



**LOWER NICOLA
INDIAN BAND**

September 2021 N?e?iyk Spiləxm

IN THIS ISSUE

Evacuation Alert	P.2
K'úk'pi? Stu Jackson	P.4
Nlaka'pamux Environmental Mgt Meeting	P.6
Drum Making - rescheduled	P.7
Executive Director	P.8
Culture Revitalization Calendar	P.9
School Calendar	P.11
FNESS BCWS Firefighter Callout	P.12
Council Resolutions	P.13
Council Attendance Report	P.15
Mental Wellness	P.16
Coping with Crisis	P.19
Elders Activities calendar	P.21
Elders	P.22
Huckleberry Harvesting	P.22
Lands Department	P.23
Dave Garcia - What happens with Covid	P.33
Shulus Community Garden	P.36
LNIB Health	P.37
Retirement for Laverne (Dee Dee) Voght	P.39
Do You Dream of Owning your own Business	P.40
LNIBDC Fights White Rock Lake Fire	P.42
Jobs at LNIB	P.45
Member Owned Business Directory	P.57
Greetings	P.59

Venison Pie - Jamie Oliver

- olive oil
- 3 medium red onions
- 3 cloves of garlic
- 2 carrots
- 2 sticks of celery
- 1 knob of butter
- 4 field mushrooms
- 1 kg quality stewing venison
- a few sprigs of fresh rosemary
- 5-6 juniper berries
- a few fresh bay leaves
- a few sprigs of fresh thyme
- 500 ml ale , preferably Scottish
- 1 heaped tablespoon plain flour , plus extra for dusting
- 350 g ready-made all-butter puff pastry
- 1 large free-range egg

For directions, see page 50



EVACUATION ALERT**THE LOWER NICOLA
INDIAN BAND**

**EVACUATION ALERT
for
Lower Nicola Indian Band
Speous IR No. 8
Pipsuel IR No. 3
Nicola Mameet IR No.1**

Date: August 30, 2021

The Evacuation Order issued on August 15, 2021 at 1900 hrs has been downgraded to an Evacuation Alert. The Evacuation Alert has been extended by the Lower Nicola Indian Band, expiring on September 9, 2021 at 1200 hrs.

A current wildfire in Speous IR No.8, Pipsuel IR No.3 and Nicola Mameet IR No.1 poses a threat to the structures and residents for the following properties addressed as:

- Pipsuel IR No. 3 Lots 4, 5, 6, and 7 – 6561 Hwy 97C
- Speous IR No. 8 – 2280 Sunshine Valley Road
- All addresses in Nicola Mameet IR No. 1 including:
 - 3009 Aberdeen Rd
 - 218-220 Bill John Rd
 - 2140 Central Shulus Rd
 - 2700- 2844 Cougar Crescent
 - 203-214 Crab Apple Ln
 - 188-2114 Eagle Rd
 - 320 Earnshaw Ave
 - 259-263 Fyall Rd
 - 131-E-318-E Hwy 8 East
 - 10-265 Hwy 8 West
 - 196-219 Horn Rd
 - 2861-2905 Hummingbird Rd
 - 2172-2190 Joe Rd
 - 5-114 Lindley Creek Rd
 - 2183-2428 Mamit Lk Br Rd
 - 2393-4434 Hwy 97C
 - 2085-2141 Moses Bent Rd
 - 180-222 Nawishaskin Ln
 - 2124-2164 Neale Rd
 - 3030-3130 Pumphouse Rd
 - 24-249 Saskatoon Ln
 - 2160-2181 Settlers Rd

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



**LOWER NICOLA
INDIAN BAND**

- 271-289 Shuter Rd
- 21-28 Snake Rd
- 2166-2195 Swakum Rd
- 2852-2975 Yapskim Dr

Because of this, the Lower Nicola Indian Band has issued an Evacuation Alert for these properties, effective at 1100 hrs on August 30, 2021.

This Evacuation Alert has been issued to prepare you to evacuate your premises or property should it be found necessary. Residents will be given as much advance notice as possible prior to evacuation; however, you may receive limited notice due to changing conditions.

WHAT YOU SHOULD DO:

- Locate all family members and designate a meeting area outside the evacuation area, should an Evacuation Order be called while separated.
- Pack essential items such as government-issued ID, medications, eyeglasses, valuable papers (e.g. insurance, credit, and mortgage information), immediate care needs for dependents and, if time and space permits, keepsakes for quick departure.
- Prepare to move disabled persons, children and/or neighbours, if assistance is needed.
- Prepare to take pets with you and move livestock to a safe area (if possible).
- Arrange transportation for all your household members. Fill the gas tanks of personal vehicles.
- Arrange accommodation for all members of the residence, if possible.
- Wait for an Evacuation Order to be issued before evacuating. Monitor for information on evacuation orders and location of Reception Centres.

For further information visit www.bcwildfire.ca and www.lnib.net


Kukpi Stuart Jackson

August 30, 2021
Date

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

KʷÚKʷPI? STU JACKSON

heñtə? Band members and community members. I hope everyone is staying safe and healthy through these very difficult times. There really is not a lot to say about this past month other than that

it was very stressful and challenging. I am still trying to process how frightening it must have been for all the people that were subjected to the evacuation order that was decided by Chief and Council on August 15th, which was on a Sunday evening no less. I raise my hands to all the households that did in fact evacuate on that day, I cannot imagine how scattered everyone must have felt during this time. Under the circumstances, the evacuation order instilled a lot of fear and uncertainty for many of our people.

We did have some households in our community's make the choice to not leave their homes during the evacuation order as well. All in all, the Lytton Creek fire did not progress enough to cause any damage to any community infrastructure and more importantly to anyone person.

I believe that a lot was learned during this scary time. Chief and Council are in the process of debriefing with Administration on things that went wrong during this evacuation process, but it is also important to highlight and discuss all the things that went right as well. It is my hope that we can also have open and candid discussions with you band members in the very near future to get your feedback and comments as well.

Unfortunately, I do not think that this will be our last evacuation experience. As global warming continues to cut into our environment, I feel it is

only prudent that we as a community learn from this experience and initiate a plan and strategy if we ever must evacuate again. No plan or strategy is ever perfect, but I feel that with effective feedback and discussions, LNIB will be better prepared if an evacuation order is ever actioned in the future.

As many of you may be aware, we are still under "evacuation alert" until September 9th. Although the weather conditions have changed quite significantly to cooler temperatures in the past week, the Lytton Creek fire is still regarded as an active fire. With unpredictable winds and possible temperature changes, Council thought it was important to be safe and extend the evacuation alert a little longer. This extension is by no means to make any of you feel uneasy or concerned. We as leadership just want to be safe and conservative with the active fires in which our territories are still subjected to. In a nutshell, please have a bag packed and ready to go if need be. Make sure all your essentials are accessible and take them with you if we do need to evacuate. Being prepared to evacuate is half the battle so we need to be ready and able if need be. Working together as a community alleviates stress and uncertainty and it will keep us all safe from harm.

Considering all the melee with our fire evacuation, Covid is still very much active in the Nicola Valley. Although there have not been any confirmed covid cases at LNIB that I am aware of, it is still very important that we continue to protect ourselves from this pandemic. I am so proud to see our membership and community members wearing masks everywhere I go. Yes, masks had been reinstated just recently, but I saw

many of our people wearing masks before it was ordered that we all go back to wearing masks by the provincial government. Perhaps masks will be part of our new normal as we move forward, but in the meantime, we all need to continue exercising social distancing, sanitizing and wearing our masks. As this pandemic becomes more and more and common to all of us, all our safe practices will become common as well. Continuing our due diligence only keeps us safe from harm. Fighting the covid fight keeps our elders safe and our children safe. Hopefully in the very near future, we will be able to come together as a community once again with no fear of illness. We all need to remain positive and hopeful that we will get through this trying time. Between Covid-19, these wildfires and our 215 children that were discovered, we have been going through some hard times for sure. I hope and pray that we can manage these tough times respectfully and with embrace and care for one another. I pray for each of you as we continue our paths forward.

As we move into the month of September, Chief and Council will get back to normal business. Council did take a summer recess for the month of August, but we did however have to meet quite frequently in the last two weeks of August due to the BC Wildfires and of course, our evacuation order. Council will convene our first Chief and Council meeting in September on the 7th. We are also scheduled to meet on the 21st. We also hope to have a community meeting on the 27th, but we will keep an eye on the covid protocols as we get closer to the date. If restrictions are still in place, we will most likely have a virtual meeting instead. So, stay tuned as we navigate through the month of September.

I hope everyone had as good a summer as

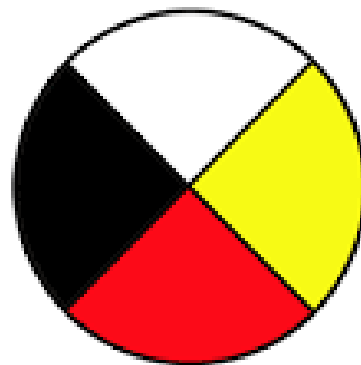
was possible. The fire season did not help with things such as summer holidays for the children. Camping was compromised as well as our patchy fishing season down the river. All we can hope for is that our summer next year will not be what we experienced this year.

As a friendly reminder, school will be back in session next week. School busses will be in full force, which means children will be out and about on our streets and highways. Please drive with care during school hours. Let's keep our children (our future leaders) safe from harm and hazard as we get back into the regular routine of school in our community. Have a great start to your fall season!! Please stay safe and healthy everyone.

All my relations,

kʷukʷsteyp

kʷúkʷpiʔ Stu Jackson



NLAKA'PAMUX ENVIRONMENTAL MGT MEETING



**LOWER NICOLA
INDIAN BAND**



LNIB Nlaka'pamux Environmental Management

Updates will include:

- Mapping exercise with new features.
- Moving from Phase:1 and introductory Phase: 2.
- Environmental updates for referrals.
- Online survey debrief and discussion.
- Monitoring Activities.
- NEMP's Project Page.

Join us for an update meeting!

When: **Sept 9th**, at 5:30 PM

Where: **Shulus Hall**

Online, in the LNIB Zoom

How to attend: No need to register - just click on the Zoom link!

<https://zoom.us/j/85919629329>

If you need to download Zoom for the meeting, please go to <https://zoom.us/download>

- ▶ **Door Prizes**
- ▶ **Project Updates**
- ▶ **Get involved**

Dinner will be served



For more information, contact
Marsha Spence at 250.378.5157 or marsha.spence@lnib.net

DRUM MAKING - RESCHEDULED

Lytton Evacuees & LNIB
Community



**HAND DRUM
WORKSHOP**

Dinner and Door prizes

**When: Friday
September 3rd, 2021**

**Where: Shulus Arbor
5:00 pm**

**Sponsored by
Nlaka'pamux Health
and Lower Nicola
Indian Band**

**Please register with Joe Shuter:
250-315-7487**

EXECUTIVE DIRECTOR

Dear LNIB Members,

I am pleased to present our monthly report for August 2021. LNIB offices are open to membership. Staff have returned to working from their offices. Visitors are also required to sign in for contact tracing purposes and COVID-19 screening. Staff can be reached by phone and/or email and will do what they can to address your concerns. Let us all do our best in protecting each other by physical distancing and staying home.

Here are some of the things we are working on:

Human Resources: Band buildings are open to the public and we will set out some Covid-19 safety protocols for staff and membership to follow to keep the distance. We are committed to keeping the community and employees safe during this pandemic.

LNIB welcomes Jason Stewart, Road Maintenance and Lana Clydesdale, Elders' Coordinator. Rainbow Acoby is moving on to different endeavors as is Doris Sterling and LNIB wishes them well. LNIB thanks the following summer students Jaylyssa Bond-Dunstan, Skyla Sterling, Brodie Sterling, Robert Sterling III, Ericka Boggs, Steven Spears, Shaelan Wilson, Lanessa Seward Charmaine Clarke and Jerrod Peterson Jr for expanding their skills with LNIB and wish them well in the upcoming year.

Current job postings with Lower Nicola Indian Band are Receptionist, Habitat Stewardship Coordinator, Tenant Relations Coordinator, Foot Care Provider, Director of Infrastructure, Public Works Manager, Public Works Operator, Arena Attendant, Lands Administrative Assistant and K-7 Teacher visit <https://www.inib.net/jobs/> or <https://secure.collage.co/jobs/inib> for further details.

Committees and Liaisons: Lands Management Advisory Committee met August 9, 2021. School Board has not met in August. Finance and Audit Committee did not meet in August. Joeyaska Contaminated Site Litigation Advisory Committee met August 18, 2021. All committee meetings are open to the membership to join. Please contact the band office for details on how to join the meetings.

Community Meetings and Workshops: The next Band General meeting is scheduled for September 27, 2021 at 6:00pm.

Support to Chief and Council: Chief and Council met August 14th, 15th, 16th and 20th. Chief and Council The Chief and Council will meet September 7th and 21st. Should you require anything on the Chief and Council agenda scheduled for September please contact Sondra Tom and/or myself. Also, the Chief and Council meetings are open to membership to join via online or telephone. Please contact Sondra Tom or myself to be added to the email invitation for the scheduled Chief and Council meetings

CULTURE REVITALIZATION CALENDAR



LNIB Culture Revitalization September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Hand Drum Workshop 5pm—9pm Shulus arbor	4
5	6	7 Drop in Sewing <u>9am-3pm</u>	8	9 Canning Sxʷusm Juice 9am -12	10	11
12	13 Drop in Beading <u>10am-3pm</u>	14 Drop in Sewing <u>9am-3pm</u>	15	16	17 Styoma Mountain Hike	18
19	20 Drop in Beading <u>10am-3pm</u>	21 Drop in Sewing <u>9am-3pm</u>	22	23 Elderberry Gummies 9am -12	24	25
26	27 Drop in Beading <u>10am-3pm</u>	28 Drop in Sewing <u>9am-3pm</u>	29 <u>Annual Orange Shirt Walk</u>	30	31	

For more information please contact:

Carole Basil @ 250-315-9158

Joe Shuter@ 250-315-7487

Feel free to stop in at the LNIB Culture Centre any time.
211 Nawishaskin Lane (old Honey Pot Daycare Building.)

Héłłekʷ.



1) Filleting salmon 2) Hide scraping shed progress 3) Found a few blackberries

4) Quilchena falls group 5) Hide scraping shed started 6) Hide shed deck and two walls done.

1. Spring Salmon for Elders being filleted.
2. Hide scraping shed progress is coming along.
3. Found a few blackberries in August.

Fire evacuation in the valley slowed cultural activities.

- Hand drum making workshop was postponed to September 3rd
- Arrowhead knapping workshops coming in a month.

Beading on Mondays and crafts on Tuesday.

LOWER NICOLA INDIAN BAND – CULTURE REVITALIZATION DEPARTMENT
Joe Shuter: 250-315-7487
Carole Basil: 250-315-9158

SCHOOL CALENDAR



September 2021

Absolutely **NO NUTS** and
NO Peanut Butter in
LNB Schools!!!

Mon	Tue	Wed	Thu	Fri
 NO SCHOOL	BACK TO SCHOOL 10am—12pm	1	2	3
6 Chili + rice	7 Stuffed baked potato + ham broccoli & cheese	8 Chicken veggie soup + grilled cheese	9 Trio sub + veggie sticks	10 Spaghetti + meat sauce & Garlic bread
13	14	15 Macaroni salad	16 Sausage veggie casserole	17 Pancake + fruit Sausage & scrambled egg
20 Hot dogs+ fries	21 Caesar chicken wraps + veggie sticks	22 Shepard pie	23 Corn chowder soup + buns	24 Taco pasta salad + fruit salad
27 Chicken alfredo + green salad	28 Ruby Tuesday pasta salad + fruit salad <i>Celebrate Orange Shirt Day</i>	29 Bolognese sauce + pasta Terry Fox Run	30 NO SCHOOL <i>Truth + Reconciliation Day</i>	

FNESS BCWS FIREFIGHTER CALLOUT



Wildland Firefighter Call-out

REQUIRED IMMEDIATELY

FNESS is looking for First Nation communities and individuals with wildland firefighter experience and certifications who are seeking immediate employment for the 2021 wildfire season. The list will be forwarded to the BC Wildfire Service for recruitment.

Please submit your name, First Nation, your current wildfire certifications and your contact information to the contact below.

Contact First Nations' Emergency Services Society

Jo-Anne Hales, Communications Coordinator

Email: jhales@fness.bc.ca

Cell: 250-462-1752

COUNCIL RESOLUTIONS

Chief and Council Motions, August 12, 2021

Resolution #12-08-2021-01 Reads: Chief and Council move to appoint Councilor Lucinda Seward Chair in the absence of kwúkʷpiʔ Stuart Jackson.

Resolution Carried

Resolution #12-08-2021-02 Reads: Chief and Council move to issue a declaration of a state of local emergency to implement an Evacuation Order for Pipeul IR #3, Lots 4, 5, 6, and 7, 9561 Highway 97C effective August 12, 2021 at 1630 hours expiring in seven days at August 19, 2021 at 1630 hours due to being advised of the imminent danger of the Tremont Creek Wildfire.

Resolution Carried

Resolution #12-08-2021-03 Reads: Chief and Council move to adjourn the August 14, 2021 meeting at 6:38pm.

Resolution Carried

Chief and Council Motions, August 14, 2021

Resolution #14-08-2021-01 Reads: Chief and Council move to adopt the August 14, 2021 Chief and Council meeting agenda as presented.

Resolution Carried

Resolution #14-08-2021-02 Reads: Chief and Council of the Lower Nicola Indian Band move to issue a declaration of a state of local emergency to implement an Evacuation Order for Speous IR #8, 2280 Sunshine Valley Road effective August 14, 2021 at 1700 hours expiring in seven days at August 21, 2021 at 1700 hours due to being advised of the imminent danger of the Lytton Creek Wildfire.

Resolution Carried

Resolution #14-08-2021-03 Reads: Chief and Council move to adjourn the August 14, 2021 meeting at 4:43pm.

Resolution Carried

Chief and Council Motions, August 15, 2021

Resolution #15-08-2021-01 Reads: Chief and Council move to adopt the August 15, 2021 Chief and Council meeting agenda as presented.

Resolution Carried

Resolution #15-08-2021-02 Reads: Chief and Council of the Lower Nicola Indian Band move to issue a declaration of a state of local emergency to implement an Evacuation Order for Nicola Mameet IR #1, all addresses at Rocky Pines, Shulus, Springs and Highway 97C effective August 15, 2021 at 1715 hours expiring in seven days at August 21, 2021 at 1715 hours due to being advised of the imminent danger of the Lytton Creek Wildfire.

Resolution Carried

Resolution #15-08-2021-03 Reads: Chief and Council move to adjourn the August 15, 2021 meeting at 7:12pm.

Resolution Carried

Chief and Council Motions, August 20, 2021

Resolution #20-08-2021-01 Reads: Chief and Council move to adopt the August 20, 2021 Chief and Council meeting agenda as presented.

Resolution Carried

Resolution #20-08-2021-02 Reads: Chief and Council of the Lower Nicola Indian Band move to rescind the Evacuation Order of IR #1 Nicola Mameet for Lytton Complex Fire #1086 effective August 20, 2021 at 13:00 hours.

Resolution Carried

Resolution #20-08-2021-03 Reads: Chief and Council of the Lower Nicola Indian Band move to issue an Evacuation Alert of IR #1 Nicola Mameet for Lytton Complex Fire #1086 effective August 20, 2021 at 1300 hours until August 30, 2021 at 1300 hours.

Resolution Carried

Resolution #20-08-2021-04 Reads: Chief and Council of the Lower Nicola Indian Band move to rescind the Evacuation Order of IR #8 Speous for Lytton Complex Fire #1086 effective August 20, 2021 at 13:00 hours.

Resolution Carried

Resolution #20-08-2021-05 Reads: Chief and Council of the Lower Nicola Indian Band move to issue an Evacuation Alert of IR #8 Speous for Lytton Complex Fire #1086 effective August 20, 2021 at 1300 hours until August 30, 2021 at 1300 hours.

Resolution Carried

Resolution #20-08-2021-06 Reads: Chief and Council of the Lower Nicola Indian Band move to rescind the Evacuation Order of IR #3 Pipsuel for Tremont Complex Fire #1849 effective August 20, 2021 at 13:00 hours.

Resolution Carried

Resolution #20-08-2021-07 Reads: Chief and Council of the Lower Nicola Indian Band move to issue an Evacuation Alert of IR #3 Pipsuel for Tremont Complex Fire #1849 effective August 20, 2021 at 1300 hours until August 30, 2021 at 1300 hours.

Resolution Carried

Resolution #20-08-2021-08 Reads: Chief and Council move to adjourn the August 20, 2021 meeting at 12:09pm.

Resolution Carried

COUNCIL ATTENDANCE REPORT

Chief and Council Attendance Term October 2019-September 2022

Month	Meetings Called	Stuart Jackson	Bill Bose	Spence Coutlee	Robin Humphrey	Connie Joe	William Sandy	Lucinda Seward	Aaron Sumexheltza
Oct-19	4	4	3	4	3	4	4	3	4
Nov-19	5	4	5	4	5	5	5	3	2
Dec-19	3	2	2	2	3	2	3	3	3
Jan-20	2	2	1	2	2	2	2	0	1
Feb-20	4	4	4	2	4	4	4	3	4
Mar-20	3	3	3	3	3	3	3	3	3
Apr-20	3	1	3	2	3	3	3	3	2
May-20	4	4	4	4	4	4	4	4	4
Jun-20	3	3	3	3	3	2	3	3	3
Jul-20	1	1	1	1	1	1	1	1	1
Aug-20	1	1	1	0	1	1	1	1	1
Sep-20	2	2	2	0	2	2	2	1	2
Oct-20	1	1	1	1	1	0	1	1	1
Nov-20	3	3	3	3	3	3	3	1	3
Dec-20	3	3	3	3	3	3	3	2	3
Jan-21	2	2	2	2	2	2	2	2	2
Feb-21	2	2	2	2	2	2	2	1	2
Mar-21	3	3	3	2	3	3	3	3	3
Apr-21	2	1	2	2	2	1	2	2	1
May-21	2	2	1	1	2	2	2	1	2
Jun-21	3	1	3	0	3	3	3	1	3
Jul-21	2	2	2	1	2	2	2	1	2
Aug-21	4	3	4	4	4	4	4	4	0
TOTAL	62	54	58	48	61	58	62	47	52

As of August 27, 2021



MENTAL WELLNESS



IN THIS ISSUE:

- *Red Cross Psychological First Aid Learning Opportunity*
- *Thunderbird Wellness App*
- *Wildfire Resources and helpful links for clinicians and care providers*

Introduction to the summer issue:

Many communities are being impacted by wildfires this summer and this issue is focussed on sharing resources regarding our own wellness and how we support others in challenging times. As always, please take what you need, share as you wish, and leave the rest.

If you would like to be added to or removed from this distribution list, please email Tannis Hiebert (tannis.hiebert@interiorhealth.ca).




Learn Psychological First Aid Online - Independent Learning

Psychological First Aid (PFA) is about taking care of yourself – your thoughts, feelings and emotions when you have experienced stress, crisis or trauma – and then being there for family, friends and community when they are having difficulty coping.

Two Psychological First Aid courses are available online to learn at your own pace: **Self-Care** and **Caring for Others**. In both these courses, learn the impact of stress, trauma, and grief while developing useful tools for handling difficult situations. These online courses are quick, accessible and practical, equipping you with skills you can use in daily life. At the end of these courses, you will complete a knowledge evaluation and receive an electronic certificate of completion.

Access to these courses is currently available at no cost to both Interior Health employees and community partners. If interested, please visit <https://learn.redcross.ca/p/psychological-first-aid> and enter this coupon code at registration: COMM-IHA-PFA-60E. The code is valid through to October 31, 2021.

Source: <https://www.redcross.ca/Psychological-First-Aid-Courses-Canadian-Red-Cross>

We acknowledge we live, work and play on traditional, ancestral and unceded First Nations Territory.

We acknowledge the Métis Nation and their contribution to Aboriginal ways of being and knowing in Canada.





Calendar of health promotion days for July and August 2021

[International Self Care Day](#)—July 24

[International Overdose Awareness Day](#) - August 31

Source:

<https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html>

Interior Voices Podcast Series

[Interior Voices has released their new episodes:](#)

Season 3—Episode 5:

[Planting the Seeds Part 1](#)

[Planting the Seeds Part 2](#)

Season 3—Episode 4:

[National Indigenous Peoples Day](#)

[Subscribe to the series on iTunes.](#)

Links to each episode and supporting documents are available through the [Interior Health website](#). Listeners can subscribe to the series through [Libsyn](#) and [iTunes](#).



[We invite you to download the NEW Thunderbird Wellness app!](#)

Now available on both the Apple App Store and Google Play Store. This free app is in beta testing and we welcome your feedback. Search “Thunderbird Wellness” or click on the following links to download.

PlayStore: <https://play.google.com/store/apps/details?id=com.thunderbirdwellness>

App Store: <https://apps.apple.com/ca/app/thunderbird-wellness/id1539203131/?platform=iphone>

Thunderbird Wellness promotes a strengths-based, trauma informed approach to supporting Indigenous wellness on opioid and methamphetamine use and harm reduction strategies. The content is user friendly and culturally grounded. The app also includes access to short surveys which provide a better understanding of the impact of opioid and methamphetamine use, and cannabis use on First Nations. The surveys inform prevention, treatment and harm reduction strategies as well as equity challenges and crisis management at the community and national levels.

Please share within your community and networks!




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Source: <https://www.redcross.ca/Psychological-First-Aid-Courses> - Canadian Red Cross

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COPING WITH CRISIS

COPING WITH CRISIS DURING A HEALTH EMERGENCY



Common Reactions to Abnormal Events

Everyone who has lived through a crisis will probably experience stress. This brochure highlights common reactions to stress and gives suggestions on how to cope with them.

It's important to remember that stress reactions are common reactions to an abnormal situation.

When to Seek Professional Help

The stress reactions experienced while adapting to the current situation might last for some time. If the reactions persist and make it impossible to function as you normally would over a long period of time, seek help. One option is to contact your local health facility or a local crisis support line.

Here are some ways stress can affect you:

- Feeling fear and worry, especially focused on one's own health and the health of loved ones.
- It can be difficult to relax and to get a good night of restful sleep. Your appetite and eating habits can also be affected.
- Being stressed can worsen the symptoms of existing health problems, including mental health problems.
- For some people we can see an increase in the use of substances such as commercial tobacco, alcohol and other drugs.
- Feeling stressed and afraid – as well as self-isolation and physical distancing – can make it difficult to maintain close social relationships, which are important to well-being and to maintaining our resilience in the face of a crisis.

YOU CAN LEARN MORE ABOUT PSYCHOLOGICAL FIRST AID ON [REDCROSS.CA](https://www.redcross.ca)

What You Can Do

The steps you are taking to protect your health may prevent you from supporting those around you and your community as you normally would during difficult times. You may not be able to babysit your grandchildren, visit friends, volunteer, or go to work. You may also find isolation frustrating or worry about what will happen next. That said, there are helpful things you can do:

Understand that you are part of the solution

- By following the physical distancing instructions, you are doing your part to ensure the protection of your neighbours.
- Experience is one of your strengths. You have probably had other difficult times. What you have done to get through those times may help you now.
- By calling your friends and family, they can benefit from your experience and your support.
- Try using internet and mobile applications to keep in touch with your loved ones.

Stay in touch with your friends and family

- Talk regularly to your friends and family by phone, over email or online.
- Don't hesitate to let them know how you are feeling.
- Your children, grandchildren, family and friends will also benefit from staying in touch with you.

Take care of your mental health

- A daily set amount of time dedicated to news can help strike a balance between staying up to date and avoiding stress by being exposed to too much information.
- Adopt a daily routine that you can stick to for the next few weeks (such as meal times, sleep, exercise, calls with your loved ones, etc.).
- If the weather is nice, open the windows in your home and let in some fresh air and sunshine.
- Exercise regularly at home and ensure you stay active every day.
- Try to eat healthy and balanced meals, drink enough water, and avoid smoking or drinking alcohol.
- If permitted, go out for a walk while following physical distancing recommendations.
- Do activities you enjoy: reading, cooking and other indoor hobbies, listening to the radio or watching TV.

DISCLAIMER: *The information provided in this brochure is general. It does not constitute, and should not be relied on, as medical advice. The Canadian Red Cross Society recommends seeking advice from a qualified health professional if you have experienced a crisis. The information herein is based on material obtained from the International Federation of the Red Cross and Red Crescent Societies' Reference Centre for Psychosocial Support.*

ELDERS ACTIVITIES CALENDAR

September

October 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Meet & Greet New Elders Coordinator @ Arbour 10am-12pm & 1pm-3pm	2	3	4
5	6 Stat Holiday Labor Day	7	8 TBA	9 Grandmothers' Group @ Activities Trailer 11am-1pm	10 Bingo @ Activities Trailer 10am-12pm	11
12	13	14	15 Dinner & Movie @ Rocky Pines Center 6pm-8:30pm	16 Elders' Luncheon @ Activities Trailer 12pm-2pm	17 TBA	18
19	20	21	22	23 Bannock Making @ Activities Trailer 11am-1pm	24 Bowling @ Nicolanes 1pm-3pm Pick ups Available	25
26	27	28	29 Pie Making @ Activities Trailer 9am-finished	30 Pie Making @ Activities Trailer 9am-finished	1	2

*TBA – To Be Announced Contact: Elders Coordinator – Lana Clydesdale (250) 315-7477 Limited seating due to Covid restrictions

Template © calendarlabs.com

Correction - the Meet and Greet is on Thursday Sept 2 not on Sept 1

ELDERS

Good day LNIB Community,

I'm excited to announce that we now have an Elders' Coordinator who started with us on Aug 23/2021. Help me welcome Lana Clydesdale! I am looking forward to working with Lana as I'm sure you will as well. Tomorrow, Sept 2/2021 there are two times to be able to come and meet Lana at the Arbour: 10 am - noon or 1pm to 3 pm. There is a new gift for each elder if you were unable to attend the elders' luncheon. Come on out Sept 1st to receive your gift. To reach out to Lana or me, Sheri, our phone numbers are listed below.

In the past week we were fortunate enough to purchase some spring salmon - unfortunately it wasn't enough to be able to hand out the each elder as there is around 110 on the reserve. However, Lana was able to cook some up for the Elders' luncheon this past Thurs. I would also like to say that we are very appreciative to Joe Shuter for taking time out to come help when in need.

We have added a monthly calendar with the Elder's activities for the month of Sept. Thank you

Lana Clydesdale Elders Coordinator (250) 315-7477
Sheri Daw Elder's Program Manager (250) 936-8066

HUCKLEBERRY HARVESTING

**Huckleberry Harvesting:
Thursday Sept 2nd, 2021
Falls Lk Exit on Coquihalla Hwy
Leaving LNIB Culture Centre at
8:30 am.**



**Sandwich & water provided
Due to Covid restrictions there are
only have 2 seats in company truck.
Everyone is welcome to use their own
vehicle.**

For more information please contact:

Joe Shuter: 250-315-7487 or Carole Basil: 250-315-9158



LANDS DEPARTMENT



Brandi O'Flynn | Lands Manager

(250) 378-5157 | brandi.oflynn@lnib.net



LANDS PORTAL

Find Lands project information online at lnib.net/lands

Lands updates are posted online and printed materials are made available for members to pick up at the Lands office upon request.

GET TO KNOW THE LANDS TEAM

Stephen Jimmie
LANDS AND HOUSING DIRECTOR
stephen.jimmie@lnib.net

Brandi O'Flynn
LANDS MANAGER
brandi.oflynn@lnib.net

Email Stephen with inquiries about Land Code, lands policies and law development. Email Brandi with inquiries about land administration, programs and services.

LANDS TEAM

Contact a staff member from the Lands team with questions and comments about lands activities or simply to share your stories.

Monica Pettinger
LANDS AGENT
monica.pettinger@lnib.net

Alex Bukkos
SURVEY COORDINATOR
alex.bukkos@lnib.net

Email Monica about land transfers, LMAC, and community meetings. Email Alex about land surveying and mapping records.

Geraldine Bangham
LANDS AGENT
geraldine.bangham@lnib.net

Kristopher Por
LANDS RESEARCHER
kristopher.por@lnib.net

Email Geraldine or Kristopher with questions about land research, historic records, and for assistance with wills and estate planning.

For information about LNIB Housing, please contact **Jordana McIvor-Grismer, Housing Administrator.**



LANDS MANAGEMENT ADVISORY COMMITTEE

UPCOMING MEETING DATES WILL BE POSTED ONLINE WHEN THEY BECOME AVAILABLE

Three Lands Management Advisory Committee term positions end on September 5th and we hope to have new appointments made by September 7th, 2021.

Lands Management Advisory Committee (LMAC) meetings are being held at Shulus Hall, with limited capacity, and are open to all LNIB members starting at 4:30 PM. Join in to discuss Lands activities and developments! Due to current health restrictions food will not be offered at this time.

Call or email [Monica Pettinger](mailto:monica.pettinger@lnib.net) for more information about the Lands Management Advisory Committee (LMAC) and for details about joining upcoming meetings.



**LOWER NICOLA INDIAN BAND
LAND CODE**

SECTION 5: PROTECTION OF LAND

Deals specifically with the detailed procedures for the expropriation of land by the LNIB – this includes how expropriation can take place as well

as fair market value and compensation calculations. Highlights from Section 5 include:

- Expropriation: The reserve size cannot decrease under the Land Code. If required, a community expropriation may only be made for a community purpose.
- Expropriation laws: An interest or license in LNIB land (or in any building or structure) may only be expropriated by LNIB provided a number of conditions have been met, including: A law has been enacted; Written notice has been provided; Council has undertaken community engagement; Council

has attempted to negotiate with the license-holder; and Council has issued a report to members explaining why the expropriation is necessary.

- Voluntary land exchanges and protections: LNIB may agree to exchange a parcel of LNIB land for a parcel of land from another party. However, an exchange of LNIB land is not valid unless it receives community approval.

EXPROPRIATION:
The act of taking privately owned property by a government to be used for the benefit of the public.





Land Use and Zoning Law; Land Use Plan (LUP)

The LNIB Land Use and Zoning Law; Land Use Plan (LUP) is still under development and is anticipated to be completed in August 2021. Current health restrictions have made it difficult for community participation in Lands events, though a draft plan will be available on the LNIB website after the Lands Management Advisory Committee completes its review. The LNIB Land Use and Zoning Law; Land Use Plan (LUP) will replace that is currently bylaws in place, as well

as the Zoning Bylaw ratified under the Indian Act many years ago. The Land Use and Zoning Law is intended to enable the well-balanced development of LNIB land through the development of a Land Use Plan. It will ensure that all use of land meets the vision and needs of the community.

For more information visit the Lands department online at lnib.net/lands or contact us directly at (250) 378-5157.

ALLOTMENT AND CUSTOM FAMILY LANDS LAW

The Lands Department will propose the ratification of an Allotment and Custom Family Lands Law and this law will define a procedurally fair process for assessing members' claims to Traditional Land Holdings or Custom Family Lands. The decision-making body will be defined in the law and will be structured to ensure impartiality. LNIB needs to

create an Allotment and Custom Family Lands Law because there are currently no guidelines for a procedurally fair and transparent process for transferring reserve land parcels to LNIB Members. The right to possess Custom Family Lands is not legally recognized in the Land Code but it is recognized within the LNIB community. The existence of Custom Family Lands is the source of many lands' issues.



MEMBERSHIP & STATUS CARDS REMINDER

Members needing assistance with membership or status cards, contact **Barb Huston** or **Justice Cisco**, Indian Registry Administrators.

Barb Huston
barb.huston@lnib.net

Justice Cisco
justice.cisco@lnib.net

WILLS & ESTATE SERVICES FOR MEMBERSHIP

The Lands team has decided to wait to complete the Wills Project for the selected group of elders. Protecting the health and safety of all LNIB members is top priority and we hope to continue this project soon.

For helpful information about wills and estates planning, members can contact the Lands team as we encourage all LNIB members to ask questions about Wills & Estates Services offered by the Land Department.

As an **Executor** or **Administrator**, it is important to work with the Band by providing copies of appointment documents so that the Lands team can verify and

share information with you. Email [Geraldine Bangham](#) or [Kristopher Por](#) or call (250) 378-5157.

Find more information online under [Wills & Estates](#).

See attached pages from the **BC Region Wills & Estates Planning** booklet at the end of this month's Lands article.



MATRIMONIAL REAL PROPERTY HELPFUL LINKS

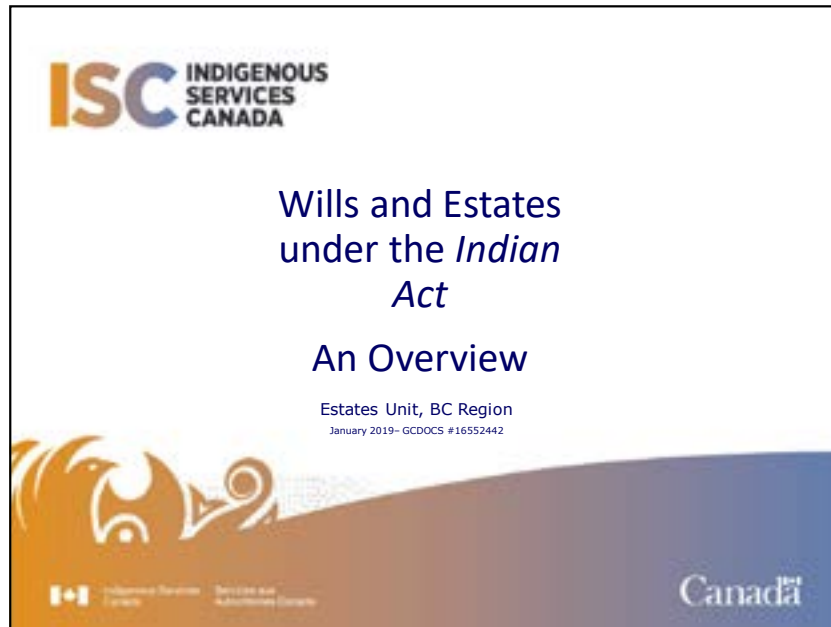
Indigenous Services Canada

[Matrimonial Real Property On Reserve](#)

Centre of Excellence for Matrimonial Real Property

coemrp.ca/resources

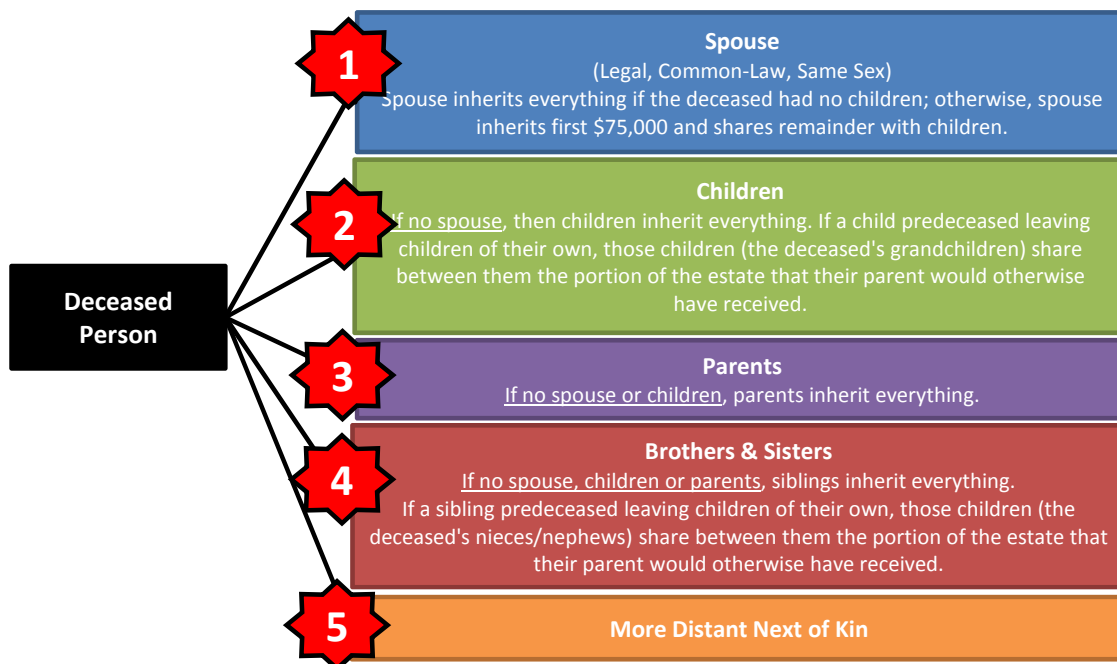
For more information about estate services for members, including Matrimonial Real Property, contact the Land team at (250) 378-5157 or email [Kristopher Por](#).



Does the *Indian Act* apply to your estate?

- The *Indian Act* estates sections apply if you:
 - are status (registered) First Nations person, or entitled to be registered under the *Indian Act* and live on reserve; or
 - live on reserve, but
 - leave temporarily for educational reasons or seasonal employment; or
 - leave the reserve for medical reasons or to go into a care facility.
- The estates sections do not apply if you:
 - are status (registered) or entitled to be registered First Nations person and live off reserve;
 - are non status and live on reserve.

SECTION 48: WHO INHERITS WHEN THERE IS NO WILL?
 (or: if there is a Will but it doesn't dispose of all of the deceased person's assets)



- 48(1): If the deceased left a surviving spouse, but no children, the spouse inherits everything.
- 48(2): If the deceased left a surviving spouse and 1 or more children, spouse gets the first \$75,000 and remainder is shared between spouse and children (if more than 1 child, spouse gets 1/3 of the remainder and children split 2/3; if only 1 child, child gets 1/2 of the remainder and spouse gets the other 1/2).
- 48(4): If the deceased left children but no spouse, children divide entire estate equally between them.
- If a child of the deceased died before him or her leaving children of their own, those children (the deceased's grandchildren) share between them the portion of the estate that their parent would otherwise have received.
- 48(5): If the deceased left no spouse and no children, the deceased's surviving parent(s) inherit everything
- 48(6): If the deceased left no spouse, children or parents, the deceased's siblings inherit everything
- If a sibling of the deceased died before him or her, but had children of their own, those children (the deceased's nieces and nephews) share between them the portion of the estate that their parent would otherwise have received.
- If anyone who is entitled to inherit from the deceased is alive at the time of the deceased's death, but dies before receiving their share of the deceased's estate, that share is payable to the estate of the deceased heir.
- 48(8): If the only surviving relatives of the deceased are nieces/nephews or more distant next of kin, any interest in reserve land held by the deceased reverts to the Band.
- 50: If anyone who is entitled to inherit some or all of the deceased's reserve land is not a member of the same First Nation as the deceased, the Superintendent of Indian Affairs must offer the non-member's interest for sale and pay them any sale proceeds.

WHAT IS AN ESTATE ADMINISTRATOR OR EXECUTOR?

An estate can be handled or administered by an executor or an administrator.

Executor

When a person makes a will, they name someone (or a group) responsible for handling their estate once they have died. This person or group (e.g., a law firm or bank) is known as the executor.

The executor handles all of the legal and financial matters and ensures that the details of the will are carried out.

Administrator

If someone who lived on-reserve dies without a will or does not name an executor in their will, INAC will appoint a person to handle the estate. This person is known as the administrator, and they have the same duties as an executor.

If no one is willing or able to administer the estate, INAC will become the administrator by appointing a departmental employee to settle the estate.

If you have been appointed as an administrator/executor, Indigenous Services Canada will send a guide for estate administration on reserve to you to help you with the day to day administration of the estate.

What do administrators or executors do?

The administrator or executor is responsible for handling all of the legal and financial matters of the estate, and is accountable to the heirs or beneficiaries named in a will. The duties of an administrator or executor for the estate of someone who has died include:

- identifying and protecting the estate property and belongings;
- claiming work benefits;
- Posting the Notice to Creditors, Heirs and Other Claimants;
- providing a full report to the heirs or beneficiaries on what has been done;
- paying the estate debts, including funeral expenses;
- filing taxes and obtaining the Clearance Certificate from Canada Revenue Agency;
- distributing what remains to the people named in the will or to the family in accordance with the provisions of the *Indian Act* ;

Indigenous Services Canada's Role:

- review and address concerns and complaints about the handling of an estate
- review the administration of the estate by the administrator/executor upon request by the family.



GCDOCS # 37002104

ESTATE ADMINISTRATION ON-RESERVE

Initial steps to take when a family member passes away

1. Make funeral arrangements.
2. Obtain an official Death Certificate or funeral director's Burial Certificate from the funeral home (or the BC Vital Statistics Agency).
3. Report the death to the Indian Registry Administrator or membership clerk at the band office, including as much as possible of the following information:
 - The name, address, date of death and band membership of the person who passed away, and whether or not their home was on reserve;
 - Proof of the death (a photocopy of the Death Certificate or Burial Certificate);
 - The date of birth and social insurance number of the person who passed away; and
 - The names, addresses and telephone numbers of the deceased's next-of-kin and the executor named in the deceased's Will (if the deceased left a Will).

The Indian Registry Administrator or membership clerk at the band office will report the death to Indigenous Services Canada (ISC) in Vancouver.

4. Search for a Will.

If the deceased left a Will, send the original Will, not a photocopy, to the BC Region Estates Unit in Vancouver by courier or registered mail.

The address is:

**Estates Unit
Indigenous Services Canada, BC Region
600 – 1138 Melville Street
Vancouver BC V6E 4S3**

What happens next?

Estates Unit staff will write to the deceased's next-of-kin and/or the executor named in the deceased's Will. If the deceased was ordinarily resident on reserve, a personal representative (normally, a family member, someone chosen by the family, or the executor named in the deceased's Will) will be appointed for the estate in accordance with the *Indian Act*.

For more information:

Contact the Estates Unit in Vancouver by telephone at 604.775.5100 or 1.888.917.9977 (toll free in BC), or email us at BCestates@canada.ca.



GCDOCS # 36896803



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

ASSISTANCE WITH FUNERAL COSTS

Indigenous Services Canada does not provide assistance with funeral costs, however, assistance may be available from one of the following sources:

On Reserve

Contact your band's social assistance department.

Off Reserve

Contact the BC Ministry of Social Development at **1-866-866-0800** or go to their website at <https://myselfserve.gov.bc.ca/>

A supplement may be provided to pay necessary funeral costs of any person who dies in BC if the estate of the deceased person or any responsible person has no immediate resources to meet these costs. There is no requirement that the deceased person, or the person's family, must be BC Employment and Assistance recipients to qualify for the supplement. Costs are to be recovered whenever possible. This supplement is available under the Employment and Assistance Regulations.

Canada Pension Plan Death Benefit

The death benefit is a one-time payment to, or on behalf of, the estate of a deceased Canada Pension Plan contributor. The maximum benefit is \$2,500. The actual amount paid in any given case depends on the contributions the deceased made to the Canada Pension Plan during his or her lifetime. There is a minimum contributory requirement of at least 3 years, and if the deceased contributed to the Canada Pension Plan for more than nine years, he or she must have contributed in one third of the calendar years in the contributory period **or** 10 calendar years, whichever is less.

The Canada Pension Plan also provides other benefits. These are:

- **The survivor's pension:** a monthly pension paid to the surviving spouse or common-law partner of a deceased contributor;
- **The children's benefit:** a monthly benefit for dependent children of a deceased contributor.

****FOR MORE INFORMATION, OR TO DOWNLOAD AN APPLICATION FORM FOR A PENSION OR BENEFITS, GO TO: WWW.SERVICECANADA.GC.CA OR CALL 1-800-277-9914****

Canadian Forces Members

Veteran's Affairs Death benefit

When military families lose a loved one in the line of duty, there can be great suffering as the surviving spouse and children struggle to find their place in the civilian world. Veterans Affairs



GCD0CS # 37001328



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Canada pays a death benefit to help ease that struggle. The death benefit is a one-time, tax-free cash award. The death benefit is not designed to be life insurance. Instead, it recognizes the impact the death of a service member has on the functioning of their immediate family, including the permanent loss of guidance, care and companionship. It is paid in addition to the usual pension-related death benefits paid under the Canada Pension Plan and the *Canadian Forces Superannuation Act*. The death benefit is adjusted annually according to the cost of living index. More information regarding the benefits offered by Veterans Affairs Canada may be found at <https://www.canada.ca/en/veterans-affairs-canada.html> or by calling toll free at 1.866.522.2122.

****PLEASE CONTACT VETERANS' AFFAIRS CANADA DIRECTLY FOR INFORMATION****

4. Insurance Corporation of B.C. (ICBC)

Basic Autoplan insurance from ICBC may cover partial funeral costs and death benefit payments for you, your spouse and your children if the death occurred as a result of a motor vehicle accident. Payments for death benefits vary depending on whether or not the insurance policy holder was the main wage earner in the home and if there are any children or dependents.

There are also payments if the deceased is a child. Payments for a child come in a lump sum, whereas payments for adults combine a lump sum and weekly payments for 104 weeks.

****PLEASE CONTACT ICBC OR YOUR AUTOPLAN BROKER DIRECTLY FOR INFORMATION****

5. WorkSafeBC

You may be entitled to financial help from WorkSafeBC when a family member dies from a work-related accident or disease.

The amount and type of assistance will vary according to the number and age of dependents in the family and the earnings of the worker, as prescribed by the *Workers Compensation Act*. Financial assistance is considered when WorkSafeBC has accepted a claim for a work-related death.

- The actual costs up to \$7,200 for funeral and related costs is available.
- An emergency lump sum of approximately \$2,150 is provided to a spouse or common-law spouse to help with immediate needs. This is a one-time payment in addition to any other WorkSafeBC assistance.
- The actual cost (up to a maximum of approximately \$1,000) of transporting the body to another location for burial or cremation may be available.
- After a work-related death, Survivor benefits include a monthly pension, which may be provided to a worker's dependent spouse or common-law spouse and to dependent children.

For more information, please contact a Sensitive Claims Coordinator at 604 231-8594 or Toll-free in B.C. 1 888-WORKERS (967-5377), local 8594. Go to www.worksafebc.com for more information. ****PLEASE CONTACT WORKSAFE BC DIRECTLY FOR INFORMATION****

DAVE GARCIA - WHAT HAPPENS WITH COVID

British Columbia

This B.C. man did not get vaccinated before getting COVID-19. He ended up in a coma

Social Sharing

Dave Garcia spent 6 days in the ICU. He has since received his 1st dose of vaccine

[Bailey Martens](#) · CBC News · Posted: Aug 26, 2021 6:58 PM PT | Last Updated: 5 hours ago



Dave Garcia spent 23 days in hospital and six days in a medically induced coma after contracting COVID-19. (Dave Garcia)

Shortly after being admitted to hospital with COVID-19, Dave Garcia made the decision to remove the oxygen tube from his nose for just a couple of minutes to make his way from the bed to the bathroom.

Moments after removing the tube, Garcia found himself coughing uncontrollably and his limbs going weak as he gasped for air. He scrambled to yank the emergency cord, calling medical staff to his aid.

"Your thoughts [are] racing through your head, 'This can't be happening,'" says Garcia.

The 39-year-old Merritt, B.C., resident spent 23 days in hospital with COVID-19 after choosing not to get vaccinated.

Garcia says his story serves as a reminder of what can happen to unvaccinated people who contract the disease.

As B.C. fights its fourth wave of the pandemic, unvaccinated people are 17 times more likely to end up in hospital after contracting COVID-19 than their fully vaccinated counterparts, according to data released by the Ministry of Health.

Garcia is now urging others to protect themselves and get vaccinated.

"I wouldn't say I'm an anti-vaxxer by any means, but I was just waiting to see what was going on," says Garcia.

He didn't feel there was an immediate need to get the vaccine and wanted to wait and see if longer-term side effects emerged among those who had been vaccinated.

On May 20, Garcia tested positive for COVID-19 after some mild coughing, fatigue and aches and pains. He says he mistakenly thought his experience with the disease would be a breeze.

But by May 23, his cough had progressed into coughing attacks that left him breathless.

"This of course was problematic, but I was still very optimistic that it would blow over ... a naivness that I recognize now," Garcia said in a written response provided to CBC News following the interview.

After coughing up blood, Garcia called 811, the provincial nurses' line, and was told to go to the closest emergency room.

"I thought they would give me breathing exercises to do at home, but never thought that I would be in the hospital for the next 23 days," says Garcia.

After he was admitted, Garcia's health continued to decline and he was placed on oxygen.

"It was quite a shock knowing that the oxygen was going to be my lifeline," says Garcia.

Eventually, he went into respiratory distress and stopped breathing.

Garcia was transferred on May 26 from the Nicola Valley Hospital in Merritt to Royal Inland Hospital in Kamloops, where he was admitted to the COVID-19 intensive care unit. He was put into a medically induced coma for six days as medical staff worked to stabilize him.

Vaccine hesitancy continues to be an issue in B.C. months after vaccines were introduced. Provincial figures released Thursday show 75.6 per cent of residents 12 and older in B.C. are now fully vaccinated.

[Some of the hesitancy](#) comes from fears about side effects, with some people believing they're not vulnerable to COVID-19 and others distrusting the government's messaging.

SHULUS COMMUNITY GARDEN

Shulus Community Garden

Greetings from Shulus Garden crew. We are now in full harvest mode .

Accepting orders now - phone or drop by to buy fresh produce & see what's growing.



Cabbage, broccoli, squash, carrots, onion, herbs – now available



Harvesting Squash August 26, 2021: Spaghetti & Pattypan squash,
Cucumbers, zucchini, Hubbard's, pumpkins. Next Potatoes to harvest soon.



Selling vegetables at Shulus Arbor: Swiss Chard, Spinach, honey,
Lettuce, spaghetti squash, zucchini, broccoli, cauliflower, onions, chives, basil celery, garlic.

Food vouchers are available from LNIB Community and Health Centre.

We accept cash and volunteer exchange for produce.

LNIB HEALTH

LNIB Health

Covid News!!

[Health Gateway](#)

Health Gateway provides British Columbians with secure access to a single view of their health information. It is accessible by anyone 12 and older with a BC Services Card set up on a mobile device.

- Currently, Health Gateway gives you access to your COVID-19 and medical information. In the future, it will include access to laboratory test results and diagnostic imaging reports.

COVID-19 information

- Access your COVID-19 test results.
- Get a text or email when your test results are available
- Access test results of children 11 years and younger
- Print COVID-19 test results.
- You can print the screen display, or you can download the COVID-19 test result to your device and print the PDF document
- Download and print your COVID-19 immunization digital card record.

Note: The Health Gateway is not used for COVID-19 immunization registration and booking. Please visit the COVID-19 Immunization Plan for more information on getting immunized.

Health Records

- View dispensed medication information dating back to 1995.
- View immunizations from public health and community pharmacies.
- View the last seven years of your health visits, consultations and procedures billed to the BC Medical Services Plan.
- View the status of your Special Authority drug coverage requests made since March 2021.

Who can register

- Health Gateway is available to anyone 12 and older with a BC Services Card set up on a mobile device.
- After registering, parents can choose to access COVID-19 test results for their children 11 years and younger.

There are several options to access your child's COVID-19 test results. Visit the BC Centre for Disease Control (BCCDC) website to pick the option that's best for you.

4 Steps to register:

Step 1: Go to the Health Gateway website

You must have your BC Services Card set up on a mobile device to use the Health Gateway. You can pair your mobile BC Services Card to use the service on your personal computer, laptop or tablet.

- Open an internet browser and go to www.healthgateway.gov.bc.ca
- Click Register.
- Note: Internet Explorer is not supported.
- Health Gateway Homepage

Step 2: Log in with your mobile BC Services Card

- This service is currently only available to those 12 and older with a BC Services Card.
- How login works
- If this is your first time using your card to log in to an online government service, follow the instructions to get set up.
- Get help with your BC Services Card
- Log in with your BC Services Card

Step 3: Set up your profile

- Health Gateway can send you email or text message notifications when lab test results are available.
- Indicate your communication preferences by providing an email address and/or a cell phone number.
- Next, accept the terms of service.
- You can now access your Health Gateway account.
- Set up your profile

Step 4: Verify your contact information

- You will not receive notifications until your contact information has been verified. Go to the Profile page to verify your contact information.
- To verify your phone number, click the “Verify” button. Enter the 6-digit code sent to you via text message.

To verify your email address, open the email sent to you from Health Gateway. Click the link in the email.

Looking for COVID-19 vaccine records? [Register for the Health Gateway](#) which is an online website that provides a single place for B.C. residents to access their health records. After getting your COVID-19 vaccine, be sure to keep a paper copy of your immunization record in a safe place. By registering for B.C.'s Health Gateway, you will also be able to access a digital copy of your COVID-19 vaccine record.

LNIB COVID Testing

Every Wednesday commencing Sept 15th we will offering Covid testing from 9am-11:30. Please contact Irene Howe to set an appointment.

RETIREMENT FOR LAVERNE (DEE DEE) VOGHT



DO YOU DREAM OF OWNING YOUR OWN BUSINESS

LNIB Entrepreneurship & Financial Literacy Initiative – Are you up for the challenge?

Is this you?

- Have you ever wondered what it would be like to be in control of your own time and pay cheque?
- Have you ever thought about making decisions that make a difference in your own company or venture?
- Do you want to know what it takes to feel the highs and be aware of the lows of running your own business?

If you answered yes to any of the above, you should consider the LNIB Entrepreneurship & Financial Literacy Initiative!

What's in it for me you ask? Plenty!

- If you join, you will be able to understand exactly what it takes to start a business and how to access capital to fund your venture!
- You will also be able to improve your financial situation by understanding how to make better financial choices in business and in your own personal life.
- You will be able to tap into a resource that can help you plan your moves and provide you with business advice every step of the way.

Is there a commitment? Does it cost anything?

- There is no formal commitment you must make to be a part of the initiative and it is 100% free!

We look forward to working with the next generation of LNIB Entrepreneurs!

What is needed to start a business?

- The most important thing is an idea that solves a problem.
- You need to be able to motivate yourself when it seems impossible.
- You need to understand risk and the relationship between risk and reward.
- You need to love your customers and treat them like gold!
- You need to be able to make a plan and stick to it.

What are the pitfalls of starting a business? This seems too good to be true. There are always two sides to the equation...

- You will have significantly less time to yourself.
- You will not have a regular pay cheque, unless it is a side venture.
- You will have subjected yourself to a time/opportunity cost, you could have used the time to pursue the business on a different opportunity.

Why do it then?

- Depending on your business, you have a very high ceiling vs a regular pay cheque. Your ceiling and business growth could outpace your ability to work and get a raise.
- If you don't feel like working and you're doing well, you can hire people to do your job for you, you can't do this at a regular job...
- You make the choices to make a difference in how your business is run. If you work for someone, this isn't always as easy or possible.

How do I sign up?

- We're aiming to have a launch event in September and the outreach campaign will begin in October 2021. Each week we will have different posts regarding the core subjects.
- Once per month, a working group will meet at the Economic Development office pending COVID restrictions or will meet online to brainstorm ideas, how to bring them to life and how to grow them.

All relevant information about the initiative will be updated on the LNIB EFLI webpage (coming soon) and any questions can be directed to Adam Ova by email at adam.ova@lnib.ca.

LNIBDC FIGHTS WHITE ROCK LAKE FIRE

LNIBDC Fights White Rock Lake Fire

For the last several weeks LNIBDC crews have been actively fighting the White Rock Lake fire. Since LNIBDC's equipment is registered with the BC Wildfire Service we must go to where we have been called and we have been called to help with this fire. We have 3 machines helping with the fire including 2 2154 excavators and 1 750 dozer and 8 staff members. We also would like to thank all the men and women who are risking their lives to help the communities stay safe from the fires, it is astonishing how much work they are putting into protecting our communities. Please everyone stay out of the bush and be safe.







JOBS AT LNIB

Lower Nicola Indian Band

Position Title: Reception, Full Time

Department: Administration

Hours: 8:30am-4:30pm

Summary of responsibilities

To provide clerical support and file maintenance for the Lower Nicola Indian Band.

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. Drivers License recommended
- Ability and willingness to submit to a criminal record check
- Ability to speak or willingness to learn the Nlaka'pamux language

Apply to: Deadline: open until filled

Apply at: <https://secure.collage.co/jobs/l nib>

or

E-mail: hr@lnib.net

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.

HABITAT STEWARDSHIP COORDINATOR - LNIB

FULL-TIME EMPLOYMENT – 8 Months with possibility of extension

Pay range: \$25-\$30/hour, Commensurate with experience

Startdate: September 1st or ASAP

Reports to: Director of Economic Development

Summary of Position:

The Habitat Stewardship Coordinator will focus on organizing community participation, development of a work plan and lead engagement with The Department of Fisheries and Oceans Canada in the development of an Aquatic Habitat Restoration Program that meets the local and regional goals of LNIB.

Objective:

The Lower Nicola Indian Band Habitat Stewardship Coordinator will develop a work plan and coordinate activities related to the sustainability of aquatic resources and fish habitat including sustainability of the Nicola River watershed that merges western science with traditional environmental knowledge held by Elders and knowledge holders and identify the training needs of our community in relation to aquatics, fish habitat including sustainability of the Nicola River watershed that lies within our borders.

Responsibilities and Duties:

Organize and coordinates meetings with the community including researching and compiling information for presentation.

Organize, coordinates and hold several gatherings with LNIB Elders and knowledge holders to incorporate their thoughts, concerns, words, and wisdom are captured within the work plan.

Identify the training needs of the LNIB community in relation to aquatic and fish habitat including sustainability of the Nicola River watershed.

Develop work plans and budgeting.

Works to meet project deadlines.

Participates in and co-develops evaluation activities of the projects.

Report writing and presentation with stakeholders.

Represent LNIB in local and regional AHRF planning/partnership committees.

Effectively communicate and promote LNIB's concerns and goals within the AHRF program.

Other duties as assigned by the Economic Development Director.

Knowledge, Skills and Abilities:

The Habitat Stewardship Coordinator must have proven organizational skills, writing

skills, and public service experience. The candidate must have a strong work ethic, be dependable, and be able to work under pressure at times. Adaptability and flexibility are also essential.

Knowledge of salmon habitat requirements and habitat restoration

Knowledge of natural ecosystem processes

Knowledge of land management practices and impacts on fish populations and aquatic habitat

Must have excellent communication and interpersonal skills

Proficient and demonstrated ability to use Microsoft Office Suite (Outlook, Word, PowerPoint and Excel)

Must possess a valid, unrestricted driver's license

Must be willing and able to travel

Knowledge of evaluation and research methodology, processes and activities

Excellent time management skills

Effective presentation certification or equal experience

Familiarity with the role of the Department of Fisheries and Ocean in land management and natural resources development

Ability to speak or willingness to learn the Nlaka'pamux language.

Qualifications:

Fish, Wildlife and Recreation Diploma or Bachelor's Degree in Biology or equivalent.

Salary and Benefits:

Commensurate with experience.

This is a grant-funded position with the possibility of extension.

Resume Submission Instructions:

Email: HR@Inib.net

Job Website: <https://secure.collage.co/recruiting/positions>

Department: LNIB Housing

Position Title: **Tenant Relations Coordinator**

Reports To: Housing Administrator

Wages: Starting wage is \$20 per hour

Effective Date: ASAP

Summary of Organizational Responsibilities:

The Tenant Relations Coordinator (TRC) is responsible for maintaining effective relationships between tenants and the Lower Nicola Indian Band Housing department. Reporting directly to the Housing Administrator, the Tenant Relations Coordinator ensures that all tenants are adequately accommodated within the guidelines of the Lower Nicola Indian Band Housing Policy.

The TRC is responsible for providing programs and services to tenants in social and band housing. The TRC is also responsible for providing information concerning social and band housing to the residents of the community.

Housing is recognized as a critical need at Lower Nicola Indian Band. In many communities a large proportion of the available housing is through social and band housing programs. The work of the TRC directly impacts on the quality of life for tenants in social and band housing as well as those who have applied for housing. The TRC must be understanding of, and sensitive to, the needs and circumstances of tenants while at the same time ensuring that LNIB Housing policies, procedures and standards are maintained. The TRC must ensure that tenants comply with the terms and conditions of their lease. They must also provide clients with assistance in order to ensure that they are meeting their responsibilities. Failure to successfully complete these tasks could result in delays in occupancy for those in need of social and band housing, undue damage to housing units and financial and/or program mismanagement for the Infrastructure Sector.

Duties and Tasks

Receive and process applications for public social housing in order to ensure that applicants are provided with required information and that applications are given due consideration:

Main Activities

- Explain the eligibility and application process to potential applicants
- Provide applicants with application forms and assist with completion of forms
- Receive and review applications to ensure all required information is included
- Determine eligibility of applicants through verification of income, checks on arrears, references from previous landlord(s) and reference checks
- Apply the point rating system to applications
- Identify and allocate units to approved applicants when available

Maintain effective relations with all tenants in order to ensure they are aware of their rights and

responsibilities concerning LNIB housing:

Main Activities

- Process tenant Move-ins
- Calculate tenants base and monthly rent
- Collect damage deposits and first-month rents
- Explain rental agreements, tenant responsibilities and in-house rules
- Complete move-in inspections, inform maintenance of deficiencies and enter information into the database
- Complete inspections and advise tenants of violations and damages
- Investigate and respond to complaints made by or about tenants and take corrective action as required
- Provide tenants with general information and conduct home visits
- Liaise with other organizations about tenant issues and concerns
- Provide basic counselling to tenants and inform tenants of available counselling services
- Process tenant Move-outs
- Identify tenant damage, complete invoices to recover costs and/or complete damage deposit refund statements
- Administer and collect rents in order to ensure that tenants are paying appropriate rental costs according to the LNIB Housing Policy

- Maintain monthly rental, tenant damage and other related accounts
- Ensure rent reconciliation's are completed
- Identify tenant arrears and distribute collections letters
- Collect rents, issue receipts and secure revenues
- Reconcile daily revenues

- Maintain administrative procedures in order to ensure an effective and efficient office environment:
Main Activities
- Maintain effective relations with Tenants and other interdepartmental staff
- Advise the Sector Director about tenant issues and concerns
- Maintain and review tenant files
- Respond to public inquires
- Maintain the unit-tenant inventory
- Implement and administer LNIB Housing policies, programs and procedures
- Recommend changes to policies, programs and procedures
- Attend hearings and present information to the Appeals Committee as needed
- Act on Appeals Committee orders Perform other related duties as required

Knowledge, Skills and Abilities:

- Grade 12 or equivalent
- Knowledge of office administration housing programs.
- Experience working with Microsoft Outlook, Excel, Microsoft Office and Microsoft Publisher.
- Have excellent oral and written communication skills.
- Ability to solve problems, make effective decisions, resolve conflicts and manage time effectively.
- The ability to keep confidential documents and other highly confidential information
- Valid BC Driver's License, positive role model, and the ability to pass a Criminal Records Check

Apply on : <https://secure.collage.co/recruiting/positions> or email HR@LNIB.net

Method - Venison Pie (Jamie Oliver)

Preheat the oven to 350°F

Heat a lug of olive oil in a large ovenproof pan on a low heat. Peel and slice the onions and fry gently for about 10 minutes until nice and sweet. Don't let them colour too much.

Meanwhile, peel and chop the garlic and carrots, and trim and chop the celery.

Turn the heat up, then add the butter, garlic, carrot and celery. Peel, roughly tear up and add the mushrooms. Mix everything together.

Cut the venison into 2cm cubes, pick and chop the rosemary leaves and bash the juniper berries in a pestle and mortar. Stir in the venison, rosemary, bashed-up juniper berries and bay leaves. Pick in the thyme leaves and add a pinch of sea salt and 1 teaspoon of freshly ground black pepper.

Fry everything quickly for 3 or 4 minutes, then pour in the ale. Stir in the flour and add just enough water to cover. Bring to a simmer, pop the lid on and place in the oven for about 2½ hours, giving it a stir from time to time.

The perfect pie filling should have tender meat in a rich, dark, thick stew. So if, when you remove it from the oven, it's still quite liquidy, place the pan on the hob and reduce for 15 minutes or so until it thickens up a bit.

Evenly roll out the pastry on a floured surface until it is the thickness of a pound coin. Tip the stew in the pie dish and place the pastry on top of the pie.

Criss-cross the top of the pastry lightly with a sharp knife. Brush the top with beaten egg.

Pop the pie on the bottom shelf of the oven and bake for 40 to 45 minutes, until the pastry is well cooked, puffed-up and golden – then tuck in and enjoy!

Lower Nicola Indian Band
Qualified foot-care provider

Position: **Foot Care Provider**

Department: Human Services
Hours: Currently we have 38 clients
Wage: To be negotiated
Start: ASAP

Job Summary

Reporting to the Home Care Nurse, The Lower Nicola Indian Band is looking for an experienced foot care provider who is dedicated to providing quality foot care. We believe in personalized care and excellent customer service.

Key Responsibilities

Care includes clipping nails, treating corns, calluses, ingrown nails and thickened nails;
Clients include the individuals who have been assessed by our home care nurse
Suggest and implement preventative care plans
Complete accurate documentation concerning client condition
All safety rules and safe work procedures are adhered to at all times
Communicate with the home care nurse any changes or concerns
Adhere to the policies to ensure client/family privacy and confidentiality
Excellent communication and interpersonal skills, compassion, caring
Demonstrated ability to develop rapport, trust, and ethical relationships with clients/families, client care providers and other health care professionals and providers
Have tools sanitized and set up in a professional manner
Reliable, with good time management skills

Required Education, Skills and Qualifications

Advanced Foot Care Certification
Liability Insurance
Valid First Aid Certificate
Knowledge of conditions affecting foot health, including diabetes
Class 5 drivers license; Must have own vehicle (mileage reimbursed)
Recent Criminal Record Check or willingness to provide

Apply on : <https://secure.collage.co/recruiting/positions> or email HR@LNIB.net

Lower Nicola Indian Band
Shulus Community Arena

Job Posting: **Arena Maintenance Attendant**

Hours: 15-35 hrs per week, evenings and weekends

Start Date: ASAP

Term: Until March 2022

Wage: Negotiable

Reports to: Shulus Arena Manager

Summary of responsibilities

Under the direction of Arena Manager the successful candidate will be responsible for all arena maintenance and Zamboni duties while on shift.

Duties and tasks

- Drive and operate the Zamboni and other various types of hand operated tools and equipment
- Resurface the ice sheet in such a manner that its condition is kept in good conditions at all times
- Will handle services and needs of general public, such as, but not limited to program questions, phone calls etc.
- Follow and direct others to follow the posted safety standards
- Complete all janitorial tasks whenever needed to provide a tidy and respectable facility
- Will take mechanical readings and record properly on all equipment in the arena
- Perform other duties as assigned or directed
- Arrive to work every day, on time as scheduled

Required knowledge, skills and abilities

- Ability to follow verbal and written instructions
- Excellent communication and high energy while at work
- A team worker with a great work ethic, a self-starter and able to work independently
- Able to communicate well and confidently with the public, we are in the people business

Minimum Qualifications

- Must be at least 18 years old
- Valid British Columbia driver's license
- Some high school or working towards completing high school diploma
- Some related work experience preferred but not required
- Must be available to work flexible hours, evenings and weekends

Apply on : <https://secure.collage.co/recruiting/positions> or email HR@LNIB.net

Lower Nicola Indian Band

Position Title: **Administrative Assistant**

Department: Lands

Hours: 35 hours per week

Start Date: ASAP

Reports to: Director of Lands

Summary of responsibilities

The Administrative Assistant is responsible for providing administrative and clerical support to the Lands Department. This includes assisting with documenting work plans and written reports on land administration activities.

Duties and Responsibilities:

- Assist with creating, documenting and maintaining the lands department plans and budgets including those related to the 5-year plan and annual plan.
- Assist with providing regular written reports to the Executive Director, Lands Management Advisory Committee.
- Booking appointments and assisting with day to day operation of the department.
- Maintain a comprehensive filing system for the Lands Department.
- Assisting with monthly newsletter submission.
- Recording of meeting minutes as required.
- Develop and maintain effective working relationships with colleagues.
- Performs all other duties assigned by the Director of Lands.

Required knowledge, skills and abilities

- Completion of a Post-Secondary program in administration, business or related disciplines and two or more years' related experience or an equivalent experience and education.
- Knowledge and experience working with First Nations communities and governments – familiarity with the activities and culture of LNIB is considered an asset.
- Experience in developing and managing budgets an asset.
- Knowledge in maintaining records, filing, and correspondence tracking.
- Advanced written and verbal communication skills.
- Advance computers skills using Microsoft products.
- Ability to remain professional when facing challenges.
- Must possess and maintain a valid Driver's Licence (Class 5) and have a reliable vehicle.
- Must successfully pass a pre-employment RCMP criminal record check.

Apply To: Deadline to apply: until filled

Apply on : <https://secure.collage.co/recruiting/positions> or email HR@LNIB.net

Kindergarten to Grade 7 Teacher - Lower Nicola Indian Band School

Position Title: K-7 Teacher – permanent ongoing

Hours: 35 hours per week

Start Date: August 24, 2021

Wage: Is equivalent to SD 58, plus a generous benefits and pension program

Reports to: Lower Nicola Indian Band School Principal

Required knowledge, skills and abilities

- Category 5 Teaching Degree
- Training Certification – BC College of Teachers
- Training and experience with primary students
- Experience with First Nations children an asset
- Experience with behaviourally challenged students
- Experience in developing and implementing IEP's
- Excellent communication, leadership and interpersonal skills
- Working knowledge of BC curriculum, effective instructional methodologies and a holistic approach to meeting the learning needs of students
- Willing to continue to gain new knowledge and skills, be flexible, positive and a team player
- Current First Aid Certificate or willingness to obtain
- Ability and willingness to submit to a criminal record check is mandatory

Deadline to apply: position will remain open until a suitable candidate is found

Apply at:

<https://secure.collage.co/jobs/lrib>

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.

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

Lower Nicola Indian Band

Public Works Operator

Sector: Infrastructure

Reports To: Public Works Supervisor

Wage: \$25 to \$35/hour depending on tracings and experience

Summary of Organizational Responsibilities:

Responsible for field support in the maintenance and operation of the public works department including: roads, water, waste water, reservoirs, dams, lawn care, mowing, pruning, irrigation, recycling collection, animal control and daily equipment maintenance.

General Duties and Tasks:

- Assist in water quality sampling and water collection
- Operation and Maintenance of all Public Works Infrastructure: water lines, wells, septic fields, pumps, lift station, waste water dosing station, waste water systems, dams, reservoirs, roads, culverts, cattleguards, bridges, signs, dilineators, garbage and recycling collection, pavement markings and line painting.
- Operate and maintain Public Works Equipment: grader, backhoe, garbage truck, pickup truck, weed eaters, mowers, small power tools, garden equipment, dump truck, snow plow truck, trailer.
- Assist in collection of recycling products weekly.
- Assist with ordering material and supplies.
- Assist with coordination of contractors, consultants and repairs of fleet equipment and infrastructure.
- Assist with on-call schedule.
- Assist other departments as requested from Supervisor.
- Be part of the On-call rotation.
- Other duties as required.

Qualifications:

- Must have a minimum of grade 12 education.
- 1 year of direct work experience in public works, preferably with a First Nations' organization providing similar services.
- Must possess or be willing to obtain Small Water and Wastewater Systems certification with EOCP.
- Possess an Equipment Operators Certificate or be willing to obtain.
- WHIMIS

Skill Requirements:

- Good verbal and written communication skills

- Team oriented with excellent interpersonal skills
- Good time management skills, multitasking skills, and the ability to prioritize tasks with minimal supervision
- Hands-on experience with productivity applications, including word processing, spreadsheets, e-mail clients, and presentation software (Word, Excel, Outlook and Access)
- Knowledge of supplies, equipment, and/or services ordering, as well as inventory control of these items
- Good organizational and multi-tasking skills to see completion of assigned work
- Ability to speak or willingness to learn the Nlaka'pamux language

Working Environment:

High demand volume periods requiring occasional overtime in all weather conditions. Adherence to project timelines and deadlines. Close teamwork environment requiring commitment to be at work for planned projects. Frequent dialogue by phone, email, and in person with staff and managers. Occasional distractions from field level noise. Working long periods outside in, around and on various equipment, work at a computer, with occasional periods on the phone, and paperwork. Substantial travel to and from field on a daily recurring basis required. Ability to work evenings and weekends on-call as operational requirements dictate.

Apply at:

<https://secure.collage.co/jobs/lNib>

or
email HR@LNIB.net

Deadline to Apply: Posting will remain open until filled

MEMBER OWNED BUSINESS DIRECTORY

Aly Moon Pierre, SW Dipl. BSW
Online Life Coaching
Spirituality Coach, Inclusive Coach
www.Inclusive-Coach.com
aly@inclusive-coach.com

Angie Bain
Over 20 years experience providing training,
research and research analysis services
angiebain@shaw.ca 604-802-9709

Bonnie Bent
Micoblading
(250) 280-0430 or (778) 800-7878

Donna Bent
250-378-4396 Donna Bent Artifacts

Brandon Joe
250-525-0443 (text only)
Commercial Embroidery and Jewellery

Shannon Kilroy
skilroy09@yahoo.com
Earthline Contemporary Aboriginal Designs and
Accessories

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

Ryan Mann
PlumberMann
250-936-8655
plumbermann250@gmail.com

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

Sharon McIvor
250-378-3300 Lawyer, Instructor and
Legal Advisor

James McNaney
nomadhauling@gmail.com
Trucking, Hauling

Earl Michel
emichel@live.ca
Wolf Pac Construction

Focus iN Consulting
Business development and housing
gaildjoe@gmail.com

Lorne Mike
paulinehenry2011@hotmail.com
Fitness Instructor and Rough Stock Horses

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
Jerrod Peterson
growinggarlic.ca
growinggarlic.ca@gmail.com

Gwayne Point
250-378-9167 Northwest Indian Art

Loren Sahara Consulting
Personal Development Coach, Mastemind
Knowledge Broker
778-676-7844

JW Forest Contracting Ltd.

250-378-5468

250-378-1556 (cell) Warren Smith/Janet Sterling,
PrincipalsLogging 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,
PrincipalsConstruction safety, construction security, First
Aid, Traffic Control, fully certified personnel**Nicola Valley Muay Thai**

Kru Melissa E. Moses

250-378-9155 (msg) 808-428-0178

kru@nicolavalleymuaythai.ca

SCS Diamond Drilling

www.scsdrilling.com

1436 Sun Rivers Drive Kamloops

250.572-2615

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

Alison Sterling

ajsterling67@gmail.com

Jacona Sports, Behavior Intervention, and Bubble
Tea**Robert Sterling**

robert_sterling@hotmail.com

Archaeology, Anthropologist, traditional land use
studies**Jessica Joe, Mameet Services LTD Survey Co**

1425 Hugh Allan Drive Kamloops BC

mameet@intpac.ca

**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

Glenn StirlingStirling Instrumentation Maintenance,
Calibration & Electrical

(403) 971-6432 gqstirling@gmail.com

Ivan Swakum

Antler lamps, European Mounts, Wine racks

ivanswakum83@outlook.com

250-315-3756

Shawn Swakum

s.swakum@yahoo.com

Business administration and Consultant

Molly Toodlican

Independent Watkins

Consultant #830411

250-280-1012

mollytoodlican61@gmail.com

Penny Toodlican

pcctoodlican@gmail.com

Catering

Victor York

victoryork@hughes.net

Gourmet coffee supply and distribution

GREETINGS

August 27th - Happy birthday Uncle Les. Love you have a good day.
- Erika Swakum



Happy Birthday Mom! Maggie McClelland on Sept. 23, 2021.

Love, Ter, Jim, Sophie, Megan, Domanic, Evan and Kato Babies!



A big thank you to our summer students and interns! We wish you all the best in the coming academic year and hope to see you next summer!

l-r: Skyla Sterling, Jaylysa Dunstan-Bond, Lanessa Seward, Brodie Sterling, Robert Sterling III, Steven Spears (absent Ericka Boggs, Shaelan Wilson, Charmaine Clarke and Jerrod Peterson Jr))



Saying "So Long" to Wenona Bearshirt, Dee Dee Voght, Rainbow Acoby, Doris Sterling