



January 2017 N?e?iyk Spiləxm

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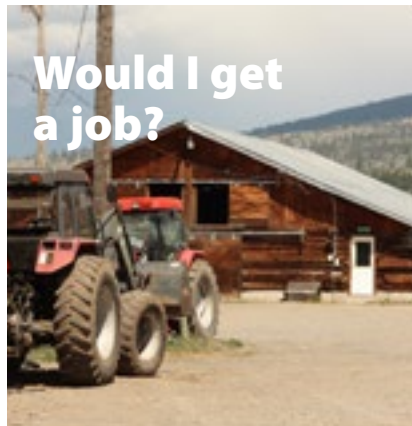
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COMMUNITY MEETING RE KINDER



Kenatwáxw
we work together



COMMUNITY INFORMATION MEETING – TRANS MOUNTAIN EXPANSION PROJECT

Learn about our decision regarding an Agreement

Join our community information meeting to update members on our Conditional Agreement regarding Kinder Morgan's Trans Mountain Expansion Project and upcoming decision.

It's our choice
TMEP CONDITIONAL AGREEMENT

Where: Shulus Hall and online

When: Wednesday January 11 from 5pm to 8pm (6pm to 8pm online)

What: Dinner at 5pm followed by presentations and Q&A

Can't make it? Take part online.
To join online, e-mail askus@lnib.net with your name and date of birth to receive a password and more details on how to participate.

CHIEF AARON SAM - MESSAGE

Dear Lower Nicola Band Members,

A belated Merry Christmas and Happy New Year to LNIB members, family, and friends. May 2017 be your best year yet!

As many of you already know, I have been asked by the New Democratic Party to seek the nomination for the NDP in the upcoming Provincial election. After much deliberation, I have agreed.

I am seeking the nomination, as is former MLA Harry Lali. Sometime over the next couple months a nomination meeting will be scheduled, and NDP members in the Fraser Nicola riding will determine who will run in the upcoming election against current Liberal MLA Jackie Tegart.

If I am elected MLA on May 9th, 2017 I will have to resign as Chief. As elected MLA I would represent all residents in the riding, and I would still represent Lower Nicola Band members, but in a different capacity. Regardless of what happens in the Provincial Election, I will still reside here locally and be actively involved in our community.

Until I know more about the NDP nomination, I continue to work as full time Chief. If you have any questions, please do not hesitate to contact me at 250.315.7563.

Chief Aaron Sam

Smudging Prayer:

May your hands be cleansed that they create beautiful things
May your feet be cleansed that they might take you where most need to be
May your heart be cleansed that you might hear its message clearly
May your throat be cleansed that you may speak rightly when words are needed
May your eyes be cleansed that you might see signs and wonders of this world
May this person and space be washed, clean by the smoke of fragrant healing plants.
May the same smoke carry our prayers spiraling to the heavens
Kʷukʷscemxʷ

submitted by Sharon Antoine

COMMUNITY MEETING ROCKY PINES RESI-

KEEP YOUR NEIGHBOURHOOD SAFE!

ROCKY PINES NEIGHBOURHOOD MEETING

THURSDAY, JANUARY 19TH AT 6:00 PM

'HEAD START 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.

After receiving several concerns about the possibility of drug dealing in Rocky Pines, Council has struck a committee to address the issue. The Committee consists of Councillors Lucinda Seward, Lesley Manuel and Joanne Lafferty, along with Executive Director Helder Ponte and Bridget Labelle, Human Services Sector Director and First Nations Policing RCMP Liaison. This community meeting is a first step in addressing the issues raised.

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

Crimestoppers

Drug Awareness Programs

COUNCILLOR LEONA ANTOINE



Greetings LNIB !

I am hoping that 2017 brings the best to you all in the upcoming year. I know I have my New Years Resolutions list in place; less coffee/more water, regular exercise routine (train for the Shulus Run and Try It Marathon in Merritt), more leisure time to smell the roses, and travel to a new destination. So if you see me walking about don't hesitate to join me - more the merrier because as a team you feel more accountable rather than self motivation!

As a Councillor of Natural Resources and Economic Development/ Employment I have been getting familiar with all the Stake Holders and what work is required to move forward. In discussions with our band entrepreneurs I can see opportunity for those that are established and see how we can communicate, what capacities can be fulfilled within our joint ventures and other projects. In order for this to be successful I encourage band members to talk to Robyn Peterson so we are aware of our memberships capacity and how we can offer more tools to be successful. The community garden is now wrapped up for another successful season. Lorna Shuter is working hard on expanding and adding nutritional value to our community. I am glad to see the vision of a medicine wheel garden of our traditional plants coming to a reality. I feel its important for our community to have a sustainable garden at a community level; knowing that it is organic and we grew it makes it that more worth it. Our Councillor Nicholas Peterson had an article from his thesis in Grasslands Conservation published... congratulations Nicholas. His expertise takes him to an Organic Conference in Nanimo February, being the main speaker...Proud of you Nicholas.

The disposal of biosolids is still a threat to the Nicola Valley and is not off the radar. I along with Doreen Sterling and other Nicola leadership have been working hard with Shuswap Tribal Council on the concerns of contamination in our territories. The message has been loud and clear from leadership that we need to start looking at alternative solutions rather than land applications. It has been decided that February 22-23 at TRU we will host a precautionary biosolid forum with independent scientists, municipalities, regulators, and alternatives. We will release more information once confirmed. All are invited.

A fire management group has recently been formed working towards traditional management of fire as a tool for our landscape at large. We are wanting to expand the group to previous fire fighters and elders to contribute to this proposal as the funds are available and it is just a matter of implementation of the strategy. If you're interested please contact me..

December 2 a Steelhead Management meeting took place in Kamloops with all stakeholders regarding concerns of the endangerment of our steelhead and what impacts it. This was a beginning open dialogue on what is needed to bring the numbers back up. The determining factors that are needed are; scientific data as to what is threatening the habitat, capacity, harvesting commercial and sustenance, and how we can obtain with tight budgets to achieve our goal. This will be on going and hope to see results as this concerns me greatly.

I have been chosen to be the Council liaison Councillor and will be at the Band office Monday, Wednesday and Thursdays. If band members have questions or concerns please don't hesitate to contact me on these days during office hours.

Thank You
Leona Antoine

COUNCILLOR BILL BOSE

Happy New Year!





**Bang
the**



**Drum
Gently**

Councillor Bill Bose

May your year be the best ever!

-  Be sure to vote on the Conditional Mutual Benefit Agreement in February for our Future
-  Plan to attend the 30th Annual Jr. Native Hockey Tournament in March
-  Come & bring a friend to the 48th Annual Quilchena Braves Tourney
-  Proudly support our Native Athletes!

Punch

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	2	2	2	2	1	2	2	2	1
TOTAL	10	9	10	10	9	9	8	9	8

NEED A COMPUTER?

The Lower Nicola Indian Band still has a number of refurbished desktop computers available for Band members. These are desktop units with “box”, keyboard, mouse, screen, and loaded with an older version of Windows. We do not have any printers available.

If you need a computer, please sign up on the Computer Request sheet at the Band Office reception. We will do our best to accommodate requests based on numbers of computers available and number of requests.

Mixed Bean Soup

- 1 cup dried beans
- 3 cups water
- 3 cups chicken stock
- 1 carrot diced
- 1 stick celery diced
- 4 tbs dried onion flakes
- 1/4 cup ham or sausage
- 1/2 tsp cumin
- 1/2 tsp chili powder
- salt
- pepper

How fast this soup cooks depends on whether you pre-soak the beans or not. You can pre-soak the dried beans in water overnight and then drain, or you can just cook directly realizing that the beans will take a couple of hours to soften.

Cook the beans in the 3 cups water over simmering heat. When the beans are almost tender and the water mostly absorbed, add the chicken stock and the other ingredients. Continue to simmer until beans are completely tender (not crunchy).

This is a soup that is served in Mexico at road side eateries and is eaten no matter how hot it is outside. The amount of heat you add (via chili powder) is a matter of taste, and you can up the heat quotient by adding hot sauce.

EXECUTIVE DIRECTOR REPORT



LNIB Executive Report

For the Period from November 29th to December 23rd, 2016

Dear LNIB Member,

I am pleased to provide you with a summary of the activities in which I have been involved in the capacity as Executive Director of LNIB for the period from November 29th to December 23rd, 2016.

Happy New Year! I hope that you had a Good Christmas in the company of those you most cherish and wish you the best in the New Year that just started; may you realize in 2017 all the goals that you have set for the new year.

I take this opportunity to publicly recognize the work of LNIB Human Services Sector Staff and LNIB School for the work that they did in organizing a number of LNIB Christmas celebration events for children, families, and elders. All the events were very well attended and considered a success by those who attended them.

LNIB Community Safety – We received recently three letters from Band Members concerned about the sale of illegal drugs and the safety of children and families in Rocky Pines. We brought the issue to the attention of Chief & Council, who directed us in working with the Merritt Detachment of the First Nations Community Policing to address the concerns. A committee was established and we to date had two meetings with RCMP officers on how to proceed in addressing these major concerns.

We are now working on organizing a **Rocky Pines neighbourhood meeting for Thursday, January 19th, at 6:00 pm at the HeadStart Trailer**. The meeting, tailored to the needs and concerns of Rocky Pines residents, will be comprised of three main components: an overview of and establishment of a Rocky Pines neighbourhood BlockWatch Program; an overview of the Crime Stoppers program; and a neighbourhood drug awareness program.

As you may be aware, we are, in Canada, in the midst of a major crisis regarding the lethal use of fentanyl, which has caused more than 700 deaths in BC alone last year, and we are deeply concerned about its impact in our own community. We urge LNIB members who may be exposed to this risk to seek help before contemplating the use of fentanyl and other illicit drugs, by contacting immediately our staff at LNIB Community Services or other services available in Merritt.

Mutual Benefits Agreement with Kinder Morgan Canada for TransMountain Pipeline Expansion – We are currently engaged in a public information initiative regarding this important file. Chief & Council has agreed to hold a **community ratification vote (referendum), scheduled for February 18th, 2017**.

Review of LNIB Education Policies – The work of this Committee has proceeded at good pace. We have now completed the review of Post-Secondary Policies, and we will now focus on Vocational and Professional, and

then Kindergarten to Grade 12. We plan to bring a full set of recommendations to Chief & Council soon, as soon as we complete these tasks.

Review of LNIB Housing Policies – The LNIB Housing Staff Working Group (Barry Torgerson, Hyrum Peterson, Joe Shuter, Phyllis Edward, and me) has now completed the review of housing policies and worked with Ms. Leah Mack, the lawyer that the FN Market Housing Fund agreed to fund to work with us on this. We expect to review the final draft of the policies in the next two weeks, and then bring it for Chief & Council review and approval.

Rocky Pines Community Centre – Mr. Lubor Trubka and Ms. Wendy Crowe, the architects that we retained to design the Rocky Pines Community Centre, made a presentation to Chief & Council outlining the project concept. In this presentation, a number of improvements are discussed and incorporated in the project. We expect to engage in the tender process early in the next two weeks. We plan to present the full concept of the plan at the Band General meeting of January 30th.

New Fire Truck for LNIB Fire Department – Chief & Council approved the purchase of a new fire truck in the amount of \$541,000, at the meeting of December 20th, 2016. LNIB will finance this expenditure with the 25% savings of annual property tax revenues (a key fiscal management measure lead by former Councillor Clyde Sam and approved by the previous Council), accumulated over the last two years. We also have approached INAC for funding support, and are now in the queue for a portion of the cost of the truck.

LNIB 5 Year Capital Management Plan - Chief & Council reviewed and approved the 5 Year Capital Management Plan prepared and presented by Hyrum Peterson, Director of Infrastructure. This plan outlines the priorities for capital infrastructure and municipal services needs, which exceed over \$28 million over the next five years. We know that we will not be able to fund all projects listed in the plan, but we now have consensus on the priorities. The Capital Management Plan is not a rigid document, as Chief & Council may consider new priorities, and must approve in advance every single capital infrastructure initiative.

Construction of LNIB School Addition – Construction of this project is now complete. We are now installing furniture, fixtures and equipment so we will start using the new classrooms as early as next week. The expansion consists of the construction of four new classrooms, one of which will be a fully equipped technology classroom. The solar farm project is also now complete and in operation. We encourage you to visit the new classrooms and become familiar with these major improvements in the LNIB School.

INAC Funding for Pipeseul Business Park Project – Leesa Mike and I met with INAC representatives in Vancouver to explore the viability of funding support for developing the Pipeseul Business Park. Much development work needs to be done, including site development design, planning and construction of site services. As you may know, Leesa Mike worked diligently in the last two years in securing a land grant from British Columbia of a parcel of an 87 acres parcel of land adjacent to LNIB's Pipeseul Indian Reserve # 3 and the municipal boundary of the District of Logan Lake, near Teck's Highland Valley Copper Mine site.

Recruitment of Part-Time Male Counsellor – After a long search, we finally completed the recruitment of a Male Counsellor for LNIB. The successful candidate is Mark Coutlee, who is an LNIB member.

Chief & Council Honorarium – I prepared a draft set of suggestions for honorarium for Council Members of LNIB. Chief & Council is now reviewing this draft along with other suggestions, and will bring this topic for discussion and endorsement at the upcoming Band General Membership Meeting of January 30th, before any changes are made in the current honorarium and Council remuneration policy.

Executive Director Recruitment – At request of Chief & Council, I prepared a revised draft of the job description and job posting for the position of Executive Director at LNIB. As you may know, 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.

Joint Session of LNIB C&C and LNIB Development Corporation Board of Directors – If you recall, I reported in the November issue of our Newsletter the work done on this initiative. We are now ready for the second session, which will take place on January 13th and 14th in Kamloops. At this second session, we will discuss the principles that will be followed in investing LNIB resources (LNIB Investment Code), and discuss the expectations of both Chief and Council, LNIB administration, and the Board of Directors of LNIB Development Corporation and their key senior managers to be included in the Letter of Owner's Expectations, and the next steps in strategic and operational planning for LNIB Development Corporation.

Chief & Council Education Session on Conflict of Interest – To meet the requirements set in the Conflict of Interest Provisions of the LNIB Financial Administration Law, we retained the services of Mr. Doug Springford to facilitate 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.

Meeting with BC Liquor Distribution Branch re: Rural Liquor Licence Application for Quilchena – I worked with representatives of the BC Liquor Distribution Branch in organizing a meeting with Chief Aaron Sam and Chief Harvey McLeod, and LNIB Health Services staff, and prepared a background paper to discuss our concerns and suggestions regarding the granting of a rural liquor licence at Quilchena.

Change in WED Project Approval Due to LNIB Priorities – Hyrum Peterson and I met with WED representatives regarding our preference to have the LNIB Arena fire suppression system upgrade project approved by WED, rather than the (small) expansion of Shulus Hall, which has received approval by WED under the Canada 150 Program. For LNIB, the LNIB Arena fire suppression system upgrade is a greater priority. Our request was well received by WED, and we expect a formal response in the next few weeks.

Cancellation of Certificate of Possession (Land Allotment Lot 11 Joyeaska IR#2) – I assisted in providing an affidavit regarding the cancellation of this land transaction. LNIB has now retained legal counsel and this matter is now under Chief & Council review and direction.

N?e?kepmxcin LNIB Language Nest – We plan to open the N?e?kepmxcin LNIB Language Nest in two weeks time. Registrations are now open, and we urge young families to consider to enroll their young children in this important program.

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



Simple Bird Feeder



Materials: Lard, String, Pine cone, Birdseed
 Tie a piece of string around the widest part of the cone.
 Mix the lard and seed together, then press the mixture into the branches of the cone.
 Use the string to tie the cone up in a tree or bush for the birds to enjoy

(Peanut butter also makes a good base)

Our natural world provides medicines for coughs. Some you may be familiar with in teas or tinctures are:

Chicory, Chokecherry, Son Before the Father (Coltsfoot), Elderberry, Golden Rod. Licorice Fern Root, Planago Major or Lancelota, Trembling Aspen

HUMAN SERVICES/HEALTH CENTRE



January 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Closed	3	4	5	6 Grieving Circle 9:30	7
8	9 Parents and Babes 11-1 Boot Camp	10 Office Day	11 Community Walk 11-12	12 COHI Games & dinner 4:30-6:30	13 Grieving Circle 9:30	14
15	16 Community Walk 11-12	17 Program TBA 4:30-6:30	18 GFB	19 Office Day	20 9:30 Grieving Circle 2:30 Skill Share Teas	21
22	23 Parents and Babes 11-1	24 Crafts & dinner 4:30-6:30	25 Office Day	26 COHI Elder's Lunch Ski Trip	27 Grieving Circle 9:30	28
29	30 Traditional Parenting Workshop Planning 10-12	31 Program TBA 4:30-6:30				

Notes

For any more information please contact Marilynne Munro or Tammy Armstrong at the health center @250-378-4089 Please Note that events or activities may change due to unplanned events or circumstances.

- * Parents and Babies is geared towards prenatal to preschool ages. Each family who attends the entire program each week will be given a \$10 gift card and a block cheese.
- * Anyone who can come in on Fridays to share your "skill" with us we will give a \$25 gift card. Please call ahead so we can arrange a date. Beading, knitting, cooking etc....
- * Seating is limited for the Ski trip there is a sign up sheet at the front desk. For more info you can contact :
Cliff Garcia cgarcia@lnib.net or Chelsea Spahan recreation@lnib.net .

LANGUAGE NEST STARTS JANUARY 17TH!

LNIB N̄eʔkepmx Language Nest

snukw̄eʔ
friend

teyt
hungry

nksytkn
My family



Sincʔ
Little brother

sllaʔxans
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

CLEAN DRINKING WATER MEETING



DOOR PRIZES

CLEAN DRINKING WATER

Share and discuss your perspectives on safe drinking water

Thursday, January 26th at 12pm
Shulus Community Hall

LUNCH WILL BE PROVIDED

Hosted by:
reseauwaternet.ca



SHULUS COMMUNITY GARDEN

Happy New Year everyone!

This is Lorna Shuter, it has been an honor to supervise the production of growing fresh vegetables at the Shulus Community Garden in 2016. A big "Thank you" to all of the Lower Nicola Indian Band Chief & Council, Executive Director and all of the staff and volunteers for making the garden a tremendous success.

This year the vegetable garden area will be double the size of last year, and the produce list will expand to include suggestions gathered by staff at the LNIB Community Services Programs and more.

The Garden also has a magnificent medicinal garden with trees, shrubs and assorted medicinal plants for your enjoyment. We are looking for help to build a gazebo, to plant and to share more about the traditional medicinal plants of our territories.

Please come for a tour at Shulus Community Garden and see if there is an area that you would like to participate in, as we want to make the garden an interesting place for all ages.

We will host the "Grow Local" food program and the "Honor Your Health Challenge - A Growing Concern" program. Since gardening involve physical activity to grow nutritious food for the whole family, the program involves fun games and activities, nutritious refreshments, indoor/outdoor class sessions and hands on activities. We will start seedlings indoor and plant them outside. You will leave the program with a binder of all the hand outs and your notes that will help each of you to continue to grow your own food in your own gardens. All activities work around being active while growing nutritious food and is open to all ages.

Please assist the LNIB by filling in the Grow Local food program survey, as your input will help us and the Garden Supervisor to plan the Shulus Community Garden for your benefit. Please submit your survey to the LNIB receptionist attention Lorna Shuter or phone 250-378-5157 for more information.

Thank you,
Lorna Shuter



HONOUR YOUR HEALTH CHALLENGE



Our challenge is to consume a healthy diet and fitness program within our life style. We want to understand what nutrients our body needs to be healthy and to be physically fit to grow our own food.

We will learn the nutritious values of vegetables, fruit and other food sources. We will learn to plan and plant a garden from seed, then we will plant the seedlings into the ground. We will learn how to harvest, store and preserve the food we grow. We will learn and practice to be physically fit, as gardening is labor intensive, therefore, an exercise program will be incorporated into our daily activities. Gardening is a family affair, so fun activities, games and healthy refreshments will be part of our weekly routine.

We will be incorporating a Holistic Model as part of the challenge. Where we will separate food into the four horizon sections of the medicine wheel to recognize how we nourish our Spiritual, Emotional, Physical & Mental parts of our being, and build on the model throughout the program. We will include traditional medicine plants, vegetables, fruit and other sources for this program.

Project start date: Monday, January 23, 2017
Project End Date: Friday, June 30, 2017
Target Group: Pre-school age, Youth, Adults, Elders
Project Location: TBA
Estimated Amount of Participants: 11-25 people in total.



Aboriginal Healthy Living Activities Leader: Lorna Shuter

You can contact Lorna at the Lower Nicola Indian Band's main Administration Office

181 Nawashaskan Lane

Merritt, B.C.

V1K 0A7

Phone: (250) 378-5157

Email: Lorna@lnib.net

Honor Your Health Challenge is a program funded by the Ministry of Health in partnership with Aboriginal Sport, Recreation and Physical Partners Council.

BC Association of Aboriginal Friendship Centers

551 Chatham Street

Victoria, B.C.

Website: www.aboriginalsportsbc.ca

Facebook: <http://facebook.com/ASRPAPartnersCouncil>

LNIB SCHOOL CALENDAR JANUARY

January 2017

Mon	Tue	Wed	Thu	Fri
2 No School	3 Tuna casserole	4 Cowboy soup	5 Shepherd's pie	6 Ham/cheese Sandwiches
9 Tuna melts & veggie sticks	10 Chicken stir fry	11 Pigs in blankets	12 Sweet & sour meat-balls with rice	13 Bean burrito with corn chip salsa
16 Chicken noodle soup bun and veggie sticks	17 Spaghetti & garlic bread	18 Beef stir-fry	19 Chicken balls & rice	20 Stuffed baked potato & ham
23 Sloppy joes	24 Porcupine balls & Caesar salad	25 Corn dogs Monthly Dinner Everyone welcome	26 Beef barley soup	27 Mini pizza salad
30 Potato soup	31 Chicken chow mein			

MEMBERSHIP

RENEWING YOUR CERTIFICATE OF INDIAN STATUS CARD (CIS)

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

CALL GERALDINE BANGHAM AT 250-378-5157

IDENTIFICATION REQUIRED

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

Acceptable ID:

Primary ID - Valid Canadian Passport

- New plastic CIS issued after 2002 ; and

Secondary ID - Certificate of Birth

- Marriage of Divorce Certificate

- Provincial Identification Card

- Driver Licence

- Employee ID with digitized photo

- Student ID with digitized photo

- Firearms Licence

Other Category:

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

[Questions on Membership?](#)

[Geraldine \(Shuter\) Bangham is the Indian Registry Administrator;](#)
[Back-ups are Vonna Moses and Phyllis Edwards](#)

Do you have questions about transferring into LNIB? The full policy adopted in 2013 is available on the LNIB website <http://lnib.net/departments/land-and-economic-development/membership-services/>

RECREATION

January 2017

LNIB RECREATION



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GYM/SWIM	3 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER @ ARENA 6:30-8PM	4 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	5 GYM /SWIM	6 Public SKATING 5:30-6:45PM YOUTH CENTER 7-9PM @ arena.	7 Public Skate 6-7:15
8	9 GYM / SWIM YOUTH DROP IN HOCKEY 4-5	10 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER 6:30-8PM	11 Yoga 7:15-8:15 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	12 GYM / SWIM Swimming night 5-6:30pm	13 Public SKATING 5:30-6:45PM YOUTH CENTER 7-9PM @ arena	14 Public Skate 6-7:15
15	16 GYM / SWIM YOUTH DROP IN HOCKEY 4-5	17 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER 6:30-8PM	18 Yoga 7:15-8:15 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	19 GYM/ SWIM	20 Public SKATING 5:30-6:45PM YOUTH CENTER 7-9PM @ arena	21 Skating 6-7:15 BAKE SALE Fundraiser for GOV 10am-2pm @ arena
22 Snowboarding Sun Peaks	23 GYM / SWIM, YOUTH DROP IN HOCKEY 4-5	24 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER 6:30-8PM	25 Yoga 7:15-8:15 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	26 GYM /SWIM Ski trip to apex mt.	26 Public SKATING 5:30-6:45PM YOUTH CENTER 7-9PM @ arena	27 Public Skate 6-7:15
28	29 YOUTH DROP IN HOCKEY 4-5	30 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER 6:30-8PM	31 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM		All activities subject to change due to other community events. Thanks	

CULTURAL REVIVAL ACTIVITIES



Spatsin-Indian Hemp

Wednesday January 11th 2017

12:00 - 1:00 PM

Lower Nicola Indian Band, Courthouse

Lower Nicola Indian Band, Courthouse, 1200 Courthouse Street, Courthouse, Courthouse, Courthouse

Spatsin-Indian Hemp, Spatsin-Indian Hemp, Spatsin-Indian Hemp, Spatsin-Indian Hemp

Ethnobotanics: Indian hemp is harvested for fiber. The stems are cut in the fall; they are then split open and the long outside silky fibers are removed.. These fibers are the twisted into string which provides cordage.

String, thread rope, basnets, snares and clothing were made from the fibers because they were silky and strong.

Cordage was then used to make tump straps, belts, netted bags, hairnets and ceremonial regalia (coats, skirts and head dresses.)

Soapstone Carving



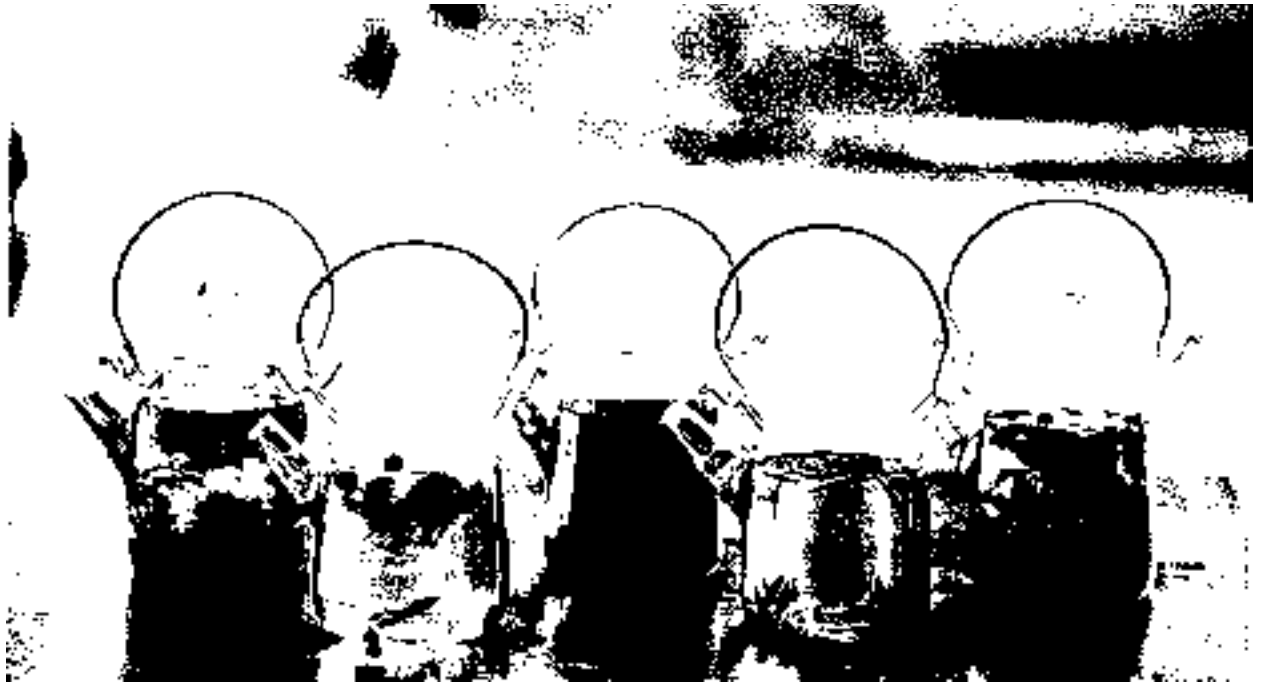
January 19, 2017

4 pm - 9 pm

Lower Nicola Family Trailer

Come join us as we learn the fine art of soapstone carving with renowned soapstone carver Charles Brown, Lytton BC.

call Lower Nicola Health Center 250 378 4080 to sign up



TEAS AND MEDICINES

JANUARY 21, 2017

SHULUS HALL

9 AM – 3:30 PM

**COME AND JOIN US AS WE EXPLORE THE MANY
USES OF OUR TRADITIONAL TEAS AND MEDICINES.**

JACK MCINTYRE- HEALING SALVES

**PAULA CRAMMER –UNDERHILL CEDAR BARK
BRACELETS**

**CALL LOWER NICOLA HEALTH TO SIGN UP 250 378
4089**



Pine needle basket

January 26, 2017

4 pm – 9 pm

Lower Nicola Family trailer

Join us as we learn how to make
pine needle baskets.

Call 250 378 4089 to sign up

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.

VENTILATE Help them breathe. Put the nose, fit the head back and give one breath every 5 seconds.

EVALUATE Do you see any improvement?

MUSCLE ASSIST Inject one dose (1cc) of Narcan into a muscle.

EVALUATE ASSIST Is the person breathing? If not, give one more dose of Narcan.

S-A-V-E-N-E

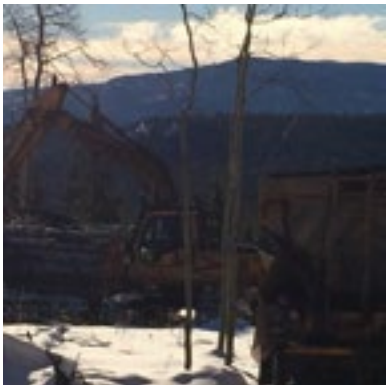
Information from E Division Crime Prevention Services, Youth Strategies and E Division Strategic Communication

LANDS DEPARTMENT

NICOLA RANCH ROAD ACCESS AGREEMENT



Chief and Council and the Lands Department have recently entered into a Road Access Agreement with Nicola Ranch to allow them to haul logs approximately 3.5 km on the Jesse Creek Road that runs through Nicola Mameet IR #1. Nicola Ranch and its contractors have agreed to provide road maintenance and a speed limit of 30 km per hour. They may also make some minor road improvements to make it more accessible for large equipment, including grading and road widening. LNIB Band Member Warren Smith is the prime contractor for both the logging and trucking for this project that will take place from November 2016 to June 2017.



Due to this agreement Members, will see an increase in traffic along this route.



COMMERCIAL LEASE

The Lands Department has recently entered into a Commercial Lease agreement with Jessica Reese and her husband Wade for 1 square acre and 1 of our 4 bays at the Mojo Site on Hwy 97C. They will be using the premises for mechanical work and parking for their trucking business "Borderline Trucking LTD".



Left to Right: Jack Sterling-Moses, Jessica Reese, and Wade Reese

LAND CODE

In the last two months, our department has been able to process 21 Certificate of Possessions (CPs) for CMHC home lots for our members. We are still currently working on 11 more which require more research or a legal survey. These CPs have been processed for members who have paid off their mortgages with the band and was part of their agreements.

With the Land Code coming into effect as of December 1, 2016, we are required to have policies and procedures developed and in place. An allotment policy is one of many that need to be developed but is one of our main tasks as it is required before we are able to proceed with any traditional holdings or estate files.



We are still proceeding with our research on the current files in the office to get them ready for when the policy is created and in place but unfortunately, we are not able to take on any new claims at this time. This is to prevent further backlog in the department, once there is a policy and procedure in place we will be able to move forward with the current files and will be able to take on new claims.

Left to Right: Ivan Royan Surveyor, Geraldine Bangham, and Brani O'Flynn

LAND USE PLANNING

With Land Code, we need an updated Land Use Plan for every reserve that falls under the Land Codes jurisdiction. There was a Land Use Plan previously done in 2010 and we are hoping to be able to build off this instead of starting from scratch. We have recently sent our Lands Assistant Brandi O'Flynn to Land Use Planning Workshops held by INAC and Naut'sa mawt Tribal Council to help equip our team with the necessary training and tools to take on such a big project. We are hoping to start working on this project and engaging membership in January 2017.

VOLUNTEERS

We would like to send out a huge thank you to Kelly Whitecap and Band Member Winona Swakum for volunteering their time to come into the Lands Department for 3 days to help with the backlog of data in to our Truvian Database.

Questions about Land or Land Code?

Anna (Sam) Hudson: 250-378-5157
anna@lnib.net

www.lnib.net/titles-and-land-transfers/

JOB POSTINGS

Lower Nicola Indian Band

Job Posting

Position Title: Reception, Full Time

Department: Administration

Hours: 8:30am-4:30pm

Reports to: LNIB Executive Assistant

Knowledge, Abilities and Skills:

- Grade 12 diploma required.
- Excellent communication skills
- Clerical experience
- Operate multi-line telephone system
- Take detailed messages
- Create and modify documents using Microsoft Office programs
- Perform filing and other administrative duties as required
- Class 5 B.C. License mandatory
- Ability to speak or willingness to learn the Nlaka'pamux language is a pre-requisite.

Deadline: January 23, 2017 at 2:00 PM

Interested candidates should send a resume and cover letter to:

Mail:

Lower Nicola Indian Band
Executive Assistant
181 Nawishaskin Lane
Merritt, BC V1 K OA7

E-mail: executiveassistant@lnib.net

Fax: (250) 378 - 6188



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

LOWER NICOLA INDIAN BAND

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

Summary of Organizational Responsibilities: The successful candidate will bring their energy, enthusiasm and interest in environmental and cultural resources to a variety of resource planning and research projects. Specifically the successful candidate will work the LNIB staff as a surveyor on land and resource development projects.

Potential Duties and Tasks:

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

Qualifications:

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

Knowledge, Skills and Abilities:

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

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

Start Date: Dependent on scheduling with clients.

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

OTHER JOB OPPORTUNITIES

We periodically receive notifications about job availability for various positions in other parts of the Province and Canada. These are generally advisories to direct interested candidates to specific websites for detailed information and methods of application.

Kinder Morgan Canada operations employment opportunities posted today that may be of interest to your community members:

New Job Postings

- Commercial Manager – Terminals – Calgary (#14345)
- Operator Technician – Terminals – Edmonton (#14362)
- Control Centre Operator – Edmonton (#14358)

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

Note: Please apply on-line. You will receive a notification that your submission was successful.

If you have any further questions, please do not hesitate to contact us.

Jacqueline Wegener
HR Administrator



CATERING BID OPPORTUNITIES

CALL FOR CATERING BIDS
For the LNIB Clean Drinking Water
Community Information Session Lunch
Thursday, January 26, 2017

Cater must submit bid to feed 60 people, to be served at 12:00 Noon at the Shulus Hall. Lunch must include a main course, sides, desserts and refreshments.

Bid should include:

- Cost estimate for a guaranteed 60 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
- Appropriate number of Food Safe Certificates
- Refreshments should be available starting at 11:30 am and throughout the session
- Lunch served at exactly 12:00 Noon

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.

Bid Deadline: **Thursday, Jan 19 2017 (2:00 pm)**

Forward catering bids to Lower Nicola Indian Band, 181 Nawishaskin Lane, Merritt, BC V1K 0A7, or email to executiveassistant@lnib.net

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

Catering Bids Now Being Accepted

Lower Nicola Indian Band School

Catering bids are now being accepted by Lower Nicola Indian Band School and Little Stars Head Start monthly dinner scheduled for January 25, 2017

- a) Seeking bids for Wednesday, **JANUARY 25, 2017**, Dinner for **175 people**:
- b) Cost estimates for a guaranteed 175 including plates, utensils, napkins, cups, beverages (coffee tea, water, juice), condiments (salt/pepper, butter, etc)
- c) Dinner at 5:00 pm
- d) Caterer to ensure that acceptable number of crew has Food Safe Certificates
- e) 50% of bid could be advanced to successful bid to assist with preparation
- f) Menu must include food/dessert items for special dietary needs
- g) Responsible for full clean up of tables and kitchen
- h) Responsible for full organization for entire meal preparation (shopping, serving, recruiting helpers, clean up, bring own cooking supplies; pots etc)
- i) Lowest bid may/may not be considered.

The Band School Kitchen and facilities will be available

For successful bidder to prepare.

Deadline for bids **NOON (12:00) WEDNESDAY JANUARY 18, 2017**

Submit bids to:

Angie Sterling
asterling@lnib.net

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

A3ranches@hotmail.com

250-280-1687 (cell)

Leona Antoine, Principal

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

JP Edwards Contracting

Jpedwards33@gmail.com

250-936-8737 Moses Edwards, Principal

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

JW Forest Contracting Ltd.

250-378-5468

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

Logging contractors, road builders, land clearing

Established 1998

Certified Safe Company

11 employees, 80% First Nations

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

Millco Safety Services

www.millcosafety.com

PO Box 4154 Lower Nicola, B.C.

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

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

S&D Muir Inc

sd.muirinc@gmail.com

250-378-1964 Shane Muir,

Mining and Survey Equipment

SCS Diamond Drilling

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

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

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

Angie Bain

angiebain@shaw.ca
604-802-9709

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

Donna Bent

250-378-4396 Donna Bent Artifacts

Brandon Joe

Cban_13@hotmail.com

Commercial Embroidery Retail and Sales

Connie Joe

conniej@stuwix.com

Connie Joe Accounting

Shannon Kilroy

skilroy09@yahoo.com

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-
saic 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

normalhauling@gmail.com

Trucking, Hauling

Earl Michel

emichel@live.ca

Wolf Pac Construction

Focus iN Consulting

Business development and housing

gaildjoe@gmail.com

Lorne Mike

paulinehenry2011@hotmail.com

Fitness Instructor and Rough Stock Horses

2mojo@ocise.net

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

Gene Moses Fencing

Gene Moses

250-378-2801

Vivian and Arnie Narcisse

Mountainchief Catering

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

Nicholas Peterson Farming

Nicholas Peterson

nicholas@growinggarlic.ca

Gwayne Point

250-378-9167 Northwest Indian Art

Clyde Sam

Laidlaw0@telus.net

Construction equipment

Maggie's Bannock

Maggie Shuter
250-378-6579

Sue Sterling
suesterling75@gmail.com

Alison Sterling

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

T Sterling Construction Ltd.

Ted Sterling
ted17@telus.net

Lorna Sterling

Avon

Shawn Swakum

s.swakum@yahoo.com
Business administration and Consultant

Robert Sterling

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

Penny Toodlican

pcctoodlican@gmail.com
Catering

Rona Sterling Consulting Inc. and Godey Creek Paintball

Rona Sterling-Collins
info@ronasterlingconsulting.com

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution

Godey Creek Consulting

ASTROLOGY from Whats-your-sign.com



Goose: Dec 22 - Jan 19

If you want something done - give it to the Goose. Persevering, dogged, and ambitious to a fault, the Goose sets goals for accomplishment, and always obtains them. The goose is determined to succeed at all cost - not for the approval of other - but those with this Native American animal symbol competes with his/her own internal foe. Driven is the watchword for the Goose's dominating personality trait - which makes them excellent in business and competitive sports. When tempered with supportive, nurturing family and friends, the Goose excels in all things he/

she attempts. In a loving environment the Goose can be very passionate, humorous, gregarious, and even sensual. However, lead to his/her own devises, the Goose may fall into obsessive or addictive behaviors that will inevitably be his/her demise

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

Career Fair Booth Registration Form
Thursday, March 9th, 2017
Merritt Civic Centre
9:00 a.m. – 3:00 p.m.

SPACE IS LIMITED! PLEASE REGISTER AS SOON AS POSSIBLE TO RESERVE YOUR SPOT. THERE IS NO COST TO ATTEND THIS CAREER FAIR BUT REGISTRATION AND A DOOR PRIZE IS REQUIRED. YOUR REGISTRATION INCLUDES A TABLE AND 2 CHAIRS FOR YOUR BOOTH.

REGISTRATION INFORMATION

Organization:

Contact Person:

Address:

Phone Number:

Email Address:

Submit to:

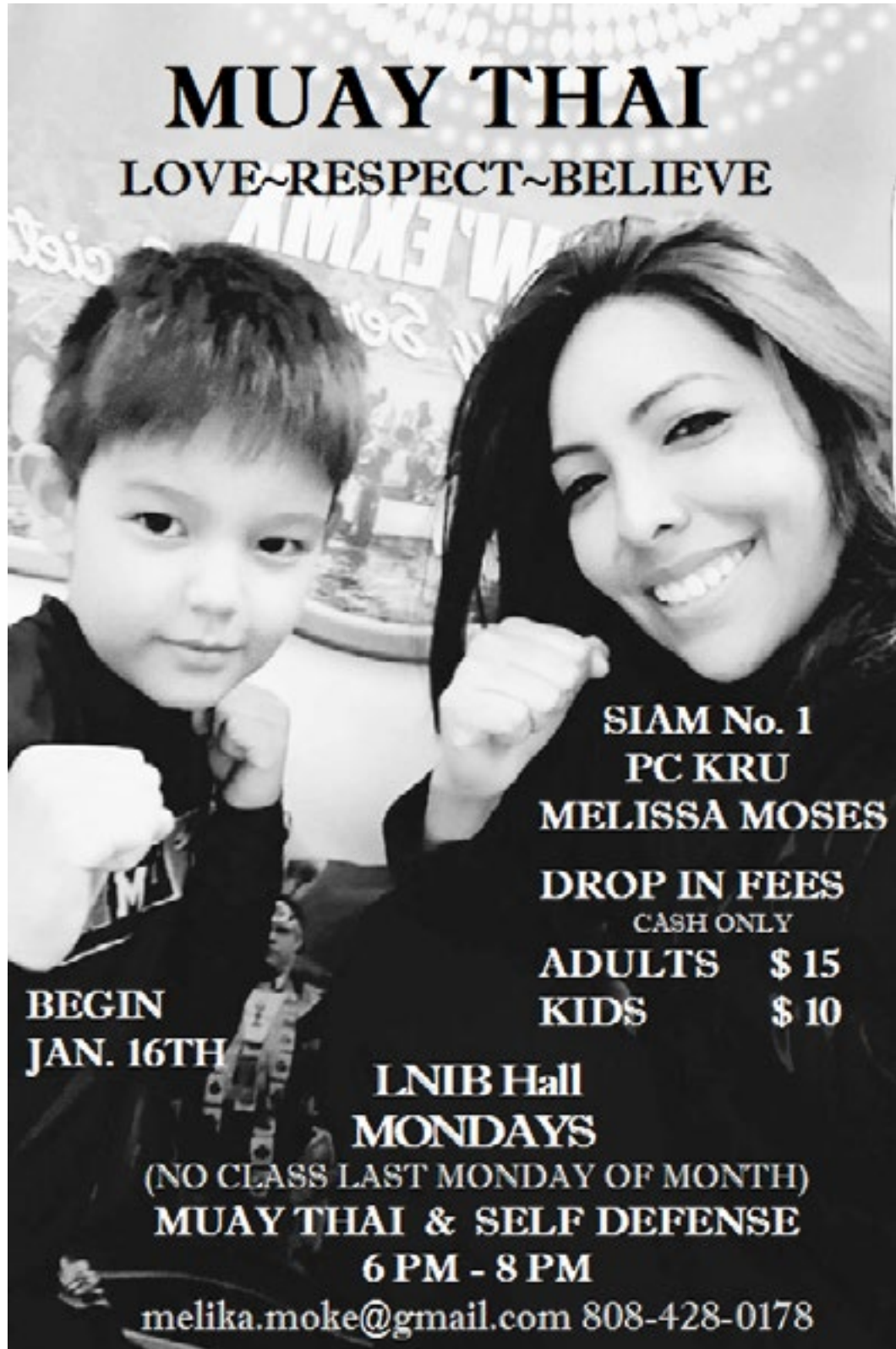
Kristy Henkes, Communications & Youth Engagement Coordinator

Email: khenkes@cna-trust.ca

Fax: (250) 378-2910

Mail: P.O. Box 618, Merritt, B.C. V1K 1B8

In Person: 2187-A Coutlee Avenue in Merritt



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

YOUTH CONFERENCE OPPORTUNITY

Good Heart, Good Mind



ʔəy̓ tə šxʷqʷeləwən Ha7lh tin skwálwen ʔəy̓ tə nə sxʷqʷeləwən

We acknowledge that this conference takes place within the ancestral, traditional and unceded territories of the Musqueam, Squamish and Tsleil-Waututh people.

Date: February 14th to 18th, 2016

Location: Blue Horizon Hotel

1225 Robson St, Vancouver, BC V6E 1C3

(604)-688-1411

What's our goal?

To provide a space for youth ages 18-24 to come together to take part in a 5 day video making intensive workshop. Under the mentoring of a young Indigenous filmmaker youth will have to opportunity to learn about the process of making a film from start to finish. This includes story boarding, interviewing, filming, using audio equipment and editing.

During the course of the workshop youth will have the opportunity to film at an Indigenous youth conference and to create a short film of their choosing.

Conference Costs: Free

There is no fee to attend. Conference participants will have their hotel costs covered at the Blue Horizon Hotel. Participants travelling from outside of Vancouver will have their travel covered to attend the event. Breakfast & lunch will be provided on Feb 14th, 15th, 17th and 18th, while breakfast, lunch and dinner are provided on the Feb 16th. More information about expenses will be provided upon notification of successful application by the conference organizers.

Who should Apply? Indigenous youth Ages 18—24 currently residing in British Columbia

Application Process:

Please fill out pages 2-5 of this document. Incomplete applications will not be considered. Please scan and email a copy of the completed application to cuytwi@phsa.ca by **January 31st, 2017**

Successful Applicants: Successful applicants will be notified by email by **Feb 1st, 2017**

For more information please contact Gabriella Emery, Project Manager, PHSA Indigenous Health
email: cuytwi@phsa.ca t. (604) 707 - 6380

Good Heart, Good Mind

ʔəy̓ tə šxʷqʷeləwən Ha7lh tin s̓kwálwen ʔəy̓ tə nə sxʷqʷeləwən



We acknowledge that this conference takes place within the ancestral, traditional and unceded territories of the Musqueam, Squamish and Tsleil-Waututh people.

Date: February 15th to 17th, 2017

Location: Blue Horizon Hotel

1225 Robson St, Vancouver, BC V6E 1C3

(604)-688-1411

What's our goal?

To provide a space for youth ages 18-24 residing in BC to come together, network and talk about the different forms of activism that they are engaging in within their communities. Our conference focuses on grass-roots activism in the form of visual arts. A large component of this conference will introduce you to a variety of projects that other Indigenous people are doing and give you a chance to strengthen your skills in the areas of media, filmmaking, public speaking, web development, tools to deal with racism and much more! . An important piece of this conference is leadership. Activism and leadership go hand in hand, you will have the opportunity to focus on developing a vision and direction for the leader you want to be in your community.

Keynote Presentation: Ryan McMahon

Conference Costs: Free

There is no fee to attend. Conference participants will have their hotel costs covered at the Blue Horizon Hotel. Participants travelling from outside of Vancouver will have their travel covered to attend the event. Breakfast & lunch will be provided on Feb 15th and 17th, while breakfast, lunch and dinner are provided on the Feb 16th. More information about expenses will be provided upon notification of successful application by the conference organizers.

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email: cuytwi@phsa.ca t. (604) 707 - 6380

LIFE EVENTS

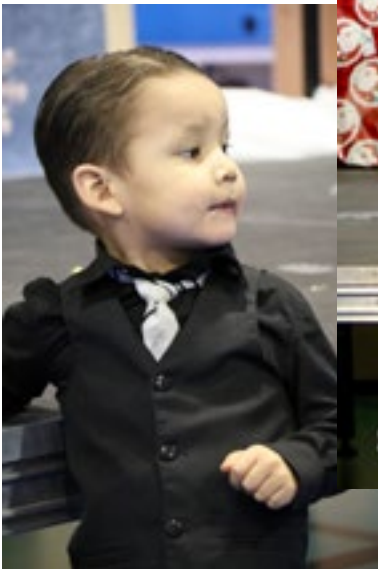


Happy Birthday to the following staff members:

Cedric Bent - January 7, Ruth Tolerton - January 10,
Christine Uphold - January 28, Alison Cisco and Darcy Swakum -
January 30

Happy Birthday Joyce Dick - January 29
love Trena, Dave, Ashlee and Leann





FROM THE EDITOR



Wishing you all a Happy New Year!

The change of a calendar hanging on the wall is one of those reminders to reflect on what is good and what needs to improve. Here at the Band Office, the same applies. Council requested a survey be posted to Members to get their opinions on the services offered to Members and how those services are delivered. I think that often the programs themselves are not at fault, but rather how the information is communicated. There is still time to let us know what you think - I've included a copy of the survey in this delivery.

Council wants to know what's on the minds of the membership so that actions taken are appropriate. Most governments operate with the silent majority in mind but that requires some mind reading and this Council would rather that its members participate in determining what's needed for their health, happiness and success.

Speaking of health and happiness, take few minutes and complete (another) survey about the upcoming Community Garden Program. Never does a carrot taste as crunchy sweet or a tomato as juicy and flavourful as the one that comes from your own garden. The Community Garden Program is a great project that will get you and your family in direct touch with Mother Earth and her bounty - and that is good for your health indeed!

As always, I hope you enjoy this Newsletter - we're trying to make it informative and interesting. I've heard criticisms that not all departments have submissions in the newsletters and we will try to do better in future. Our goal will also be that Band Members have the Newsletter by the first of the month (yeah - sorry about January!!!) so that the news about events is timely. We do post events on our website lnib.net, as well as on the Facebook page, and on Thursdays there is a news message that repeats three times on Q101.

If you have any suggestions about how to stay better in touch with our membership, please let me know....and we're back to that survey about level of services!

Ruth Tolerton
communications@lnib.net

Next month is Valentines Day! Let's share some of your stories about meeting the love of your life, or your family's stories - how did your grandparents meet?

And of course, let us know what wishes you want to send out in the Life Events section!

PROUD TO BE
LNIB





We are always striving to improve the service provided to our Band Members. Thank you for taking a few minutes to complete this survey so that we can work towards a more perfect world!

1. What is your gender?

- Male
- Female
- Other
- Prefer not to say

2. Are you a Lower Nicola Indian Band Member

- Yes
- No but I do live on Reserve
- No but I am a family member of an LNIB member

3. What is your age group?

- Under 25
- 26 to 60
- 60 +

4. Where do you live?

- On one of the LNIB Reserves
- Off reserve in the Nicola Valley/Merritt
- Off reserve and out of the area

5. Do you access LNIB Services

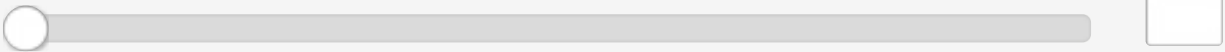
- Regularly
- Once or twice a year
- Never
- I don't know what services LNIB provides

6. Which departments of LNIB do you contact?

- Administration
- Finance
- Housing
- Chief and Council
- Public Works
- Education
- LNIB School
- LNIB Head Start/Little Stars
- Health Services
- Community Services
- Recreation
- Lands
- Economic Development
- Career Development
- Home care
- Fire Dept
- Cultural Revival Programs
- Social Assistance
- Other (please specify)

7. How satisfied are you overall with the type of programs provided by LNIB?

0 - Dissatisfied Most of my needs are met 10 - Excellent programs cover all I need



8. Thinking about the types of programs offered - is there a particular need that we are not answering?

9. Which department do you deal with most frequently?

- Administration
- Finance
- Housing
- Communications
- Public Works
- Lands
- Economic Development
- Natural Resources
- Education
- LNIB School
- Head Start/Little Stars
- Health Services
- Community Services
- Cultural Revival
- Recreation
- Social Assistance

10. Thinking about your interaction with this department/program - do you most frequently

- contact them by telephone
- contact by email or text
- visit offices

11. If you leave a telephone message, is your call returned....

- Promptly - within the day
- Within the week
- Still waiting.... not answered

If not answered, please specify who you were calling and how often this happens

12. When you visit this department/program's offices, what is your general experience?

- Reception staff are friendly and polite, atmosphere is welcoming
- I feel ignored because no one is there
- I dread having to go to that office

13. Still thinking about your office visit, do you make an appointment in advance?

- Yes
- No

14. Do you get to see the person you need to speak with

- Yes - usually there and prompt
- Yes but sometimes I have to wait for more that 15 minutes
- Sometimes I have to come back or make an appointment

15. How satisfied are you generally with the service you receive?

	Extremely Dissatisfied	Dissatisfied	Satisfied	Very satisfied	Excellent, thank you!
Service Provided:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information provided and clearly explained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. Do you have any other comments, questions or concerns

17. What is the second most frequent department you deal with?

- Administration
- Finance
- Housing
- Communications
- Public Works
- Lands
- Economic Development
- Natural Resources
- Education
- LNIB School
- Head Start/Little Stars
- Health Services
- Community Services
- Cultural Revival
- Recreation
- Social Assistance

18. Thinking about your interaction with this department/program - do you most frequently

- contact them by telephone
- contact by email or text
- visit offices

19. When you visit this department/program's offices, what is your general experience?

- Reception staff are friendly and polite, atmosphere is welcoming
- I feel ignored because no one is there
- I dread having to go to that office

20. Still thinking about your office visit, do you make an appointment in advance?

- Yes
- No

21. Do you get to see the person you need to speak with

- Yes - usually there and prompt
- No - Sometimes I have to wait for more that 15 minutes
- Sometimes I have to come back or make an appointment

22. How satisfied are you generally with the service you receive?

	Extremely Dissatisfied	Dissatisfied	Satisfied	Very satisfied	Excellent, thank you!
Service Provided:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information provided and clearly explained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. Thinking about some of the programs you access, what is your main concern?

- Am not happy about how I am treated
- Am not happy about what is needed to qualify for the program
- Am not happy with the level of funding provided
- Am not happy that the program is not available
- I feel that program benefits are not distributed fairly
- I have no concerns

24. Which program are you referring to?

25. Do you have any comments about another department or program?

26. Other comments

27. How much do you feel you know about LNIB programs and services?

- I stay up to date and LNIB is good about providing the information needed
- I don't really know what programs there are until I ask
- I know what the programs are but I don't know details
- Don't know, don't care

28. If you live off-reserve, what program(s) do you feel you are missing out on compared to people on reserve?

29. Are you satisfied with how LNIB communicates news and information?

- Yes
- No
- Don't care
- Other (please specify)

30. Do you have any other comments about LNIB Programs and Services?

31. Do you have any other comments about LNIB staff delivery of programs and services?

Thank you for taking the time to share your thoughts. The results of these surveys will be compiled and a report presented to Chief and Council in January so that we can start to address any issues and to work to improve our programs and service delivery. If you have any questions, please feel free to contact the Executive Director, Helder Ponte, at 250-378-5157 ...or of course you may contact the Chief and any Councillor. K^wuk^wscemx^w

Please drop off survey at LNIB Band Office attn: Communications Coordinator or call us and we'll arrange to pick it up! (250-378-5157).



Lower Nicola Indian Band “Grow Local” food program

181 Nawishaskin Lane, Merritt, BC, V1K 0A7
Phone: 250-378-5157
lorna@lnib.net



Lower Nicola Indian Band “Grow Local” food program for 2017, is requesting your help. Please complete the following **Community Feedback and Involvement Survey** below and return it to the LNIB Administration Office, **Attn: Shulus Community Garden Supervisor** - Lorna Shuter.

Lower Nicola Indian Band wants to promote local food production within our communities and will provide the facilities and the space at Shulus Community Garden to assist you to learn how to grow your own food. The garden sessions would be hosted from February to September, leaving participants with plenty of guidelines and a garden plan that can be applied to your own home garden.

To show our appreciation, we will give you a \$10.00 gift card for returning your completed survey. For more information please contact Lorna Shuter at 250-378-5157 or by email: lorna@lnib.net

“Gardening is a good way to provide nutritious meals for the whole family, all year round”.

Project Name: “Grow Local “Food Program

Project Supervisor: Lorna Shuter

Community Member Name: _____ **Contact Info:** _____

1. What is your gardening experience? Please write a list of your gardening and harvesting skills.

- No experience
 Grow house plants
 Had gardens in the past
 Experienced gardener

Your skills:

2. How would you like to be involved in the Grow Local Food Program?

Select all that apply and describe.

- Participate in classes Guest Speaker Volunteer Other

Your suggestions:

3. How can we bring community members together to learn and share garden knowledge and experiences? The Grow Local Food program wants to involve all ages throughout the program. Please select all that apply and describe.

- Show and tell Provide rides Involve all ages Refreshments

Your suggestions:

4. Besides those Listed below, how can this project increase local food production, knowledge, and skills?

- Plant a garden Preserve food Garden workshops Hands on training

Your suggestions:

5. What type of food would you like to grow?

- Vegetable crop Medicinal plants & Herbs Fruit

Your suggestions:

6. What garden structures would you like to build to help your garden crops grow?

- | | | |
|--------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Green house | <input type="checkbox"/> Worm house | <input type="checkbox"/> Trellis's |
| <input type="checkbox"/> Root cellar | <input type="checkbox"/> Composts | <input type="checkbox"/> Containers/ boxes |

Your Suggestions:

7. Would you like to be a guest speaker? Describe the subjects you would want to share.

- | | | |
|--|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Pest Management | <input type="checkbox"/> Greenhouse | <input type="checkbox"/> Preserving |
| <input type="checkbox"/> Weed Management | <input type="checkbox"/> Root Cellar | <input type="checkbox"/> Planning |
| <input type="checkbox"/> Soil Management | <input type="checkbox"/> Seeding | <input type="checkbox"/> Irrigation |
| <input type="checkbox"/> Carpentry | <input type="checkbox"/> Harvesting | |

Your suggestions;

8. Would you want to grow your own food?

- | | | |
|--|---|---|
| <input type="checkbox"/> In a container planter? | <input type="checkbox"/> In a community garden? | <input type="checkbox"/> In a garden at home? |
|--|---|---|

Your suggestion:

9. **What suggestions do you have to help create food security for the LNIB community?** In other words, to promote food security by growing home gardens, community gardens, preserving food, etc.

Your Suggestions:

10. **Who would also like to participate in a program called "A Growing Concern"?** This program is designed to share information about food nutrients and active life styles for all ages, while preparing to grow a garden.

Your suggestions:

LNIB is offering a \$10.00 gift card for returning your completed survey.

Please return completed survey to Lorna Shuter at the LNIB main office.

If you wish to refer another community member, this survey is available on the LNIB website as a download.

