



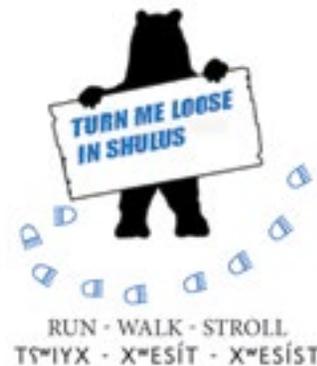
Photo & seedlings by Lorna Shuter



May 2017 N?e?iyk Spiləxm

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BY-ELECTION RESULTS

**LOWER NICOLA INDIAN BAND BY-ELECTION
April 22ND, 2017**

ELECTORAL OFFICER'S STATEMENT OF VOTES

In the matter of the Lower Nicola Indian Band by-election to elect one (1) councillor, I Raymond D. Phillips, Q.C., Electoral Officer, confirm that the election was held pursuant to the Lower Nicola Indian Band Custom Election Rules, this 22ND Day of April, 2017 at the Shulus Hall. Polling was from 9am to 8pm. The voting results are as follows:

- 1. Number of eligible voters: 971
- 2. Number of Mail-In Ballots Received: 49
- 3. Number of Mail-In Ballots Rejected: 3
- 4. Ballots cast for each Candidate for Council

JACKSON, Richard Jr.	<u>17</u>
JACKSON, Stuart	<u>31</u>
JOE, Connie	<u>37</u>
JOE, Hirofie	<u>34</u>
SAM, Clyde	<u>22</u>
STERLING, Robert Jr.	<u>29</u>
TOOLICAN, Molly	<u>26</u>
- 5. Number of rejected ballots cast for Councillor: 0
- 6. Declared Elected to the Position of Councillor: JOE, Connie



Raymond D. Phillips, QC
Electoral Officer
(855) 355-2471

CHIEF AARON SAM



hénteʔkʷ

The by-election for the Councillor position vacated by Nicholas Peterson was held on April 22, and it was a tight race. On behalf of Council, congratulations to all those that put their name forward. On behalf of Council, I would also like to welcome Connie Joe to our team, and welcome her contributions. It is good to have a complete Council again; we have a lot of work to accomplish these next 2 1/2 years.

The Council has been working hard on many different initiatives over these last few months. We continue to move forward with the Rocky Pines Community Centre, and hope to begin construction in the next couple months.

Our new executive director Kari Reilander is settling in to her new position, meeting many band members, and taking steps to bringing our administration and band to the next level.

Last week I attended the Transmountain Expansion Line Oversight Committee two day meeting in Edmonton. I am working with the Federal Government, Chief Ernie Crey of Cheam, and over 40 Indigenous communities between Vancouver Island and Alberta to discuss Indigenous oversight of the proposed Kinder Morgan pipeline if the project goes ahead.

Finally, the Provincial election is being held on May 9th, and I hope that every eligible Band member takes the time to cast their ballot. In this day and age we must frequently work with other governments to further our First Nations interests, and so it is important that we take part as citizens in those elections.

As always, if you have any matters of concern or suggestions to discuss with me, please call me at 250-315-7563 so that we can arrange a mutually convenient time.

húmet



Welcome Councillor Connie Joe!

Connie Joe signs her Oath of Office in the presence of Electoral Officer Raymond Phillips. Councillor Connie Joe fills the position on Council left vacant by Nicholas Peterson.

COUNCILLOR LEONA ANTOINE



Executive Report for March/April of Councilor Leona Antoine

Humtel”

I hope the spring weather is bringing everyone outdoors and busy as there is a lot going on in our community. Month of March and April I have been very busy months for me being wrap up of fiscal year and March Madness.

As of May 1 I am rescinding my consulting company Cascadian Forest Consultants to be more committed to Lower Nicola Indian Band. My portfolios are keeping me quite busy and am looking forward to focusing on Natural Resources and Economic Development/ Employment moving forward.

Our 7th Councillor position is filled by Connie Joe, and it will be very beneficial to have her skills and knowledge at the table. I congratulate her.

I am saddened to see Helder Ponte leave as he has really achieved some instrumental goals and has brought hope back to the community to move forward in a good way. Our new executive director Kari Reilander is coming aboard with big projects in the works and numerous of other items on the communities to do list. I welcome Kari to the team and look forward to working with her.

The forestry sector is in the middle of determining who will be managing our Forest License; Aspen Planers or Stuwix. This decision will be determined in coming weeks. Leadership is not happy with the allocation of timber supply and is working on a nations level in expressing our concerns to the Minister of Forestry.

Attending the Nooaitch meeting of our watersheds enlightened me of the water issues affecting our water supply, quality and fish. Tracey Wimbush of NTA gave us the hard facts of our populations on the salmon returns this year and its pretty dismal. The message was regarding concerns that have been expressed for the last 30 years that leadership need to make a strong stance on doing something about management of the water and fish or we will be telling stories to our grand children “ I remember the days where there use to be salmon!” That’s the harsh reality. Only 400 steelhead are expected to return this year!!!!

Hunting of moose and deer in our territory is of grave concern as well as most know the pressure populations have with hunters coming in from other areas. A working group amongst all bands will be struck in coming weeks to work on how to address this. The biggest element of access can however be managed strategically and is just a matter of being proactive with local licensees to implement these plans for access.

Meeting with Greater Vancouver Regional District, Doreen Sterling and I started the dialogue of independent testing/alternative management of biosolids. It was productive and left the message that the Nicola Valley Moratorium still stands but are looking for long- term solutions and know the unknowns. The Nicola Chiefs are going to be meeting up with GVRD managers at a later date to have deeper discussion of expectations of management of biosolids as they are not just speaking on behalf of the Nicola Valley but our neighbors that are now receiving it.

Emergency preparedness has been high on the radar for our community and Hyrum Peterson and Vonna Moses have worked hard to assure that in an emergency we are prepared and have plans in place. The team did a mock exercise with the LNIB School, Fire department, most staff and it sure opens your eyes that things do not always go as planned. I am glad I was able to participate to support the work that Capital Works program is trying to achieve. INAC also has some funding in place and how the structure for the jurisdictions of reserves and bands are no longer in place: its about using all your local resources and safety.

Month of May will go fast as I start getting some of our big picture items on the roll and look forward to working more in the community. I will be spending my lunch hours in the traditional medicines garden that Lorna Shuter has had brought to life as it is a much needed.

K^wuk^wscemx^w

Leona Antoine
Councillor

EXECUTIVE DIRECTOR

It is an honour to be working as the Executive Director of Lower Nicola Indian Band, applying my experience in operations, projects management as well as business development. With the support of the LNIB staff, I look forward to working with Chief & Council, community members and stakeholders.



Having recently joined LNIB, I want to extend my sincere thanks to all those who have welcomed me to the community. It is an exciting prospect to join a leading and well respected First Nation such as LNIB. Over the last few weeks I've had the pleasure of meeting many of LNIB's community members, business partners, and stakeholders. For those I haven't yet had a chance to meet, I look forward to meeting you in the coming weeks at the many community events.

I look forward to working collectively with all stakeholders to escalate LNIB's positive contributions in N?e?kepmxc territory, ensuring its long-term sustainable growth. Over the next few months our team will focus on implementing the LNIB strategic plan and report back to membership on our accomplishments.

Respectfully,

A handwritten signature in black ink that reads "Kari Reilander".

Kari Reilander
Executive Director

COUNCILLOR LESLEY MANUEL



Hello LNIB members! I hope this message finds you in good health and well being. I look forward to the change in season - we have sure dealt with our share of cool weather!!

I am happy to provide an update on how things are going so far. Recently I was fortunate enough to attend a Trauma Informed Conference hosted by the Child and Youth Mental Health and Substance Use Collaborative. The conference was open to Merritt and surrounding area and with a substantial attendance of approximately 200 coming from all backgrounds including parents, care givers, school district staff, mental health clinicians, social workers, front line service providers and youth support workers.

It was a two day conference starting with a great presentation provided by Ally Jamieson, MSW, PhD (ABD) – the Neurobiology of Trauma. The information that she shared was informative and entertaining. We were told we would walk away with a " clear understanding of trauma-informed practice principles, and a deeper appreciation for the role social interactions play in resolving traumatic stress."

The Workshops available were broken into groups of 3 sessions and the IndigenEYEZ workshop is where I spent the remainder of the day. This was facilitated by Warren Hooley from the Syilx territory. He was able to explain the purpose behind Non-violent communication. Both inspiring and motivating I hope to introduce him to some of members in the very near future.

The next day the conference started with an introduction to Dr. Martin Brokenleg he belongs to the Rosebud Sioux Tribe. His exceptional background in health and mental wellness date back for the past 30 years. This was a presentation that focused on Safety, Belonging, Achievement, Power, Purpose and Adventure for both youth and parents.

These types of workshops are valuable to our communities to help support clients/families in moving towards creating environments where young people can grow and flourish.

The afternoon sessions were all well received and delivered, I hope that we can see the fruits of their labor.

Thank you,
Councillor Lesley Manuel



SPRING COMMUNITY DINNER

Chief & Council

Invites the LNIB Community to a

Spring Community Dinner

Wednesday, May 10, 2017 at 5:30 pm

Lower Nicola Indian Band School

Please join us to

Welcome Councillor Connie Joe to Council

Say farewell to previous Executive Director Helder Ponte

Meet new Executive Director Kari Reilander

SPAY-NEUTER PROGRAM

LNIB's Spay/Neutering Program

Steps required for assistance:

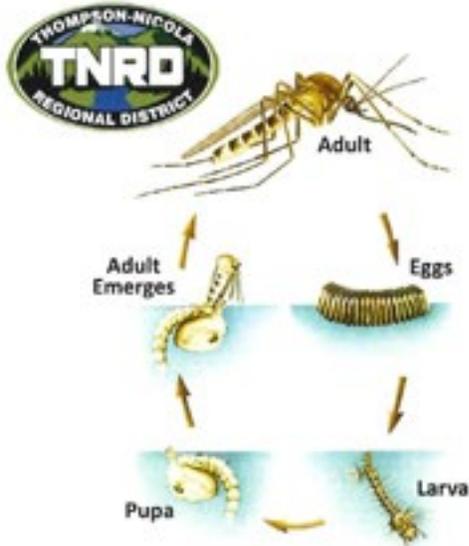
1. Must be a Band Member
2. Short letter asking for assistance with minimum of two quotes from Veterinary clinic and with the following information:
 - House address
 - Phone number
 - Veterinary clinic you would like to use.
3. Please do not call the Public Works Officer sooner than five (5) business days after quote has been received.
4. You will be contacted to provide addition information for approval process.
5. The department will assist with 80% to a maximum of \$150 of spay/neutering cost.
6. Once this has been reviewed the Public Works Officer will contact you to inform you that the department will assist you and with the amount of assistance.
7. You are now able to make an appointment for your animal.
8. Call the Public Works Officer with appointment date.
9. A Purchase Order will be made and left at the Band Office front desk for you to pick up.

We deal with the following veterinary clinics:

- Nicola Valley Veterinary – 250.378.6136
- Merritt Vet Hospital – 250.378.2120
- BCSPCA Kamloops Spay Neuter Clinic – 250.376.6055
- Tranquille Road Animal Hospital – 250.376.6797

If you have any question please call Jerrod Peterson, Public Works Officer at 250-378-5157.

MOSQUITO CONTROL PROGRAM



Basic mosquito life cycle

1. **Egg:** mosquitoes start life as eggs in soil or floating on standing water.
2. **Larva:** eggs hatch and larvae live in water from 3 to 30 days before pupating.
3. **Pupa:** pupae live in water until they are ready to emerge as adults.
4. **Adult:** adult mosquitos lay eggs one or more times completing the life cycle.

Tips for reducing mosquito habitat, avoiding mosquito bites

- Empty water from containers, tires, etc.
- Change water in bird bath regularly & fill in depressions in and around your yard.
- Clear leaves and twigs from tarps, awnings, eavestroughs, and gutters regularly.
- Wear light-coloured, long-sleeved shirts & pants and avoid being outside during times when mosquitos are prolific.
- Apply approved mosquito repellents that contain DEET.

For questions about the Nuisance Mosquito Control Program or to report mosquito infestations call 250.372.5700, email mosquitocontrol@tnrd.ca or visit tnrd.ca



Control & Surveillance of Nuisance Mosquitoes

A service delivering effective management of mosquito larvae



- Nuisance mosquitoes are controlled in their larval stage using a biological control agent called *Bacillus thuringiensis var israelensis (Bti)*.
- *Bti* is applied to snowmelt water, standing water and non-fish bearing floodwater, where it kills developing mosquito larvae. It is virtually non-toxic to other organisms including people, birds, and fish.

✓ Program components

- | | |
|--|-------------------------------|
| • Planning | • Habitat Mapping |
| • Surveillance & Mosquito Identification | • Biological Control |
| • Habitat Monitoring | • Ground Treatment |
| • Aerial Treatment | • Public Education & Outreach |

For questions about the Nuisance Mosquito Control Program or to report mosquito infestations call 250.372.5700, email mosquitocontrol@tnrd.ca or visit tnrd.ca



HEMOCARE PROGRAM

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

Next visit May15

- 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

All appointments must be arranged through her office (Conayt Friendship Society@250-378-5107)

New: Gathering All Elders ...New Group...New Name

Come join us May 09, 2017 at the soup kitchen from 11-2pm

- Lunch provided
- Door prizes
- Festive fun time

We are gathering to collect ideas for the establishment of an Elders Get – together group promoting wellness and living healthy.

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

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

MENTAL HEALTH

May 1-7th is Mental Health Awareness week.

“Mental wellness is a balance of the mental, physical, spiritual, and emotional. This balance is enriched as individuals have: PURPOSE in their daily lives whether it is through education, employment, care-giving activities, or cultural ways of being and doing; HOPE for their future and those of their families that is grounded in a sense of identity, unique Indigenous values, and having a belief in spirit; a sense of BELONGING and connectedness within their families, to community, and to culture; and finally a sense of MEANING and an understanding of how their lives and those of their families and communities are part of creation and a rich history.”

– First Nations Mental Wellness Continuum Framework

Addressing Mental Illness

What is Mental Illness?

Mental illness is a collection of disorders such as depression, bipolar disorder, depression, and anxiety. Mental illness interferes with relationships and affects a person’s ability to function on a day to-day basis, often leading to social isolation.

Who is at risk?

Most people believe that mental disorders are rare and “happen to someone else.” In fact, mental illnesses are common and widespread. Statistics show that one in every five Canadians will have a mental health problem at some point in their lives. Mental illness affects males and females, young and old, and is found in every ethno-cultural and socio-economic group.

What are the symptoms of mental illness and what causes it?

The symptoms can range from:

- loss of motivation and energy
- changed sleep patterns
- extreme mood swings,
- disturbances in thought
- perception or overwhelming obsessions
- fears

Mental health problems faced by aboriginals arise from a long history of colonization, residential school trauma, discrimination and oppression, and losses of land, language and livelihood. Mental illness is usually the result of an interaction of physical, environmental, and social factors. Physical factors can include a person’s individual genetic make-up, which may put them at higher risk for developing a mental illness.

Factors can also include physical trauma, such as a brain injury, or the misuse of substances such as street drugs or alcohol. Environmental factors that can negatively impact a person's mental health can include severe psychological trauma, such as war, or sexual abuse.

Social factors such as where people live, whether they have strong support networks (close family and friends), and people's work environment impact mental well-being. The amount of stress people are under can impact one's mental health, especially in situations where individuals are unable to change their circumstances.

The path to mental wellness

The earlier someone receives treatment for a mental illness, the better their long-term outcome. People can be active in changing attitudes towards mental illness, starting with their own.

Mental health and wellness encompass both the mental and emotional aspects of being - how you think and feel. Some signs of good mental health include:

- Knowing and taking pride in who you are;
- Enjoying life;
- Being able to form and maintain satisfying relationships;
- Coping with stress in a positive way;
- Striving to realize your potential; and
- Having a sense of personal control.

There are many new and different ways to understand, treat, and accept mental illness, even outside the traditional medical model of mental health. By embracing the achieving of whole health (physical, mental, emotional, spiritual, social and economic well-being) through a comprehensive and coordinated approach that respects, values and utilizes traditional and cultural knowledge, methodologies, languages and ways of knowing. The journey to mental wellness and wellbeing can be a lifelong process to achieve balance of body, mind and spirit.



The Canadian Mental Health Association. (2011). toronto.cmha.ca. Retrieved January 17, 2011 from www.toronto.cmha.ca.

Small, Meredith F. *The Culture of Our Discontent: Beyond the Medical Model of Mental Illness*. 2006. Joseph Henry Press.

Wellness - A First Nations, Inuit and Métis View of Health. 2010. miaw.ca. Retrieved January 19, 2011 from <http://www.miaw.ca/en/wellness/overview.aspx>.

FAMILY ACTIVITIES CALENDAR



May 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Program 4:30 - 6:30	2 Program TBA 4:30 - 6:30 Community Walk 1:00 - 2:00	3 Office	4 Community Walk 1:00 - 2:00	5 Grieving Circle 9:30 Skill Share 2:30-4:30	6
7	8 Parents and Babes 11:00 -1:00	9 Dinner & Movie 4:30 - 6:30 Community Walk 1:00 - 2:00	10 Office	11 COHI Community Walk 1:00 - 2:00	12 Mother's Day Luncheon 12:00 - 1:30	13 Turn me Loose in Shulus 9:00 - 2:00
14 	15 Traditional Parenting 11:00 - 1:00	16 Program TBA 4:30 - 6:30 Community Walk 1:00 - 2:00	17 GFB	18 Community Walk 1:00 - 2:00	19 Grieving Circle 9:30 Skill Share 2:30-4:30	20
21	22 Victoria Day Office Closed	23 Crafts & dinner Community Walk 1:00 - 2:00	24 Office Day SD Pow Wow	25 COHI Elder's Lunch	26 Grieving Circle 9:30 Skill Share 2:30-4:30	27
28	29 Parents and Babes 11:00 -1:00	30 Program TBA 4:30-6:30	31 Office			

Notes

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

* Parents and Babies is geared towards prenatal to preschool ages. Each family who attends the entire program each week will be given a \$10 gift card and a block cheese.

*Anyone who can come in on Fridays to share your "skill" with us we will give a \$25 gift card. Please call ahead so we can arrange a date. Beading, knitting, cooking etc....

HEALTH COORDINATOR

“Good Day, I hope everyone made it through the winter month’s okay! Were into May and it’s time to think about harvesting Traditional plants and medicines. Or start planting your flowers or garden. The month of May is also Mother’s Day Sunday, May 14th.

- **Elder’s Luncheon** will be held on Thursday, May 25th at noon, at Soup Kitchen.
- **Good Food Bag** –Wednesday, May 17th pickups after lunch. We remind people that it is very important to pick up your good food bag that day as it is not being refrigerated. **The deadline for this month’s GFB is 12:00pm, April 28th no exception after this time/date.** Note: Good Food Bag Deliveries: We would like to encourage people receiving the GFB to make arrangements to pick up their GFB. ***If your GFB has not been picked up it will be donated Friday morning***
- **Patient Travel** - Is used for specialist appointments nearest to our community. Patient Travel funds is not covered for General Practitioners (GP) outside of Merritt. If you currently do not have a doctor due to their office closure. The Medical Clinic is now accepting patients for Dr. Lyttle at 250-378-6222.

Also, Nurse Practitioners – Genevieve Dube (Mon-Thurs, 8.30-4:30pm), and Jocelyn Rhode (Thurs 9-4:00pm) who work out of the Conayt Friendship Centre at 250-378-5107. In addition there is also the Nicola Valley Health Centre at 250-378-2242.

The 811 health hotline offers non-emergency health advice in British Columbia (dial 811 and have your care card handy).

Rhonda Dunn
Health Coordinator



Welcome to Cely-Rae Street who joins the team over in the Community Services Building.

Cely-Rae has been hired for the Social Development Coordinator position. (Carole Basil has moved over to Cultural Revival).

TICKS



Wood ticks are already around!

Ticks are tiny bugs which feed on blood. It is important to avoid and check for ticks, and to re-move a tick as soon as you find it. Removing the tick completely may help you avoid diseases such as Lyme disease that the tick may pass on during feeding, or a skin infection where the tick bit you.

Avoid tick bites: Learn where ticks are most commonly found in the community. Cover as much of your body as possible when working or playing in grassy or wooded areas. Wear a hat, long-sleeved shirt and long pants with the legs tucked into your socks. It is easier to spot ticks on light-colored clothes. Use insect repellents, such as products with DEET.

Clear leaves, brush, tall grasses and woodpiles from around your yard.

Check for ticks:

When you come in check all over your body for ticks, including your groin, head and underarms. Comb your hair with a fine-toothed comb, or have someone check your scalp.

To remove ticks from clothing, put your clothes in a hot dryer or hang them outside in the sun for at least 15 minutes.

Check your children daily for ticks, especially during the spring.

Check pets for ticks. Pets can carry infected ticks indoors where they might fall off and attach to you.

To remove a tick:

Use fine-tipped tweezers to remove a tick. If you don't have tweezers put on gloves or cover your hands with tissue paper then use your fingers. Do not handle the tick with bare hands.

Grab the tick close to its mouth and gently pull the tick straight out until its mouth lets go of your skin. Wash the area with a lot of warm, clean water.

Note: If you can't remove the tick call your doctor.

STINGS - BEES AND OTHERS

Bee Stings

Bee stings can produce different reactions, ranging from temporary pain and discomfort to a severe allergic reaction. Having one type of reaction doesn't mean you'll always have the same reaction every time you're stung.

Mild reaction

Most of the time, bee sting symptoms are minor and include:

- Instant, sharp burning pain at the sting site
- A red welt at the sting area
- A small, white spot where the stinger punctured the skin
- Slight swelling around the sting area

In most people, swelling and pain go away within a few hours.



Moderate reaction

Some people who get stung by a bee or other insect have a bit stronger reaction, with signs and symptoms such as:

- Extreme redness
 - Swelling at the site of the sting that gradually enlarges over the next day or two
- Moderate reactions tend to resolve over five to 10 days. Having a moderate reaction doesn't mean you'll have a severe allergic reaction the next time you're stung. But some people develop similar moderate reactions each time they're stung. If this happens to you, talk to your doctor about treatment and prevention, especially if the reaction becomes more severe each time.

Severe allergic reaction

A severe allergic reaction (anaphylaxis) to bee stings is potentially life-threatening and requires emergency treatment. A small percentage of people who are stung by a bee or other insect quickly develop anaphylaxis. Signs and symptoms of anaphylaxis include:

- Skin reactions, including hives and itching and flushed or pale skin
- Difficulty breathing
- Swelling of the throat and tongue

- A weak, rapid pulse
- Nausea, vomiting or diarrhea
- Dizziness or fainting
- Loss of consciousness

People who have a severe allergic reaction to a bee sting have a 30 to 60 percent chance of anaphylaxis the next time they're stung. Talk to your doctor or an allergy specialist about prevention measures such as immunotherapy to avoid a similar reaction in case you get stung again.

Multiple bee stings

Generally, insects such as bees and wasps aren't aggressive and only sting in self-defense. In most cases, this results in one or perhaps a few stings. However, in some cases a person will disrupt a hive or swarm of bees and get multiple stings. Some types of bees — such as Africanized honeybees — are more likely than are other bees to swarm, stinging in a group.

If you get stung more than a dozen times, the accumulation of venom may induce a toxic reaction and make you feel quite sick. Signs and symptoms include:

- Nausea, vomiting or diarrhea
- Headache
- Vertigo
- Feeling faint or fainting
- Convulsions
- Fever

Multiple stings can be a medical emergency in children, older adults, and people who have heart or breathing problems.



When to see a doctor

In most cases, bee stings don't require a visit to your doctor. In more-severe cases, you'll need immediate care.

Call 911 or other emergency services if:

- You're having a serious reaction to a bee sting that suggests anaphylaxis, even if it's just one or two signs or symptoms
- If you were prescribed an emergency epinephrine autoinjector (EpiPen, Twinject), use it right away as your doctor directed.

LNIB DEVELOPMENT CORPORATION

LNIB Development Corporation welcomes Amanda Adams as Executive Assistant to Chief Operating Officer Sean Maloney.



My name is Amanda Adams, I'm a member of Lytton First Nations; I've been residing in the Nicola Valley for the last three years. My father is Fred Charlie and my late mother was Cora Adams, who both grew up in Lytton. I'm the oldest of my three siblings, I've two younger brothers and one sister. My position with LNIB will be providing administration support to LNIB Development Corporation. I'm pleased to be on board and to be apart of the continuing growth of LNIB. My hobbies are spending quality time with our family and friends, boxing, participate in recreational/sports events (for example – Tough Mudder, Mudderella, Sun Run, and Foam Glow Run), hiking and sky diving. I would like to thank LNIB DEV CORP for this great opportunity and look forward to

working with LNIB.
Thank you,
Amanda Adams

SHULUS FOREST ENTERPRISES



Ernie McIvor learning how to put on a Self Contained Breathing Apparatus. Joshua Dick and Irwin Mike assisting

Shulus Forest Enterprises Inc employees are busy this month taking training courses for the upcoming Kinder Morgan Vegetation Management Contract that was recently awarded to Lower Nicola Site Services.

Jonah Dick, Stan Thiessen, Craig Shintah, Irwin Mike, Cedric Bent, JJ Holmes, Ernie McIvor, Joshua Dick, Todd Chamberlain.
(missing from photo Sara Garcia



LANGUAGE NEST

LNIB N?e?kepmx Language Nest

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



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

Program has started as of January 17, 2017

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

Open to LNIB Members and Non LNIB Members

Space is limited!

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

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

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

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

Nest Address:

2187 Swakum Rd

Please call to arrange appointment

OPEN HOUSE Tentative Date:

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

Everyone welcome come and drop in for a visit

For more information contact:

Aiona Anderson, Language Nest Coordinator:

250-315-0026

aionaart@gmail.com

or

Bridget Labelle

250-378-4089

blabelle@lnib.net



Lower Nicola Indian Band
 N̓eʔkepmx 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 N̓eʔkepmxcin.

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 N̓eʔkepmxcin language

SHULUS COMMUNITY GARDEN

Shulus Community Garden

Presents:

Invasive Plants Identification session with TNRD Guest Speaker: Kathrine Tariso.

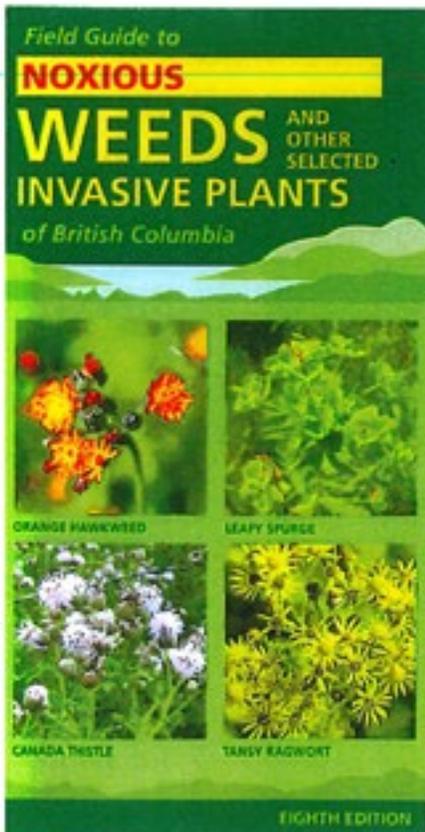
Date: Wednesday, May 24, 2017

Time: 1 to 3 pm

Location: Shulus Community Garden Fields

1st) On May 24, we will walk about our garden and range lands to Identify what invasive plants are growing in our community.

2nd) July/August, we will learn about the Biological Control Program through TNRD's Invasive Plant Control Assistance Programs.



BC Weed Control Act

NOXIOUS WEEDS ARE EVERYONE'S PROBLEM

Noxious weeds are non-native plants that have been introduced to British Columbia without the insect predators and plant pathogens that help keep them in check in their native habitats. For this reason and because of their aggressive growth, these alien plants can be highly destructive, competitive and difficult to control.

The B.C. Weed Control Act imposes a duty on all land occupiers to control designated noxious plants.

The purpose for the Act is to protect the province's economy, natural resources, and society from the negative impacts of foreign weeds.

The Act is administered by the Ministry of Forests, Lands and Natural Resource Operations.

The following weeds are classified as noxious within all regions of British Columbia:

PROVINCIALY NOXIOUS	PAGE
Bur Chernil (<i>Anthriscus caucalis</i>)	8
Canada Thistle (<i>Cirsium arvense</i>)	9
Common Reed (<i>Phragmites australis</i> subsp. <i>australis</i>)	10
Cordgrass, Dense-flowered (<i>Spartina densiflora</i>)	11
Cordgrass, English (<i>Spartina anglica</i>)	12
Cordgrass, Saltmeadow (<i>Spartina patens</i>)	13
Cordgrass, Smooth (<i>Spartina alterniflora</i>)	14
Crapline (<i>Crapline vulgaris</i>)	15
Doelder (<i>Cuscuta</i> spp.)	16
Flowering Rush (<i>Fluotomus umbellatus</i>)	17
Garlic Mustard (<i>Alliaria petiolata</i>)	18

Biological Control Program

Biological control is one strategy that is used to combat the spread of some invasive plant species. The TNRD has partnered with the SIMMC to offer biological control agents to private landowners, free of charge.

These insects are ideal for long-term management of infestations that:

- are large, located on sensitive sites,
- near water, on steep slopes
- or in areas where herbicides cannot be used.

Insects are available for the following invasive plants:

- Spotted Knapweed
- Diffuse Knapweed
- Dalmatian Toadflax
- Hound's Tongue
- Leafy Spurge
- St. John's Wort
- Thistles (selected species)



HONOUR YOUR HEALTH CHALLENGE



TIME TO GET GARDENING! CONTACT LORNA SHUTER TO ARRANGE FOR YOUR FAMILY GARDEN PLOT IN SHULUS GARDENS. PLEASE REMEMBER YOU WILL BE COMPLETELY RESPONSIBLE FOR ITS CARE....

Honor Your Health Challenge Garden Session

Date: Monday, May 01, 2017

Time: 2 pm - 6 pm

Location: LNIB Administration Board Room

Topics:

- 1) Traditional Food and Nutrition
- 2) Beginners Fitness Program
- 3) a) Design Your Garden Plan
b) Create your planting schedule

Bring your seed book and garden plot measurements.

We provide Snacks, Rides, Door Prizes and Rides to and from the garden sessions. Please phone 378-5157 to arrange for a ride. Monday to Friday, 8:30 to 4:30.

EAT FOR HEALTH

EAT FOR HEALTH

**COMBINING
ANCESTRAL AND MODERN FOODS**

**Workshop May 16, 2017 at the Civic Centre
9:00 am to 3:00 pm**

LUNCH & DOOR PRIZES

- **Why were First Nations ancestors so healthy?**
 - **What kind of lifestyle did they live?**
- **Why do First Nations have so many illnesses today?**
- **How can we, First Nations, improve our health?**

EVERYONE WELCOME !



Contact: Community Health Centre at 378-4089 for rides

EDUCATION

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!**



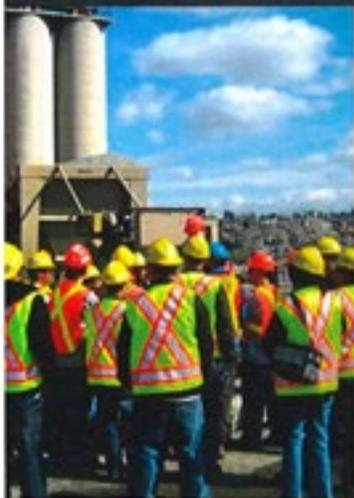
BETTY SPALTON SCHOLARSHIP

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.



RECREATION



May 2017

LNIB Recreation

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Gym/Swim	2	3	4 Turn me loose run,walk,stroll training 5-6pm Family Swim	5 Bike park 4:30 Youth center 6-8pm	6
7	8 Gym/Swim	9 Traditional nite sage picking Youth Center 6-8pm	10 Gym night 4:30-6pm Adult Volleyball 6-8pm	11 Turn me Loose run,walk,stroll training 5-6pm Family Swim	12 Mothers Day luncheon at Hall Bike park 4:30 Youth center	13 Turn me Loose!! Run.Walk,Stroll Today!! 9 am
14 Happy Mothers Day!	15 Gym/Swim	16 Traditional games 4:30-6pm Youth Center 6-8pm	17 Gym night 4:30-6pm Adult Volleyball 6-8pm	18 Family Baseball night! 6-7:30pm Family Swim	19 Bike park 4:30 Youth center 6-8pm	20
21	22 Vitoria day! Office closed	23 Traditional nite medicine bag making Youth Center	24 Gym night 4:30-6pm Adult Volleyball 6-8pm	25 Family Baseball night! 6-7:30pm Family Swim	26 Bike park 4:30 Youth center 6-8pm	27
28	29 Gym/Swim	30 Traditional games 4:30-6pm Youth Center 6-8pm	31 Gym night 4:30-6pm Adult Volleyball 6-8pm			
30						

Notes

If anyone has questions please contact the Recreation Coordinator, Chelsea Spahan. recreation@lnib.net or 250-315-3379txt also at the community services office 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!

FIRE SAFETY - OUTDOOR BURNING

Controlled burns - before you do field burning, you are reminded to give the LNIB Fire Department at least 24 hours notice.

Deputy Fire Chief Tony Allen offers up the following advice:

- 1. Never burn in the afternoon. That's when our Nicola Valley winds stir up (and can do so in a hurry). Try for a still morning, or late afternoon/evening when the winds have died away.**
- 2. Never leave the fire unattended - one gust when your back's turned is all it takes!**
- 3. Always have the tools to put the fire out at hand - hoses, shovels, etc.**
- 4. If the fire does get away from you - call 911 immediately.**

Photo in background - Joeaska grass fire 2014 - Merritt Herald Photo Michael Potestio

FREE DAY AT THE DUMP - MAY 6

Saturday, May 6 is free disposal day at the Lower Nicola Eco Depot (aka the dump)

Public works will work with Elders or single parents without access to transportation to help with this great opportunity for cleanup. Just give them a call (250) 378-5157 during the work week Monday May 1 to Friday May 5th to tell them what items you will need assistance with getting to the dump. Note they will not do the cleanup - just help you move the junk.

The rest of the community should take note of this free dumping day - it's a perfect time to spruce up the community, starting with your own yard. Let's walk the talk and show that we take being Stewards of the Land seriously.

There will also be a Household Hazardous Waste Round up on May 6 at the Merritt Civic Centre parking lot from 9 am to 3 pm This is the place to get rid of adhesives, paint thinners, chemicals, antifreeze, pesticides, paints and oils.

ARENA - NEW FAMILIAR FACE



Hello and greetings to all. My name is Sheldon Quwezance, but Sheldon Q is fine, and I am the new manager of the Shulus Community Arena. I have been blessed to be awarded this position and am honored to be working with the Lower Nicola Indian Band once again after Joe Q decided to move on to open a Tim Horton's in Kamloops after 15 years of dedication to the arena. He left me a great template as to guide me as we all transition to having a new arena manager. As some of you already know, I had previously worked at Shulus Arena as an attendant for 5 years and loved my time here previously. Now that I am back, I'm looking forward to reacquainting myself with past customers and meeting the new. There are a lot of new faces working at LNIB and a new Chief and Council that I look forward to working with. I know that when we work together, we can continue to offer our youth opportunities in sport and open new avenues for future generations.

A little history about myself is I am originally from North Battleford, Saskatchewan but I lived in Regina for a lot of years. I am a Saulteaux and Cree from the Keeseekoose Indian Band located in eastern Saskatchewan. I moved to B.C. about 15 years ago and now I proudly call the Nicola Valley my home. I've grown to love the area and the people have welcomed me with open arms, so while I bleed Roughrider green, my heart now belongs here. I am married to a wonderful woman named Juanita for almost 6 years who has roots here at LNIB and with her we have 4 amazing children. Victoria is 22, Amanda is 19, Autumn is 11 and Roland is 9. We are also proud grandparents to Emma who recently turned 1 year old so we have quite the busy household which we love. We are also expecting our second grandchild in early August and nothing could excite us more.

While I know the arena faces challenges in the coming weeks, months and years, I am definitely up for the task. Those who know me best, know about my hard work ethic and understand my dedication to any task that gets put in front of me. Some things will remain, such as the Shulus Arena Golf Tournament, there will be changes in other areas but I will do my best to work with our clients, LNIB members and our community to ensure that the arena will continue to be a great place to be. I look forward to seeing you all at the rink in the coming months and I can be contacted by email at sheldon.quwezance@lnib.net or by phone (250)280-6662.

Kinana'skomitina'wa'w (Thank you in Cree)

LANDS DEPARTMENT



LOWER NICOLA INDIAN BAND LANDS REGISTRY FEE SCHEDULE

Approved by Chief and Council as of March 21, 2017

Registration Fees:

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

CERTIFIED TRUE COPY OF:

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

PARCEL ABSTRACTS REPORTS, SURVEY PLANS & MAPS:

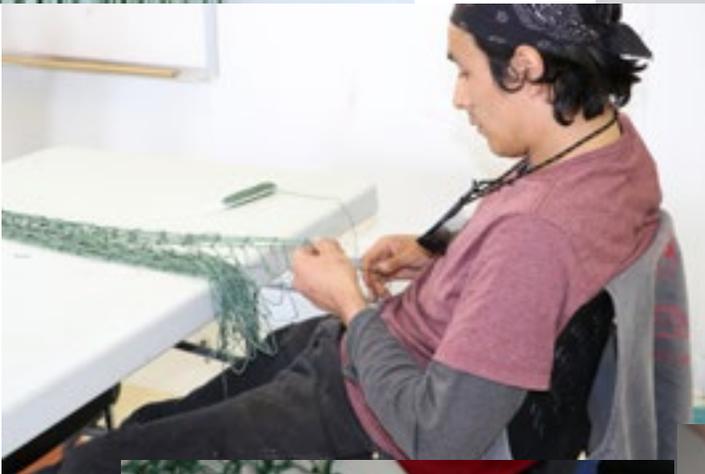
Parcel Abstract Reports	\$ 25.00	
Physical Dev. Plan (Bound Copy)	\$ 35.00	Large CLSR Plans: if these plans have to forwarded to a Xerox company to be copied, the cost of the plan will be costs of reproducing, courier costs and plus \$5.00 admin fee
Physical Dev. Plan (11x17 maps)	\$ 5.00	
Survey Plans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

CULTURAL REVIVAL

May		2017					
Cultural Revival		Activities					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Service	1	2	3	4	5	
				Confederacy Nationalist Society			
7	Service	8	9	10	11	12	
		Education Cultural Activities	Education	Confederacy Nationalist Society	Veterans Day Lunch		
14	Service	15	16	17	18	19	
		Education Cultural Activities	Education	Confederacy Nationalist Society			
21	Service	22	23	24	25	26	
		Education Cultural Activities	Education Cultural Activities	Education Cultural Activities	Education Cultural Activities	Education Cultural Activities	
28	Service	29	30	31			
		Education Cultural Activities	Education Cultural Activities	Education Cultural Activities			



A full house for dip net making course! Concentration in the room along with prayers for fish.



MEDICINE GARDEN

Once upon a time there was a medicine garden in Shulus Gardens, behind the arena. Last year we started work on cleaning it up, getting ready to replant. This year we hope to bring to show piece standard - a place to visit and meditate, a place to learn about traditional medicines and how to use them. This is going to be very much a volunteer project - people willing to till and weed, to plant and transplant, to build and maintain. If you look at the photo of the garden as it is now, it seems a daunting task. But many hands make light work and are rewarded with deep satisfaction.

Interest in joining the Medicine Garden Team? Come out on Sunday, May 7 at 10 am. Bring some tools for weeding and raking, garden gloves. A lunch of soup and sandwiches will be provided and of course, anything you would like to add to a potluck is gratefully appreciated.



Here's our "before" photo

Arrowleaf Balsam Root



This beautiful plant is starting its annual bloom and brightening our hillsides. It has important food value but did you know about its medicinal powers?

Root tea was taken to promote perspiration, steam inhaled for headaches, whooping cough, tb.

It has cathartic, diuretic, antibacterial and antifungal properties.

Externally the plant tea was poured on the head for headaches (less messy to use a poultice), pain, sores, blisters, poison ivy and insect bites.

TRAINING OPPORTUNITIES

Food Safe Level 1



Recognized food-service skills in 1 day!
FoodSafe certification opens up a world of possibilities. Register today!

Hosted by the LNIB
Career Development
Centre & LNIB
Education Department

Tentatively scheduled based
on meeting a 10-seat
minimum up to a maximum
of 18 seats.

Date: May-10-2017
Time: 8:30 – 4:30

Location:
LNIB Band Hall

Check us out on the web and
follow us on Facebook for up to
date training and employment
opportunities!

To sign up contact:
Robin Peterson
LNIB Career Development Coach
Robin.peterson@lnib.net
250-378-4089



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



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

MINUTE TAKING COURSE

Moved, seconded and Carried...

Who moved who? What?

Seconded???

Carried ...where???

Who's Robert and why does he make rules?

Minutes of meetings are the official records of decision making by any body – Chief and Council, and advisory group, a board of directors, a strata council.

There is an art and science to minute taking. Done properly, minutes are a historical record and a direction for future paths. Done poorly, minutes mean next to nothing and result in a lot of additional research to figure out what was meant to be the decision and what the direction forward is meant to be.

The recording secretary (minute taker) is an invaluable part of the meeting – listening carefully to the discussion and what is being proposed, and formulating the record so that the decision being voted on is clear to all the decision makers, and to the people who have to carry out the action.

Minute takers must understand how meetings are run, what their role is before, during and after the meeting.

This two hour course is mandatory for anyone who wants to take minutes for an LNIB official entity – even if you have taken minutes for LNIB in the past.

When: Monday, May 8, 2017

4:30 pm – 6:30 pm

Where: Community Services Building Boardroom

Note: Good secretarial skills (keyboarding, proficiency with Word, Excel, strong written language skills) to qualify for this course. Please register with Robin Peterson at Career_Development: Robin_Peterson@lnib.net



Upcoming Courses at NVIT:

Occupational First Aid Level 1:

Friday, May 12, 2017 8:30 AM – 4:30 PM Cost: \$100

Standard First Aid (with CPR C):

Sat. May 27 & Sun. May 28, 2017 8:30 AM – 4:30 PM Cost: \$170

Register at the NVIT Front Desk. For more information, contact
Jennifer Lisle: 250-378-3365 or jlisle@nvit.bc.ca.

MERRITT CAMPUS:
1111 Fraser Street
Merritt, BC V2Y 2R9
Phone: 250-472-2411
Fax: 250-472-2412
http://www.nvit.ca

VANCOUVER CAMPUS:
200-1115 Burrard Street
Vancouver, BC V6Z 1G6
Phone: 604-681-8300
Fax: 604-681-8300
www.nvit.ca



MAY 15-27, 2017

Tentative Date (minimum 10 seats required)

OFA LEVEL 3

If you are interested in obtaining your OFA Level 3 training or need to renew?

Contact the Education Department at 250-378-0915.



**OCCUPATIONAL
FIRST AID LEVEL 3**

MAY 15-27, 2017

Tentative Date (Minimum 10 seats)

LNIB BAND HALL

**RECERTIFICATION
WELCOME!**

**CALL THE LNIB
EDUCATION
DEPARTMENT
250-378-0915**

LNIB EDUCATION

2160 Settlers Road
(across from the fire hall)

Lnib.net/education

8:30 am-4:30 pm closed 12-1
for the lunch hour.



FREE WORKSHOP & TRAINING IN:

- THE IMPORTANCE OF ACCURATE MAPS & MAPPING FOR LAND USE PLANNING. THE LNIB LAND USE PLAN UPDATE AND NEW LAND CODE.
- GOOGLE EARTH PRO, WHAT IS IT? HOW TO USE IT?
- HANDS-ON TRAINING USING LAPTOPS AND GOOGLE EARTH PRO MAPPING

2 DAY: DIRECT-TO-DIGITAL (D2D) MAPPING WORKSHOP

Under The New LNIB Land Code

&

To Kick-Off The LNIB Land Use Plan Update

The LNIB Lands Department would like to invite Chief and Council, Band Members and Staff to join us in this community-based direct-to-digital mapping workshop. Honorarium will be provided upon request.

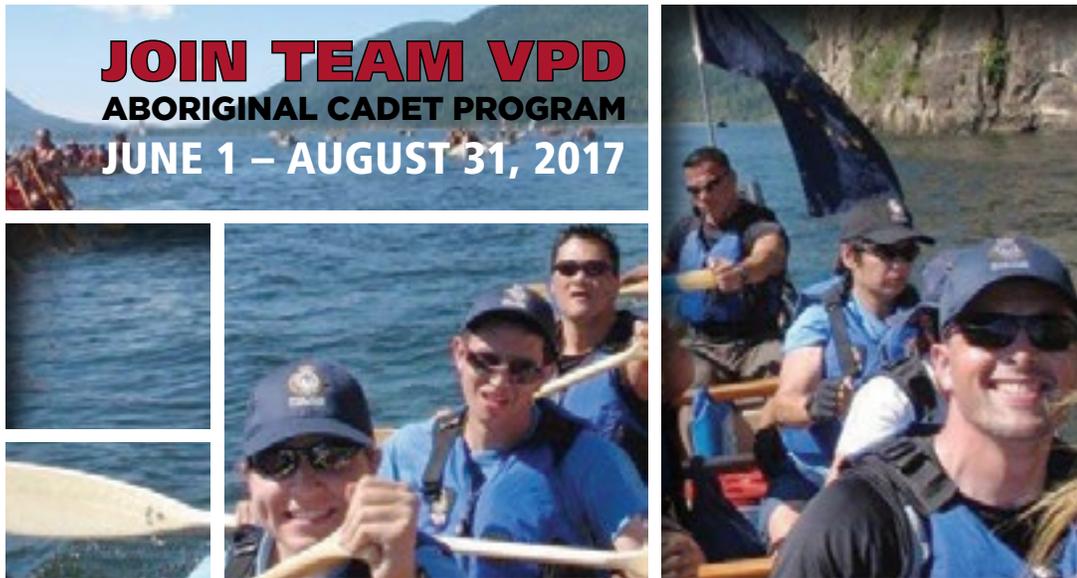
**TUESDAY MAY 2ND
TO
WEDNESDAY MAY
3RD
9 AM TO 4 PM
Lunch Provided**

**LNIB BAND OFFICE
BOARD ROOM**

**FOR MORE DETAILS
AND TO REGISTER,
PLEASE CONTACT**

ANNA (SAM) HUDSON
anna.hudson@lnib.net
(250) 378-5157 ext.2714





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

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

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

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

BASIC REQUIREMENTS

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

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

WE'RE HIRING!

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

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



VANCOUVER POLICE DEPARTMENT
Beyond the Call

OUR YOUTH - THEIR VOICE

I am 12 years old and I really like homework. I like homework because I like to do work. When I do homework I feel very smart. Homework and school work can get me to college. It would get me to the job I would like to do. Homework usually take me 30 minutes to finish depending on what it is. Like if I was going to write a thing like this it would take me about 15 minutes. I would probably be the one who's finished all of the work I'm given. So know I would rather do homework than go outside.

Homework makes me happy and I feel like it's nothing to get it done. It's nothing because I am smart. You can make me see nothing but homework and I'm fine. If I get a prize, then I bet that I will get homework and finish it when and where I will be. Some people that I'm crazy because I finish it.

Most people don't like homework because they have to work and think about it. I also finish my homework because I don't fall behind and I don't feel guilt about free time.

- unsigned

Oh, So High

To whom we speak and how
 Where we grew up and how
 In all walks of life we'll be held responsible
 Of how we speak and treat another, to whomever, where ever
 The treating of one is a desire to be treated as we have treated
 Is it a scowl, howl, or an indignant attitude?
 Think not yourself better than another
 And making judgment as we go.....Matthew 7:1
 Not one stands perfect
 Yet, let not that be an excuse to do harm to another
 With attitudes of self-righteousness or superiority
 From where did the attitude of superiority come
 and it's been said, I stand at height and look down on you
 Let us search our heartsPsalms 139:23-25
 Where do "we" stand or who are we to look at another in disgrace
 Or of judgement
 What do we know of our neighbour or people of the land?
 Before we speak let us walk a mile in his/her moccasins
 Deliver us oh, Our God
 let us not think ourselves better than another
 Let us all receive you so we can see ourselves and another

Sonja Hall April 14, 2017

BAND SCHOOL CALENDAR



May 2017



Mon	Tue	Wed	Thu	Fri
1 Tuna wraps	2 Spaghetti & garlic bread	3 Chicken noodle casserole	4 Perogies	5 Egg salad sandwiches
8 Mac/ham & cheese	9 Taco salad	10 Hotdog with fries	11 Chicken caesar salad	12 Lasagna
15 Chicken ranch casserole	16 Sweet & sour meatballs with rice	17 beef stir fry	18 ham & scalloped potatoes	19 Stew and Bannock <u>CULTURE DAY</u> Agenda TBA Everyone welcome
22 VICTORIA DAY NO SCHOOL	23 Deli wraps	24 Shepherds pie	25 Chilli & rice	26 Mini chicken taco
29 Mini meatloaf	30 Chicken tenders	31 Pizza <u>Grade 4 & 5 tree planting</u>		



because the kids have to play inside!

STUDENT POWWOW

6th ANNUAL
SCHOOL DISTRICT NO. 58
STUDENT POW WOW
Lower Nicola Indian Band Arbor
Wednesday, May 24, 2017
9:30 a.m. to 2:30 p.m.



2017 School District No. 58 Theme: "Mental Health"

Hosted by Nicola-Canford Elementary School



Host Drum: Travelling Spirit
Pow Wow MC: Gerome Garcia
Arena Director: Joe Thomas

All Dancers need to pre-register for
 honorarium purposes before
 May 19, 2017.

Please call Christine at 250-378-2514 or
 Martha at 250-378-9931. You can also register
 on our SD#58 First Nations Support Worker
 Facebook page.

Invited Drums Only - All Dancers Welcome

*Concession and bannock will be
 available on site. Price list to follow*

**Craft tables permitted
 and for all**

**other inquires please contact:
 Yvonne Joe at 250-378-2172**

The Pow Wow Committee is not responsible for lost or stolen items, injury and short
 funded travel.



Everyone Welcome

JOB OPPORTUNITIES

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

Are you a Band Member with a business you would like to advertise?

Please send your business information to communications@lnib.net and we will include it in our newsletter and on the website.

Lower Nicola Indian Band

Job Posting

Position Title: Reception, Full Time

Department: Administration

Hours: 8:30am-4:30pm

Reports to: LNIB Executive Assistant

Knowledge, Abilities and Skills:

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

Deadline: May 3, 2017 at 2:00 PM

Interested candidates should send a resume and cover letter to:

Mail:

Lower Nicola Indian Band
Human Resource
181 Nawishaskin Lane
Merritt, BC V1 K 0A7

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**Job Posting****Position Title:** Recreation Assistant – Post Secondary Student**Department:** Human Services**Hours:** 30-35 hours per week**Start Date:** May 8, 2017**Term:** Temporary May 8, 2017 to August 25, 2017**Wage:** Negotiable**Reports to:** Recreation Coordinator

Summary of responsibilities

Under the direction of the Recreation Coordinator, the successful candidate will be responsible for developing and participating in recreational programs and events for Lower Nicola Indian Band members.

Required knowledge, skills and abilities

- Excellent communication and high energy while working with youth
- Must be willing to take courses related to recreation ie. Skipper training, first aid and AED courses
- Must be willing to participate in overnight trips with recreation programs
- Organize fundraising events for the recreation department special events
- Overtime and weekend work may be required
- A strong team worker with a great work ethic, self-starter and able to work independently

Qualifications

- High school completion with one to two years related work experience, or an appropriate combination of education and experience, preferable with First Nation's community services
- Must be returning to University or College in the fall
- Must have valid, unrestricted Class 4 Driver's license
- Computer competency in Microsoft products including Word, Excel, Outlook and Publisher software
- Ability to speak or willingness to learn the Nlaka'pamux language
- Must be willing to produce a criminal record check and a vulnerable sector check

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.

Apply To:

Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, BC V1K 0A7
E-mail: hr@lnib.net
Fax: 250-378-6188

Deadline to apply: May 1, 2017

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



**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





Scw'exmx Child and Family Services Society

Our children, Our responsibility

85 Hwy 8 • Merritt, BC • V1K 0A7

Tel: (250) 378-2771 Fax: (250) 378-2799 Tel Toll Free: (877) 378-2773

2017Apr27

Job Opportunity: **Visit Supervisor**

Scw'exmx CFSS is seeking a visit supervisor. This position is a contracted position, and hours will not exceed 20 per week.

Requirements of successful applicant include:

- Experience with references
- Ability to work flexible hours, including some evening and weekends
- Complete a Criminal Records Check
- Must submit Driver's Abstract
- Vehicle in good working condition with appropriate insurance to transport
- Commitment to confidentiality and understanding of information that needs to be shared with appropriate staff.
- Demonstrate cultural knowledge

Duties and Responsibilities to include:

- Provide supervision of children's visits with parents to ensure their safety at various locations
- Provide transportation, pick up and drop off of child or children for visits
- Open to attending visits in various locations within community, this may include family home or public location.
- Attending cultural activities

Pay is negotiable based on experience

Closing date will be May 12, 2017

Successful Applicants will be contacted to arrange interview.

Please send resume and cover letter to Scw'exmx CFSS

Fax: 250-378-2799

Email reception@scwexmx.com

NLAKA'PAMUX CULTURE RETREAT

Nlaka'pamux Nation partnered with FNHA & CNA

Nlaka'pamux Culture Retreat

Open to all Ages

When: Saturday May 27, 2017 & Sunday May 28, 2017

Where: Merritt Civic Center

Time: Day 1: 9:00am-9:00pm
Day 2: 9:00am-2:00pm

PRIZES TO BE WON!!

FREE ADMISSION & MEALS PROVIDED
Please bring your own plates & utensils

Guest Speaker: Dr. Jeanne Paul, Naturopathic Physician

DANCE with Richie & Fender men

Free Cultural Teachings

- => Cedar weaving
- => Medicine Bags making
- => Pine needle baskets
- => Beading classes
- => Dream catchers
- => Traditional medicines
- => On-site Traditional Healer

Welcoming all Hand Drummers
DANCE STARTS AT 6:30pm

TOP DOOR PRIZES: Pendleton blanket, Gas Cards & Meat Package \$300 value from Kuiper's

Various information booths on location

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

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

JW Forest Contracting Ltd.

250-378-5468

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

Logging contractors, road builders, land clearing

Established 1998

Certified Safe Company

11 employees, 80% First Nations

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

Millco Safety Services

www.millcosafety.com

PO Box 4154 Lower Nicola, B.C.

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

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

S&D Muir Inc

sd.muirinc@gmail.com

250-378-1964 Shane Muir,

Mining and Survey Equipment

SCS Diamond Drilling

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

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

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

To Shulus Residents: I have a brand new lawn tractor that needs to be used; will cut your lawn for \$20.00 per hour or flat rate of \$40.00.

Please call 24 hours in advance & deposit required before work starts. Currently can only do for Shulus Rez, until I can buy a utility trailer.

Call 250-315-3680 and ask for John F. Isaac.

Angie Bain

angiebain@shaw.ca
604-802-9709

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

Donna Bent

250-378-4396 Donna Bent Artifacts

Brandon Joe

Cban_13@hotmail.com

Commercial Embroidery Retail and Sales

Connie Joe

conniej@stuwix.com

Connie Joe Accounting

Shannon Kilroy

skilroy09@yahoo.com

Earthline Contemporary Aboriginal Designs and
Accessories

Bonnie LaBounty

labounty.advisor@gmail.com

Honey Pot Daycare

Odd Job Joe

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

Ryan Mann

rman_20@hotmail.com

Hoodoo Ranch and Pipe Fitter Inspection

Mostly Glass

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

Email: mostlyglasscreations@gmail.com

Don McIvor

250-378-0095 Licensed Auto Technician

Sharon McIvor**James McNaney**

normalhauling@gmail.com

Trucking, Hauling

Earl Michel

emichel@live.ca

Wolf Pac Construction

Focus iN Consulting

Business development and housing

gaidjoe@gmail.com

Lorne Mike

paulinehenry2011@hotmail.com

Fitness Instructor and Rough Stock Horses

2mojo@ocise.net

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

Gene Moses Fencing

Gene Moses

250-378-2801

Vivian and Arnie Narcisse

Mountainchief Catering

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

Growing Garlic/Nicola Valley Produce

Jerrold Peterson

growinggarlic.ca

growinggarlic.ca@gmail.com

Gwayne Point

250-378-9167 Northwest Indian Art

Clyde Sam

Laidlaw0@telus.net

Construction equipment

JP Edwards Contracting

250-936-8737 Moses Edwards

Landscaping, ditching, site prep, maintenance

Maggie's Bannock

Maggie Shuter
250-378-6579

Alison Sterling

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

Lorna Sterling

Avon

Robert Sterling

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

Rona Sterling Consulting Inc. and Godey Creek Paintball

Rona Sterling-Collins
info@ronasterlingconsulting.com

Godey Creek Consulting

Sue Sterling
suesterling75@gmail.com

T Sterling Construction Ltd.

Ted Sterling
ted17@telus.net

Shawn Swakum

s.swakum@yahoo.com
Business administration and Consultant

Penny Toodlican

pcctoodlican@gmail.com
Catering

Victor York

victoryork@hughes.net
Gourmet coffee supply and distribution

ASTROLOGY



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



Stag/Deer - May 21 - June 20 This Native American animal symbol is the muse of the zodiac. The Deer is inspiring lively and quick-witted. With a tailor-made humor, the Deer has a tendency to get a laugh out of anyone. Excellent ability for vocalizing, the Deer is a consummate conversationalist. This combined with his/her natural intelligence make the Deer a must-have guest at dinner parties. Always aware of his/her surroundings, and even more aware of his/her appearance, the Deer can be a bit self-involved. However, the Deer's narcissism is overlooked because of his/her congeniality and affability. In a supportive environment the Deer's natural liveliness

and sparkly personality radiate even more. He/she is an inspiring force in any nurturing relationship. Left to his/her own devices the Deer can be selfish, moody, impatient, lazy, and two-faced

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:
Jessie Devlin and Phyllis Edwards - May 3, Bridget Labelle - May 15, Chelsea Skoflek - May 25

Thank you Gina Basil for rescuing and returning my daytimer - I'm lost without it!

K^wuk^wscemx^w

Simon Moses



April 7
Happy Belated Birthday Zariya
Love Poppa, Gma, Sisqa Talon and Sisqa Ken

April 18
Happy Belated Birthday Zac
Love Mom, Dad, Talon and Ken

April 19
Happy Belated Birthday Cheslie
Love Mom, Dad, Talon and Ken

May 2
Happy Birthday Gylan
Love Cuz Sondra, Ted, Talon and Ken

May 10
Happy Birthday Kenkeknem
Love Mom, Dad and Talon

May 16
Happy Birthday Trevor
Love Cuz Sondra, Ted, Talon and Ken

May 25
Happy Birthday William
Love Sondra, Ted, Talon and Ken



Congratulations to the Newlyweds

Zaccaria and Cheslie Williams

Love Mom, Dad, Talon and Ken



Happy Birthday to

Ivan Shuter

Joyce Coutlee

FROM THE EDITOR



May - can't believe it's here already. As I write this, it still feels like winter outside although the sun peeks through occasionally. Sharon Antoine took me for a drive on Sunday to look for asparagus - we found a small handful but I think the asparagus is still about a week or more behind. Still, Sunday was a beautiful day and it was great to see the Arrowleaf Balsamroot starting to bloom, and places where the Saskatoon blossoms were their glorious white. I do have peas sprouted in my garden, and some of the plants in the medicinal garden have poked their heads above ground. Bring on sunshine! Time for optimism!

May brings along Mothers' Day. I personally skipped the childbirth part and went straight to grandparenthood but my step children and grandchildren and furry children have always spoiled me. I suppose it can cynically be said to be a Hallmark card holiday and one should acknowledge their mother's efforts with appreciation on a daily basis but get real - at least this way there are countless reminders to us all to do so! It doesn't take much to make any Mom happy as everyone who ever received a macaroni laced piece of artwork will confirm. The smiles and hugs are the best, and the chance to spend some time as a family. So why not plan a family picnic along with some gathering - ceweta should be ready, bitterroot.

My own Mom passed just a few years ago at the respectable age of 91. There aren't too many days that pass without her entering my thoughts. Her lessons in cooking are ingrained, and some of her artistic talent seems to have been guiding my hand lately. But for my Mom, Spring was the wonder season and she always said it gave her such pleasure to see the countless shades of green. I honour my mom in my garden with some plants that she particularly liked. Just a thought - if you are gifting flowers this Mother's Day, why not make it some type that can be planted and be just that much more permanent? How about a blueberry shrub or raspberry canes, a strawberry planter....

There is much going on in the community this May. There are a lot of events to get out and take part in - Turn Me Loose in Shulus for exercise, cultural food and medicine gathering trips (call 378-4089 if you need a ride), gardening workshops, lunches and a Community Dinner.

I look forward to seeing you all out and about, and would love if you shared your stories and or photographs about your participation at any of these events.

Ruth Tolerton
 Communications Coordinator
 ruth.tolerton@lnib.net or communications@lnib.net
 250-378-5157

PROUD TO BE
 LNIB