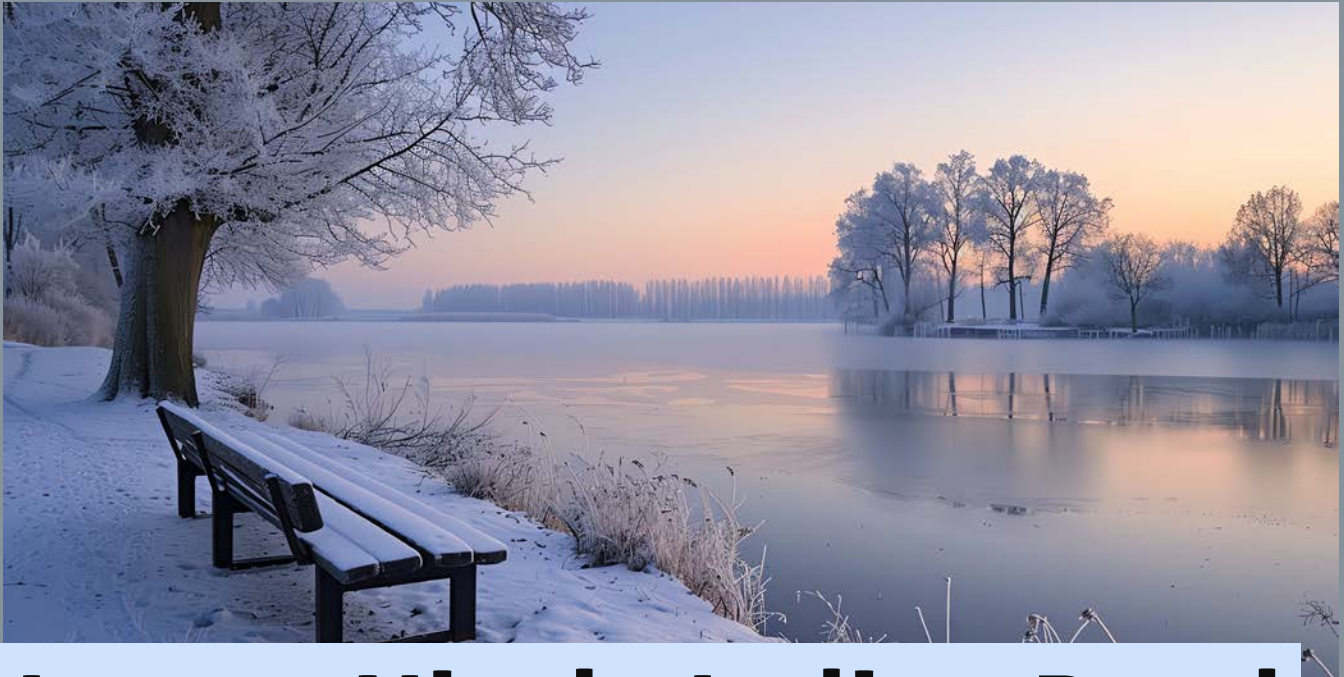


N?e?iyk Spiləm



# Lower Nicola Indian Band February 2025 Newsletter

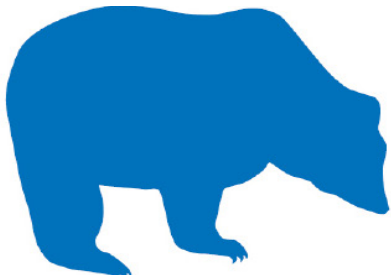
## **Want to put in a submission?**

Birthday wishes or Anniversary wishes or local gathering you want to advertise.

Newsletter Deadline:

February 21, 2025 by 12:00 pm

**Email Submissions to:**  
**[communications@lnib.net](mailto:communications@lnib.net)**  
**or call (250) 378-5157**



# LOWER NICOLA INDIAN BAND



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**heñle? and members and community members.**

Wishing all of you a Happy Belated New Year! I wish all of you a very safe, happy, and prosperous 2025! January was a busy month for LNIB. As you may know, I mentioned that LNIB was very close to signing off on a consent letter with Teck Resources/HVC and I may have announced that LNIB signed the letter. I am very happy to say that we are now in the preliminary stages of implementing the new agreement with Teck Resources/HVC. The LNIB Negotiations Committee met with Teck Resources/HVC earlier this week to discuss line items in the agreement and to hold our partners to task with financial obligations to LNIB. I hope to invite Teck Resources/HVC to our next community meeting to discuss their relationship to LNIB. I think there would be immense value in presenting to membership what this relationship looks like and how LNIB can and will benefit from this new IBA (Impact Benefit Agreement) with a possible MLE (Mine Life Expansion) at the current Highland Valley Copper Mine site. I will invite Teck Resources/HVC to our community meeting when the time is appropriate.

LNIB Chief and Council along with our LNIB Sector Directors participated in a Comprehensive Community Planning session (CCP), in Harrison Hot Springs in January as well. I really enjoyed the session with the Sector Directors and our Sr. Administration.

Four Directions Management Services helped facilitate the CCP. As we trend down the path of the final months of our Council term, I thought it was a great idea to reassess our goals and objectives for our community and will be reviewing what our CCP looks like. As many of you may know, LNIB Administration along with governing responsibilities can take a different shape than what our CCP may require based on day-to-day issues, concerns, and challenges. LNIB priorities can easily shift at any given time based on things that are out of our control, for example: Fires, Floods, Evacuation Alerts and Evacuation Orders. It is fair to say that when we reviewed our CCP in Harrison that much of what we had hoped to accomplish for LNIB has been delayed. It is really astounding how big of a Nation LNIB really is. LNIB has a lot on its plate when it comes to service delivery and economic development opportunities. We are currently working on renewable energy opportunities with both wind and solar power. These ventures can be very lucrative for our community if negotiated carefully and strategically. LNIB is in the midst of some exciting opportunities, and I am very honored to be a part of these initiatives.

Council continues to meet regularly on the first and third Tuesday of every month. Council is also pleased to announce that we have recently hired a Chief and Council Clerk/Advisor to our team. Nicola Cox, an LNIB member joins the LNIB team and began work for LNIB January 6, 2025. Nicola is a lawyer and has a strong policy analysis background. There are many internal policy and processes that need review, and we are relieved to have Nicola work along side Chief and Council and LNIB Administration. Welcome aboard Nicola! I am looking forward to collaborating with you.

One last item I wanted to mention. I sit on the Nicola Native Lodge Society Board of Directors (NNLS). We had a meeting January 30th, and I was asked by the NNLS to seek out LNIB band member artists that would be interested in providing artwork to the new NNLS building. We are looking for artists that can do sculptures, murals or other paintings or artistic designs. We are also looking to hire a manager to manage the new building as well. We have not had a lot of luck with a recent job posting for the manager position and the NNLS Board would really like to provide a job opportunity for a nation member from any of the 5 Nations in the Nicola Valley. If you have an interest either as an artist or a building manager, please contact Scw'exmx Tribal Council (STC), Executive Director, Vaughn Sunday at either his office at 2090 Coutlee Avenue or by phone 250-378-4235 or by email at [director@scwexmxtribal.org](mailto:director@scwexmxtribal.org). I hope we can get some LNIB representation at that building. We welcome all artists!!! I wish you all a safe and happy month. Please take care of your friends and your family, but most importantly, take care of yourself. Much love and respect.



k'wuk'wscémx'  
k'wúk'pi? Stu Jackson



Dear LNIB Members,

I am pleased to present our monthly report for January 2025. LNIB continued to be busy with 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.

The Lower Nicola Indian Band welcomes the new members to the team Nicola Cox, Council Clerk; Marcy Garcia, Receptionist; Lincoln Sterling, Housing Maintenance Assistant; Cherokee Bent, Receptionist; Yental Coutlee, Land Guardian; Tiffany Pop, Youth Program Coordinator; Billie Pierre, Fire Fighter.

Current job postings with Lower Nicola Indian Band are Policy Analyst, Teacher K-7, and Counsellor. For job postings visit <https://www.lnib.net/jobs/> or <https://secure.collage.co/jobs/lnib> for further details.

**Committees and Liaisons:** The Lands Management Advisory Committee did not meet in January 2025. The Finance and Audit Committee did not meet in January 2025. The Housing Policy Review Committee met on January 14, 2025.

**Community Meetings and Workshops:** The next Band General meeting is scheduled for February 24, 2024.

**Support to Chief and Council:** Chief and Council met January 7th and 21st. Should you require anything on the Chief and Council agenda scheduled for February 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

## The next Band General Meeting

February 24, 2025

5:00 pm

Shulus Hall

**Resolutions from Chief and Council January 7, 2025 meeting**

Resolution #01-07-2025-01 Reads:

*The Lower Nicola Indian Band Chief and Council move to adopt the January 7, 2025 Chief and Council meeting agenda.*

**Motion Carried**

---

Resolution #01-07-2025-02 Reads

*The Lower Nicola Indian Band Chief and Council move to move to go IN Camera at 6:03 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 #01-07-2025-03 Reads:

*The Lower Nicola Indian Band Chief and Council move to reconvene the January 7, 2025 meeting at 6:57 pm.*

**Motion Carried**

---

Resolution #01-07-2025-04 Reads:

*The Lower Nicola Indian Band Chief and Council move to adjourn the January 7, 2025 meeting at 7:00 pm.*

**Motion Carried**

---

**Resolutions from Chief and Council January 21, 2025 meeting**

**Resolution #01-21-2025-01 Reads:**

*The Lower Nicola Indian Band Chief and Council move to adopt the January 21,2025 Chief and Council meeting agenda with the addition of Band member America Moses item 5.b.*

**Motion Carried**

---

**Resolution #01-21-2025-02 Reads:**

*The Lower Nicola Indian Band Chief and Council move to adopt the January 07,2025 Chief and Council meeting minutes with noted changes.*

**Motion Carried**

---

**Resolution #01-21-2025-03 Reads:**

The Chief and Council of the Lower Nicola Indian Band (“LNIB Chief and Council”) hereby move to support to have the Core Council representatives participate in a communications video and submit individual biographies and photographs to update the Nicola Watershed Governance Partnership website.

**Motion Carried**

---

**Action Item #1:** Executive Director will send the resolution to Crystal McMaster’s email as proof that the resolution passed.

**Resolution #01-21-2025-04 Reads:**

The Chief and Council of the Lower Nicola Indian Band (“LNIB Chief and Council”) hereby:  
1. Authorizes the Director of Economic Development to submit the attached Area Based Conservation Initiative Expression of Interest to the BC Conservation Fund for multi-year funding to support the LNIB

Indigenous Protected and Conserved Area project; and  
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.

**Motion Carried**

**Resolution #01-21-2025-05 Reads:**

The Chief and Council of the Lower Nicola Indian Band (“LNIB Chief and Council”) hereby:

1. Sign the attached letter formally supporting the City of Merritt’s request to the Province for additional flood mitigation funding for the Coldwater River;
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.

**Motion Carried**

**Resolution #01-21-2025-06 Reads:**

The Chief and Council of the Lower Nicola Indian Band (“LNIB Chief and Council”) hereby:

1. Supports the below Capacity Funding letters from the Ministry of Transportation and Transit (“MoTT”) for a total amount of \$330,000.00;
  - a. 251FL0623 - Highway 1 & 8 Reinstatement - Capacity Funding – Nlaka’pamux Environmental Management Program (NEMP) dated January 9, 2025;
  - b. 251FL0624 - Highway 1 & 8 Reinstatement - Capacity Funding – LNIB Indigenous Protected Conservation Area dated January 9, 2025; and
  - c. 251FL0625 - Highway 1 & 8 Reinstatement - Capacity Funding – LNIB Fisheries and Aquatics Program.
2. Authorized the Executive Director to sign all three Capacity Funding letters; and
3. Further authorizes the Executive Director, for and on behalf of Council to do all such acts and further 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**

Action Item #2: Executive Director will submit a committee report card.

**Resolution #01-21-2025-07 Reads:**

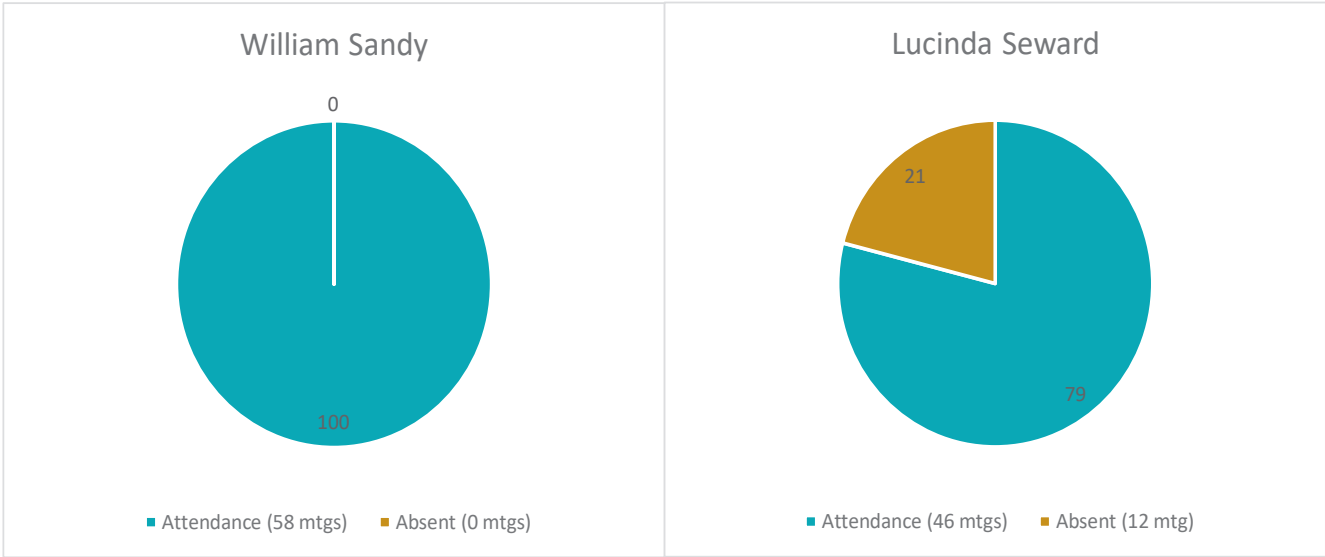
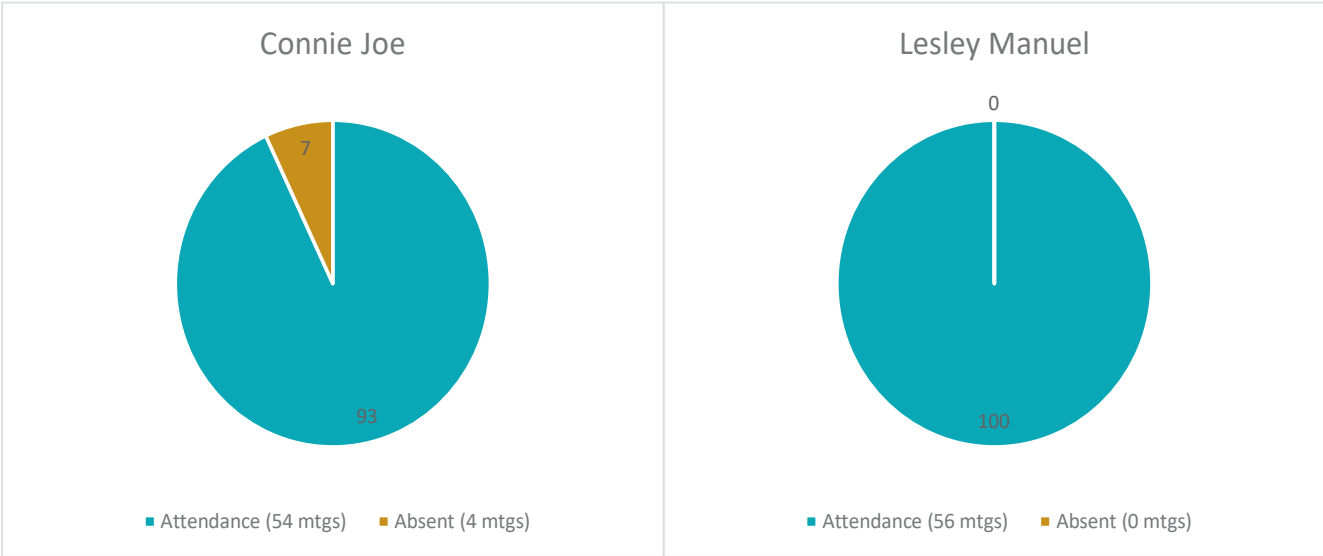
*The Lower Nicola Indian Band Chief and Council move to adjourn the January 21, 2025, meeting at 6:12 pm.*

**Motion Carried**

Chief and Council Attendance  
Term October 2022-September 2025



Chief and Council Attendance  
Term October 2022-September 2025







# L.N.I.B Council Clerk



heńte? (Hello),

My name is Nicola Cox. I am proud to say that I am a member of the LNIB, a descendant of Elizabeth Shuter and George Bent. My nana, Alma Helen (“Nellie”) Cox (née Bent), grew up on the Nicola Mameet Reserve with her parents Elizabeth and George, along with her siblings, Walter, Sussanna, Smith, Eileen, and Simon.

I grew up in Saskatoon, Saskatchewan, where I resided until I decided to complete my Bachelor of Environmental Science degree out on Vancouver Island. It was during this time that it was solidified for me that British Columbia was where I wanted to be. However, as fate would have it, during my final year of undergrad I received my acceptance into the College of Law at the University of Saskatchewan.

In spring 2023, I earned my Juris Doctor degree and in the same month, I was back living in British Columbia. However, despite loving living in this beautiful province, neither Vernon nor Kelowna ever truly felt like home. Without wishing to sound overly cliché, I now know why I continued searching for the perfect place to call home. Turns out, all I had to do was “come home”.

I feel incredibly honored and blessed to have been granted the position of Council Clerk, and I look forward to meeting the community, becoming reestablished with my roots and reconnecting with our culture and traditions.

**Nicola Cox**

## Contact

**Email:**  
nicola.cox@lnib.net

**Call:**  
250-378-5157

Kʷukʷscemxʷ  
Nicola (Nikki) Cox

“  
Turns out all I had to  
do was  
“come home”  
”

Lower Nicola Indian Band

February 2025

# LNIB EDUCATION SECTOR

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

### Shane's Submission

I hope this month's newsletter finds everyone well and that the first month of 2025 was equally great for all LNIB members! It has been a pretty mild winter for the most part and hopefully the cold snap we usually experience in February will be short so we do not have to use too much energy for heat. January was a great month for those we serve: Post-Secondary Students settled in well with winter semester courses/programs; K-12 students now half-way through the school year, and all of us within the sector both putting plans together for the 2025-2026 fiscal and making sure the remaining months run smoothly.

The team has much to share this month, which you will find below, and a few of the highlights I would like to provide this month are the following:

- I am proud to share we have two LNIB Members completing their Nl̓eʔkpmx Language Fluency's Internship Course at our school. William Sandy and Sondra Tom will be under the language supervision of James Shuter and Annie Major for 10 weeks. We are excited to share in this journey and look forward to witnessing their graduation later this year where each will formally receive their Bachelor of Nl̓eʔkpmx Language Fluency Degree.
- Our Local Education Agreement with the School District will see it's 5-year term come to an end this school year, and as such, renegotiation processes have commenced. Over the next few months we will be scheduling meetings with with membership to engage, specifically to share updates and gather information to ensure LNIB voice is included.
- We are teaming up with LNIB Economic Development to co-host a very large career fair that will bring industry/education organizations to the Nicola Valley...local, regional, provincial, and national vendors...a great opportunity that we know will benefit our members. The date of this event will take place October 15th.

Have a great February Everyone...if you need any assistance please reach out!

### Sector Leadership

**Director of Education**  
**Shane Coutlee**

**LNIB School Principal**  
**Leroy Slanzi**

**Education Manager**  
**Sharon Parsons**

**Head-Start Coordinator**  
**Hinal Thacker**



---

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

---



Wow, it's February already! Here is what's happening this month.

February 2 let's see what Mr. Punxsutawney Phil the Ground Hog has to say.

February 14 is Valentine's Day, do something special with your loved ones. A nice dinner, go tobogganing, have a wiener roast, or nice walk in the park.

February 17 is Family Day, spend the day doing something fun with your family, like a pizza and movie night

February 26 is Pink Shirt Day. Wear your pink shirt and do an act of kindness. Show people that you will not tolerate bullying anywhere and that there is support for children and adults who have or are experiencing any acts of bullying!

PSE students should be settling into the winter/spring semester. Students check out the following Scholarships and Bursaries:

<https://bcaafc.com/education/first-citizen-funds/> Application deadline is May 15, 2025, for the Winter semester.

<https://www.bcscholarshipsociety.ca/indigenous-awards/how-to-apply/> Application deadline is April 20, 2025.

All PSE Students check with your Institutions Student Aid Office for all the internal and external awards that are available. Apply even if you think you don't qualify. You may be the only one applying and could receive the award. If you need help completing any of the applications, give our office a call.

Soon to be High School Graduates, it's time to start looking into different Universities and programs. Decide what you are really interested in taking. Give the Education Department a call or email and we can answer your questions and help you with the process

To all Membership in the Nicola Valley and away from the valley, 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 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](mailto:gail.larochelle@lnib.net)

LNIB EDUCATION  
DEPARTMENT



[angie.nikkel@lnib.net](mailto:angie.nikkel@lnib.net)



(250) 315 – 7927

2160 SETTLERS ROAD  
HWY 8



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



**Upcoming Events:**

**Friday, February 14: Non-Instructional Day**

**Monday, February 17: Family Day**

**February 26: Pink Shirt (Anti-Bullying) Day**

Happy February everyone! As you can see above, we have a long weekend coming up 😊 non-instructional day on Friday the 14<sup>th</sup>, and then Monday the 17<sup>th</sup> for Family Day. Take advantage of this long weekend to spend some quality time with your family if possible. On Monday the city of Merritt is offering a free family swim at the aquatic center from 12:30-3, and also various activities at the civic center from 10:30-12:30, all free of charge.

Did you know that February marks the halfway point of the school year? 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](mailto:angie.nikkel@lnib.net) (250-315-7927) or Sharon Parsons at [sharon.parsons@lnib.net](mailto: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**

## **FEBRUARY 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**

Hope all the students have gotten back into a groove with their schoolwork

I'm excited to see what the ground hog has instore for us on ground hog day!

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### **REMINDER TO STUDENTS**

- o Post-Secondary Application Forms for funding are due May 31

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

### **LNIB EDUCATION DEPARTMENT SCHOOL SUPPORT**

If you haven't applied for the following school support, please do so at the LNIB Education Department

- School Start Up
- Extra-Curricular Activities
- K-12 Tutoring
- International Field Trip Support

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**

# CINEPLEX MOVIE TICKETS

**LNIB Education has a limited supply of Cineplex tickets available for band member kids attending kindergarten to grade 12.**

If you have not picked up tickets for your children call Lenessa at 250 378 5157 for more information or drop into the Education office building at 183 Nawishaskin Lane.

Bring your child's status card.

*Harper Mountain*  
*Snow Town*

# TUBE PARK

**One ticket per LNIB band member  
attending school in kindergarten to  
grade 12**

**Ticket Includes 2 Hours of tubing and use of the lift**

A limited number of tickets are available at the Education Department, located at  
183 Nawishaskin Lane (beside the Main Admin Building).

Bring your child's status card

Tickets expire at the end of the 2024/2025 ski season

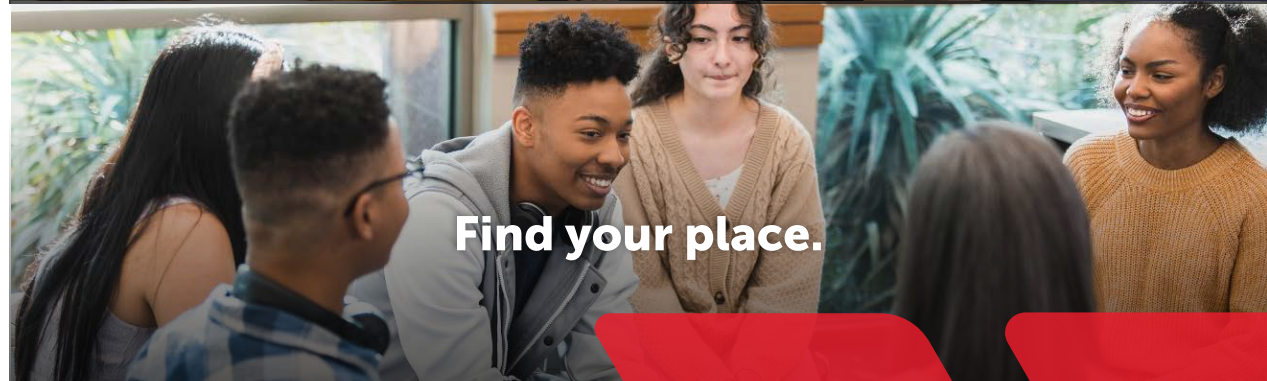
Check the Harper website for more information on hours of operation, age  
and height requirements.

<https://harpermountain.com/snow-town-tube-park/>



**FREE!**  
Ages 18-30

**Find your people.**



**Find your place.**



**Find your self.**



**Join us at Y Mind**

A FREE mental wellness group that helps you cope with stress and anxiety.

[www.kamloopsy.org/ymindyouth.htm](http://www.kamloopsy.org/ymindyouth.htm)





# Wellness In Action

Feb 27, 2025

6-8 pm Live In Person!

2990 Voght St.

Free Wellness Workshop for Parents of 0-5  
Ease Symptoms of Anxiety & Stress

Using ACT, Breath, Body & Mind  
With Laura McIntyre, BSW



An evening introduction  
to Acceptance &  
Commitment Therapy

To register, please email [laura.mcintyre@bc.ymca.ca](mailto:laura.mcintyre@bc.ymca.ca)





South Central Interior Distance Education School – established 1990  
 ... a BC Ministry of Education Provincial Online Learning School

2975 Clapperton Avenue  
 Merritt, BC V1K 1A3 CANADA

Phone: 250-378-4245  
 Toll-free in Canada: 1-800-663-3536  
 www.scides.org  
 Principal: Mr. Dan Duncan

January 2025

Newsletter to Counsellors



Welcome to a New Year and a new staff Member!

We are pleased to announce the appointment of a full-time teacher for the Sr. Science vacancy. **Brittany Altwasser** is an experienced online teacher who has been working for SCIDES for years and we are very happy to have her in this role.

We wish to thank **Cathy Southwell** for having helped us out in the meantime.

New for 2024/2025 SCIDES contact for cross-enrolled students



**Dan Duncan, Principal**  
 dduncan@365.sd58.bc.ca  
 250-315-1208

2025 getting ahead = 'Upward Mobility'

Some students may choose to take one or more courses to lighten their load for next school year. Students in any grade are 'permitted' to enroll in courses Grade 10 and up (if appropriate). Many students choose to use semester 2 or spring break for this. *Common courses include:*

- PE 10    -CLE 10    -CLC 12A or B    -Art/electives    -Fitness and Conditioning 11/12
- International Language Fundamentals 12 (BAA) -from beginner to competence



Arabic	Hindi		Korean	Russian
Dutch	Irish		Latin	Swedish
Filipino	Italian		Polish	Turkish
Greek	Japanese		Portuguese	Vietnamese

New Year Resolutions- Catching up

Students may choose to complete a course during spring break or the summer to free up space in their timetables for next fall. **Unfortunately the MOE will not provide tuition funding for Grade 10 students to take a Grade 9 course . . . . BUT . . .** we offer several options for these Grade 9/10's as well as for other secondary learners: **Literacy Foundations courses, Flex Ed, or 'rearranging' timetables** using (upward mobility) with us to free space for repeating the Grade 9 course in a classroom. For further info about catch up options please reach out to us!

### Keeping track – Counsellor / Administration Access

Contact our Registrar to set up your **access** to see the progress of students in your school.

- *NOTE: Students are entered into MyEd once they **start** a course. If you need to know if they have 'enrolled' but not started, just phone.*

### Celebrating our Graduates of 2024/2025– who is School of Record?

Many students will finish their graduation requirements by taking courses with us. **Many of them would like to maintain their ties to their communities and the schools in which they have done most of their learning and growing.** The Ministry of Education expects schools to keep students as 'active no primary' in MyEd (*and therefore remain SOR with you*) until a student has completed a cross-enrolled course when they have been enrolled prior to the end of the school year.



Most of these students would also like to stay SOR with their home schools if they start their last course(s) with us in second semester. Please consider keeping these students as **SOR Active No Primary** so their transcripts will say that they have graduated from your school.

### At your service . . . Our school – flexible, established, quality

- Public online/distance program since 1990
- Chosen as a Provincial Online Learning School (POLS)
- Pride ourselves in service and communication.
- **Continuous entrance and continuous exit.**
- Students work at their **own pace** (*are expected to stay connected and submit work regularly*).
- **12 month operation.**

# FEBRUARY-2025

## NEW LETTER

### THEME

this month we are learning about Valentine's day .Our shape of the month is a heart and color is Pink .The perfect combination for Valentine's day. we will be focusing on the number 6 and 7 the letters will be P,R,S.

### CONTACT INFO:

Hinal Thaker  
hinal.thaker@lnib.net  
#587-888-2454

Justice Forman  
justice.forman@lnib.net  
#604-860-3028

### MONTHLY NEWS

Please continue to send your child to school in appropriate clothing for weather.

Valentine goodies are welcome if you want !! will send out class list

### UPCOMING EVENTS

3rd Feb PJ Day  
(Ground Hog week)  
5th Feb Visiting Merritt museum  
13th Feb cookie making & Valentines day class party  
14th Valentines Day /Wear Red or Pink  
17th Feb NO SCHOOL  
19th Feb Hat Day  
24th Feb HS Dinner (Family Bowling night)  
26th Feb Pink shirt Day And National letter to an Elder Day  
27th Feb Polar bear day



# FEBRUARY 2025

<b>3</b> PANCAKES &FRUITS	<b>4</b> GRILLED CHEESE AND SOUP	<b>5</b> CREAT YOUR OWN SUB	<b>6</b> FRIES AND CHICKEN NUGGETS	<b>7</b> YOUGURT FRUITS MUFFINES
<b>10</b> QUESADILLA AND VEGES	<b>11</b> PIEROGIS AND SAUSAGE	<b>12</b> WAFFELS AND FRUITS	<b>13</b> VALENTINES PARTY PIZZA AND MUSIC	<b>14</b> MEAT CHEESE AND CRACKERS
<b>17</b> NO SCHOOL	<b>18</b> TACOS AND SALAD	<b>19</b> SCRAMBLED EGGS BACON TOAST	<b>20</b> SHAKE AND BAKE CHICKEN &RICE	<b>21</b> HAM SANDWICH AND CUCUMBER
<b>24</b> SNACK PLATTER AND FRUITS	<b>25</b> KRAFT DINNER AND HOTDOGS	<b>26</b> CHICKEN BURGERS AND VEGES	<b>27</b> SPGHATTI AND TOAST	<b>28</b> SMOOTHIE AND GRANOLA BARS



**LOWER NICOLA BAND SCHOOL**  
**JANUARY NEWSLETTER**



Happy New Year to all our students, families, and community members! I hope you had a restful break and managed to be with family members.

Since we have returned from Christmas break, we've hit the ground running with exciting activities and events that reflect the vibrant spirit of our school.

We've already been busy out on the land doing so many different things with the kids! Many classes went ice fishing, and yes, we caught fish! Others headed up to Harper Mountain for skiing, some have been in swimming lessons, while another class went snowshoeing up Kane Valley.

Back at school, basketball season is in full swing, with practices running at full tilt with practices three times a week and we have already got two games under our belt. It's been awesome to see so many parents cheering on our Grizzlies and buying popcorn to help support the charity they are donating to. Having our kid's family out means so much to them and we really appreciate you coming out.

Looking ahead, we're excited to host our **Elders Lunch on February 7th**, and hope to see as many Elders out as possible because the kids and staff love having them.

A quick reminder for families:

- **No school on February 14th** (Pro-D Day)
- **No school on February 17th** (Family Day holiday)

Hold on to your hats because the next month is going to be just as busy as this month and there will be some fun adventures happening!

Cheers,

Leroy

**Principal**

Leroy Slanzi

[Leroy.slanzi@lnib.net](mailto:Leroy.slanzi@lnib.net)

**Executive Assistant**

[Sioux.Swakum@lnib.net](mailto:Sioux.Swakum@lnib.net)

**Teachers:**

Derek Hanna-Gr.K/1

Iuliia Gulakova-Gr.1/2

Rhonda Sheena-Gr.2/3

Donelda Haller-Gr.4/5

Brenda Ens- Gr. 5/6

Randi Gardypie-Gr.6/7

**Office & Support**

Barb Basil

Joe Collins

Nikki Flottorp

Alexandria Girardi

Bill Heard

Cody Jones

Shelley LeBlanc

Ryan McDougall

April Morel

Kriss Morel

Devan Nagata

Reese Paterson

Brandy Pinyon

Annie Rabbitt

Marnee Shipclark

Garry Stefiuk

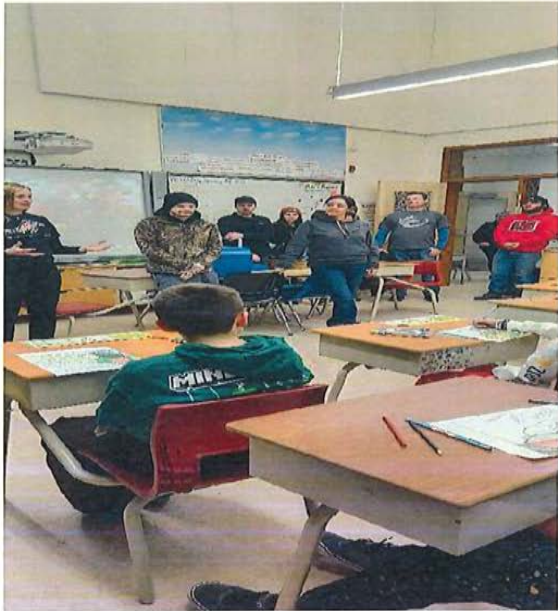
Penny Toodlican

**Phone: 250.378.5527**

**School cell: 250-315-8546**

Grade 1/2 is progressing well with grade-level reading, writing, and numeracy activities. The students had a fun and engaging time during Story Time with Officer T and enjoyed playing with robots at the library. It's been a great start to 2025!



**SEA TO STREAM****GRADE 5/6**

Students in Grade 5/6 are raising salmon in their classroom from eggs to alevin to fry. They received their materials and educational resources to assist in their learning of the salmon, thanks to Fisheries and Oceans Canada. Each day students take the temperature of the tank and record the ATU's (Accumulated Thermal Units). This helps predict when the eggs will hatch and when the fry will be free swimming. In the above photo, students are receiving the eggs from Nathan Hauser, operations manager at Spius Creek Hatchery.

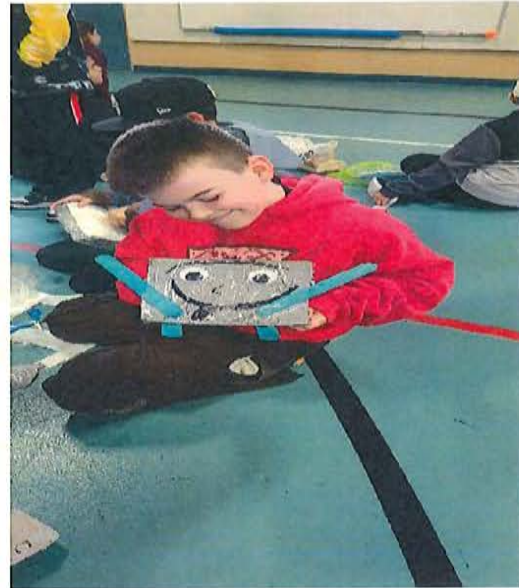


## Grade 5/6 Scientists at work

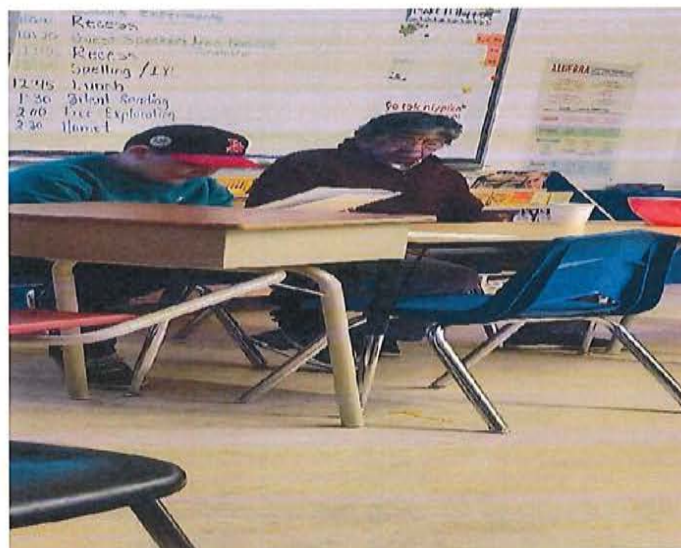
The egg drop experiment is a classic science experiment that demonstrates the principles of physics, particularly the concepts of force, gravity, and Newton's Law of Motion. The goal of the experiment is to create a contraption that will protect an egg from breaking when dropped from a certain height.







**Thanks to Arnie Narcisse for joining the Grade 5/6 class and sharing his story with the help of his grandson.**





Hello everyone, this is Mrs. Haller.

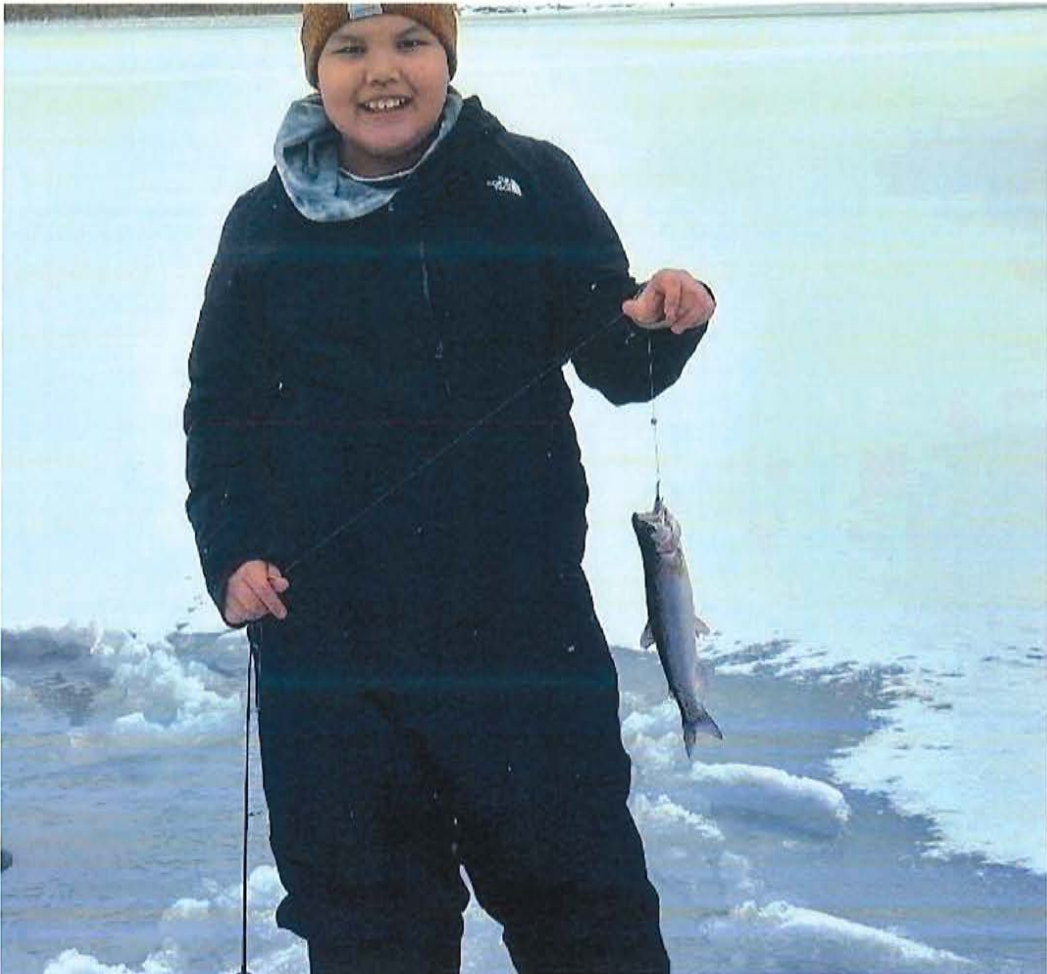
Wow! Time flies! January is almost finished, completed, done, over, ended, kaput!

My students have been hard at work these past few weeks. We have been studying about our beautiful country of Canada. We are working on mapping skills. They are learning abouts the continents, oceans, symbols on a map, compass rose, how to read a legend, boundaries, contour lines and elevation, direction, and the provinces and territories. Please ask them to name a few of the provinces or territories or ask what a compass rose is. I'm sure they can name a few continents!

Our class travelled out to Kentucky Lake to go ice fishing and sleigh riding. It was a beautiful day and a very successful fishing adventure! Our students ended up with six nice looking trout!









So much fun! We are ready to go again!

Absolutely NO NUTS  
and NO  
Peanut Butter 

# FEBRUARY 2025



Mon	Tue	Wed	Thu	Fri
 3 Turkey noodle soup & cheese bun	HAPPY GROUNDHOG DAY  4 Taco burrito wraps	 5 Tuna casserole	 6 Broccoli & cheese soup	 7 Meatloaf/ mashed Potatoes/ veggies & bun
10 Chili & bun	11 Veggie wraps WHITE SHIRT DAY	12 Chicken/ rice & gravy	13 Pizza casserole WEAR RED DAY	  14 <b>PRO-D</b>
17 <b>NO SCHOOL FAMILY DAY</b>	18 Hamburger/ baked potatoes & gravy	19 Mac & cheese/ hot dog baked casserole	20 Potato soup & garlic bread	21 Shepards pie
24 Waffles & fruit	25 Breakfast wraps	26 Chicken noodle soup & sandwich WRITE A LETTER TO AN ELDER DAY PINK SHIRT DAY PARENT GATHERING 5-6:30	27 Eggs benney	28 Meatball sub





### Indigenous 2024 Leadership Opportunity Year (ILOY)

The Indigenous Leadership Opportunity Year (ILOY) is a one-year program that will be offered at the Royal Military College of Canada (RMC) commencing Aug 2024. It will provide a highly positive, productive and preparatory educational and leadership experience for Indigenous candidates. All application start in September 2023 and must be submitted by February 15 2024.

**Description.** Based on an assessment of your academic attainment, you will be provided the opportunity to develop an individual learning plan comprised of non-credit preparatory courses with individual or small group tutorials and/or first year university courses as listed in the RMC calendar. Second Language Training may also be available. The ILOY program will include sports, field trips, leadership development, military training and cultural support activities. Provided you meet the academic requirements you will be given the opportunity to apply to

Continue at RMC in a degree program and will be converted to service under the terms of the Regular Officer Training Program (ROTP). Alternately, some participants may be offered the opportunity to continue at RMC under the Reserve Entry Training Plan (RETP) or you may return to your community. You may cease participation in the program at any time during the year without penalty.

**Culture.** Cultural support activities will be offered in partnership with centres in the Kingston area that support Indigenous post-secondary students at Queen's University and St. Lawrence College.

**Benefits.** Under the terms of this program you will be enrolled in the Canadian Armed Forces for a period of one year and will receive full subsidization at RMC. You will be paid as an Officer Cadet and will receive free tuition and issue of textbooks and uniforms. Rations and Quarters will be deducted from your pay.

**Eligibility.** To apply for this program you must:

- Be at least 17 years of age (with parental/guardian consent) or older;
- Have obtained secondary school graduation, a secondary V certificate of Quebec or GED
- Meet the Canadian Armed Forces common enrolment medical standard; and
- Be an Indigenous Canadian.

**Website:** <https://forces.ca/en/programs-for-indigenous-peoples/aloy/>



Canada

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### Black Bear

This Youth Development Program is an employment programme for Indigenous youth that is designed to build bridges into the Indigenous communities in Canada and to make Indigenous youth aware of potential military or civilian careers with the Department of National Defence. Black Bear gives participants a taste of military training with the option - but no commitment - to pursue part-time employment with the Canadian Armed Forces. The programme is open to Indigenous youth from across Canada.

*Description.* This program integrates Indigenous culture and Canadian Armed Forces Reserve Basic Military Training. Black Bear consists of two parts: a Culture Camp, designed to be beneficial to youth from all backgrounds and ease the transition from civilian to military lifestyles, followed by a military recruit training course. Recruits are enrolled in the Canadian Armed Forces at the start of their training. The course is the standard Army Reserve Basic Military Qualification and is taught by military personnel. Subjects include General Military Knowledge, Weapons Handling, Navigation, First Aid, Drill, and Survival skills.

*Culture.* The inclusion of Indigenous culture is a key component to the success of Black Bear. The Culture Camp is conducted by Elders of different First Nations and Indigenous groups, and focuses on common Indigenous culture, and spiritual beliefs.

*Benefits.* If you are selected, the Canadian Armed Forces will provide your transportation to and from Canadian Armed Forces Base Borden, provide your housing and food, as well as clothing and all necessary equipment to complete the program.

*Eligibility.* To apply for this program you must:

- Be an Indigenous person (First Nation, Métis or Inuit, Status or Non-Status);;
- Be a Canadian citizen
- Be at least 16 years of age (parental or legal guardian consent required if under 19);
- Have completed at least Grade 10 (Sec III in Quebec);
- Meet the Canadian Armed Forces common enrolment medical standard

**Where:** Oromocto, New Brunswick

**How Long:** 6 Weeks

**Application Deadline:** End April 2024

**Benefit:** Approximately \$3700 for the summer

**Website:** <https://forces.ca/en/programs-for-indigenous-peoples/summer-programs/>



Canada 

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## Raven

The Navy's Raven programme is an employment programme for Indigenous youth that is designed to build bridges into the Indigenous communities in Canada and to make Indigenous youth aware of potential military or civilian careers with the Department of National Defence. Raven gives participants a taste of military training with the option - but no commitment - to pursue part-time employment with the Canadian Armed Forces. The programme is open to Indigenous youth from across Canada.

**Description.** This program integrates Indigenous culture and Canadian Armed Forces Reserve Basic Military Training. Raven consists of two parts: a Culture Camp, designed to be beneficial to youth from all backgrounds and ease the transition from civilian to military lifestyles, followed by a military recruit training course. Recruits are enrolled in the Canadian Armed Forces at the start of their training. The course is the standard Army Reserve Basic Military Qualification and is taught by military personnel. Subjects include General Military Knowledge, Weapons Handling, Navigation, First Aid, Drill, and Survival skills.

**Culture.** The inclusion of Indigenous culture is a key component to the success of Raven. The Culture Camp is conducted by Elders of different First Nations and Indigenous groups, and focuses on common spiritual beliefs.

**Benefits.** If you are selected, the Canadian Armed Forces will provide your transportation to and from Canadian Armed Forces Base Esquimalt, provide your housing and food, as well as clothing and all necessary equipment to complete the program.

**Eligibility.** To apply for this program you must:

- Be an Indigenous person (First Nation, Métis or Inuit, Status or Non-Status);;
- Be a Canadian citizen
- Be at least 16 years of age (parental or legal guardian consent required if under 19);
- Have completed at least Grade 10 (Sec III in Quebec);
- Meet the Canadian Armed Forces common enrolment medical standard.

**Where:** Canadian Armed Forces Base Esquimalt, Victoria, British Columbia

**How Long:** 6 Weeks

**Application Deadline:** End April 2024

**Benefit:** \$3700 for the summer

**Website:** <https://forces.ca/en/programs-for-indigenous-peoples/summer-programs/>



Canada

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## Bold Eagle

Bold Eagle is a unique summer training and employment program for Indigenous youth living in Western Canada or North-western Ontario that combines military training and Indigenous cultural awareness. This summer training program gives participants a taste of military training with the option - but no commitment - to pursue part-time employment with the Canadian Armed Forces.

**Description.** This program integrates Indigenous culture and Canadian Armed Forces Reserve Basic Military Training. Bold Eagle consists of two parts: Culture Camp, designed to be beneficial to youth from all backgrounds and ease the transition from civilian to military lifestyles, followed by military recruit training course. Recruits are enrolled in the Canadian Armed Forces at the start of their training. The course is the standard Army Reserve Basic Military Qualification and is taught by military personnel. Subjects include General Military Knowledge, Weapons Handling, Navigation, First Aid, Drill, and Survival skills.

**Culture.** The inclusion of Indigenous culture is a key component to the success of Bold Eagle. The Culture Camp is conducted by Elders of different First Nations and Indigenous groups, and focuses on common spiritual beliefs. Candidates have the opportunity to visit friends and family during attendance at a pow wow.

**Benefits.** If you are selected, the Canadian Armed Forces will provide your transportation to and from Camp Wainwright, provide your housing and food, as well as clothing and all necessary equipment to complete the program.

**Eligibility.** To apply for this program you must:

- Be an Indigenous person (First Nation, Métis or Inuit, Status or Non-Status);;
- Be a Canadian citizen
- Be at least 16 years of age (parental or legal guardian consent required if under 19);
- Have completed at least Grade 10 (Sec III in Quebec);
- Meet the Canadian Armed Forces common enrolment medical standard.

**Where:** Wainwright, Alberta

**How Long:** 6 Weeks

**Application Deadline:** End April 2024

**Benefit:** Approximately \$3700 for the summer

**Website:** <https://forces.ca/en/programs-for-indigenous-peoples/summer-programs/>

\* Bold Eagle graduates from BC may get four applied credits for completing course\*



Canada

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### Canadian Armed Forces Indigenous Entry Program (CAFIEP)

The Canadian Armed Forces Indigenous Entry Program (CAFIEP) is a special recruiting program within the Canadian Armed Forces that offers a flavour of full time regular force training and employment opportunities to qualified Indigenous people across Canada. The program offers candidates interested in military careers the opportunity to learn more about military life before they decide whether or not to join.

**Description.** Participants experience portions of the Basic Military Qualification such as morning inspections, daily physical fitness and sports, navigation with compass and maps, basic weapons training and military drill. They are provided with information about military careers and entry plans and they are given the opportunity to become more familiar with CAF environments through activities such as ship tours, visits to Air Force squadrons and living in field conditions. View the "Share the Experience" section and learn more about the program from actual past participants.

**Culture.** Participants learn of the long and proud history of Indigenous People in Canada's military. Indigenous counsellors are members of the full-time staff and are available at all times to assist with any cultural concerns. The counsellors also assist with problems of homesickness or other issues concerning separation from communities and families.

**Benefits.** CAFIEP applicants join the course as civilians with no obligation to join the Canadian Armed Forces. If you are selected for the course, the Canadian Armed Forces will provide your transportation to and from the training centre, provide your housing and food, as well as clothing and all necessary equipment to complete the course. Graduates who choose to enrol are given two weeks between the end of the course and the start of Basic Military Qualification to return home and complete personal preparations.

**Eligibility.** To apply for this program you must:

- Be an Indigenous person (First Nation, Métis or Inuit, Status or Non-Status);
- Be a Canadian citizen;
- Be at least 17 years of age (parental or legal guardian consent required if under 19);
- Have completed at least Grade 10 (Sec III in Quebec);
- Meet the Canadian Armed Forces common enrolment medical standard.

**Where:** Halifax N.S & St-Jean Quebec

**How Long:** 3 Weeks

**Application Deadline:** Fall 2024

**Benefit:** N/A

**Website:** <https://forces.ca/en/programs-for-indigenous-peoples/cfaep/>



Canada

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### Canadian Armed Forces Indigenous Entry Plans

Indigenous people have served in the Canadian Armed Forces with great honour and distinction throughout our history. Today, this proud tradition of service continues at home in Canada and around the world. The Canadian Armed Forces Indigenous Programs are opportunities for Indigenous Canadians to continue this proud tradition of service while receiving first-class education and leadership training. These programs include the Canadian Armed Forces Indigenous Entry Program (CAFIEP), Bold Eagle, Raven, Black Bear, and the Canadian Armed Forces Indigenous Leadership Opportunity Year (ILOY). The Canadian Rangers, volunteers who provide a military presence in remote areas, is not a program aimed specifically at Indigenous, however at least half of the Rangers are Indigenous people because they form much of the population in the regions where the program operates.

To apply to any of these programs, contact a recruiter or apply online.

**For more information:  
Call 1-800-856-8488 or visit [www.forces.ca](http://www.forces.ca)**

<https://www.canada.ca/en/department-national-defence/services/caf-jobs/indigenous-programs/aboriginal-entry.html>

#### Canadian Forces Indigenous Entry Program - Canada.ca

The Canadian Forces Indigenous Entry Program is a three-week course for Indigenous peoples who are considering a career in the Canadian Armed Forces.

[www.canada.ca](http://www.canada.ca)

**Canadian Armed Forces Recruiting Centre Vancouver**  
(Main office)  
620 Royal Ave,  
New Westminster, BC V3M 1J2  
Mondays - Fridays 8:00am to 4:00pm  
604-694-6390



Canada 

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# The LANDS DEPARTMENT



Discuss land activities with the Lands team and exchange stories. Reach out to the Lands Department for any inquiries regarding LMAC, community meetings, and general land matters.

**STEPHEN JIMMIE**  
**DIRECTOR OF LANDS & HOUSING**  
[stephen.jimmie@lnib.net](mailto:stephen.jimmie@lnib.net)

Reach out to Stephen for questions regarding Land Code, Individual Agreements, Law and Policy Development, Special Land Projects, and Land Use Planning.

**DELTA LONG**  
**LANDS MANAGER**  
[delta.long@lnib.net](mailto:delta.long@lnib.net)

Connect with Delta for discussions on general inquiries, land allotments, transfers, and CPs, as well as matters of law and policy enforcement.

**MONICA PETTINGER**  
**LANDS AGENT**  
[monica.p@lnib.net](mailto:monica.p@lnib.net)

For inquiries related to lease and permit applications, land access requests, as well as easement and right-of-way applications, please reach out to Monica.

**SAYGE FISHER**  
**ENVIRONMENTAL PROTECTION COORDINATOR**  
[sayge.fisher@lnib.net](mailto:sayge.fisher@lnib.net)

Reach out to Sayge for information on Environmental Management and Protection, Invasive Weed Management, Illegal Dumping, and Special Environmental Projects.

**KRIS POR**  
**LANDS RESEARCHER**  
[kris.por@lnib.net](mailto:kris.por@lnib.net)

Please reach out to Kris for assistance with Family/Traditional Research, support with Allotment Applications, coordination of Will Development, and Estate Administration support.

**JUSTICE CISCO**  
**ADMINISTRATIVE ASSISTANT**  
[justice.cisco@lnib.net](mailto:justice.cisco@lnib.net)

Reach out to Justice for general inquiries, questions related to LMAC meetings, and information about community events.

**ALEX BUKKOS**  
**SURVEY COORDINATOR**  
[alex.bukkoss@lnib.net](mailto:alex.bukkoss@lnib.net)

For inquiries regarding ongoing and historical land projects, including surveys and mapping efforts, please contact Alex.

**VACANT**  
**SURVEY ASSISTANT**

**Lands Portal**  
**LNIBLANDS.NET**

If you have any questions regarding land or 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.

**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.

**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.

**LANDS MANAGEMENT ADVISORY COMMITTEE**

**UPCOMING MEETING  
THURSDAY  
February 13, 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.

**LNIB 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.**

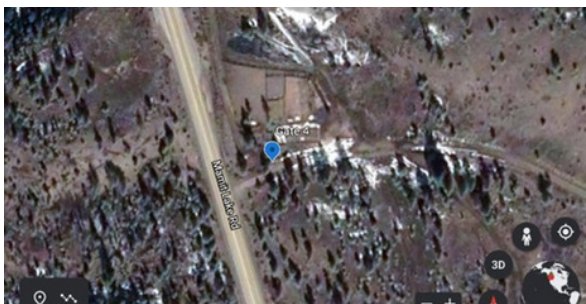
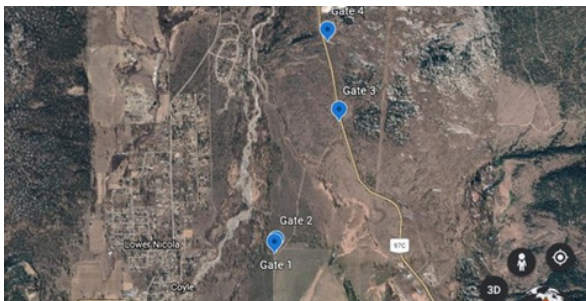
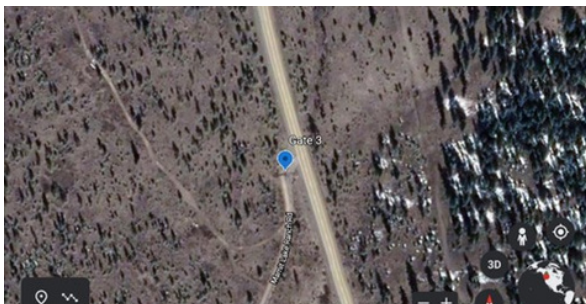
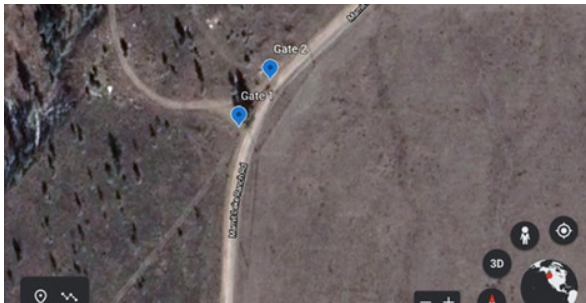
**If you or anyone else is in Immediate danger or emergency situation, please CALL 911 FIRST.**



## Security Measures for LNIB Reserve Lands



The Lands Department oversees the management and protection of LNIB reserve lands, ensuring their sustainability and security for the community. To address concerns such as the improper use of land and the illegal dumping of hazardous materials, measures have been implemented to safeguard these valuable areas.



### Camera Installation

To complement the gate system, security cameras have been placed in key locations throughout the reserve. These cameras are strictly for monitoring and security purposes, ensuring the safety of the lands without infringing on the privacy of nearby homes, businesses, or communities. Trail cameras are used in areas where gate installation would be impractical, providing a flexible yet effective solution.

### Gates for Land Protection

In September 2021, four gates were installed across Nicola Mameet IR1. These gates serve as a barrier to prevent unauthorized activities while still allowing controlled access. While members of the community retain full access to reserve lands, some areas may require gate codes for entry.

The installation of gates follows a dedicated effort to clean up areas contaminated by environmental hazards. These measures are essential to preserving the health and safety of the reserve lands for current and future generations.

Members' access to reserve lands will not be restricted by the GATES, though some areas may require gate codes.

Call 250-280-7270 for access outside of regular office hours or contact LNIB security at (250) 215-5048

## BUYER'S NOTICE BOARD



If you're interested in buying land or property from a landowner, the Lands Department can help! Submit your contact information to be included in the monthly LNIB Newsletter.

Jennie Blankenship

I am looking to purchase enough property for two homes and a hobby farm in Zoht, Sunshine Valley, or Nicola Mameet (Hwy 97C). If you have property for sale, please contact me

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

Mindy Garcia

I am seeking land to build a home, summer home, and a sweat lodge. I am also interested in properties with existing homes, even fixer-uppers. If you or someone you know is selling, I would love to hear from you.

CONTACT | 250-280-5684

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

### Are you a landowner looking to sell?

Contact the Lands Department to have your property featured in the monthly LNIB newsletter.

Available Opportunities for Purchase:

- Potential Business Highway Frontage | Located on Highway 8.
- CP Residential Lots for Sale

For more information, please contact Donelda Haller at 250-315-5315.



## Monthly Invasive Weed Spotlight

### Butterfly Bush

*Buddleja davidii*



#### Origin:

This invasive weed originated in Asia

#### Description:

This flowering evergreen shrub is sometimes also referred to as Orange Eye or Summer Lilac, it can grow quite rapidly to about 5 meters tall. Each bush produces numerous fragrant flower heads, which contain over 40,000 seeds each. These seeds are mostly commonly dispersed through waterways or wind. This species readily invades disturbed soils, open areas, roadsides and in particular, sensitive riparian areas. This invasive is more commonly found near the SW coastal regions of BC but it can spread rapidly in many locations once established. Due to the rapid spread of this invasive, it easily out-competes and replaces native plant species by forming dense patches. Despite the name, this plant does not provide adequate habitat or food for butterfly egg / larvae development.

#### Control Options:

##### Prevention

- Reseed all areas where ground disturbance has occurred and minimize ground disturbance near invasive weeds.
- Remove seeds and plant fragments from gear, equipment, or vehicles before leaving a site. Clear Livestock of seed or plant fragments before changing pastures.
- Do not compost this plant, as root and stem fragments can continue to grow and resprout after being removed.



## Monthly Invasive Weed Spotlight

### Cultural Control

- Burning may be an effective tool to reduce the surface growth of the weed but this method would either need to be repeated regularly or used in combination with other control methods to prevent vegetative regrowth.
- Reseed any disturbed / bare soil with native plant species.



### Mechanical Control

- Hand-pulling small infestations is the most effective method for managing this weed. Ensure the entire root system is removed and bag the removed plants before disposal to prevent root systems detaching and spreading.
- Mowing patches repeatedly will prevent it from setting seed, but this method may also result in continued vegetative production.



### Chemical Control

- No herbicide recommendations for this species at this time.



**\*Disclaimer\*** - ANY & ALL herbicide applications must be applied as spot spraying; broadcast spraying may negatively impact other vegetation in the area & harm sensitive ecosystems.

**Herbicide application within 5m of any body of water (seasonal or not) is prohibited.**

## Monthly Invasive Weed Spotlight

LNIB is requesting that the application of herbicide to treat half an acre or more, is carried out by a person holding a valid BC Pesticide Applicator Certificate. Before selecting and applying herbicides, you must review and follow herbicide labels and application rates; municipal, regional, provincial, and federal laws and regulations; species-specific treatment recommendations, and site-specific goals and objectives.

### Grow This Instead:

The ISCBC has created a guide to suggest native plant species that can be grown instead of Butterfly bush. Please see the recommendations below!

- Blue elderberry (***Sambucus cerulea***)
- California lilac (***Ceanothus* spp. and hybrids**)
- Lewis's mock orange (***Philadelphus lewisii***)
- Meyer lilac (***Syringa meyeri***)
- Red-flowering currant (***Ribes sanguineum***)

### Additional Resources:

#### Invasive Species Council of BC (ISCBC)

If you are interested in additional resources or information on invasive weeds, including herbicide application and biological management options, please visit the Invasive Species Council of BC webpage to explore their Resources and Learning links.

#### Resources -

Link to Webinar Gallery: <https://bcinvasives.ca/resources/webinar-gallery/>

Link to Resource Library: <https://bcinvasives.ca/resources/webinar-gallery/>

Link to Research Collection: <https://bcinvasives.ca/resources/research-collection/>

Link to PlantWise program - <https://bcinvasives.ca/play-your-part/plantwise/>

#### Learning -

Link to Learning Centre : <https://bcinvasives.ca/resources/learning-centre/>

Link for educators: <https://bcinvasives.ca/for-youth/for-educators/>

Link to Games & Activities: <https://bcinvasives.ca/for-youth/games-activities/>

# Monthly Invasive Weed Spotlight

## Thompson Nicola Regional District (TNRD)

The Thompson-Nicola Regional District webpage also has valuable information and materials for identifying, reporting and disposal methods for regional invasive weeds. Please see the link below to explore.

Link to Management Resources: <https://www.tnrd.ca/services/invasive-plant-management/resources/>

### Sources:

- All photos by Unknown Author is licensed under CC BY-SA
- ISCBC (2023) Invasive Plant. Butterfly bush, *Buddleja davidii*. Retrieved from URL: <https://bcinvasives.ca/invasives/butterfly-bush/>





**LOWER NICOLA  
INDIAN BAND**

# THE ALLOTMENT & CUSTOM FAMILY LANDS LAW

## WHAT IS IT?

The Allotment and Custom Family Lands Law will define a fair process for assessing members' Certificate of Possession (CP) applications for their Traditional or Family Lands. The decision-making process will be defined in the law and will be structured to ensure fairness.

## WHAT DOES IT MEAN FOR LNIB?

### WHY SHOULD YOU CARE?

- **Be Part of Shaping the Future**

Stay informed about changes that impact our community and land; participate in discussions and provide feedback. Help shape policies that honor LNIB culture and future generations.

- **Support for Housing Dreams**

Trade your allotment as security for a mortgage or loan and reclaim it once paid. LNIB helps make homeownership a reality!

- **Preserve Family Traditions**

Custom Family Allotments ensure your family's connection to the land is recognized through cultural protocols and oral histories.

#### SOVEREIGNTY

LNIB controls its lands under its own laws.

#### CULTURAL PRESERVATION

Protects LNIB Traditions and family land use.

#### TRANSPARENCY

Open and Fair processes for land allocation.

#### SUSTAINABILITY

Ensures future infrastructure and land stewardship.

## GET INVOLVED!

- Family Meeting info sessions; Wednesdays at 1:30 PM (afternoon) and 5:00 PM (evening).
- Contact Justice Cisco: 250-378-5157 | [justice.cisco@lnib.net](mailto:justice.cisco@lnib.net) for details and appointments.

# The HOUSING DEPARTMENT



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)

**JORDANA McIVOR- GRISMER**  
**HOUSING ADMINISTRATOR**

[jordana.mcg@lnib.net](mailto: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](mailto: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](mailto:sara.fraziershuter@lnib.net)

**MEL BLANKINSHIP**  
**HOUSING MAINTENANCE**

**JON MOORE**  
**HOUSING MAINTENANCE ASSISTANT**

**LUKE FLOWER**  
**HOUSING CARPENTER**

## 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 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 disturbance or illegal activity, please contact our security service (250) 215-5048, or the RCMP.

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



# 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.

**L.N.I.B  
MEMBERSHIP**



**LOWER NICOLA  
INDIAN BAND**

## **REPATRIATION COMMITTEE**

Wednesday, February 19, 2025  
5:00 pm - 8:00 pm  
at EC DEV Boardroom

Topics Include:

- \* Museum Studies
- \* Language
- \* Culture
- \* Traditional knowledge
- \* Cultural protocols at all levels.

Our ongoing repatriation project has been active in the study of research methods, identification, analysis of museum objects with the intent to learn, and revitalize various aspects of our culture.

If you are interested call Robert Sterling  
(250) 315-3206

## Nlaka'pamux Environmental Management Program:

### Air Monitoring Initiative Introduction



The Nlaka'pamux Environmental Management Program (NEMP) has recently launched an air monitoring initiative focused on measuring particulate matter (PM) levels on our reserves. Engagement with the community we have heard on-going concerns, particularly regarding dust issues in the Rocky Pines community area. This program aims to monitor air quality to better understand and address the impact of activities such as mining, dust, wildfires, industrial emissions, and vehicle traffic on the health of our community and the environment. We also hope to expand our efforts by adding additional air monitors across all our community lands to ensure comprehensive coverage and responsiveness to the community's needs.

### What We Monitor

The air monitoring initiative tracks four key categories of particulate matter:

1. **PM1:** Particles with a diameter of 1 micron or smaller. (about 70 times smaller than human hair).
2. **PM2.5:** Particles with a diameter of 2.5 microns or smaller. (about 30 times smaller than human hair).
3. **PM10:** Particles with a diameter of 10 microns or smaller. (about 7 times smaller than human hair).
4. **Total Suspended Particles (TSP):** A measure that includes all airborne particles up to around 100 microns in diameter.

This comparison highlights how easily these particles can remain suspended in the air and be inhaled, with smaller particles like PM1 and PM2.5 penetrating deeper into the respiratory system.

### Why Air Monitoring Matters

Air quality is a critical component of environmental and community health. The NEMP is dedicated to safeguarding the land and the well-being of our people. Monitoring particulate matter levels is essential for several reasons:

- **Health Protection:** Fine particles like PM1 and PM2.5 are small enough to enter the lungs and even the bloodstream, increasing the risk of respiratory and cardiovascular diseases. Understanding the concentration of these particles in our air allows us to take action to reduce exposure, especially for vulnerable populations like children, elders, and those with pre-existing conditions.
- **Cultural Practices:** Activities such as cultural burning, which have been practiced by Indigenous communities for generations, can temporarily elevate particulate matter levels. Monitoring these levels helps balance traditional practices with modern health standards.

**Summary of Air Quality Recommendations**

Particulate Matter (PM)	Good Level	Moderate Level	Unhealthy Level
PM1	< 10 µg/m³	10 - 20 µg/m³	> 20 µg/m³
PM2.5	< 12 µg/m³	12 - 35 µg/m³	> 35 µg/m³
PM10	< 20 µg/m³	20 - 50 µg/m³	> 50 µg/m³
Total Suspended Particles (TSP)	< 100 µg/m³	100 - 200 µg/m³	> 200 µg/m³

**Conclusion**

The NEMP’s air monitoring initiative is a step towards protecting the health of our community and preserving the integrity of our lands. By understanding the levels of PM1, PM2.5, PM10, and TSP, we can better manage the impact of both natural and human-made activities on our air quality. This program aligns with our values of stewardship and sustainability, ensuring that our traditional territories remain a safe and healthy environment for all.

Below is an example of the data collected.

**January 1-27, 2025, Air Quality Data**





**LOWER NICOLA  
INDIAN BAND**

## LNIB Sponsored Driving Lessons

### The Lessons:

- An application must be submitted to [Darcie.debruyne@lnib.net](mailto:Darcie.debruyne@lnib.net) and approved before any bookings can be made.
- The Lower Nicola Indian Band will sponsor LNIB Members for 8 Driving Lessons, a rental car, if needed, and road test fees.
- Members will be responsible for booking their lesson times through Citxw Nlaka'pamux Assembly
- After being approved, contact CNA Employment & Training to book your lessons. (250) 378-1864 [administration@cna-trust.ca](mailto:administration@cna-trust.ca)



### Requirements:

- Have a valid Learners License
- Have Parent or Guardian consent unless of legal age.
- Fill out an application to be approved.
- Be on time for all lessons.
- Lateness will not be tolerated as it affects everyone that follows you.
- If you have a cough, fever, not feeling well or are exhibiting other suspicious symptoms please stay home and notify the instructor as soon as possible.

For more info contact  
Darcie DeBruyne  
Employment Coordinator  
Economic Development  
[Darcie.debruyne@lnb.net](mailto:Darcie.debruyne@lnb.net)  
250-378-5157 ext. 157



**TREE PLANTERS AND DANGER TREE ASSESSORS  
WANTED!!**

**Future Reforestation is a small company based out of Barriere BC has a tree planting contract with the Ministry of Forest and has work around Merritt & Lytton starting the end of APRIL- May 25th**

- For tree planting, we will have approximately 20 days of work No experience is necessary. We will provide tree planting equipment and training.**
- For Danger tree assessing, we have approximately 5 days of work. Anyone interested will need to be a certified Wildlife Danger tree assessor with a valid ticket.**

**If anyone is interested please reach out by email to: [info@futurereforestation.com](mailto:info@futurereforestation.com)**

**Jordan Rainer - 250 682 2251**

**Allyce Holden - 902 478 4770**



# Pesticide Applicators Course

March 4th, 5th, 6th, 2025  
Merritt, BC

**GUARANTEED  
EMPLOYMENT!**

LNIBDC will guarantee seasonal employment in 2025 for up to 4 LNIB members who successfully complete the course and exam; there is potential for year-round employment!

The Lower Nicola Indian Band Development Corporation is hosting a 3 day course for INDUSTRIAL VEGETATION & NOXIOUS WEED pesticide applicators certification in March.

### LEARN HOW TO:

- ✓ Safely apply pesticides and read labels
- ✓ Practice integrated pest management
- ✓ Understand the math for pesticide application
- ✓ Understand legislation / regulations for pesticide storage, application and disposal

For more information, please contact:  
Don Gosso, LNIBDC General Manager  
email: [don.gossoo@LNIBDC.COM](mailto:don.gossoo@LNIBDC.COM)  
Cell: 250-315-9277





# Elders Events February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <b>RP Centre</b> Lanyard Beading Pt 3. 2pm - 4pm	4	5 <b>RP Centre</b> DIY Valentine's Day Cards 10am - 12pm	6	7 <b>Band School</b> Elders Luncheon 12pm - 2pm	8
9	10 <b>RP Centre</b> DIY Valentine's Day Décor 2pm - 4pm	11 <b>RP Centre</b> Coffee with a Cop 10am - 12pm	12 <b>RP Centre</b> DIY Fabric Flower Bouquet 2pm - 4pm	13 <b>Bamboo Panda</b> Valentine's Day Luncheon 12pm - 2pm	14	15
16	17 <b>RP Centre</b> DIY Painted Bookmarks 2pm - 4pm	18	19 <b>RP Centre</b> Paint Along with Jordan Harris 2pm - 4pm	20 <b>Soup Kitchen</b> Elders Luncheon 12pm - 2pm	21 <b>RP Centre</b> Phone Training with Claire 10am - 12pm	22
23	24 <b>RP Centre</b> Boho Wall Art 12pm - 2pm	25	26 <b>RP Centre</b> DIY Mosaic Art 2pm - 4pm	27 <b>RP Centre</b> Minute to Win It (Prizes!) 2pm - 4pm	28	

If you have any questions or require a ride to any of these events, please call or text Courtney at [236-575-2083](tel:236-575-2083).

(RSVPs to the craft making events and out of town trips help me plan better)



JOIN US FOR A

# Community Potluck Dinner

February 11, 2025

5:30 pm - 7:30 pm

Rocky Pines Community Centre

Any questions contact Christie Hill  
(250) 378-5157

*See you there!*





# First Aid Intermediate & Transportation Endorsement (Formerly OFA Level 2)

## Open to LNIB Staff & Membership

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March 26, 27, 28, 2025

Please forward your name and contact information ASAP to register due to limited seating.

Call Darcie DeBruyne (236) 575-2119  
or email [darcie.debruyne@lnib.net](mailto:darcie.debruyne@lnib.net)

## Current Employment for the Highway 8 Sites 9-10

Current Positions Available

- **Equipment Operators**
- **Labourers**

Highway 8 Alliance Project

- **Traffic Controllers/Flaggers**
- **Trades**

EmilAnderson.ca is the hiring company

- **Teamsters**
- **OFA3**

- **Project Coordinator**
- **Community Liason Positions**

- **Site Office Maintenance (Janitorial)**
- **Indigenous Office Administration Coordinator**

**Please let me know if your an LNIB Member**

Please forward your resume ASAP and what position your applying for to [darcie.debruyne@lnib.net](mailto:darcie.debruyne@lnib.net)



# Seeking LNIB Artist/Designers

**February  
21st**

LNIB Education has a few upcoming initiatives involving clothing designs to align with projects for both our school and summer programs.

This year we are looking for ball caps, t-shirts, and hoodies.

If your interested in taking part or would like more information please email.

Shane Coutlee no later then Friday, February 21, 2025.

[shane.coutlee@lnib.net](mailto:shane.coutlee@lnib.net)

WE LOOK FORWARD TO WORKING WITH OUR MEMBERS



**LOWER NICOLA  
INDIAN BAND**

# LNIB YOUTH WORKER TIFFANY POP



**CALL FOR APPOINTMENT  
236-575-2018**

heńte? kw | way | Hello

My name is Tiffany Pop. I am Secwepemc (Shuswap), from Stswecem'c xget'tem (Canoe/Dog Creek), and Xat'sull (Soda/Deep Creek). My parents are Sandra Billy and Richard Pop. My grandparents are the late Patricia Billy, Steve Johnson; Margret Pop, Fred Sampson. My partner is Frank Jr. (Stick) Sterling. My children are Sunset (Fraser), Shale, and Bluesky. My grandson is Leo.

I have lived in the Nicola Valley since 2011. I completed my Associate of Arts (2015), and Bachelor of Social Work (2017) at NVIT. My passion is working with youth. I have returned to the 'Youth Program Coordinator,' role and back up 'Social Development Coordinator,' and believe that it is an honor and privilege to work within with the people.

Please feel free to reach out to me via. email [Tiffany.Pop@lnib.net](mailto:Tiffany.Pop@lnib.net) or direct line (236) 575-2018. if you would like to connect a youth to one to one/group support.

Hum`el | way? | See you later, liml?mt | Kwukwscemxw | Thank you

# LNIB February Recreation 2025 calendar

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Snowboarding 6am-5pm
2 Snowboarding 6am-5pm	3 Swimming 2:30pm-4:45pm	4 Bowling 2:30pm-4:45pm	5 Youth Center 2:30pm-4:45pm	6	7	8
9 Snowboarding 6am-5pm	10 Swimming 2:30pm-4:45pm	11 Bowling 2:30pm-4:45pm	12 Youth Center 2:30pm-4:45pm	13 Paperwork Day NO PROGRAM	14	15
16 Snowboarding 6am-5pm	17 Stat	18 Bowling 2:30pm-4:45pm	19 Youth Center 2:30pm-4:45pm	20	21	22
23 Snowboarding 6am-5pm	24 Swimming 2:30pm-4:45pm	25 Bowling 2:30pm-4:45pm	26 Youth Center 2:30pm-4:45pm	27 Paperwork Day NO PROGRAM	28	1

Notes: Recreation After School Program Application Forms Are Available At LNIB Main Office, And LNIB Health Center, And Nicola Canford School.  
For More Information Contact Jacint At: [jacint.majlath@lnib.net](mailto:jacint.majlath@lnib.net) or: 2502804487

**2025 OUTDOOR Soccer**  
**Registration Opens Feb 3rd at 1pm**

Go to the registration page of our  
website [www.merrityouthsoccer.com](http://www.merrityouthsoccer.com)



Merritt Youth  
Soccer Association



**Early bird**  
**Registration Ends**  
**March 16<sup>th</sup>**

IMPORTANT DATES:  
Registration closes March 31st  
Season Begins SECOND Week of April  
Season Ends THIRD Week of June

**Season Starts SECOND**  
**Week of April 2025**

Contact us for more info:  
[info@merrityouthsoccer.com](mailto:info@merrityouthsoccer.com)

*Soccer is our favourite season!*



The Nicola Similkameen School District invites you to Merritt's

**Ready, Set, Learn**

**Ready Set Learn is for Children 3-5 Years Old and their caregivers.:**

- Tour the School
- Meet the Principal/Kindergarten Teacher
- Engage with Guest Speakers
- Enjoy activities for the Kids
- A Snack for the Children will be provided
- Each child will receive a new book

Please Join Us!

Ready Set Learn Takes Place from **9-10:30am** at the following locations:

- Colletville Elementary School - Tues. Feb. 18th
- Diamond Vale Elementary School - Wed. Feb. 26th
- Merritt Central Elementary School - Wed. Mar. 5th
- Merritt Bench Elementary School - Thurs. Mar. 6th
- Nicola Canford Elementary School - Thurs. Mar. 13th

Questions can be directed to:  
Daniella Bennie,  
District Vice Principal of Early Learning and Childcare  
Email: [dbennie@365.sd58.bc.ca](mailto:dbennie@365.sd58.bc.ca) Phone: 250-378-5161

## **Please Post on Bulletin Board**

**Nicola Valley Junior Native Hockey Association**

PO Box 1294, Merritt, BC V1K 1B8

Fax: (250) 378-2025 - Phone: (250) 378-4905

Email: [billbose2012@yahoo.com](mailto:billbose2012@yahoo.com)



### **35th Annual**

**Under 9 (2019, 2018, 2017, 2016)**

**Under 11 (2015, 2014)**

**Under 13 (2013, 2012)**

**Under 15 (2011, 2010)**

**Under 18 (2009, 2008, 2007, 2006) - 1st yr Juvenile**



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**In the Beautiful Nicola Valley At Merritt & Shulus Arena**

**PLAN TO ATTEND - SUPPORT THE YOUTH**

***March 20, 21, 22, & 23, 2025***

**Daily Admission \$5.00 per person**

**Children Under 12 and Seniors Free Admission**

# VALENTINES CRAFT FAIR

COMMUNITY AND FRIENDS,  
YOU ARE INVITED TO ATTEND  
CRAFTS, RAFFLES, AND SWEET TREATS

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**SATURDAY FEBRUARY 8, 2025**

9am to 4pm

**Lower Nicola Band School**

**School Address: 201 Horn Rd**

Raffle for tickets to Canucks vs Ducks April 5<sup>th</sup>

**Loonie Auctions items & 50/50 raffle**

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Vendors RSVP to Brandon Jonah at | 250 525-0443



LOWER NICOLA  
INDIAN BAND



# All LNIB Offices will be CLOSED

***For BC Family Day  
February 17, 2025***

Offices will reopen to regular hours  
Tuesday, February 18, 2025  
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

