. We were friendly and helped these whites also, for had we not learned the first whites had done us no harm? Only when some of them killed us we revenged on them. Then we thought there are some bad ones among them, but surely on the whole they must be good. Besides they are the Queen’s people, and we had already heard great things about the Queen from the “real whites.” We expected her subjects would do us no harm, but rather improve us by giving us knowledge, and enabling us to do some of the wonderful things they could do, at first they looked only for gold. We know the latter was our property, but as we did not use it much nor need it to live by we did not object to their searching for it.

They told us, “Your country is rich and you will be made wealthy by our coming. We wish just to pass over your lands in quest of gold.” Soon they saw the country was good, and some of them made up their minds, to settle it. They commenced to take up pieces of land here and there. They told us they wanted only the use of these pieces of land for a few years, and then would hand them back to us in an improved condition; meanwhile they would give us some of the products they raised for the loan of our land. Thus they commenced to enter our “houses,” or live on our “ranches.” With us when a person enters our house he becomes our guest, and we must treat him hospitably as long as he shows no hostile intentions, at the same time we expect him to return to us equal treatment for what he receives.

Some of our Chiefs said, “These people wish to be partners with us in our country. We must, therefore, be the same as brothers to them, and live as one family. We will share equally in everything half and half in land, water and timber, etc. What is ours will be theirs, and what is theirs will be ours. We will help each other to be great and good.”

The whites made a government in Victoria perhaps the Queen made it. We have heard it stated both ways. Their chiefs dwelt there. At this time they did not deny the Indian tribes owned the whole country and everything in it. They told us we did. We Indians were hopeful. We trusted the whites and waited patiently for their chiefs to declare their intentions toward us and our lands. We knew what had been done in the neighboring states, and

we remembered what we had heard about the Queen being so good to the Indians and that her laws carried out by her chiefs were always just and better than the American laws. Presently, chiefs (government officials, etc.) commenced to visit us, and had talks with some of our chiefs. They told us to have no fear, the Queens laws would prevail in this country, and everything would be well for the Indians here. They said a very large reservation would be staked off for us (southern interior tribes) and the tribal lands outside of this reservation the government would buy from us for white settlement. They let us think this would be done soon, and meanwhile until this reserve was set apart, and our lands settled for, they assured us we would have perfect freedom of traveling and camping and the same liberties as from time immemorial to hunt, fish, graze and gather our food supplies where we desired; also that all trails, land, water, timber, etc., would be as free of access to us as formerly. Our chiefs were agreeable to these propositions, so we waited for these treaties to be made, and everything settled. We had never known white chiefs to break their word so we trusted. In the meanwhile white settlement progressed, our chiefs held us in check. They said, "Do nothing against the whites. Something we did not understand retards them from keeping their promise. They will do the square thing by us in the end."

What have we received for our good faith, friendliness and patience? Gradually as the whites of this country became more and more powerful, and we less and less powerful, they little by little changed their policy towards us, and commenced to put restrictions on us. Their government or chiefs have taken every advantage of our friendliness, weakness and ignorance to impose on us in every way. They treat us as subjects without any agreement to that effect, and force their laws on us without our consent and irrespective of whether they are good for us or not. They say they have authority over us. They have broken down our old laws and customs (no matter how good) by which we regulated ourselves. They laugh at our chiefs and brush them aside.

Minor affairs amongst ourselves, which do not affect them in the least, and which we can easily settle better than they can, they drag into their courts. They enforce their own laws one way for the rich white man, one way for the poor white, and yet another for the Indian. They have knocked down (the same as) the posts of all the Indian tribes. They say there are no lines, except what they make. They have taken possession of all the Indian country and claim it as their own. Just the same as taking the "house" or "ranch" and, therefore, the life of every Indian tribe into their possession. They have never consulted us in any of these matters, nor made any agreement, "nor" signed "any" papers with us. They have stolen our lands and everything on them and continue to use same for their own purposes.

They treat us as less than children and allow us no say in anything. They say the Indians know nothing, and own nothing, yet their power and wealth has come from our belongings. The Queen's law which we believe guaranteed us our rights, the B.C. Government has trampled underfoot. This is how our guests have treated us - the brothers we received hospitably in our house, after a time when they saw that our patience might get exhausted and that we might cause trouble if we thought all the land was to be occupied by whites they set aside many small reservations for us here and there over the country. This was their proposal not ours, and we never accepted these reservations as settlement for anything, nor did we sign any papers or make any treaties about same. They thought we would be satisfied with this, but we never have been satisfied and never will be until we get our rights. We thought the setting apart of these reservations was the commencement of some scheme they had evolved for our benefit, and that they would now continue until they had more than fulfilled their promises but although we have waited long we have been disappointed. We have always felt the injustice done us, but

we did not know how to obtain redress.

We knew it was useless to go to war. What could we do? Even your government at Ottawa, into whose charge we have been handed by the B.C. Government, gave us no enlightenment. We had no powerful friends. The Indian agents and Indian office at Victoria appeared to neglect us. Some offers of help in the way of agricultural implements, schools, medical attendance, aid to the aged, etc., from the Indian department were at first refused by many of our chiefs or were never petitioned for, because for a time we thought the Ottawa and Victoria governments were the same as one, and these things would be charged against us and rated as payment for our land, etc. Thus we got along the best way we could and asked for nothing. For a time we did not feel the stealing of our lands, etc., very heavily, as the country was sparsely settled we still had considerable liberty in the way of hunting, fishing, grazing, etc., over by far the most of it. However, owing to increased settlement, etc., in late years this has become changed, and we are being more and more restricted to our reservations which in most places are unfit or inadequate to maintain us. Except we can get fair play we can see we will go to the wall, and most of us be reduced to beggary or to continuous wage slavery. We have also learned lately that the British Columbia government claims absolute ownership of our reservations, which means that we are practically landless. We only have loan of those reserves in life rent, or at the option of the B.C. government. Thus we find ourselves without any real home in this our own country.

In a petition signed by fourteen of our chiefs and sent to your Indian department, July, 1908, we pointed out the disabilities under which we labor owing to the inadequacy of most of our reservations, some having hardly any good land, others no irrigation water, etc., our limitations re: pasture lands for stock owing to fencing of so-called government lands by whites; the severe restrictions put on us lately by the government re hunting and fishing; the depletion of salmon by over-fishing of the whites, and other matters affecting us. In many places we are debarred from camping, traveling, gathering roots and obtaining wood and water as heretofore. Our people are fined and imprisoned for breaking the game and fish laws and using the same game and fish which we were told would always be ours for food. Gradually we are becoming regarded as trespassers over a large portion of this our country. Our old people say, "How are we to live? If the government takes our food from us they must give us other food in its place." Conditions of living have been thrust on us which we did not expect, and which we consider in great measure unnecessary and injurious.

We have no grudge against the white race as a whole nor against the settlers, but we want to have an equal chance with them of making a living. We welcome them to this country. It is not in most cases their fault.

They have taken up and improved and paid for their lands in good faith. It is their government which is to blame by heaping up injustice on us. But it is also their duty to see their government does right by us, and gives us a square deal. We condemn the whole policy of the B.C. government towards the Indian tribes of this country as utterly unjust, shameful and blundering in every way. We denounce same as being the main cause of the unsatisfactory condition of Indian affairs in this country and of animosity and friction with the whites. So long as what we consider justice is withheld from us, so long will dissatisfaction and unrest exist among us, and we will continue to struggle to better ourselves. For the accomplishment of this end we and other Indian tribes of this country are now uniting and we ask the help of yourself and government in this fight for our rights.

We believe it is not the desire nor policy of your government that these conditions should exist. We demand that our land question be settled, and ask that treaties be made between the government and each of our tribes, in the same manner as accomplished with the Indian tribes of the other provinces of Canada, and in the neighboring parts of the United States. We desire that every matter of importance to each tribe be a subject of treaty, so we may have a definite understanding with the government on all questions of moment between us and them. In a declaration made last month, and signed by twenty-four of our chiefs (a copy of which has been sent to your Indian department) we have stated our position on these matters.

Now we sincerely hope you will carefully consider everything we have herewith brought before you and that you will recognize the disadvantages we labor under, and the darkness of the outlook for us if these questions are not speedily settled. Hoping you have had a pleasant sojourn in this country, and wishing you a good journey home, we remain,

Yours very sincerely,

The Chiefs of the Shuswap, Okanagan and Couteau or Thompson tribes
Per their secretary, J.a. Teit

Truth and Reconciliation - If you are interested in the recommendations from the Truth and Reconciliation report, you can download a copy or read it on the LNIB website.

Word Search Puzzle:

R	E	M	E	M	B	E	R	G	N	H	L	B	F	E
Y	H	I	Z	A	G	M	M	O	A	E	E	L	W	C
E	B	L	I	E	J	F	I	N	S	L	A	L	O	I
X	S	I	N	X	A	G	Z	T	H	N	F	O	R	V
L	Y	T	G	U	E	N	W	H	D	Z	U	M	L	R
W	H	A	O	L	Q	E	T	E	C	A	E	P	D	E
N	M	R	C	D	F	L	R	H	H	H	W	G	S	S
U	O	Y	E	O	O	S	U	P	E	O	Y	Z	R	C
R	F	I	R	E	C	N	A	R	B	M	E	M	E	R
A	E	G	L	P	X	T	A	N	A	R	E	T	E	V
W	E	I	O	A	O	N	A	T	I	V	E	Z	Y	N
T	N	P	D	N	T	Y	A	R	I	L	J	N	B	N
M	P	G	E	L	W	T	J	J	N	O	K	C	M	S
Y	T	C	M	E	O	A	A	R	I	B	N	J	T	X
B	P	V	W	Y	X	S	M	B	J	C	P	D	J	P

- ANTHEM
- BATTALION
- CENOTAPH
- DONATION
- FLAG
- FLANDERS
- LEGION
- LESTWEOFORGET
- MILITARY
- NATIVE
- PEACE
- POPPY
- RECOGNIZE
- REMEMBER
- REMEMBRANCE
- SERVICE
- SOLDIER
- VETERAN
- WAR
- WORLD

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ASTROLOGY

from Whats-your-sign.com



Snake: Oct 23 - Nov 22

Most shamans are born under this Native American animal symbol. The Snake is a natural in all matters of spirit. Easily attuned to the ethereal realm the Snake makes an excellent spiritual leader. Also respected for his/her healing capacities, the Snake also excels in medical professions. The Snake's preoccupation with matters intangible often lead others to view them as mysterious, and sometimes frightening. True, the Snake can

be secretive, and a bit dark - he/she is also quite sensitive, and caring. In a supportive relationship the cool Snake can be passionate, inspiring, humorous, and helpful. Left to his/her own devices, the Snake can be despondent, violent, and prone to abnormal mood swings.



Owl: Nov 23 - Dec 21

Changeable and mutable as the wind, the Owl is a tough one to pin down. Warm, natural, with an easy-going nature, the Owl is friend to the world. The bearer of this Native American animal symbol is notorious for engaging in life at full speed, and whole-hearted loves adventure. This can be to his/her detriment as the Owl can be reckless, careless, and thoughtless. Owls make great artists, teachers, and conservationists. However, due to his/

her adaptability and versatility - the Owl would likely excel in any occupation. In a supportive, nurturing environment the Owl is sensitive, enthusiastic, and an attentive listener. Left to his/her own devices, the Owl

LIFE EVENTS



Happy Birthday to a most beautiful young lady,
Ashlee Rae Tom for November 18th, 2016!
Love Mom, Dad, Geno & Family, and Leann

Happy Birthday to my handsome Son,
Geno Duane Dick for November 24th, 2016!
Love Mom, Dad, Ashlee and Leann

Staff celebrating birthdays: November 1 - Kathleen Joe;
November 7 - Jocelyn Boysis; November 11 - Annie Major;
November 21 - Marcy McLeod, Michelle Monks-Sproson;
November 23 - Shannon Kilroy; November 27- Joyce Cisco



**Happy Anniversary Dave Tom...
11 years of love!
November 27th, 2016
- love your wife**



Recognizing
Angeline Peterson, who
served in the military
in San Angelo, Tx , San
Diego, Ca, and Okinawa,
Japan

IN MEMORIAM - Our heartfelt condolences:

to Sharon Antoine and family on the passing of Kryssa; so tragically young to be
joining the Ancestors. May her light shine bright.

Rest in Peace - John Oliver Coutlee
July 16, 1937 - October 18, 2016

and to Pauline Henry and her family on
the passing of her mother Mamie Henry

REMEMBERING MAMIE HENRY

In Honour of Mamie Henry – “Her Voice Lives Forever” - Nlha7kapmxtsínxa! - Darwin Hanna

Mamie was a lady – wise, respected, and intelligent. She was a committed Nlha7kapmx language and cultural teacher to many children, youth and adults. She was a Professor of Nlha7kápmtsín – our language. She will be fondly remembered in her leadership to ensure Nlha7kápmtsín continues to survive and thrive.

Mamie was born and raised in Anderson Creek, where her dad was from. Her mom was from 11 Mile, Lytton. She started school at 9 years and attend St. George's. While at school she learned how to knit, Cowichan style, from a teacher named Mary Prest of the Fraser Valley. She got to exhibit her wool spinning technique at the PNE when she was a teenager. And, she was profiled in the Vancouver Sun for her fine knitting. When she was younger, she spun wool for knitting from the sheep that were raised on Lot 47.

In 1940, she married George Henry of Lytton, who served in the Second World War and was a Magistrate Judge and Coroner. They raised five children – Fred, Vivian, Pauline, Joseph and Mervin (late). They were also foster parents for a time to other children in our community. And, she was a dedicated “ya7á” to her grandchildren and great-children.

Mamie served as Councilor with the Lytton First Nation from approximately 1966 to 1982. She was the first women to serve on our band council and George and Mamie were the first married couple to serve together on the council too.

Mamie was one of the first Indigenous language teachers in the public school system. In 1966, when she was 44 years old, she started recording information with Principal Joe Chute on reel-to-reel tapes about the Nlha7kápmx way of life, particularly about edible foods, with the involvement of other elders, including Louie Phillips, Chief Charles Brown, Tim Spinks, Lena & Norman Dunstan, and Gary Abbott . These early tapes have been transcribed and continue to be a resource of information for our community.

Mamie was an expert in Nlha7kápmtsín. Linguists studying Nlha7kápmtsín sought out Mamie for her knowledge and expertise. She knew the differences in the regional dialects of the language through conferring with her aunt Mary Anderson, aunt Annie York, Mildred Michell and Mabel Joe. She would confer with elders to ensure her work was correct. Her life work was teaching Nlha7kápmtsín.

In 1968, she met Randy Bouchard and she started translating sptákwlh for him. In 1971, he introduced her to Tammy Hurst, an UBC student. She started to learn how to read and write Nlha7kápmtsín. During the development of her language dictionary, linguist Terry Thompson of the Univeristy of Hawaii reviewed her work and assisted with having the words type-written to the Bouchard writing style (e.g. Nlha7kápmx) from the international alphabet (e.g. n7e7képmx). While she found developing the language dictionary very hard work, she persevered and had the language dictionary completed. Between 1971 and 1974, Mamie had completed language lessons, a comprehensive dictionary (over 2,528 words and phases) and audio tapes that accompanied the lessons and dictionary. She could proficiently sound out the 45 different sounds of Nlha7kápmtsín. For example, sounds back of the throat: g gw k' kw kw' x xw

Her dictionary and lessons continues to be a leading source of information about Nlha7kápmtsín.

Mamie also provided contributions to the following publications:

- Thompson River Dictionary compiled by linguists Laurence Thompson and Terry Thompson;
- Thompson Ethnobotany by Nancy Turner, Laurence Thompson, Terry Thompson and Annie York; and
- The Thompson Language by Laurence Thompson and Terry Thompson.

She started to teach Nlha7kápmtsín and Nlha7kápms studies at Kumsheen Secondary School, e.g. Indian Studies 10 and Thompson language 9. From 1982 to 1986, she taught Nlha7kápmtsín from preschool to Grade 7 at Lytton Elementary. She also taught Nlha7kápmtsín to adult basic education classes. In 1993, she became a founding Regent for the Mestanta Technological Institute (predecessor to SVNS) and she continued teaching Nlha7kápmtsín to students and adults who wanted to be fluent in our language.

Mamie Henry and I collected stories that resulted in the publication *Our Tellings: Interior Salish Stories of the Nlha7kápms People*, which is the co-editor of. For *Our Tellings*, we travelled through-out Nlha7kápms territory and interviewed many elders who shared their sptákwlh and spílaxem with us, including Ntl'ík'semtm (Coyote's Son) told by Mírñli - Mildred Michell in Nlha7kápmtsín. She translated and transcribed stories that were told to us in Nlha7kápmtsín. Stories Tammy Hurst and her recorded in Nlha7kápmtsín from the early 1970's were included in *Our Tellings*, including Christine Bobb, Rosie Skuki, Walter Isaac, Annie York, Mary Williams, and Anthony Joe.

Everybody was welcome in her home, and she made sure you were fed with bannock and tea and sometimes Indian cake. She always made bread. She continued knitting. She was an inspirational model. She never drank alcohol. Mamie loved "bingo" and loved travelling to Casinos with the late Dorothy McArthur or the bus tours to Swinomish with Mary Anderson – they would be first aboard! She also loved to travel the pow-wow circuit with her grand-daughters.

Her legacy work provides the foundation for the continuation of Nlha7kápmtsín. Her voice is an inspiration to our people to ensure Nlha7kápmtsín survives and thrives. Mamie will be loved and missed by all of us.

“Because without our language, we have lost ourselves. Who are we without our words?”

- Melina Marchetta, Finnikin of the Rock

FROM THE EDITOR



The first half of November is a time in our household when my husband Nick is extremely busy. Nick is a member of the Royal Canadian Legion (as am I) even though he never served in the military. As “Poppy Season” comes about, Nick is busy delivering poppies to outlets in our area, manning the poppy donation table at various times and places around Merritt, visiting schools for Remembrance Day ceremonies, church, Coquihalla Gillis House and so on. I think war is such a useless waste of humanity but seems inevitable with one faction or another endlessly grasping for power. I am very moved by the men and women who serve to try to make the world a better place sometimes with the ultimate

sacrifice. Imagine losing your life in the quest to make sure that girls in Afghanistan are allowed to go to school. It makes donating a few dollars (which go to help veterans and their families) and wearing a poppy the easiest and simplest way to show our respect.

On another topic, a staff member lost a family member to a drug overdose earlier this month. The person who died had what could be termed a ‘harmless’ habit (as if there is such a thing), in that they weren’t using the so called hard drugs, and felt confident about their supplier. But who knows where the supplier gets their stuff and one doesn’t exactly have a chance to go back and say “hey, that was crap you sold me” because dead is dead. I heard on the radio the other day that now there’s something worse than Fentanyl contaminating drugs - something called Carfentanyl which is so potent that a dose smaller than a grain of rice will kill you. Seems to me that this kind of stuff floating around should be enough of a message to people who think that drugs are a good recreational habit that maybe its time to try other more natural ways of getting high - like sports. Spread the word....

On a happier note, I had the pleasure of participating in Dr. Jeannie Paul’s traditional medicine classes again this fall. We finished up our sessions this past Monday make some medicine for coughs, arthritis, and skin lotions. It’s a real kick to learn how these plants that have been harvested traditionally (and others) provide medicines that are completely natural and growing abundantly around us. Nice not to have to put chemicals in and on our bodies, and dollars in the drug conglomerates pockets.

Back to the Newsletter - I’m receiving good feedback and am glad that readers are enjoying the information shared. I encourage you to participate - send us stories about you, your family, your family history, events you’ve attended, things you’ve learned, recipes to share - and let’s continue to make this a real community newsletter. My email is communications@lnib.net.

PS, the last issue in magazine format was a commemorative issue for the new Council. We’re trying to get some advertising dollars so that we can print that way again in future but for now we’re back to our old printed format. And of course, the newsletter and past issues are on the website at www.lnib.net

