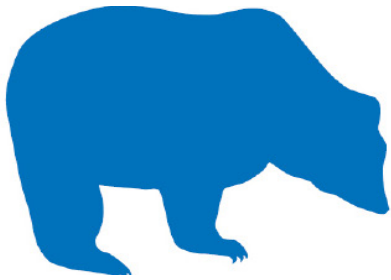


Lower Nicola Indian Band

September 2024

N?e?iyk Spíłəm





LOWER NICOLA INDIAN BAND

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Lower Nicola Indian Band
181 Nawishaskin Lane
Merritt, B.C. V1K 0A7
Telephone: (250) 378-5157
Toll Free: 1-888-447-1744
Website: www.lnib.net



hene? Band members and community members.

The summer season is on its last legs for 2024. The change in season can be significant for some of us. The end of summer is also a kind reminder to all of us that school will commence very soon! The weather has not changed a lot, which is good nor bad for the month of August. I think what is most settling for all of us is the risk of fire is gradually dissipating. We have been very fortunate this year that fire has not affected us like it has in other areas and provinces for that matter. The summer season can be quite stressful, so I am very grateful that we were able to enjoy our summer this year. As I mentioned earlier, school will start very soon in our valley and in our community. School busses will be out an about transporting our children to and from school after Labor Day weekend. Our children will be on our roads and our streets in the mornings and afternoons so I ask that we be aware of these occurrences and "drive accordingly"! Let us transition into the month of September with full awareness that our children will be safe on our roads, our streets and in our neighborhoods.

Chief and Council were in recess for a portion of the summer months but have recently reconvened. Council did convene a special Chief and Council meeting in July to approve the financial operating budget for the fiscal year 2024-2025, which is not only a busy time for our administration, but also an exciting time. Usually when budgets are reviewed from our respective Sectors, this is the time when our Sectors are able to provide added financial requests to our Finance and Audit Committee to propose different programs and or services to our community. The Finance and Audit Committee will review these requests and forward to

Council their recommendations whether they support these requests or not. All in all, Council has a financial responsibility to LNIB and LNIB membership and budgets will get approved in the best interest of LNIB as a whole. Chief and Council encourages our Sectors to be creative when it comes to programs and services and if it costs a bit more money to support a new or enhanced program, the Council will support it. We had our first Band meeting August 26th since our summer recess and it was not that well attended and understandably so. Summer is a busy time for most of us and our families and so Council may consider not having Band meetings next summer and rescheduling our Band meeting for September in 2025. Chief and Council had our first Council meeting the following evening on the 27th. It was nice to reconnect with members of Council as well as with some staff that were present at the meeting. As we break into the Fall season, it is quite apparent that Council will be busy with projects, negotiations, engagement sessions, committee meetings and interactions with Band members.

There is a lot happening in our valley that will have some impact on LNIB. The Nicola Native Lodge building is continuing construction as we speak. The building site is south of the No Frills grocery store. It is becoming more and more visible and as a member of the Board of Directors, I have not heard word as to when this building will be open for housing applications. Once I get word, I will provide updated information for the LNIB membership. This is an exciting time for all of our Nation members as it will provide more housing opportunity for many of our people that are unable to acquire housing on their respective reserves. I realize and understand that the intent of the Nicola Native Lodge was to house and care for our elders in all our communities. This was talked about for years and years. Unfortunately this building is not a mandated Elder's Lodge, but there will be a certain section of the building that will be open for Elders to live in, but with no Elder's care programs available. Please contact me if you have any questions regarding the Nicola Native Lodge. Gateway 286 is getting closer and closer to the construction phase! Once again, this is an exciting time for not only LNIB, but for all the local Nations and the City of Merritt. A lot of work has been put into this project by the Spayum Board of Directors, our partner, Troika and the City of Merritt. It is my hope to invite Toika to our next Band meeting to provide an update on the Gateway 286 project. If warranted, I would also like to invite the Nicola Native Lodge Chairperson to our next band meeting to provide an update as well.

Enclosing, I want to wish all of you a happy end to our summer season. We still have a piece of September to enjoy the sunshine and nice weather and I hope you all take advantage of it. A reminder that school is commencing soon so, let's keep an eye out for our children. Although our fire season appears to be on its way out, lets not be complacent about fire and lets continue to be fire smart and be diligent about fire safety. I wish happiness, good health and prosperity to each of you. Please take care of your friends and family, but most importantly, please take care of yourselves. Much love and respect.

k^wuk^wscémx^w
k^wúk^wpi? Stu Jackson





Dear LNIB Members,

I am pleased to present our monthly report for August 2024. LNIB continued to be busy on several initiatives.

Here are some of the things we have been working on:

Human Resources: While visiting or receiving services at other buildings, please feel free to ask the staff member you are visiting to use a mask and to adhere to safety protocols if you are concerned. We are committed to keeping the community and employees safe during this pandemic.

The Lower Nicola Indian Band also like to welcome the new members to the team at LNIB: Phil Morrison, Fisheries Technician; Amala Francis, GIS Analyst; Kriss Morel, Education Assistant; Iuliia (Julia) Gulakova, Teacher. LNIB would like to wish Harmony Shuter, Shawna Coutlee, Haiyden Clark, Adeline Seward, Sebastian Dick, Jayce Dick, Brooke Shintah and Estrella Jackson-Alvear who moved on to other opportunities.

Current job postings with Lower Nicola Indian Band are Council Clerk, Biologits (Aquatics), Environmental Monitor, Land Guardian (NEMP), Policy Analyst, Teacher K-7, Carpenter, Youth Program Coordinator visit <https://www.inib.net/jobs/> or <https://secure.collage.co/jobs/inib> for further details.

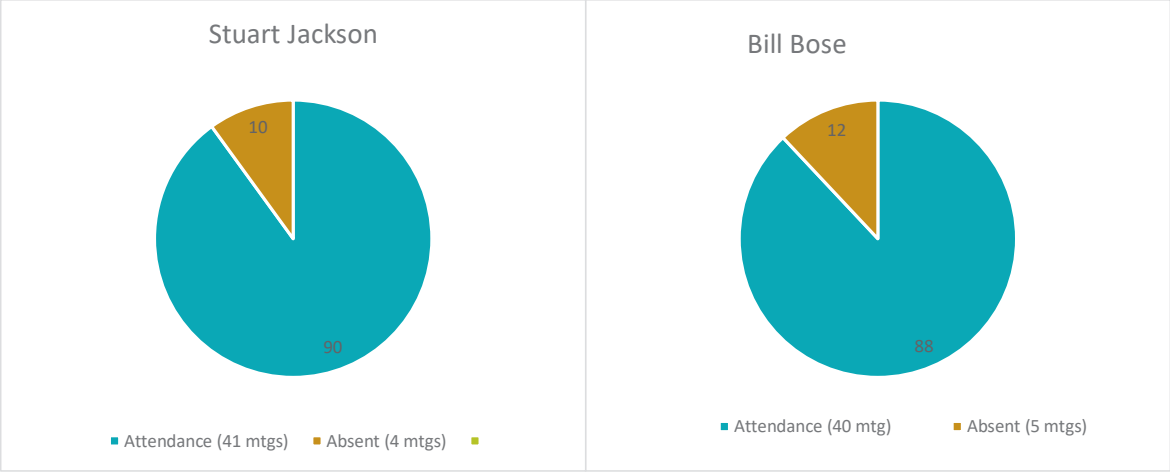
Committees and Liaisons: Chief and Council: The Lands Management Advisory Committee met August 15, 2024. The Finance and Audit Committee did not meet in August. Housing Policy Review Committee met August 13, 2024.

Community Meetings and Workshops: The next Band General meeting is scheduled for September 23, 2024.

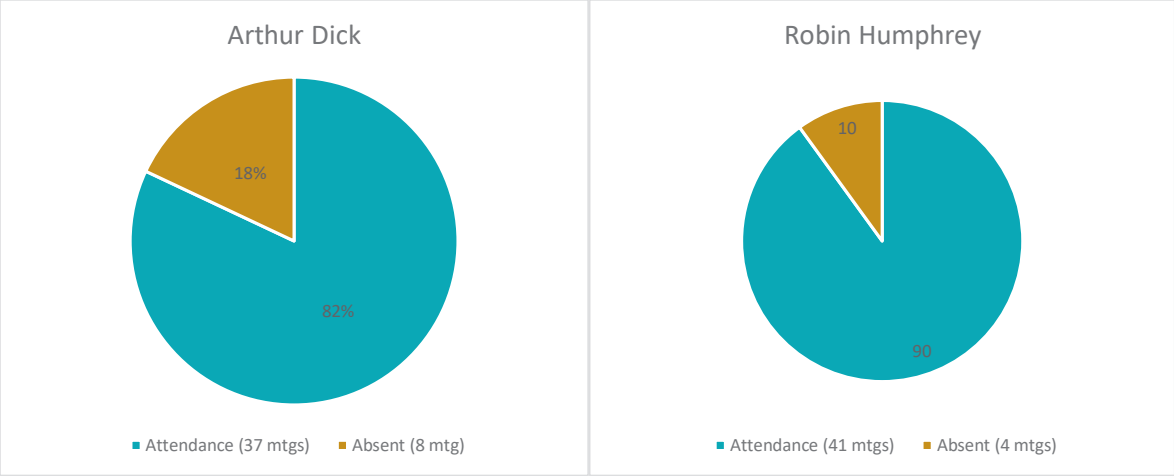
Support to Chief and Council: Chief and Council met July 23rd and August 27th. Should you require anything on the Chief and Council agenda scheduled for September please contact Sondra Tom and I. Finally, members remember that the Chief and Council meetings are open to membership to join via online or telephone. Please contact Sondra Tom so you can be added to the email invitation for the scheduled Chief and Council meetings.

Kari Reilander,
LNIB Executive Director

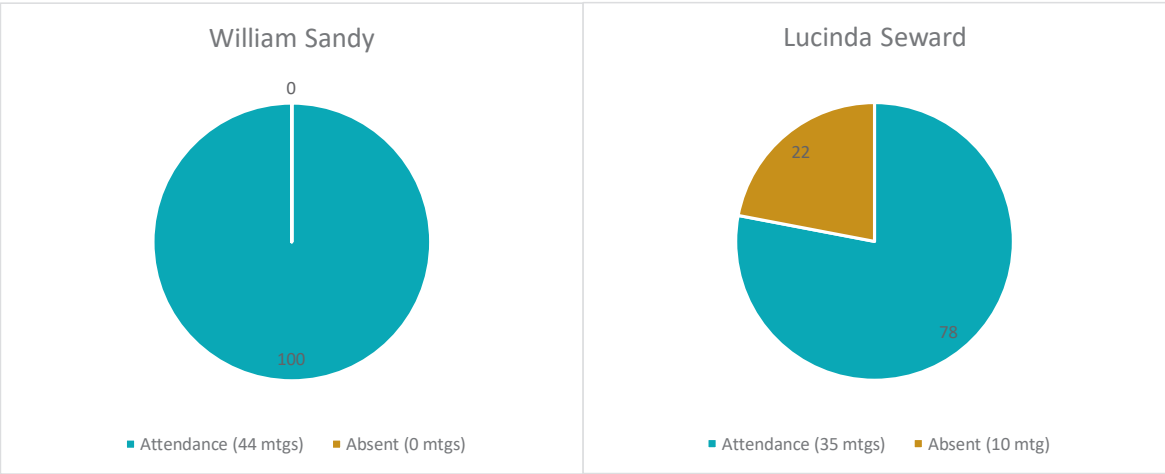
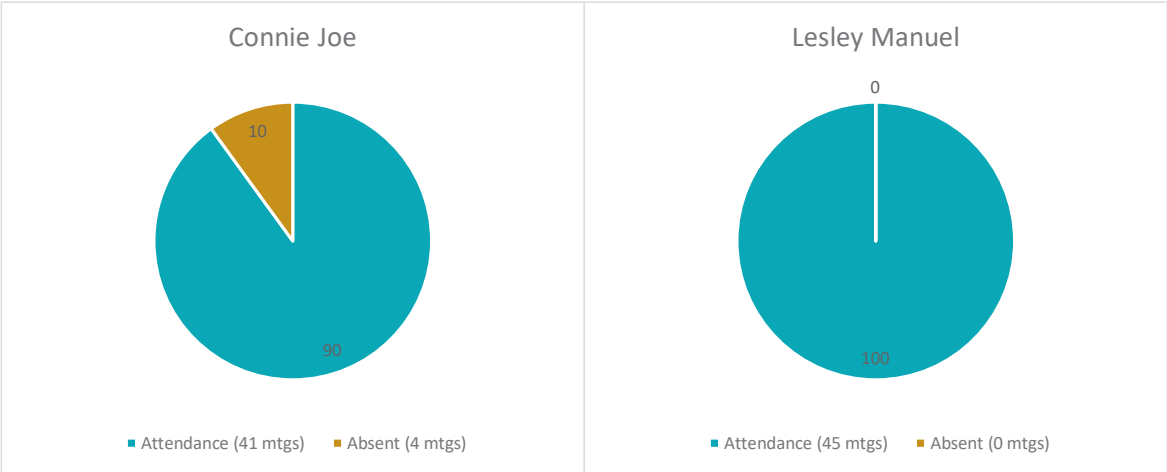
Chief and Council Attendance
Term October 2022-September 2025



|



Chief and Council Attendance
Term October 2022-September 2025



Resolutions from Chief and Council August 27, 2024 meeting

Resolution #08-27-2024-01 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the August 27, 2024 Chief and Council Special meeting agenda.

Motion Carried

Resolution #08-27-2024-02 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the July 23, 2024 Chief and Council meeting minutes with as presented.

Motion Carried

Resolution #08-27-2024-03 Reads:

The Lower Nicola Indian Band Chief and Council hereby authorizes the Executive Director to sign the "Impacts On Student Learning And Well-Being Funding Program 2024-2025 Contribution Agreement" to release the allocated funds of \$101,256.00 from First Nations Education Steering Committee to Lower Nicola Indian Band Education Sector for the purposes outlined in the "Impacts On Student Learning Grants Letter Of Intent".

Motion Carried

Resolution #08-27-2024-04 Reads:

The Chief and Council of the Lower Nicola Indian Band hereby:

- 1. Authorize the Executive Director to Register as an Intervenor with the Canadian Energy Regulator (CER) for the Westcoast Energy Inc. – Sunrise Expansion Program, CER Filing Number 5965593, Hearing Order GH-001-2024 (the "Review Process"), and complete all other forms, documents, information requests, and submissions associated with intervening in the name on behalf of LNIB.;*
- 2. Support LNIB intervening in the Review Process provided the CER grants LNIB intervenor status.;*
- 3. Further authorizes the Executive Director, for and on behalf of Council, to do all such acts and things as may be necessary or desirable to give effect to this motion, or in connection with the performance by the Lower Nicola Indian Band of its obligations to this motion or the CER intervenor status.*

Motion Carried

Resolution #08-27-2024-05 Reads:

The Lower Nicola Indian Band Chief and Council hereby:

- 1. Authorizes the Executive Director to sign the Participant Funding – Contribution Agreement (the "Agreement") received from the Canadian Energy Regulator (CER) in support of LNIB's participation in the CER-led Crown consultation and the public hearing process for the Westcoast Energy Inc. – Sunrise Expansion Program.;*
- 2. Further authorizes the Executive Director, for and on behalf of Council, to do all such acts and things as may be necessary or desirable to give effect to this motion, or in connection with the performance by the Lower Nicola Indian Band of its obligations to this motion or the Participant Funding – Contribution Agreement.*

Motion Carried

Resolution #08-27-2024-06 Reads:

The Lower Nicola Indian Band Chief and Council supports and authorizes the Executive Director to sign the Service Agreement with Interfor Corporation, with a Commencement Date of May 1, 2024, and Completion Date of April 30, 2026.

Motion Carried

Resolution #08-27-2024-07 Reads:

The Lower Nicola Indian Band Chief and Council move to move to go IN Camera at 8:24 pm. and the meeting be closed to the public to consider matters of that are at their preliminary stages and that, in the view of the council, could reasonably be expected to harm the interests if they were held in public

Motion Carried

Resolution #08-27-2024-08 Reads:

The Lower Nicola Indian Band Chief and Council move to reconvene the August 27, 2024 meeting at 7:04 pm.

Motion Carried

Resolution #08-27-2024-09 Reads:

Whereas the Lower Nicola Indian Band (LNIB) is the sole shareholder of the Lower Nicola Indian Band Development Corporation (LNIBDC).

Whereas the LNIBDC is the sole shareholder of the Shulus Farms Ltd.

Whereas the purpose of the LNIBDC is to derive revenue and earn profits to benefit the LNIB and its members.

THEREFORE BE IT RESOLVED THAT the Lower Nicola Indian Band Chief and Council authorize and direct, the LNIB Executive Director to take such steps as may be considered necessary to provide advice and recommendations to Chief and Council as the Executive Director deems fit and appropriate regarding the risk exposure of providing service off reserve to the LNIBDC and its operations. The Chief and Council further authorized a budget amendment of up to fifty thousand dollars and zero cents (\$50,000) in order to provide advice and recommendations to Chief and Council.

Motion Carried

Resolution #08-27-2024-10 Reads:

The Lower Nicola Indian Band Chief and Council move to adjourn the August 27, 2024 meeting at 7:04 pm.

Motion Carried

Dear Parents and Guardians,

August 22, 2024

Welcome to the 2024 school year! We are thrilled to have your children back in our classrooms, and we look forward to another year of growth, learning, and community building.

This year, we are particularly excited about the enhancements to our athletics program. After a successful year, we have gained valuable experience and insights, and we are ready to take our sports teams to the next level. We are super excited to build on last year's successes, offering even more opportunities for your children to excel, learn, and have fun through sports.

Our nte?kepmxcin program is also growing in exciting ways. We are deeply committed to preserving and revitalizing this vital aspect of our community's culture, and this year, we are expanding our language initiatives both in and out of the classroom. Whether during recess, lunch, assemblies, or classroom instruction, students will have even more opportunities to immerse themselves in the language, helping to foster a deeper connection to nte?kepmx.

We want to remind all parents and guardians of the critical importance of regular school attendance. Every day in the classroom counts, and consistent attendance is key to your child's academic success and social development. By ensuring your child is present and engaged, you are helping them build the foundation for a bright and successful future. We are here to support you in any way we can to make sure your child is able to attend school every day, ready to learn.

Thank you for your continued support and partnership. Together, we can make this school year the best one yet! See you soon!!

Leroy Slanzi
Principal – Lower Nicola Indian Band School



LNIB EDUCATION DEPARTMENT

SHARON PARSONS
EDUCATION PROGRAMS MANAGER



sharon.parsons@lnib.net



(250) 378 – 5157

OR

(236) 575 - 2105

2160 SETTLERS ROAD
HWY 8



Hello everyone,

Congratulations to the successful LNIB scholarship recipients. Please check out the list of students in this newsletter.

The LNIB summer student workers, Melissa Pinyon, Adeline Seward, Brooke Shintah, Desiree Dick, Haidyn Clark and Kirsten Dick, did a fantastic job helping with the behind-the-scenes type of work in the office, and with the planning, scheduling, and supervising of another successful Summer Learning Program. Each of them are kind caring individuals who passed on positive energy to the kids. Hope all of you will be back next year.

Yes, September and the first day of a new school year is coming up fast. LNIB Education continues to provide financial support for school supplies & school related fees. Come in to fill out the forms or call the office to get the forms sent to your email. You may also be eligible for support with extracurricular registration fees. Call the office if you need more information.

LNIB Education Assistant, Angie Nikkel will be returning in September. She will continue her work with LNIB students attending the school district schools. Contact the Education office if you would like more information about the support Angie provides to LNIB students.

Feel free to contact the Education office for more information on post-secondary, trades, employment training & certification.

Until next time, Humelth

LNIB Education Department – Gail La Rochelle – PSE/Trades/Training Coordinator



Hello everyone! It is so hard to believe that summer is over, and we are about to start a new school year. I would like to wish all students from Kindergarten to Post-Secondary a successful and fun filled year!

With the daytime weather still nice, be sure to go outside out and enjoy some outdoor activities with your family and friends.

Keep an eye on the weather and pick your garden veggies before it gets too cold.

We are still organizing our new office space and finding a spot for everything. The office space is so bright and cheerful.

With September here already, the Education Office is busy getting ready for the new academic year. Ensuring all the elementary and secondary start-up forms are processed in a timely manner. Going over the funding for post-secondary students, getting up-to-date banking information and updating the student's information in the files. The ISC Annual Register of Post-Secondary Education Students was completed on August 30.

School Start-up Forms are still available. Stop by the office or give us a call and a copy can be emailed to you. Our new address is 183 Nawishaskin Lane, beside the Administration Office.

This year we have 41 full-time students, 3 part-time, 2 in trades, 7 in graduate studies and a couple with January 2025 starts. There is 1 student with an alternative funding agency and 4 dropped out this year. Our office is going to be busy this year.

Congratulations to all the PSE and High School students who were recipients of and were awarded one or all the LNIB Scholarships.

To all Membership in the Nicola Valley and away from the area, you can sign up for courses or programs throughout the year. If you find a program or course you are interested in taking, such as first aid, a post-secondary course, skills training for employment, or an online course, we are here to assist you with the process. We can also help create or update your resume. Contact our office to find out how we can best support you.

Please call or email our office to ensure we have your current and up-to-date contact information.

Until next month, stay safe, and be good to one another.

Gail La Rochelle

Phone: 250-378-5157

Email: gail.larochelle@lnib.net



ADDRESS

183 Nawishaskin Lane

PHONE

LNIB:

250-378-5157

Direct:

236-575-2100

EMAIL

Reception.education@lnib.net

WEBSITE

www.lnib.net

Lenessa Seward

**LOWER NICOLA INDIAN BAND EDUCATION DEPARTMENT
ADMINISTRATIVE ASSISTANT**

SEPTEMBER 2024

HELLO EVERYONE

Students are back in School!

I hope all of the students are excited to be back in school and have an easy transition from their long break

If you haven't applied for school supports, it's not too late to do so!

UP COMING TRAINING

There are a few on-going training courses that the Education Department is funding for LNIB members.

- o Adult Grad Diploma courses.

TECHNOLOGY SUPPORT

Students in need of a technological equipment for school can apply at Indigenous Disability Canada for a laptop, mouse, or headphones.

Note that those without a disability are still eligible to apply

LNIB EDUCATION DEPARTMENT SCHOOL SUPPORT

If you haven't applied for school supports yet reach out to the education department

We can email fillable forms, or we have printed copies in the office

Reminder that we have moved office buildings

New Address: 183 Nawishaskin Lane

For more information, please contact the Education Department

2024 LNIB Education Scholarship Recipients

Congratulations to the LNIB Members that received Scholarships this year!

LNIB Education Department has three Scholarships to apply for each year

LNIB Student Excellence Award, Spectra Energy Scholarship, and the Kwoiek Creek Hydro Scholarship

Kwoiek Creek Hydro Scholarship


- Shannon Spahan
- Danielle Levesque Osiowy
- Juliet Webster
- Ansel Peterson
- Ethan Stirling
- Miya Coutlee
- Torrence Dubrett
- Emma Rettenbacher
- Desiree Dick
- Aly Ledene
- Kimberly Mike
- Tahira Anderson
- Kristen Ashley
- Isaiah Davis
- Adeline Seward
- Haidyn Clark
- Sophie Sterling

LNIB Student Excellence Award

- Shannon Spahan
- Danielle Levesque Osiowy
- Juliet Webster
- Ethan Stirling
- Emma Rettenbacher
- Adeline Seward
- Isaiah Davis
- Torrence Dubrett
- Sophie Sterling
- Haidyn Clark

Spectra Energy Scholarship

- Shannon Spahan
- Danielle Levesque Osiowy
- Juliet Webster
- Ansel Peterson
- Ethan Stirling
- Emma Rettenbacher
- Miya Coutlee
- Desiree Dick
- Aly Ledene
- Kimberly Mike
- Tahira Anderson
- Kristen Ashley
- Isaiah Davis
- Adeline Seward
- Sophie Sterling
- Haidyn Clark
- Torrence Dubrett



LNIB MEMBERS INTERESTED IN
ADULT
GRADUATION
DIPLOMA PROGRAM

CLASSES WILL BE HELD IN THE
LOWER NICOLA COMMUNITY
WITH INSTRUCTORS FROM NVIT



For more information please contact:

LNIB Education Department

Email: reception.education@lnib.net

or

Sharon.parsons@lnib.net

Phone: 236-575-2100

LNIB members who contacted Dustin Eberle about this program, please contact
the LNIB Education Department to confirm your interest.



The Lands Department

Discuss land activities with the Lands team and exchange stories. Reach out to the Land.

Department for any inquiries regarding the LMAC, community meetings, and general land matters.



**LNIB
SECURIGUARD
SECURITY
(250) 215-5048**

LNIB Members,

Our Securiguard is on duty 40 hours each week and responds to calls and messages while on shift.

The securiguard is here to assist as needed and monitor any issues reported by residents, such as noise, nuisances, illegal dumping and general safety concerns.

If you or anyone else is in Immediate danger or emergency situation, please CALL 911 FIRST.

**LANDS MANAGEMENT ADVISORY
COMMITTEE**

**UPCOMING MEETING
THURSDAY
September 12, 2024
4:30 PM**

Lands Management Advisory Committee (LMAC) meetings are open to all LNIB Members to attend virtually starting at 4:30 PM. Listen in to learn about Lands activities and developments. Check the Members Only portal for LMAC meeting links or contact Stephen, Lands Director, for more details.

The Lands Team

STEPHEN JIMMIE
DIRECTOR OF LANDS & HOUSING
stephen.jimmie@lnib.net
Contact Stephen with inquiries about Land Code, Land policies, law development, housing policies & housing development.

DELTA LONG
LANDS MANAGER
delta.long@lnib.net
Contact Delta about land administration, programs & services

MONICA PETTINGER
LANDS AGENT
monica.p@lnib.net
Contact Monica about Land enquiries and land transfers, land access.

SAYGE FISHER ENVIRONMENTAL
PROTECTION COORDINATOR
sayge.fisher@lnib.net
Contact Sayge for details about environmental management and protection

NOTICE TO COMMUNITY MEMBERS ON WILDLIFE SAFETY

Please refrain from leaving hunting remains, animals' entrails or trimmings up Mamit Lake Branch Road or anywhere near the community / residential areas.

Animal remains attract predators, leaving remains from a hunting trip too close to the community habituates the predators to keep returning for more food. Predators such as coyotes, bears and wolves will keep returning where there is food available to them. Attracting additional predators into the community will create an unsafe environment for children, pets, and all members of the community. Please relocate hunting remains or animal innards outside of the community by leaving them far away from residences or known industry. An alternative to Mamit Lake Branch Road could be up highway 97C, past the industrial park.

NOTICE ABOUT RECREATIONAL VEICHLES

The Lower Nicola Indian Band prohibits RV's to be utilized as long-term primary dwellings, residences, or cabins on LNIB Lands including CP Lands and Custom Family Lands (also known as Family Lands) unless they receive prior written authorization from the Lands Manager.

KRISTOPHER POR LANDS
RESEARCHER

kristopher.por@lnib.net
Contact Kristopher with questions about research, historic records, as well as wills and estates planning.

JUSTICE CISCO
LANDS ADMINISTRATIVE ASSISTANT

justice.cisco@lnib.net
Contact Justice about general inquires and questions about LMAC and community meetings.

ALEX BUKKOS
SURVEY COORDINATOR

alex.bukkos@lnib.net
Contact Alex for details about current and past Lands projects including surveys and mapping.

VACANT
SURVEY ASSISTANT

LANDS PORTAL LNIBLANDS.NET

If you have any questions regarding land or would like to know about current projects, visit the lands portal online or contact the Lands Department.

Updates are posted regularly, and printed copies can be made for pick up at the land's office.

Call the Lands Department if you would like printed copies



COMMUNITY NOTICE ON ILLEGAL DUMPING

Lands Department



An illegal dump site was reported to the Lands Department on April 26th, 2024. The dump site included a large amount of residential garbage scattered across an actively flowing irrigation ditch.

Multiple site visits were conducted by LNIB Lands Department staff to locate, document, and investigate the dumped garbage. Illegal Dumping is strictly prohibited on reserve lands, supported by the signage and cameras throughout this area

Thank you to LNIB Lands staff who removed the garbage by hand on June 28th, 2024. after multiple notices were sent out to the individual identified as responsible requesting that it be cleaned up. Some invasive weeds had to be removed in order to access the full extent of the garbage. All invasives were bagged and disposed of offsite, alongside the garbage.





>>> BEFORE

Illegal Dumping on LNIB Lands has been an ongoing issue for years, resulting in the formation of an Illegal Dumping Mitigation Strategy to address the problem. This has included the installation of locked gates, cameras, and signage to deter illegal dumping.

DURING <<<

It is noteworthy, this illegal dump site occurred during the Spring Clean Up Event, an event aimed at reducing garbage in the community and facilitating a free dump service for members. This residential garbage could have been deposited in one of the 10 bins located throughout LNIB reserves free of charge. Please utilize available events and services so we can keep garbage where it belongs!

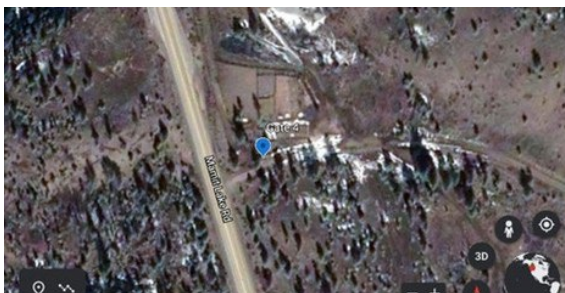
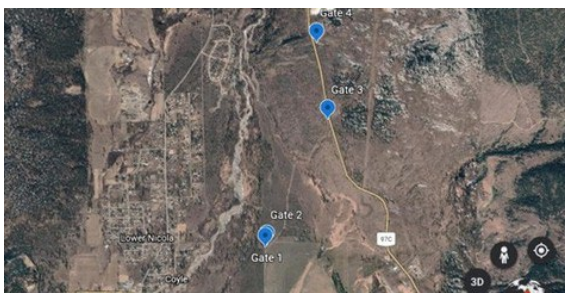
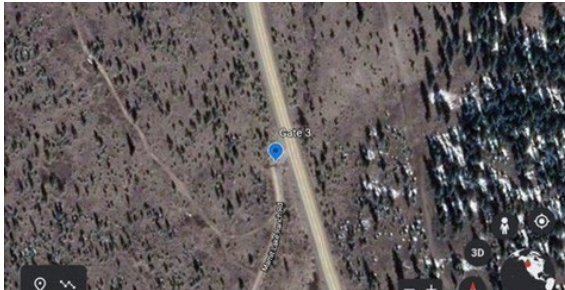


>>> AFTER

Please be mindful that all dumped materials negatively impact community lands and degrade local ecosystems. Dumped residential garbage also attracts animals, who will then continue to return in search of more 'food' regularly. This poses an increased wildlife safety risk for field workers and others in the area.

Practice land stewardship by reporting illegal dump sites to the LNIB Lands Department, so they may be investigated and cleaned up.





PROJECTS UPDATE: SECURITY CAMERAS & GATES

The lands department is responsible for the management and protection of all LNIB reserve lands. To prevent unlawful activity including dumping of hazardous materials and waste, as well as improper use of LNIB, four gates were installed across Nicola Mameet IR1 in September of 2021.

CAMERAS:

Security cameras were recently installed near important areas on reserve. Cameras are intended for security purposes only and will not interfere with the privacy of neighboring homes, businesses, and communities. The use of trail cameras is the best strategy for sites where it would not be appropriate to restrict access by installing gates.

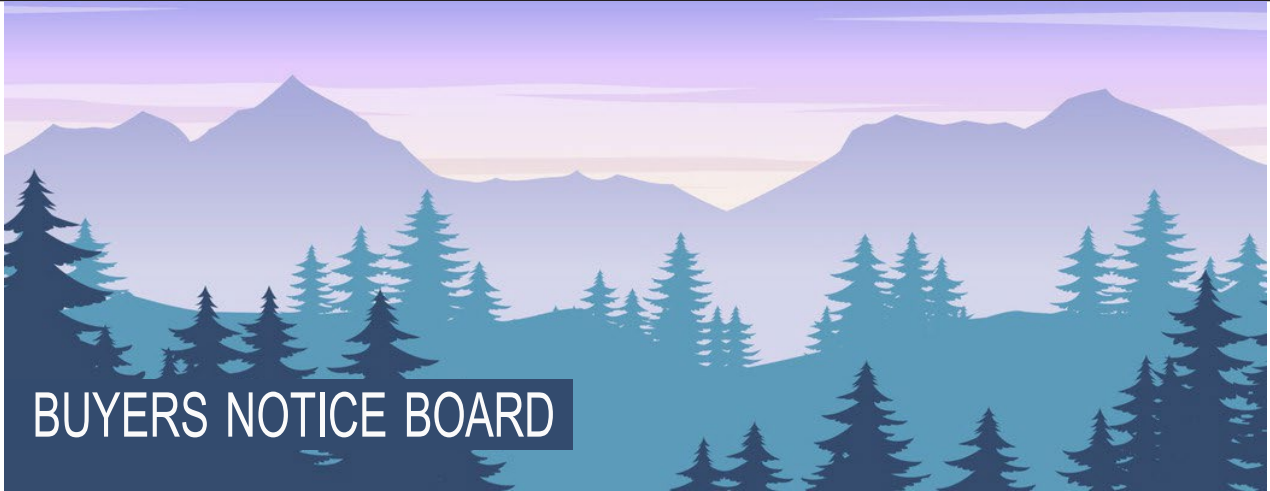
SOLID WASTE MANAGEMENT:

After Hours of hard work was done to clean up various environmentally contaminated areas on LNIB Land, multiple gates were put in place to protect reserve lands

MEMBERS' ACCESS TO RESERVE LANDS WILL NOT BE RESTRICTED BY THE GATES, THOUGH SOME AREAS MAY REQUIRE GATE CODES.

ALL GATES ARE NOW CLOSED AND LOCKED AS OF OCTOBER 26, 2023

CALL 250-280-7270 FOR ACCESS OUTSIDE OF REGULAR OFFICE HOURS OR CONTACT LNIB SECURITY AT (250)215-5048



BUYERS NOTICE BOARD

If you are interested in purchasing land or property from a landowner, Contact the Lands Department to have your contact information listed here in the monthly LNIB Newsletter.

Hello, my name is Jennie Blankenship, I am looking to purchase enough property for two homes and a hobby farm at Zoght, Sunshine Valley or Nicola Mameet (HWY 97C). If you have property for sale, Contact me, Jennie, Jamie, Robbyn Blankenship.

CONTACT | 604-928-2985 | scwexmx@gmail.com

Hello, my name is Mindy Garcia, I am interested in purchasing land to build a home, summer home and a sweat lodge on or land with a home even if it's a fixer upper, I am interested. If you or someone you know may be interested in selling, please let me know. Thank you.

CONTACT | 250-280-5684.

Hello, my name is Lorne Dunn, I am interested in purchasing around an acre parcel of land at Nicola Mameet IR1 to place a home.

CONTACT | 250-315-7501 | lorne.dunn@yahoo.com

SELLER'S NOTICE BOARD

If you are interested in selling land or property as a landowner, contact the Lands Department to have your information listed here in the monthly LNIB newsletter.

Potential Business Hwy Frontage Available Located on Hwy 8.

Contact | Donelda Haller | 250-315-5315

Potential CP Residential Lots FOR SALE

Contact | Donelda Haller | 250-315-5315



The Housing Team

FIND INFORMATION ABOUT LNIB HOUSING ONLINE ON THE LNIB WEBSITE

The Housing department is responsible for managing the housing program, including property management functions, planning and construction of New Houses, Maintenance and upkeep of the housing stock, the relationship with Canada Mortgage Housing Fund, and Indigenous Service Canada (ISC)

REMINDER TO ALL TENANTS

We kindly request that residents take responsibility for the conduct of their guests in both the unit and community. this responsibility includes being mindful of noise levels, driving with care, and ensuring that all activities are lawful and respectful of others.

Any failure to meet these expectations may be viewed as a violation of the rental agreement, potentially leading to the issuance of breach notice or eviction. Your understanding and cooperation in upholding these standards are greatly appreciated.

If you wish to report any disturbances or illegal activity, please contact our security service (250) 215-5048, or the RCMP.

If you have any questions of concerns please feel free to contact us at (250) 378-5157

JORDANA McIVOR- GRISMER HOUSING ADMINISTRATOR

jordana.mcg@lnib.net

Contact Jordana about the First Nations Market Housing Program, external renovation and building funding options, needs and requirements

ASHLEY DEGRAY TENANT RELATIONS COORDINATOR

ashley.degray@lnib.net

Contact Ashley for details regarding rent collection, housing maintenance, LNIB Rental Housing policy and general housing questions

SARA FRAZIER-SHUTER HOUSING ADMINISTRATIVE ASSISTANT

sara.fraziershuter@lnib.net

MEL BLANKINSHIP HOUSING MAINTENANCE

JON MOORE HOUSING MAINTENANCE ASSISTANT

VACANT HOUSING MAINTENANCE ASSISTANT



Housing

Announcement



Septic System Maintenance

DO NOT USE KIRKLAND BRAND TOILET PAPER, as it does not break down and clogs the toilet.

Your septic system is a living ecosystem, and you need to do your part to ensure it is healthy and working as it should.

Never put anything down the drain or toilet that will not biodegrade, including but not limited to, wipes (Lysol, baby, etc.), clothes, bottles, feminism products, paper towel, plastic, etc.

Don't use chemicals like bleach as it kills the good bacteria that breakdown the solid waste.

Space out your water consumption so the tank and drain field are not overwhelmed. By this we mean don't do excessive loads of laundry in a day, have extended showers, leave your tap running unnecessarily, etc.

The drain field (or leach field) is the area on your property where wastewater from your septic system is dispersed into the soil. To avoid damaging the drain field and overall functioning of the septic system; - Never park a vehicle, build a structure, have large livestock animals, have fires, or plant trees or a garden over your septic system's drain field - You should also prevent excess water from flowing over your drain field by making sure your downspouts are pointing away from it because a saturated field cannot drain and process wastewater.

These are some of the simple steps that can save time and money and extend the life of your septic system.

VEHICLE REMOVAL

We are excited to be partnered with Kamloops Auto Recycling and Mario's Towing for scrap vehicle removal in all our LNIB communities. Keeping our communities clean of old vehicles assists with potential environmental concerns that could arise from batteries, tires, old paint decaying and releasing hazardous substances into the environment. Things like coolant, old oil and other liquids can leak over time, seep into the ground, and contaminate the ground water. We would love to get these old vehicles cleaned up to keep our community healthy for generations to come!

If you have multiple vehicles, you would like to be picked up you can call Kamloops Auto Recycling 250-574-4679.

If you have single vehicles, you would like to be picked up you can call Mario's Towing 250-378-9241.



VACANT UNIT UPDATES

We currently have three vacant units. We are just wrapping up some much-needed renovations, decisions are being made about the next steps for one of these units for when this work is complete. We have been working on some much-needed updates and some structural changes to the other two permanent rentals. We appreciate your patience and understanding as we get this unit ready for the next family that will call it home.



Please understand you're responsible for your animals. You're responsible for any offsprings, any damage to a person, other animals, or property that they may have caused. Also keep in mind that pets are to be kept within the confinements of your rental property except for the multi-plex buildings including the 4 plex and new apartment buildings, which are not permitted to have any animals in the units.

As a reminder your pets should be up to date with their vaccinations, should be spayed or neutered. LINB Infrastructure can assist with the cost, up to \$150, only one procedure per year per status number. Make an appointment, pay upfront then submit your receipt and fill out 'Reimbursement Request form'; for more information, please contact Infrastructure Department.

We want to provide a safe environment for our members as well as their animals.



IPCA MEETING

**Indigenous Protected and
Conserved Areas**

**Meeting - September 19, 2024
Shulus Hall
5:00 - 8:00 pm**



**LOWER NICOLA
INDIAN BAND**

**Any questions contact
Monica Charters at
(250) 378-5157**

**LOWER NICOLA
INDIAN BAND**

HVC Mine Life Expansion Open House

Session 1 - 3:00 pm - 4:30 pm
Session 2 - 5:30 pm - 7:00 pm
Dinner will be provided

September 26, 2024

Shulus Hall

Contact Monica Charters - Economic Development

(250) 378-5157 or email monica.charters@lnib.net

Highland Valley
Copper

Teck

Nscuw Fair

Job Fair



 **LOWER NICOLA**
 **INDIAN BAND**

October 1, 2024 / 10:00 AM - 3:00 PM

Civic Centre - 1950 Mamette Avenue

(250) 378-5157
Monica Charters
Economic Development
monica.charters@lnib.net

**DON'T
MISS**

Economic Development Open House



*Tuesday October 1, 2024
Civic Centre
4:00 pm
Dinner will be served*

*Any questions contact Monica Charters
(250) 378-5157*





Call for Catering Bids

Catering bids are now being accepted by Lower Nicola Indian Band for the **Economic Development Job Fair and Open House, October 1st, 2024, at the Merritt Civic Centre.**

1. Seeking bids for Lunch (200 people) 12pm.

- Cost estimates including plates, utensils, napkins, cups, condiments (salt/pepper, butter etc.)
- Beverages (coffee, tea, juice, and water) – Available starting at 10:00am and replenished throughout the day.
- Meals to be served at 12:00 P.M.
 - Sandwiches (Individual Container)
 - Vegetables and dip (Containers)
 - Fruit salad (Containers)
 - Bag of chips - assorted

2. Seeking bids for Dinner (200 people) 5pm.

- Cost estimates including plates, utensils, napkins, cups, condiments (salt/pepper, butter etc.)
- Beverages (coffee, tea, juice, and water).
- Meals to be served at 5:00 P.M.
 - Beef Dip
 - Salads – 3 options
 - Desert
- Caterer to ensure that acceptable number of crew has Food Safe Certificates (Copies must be submitted a minimum of 7 days prior to event);
- Caterer to ensure they obtain an Interior Health permit or temporary permit (Copy must be submitted a minimum of 7 days prior to event);
- Ability to serve a meal within amount of time;
- **Responsible to Clean-up tables, garbage, kitchen and maintain EQUIPMENT-Responsible for full organization for entirety of meal preparation (shopping, serving, recruiting helpers, clean up, bring own cooking supplies: pots etc.);**
- Lowest bid may/may not be considered;

Deadline for bids **September 18th, 2024, by 12:00 P.M (noon)**

Submit your bids to: Monica Charters at Lands and Economic Development office - 85 Hwy 8 Merritt BC V1K 0A7 in person or by email monica.charters@lnib.net.

PROUD TO BE

LNIB



LNIB FIRE DEPARTMENT

LNIB Members, our summer season may be drawing to a close but we must remain vigilant. Although the temperatures are beginning to cool, we have to remember that a fire can still start very easily, burn vigorously and challenge suppression efforts.

We are thrilled to have added a new wildland initial attack truck to our fleet; extending our abilities to protect our lands and our community.



FIRST NATIONS' Emergency Services



On August 20 & 21, we were able to provide more training to our staff and community through collaboration with First Nations' Emergency Services (FNESS). 6 firefighters, 4 band members and 2 school teachers were able to participate in the 2-day, Community First Aid course. We are happy to be able to provide these opportunities to not only our staff, but to our band members and community members as well. Upon completion of the course, FNESS generously donated an AED and a level 2 medical kit and blanket to the community!

We look forward to being able to provide more opportunities in the future.



12th

September
2024

LNIB Women's Group

Winter Wellness with Herbal Medicine

5:30 - 7:30 pm

*Rocky Pines
Community
Centre*

*Any questions
contact Irene Howe
(250) 378-5157*



HERBAL
MEDICINE

Any questions you can call
 Christie Hill (250) 315-3661
 Marilynne Munro (250) 315-3132
2024

COMMUNITY WELLNESS

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 All LNIB Offices Closed	3 Parents & Babes Bailey House 12:00 - 2:00 pm	4 Soup Kitchen	5	6 Office Day	7
8	9	10	11 Soup Kitchen	12 Parents & Babes Paint Day 12:00 - 2:00 pm	13 Movie Night Shulus Arbour 8:00 pm	14
15	16 Community Potluck 5:30-7:30 pm Rocky Pines	17 Parents & Babes Harvesting 12:00 - 2:00 pm	18 Soup Kitchen	19	20	21
22	23	24 Family Bingo 6:00 - 8:00 pm	25 Soup Kitchen	26	27 LNIB Annual Orange Shirt Walk, Shulus Hall 10:00 am	28
29	30 All LNIB Offices Closed					



Friday, Sepetmeber 13, 2024

START AT 8:00 PM | FREE ENTRY

Shulus Arbour

**Any questions contact Christie Hill
(250) 378-5157**



PROUD TO BE
LNIB
Lower Nicola Indian Band

JOIN US FOR A **Community**
Potluck Dinner

September 16, 2024
5:30 pm - 7:30 pm
Rocky Pines Community Centre

Any questions contact Christie Hill
(250) 378-5157

See you there!

September LNIB Recreation Calendar 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Swimming 2:30pm-4:45pm	3 Skate Park 2:30pm-4:45pm	4 River Visit 2:30pm-4:45pm	5 Youth Center 2:30p-4:45pm	6	7
8	9 Swimming 2:30pm-4:45pm	10 Bowling 2:30pm-4:45pm	11 Hiking 2:30pm-4:45pm	12 Youth Center 2:30p-4:45pm	13	14
15	16 Swimming 2:30pm-4:45pm	17 Skate Park 2:30pm-4:45pm	18 River Visit 2:30pm-4:45pm	19 Youth Center 2:30p-4:45pm	20	21
22	23 Swimming 2:30pm-4:45pm	24 Bowling 2:30pm-4:45pm	25 Hiking 2:30pm-4:45pm	26 Youth Center 2:30p-4:45pm	27	28
29	30 Swimming 2:30pm-4:45pm					

Note: Recreation After School Program Application Forms Are Available At LNIB Main Office, LNIB Health Center, Nicola Canford School, And LNIB School.
 For More Information Contact Jacint At: jacint.majlath@lnib.net Or: 2502804487
 Program Can Change Due to Weather Condition.

September

Joe Shuter (250) 315 7487
Email: joe.shuter@lnib.net

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 All LNIB Offices CLOSED	3	4 Tumpline weaving Skuppa 10:00 am	5 Men's Group Nle7képmxcin 5:00	6 Logan IR site visit	7
8	9	10 Trauma Workshop all day	11	12 Men's Group Nle7képmxcin 5:00	13	14
15	16	17 Pictograph Three Sister's Site	18	19 Men's Group Nle7képmxcin 5:00	20	21 Men's Group White Water Rafting
22	23	24 Pictograph Nicola River Site	25	26 Men's Group	27 Nle7képmxcin Language Conference Civic Center	28 Nle7képmxcin Language Conference Civic Center
29 Nle7képmxcin Language Conference Civic Center	30 All LNIB Offices CLOSED					

Merritt Cadets Open House

Our first activity back, is an open house at the Cadet Hall for parents/youth to join our program.

**Monday, September 9th at 6:00 pm.
Cadet Hall**

There will be an information table for new recruits and displays. There will be light refreshments and snacks.

The cadet program is completely free for youth 12 to 18 years.

Elders Events September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Stat Holiday Office Closure Labor Day	3	4 RP Centre DIY Bath Bombs 2pm - 4pm	5	6 RP Centre Afternoon of Board Games 12pm - 2pm	7
8	9 RP Centre Crocheting with Mary Shuter 10am - 12pm	10 RP Centre Suncatcher Making 2pm - 4pm	11	12 River Walk & Lunch 11am - 1pm (Call to Sign Up)	13	14
15	16 All Staff Training	17	18 RP Centre DIY Craft Day 10am - 12pm	19 Soup Kitchen Elders Luncheon 12pm - 2pm	20 RP Centre Indian Bingo 10am - 12pm	21
22	23 RP Centre Beading Poppies 2pm - 4pm	24 Eyesight Testing - Sun Country Optical (Call to register)	25	26 Dinner & Movie in Kamloops (Call to Sign Up)	27	28
29	30 Stat Holiday Office Closure National Truth and Reconciliation Day					

If you have any questions or require a ride to any of these events, please call or text Courtney Hogue-Charters at [236-575-2083](tel:236-575-2083) or come see me at the Health Centre.
(RSVPs to the craft making events and out of town trips help me plan better)

Culture Programs with Carole Basil

September Activities

(250) 315-9158



Drop in Crafts: 3:00 - 7:00 pm
Monday, September 9th
Monday, September 16th
Monday, September 23rd



LNIB Women's Group
Thursday, September 12th
Wednesday, September 18th
Thursday, September 19th



Canoeing with the LNIB School
Friday, September 13th
Tuesday, September 17th
Tuesday, September 24th



LNIB Annual Orange Shirt Walk - September 27th see poster in newsletter



LOWER NICOLA
INDIAN BAND

NATIONAL DAY FOR
TRUTH AND
RECONCILIATION

EVERY
CHILD
MATTERS

You're Invited

LNIB Annual Orange Shirt Walk

Join Us!



September 27th



10:00 AM



Shulus Hall.

Any questions you can call Carole Basil at (250) 315-9158





What is SMART Recovery?

SMART Recovery is the leading, evidence-informed approach to overcoming addictive behaviors and leading a balanced life.

LOWER NICOLA INDIAN BAND

Upcoming Sessions:
September 10th & 24th
October 8th & 22nd
November 5th & 19th

LNIB Community Services Boardroom 6:30 - 8:00 pm

Any questions contact Tony Broman or Irene Howe (250) 378-5157

1

Build and maintain motivation

Change requires motivation. We'll help you to find your motivation for change, and how to maintain that along your recovery journey.

2

Cope with urges and cravings

Urges and cravings are a normal part of recovery. We'll help you find ways to manage them and support you even if you relapse.

3

Manage thoughts, feelings and behavior

We can help you to recognize and challenge the thoughts and beliefs that get in the way of change, by developing more balanced ways of viewing yourself and the world.

4

Live a balanced life

Once you are managing or have stopped a behavior, you might feel a sense of emptiness. We'll support you to set achievable goals so you can enjoy a meaningful and enjoyable life.



LOWER NICOLA INDIAN BAND Starting August 2024

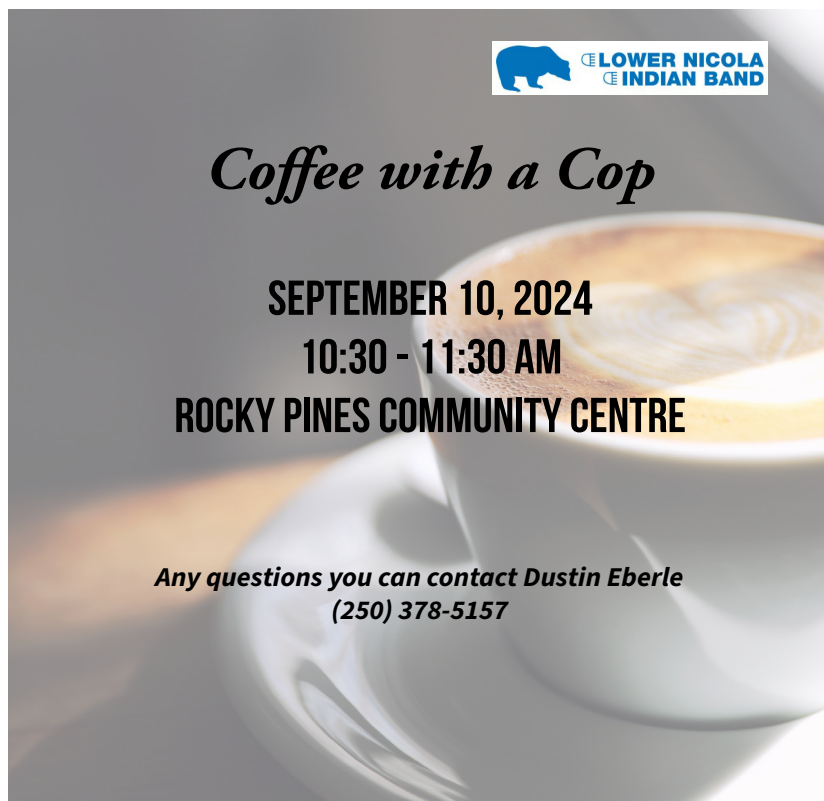
LNIB COMMUNITY SERVICES

FOOT CARE

Priority given to Elders 60+ & those with Chronic Health Issues

Foot Care will be Wednesday's & possibility of an extra day. If you are unable to make your appointment please call and reschedule as soon as possible as there is a waiting list

To book your appointment contact Sonia Antoine (250) 378-5157 or (236) 575-2224



LOWER NICOLA INDIAN BAND

Coffee with a Cop

SEPTEMBER 10, 2024
10:30 - 11:30 AM
ROCKY PINES COMMUNITY CENTRE

Any questions you can contact Dustin Eberle (250) 378-5157



Call for Catering Bids

Catering bids are now being accepted by the Lower Nicola Indian Band for the **LNIB Community Services – Annual Orange Shirt Walk, September 27th, 2024**

- Lunch **for approximately for 300** – Served at 12:00 pm
- Cost estimates for guaranteed people including plates, utensils, napkins, cups, condiments.
- Caterer to ensure that acceptable number of crew has Food Safe Certificates.
- Ability to serve meal on time.
- 50% of bid could be advanced to successful bid to assist with preparation.
- Responsible to clean-up tables, garbage, responsible for full organization for entirety of meal preparation (shopping, serving, recruiting helpers)
- Lowest bid may/may not be considered.

Deadline for bid is **September 13th, 2024**, by noon and the successful candidate will be notified.

Submit your bids to: Bridget LaBelle at LNIB Community Services, 230 Hwy 8 in person or email bridget.labelle@lnib.net or call (250) 378-5157 for more information.

***Shulus Garden Produce September Harvest
Located at 2124 Neale Road, Shulus***

Lower Nicola
Indian Band

**DEVELOPMENT
CORPORATION**



Vegetables:

- Beans: Kidney beans, green beans
- Beets & Greens
- Carrots (October)
- Cabbage: Green, Purple
- Celery (End of Sept)
- Cucumbers: Long English, Pickling
- Dill weed
- Garlic
- Horseradish root (will dig up upon request)
- Kale
- Leeks
- Onions: Yellow, White, Red,
- Potato (in October)
- Squash: Zucchini, Butternut, Buttercup, Spaghetti, Pumpkin
- Swiss chard
- Tomatoes

Fresh Herbs: Basil, Dill, Chives, Rosemary, Sage, Tarragon, Oregano, Summer Savory, Parsley,

Dry Herbs & Vegetables: Basil, Chive, Sage, Onion powder, Garlic flakes and slices, Tomato,

Medicinal Plants: Golden Rod, Comfrey, Rosehip, Milk weed, Mothers wort, Echinacea, Hawthorn

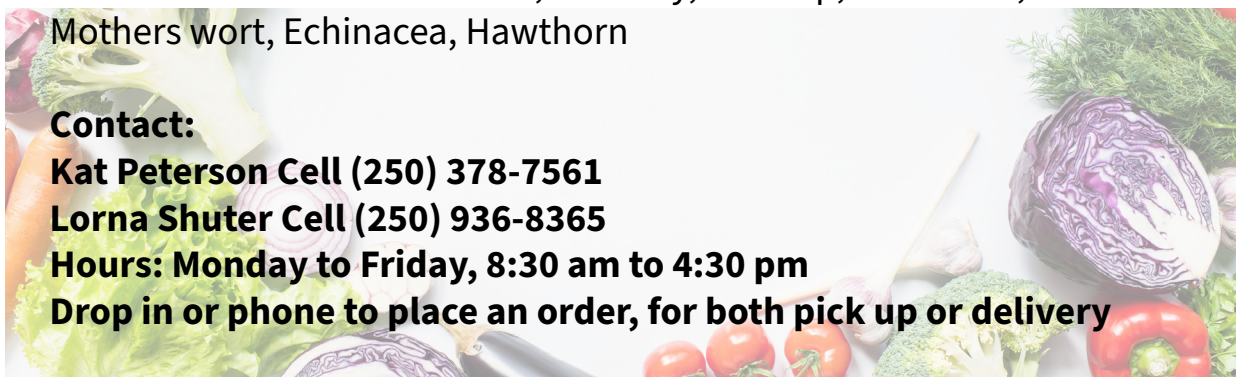
Contact:

Kat Peterson Cell (250) 378-7561

Lorna Shuter Cell (250) 936-8365

Hours: Monday to Friday, 8:30 am to 4:30 pm

Drop in or phone to place an order, for both pick up or delivery



Lower Nicola
Indian Band
**DEVELOPMENT
CORPORATION**



LNIBDC Fuel Management

LNIBDC has taken on more fuel management projects to mitigate the fire risks in the surrounding areas of Merritt. Currently they are working in Logan Lake. Thanks to the crews we can all feel a little more confident that the fire risk to our community is lower now.



From left to right is Ernie Mclvor, Gene Michel and Tre LeMouel who are buckermen for the fuel management projects.

LNIB Bear's Den – Round II

LNIB Bear's Den is back for Round II! Check out this article that provides a recap from last year, information about this year's edition and some answers to key questions regarding how to enter, what happens after the event and what kind of support is provided.

Recap from last year

The inaugural LNIB Bear's Den Business Pitch Competition took place on December 6, 2023, at Shulus Hall. Hosted by LNIB Economic Development, the event featured three business pitches and attracted around 40 attendees who enjoyed a delicious dinner. The evening began with a presentation on business planning by Adam Ova, followed by pitches from Adelphi Grappling, Equine Therapeutic Development Programming, and Six Mile Wood Creations.

Adelphi Grappling, a Jiu-Jitsu gym in Merritt, BC, was pitched by Barb Huston on behalf of her daughter Ashleigh and son-in-law Scott. Despite being a new venture, Adelphi has already gained 25 members and earned medals at a Burnaby competition.

Equine Therapeutic Development Programming, led by Phil Dumont, offers low-cost equine therapy to help people heal from trauma. His passionate pitch won the competition's \$2,000 prize, which he will use to expand his services.

Six Mile Wood Creations, an artisanal woodworking business owned by Lisa Moses and her partner Craig, showcased high-quality, indigenous-made products and their future growth plans.

All these businesses are still running today and were happy to receive not only financial support but the ability to share their passions with the world.

Generous donations from the LNIB Development Corporation, Highland Valley Copper, ANTCO and others contributed to the event's success.



(Last year's winner Phil Dumont and Shulus Equine Program Participants)

Round II

This year we are planning on taking the event to the next level. We are hoping for more entries, bigger prizes and to record the pitches on video!

Economic Development wants to host this week in the first week of November, the date confirmed closer to the event.

This year's event will feature a grand prize, the people's choice award and financial contributions to each entrant. In addition to the financial support, entrants will work with the Economic Development Project Manager to develop a business plan and cash flow forecast that can be used to apply for grants and financing.

Last year over \$5,000 in prizes were given away and awarded to the three businesses that entered, we intend to have a bigger prize pool this year.

What do I need to enter?

- All you really need is an idea and a presentation. You can come and pitch your idea at any stage, even if you are in business.
- Leading up to the event, the Economic Development Project Manager can help you develop your presentation.
- You must be an LNIB member "695".
- You must attend the event in person and present your business idea.

What happens after the event?

- You can use the effort and energy you brought to the event and turn it into a tangible business plan.
- You can use the funds from the event to apply for the NRT Equity Matching Grant. This grant matches your equity contribution up to \$5,000. This means that if you invest \$5,000 into your business, you can get a matching grant to receive an additional \$5,000 to bring your start-up funding to \$10,000.
- You can use the winter to prepare your business plan for a spring launch!

What kind of support does the Economic Development Project Manager provide?

- Creation of your business plan and cash flow forecast.
- Help with registering your business with the relevant authorities.
- Getting your business set up online.
- Connections to services to help your business once it's up and running from marketing, graphic design, accounting and more.
- Ongoing support through any issues that may come your way.

Next steps:

To get more information, get your pitch package and enter the event, please contact Adam Ova by email or by phone at:

E: adam.ova@lnib.net

P: 236-575-2230 ext. 173



Regional Health Survey Phase 4: Quick Facts



- WHAT:** The Regional Health Survey (RHS) is a Canada-wide survey for First Nations people living in community
- The survey is coordinated nationally by the First Nations Information Governance Centre (FNIGC), while the First Nations Health Authority (FNHA) coordinates the survey in British Columbia.
 - This survey is done by First Nations for First Nations people
- WHEN:** Data collection for the RHS will be conducted from 2023 to 2024
- WHERE:** Every First Nations community is invited to participate in the survey
- Data collection will only begin if your community leaders have agreed to participate
- WHY:** The survey is important to gather data that will help in policy development and decision-making
- Your voice is important, and will help us gather key information on the lives and experiences of First Nations people living in community related to health and wellness

HOW IT WORKS

The survey can be done online, over the phone or in person (if your community requests it). Data collection methods are community driven; leadership will suggest the best method(s) for their community. Each community will have a Community Navigator who will assist in the data collection process.

1. Your community leadership provides consent and agrees to participate in the RHS.
2. Your name is chosen at random from your community's membership list.
3. A knowledge gatherer will reach out to you and inform you of your options to complete the survey over the phone or in-person, or you will receive a link to complete the survey online.
4. Participating in the survey is YOUR choice. You may refuse to participate or withdraw from this study at any time.
5. Your answers will be uploaded to a secure FNHA or FNIGC server.
6. Information from the survey will only be available as "grouped results", with no personal information that can identify you.
7. The First Nations Principles of Ownership, Control, Access and Possession (OCAP®) guide the work of this survey and the commitment to returning meaningful data to participating communities.

Contact the RHS team at: RHS4@fnha.ca or call our toll-free line at: 1-833-633-3642
For more information, visit our web page [HERE](#).



REGIONAL HEALTH SURVEY (RHS) 4

Lower Nicola Indian Band

All Community Members Welcome!

September 10-11: Rocky Pine Community Centre - 2790 Cougar Crescent, 9am-7pm

September 12 - Administration Building - 181 Nawishaskin Lane, 9am-3pm

Come join us for snacks and drinks while you complete the survey!

Other ways to take the RHS4:



ONLINE



OVER THE PHONE

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important and we want to hear it!

All participants who complete the survey will receive a \$25 gift card AND:

Child/Adults:

- *Entry into a monthly draw for a \$100 Visa gift card*

Youth:

- *Entry into a draw for a Nintendo Switch (1st place) or Nintendo Switch Lite (2nd and 3rd) both with a sports or dance games package! (draw date to align with BC data collection completion)*

If you are interested in participating, email us at RHS4@fnha.ca, call our toll-free line at 1-833-633-3642 to schedule, or drop in at the locations above!



REGIONAL HEALTH SURVEY (RHS4)

Complete the survey to be entered in a draw for \$100 Visa Gift Card

Receive a \$25 gift card for participating

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living in their home community. It asks about community/personal wellness, health conditions/behaviours, wellness, housing, food security, water quality, culture and language, etc.

You will be contacted if you are selected to participate

Ways to take the RHS4



ONLINE



OVER THE PHONE



IN-PERSON

For more information, email RHS4@fnha.ca or call our toll-free line at 1-833-633-3642



REGIONAL HEALTH SURVEY (RHS4)

Youth

Share your experience with us
and
You could win a Nintendo switch

What is the RHS4?

Scan the QR code below with your phone to watch RHS 4 video on YouTube



Your voice matters!

You can fill out the survey on your own on your phone

All Youth participants who complete the survey in May will receive

- \$25 gift card
- Automatic entry into a grand prize draw, with a top prize of a Nintendo Switch and second or third prize of a Nintendo Switch Lite

You will be contacted if you are selected to participate

*Grand Prize Winners will be announced at the end of data collection in the province

For more information, email RHS4@fnha.ca or call our toll-free line at 1-833-633-3642



Reiki Healing Sessions with Leah Mobbs



Sessions Available:

- *Tuesday, September 17, 2024*
- *Tuesday, September 24, 2024*

9:00 am - 3:00 pm

Lunch Break at 12:00 - 1:00 pm

Please come heal with us

**Call the LNIB Health Centre
Receptionist to book your
appointment at (250) 378-5157**



Thank you LNIB Education for giving our kids this opportunity today to attend the Horse Day Camp at the Inspire Trail Riding Ranch.









WATER RESTRICTIONS ARE NOW IN EFFECT MAY 1 – SEPTEMBER 30, 2024

Even numbered addresses are permitted to water on **Mondays, Wednesdays, and Fridays**

Odd numbered addresses are permitted to water on **Tuesdays, Thursdays, and Saturdays**

NO watering on Sundays

6:00 - 8:00 am & 7:00 - 10:00 pm

Hand watering is permitted at any time

There is a huge concern over the amount of water that is used to irrigate, fill pools and kids play on those hot days. It puts an enormous amount of pressure on the Shulus Springs Domestic Water System. The system will not keep up and IF one of the pumps does go, there will be no water.

If you have any questions, please call Public Works at (250) 378-5157



**LOWER NICOLA
INDIAN BAND**

All LNIB Offices will be CLOSED

***Monday, September 2, 2024
for Labor Day***



**Offices will reopen to regular hours
Tuesday, September 3, 2024
8:30 am - 4:30 pm**

**If you have an emergency, please call
911 for Medical, Fire or RCMP
Administration: (250) 315-9153
Health & Social: (250) 378-1573
Public Works (On Call): (250) 315-8184
Housing: (236) 575-2072**