

Lower Nicola Indian Band

181 Nawishaskin Lane, Merritt, BC V1K 0A7

Ph: 250.378.5157

Fax: 250.378.6188

Email: reception@lnib.net



August 2014 - Inside this issue:

- ...I Want A New Name...
- Executive Director Report
- Councilor Report
- Health Coordinator
- Home Care Program
- Public & Capital Works
- Band School
- Arena
- Education
- Membership/Lands Officer
- Birthdays

CONTACT / INFORMATION NUMBERS

LNIB ADMIN.....250.378.5157
 LNIB HEALTH.....250.378.4089
 LNIB ARENA.....250.378.5180
 LNIB SCHOOL.....250.378.5527
 FAMILY & REC.....250.378.2162

NATURAL RESOURCES

& LANDS & EC DEV.....250.378.5157
 LNIB FIRE DEPT.....250.378.5110
 PUBLIC WORKS.....250.378.5157
 POLICE DEPT.....250.378.4262

Notice

Happy BC Day on August 4,2014

Notice

August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

THE NEXT REGULAR SCHEDULED

LOWER NICOLA INDIAN BAND

GENERAL MEETING:

AUGUST 30, 2014

SHULUS BAND HALL

We, The Lower Nicola Indian Band Council, as Stewards of Nle?kepmx Pel Timixt, in the spirit, devote our efforts in pursuing socio-economic opportunities while protecting and enhancing our traditional land and cultural values.



... I want a New Name! ...

I want a New Name for Myself!!”

Please take some time and read this Important Message


Dear Loyal Readers of the Lower Nicola Indian Band Newsletter,

The monthly Lower Nicola Indian Band Newsletter is a familiar household name and source of information for most families and members of Lower Nicola. Every month we have the opportunity to learn what is happening in Lower Nicola. From the feedback that we receive from the many loyal readers, we know that the Newsletter is read by many from the first up to the last page, and that people look forward (actually anxious!) to the arrival of the Newsletter at the doorstep of their home.

From the feedback that you send us, we also receive plenty of advice on how we can improve the Lower Nicola Indian Band Newsletter. Most people remind us that some content is kind of dull, the graphics can be improved a lot, scanned pages are too faded, pictures that could look a bit nicer, content not overly exciting, etc.

Accordingly, we have been thinking in making some improvements, so the Lower Nicola Monthly Newsletter becomes more readable, with more interesting content, including better graphics, more content (such as more relevant news, interviews, stories, graphs, statistics, letters to the editor, articles on language, culture, history, poetry, fiction and non-fiction writings and experiences, drawings and paintings, old and new recipes, tips, and more updated and relevant information on new programs and initiatives), some advertising, job postings, contracts and business opportunities, registration forms, notices, reports from programs and staff, messages from Chief & Council, staff profiles, classified ads, more colour and better pictures, quizzes, games, contests, and articles and stories that will encourage people to read and write more.

In a nutshell, we want to transform our Newsletter from a nice caterpillar into a beautiful butterfly!



To realize this goal, we need the help of everyone – children, youth, adults, elders and families, Chief and Council members, staff from all LNIB programs and departments, and artists. We need you to contribute your own articles, thoughts, and stories, and, above all..., we need you to help us in giving a new name to the Newsletter.

Accordingly, we have a contest for a new name for our Newsletter. We encourage everyone to get creative and send their suggestion(s) to Rosanna Narcisse, our newsletter editor, about what would be the best name for the Newsletter. We will setup a panel that will review the submissions and select the successful entry. As a prize for the successful submissions, we will give **a Beautiful Surprise Gift and... a FREE personal subscription of the New Newsletter for life** (yes, for life!). The deadline for submissions is October 31st, 2014, to give everyone time to get creative. Please send us your suggestion addressed to Rosanna Narcisse, via regular mail, or email at adminofficesupport2@lnib.net.

Although we would like to preserve the current logo of the Newsletter, this does not mean that you cannot suggest a new name in a new logo. We are open to any idea! We want to challenge the creative artist that secretly lives inside each of us.

So, let us all get creative, and get a New Name for our Lower Nicola Monthly Newsletter!

On a related topic, we also want to want to have a more direct connection to our readers, so we are planning to also send the newsletter directly by email to each reader / household. Communicating via email is much more easy and efficient, especially if we have an urgent notice that we need to inform everyone in the community. If you are interested in receiving the Newsletter also by email (we will continue to publish the Newsletter in print), please send your email address to Rosanna. Please note that for privacy reasons, we will not use your email address for any other purpose other than sending the Newsletter and/or Band Notices issued from time to time.

Thank you in advance for your participation.

Helder Ponte

Executive Director



Executive Director Report

Helder Ponte

July 2014 LNIB Community Newsletter


I am pleased to submit to you a summary of the activities that I have been involved and tasks completed as Executive Director of LNIB during the month of July, 2014. In general terms, we are close to completing the key program administration initiatives; next, we will focus on business development (LNIB-owned and Member-owned) and setting up the operating structure of LNIB-owned businesses. Then, we will focus in addressing LNIB's interests and activities in the field of Aboriginal rights and title program. In the meantime, here is a summary of my activity during this past month:

LNIB Program Planning Framework and Annual Budgets - We now have completed the first phase of the current fiscal year's workplans and plan for the next three years for all programs and departments of LNIB, with the exception of the Education, which will be completed soon. Each program workplan will be revised by the Council member holding the respective portfolio, and then reviewed and approved by Chief & Council. We also have completed the budget review for the current fiscal year for some of the programs and departments (Community Services, Capital & Public Works, Natural Resources (Shulus Forestry), and Economic Development); we will do Education, Housing, Lands, Administration, and Shulus Cattle in the next two weeks.

Home Ownership on Reserve – LNIB partnered with the First Nations Market Housing Fund to host a two-evening workshop held at LNIB, to promote individual housing ownership on reserve. The workshop focused on personal finance and how banks assess loans and mortgages for housing on reserve. Knowing that the particular condition of a person is unique, I found the on-reserve home ownership with some key advantages over the conventional social housing rental program. If you want to know more about the program, and see if it is a good solution for you, please feel free to contact Joe Shuter, Housing Manager at LNIB, at 250 315 7487, and he may assist you in pursuing the private housing ownership route.

Request for Proposals for Solicitor Services for LNIB-owned Companies – We issued a request for proposals (RFP) for the provision of solicitor services (corporate legal services, i.e. annual reports, annual general meetings, business agreements, etc.) for LNIB-owned businesses. We received four responses, and Chief & Council will soon complete the selection process of the successful law firm.

Populating Board of Directors of LNIB-Owned Companies – Still related with LNIB-owned companies, we are now working on the composition and recruitment of directors (identifying suitable candidates) for the boards of directors of the different companies owned by LNIB. We have developed a grading grid that identifies the key skills and experience for a director of a corporation – such as knowledge of specific industry, business experience, credibility, network, accounting or legal background, and other relevant skills and experience.



LNIB Responsible Fiscal Management By-Law – Following-up an initiative proposed by Councillor Clyde Sam, holder of the LNIB Finance & Administration Portfolio, we are now working on a LNIB Finance Law that will have LNIB certified by the FN Management Board. In addition to the standard provisions of the typical FN Finance Law, LNIB will have the following provisions:

balanced annual budgets for all programs, departments, initiatives and projects of LNIB;

the establishment of restricted funds for 25% of property tax revenues and the full amount of capital transfers accruing from Impact Management Benefits Agreements with proponents of large projects in our traditional territory.

Specific approval of Chief & Council for transfers between programs and departments; and,

Specific approval of Chief & Council for purchases of assets over a certain threshold amount, taking loans and/or guarantees, and agreements that require some sort of security from LNIB.


The LNIB Responsible Fiscal Management By-Law will significantly strengthen the diligence, accountability and transparency of LNIB, and improve the financial performance of LNIB.

LNIB Community Safety & Security – We are working with the local Merritt Aboriginal Community Policing to enter into a Letter of Expectations arrangement which will help LNIB to be a safer community and receive improved order and safety services. The Letter of Expectations can be seen as a written mutual pledge between the community and the police in working together towards the goal of a safer, healthier, and happier community.

LNIB Summer Recreation Program – With the help of Joe Quewezance, Arena Manager, and Bridget LaBelle, Manager of Community Services, we organized a Summer Recreation Program tailored to the needs of LNIB youth during the summer. The program includes individual and team activities, and a Summer Camp at the end, and will run until the last week in August. I encourage you to consider the program for your children (if you have them).

Summer Student Employment – We currently have six summer students working in different programs and departments (one in Education, one in Lands & Economic Development, two in Capital and Public Works, and two on contract with the Summer Recreation Program).

Business Development Opportunities – I am working with Leesa Mike in assessing the feasibility of a native plant nursery and of a sand and gravel operation, for which we are now in the process of securing funding for the feasibility studies. Leesa and I are also working in identifying funding to cover the cost of a business plan for a sand and gravel operation adjacent to Pipeseul IR# 3 in the vicinity of Logan Lake.



Two important projects in the Nicola Valley passed recently important milestones. DiaCarbon Energy Inc. just started its operations in Merritt to produce biomass rods for export to Asian markets; and Merritt Green Energy Project has secured financing for the development of a \$235 million, 40 MW, state-of-the-art, biomass-fired electricity generation facility located in Merritt. The project will sell power under a 30-year electricity purchase agreement to BC Hydro. We are working with both projects for procurement opportunities for LNIB- and Band Member-owned businesses, and employment of LNIB members.

On another topic, but still related with business development, Councillor Art Dick took the time to show me the Juliet Creek site and discuss its viability for a potential business opportunity. Without further study, it seems that due to its location not far from the Lower Mainland and Vancouver, the property has potential for some kind of tourism or leisure related activity. The access to the property must be improved to attract some of the large volume vehicle traffic that passes by the property every day.

LNIB Audited Financial Statements for the Fiscal Year Ended March 31st, 2014 – The team of auditors of LNIB (Reid Hurst Nagy, Inc. Certified General Accountants, of Kelowna, BC) has now completed the audit, and in accordance with the law, we will be publishing them on LNIB's website. I want to take this opportunity to thank Barry Torgerson and his team at LNIB Accounting department for their great work, dedication and diligence in having the audit completed on time. As you can appreciate, it was not easy to do the audit work when 3 out of 4 staff members in the Accounting department has been with us for less than four months.

LNIB Community Profile – With the help of Sondra Tom, we updated the LNIB Community Profile, from the previous version published in 2009. The new profile is different not only in terms of updated information, but also in scope, as it highlights not only the different programs offered by LNIB, but also gives a good overview of the community (people, land, history, programs, and statistics), and how we fit in the larger community and economy of the Lower Nicola. The LNIB Community Profile 2014 is available in print, on CD-ROM in PDF format, or can be downloaded from our website at lnib.net.

LNIB Open House - We hosted the second LNIB Open House on July 24 at the Shulus Arena, and we can say that it was a great success. We had many booths from all LNIB programs and departments, and some from stakeholders who we work all the time. We had a large number of visitors, some of whom won valuable door prizes. The LNIB Open House is our main event for us to inform the world about what we do and what we are all about, and it is an excellent opportunity for networking, not only for business, but also for people seeking or offering programs and services. I want to take here the opportunity to thank all the sponsors who donated door prizes, and to thank who work so hard to make the LNIB such a great success.

I thank you for the attention in reading my report and the interest that you have in LNIB-related issues. If you have any questions, comments, request, or concerns, please contact me at helder@lnib.net or by phone at (250) 378 5157, local extension 701, or at (250) 315 9657, at your convenience.

Yours truly,

Helder Ponte

Executive Director

Lower Nicola Indian Band



Report to Membership – from: *C & C Health and Social Development portfolio* (July 29, 2014)

Hen!e!!! Y'é tək síłqt. Welcome!!! Good day. My name is Clarence Donald Willie Basil Jr. My parents are: Clarence Donald Willie Basil Sr., and, Georgina Barbara "Blossom" Basil. My grandparents are: Patricia Harry/Paddy Aljam, and; Walter/Ida Bent. My roots are of: both the syilx, and, n!e?képmx Nations.

I have been appointed the **Health and Social Development** portfolio, and, feel very honored to accept this portfolio, and, look forward to "working for the betterment of the entire LNIB community" in all aspects of this portfolio, as well as, any other portfolio that I may be able to offer any assistance towards.

Since my last written report (Dated: June 26, 2014), a very brief outline of some of the activities that, I have taken part in (not including C&C, and, BG Meetings) are as follows:

Attended Scw'exmx Cultural Rejuvenation Pow Wow Committee meeting on: June 27, 2014 (Soup Kitchen Trailer)

Attended Scw'exmx Cultural Rejuvenation Pow Wow Committee meeting on: July 4, 2014 (Soup Kitchen Trailer)


Attended CompTIA Strata Certification training course on: July 7th to July 18, 2014 (Chilliwack, BC)

Attended Wild Salmon Rally on: July 19, 2014 (Peace Arch Border Crossing, Surrey, BC)

Attended LNIB Open House, and, dinner on: July 24, 2014 (Shulus Arena)

Attended Wellness Committee Meeting on: July 25, 2014 (SCFSS Building)

We have initiated the creation of a new Pow Wow; the 1st Annual Scw'exmx "Cultural Rejuvenation" Pow Wow (July 10-12, 2015). We are presently seeking some ***very committed*** volunteers (including an elder, and, youth) from the 5 local bands.



I would like to thank all of the Band/Community members that have been available to attend the C&C, and, Band General meetings to date. I do “strongly encourage” all membership to show their continued support by: becoming active in, and attending/participating in, all upcoming meetings. I also encourage you to voice your concerns/approvals; as this helps provide direction/guidance to the council table. K^wuk^wscemx^w.

If any membership has any questions/concerns regarding Health/Social Development, or, on any of my activities listed above; **please, feel free to contact me by e-mail at:** cbasil@lnib.net , or, by **phone (or text) at: 250-315-3817**. I will be happy to meet with you/respond to any of your questions, and/or, concerns. K^wuk^wscemx^w, humet.

All My Relations,

Clarence D. W. Basil Jr. - LNIB Councilor
Health and Social Development Portfolio



LOWER NICOLA INDIAN BAND

181 Newishashkin Lane | Merritt, British Columbia, Canada V1K 0A7

Email: reception@lnib.net | website: www.lnib.net

Administration

Tel 250 378.5157
Fax 250 378.6188

Community Services & Health

Tel 250 378.4089
Fax 250 378.9137

LNIB School

Tel 250 378.5527
Fax 250 378.6389

LNIB Fire Dept.

Tel 250 378.5110
Fax 250 378.6063
911 Emergency

Shelus Community Arena

Tel 250 378.5180
Fax 250 378.5137

Natural Resources, Lands & Economic Development

Tel 250 378.5157
Fax 250 378.6188

Looking for Volunteers TRESSPASSING COMMITTEE



LNIB is planning on creating a trespassing bylaw to help with the people entering onto LNIB Reserves without prior consent. If you feel strongly about this topic please call the LNIB band office 250-378-5157 and leave your name with Sondra Tom; when a meeting date is set we will contact you to come help with this process.



Health Coordinator

Programs for the Month of August 2014 – Rhonda Dunn

Family Swim for LNIB community members living on Reserve –August 4, 11th (**Mondays Only**). Note: The swimming pool will be closed for maintenance from August 18th on and tentatively opening on September 15th. The gym will be closed the week of August 18th and open back up on August 25th (Mon-Fri 7:00 am -7:00 pm). When signing in for swimming/gym be prepared to show your status card/and or on-reserve house address. As there have been times non-band members have tried to sign-in under LNIB.

Good Food Bag –Thursday, August 14th pickups after lunch. We will only be changing this day of the week for this month. As most of our staff have food safe training that day. We remind people that it is very important to pick up your good food bag that day as it is not being refrigerated.

Elder's Lunch – Will be on Thursday, August 7th at the Soup Kitchen at 12:00 noon.

Patient Travel Requests New Update: Due to my other programs and duties we are now going to be **only** taking in Patient Travel Requests on **Monday and Tuesdays; and processing the following Monday and Tues for Purchase Orders; For Cheques they will be ready Friday's after 11:00 am.** Patient Travel forms must be completely filled out one week prior to appointments. Patient Travel Request forms are available at the Health Centre reception area. If you need assistance filling out the form contact myself (Rhonda). If I am out of the office Robin can assist you. It is very important that I receive your confirmation that you attended your appointment they can be faxed (250-378-9137) or hand delivered back to the Health Centre following your appointment. If I do not receive your for confirmation I will not be able to process future appointments.



Home canning safety

With the renewed popularity of seasonal, local eating, and the desire to be more environmentally friendly, many people are looking to home canning (also known as home bottling) to keep food for later use. While the food we eat in Canada is among the safest in the world, if home canned foods are not prepared or bottled properly they can cause botulism.

Health risks

Botulism is a serious and sometimes fatal illness you can get from eating improperly prepared, canned or bottled food. Botulism is caused by a toxin produced by the bacteria called *Clostridium botulinum* (*C. botulinum*). Botulism bacteria grow in a moist, oxygen-free environment so improper home canning and bottling can provide ideal conditions for it to multiply and produce the toxin.

Symptoms of botulism usually appear within 12 to 36 hours after eating the contaminated food. These symptoms may include:

- nausea
- vomiting
- fatigue
- dizziness
- headache
- double vision

dryness in the throat and nose

Serious health risks can include:

- respiratory failure
- paralysis

death

These symptoms will usually last two hours to 14 days but some can last longer. The groups at higher risk for serious health effects include pregnant women, children under the age of 5, adults over the age of 60, and people with weakened immune systems. You should see a health care professional and contact your local public health unit as soon as possible if you think you have botulism or food poisoning.



Did you know?

Botulism doesn't change the colour, odour or taste of food. When in doubt, throw it out!

Before you start canning

Foods for canning are classified into two types: high-acid foods and low-acid foods. Each type needs to be prepared differently to prevent the growth of harmful bacteria. Before you start canning, you need to determine the acid level of the food.

- **High-acid foods (require a boiling water canner)** High-acid foods have a pH (acidity level) of less than 4.6. A boiling water canner heats food to 100°C (212°F) at sea level. The natural acid in the food will prevent botulism bacteria from growing and the heating will kill most yeasts, moulds and bacteria that could be present.
- **Low-acid foods (require a pressure canner)** Low-acid foods have a pH (acidity level) of more than 4.6. Tomatoes are a borderline high-acid food and need an acid, such as lemon juice or vinegar, to be added for safer canning. Mixtures of low and high acid foods, such as spaghetti sauce with meat, vegetables and tomatoes, are considered low-acid foods. The level of temperature needed to kill botulism bacteria for low-acid foods can only be reached by using a pressure canner.

Examples	
High Acid Foods	Low Acid Foods
Fruit	Most fresh vegetables except tomatoes
Jams, jellies, marmalades	Meat, and poultry
Fruit butters	Seafood - fish and shellfish
Pickles and sauerkraut	Soup and milk
Tomatoes with added lemon juice or vinegar	Spaghetti sauce with meat, vegetables and tor



Cleaning

Cleaning your hands, kitchen surfaces and utensils, fruit and vegetables will help eliminate bacteria and reduce the risk of food related illness.

Wash your hands with soap and warm water for at least 20 seconds.

Wash your fresh fruits and vegetables gently under cool, running, drinkable water before preparing and eating them.

- Use one cutting board for produce, and a separate one for raw meat, poultry, fish and seafood.
- Use paper towels to wipe kitchen surfaces, or change dishcloths daily to avoid the risk of cross-contamination and the spread of bacteria and avoid using sponges, as they are harder to keep bacteria-free.
- Sanitize countertops, cutting boards and utensils before and after preparing food. Use a kitchen sanitizer (following the directions on the container) or a bleach solution (5 ml household bleach to 750 ml of water), and rinse with water.

Clean during all stages of the canning process to avoid cross-contamination

Did you know?

The bacterial spores that cause botulism are widespread in nature and commonly found in soil and dust. However, these spores rarely cause problems because they cannot grow if they are exposed to oxygen.

WorkBC
Employment Services Centre



UNEMPLOYED?
You may qualify for
training, short term
certificates or
courses.

These are just a few of our
services:

- ❖ Job board
- ❖ Workshops
- ❖ Large informative resource room
- ❖ Local newspapers
- ❖ Labour market information
- ❖ Computer stations
- ❖ Fax and telephone services
- ❖ Interviews by telephone or Skype

**FOR MORE INFORMATION
VISIT
MERRITT EMPLOYMENT
SERVICE CENTRE
2099 QUILCHENA
AVE., MERRITT, BC
250-378-5151**



Canada

open
door
group





NOTICE
to all Indian Residential School (IRS) Survivors

THE LAST DAY TO HAVE YOUR IRS EDUCATION CREDITS FORM FILED IS ON OCTOBER 31, 2014.

You can designate your credits to an education facility for a specific family member OR you can use your IRS personal credits with the Conoyt Friendship Society to host group language & culture classes and/or workshops. **IT'S UP TO YOU AS A SURVIVOR.**

Conoyt Friendship Society can help you fill out your forms for the IRS Personal Education Credits. If you would like help getting your forms filled out, please contact Deloris Charters at 250-378-5107 or stop by Conoyt at 2164 Gulchena Avenue with your forms between 8:30am & 4:30pm.



* Note: All persons who survived Indian residential schools have received an IRS Personal Credit of \$20,000. The \$20,000 is not a cash payment and cannot be exchanged for cash. Each recipient has until October 31, 2014 to decide if they access this credit or lose it. If they want to use it, they must designate an institution such as NWT or another Friendship Centre to pool the individual credits. In the case of use by a Friendship Centre, IRS recipients may pool their \$20,000 with the Friendship Centre of their choice and request that it be used to offer Aboriginal language or culture training. In the case of language, if there are sufficient funds, the Friendship Centre can offer an Aboriginal language course. The IRS recipients may also choose to offer cultural programs at the Friendship center with their credits (i.e. music, art, basket, beading, jiggle dresses, regalia, carving, weaving).

June 26, 2014



Theme: "Honoring Mother Earth"

We feel compelled to bring back our culture and we came up with a pow wow designed to do this, as well as, designed to heal our community, and neighbouring communities, and, to bring healing to the people, and, bring our communities together.

Mother Earth gives us the food that eat, the water that we drink, the air that we breathe, and the land that we live on. Sometimes in our busy lives, we forget these facts. Please stay mindful of these facts.



This will be a time when we bring the pipe ceremony, cleansing ceremony, his/her drug and alcohol counsellors, his/her sweats. We plan to have 4 tipis for healing ceremonies. We will promote healthy living, and, present several keynote speakers. We plan to bring in some "fun time" activities, as well.

Some of the events we are planning are: "Ironman", and, "Iron Woman" specials in different age categories; Jr. Princess; Jr. Warrior, "Old Style" Jingle Dress; and, "Cross-over" special, contests. There will be two (2), maybe three (3) "coming out" ceremonies.

There will be a logo contest for the pow wow. The winner will be announced, honoured, and, gifted at the pow wow.

"Honouring our Youth" dance contest prizes will be Youth Jingle Dress regalia and a Youth Grass Dancers regalia.



1ST ANNUAL SCW'EXMX

("PEOPLE OF THE CREEKS")

"CULTURAL REJUVENATION"

POW WOW

JULY 10-12, 2015





HEMOCARE PROGRAM

NEW:

Looking for companionship for an elder living on reserve. Free room and board but must pay own utilities and buy own groceries. Must be non-smoker, non- drinker and preferably male. If interested please call Irene Howe at LNIB health center (250-378-4089).

Transportation:

Transportation for Doctor's appointments can be pre-arranged by the health staff but requires advance notice of 24 hours and confirmation must be obtained from a homecare worker. Please remember the health *staff* tries to accommodate the client but this varies on the time and schedule of the health staff worker.

Elders Birthdays

Our Elders are valuable knowledge keepers within our community. We want to wish all our elders a very Happy Birthday and may you continue to bless us with your wisdom & knowledge.

July- John Coutlee (77yrs) Victor Coutlee (68yrs)


Roger Jackson (75yrs) Jack Joe

Irene Murdock Klemm (75yrs)

AUGUST - Gloria Sam

John Isaac (67yrs)

	Menu 1	Dietary Fibre	Menu 2	Dietary Fibre	Menu 3	Dietary Fibre
Breakfast	1 serving very high fibre cereal Low Fat Yogurt 1 Banana	12 g 0 g 2 g	½ Cup Oatmeal 2 tbsp. Raisins 1 cup low fat yogurt	3 g 2 g	1 Serving whole wheat biscuit Cereal ½ cup blackberries Low Fat Milk	5 g 4 g
Lunch	Sandwich with 2 slices of fibre added whole wheat bread with fibre added lettuce, tomatoes 2 tbsp. hummus 60 g lean chicken 1 orange	12 g 4 g 2 g	1 cup salad 1 tomato 2 celery sticks 6 oz canned tuna 1 whole wheat roll 1 pear	1 g 2 g 1 g 4 g 5 g	½ cup pea soup 6 whole wheat crackers 1 pear	3 g 3 g 5 g
Snack	1 high fibre bar	4 g	One container of yogurt with 30 g low fat granola	2 g	25 almonds with skin	4 g
Dinner	90 g fish 1 cup peas and carrots 1 cup salad 1 apple	5 g 1 g 3 g	1 cup quinoa 90 g roast chicken 1 cup peas and carrots 1 small date square	4 g 5g 2 g	1 cup whole wheat spaghetti Tomato & meat sauce Cheese Salad 2 oatmeal cookies	5g 1 g 1 g
Snack	1 serving high fibre cereal	5 g	A glass of milk and 2 oatmeal cookies	1 g	1 ½ cup popcorn	2 g
		50 g		32 g		33 g



To eat more fibre daily requires conscious effort at meal time as well as snack time. Here are five different ways that you could add fibre to your daily routine:

Try to choose at least 5 servings of whole wheat vegetable or fruits each day. If you take juice instead, you are not getting the fibre you need.

When choosing grains, go for whole grain first and look for those that have bran added. Not all whole grains are high in fibre. Look at the nutrition facts table to find grain foods that are high in fibre (4 g fibre) or very high (6 g fibre and more).

Try a vegetarian dish that is made with legumes twice a week. You can also add different beans to casseroles, stews and spaghetti sauce.

When hungry between meals, choose higher fibre snacks like popcorn, peanuts, fresh or dry fruits or an extra bowl of high fibre cereal.

Sprinkle very high fibre cereal or 100% bran on salad or on your favourite cereal – hot or cold, use it as coating instead of breadcrumbs or add it to your favourite spaghetti sauce, beef pattie or meatloaf recipe.

When it comes to fibre every gram counts to meet the recommended 25-50 grams and to benefit every day from this super-nutrient.



Adult Day Program

Many more fun events are scheduled for the next coming months.

August 2014:

Aug 4th- STAT HOLIDAY (Office Closed)

Aug 11- Bowling

Aug 18th- TBA

Aug 25- Movie in Kamloops (for regular attendees only)

Diabetic Fact

Fact about Fibre: Did you know that fibre aides in improving your blood glucose levels. Evidence shows that soluble dietary fibre such as, eggplant, oat products, beans, barley etc are beneficial to blood glucose. **HOW.....**the water soluble fibre attracts water and forms a viscous gel during digestion thus slowing the emptying of the stomach and flow of the intestine; shielding carbohydrates from enzymes thus delaying the absorption of glucose (blood sugar in the body).

You can find dietary fibre in your diet in 36% grains, 25% vegetables, 13% legumes, 11% fruits, & 15% other. The examples include: Whole grain products which can provide up to 12 grams of fibre. Legumes and nuts range from 3-9 grams of fibre.

The Canadian Diabetes Association recommends a daily intake of fibre for adults range from 25-50 grams.

What does 25 to 50 grams of fibre look like in a day? (Check out the sample menu plan).

Enjoy the summer & fabulous weather....just remember protect yourself..... Stay hydrated & use sunscreen and a hat when out in the sun.

Sincerely ,

*The Homecare staff- **Irene Howe, Sheri Daw, Dee Voght, & Audrey Hogan***

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



LOWER NICOLA INDIAN BAND

181 Nawishaskin Lane | Merritt, British Columbia, Canada V1K 0A7

Email: reception@lnib.net | website: www.lnib.net

Administration

Tel 250 378.5157
Fax 250 378.6188

Community Services & Health

Tel 250 378.4089
Fax 250 378.9137

LNIB School

Tel 250 378.5527
Fax 250 378.6389

LNIB Fire Dept.

Tel 250 378.5110
Fax 250 378.6083
911 Emergency

Shulus Community Area

Tel 250 378.5180
Fax 250 378.5137

Natural Resources, Lands & Economic Development

Tel 250 378.5157
Fax 250 378.6188

FREE! SUMMER DAY CAMP <<PROGRAM PACKAGE>>

AGES 6-18

Date: July 16, 2014

To: Lower Nicola Indian Band Membership and Community Members

RE: Summer Youth Day Camp Program

Swimming

Summer is here and has been in full swing and the Lower Nicola Indian Band has been planning and organizing a Summer Day Camp Program for July and August 2014 to keep your children healthy, active, and learning throughout the summer!! Elders, Please come join during the arts and culture days!

- We want to encourage LNIB youth and community members to age 6 to 18 years old to participate. If you have younger children, they are able to attend if there is someone to supervise them (perhaps an older sibling if they are attending as well). Please give us a call if you have any questions regarding this.
- There is no cost (free!).
- Rides will be available for those who need one. However if you are able to provide rides for your children that would be helpful even if it is either to or from an activity as we have limited resources.
- Bagged lunches will be provided, please list on the registration if your child has allergies or a special diet.
- The weekly activities start on Tuesday July 22, 2014 and end with a Culture Camp August 26-38, 2014. We welcome all families to join during the culture camp! A location is still being planned. If you have any ideas feel free to send them to us.
- The Deadline for Registration is July 25, 2014. Registration will be accepted after this date but please make all efforts to complete ASAP and bring in to LNIB Health Ctr, so that we may plan transportation for those that need a ride.
- Scw'exmx Child and Family Services is also organizing several programs throughout the summer that you may be interested in. LNIB may join a few of their activities.

In this package we have included:

- Summer Day Camp Poster
- July and August Activities Calendar (Activities may be added or changed depending on interest).
- REGISTRATION FORM (More copies available at the Health Ctr).

Arts

Culture

For questions or more information please contact the Health Centre at 250-378-4089





Golf Lessons
Dance Lessons







LNIB Community Recreation Program

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 10 am – 12 pm: GYM Activities 12 pm- 12:30pm: Lunch 12:30 pm – 3pm: Swimming (age 7+ or 6 & under w/ parent supervision)	6 10 am – 12 pm Golf Lessons 12 pm -12:30 pm Lunch 1 pm – 3:00 pm Swimming	7 10 am – 12 pm Arts & Culture Elder's Welcome! 12 pm – 12:30 pm Lunch 1 pm – 3 pm Outdoor Field Activities	8	9
10 	11	12 10 am-11 am: Ballet Class (6+) 11 am-12 pm: Jazz Class (6+) 10 am – 12 pm: GYM Activities 12 pm- 12:30pm: Lunch 12:30 pm – 3pm: Drum Making	13 10 am – 12pm Golf Lessons 12pm -12:30pm Lunch 1 pm – 3 pm Swimming	14 10 am – 12 pm Arts & Culture Elder's Welcome! 12 pm – 12:30 pm Lunch 1 pm – 3 pm Outdoor Field Activities	15	16
17 	18	19 10 am-11 am: Ballet Class (6+) 11 am-12 pm: Jazz Class (6+) 10 am – 12 pm: GYM Activities 12 pm- 12:30pm: Lunch 12:30 pm – 3pm: Swimming (7+ or 6 & under w/ parent supervision)	20 10 am – 12pm Golf Lessons 12 pm -12:30 pm Lunch 1 pm – 3 pm Swimming	21 10 am – 12pm Arts & Culture Elder's Welcome! 12 pm – 12:30pm Lunch 1 pm – 3 pm Outdoor Field Activities	22	23
24	25	26 	27	28 	29	30
31	NOTES: *Bagged Lunch Provided* With Notice --Rides Available . Ages 6+,or 6 & under w/ parent To Register: Contact LNIB Community Services @ 250-378-4089					



☼ ☼  ☼ ☼ **SUMMER**



LNIB Recreation Program Summer Day Camp Registration Form

CAMPER INFORMATION

First Name Last Name Birth Date Month/Day/Year Age Male/Female

Resides with Health Card Number

FAMILY/ GUARDIAN INFORMATION

Email

Parent 1 First Name Last Name Home # Cell Phone # Other #

Parent 2 First Name Last Name Home # Cell Phone # Other #

EMERGENCY & AUTHORIZED PICK UP CONTACT INFORMATION

First Name Last Name Cell Phone # Other # Relationship to camper

First Name Last Name Cell Phone # Other # Relationship to camper

MEDICAL INFORMATION

Does the camper have special needs, medical conditions, or allergies that you would like us to be aware of? YES NO If yes please list below (specify if your child carries an epi-pen or has severe allergies etc):

SUNSCREEN:

My child UNABLE to properly apply sunscreen to himself/herself. My child will need assistance applying his or her sunscreen.

My child is able to apply sunscreen himself/herself

Public and Capital Works—Hyrum Peterson

Summer Student Strikes Again!!!!!!

Anikka Antoine is back at it again this year. She and Joseph Swakum are doing an amazing job of weed control. If you see them at the side of the road as you go by, honk and let them know what great work they are doing. Many areas they are looking after were completely missed last year due to lack of time. Excellent job you two!!!!!!



Public and Capital Works—Hyrum Peterson





PUBLIC & CAPITAL WORKS DEPARTMENT

Water Conservation

Effective immediately **TO ALL USER'S** we would also like to place a water conservation order on **all domestic water systems** as it is summer time now and the temperatures are rising. **During our hot summer months, more than 60 percent of treated water is used outside of the home** and therefore it is essential that we reduce water waste when irrigating our lawns. We would like to ask you to water your lawn and or garden **every other day instead of daily** and that you **water your lawn/garden between the hours of 6:00 am - 10:00 am and 8pm – 11pm**. This water conservation order will remain in effect for the months of **July through September**.

The following are some helpful tips on watering your lawn:

A lawn doesn't need to be watered every other day. It only requires about 2.5 cm (1") per week to keep it green (depending on weather and soil conditions). An empty tuna can is approximately 2.5 cm deep. Place several cans at different distances from your sprinkler. Time how long it takes to collect an average of 2.5 cm of water. Water this length of time once per week in the summer. Reduce this time by half for spring and fall-time.

It is best to water your lawn early in the morning or evening because there is less wind which means more even water distribution and slower evaporation.

If you step on your grass and if it springs back when you lift your foot there is no need to water.

Water thoroughly, but less frequently, to encourage deeper roots.

Over watering creates an environment that is perfect for fungal diseases to spread. Make sure the surface of your lawn is allotted sufficient drying time between watering, as this will kill or inhibit the disease.

When cutting your lawn, leave 2 inches or more of grass. Doing so will help to shade the roots and promote deeper root growth. Remember to sharpen your lawn mower blades as well.

If you have any question please call Hyrum Peterson, Public & Capital Works Manager at 250-378-5157.



LNIB's Spay/Neutering Program

We deal with the following veterinary clinics:

Nicola Valley Veterinary – 250.378.6136

Merritt Vet Hospital – 250.378.2120

BCSPCA Kamloops Spay Neuter Clinic – 250.376.6055

Tranquille Road Animal Hospital – 250.852.7883

What needs to be done in order for assistance:

Short letter asking for assistance with minimum of two quotes from Veterinary clinic and in the letter please state what veterinary clinic you would like to use.

The department will assist with 80% to a maximum of \$150 of spay/neutering cost only.

Once this has been reviewed the Public Works Officer will contact you to inform you what fee the department will assist with.

Once you make the appointment for your animal please call the Public Works Officer and a Purchase Order will be made and left at the Band Office front desk for you to pick up.

If you have any question please call Jackie R. Adams, Public Works Officer at 250-378-5157.

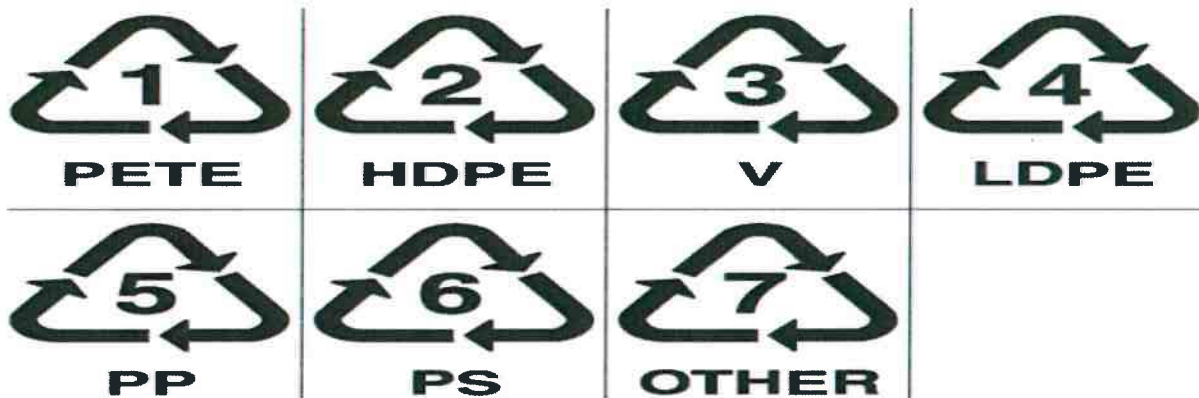
Re: LNIB Blue Bag Recycling Program

Pick up for your Blue Bag Recycling will be every Wednesday. If you have a pick up please leave it at the end of your drive way in first thing in the morning. If you happen to miss the Wednesday pick up please call the office and we may be able to schedule a pick up for you.

Blue Bag Recycling program the following is accepted:

- **Aluminum trays** — pie plates, baking trays & more
- **Steel (tin) cans** — soup cans, tuna cans, coffee cans & more
- **Aluminum Cans** — non-deposit beverage cans & more
- **Plastic tubs** — butter tubs, sour cream tubs & more
- **Plastic food containers** — ketchup, mustard, yogurt & more
- **Plastic cleaning product containers** — bleach, liquid laundry detergent, all-purpose cleaner, spray bottles & more
- **Plastic toiletries containers** — shampoo, liquid soap, mouthwash, contact lens solution, body wash & more
- **Plastic drink bottles** — non deposit only
- **Paper** — Writing paper, Computer paper, Newspaper, flyers, junk mail, envelopes
- **Egg Cartons** — cardboard only
- **Cardboard** — Empty Paper Towel, Toilet Paper, Cereal box, cracker box, detergent boxes & more

Look for the following symbols on the bottom of containers these items are included in the Blue Bag Recycling program



Please do not put Glass, Styrofoam, Bubble wrap or anything you can get a Deposit for in Blue Bags.

If you have any questions please call the office and ask for Hyrum Peterson, Public and Capital Works Manager or Vonna Moses, Public and Capital Works Clerk.

Garbage Collection

We are asking that community members to deliver any items that are too large to fit inside the garbage bins to the landfill, not to leave it beside the bins and to place all garbage into bags. Large items are not included in pick up, makes our community look bad and this is not respectful. We thank you for your cooperation with this matter.

Lower Nicola
Indian Band

SCHOOL REGISTRATION 2014-2015

THE LOWER NICOLA BAND SCHOOL INVITES ALL CHILDREN

(First Nations/Non First Nations)

To Register for Kindergarten to Grade 7



CURRICULUM:

- BC Curriculum
- Nle?kepmx
- Cultural Studies
- Field Trips
- Learning Assistance Program
- Extra Curricular Activities & Sports being offered

FACILITIES:

- Full-Size Gymnasium
- Library
- Computer Lab
- Baseball/Soccer Field

- Full Time Kindergarten – must be 5yrs by Dec 31, 2014
- Door to door Bus Service provided to all areas of Merritt.

HEAD START SERVICES:

- 3 & 4 year old Program (K4 must be 4 years old by Dec., 31, 2014)
- Parent & Tot Drop In
- Home Visiting Program
- Services to 0 to 6 year olds:
Priority will be given to LNIB Band Members for all Head Start programs
- Transportation provided for all Head Start programs



TO REGISTER YOU WILL NEED: Immunization Record, Birth Certificate,
Health Care Card Number, Band Name and Number.

FOR MORE INFORMATION

Lower Nicola Band School

Ph: 250-378-5527  201 Horn Rd., Merritt, BC

Little Stars Head Start Programs 2014/2015



Children will start school on **Tuesday, September 9, 2014**. Please stop by the school to register for this school year, if you have not already done so. Registrations will be accepted on a first come, first serve basis, giving band members first priority. *(You will receive a call the first week of September to confirm bus times.)*

Programs:

K3 Program

Tuesday and Thursday - 9:00am - 11:30am

K4 Program

Tuesday, Wednesday, and Thursday - 11:30am - 3:00pm

Outreach Services

Wednesday - 9:00am - 11:00am

Friday - 10:00am - 2:00pm

Parent/Tot Playgroup

Wednesday (Rocky Pines Building) 9:30am - 11:00am

LOWER NICOLA INDIAN BAND SCHOOL

201 HORN ROAD| Merritt British Columbia Canada V1K 1M9

PHONE:250 378 5527 FAX: 250 378 6389

2014-2015 School Calendar

Days in Session – 192

August 25-29 2014	Monday-Friday	Summer Institute
September 2, 2014	Tuesday	SCHOOL OPENING School hours 10:00 to 12 noon. (Bus schedule to be adjusted for the first day of school.)
October 13, 2014	Monday	Thanksgiving Day (no classes)
October 24, 2014	Friday	Non-Instructional Day (no classes)
November 11, 2014	Tuesday	Remembrance Day (no classes)
December 19, 2014	Friday	Last Day of school before Winter Break
December 22, 2014 – January 2, 2014		Winter Break (no classes)
January 5, 2014	Monday	SCHOOL REOPEN
February 9, 2015	Monday	Family Day (no classes)
February 20, 2015	Friday	Non- Instructional Day (no classes)
March 16-27		Spring Break (no classes)
April 3, 2015	Friday	Good Friday (no classes)
April 6, 2015	Monday	Easter Monday (no classes)
May 18, 2015	Monday	Victoria Day (no classes)
June 25, 2015	Thursday	Last Day of Classes
June 26, 2015	Friday	Administrative Day (no classes)

6TH ANNUAL SHULUS ARENA FUNDRAISER GOLF TOURNAMENT

WHEN

Wednesday September 3rd
Tee Times between 12-2PM

WHERE

Merritt Golf and Country Club

Cost:

\$85 with cart \$70 without cart

Includes, golf, dinner, prizes and
sleeve of golf balls

**TO REGISTER PLEASE CONTACT JOE
QUEWEZANCE @ 250-525-0084 OR BY
EMAIL JOEQ@LNIB.NET**

**\$10,000 HOLE IN
ONE**

**Everyone wins
a prize**

50/50 draw


SPONSORS

**-LOWER NICOLA BAND
NATURAL RESOURCE**

-TOLKO INDUSTRIES

BENEFITING

**Youth hockey
programs in the
Nicola Valley**



Shulus Arena Giant Bingo

Tickets now on sale!!

\$50 before August 15th

\$75 at the door

Price includes 9 Up book, specials sold at the door

YOUTH FUNDRAISER

Saturday August 16th Games start
at 3

Doors open at 12PM

Tickets available at the Lower Nicola Band Office
and Wednesday night bingo at Elks Hall.

For more information please contact Joe Quewezance

@ 250-525-0084



LOWER NICOLA INDIAN BAND

181 Newishaskin Lane | Merritt, British Columbia, Canada V1K 0A7

Email: reception@lnib.net | website: www.lnib.net

Administration

Tel 250 378.5197
Fax 250 378.6188

Community Services & Health

Tel 250 378.4089
Fax 250 378.9137

LNIB School

Tel 250 378.5527
Fax 250 378.6389

LNIB Fire Dept.

Tel 250 378.5110
Fax 250 378.6063
911 Emergency

Shulus Community Arena

Tel 250 378.5180
Fax 250 378.5137

Natural Resources, Lands & Economic Development

Tel 250 378.5157
Fax 250 378.6188

Shulus Community Arena

Hello Membership,

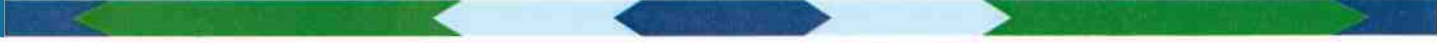
I hope that you are doing well. Hockey season is not far away so enjoy the summer heat.

Early bird tickets are now on sale for our annual Fundraiser bingo Saturday, August 16th at 3PM. Doors will be open at 12PM. Tickets are \$50 until August 15th. \$75 at the door. Tickets will be available at LNIB Office and Wednesday night bingo at the Elks hall.

This year's golf tournament is scheduled for Wednesday September 3rd. Registration is now open. Cost to golf is \$85 with a cart and \$70 without cart. If you are interested in golfing or volunteering please contact me.

Thank you,

Joe Quewezance
joeg@lnib.net
250-525-0084



Matrimonial Real Property Rights

On Your Reserve



Matrimonial Real Property -What is it?

Matrimonial real property can include land held by one or both spouses or common-law partners and used by the family, i.e. houses, sheds, mobile homes or other structures on that land. It does not include things such as cars, money, clothing or televisions. In the event of death, divorce or separation, people living off reserve have provincial law rights and protections regarding their family home. These provincial law rights and protections do not apply to those living on reserve. To give people living on reserves comparable protections and rights as those living off reserve, a law was put in place on December 16, 2013, called the Family Homes on Reserves and Matrimonial Interests or Rights Act (the Act)

What Does the Act Do?

The Act gives First Nation communities the opportunity to either develop their own community matrimonial real property law or follow provisional federal rules. These rules, although intended to temporarily apply until a First Nation develops their own matrimonial real property law, can be followed for an indefinite period of time. As of December 16, 2013, First Nation communities can make their own matrimonial real property laws under the Act. If a First Nation makes its own Laws within one year (before December 16, 2014), the provisional federal rules will not apply to that community. If a community develops its own laws, the content of the law has to be agreed upon by the First Nation and its members. All members of voting age, 18 years or older, regardless

of whether or not they live on or off reserve, have the opportunity to vote on the proposed law. Community members have the right to learn about the law and to be made aware when a vote on the law is taking place. Protections As of December 16, 2014, once the provisional federal rules are in effect, the following are examples of the protections and rights that would apply, should a First Nation community not have enacted its own community law:



Emergency Protection Orders

In cases of domestic violence a victim can apply to the court to remove their abusive partner from the family home. This application can be made by the victim or by someone else, such as a nurse or a social worker on behalf of the victim, without the presence of the spouse or common-law partner. Family Home either spouse or common-law partner has the right to occupy the family home during the conjugal relationship. A family home cannot be mortgaged or sold without the consent of both people in the relationship. If a marriage or common-law relationship breaks down, a spouse or common-law partner can apply to the court to have time-limited exclusive occupation of the family home. That means that a court can order a spouse or common-law partner to leave the family home for a period of time. On the death of a partner who held the interest in the family home, the surviving partner may live in the family home for a period of 180 days.

Division of On-Reserve Matrimonial Interests or Rights

In the event of separation, divorce or death, both partners are entitled to half the value of the family home. A court can enforce written agreements that set out the amounts that each spouse or common-law partner are entitled to receive in the event of separation or divorce. Balancing Your Rights and the Rights of Your First Nation Community the provisional federal rules specify: First Nation councils are to be notified about applications for an order made under the Act, such as an application made to the court for exclusive occupation of the family home. First Nation councils will not be notified in cases of emergency protection orders and confidentiality orders arising from domestic violence situations. Before issuing exclusive occupation orders, courts are to consider the collective interests of the First Nation members and any representations by the First Nation council with respect to that First Nation's cultural, social and legal context, etc.

What the Act Does Not Do

Allow non-Indians or non-members to gain permanent possession of a family home; Give non-members of a First Nation the ability to sell reserve land; nor Allow the Minister of Aboriginal Affairs and Northern Development to have any role in reviewing, cancelling, rejecting or altering First Nation Laws. Support Available for You and Your Community

Centre of Excellence for Matrimonial Real Property

A Centre of Excellence for Matrimonial Real Property, hosted by the National Aboriginal Lands Managers Association (NALMA), is now available to assist First Nation Communities. Contact the centre today! Centre of Excellence for Matrimonial Real Property

For more information contact

Geraldine Shuter

Membership/Lands Clerk

Phone: 250-378-5157

Email: gshuter@lnib.net

Decision-Making and Uncertainty

When there seems to be endless decisions to be made and factors to be considered, trying to plan for an uncertain future can be overwhelming. Simplify by:

- 1) Approaching only the very next decision or very next step that needs to be made.
- 2) Reducing the number of options. Maybe you can't agree on the one path, but you can agree on 5 paths that are no-go's.

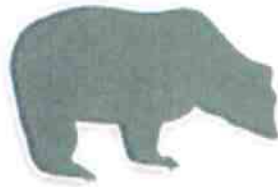
Any decision about health care has both pros and cons for the person in question, caregivers, family members and others. Decisions will impact not only your loved one's physical and emotional well-being, but also their quality of life, and the quality of life of caregivers and family members. In tough times, even the very best decisions can lead to disappointment. Be kind to yourself and to those around you in these difficult times and plan for your future to help make things easier in the event that something happens to you. ■

Small Steps: Healthy Elder Tips



- Drink water during the day to make sure you stay hydrated. If you prefer, flavourful tea is nice drink.
- You are never too old to see the dentist!
- Staying active helps to keep muscles strong and improves balance.
- Take your time getting up, balance can weaken with age so if you get up too fast you could feel dizzy and increase the chance of a fall!
- Look around your house for tripping hazards like electrical cords or loose mats.
- Pamper your toes. If you can't reach your feet ask for help with keeping them feeling and looking good.
- Challenge your brain! Engage in conversations, work on puzzles, do word or number games.
- Share your wisdom!
- Studies have shown that Elders who maintain their strength by working their muscles have better health and live longer. There's lots of ways to do this: get out and dig in the garden, practice standing up from a chair several times in a row, or use local community centre work-out facilities.

Spending time with Elders benefit everyone! Young people learn about patience, and hear the stories that Elders can tell. Elders find out more about technology and can help other understand the healing power of laughter. Every connection with others helps us be healthier people. ■



LOWER NICOLA INDIAN BAND

131 Newkirk Road | Merritt, British Columbia, Canada V1K 6A7

Email: reception@lnib.ca | website: www.lnib.ca

Administration

Tel 250 378.8167
Fax 250 378.8188

Community Services & Health

Tel 250 378.4089
Fax 250 378.8137

LNIS School

Tel 250 378.8327
Fax 250 378.8389

LNIS Fire Dept.

Tel 250 378.5110
Fax 250 378.6053
911 Emergency

Shelva Community Centre

Tel 250 378.3180
Fax 250 378.8137

Natural Resources, Lands & Economic Development

Tel 250 378.3137
Fax 250 378.6188

Important Notice

To

Lower Nicola Band Membership Fire Ban in Effect

Please note that a Fire Ban is in effect, as of April 15th, 2014, extensive to all reserves and parcels of Lower Nicola Indian Band for any form of spring burning.

Please help us protect life and property by reporting immediately, any fire or burning to:

Lindsay Tighe, Fire Chief of the Lower Nicola Volunteer Fire Department, at 250 315-3094,

or

Tony Allen, Deputy Fire Chief, at 250 315-3915. Your attention and compliance is much appreciated.

Lindsay Tighe

Fire Chief

Lower Nicola Volunteer Fire Department

Education—Lynne Charlton



The Lower Nicola Indian Band in partnership with NVIT will offer a community based program starting September 2014 through the Aboriginal Community Based Delivery Partnership Program (ACBDPP) that is funded through a combination of AVED, LMA and Aboriginal Affairs & Northern Development.

President and the Five Founding Bands Letter of Support

NVIT is pleased to provide this proposal in response to the Aboriginal Community – Based Delivery Partnership Program 2014 - 2015 guideline and template released by the Ministry of Advanced Education. This proposal submission is unique in that NVIT plans to partner with five local bands, known as our founding bands, to deliver numerous upgrading and skills training courses. In 1983, NVIT was formed as a private institute by the founding bands of Coldwater, Nooaitch, Shackan, Upper Nicola and Lower Nicola. The institute has since grown into a public post-secondary school, serving over 1,400 students throughout the province. NVIT's relationships with the bands have waned over time as NVIT grew into BC's Aboriginal Public Post-Secondary School. We see this opportunity as a means to strengthen and revive those once strong relationships. We have named our program "Qwémqwemt - QwamQwmt", or "Q²" for short, which means "Everything Is Right" in the local Nle'kepmx and Syilx languages, respectively.

Aboriginal education and training poses many difficult questions and opportunities for NVIT. The difficulties arise in the arena of continually improving how we serve the Aboriginal communities in this province with on and off campus program deliveries. NVIT's mandate essentially creates a continuous opportunity to partner with Aboriginal communities and organizations. We believe NVIT does provide a culturally relevant Aboriginal learning environment and we seek to improve on this with all internal and external activities.

NVIT and the five bands have met to discuss this proposal opportunity and what can be jointly offered to benefit the Nicola Valley community members the greatest. Education Coordinators and Social Development Coordinators from each band have identified specific needs of their communities, and together we have created a program that will allow students to attend classes within or near their community, and the ability move forward into skills training at the NVIT campus.

The Nicola Valley Institute of Technology and N'kwala School (Upper Nicola Band) are both IAHLA members. The Interior Salish Employment & Training Society (ISETS), the local ASETS organization, is also involved in this program proposal. ISETS is integral to addressing the needs and opportunities with the local bands, and has been a part of all discussions on programming and course selection.

NVIT looks forward to once again working in partnership with the local founding bands to help create the opportunities and access to post-secondary education for their community members, and in assisting learners to develop confidence in their ability to pursue and recognize their educational and career goals.



Objective

The objective of Q² is two-fold. The first is to have Labour Market Agreement (LMA) eligible and non-eligible community members who are from the five local NVIT founding Bands have access to adult basic education classes in association with language and cultural teachings. Courses to be delivered will include Math, English, Indigenous Studies, Aboriginal language, and cultural classes. During the timeframe to implement the program the students will receive 7 courses moving them further towards an Adult Dogwood or entrance into post-secondary training.

The second objective is to have the necessary prerequisite short courses and essential skills training to allow those community members (both LMA and non LMA) who want to transition directly to employment will have the ability to do so. These participants will be community members who have the academic courses but lack the skills courses such as first aid, WHMIS, and Driver's license training. This training will provide direct access to employment opportunities.

Program Activities and Design

For this program delivery all courses will be face-to-face in three communities. The program start date will be Sept 2, 2014 and will conclude on March 31, 2015. NVIT will conduct community based assessments prior to the program start date. These assessments are conducted by the NVIT registrar office. The assessments will provide a snapshot of the participant's education level. Based on the outcomes of the assessments NVIT and the communities will pick seven of the following courses. Included in this list is Strategies for Success 101 (STSC 101), which is a mandatory course for all NVIT students. This course provides students with the tools to succeed in their post-secondary studies.

All training for this program will be delivered in a face-to-face format and within the Aboriginal communities. The ticketed training will take place at NVIT and will be a combination of face-to-face and online learning.

The upgrading courses to be delivered will include seven of the following (depending on the assessment results):

STSC 101 - Strategies for Success 101 - 3.00 Credits

This course is a hybrid incorporating both online and classroom teaching. It introduces the students to college academic culture and connects them to the resources that will aid in their success. The course covers a variety of topics including: test-taking strategies, note-taking, time management, online research, student responsibilities and ethics, learning styles, and setting educational goals.

ENGL 040 - English - Intermediate Level

This entry-level English course is designed to introduce students to basic English skills such as sentence construction, grammar, spelling, vocabulary building and speaking. Students will compose paragraphs using First Nations and contemporary issues. Topics may include speaking and listening, reading, research, referencing, and writing.

ENGL 050 - English - Advanced Level

This advanced level course is a grade 11 equivalent focusing on English skills including basic essay format and introductory research skills. Students who have completed advanced level work will have the skills necessary to enter provincial level courses and some vocational, career, and technological programs. Topics may include speaking and listening, reading, research, referencing, and writing.

ENGL 060 - English - Provincial Level

This Provincial level course is a grade 12 equivalent focusing on various essay types including an introduction to the research essay. Elements of literature are also discussed. Students who have completed provincial level work will have the skills necessary to enter vocational, career, and technological programs. Topics may include speaking and listening, reading, research, referencing, and writing.

Prerequisites: ENGL 050 / English 11, instructor permission or, advisor assessed equivalent.

MATH 040 - ALFM LEVEL V & VI

This British Columbia Adult Literacy Fundamental Mathematics (ALFM) Level V and Level VI course continues in giving students a stronger foundation of basic skills, concepts, mathematical vocabulary, and problem solving strategies to prepare them to meet personal, career or further academic goals. Both Level V and Level VI outcomes must be met to satisfy the requirements for this course. Math 040 is the pre-requisite for Math 041. Some of the topics include whole numbers, operations, decimals, word problems fractions, and dealing with factors. MATH 050 - Credits: 0

Introduction to Algebra

MATH 041 - Introductory Algebra I

The British Columbia ABE Intermediate Level Mathematics course enables adult learners to acquire mathematical knowledge, skills, and strategies needed to enter appropriate higher level courses or to satisfy personal or career goals. MATH 041 is a course that prepares students with the introductory algebraic concepts that must be understood prior to taking MATH 055 or MATH 057. Some of the topics include rational numbers, measurement, ratios and proportions, linear relations, polynomials and algebra.

MATH 055- Introduction to Algebra II

The British Columbia ABE Advanced Level – Foundations Mathematics course is a further introductory algebra course intended for students who have studied little to no algebra but have a firm background in basic mathematics. This course provides students with enough algebra, geometry, and/or trigonometry to satisfy grade 11 prerequisites for some vocational, career, technical, and/or further academic programs. MATH 055 can be used as a prerequisite for MATH 057. Some of the topics include algebra, linear relations and systems, functions, quadratics, geometry and trigonometry.

FINA 060 - Studio Foundations

This course will introduce students to Aboriginal arts through media of drawing, painting, printmaking and video. Each discipline will involve image development and design strategies, visual elements and principles of art and design, materials, technologies and processes.

FINA 063 - Sculpture

Sculpture is an introductory course that focuses on the processes and ideas associated with Indigenous 3-dimensional art. Students will explore and develop traditional to contemporary 3-dimensional forms through a range of materials, designs, techniques, and processes. N'syilx 3-dimensional art will be given special attention.

INST 050 - Indigenous Studies I

This social history course examines the impacts on First Nations lives during the Colonial Period in Canada covering topics such as the fur trade, railway, gold rush, missionaries, diseases, and role of women, through to the World Wars. More Details on this course.



INST 060 - Indigenous Studies II

This course is designed to provide students with a knowledge base and understanding of indigenous peoples. Students will explore how history corresponds to the situation indigenous peoples are currently in. The following themes are included: impacts of colonization, epidemics, settlement, indigenous resistance and survival, and the nation rebuilding processes operating in indigenous communities. Emphasis will be the respective nation in whose territory the course is delivered

NLEK 100 - Nle'kepmxcin Introduction - 3.00 Credits

This Language Introduction course has been designed for students who have little or no experience in Nle'kepmxcin instruction. Emphasis will be placed on ensuring accurate listening and pronunciation skills as well as basic conversational skills. The knowledge of basic grammatical structures and the sound system of Nle'kepmxcin will also be pursued. In addition, students will be introduced to the Nle'kepmxcin writing system. As an adjunct to this course, an Elder or other fluent speakers may participate in language activities.

NSYL 110 - NsyilxcenI - 3.00 Credits

Nsyilxcen (Okanagan) Language Adult Immersion develops language proficiency in adult learners and prepares them for careers in the language field. The student will actively participate in an Okanagan oral immersion class. This is an introduction to Nsyilxcen Level I. Oral immersion instruction method develops proper pronunciation skills in the forty-seven separate sounds of Nsyilxcen in speech and elocution, develops recognition and differentiation of separate sounds in speech. This method provides the learner with foundational communication skills as a part of their society as a Beginner Level I speaker. Instructors are experienced in utilizing associative/cognitive (immersion) second language learning method combined with some aspects of Total Physical Response as an instructional methodology.

We will also offer skills training courses (short courses) such as Occupational First Aid, WHMIS, WorldHost, Foodsafe, Dangerous Tree Falling, Brush clearing, and mineral exploration assistant training that prepares students to become eligible for available employment positions in the community.

The training will commence on September 02, 2014 and conclude on March 31, 2015. The college readiness upgrading courses will be delivered face-to-face in three communities and will operate on a 5 day school week with the coursework being allotted in the schedule to allow for maximum benefit to the student. The essential skills training will be virtual and face-to-face at NVIT along with the short courses.

Do you have a Grade 12 Diploma, need a couple of courses to get there, require prerequisites or upgrading and receive Income Assistance? If the answer is yes to any part of the question and you are a LNIB Band or LNIB Community Member living on reserve, please sign up at the LNIB main office or at the LNIB Health Centre well before the start date. Thank you.

**LOWER NICOLA INDIAN BAND
EDUCATION DEPARTMENT**

181 Nawishaskin Lane, Merritt, BC, V1K 0A7
Phone (250) 378 – 5157 Fax (250) 378 – 6188
E-mail lcharlton@lnib.net

START-UP SUPPLES FORM FOR KINDERGARTEN TO GRADE 7
Kindergarten Rate is \$30.00 and Grades 1 – 7 is \$45.00
Deadline: September 12, 2014

The start-up supplies will assist with items such as the following: Binders, paper, pencils, pens, glue, etc.
Only students on the nominal roll will receive start-up supply money.

Please fill in all sections completely to avoid delay in payment Mail Cheque Pick up Cheque

Parent/Guardian	Home Phone	Work Phone
Mailing Address	City	Postal Code
Emergency Contact		Emergency Contact Phone
Reserve of residence: <input type="radio"/> Shulus <input type="radio"/> Rocky Pines <input type="radio"/> Godey <input type="radio"/> Zoht		

Child/ren Name	Grade	School	Birth Date	Band Number	Amount
Total					

ACCESS TO STUDENT RECORD WAIVER FORM

I, _____, hereby authorize the school registrar to release information concerning
Parent's Name

my child/ren, _____, regarding his/her
Children's Name

change of address, progress, grades, attendance, admission, inter-school transfers and transcript
 information to the Lower Nicola Indian Band - Education Department.

_____ Date _____
Parent/Guardian Signature

**LOWER NICOLA INDIAN BAND
EDUCATION DEPARTMENT**

181 Nawishaskin Lane, Merritt, BC, V1K 0A7
Phone (250) 378 – 5157 Fax (250) 378 – 6188
E-mail lcharlton@lnib.net

START-UP SUPPLIES /STUDENT ALLOWANCE FORM FOR GRADES 8-12

Grades 8 – 10 the rate is \$65.00 and for Grades 11 - 12 the rate is \$75.00
Deadline: Septemeber 12th, 2014

The start-up allowances will assist with items such as the following: Book fees, lock fees, school supplies, elective course/material fees etc. This is a subsidy. Any costs over the allocated amount will be the responsibility of the parents and student. Only those students on the nominal roll will receive start-up supply money and student allowance. Please fill in all information to avoid any delay.

Please fill in all sections completely to avoid delay in payment. Mail Cheque Pick up Cheque

<i>Student Name</i>	<i>Home Phone</i>	<i>Other Phone</i>	<i>Band Number</i>
<i>Mailing / Residential Address</i>	<i>City & Postal Code</i>	<i>*****School Attending and Grade*****</i>	
<i>Emergency Contact & Phone #</i>		<i>Amount</i>	
<i>Reserve of residence: <input type="checkbox"/> Shulus <input type="checkbox"/> Rocky Pines <input type="checkbox"/> Godey <input type="checkbox"/> Zoht</i>			

The school allowance is a stay-in-school initiative; therefore; attendance and progress will be monitored with your First Nations Support Worker for your school.

Student Allowance Distribution Dates: FIRST QUARTER Dec
Student Allowance Distribution Dates: THIRD QUARTER July

ACCESS TO STUDENT RECORD WAIVER FORM

I, _____, hereby authorize the school registrar to release information
Parent/Guardian or Student's Name

concerning _____, regarding his/her
Student's Name

change of address, progress, grades, attendance, admission, inter-school transfers and transcript information to the Lower Nicola Indian Band -Education Department.

_____ Date

Parent/Guardian or Student Signature

Education—Tanya Pellett

For Post-Secondary students, please see link below for more bursaries and scholarships available from AANDC.



PLUMBING & PIPING TRADES

Starting August 11th, 2014

STEAMFITTING
DRAINAGE
HYDRONICS
COOLING

INSTALLATION

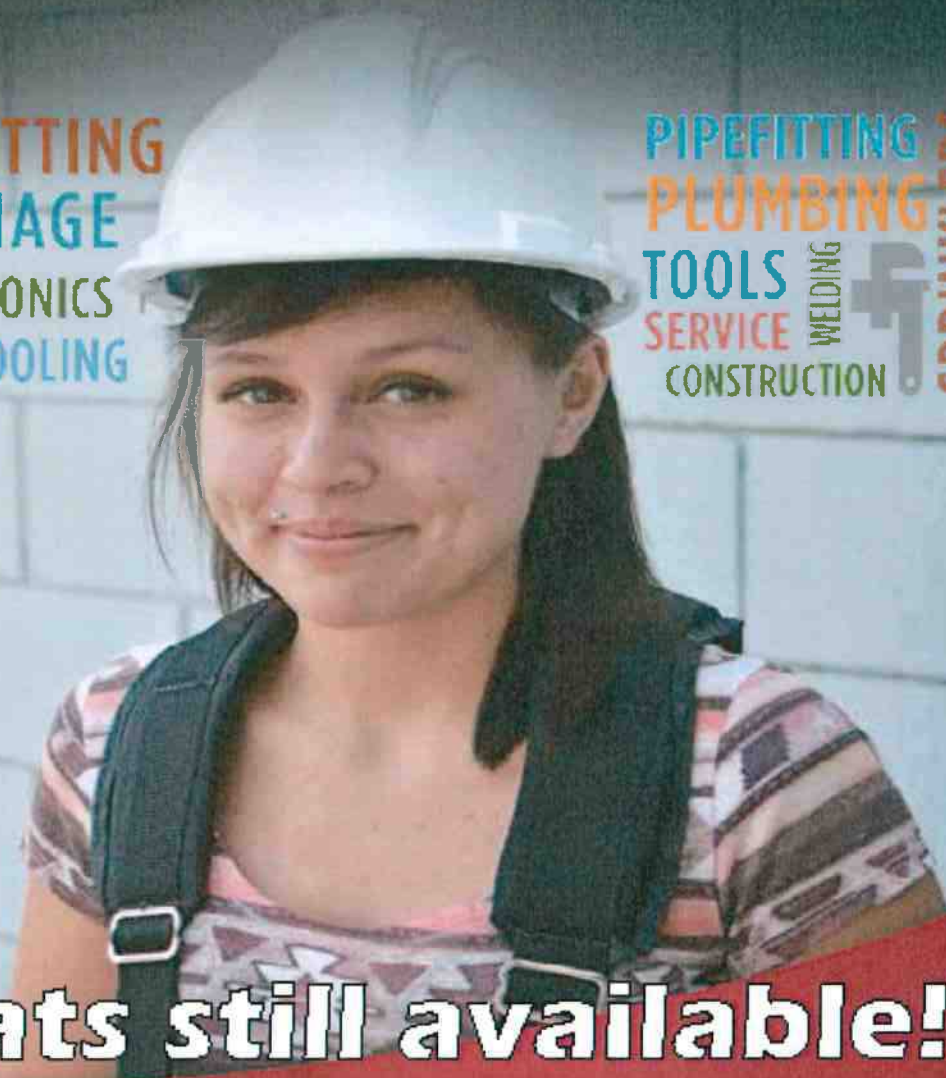


PIPEFITTING
PLUMBING
TOOLS
SERVICE
CONSTRUCTION

WELDING



SPRINKLERS



Seats still available!

NICOLA VALLEY INSTITUTE OF TECHNOLOGY
MERRITT CAMPUS 250.378.3300
VANCOUVER CAMPUS 604.602.9555
TOLL FREE 1.877.682.3300
NVIT.CA





APPLICATION FOR ADMISSION

MERRITT CAMPUS:

4155 Belshaw Street
Merritt, BC V1K 1K1
Phone: 1-250-378-3300
Fax: 1-250-378-3332
Toll Free: 1-877-682-7300

VANCOUVER CAMPUS:

200-4355 Mathisss Place
Burnaby, BC V5G 4S8
Phone: 1-604-602-9555
Fax: 1-604-602-3400
WWW.NVIT.CA

INSTRUCTIONS

1. Fill out this form completely and be sure to sign it. Mark sections that are not applicable with N/A. If you have questions regarding how to complete this form please contact the Registrar's Office or email info@nvit.bc.ca.

Review Dates* are set for the Fall (September) term as the end of July of each year.

Review Dates* are set for the Spring (January) term at the end of November of each year.

Seats will be offered to qualified applicants in the order applications are completed (all required documents and assessments are received).

**Applications will be accepted after these dates if there are still seats available, but applications submitted before the deadline will be given priority and we cannot guarantee late applications will be evaluated in time for the start of term.*

2. Arrange to have official transcripts sent directly to NVIT from your high school and any post-secondary institutions you have attended. Unofficial copies of transcripts may be provided for faster evaluation of an application, but official transcripts are required to finalize offers of admission. High school transcripts may be ordered directly from your high school or the Ministry of Education (contact the Ministry at 250-356-2432).
3. Mail, fax or drop off your application to the Registrar's Office.
4. If you will not be available while this application is being evaluated, or to register, and wish to have someone else act on your behalf, please submit a signed Release Form to the Registrar's Office. The Release Form is available on our website at nvit.ca
5. If your address or contact information changes, inform the Registrar's Office in writing so we can continue to contact you about your application.

PERSONAL INFORMATION

Have you attended NVIT before: No Yes If yes, previous Student Number: _____

Name: _____
(LAST) (FIRST) (MIDDLE)

Current Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Gender: M F Birthdate (YY/MM/DD): _____

Citizenship: Canadian Permanent Resident Student Visa Other

Previous/Maiden Name: _____

Email Address: _____

Note: You will be assigned an NVIT email address. Format will be: firstnamelastname@nvit.bc.ca

PEN (Personal Education Number): _____

Assigned to all BC High School students

OFFICE USE ONLY

Program: _____ Entered By: _____

VOLUNTARY DISCLOSURE

Are you of Aboriginal Ancestry? No Yes

If yes, your Band or Nation: _____

Province: _____

Check applicable box: Status Non Status Metis Inuit

Do you have a disability? No Yes If yes, do you wish to be contacted by an Academic Advisor? No Yes

EMERGENCY CONTACT INFORMATION

Emergency contact name: _____ Emergency contact phone: _____

Relationship to You: _____

APPLICATION INFORMATION

Before completing this section, refer to the current NVIT program calendar or NVIT website at www.nvit.ca for information on programs available at NVIT. If you are unclear about which program to apply for, contact the Registrar's office at 250-378-3300.

Start Term: (Circle One) Fall (Sep-Dec) Spring (Jan-Apr) Summer (May-Aug) Year: _____

Name of program: _____

Are you planning to attend: Full-Time Part-Time

Please indicate where you would like to start your classes: Merritt Vancouver

Do you require a student housing application? (Available at Merritt campus only) Yes No

Do you require a Daycare Application? (Available at Merritt campus only) Yes No

HIGH SCHOOL INFORMATION

Note: Official high school transcripts must be forwarded from the high school or Ministry for admission to be granted.

Name of High School: _____

City/Town: _____ Province: _____ Last year attended: _____

Did you graduate: No Yes If yes, Graduation Year: _____

POST-SECONDARY EDUCATION

Note: Official post-secondary transcripts must be forwarded from the institution for transfer credit/admissions to be awarded.

UNIVERSITY OR COLLEGE	FROM (YEAR/MONTH)	TO (YEAR/MONTH)	PROGRAM

DECLARATION

Applicant Declaration: I declare that the information I have submitted in this application is complete and correct. Omission of information or falsification of any document submitted may result in the immediate cancellation of admission or registration. Completion of this application permits the Institute to request and/ or confirm any information necessary to support my application for admission.

Information Release: I understand that the information provided in this application, as well as other information contained in a student record, is collected under the authority of the College and Institute Act. All information contained in student records will be protected and used in compliance with the B.C. Freedom of Information and Protection of Privacy Act (1996). It may be used for internal administration of admission, registration, grade notification, income tax receipts, awards, institutional research, planning, and other fundamental activities related to being a member of the Nicola Valley Institute of Technology community and attending a public post-secondary institution in B.C.

Limitations of the Application: I understand that this application is a request for admission, and does not guarantee admission to any program or course. Admission is subject to provision of all requested documents and assessments, completion of admission requirements, and space availability. If admitted, I agree to abide by the established rules and regulations of Nicola Valley Institute of Technology, including those of the program in which I shall be registered.

Signature: _____ Date: _____



RCMP seek public's help to solve brazen shooting

The BC RCMP is seeking the public's assistance to solve a brazen, unprovoked shooting that took place on June 1, 2014.

At 1 a.m. near Spences Bridge a lone cyclist was shot while taking part in the Cache Creek 600 bicycle ride.

A dark coloured vehicle was seen leaving the pullout shown below after the shooting.

Police are also looking to identify two men in a dark coloured pickup who reportedly threw items at ride participants earlier in the ride.

If you have any information about either incident please contact the Lytton RCMP at 250-455-2225 or remain anonymous by calling Crime Stoppers at 1-800-222-TIPS (8477).



Garbage Collection

- Please make sure all garbage bags are tied shut
- Please make sure heavier bags are double bagged

These steps will keep bins tidy

k^wuk^wscemx^w



Lost set of car keys at Rocky Pines mailboxes. My son went to check the mail and left my keys in key slot of mail box. This occurred in October or November and we have not seen since. Key has one Chevrolet key and a 3 button fob, a mail key and another set of keys attached with a plastic key tag. Similar to attached photo. Please call or text me at 250-280-5470. Stephen

NOTICE

ALL Lower Nicola Indian Band Members are eligible for a 10% discount on groceries at the GROCERY PEOPLE STORE located in Kamloops at 945 Laval Crescent, you will just need to have your status card present at time of purchase.



THE GROCERY PEOPLE LTD
945 Laval Crescent KAMLOOPS,
BC V2C5P4
250-372-7710

Open

To Aboriginal
Youth Ages 4 - 16
(Mini Tykes - Midgets)

- Full Equipment Required
- Registration is FREE
- Water & Snacks provided
- Please pack a lunch.

Instructors:

NV Minor Lacrosse
Coaching Staff
& Special Guests

To Register Contact:
Bernard Manuel
Tel: 250-315-3457
bmanuel@bcaafc.com

Registration Deadline
August 4, 2014

Nicola Valley Lacrosse Camp

August 6 - 7, 2014

Boys and Girls

Session Time	Age Groups	
	Tykes - Novice	Peewee - Midget
9AM-10:15 AM	Field Lacrosse	Cultural
10:30 - 12 PM	Cultural	Field Lacrosse
1:00 - 2:15 PM	Box Lacrosse	Dryland
2:30 - 4:00 PM	Dryland	Box Lacrosse

Camp Locations:

Field Lacrosse:

Lower Nicola Band School
201 Horn Road

Box Lacrosse:

Shulus Community Arena
2164 Neale Road
Shulus BC



Aboriginal Sport, Recreation &
Physical Activity Promoters Council

Interior Region

Aboriginal Sport Recreation and Physical Activity Partners Council

2014 Interior Region Lacrosse Development Camps Waiver: Merritt BC

DEFINITION

In this agreement the term "Activities" shall include all activities in any way related to the various Youth Coaching and Officials programs offered by the Aboriginal Sport, Recreation and Physical Activity Partners Council (hereinafter as of the "Partners Council"). These may include, but are not limited to: archery, athletics, badminton, basketball, canoeing/kayaking, curling, equestrian, golf, soccer, rock climbing, skating, soccer, softball, snowboarding, swimming, cross country skiing, snowboarding, tennis, volleyball, ice and ball hockey, self-defense, multisport events, and all other activities offered in partnership with the Partners Council.

WAIVER & RELEASE OF LIABILITY

In the consideration of the Partners Council accepting my registration and allowing me to participate in the activities, I (myself, my heirs, executors, administrators and assigns) hereby:

- 1. ACKNOWLEDGE** that I am participating in the activities of my own risk and accept responsibility for any injuries, however caused, and the loss or damage of any of my property during or after my participation in the Activities.
- 2. RELEASE** the British Columbia Association of Aboriginal Friendship Centres (as the agent for and host organization of the Partners Council), event host Organizations, Provincial and Multi-Sport Organizations, partners, volunteers, parents, servants, agents, employees and other participants of the event (all of whom are hereinafter collectively referred to as the "Releasees"), from all, and all claims, actions, or causes of action, costs, demands and expenses arising out of or in consequence of any loss, injury or damage to my person or persons' property, incurred while attending or participating in the Activities, notwithstanding that any such loss, injury or damage may result from the negligence of one or more of the Releasees. In addition, permission is granted to administer any medical treatment that may be required.
- 3. WAIVE ANY AND ALL CLAIMS** that I, my heirs, executors, administrators, insurers, successors and assigns have or may have in the future against the Releasees.
- 4. GRANT** to the British Columbia Association of Aboriginal Friendship Centres (as the agent for and host organization of the Partners Council), the right to use, without payment of any fee, charge or compensation of any kind, including reprinting, and all written information, and/or any and all photographs, video tape or other visual media of myself, when during the Camp for non-commercial, promotional purposes, social media programs. I also agree to waive any right to access such use.

I understand the rules and regulations are designed for the safety and protection of participants and hereby agree to abide by the rules, regulations set by the Partners Council and British Columbia Association of Aboriginal Friendship Centres. I have read this release of liability and assumption of risk agreement, and fully understand its terms. I understand that I have given up substantial rights by signing it, and sign freely voluntarily, without any inducement.

PARENT/LEGAL GUARDIAN – For participants under the age of 19 the following must be completed by his/her parent or guardian:

I, as the parent/legal guardian of the participant named, agree to assume the full responsibility to insure my child of the risks involved, and to inform him/her of the importance of abiding by the rules and regulations of the Activities. I, as the parent/legal guardian of the participant named herein, hereby declare that I have read, understood and agree to the contents of this Waiver and Release of Liability in its entirety and agree to indemnify the Partners Council and British Columbia Association of Aboriginal Friendship Centres and their servants, employees or agents from any claims or demands that may be made against the Partners Council or the British Columbia Association of Aboriginal Friendship Centres arising out of the attendance of the participant in any of the Activities, this information being collected in accordance with and is protected by the privacy provisions of the *Personal Information and Privacy Act (PIA)*. Any questions about the collection and use of information, please contact the Director of the Partners Council, Rick Bevan, at (250) 710-1504.

Participant Name:	Age:	Sex: M / F	DOB:	
Parent/Guardian Name:	Phone(s):		BC Care Card and/or Status #	
Self-Identification:	Status? Non-Status? Metis? Inuit	On Reserve:		Off Reserve (Urban)
Parent/Guardian Signature:		Medical, Allergies, Behavior:		
Please send Completed forms to Bernard Manuel: bmmanuel@bcaafc.com or Fax 250-378-6676 Or drop off at: Canyon Friendship Society, 2161 Quilchena Ave. Merritt BC V1K 1R8				

Come get your nails done with Bonnie Bent

250—280—0134 at 2895 Yap skim Drive, Rocky Pines

“ I can come to your house or you can come to me!”

***Kids cut
\$10.00***

***For a fill, Gel, Acrylic
\$40 a set & \$30 for a fill***

Extra \$10 if you want colored tips

***Hair cut
\$15.00***



GOOD SOUP

4 You!!!!!!

Bring your family by for a delicious lunch every Wednesday at the Trailer....



**The soup kitchen has been going very well and we want to thank all of you who come and join us each Wednesday to have lunch.

Submissions to the

Nicola Tribal Association Newsletter:

If you have a submission for the Nicola Tribal Association Newsletter, send them to either of the below listed:

elizabeth.gilchrist@nicolatribal.org or

administration@nicolatribal.org

Thanks, Liz

Send your submissions in to the **Lower Nicola Indian Band Newsletter** to the LNIB Administration offices at 181 Nawishaskin Lane; or by emailing to reception@lnib.net; or by fax to 250.378.6188. To the attention of: Norma Hall. It is best if you are able to have **your submission in by the third (3rd) Wednesday of each month**. Newsletters are distributed by the 1st of each month. K^wuk^w-cemx^w.

~ANNOUNCEMENTS~BIRTHDAYS~CONGRATS~

August 15th

Jaymie Karen Angela
Spence for From: Aunty
Kay.

August 13/2014

Happy Anniversary Francis
Shuter

Love Your Wife

Happy 37 Years!

August 5th

Happy birthday Matt
Love Aunty, Uncle, Talon and
Ken

August 6th

Happy Birthday Evren
Love Aunty, Uncle, Talon and
Ken

Happy Birthday
to Jaymie Spence From your
brother
Tommy

**August
Birthstone**



**August
Flower**



August 9th

Happy Birthday Art
Love your sis, bro Talon and
Ken

August 16th
Jane Merle Caprian on August
19th from Kay Swakum.
Have a Happy Birthday,
Jane. May you win at the
Bingo in Shulus! That
would be an
awesome Birthday prize!

Happy 9th Birthday **Brooke**
From: Mom, Dad, Hayden and
the Furkids



August 4th Happy BC Day



Happy Birthday to LNIB Staff:

Leesa Mike—August 11