



April 2017
N?e?iyk Spiləxm

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BY-ELECTION NOTICE

Your vote is important! Make your voice heard and please vote!

LOWER NICOLA INDIAN BAND BY-ELECTION NOTICE

THIS NOTICE IS TO INFORM ALL ELECTORS OF THE LOWER NICOLA INDIAN BAND THAT A BY-ELECTION FOR ONE (1) COUNCILLOR WILL BE HELD:

Saturday, April 22nd, 2017
At the Lower Nicola Band Hall at Shulus
Polls will be open from 9:00 AM TO 8:00 PM

AN ADVANCE POLL WILL BE HELD:

Saturday, April 15th, 2017
At the Lower Nicola Band Hall at Shulus
Polls will be open from 11:00 AM TO 5:00 PM

The Candidates for Council are:

Richard JACKSON JR.
Stuart JACKSON
Connie JOE
Hrolfe JOE
Clyde SAM
Robert STERLING JR.
Molly TODLICAN

Electors residing off a LNIB reserve will be sent a mail-in voting package. Electors residing on a LNIB reserve who wish to vote by mail may do so by contacting the Electoral Officer and requesting a mail-in voting package.



Raymond D. Phillips, Q.C.
216-345 Chief Alex Thomas Way,
Kamloops, BC V2H 1H1
Toll Free: (855) 355-2471
Email: chuckpalsht@gmail.com

EXECUTIVE DIRECTOR REPORT



LNIB Executive Director Report

For the Period from February 28th to March 27th, 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 February 28th to March 27th, 2017.

This is my last report as executive director of LNIB. As such, I take the opportunity to thank you all who made my work easier. During the last three years, I had the privilege to work with you in many initiatives that had a positive impact in the life of the LNIB and its members. I want to thank the members of the previous and current Chief & Council, Sector directors and managers, staff members, and LNIB members for all the support, commitment, and hard work in realizing the aspirations of LNIB. I am proud of what we achieved together, knowing well that much is still to do. In this journey, I gained many friends, who I hold very dear to my heart. I will miss you and I wish you the best in LNIB's journey.

1. **Executive Director Recruitment** – We are pleased to welcome Kari Reilander as our new Executive Director, effective April 1st, 2017. Kari brings a wealth of knowledge and experience to LNIB, accumulated over more than fifteen years as senior executive of First Nation governments in northern British Columbia. We wish Kari the best, and I urge you to support Kari in the same way that you supported me over the last three years.
2. **Saturday, April 22nd, Bi-Election Day for Vacant LNIB Councillor Position** – Just a reminder that the voting day for the by-election for the vacant councillor position is Saturday, April 22nd. Please remember that your vote counts. The following table highlights the milestones for this process:

Milestone	Date & Time	Location / Notes
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, by phone at 250 455 2472 or 250 256 1628, or by email at chuckpalsht@gmail.com .

3. **Extension of Deadline for Completing Conditional Agreement with Kinder Morgan for TransMountain Pipeline Expansion** – The Negotiations Committee have been busy completing the negotiation of employment, contracting opportunities, and management of environmental, traditional land use, heritage and cultural, and disaster response. Chief & Council approved the request to extend the period for the completion of negotiation of these items of the Mutual Benefits Agreement to June 30th, 2017.

In terms of employment and business opportunities, the next two years will be very busy to LNIB, as the impact management benefits agreements with Highland Valley Copper and Kinder Morgan come into full implementation. I encourage you to contact Robin Peterson at the LNIB Career Development Centre for employment opportunities, and Leesa Mike, Director of Lands & Economic Development Sector of LNIB for contracting opportunities. I also encourage you to contact Sean Maloney, Chief Operating Officer of LNIB Development Corporation, for sub-contracting opportunities.

4. **Interim Lease of Lot #302 to LNB Construction** - Chief & Council approved the interim arrangement to lease Lot #302 to LNB Construction Ltd. The interim lease has a term of six months, period that we believe is reasonable to negotiate a longer term lease to house the operations of LNIB Construction. Lot #302 is approximately 2.89 acres in size, and is located on the east side of Highway 97C (Shulus – Logan Lake), on Nicola Mameet IR#1, in the Old Corral.

5. **LNIB Housing Policy** – The work is progressing at a good pace for the completion of the review and update of LNIB Housing Policy. The draft was presented to Chief & Council for review and eventual approval in the next few weeks. This was a lengthy exercise, but we believe that will much improve the operation of the LNIB Housing program.

6. **LNIB Education Policy** – The Education Policy Review Committee presented to Chief & Council the final draft of the revised LNIB Education Policy, at the C&C meeting of March 21st. We expect that the process of enacting the new Education Policy will be completed within the next three to four weeks. I take this opportunity to thank the excellent work and commitment of the LNIB Education Policy Review Committee members - Darlene Vallee, Madeline Lanaro, Sondra Tom, Ryan Mann, and Sharon Parsons.

7. **2017 – 18 Fiscal Year Workplans & Budgets** – The one-day session for C&C to review and approve the 2017-18 workplans and budgets was rescheduled to Friday, April 7th. The main improvement in this year's process is that we put the workplans and budgets for all sectors and programs of LNIB into one single binder, along with the consolidated budget for the year, organization chart, program grid, and a list of key tasks currently under way in each sector or program.

8. **Cancelation of Certificate of Possession 403030993 for Lot 11, Joeyaska Indian Reserve #2 103631 CLSR** – Under the authority granted by the LNIB Land Code, Chief & Council at its meeting of March 21st cancelled the Certificate of Possession #403030993 for Lot 11, Joeyaska Indian Reserve #2 103631 CLSR issued by INAC. This Certificate of Possession was not properly allotted in accordance with both the LNIB Land Code

and Indian Act. The cancellation was registered in the Indian Lands Registry.

9. **Fire Suppression System Upgrade for LNIB Shulus Arena** – Chief & Council approved the increase in the amount of \$100,000 in the budget of the fire suppression system upgrade of Shulus Arena. We are changing the fire suppression system from a sprinkler to a dry system, which is much less prone to problems. The total cost for this work is approximately \$200,000, of which \$50,000 is provided by Western Economic Diversification (Canada 150 Program), and LNIB own source funds in the amount of \$150,000.

Still in the topic of the Shulus Arena, I want to thank Joe Quewezance, who recently resigned to pursue a Tim Hortons franchise partnership in Kamloops, for his many years of dedication as Manager of the Shulus Arena. I also want to welcome the new Shulus Arena Manager, Sheldon Quewezance, who just started his employment with LNIB a few weeks ago.

10. **LNIB Sector Directors' Evaluation** – I completed the yearly evaluation of all LNIB directors and administration managers. I want to take this opportunity to thank Angie Sterling, LNIB School Principal, Barry Torgerson, Director of Finance, Bridget LaBelle, Director of Human Services, Hyrum Peterson, Leesa Mike, Director of Lands & Economic Development, Sondra Tom, Executive Assistant, and Ruth Tolerton, Communications Coordinator, for their excellent work and commitment to the aspirations of LNIB. This is the dream team that made it all possible.

11. **Rocky Pines Community Centre** – All planning work has now been completed, and we will soon tender the construction work for this important this project. We expect that the construction will last approximately nine months from the date that the contract is awarded.

12. **Land Code Implementation** – Chief & Council has recently approved a number of key steps in the implementation of LNIB Land Code, as proposed by Anna Hudson, LNIB Lands Manager. Please stay tuned to the developments in the next few months in this key aspect of our government. We are currently recruiting members for the Lands Advisory Committee, and encourage you to consider becoming a member of this key land governance body.

13. **Nt̓eʔkepmxcin LNIB Language Nest Open House** – We recently had our Open House for the LNIB Language Nest. I was impressed with the facility and with the pride, enthusiasm and commitment of staff and parents show for this unique 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.

The Nt̓eʔkepmxcin LNIB Language Nest is now open ad we are accepting registrations for toddlers and children from 0 to 5 year olds. We encourage families to take advantage of this full-immersion Nt̓eʔkepmxcin program

14. **Enactment of Revised LNIB Financial Administration Law** – Chief & Council at its meeting of March 21st approved the revision and update of the LNIB Financial Administration Law (FAL). This 2017 revision reflects the suggestions recommended by the First Nations Management Board. No changes were made on

Schedule “A” to the FAL, which includes the conflict of interest provisions recommended by the Section 3.8 Committee, approved by Chief & Council in September of 2016.

15. **Kingsvale Transmission Line** – This utility business opportunity is an offshoot of the Kinder Morgan TransMountain Pipeline Expansion project, and entails the construction and operation of a 24 km electricity transmission line in the Kingsvale area. Leesa Mike and I met with Major Projects Office West last week in Vancouver to revive the funding application for the preparatory work required for this utility opportunity. LNIB has identified Valard Quanta as partner, and we are currently discussing the opportunity for Nooaitch and Shackan to join us in this business venture. The total investment is estimated to be approximately \$30 million, and the joint venture agreement with Valard Quanta will be for a period of 20 years, when LNIB and its partners will have the option to buy Valard Quanta’s interest in the utility. Depending on the outcome of negotiations, we expect that LNIB will be required to make a cash investment of \$2 to \$3 million in the project. Being a regulated utility, the project has a lower financial risk.

16. **Fibre Optics Cable Connection** – The work to connect LNIB School, Health Center, and LNIB Administration buildings with fibre optics cable will start soon. The construction crew of Telus Communications is scheduled to start within the next three weeks. The fibre optics connection will solve the challenges that the offices in the three buildings have in terms of reliable and fast internet connection.

17. **Leasing Opportunity of Land Parcel for Lay-down Yard for Kinder Morgan** - We were approached by LNIB Development Corporation to lease a parcel of land approximately 23 acres in size, Lot #9 on Joeyaska IR#2, to be used as laydown yard by Kinder Morgan during the construction period of the TransMountain Pipeline Expansion Project (approximately 3 years). We are working with all parties involved in making this project possible.

18. **Letter of Owner’s Expectations (LOE) and LNIB Investment Code** – We expect to resume and complete soon these important initiatives. They define the expectations that LNIB has of LNIB Development Corporation, and will help in ensuring a smoother operation of LNIB Development Corporation. The key principle on the LOE is the separation between business and government.

19. **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.

20 - **Summary of Projects 2014 – 2017** - For the record, and as a summary of the initiatives that we have carried out in the last three years, I prepared a list of projects undertaken by LNIB between April 2014 and March of 2017. The document organized in terms of initiatives classified into major clusters of activities, as follows:

**List of projects undertaken by LNIB
between April 2014 and March 2017****A. LNIB Community**

- Open door policy for Community members, suggestions, concerns and complaints
- Printed Annual Report w/ Auditor's Report & audited financial statements
- Annual General Assembly
- LNIB Family Christmas gift card
- LNIB Community Profile
- LNIB calendar
- Revamping of monthly LNIB Newsletter
- Revamping of LNIB website
- Creation of Band Members' only website
- Staff Volunteer Day – LNIB Cemetery Clean-up Day
- Enforcement of animal control
- Transfer of 20 social housing units to private home ownership (12 in progress)
- Work with Community & Merritt Detachment of First Nations Community Policing
- Higher level of consistent transparency and accountability
- Monthly written report to LNIB membership
- Weekly C&C meetings & monthly band general meetings

B. New Programs & initiatives

- New LNIB Career Development Centre program
- New Recreation program
- New LNIB Culture Revival program
- New Language Nest program
- New focus on Elders' programs
- New Communications department
- First Aid certification for all LNIB staff
- Revival and revamping of Shulus Community Garden project
- Acquisition of office building & secured lease for land for LNIB Education program
- FN & Pipeline Development Forum
- Rocky Pines Neighbourhood Safety Committee
- Aboriginal Business Entrepreneur Skills Training program at NVIT

C. Aboriginal Rights & Title

- Interim Forestry Agreement with British Columbia
- HVC Mineral Royalty Revenue Sharing Agreement with British Columbia
- Relationship Agreement with HVC
- Mutual Benefits Agreement with Kinder Morgan
- Support to Nicola Chiefs Biosolids Action
- Chief & Council Education Session on Tsilhqot'in Supreme Court Case

D. Administration

- Restructuring of LNIB programs into Sectors
- Responsible LNIB fiscal management policy
- Establishment of Restricted LNIB Taxation Revenue Fund
- Update & maintenance of LNIB Organization Chart
- New LNIB Program Grid
- New Sector annual planning framework
- Development of template for terms of reference for LNIB Committees & Boards
- Weekly LNIB Sector Directors' meeting
- Much improved financial position of LNIB – Increase of approx. \$7 million in LNIB equity
- Chief & Council 2016-19 Strategic Plan
- 3 years of clean audits – no deficits and consistently clean auditor's report
- Certification with First Nations Management Board
- Much reduced litigation and reduction in legal costs
- Paid-out LNIB School & Arena long-term debt in full
- Acquisition of new excavator for Shulus Forest Enterprises
- Revamping of LNIB Lands Department
- Started tackling long outstanding issues pertaining to family interests on reserve lands
- Expanded employment base – 10 new permanent full time positions
- Increased LNIB vehicle fleet with 2 vans, 2 trucks and 2 buses
- Standardization of job description across all sectors, programs & departments
- Occupational Health & Safety Committee
- Preliminary work on LNIB 5 Year Financial Plan
- Enactment of LNIB External Audit Policy
- Enactment of LNIB Annual Budget Planning Policy
- INAC's General Assessment Risk - Low

E. Governance

- Conflict of Interest By-Law (Section 3.8 Committee)
- Enactment & implementation of new LNIB Land Code
- LNIB Financial Administration Law
- LNIB Trespass By-Law
- Revamping of LNIB Business corporate structure – LNIB Development Corporation
- Recruitment of Non-LNIB members for Board of Directors of LNIB Dev. Corporation
- Renewal of Local Education Agreement with School District #58
- LNIB Personnel Policy
- Revamping of Education Policy
- Revamping of Housing Policy
- Revamping of LNIB Chief & Council Orientation Kit
- Chief & Council Honorarium policy
- LNIB Investment Code (currently being reviewed)
- Letter of Owner's Expectations for LNIB Development Corporation (not adopted yet)
- Joint Session of LNIB Chief & Council & LNIB DC Board of Directors

F. Infrastructure

- LNIB 5 Year Capital Management Plan
- Renovation of LNIB Administration Building – Office Flooring & Council Chamber
- Addition of 4 classrooms to LNIB School
- LNIB School Solar Energy project
- Moving of old LNIB School portable classroom to Shulus Gardens project
- Acquisition of new LNIB School portable classroom
- Development & planning of Rocky Pines Community Centre
- 3 new duplexes - 6 housing units
- Establishment of Emergency Preparedness & Response program
- Preliminary work on LNIB Hall Administration complex.

Now, more than ever...

Thank you,

Helder Ponte
Executive Director



ROCKY PINES CENTRE ARCHITECT DRAWINGS







NEW EXECUTIVE DIRECTOR

Chief and Council of the Lower Nicola Indian Band are pleased to welcome Ms Kari Reilander as the new Executive Director for the Band. Ms Reilander officially takes her position as of April 1, 2017, replacing Mr. Helder Ponte who is retiring.



Kari grew up in Williams Lake but has called the north home for close to twenty years, living and working in the Stikine and Peace regions of BC.

Kari is a member of the Canadian Certified Management Consultants (CMC), working toward a CMC designation. Kari brings over 15 years of experience in executive roles in non-profit management and executive roles with First Nations and specializes in executive management. Kari is a Masters of Business Administration (MBA) candidate at Royal Roads University and has a Bachelor of Science from the UNBC; as well as numerous professional development courses in Aboriginal employment law, governance and conflict resolution. Kari has extensive experience working with both large and small First Nations at a local and regional level, not-for-profit organizations, economic development companies, and volunteer associations.

Kari and Helder have worked together these past two weeks to ensure a smooth transition and a continuation of the many projects and administrative governance under way.

Chief and Council would also like to take this opportunity to thank Helder Ponte for his efforts and dedication to LNIB through the past three years.



Stinging Nettle

Besides being tasty, stinging nettle has a lot of medicinal properties. Stinging Nettle tea aids urinary tract infections, enlarged prostate. Stinging Nettle Root is used for joint ailments, and as a diuretic. The above ground parts are also used for allergies and hayfever.

Stinging nettle tincture used in a salve is good for the skin, and muscle aches, rash and eczema.

Welcome to April



**Councillor Bill Bose enjoying
30 years of Jr. Native Hockey.**

**Celebrating full use of Shulus Arena and all our
Local Jr. Native Hockey Players as well as many
Native Youth from Western Canada, north of
Prince George to Saskatchewan.**

Many fine young athletes and fans from all over.



Strive to do your Best!

HEMOCARE PROGRAM

Homecare Program

New!!! The Chronic Disease Self Management Workshop

April 06- May 11, 2017 (no cost)

Every Thursday from 1pm-3:30pm@ LNIB Community Services (rides will be available).

This is a workshop (through Stanford University) for those who suffer with chronic health issues and would like to learn ways to cope and understand how to manage living with a chronic condition more effectively.

All participants will receive their own informative resource book as well as their own workbook which covers all the content that will be covered in the program. Also, on completion everyone will get a certificate of completion.

Please contact Irene Howe (Homecare Nurse) to register

Diabetes: get together for a Diabetes webnaire on April 12 at 5pm- It is a webnaire focused on living Well with Diabetes with an aboriginal perspective. Contact Irene Howe for more info

Other: We are pleased to inform you that the nurse practitioner (Genevieve Dube) will be coming: **Every 3rd Tuesday of the month**

- April 18
- April 16
- June 20
- July 18
- August 15
- September 19
- October 17
- November 21
- December 19

The nurse practitioner provides service to those:

- Do not currently have a family doctor
- **Any** female for female concerns such as pap tests, breast exams, etc
- Conducts STD (sexually transmitted disease) testing and education

Transportation:

Transportation for **in-town only** Doctor's appointments can be pre-arranged by the health staff but requires advance notice of 24 hours and confirmation must be obtained from a homecare worker. Please remember the health *staff* tries to accommodate the client but this varies on the time and schedule of the health staff worker.

Please note if you have out of town travel the medical bus is a good option but needs to be pre-booked in advance. The cost is \$5 per one way.

Phone: 1888-376-7525 (phone for pick-up & departure times)

Kamloops- every Tuesday, Kelowna-every Thursday

Adult Day Program: (ADP)

Sorry, the Adult Day Program will not be held for the month of April but will resume in May.



- **Lieta Tom**
- **Barb Basil**
- **Irene Howe**
- **Dale Shuter**
- **Edna Blankinship**

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

NURSE PRACTITIONER



STAFFING ANNOUNCEMENT

To: Nurse Practitioners, Professional Practice Office, Aboriginal Program

From: Donna Mendel, Director of Advanced Nursing Practice
Louann Janicki, Nurse Practitioner Clinical Lead

Date: January 20, 2017

RE: Nurse Practitioner: Merritt-Conoyt Friendship Society



We are pleased to announce Geneviève Dube will be joining the Merritt-Conoyt Friendship Society as the successful candidate for the Nurse Practitioner role, effective February 01.

Geneviève joined Interior Health five years ago as a Registered Nurse working in primary care with a focus on marginalized populations in urban areas.

She has experience in remote nursing with Aboriginal populations and has led program development and implementation in Quebec First Nations. Geneviève has also contributed to publications on health promotion in Canada.

Please join us in welcoming Geneviève to her role as a Nurse Practitioner with Interior Health.

Good Friday in Bermuda

Bermudians celebrate Good Friday by flying home-made kites, eating codfish cakes, and eating hot cross buns. According to Bermuda-Online.org, the tradition is said to have begun when a local teacher from the British Army had difficulty explaining Christ's ascension to Heaven to his Sunday school class. He made a kite, traditionally shaped like a cross, to illustrate the Ascension. The traditional Bermuda kites are made with colorful tissue paper, long tails, wood, metal, and string.

from Huffington Post

HERBS TO HELP ARTHRITIS PAIN

healthline

Osteoarthritis

9 Herbs to Fight Arthritis Pain

Written by Kristeen Cherney
Medically Reviewed by George T. Krucik, MD, MBA on October 8, 2013



9 Herbs to Fight Arthritis Pain



Arthritis symptoms can keep you from going about your everyday activities. The pain and swelling (inflammation) may still persist despite medical intervention. In an effort to gain relief and take a “natural” approach, more arthritis patients are seeking herbal remedies than ever before. Certain herbs may have anti-inflammatory properties that can help with rheumatoid arthritis (RA), as well as the ability to reduce pain in all forms of the disease. Still, there is a lack of scientific evidence supporting such claims. Before you treat arthritis the “natural” way, make sure you talk to a doctor first to avoid potentially life-threatening side effects.

Aloe Vera



Aloe vera is one of the most commonly used herbs in alternative medicine. Known for its healing properties, it is popular for treating small skin abrasions. You may already have a bottle of aloe vera gel in the medicine cabinet from a past experience with sunburn for pain relief. This same type of product may be applied topically to soothe achy joints.

[Injections for knee pain. Compare your options »](#)

This herb is also available in whole form from the leaves of the plant. The National Center for Complementary and Alternative Medicine (NCCAM) says that oral aloe vera can cause decreased blood sugar and gastrointestinal side effects, such as diarrhea. Topical aloe vera, on the other hand, does not cause any side effects.

Boswellia

3/23/2017

9 Herbs to Fight Arthritis Pain



Boswellia is praised by alternative medicine practitioners for its anti-inflammatory capabilities. It is derived from the gum of boswellia trees, which are indigenous to India. Also called frankincense, this herb is thought to work by blocking leukotrienes. Leukotrienes are substances that can attack healthy joints in autoimmune diseases such as rheumatoid arthritis. The NCCAM acknowledges promising evidence of boswellia in animal studies, but notes a lack of human trials. Boswellia is available in tablet form, as well as topical creams.

Cat's Claw



Cat's claw is another anti-inflammatory herb that may reduce swelling in arthritis. This herb is from a tropical vine, and its usage dates back to Inca civilizations. Traditionally, cat's claw is used to boost your immune system. In recent years, the immunity powers of the herb have been tried in arthritis. The downside is that cat's claw may overstimulate the immune system, potentially making arthritis pain worse. According to the University of Maryland Medical Center (UMMC), studies have shown that cat's claw can help with osteoarthritis pain and RA swelling. However, there's no proof that this herb can prevent further joint damage.

[Injections for knee pain. Compare your options »](#)

Eucalyptus



Like aloe vera, eucalyptus is widely available in western markets. It is used in oral medications, and topical oil extracts are used for a variety of conditions. Topical forms of eucalyptus leaves are used to treat arthritis pain. These plant leaves contain tannins, which may be helpful in reducing swelling and the resulting pain that arthritis causes. Some users follow up with heat pads to maximize the effects of eucalyptus on swollen joints.

Ginger

3/23/2017

9 Herbs to Fight Arthritis Pain



You may have ginger in your spice cabinet for cooking, but this herb is also a staple in many alternative medicine cabinets. The same compounds that give ginger its strong flavor are also the same ones that have anti-inflammatory properties. The NCCAM says that early studies in reducing joint swelling with ginger in RA are promising. However, limited human trials have yet to prove the effectiveness of this treatment.

Green Tea



Green tea is one of the most popular beverages in the world, and has even been used to reduce inflammation in the body. It is possible that green tea can be used to treat arthritis inflammation in the form of beverages, tablets, or tinctures. The NCCAM found in a 2010 study that green tea might help both osteoarthritis and RA patients. Many more studies are needed to prove the potential benefits of green tea.

Thunder God Vine



Thunder god vine is one of the oldest herbs used in Chinese medicine. Extracts from *skinned* roots are known for suppressing an overactive immune system, making thunder god vine a possible alternative candidate for treatment of autoimmune diseases such as RA. It is best used in topical form applied directly to the skin. Thunder god vine may work best when used with conventional RA medications. Use extreme caution with this herb, as it can be poisonous if extracts are derived from other areas of the vine.

Hear from real patients who treated their knee pain with injectables »

Turmeric

3/23/2017

9 Herbs to Fight Arthritis Pain



Used in cooking to make curry, turmeric is a yellow powder made from the related flowering plant. Unlike other types of herbs, NCCAM has found that turmeric may work best in fighting joint pain when it is taken orally. Lab studies on rats have also found that this herb may slow the progression of rheumatoid arthritis. While relief may have been seen in animals, few human studies have been conducted with turmeric.

Willow Bark



Willow bark is one of the longest-used herbs in treating inflammation. In fact, patients during Hippocrates' time chewed on willow bark to help treat inflammatory conditions. UMMC reports that the herb shows promise in relieving osteoarthritis-related joint pain, particularly in the knees, back, hips, and neck. This treatment is taken orally, either by tea or tablet. Getting the right dose is crucial, as an overdose can cause rashes and other forms of inflammation.

Ask Your Doctor about Complementary Medicine



Given the increased prevalence of herbal medicine, conventional doctors are more willing to assess the benefits of alternative remedies. When treating arthritis, some of these herbs may complement your current medications. It's important to understand, however, that herbs can even cause serious side effects.

Discuss all arthritis treatment options with your doctor and don't stop taking prescribed medications unless instructed. Also, keep in mind that complementary medicine isn't exclusive to herbal supplements. Other complementary approaches to arthritis pain relief include:

- massages
- ice or heat packs
- aerobic exercise
- healthy diet

References:

<http://www.healthline.com/health/osteoarthritis/herbs-arthritis-pain?print=true>

LANGUAGE NEST

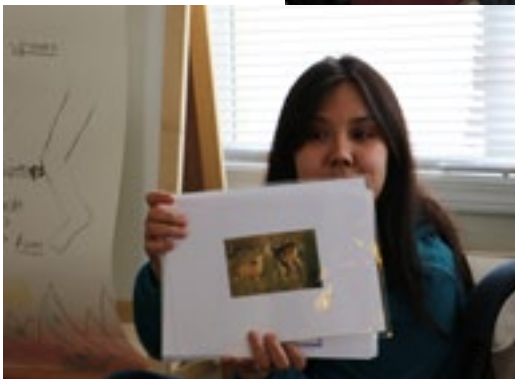
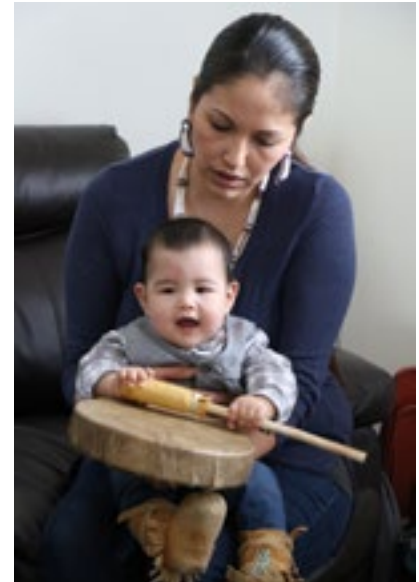


I would like to thanks all those who came out on Wednesday March 15, 2017 for the N7e7kepmx Language Nest open house and lunch. We appreciate your support. I would like to thank the N7e7kepmx Language team of elders for all their hard work. Thank you to Chief Aaron Sam for your vision and enthusiasm and positive words for the revitalization of the N7e7kepmx Language. I would like to also thank the LNIB council. Thank you to Helder Ponte and Bridget Labelle for your continued support. Thank you Ruth for coming to capture the event with great your photos.

Xʷʔit ł ʔek ł March 15 2017 ł moqʷiyx ut nł Sulus ʔes tekł kt cʔexʷmintwełxʷ

Xʷʔit he kʷənkneyt ʔescunwełtm he Language nest

Nam kənteys he qəłqelmin ʔeł he Chief Aaron Sam ʔeł he Lower Nicola Band Council ʔeł he Helder Ponte ʔeł he Bridget Labelle ʔeł he Ruth Tollerton pikc̣ntis neʔe nam kʷukʷsteyp neʔe - Aiona Anderson



LNIB N?e?kepmx Language Nest

snu?we?
friend
teyt
hungry
n?ksytkn
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?kepmxcin 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?kepmxcin 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
 N̓eʔkepm̓x 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 N̓eʔkepm̓xcin.

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 N̓eʔkepm̓xcin language



BETTY SPALTON SCHOLARSHIP

The Betty Spalton Trust Fund was established in 1999 to provide financial support to individuals obtaining educations in fields associated with the road building and heavy construction industries. As one of the goals of this fund is to encourage diversity in the industry, preference is given to females and/or members of minority groups. The fund honours Betty Spalton, an industry and Association leader who died after a brief illness in 1999.

The Betty Spalton scholarship is merit-based and **awards the successful candidate(s) \$1,500** towards study and living expenses.

All application packages should be submitted to:

Betty Spalton Trust Fund
 B.C. Road Builders and Heavy Construction Association
 Suite 307, 8578 Greenall Avenue, Burnaby, B.C. V5J 3M6



BETTY SPALTON

Betty Spalton began her career with B.C.'s Ministry of Transportation and Highways. She later served as District Highways Manager in McBride and went on to become President and General Manager of the Okanagan South (Penticton) Division of Argo Road Maintenance. As a member of the B.C. Road Builders' board of directors, she headed the maintenance sector and was an acknowledged expert in maintenance policy, standards, business management and construction in general.

Broadly regarded as a leader in highway maintenance in B.C., there is widespread consensus that Ms. Spalton's outstanding contribution to the Association and the industry has been an inspiration to many.

THE FUNDING

Argo Road Maintenance and the B.C. Ministry of Transportation generously donated the initial seed money for the scholarship fund. The B.C. Road Builders and Heavy Construction Association raises money for the Fund annually at its Ivan Hanchard Charity Golf Tournament, and absorbs all administrative costs related to the Fund.

WHO MAY APPLY

- Any student entering or continuing studies leading to a career in road building, road maintenance or heavy construction.
- Preference will be given to students who are female and/or members of minority groups.
- Program of study may be either full time or part-time at any B.C. college, university, technical or trades institute.
- Individuals returning back-to-school to upgrade their skills and knowledge are welcome to apply.
- The judges reserve the right to not award the scholarship if there is no suitable candidate.
- All applicants must be Canadian citizens.



APPLICATIONS SHOULD INCLUDE

- A brief 250 - 500 word essay explaining interest in obtaining an education in the field and career goals.
- Transcripts from any secondary and post-secondary institutions attended.
- A current resume.

DEADLINE & JUDGING

- Deadline is May 31st of each year.
- The Association's Betty Spalton Fund Committee decides on the successful candidate(s).
- Winners will be contacted directly by the Association.

SHULUS COMMUNITY GARDEN



Hurray, it's looking a lot like spring at Shulus Community Garden. A few weeks ago, the garden was covered in a blanket of icy snow and it looked so peaceful. Today, the Honey bees and Robins are busy looking for something to do. All we can see now is brown soil and a fuzzy green haze where the fall rye and garlic have sprouted. It is time to spring clean our community gardens!

The Garden Cleaning-up and Preparation includes:

1. Rake up and burn the weed piles
2. Remove winter rocks and debris
3. Turn composts and compile manure pile
4. Gather wood stalks to measure out garden plots and crop rows
5. Complete the garden plan by using charts for; Zones, Plant Compatibility, Planting Dates, Seed book.

Conferences and Workshops that include:

(All reference information collected has gone into an Agricultural Library in my office).

- Horticultural Growers Short Course in Abbotsford
- COABC- Certified Organic Association of BC (as a guest speaker for a round table discussion)
- Emergency Evacuation Training Workshop
- Agriculture, Irrigation and Drought Management information session

The Garden Landscape includes:

1. Extending community garden area
2. Medicine garden area - a volunteer program - call Ruth at the Band Office
3. Seven new family garden plots – a new garden program, phone to sign up for a plot
4. Portable class room and office location
5. Irrigation mainline layout
6. Compost and worm farm structures

Happy Spring Everybody,
Lorna Shuter,
Shulus Community Garden Supervisor

Helder Ponte and Kari Reliander touring the Shulus Gardens Sight



HONOUR YOUR HEALTH CHALLENGE

Join us for the Honor Your Health Challenge!

Date: Monday, April 03, 2017

Time: 2 to 6 pm

Location: LNIB Boardroom at 181 Nawishaskin Lane, Shulus I.R.

Topics and Guest Speakers:

- 1) Composting, Green cones & Vermiculture @ 2:00 p.m.
TNRD, Cassandra Enns - Environmental Services Technologist,
- 2) Soils - A Brief Overview @ 3 p.m.
Lorna Shuter – Shulus Community Garden Supervisor
- 3) Traditional Food & Nutrition @ 4:00 p.m.
Aiona Anderson -
- 4) Beginners Exercise Program @ 5:00 p.m.

Please phone Lorna at 378-5157 to sign up and so we can arrange transportation and refreshments experiences.

Easter Traditions

From WhyEaster.com

Bunnies, Rabbits and Lambs are often associated with Easter because most babies of the animals are born in Spring around Easter time.

In Pagan times, like Eggs, Rabbits and Hares were signs of Good Luck and New Life. The Early Christians took over the meaning of New Life because it helped them remember Jesus being raised from the dead and having New Life.

The Lamb is a symbol of Jesus in the Bible as He was called 'the Lamb of God'. This is because Lambs were and are still used in the Jewish faith as a sacrifice for people's sins and wrong doings. Christians believe that Jesus was killed and sacrificed for everyone.



Shulus Community Garden: “Thank You”

We want to give a big hearty **Thank You** to all of the people who have donated their time and material to help the Lower Nicola Indian Band with the development of the Shulus Community Garden program that started in 2016 and is expanding into 2017.

LNIB Membership for your request to start growing a community garden

LNIB Leadership for supporting the request from membership and establishing the budget to operate their community garden

LNIB Executive Director for launching a plan of action to start the community garden program.

LNIB Finance Department for managing all the financial transactions, payroll and prompt attention to detail.

LNIB Dev Co. & Shulus Cattle Co. for allocating the use of land to grow pesticide free food for the LNIB community and for staff time and use of equipment and materials donated to the garden.

LNIB Public Works & Infrastructure Dept. for managing and organizing all the activities, supplies and materials for the community garden.

LNIB Administration Staff for the extraordinary administration support to the community garden program. Reception services, coordinating paper work, phone calls, mail services, friendly reception.

LNIB Communications Department for advertising, monthly newsletter, website services, photography, and volunteering personal time to help in the medicinal garden and with garden tours. For donating a Shredder and other materials to the garden.

LNIB Community Services Departments for their Administration and Program assistance to deliver fresh produce to LNIB community members and community programs that require fresh produce includes: Elder program, Home Care program, Soup Kitchen, Band School, Good Food Box, Harvest Dinners

SCG Volunteer Program that provided fresh produce to all the volunteers who came out into the garden to help with daily tasks: Harold Swakum, Johnel Toodlican and Family, Keith Shuter, Tim Shuter, Jarod Jardine, MJ Coutlee, Barb Huston, Molly Toodlican, Rhonda Dunn, Tim Manual, Sharon Antoine, Jack Isaac, Ruth Tolerton.

LNIB School provided the use of their Van to the Honor Your Health Challenge Garden Sessions to provide rides for band members to participants in the Garden Sessions.

All in all, we have a **wonderful team** effort involved in the creation of the Shulus community garden Program. We invite you all to come out and get involved with the daily tasks in your community garden and reap the benefits of fresh pesticide free produce.

Grow Local Food

Lorna Shuter, Shulus Community Garden Supervisor

Post-Secondary Application
DEADLINE is the LAST Friday
in May.

May 26th, 2017.

You can access applications on the LNIB website:
lnib.net/departments/education/ or pick up at the LNIB
Education office at 2160 Settlers Road located, across
from the LNIB Fire Hall.

For more information call: 250.378.0915

Or

Email: Terri-Lynn@lnib.net

DON'T MISS
THE DEADLINE!

RECREATION



April 2017 LNIB Recreation

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 April fool's day!
2	3 Martial arts 4-6pm	4 Traditional games 4:30-6pm Youth Center 6-8pm	5 Gym night 4:30- 6pm Adult Volleyball 6-8pm	6 Turn me lose training 5-6pm	7 Youth center 6- 8pm	8
9	10 Martial arts 4-6pm	11 Traditional games 4:30-6pm Youth Center 6-8pm	12 Gym night 4:30- 6pm Adult Volleyball 6-8pm	13 Turn me lose training 5-6pm	14 Good Friday No activities	15
16	17 Easter Monday No activities	18 Traditional games 4:30-6pm Youth Center 6-8pm	19 Gym night 4:30- 6pm Adult Volleyball 6-8pm	20 Turn me lose training 5-6pm	21 Bike park opening!! Youth center 6- 8pm	22
23	24	25 Traditional games 4:30-6pm Youth Center 6-8pm	26 Gym night 4:30- 6pm Adult Volleyball 6-8pm	27 Turn me lose training 5-6pm	28 Bike park 4:30- 5:30 Youth center 6- 8pm	29
30						

Notes

If anyone has questions please contact the Recreation Worker, Chelsea Spahan. recreation@lnib.net or 250-315-3379txt also at the health center 250-378-4089

Gym and Swim on Mondays and Thursdays sign in at the front desk.

Yoga, Mondays at 5:30 at the civic center sign in sheet. Thanks all!! Have a wonderful spring!!

TURN ME LOOSE IN SHULUS

Saturday, May 13, 2017
at Lower Nicola Band School
2ND ANNUAL TURN ME LOOSE IN SHULUS

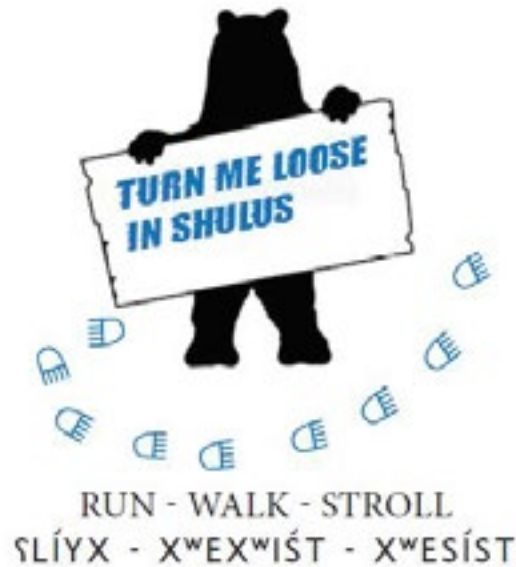


RUN - WALK - STROLL
ʔLÍYX - XʷEXʷÍŠT - XʷESÍŠT

Open to all people, all ages and abilities
Registration fee by donation (min \$10) with proceeds to benefit
Youth & Elder Programs - youth under 18 and Elders free!

10K - 5K - 2K - 800m
Barbecue to follow

Registration on-line at www.LNIB.net
Free Turn Me Loose t-shirt to first 50 registrants!



APRIL 6TH TO MAY 11TH, 2017 TRAINING DAYS

Run/ Walk/ Stroll event is coming up fast!!!

We are starting off with a few training sessions to prepare anyone who feels like getting ready for the event. These sessions will consist of 1 hour each Thursday from 5-6pm at the school gymnasium. We are bringing in a great fitness instructor to do some exercises with us. This is open to all ages!!

Healthy Fitness

Prepare for a
run/walk/or stroll

Every Thursday
night 5pm-6pm

6 weeks training

LNIB school gym

All welcome!

CONTACT

Chelsea Spahan
Recreation Worker

Telephone: 250-315-3379

recreation@lnib.net

April 6th, 2017

start 5:00pm to 6:00pm

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

“Happy Kids” Workshop for Parents and Service Providers

Facilitator: Dr. Vanessa Lapointe

THURSDAY, APRIL 27, 2017

WHERE:	Merritt Civic Centre
TIMES:	8:30 am Registration 9:00 am Start Time 3:30 pm Finish
INCLUDED:	Snacks and Lunch Provided; Free child minding available (limited seats)
REGISTRATION:	Please pre-register. No Cost to Attend

Contact & Registration Information:

*Nzen'man Child & Family Development Centre Office
Tel. 378-8333 Fax 378-8377*

Email: Rena Joe: nzenmanaidp@telus.net or Rona Sterling-Collins ronasc@merrittbc.net

Tammy Martin, Success by 6 Coordinator: successby6@hotmail.ca

Sponsored By Success By 6, Nzen'man Child & Family Development Centre, Aboriginal Early Years Table

Morning Workshop: Through the Child's Eyes: Happy Kids & Angry Birds

As a society, we have never before experienced a revolution as swift and all encompassing as the Technology Revolution. The result is we are growing up children in a time when their brains and worlds are being changed and shaped by forces we could not have imagined even 10 years ago. Facebook didn't exist a decade ago. Twitter and Instagram are a foreign language to many adults. And actual play in the real world is often replaced by screen time, with the average Canadian child being exposed to approximately 7.5 hours of "entertainment technology" per day. The challenge is that this has happened so quickly, we have not culturally had an opportunity to adjust our practices and build in safeguards and check-points to ensure that this revolution does not harm the influential brains and minds of our growing children. This workshop will focus on how technology exposure and use might be harming our children, how technology might be used to actually benefit the development of our children, and some ideas and guidelines to implement in our children's exposure to and use of technology to ultimately protect and nurture their well-being.

Afternoon Workshop: How to Grow Happy Children: A Relationship for Life

The key to "growing" children who are emotionally healthy lies first and foremost in promoting rich and nurturing relationships between children and their parents & caregivers. When children have strong, healthy, positive relationships with their parents & caregivers, they are better able to manage their emotions, regulate their behaviour, and relate to the world around them. The focus of this workshop will be on helping parents & caregivers unlock the secret to interacting with children in a way that creates the foundation for life-long emotional health. We will learn about the concept of "attachment" or the special relationship between a child and a caregiver, the various factors that influence the attachment relationship, and the long-term implications of this relationship for child development. Workshop participants will also learn the "language of attachment," and what attachment "looks" like in infants, toddlers, and young children, including the key markers of when the attachment relationship might need additional supports. Finally, we will explore supportive and empowering ways of connecting with families towards nurturing the healthiest attachment relationships possible with their children.

Dr. Vanessa Lapointe is an author, parenting educator, and registered psychologist (British Columbia #1856) who has been supporting families and children for more than fifteen years. Author of *Discipline without Damage: How to get your kids to behave without messing them up*, a regularly invited media guest and contributor, educator and speaker, a Huffington Post Parent blogger, and a consultant to research projects and various organizations promoting emotional health and development, Dr. Vanessa is known for bringing a sense of nurturing understanding and humanity to all of her work. She presently works in private practice and has previous experience in a variety of settings, including the British Columbia Ministry of Children and Family Development and the school system. Dr. Vanessa's passion is in walking alongside parents, teachers, care providers, and other big people to really see the world through the child's eyes. She believes that if we can do this, we are beautifully positioned to grow up our children in the best possible way. As a mother to 2 growing children, Dr. Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.





**'HAPPY KIDS' WORKSHOP FOR PARENTS & SERVICE PROVIDERS
REGISTRATION FORM**

PLEASE PRINT:

Name(s): _____

Title/Role: _____

Organization (if applicable): _____

Tel. _____ Fax: _____

Mailing Address: _____

Email: _____

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

Do you require child minding? Please note we have a limited # of child minding spaces.

Please indicate age of the child: _____

PLEASE RETURN YOUR REGISTRATION FORM TO:

Nzen'man' Child & Family Development Centre

TEL: 250-378-8333

FAX: 250-378-8377

Emails:

Rena Joe nzenmanaidp@telus.net

Rona Sterling-Collins ronasc@merrittbc.net

Tammy Martin, Success by 6 Coordinator successby6@hotmail.ca

LANDS DEPARTMENT

News from the LNIB Lands Department
April 2017 Newsletter

LNIB & LNB Inc. Land Lease for LOT 302 on NICOLA MAMEET IR#1

On January 25, 2017, Lower Nicola Backhoe Inc. submitted a written application to the Lands Department of the Lower Nicola Indian Band to lease LNIB land for office, shop and laydown yard for their company. This application led to negotiations that took 6 weeks, and saw LNB Inc. engage and meet with the staff of the Lands Department; the Director of Public Works Hyrum Peterson, LNIB Councilor Leona Antoine; CEO of LNIB Development Corporation Sean Maloney to consider different potential land options that could meet the business needs of LNB and LNIB. After careful consideration of the options, the Lands department and LNB agreed that Lot 302 on Nicola Mameet IR #1 offers a prime location for their business. Interestingly, Lot 302 on Nicola Mameet IR #1 was formally designated for leasing purposes pursuant to section 40 of the Indian Act, a designation that was assented to by the Lower Nicola Indian Band on October 30, 1997 and accepted by the Order-in-Council of the Privy Council of Canada on April 23, 1998. Whereas the land designation under the Indian Act does not carry over to the LNIB land regime, the designation does offer a clear indication of land use plans and goals for this piece of land.

As of March 15, 2017 permission was granted by the LNIB Band Council for an interim short term lease, and LNB started immediately to make the land useable as a laydown area. At this point, Chief and Council has signed off on a short term lease and it is the intention of the Lands Department to negotiate a 20 to 25 year lease to be approved by LNIB Chief and Council.



NOTICE: Transmountain Pipeline Expansion Project Timber Survey

On March 23, 2017, Jack Sterling-Moses went out and walked along the Kinder Morgan Trans Mountain Pipeline Expansion area with Bill Lasuta, a forestry contractor who was hired by Kinder Morgan to assess the volume and value of any timber located in the area that will be cleared for the pipeline expansion on LNIB reserve lands. This information gathering is expected to continue on March 29 2017 and take about 2 weeks to complete. When the 'timber cruising' takes place it will be from 9 am to 4:30 pm daylight hours to minimize disruption to residents. Once the field survey is complete the owners will be contacted to meet individually to discuss timber values. If you have any questions or concerns, please feel free to contact Bill Lasuta at Bill_Lasuta@transmountain.com or 604-740-2410.

UPDATE: LAND USE PLANNING INITIATIVE - STREAM 3

In early November 2016, the Lands Department was successful in our application for federal funding to support Land Use Planning for Lower Nicola Indian Band. The funding we received is to provide human and financial resources to support Lower Nicola Indian Band in development a Land Use Plan. This is particularly important because s.32.2 of the LNIB Land Code states that within a reasonable time after this Land Code comes into effect, Council shall, in consultation with the community and the Lands Management Advisory Committee, establish the rules and procedures that address land use planning and zoning.

The funding proposal sets aside money to do survey work which will form the backbone of the Land Use Planning. In March 2017, the Lands department brought forward a proposal from the Underhill Geomatics Ltd. to Chief and Council to have the Shulus area surveyed, but this decision was tabled by Chief and Council until more consultation with Shulus community members takes place.

The funding proposal also provides funding for 4 to 5 workshops for LNIB community members to build additional land use planning knowledge and capacity. The Lands Department has contracted with Steven DeRoy of Firelight Group for up to two days of hands-on direct-to-digital (D2D) map training at LNIB for 12-20 interested community members.

The proposed training is scheduled for April 12 and 13, 2017 and will include the following:

- An overview presentation of mapping for land use planning;
- An overview presentation of traditional use and occupancy mapping studies, with particular focus of methods, research team roles and information management;
- An introduction to the mapping kit and its' components;
- A guided hands-on introduction to Google Earth Pro, including how to navigate, setting up the environment, organizing data, and understanding scale;
- A guided hands-on exercise of mapping in Google Earth Pro, with trainees breaking up into teams of two and experiencing both "being interviewed" and "mapping an interview"; and
- An overview of saving and storing mapped data, quality control, and information

If you are interested in LNIB Land Use Planning and/or the D2D training, be sure to let the Lands department know by phone or by email. You can reach us at 250 378-5157 or by email at: anna@lnib.net

LAND MANAGEMENT ADVISORY COMMITTEE

APPLICATION DEADLINE HAS BEEN EXTENDED!!

LAND MANAGEMENT ADVISORY COMMITTEE (LMAC)

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

The Lower Nicola Indian Band is currently recruiting interested LNIB members to serve on the Land Management Advisory Committee, as per the terms of the LNIB Land Code ss. 32 and 33. The Land Code is available on-line at <http://lnib.net/wp-content/uploads/2016/06/LNIB-Land-Code-Verified-Copy-with-updated-Page-9-June-6-2016.pdf>

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

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

If you are interested in the Land Management Advisory Committee, please submit Resume and Cover Letter that highlight your relevant and recent land management experience with three references to:

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

Or by fax: (250) 378-6188 or by email: anna@lnib.net

Application Deadline: [April 14, 2017 at 4:30 pm](#)



MEMBERSHIP



Hello Lower Nicola Membership,

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

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

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

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

Registered Population

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

Total Population	1,225
On Reserve	561
Off Reserve	664

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

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

Indian Registration

How to register your minor Child:

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

Required documents:

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

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

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

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



Simon Moses (pictured with Gene Moses) receiving his Certificate of Possession. Simon's home is one of the original houses built in the early 1980s in Rocky Pines.

CULTURAL REVIVAL

Coming in April:

Tuesday April 4 - trip to

Mid April - Making moccasins

April 10 - Medicine gathering - cottonwood buds

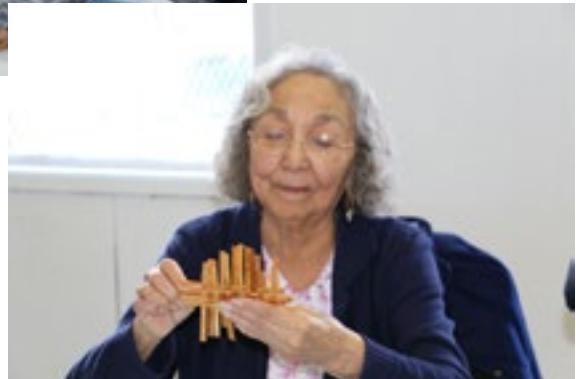
Third week of April - Making dipnets

Contact Sharon Antoine and/or Tim Manuel to get involved.

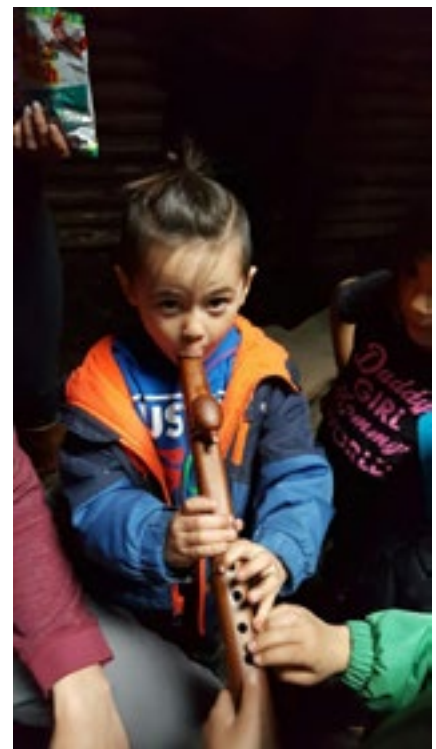
SOME PHOTOS FROM FAMILY CULTURE WEEK



Weaving cedar bark coasters



Day trip to Quaaout Lodge



Clockwise from top left - hot dogs and bannock, bannock on a stick, trying out the flute, LNIB in a canoe, a kekuli

FEEL THE BEAT

April 2017 Culture Events



Feel The Beat is a cultural revitalization program that's main focus is the restoration of the protocols and values rooted in the culture of the Nlaka'pamux and Syilx peoples in the way of seasonal teachings. Feel The Beat is always an open invitation to all heritage, all peoples, to participate in a safe environment to learn and grow in culture. We aim to provide leadership and opportunity to connect to our culture identity.



Every Tuesday and Thursdays from 5pm-9pm

- 04 APR** MEDICINE POUCHES/ ONLINE INTERNET SAFETY GUIDELINE FOR YOUTH/PARENTS
SHULUS HALL | 5:00 PM
- 06 APR** BEADING NIGHT
SHULUS HALL | 5:00 PM
- 11 APR** MEN SWEAT LODGE CEREMONY/ BULLYING WORKSHOP WITH CONSTABLE ROSE GRANT
SHULUS HALL | 4:00 PM
- 13 APR** HARVESTING COTTON BULBS-TO USE TO MAKE LOTION FOR SENSITIVE SKIN/ECZEMA ETC
SHULUS HALL | 4:30 PM
- 18 APR** HARVESTING MEDICINE (SAGE) BRING PROPER FOOTWEAR AND BAGS.
SHULUS HALL | 4:30 PM
- 20 APR** HARVESTING MEDICINE (SAP) BRING PROPER FOOTWEAR AND CONTAINERS FOR MEDICINE.
SHULUS HALL | 4:30 PM
- 25 APR** WOMEN SWEAT LODGE CEREMONY- 12 PERSON LIMIT >GATHER MEDICINE ON MONDAY
MEET AT SCPSO OFFICE | 4:00 PM
- 27 APR** REGALIA NIGHT
SHULUS HALL | 5:00 PM

To keep up with the events or whats happening at scps find us on





85 Highway 8, Lower Nicola (Shulus Hall)
For more info Contact Cultural Program Coordinator Jacqueline Merritt
250 378-2771 ext 241 email youthworker@scwexm.com

Guidelines and Values

Everyone Welcome
Poduck Dinner
Drug/Alcohol Free Zone
Be **RESPECTFUL** to self and others
No Lateral Violence Tolerated
Advised that you must be 12 years and over to be left unsupervised



Rattle making

CAREER DEVELOPMENT

Career Development Centre

To do before the interview

- Review your resume! Check for any spelling or grammatical errors.
- Research the company and position.
- Prepare to ask questions.
- Practice what you will say.
- Collect documents required for the interview including references
- Clarify who you will be meeting, the time and place prior to your interview.
- Show up early.

Communication is key

- Articulate clearly
- Avoid slang and informal language
- Try to avoid sounding over rehearsed
- Try to avoid filters such as: “you know”, “um”, “like”
- Don't be afraid to pause to gather your thoughts or ask for clarification of their question (this generally shows you are an engaged listener).
- Remember this is a first impression!!
 - Dress for success
 - Shake the interview's hands
 - Make eye contact
 - Use hand gestures
 - Use facial expressions
 - Help the interviewer envision you as their employee, how will you be seen interacting with their customers/clients.

Reflecting on Interview questions

- General questions – understand why the employer is posing the question, this will help you formulate a response.
 - Examples:
 - Tell us about yourself.
 - Identify two of your weaknesses.
 - What are your long term career goals?
 - Why should we hire you?
- Behavioural questions – these questions delve into past behaviour which is a good indication of future behaviour.
 - Examples:
 - The interviewer will ask you to describe a time you had to deal with a difficult situation.

- They will be looking for how you handled the situation and more importantly the customer/client.
 - Try to answer honestly and specifically including the situation or problem, the action you took and the outcome or result.
 - Try to end on a positive note. What good came from that situation?
 - Situational questions – these probe into your reaction technique to predict how you will handle future situations as they may arise. **Remember SAR! S-Situation A-Action R-Result**
- The interviewer will ask you a specific situational question and ask how you would respond and react.
 - Examples:
 - Question: you are working in a team setting and one of your teammates is not co-operative, how would you resolve the conflict?
 - Remember that the employer is trying to see what your potential reaction would be describe using the SAR method.

End of the interview and follow up

- Ask the questions you have prepared and thank the interviewers for their time.
- Find out what the next step is in the hiring process and when you might expect to receive an answer and their decision.
- In the next 24 hours following the interview, send a thank you letter or email.
- If you have not received word in the predetermined time or within 1 to 2 weeks you can follow up by phone or email.
- If you have not been selected, ask for feedback in order to improve your next interview.

Please contact Robin Peterson the Lower Nicola Indian Band Career Development Coach for further assistance with:

- interviewing techniques
- resume writing
- cover letter writing
- job search
- training search/sign up

The Career Development Centre is located in the LNIB Community Services Centre

#230 Hwy. 8 Merritt, BC V1K 1N1

Phone: (250) 378-4089

Email: career_development@lnib.net

Like our Facebook page for current job postings as well as upcoming training.

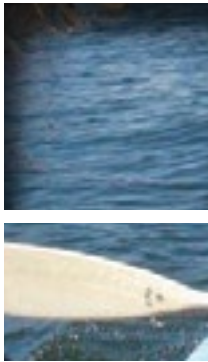
<https://www.facebook.com/LNIBcareerdevelopmentcentre/>

Please remember to check out the Career Development page on our LNIB website at:

<http://lnib.net/career-development/>



TRAINING OPPORTUNITIES



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

OUR YOUTH - THEIR VOICE

I recently had a conversation with Jeff Bloom, the Intermediate Teacher at the Band School. We decided that his class represented a group of youth who might have something to say but sometimes felt there was no avenue for this. I met with the class and gave them the opportunity to write about things important to them on topics like bullying, their dreams and aspirations, fashion, sports, family life etc. We gave them the option of submitting anonymously or having their name on the byline. Here are two of the articles submitted, with others to be in future newsletters. I'm hoping this will become a regular feature - Ruth Tolerton



My Hair - Megan Beckett

I love dyeing my hair. I always like having bright colours. My mom, Terri Beckett, dyes my hair all the time. My Auntie Joyce cut my hair when she cut her daughter's hair. I loved it. I wanted my hair to be like hers.

My hair didn't turn out quite like hers because my hair line isn't in the middle. I love my hair and my hair colour right now. - my hair is pink. I've had my hair red, blue, pink and kind of an aqua colour. Every time my mom dyes my hair she bleaches it. It turns out way brighter. She dyes my hair about four to five months apart. The dye I use is Splat.

It turns out great when my mom dyes my hair. She loves it too. I love that my family like that I like so much.

Being A Teenager -Cherokee Bent

Not a lot of people truly understand the struggles of being a teenager. As a young teen myself you would not believe the amount of drama I have to deal with on a daily basis. You have to act a certain way, look a certain way, but if you're not the person everyone wants you to be then you're nothing to them. You continuously get stepped on for being different.

Being a teenager is not like it was in the "old days". There is so much you have to do and be to become accepted in this day and age. All girls want these days are to have bodies like models, perfect boyfriends and a whole lot of attention. So many girls pretend to be depressed, and being bullied so they can get people to feel sympathy for them, so they can control them and make them do whatever they want them to do. I trusted the wrong person and got hurt. And somehow I'm stuck in the middle of all the drama.

Social Media is so much drama it gets too much to deal with. Once you are no longer a “cool kid” all of you’re so called “friends” leave you behind. You are alone and get behind on school work. You’re parents begin to freak out and no matter what you do to talk to you’re parents or explain how much you’re going through they don’t want to listen. They shut you down and tell you they have had enough. You feel completely alone. It feels as if no one will help you or even care to hear you out. Some teenagers even kill themselves over this, because it just becomes too much.

I want to congratulate all of the teenagers who are still here because I know it’s hard, but I’m making it! No matter how hard the challenge gets I will still manage to fight through.

To you parents who are about ready to scream at your teenager, think about what they have to go through. Maybe if listen to your kid for once they might say something very important. You never know. Take a chance!



SO LONG JOE QUEWEZANCE

Joe Quewezance was just 22 years old when he joined the Lower Nicola Indian Band as the person in charge of running the 8 month old Shulus Arena. He later expanded his duties and focus to include Recreation. His vision was to get LNIB youth active and involved in sports - strengthening bodies and minds, learning sportsmanship and self discipline.

Just shy of 15 years later. Joe is leaving LNIB and taking his career in a completely different direction. Along with two partners, they are opening a Tim Horton’s franchise in Kamloops on T’Kumlups Band Land. It’s a scary proposition Joe admits, but one that he’s looking forward to.

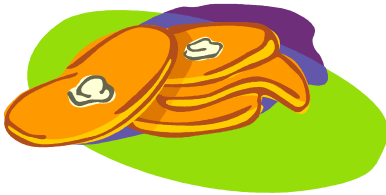
I asked him what was the best part of working at LNIB. Joe’s answer was watching the kids grow and develop into adults. “It’s a kick dealing with people I remember as young kids just starting out in hockey programs now contacts in the business world. I’m really proud of how the Shulus Arena has played a big part in giving our kids to develop their hockey skills, and I think it’s a really important part of our community.”

Joe Cutie (as he’s been nicknamed in the Band Office) will miss working directly with kids, but hopes that with a successful franchise he’ll be able to participate in youth sports by offering funding and sponsorships so often hard to come by.

We will miss Joe and wish him, his wife Janice, son Everett and new daughter Ellie a happy, healthy and prosperous future. We hope to see you around and will definitely be by for a double double!

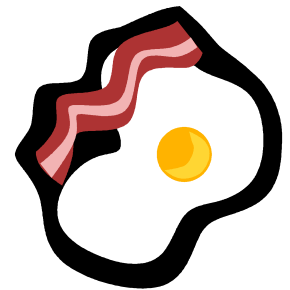
FUNDRAISER BREAKFAST AT BAND SCHOOL

**LOWER NICOLA BAND SCHOOL
& LITTLE STARS HEADSTART
will be having a
Jump Rope for Heart Breakfast Fundraiser**



Friday

April 21, 2017
9:00 – 11:00
\$5.00 per plate



We will also be having a **Loonie Auction and 50/50**
Contributions to Loonie Auction Welcome



Monies received will be donated to Heart & Stroke foundation.

BAND SCHOOL CALENDAR



April 2017

Absolutely NO NUTS
and NO Peanut
Butter In LNB School



Mon	Tue	Wed	Thu	Fri
3 Tuna melts	4 Stuffed peppers	5 Chicken Caesar wrap	6 Chicken broccoli casserole	7 Perogies and sliced ham
10 Mini meat loaf	11 Chicken stir fry	12 Spiral hot dog wrap and fries	13 Mini pizza <u>CRAZY HAIR DAY</u>	14 Good Friday No School
17 Easter Monday No School	18 Cabbage rolls	19 shepherds pie	20 Bologna sandwich	21 JUMP ROPE FOR HEART FUNDRAISER BREAKFAST <u>WEAR RED DAY</u> Earth Day 
24 Deli Wrap	25 Beef & barley soup	26 Stuffed baked potatoes & sliced ham	27 Chicken chow mein	28 Sweet & sour meatballs With rice

Q. What did one colored egg say to the other?
 A. "Heard any good yolks lately?"

Q. What kind of books do rabbits like?
 A. Ones with hoppy endings!

Q. Why shouldn't you tell an Easter egg a good joke?
 A. It might crack up!

Q. What do you need if your chocolate eggs mysteriously disappear?
 A. You need an eggsplanation!

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.

Lower Nicola Indian Band – Expression of Interest for Cultural Heritage Resource/ Environmental Field Workers – 2017 Field Season

Department:	Lands and Economic Development Sector
Position Title:	Cultural Heritage Resource/ Environmental Project Workers
Reports To:	Lands and Economic Development Director
Subject to:	Term Position Lasting until Approximately November 2017. Subject to Terms and Conditions of the Personnel Policy and Budget Approval.

Summary of Organizational Responsibilities:

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

Potential Duties and Tasks

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

Qualifications:

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

Knowledge, Skills and Abilities:

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

Salary: To be negotiated.

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

Start Date: Dependent on scheduling with clients.

Applicants are required to submit a cover letter and resume

c/o LED Director
Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC
V1K 0A7

Fax: (250) 378 - 6188
E-mail: reception@lnib.net

Millco First Aid Services is seeking an OFA 3 First Aid attendant for local work.

Start Date: ASAP

Shifts: Seven days on and seven days off rotation.

Requirements: Current Class 5 Driver's License and current OFA 3 certificate.

Please apply by sending your resume and copy of your certificate to info@millcosafety.com

Attn: Patrick or Angela Garcia

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

Lower Nicola Indian Band

Job Posting

Position Title: Garden Assistant - Seasonal

Department: Public Works

Hours: 35 hours per week

Start Date: May 01, 2017

End Date: October 31, 2017

Reports to: Lorna Shuter

Summary of responsibilities

- Assist with cultivating garden soil and composts
- Plant and transplant seeds and all crops
- Weed management and garden maintenance
- Maintain schedules for irrigation, weeding and harvesting

Required knowledge, skills and abilities

- Previous garden experience an asset
- Valid Class 5 Drivers License
- Familiar with garden equipment and small power tools
- Frequent standing, walking, twisting, bending, reaching and kneeling.
- Physically fit and able to lift up 50 lbs
- Able to work in all outdoor conditions
- Able to promote a positive and safe work environment
- Ability and willingness to submit to a criminal record check
- Ability to speak or willingness to learn the Nlaka'pamux language

Apply To:

Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC V1K 0A7
E-mail: hr@lnib.net

Deadline to apply: April 11, 2017 @ 2:00PM

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

Thanks to all who apply, only qualified candidates will be considered.



Lower Nicola Indian Band**Job Posting****Position Title:** Part Time Nlakaʔpamux Language Nest Administrative Coordinator**Department:** Human Services**Hours:** To be determined**Start Date:** April 10, 2017 Tentative**Wage:** Depends on Experience**Reports to:** Director of Human Services

Summary of responsibilities

To provide clerical support, organizing schedules, shopping and helping in the kitchen for the Language Nest.

Required knowledge, skills and abilities

- Must demonstrate solid interpersonal/communication skills
- Administration, time management and organizational skills
- Background and Knowledge of Nlakaʔpamux Language and Culture
- Experience working with toddlers, families, and elders in a day-care-like setting
- Experience in scheduling shift work
- Problem solving skills and multi-project management required
- Liaise effectively with various government agencies and organizations
- Class 5 Driver's license and reliable vehicle
- Food safe or willing to acquire
- Computer fluent in Microsoft products including Word, Excel, Outlook and Access software
- Grade 12 diploma or equivalent plus 2 years' experience in similar environment or appropriate combination of education and experience with First Nation's organizations
- Team orientated with a great work ethic, a self-starter and able to work independently
- Ability and willingness to submit to a criminal record check
- Ability to speak or willingness to learn Nlakaʔpamux.

Apply To:

Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC V1K 0A7
E-mail: hr@lnib.net

Deadline to apply: March 31, 2017

Interested candidates should send a resume and cover letter complete with references, specifying the position you are applying for. Complete job description can be obtained by contacting the Lower Nicola Indian Band. Thank you to all who apply, only qualified candidates will be considered.



**Lower Nicola Indian Band
Job Posting**

Position Title: Community Health Nurse

Department: Human Services

Hours: 25-30 Hours per week

Start Date: As Soon As Possible

Wage: Based on Experience

Reports to: Director of Human Services

Summary of responsibilities

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

Required knowledge, skills and abilities

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

Compensation and Benefits

- Competitive wages (meet CRNBC rates) and willing to negotiate
- Annual Nursing fees/dues paid
- Matched contribution pension plan and extended benefits
- Paid – vacation time, sick leave/personal leave
- Professional Development opportunities
- Moving expenses negotiable for long term employment commitment

Submit Resume and Cover Letter To:

Deadline to apply: Posted until position is filled

Attention: Bridget LaBelle, Director of Human Services
Envelope must have Personal and Confidential clearly stated
Hand deliver to: LNIB Community Services #230 Hwy 8
Email: hr@lnib.net
Fax: (250)378-9137



Thanks to all who apply only qualified candidates will be considered

Lower Nicola Indian Band**Job Posting****Position Title:** Social Development Coordinator**Department:** Human Services**Hours:** 35 hours per week**Start Date:** April 24, 2017**Wage:** Depends on experience**Reports to:** Director of Human Services

Summary of responsibilities

- Performing the duties and responsibilities assigned to the administering authority in the social development policy and procedures manual. Liaises with other divisions and departments within the organization for the benefit of the clients- Education, Economic Development, Housing, Career Development, Health and Counselling.

Required knowledge, skills and abilities

- Bachelor of Social Work degree with 2 years relevant experience in a First Nation setting providing direct services and financial management
- Proven ability to lead and work well with other individuals in a team environment to ensure high quality program delivery
- Solid analytical skills required to design and evaluate programs and projects
- Strong oral and written communications
- Strong reporting and writing skills
- Understanding of socio-economic issues that contribute to the social assistance dependency cycle
- Computer literacy, including effective working skills of MS Word, Excel and e-mail required
- Good time management skills
- Ability to maintain a high level of confidentiality regarding client information
- Willing to take Indian Northern Affairs Canada (INAC) training as needed
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Passing of criminal background check required
- Valid drivers' license and reliable transportation
- Ability to speak or willingness to learn the Nlaka'pamux language
- Ability and willingness to submit to a criminal record check

Apply To:**Director Of Human Services**

Lower Nicola Indian Band

181 Nawishaskin Lane

Merritt, BC V1K 0A7

E-mail: hr@lnib.net

Fax: 250-378-6188

Deadline to apply: April 18, 2017**@ 4:30PM**

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

Thanks to all who apply, only qualified candidates will be considered.



See yourself at Teck

Teck is a diversified resource company committed to responsible mining and mineral development with major business units focused on copper, steelmaking coal, zinc and energy. Headquartered in Vancouver, Canada, its shares are listed on the Toronto Stock Exchange under the symbols TCK.A and TCK.B and the New York Stock Exchange under the symbol TCK. Teck has been named to the 2013 Dow Jones Sustainability World Index (DJSI) for the fourth straight year, indicating that Teck's sustainability practices rank in the top 10 per cent of the world's 2,500 largest public companies. Further information about Teck can be found at www.teck.com.

At Teck, we value diversity. Our teams work collaboratively and respect each person's unique perspective and contribution.

Teck Highland Valley Copper Partnership (THVCP) is one of Canada's largest base metal copper-moly mines and is owned and operated by Teck Resources. The Highland Valley is a very attractive location offering a wide variety of recreational opportunities such as hiking, skiing, fishing and golf. The mine site is a 50 minute drive from Kamloops, BC which has a population of approximately 85,000 and provides all of the comforts of city living. The mine site is also close to Merritt, Ashcroft, and Logan Lake which all exude a small town community atmosphere.

We are currently seeking an individual in the role of: **Strategic Planning – Exploration Intern**

The main responsibility of the Strategic Planning – Exploration Intern is to provide assistance and support the 2017 drilling program. This position may be up to a six month term and the incumbent will be required to work 4 ten hour dayshifts per week (Monday – Thursday). The expected start date is in early April 2017

Responsibilities:

- Be a Courageous Safety Leader; adhere to and sponsor safety rules and procedures;
- Taking RQD and core recovery measurements;
- Making box tags and marking boxes;
- Core photography;
- Assisting geologists with loading and unloading core onto tables;
- Taking density measures;
- Possibly taking SWIR measurements;
- Other duties as required.

Qualifications:

In addition to being process oriented, the successful candidate will possess:

- computer skills (MS Office Suite® applications);
- experience working in an unionized environment is an asset;
- the ability to operate with very high levels of integrity and confidentiality;
- the ability to organize work and adapt to changing priorities & workload in a fast paced environment;
- the ability to manage time effectively;

- the ability to work independently and within a team environment;
- a high degree of attention to detail & accuracy;
- excellent written and verbal communication skills;
- Grade 12 certification or GED or equivalent;
- Valid driver's license (minimum BC class 7N) or equivalent;
- Minimum age 18 in accordance with the Mines Act 3.2.1;
- the ability to lift 50lb core boxes, at intermittent periods throughout the day;
- the ability to stand for extended periods of time

Qualified applicants are asked to email their resume, cover letter, a copy of their status card and your Grade 12 certification or equivalent to [Strategic Planning Intern](#) by **March 19, 2017**. Please include **Strategic Planning Intern** in the subject line.

We wish to thank all applicants for their interest and effort in applying for the position; however, only candidates selected for interviews will be contacted.

Your application to this posting is deemed to be your consent to the collection, use and necessary disclosure of personal information for the purposes of recruitment. Teck respects the privacy of all applicants and the confidentiality of personal information.

Hot Cross Buns

1/4 cup apple juice or rum
 1/2 cup mixed dried fruit
 1/2 cup raisins or dried currants
 1 1/4 cups milk, room temperature
 3 large eggs, 1 separated
 6 tablespoons butter, room temperature
 2 teaspoons instant yeast
 1/4 cup light brown sugar, firmly packed
 1 teaspoon ground cinnamon
 1/4 teaspoon ground cloves or allspice
 1/4 teaspoon ground nutmeg
 1 3/4 teaspoons salt
 1 tablespoon baking powder
 4 1/2 cups All-Purpose Flour

Topping: 1 egg white, 1 tbs milk

Icing: 1 c & 2 tbs icing sugar
 1/2 tsp vanilla extract
 4 tsp milk

Lightly grease a 10" square pan or 9" x 13" pan.

Mix the rum or apple juice with the dried fruit and raisins, cover with plastic wrap, and microwave briefly, just till the fruit and liquid are very warm, and the plastic starts to "shrink wrap" itself over the top of the bowl. Set aside to cool to room temperature. Note: If you worry about using plastic wrap in your microwave, simply cover the bowl with a glass lid.

When the fruit is cool, mix together all of the dough ingredients except the fruit, and knead, using an electric mixer or bread machine, till the dough is soft and elastic. Mix in the fruit and any liquid not absorbed.

Let the dough rise for 1 hour, covered. It should become puffy, though may not double in bulk.

Divide the dough into billiard ball-sized pieces, about 3 3/4 ounces each. A heaped muffin scoop (about 1/3 cup) makes about the right portion. You'll make 12 to 14 buns. Use your greased hands to round them into balls.

Arrange them in the prepared pan.

Cover the pan, and let the buns rise for 1 hour, or until they've puffed up and are touching one another. While the dough is rising, preheat the oven to 375°F.

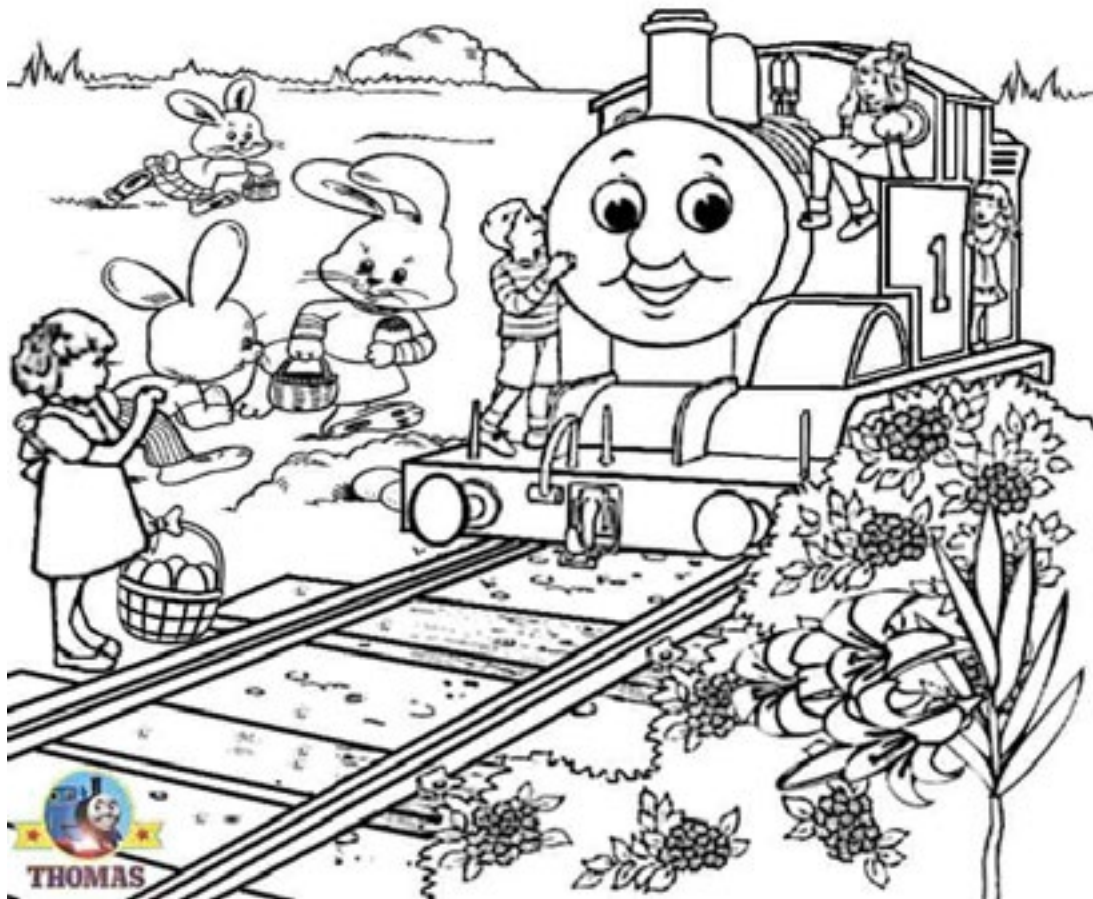
Whisk together the reserved egg white and milk, and brush it over the buns. Bake the buns for 20 minutes, until they're golden brown. Remove from the oven, and transfer to a rack to cool.

Mix together the icing ingredients, and when the buns are completely cool, pipe it in a cross shape atop each bun.

Recipe by King Arthur Flour

Lower Nicola Indian Band Community Services
Easter coloring contest for all ages 0-16

HAPPY EASTER



Name: _____

Age: _____

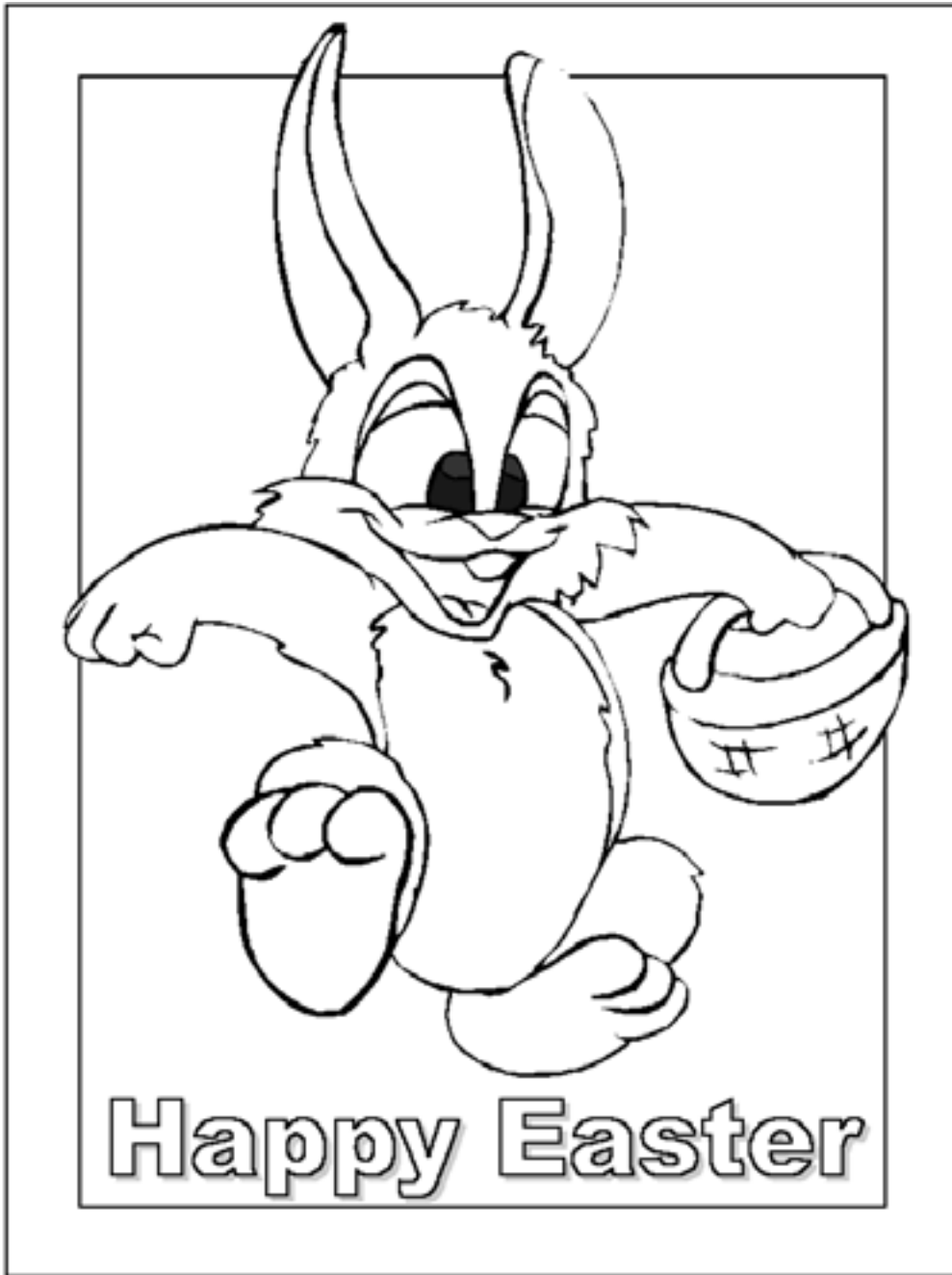
Phone: _____

Please drop off at the Health Centre by April 12, 2017

PROUD TO BE

LNIB

Lower Nicola Indian Band Community Services
Easter coloring contest for all ages 0-16



Name: _____ Age: _____

Phone: _____

Please drop off at the Health Centre by April 12, 2017



Lower Nicola Indian Band Community Services
Easter coloring contest for all ages 0-16



Name: _____

Age: _____

Phone: _____

Please drop off at the Health Centre by April 12,2017



Lower Nicola Indian Band Community Services
Easter coloring contest for all ages 0-16



Name: _____ Age: _____

Phone: _____

Please drop off at the Health Centre by April 12, 2017



Lower Nicola Indian Band Community Services
Easter coloring contest for all ages 0-16



Name: _____ Age: _____

Phone: _____

Please drop off at the Health Centre by April 12, 2017



YVONNE BASIL 7TH MEMORIAL POW-WOW

**Yvonne Basil 7th Memorial Pow-wow
June 9, 10 and 11, 2017**

(June 9th, 9pm is wacm up night)
@ The STELLUS Arena 7km West of Merritt



**Princess Pageant
Specials:
TBA
(Hosted by Basil/Bent Family)**

SATURDAY
Breakfast 7:30-9:30 AM
Grand Entry Saturday 12:00 PM
Dinner/Break 5-6:30 PM
Grand Entry 6:30 PM

SUNDAY
Breakfast 7:30-9:30 AM
Grand Entry Sunday 12:00 PM
Dinner 6 PM

ALL HAND DRUMMERS WELCOME

Vendor Tables Welcome \$50.00/whole weekend / \$25.00 per day

ABSOLUTELY NO OUTSIDE FOOD CONCESSIONS

Any questions call Kim at 250-730-9367 or Lacey at 250-738-0851 and leave a message. Someone will get back to you.

Host Drum – TBA
MC – Buck Sheene
Arena Director – Ozy Bent
Whipman – Jim Fudge

Pow-wow Committee is not responsible for lost or stolen items. **ABSOLUTELY**
No drugs or alcohol allowed.

MEMBER OWNED BUSINESS DIRECTORY

Cascadian Forest Consultants Service

A3ranches@hotmail.com

250-280-1687 (cell)

Leona Antoine, Principal

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

JP Edwards Contracting

Jpedwards33@gmail.com

250-936-8737 Moses Edwards, Principal

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

JW Forest Contracting Ltd.

250-378-5468

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

Logging contractors, road builders, land clearing

Established 1998

Certified Safe Company

11 employees, 80% First Nations

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

Millco Safety Services

www.millcosafety.com

PO Box 4154 Lower Nicola, B.C.

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

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

S&D Muir Inc

sd.muirinc@gmail.com

250-378-1964 Shane Muir,

Mining and Survey Equipment

SCS Diamond Drilling

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

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ASTROLOGY

from Whats-your-sign.com



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.



Beaver - April 20 - May 20 Take charge, adapt, overcome - this is the Beaver motto. Mostly business, the Beaver is gets the job at hand done with maximum efficiency and aplomb. Strategic, and cunning the Beaver is a force to be reckoned with in matters of business and combat. One might also think twice about engaging the Beaver in a match of wits - as his/her mental acuity is razor sharp. The Beaver has everything going for him/her - however tendencies toward "my way or the highway" get them in trouble. Yes, they are usually right, but the bearer of this Native American animal symbol may need to work on tact.

In a nurturing environment the Beaver can be compassionate, generous, helpful, and loyal. Left to his/her own devices the Beaver can be nervous, cowardly, possessive, arrogant, and over-demanding

LIFE EVENTS



Do you have greetings you'd like publish? Send an email to communications@lnib.net by the last Monday of the month

Happy Birthday to the following staff members:

Sondra Tom - April 6, Rosalie Edwards - April 11, Barb Basil - April 16, Cheslie Tom - April 19, Jonas Lafferty and Thomas Spence- April 23, Irene Howe - April 24, Todd Chamberlain and Sharon Parsons - April 25

IN MEMORIAM

Our sincere condolences to the family of Laura Christine Isaac - 1954-2017



Pussy Willow Sunday - Latvian custom

In Latvia, Pussy Willow Sunday (known as Palm Sunday elsewhere) is the Sunday before Easter. The Pussy Willow is the first tree to show signs of life in Spring with its soft, fluffy catkins - they are considered a symbol of life. According to ancient Latvian belief, everyone in the household has to be spanked with these branches on Pussy Willow Sunday to ensure they stay physically strong and healthy throughout the year. First one to awake on the morning got to surprise everyone else. I've had more than one rude awakening over the years! - Ruth

FROM THE EDITOR



“Change is good, Donkey” said Shrek.

For the most part, change is good although it can come tinged with sadness or sometimes filled with challenges or a feeling of uncertainty. We all get a little anxious when we get out of our comfort zone, face something new, lose something or someone. Change can take time before we embrace the new reality.

This is certainly a time of change at LNIB. We will be having a by-election to choose a Councillor to replace Nicholas Peterson. This will change the dynamics of how our Chief and Council work together as everyone adjusts to the look and feel of the new team.

Helder Ponte resigned effective April 1st and we welcome Kari Reilander as the new Executive Director. As you can see from the Executive Director’s report in this newsletter and the list of all the projects under his wing during his three year tenure, Kari has big shoes to fill. Her management style will no doubt be different from Helder’s and goodness knows there cannot be two people in the world with the same corny jokes! Helder has a quiet, gentle style, and although it’s too soon to tell Kari’s style, I can report that she positively vibrates with energy, ideas and enthusiasm. I don’t think there will be any slowing of LNIB’s progress. Hopefully we, the staff, can keep up!

There have been changes in Band staff at various levels as well. One goodbye tinged with sadness is for Joe Quewezance who leaves LNIB after 15 years service. We wish Joe and his partners most excellent success with their new Tim Horton’s franchise. We will miss his smiling face and always positive attitude. I think recreation and ice sports at Lower Nicola Indian Band owe Joe Q a debt of gratitude. Can’t help but think that Joe’s going to miss the interaction with the kids as well but his Timmys will certainly benefit from his coaching abilities.

We added a change to this newsletter this month as well by offering the Intermediate level students at the Band School a place to express their views. I only printed two of the submissions received and will print others in future editions. Take the time to read and think about what they’re saying - it might change your mind about a few things.

Easter and the celebrations this time of year that predate Christianity are about birth and new growth, a reawakening of the earth; that’s just (positive) change by another name.

Celebrate this change of seasons well!

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