

Practice n̄eʔkepm̄xcin with those you love:

x̄w̄əzcín



**LOWER NICOLA
INDIAN BAND**

February 2017 N̄eʔiyk Sp̄iləxm̄

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NOTICE OF COMMUNITY RATIFICATION VOTE

**NOTICE OF LOWER NICOLA INDIAN BAND
COMMUNITY RATIFICATION VOTE**

TAKE NOTICE that a Ratification Vote will be held in accordance with the *Lower Nicola Indian Band Ratification Policy* commencing February 23rd, 2017 and ending 8pm on February 25th, 2017 in order to determine if Eligible Voters approve the Ballot Question (below).

Eligible voters may vote electronically, by phone or in-person. The following Ballot Question will be asked of the Eligible Voters of Lower Nicola Indian Band:

“Do you approve the Kinder Morgan TMEP Conditional Agreement?”

February 23 rd , 2017 9:00 am to February 25 th , 2017 8:00 pm ELECTRONIC VOTING	February 23 rd , 2017 9:00 am to February 25 th , 2017 8:00 pm VOTING BY PHONE	February 25 th , 2017 9:00 am to 8:00 pm IN-PERSON VOTING LNIB Band Hall at Shulus
Information packages will be mailed to Eligible Voters. This package will include voting instructions and a PIN for Eligible Voters to vote electronically or by phone. Copies of the documents and information pertaining to the subject of the Ballot Question may be obtained from Ruth Tolerton, Lower Nicola Indian Band, at 181 Nawishaskin Lane, Merritt, BC V1K 0A7. Phone: (250) 378 5157.		

AND FURTHER TAKE NOTICE that all members of Lower Nicola Indian Band 18 years of age or older as of February 23rd, 2017 are eligible to vote.

DATED at Lower Nicola Indian Band, British Columbia this 19th day of January, 2017.



Raymond D. Phillips, Q.C.
Ratification Officer
Toll Free: (855) 355-2471 Email: chuckpalsht@gmail.com

BAND GENERAL MEETING

LOWER NICOLA INDIAN BAND – JANUARY 30, 2017
General Band Meeting – 6:00 p.m. LNIB Shulus Hall

Called to order at: 6:00 pm

Opening Prayer by:



MEETING AGENDA

- 1. Adopt January 30, 2017 Band General Meeting Agenda**
- 2. Guests:**
 - a. 6:00pm Shelly Oppeheim-Lacerte, School District #58**
 - i. Aboriginal Education Enhancement Agreement
 - b. 6:30pm Chief Aaron Sam**
 - i. Nicola Bands Business Structure
 - c. 7:00pm Stephenie Dick**
 - i. Canada World Youth and the International Aboriginal Youth Internship
 - d. 7:30pm Leesa Mike, Director of Lands and Economic Development**
 - i. Kinder Morgan Referendum
 - e. 8:00pm Ruth Tolerton, Communications**
 - i. Quality of Client Services to LNIB Members Survey
 - f. By-Election of Vacant Councillor Position**
 - g. 8:30pm Helder Ponte, Executive Director**
 - i. Activity Report
 - ii. Chief and Council Honoraria
 - iii. Chief and Council Strategic Plan
 - iv. Rocky Pines Community Center Concept
 - v. Rocky Pines Community Safety
- 3. 9:00pm Adoption of Meeting Minutes:**
 - i. Review of the November 28, 2016 Band General Informational Meeting Minutes
 - ii. Business arising out of November 28, 2016 Band General Informational Meeting Minutes
- 4. Jobs Posted**
- 5. 7:00pm Chief & Council – Reports**
- 6. Next regular scheduled meeting:** Monday, February 27, 2016 at 6:00 pm
- 7. Meeting adjourned at:**

CHIEF AARON SAM - MESSAGE

Dear Lower Nicola Band Members,

I am writing to provide you with an update on some of my recent activities.

Over the last many months the Nicola Chiefs have been working hard on cleaning up and reorganizing many of our current companies. The Nicola Chiefs, with our respective Councils had a meeting earlier this week, where we discussed the consolidation of NVIDC, NVISA and Spayum into one company. This would be a company that primarily deals with real estate, but also some other ventures. It would also consist of a board of business people with the relevant experience, and not politicians. This is something we will be bringing to our community soon for update and discussion.

Lower Nicola Band has also been actively engaging community members on the Kinder Morgan Conditional agreement. We have had several community sessions, and will have more meetings, before the vote on February 25, 2017. I encourage all community members to attend the upcoming sessions, as it's important to make an informed decision on this important topic.

The Chief and Council continues to move forward on the Rocky Pines Community Centre. Council had a presentation by the architect in December, and I anticipate that the project will come back to Council for final approval sometime soon. I am hopeful that we will move forward with constructing the building this spring. I also believe that the Council will soon be discussing the issue of a larger community centre for the band.

It is with regret that Council accepted the resignation of Councillor Nicholas Peterson who is moving to Utah with his family. Nicholas' contributions to our community as a member and a Councillor are valued. We thank him for all he has done, and wish him and his family the very best. We hope to see you back soon, and look forward to your visits.

Finally, I am excited to announce that the Nlaka'pamux Language nest opened last week. We have three young children and parents who work with elders three times a week in the nest. Everyone in the nest is working to speak Nlaka'pamuxcin 100% of the time when the nest is in session. The nest is in the beginning stages, and everyone is still getting into the swing of things. I believe that once the nest gets more established, that a grand opening and an open house will be scheduled sometime soon. I am excited to see our Nlaka'pamux children being immersed in our language!

If you have any questions or concerns, please do not hesitate to contact me on my cell at 250.315.7563.

Humelth,

Chief Aaron Sam

COUNCILLOR LEONA ANTOINE



The month of January has been an extremely busy month now that we have had time to become familiar with our portfolios. With change comes restructuring and defining what it is Lower Nicola Band members want as a community.

Chief, Council and staff are in the midst of wrapping up for the fiscal of 2016 financials and reportables and implementing change along the way. Let me reassure you that we are working hard on communicating with membership and what is needed as a healthy community. Surveys have been conducted of our services to the band and to identify what is needed. This is now under review.

The Economic Development and Corporation entity are defining the parameters that are required for employment opportunity for our membership but yet still generate money in other joint ventures. Please keep an eye out for employment opportunities regularly posted on our web page, Facebook, and at the band office.

The NVISA and Spyium is undergoing a transition and encourage membership to acquire information at the Band General and Band office as to what Board of Directors is proposing moving forward. The decision has to come from the membership so the board is looking forward to hearing your direction.

The Nicola and Shuswap Nation Tribal Council working group for the biosolid issue are creating a platform for scientists at Thompson River University February 22-23 that are on the side of caution when it comes to the management of biosolids. Greater Vancouver Regional District will be explaining how they currently manage and how it is regulated. The solution/alternative will be discussed by Graeme Bethell of gastification by turning it into energy. If you are interested in attending please register ASAP.

The Kinder Morgan expansion project has been approved by the Federal, Provincial, and National Energy Board. Construction has been scheduled to start in 2018 and will come through our Nlekepmxc territory as is posted on LNIB Web page. There have been numerous of community engagement meetings that Leesa Mike and her team have worked very hard on educating the membership about the project and the Mutual Benefit Agreement. It will be in membership's hands to enter their vote if they agree with the project February 25. If and when the project goes through we are preparing to have the LNIB entrepreneurs be preferred contractors on the project providing they meet all the criteria. Kinder Morgan in return needs to know of our capacity and we require all updated information of companies to keep informed of opportunity.



As far as my New Years Resolution I've attended boot camp with some other members and I am defiantly seeing results and am excited to be sweating off the holiday and pot luck pounds lol.

COUNCILLOR BILL BOSE

HAPPY VALENTINE'S

FROM

Amor de Cosmos

LOVER OF THE UNIVERSE

**I love the Nicola Valley!
I love LNIB!
I love family & friends**



Councillor
Bill Bose

- Please plan to attend

**48th Annual Quilchena Braves
Hockey Tourmanent
Feb 11 & 12, 2017
Nicola Valley Memorial Arena**

- Don't forget to vote for our

Kinder-Morgan Pipeline Agreement

- Plan to attend with Chief & Council

the Ribbon-cutting for the new School additions

- Plan to attend our

**30th Anniversary Junior Native Hockey Tournament
at both arenas, in March.** Let's get names of all your friends from the
Lower Nicola Band who have played in the tournament over the 30 years!

COUNCIL ATTENDANCE RECORD

Chief and Council Attendance Term October 2016-September 2019

Month	Meetings Called	Aaron Sam	Leona Antoine	Bill Bose	Harold Joe	Joanne Lafferty	Lesley Manuel	Nicholas Peterson	Lucinda Seward
Oct-16	4	3	4	4	4	4	2	4	3
Nov-16	4	4	4	4	4	3	4	3	4
Dec-16	3	3	3	3	2	3	3	3	2
Jan-17	1	1	1	1	1	1	1	1	1
TOTAL	12	11	12	12	11	11	10	11	10

COUNCILLOR NICHOLAS PETERSON RESIGNS

To Community members and friends,

January 18, 2017

Nicholas Peterson here, with a heavy heart I provide my resignation from Chief and Council. I appreciate all the people who supported, taught, and believed in me. I have truly had an amazing experience. I support and thank the current Council; I fully feel they have the memberships best interest in mind.

I have resigned for personal and family reasons. Maybe one day our membership will see the value in including a broader representative on our council table. We have band members who live throughout the world. I personally feel their thoughts and concerns are equally important to those who live on reserve. Although I am in a different geographical setting, I still care and truly want the best for LNIB.

I can answer in full confidence that I served our membership. It's very likely none of my grandchildren will hold a status card, knowing this never stopped me from speaking with my heart and passion and caring for the future generations of LNIB.

All my relations,
Nicholas Peterson

Note: A by-election to fill this Council seat will be held likely sometime in April.



EXECUTIVE DIRECTOR REPORT



For the Period from January 3rd to 23rd, 2017

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 January 3rd to 23rd, 2017. This report is a bit shorter than usual, as it covers a three week period only. It was nice to have the Christmas break, but it is also nice to be back at work.

N?e?kepmxcin LNIB Language Nest is Now Open! – It is with great pride that we inform you that after great planning and preparation over the last year or so, the Lower Nicola N?e?kepmxcin Language Nest had its first “class” on Tuesday, January 17th, with three children and three parents attending. This is a truly unique project that needs the support of all of us: LNIB families, Elders, Chief & Council, and management and staff, and N?e?kepmx Nation in general. If you know of someone who has children 0 to 5 year olds, who could benefit of this N?e?kepmxcin full immersion program, please contact Aiona Anderson, Language Nest Development Coordinator, at our office (250 378 5157), or contact her by email at aionaart@gmail.com. The classes take place at a house close to the LNIB School three times a week from 9:00 AM to 2:30 PM. Registration is now open. I take this opportunity to recognize and thank Aiona for all of her dedication in bringing this important project to fruition.

Construction of LNIB School Addition Now Complete – The construction of the 4 classroom addition to LNIB School is now completed. We are now waiting for classroom furniture, fixtures and computer equipment to arrive any day now. To celebrate this important achievement, we are planning a community dinner for Wednesday, February 22nd. Please join us.

LNIB Community Safety Session – As planned, we held a community safety session at Rocky Pines. The meeting was well attended and a number of issues of interest to Rocky Pines residents were discussed. We are now working in establishing a BlockWatch program for Rocky Pines, with the assistance of the Merritt detachment of FN Community Policing. I take this opportunity to thank the help that we received from Cst. Rose Grant, Cst. John Ryan, and Cst. Tracy Dunsmore, who conducted the presentation at the Rocky Pines community safety session.

Resignation of Councillor Nicholas Peterson – It is with sadness that we acknowledge the resignation of Councillor Nicholas Peterson, who moved recently with his family back to Utah. Councillor Peterson made an important contribution to LNIB during the 3½ year period that he served in Council. He was a voice of reason and mastered the way of addressing complex issues in a simple and straight forward way. I wish the best to him and his family in this new stage of their lives.

Appointment of Councillor Leona Antoine to the Board of Directors of LNIB Development Corporation – I am pleased to inform you that Councillor Leona Antoine, portfolio holder for Economic Development and Employment, was recently appointed by LNIB Chief & Council to serve in the Board of Directors of LNIB

Development Corporation. Councillor Leona Antoine brings to the Board a wealth of knowledge and her own experience in business, especially in forestry and natural resources management. The Board of Directors of the LNIB Development Corporation is now comprised of Chief Aaron Sam (Chair), Councillor Leona Antoine, Robert Sterling Jr, Chris Scott, Dennis Coates, and Ruth Williams.

Still on the topic of the LNIB Development Corporation, I worked in preparing draft documents and facilitating the discussion between LNIB Chief & Council and the Board of Directors of LNIB Development Corporation on the imperative need to establish and implement a planning framework for the Development Corporation to have in place now - strategic plan, detailed business plans and financial forecasts and budgets for each of the business units currently engaged in business, and marketing and financial feasibility studies for business opportunities that the Development Corporation may consider to pursue in the immediate future - and I worked on drafting two fundamental documents: one, the LNIB Investment Code, which states our interests and goals and guides us on how and why we go into business and how we work with partners; and the second, the Letter of Owner's Expectation, which is a document that outlines the expectations of LNIB Chief & Council, and how LNIB and the Development Corporation work together in pursuing the business opportunities and goals. Regrettably, I did not have the opportunity to present these topics at the second joint session of Chief & Council and the Board of Directors of the Development Corporation.

New Fire Truck for LNIB Fire Department – As I mentioned in my report of last month, Chief & Council approved the purchase of a new fire truck in the amount of \$541,000, at the meeting of December 20th, 2016. As follow-up, I met with LNIB Fire Chief Lindsay Tighe, and Barry Torgerson, LNIB Director of Finance, and we placed the order formally to the manufacturer, Hub Fire Engines & Equipment Ltd., of Abbotsford, BC. We expect that the truck will be delivered sometime in the Fall.

Review of LNIB Housing Policies – We continue to make progress on preparing a revised draft of the Housing Policies for LNIB. The draft document is now being reviewed for legal content, and we expect to present the draft of the Housing policies to Chief & Council for discussion and approval at one of the next C&C meetings.

Still on the topic of housing, now that the cold snap is over, the construction of the 3 duplexes close to LNIB School is now proceeding at a faster pace. When the project is completed, we will be able to accommodate six families – three in 3-bedroom and three 4-bedroom family homes.

Mutual Benefits Agreement with Kinder Morgan Canada for TransMountain Pipeline Expansion – The preparatory work for the community ratification vote (referendum), scheduled for Saturday, February 25th, 2017 continues at an accelerated pace. Electronic voting (phone and internet) will be open from 9:00 AM of Thursday, February 23rd, until 9:00 PM of Saturday, February 25th. We hosted two community information sessions that were very well attended; one held on January 18th targeted LNIB members in general, and one tailored to LNIB entrepreneurs on February 23rd, and we continue to inform and update LNIB members about the agreement and the process of voting. As we all know, this is a watershed issue, that in spite of outcome of LNIB referendum on the Mutual Benefit Agreement with Kinder Morgan, the project will likely proceed, as both the federal and provincial governments have now given the project the green light. I want to take this opportunity to recognize and thank Leesa Mike, Director of Lands & Economic Development, and her team for the extraordinary work that they have been doing on this important file.

Review of LNIB Education Policies – The work of this Committee is proceeding at good pace, and we expect to bring a draft of the policies to C&C for review and approval sometime in early March.

Rocky Pines Community Centre – This project is also proceeding at good pace. We expect to go to tender in the next two or three weeks, and start construction sometime in April. We plan to present the full concept of the plan at the Band General meeting of January 30th.

LNIB Chief & Council Strategic Plan 2016 – 19 – LNIB Chief & Council has formally approved and adopted its strategic plan for the next three years. The document approved by C&C is the culmination of substantial planning work done since October 2016. I want to take this opportunity to thank Jessica Dickson, of CopperMoon Consulting, for the excellent work that she has done in this important project. The LNIB Chief & Council Strategic Plan is posted in the LNIB website, and we will provide an overview of it at the upcoming Band general meeting of January 30th, 2017.

Review and Update of LNIB Sector Workplans – Chief and Council has now reviewed and approved with some minor changes the provisional workplans and budgets for LNIB School and Administration, Finance and Infrastructure Sectors of LNIB. We plan to bring to C&C for review and approval the workplans and budgets of the Human Services and Lands and Economic Development sectors in the next two weeks. Still on this topic, are now engaged in preparing the draft workplans and budgets for all Sectors of LNIB for the next fiscal year (2017–18), which will be brought before C&C before the end of March.

Chief & Council Honorarium – I prepared a draft set of suggestions for honorarium for Council Members of LNIB. Chief & Council has now approved the recommendation, which will be brought for discussion and approval at the upcoming Band General meeting of January 30th, 2017.

Executive Director Recruitment – The recruitment for my replacement is progressing well. As you may know by now, I informed Chief & Council that I will not be able to continue to serve as LNIB Executive Director after March 31st, 2017. It was not a decision that I took lightly, as I loved to work for LNIB for the last three years, but I was not able to convince my family to move to Merritt. In the meantime, I enjoyed every minute of this experience, and if the opportunity arises, I look forward to work with LNIB in other specific projects in the future.

Chief & Council Education Session on Conflict of Interest – As planned, and to comply with the requirement of LNIB Financial Administration Law, Mr. Doug Springford, a lawyer who has practiced law in Kamloops for many years and has worked with LNIB in the past, facilitated an education session for LNIB Chief & Council on Conflict of Interest. Mr. Springford has done work for LNIB in the past in various projects, and was the lead legal counsel retained the Section 3.8 Conflict of Interest Committee in arriving to the final draft of the recommendations made by the Committee to Chief & Council, which were enacted in the form of the Schedule “A” of the LNIB Financial Administration Law, in September 2016.

Change in WED Project Approval for LNIB Arena Fire Suppression System – As follow-up on this, we are pleased to inform you that WED has agreed to move the approval of a Canada 150 Grant to the Fire Suppression System Proposal that LNIB submitted. The project will be equally funded 50% - 50% by LNIB own source revenue and WED, and we expect to start working soon on this project.

Lease of Lot #104 – Education Program Building – We are now finalizing the language for the 10 year lease agreement for the parcel of land where the LNIB Education program building is located at 2160 Settlers Road (corner with Highway 8 West) across from LNIB Arena. As you may know, LNIB purchased the building from the Shackan Indian Band for a very low price, so we now need to formalize the 10 year lease with the CP holder.

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



IMPORTANT NOTICE - SALESMEN ON BAND LANDS

It has come to my attention that there is an unscrupulous sales person attempting to sell a water purifier device on reserve. Please inform me if and when they are spotted anywhere on LNIB lands. Please call my cell number at 250-315-8575 ASAP.

All vendors selling any product on LNIB land MUST have in their possession a document signed by a quorum of Council giving them permission to operate here. To my knowledge, there has been no issuance of such a document. These people/person(s) must not be allowed to continue with this activity.

Your assistance is greatly appreciated. Thank you.

Hyrum Peterson

ps - and do not sign up for anything that involves them accessing your bank account!

KINDER MORGAN PROJECT CONFIGURATION MAP



LANGUAGE NEST OPERATING!

LNIB N̄eʔkepmx Language Nest

snukw̄eʔ
friend
teyt
hungry
nk̄sytkn
My family



Sincʔ
Little brother
s̄laʔx̄ans
food
Ceceʔ
little sister

Program start date: January 17, 2017

Hours: 8:30am-2:30am Tuesday
8:30am-2:30am Wednesday
8:30am-2:30am Friday

Space is limited!

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

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

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

Application deadline is ongoing until the nest is full. Completed application forms may be dropped off at the Health Center or Band Office.

Nest Address:

2187 Swakum Rd

Please call to arrange appointment

OPEN HOUSE Tentative Date:

February 24, 2017

For more information contact:

Aiona Anderson, Language Nest Coordinator:

aionaart@gmail.com

or

Bridget Labelle

250-378-4089

blabelle@lnib.net



Lower Nicola Indian Band
N?e?kepmx Language Nest Program
Application form

What is a Language Nest Program? It is for 0-5 year olds to be immersed in our language in an environment where the language is acquired naturally. The goal of our Language Nest Program is to create new language speakers, by creating language and cultural immersion environments for pre-school children and their parents to become fluent in N?e?kepmxcin.

The young children are immersed in the language, parents are encouraged to participate, and staff, volunteers, and Elders will carry out daily activities in the language with the children.

In addition to providing an immersion environment for young children to learn the language, Language Nests create opportunities for young parents to learn the language and bring it back into their homes and daily lives, which is necessary for revitalizing a language.

As parents and guardians you must be willing to participate in the Language Nest program. This is not a substitute for day-care.

Contact information:

Parent and/or Guardian's Name: _____

Parent and or Guardian's Name: _____

Home Address: _____

Mailing (if different) _____

Main contact# _____

Work/Cell# _____

Child's Name: _____ Birthdate: _____ Band# _____

We will contact you to arrange a meeting to complete the registration and interview process for the program. If you require any further information at this time contact Bridget LaBelle, Director of Human Services, email bridgetl@lnib.net and or phone 250-378-4089.



We look forward to working together to revitalize our N?e?kepmxcin language

Do you have a child under 5 years? There's still time to register for this awesome Language Nest



At the language nest - clockwise from top left - singing a welcome song (Hank Yamelst, James Shuter, Aiona Anderson; Nesters: Lani McKenzie w baby P and Cheslie Tom w Zate; Marie Anderson; Hank, Mandy Jimmie and Aiona: Teaching about spe7eč' getting puzzles out



ABORIGINAL TOURISM ROUNDTABLE



**NICOLA VALLEY
ABORIGINAL TOURISM
ROUNDTABLE**

FEBRUARY 10, 2017

10:00AM – 3:00PM

NVIT Room: Upper 001

The Nicola Valley is a beautiful place to live and visit, and has been called a hidden gem by leading Tourism Organizations, and has the opportunities and potential for Aboriginal Tourism. We would like you to come participate in the discussion that can lead to the strategy for Aboriginal Tourism in the Nicola Valley. We wish to discuss the current state of Tourism and plan for the future, so we can showcase what the Nicola Valley has to offer.

For more info contact: Jordan Joe.

jordan@spayum.ca or 250-378-0001

Share culture

**Tourism
Development**

**Discussions on what
is available and
what can be**

**Spayum Developments
Ltd**

2199 Coutlee Ave

Merritt, BC

250-378-0001

Jordan@spayum.ca

SHULUS COMMUNITY GARDEN

Honor Your Health Challenge



Program start date: January 23, 2017

Hours : 6:30 pm-8:30 pm Wed, February 8

Future monthly meetings dates and location to be determined.

Next meeting: Wednesday February 8th 6:30pm Shulus Hall

Do you want to get on a healthy diet? Do you want to learn how to incorporate a fitness program into your lifestyle? Do you want to learn how to start a garden from seedlings? Or how to harvest, store, and preserve the food we grow? **The Honor Your Health Challenge is for you!**

Each session will include: handouts, guest speakers, assignments, exercise and games, and nutritious snacks and refreshments.

Sign up with:
Lorna Shuter, Aboriginal Healthy Living Activities Leader
(250) 378-5157
lorna@lnib.net

Lower Nicola Indian Band Administration
181 Nawishiskin Lane
Merritt, B.C.
V1K 0A7

Transportation is provided, please call Lorna Shuter to make arrangements at least 1 week in advance.



PUBLIC WORKS

Keep your Pipes from Freezing

Just a quick note to inform everyone that, even though it is getting warmer, we need to keep performing the steps mentioned in our door to door notice. The frost is getting driven deeper into the ground with the current conditions. Please continue to run a very small trickle of cold water at night to keep lines from freezing. Also, ensure that hot water gets into your septic tank daily if you have one. Please spread the word. The freeze ups are still happening. Any questions please call 250-315-8575

What's Happening:

We are working on bus stops and shelters. We have installed five bases so far and will install benches soon. Each bus stop will have a shelter over the bench as well.

The current locations are two in Shulus and three in Rocky Pines.

There will be other benches located throughout our communities on various walking trails in the future. For more information on this LNIB Infrastructure Project, contact Hyrum Peterson at the Band office.

Herb Crusted Ling Cod (recipe from Epicurious)

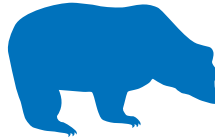
1 cod filet, or other white fish, cut into +/- 6oz portions
1 c Panko**
1 tsp chopped fresh chives
1 tsp chopped fresh parsley
1 tsp chopped fresh basil
1 tsp fennel fronds (optional)
1/2 tsp each salt and pepper
1 T olive oil



PREPARATION

Preheat oven to 400. In a shallow pan mix the herbs, salt, pepper and panko. Rub each piece of fish with olive oil, then pat the crumb mixture onto the fish. Once all the fish is coated, lightly sprinkle with a pinch more salt and pepper. Heat a nonstick skillet to medium-high. Add a little butter and a little olive oil to the pan, then add the fish. Cook on one side for 2-3 minutes, until coating is deep golden brown. Turn fish and immediately transfer pan into the oven. Cook fish for 5 minutes, or until the fish feels slightly resistant to your touch. Remove from oven and serve. **Panko is a Japanese bread crumb that creates a less heavy coating than traditional breadcrumbs

ROCKY PINES BLOCK WATCH MEETING



**LOWER NICOLA
INDIAN BAND**

KEEP YOUR NEIGHBOURHOOD SAFE!

ROCKY PINES 1st COMMUNITY BLOCK WATCH MEETING

THURSDAY, FEBRUARY 16TH AT 6:00 PM

‘MOMS AND BABIES’ TRAILER IN ROCKY PINES

Residents of the Rocky Pines Neighbourhood are invited to attend this very important meeting. Learn what you can do to keep your family, your friends and your neighbourhood safe.

If you are interested in participating please attend this meeting to put your name forward for the Rocky Pines Community Block Watch program that is now implemented. The Captain is Sondra Tom and co-captain is Trena Tom.

This upcoming community meeting will have the First Nations Community Policing RCMP liaison officers present to answer residents’ questions and will provide information on:

Block Watch

Crime Stoppers

Drug Awareness Programs



A light dinner will be served



CULTURAL REVIVAL



A **soapstone carving** workshop was held on January 19th with Charles Brown giving us basic lessons. It's very dusty work so Charlie has devised these awesome dust boxes to work in. Photos: Clockwise: Charles Brown (Lytton), soapstone, working in a dustbox view from the back, eagle's head by MJ Coutlee, Barb Houston & Timothy Shuter, Jorja Collins with the frog she carved, Jorja through





On Saturday, January 21st, a **Teas and Medicines** workshop was held at Shulus Hall. The workshop ran from 9 am to past 3 pm and the participants felt they could have kept going! It was so much fun, and the energy in the room was high.

Jack McIntyre shared his numerous teas with the group and talked about how the natural teas work so well to boost our health. He also demonstrated how to make some salves - for pain (using Cayenne Peppers) and for colds using Cottonwood tips oil.

Ruth Tolerton talked about medicinal baths - salts and essential oils and other things to add to your bath - and the group members created a variety of bath salt mixtures to take home.

Paula Underhill-Kramer shared her knowledge and skills in cedar bark weaving, and the group got down to business making their own cedar bark bracelets. You see them proudly holding out their arms with the completed bracelets.

Sharon Antoine, the Cultural Revival Coordinator organized this workshop. The Saturday format seems popular and we hope it will entice off-reserve members to come participate. Sharon would like to know what type of workshops you would like to attend and what your are interested in learning.

Please email her at santoine@lnib.net .

MEMBERSHIP



Hello Lower Nicola Membership,

The Lower Nicola Indian Registry Department has been very busy already for the beginning 2017.

My current responsibilities in the membership department in the past few weeks of 2017 have been totally nonstop!!!!

The first two weeks of January 2017, I was busy processing population statistic reports that assists in a couple of funding and expenditures required for Lower Nicola. Lower Nicola’s total registered membership is 1,250 as of January 20, 2017 and the total registered membership for Lower Nicola under the age of 18 yrs. of age is 282. The LNIB membership is definitely growing from 1,243 in January

2016. Lower Nicola Indian Band is the largest Indian band in the Merritt area.

Registered Population

The population for BC First Nations includes population figures for those living on the First Nation’s reserve and off the reserve.

Total Population	1,225
On Reserve	561
Off Reserve	664

Source: Aboriginal Affairs and Northern Development Canada, First Nations Profiles, 2014

First Nations Indian Registration departments are one of the most important department through out First Nations across Canada. Indian registration allows individuals and their families to register your minor children if eligible requirement are met under the Canadian Indian Act to your First Nation band.

Indian Registration

How to register your minor Child:

Indian Registry Administrators (IRA) can only report the birth of an individual entitled to be registered as an Indian if the individual’s date of birth is on or after April 17, 1985.

Required documents:

1. (a) If the birth pertains to a minor born after April 17,1985, a Parental Consent for registration of a minor under the Indian Act form is required to be completed by the parent(s) whether Indian or Non- Indian , or legal guardian (s) requesting the child’s registration and indicating which Band /registry group they wish the child to be affiliated. The First Nation’s Indian Registry Administrator from your band or your local nearest band office Indian registry administrator can provide this form to you.
 - (b) Original Provincial Birth Certificate with Parental Information must be attached
 - (c) If applicable, a copy of the Family Custody Order.
 - ❖ if the court has awarded permanent custody of the child to one parent, consent of the other parent is not required;

- ❖ If the court has awarded permanent custody of the child to the provincial or territorial Director of Child and family services, consent of the parents is not required;
- ❖ If the court has awarded permanent custody of the child to a guardian , consent of the parents is not required;
- ❖ If the court has awarded temporary custody of the child to one parent, guardian or a provincial or territorial Director of Child and Family services, consent of the parents is still required. guardian , consent of the parents is not required;

All original documents can be dropped off at your nearest band office for the Indian Registry Administrator to send out by registered mail to the Provincial Indigenous and Northern affairs office or you may send the original Parental consent form along with the Original birth certificate to the provincial Indigenous and Northern affairs office.

If you require more information or details with the Indian registry department you're always welcome to contact Geraldine Bangham: gbangham@lnib.net or one of the backup Indian registry administrators for Lower Nicola Indian Band: Vonna Moses: vmoses@lnib.net or Phyllis Edward: peedwards@lnib.net or main phone line 250 378-5157.

WELCOME MARK COUTLEE



My name is Mark Coutlee and I am a citizen of Syilx (Okanagan) Nation and a member of the Upper Nicola Band. I have lived in the Lower Nicola Community for 10 years. My grandfather is Nelson Carl Coutlee, grandmother is Rosie Sheena, mother is Joyce Coutlee and father is Wayne Bent. I graduated with a Bachelors Degree of Social Work and a Business Diploma from Nicola Valley of Institute of Technology (NVIT). My experience since graduation includes Alcohol and Drug Counselor, Tenants Counselor, Family Preservation Coordinator, Family Group Conference Coordinator, Family Development Coordinator and Aboriginal Youth

Mental Health Coordinator.

I am now the Male Counselor for the Lower Nicola Indian Band.

I will be working Mondays, Wednesday and Fridays and can be reached at the Health Centre, 250-378-4089 by email at mark.coutlee@lnib.net.





FEBRUARY 6, 2016 HELPING HAND

“A CHANCE TO HEAL AND SUPPORT ONE ANOTHER.”

Community Support Circle

Healing is a process not a destination. Come share your stories and experiences. Do not suffer in silence. Weekly discussions will include Anger, Anxiety, Relationships, Stress, Depression, and Trauma & Shame. Join me for dinner and an hour of a Healing Circle.



Monday's 5-7pm

**Health Activities Trailer
(Soup Kitchen)**

Free Dinner

**Different Discussion
Weekly**

**Contact Mark Coutlee
Counselor
250-378-4089**

LOWER NICOLA COMMUNITY SERVICES

230 HIGHWAY 8
MERRITT BC

Inib.net

Rides Available
Call Ahead

HEALTH COORDINATOR

Health Coordinator Programs for the Month of



“Well I hope that all the families that like to get out and enjoy the winter season are having fun. Whether it's ice fishing, skidooing, tobogganing, skating or whatever outdoor winter activities you enjoy, it's nice to get out of the house with your family to get some fresh air and good old physical activity. On another note for those people who love spring I heard the Chickadees today.”

- **Elder's Luncheon** will be held on Thursday, February 26th at noon, place TBA.
- **Good Food Bag** –Wednesday, February 15th 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 this month's GFB is 12:00pm, Feb 3rd no exception after this time/date. **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 within the Merritt area please contact at 250-315-1455. Also, Nurse Practitioners - Julie Walker (Tues. 9-4:00pm), and Jocelyn Rhode (Thurs 9-4:00pm) who work out of the Conayt Friendship Centre at 250-378-5107. In addition there is also the Nicola Valley Health Centre at 250-378-2242.

[811 hotline offers non-emergency health advice - British Columbia](#)

HEART & STROKE KNOW THE SIGNS

Signs of heart attack, cardiac arrest and sudden arrhythmia death syndrome (SADS)

[Signs of heart attack](#)

[Signs of cardiac arrest](#)

[Signs of Sudden Arrhythmia Death Syndrome \(SADS\)](#)

Signs of heart attack

Thousands of Canadians die from [heart attacks](#) every year because they don't receive medical treatment quickly enough. Learn to recognize the signs of a heart attack so you can react quickly to save a life. Warning signs can vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom of a heart attack in both men and [women](#), some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort. Others may experience one symptom, while some experience a combination.



Chest discomfort (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)



Sweating



Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back)



Nausea



Shortness of breath



Light-headedness

If you are experiencing any of these signs, you should:

- **CALL 9-1-1 or your local emergency number immediately**, or have someone call for you.
- Keep a list of emergency numbers near the phone at all times.
- Stop all activity and sit or lie down, in whatever position is most comfortable.
- If you take nitroglycerin, take your normal dosage.
- If the 9-1-1 operator advises it, chew and swallow one adult tablet or two 80 mg tablets of ASA (Aspirin®), as long as you are not allergic or intolerant. Do not take other pain medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®)

instead of Aspirin. Do not substitute Aspirin for medical care; call 9-1-1 or your local emergency number first.

- Rest and wait for emergency medical personnel to arrive.

Signs of cardiac arrest

Cardiac arrest is a medical emergency and can strike without warning, affecting people of all ages and all fitness levels.

Signs of a cardiac arrest include:

- Sudden collapse.
- Sudden unresponsiveness to touch or sound.
- Abnormal or no breathing.

Easy-to-follow steps: Hands-Only* CPR

If you witness someone having a cardiac arrest:

1. **Call 9-1-1**
 - If there are people around, tell someone to call 9-1-1 (or your local emergency number).
 - If you are alone, call 9-1-1 (or your local emergency number).
2. **Get an AED** (if one is available)
 - If there are people around, tell someone to bring you the AED.
 - If you are alone, get the AED yourself
 - Use the AED as soon as it arrives by turning it on and following the prompts
3. **Push hard and fast** in the centre of the chest (start CPR)
 - Don't hesitate. Keep pushing until the person starts to breathe or move or someone with more advanced medical training takes over.

*Hands only is a servicemark of the American Heart Association, Inc., used under license.

Signs of Sudden Arrhythmia Death Syndrome (SADS)

The most common signs for SADS are:

- Fainting or seizure during physical activity.
- Fainting or seizure resulting from emotional excitement, emotional distress, or being startled.
- Family history of unexpected sudden death during physical activity or during a seizure, or any other unexplained sudden death of an otherwise healthy young person.

Although fainting is a relatively common occurrence, if it occurs in circumstances, such as during physical activity or from emotional excitement, it can represent a warning sign of SADS.

Stroke is a medical emergency. Know the signs of stroke and act FAST.



© Heart and Stroke Foundation of Canada, 2014.

If you or someone with you experiences any of these signs, call 9-1-1 or your local emergency number immediately. Acting quickly can improve your survival and recovery.

Do not drive yourself or the person having a stroke to the hospital – an ambulance will get you to the best hospital for stroke care.

What to expect at the hospital

The paramedics will take you to the closest hospital with a specialized program for stroke care. They can call ahead so hospital staff are prepared for your arrival.

You should receive medical attention soon after you arrive. If you don't, let the emergency department staff know.

Provide detailed medical history and information about past medical conditions if possible. Knowing the exact time that the stroke signs began is helpful.

A brain scan should be done soon after you arrive, to find out the kind of stroke you experienced. If the stroke was caused by a blood clot, you may benefit from a drug called tPA. It can re-open blocked arteries which reduces the severity of the stroke, helping you recover more fully. tPA must be given as soon as possible and within four and a half hours from the start of symptoms.

What a stroke looks like

The first time Stacey Yepes had a stroke, she immediately went to the emergency department. Having no visible symptoms and being in good health, she was told it was stress. Within a few days, she had two more strokes. The third time, when she felt her left side going numb, she grabbed her phone and hit record, so that she could show doctors exactly what she was experiencing.

Superfoods good for your heart!

Salmon (and other fatty fish like sardines and mackerel)
Oatmeal (but not the instant kind full of sugar)
Blueberries and strawberries
Dark chocolate
Citrus fruits
Soy (tofu and milk)
Potatoes (but careful how they're prepared!)
Tomatoes
Nuts
Beans, lentils and peas
Broccoli, spinach and kale

Teas:

Green tea
Hawthorne Tea
Bitter root

FINANCE

Lower Nicola Indian Band
Unaudited Statement of Revenues and Expenses
 For the 9 Period(s) Ending December 31, 2016
 *
 Consolidated Departments



	Actual Year to Date	Budget Year to Date	Variance to Budget Year to Date	Approved Budget For Year	Budget Remaining For Year
Revenue					
40010- AANDC NGOM - BAND EMPLOYEE B	141,321	105,991	35,330	141,321	
40020- AANDC NPO5 - BAND SCHOOL INST	744,111	697,604	46,507	930,139	186,028
40040- AANDC NPOS - ANCILLARY SERVIC	15,329	22,386	(7,057)	29,848	14,519
40050- AANDC NP8R - ADMIN SER	56,800	93,218	(36,418)	124,290	67,490
40060- AANDC NP85 - BASIC NEEDS	769,376	763,858	5,518	1,018,477	249,101
40070- AANDC NP8X - ESD	85,875	39,729	46,146	52,972	(32,903)
40080- AANDC NPC5 - ADULT IN	51,035	50,747	288	67,663	16,628
40090- AANDC NP8L - SPECIAL NEEDS	19,846	19,588	258	26,117	6,271
40100- AANDC NPEO - PREVENTION PROJ	16,209	6,181	10,028	8,241	(7,968)
40105- AANDC NG1E GOVERNANCE P & ID	34,020	40,500	(6,480)	54,000	19,980
40115- AANDC NPBO - NATIONAL CHILD BE	66,443	65,571	872	87,428	20,985
40120- AANDC NTMW - COMMUNITY BUILD	21,600	21,598	2	28,797	7,197
40125- AANDC NTMS - FIRE PROTECTION	23,238	23,238		30,984	7,746
40135- AANDC NT4X - LANDS MANAGEMEN		206,984	(206,984)	275,979	275,979
40140- AANDC NT45 - CEDO PLANNING & O	44,268	188,553	(144,285)	251,404	207,136
40170- AANDC NGOF - BAND SUPPORT	389,846	292,385	97,461	389,846	
40175- AANDC NP1P PARENTAL & COMM	23,692	85,948	(62,256)	114,597	90,905
40185- AANDC NPC7 - SERVICE DELIVERY	9,006	8,956	50	11,941	2,935
40190- AANDC NPC9 - ADULT INSTITUTION	12,768		12,768		(12,768)
40195- AANDC NTMV - MUNICIPAL SERVIC	53,534	40,151	13,383	53,534	
40200- AANDC NTMZ - FIRE TRAINING	11,610	11,610		15,480	3,870
40215- AANDC NPOR - TUITION AGREEME	835,572	783,349	52,223	1,044,465	208,893
40220- AANDC NTMT - ROADS & BRIDGES	34,740	34,738	2	46,318	11,578
40225- AANDC NPG7 - MEMBERSHIP REGI	9,163	6,872	2,291	9,163	
40235- AANDC NP5A - POST SECONDARY	452,570	339,428	113,142	452,570	
40240- AANDC NTFF - SANITATION	20,313	20,311	2	27,081	6,768
40245- AANDC NP13 - GUIDANCE & COUNS	14,365	21,480	(7,115)	28,640	14,275
40255- AANDC NTFG - WATER SYSTEMS	68,724	68,729	(5)	91,639	22,915
40270- AANDC NP12 - FINANCIAL ASSISTA	7,665	11,210	(3,545)	14,946	7,281
40275- INAC WOP	6		6		(6)
40290- INAC RECOVERIES/REIMBURSEME		9,945	(9,945)	13,260	13,260
40310- AANDC CPMS #11364 INDIV/HOUSE	14,000	10,500	3,500	14,000	
40320- AANDC NTMU - ELECTRICAL SYSTE	3,753	3,750	3	5,000	1,247
40340- AANDC IRS PERSONAL CREDITS	(21,000)		(21,000)		21,000
42013- TRANSFER - TAX INVESTMENT ACC	350,000	262,500	87,500	350,000	
43025- FNESC SEP PROGRAM	126,112	78,380	47,732	104,507	(21,605)
43200- BC MINISTRY OF EDUCATION		300,000	(300,000)	400,000	400,000
43500- PROVINCE OF B.C.	120,743	353,621	(232,878)	471,494	350,751
43510- FEDERAL FUNDING	40,000	30,000	10,000	40,000	
43800- LOAN PROCEEDS	(44,043)	734,508	(778,551)	979,344	1,023,387
43900- OTHER REVENUE	3,167,823	3,481,334	(313,511)	4,641,779	1,473,956
44000- ISETS		1,500	(1,500)	2,000	2,000
44900- TNRD	87,284	62,625	24,659	83,500	(3,784)
45000- CMHC SUBSIDY	154,772	154,772		206,363	51,591
45010- CMHC FUNDING	68,650		68,650		(68,650)
46000- COST RECOVERIES	63,595	90,378	(26,783)	120,500	56,905
47000- H.C. HEADSTART	87,246	74,250	12,996	99,000	11,754
47010- H.C. MANAGEMENT & SUPPORT	180,495	180,492	3	240,656	60,161
47015- H.C. DIABETES INITIATIVE	40,545	40,541	5	54,054	13,509
47020- H.C. OPERATIONS & MAINTENANCE	25,488	25,486	2	33,982	8,494
47025- H.C. BRIGHTER FUTUR	72,099	72,097	2	96,129	24,030
47030- H.C. MEDICAL TRANSPORTATION	50,833	35,483	15,350	47,311	(3,522)
47035- H.C. SOLVENT ABUSE	12,258	12,254	5	16,338	4,080
47040- H.C. MENTAL HEALTH	52,290	52,288	2	69,717	17,427
47045- H.C. CHR.	40,212	40,215	(3)	53,620	13,408
47055- H.C. HOME & COMMUNITY CARE	130,212	130,210	2	173,613	43,401
47070- H.C. NNADAP PREVENTION	40,977	40,976	1	54,635	13,658
47075- H.C. DRINKING WATER SAFETY	21,054	15,745	5,309	20,993	(61)
47080- H.C. COMMUNITY HEALTH NURSE	81,531	81,527	4	108,703	27,172
47115- H.C. AIDS STRATEGY	1,539	1,541	(2)	2,055	516
47125- H.C. PRENATAL NUTRITION	15,399	16,611	(1,212)	22,148	6,749
47140- H.C. NIHB MGMT & SUPPORT	5,319	5,323	(4)	7,097	1,778
47165- H.C. Child Oral Health	27,592	19,204	8,388	25,606	(1,986)

Lower Nicola Indian Band
Unaudited Statement of Revenues and Expenses
 For the 9 Period(s) Ending December 31, 2016



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 Consolidated Departments

	Actual Year to Date	Budget Year to Date	Variance to Budget Year to Date	Approved Budget For Year	Budget Remaining For Year
48000- ADMINISTRATION FEES	90,000	90,000		120,000	30,000
48010- RENTAL REVENUES	633,398	692,397	(58,999)	923,200	289,802
48020- SALES	6,700	6,003	697	8,000	1,300
48025- REFERRAL INCOME	47,467	47,879	(412)	63,839	16,372
48030- MANAGEMENT FEES	108,000	111,753	(3,753)	149,000	41,000
48050- INTEREST	66,715	59,250	7,465	79,000	12,285
48070- FUNDRAISING	4,179	6,000	(1,821)	8,000	3,821
48080- CONCESSION SALES	5,559	17,250	(11,691)	23,000	17,441
48085- SPECTRA ENERGY SCHOLARSHIP	5,000	3,750	1,250	5,000	
48095- KWOIEK CREEK RESOURCES LP	28,659	3,750	24,909	5,000	(23,659)
48105- GOLF TOURNAMENT REVENUES	11,330	11,250	80	15,000	3,670
49100- MISCELLANEOUS REVENUE	80,258	17,250	63,008	23,000	(57,258)
49900- TAXATION	1,429,163	1,050,000	379,163	1,400,000	(29,163)
Revenue total	11,566,252	12,605,499	(1,039,246)	16,807,323	5,241,071
Wages & Benefits					
50100- WAGES/SALARIES	2,524,617	2,422,833	101,784	3,230,444	705,827
50102- BEB BENEFITS OFFSET		9,025	(9,025)	12,033	12,033
50110- CPP EXPENSE	103,678	93,186	10,492	124,248	20,570
50120- EI EXPENSE	53,041	50,807	2,235	67,742	14,700
50200- EXTENDED BENEFITS	60,593	65,842	(5,249)	87,789	27,196
50300- PENSION	96,592	104,940	(8,348)	139,921	43,328
50500- WCB	20,097	17,157	2,940	22,876	2,779
50550- CASUAL, ONCALL, SHORTTERM LA	31,932	161,146	(129,214)	214,554	182,622
50700- CONTRACTORS UNDER OUR WCB	11,978	12,309	(331)	16,000	4,022
50900- ENHANCED TEACHERS SALARIES		6,000	(6,000)	8,000	8,000
Wages & Benefits total	2,902,529	2,943,245	(40,717)	3,923,606	1,021,077
Expenditures					
60000- ADVERTISING	22,725	31,872	(9,147)	42,500	19,775
60020- EQUIPMENT LEASES & RENTALS	49,652	38,400	11,252	51,200	1,548
60050- ACCOUNTING & AUDIT	50,966	38,664	12,302	51,500	534
60100- ADMINISTRATION FEE TO ADMIN D	45,000	45,000		60,000	15,000
60150- CAPITAL EXPENSES	1,520,097	1,930,417	(410,320)	2,573,893	1,053,796
60200- COMPUTER REPAIRS, NETWK COS	35,326	48,480	(13,154)	64,640	29,314
60250- CONSULTANTS/CONTRACTORS W	211,763	227,157	(15,394)	302,880	91,117
60300- CONTRACTORS INDEPENDENT	149,184	165,787	(16,603)	221,050	71,866
60400- AUTOMOTIVE - FUEL	39,035	46,515	(7,480)	62,016	22,981
60410- AUTOMOTIVE - REPAIRS & MAINT	41,103	55,590	(14,487)	74,120	33,017
60420- AUTOMOTIVE - INSURANCE	33,186	41,477	(8,292)	55,299	22,113
60450- HONORARIA	34,859	35,841	(982)	47,788	12,929
60500- INSURANCE	110,971	91,856	19,115	122,446	11,475
60550- LEGAL/PROFESSIONAL	727,945	507,378	220,567	676,500	(51,445)
60555- PROFESSIONAL SERVICES	301,442	291,000	10,442	388,000	86,558
60600- LICENSES/FEES/DUES	10,340	8,616	1,724	11,484	1,144
60650- WORKSHOPS & SEMINARS	6,125	48,316	(42,191)	64,429	58,304
60700- COMMUNITY EVENTS EXPENSES	80,445	81,897	(1,452)	109,196	28,751
60750- OFFICE SUPPLIES	38,682	31,497	7,185	42,000	3,318
60800- RENT - PREMISES	11,700	34,792	(23,092)	46,390	34,690
60850- POSTAGE/COURIER/DELIVERY	23,678	23,621	57	31,495	7,817
60900- PROGRAM MATERIALS/SUPPLIES	459,825	348,130	111,695	464,170	4,345
60910- SHULUS GARDENS MATERIAL	12,523		12,523		(12,523)
60925- HOUSING REPAIRS MAINTENANCE		375	(375)	500	500
60950- SNOW REMOVAL	(433)	13,656	(14,090)	18,200	18,633
61000- TELEPHONE/INTERNET	102,049	86,639	15,410	115,530	13,481
61040- STAFF EVENTS	6,253	14,250	(7,997)	19,000	12,747
61050- STAFF TRAINING	63,629	76,732	(13,103)	102,309	38,680
61200- TRAVEL	105,675	102,815	2,860	137,095	31,420
61250- UTILITIES	210,124	222,219	(12,095)	296,288	86,164
61500- TNRD DUMP FEES	38,445	11,250	27,195	15,000	(23,445)
70000- PROMOTIONS AND GIFTS	10,615	5,661	4,954	7,550	(3,065)
70015- HONORARIUM ARTHUR DICK	28,800	21,600	7,200	28,800	
70018- HONORARIUM AARON SAM	54,000	54,000		72,000	18,000

Lower Nicola Indian Band
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 Consolidated Departments



	Actual Year to Date	Budget Year to Date	Variance to Budget Year to Date	Approved Budget For Year	Budget Remaining For Year	
70020-3	HONORARIUM CLYDE SAM	9,900	7,425	2,475	9,900	
70022-3	HONORARIUM M TOODLICAN	9,900	7,425	2,475	9,900	
70023-3	HONORARIUM L SEWARD	4,950	7,425	(2,475)	9,900	4,950
70025-3	HONORARIUM HAROLD JOE	14,850	14,850		19,800	4,950
70027-3	HONORARIUM W BOSE	4,950	7,425	(2,475)	9,900	4,950
70029-3	HONORARIUM J LAFFERTY	4,950	7,425	(2,475)	9,900	4,950
70031-3	HONORARIUM L ANTOINE	4,950	7,425	(2,475)	9,900	4,950
70033-3	HONORARIUM L MANUEL	4,950	7,425	(2,475)	9,900	4,950
70040-3	HONORARIUM ROBERT STERLING	9,900	7,425	2,475	9,900	
70051-3	HONORARIUM CLARENCE BASIL JR	9,900	7,425	2,475	9,900	
70052-3	HONORARIUM NICHOLAS PETERSO	15,325	15,206	119	20,275	4,950
70100-3	INTEREST AND BANK CHARGES	9,164	8,100	1,064	10,800	1,636
70105-3	COMMUNITY SUPPORT	86,662	71,250	15,412	95,000	8,338
70125-3	GARBAGE COLLECTION	33,127	48,375	(15,249)	64,500	31,373
70140-3	REGULAR SERVICE AGREEMENTS	52,324	52,307	17	69,743	17,419
70152-3	CULTURAL & ELDERS PROGRAMS	1,045		1,045		(1,045)
70155-3	BAD DEBTS EXPENSE	6,515		6,515		(6,515)
70205-3	GOLF TOURNAMENT EXPENSES	5,025	3,750	1,275	5,000	(25)
70250-3	BAND SCHOOL INSTRUC/CURRIC S	1,150		1,150		(1,150)
70253-3	COMMITTEE & MEETING EXPENSE	34,702	25,875	8,827	34,500	(202)
70260-3	FIELDTRIPS	10,197	7,497	2,700	10,000	(197)
70265-3	INSTRUCTIONAL SUPPLIES		29,940	(29,940)	39,920	39,920
70270-3	NUTRITION SUPPLIES	34,120	34,485	(365)	45,980	11,860
70300-3	BUILDING REPAIRS & MAINTENANC	127,401	192,496	(65,095)	256,654	129,253
70301-3	ELDERS HOME REPAIRS	11,497	18,750	(7,253)	25,000	13,503
70315-3	GROUND MAINTENANCE	20,577	16,500	4,077	22,000	1,423
70320-3	JANITORIAL SUPPLIES	8,569	10,797	(2,228)	14,400	5,831
70445-3	POST SECONDARY CONTINGENCY	4,678	9,228	(4,550)	12,300	7,622
70450-3	POST SECONDARY TUITION	163,403	148,500	14,903	198,000	34,597
70455-3	POST SECONDARY BOOKS/SUPPLI	21,914	28,503	(6,589)	38,000	16,086
70460-3	POST SECONDARY LIVING ALLOWA	169,334	224,674	(55,339)	299,565	130,230
70465-3	SD#58 TUTORIALS	18,431	3,000	15,431	4,000	(14,431)
70470-3	STARTUP K-12	12,471	9,000	3,471	12,000	(471)
70471-3	HIGHSCH ALLOWANCE	6,195	3,750	2,444	5,000	(1,195)
70475-3	LEA TUITION AGREEMENTS	835,572	783,349	52,223	1,044,465	208,893
70480-3	SCHOLARSHIP		7,500	(7,500)	10,000	10,000
70485-3	POST SECONDARY GRAD FEES	400		400		(400)
70490-3	YOUTH TRAINING	6,047	3,750	2,297	5,000	(1,047)
70495-3	TRADES & CERTIFICATION	2,809	7,500	(4,691)	10,000	7,191
70510-3	GRADUATION CEREMONIES	4,429	1,275	3,154	1,700	(2,729)
70650-3	G.F.A.	26,347	39,729	(13,382)	52,972	26,625
70655-3	SPECIAL NEEDS	21,549	19,588	1,962	26,117	4,568
70670-3	BURIALS	37,623	13,500	24,123	18,000	(19,623)
70671-3	NON STATUS HEALTH BENEFITS	8,417	5,400	3,017	7,200	(1,217)
70678-3	WOP SHELTER	11,120	6,900	4,220	9,200	(1,920)
70710-3	ADULT DAY PROGRAM	4,774	3,750	1,024	5,000	226
70715-3	INSTITUTIONAL CARE	2,012	9,945	(7,933)	13,260	11,248
70735-3	INCENTIVE/ALLOWANCE	750	1,500	(750)	2,000	1,250
70800-3	JANITORIAL SERVICES	3,829	42,000	(38,170)	56,000	52,171
70825-3	COMMUNITY WELLNESS	99,987	84,958	15,029	113,277	13,290
70845-3	CLIENT TRANSPORTATION	46,656	35,483	11,173	47,311	655
70860-3	PRENATAL NUTRITION	11,076	11,250	(174)	15,000	3,924
70875-3	MEDICAL SUPPLIES	2,819	5,567	(2,748)	7,423	4,604
70895-3	MEDICAL/DENTAL	423	1,875	(1,452)	2,500	2,077
70900-3	MORTGAGE INTEREST	34,387	37,736	(3,349)	50,315	15,928
70901-3	MORTGAGE PRINCIPAL	204,838	203,991	846	271,988	67,150
70915-3	PROPERTY MANAGEMENT EXPENS	108,000	108,000		144,000	36,000
70920-3	REPLACEMENT RESERVE ALLOWA	15,232	53,625	(38,392)	71,500	56,268
70950-3	ANIMAL CONTROL	1,821	2,700	(879)	3,600	1,779
70960-3	EMERGENCY WATER DELIVERY	21,104	378	20,726	500	(20,604)
70965-3	FISH SCREENS MAINTENANCE	3,207	1,875	1,332	2,500	(707)
70970-3	MAINTENANCE ROADS & BRIDGES	20,039	15,000	5,039	20,000	(39)
70975-3	MAINTENANCE WATER SYSTEMS	27,373	52,500	(25,127)	70,000	42,627
70985-3	DITCH IRRIGATN & MAINTENANCE	9,200	15,000	(5,800)	20,000	10,800

Lower Nicola Indian Band
Unaudited Statement of Revenues and Expenses
 For the 9 Period(s) Ending December 31, 2016
 *
 Consolidated Departments



	Actual Year to Date	Budget Year to Date	Variance to Budget Year to Date	Approved Budget For Year	Budget Remaining For Year
70995- MAINTENANCE WASTE WATER SYT	25,681	15,000	10,681	20,000	(5,681)
71015- SUPPLIES-CONCESSION	4,743	10,125	(5,382)	13,500	8,757
71100- LOAN PNI PAYMENT	35,707	39,750	(4,044)	53,000	17,293
72075- TAX RESERVE ANNUAL TRANSFER	350,000	263,250	86,750	351,000	1,000
72250- PLANS SURVEYS	9,228	9,000	228	12,000	2,772
73095- ENGINEERING CONSULTANTS	222		222		(222)
73115- INSPECTION FEES	1,322	875	447	1,167	(155)
73120- CONSTRUCTION COSTS	192,822	876,976	(684,154)	1,169,301	976,479
74005- SD EMPLOYABLE	184,666	194,219	(9,554)	258,959	74,293
74015- SD PPMB	42,315	37,287	5,028	49,716	7,401
74025- WOP BASIC	4,663	3,750	913	5,000	337
74035- SD SHELTER	244,697	269,537	(24,841)	359,383	114,686
74045- SD PWD	144,369	152,818	(8,450)	203,758	59,389
80000- EXCAVATION & SITE PREPARATION	107		107		(107)
80005- CONCRETE	17,877		17,877		(17,877)
80025- PLUMBING/HEATING	47		47		(47)
80040- BUILDING SUPPLIES/MATERIALS	2,555		2,555		(2,555)
80050- SUB CONTRACTS- TRADES	43,799		43,799		(43,799)
Expenditures total	8,445,412	9,273,373	(827,960)	12,364,416	3,919,004
Surplus (Deficit) Current Period	218,311	388,880	(170,569)	519,301	300,990
Interfund Transfers					
89990- TRANSFER TAXATION INVESTMEN	(1,390,557)	(1,042,918)	(347,639)	(1,390,557)	
89998- TRANSFER FR DEPTS	1,698,646	1,273,984	424,661	1,698,646	
89999- TRANSFERS TO DEPARTMENTS	(1,698,646)	(1,273,981)	(424,664)	(1,698,646)	
99988- TRANSFER FROM TAXATION	1,390,557	1,042,915	347,642	1,390,557	
Surplus (Deficit) After Interfund Transfers	218,311	388,881	(170,569)	519,301	300,990
34000-,350 Opening Surplus (Deficit)	8,601,772	8,601,772			
Closing Surplus (Deficit)	8,820,083	8,990,653			

The Two Coyotes: (from Salish Myths and Legends) - a Lillooet story

Two coyotes were going along. Then one of them said " I am a Coyote, everybody know that I am a Coyote. But you are not a Coyote, you are 'Another One'".

"No way, I am also a Coyote," the other said.

"Not at all, you are 'Another One.' Okay, you will find out right now. I am going to cross this garden, you listen to the people."

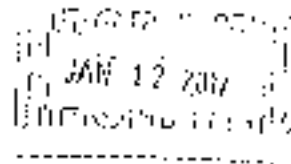
Well he went across, and while he was going across he was seen by the people. "Hey, there is a Coyote going there, it is a Coyote going there." He carried on, and he went out of sight.

Then the other one took off, he suddenly appeared, and the notice him.

"There goes another one, it's another one that is going there."

He carried on and he got to the other spot, where he met his friend. "See? " he was told. "See? did you hear them? I am a Coyote, but your are 'Another One.'"

EDUCATION



January 9, 2017

Ref: 190988

Chief Aaron Sant
Chief of Lower Nicola
181 Newwaskin Lane
Merritt, BC V1K 1A7

Chief and Council Correspondence/Mailbox
Sharon Parsons, Education Manager
Doreen LaBelle, Director of Human Services
Sara to Sandra Tom

Dear Chief Sant:

The Government of British Columbia would like to work together with you to ensure parents in your community have the opportunity to start saving early for their children's post-secondary education.

The BC Training and Education Savings Grant (BCTESG) provides \$1,200 for eligible children, born in 2006 or later, to contribute to a Registered Education Savings Plan (RESP). Families do not need to contribute any additional funds.

To apply, the child and parent must both have a social insurance number; the child must be the beneficiary of a RESP with a participating financial institution; and the application must be completed before the eligibility deadline.

To learn more about eligibility requirements and to find a complete list of financial institutions offering the grant, please visit <http://www.gov.bc.ca/BCTESG>.

Please use the enclosed poster and brochures to let your community know about the grant. To request additional copies, please contact Nicole Couture, Director, Education Program Delivery, by phone at (250) 415-2491 or by email at Nicole.Couture@gov.bc.ca.

With your help, we can ensure families in your community take advantage of this opportunity to start investing early in their children's post-secondary education.

Sincerely,

Mike Bernier
Minister

Enclosures

Ministry of
Education

Office of the Minister

Mailing Address:
201 Bay Street, 8th Floor
Victoria BC V8W 9E2

Executive
Parliament Buildings
Victoria



Sharon Parsons
Education Manager

Have you noticed lately that most conversations are about the weather and how cold it has been, and that most say they can't wait for summer?

Although my favourite seasons are Spring and Fall, I like experiencing four seasons. Each of them bring about change, giving us the opportunity to look forward to a new beginning. Many of us made resolutions in January, which represent a new beginning, a fresh start, or another chance to better ourselves.

Post-Secondary

January brought many post-secondary students to the final months of their undergraduate program, such as the Bachelor of Social Work (BSW) at NVIT. The BSW students are at the mid-point of their fourth year practicum placements, which is the final requirement for the BSW Program. Although it is somewhat bitter sweet, all the graduating students are so excited, and can't wait to be done school, and start looking for a new job.

Many post-secondary students are continuing their education, and are that much closer to completion. To those students who started programs in January, a reminder that the Education Department is here to help when things don't go as planned, or to share in your successes. Please contact us if you have questions, concerns or require assistance.

Although LNIB has policies to guide staff and membership through processes, the policies are not always flawless. The Education Policy Review Committee was formed to identify and address those gaps in the LNIB Education policies and processes.

The Policy Committee has been focusing on the LNIB Post-Secondary Education Policy, and the INAC funding that supports post-secondary education. The committee recommended changes to the language and formatting of the document, and also recommended that tuition and student assistance rates be raised. The recommended rates were approved by Chief and Council in September. We are currently working toward a final draft of the policy that will be presented to Chief and Council in a few weeks.

Kindergarten-Grade 12

Local Education Agreement (LEA)

January also brought excitement for high school students who are in grade 12 and will form the graduating class of 2017. It states on the LNIB website that, "The LNIB recognizes that investing in our youth is the single most important strategy to ensuring a prosperous future of our community." To ensure LNIB students receive a quality education, and still maintain ties to their culture, LNIB signed a Local Education Agreement (LEA) with School District #58 (SD #58). If you would like to find out more, contact the Education office for a copy of the LEA, or access the document through the following link:

<http://abed.sd58.bc.ca/wordpress/wp-content/uploads/2016/02/Lower-Nicola-LEA-2016-2020-R1.pdf>

Aboriginal Education Enhancement Agreement(AEEA)

SD #58 staff, have been visiting local communities to discuss the Aboriginal Education Enhancement Agreement, (AEEA), which is a Memorandum of Understanding (MOU) between the BC Ministry of Education, the five local bands, Upper Similkameen Band, Metis Association, Conayt Friendship Society, and School District #58.

The Enhancement Agreement (EA) is designed to:

Enhance the educational success of Aboriginal students. It is a working agreement between a school district, all local Aboriginal communities, and the Ministry of Education designed to improve Aboriginal student success. The EA also establishes a collaborative partnership between Aboriginal communities and school districts that involves shared decision-making and specific goal setting to meet the educational needs of Aboriginal students.

EAs highlight the importance of academic performance and more importantly, stress the integral nature of Aboriginal traditional culture and languages to Aboriginal student development and success. Fundamental to EAs is the requirement that school districts provide strong programs on the culture of local First Nations' peoples on whose traditional territories the districts are located.



Enhancement Agreements

- provide Aboriginal communities and districts greater autonomy to find solutions that work for Aboriginal students, the schools and the communities; and require a high level of respect and trust to function;
- are working documents that are developed for a five-year period and provide goals and targets that are reviewed / assessed regularly to determine progress;
- includes actions that are assessed frequently during the term of the agreements to determine their effectiveness and adjusted as needed.

The complete document is available at:

<http://www.sd58.bc.ca/wordpress/wp-content/uploads/2015/02/SD58-EA-October-2012.pdf>

LNIB members had an opportunity to learn about, and discuss the AEEA, at the January 30th, Band General meeting. I will provide more information in the next newsletter.

Are AEEAs helping to improve Aboriginal education? Click on the link below to find out:

http://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/aboriginal-education/research/aeaa_report.pdf

Tripartite Education Framework Agreement (TEFA)

The Tripartite Education Framework Agreement (TEFA) is set to expire in 2017. This five-year agreement between the Ministry of Indian Affairs and Northern Development (INAC), the Province of British Columbia (BC), and First Nations Education Steering Committee (FNESC) came into effect September 1, 2012. FNESC and the First Nations Schools Association (FNSA) are committed to supporting communities and schools with TEFA implementation, and are working to extend this very important agreement beyond that time in order to further strengthen the BC First Nations Education System.

Along with First Nations community representatives from all over Central BC, I attended the TEFA Regional Session held in Kamloops on November 21 & 22. The FNESC facilitators, and FNSA, gathered comments, concerns and recommendations from participants that will be summarized and brought to the negotiations table.

To access the TEFA document click on the link below.

<http://www.fnsa.ca/wordpress/wp-content/uploads/2012/06/Jan.-27-2012-Signed-TEFA.pdf>

As a department, we work together to address all requests or concerns relating to education. We will also assist you to increase your ability to gain employment.

Call 250 378 0915, or visit the Education Office, at 2160 Settlers Rd., across from the Fire Hall on IR #1.

‘It’s not about being the best, it’s about being better than you were yesterday’ Unknown

From Readers’ Digest:

“I recently asked a student where his homework was. He replied, “It’s still in my pencil.”

“Don’t do that,” I said when one of my first graders playfully draped a dollar bill over his eyes.

“Money is full of germs.”

“It is?” he asked.

“Yes, it’s very dirty.”

He thought about it a moment. “Is that why they call people who have a lot of it ‘filthy rich’?”

On the last day of the year, my first graders gave me beautiful handwritten letters. As I read them aloud, my emotions got the better of me, and I started to choke up.

“I’m sorry,” I said. “I’m having a hard time reading.”

One of my students said, “Just sound it out.”

Huge CONGRATULATIONS to Geoffrey Huston, for his first solo flight! Geoffrey has been hard at work at FNTI's First Peoples Aviation Training Centre.



“GEOFFREY HUSTON, hailing from British Columbia's LOWER NICOLA INDIAN BAND is smiling wider, if that's possible - after taking his first solo flight. Congratulations Geoffrey, we know this will be a lasting moment in your life, well done!! #campmohawk100years #firstsoloflight”

-----First Nations Technical Institute



Huge Congratulations to our Membership and Community members on a job well done making the Honour Roll!!

Grade 12 Merit List 73-79%

Makenna Shuter
Travis Sterling

Grade 11 Honour List 80-85%

Tylar Clark
Nicola LaBounty

Grade 10 Principals List 86-100%

Ericka Boggs

Grade 10 Honour List 80-85%

Ethan Patrick-Sheena
Destiny Spahan

Grade 10 Merit list 73-79%

Chantal Bourassa-Trosky
Nolan Walper

Grade 9 Principals List 86-100%

Atrayu Johnny
Amy Manuel

Grade 8 Principals List 86-100%

Jared David
Brayden Edward
Isabelle Heard
Lenessa Seward
Brodie Sterling

Grade 8 Honour List 80-85%

Tryton Bose
Gabby Davis
Desiree Dick
Indiana Joe

Stellar Student Atrayu Johnny!!

Atrayu Johnny made the Principals List with an 86-100% grade average. He is working very hard to keep his grades up while keeping a great attendance record. Atrayu plays Bantam Rep hockey full time and is the Captain of his Team!! Way to Go Atrayu!! Keep up the great work!!!



Nicola Canford Honour Roll

Grade 7

Louise Peterson

Grade 5

Willow Johnny

Grade 4

Ryder Sterling-Canadien

Nicola Canford Hard Hat Awards

Grade 2/3- Ava Spinks

Grade 3/4- Zoe Brown

Nicola Canford Reading Awards

Teyarra Hall

Angel Oppenheim

Kasey Wycotte

Tyrese Basil

Nicola Canford Students of the week

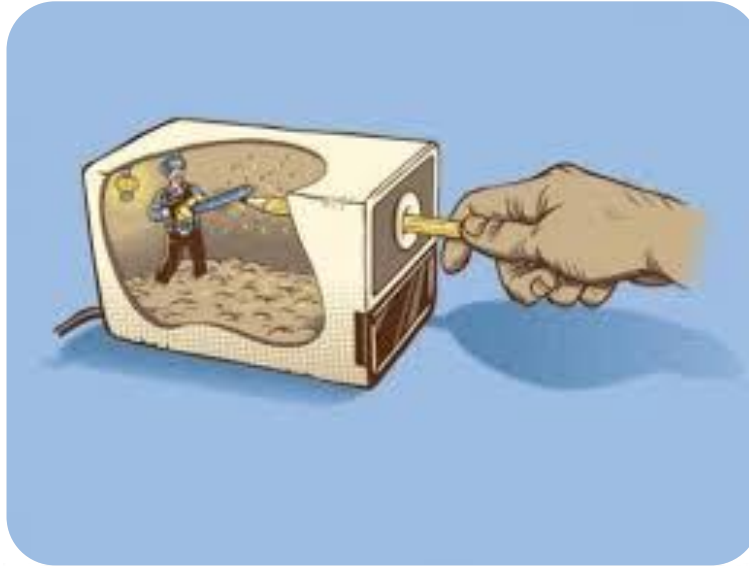
Zariya Williams-Kindergarten, for being quick to volunteer to help around the classroom and for doing a great job while helping.

Thomas Mclvor-Grade 6, for being a GREAT kitchen helper!



Parents of children who take the bus with SD #58, are you interested in a later bus so your child can participate in tutoring after school or extracurricular activities. Please call the Education office and let us know @ 250-378-0915. Thank you. Sharon, Gail, and Terri-Lynn.



CAREER DEVELOPMENT**Tutoring for the Highland Valley Copper Aptitude Test****Time to sharpen your skills!!**

Would you like to apply at TECK to work at the Highland Valley Copper (HVC) Mine?

Would you find tutoring for the aptitude assessment beneficial?

The LNIB Career Development Centre and Education Department are currently seeking out those who may be interested in this type of service offered within our community. If we are able to generate enough dedicated interest in the class we will do our best to offer this service.

Please call or email to sign up for an aptitude tutoring class if you have applied or plan to apply to work at HVC.

To prepare to apply at HVC the Career Development Centre can assist with building your Resume and cover letter and walk you through the steps of application.

Once your application has been received by HVC you will be contacted to write your aptitude test at Sylvan Learning Centre. Once you have passed the aptitude test you begin the wait process to receive a call for an interview which can take up to 15 months.

If you have more questions about the process or would like to receive a copy of the sample aptitude test please feel free to contact the Career Development Centre at (250) 378-4089 or via email at career_development@LNIB.net.

Deadline to sign up for the tutoring class is: Feb-15-2017

JOIN TEAM VPD
ABORIGINAL CADET PROGRAM
JUNE 1 – AUGUST 31, 2017



**LOOKING FOR SOMETHING EXCITING AND DIFFERENT TO DO NEXT SUMMER?
DO YOU HAVE ABORIGINAL ANCESTRY?**

You can gain paid employment experience working with the VPD in our Aboriginal Cadet program.

- Ride along with patrol officers, our Canine Unit, and out on the water with the VPD Marine Unit
- Take part in the Pulling Together Canoe Journey, a week-long canoe trip to Aboriginal communities, with other Aboriginal youth and police officers
- Help look after the VPD's fleet, signing out and receiving equipment, and taking cars in for servicing

BASIC REQUIREMENTS

- 19 to 29 years old
- Excellent character
- Grade 12 diploma or equivalent
- No criminal convictions, no adult criminal charges pending
- Valid class 5 driver's license with a good driving record

If you are interested and meet the basic requirements, please contact Detective Constable Desiree Sparrow at (604) 717-8909.

WE'RE HIRING!

In addition to our full-time police officer sworn positions, we also offer flexible part-time opportunities in our special municipal constable programs: Jail Guards | Traffic Authority | Community Safety

TO FIND OUT MORE ABOUT THESE PROGRAMS, VISIT JOINVPD.ca.



VANCOUVER POLICE DEPARTMENT
Beyond the Call

Please make copies and post on your Community Bulletin Board



2017 Aboriginal Student Awards Program



The RBC Aboriginal Student Awards Program was launched in 1992 to assist Aboriginal students to complete post secondary education, and provide an opportunity for RBC® to strengthen it's relationship with the Aboriginal community.

This scholarship is intended to support those Aboriginal students who have at least 2 years remaining in their post-secondary studies. Scholarship recipients are selected primarily on the basis of personal and academic achievements, and individual financial need. Status Indians, Non-status Indians, Inuit and Métis are welcome to apply. Selected students will receive up to \$4,000 per academic year for educational and living expenses for 2 to 4 years.

RBC awards ten scholarships in two categories for students:

- Majoring in disciplines **related** to the financial services industry
- Majoring in disciplines **unrelated** to the financial services industry

For more information or to apply:
www.GoToApply.ca/RBC

Deadline to apply is February 28, 2017

In honour of the late Corinne Mount Pleasant-Jetté, a prominent member of the First Nations community who was instrumental in leading the launch of the RBC Aboriginal Student Awards Program, one of the RBC Awards will be named 'The Corinne Mount Pleasant-Jetté Leadership Award'. This award will be given to one of the ten winners who demonstrates leadership skills in their community and acts as a change agent for Aboriginal communities.



Rayna Gopaul
2016 Winner and Recipient of the Leadership Award
Seine River First Nation, Manitoba
BA Indigenous Governance and Political Science, University of Winnipeg

Through this scholarship, Rayna is on the fast-track of achieving her dreams of becoming an Indigenous lawyer and leader that will help Indigenous people overcome the unique barriers to accessing justice in Canada. Being raised in foster care and having struggled growing up has shaped her to become a strong young woman who is determined to pursue education against all odds, achieve a bright future for her family and empower young indigenous people in similar circumstances turn their lives around.

If you wish to receive an application form by email or fax, fill out form and fax to 1-866-626-3358.

Fax: () _____ Email: _____

Name _____

City/Town: _____ Province/Territory: _____



Follow us:
[@RBC4Students](https://twitter.com/RBC4Students)



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Aboriginal Link, PO Box 50058, 17-2595 Main Street, Winnipeg, MB R2V 4W3 Phone/ Fax: 1-866-440-7257

ID 2

**SUBMIT TO
SCHOOL BY
DEADLINE
FEB
22**



COYOTE THEME SONG CONTEST

**We Challenge You To Create A Coyote
Theme Song for Nicola Canford**

- Must be a hand drum song
- Must include both English and N7e7kempmxcin
- Must include the word Snk□i?k□y□ep
- Must be exciting and upbeat
- Can get help from family, elders and friends

**EVERY COMPETITOR
GETS PIZZA!**

**YOU COULD WIN A
PAINTED DRUM OF
YOUR OWN**

CONTEST ENDS FEBRUARY 22

**OPEN TO Nicola Canford Students - for more info contact -Burt Bergmann, Principal
Nicola Canford Elementary School Phone: (250) 378 - 2172 bbergmann@365.sd58.bc.ca
or Yvonne Joe and Greta Brown First Nations Support Workers at Nicola Canford School**

BAND SCHOOL EXPANSION



DON'T GET SCAMMED

There are a quite a number of scams going on - unscrupulous people always finding new illegal ways to part you with your money.

Scam 1: Phone call, often early in the morning, claiming to be from Canada Revenue Agency. They can be quite convincing that you owe money and you better pay up immediately or risk going to jail, being the newspaper, having your workplace visited, etc. Please remember that Canada Revenue Agency never contacts anyone by telephone or email. So either hang up, or ask for their telephone number so that you can report it to the RCMP.

Scam 2: An alarming phone call saying that the person on the phone is calling about a relative who has either landed in jail or the hospital and needs immediate help via money. Although our natural inclination is to want to help, don't! Ask for a telephone number where you can call them back. Then you can check with other family members to make sure the call was honest or not. If (likely) not, report the number to the RCMP

Scam 3 - someone calling to claim they have fix to a computer problem. They want access to your files. Just say no thank you and hang up. Do not give out any personal information or credit information!

PREVENT OVERDOSES

There are steps you can take to reduce the risk of overdose.

Fentanyl Facts:

- Fentanyl is a painkiller that can lead to overdose death
- Fentanyl has reached some BC First Nations communities
- Fentanyl is often mixed with other substances and is impossible to detect
- Most overdoses have occurred in individuals who thought they were using heroin, oxycodone, cocaine or another substance, but have mistakenly taken fentanyl

How to reduce the risk of fentanyl overdose:

- Know your source
- Use where help is easily available (e.g. at Insite, with friends)
- Start with a small amount
- Try not to mix substances. Mixing substances increases the risk of an overdose
- Make a plan and know how to respond in case of overdose
- Keep an eye out for friends. Be aware of the early warning signs of a Fentanyl overdose. If you spot these signs, call **911** right away – it is a medical emergency.

- severe sleepiness
- slow, shallow breathing or snoring
- cold, clammy skin
- trouble walking or talking

- Be prepared to give breaths or give Naloxone (e.g. Narcan) until help arrives
- Learn about Naloxone. If you are a person who regularly uses opioids (prescription painkillers, such as Oxycodone, and/or heroin), you may be eligible for a prescription Take Home Naloxone kit. Naloxone immediately reverses opioid overdose signs and symptoms and saves lives.
- Overdose response training and naloxone kits are available

For More Information:

<http://towardtheheart.com/fentanyl/>

<http://towardtheheart.com/naloxone/>

<http://towardtheheart.com/naloxone/siteresources/overdose-survival-guide>



FENTANYL AWARENESS

What is Fentanyl?

- Opioid**
A potent, synthetic opioid first created in the 1930s as a pain medication.
- Powerful & Potent**
Fentanyl is 100 times more powerful than morphine, and 40x times more powerful than heroin.
- Pharmaceutical**
Fentanyl is commonly used as an anesthetic in hospitals, for pain management and usually in a patch form.



Overdose Awareness

Increased risk of accidental overdose

- Fentanyl combined with other opioids (heroin, morphine, codeine) alcohol, benzodiazepines, or stimulants like cocaine further increases risk of accidental overdose
- Overdoses do not discriminate, any drug can contain a lethal amount of fentanyl
- Other drugs can also be fatal
 - 30% of drug overdoses this year were not associated to fentanyl
- 627** apparent overdose deaths in BC between January and October 2016

Overdose Symptoms

- Slow, shallow breathing or no breathing
- Severe sleepiness or person is not moving, responsive
- Slow heartbeat
- Cold, clammy skin
- Choking or gurgling sounds
- Pupils are tiny
- Trouble walking or talking

Responding to an Overdose

- STIMULATE**
Check if the person is responsive, can you wake them?
- ALERT**
Make sure there is nothing in the mouth blocking the airway, or stopping them from breathing.
- CALL 911**
If you are alone, call 911 for help.
- RESUSCITATE**
If you are alone, use a rescue breathing device if you have one.
- REPEAT**
Repeat steps 1-4 every 2-3 minutes.
- EVALUATE**
Is the person breathing? If not, give one more dose of naloxone.
- EVALUATE**
Do you see any improvement?

S-A-V-E-N-E

Information from E Division Crime Prevention Services, Youth Strategies and E Division Strategic Communication

LANDS DEPARTMENT

Lower Nicola Indian Band

LAND MANAGEMENT ADVISORY COMMITTEE (LMAC)

Are you interested and/or excited about the LNIB Land Code? Do you like public speaking, reading and writing laws and policies, and/or encouraging LNIB Band members to get involved in decisions dealing with LNIB lands management? Are you interested in serving on the Land Management Advisory Committee (LMAC) for Lower Nicola Indian Band?

The Lower Nicola Indian Band is currently recruiting interested LNIB members to serve on the Land Management Advisory Committee, as per the terms of the LNIB Land Code ss. 32 and 33.

Evenings and weekend hours will be required. We are looking for dedicated and engaged LMAC Committee members who can bring different skill sets to the new land management regime at Lower Nicola Indian Band, such as interpreting and understanding survey work; dispute resolution; policy and law development; research and writing; and/or community engagement.

We will start accepting and reviewing applications as soon as possible on a rolling basis. It is expected that Chief and Council will appoint Committee members by the end of February and LMAC committee work will begin in March 2017. There will be an honorarium provided to Committee Members.

If you are interested in the Land Management Advisory Committee, please submit Resume and Cover Letter with three references to:

Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC, V1K 0A7
Attention: Anna (Sam) Hudson, Lands Manager

Or by fax: (250) 378-6188

Or by email: anna@lnib.net

Application Deadline: **February 24, 2016 at 4:00 pm**



COMMUNITY ENGAGEMENT WITH LAC LA RONGE INDIAN BAND

On January 16-17th, 2017, the LNIB Lands and Membership department was invited to meet with members of the Council and staff of the Lac La Ronge First Nation from northern Saskatchewan. We met with their delegates in West Bank, BC to share the aspects on how the Lower Nicola Indian Band developed the LNIB Transfer Policy (September 27, 2013) and how it works for us today.

The Lac La Ronge First Nation has interest in developing their own Band Transfer Policy, and they wanted to know LNIB's experiences with our Transfer Policy. The Membership Department worked together to give a presentation of the development of the LNIB transfer policy which was followed by questions and discussions of the Lac La Ronge First Nation group. From this engagement, it is clear that La La Ronge and Lower Nicola's band transfer concerns are similar to one another – even though there is so much geography that separates us. Remarkable!

DID YOU KNOW....that you can view the LNIB TRANSFER POLICY at

http://lnib.net/wp-content/uploads/2015/08/lower_nicola_indian_band_transfer_policy_-_sept_17_2013_-_final.pdf

Lac la Ronge was also interested in the development of the LNIB Land Code which was presented by our Lands Department team: Anna (Sam) Hudson, Geraldine Bangham, Brandi O'flynn, and Jack Sterling-Moses.

Overall, it was awesome to meet and share information with the Lac La Ronge First Nation Council and staff members. The La Lac Ronge First Nation is located north –central Saskatchewan and is 214 Km North of Prince Albert. Lac La Ronge First Nation has over 10,000 registered members which is one of the 10 largest bands in Canada. Imagine if Lower Nicola Indian Band had 10,000 + registered members. We would be bigger than Merritt, BC.

For more information on Lac La Ronge First Nation, check out their website: www.lrib.com/



JOB POSTINGS

Lower Nicola Indian Band

Job Posting

Position Title: Community Health Nurse

Department: Human Services

Hours: 25-30 Hours

Start Date: As Soon As Possible

Wage: Based on Experience

Reports to: Director of Human Services

Summary of responsibilities

- The prevention and management of communicable diseases
- To identify health needs and provide health promotion and disease prevention services
- To provide baby immunizations, flu clinics and TB Screening
- To provide pre and postnatal support

Required knowledge, skills and abilities

- Bachelor of Nursing
- Current registration or willingness to become registered with CRNBC
- Valid Driver's License
- Knowledge of Immunization program
- Good Communication Skills
- Responsible and accountable
- Experience working with First Nations Communities preferred
- Proven ability to lead and work well with other individuals in a team environment to ensure high quality program delivery

Deadline to apply: Posted until position is filled

Submit Resume and Cover Letter To:

Attention: Bridget LaBelle, Director of Human Services

Envelope must have Personal and Confidential clearly stated

Hand deliver to: LNIB Community Services #230 Hwy 8

Email: hr@lnib.net

Fax: (250)378-6188

Thanks to all who apply only qualified candidates will be considered

PROUD TO BE

LNIB

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.



Lower Nicola Indian Band**Job Posting****Position Title:** Maintenance Technician Assistant**Department:** Public & Capital Works**Hours:** 8:30am-4:30pm**Reports 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: February 7, 2017 at 2:00 PM

Interested candidates should send a resume and cover letter to:

Mail:

Lower Nicola Indian Band
Human Resources
181 Nawishaskin Lane
Merritt, BC V1 K OA7

E-mail: HR@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.

OTHER JOB OPPORTUNITIES

KINDER MORGAN

New Job Postings

- Regional Asset and Maintenance Manager – Vancouver Wharves (#14454)
- Operations Technician – Temporary – Sumas (#14410)
- Project Controls Manager, Pipelines, TMEP (term role) – Calgary (#14481)

As an equal opportunity employer, Kinder Morgan Canada actively encourages applications from traditionally underrepresented groups, including women, Aboriginal Peoples, members of visible minorities and persons with disabilities.

If you know a potential candidate for these opportunities, please encourage them to apply online through our website:

http://www.kindermorgan.com/pages/work/careers/job_postings.aspx

Please visit the Canadian HR intranet page for more information.

To find these or other Opportunities:

Search by:

- Position Number, or
- Location (sites in Alberta: AB-; British Columbia: BC-; Saskatchewan: SK-)

Click Search (bottom right of page).

Click on Title.

Click Apply Now

Remember our Career Development Coordinator, Robin Peterson is available to assist you with getting your professional act together - help with resumes and cover letters, tips on how to dress for interviews, what to bring, how to prepare for the interview.

Robin can be found at the Health Centre building, telephone 250-378-4089

CATERING OPPORTUNITY

Call for Bids

Catering bids are now being accepted by Lower Nicola Indian Band School and Little Stars Head Start for the monthly Dinner scheduled on Wednesday, February 22, 2017 at the Lower Nicola Band School.

- a) Dinner for 275 people: Menu must include main course, deserts, beverages.
- b) Cost estimates for a guaranteed 275 including plates, utensils, napkins, cups, condiments (salt/pepper, butter etc)
- c) Beverages to be made available by 5:00 pm and be made available throughout the evening (coffee, tea, juice, and water)
- d) Meal to be served exactly at 5:00 pm, at the Lower Nicola Band School
- e) Caterer to ensure that acceptable number of crew has Food Safe Certificates;
- f) Ability to serve meal within a limited amount of time (provision of at least 2 lines passing through buffet tables);
- g) 50% of bid could be advanced to successful bid to assist with preparation
- h) Responsible for full clean up of tables, garbage, etc...
- i) Responsible for full organization for entirety of meal preparation (shopping, serving, recruiting helpers, clean up, bring own cooking supplies: pots etc...)
- j) Lowest bid may/may not be considered.

The Band School kitchen and facilities will be available for successful bidder to prepare.

Deadline for bids **February 15, 2017 by noon**

ALL BIDS MUST BE EMAILED OR PUT IN A SEALED ENVELOPE AND SUBMITTED TO ANGIE STERLING.

Submit bids to:

Angie Sterling
Lower Nicola Indian Band School
201 Horn Rd
Merritt, BC V1K 1M9
Fax 250 378 6389
asterling@lnib.net

Lower Nicola Indian Band**Catering Posting**

Department: Administration

Hours: Dinner

Event Date: February 16th, 2017

Bid to Feed: 30 people

Submit to: Sondra Tom

Event Details

Cater must submit bid to feed 25 people, to be served at 6:00 pm at the Momes and Tots Trailer in Rocky Pines. Dinner must include meal to be served in limited room.

Bid should include:

- Cost estimate for a guaranteed 25 people (Caterer must supply their own equipment)
- Supplies, including plates, utensils, napkins, cups, condiments, etc
- Set up and clean-up of the meal, including kitchen and tables
- Caterer to ensure that acceptable number of crew has Food Safe Certificates
- Ability to serve a meal within amount of time
- Dinner served at exactly 6:00 pm.
- Must have a valid driver's license and a vehicle
- **Responsible to Clean-up tables, garbage, kitchen and maintain EQUIPMENT- Put grease into tin cans! Responsible for full organization for entirety of meal preparation (shopping, serving, recruiting helpers, clean up, bring own cooking supplies: pots ect..)**

The lowest bid may/may not be considered. An advance of up to 50% of the bid may be issued to the successful bid to assist with preparation. The meal will be property of LNIB and any left overs will be redistributed as necessary. Your bid should include your contact person with phone number.

Deadline to apply: December February 14th, 2017

Lower Nicola Indian Band

181 Nawishaskin Lane

Merritt, BC V1K 0A7

E-mail: Executiveassistant@lnib.net

Fax: 250-378-6188



WORLD ECONOMIC HISTORY & GLOBALIZATION

When we think of poverty, economic prosperity, or other human development issues we are often reminded that we need to think global and act local. The need to follow this thought process is most evident when we engage in setting a vision for our community. In this process we are never alone, as we quickly learn that our future is shaped not only by our own past and present conditions but also by other peoples' interests and futures elsewhere in the world.

This connection is well illustrated by the impact of globalization in the life of rural areas like our beautiful Nicola Valley. In the last four decades or so Merritt changed dramatically, not only because the end of rail service in the 1960s or the construction of the Coquihalla Highway in the 1980s, but also because of the arrival of fast-food outlets and large box stores, such as Canadian Tire, Walmart, and others, at the loss of locally-owned small businesses. In addition, the agricultural and forestry base of the economy gradually gave place to services (tourism and transportation) and mining (Highland Valley Copper mine) as the main economic activities in the Nicola Valley today. As this was unfolding, we witnessed a gradual closure of federal and provincial government offices in Merritt, which were replaced by internet-based services. As this was happening, locally-owned small businesses that were located in the old centre of town closed, and a new business district was borne in the north end of town, at a net loss of employment and tax revenues. One can say that, without most of us noticing, Merritt was caught by the globalization frenzy, forever changing the life of its residents.

I perceive globalization as a world-system driven by trade (multinational corporations), technology (information and communications) and finance (banks & international financial markets), systems of law (protection of intellectual property), and supra-national institutions such as the World Trade Organization (WTO), the International Monetary Fund (IMF) and the International Bank of Settlements (IBS) designed to consolidate economic power in the hands of a few, and erode the power of local and national governments and of democratic institutions in driving, regulating and controlling economic activity in their constituencies. In the particular situation of First Nations in Canada, we must relate and connect our daily and local actions that take place in our communities with the agenda of global initiatives such as the United Nations Declaration on the Rights of Indigenous Peoples, and other initiatives led by multi-national institutions such as the Sustainable Development Goals led by United Nations Development Programme.

It is key to take a worldwide perspective in mapping the future that we envision for our communities, as we need to frame our local goals in the context of national and global benchmarks and trends. In most cases, our concerns and challenges are not unique, they are felt in somewhat similar fashion by everyone else at the same time, as we all are subject to the increasing power of globalization. Hence, it is critical to be aware of what are the issues and challenges that other countries and peoples in the world face, and how they are being addressed elsewhere in the world, not at the national level only, but also in the international and global arenas.

Economic history tells us that trade was originally local when families bartered goods and services with their immediate neighbours. As villages grew and became towns and cities, the scope of bartering evolved and people started using money to purchase things they need. Soon, as the power of states were established and recognized by others, local markets developed and itinerant fairs started being held in certain towns or

cities of different countries at certain times of the year. These itinerant fairs allowed for people to buy goods produced in other neighbouring communities, and soon this gave birth to long-distance trade, where certain goods (mostly salt, spices, essences, clothing, gold and silver) in some cases produced many thousands of miles away became available to the upper classes of cities. This long-distance trade became a mainstay of the economy of the peoples involved: those who produced the goods, those who brought them from faraway places, and those who purchased the same goods at local markets and fairs.

I believe that globalization is not only global in space; it is also global in time. This means that we need to be aware that the secular global trend of integration of the national economies started many centuries ago with the old empires in Ancient Europe and Asia. We are reminded of the Phoenician maritime trade along the shores of the Mediterranean Sea and Western Europe, the Roman rule over the Mediterranean Sea connecting southern Europe to northern Africa, the Mongol empire's control over the Silk Road connecting the Far East through central Asia with Western Europe, the Arab control of the Indian Ocean connecting southeast Asia and southeast Africa with the Middle-East, and the trans-Pacific trade that connected the west coast of the Americas to the Pacific islands and the world-away shores of China and Japan in the Far East.

The Columbian Exchange was the long-distance transfer of human populations (Atlantic slave trade, immigrants, and armies), animals (horse and livestock), plants (maize, potato, tomato, cocoa, and sugar), disease (smallpox, malaria, and syphilis), culture (music, dance and Christian religion), technology (transportation, communications, and the Industrial Revolution), ideas (advent of science, scientific method, and political philosophy), and political and economic systems (colonization, capitalism, and imperialism), between the Old World (Europe, Asia, and Africa) and the New World (the Americas) in the 15th and 16th centuries. The impact of the Columbian Exchange was profound and truly global, as every people and culture on earth were forever affected. Because of its scope and impact, I believe that the Columbian Exchange is one of the most important events in the history of mankind.

Early in the 1600s groups of investors banded together into stock companies incorporated under royal charter (the first corporations) that often granted them the monopoly to conduct certain business activity in a defined colony. Some of these royal companies were created specifically to engage in one activity, such as the English Royal African Company who had the monopoly over the African slave trade; others, like the British Honourable East India Company, established in 1600, the Dutch Verenigde Oostindische Company (Dutch East India Company, VOC), established in 1602, and the Hudson's Bay Company (which governed the vast territory of Rupert's Land), established in 1670, had a broader scope, including commercial monopolies, territory ownership, and certain government and military functions. Some of these royal companies, such as the three above mentioned were in fact a state within the state.

The Atlantic Slave Trade was the largest deportation of people in history and a pivotal factor in the world economy of the 18th century. More than 16 million Africans were torn from their homes and lands, deported to the Americas and sold as slaves to work in mines, plantations, and as domestic servants. The Triangular Trade was the trade system that prevailed from the late 16th to early 19th centuries, carrying slaves from Africa to the Caribbean and North America, cash crops such as sugar, cotton, coffee and tobacco from the Americas to Europe, and manufactured goods from Europe to Africa and British North America. It is important to note that the profits and wealth generated by the triangular trade were kept in Europe.

The Industrial Revolution was a period of major industrialization that took place in England between the late 1700s and early 1800s, converting agrarian and artisan-based economies into trade- and manufacturing-based ones. The Industrial Revolution started with the mechanization of agriculture and textile sectors, and a revolution on steam powered ships and coal that powered the rapid expansion of rail systems. The Industrial Revolution took place first in England, but gradually expanded to France, Germany, and later the United States. With the diffusion of the Industrial Revolution, European countries saw in the colonial empires the solution to secure their own sources of raw materials and of markets to place their industrial output. Five countries (England, France, Germany, Portugal, and to a certain extent Japan) expanded their colonial control to include most of the world. The two world wars that ended those empires in the in the middle of the 20th century transferred the power from these five empires to one single industrial power – the USA, who has since become the police of the world.

During the 1970s we have witnessed faster mobility of capital and investment, more fluid international mobility of labour (temporary foreign workers), outsourcing production and services from Third World countries, tax evasion schemes that sucked trillions of dollars from national economies and move them to untouchable tax heavens, and a gradual erosion of national governments power to control their national economies. As this was taking place, taxation systems became less progressive and friendlier to the wealthy and corporations and more taxing to the middle-class and low-income citizens and families, leaving governments no option other than cutting services to their citizens.

In the 1980s the world assisted to the massive relocation of industrial capacity from high labour cost countries to low labour cost countries, such as Mexico, China, India, Bangladesh, Vietnam, and Indonesia. This relocation of the manufacturing base of the world left millions of unemployed people in Europe and North America, at the same time that international trade agreements were being signed to secure more freedom for capital at the cost of less control of governments over their own economies. This process of relocating manufacturing plants to some Third World countries allowed for an accelerated industrialization of those countries, which resulted in the transfer of technologies, skills, and new jobs for millions of workers.

More recently, already in the 21st century, personal computers, the internet and smartphones brought a revolution in information and communications, which further accelerated this process of global integration, with profound impact on how we see the world, how we relate to each other, and how we govern ourselves. From this summary we can conclude that from these transcontinental movements of people, long-distance trade, international currency flows, and universal ideas, the European domination of all peoples was the first concrete step towards a truly global domination of the world economy. The European conquest and exploitation of the New World (the Americas), colonization of Africa, India, Southeast Asia, and later Australia and China locked all national and regional economies and peoples into one integrated world-system that no “individual” economy could escape, and this is the lesson that world economic history give us.

Helder Ponte
January 2017

THE UNITED NATION DEVELOPMENT PROGRAM SUSTAINABLE DEVELOPMENT GOALS (2015 – 2030)

In our day-to-day work, First Nations in Canada must relate and connect the dots of our daily and local actions that take place in our communities with the agenda of global initiatives such as the United Nations Declaration on the Rights of Indigenous Peoples, and other initiatives led by multi-national institutions such as the United Nations Development Programme.

In September of 2000, 191 countries of the world adopted the UN Millennium Declaration, committing their nations to a new global partnership to reduce extreme poverty and setting out a series of time-bound targets, with a deadline of 2015, which have become known as the eight Millennium Development Goals (MDGs). The Millennium Development Goals were the first worldwide attempt to quantify targets and set timelines for addressing extreme poverty in its many dimensions-income poverty, hunger, disease, lack of adequate shelter, and exclusion-while promoting gender equality, education, and environmental sustainability. At their core, these goals are in fact basic human rights - the rights of each person on the planet to health, education, shelter, and security. The Millennium Development Goals set for this initial period of 15 years (2000 to 2015) were:

- Goal 1 – Eradicate Extreme Hunger and Poverty
- Goal 2 – Achieve Universal Primary Education
- Goal 3 – Promote Gender Equality and Empower Women
- Goal 4 – Reduce Child Mortality
- Goal 5 – Improve Maternal Health
- Goal 6 – Combat HIV/AIDS, Malaria, and other Diseases
- Goal 7 – Ensure Environmental Sustainability
- Goal 8 – Develop a Global Partnership for Development

Realizing that much still needs to be done, the United Nations Development Programme (UNDP) updated in 2015 the eight Millennium Development Goals with a new set of development goals for another period of 15 years (2015 – 2030). This time the goals are more specific, going from 8 development goals to 17, covering a total of 165 specific goals. The goals are now more detailed and focused on areas of living conditions more acute in the poorest countries of the world. To distinguish from the first Millennium Development Goals, they are now called Sustainable Development Goals (SDGs).

In a nutshell, the Sustainable Development Goals, also known as Global Goals, are a global call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.

The new set of development goals are not just an extension of the initial 8 Millennium Development Goals (2000 – 2015), which focus on the living conditions of the poorest segments of population in the Third World countries. The new Sustainable Development Goals (2015 – 2030) are wider in scope, as they include sustainable development goals for underdeveloped and developed countries, for rich and poor people, urban and rural communities, men and women, young and old, who together share our Blue Planet (Earth). The new goals go beyond the needs of people of income, health, education, political engagement & citizenship, and human condition, to include the needs of the natural environment so threatened by overpopulation, famine and obesity, disease, armed conflicts, pollution, global warming, deterioration of biodiversity, desertification,

and vanishing resources.

A more detailed reading of the new Sustainable Development Goals, shows that most industrialized and developed countries, such as Canada, have overcome most of the challenges listed in the Goals, and that most recommendations are targeted at the poorest segment of population of Third World. However, in spite of the better levels for most indicators of wellbeing and prosperity, some segments of Canadian society, namely Aboriginal communities, still face the same challenges to some degree.

The UN Declaration on the Rights of Indigenous Peoples ratified by almost all countries of the world at the General Assembly of the United Nations Organization in 2007, and as recently as 2014 by the four remaining countries (Australia, Canada, New Zealand, and the USA), expressly states:

Article 21.1 - Indigenous peoples have the right, without discrimination, to the improvement of their economic and social institutions, including, inter alia, I the areas of education, employment, vocational training and retraining, housing, sanitation, health, and social security; and

Article 21.2 – States shall take effective measures and, where appropriate, special measures to ensure continuing improvement of their economic and social conditions. Particular attention shall be paid to the rights and special needs of elders, women, youth, children and persons with disabilities).

Both the Millennium Development Goals and the new Sustainable Development Goals do not prescribe any special goals or measures to mitigate the unique plight of Aboriginal Peoples of the world.

Closer to home, Aboriginal Peoples in Canada must not wait for others to drive their process of self-determination by setting and pursuing their own prosperity goals in a pan-Canadian Aboriginal development initiative which I call “150 in 15”. Under this human development strategy, Aboriginal Peoples in Canada pledge to undo themselves in the next 15 years what colonization has done to them in the last 150 years. This initiative aims at mobilizing and engaging every single Aboriginal person in Canada of the current generation, as we are all personally agents of change. This initiative is also somewhat timely, as we remember the 150 years of the confederation that united us as Canada.

The question of measuring economic and human prosperity (or lack thereof) is one that has daunted economists and other social scientists for some time now. A significant number of social oriented thinkers and practitioners have been busy for many years now trying to devise the best metrics for indicators of human development, and we know that designing, collecting, and producing reliable and comprehensive statistics is never an easy and inexpensive undertaking.

Up to 10 or 15 years ago, the level of development of a country was commonly measured by one indicator only – the per capita (per person) Gross Domestic Product, or GDP, which measures the monetary value of goods and services produced in a country during a year divided by the population of the country. It is widely accepted that the GDP is a measure of economic output that it is far from perfect; however, it is what it is and it is the one that was adopted worldwide.

Since then, the United Nations Development Programme expanded the number of indicators to include economic prosperity, education attainment, and life expectancy at birth, which together comprised the Human Development Index (HDI). More recently, a new Prosperity Index (PI) was developed (but not yet adopted by the UNDP), which includes a number of indicators, such as economic quality, business environment, governance and political participation, education, health safety and security, personal freedom, social capital, and natural environment. The Prosperity Index is more comprehensive, but is also more difficult and expensive to collect and compile, and somewhat less objective, since some assumptions are made based on the subjective view of the person or group who gathers or compiles the data.

Going back to the main topic of this article, it is now time to list the new Sustainable Development Goals (2015 – 2030) set by the United Nations Development Programme:

Goal 1 - No Poverty - End poverty in all its forms everywhere

Goal 2 – Zero Hunger - End hunger, achieve food security and improved nutrition and promote sustainable agriculture

Goal 3 – Good health and wellbeing - Ensure healthy lives and promote well-being for all at all ages

Goal 4 – Quality education - Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

Goal 5 – Gender equality - Achieve gender equality and empower all women and girls

Goal 6 – Clean water and sanitation - Ensure availability and sustainable management of water and sanitation for all

Goal 7 – Affordable and clean energy - Ensure access to affordable, reliable, sustainable and modern energy for all

Goal 8 – Decent work and economic growth - Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

Goal 9 – Industry, innovation and infrastructure - Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation

Goal 10 – Reduce inequalities - Reduce inequality within and among countries

Goal 11 – Sustainable cities and communities - Make cities and human settlements inclusive, safe, resilient and sustainable

Goal 12 – Responsible consumption and production - Ensure sustainable consumption and production patterns

Goal 13 – Climate action - Take urgent action to combat climate change and its impacts

Goal 14 – Life below the water - Conserve and sustainably use the oceans, seas and marine resources for sustainable development

Goal 15 – Life on land - Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss; and,

Goal 16 – Peace, justice and strong institutions - Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

Goal 17 – Partnerships for the goals - Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development

We will list each of the goals in detail below. Because of the length of the document, I will spread it over three editions of the LNIB Newsletter. I hope that you will find it interesting and useful reading. If you are interested in learning more about development indicators, please visit the site of the United Nation Development Program at

<http://www.undp.org/content/undp/en/home/sustainable-development-goals.html>.

Helder Ponte
January 2017

Dr. Ahmed (Optometrist) will be here
April 20 & 21, 2017

If anyone is interested, please complete and return this form to the
L.N.I.B Community Services

Name: _____

Date of Birth: _____

Status Card: _____

Care Card Number: _____

Phone Number: _____

It is **important** that the whole form is filled out or else I cannot put in for an approval. Once approval has been given, I will call and set up an appointment with you.

If you have any questions please call the Community Services at
(250) 378-4089 and ask for Wenona Mike

Citxw Nlaka'pamux Assembly

YOUTH CONFERENCES

Ages 10—17

March 27 & 28, 2017—Merritt Civic Centre

March 29 & 30, 2017—Cook's Ferry Gym

Day 1:

10:00 a.m.—12:00 p.m. Youth Workshops

Lunch Served at 12:00 p.m.

1:00 p.m.—3:30 p.m. Youth Workshops

Break: 3:30 p.m.—5:30 p.m.

Evening

5:30 p.m. Dinner & Storytelling

7:00 p.m.—9:00 p.m. Youth Dance

9:30 p.m. Camping Set Up In the Gym

(Sleepover at Cook's Ferry Conference Only,
Bring Tent & Sleeping Bag)

Day 2:

Breakfast & Clean Up at Cook's Ferry Only

10:00 a.m.—12:00 p.m. Youth Workshops

Lunch Served at 12:00 p.m.

1:00 p.m.—3:30 p.m. Youth Workshops

Pick Up Time—3:30 p.m.



We will inspire the youth to pursue their dreams and spark their passions in life.

They will develop skills as leaders in their communities through this very interactive conference topped off with super amazing workshops with an excellent line up of speakers and facilitators that they will never forget!

For more information or to register please contact Kristy Henkes at (250) 378-1864 or email at khenkes@cna-trust.ca



Citxw Nlaka'pamux Assembly

(Ashcroft Indian Band, Boston Bar First Nation, Coldwater Indian Band, Cook's Ferry Indian Band,
Nicomen Indian Band, Nooaitch Indian Band, Shackan Indian Band, Siska Band)

MARCH YOUTH LEADERSHIP CONFERENCES-REGISTRATION FORM

YOUTH INFORMATION			
First Name:		Last Name:	
Birth date:	Age:	Sex: <input type="radio"/> M <input type="radio"/> F	Band and Band Number:
Address:			
Town/City/Postal Code:			
Email:	Home phone no.:	Cell phone no.:	
Parents/Guardians:	Home phone no.:	Cell phone no.:	
Youth Chaperone (if applicable):	Relation to Youth:	Chaperone phone no.:	
Merritt Civic Centre: March 27 & 28, 2017 <input type="radio"/> Cook's Ferry Gym: March 29 & 30, 2017 <input type="radio"/>			
ALLERGIES/IN CASE OF EMERGENCY			
Allergies:			
Name of friend or relative (not living at same address):	Relationship to Youth:	Home phone no.:	Work phone no.:
Personal Health Number:			
Patient/Guardian signature		Date	

MEMBER OWNED BUSINESS DIRECTORY**Cascadian Forest Consultants Service**

A3ranches@hotmail.com

250-280-1687 (cell)

Leona Antoine, Principal

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

JP Edwards Contracting

Jpedwards33@gmail.com

250-936-8737 Moses Edwards, Principal

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

JW Forest Contracting Ltd.

250-378-5468

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

Logging contractors, road builders, land clearing

Established 1998

Certified Safe Company

11 employees, 80% First Nations

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

Millco Safety Services

www.millcosafety.com

PO Box 4154 Lower Nicola, B.C.

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

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

S&D Muir Inc

sd.muirinc@gmail.com

250-378-1964 Shane Muir,

Mining and Survey Equipment

SCS Diamond Drilling

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

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

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

Angie Bain

angiebain@shaw.ca
604-802-9709

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

Donna Bent

250-378-4396 Donna Bent Artifacts

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Connie Joe

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Connie Joe Accounting

Shannon Kilroy

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Earthline Contemporary Aboriginal Designs and
Accessories
Bonnie LaBounty
labounty.advisor@gmail.com
Honey Pot Daycare

Odd Job Joe

Handy Man Service & Solutions 24/7
(250) 378-7945

Ryan Mann

rmann_20@hotmail.com
Hoodoo Ranch and Pipe Fitter Inspection

Mostly Glass

Mostly Glass Creations: Stained glass, mosaics, mo-
osaic lamps, stepping stones, beads, crystals, prisms,
window charms, bracelets
Email: mostlyglasscreations@gmail.com

Don McIvor

250-378-0095 Licensed Auto Technician

Sharon McIvor

250-378-3300 Lawyer, Instructor and Legal Advisor

James McNaney

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Trucking, Hauling

Earl Michel

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Wolf Pac Construction

Focus iN Consulting

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gaildjoe@gmail.com

Lorne Mike

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2mojo@ocise.net

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

Gene Moses Fencing

Gene Moses
250-378-2801

Vivian and Arnie Narcisse

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

Growing Garlic/Nicola Valley Produce

Jerrold Peterson
growinggarlic.ca
growinggarlic.ca@gmail.com

Gwayne Point

250-378-9167 Northwest Indian Art

Clyde Sam

Laidlaw0@telus.net
Construction equipment

Maggie's Bannock
Maggie Shuter
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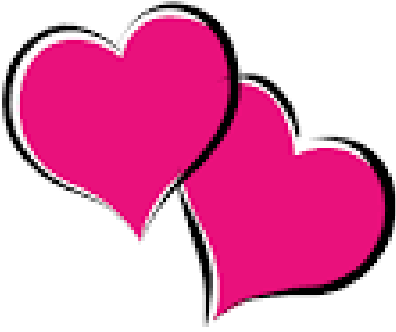
ASTROLOGY

from Whats-your-sign.com

Otter - January 20 - February 18 A little quirky, and unorthodox, the Otter is a hard one to figure sometimes. Perceived as unconventional, Otter methods aren't the first to be chosen to get the job done. This is a big mistake on the part of others - because although unconventional, the Otter's methods are usually quite effective. Yes, the Otter has an unusual way of looking at things, but he/she is equipped with a brilliant imagination and intelligence, allowing him/her an edge over every one else. Often very perceptive and intuitive, the Otter makes a very good friend, and can be very attentive. In a nurturing environment the Otter is sensitive, sympathetic, courageous, loyal and honest. Left to his/her own devices, the Otter can be unscrupulous, lewd, rebellious, and isolated



Wolf - February 19 - March 20 Deeply emotional, and wholly passionate, the Wolf is the lover of the zodiac in both the physical and philosophical sense of the word. The Wolf understands that all we need is love, and is fully capable of providing it. Juxtaposed with his/her fierce independence - this Native American animal symbol is a bit of a contradiction in terms. Needing his/her freedom, yet still being quite gentle and compassionate - we get the picture of the "lone wolf" with this sign. In a nurturing environment the Wolf is intensely passionate, generous, deeply affectionate, and gentle. Left to his/her own devices the Wolf can become impractical, recalcitrant, obsessive, and vindictive



Let me introduce myself. My name is Valentine. I lived in Rome during the third century. That was long, long ago! At that time, Rome was ruled by an emperor named Claudius. I didn't like Emperor Claudius, and I wasn't the only one! A lot of people shared my feelings.

Claudius wanted to have a big army. He expected men to volunteer to join. Many men just did not want to fight in wars. They did not want to leave their wives and families. As you might have guessed, not many men signed up. This made Claudius furious. So what happened? He had a crazy idea. He thought that if men were not married, they would not mind joining the army. So Claudius decided not to allow any more marriages. Young people thought his new law was cruel. I thought it was preposterous! I certainly wasn't going to support that law!

Did I mention that I was a priest? One of my favorite activities was to marry couples. Even after Emperor Claudius passed his law, I kept on performing marriage ceremonies -- secretly, of course. It was really quite exciting. Imagine a small candlelit room with only the bride and groom and myself. We would whisper the words of the ceremony, listening all the while for the steps of soldiers.

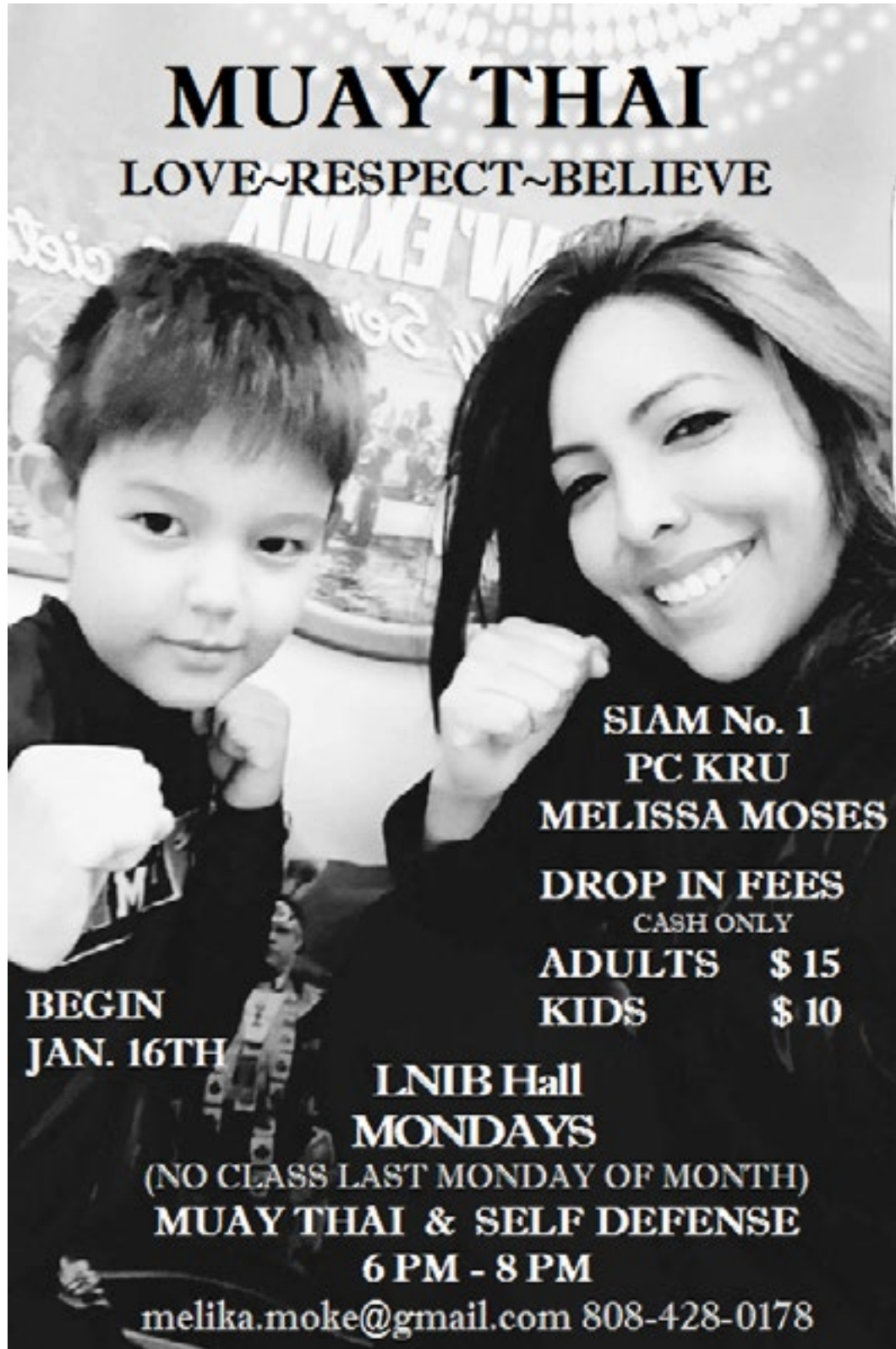
One night, we did hear footsteps. It was scary! Thank goodness the couple I was marrying escaped in time. I was caught. (Not quite as light on my feet as I used to be, I guess.) I was thrown in jail and told that my punishment was death.

I tried to stay cheerful. And do you know what? Wonderful things happened. Many young people came to the jail to visit me. They threw flowers and notes up to my window. They wanted me to know that they, too, believed in love.

One of these young people was the daughter of the prison guard. Her father allowed her to visit me in the cell. Sometimes we would sit and talk for hours. She helped me to keep my spirits up. She agreed that I did the right thing by ignoring the Emperor and going ahead with the secret marriages. On the day I was to die, I left my friend a little note thanking her for her friendship and loyalty. I signed it, "Love from your Valentine."

I believe that note started the custom of exchanging love messages on Valentine's Day. It was written on the day I died, February 14, 269 A.D. Now, every year on this day, people remember. But most importantly, they think about love and friendship. And when they think of Emperor Claudius, they remember how he tried to stand in the way of love, and they laugh -- because they know that love can't be beaten!

- Story as published by Isabel Perez on isabelperez.com



MUAY THAI
LOVE~RESPECT~BELIEVE

SIAM No. 1
PC KRU
MELISSA MOSES

DROP IN FEES
CASH ONLY

ADULTS	\$ 15
KIDS	\$ 10

BEGIN
JAN. 16TH

LNIB Hall
MONDAYS
(NO CLASS LAST MONDAY OF MONTH)
MUAY THAI & SELF DEFENSE
6 PM - 8 PM
melika.moke@gmail.com 808-428-0178

LIFE EVENTS



Happy Birthday to the following staff members:

Rhonda Dunn - February 1, Joe Shuter, February 6.
Deneen Grismer - February 10, Chelsea Spahan - February 11,
Theresa Bose - February 17, Debbie Pearson - February 19,
Crystal Wallace - February 22, Lepika Saddleman - February 23,
Jason Sterling - February 24, Geraldine Bangham - February 25,
Anna Hudson - February 28

*JNJ - Thanks for being my
Valentine everyday
xxxx R*

**Dave - 27 years of love and affection,
happy Valentines Day every day
Lots of love - Trena**

**J - I love you
Happy Valentines day!
- D**

To My Valentine

**Happy
Valentines
Day** LP 0x0x0x

FEEL THE BEAT

Good Afternoon, Everyone

My name is Jacqueline Merritt and I am the new Cultural Program Coordinator for Scwexmx Child and Family Services, I also do Youth Support and run the Cultural Community Night at Shulus Hall called Feel the Beat that runs Tuesday-Thursday from 4:30-9pm, Potluck Dinner included.

Feel the Beat is focusing on the restoration of the protocols and values rooted in the culture of the Nlaka'pamux and Sylix peoples in the way of seasonal teachings. Feel the Beat is always an open invitation to all heritage, all peoples, to participate in a safe environment to learn and grow in culture. We aim to provide leadership and opportunity to connect to our cultural identity

If you would like to be added to the monthly email list for Feel the Beat, please send me a message and once I have all our facilitators confirm for the dates for February I will be sending them out into the community. If you and your organization would like to collaborate on some cultural events days or crafts, teachings please let me know as we are open to working with other community organizations.

email: youthworker@scwexmx.com

CULTURAL REVIVAL EVENTS - FEBRUARY

Thursday, February 16 - Family Trailer - 5 pm - 7 pm
Medicine Bags and Pouches

Tuesday, February 21 - Family Trailer - 10 am - 2 pm
Pine Needle Basket Making

Thinking about March - a weekend day long workshop on cedar root basket making, salish strap weaving and wildcrafting - what to gather in the Spring. We would like to put together some numbers for such a workshop, so if you are interested in participating please email Sharon Antoine at santoine@lnib.net and stay tuned!



These pine needle baskets made by Donna Bent

BAND SCHOOL CALENDAR

February 2017



Mon	Tue	Wed	Thu	Fri
		1 Grilled Cheese	2 Cow girl soup	3 Indian Taco
6 Beef Stew	7 Pizza pops	8 Egg salad sandwiches	9 Chicken Caesar salad	10 Harper Mountain Tubing Pack a lunch No Hot Lunch
13 Family Day No School	14 Lasagna casserole Valentines Day Wear Red	15 Bologna sandwiches	16 Chicken noodle soup	17 Pizza casserole
20 Chicken stew & bun	21 Nacho supreme	22 Wieners, beans & rice LNB School Addition Ribbon cutting @ 4:30 Monthly Dinner @ 5:00 ANTI-BULLING DAY WEAR PINK T-SHIRT	23 Mac & cheese with veggie sticks	24 Pro D Day No School
27 Taco salad	28 Perogies & potato salad			

RECREATION CALENDAR

February 2017

LNIB RECREATION



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All activities subject to change due to other community events. Thanks	YOGA IS NOW AT THE CIVIC CENTER. SIGN IN ON SHEET ONLY ONCE A WEEK!	Yoga: 5:30 – 6:45 1 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	2 FAMILY SWIM NIGHT OPEN TO ALL SIGN IN AT FRONT DESK	3 Public SKATING 5:30-6:45PM YOUTH CENTER 7-9PM @ arena	4 Public Skate 6-7:15
5	GYM/ SWIM 6 YOGA AT CIVIC CENTER 5:30-6:45PM YOUTH DROP IN HOCKEY 4-5	7 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER @ ARENA 6:30-8PM	Yoga: 5:30 – 6:45 8 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	9 FAMILY SWIM NIGHT OPEN TO ALL SIGN IN AT FRONT DESK	10 Public SKATING 5:30-6:45PM YOUTH CENTER 7-9PM @ arena	11 Public Skate 6-7:15
12	13 OFFICE CLOSED FOR FAMILY DAY!!	14 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER @ ARENA 6:30-8PM	Yoga: 5:30 – 6:45 15 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	16 FAMILY SWIM NIGHT OPEN TO ALL SIGN IN AT FRONT DESK	17 Public SKATING 5:30-6:45PM YOUTH CENTER 7-9PM @ arena	18
19	GYM/ SWIM 20 YOGA AT CIVIC CENTER 5:30-6:45PM YOUTH DROP IN HOCKEY 4-5	21 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER @ ARENA 6:30-8PM	Yoga: 5:30 – 6:45 22 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	23 FAMILY SWIM NIGHT OPEN TO ALL SIGN IN AT FRONT DESK	24 PRO D DAY 8am – 4pm CROSS COUNTRY SKIING KANE VALLEY Skating 5:30-6:45	25 Public Skate 6-7:15
26	GYM/ SWIM 27 YOGA AT CIVIC CENTER 5:30-6:45 FINAL YOUTH DROP IN HOCKEY 4-5	28 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER @ ARENA 6:30-8PM				

FROM THE EDITOR



One of the legend like stories in my family is about the Russian Revolution which impacted even neighbouring Latvia. Some time around 1919-1920 my grandfather was exiled to Siberia for shooting a Bolshevik (it was actually done by a friend who incriminated him), and my grandmother went with him. They were sent to Irkutsk While there, she gave birth to my mother. My grandfather pleaded with authorities for permission for his wife and child to go back to

Latvia (6,000 km away). He managed to secure a pass which allowed 2 persons to travel - no names attached. He and my grandmother boarded the train - the baby tucked inside grandfather's big bearskin coat - and they managed to get past the authorities and back to freedom. Here's a photo of my grandparents and the famous bearskin coat.



I share this story because the stories of our grandparents and greats give us each a sense of where we belong in the world and what strength of character is gifted to us through them. When we're young, we think there is all the time in the world to spend time with our elders and families and to hear their stories....and then time slips away and they are gone.

The First Nations have had a very strong oral tradition of passing down stories but the way our lives are shaped these days, those opportunities and traditions are falling by the way side. We have to work harder to keep those stories alive, to pay tribute to the people who came before us. So here's a challenge - search out those old family photos and share the stories about the people in them with your children and grandchildren. It is a precious gift. Even better - share their stories with fellow band members; it would be an awesome addition to the newsletter!

As always, we welcome any contributions to the newsletters from LNIB members. And if there is something you think is missing from the newsletter, please let me know. I can be reached at the Band Office, by phone at 250-378-5157 or email to communications@lnib.net

k^wuk^wscemx^w

Ruth Tolerton (nee Tomsons)

PROUD TO BE
LNIB