

Lower Nicola Indian Band

October 2024

N?e?iyk Spíłəm





LOWER NICOLA INDIAN BAND

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hennie? Band members and community members.

I hope all of you are enjoying the beginning of our fall season. It feels as though this month has blown by like the winds this month has given us. It was not very long ago when many of our families were preparing themselves for the beginning of a new school year. I hope all of our children are settled into a new school year and have transitioned from a nice summer break to a “get down to business” attitude with their learning. With the fall season comes a change in temperature. Cool winds and some rain definitely dropped the temperature significantly. Gardeners are harvesting their last bits of produce such as potatoes and other organic produce. Our ranchers are trying to get one more yield of hay for their livestock and for sales and our avid hunters are beginning their treks out on our tmix to harvest wild game to fill up their freezers. One observation I made a few weeks ago that saddens me is that I have not seen any salmon beds in the Nicola River. There are few spots along the Nicola River where I have typically seen salmon beds in the past and I have yet to see any this year. Not seeing these salmon beds is a huge reality check for myself that our world and our environment is changing drastically. Another thing I have noticed more so this year than previous years is the water level of the Coldwater River. I have made a few trips down to the coast over the summer and I have never seen the water levels so low!! It is very unfortunate that these realities are right at our front door and I hope that we can restore our water flows with all of our watersheds and one day soon our salmon will come back and replenish our rivers.



Chief and Council have been meeting regularly since our summer recess and we have been keeping busy with certain files and potential projects for LNIB. Chief and Council are looking into Wind Power opportunities and our technical team are advancing discussions with a potential proponent to see if this is viable. This is a very interesting file and could prove to be very beneficial for our community if everything falls into place. Chief and Council will continue to look into this and inform the community of any progress when deemed appropriate. Chief and Council have been putting a lot of time into discussions with Highland Valley Copper these past few months as well. Our Negotiations Committee are penciling a possible IBA (Impact Benefits Agreement) with Highland Valley Copper Mine / Teck Resources. The committee comprises of myself, Councillor, Connie Joe. Councillor, Arthur Dick our Executive Director, Kari Reilander and our Economic Development Director, Leesa Mike. Our legal representative is Joe Sebestyn of Denton Law. These negotiations with Highland Valley Copper are for a Mine Life Extension. The mine is currently expected to decommission at around 2027, however, further exploration on the mine site has made a possible extension of mine operations to the year 2045. I am hoping to invite Highland Valley Copper / Teck Resources to a community meeting in the near future to discuss the working relationship between themselves and LNIB.

There is a lot going on at LNIB and Chief and Council is very proud to continue to work hard for our community. There is so much more work that needs to get done and it gets challenging at times because Council wants to get all our projects and files completed, but time isn't always on our side. We still want to address Tunkwa Lake Resort and put some focus on how we can enhance and advance more economic opportunity up there. Although some of the work Chief and Council hopes to complete can be a bit overwhelming, I can't help but be excited at the same time. We have one more year left in our term and we want to continue to serve all of you the best way we can. Please enjoy the rest of September. Let us all honor and respect September 30th. This will not be an easy day for many of us. Let's be sure to support those that need it. Wear the color orange if you are able. We can never forget our Residential School Survivors. We must commemorate and honor all our survivors. We must recognize all our intergenerational children as well, we have all been impacted in one way or another. I encourage all of you to help educate those people that do not understand the Indian Residential School Legacy. I encourage you to share your knowledge and wisdom, if you so choose, to help educate our non-indigenous brothers and sisters who wish to learn about our history. Please be kind September 30th. As I always say, please take care of your friends and your families, but most importantly, please take care of yourself. Much love and respect.

kʷukʷscémxʷ
kʷúkwpi? Stu Jackson



Dear LNIB Members,

I am pleased to present our monthly report for September 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 welcomes the new members to the team Nicholas Peterson, Cumulative Affects Coordinator.

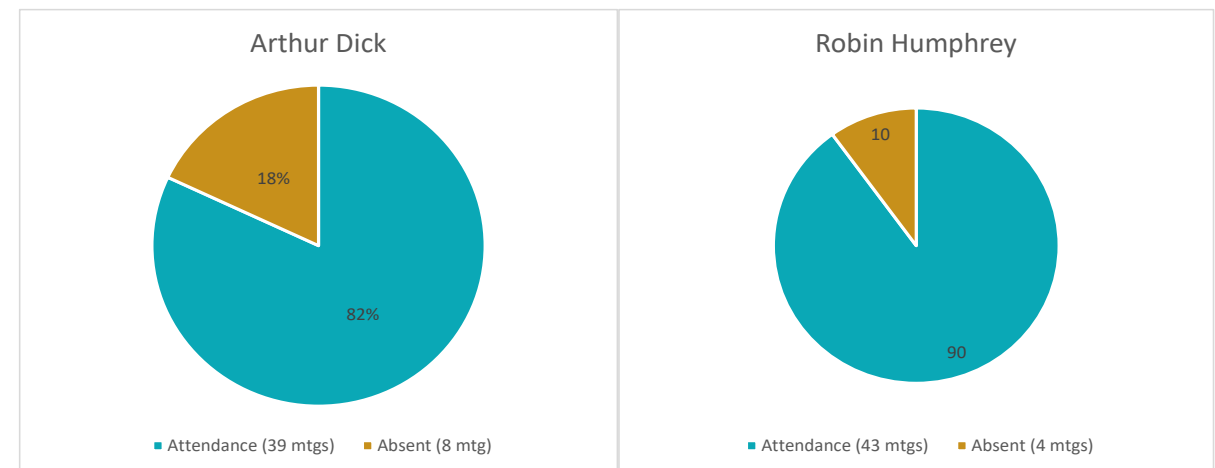
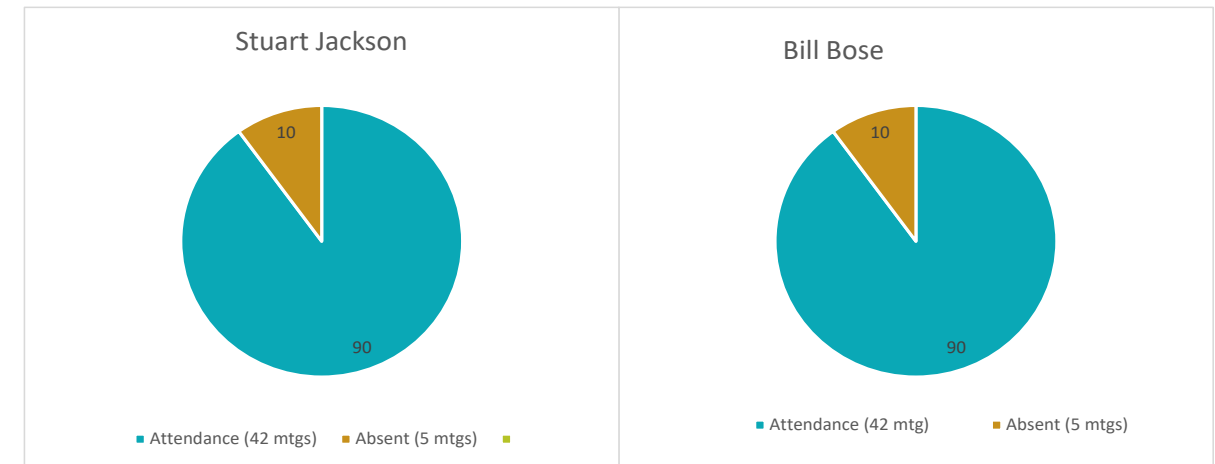
Current job postings with Lower Nicola Indian Band are Council Clerk, Land Guardian (NEMP), Policy Analyst, Bus Driver, School Counsellor, Teacher (K-7 School) Carpenter and Youth Program Coordinator. For job postings visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

Committees and Liaisons: Chief and Council: The Lands Management Advisory Committee met September 12, 2024. The Finance and Audit Committee met September 19, 2024. Housing Policy Review Committee met September 10 and 24th, 2024.

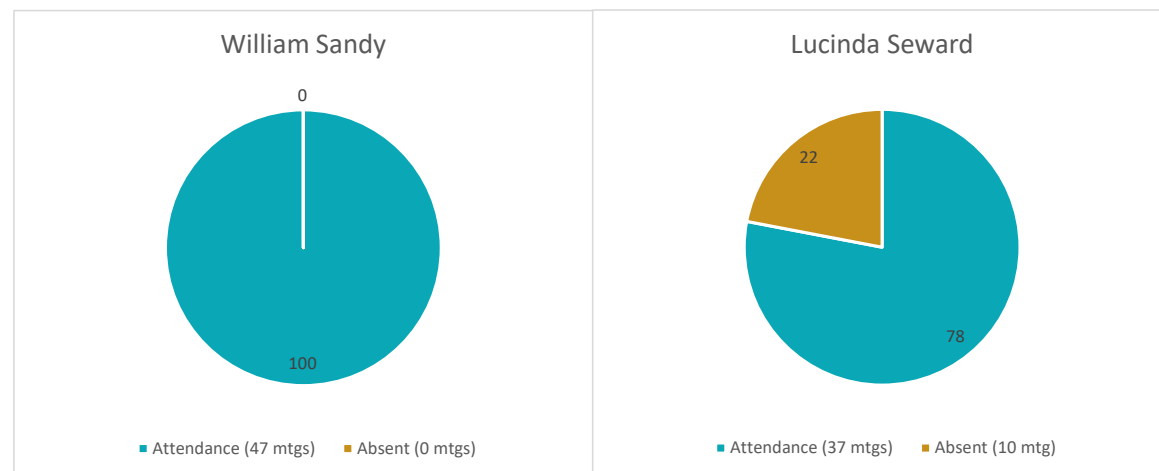
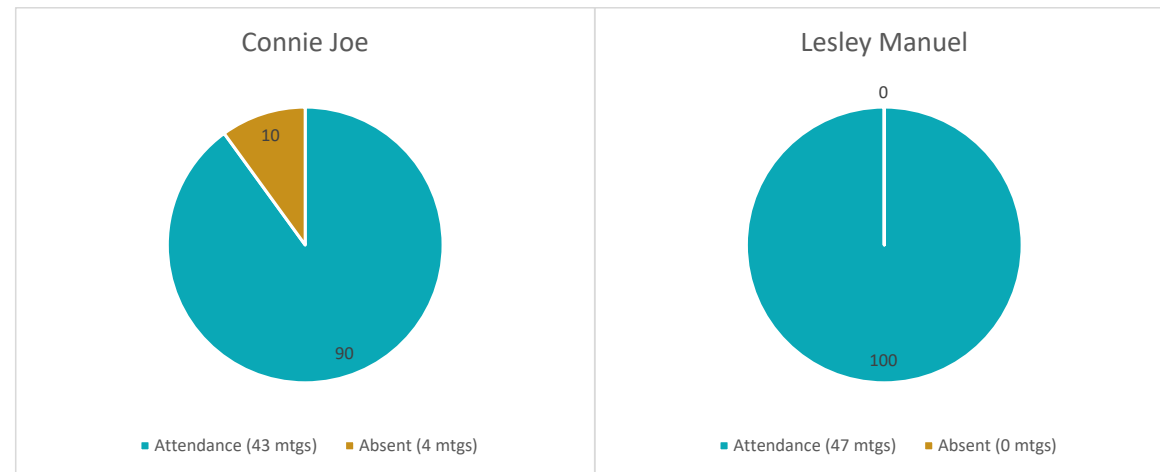
Community Meetings and Workshops: The next Band General meeting is scheduled for October 28, 2024. Support to Chief and Council: Chief and Council met September 3rd and 17th. Chief and Council also had an orientation session September 24, 2024 and went on a tour at Tunkwa Lake Resort. Should you require anything on the Chief and Council agenda scheduled for October 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 #09-03-2024-01 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the September 3, 2024 Chief and Council Special meeting agenda.

Motion Carried

Resolution #09-03-2024-02 Reads:

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

Motion Carried

Resolution #09-03-2024-03 Reads:

NOW THEREFORE BE IT RESOLVED that:

1. the Chief and Council approves the allotment of Lot 281 Nicola Mameet Indian Reserve No. 1 with Plan No. 2713 RSBC BC and civic address of 2812 Cougar Crescent, Lower Nicola, BC to Anastasia Christine Basil-Dan;
2. authorizes Executive Director to sign all necessary transfer documentation; and
3. authorizes kwúkʷipi? Stuart Jackson, Councilor William Bose, and Lands Manager Delta Long to sign the Certificate of Possession document for Lot 281, Nicola Mameet No.1 in the name of Anastasia Christine Basil-Dan after the allotment is registered in the First Nation Land Registry

Motion Carried

Resolution #09-03-2024-04 Reads:

The Chief and Council of the Lower Nicola Indian Band move to approve the Structural Fire Protection Agreement between Lower Nicola Indian Band and the City of Merritt for the provision of exterior structural fire protection services for the communities of Zoht, Joeyaska, and Lindley Creek for a period of five years, ending December 31, 2027 in the amount of fifty seven thousand, four hundred and ninety eight dollars and thirty four cents (\$57,498.34).

Motion Carried

Resolution #09-03-2024-05 Reads:

The Lower Nicola Indian Band Chief and Council hereby approves to award the LNIB Lands and Economic Development Office Parking Project, to Urban Systems, and further authorizes the Chief, Executive Director, and the Director of Finance, to sign all necessary documents including, but not limited to, approving all invoices and progress payments up to the contract limit of eighty nine thousand, five hundred and twenty dollars and zero cents (\$89,520.00).

Motion Carried

Resolution #09-03-2024-06 Reads:

The Lower Nicola Indian Band Chief and Council move to move to go IN Camera at 6:56 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 #09-03-2024-07 Reads:

The Lower Nicola Indian Band Chief and Council move to reconvene the September 3, 2024 meeting at

10:04 pm.

Motion Carried

Resolution #09-03-2024-08 Reads:

The Lower Nicola Indian Band Chief and Council

WHEREAS the Lower Nicola Indian Band operates under the authority of Chief and Council.

WHEREAS Capstone Power Corp. ("Capstone") is currently developing a proposal in response to an RFP issued by BC Hydro for the purchase of renewable energy, and if successful, Capstone intends to construct and operate the Mount Mabel Wind Project ("Mount Mabel Project") located in LNIB traditional territory, to provide renewable energy to BC Hydro.

WHEREAS Capstone has offered to provide LNIB with an equity ownership in the Mount Mabel Project, along with certain other benefits, all of which are outlined in the attached "Co-Ownership in the Mount Mabel Wind Project Binding Term Sheet" ("Term Sheet").

WHEREAS if Capstone is successful in the BC Hydro RFP, Capstone and LNIB will be required to negotiate various additional commercial agreements prior to proceeding with the Mount Mabel Project. These agreements will be based on the provisions in the Term Sheet, but will also include additional terms, which will require additional review and analysis by LNIB.

WHEREAS Chief and Council have reviewed the Term Sheet and information regarding the Mount Mabel Project, and have received the advice of LNIB staff and advisors regarding the Term Sheet and the Mount Mabel Project.

WHEREAS Chief and Council have determined that the Term Sheet provides LNIB and its members with significant ongoing revenue, employment and contracting benefits, all on favourable financial and legal terms.

THEREFORE BE IT RESOLVED THAT:

1. Lower Nicola Indian Band Chief and Council approves of the Term Sheet and supports LNIB's participation in the Mount Mabel Project on the terms set out in the Term Sheet.
2. Lower Nicola Indian Band Chief and Council approve the execution of the Term Sheet.
3. Any member of Council is hereby authorized and approved to do all such further acts, engage in all such communication, and prepare, deliver and execute all other documents as may be required in order to give effect to this Band Council Resolution

Motion Carried

Resolution #09-03-2024-08 Reads:

The Lower Nicola Indian Band Chief and Council move to adjourn the September 3, 2024 meeting at 10:10 pm.

Motion Carried

Action Item #1: Executive Director will work with Housing to go over the houses and come up with a list of common issues with CP allotments on CMHC lots.

Resolutions from Chief and Council September 17, 2024 meeting

Resolution #09-17-2024-01 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the September 17, 2024 Chief and Council Special meeting agenda.

Motion Carried

Resolution #09-17-2024-02 Reads:

The Lower Nicola Indian Band Chief and Council move to adopt the September 3, 2024 Chief and Council meeting minutes with noted changes.

Motion Carried

Resolution #09-17-2024-03 Reads:

NOW THEREFORE BE IT RESOLVED that the Chief and Council approve the Plan of Survey of Lots 362 to 368 (Road) and Access Right-of-Way Over Lots 363,365,366 and 367 Nicola Mameet Indian Reserve No. 1 that was executed on November 22nd, 23rd, and 28th, 2016 by Ivan J. Royan, CLS, BCLS and December 5th, 2023 by Christopher John de Haan, CLS, BCLS and digitally signed on July 5, 2024.

Motion Carried

Resolution #09-17-2024-04 Reads:

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

1. Affirm LNIB's wish to proceed to obtain a license in accordance with the letter dated March 26, 2019, from the Ministry of Forests, Lands, Natural Resource Operations and Rural Development (the "Letter");
2. Authorizes the Executive Director to sign the Response to Notice of Final Review, and execute all actions listed under #2 Requirements in the Notice of Final Review;
3. Authorizes the Executive Director to sign two original copies of the License of Occupation (the "Agreement"), File No. 3412985, Disposition No. 924205, dated April 1 2019, and is made under the Land Act, between His Majesty The King In Right Of The Province Of British Columbia and Lower Nicola Indian Band;
4. Authorizes the submission of the Certificate of Insurance to be completed by our Agent or Broker;
5. Authorizes the Executive Director to sign the Management Plan, File No. 3412985, Disposition No. 924205;
6. Authorizes the Executive Director to sign the Acknowledgement of No Interest Paid on Cash Deposits; and
7. 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.

Motion Carried

Resolution #09-17-2024-05 Reads:

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

1. Expresses interest in signing a Wildfire Salvage Opportunity Agreement;
2. Authorizes the Executive Director to seek a legal review of the attached draft Wildfire Salvage Opportunity Agreement;
3. Appoints the Lower Nicola Development Corporation as LNIB's representative under Section 47.3 (0.1) of the Forest Act for the purposes of this motion;
4. Directs LNIB's representative to, upon execution of the agreement, apply for tenure under the executed agreement; and
5. 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 Wildfire Salvage Opportunity Agreement.

Motion Carried

Resolution #09-17-2024-06 Reads:

The Lower Nicola Indian Band Chief and Council do hereby acknowledge and agree to enter into the agreement proposed by Indigenous Service Canada regarding the protection of the Indian Registry information held within the band.

Motion Carried

Resolution #09-17-2024-07 Reads:

The Chief and Council move to approval kʷúkʷipi? Stuart Jackson’s travel to Edmonton, Alberta to attend the First Nations Management Board: Leading the Way conference from November 25-29, 2024 as Lower Nicola Indian Band Political Representative in an amount not to exceed \$5,000.00.

Motion Carried

Resolution #09-17-2024-08 Reads:

The Chief and Council move to approval Councilor Connie Joe travel to Osoyoos, British Columbia to attend the First Nations Management Board: Roadmap conference from September 12-14, 2024 as Lower Nicola Indian Band Political Representative in an amount not to exceed \$5,000.00.

Motion Carried

Resolution #09-17-2024-09 Reads:

The Lower Nicola Indian Band Chief and Council move to move to go IN Camera at 7:08 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 #09-17-2024-10 Reads:

The Lower Nicola Indian Band Chief and Council move to reconvene the September 17, 2024 meeting at 10:59 pm.

Motion Carried

Resolution #09-17-2024-11 Reads:

NOW THEREFORE BE IT RESOLVED THAT the Chief and Council supports the decision made by the Lands Management Advisory Committee on August 15, 2024, and confirms that LNIB Members and non-member family members of LNIB Members are not exempt from the RV Prohibition Order passed on September 20, 2022.

Motion Not Carried

Resolution #09-17-2024-12 Reads:

NOW THEREFORE BE IT RESOLVED THAT the Chief and Council approve First Peoples Law LLP to negotiate the extent of the charges laid and the potential sentence for such charges as part of the prosecution process if James Purdie agrees to plead guilty in Provincial Court, and if First Peoples Law LLP is not successful in negotiating any kind of resolution, then the prosecution will proceed to a criminal trial and sentencing.

Motion Carried

Resolution #09-17-2024-12 Reads:

WHEREAS the Lower Nicola Indian Band operates under the authority of Chief and Council. WHEREAS Chief and Council have determined that entering into a relationship agreement with Ellis Don/PME, could provide LNIB and its members with significant ongoing revenue, employment and contracting benefits, all on favourable financial and legal terms.

THEREFORE BE IT RESOLVED THAT:

1. Lower Nicola Indian Band Chief and Council approves the development of a relationship agreement with Ellis Don/PME.
2. Lower Nicola Indian Band Chief and Council approve a budget of up to \$20,000 to support the legal and financial review of the agreement.
3. Any member of Council is hereby authorized and approved to do all such further acts, engage in all such communication, and prepare, deliver and execute all other documents as may be required in order to give effect to this Band Council Resolution.

Motion Carried

Resolution #09-17-2024-13 Reads:

The Lower Nicola Indian Band Chief and Council hereby Whereas the current remuneration for Chief and Council members does not adequately reflect the increased workload, complexity of issues handled and the cost of living; Therefore be it resolved that:

1. Chief, the annual remuneration for the Chief be increased from seventy-eight thousand and zero cents (\$78,000.00) to one hundred and forty-five thousand and zero cents (\$145,000.00) effective date April 1, 2024.

Motion Carried

Resolution #09-17-2024-14 Reads:

The Lower Nicola Indian Band Chief and Council hereby Whereas the current remuneration for Chief and Council members does not adequately reflect the increased workload, complexity of issues handled and the cost of living; Therefore be it resolved that:

1. Full time- Council, the annual remuneration for the full time Council be increased from sixty thousand and zero cents (\$60,000.00) to one hundred thirty thousand and zero cents (\$130,000.00) effective date April 1, 2024.

Motion Carried

Resolution #09-17-2024-15 Reads:

The Lower Nicola Indian Band Chief and Council hereby Whereas the current remuneration for Chief and Council members does not adequately reflect the increased workload, complexity of issues handles and the cost of living;

Therefore be it resolved that:

1. Council Remuneration, the monthly remuneration for each Council member be increased from one thousand eight hundred and zero cents (\$1,800.00) to two thousand five hundred and zero cents (2,500.00) effective date April 1, 2024.

Motion Carried

Resolution #09-17-2024-16 Reads:

The Lower Nicola Indian Band Chief and Council hereby approves to investigate the potential purchase of a care facility.

Motion Carried

Resolution #09-17-2024-17 Reads:

The Lower Nicola Indian Band Chief and Council move to adjourn the September 17, 2024 meeting at 11:41 pm.

Motion Carried



LNIB Staff at Trauma Informed Service Delivery training:



- Richard Jackson Jr keeping the mood positive
- Teachers at the school in a circle discussing training
- Staff were provided the training in groups of 15 - 20 people



LNIB EDUCATION SECTOR

LNIB School/K-12/PSE/Head-Start/Career-Development

Shane's Submission

The first month of the 2024-2025 school year for most of our learners is now behind us, and from information I have received from the Education Sector Team it sounds like it has been a successful month. There were a few situations where extra support and advocacy was needed to assist our members but this is why we are all here in the first place; to ensure every member has access to our services no matter where they live. Please continue to reach out to any of us when/if you need our support on any level of education programs/services.

A reminder that our Education Manager Sharon Parsons and her team has moved from their old location across from the Firehall to their new location beside the LNIB Administration Office. Please stop by to check out the new location and to visit with Sharon Parsons, Gail LaRoche, Lenessa Seward, and Angie Nikkel who will all be happy to share time with you. Our new location will allow us to facilitate more programs/training onsite, which also has extra space for one on one support such as tutoring, counselling, and other services that may be needed.

One last note I would like to share with membership this month, as you may or may not be aware our Administrator of LNIB School Language Immersion and Culture Program Angie Sterling has resigned her position with Lower Nicola Indian Band effective October 31st, 2024. Angie has been with LNIB School for 20 years and has made significant developments during this time for students, staff, and community members. We would like to express our gratitude for Angie's committed work during her time with LNIB and wish her all the best in her future endeavours.

As always I both welcome and encourage all LNIB Members to reach out and share information with me ideas, suggestions, and/or any other comments that are of interest to you. We are here to serve the needs of LNIB and it is your voice that will help us get there. Call/Text/Email Shane.Coutlee@lnib.net or 236-575-2135.

Sector Leadership

Director of Education
Shane Coutlee

LNIB School Principal
Leroy Slanzi

Education Manager
Sharon Parsons

Head-Start Manager
Tamika Bob



LNIB EDUCATION DEPARTMENT

SHARON PARSONS
EDUCATION PROGRAMS MANAGER



sharon.parsons@lnib.net



(250) 378 - 5157

OR

(236) 575 - 2105

183 NAWISHASKIN LANE
HWY 8



Hello everyone,

A month of the school year has gone by and K - 12 students are settling into their new grades and possibly new teachers. Many LNIB members who are first time post-secondary students have moved to a new town or city. The first year is always filled with challenges that provide an opportunity for the students to learn about a new way of life and about themselves. Contact this office if you would like assistance navigating a challenge.

Although the LNIB Education Department works year-round to ensure LNIB students are receiving the support they need for a quality education, the meetings we have with school district staff are paused for the summer break. These meetings will continue this school year, and LNIB Education Director, Shane Coutlee and I will attend to ensure our students are represented through the Local Education Agreement (LEA) Committee, and the Indigenous Education Council (EIC) table. If you would like more information on the roles and responsibilities of either of these groups, feel free to contact Shane Coutlee or Sharon Parsons.

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. October is upon us and fall is in the air!

On those warm sunny days, be sure to get 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. It is also time to service your furnace for the cold weather that is coming.

We are still organizing and hanging pictures on the walls of our new office space. It will eventually be very nice and inviting. Every room is so bright and open. Stop by anytime for a chat and have a look around.

All the PSE students should be well on their way through the fall semester. Be sure to stay in touch with the Education Department on any course changes to your program. We still have members signing up to take a post-secondary course or 2 and short-term programs. All student files are up to date and documents are being filed every day.

We have almost completed all the elementary and high school assistance for on and off reserve; however, the 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 Band Administration Office.

I hope your Thanksgiving is filled with the love of family and friends, that you all get to enjoy a wonderful meal together and be thankful for all the wonderful people in your life.

Halloween is coming up and I can't wait to see all the fairy tale, spooky goblin, cartoon characters and all the downright crazy looking costumes. Everyone be safe out there while trick-or-treating this year.

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
Education Coordinator
Phone: 250-378-5157
Email: gail.larochelle@lnib.net

LNIB EDUCATION DEPARTMENT



angie.nikkel@lnib.net



(250) 315 – 7927

183 NAWISHASKIN LANE
HWY 8



ANGIE NIKKEL, EDUCATION ASSISTANT
HELLO, AND HAPPY OCTOBER TO EVERYONE!



Upcoming Events:

- Monday, October 14: Thanksgiving Day
- Friday, October 25: Non-Instructional Day

Happy October everyone! It's hard to believe that our first month of school has come and went already. The transition was a bit tough for most of us, coming from summer break and getting back into things, but I for one, am appreciating getting back into a routine.

October, in my opinion, is the most beautiful time of the year. We start seeing the leaves changing, the weather cooling off, and the days starting to get a bit shorter. I hope that during this month you have many things for which to be thankful for. I can tell you that am truly grateful to be working with such amazing students every day.

If you have noticed that your child (or children) is struggling in one or more areas, a tutor is available for those of you with a student or students in need of one-on-one tutoring or would benefit with extra help with their schoolwork. Please reach out to myself at angie.nikkel@lnib.net (250-315-7927) or Sharon Parsons at sharon.parsons@lnib.net (250-378-5157) to fill out an application and get onto the schedule. We have computers available if needed.



Lenessa Seward

LOWER NICOLA INDIAN BAND EDUCATION DEPARTMENT
ADMINISTRATIVE ASSISTANT

OCTOBER 2024

ADDRESS

183 Nawishaskin Lane

PHONE

LNIB:
250-378-5157
Direct:
236-575-2100

EMAIL

Reception.education@lnib.net

WEBSITE

www.lnib.net

HELLO EVERYONE

Happy Halloween!

I hope all of the students are excited for Halloween this year, can't wait to see all of the costumes!

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

UP COMING TRAINING

- o Adult Grad upgrading courses.

If interested, please contact the education department for more information and next steps

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

Join NVIT in: **Merritt, BC (Hybrid)**

For our: **First Nations Speech – Language Assistant Program**

About us:

As an Indigenous centre for excellence, NVIT inspires learners to strengthen community. One of NVIT's key strategies is to maintain and enhance strategies to respond to community needs for programs and services. NVIT is a leader in Indigenous education, and we are excited to bring our programs and courses to you!

Program Details:

The First Nations Speech-Language Assistant Program (FNSL) is designed to equip individuals to support the speech, language, and literacy development of students in Indigenous communities.

The program prepares individuals to work as a speech-language assistant (SLA) under the direction of a speech-language pathologist (SLP).

Through interactive sessions, participants are introduced to evidence-based techniques and tools to support the needs of students who struggle with communication skills.

Due to the unique challenges of many remote and semi remote First Nations communities, participants also receive training in the use of technology as a way of facilitating speech-language services.

Some Key Benefits:

Participants consider various perspectives on child development and gain a foundational understanding of speech and language. Participants gain practical skills and develop an understanding of the role of collaborative practice with an SLP to develop and deliver effective interventions.

Course Listing:

- **FNSL 113** - Introduction to First Nations Speech- Language Assistant Program
- **FNSL 163** – Speech Development
- **FNSL 133**- Language Development
- **FNSL 143**- Interventions for Communication Exceptionalities I
- **FNSL 173**-Literacy Interventions
- **FNSL 153** - Interventions for Communication Exceptionalities II
- **FNSL 183**- Tools and Technologies for Speech - Language Intervention
- **ENGL 101** - Foundations for Academic Writing
- **PSYC 111** - Introduction to Psychology I
- **FNSL 193** - First Nations Speech- Language Assistant Practicum (Practicum to take place during the 2025/2026 school year)

Start Date: November 1st, 2024.

End Date: August 2025

(Some dates may be subject to change)

Contact: Chelsea Vaughan - cvaughan@nvit.ca
(Director of Community Education)



LNIB MEMBERSHIP IN GRADES 10 - 12 FIELD TRIP SUPPORT ON & OFF RESERVE

LNIB EDUCATION & HUMAN SERVICES CAN HELP YOU:

Education and Human Services will both provide you 25% of the total cost to a maximum of \$1000 from each sector for school sanctioned International field trips.



Students will need to indicate how the trip relates to their academic studies and will need to meet with both sectors to discuss additional details

*Any questions you can contact
Sharon Parsons - Education Program Manager
Email: Sharon.Parsons@lnib.net*

*Bridget LaBelle - Director of Human Services
Email: Bridget.LaBelle@lnib.net*

Phone: (250) 378-5157

APPLY TODAY!



LOWER NICOLA BAND SCHOOL OCTOBER NEWSLETTER



Hello Parents and Guardians,

I am excited to share some of the amazing experiences we've had so far this year with our students, connecting them with both on the land and in class learning.

We took our Grade 5/6 and Grade 7 classes on two memorable canoe trips to Tunkwa Lake. These trips were more than just an adventure; they were an opportunity for our students to learn about the rich cultural traditions of canoeing and its significance to our ancestors. The students paddled with purpose, gaining both confidence on the water and a deeper appreciation for the skills and stories passed down through generations.

Another highlight of the season was our Huckleberry picking. The students thoroughly enjoyed gathering these wild berries and then turning their harvest into delicious smoothies and homemade jam. It was a perfect blend of outdoor activity, traditional knowledge, and hands-on learning in the kitchen.

We also held our first parent gathering of the year, and I am pleased to say the turnout was fantastic! It was wonderful to see so many families come together, and the evening was made even more special with exciting giveaways and a delicious beef dip dinner. Thank you to all who attended and helped make it such a success.

Lastly, the whole school had the privilege of going Kece Tea Picking at Paradise Lake. This outing gave our students a chance to explore nature and participate in a cultural practice that has been shared within our community for generations. The enthusiasm and joy of the students during these trips show just how impactful these experiences are.

I look forward to sharing many more events and stories with you as the year progresses!

Sincerely,
Leroy Slanzi
Principal, Lower Nicola Indian Band School

- Principal**
Leroy Slanzi
Leroy.slanzi@lnib.net
- Executive Assistant**
Sloox.Swakum@lnib.net
- Teachers:**
Derek Hanna-Gr.K/1
Iulita Galakova-Gr.1/2
Rhonda Sheena-Gr.2/3
Donelda Haller-Gr.4/5
Brenda Eno-Gr.5/6
Kandi Gardypoe-Gr.6/7
- Office & Support**
Barb Basil
Joe Collins
Nikki Flottoep
Alexandria Girardi
Bill Heard
Cody Jones
Sophia Jungheim
Shelley LeBlanc
April Morel
Kris Morel
Devan Nagata
Roese Paterson
Brandy Pinyon
Annie Rabbitt
Maenee Shipclark
Garry Stefuk
Penny Tooflican
Phone: 250.378.5527
School cell: 250-315-8546

Mr. Hanna's Kindergarten class and their first days of school! Making some first day of school crowns and 'Rolling Into Kindergarten' bus craft.



Dear Families,

We are starting an exciting year with lots of learning and adventures. As a part of a school routine our class is going to attend Merritt Library and Nicola Valley Aquatic Centre weekly.

However, we already had Spius Creek Fish Hatchery Field trip, where kids got to know about fish life cycle and their habitats.



Also, our class went on a community walk to LNIB Fire Hall. Grade 1/2 students learned more about what firefighters do and how all the equipment works. 😊





Huckleberries (celcale, pronounced sul sulla) are rich in a variety of antioxidants, Vitamin C, Vitamin B, and potassium, polyphenols (micronutrients that naturally occur in plants) and cyanidins (strong antioxidants). They fight heart disease, diabetes, inflammation, and boost immunity and healing.

Hello everyone, Mrs. Haller here.

School has just started, and we have already been out and about. I was so excited when I heard we were going huckleberry (celcale, pronounced sul sulla) picking! Usually, the berries are finished by the time we get back to school, but for the first time since I have worked here at LNIB we got to go pick these luscious berries.

It was delightful to see our children with purple mouths and hands and so pleasing to hear their excitement when they found a big patch of the small blue round fruit. As I picked, memories flooded back to when I sat on a blanket next to my mom and watched as her experienced fingers plucked berries. And as she worked, she would always sing a soft gentle song in Nle?kepmxcin. She told me the bears understood the words. She would sometimes place a light bed sheet under the seasoned red and ginger branches. As she shook the bush, berries fell like heavy rain onto the sheet. My job was to pick out the debris and of course, enjoy some of the berries as well.

While leaving the hill, my instincts were trying to persuade me to stay and continue picking as I thought about the fires and the logging taking place in that area. I felt truly blessed and hoped it would be there for us to enjoy next year.



My grade 4-5 students sported purple mustaches while gulping down a celcale (sul sulla) milkshake.







Some fantastic centerpieces were created by Mrs. Haller's grade 4 and 5 class. They made the tables at our first dinner of the new year, such a fantastic display of fall colours!





Outdoor learning is part of the Grade 5/6 curriculum and so far this month there has been a lot of learning. The first week of school started with the class picking the traditional huckleberry. Unfortunately, no drying and storing occurred as students eagerly gobbled up all they harvested.



Papa Smurf?



Evidence that they picked – now check their tongues!



Harvesting then continued for the grade 5/6 class with a trip to the Shulus Gardens. Their harvested many herbs which they brought back to the class to dehydrate, these included sage, oregano, mint, and chives.



The Grade 5/6s got invited to participate in learning how to paddle the big canoe. They spent a day out at Tunkwa Lake under the guidance and skill of Carole Basil, Robin Humphrey, Joe Schuter and Marcelo Bose. The overall consensus was, "Can we go again!"



Sports/Athletics Newsletter

Sport Season #1 - Cross Country

Starting off the school year, our students have been working hard in class and practices to improve their skills. The first sport of the year is Cross-Country, and students from grades 1-7 will be able to run long-distance races against other schools.

There will be five races spread throughout September and October (see chart below). Our students appreciated the support you showed them last year across the sports seasons. We are hoping to see you out at some of the races representing our LNIB Grizzlies!

Race Number	Location	Date	Time
1	Central Park	September 25, 2024	12:00 p.m.
2	Central School	October 2, 2024	12:00 p.m.
3	Lower Nicola (Nicola Canford)	October 9, 2024	12:00 p.m.
4	NVIT (Tentative - tbd)	October 17, 2024	12:00 p.m.
5	Bench School	October 23, 2024	12:00 p.m.

kʷukʷscémxʷ (thank you),

Alex / P.E Teacher / Athletic Coordinator



Culture and Language Program

Administrator: Angie Sterling
Culture and Language Teachers:
James Shuter
Annie Major

(250) 378-5527

Dear Community Members:

Henle! It is with great difficulty and sadness that I have resigned from the Lower Nicola Band School after 20 years of service. The students, staff and community members will be greatly missed. I hope that I have made a positive difference over the years. I know that one of our biggest accomplishments was our 4-classroom school addition. I feel that I can leave the school knowing that the seed was planted and has grown wonderfully over the years.

To all My Relations.

K^wuk^wscémx^w

Angie Sterling

"The most important thing is to teach the children, so that our Culture never dies." "You've got to know your language to understand your culture."

Little Stars Head Start

OCTOBER

Upcoming Events

October 14th - Thanksgiving (NO SCHOOL)

October 22nd - Pumpkin Patch Field Trip

October 25th - HS dinner (5:30 pm)

October 31ST - Halloween party

What We're Learning!

This month, we will be focusing on Bats, Nocturnal Animals, Shadows, and Creepy Crawlers. We will be learning the letters D, E, F and the number 2. Our shape of the month is a square. Of course, our colours will be Black and Orange. We will use the color's brown, red and orange for crafts to go along with the changing colors of the leaves. We will be focusing on name recognition and pre-printing skills. We are excited to try out our first science activity of the year this month!! (will take pictures and send them to you via txt) We are looking forward to Thanksgiving, Halloween and talking about the importance of fire safety. We will be spending as much time outside as possible before the snow comes. There Will be a food box activity for our registered families at the end of the month so please keep you eyes open for those reminders via TXT and flyers sent home. Any questions or input please feel free to reach out!!
Miss Tamika @ 250-515-8394

Teacher's Notes

. We will be spending a lot of time outside so please send appropriate clothing as it is starting to get chilly. Please keep a toque, mittens in their backpack and be sure to send your little with a jacket. ☺

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 October 10, 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.

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

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

VACANT SURVEY ASSISTANT



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.



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.



Fall Home Maintenance Tips

As we come into the beautiful fall season, the housing department would like to share some fall maintenance tips that can assist in making sure your home is working as efficiently and safely as possible. Here are some tips we think maybe helpful!

- Check your thermostat and ensure that your furnace turns on and is in good working condition
- Check your furnace filters to see if they need replacement
- Check your windows and doors for any types of cracks that may cause your home to lose heat
- Check your vents and air intakes and make sure they are clear of any blockages and are blowing air efficiently
- Change the batteries in smoke/carbon monoxide detectors and insure they are working
- Disconnect garden hoses and drain water that is still in faucets and if it is already installed, turn the shut off valve to the "OFF" position inside your home

If you require any assistance, please contact the housing department @ 250-378-5157

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



**COME
& JOIN
US**

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

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



Culture Programs with Carole Basil

October Activities

(250) 315-9158



Rattles: 3 part workshop
Tuesday, October 1st
Thursday, October 3rd
Monday, October 7th
Must be committed to all 3 sessions



Hand drumming - Every other Tuesday
October 1st & October 29th
Rocky Pines Community Centre 5:00 - 7:00 pm



Leather Crafting - Tuesday, October 8th
9:30 am - 12:00 pm at Rocky Pines Community Centre
Come out and make a key chain or hair piece



Adult Mocassins (Wrap Around Style)
October 21st & October 22nd
Limited Space
Must be pre-register with Carole



Elders Events October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Health Centre Beaded Poppies Pt 2. 2pm - 4pm	3	4 Health Centre Indian Bingo 2pm - 4pm	5
6	7 Health Centre Spooky Paintings 2pm - 9pm	8	9 Culture Centre Moccasin Making with Carole B. 9:30am - 12:00pm Pls register by Fri. 4th	10	11 Bowling 1:30pm - 3:30pm (rides available if needed)	12
13	14 Stat Holiday Office Closure Thanksgiving	15	16 Health Centre Moccasin Pt 2. 2pm - 4pm (Carole will not present)	17 Elders Luncheon 12pm - 2pm	18 Health Centre Halloween Beaded Earrings 10am - 12pm	19
20	21	22 Health Centre Crafts and Conversations 2pm - 4pm	23 Health Centre DIY Bath Bombs 10am - 12pm	24	25 Health Centre Cookie Decorating and Lunch 12pm - 2pm	26
27	28 Kelowna Old Western Photoshoot Must be registered to go. Deadline to Register is October 18 th .	29	30 Health Centre Pumpkin Carving Contest 11am - 2pm	31 Band School Costume Parade at the Band School (Time TBD)		

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 or come see me at the Health Centre. (RSVPs to the craft making events and out of town trips help me plan better)

Mental Health Article – submitted by Tony Broman; October, 2024

Phyllis Williams sharing this message for the season; as told by Grandmother Brenda Rivers.

THE SEVEN SACRED TEACHINGS FOR FALL

“Fall sits in the west on the Medicine Wheel. One of the most beautiful gifts Creator gave us is in nature. As Human Beings we find change difficult. Nature teaches us that change is inevitable. With the change of season, the Maple Tree teaches us that change can be beautiful.

Fall sits in the West – as does Sage, the Black Bear, and Water.

At this time of year, we are preparing for winter, just as all of Nature is preparing. The animals are stashing food, the plants and trees, swimmers, crawlers, and flyers are preparing for winter as well.

If we do like the bear and hibernate (go inside ourselves), we can find the **COURAGE** to be **HONEST** with ourselves. Like the Maple Tree, we all have something we need to let go of. And although the beautiful colors that the Maple Tree produces is a gift of beauty, it is only on the surface. It will need to let go of its beauty, to let it fall to the ground. Nature knows what needs to be done to be in balance and to be healthy. Even though it worked hard to produce this beauty (with Creator’s help), the tree needs to let its leaves go in order to prepare for the next stage. When the leaves fall to the Earth, they will benefit the little Creatures that will use them for shelter and warmth. They will decompose and provide nutrition to all the plant life that is around it.

This teaches us that, like the Maple Tree, when we let go of those things that no longer serve us, it will have not only a great benefit to ourselves but to everything around us. We can also use this season to not only prepare physically, but spiritually. When we think about our **Grandmother/Grandfather Teachings** and how they apply, we gain great insight into what we can do to have a “good life”.

So, when we have the **COURAGE** to be **HONEST** with ourselves and we can **FORGIVE** our past mistakes, the hurt we may have caused to those we **LOVE** begins to heal. We begin to have greater **RESPECT** for ourselves.

Hurt may include:

- Not taking good care of our physical bodies, as well as our emotional selves and our spiritual selves.
- Pushing ourselves too hard. For trying to be everything to everybody and in the end not **HONOURING** our own needs and spirit.
- Not having enough **TRUST** in Creator. We need to trust that we are being taken care of and that Creator has a plan for all of us. We need to trust that we can let the things that are heavy go, and to understand that it is okay that we will never achieve perfection. It is difficult to **TRUST** as humans; we like to be in control. If we look around, we realize we really don’t control anything, except our choices.

So, if we can **HUMBLE** ourselves and understand this teaching by being **HONEST** with ourselves and admit our imperfections, we will be free to do what we need to do to put our lives back in balance.

In order to truly live this teaching, we need to: Apologize to those we may have hurt; Accept our mistakes as a Teaching; Try not to take on too much to the point of being stressed out; Take better care of ourselves physically; Find a way to feed our **SPIRITS** by discovering whatever brings us **JOY** and **RESPECT**; Express daily our **GRATITUDE** for the **WISDOM** we gain when we learn from our mistakes. Gratitude for having the **COURAGE** to go inside and the **COURAGE** to **TRUST** Creator as we let go.

Fall is a time of year when there is a lot of work to be done to prepare for Winter. Let go of your expectations of being perfect and that you are in charge. Trust the Creator.

We are not alone and Creator will guide us if we allow it.”

Miigwetch for your interest in this article and I hope it has brought some comfort to you

Source: <https://curvelakefirstnation.ca/the-seven-sacred-teachings-for-fall/>



Friday, October 11, 2024

LNIB Community Thanksgiving Luncheon

12:00 - 2:00 pm at Shulus Hall

Loonie Auction & 50/50

Any questions you can call LNIB Community Services Receptionist (250) 378-5157

REGIONAL HEALTH SURVEY (RHS) 4
Lower Nicola Indian Band

All Community Members Welcome!

September 10-11: Bosby Fine Community Centre - 2700 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 \$20 gift card AND:

Child/Adult:

- 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 tennis game package (draw date to sign with BC data collection complete)

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!

Did you miss doing your survey with FNHA last week in the community? In order to participate you need to reside on LNIB reserve or you need to be registered. If your interested call Sara Frazier-Shuter at (250) 378-5157 to book your appointment.

Sara can assist you to do your survey at the LNIB Administration Building at 181 Nawishaskin Lane.





LNIB Annual Orange Shirt Walk



Friday, September 27th



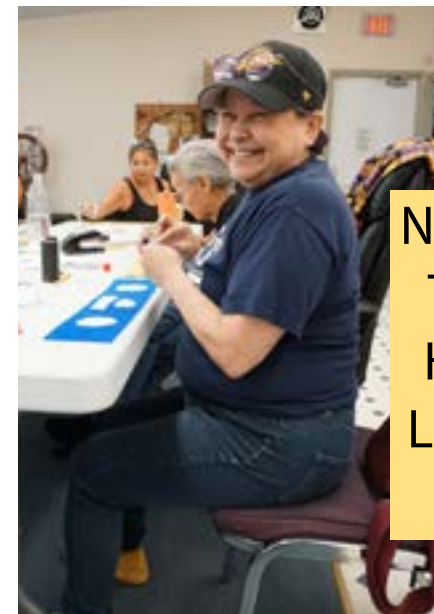
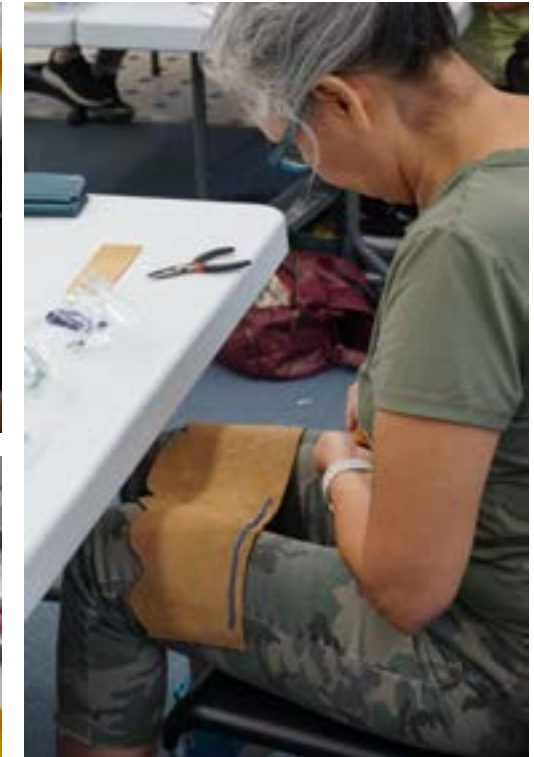
LNIB Annual Orange Shirt Walk

Friday, September 27th





Beading at the Culture Centre Orange Shirts



Nlaka'pamux Traditional Head Dress LNIB Culture Centre





Nlaka'pamux
Traditional
Head Dress
LNIB Culture
Centre



All LNIB Offices will be CLOSED

*Monday, September 30, 2024
for National Day for Truth and Reconciliation*



**Offices will reopen to regular hours
Tuesday, October 1, 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