



March 2017 N?e?iyk Spiləxm

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BY-ELECTION NOTICE

**LOWER NICOLA INDIAN BAND
NOTICE OF BY-ELECTION**

NOMINATION MEETING

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

Friday, March 17th, 2017
At the Lower Nicola Band Hall at Shulus

6:00 PM TO 8:00 PM

NOMINATIONS WILL BE ACCEPTED FOR THE FOLLOWING POSITION:

ONE (1) COUNCILLOR

No Elector can be a candidate for election as Councillor unless their nomination is moved and seconded by Electors (Band members 18 years or older as of April 22nd, 2017). Each Candidate will need to meet the "eligibility" provisions of Election Rules and must provide the Electoral Officer with their written consent for a criminal record check. (Criminal Record Consent Forms are available at the Merritt RCMP). All electors intending to run as candidates are encouraged to come to the nomination meeting with their written acceptance of nomination; a completed criminal record check; and written confirmation from LNIC Finance manager that they are not in any arrears on any indebtedness to LNIC or a LNIC entity.

Please note that **any voter may nominate candidates by using a mail-in nomination form**. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting OR you may nominate candidates in person at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for the nomination meeting are void.

The Election will be held Saturday, April 22nd, 2017

Raymond D. Phillips, Q1
216-3450 Prof Alex Gauthier Way,
Kamloops, BC V2H 1H1
Toll Free (855) 355-2477
Email: chuckp@shoguard.com

CHIEF AARON SAM - MESSAGE



Apologies to the readers but Chief Sam was unavailable to provide a message for this newsletter. At deadline time, Chief Sam was in Chilliwack attending meetings with respect to the Transmountain Expansion Project Indigenous Advisory and Monitoring Committee. More about this project in future newsletters - a brief report is available on the Members Only section of the LNIB website.

- Communications Coordinator.

EMERGENCY PLANNING

When an emergency happens in a community, response must be immediate and effective to lessen the damage to people and property, and to get the community back to normal as quickly as possible. This is only possible when the responders are knowledgeable about their roles, and practiced in response.

LNIB has an Emergency Response Plan, and a team dedicated to managing an Emergency Operations Centre to provide backup to the responders in the field. The purpose of the EOC team is to provide support in terms of all of the logistics and planning for the response - organizing and sourcing needed equipment, providing financial support, relaying information and keeping the public informed, planning the next steps and so on.

For the team to be effective requires practice. This week LNIB is training in a week long program which will culminate with a mock evacuation exercise on Friday March 3rd that will involve evacuating the Band School and part of the neighbourhood and moving people to the Civic Centre.

If there were a true emergency, a great many of the LNIB staff would be involved in the response and effectively Band services would be shut down. As the Emergency Planning Exercise is meant to simulate reality, this will be the case on Friday. We ask our community to forgive any inconvenience and confusion during the exercise. Thank you for your cooperation and understanding.

We hope that our community never has to survive a true emergency but if we do, we want to be prepared to handle it as best as we can.

Ruth Tolerton
EOC Information Officer

KM TMEP CONDITIONAL AGREEMENT RATIFICATION

Ratification Officer Report

Lower Nicola Indian Band Referendum – February 25, 2017 Kinder Morgan TMEP Conditional Agreement

RESULTS

Total number of Electors: 964

Total number of ballots cast:

(a) Online/by phone: 74

(b) in person: 112

(c) spoiled ballots: 1

Total number of Electors who participated: 187

Number of ballots cast for YES: 111

Number of ballots cast for NO: 75

Declaration

I, **Raymond D. Phillips, QC**, appointed to the position of Ratification Officer on **January 17, 2017**, for the **Lower Nicola Indian Band**, declare that the polling station was kept open between the hours of 9:00 am and 8:00 pm (local time), the on-line and phone voting was open from 9am, February 23rd, 2017 to 8pm, February 25th, 2017 and that I have correctly counted the votes cast and have performed all other duties required of me by the *Lower Nicola Indian Band Ratification Policy*.



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

February 25, 2017
(Date)

INTERIOR BIOSOLIDS FORUM



The Interior Biosolid Forum of Feb 22-23 was very successful with diverse speakers and audience. Over 200 people registered for the Forum. The forum was opened with drummers led by Willard Anioine Wallace and a strong message from Kukpi-Chief Wenecwtsin Christian of SNTC stating that the regulations are to assure our environment is protected and is seriously thinking of taking a step further to make regulators accountable based on whats happening in his nation in Spallamacheen; that Splantsin Nation and Alan Price of Shat are fighting pollution to their drinking water.

The purpose of the forum was to provide all the information of biosolids to concerned residents and decision makers the risks of the unknowns that are not being addressed nor tested. PhD Tom Maler of Victoria BC explained the super bugs and that the current treatments from waste water plants is not killing them. Greater Vancouver Regional District Rep and management of biosolids Laurie Ford explained the process and management of the biosolids.

Assistant Deputy Minister Mark Zacharious and MOE Chris Jenkins stated current regulations are sufficient and are confident what they are testing for (12 metals) is all that is required. When questioned of weak regulations they had stated the only way the regulations can be changed is pressure.... hmmm interesting.

Randy Murray of TNRD was instrumental in that as our rep he was angry and as surprised of this industry that was not detected and unaware of what biosolids was. Without the unknowns being known why should the interior take that risk on. Just as asbestos and cigarettes was sold as being harmless simply because regulators were protecting the industry from profiting. Very strong statements and he will continue working with TNRD to keep the Nicola Valley Beautiful

PhD Richard Honour of Washington has been studying biosolids application to the forests as a fertilizer. The results are scary and are very real in that decision makers have turned a blind eye to the risks that are causing cancers and an unhealthy environment.

Sylvis President followed after the scare factors were known and the argument that they are simply using the good elements for plant growth sounded weak. He admitted he didn't know the effects on the water and animals.

Aunty Doreen M Sterling finished off day 1 voicing her concerns as an indigenous person who harvests medicines and whose main sustenance food is deer and fish. Everyone has a responsibility to take care of the water, plants and animals.

Second day was opened up by Jim Poushinsky of Ottawa, a retired citizen who has been fighting the fight for 17 years. Wow thats commitment , I'm on year 2 lol. I've gotten to know Jim in recent months and admire

his persistence and recommendations to simply quit spreading and in meantime put in landfill and have gasification plants built.

Lee Mcfayden was born in Australia and told her story as a nurse and clinical trials she has participated in. She is now retired in the Similkameen and fought the battle for applications in Keromeous and won. There is an organic method that a family there was able to turn poor soil into productive healthy ground.

Dr David Lewis renowned author of “Science is Not For Sale” from Georgia revealed facts of the unknown 10 000 chemicals and how being muffled by government has been very frustrating. He was able to pressure legislature enough to change the EPA regulations, however still battling.

Concerns from Kay Swakum read her article that was published in an Environmental magazine as to the very way of First Nations livelihood and survival is at risk with slow releasing toxins that will be devastating to all. Our youth had a short footage of his version of whats happening to our land with biosolds added Vivian Narcisse

Graeme Bethell Was alternative/ solutions. The reality of feasibly, Environmental and create energy plants to put back onto the grid with no emissions sounded impressive.

Closing was 5 Chiefs; Chief Percy Joe Chief Harvey McLeod, Chief Lee Spahan, Chief Marcel Shackelly and Chief Patrick Harry of Canoe Creek addressed what is expected of Provinces regulations, To municipalities that they simply don't want their poop in our back yard any more and its time to seriously start looking at solutions. With those messages sent the Leadership will be very busy as GVRD and others are committed to meeting up and have all the information on the table





COUNCILLOR BILL BOSE

Happy St. Patrick's Day



Coucillor Bill Bose

Spring is Coming!!!
Thanks to Those who Voted
on the
Kinder Morgan Agreement
Your Future is in Your Hands



See you at our
30th Annual
Jr Native
Hockey
Tournament

Players from Our Band & Area 30yrs Ago

James Isaac, Smitty Bent, Calvin Stephens, Greg Hewton, David Anderson,
Len Isaac, Duane Louis, Jerry Bob, Gylan Bose, Chuck Suzuki,
Kurt Easy, Grant Louis, Beaudon John, Matt McNalley, Blanchard Coutlee,
Niel McClelland, Scott Tiessen, Trevor Bose, Ryan Harvey, Chris Stump,
Wade Alexander, Cameron Draney, Austin McRae, Darcy Lawrence,
Cory Hanuse, Niel Graham, Chona Archachan, Billy Brewer, Dylan Richardson,
Nick Anderson, Wayne Anthony, Derek Tisdale, Eric Tardiff

Come and celebrate with us



30 Years

Nicola Valley Jr Native Hockey Tournament

Where: Nicola Valley Memorial Arena (town)

Shulus Community Arena (Shulus)

When: March 23, 24, 25 & 26, 2017

EXECUTIVE DIRECTOR REPORT

For the Period from January 24th to February 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 24th to February 23rd, 2017.

- 1. By-Election for Vacant Councillor Position** - As we mentioned in last month’s Report to LNIB Membership, Councillor Nicholas Peterson resigned from his position as Councillor at LNIB Band Council. Chief & Council accepted his resignation on January 24th, 2017. We promptly actioned the process for bi-election to fill this Councillor position, by completing the recruitment of the Electoral Officer Electoral Officer Raymond Phillips, who has been formally appointed by Chief & Council.

The calendar for the milestones of the Councillor Vacant Position Bi-Election process is as follows:

Milestone	Date & Time	Location / Notes
Appointment of Electoral Officer	February 7 th , 2017	Raymond Phillips appointed Electoral Officer by Chief & Council
Nominations Meeting	March 17 th , 2017, from 4:00 pm to 6:00 pm	Shulus Hall
Advance Poll	April 15 th , 2017, from 11:00 am to 5:00 pm	Shulus Hall
Mail-in Vote Deadline	April 22 nd , 2017 until 8:00 pm	Mail-in votes must be received by the Electoral Officer by time of closing the polls
Election Day – Vote in Person	April 22 nd , 2017 from 9:00 am to 8:00 pm	Shulus Hall
Ballots counted by Electoral Officer and Bi-election results announced	April 22 nd , 2017, at approximately 10:00 pm	Shulus Hall

If you have any question or concern, please feel to contact Mr. Raymond Phillips, Electoral Officer, at 1-855-355-2471 (toll free) or chuckpalsht@gmail.com

- 2. Coyote Tales Movie Project** – Chief & Council approved a funding contribution in the amount of \$34,250.00 to assist in preliminary development work for the Coyote Tales Movie Language Project.

3. **Meeting with All Nations Trust Co re: Member-Owned Home Insurance** – ANTCO made a presentation about their on- and off-Reserve Home Insurance Program. If you are a home owner and need insurance coverage, we suggest that you contact Byron MacDonald at ANTCO in Kamloops, at byronm@anib.ca or by phone at 778 471 9002.
4. **Rocky Pines Community Safety** – Sondra Tom has been appointed Captain, and Trena Tom appointed Co-Captain of the Rocky Pines Neighbourhood BlockWatch Program. We expect that more Rocky Pine residents will join this important initiative, as the work on this project will bring significant improvements on the safety of families, children and residents at Rocky Pines.
5. **Chief & Council 2016 – 19 Strategic Plan** – Chief & Council formally approved the Strategic Plan for 2016 – 19. The work that culminated with this formal approval started in early October, immediately after election of the new Council, and a two-day planning session with all LNIB Sectors, which took place back in October 14th and 15th. The LNIB Chief & Council Strategic Plan is posted in LNIB website. We recommend that you become familiar with this important document. We also have printed copies available at LNIB Administration Office to members who prefer a printed version.
6. **LNIB Education Policy** – The Education Policy Review Committee, comprised of Madeline Lanaro, Darlene Vallee, Sondra Tom, and Ryan Mann, and supported by Sharon Parsons and me, continued to review the Education policies for kindergarten to Grade 12, Post-Secondary, and Vocational and Trades Programs. We meet every Thursday evening, and we expect to bring the draft Revised Education Policy to Chief & Council for review and eventual approval on March 13rd.
7. **LNIB Housing Policy** – We are now in the final stages of reviewing the LNIB Housing Policy. The final draft was presented to Chief & Council on February 23rd, with the presence of Leah Mack, lawyer from Woodward & Company, of Victoria, BC, who has been assisting the LNIB staff working group in the review of the current policies. We expect that it will take a few weeks for the review by Chief & Council to complete, and eventually approve the new policy by March 28th, 2017.
8. **LNIB Annual Budget and Planning Policy** – Chief & Council approved the Annual Budget and Planning Policy on January 17th, 2017, from the draft that Barry Torgerson and I had prepared. This policy governs the planning calendar for strategic plan, workplans, and budgets for each of LNIB Sectors and programs.
9. **External Audit Policy** - Chief & Council approved the External Audit Policy at the February 14th, 2017, from the draft that Barry Torgerson and I had prepared. This policy governs the appointment of an independent auditors and the process to follow in the preparation of audited financial statements for all programs and services administered by LNIB, as well as business owned by LNIB.
10. **Chief & Council Review of 2016 – 17 Fiscal Year Workplans & Budgets** – The process of review by Chief & Council of workplans and budgets for each sector and program of LNIB for the current fiscal year (2016-17) is now completed. The timing the process took a little longer than usual, because of the busy schedule that we have had since October of 2016. The exercise, beyond its immediate objectives allowed for the Council members portfolio holder to familiarize themselves with the inner workings of each program

(more than 80) that LNIB delivers, and as an introduction to the planning for the next fiscal year

- 11 **2017 – 18 Fiscal Year Workplans & Budgets** – All Sectors of LNIB (Human Services, Lands & Economic Development, Infrastructure, Finance, and Administration, and LNIB School) are very busy completing the draft workplans and budgets for the upcoming fiscal year. Typically, this includes a two-day strategy session with the Sector Director all staff of each Sector. I attended the first day (or morning) of the first day of each of the planning sessions. To date, Infrastructure, Lands & Economic Development, and Human Services Sectors have held their planning sessions, and finalizing their planning documents to bring them before Chief & Council for review and approval in a special session of Chief & Council to be held in the middle of March.
12. **Cancellation of Certificate of Possession 403030993 for Lot 11, Joeyaska Indian Reserve #2 103631 CLSR** – We completed all work necessary for Chief & Council to cancel the Cancellation of Certificate of Possession 403030993 for Lot 11, Joeyaska Indian Reserve #2 103631 CLSR, under the provisions of the LNIB Land Code. This Certificate of Possession was not properly allotted in accordance with section 20(1) of the Indian Act.
13. **LNIB Welcome Road Signs** – From a pool of three samples, Chief Council has selected the layout and content of LNIB Welcome signs to be placed on highway access points for all roads crossing LNIB Reserves.
14. **Land Management Advisory Committee** – Anna Hudson, Lands Manager, presented to Chief & Council a draft of the proposed terms of reference for LNIB Lands Advisory Committee. This is one of the institutions that need to be in place for the implementation of LNIB Land Code. We encourage you to consider volunteering for this important Committee. For details and Committee Application forms, please feel free to contact LNIB Lands Department at your convenience.
15. **LNIB School Board Terms of Reference & Recruitment of Board Members** – Chief & Council is in the process of completing the review of the Terms of Reference for the LNIB School Board, and selecting prospective LNIB School Board members. If you are interested in participating more in the life of our school, please consider volunteering to this important Committee. Please contact Sondra Tom, Executive Assistant, for forms and copy of the terms of reference for the LNIB School Board. Chief & Council will soon make the appointments.
16. **Funding Proposal to INAC for Professional & Institutional Development Program** – With the help of Deneen Grismer, LNIB Payroll Benefits and Human Resources Coordinator, and all LNIB sector directors, we submitted a funding application to INAC, that focus on staff training for better client service. We will know sometime in June or July, if we will be successful in securing funding.
- 17 **Spuqwlic Nicola Lake Fishery Management By-Law** passed by Nicola Lake Upper Nicola Band – At the request of Clarence Basil Jr, LNIB Chief & Council discussed this issued and invited Chief Harvey McLeod, of Upper Nicola Indian Band to come and make a presentation on the Spuqwlic Nicola Lake Fishery Management By-Law recently passed by Nicola Lake Upper Nicola Indian Band. Chief McLeod addressed LNIB Chief & Council on February 7th, providing a detailed report about the issue and the reasons that led the Chief & Council of Upper Nicola Indian Band to pass a by-law on this important fisheries management issue.

18. **FN Health Authority New Procedure for Water Advisory** – At the request of Chief & Council, Fiona Goorman and a colleague from the Kamloops Office of First Nations Health Authority made a presentation at the January 24th C&C meeting, on the new reporting system for water advisory for First Nations communities.
19. **LNIB Client Service Survey** – Ruth Tolerton, Communications Coordinator, and I presented to Chief & Council the detailed results of the survey on the quality of service that LNIB staff provide to LNIB members and we are now waiting for Chief & Council's recommendations. I worked with all LNIB Sector Directors in reviewing in detail the results of the survey; we all agree that we do good work, but also agreed that some improvement is required, especially on the way that some LNIB staff interact with members.
20. **List of Projects that each Sector Director is Currently Engaged in** – At the request of Chief & Council, I worked with LNIB Sector Directors in the preparation of a summary table that indicates every single project and activity that each Sector director is currently involved.
21. **INAC Funding Agreement for Fiscal Year 2017 – 18** – At its meeting of February 21st, Chief & Council signed the funding agreement with INAC for the upcoming fiscal year (2017-18) in the amount of \$4,898,924.00 for the INAC funded programs. This is a base agreement that will likely be amended over the course of next year, as changes in program and projects funding will require.
22. **Mutual Benefits Agreement with Kinder Morgan for TransMountain Pipeline Expansion** - The work of completing the negotiations on employment, procurement, cultural resources, environmental impact, and disaster and emergency management, has proceeded at a much faster pace, as the date of the referendum on the Conditional Mutual Benefits Agreement is fast approaching. One more Kinder Morgan Open House and LNIB Community meeting was held on February 22nd, at Shulus Hall.

The results of the vote were 111 in favour, 75 opposed, and 1 spoiled ballot.
23. **LNIB Sector Directors' Evaluation** – It is the time of the year to interview each Sector Director and LNIB administration staff and conduct their performance evaluation. I expect to complete this task in the next three weeks.
24. **LNIB Staff Safety** – We had an incident two weeks ago at the Health Centre that left the staff members working there concerned for their personal safety. We immediately attended to the incident and took the necessary measures to diffuse the situation. We are now engaged in improving the safety control measures in the Health Center and at the LNIB School.
25. **Executive Director Recruitment** – The work on this task continued with the short listing and interviewing of candidates. A second interview for some of the candidates will soon take place, so we may have a replacement for the Executive Director position soon.
26. **LNIB Fire Hall** – If you recall, last month Chief & Council approved the purchase of a new fire truck. We are now working on options to address the space challenge that we will have in the Fire Hall. The options

range from one addition to the building to a brand new building. We will present to Chief & Council the options in two weeks' time.

27. **LNIB School Expansion Ribbon Cutting Event** – We had a very simple (but nice) ribbon cutting ceremony for the 4 classrooms LNIB School expansion, on February 22nd. The event was well attended by students, families, and school teachers and staff. I encourage you to go and see the new classrooms. They are very nice and are equipped with some leading-edge school equipment. I want to take this opportunity to recognize and thank the work and dedication of Angie Sterling, School Principal, Hyrum Peterson, Director of Infrastructure, the staff at Lubor Trubka Architects and Unitech Project Management Inc., and the contractors and their employers who did such an excellent work on this project.

28. **Rocky Pines Community Centre** - This project is also proceeding at good pace. We expect to go to tender early in March and start construction sometime in April. I gave a brief presentation on this project at the last Band General meeting of January 30th, 2017.

29. **Chief & Council Education Session on Conflict of Interest** – As I mentioned in my report last month, Mr. Doug Springford facilitated a Chief & Council development session on the conflict of interest provisions of LNIB Financial Administration Law. This was to comply with the requirement of LNIB Financial Administration Law.

30. **Biosolids Scientific Forum** – We provided administration support to Councillor Leona Antoine in the organization of the Biosolids Scientific Forum, which took place at Thompson Rivers University on February 22nd and 23rd.

31. **Chief & Council Stipend and Honorarium Rates** – We presented the suggested revisions to the Chief & Council Honoraria and Stipend to the LNIB General Meeting of January 30th, 2017. Since the attendance to this band general meeting was weak and for transparency purposes, Chief & Council agreed to publish for the period of 30 days the document containing the revision to the Chief & Council Policy on Honoraria and Stipend in the LNIB Members-only website for feedback from membership.

32. **Full Time Councillor Job Description** – I revised the job description for the Full-Time Councillor position and submitted it to Chief & Council for review and eventual approval (with amendments) at the upcoming C&C meeting of February 28th, 2017. The document was reformatted and a number of improvements were made.

33. **Revision & Update of LNIB Financial Administration Law** – Mr. Doug Springford and I worked on the revision to the LNIB Financial Administration Law as proposed by the First Nations Management Board, and provided to Chief & Council with a draft for review in anticipation of discussion and approval of the revised document at the upcoming meeting of C&C of February 28th 2017.

34. **Shulus Garden Project** – The work on this important community initiative is progressing well. Lorna Shuter facilitated a number of workshops to community members interested in growing their own vegetables at the Shulus Garden Community Projects. We are engaged in expanding and improving the project substantially for the upcoming season.

35. **Nᑎeᑎkepmxcin LNIB Language Nest Accepting Registrations** – The Nᑎeᑎkepmxcin LNIB Language Nest is now open and we are accepting registrations for toddlers and children from 0 to 5 year olds. We encourage families to take advantage of this full-immersion Nᑎeᑎkepmxcin program. I take this opportunity to recognize and thank Aiona Anderson and the elders' team that worked so diligently to bring this unique project to fruition.

36. **Housing Construction** – Now that the very cold days are over, the construction of the three duplexes is now in steady mode. Once the project is completed, we will be able to accommodate six families – three in 3-bedroom and three 4-bedroom family homes. The homes are located just south of LNIB School.

37. **Band Member Requests** - 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

If you get lucky and manage to catch a leprechaun you need to be smarter than him or else you will be easily tricked which can have damaging results, never take your eye off him or he will vanish.

A captured leprechaun will grant you three wishes or a gold coin to bribe his way to freedom but this is when things can go terrible wrong if the wrong decisions are made.

Many of an Irish man who thought he could out smart an Irish leprechaun had selected the three wishes and would either go insane trying to think of what to wish for or their wishes would back fire with something bad happening.

One common story was of Seamus in County Mayo who wished to be the richest man on a tropical Ireland but when his wish came true he suddenly realized that there were no shops or pubs on the island to spend his money or even people to talk with. Unfortunately Seamus became bored after a few hours on the Island and had to waste his third wish to return to Ireland. This could be how the phrase "luck of the Irish" originated from.

One of the biggest tips an Irish person can give anyone is to never listen to what the Irish leprechaun says, no matter what. The leprechauns are great mind players and will say anything into confusing you into making the wrong wishes, although he is smart he can be fooled.

Irish leprechauns are devious little creatures and will do anything to escape from man so they should never be trusted. Some say angry leprechauns are more common than a friendly one but this is very untrue as Irish leprechauns are very friendly but tend to dislike humans who always seem to chase them for wishes and pots of gold.

If you ever spot a leprechaun you may be better off to pass him by without taking notice, you can end up in more trouble than its worth if decide to chase them as the people of Ireland only know to well. Unfortunately with cities in Ireland expanding the poor wee leprechauns are being driven further underground away from man, taking their rainbows with them.

BAND SCHOOL EXPANSION

The expansion at the Band School is complete, and the new classrooms are in use. On February 22, membership got a chance to tour the new facilities and celebrate as Chief and Council cut the ribbon.



LANGUAGE NEST

LNIB N?e?kepmx Language Nest

snu?we?
friend
teyt
hungry
n?sytkn
My family



Sinc?
Little brother
sila?xans
food
Cece?
little sister

Program has started as of January 17, 2017

Hours: 8:30am-1:30 pm Tuesday
8:30am-1:30 pm Wednesday
8:30am-1:30 pm Friday

Open to LNIB Members and Non LNIB Members

Space is limited!

Do you have a child under the age of 5? Do you want your little one to learn N?e?kepmxcín 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 N?e?kepmxcín 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. Applications are available at LNIB Health Center or LNIB Band Office. 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:

Wednesday, March 15, 2017, 9:00am-12:00pm

Everyone welcome come and drop in for a visit

For more information contact:

Aiona Anderson, Language Nest Coordinator:

250-315-0026

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

LANGUAGE NEST OPEN HOUSE

Take a peak inside the Language Nest...

Open House Wednesday March 15th from 9 am to noon

Address: 2187 Swakum Road

Community members are invited to drop in for a short visit to observe quietly as we continue our activities. Please note that there is no English to be spoken while observing.

Special appearance at the Language Nest:

March 12, 2017 - the Lanugage Nest is fortunate to have Kathy Michel from the Chief Atahm Language Nest, the first in BC.

Kathy will share with us her experiences starting their Language Nest as well as successful practices that have lead to years of success in graduating fluent speakers in the Sewepmxcin.

Community members invited.

Interested Individuals email aionaart@gmail.com.

NEW FACE AT BAND OFFICE

Monica Charters joins the Reception team at the Band Office.



I come from the Siska Indian Band. My parents are Karen Munro (Siska Indian Band) and Tom Matthias. Grandparents are Vi and Smith Austin (Siska Indian Band) and Tom and Gloria Matthias. I have lived in Merritt my whole life. I am married to Chris Charters (Coldwater Indian Band), we have two children Cortez Charters (12) and Farrah Charters (3). Most of my previous work experience has been management in different customer service locations. I enjoy playing volleyball and watching my kids play hockey.

SHULUS COMMUNITY GARDEN



Hello from the Shulus Community Garden Supervisor.

We have been busy making plans to enlarge Shulus Community Garden to grow fresh, pesticide free produce for the Lower Nicola Indian Band Community. The seed order is ready to go, along with seed trays and soil less mix. I will start planting the indoor seeds in March to April, and we will start to plant seeds directly into the garden May long weekend. This year the garden will use row covers to plant under and companion plants for pest management. We'll also build more compost bins and a worm farm to help amend and fertilize garden soil.

A portable from the LNIB School will be relocated to the south end of garden area. We will use the portable as a garden office and a class room to host garden workshops.

Shulus Community Garden will be twice the size for vegetable crops and the Medicine Garden will be available to plant traditional food, teas, herbs and medicinal plants. You are invited to get involved within the community garden programs and activities. We are also accepting donated garden supplies or materials as noted on the list that follows.

Garden Programs:

- Gardening Workshops (HYHC),
- Volunteer Program that will trade produce for your volunteered hours
- Produce through LNIB Community Health Programs,
- Produce to the Soup kitchen and the LNIB School
- Community Garden Survey - exchange for a gift card
- Donation of garden material and supplies
- Website information

The garden workshops and sessions will be ongoing all season long. Shulus Community Garden office will be open Monday to Friday, 8:30 to 4:30 with exceptions to program participation and volunteer activity.

Please feel free to contact me for more information or to sign up for any of the garden program. Phone 250-378-5157 or email lorna@lnib.net.



HONOUR YOUR HEALTH CHALLENGE

Join us for the Honor Your Health Challenge!

Date: Monday, March 06, 2017

Time: 2 - 6 PM

Location: LNIB Board Room

Refreshments: Fruit, Vegetables, Crackers & Cheese, Yogurt, Hot and Cold Beverages. You are welcome to bring additional food, as some participants have offered to do so.

Subjects: 1) How to grow food locally, 2) Traditional food sources, Food nutrition, 3) Beginners Fitness Exercises,

plus: Guest speakers, fun games & prizes, come have some fun and share your gardening experiences.

Shulus Community Garden is now accepting donated gardening materials and supplies to help the Community Garden with assorted gardening project this spring. Please phone the Garden Supervisor at LNIB Administration Office at 378-5157 to arrange a delivery or a pickup of donations. Your participation is greatly appreciated, Thank you!

- 4-liter milk jugs and Milk cartons – for celery & seedlings
- Cloches – are glass bells or clear plastic garden hats – to protect seedlings during cold weather
- Wire Fencing materials - Chicken wire to protect vegetable rows from deer
- Clear Plastic – for row covers and hot house or green house coverage
- Light weight wire – bendable to pin ground cover to soil
- Fiberglass sheets
- PVC pipe all sizes or pipe clamps etc.
- Wood – plyboards, 2x4, 4x4, 6x6, 2x6, 8x8, etc. to build A frames, hothouses, trellis, gazebo, greenhouse
- Windows – for hothouses, greenhouse, gazebo
- Wooden pallets – to build composts
- Black plastic - ground cover sheets
- Landscape fabric
- Screws, Nails
- Garden tools and handles
- Buckets and pails, (with or without lids)
- Wood Pallets – to build composts
- Garden hose and attachments
- Straw bales – for mulching crops
- Flower pots- all sizes
- Seedling trays and baskets – to start seedlings
- Peat moss, garden soil additives, aged manure,
- Cement blocks, bricks, paint, dry cement
- Plants: Trees, shrubs, perennials, fruit, herbs, vegetables, Medicinal, traditional Medicinal, teas & food.

SUPPORT GROUP

"One person can change the lives of many"

Project: Helping Hand

Free Dinner
7 week Program

Group Discussion will include: Anger Management, Anxiety, Relationships, Stress, Depression, Trauma and Shame.
Every Monday at 5pm
Rides are available please call ahead 250-378-4089

Hosted by Mark Coutlee
LNIB Counselor
February 6th
Monday's 2017

Lower Nicola Shulus Reserve
(Soup Kitchen Trailer)

Pink shirt day - supporting the campaign against bullying



FAMILY ACTIVITIES CALENDAR



Family Activities March 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Office Day	2 Community Walk 1-2	3 Grieving Support 9:30	4
5	6 Parents and Babes 11-1	7 Community Walk 1-2	8 Office Day	9 Games & dinner 4:30-6:30	10 Grieving Support 9:30	11
12	13 Traditional Parenting 12-2	14 Office Day	15 GFB	16 Craft & Dinner 4:30-6:30	17 Welcoming Spring Luncheon 12-2	18
19	20 Parents and Babes 11-1	21 Community Walk 1-2	22 Office Day	23 Elder's Lunch	24 Grieving Support 9:30	25
26	27 Family Culture Week 1-4	28 Family Culture Week 8:30 – 4:30	29 Family Culture Week 1-4	30 Family Culture Week 1-4	31 Family Culture Week 10-3	

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.

Notes

- * 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....
- * If you have any questions regarding the Family Cultural Week you can call (250) 378-4089 and ask for Sharon, Cliff, Marilynne or Tammy.

CULTURAL REVIVAL

Greetings Friends and Relatives.

I'm sure we are all waiting to welcome Spring and to look for the first robins to appear in our backyards. The month of March can be a little slow for cultural activities.

LNIB Health Department and the Cultural Revival program will be involved in strategic planning for the upcoming year. We want to align our plans with those of Council leadership and on down through the different departments so we can all continue to execute the vision outlined by the membership.

One of the projects we would like to follow up on is to conduct elder interviews in the community to ask them to share stories, history and cultural knowledge and in the language etc. and to create a resource library to store this valuable information and to share it with as many of the membership as possible. The more we share with the membership the more we empower them with the cultural knowledge to empower themselves and their families.

If any membership have ideas with regards to ideas of cultural activities that they would like to see or assist in teaching with the Cultural Revival program, we ask that you contact us at the Health center. As we always looking to network with membership on something so important to keep the N?e?kepmx culture and traditions alive.

All my relations
Tim Manuel

and Sharon Antoine

During Spring Break, March 27 - 31 a series of cultural activities will be scheduled for family participation. Most activities will take place at the Family trailer from 1 pm to 4 pm. A more detailed schedule will be provided in the near future. If you have questions, call Sharon Antoine at 250-378-4089.

Take the time to learn a new skill and rekindle your culture with your family member.

March 2017

Lower Nicola Indian Band Cultural Revival Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Woman's Sweat Coldwater 4-7 pm	9 Enowkin Research Library Presentation	10	11
12	13 Elder's Interviews	14	15 Nlaka pamux Book Club	16	17	18
19	20 Spring Equinox Ceremony Skid U.S. Hall 8:00am	21 Youth Conference Kelowna	22 Woman's Sweat Coldwater 4-7 pm	23 Jr Native Hockey	24	25
26	27 Family Culture Week 1-4 pm	28 Family Culture Week 8:30-4:30p	29 Family Culture Week 1-4 pm	30 Family Culture Week 1-4 pm	31 Family Culture Week 1-3 pm	

Tim Manuel,
Cultural Revival
Coordinator

Sharon Antoine,
Cultural Revival
Coordinator,

MEN'S SWEAT CEREMONY.

STARTS ON-GOING FEB 28TH 2017

Every Tuesday at 3pm
Springs Reserve

Join us it's free to attend.
We are calling all Men's Sweat Ceremony.
Please, contact Mark Coutlee LNIB Counselor
Rides are available please call ahead.



RSVP: Work: 250-378-4089 or Cell (text): 250-280-5168

INFRARED BIO MAT - TRY IT!

Reminder we do have an Amethyst
Infrared (is the light energy we get from the sun that makes us feel warm)
Bio Mat available for you to use in our office

A few Of the Proven Health Benefits:

- Relief from muscle pain
- Relief from back and neck pain
- Increased blood circulation
- Relief from joint pain and stiffness
- Relief from muscle spasms
- Soothing and relaxing
- Relief from sprains and strains
- Muscle relaxation
- Reduced stress
- Reduced fatigue
- Improved immune system support
- Better sleep
- Reduced inflammation
- Increased tissue oxygenation
- Reduced menstrual cramp pain
- Reduced arthritis joint pain

7 KEY HEALTH FACTORS

BioMat Is an Effective Tool for Improving Many Conditions in Your Body by Enhancing 7 Key Health Factors

Improving Circulation

The blood moves nutrients, minerals and oxygen to the individual cells in your body and removes toxins and carbon dioxide. The circulation of the blood makes this all happen from the heart, to the veins and arteries, to the tiniest capillaries. For the body to work at its best, the circulatory system must be functioning at an optimum level. BioMat whole body Far Infrared therapy increases the temperature of the body and improves the circulation of blood by expanding the diameter of the capillaries. That allows blood to more easily reach each individual cell.

Increasing Body Temperature

The body is the laboratory in which a myriad of chemical reactions occur... and optimizing those reactions is critical if you want your body to function at its best. Traditional Chinese Medicine refers to "cold invasion" as one of the mechanisms leading to disease. Taken literally, that means your body begins operating at too low a temperature. The Far Infrared effects of the BioMat increase your essential body temperature to promote the best functioning of your body chemistry.

Enhancing Immune Response

Your body naturally raises its temperature to fight off diseases. That produces what is commonly called a "fever"... and that can be a good thing as long as the temperature does not get too high. Using the temperature controls on your BioMat, you can also raise the temperature of your body to contribute an "virtual fever" in your body and enhance key chemical reactions.

Relieving Pain

Far Infrared heat is effective for the relief of both acute and chronic pain. Pain relief is a critical component of many healing therapies. Bio Mats are particularly effective for pain reduction because their unique amethyst composition produces Far Infrared without the dangers of being burned by direct contact with heating elements and being exposed to harmful EMF.

Repairing Soft Tissue

Heat has been known for thousands of years to be an effective therapy for repairing and rejuvenation soft tissue. It has been thoroughly documented in Chinese Medicine as an effective treatment for acute injuries like sprains for over 2,000 years. The BioMat delivers Far Infrared heat that is able to penetrate deeply into the body. It is much more effective than other devices that only provide heat to the skin.

Promoting Relaxation

According to the Mayo Clinic, *"high levels of stress lead to serious health problems"*. Research shows that bio Mats are an effective tool for stress reduction. Not only does the Far Infrared promote general relaxation in the body, the ability to comfortably lay down on the mat makes getting into relaxed states easier. In addition, research on animals has shown that *"Infrared radiation has potential antidepressant and anxiolytic effects in animal model of depression and anxiety"*. Reducing stress and anxiety while promoting relaxation is important to your overall health.

Promoting Better Sleep

BioMats decrease stress and anxiety while promoting relaxation. That means they improve sleep too. According to Harvard Medical School, *"sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions"*. BioMats are exceptional for sleeping on, particular when you add a Quantum Energy Pad for additional comfort. Better sleep means a healthier you.

Call for more information (250) 378-4089 and or if you would like to come and try it out

Bridget LaBelle,
Director of Human Services
Lower Nicola Indian Band



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:

- 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.
 - Original Provincial Birth Certificate with Parental Information must be attached
 - 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.

Pink Shirt Day



BC HYDRO

BC HYDRO

On February 7, 2017, LNIB Chief and Council passed a Band Council Resolution to allow BC



Hydro's contractor Skeena Power Systems to access 4 of Lower Nicola Indian Band reserves to complete inspections of approximately 51 pole top transformers on Nicola Mameet IR #1, Joeyaska IR #2, Zoht IR #4 and Hamilton Creek IR #7.

The Contractor will be working from roadways and will be looking at the transformers manufacture date, the equipment's overall condition and they may need to exit the vehicle to take photographs of the transformers name plate information. There will be no ground disturbance or any other alterations of the land or the environment during this work.

The inspections are scheduled to take place before the end of **March 2017**. Please contact the Lands department if you want to view the maps where

this work will take place, and/or if you have any questions or concerns at 250 378-5157.

FYI: BC Hydro is working with AMEC FOSTER WHEELER to replace distribution wood poles as part of the Distribution Asset Replacement Program, and they have sent notice to the LNIB Lands Department that there is a pole that is located near Indian Reserve Zoht #4 that needs to be replaced for safety reasons. As the contractors are still in the design phase, no construction date has been set. Please be sure to let the Lands department staff know if you have any questions, concerns or interest in this wood pole replacement near Zoht IR #4. Alternatively, feel free to directly contact the contractor directly at:

Jenny Beech, Design Assistant, Amec Foster Wheeler D +604 664 4569 E: jenny.beech@amecfw.com www.amecfw.com



LANDS DEPARTMENT

LAND USE PLANNING

In the summer of 2016, Indigenous and Northern Affairs Canada announced that they were offering a Phase 3 Land Use Planning Training series. Lands Assistant Brandi O'Flynn registered to attend this training series on behalf of the Lands Department, and we are happy to note that Brandi finished this training program on February 9, 2017. There were four Learning Modules that were delivered once each in four different locations.

Module #1: *June 8 to 10 2016, Osoyoos, BC*

Community Engagement, Communication and Facilitation;

Module #2: *October 4 to 6 2016, Haida Gwaii, BC*

Legal Environment of Land Use Planning; Working with external consultants;

Module #3: *December 7 to 9 2016, Vancouver, BC*

Information management, data gathering, analysis and planning documentation

Module #4: *February 7 to 9 2017, Victoria, BC*

Implementation, Monitoring and Evaluation of Land Use Planning

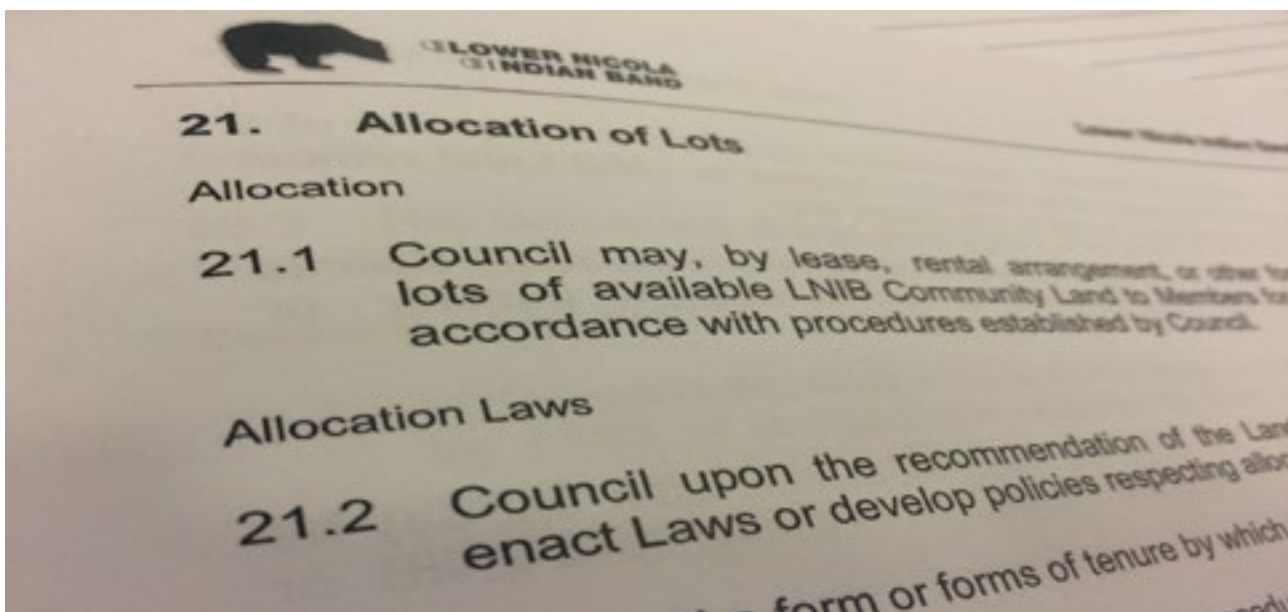
This training series was designed to increase capacity in the design and delivery of a more community driven Land Use Planning process, expanded understanding of process leadership and engagement methods, access to an Indigenous relationship network and support system for Land Use Planning, and an increased awareness of the legal environment, history and implications for land use governance and planning. LAND USE PLANNING is one of the most important aspects of LAND CODE IMPLEMENTATION, so we are counting on Brandi putting her training to EXCELLENT use in the very near future!



Haida Gwaii Boat Tour Left to Right: Brandi, Tammy and Angie

Land Code Update

The purpose of the LNIB Land Code is for LNIB to take responsibility and jurisdiction over land related governance and administration for LNIB reserve lands. By passing the LNIB Land Code, the overall authority over land related matters has shifted from the federal Department of Indigenous Affairs and Northern Development to the LNIB Chief and Council, and to LNIB Community Members. These are exciting times as the Lands Department gets ready to work with Chief and Council and LNIB community members to IMPLEMENT the LNIB Land Code. One of the most important aspects of IMPLEMENTATION is the development of new laws, regulations, systems and policies that have been tailored to meet the needs of LNIB members, now and for the future generations. Remember, the Land Code does not affect title and rights. It will not affect certificates of possession. It does not allow seizure of property.



The LNIB Land Code does affect the allocation of lots of available LNIB Community Land to members for residential purposes in accordance with the procedures that will be established by the Lands Management Advisory Committee (LMAC) and the LNIB Chief and Council, working with the staff of the Lands Department. The LNIB Land Code also affects “Transfer and Assignment of Interests”. Section 22 of the LNIB Land Code states that a member may transfer or assign an Interest or License in LNIB Land to another member without the need for Community approval or the consent of Council. Transfers of estates by testamentary disposition or in accordance with Spousal Property law does not require written consent of Council by resolution. If an LNIB member holds an allotment, and then gives up membership in LNIB to transfer to a different Indian Band, then the allotment must be sold or otherwise transferred to another member or to the LNIB Band within six months from the date that the other band recognizes you moving your membership. Failing to do so will result in an automatic cancellation of the allotment or Certificate of Possession and the transfer of the land to LNIB Community land on the first day after the 6 month period. (see section 22.4 and 22.5 of the LNIB Land Code)

And, finally, it is likely that the LNIB Land Code will introduce a new fee structure for land related registration fees and parcel abstract reports, survey plans, maps, etc. Here is a DRAFT of a PROPOSED Fee schedule for preliminary consideration of LNIB Band members. If you have any questions or concerns, please be sure to contact the Lands department either through the office at 250-378-5157, or by email at anna@lnib.net

LOWER NICOLA LANDS REGISTRY FEE SCHEDULE

As of February 20,2017 (DRAFT 1 for consideration)

Registration Fees:

Lease	\$ 225.00	Death Certificate	\$ 50.00
Sublease	\$ 225.00	Name Change	\$ 50.00
Assignment	\$ 225.00	Marriage Certificate	\$ 50.00
Permit	\$ 225.00	Lien	\$ 50.00
Mortgage	\$ 225.00	Court Order	\$ 225.00
Assignment of Mortgage	\$ 225.00	Relinquishment	\$ 50.00
Discharge of Mortgage	\$ 50.00	Modification of Lease	\$ 225.00
Assignment of Rents	\$ 225.00	Certificate of Pending Litigation	\$ 225.00
Judgment	\$225.00	Easement	\$225.00

PHOTOCOPYING DOCUMENTATION:

Lease	\$ 25.00	Name Change	\$ 5.00
Assignment of Lease	\$ 10.00	Marriage Certificate	\$ 5.00
Sublease	\$ 10.00	Court Order	\$ 10.00
Assignment of Sub-Lease	\$ 10.00	Relinquishment	\$ 10.00
Permit	\$ 10.00	Modification of Lease	\$ 10.00
Mortgage	\$ 10.00	Modification of Mortgage	\$ 10.00
Assignment of Mortgage	\$ 10.00	Certificate of Lis Pendens	\$ 10.00
Discharge of Mortgage	\$ 5.00	Agreement	\$ 10.00
Assignment of Rents	\$ 10.00	Taxation Bylaw	\$ 25.00
Death Certificate	\$ 5.00	All other Bylaws	\$ 10.00

PARCEL ABSTRACTS REPORTS, SURVEY PLANS & MAPS:

Parcel Abstract Reports	\$ 25.00	CAD Data (__ha x 2.5ac/ha x \$50/ac = \$__)
Physical Dev. Plan (Bound Copy)	\$ 35.00	Large CLSR Plans: if these plans have to
Physical Dev. Plan (11x17 maps)	\$ 5.00	forwarded to a Xerox company to be copied, the
Survey Plans	\$ 5.00	cost of the plan will be costs of reproducing,
		courier costs and plus \$5.00 admin fee

CAREER DEVELOPMENT

Getting that job you want starts with some simple steps. First you need to apply - most job ads will ask that you forward a resume and cover letter to a specific person by a specific time. Both parts of the requirement are equally important.

The Resume - your resume is a snapshot of your education and job experience. It is important that it is complete and current. Resumes do not have to be long but should have all of the necessary information. It should list the companies where you have worked (with the most recent at the top and working backwards), the dates of your employment there, and your job position/title. You can follow this with a short summary of what your duties covered.

The education portion of your resume should list what academic level you have completed, and the year, as well as any job related training courses that you have taken.

The Cover Letter - often applicants skip this step and unwittingly take themselves out of consideration for the job they want. The cover letter is your first introduction to the selection committee and is the first impression you make. The letter does not have to be long but should cover the following basic points -

- the position you are applying for
- why you feel you are the right person for that job
- when you are available to start work
- if asked, what you are expecting salary wise

If you do not include a cover letter, the message you are sending is that a) you don't pay attention to instructions, b) you don't really care that much about this particular job

Take your time creating both your resume and cover letter. The cover letter should be specific to each particular job you apply for, and not just a form letter - again remember this is the first impression you are creating. Make use of spell check, and have someone proof read your letter. Nothing says sloppy more than speaking mistakers (sic).

Need help developing these skills? Contact Robin Peterson, Career Development Coach - 250-378-4089

“First Impressions are the most lasting.”
- Proverbs

TRAINING OPPORTUNITIES



Enriched Construction Craft Worker LEVEL 1



March 6 – May 5, 2017
MONDAY TO FRIDAY, 8:30 am – 3:30 pm

This fully funded Construction Craft Worker Level 1 (CCW) recognizes the high level of abilities required to perform work in the construction industry as a skilled labourer. Major construction and earth works companies have a strong demand for entry-level employees with the skill set provided in this course. The CCW program introduces you to the skills, training and knowledge needed to gain employment as construction craft workers in any heavy construction and resource industry.

Also included:

- Construction Safety Training System (CSTS)
- Pipeline Construction Safety Training (PCST)
- Occupational First Aid Level 1
- Transportation Endorsement
- Traffic Control Certification
- Ground Disturbance Level 1
- H2S Alive, Rigging Level 1
- Fall Protection Certification
- Introduction to Coating and Pipeline Maintenance



tru.ca/trades/programs



ESS Participant Eligibility Worksheet

Program Applying for:

Name: Email Address:
 Phone Number: Date:

1. Are you currently receiving EI benefits?
 No If no, proceed to question 2. Yes If yes, the individual is ineligible.

2. Did the individual collect EI in the past 3 years, or maternity/parental EI in the past 5 years?
 No If no, proceed to question 3. Yes If yes, the individual is ineligible.

3. Did the individual establish an EI claim* (see below) in the past 3 years, or maternity/parental EI in the past 5 years?
 No If no, proceed to question 4. Yes If yes, the individual is ineligible.

4. Are you eligible for EI?
 No If no, proceed to question 5. Yes If yes, the individual is ineligible.

5. Are you currently employed?
 No If no, proceed to question 6. Yes
 If yes, how many hours do you work on average a week: _____
 If more than 20 hours per week average, the individual is ineligible.

6. Does the individual have a high school diploma, GED, or equivalent?
 No Yes

7. Does the individual have any recognized post-secondary education?
 No Yes

8. Does the individual have recognized certification (such as a trades certificate, Class 1 Driver's License, Commercial Diver certificate, etc.)?
 No Yes

*NOTE: By establishing an EI claim, even if the individual never received the benefits, the participant is considered EI eligible. If you answered no to the first 5 questions, and you currently work less than 20 hours on average per week, you may be eligible. We will follow up with you regarding your application. Please email this form to witt@tru.ca





Continuing Studies Registration Form

- Please select one location
- 100 Mile House
 - Carleton Place
 - Kamloops
 - Williams Lake
 - Barrere
 - Clearwater
 - L1000/Lytton

<input type="checkbox"/> New TRU Student	TRU Student # _____
<input type="checkbox"/> Returning Student	_____

Personal Information	Surname _____		Birth Name _____		
	First Name _____		Middle Name _____		
	Permanent Mailing Address _____				
	City _____		Province _____	Postal Code _____	
	Phone Number _____		Date of Birth (mm/dd/yyyy) _____	<input type="checkbox"/> Male <input type="checkbox"/> Female	
	Email _____		Citizenship Status:		State: _____
NOTES: _____		<input type="checkbox"/> Canadian <input type="checkbox"/> Permanent Resident <input type="checkbox"/> Other		<input type="checkbox"/> Indian/First Nation <small>(First Nation name, band, treaty and reservation)</small> <input type="checkbox"/> Métis <input type="checkbox"/> Inuit	
<p><small>Declaring that I am eligible for the program, have been prepared to pay any program fees, and understand the conditions of the program, I understand that completion of this registration form constitutes my agreement to accept and confirm any program fees, to accept my application for admission, that information of any false statements or documents will result in the cancellation of admission or registration at Thompson Rivers University, and that failure to disclose information of another post-secondary institution may result in revocation of this application.</small></p> <p><small>I agree to abide by Thompson Rivers University rules and regulations. I understand that information registration to programs at TRU University may be required.</small></p> <p><small>Thompson Rivers University reserves the right to request additional information.</small></p>					
Signature _____			Date _____		

Course Information		Course Code	Course Name	Day/Time	Start	End	Fee
		<small>(TRU) (based on TRU)</small> 22138	Advanced Construction Craft Worker	8 AM	10/24/2017	05/06/2017	N/A
		<small>(CRNE) (based on TRU)</small>					
		<small>(CRNE) (based on TRU)</small>					
		<small>(CRNE) (based on TRU)</small>					
		<small>(CRNE) (based on TRU)</small>					

Financial Information	Valid Driver's License		Total tax deductible fees	\$ _____
	<input type="checkbox"/> Yes <input type="checkbox"/> No		Total other fees	\$ _____
	Driver Lic # _____	Province _____	TOTAL FEES	\$ not applicable
			GST & RTI (0.0531)	_____
		<input type="checkbox"/> BSA	_____	

Please forward your registration form to your local TRU center by one of the methods listed on the back of this form.



SCS DIAMOND DRILLING

CERTIFIED WORKPLACE TRAINING SEMINAR IN COOPERATION WITH THE LNIB AND KINDER MORGAN

Courses, schedules and speakers may change without notice
Min 10 – max 27 participants per seminar:

Applicants must apply and be accepted: minimum requirements apply
Spring (early April) and Summer (early June) seminars available

OFFICIALLY CERTIFIED IN:

Health Safety and Environmental Training:

- SCS Certified Orientation
- SCS Drill Trainee Certification
- Transportation of Dangerous Goods
- Global Ground Disturbance
- Alcohol / Drug Awareness
- SCS Heavy Equipment Training and Awareness
- WHIMS
- Kinder Morgan Orientation
- Standard First Aid C/W CPR
- H2S Alive
- Confined Space
- Construction Safety Training
- Cross Cultural Training

Keynote speaker from Kinder Morgan Health and Safety team.

Safety requires Teamwork... become part of our Team

Contact:
Jennifer Northcott: SCS HS&E officer: Jenn.Northcott@scsdrilling.com ph. (250) 572-2614 fax 314-4864
Robin Petersen: LNIB Dev Coach: career_development@lnib.net ph. (250) 378-4089 fax 378-9137

“Certification gives knowledge to our Employees”

“Certification gives confidence to our Employees”

“Certification gives sustainability to our Environment”

Possible SCS Diamond Drilling Job Placement:

- SCS Driller/Helper
- Cert. class 3 Welder
- Cert. HD Mechanic
- Equipment Operator (excavator, dozer, rock truck...)
- NACE Cert. Sprayer
- Vacuum Truck Swamper/Spotter
- Class 1 and 3 driver
- HS&E Personnel
- Office Clerk

Sub-Contractors

Apply !!

Open to all Nlaka'pamux members (with approved funding)

April 3-14 (Mon-Fri)



SCS DIAMOND DRILLING
 CERTIFIED WORKPLACE TRAINING SEMINAR
 IN COOPERATION WITH LNIB AND KINDER MORGAN

Registration Form

Name:	
Phone:	
Email:	
Address:	<input type="checkbox"/> On reserve <input type="checkbox"/> Off reserve
Band Name:	

Details of the training course can be found on the SCS Diamond Drilling poster.

Registration for the Certified Workplace Training Seminar will be required to ensure enough interest in the course as well as to secure a seat for the training.

Registration form must be complete as well must include:

- Current resume
- Current safety certificates.

Registration forms and documents can be submitted by email to career_development@lnib.net as well as can be submitted in person to the LNIB Community Services Centre attn: Robin Peterson.

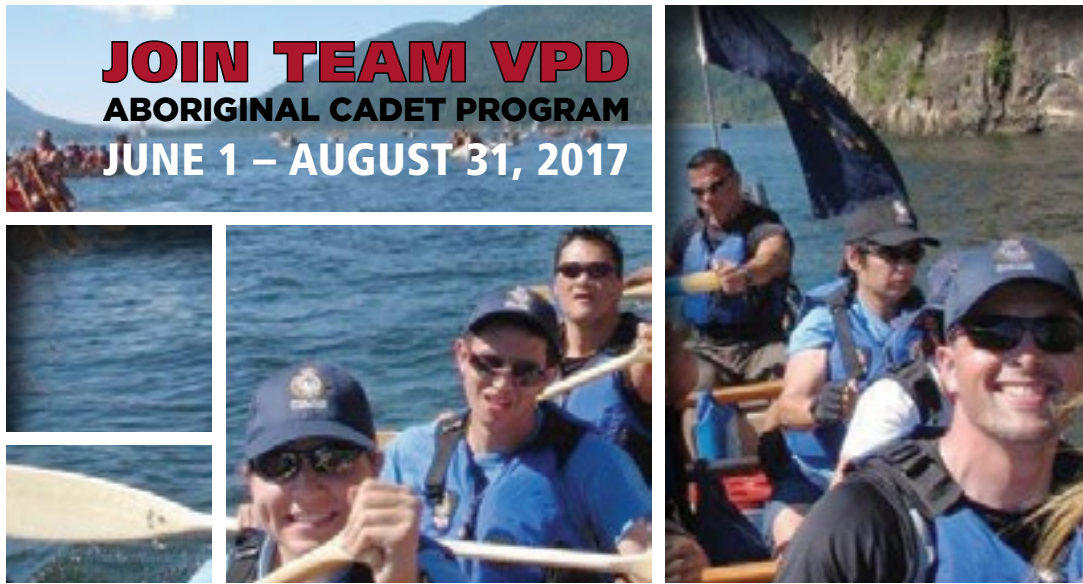
If there are any questions or for assistance with registering please contact either Robin Peterson or Jenn Northcott at the numbers below.

Contact:	
Robin Peterson:	LNIB Career Dev. Coach: career_development@lnib.net Ph. (250) 378-4089 fax. (250) 378-9137
Jennifer Northcott:	SCS HS&E officer: Jenn.Northcott@scsdrilling.com Ph. (250) 572-2614 fax. (250) 314-4864

Please register as soon as possible!

Courses, schedules and speakers may change without notice.

181 Nawishaskin Lane Merritt, BC V1K 0A7
Phone: 250-378-4089 | Fax: 250-378-9137 | Email: healthreception@lnib.net



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

Workshops—Room 2

- 10 a.m. ANTCO—Loan Fund Program**
- 11 a.m. First Nations Emergency Services**
- 12 p.m. ANTCO—Loan Fund Program**
- 1 p.m. Aboriginal Sport Recreation and Physical Partners**



Workshops—Room 3

- 10 a.m. RBC Budgeting**
- 11 a.m. Highland Valley Copper**
- 12 p.m. BMO—Financial Literacy**
- 1 p.m. C.N.A. Preparing for Your Future Jobs and Career**

CAREER FAIR!

THURSDAY
MARCH 9TH **2017**



9:00 a.m.—3:00 p.m.



MERRITT CIVIC CENTRE

- *Aboriginal Sport, Recreation and Physical Activity Partners Council**
- *All Nations Trust Company (ANTCO)**
 - *ASETS**
 - *Alpha**
 - *BC Corrections**
 - *BC Responsible Gambling**
 - *BC Wildfire Management Branch**
 - *BMO Bank of Montreal**
 - *Boart Longyear**
 - *CANTEX**
 - *Citxw Nlaka'pamux Assembly**
 - *Find Your Fit (Career)**
 - *First Nations Emergency Services**
 - *Harrison Industrial**
 - *Industry Training Authority**
 - *Interior Academy**
 - *Interior Iron**

- *Kinder Morgan Canada Inc.**
- *Lower Nicola Indian Band—Career Development Centre**
- *Marwest Utility Services Ltd.**
- *Newport Structures Ltd.**
- *Nicola Valley Institute of Technology**
- *Okanagan College**
- *RCMP**
- *Royal Bank of Canada RBC**
- *Spectra**
- *Skilled Trades Employment Program (STEP)**
- *Stuwix Resources Joint Venture**
- *Surerus Murphy Joint Venture**
- *Teck Highland Valley Copper**
- *Thompson Rivers University**
- *Work BC—Merritt Employment Services**
- *2 more booth spaces available**

For more information please contact Kristy Henkes or Shanny McIvor at 250-378-1864

Career Fair Attendance Registration Form

Thursday, March 9th, 2017

Merritt Civic Centre

9:00 a.m. – 3:00 p.m.

***Registration is not required but it is encouraged to ensure your space in the workshops**

Name:

Student or Community Member?

Phone Number:

Email Address:

<u>CAREER FAIR</u>				
<u>WORKSHOPS</u>	<input checked="" type="checkbox"/>	ROOM 2	<input checked="" type="checkbox"/>	ROOM 3
10AM		ANTCO - Loan Fund Program		RBC - Budgeting
11AM		FNESS (First Nations Emergency Services Society)		HIGHLAND VALLEY COPPER
12PM		ANTCO - Loan Fund Program		BMO - Financial Literacy
1PM		ABORIGINAL SPORT, RECREATION, AND PHYSICAL PARTNERS COUNCIL		C.N.A. - Preparing For Your Future Jobs and Career

Submit to:

Shanny McIvor, Programs Coordinator

Email: smcivor@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

Call for Applications – Canadian Museum of History RBC Aboriginal Training Program in Museum Practices



CALL FOR APPLICATIONS Canadian Museum of History

RBC Aboriginal Training Program in Museum Practices

DEADLINE MARCH 31, 2017

Gatineau, Quebec, February 8, 2017 — The Canadian Museum of History is now accepting applications for its RBC Aboriginal Training Program in Museum Practices. This eight-month program, the only one of its kind in Canada, offers professional and technical training in museum practices to First Nations, Métis and Inuit people from across Canada. The deadline for applications is **March 31, 2017**.

All training is under the supervision of the professional staff of the Canadian Museum of History and the Canadian War Museum in a variety of fields, including research, collections, exhibitions, public programs, corporate affairs, publishing, development and museum services. The objective of this internship is to offer practical experience for Aboriginal people who would like to broaden their skills in various aspects of museum work. Training is available in both official languages.

This is the twenty-third consecutive year for the Program. Since 1993, the Museums have welcomed interns from over 40 different Aboriginal Nations across Canada. Graduates have gone on to become role models and advocates in museum and cultural sectors. Upon completing the Program, many graduates have used their training and experience to become community museum staff, directors, instructors and government employees, or to help them select a specific area of expertise in which to further their studies.

To learn more about the Program, please contact Jameson C. Brant, Program Coordinator, at 819-776-8270 or jameson.brant@historymuseum.ca, or consult the website at historymuseum.ca/aboriginaltraining.

JOB POSTINGS

Job Posting

Position Title: Maintenance Technician Assistant – Entry Level Position

Department: Public & Capital Works

Hours: 8:30am-4:30pm

Wage: Based on Experience up to \$24,000/year

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.
- Minimum Class 7N B.C. License required.
- Ability to speak or willingness to learn the Nlaka'pamux language is a pre-requisite.

Deadline: March 14, 2017 by 4:30 PM

Interested candidates should send a resume and cover letter complete with references, specifying the position you are applying for. Complete Job Description can be obtain by contacting the Lower Nicola Indian Band.

Mail:

Lower Nicola Indian Band
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.



Position: Crushing Loader Operator (4)

Department: Operations

Job Status: Temporary

Summary: Perform tasks involving physical labor at heavy construction projects, and aggregate production.

Responsibilities:

- Operate front end loader, skid steer, and excavator
- Service and operate crushing equipment
- General labor duties, shoveling and around the belts and crusher
- Willing to work outdoors in all weather
- Moves tools, equipment and construction materials to and from work areas
- Ability to keep materials within job specifications
- Maintenance of crusher and ability to repair and maintain equipment
- Must be available to deal with delays, bad weather, or emergencies at the job site
- Practices workplace safety

Requirements:

- Experience operating a loader in a high production setting
- Minimum 3 years crushing experience required
- Mechanically inclined
- Previous experience operating loader, skid steer, and excavator
- Flexibility to work shift work
- Valid Class 5 Drivers License
- Able to promote a positive and safe work environment
- Ability to take direction and work as a part of a team
- Personal protective equipment (PPE)

It is our top priority to ensure a healthy and safe work environment for our employees and for everyone on our job sites. LNSS has a comprehensive safety program and expects the highest level of adherence to safety standards, LNSS safety procedures, OHS Legislation, and the BC Mines Act. Violations of safety standards will not be tolerated on any LNSS job site.

Physical Demands: Position requires employee to frequently stand, walk, twist, bend, reach and kneel. Employees must be able to lift 60 – 80 lbs above shoulder height.

Work Environment: Work is outdoors and conditions include very cold temperature, very hot temperature, and wind, flying dust, and slipping hazards.

Compensation: There will be no travel compensation or LOA for this role. Applicants must be local to Highland Valley Copper.

To Apply: Please forward your resume and cover letter to m.davies@lnibdevcorp.com prior to 4:30pm March 3, 2017

Kinder Morgan Job Opportunities

New Job Postings

- Land Coordinator, Terminals (term role) – Calgary (#14651)
- Project Manager, Terminals – Calgary (#14677)

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.

Resume mistakes:

A less-than-professional email address:

If you still use an old email address, like BeerLover123@gmail.com or CuteChick4life@yahoo.com, it's time to pick a new one.

It only takes a minute or two, and it's free.

from Business Insider

Please make copies and post on your Community Bulletin Board



ABORIGINAL ARTS & STORIES

Aboriginal Arts & Stories invites self-identified First Nations, Métis, and Inuit youth (ages 9 to 29), to submit a piece of writing or two-dimensional artwork exploring Indigenous identity, or a moment or theme in Canadian Indigenous history or culture.

WIN UP TO \$2,000 and other great prizes. Groups of 6 or more can win a **SPECIAL CLASSROOM PRIZE.**

For full guidelines, bilingual learning tools, galleries of incredible writing and artwork created by past participants, and to read engaging testimonials from 10 previous winners who discuss what the contest has meant to their lives and career, please visit www.GoToInfo.ca/WritingandArts.

Don't miss it!
The contest deadline is March 31, 2017.

Three easy ways to submit your art or creative writing:

- 1. EMAIL** WritingandArts@GoToInfo.ca
- 2. FAX** **1-866-634-8737**
- 3. ONLINE** GoToInfo.ca/WritingandArts

For more information, call 1-866-644-6195
or visit www.GoToInfo.ca/WritingandArts



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ID 94

Interior Region

Archery Coaching Clinic -NCCP

The coach evaluations will happen the same weekend as this course. The evaluation component of Making Ethical Decisions will be a separate online National system. The portfolio will be submitted to the learning facilitator/evaluator within 12 months of the workshop.

March 4-5, 2017 Times: 8:30 to 5:30 pm
352 Sportsman Bowl Rd, Oliver BC

BC Archery Association (NCCP) Instruction of Beginner Archers
Ages 16+ Limited spaces are available

Facilitated by Ron Ostermeier

- ✓ Planning a practice
- ✓ Analyze performance
- ✓ Support athletes in training (safety, equipment)
 - ✓ Teaching a coaching session
- ✓ Managing a sport program (facility, safety)
 - ✓ Making Ethical Decisions

Please note the deadline to apply is Friday, February 17, 2017

Inquiries and Registration Contact

Michelle Webster | 250.306.2391 | mwebster@bcaafc.com

Online Registration:

<https://aboriginalsportbc.wufoo.com/forms/q172i5c20p1u0k7/>

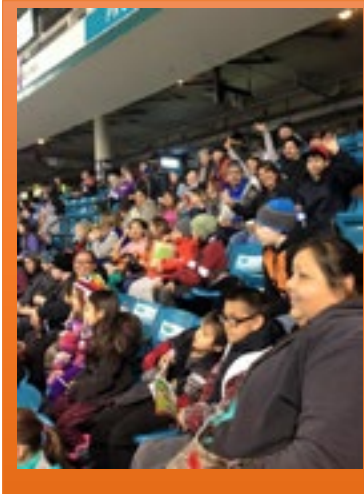


BCAAFC
BC ASSOCIATION OF ABORIGINAL
FRIENDSHIP CENTRES

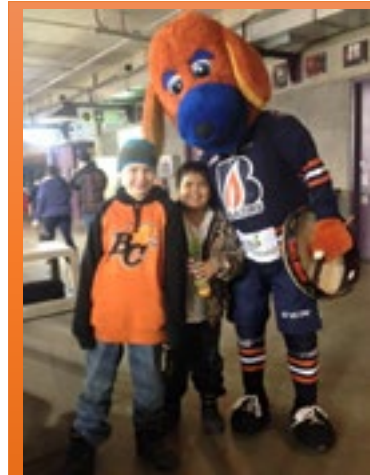


Aboriginal Sport, Recreation &
Physical Activity Partners Council

Kamloops Blazers Game!!



Open to youth who are interested in coming to a hockey game in Kamloops.



When : March 10th, 2017

Time: 5:00pm -10:00pm

Where: Interior Saving Center, Kamloops

We would like to have anyone interested please contact Chelsea, recreation worker at 250-315-3379 or through our face book page or leave a message at the health center. Thanks all.



The Wearing of Green on St. Patrick's Day

Many people wear something green on St Patrick 's Day which is known in the U.S. and other countries as wearing of the green. Usually people would wear green to show their Irish heritage & culture on the day that everyone's Irish but in Ireland the wearing of the green doesn't really exist, well in terms of celebrating our culture.

However, we do wear Shamrocks to symbolize the teaching of the holy trinity by St Patrick – although we've no real evidence this was actually trued. A small bunch of Shamrocks would be pinned to the breast of our outer coats and should be away worn when attending Church.

YOUTH CONFERENCE



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	

BANNOCK CONTEST

Make
your
Yéye?
Proud



záqm = make bread

he sk^wyém tək səplil
or szaq?útye = bannock



**Be the Best
Bannock
Maker of 2017**

Come and join the Lower Nicola Indian Band Community Services and “Bring on Spring” WE will be hosting our **3rd annual bannock judging contest** with a luncheon to follow.

Location: LNIB Band Hall

Date: Friday March 17th 2017

Time: 12-2 pm

There will be 1st, 2nd & 3rd place prizes for best bannock as well as 50/50 & Loonie auction

3rd Annual LNIB Bannock Judging Contest!!

Name:	<input type="text"/>	Band Name:	<input type="text"/>
Phone #:	<input type="text"/>	E-mail:	<input type="text"/>
Community:	<input type="text"/>	Contestant #:	<input type="text"/>

To be eligible to participate in the **Bannock Judging Contest** you must bring **10 pre-cooked bannock**. There will be first second and third place prizes. Good luck to all participants!

Bannock Overall Score			
			Total for participant /3 =
Judge #1	Judge #2	Judge #3	

HOME INSURANCE WORKSHOP



Home Insurance Workshop

Wednesday March 08, 2017 in the LNIB Band Hall

6:00pm — 9:00 PM

Includes Dinner & Door prizes!

Habitational Insurance Overview

- Types of Habitational Policies - Homeowner's, Rented Dwellings, Seasonals, Vacant Dwellings, Farm Policies, Tenant's Insurance.
- How to apply for coverage
- Discounts & Surcharges
- Important Home Updates (Roof, Plumbing, Heating, Electrical, Hot water tank)
- Claim Service & Support

All Nations Insurance Brokers (ANIB) is a 100% Aboriginal owned company, through All Nations Trust Company (ANTCO). ANIB is dedicated to providing efficient and effective insurance and financial services to Aboriginal communities, organizations, businesses and individuals.

PLEASE RSVP to tonie@anib.ca or call us at 778-471-9002 or toll free (844)-430-9001.

This is a free, confidential and no obligation service.

UNITED NATIONS DEVELOPMENT PROGRAMME SUSTAINABLE DEVELOPMENT GOALS

For the Fifteen Year Period Between 2015 to 2030

Goal 1- End poverty in all its forms everywhere

1.1 - By 2030, eradicate extreme poverty for all people everywhere, currently measured as people living on less than \$1.25 a day.

1.2 - By 2030, reduce at least by half the proportion of men, women and children of all ages living in poverty in all its dimensions according to national definitions.

1.3 - Implement nationally appropriate social protection systems and measures for all, including floors, and by 2030 achieve substantial coverage of the poor and the vulnerable.

1.4 - By 2030, ensure that all men and women, in particular the poor and the vulnerable, have equal rights to economic resources, as well as access to basic services, ownership and control over land and other forms of property, inheritance, natural resources, appropriate new technology and financial services, including microfinance.

1.5 - By 2030, build the resilience of the poor and those in vulnerable situations and reduce their exposure and vulnerability to climate-related extreme events and other economic, social and environmental shocks and disasters.

1.a - Ensure significant mobilization of resources from a variety of sources, including through enhanced development cooperation, in order to provide adequate and predictable means for developing countries, in particular least developed countries, to implement programmes and policies to end poverty in all its dimensions.

1.b - Create sound policy frameworks at the national, regional and international levels, based on pro-poor and gender-sensitive development strategies, to support accelerated investment in poverty eradication actions.

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

2.1 - By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.

2.2 - By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons.

2.3 - By 2030, double the agricultural productivity and incomes of small-scale food producers, in particular women, indigenous peoples, family farmers, pastoralists and fishers, including through secure and equal access to land, other productive resources and inputs, knowledge, financial services, markets and opportunities for value addition and non-farm employment.

2.4 - By 2030, ensure sustainable food production systems and implement resilient agricultural practices that increase productivity and production, that help maintain ecosystems, that strengthen capacity for adaptation to climate change, extreme weather, drought, flooding and other disasters and that progressively improve land and soil quality.

2.5 - By 2020, maintain the genetic diversity of seeds, cultivated plants and farmed and domesticated animals and their related wild species, including through soundly managed and diversified seed and plant banks at the national, regional and international levels, and promote access to and fair and equitable sharing of benefits arising from the utilization of genetic resources and associated traditional knowledge, as internationally agreed.

2.a - Increase investment, including through enhanced international cooperation, in rural infrastructure, agricultural research and extension services, technology development and plant and livestock gene banks in order to enhance agricultural productive capacity in developing countries, in particular least developed countries.

2.b - Correct and prevent trade restrictions and distortions in world agricultural markets, including through the parallel elimination of all forms of agricultural export subsidies and all export measures with equivalent effect, in accordance with the mandate of the Doha Development Round.

2.c - Adopt measures to ensure the proper functioning of food commodity markets and their derivatives and facilitate timely access to market information, including on food reserves, in order to help limit extreme food price volatility.

Goal 3 - Ensure healthy lives and promote well-being for all at all ages

3.1 - By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births.

3.2 - By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births.

3.3 - By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases.

3.4 - By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

- 3.5 - Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.
- 3.6 - By 2020, halve the number of global deaths and injuries from road traffic accidents.
- 3.7 - By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.
- 3.8 - Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all.
- 3.9 - By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination.
- 3.a - Strengthen the implementation of the World Health Organization Framework Convention on Tobacco Control in all countries, as appropriate.
- 3.b - Support the research and development of vaccines and medicines for the communicable and non-communicable diseases that primarily affect developing countries, provide access to affordable essential medicines and vaccines, in accordance with the Doha Declaration on the TRIPS Agreement and Public Health, which affirms the right of developing countries to use to the full the provisions in the Agreement on Trade-Related Aspects of Intellectual Property Rights regarding flexibilities to protect public health, and, in particular, provide access to medicines for all.
- 3.c - Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing States.
- 3.d - Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks.
- Goal 4 - Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- 4.1 - By 2030, ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes.
- 4.2 - By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education.

4.3 - By 2030, ensure equal access for all women and men to affordable and quality technical, vocational and tertiary education, including university.

4.4 - By 2030, substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs and entrepreneurship.

4.5 - By 2030, eliminate gender disparities in education and ensure equal access to all levels of education and vocational training for the vulnerable, including persons with disabilities, indigenous peoples and children in vulnerable situations.

4.6 - By 2030, ensure that all youth and a substantial proportion of adults, both men and women, achieve literacy and numeracy.

4.7 - By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development, including, among others, through education for sustainable development and sustainable lifestyles, human rights, gender equality, promotion of a culture of peace and non-violence, global citizenship and appreciation of cultural diversity and of culture's contribution to sustainable development.

4.a - Build and upgrade education facilities that are child, disability and gender sensitive and provide safe, non-violent, inclusive and effective learning environments for all.

4.b - By 2020, substantially expand globally the number of scholarships available to developing countries, in particular least developed countries, small island developing States and African countries, for enrolment in higher education, including vocational training and information and communications technology, technical, engineering and scientific programmes, in developed countries and other developing countries.

4.c - By 2030, substantially increase the supply of qualified teachers, including through international cooperation for teacher training in developing countries, especially least developed countries and small island developing States.

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

5.1 - End all forms of discrimination against all women and girls everywhere.

5.2 - Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation.

5.3 - Eliminate all harmful practices, such as child, early and forced marriage and female genital mutilation.

5.4 - Recognize and value unpaid care and domestic work through the provision of public services, infrastructure and social protection policies and the promotion of shared responsibility within the household

and the family as nationally appropriate.

5.5 - Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic and public life.

5.6 - Ensure universal access to sexual and reproductive health and reproductive rights as agreed in accordance with the Programme of Action of the International Conference on Population and Development and the Beijing Platform for Action and the outcome documents of their review conferences.

5.a - Undertake reforms to give women equal rights to economic resources, as well as access to ownership and control over land and other forms of property, financial services, inheritance and natural resources, in accordance with national laws.

5.b - Enhance the use of enabling technology, in particular information and communications technology, to promote the empowerment of women.

5.c - Adopt and strengthen sound policies and enforceable legislation for the promotion of gender equality and the empowerment of all women and girls at all levels.

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

6.1 - By 2030, achieve universal and equitable access to safe and affordable drinking water for all.

6.2 - By 2030, achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations.

6.3 - By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally.

6.4 - By 2030, substantially increase water-use efficiency across all sectors and ensure sustainable withdrawals and supply of freshwater to address water scarcity and substantially reduce the number of people suffering from water scarcity.

6.5 - By 2030, implement integrated water resources management at all levels, including through transboundary cooperation as appropriate.

6.6 - By 2020, protect and restore water-related ecosystems, including mountains, forests, wetlands, rivers, aquifers and lakes.

6.a - By 2030, expand international cooperation and capacity-building support to developing countries in water- and sanitation-related activities and programmes, including water harvesting, desalination, water

efficiency, wastewater treatment, recycling and reuse technologies.

6.b - Support and strengthen the participation of local communities in improving water and sanitation management.

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

7.1 - By 2030, ensure universal access to affordable, reliable and modern energy services.

7.2 - By 2030, increase substantially the share of renewable energy in the global energy mix.

7.3 - By 2030, double the global rate of improvement in energy efficiency.

7.a - By 2030, enhance international cooperation to facilitate access to clean energy research and technology, including renewable energy, energy efficiency and advanced and cleaner fossil-fuel technology, and promote investment in energy infrastructure and clean energy technology.

7.b - By 2030, expand infrastructure and upgrade technology for supplying modern and sustainable energy services for all in developing countries, in particular least developed countries, small island developing States and landlocked developing countries, in accordance with their respective programmes of support.

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

8.1 - Sustain per capita economic growth in accordance with national circumstances and, in particular, at least 7 percent gross domestic product growth per annum in the least developed countries.

8.2 - Achieve higher levels of economic productivity through diversification, technological upgrading and innovation, including through a focus on high-value added and labor-intensive sectors.

8.3 - Promote development-oriented policies that support productive activities, decent job creation, entrepreneurship, creativity and innovation, and encourage the formalization and growth of micro-, small- and medium-sized enterprises, including through access to financial services.

8.4 - Improve progressively, through 2030, global resource efficiency in consumption and production and endeavour to decouple economic growth from environmental degradation, in accordance with the 10-Year Framework of Programmes on Sustainable Consumption and Production, with developed countries taking the lead World Development Indicators 2016.

8.5 - By 2030, achieve full and productive employment and decent work for all women and men, including for young people and persons with disabilities, and equal pay for work of equal value.

8.6 - By 2020, substantially reduce the proportion of youth not in employment, education or training.

8.7 - Take immediate and effective measures to eradicate forced labour, end modern slavery and human trafficking and secure the prohibition and elimination of the worst forms of child labour, including recruitment and use of child soldiers, and by 2025 end child labour in all its forms.

8.8 - Protect labour rights and promote safe and secure working environments for all workers, including migrant workers, in particular women migrants, and those in precarious employment.

8.9 - By 2030, devise and implement policies to promote sustainable tourism that creates jobs and promotes local culture and products.

8.10 - Strengthen the capacity of domestic financial institutions to encourage and expand access to banking, insurance and financial services for all.

8.a - Increase Aid for Trade support for developing countries, in particular least developed countries, including through the Enhanced Integrated Framework for Trade-related Technical Assistance to least developed countries.

8.b - By 2020, develop and operationalize a global strategy for youth employment and implement the Global Jobs Pact of the International Labour Organization.

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

9.1 - Develop quality, reliable, sustainable and resilient infrastructure, including regional and transborder infrastructure, to support economic development and human well-being, with a focus on affordable and equitable access for all.

9.2 - Promote inclusive and sustainable industrialization and, by 2030, significantly raise industry's share of employment and gross domestic product, in line with national circumstances, and double its share in least developed countries.

9.3 - Increase the access of small-scale industrial and other enterprises, in particular in developing countries, to financial services, including affordable credit, and their integration into value chains and markets.

9.4 - By 2030, upgrade infrastructure and retrofit industries to make them sustainable, with increased resource-use efficiency and greater adoption of clean and environmentally sound technologies and industrial processes, with all countries taking action in accordance with their respective capabilities.

9.5 - Enhance scientific research, upgrade the technological capabilities of industrial sectors in all countries, in particular developing countries, including, by 2030, encouraging innovation and substantially increasing the

number of research and development workers per 1 million people and public and private research and development spending.

9.a - Facilitate sustainable and resilient infrastructure development in developing countries through enhanced financial, technological and technical support to African countries, least developed countries, landlocked developing countries and small island developing States.

9.b - Support domestic technology development, research and innovation in developing countries, including by ensuring a conducive policy environment for, inter alia, industrial diversification and value addition to commodities.

9.c - Significantly increase access to information and communications technology and strive to provide universal and affordable access to the Internet in least developed countries by 2020.

To be continued in next newsletter

Spring

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

BUNNY SHAMROCK
 CEWETA SOLSTICE
 CROCUS SPRINGBREAK
 CULTURE STPATRICK
 EASTER TULIP
 EQUINOX
 FRIDAY
 GOOD
 HOLIDAY
 LEPRAUCHAN
 NETTLES
 PLANT
 ROBIN
 SCHOOL
 SEEDLING

MEMBER OWNED BUSINESS DIRECTORY

Cascadian Forest Consultants Service

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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.

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

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Established 1998

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11 employees, 80% First Nations

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

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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

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250-378-1964 Shane Muir,

Mining and Survey Equipment

SCS Diamond Drilling

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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

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Over 20 years experience in providing training, re-
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Mostly Glass

Mostly Glass Creations: Stained glass, mosaics, mo-
osaic lamps, stepping stones, beads, crystals, prisms,
window charms, bracelets

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Jerrod Peterson

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Gwayne Point

250-378-9167 Northwest Indian Art

Clyde Sam

Laidlaw0@telus.net

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Maggie's Bannock
Maggie Shuter
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Gourmet coffee supply and distribution

ASTROLOGY

from Whats-your-sign.com



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



Falcon - March 21- April 19 A natural born leader, the Falcon can always be looked upon for clear judgment in sticky situations. Furthermore, the characteristics for this Native American animal symbol never wastes time, rather he/she strikes while the iron is hot, and takes action in what must be done. Ever persistent, and always taking the initiative, the Falcon is a gem of a personality to have for projects or team sports. The Falcon can be a little on the conceited side - but he/she is usually right in his/her opinions - so a little arrogance is understood. In a supportive environmental the Falcon "soars" in his/her ability to maintain passion and fire in relationships, and always remaining compassionate.

Left to his/her own devices, the Falcon can be vain, rude, intolerant, impatient, and over-sensitive.

LIFE EVENTS



Happy Birthday to the following staff members:

- Ayana Brown - March 2,
- Robin Peterson - March 5,
- Terri-Lynn Beckett - March 7,
- Wenona Mike - March 9,
- Jonathan Holmes - March 14,
- Marcus Basil - March 16,
- Sheri Daw - March 17,
- Donelda Haller - March 21,
- Jimmy Isaac - March 23,
- Brenda Ens - March 25,
- Yental Coutlee - March 26,

Happy Birthday Terri Beckett!

love Jim, Sophie, Megan, Domanic and Evan!

*Happy Birthday Clarence Basil
March 20th!*

March 1
Happy 60th birthday to
Vivian Narcisse!

IN MEMORIUM

The LNIB Community was saddened by the passing of elder May Moses.
Nov 1922 - January 2017

BAND SCHOOL CALENDAR



March 2017

Absolutely NO NUTS

and NO

Peanut Butter



Mon	Tue	Wed	Thu	Fri
		1 Chilli & Rice	2 Chicken Caesar wrap	3 Chicken & veggie soup with grilled cheese <u>Emergency Evacuation Drill</u> <u>See Notice on reverse side</u> <u>REPORT CARDS GO HOME</u>
6 Bannock dog	7 Deli wrap	8 <u>EARLY DISMISAL</u> <u>School closes @ 12:00</u> Parent/teacher interviews Start @ 1:00	9 Spaghetti & meat sauce	10 Lasagna
13 Taco salad	14 Chicken alfredo	15 Deli wrap	16 Mac & Cheese casserole	17 Pizza <u>St. Patricks Day</u> <u>Wear Green</u> LAST DAY BEFORE SPRING BREAK
20 SPRING BREAK	21 SPRING BREAK	22 SPRING BREAK	23 SPRING BREAK	24 SPRING BREAK
27 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK <u>School reopens</u> <u>April 3rd</u>

IRISH SODA BREAD

250 g (1 cup) all purpose flour
 250 g (1 cup) whole wheat flour
 1 tsp salt
 1 tsp baking soda
 420 ml (1 3/4 cup) buttermilk

Combine all dry ingredients so well blended. Add in buttermilk and mix by hand until well combined. Do not over mix!

Pat into a 9 inch round with centre mounded slightly higher. Cut a cross through loaf (about 3/4 of the way through without cutting through bottom)

Bake 375 F about 30 minutes or until bottom sounds hollow when tapped. Best eaten day it's made.

RECREATION CALENDAR

MARCH 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Important note for yoga. Rec department will only sponsor one session per week for yoga.		Yoga 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 SKATING @ 5:30-6:45 YOUTH CENTER 6:00-8:00	4
5 YOGA. Mon/Wed 5:30-6:45 @ MERRITT CIVIC CENTER sign in sheet.	Yoga 6 GYM / SWIM MARTIAL ARTS @BAND HALL 4-6PM	7 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER 6:30-8PM	Yoga 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 Blazers Game! 5:00-10:00pm SKATING @ 5:30-6:45	11
12 YOGA. Mon/Wed 5:30-6:45 @ MERRITT CIVIC CENTER sign in sheet.	Yoga 13 GYM / SWIM MARTIAL ARTS @ BAND HALL 4-6PM	14 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER 6:30-8PM	Yoga 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 LAST SKATING @ 5:30-6:45 YOUTH CENTER 6:00-8:00	18
19 YOGA. Mon/Wed 5:30-6:45 @ MERRITT CIVIC CENTER sign in sheet.	Yoga 20 GYM/SWIM SPRING BREAK MARTIAL ARTS @ BAND HALL 4-6PM	21 GOV KELOWNA →	Yoga 22 GOV KELOWNA →	23 FAMILY SWIM NIGHT OPEN TO ALL SIGN IN AT FRONT DESK GOV KELOWNA →	24 GOV KELOWNA	25
26 YOGA. Mon/Wed 5:30-6:45 @ MERRITT CIVIC CENTER sign in sheet.	Yoga 27 GYM/SWIM SRPING BREAK MARTIAL ARTS @ school gym 4-6pm	28 TRADITIONAL GAMES LNIBS 4:30-6PM YOUTH CENTER 6:30-8PM	Yoga 29 YOUTH GYM NIGHT LNIBS 4:30-6PM ADULT GYM NIGHT 6-8PM	30 FAMILY SWIM NIGHT OPEN TO ALL SIGN IN AT FRONT DESK	31 NO MORE SKATING. YOUTH CENTER 6:00-8:00	All activities subject to change due to other community events. Thanks

If you have questions on any programs or activities happening with the recreation please contact Chelsea Spahan, recreation worker @ 250-315-3379.txt. or on the recreation face book page. Thanks all

FROM THE EDITOR



I don't complain about the weather as a rule, and I like winter. However, I have to say that I am "done" with this winter and ready for the warm kiss of Spring sunshine. Of course the fact that I managed to slip and fall on my own driveway resulting in moderate concussion and two weeks off work, and a subsequent development of bronchitis likely has something to do with my longing for warm weather.

I've also been infected by Lorna Shuter's enthusiastic plans for Shulus Gardens and the medicine garden so the need to see green is even stronger. I am resisting the temptation to start my seedlings too early and am trying

to content myself with dreaming over gardening catalogues. If you haven't signed up to take part in the Honour Your Health Challenge and Gardening courses with Lorna, I urge you to do so!

March brings the Spring Equinox. Sharon Antoine and Tim Manuel have the Welcome Spring ceremony lined up for 8 am on Monday, March 20th at Shulus Hall. Come say a prayer of thanks and welcome to the planting season.

March brings us St. Patrick's Day when it seems all the world wants to be Irish for the day. It's hard not be caught up in the lively music, good food and drink and camaraderie that comes along with every decent celebration. Interestingly, in Ireland itself St. Patrick's Day is not that big a deal. It's a holiday that is more celebrated away from "the Old Country" as a way of toasting one's Irish roots. It's a holiday in my household as my husband is of Irish descent. He dislikes corned beef and cabbage, isn't a real fan of Irish stew and isn't really big on potatoes. He does love Steak and Guinness Pie, and an Irish whisky so that's on the menu. He never wears green - says an Irish person doesn't have to. I'm a big fan of celebrating everyone's culture so I'll put on green that day as a salute. And by the way, shamrocks have three leaves, not four...

Speaking of celebrating one's culture - isn't it great that the staff over at Health Services are having a Bannock contest? Details are in this newsletter.... mmm - wonder who I bribe to get on the judging panel? Maybe we'll be able to talk the winner into sharing their bannock making secrets with us in the next newsletter.

March also brings Spring Break. Be sure to check out what Sharon Antoine and the crew at Family Services have planned the week of March 27th - there will be some great cultural activities to take part in with your family members. Nothing creates greater memories than doing something as a multi-generational group.

Take some photos.... share them with our readership... contribute to your newsletter.

Ruth Tolerton
communications@lnib.net

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