



ALL UPPER NICOLA BAND MEMBERS!

**Join the Tmxwulaxw Pillar to learn
about:**

**Topic: Open Discussion on Concepts of
Governance (Capitkw'l Processes) with
the Tmxwulaxw Pillar**

**Via Zoom on May 19, 2021 beginning at
6:00 pm.**

Join Zoom Meeting

<https://us02web.zoom.us/j/88162520877?pwd=a1hKS1hjVDAXNFQ2USs0N0hCcXdvQT09>

Meeting ID: 881 6252 0877

Passcode: 044162

Dial by your location

+1 778 907 2071 Canada

Meeting ID: 881 6252 0877

Passcode: 044162

Find your local number: <https://us02web.zoom.us/u/kIsSc8gIK>



Upper Nicola

UNB Emergency Operation Center (EOC) Bulletin Re: Spring Freshet 2021 & COVID 19– May 4, 2021

xast sxl'xŋalt from Chief Harvey McLeod and Collette Sunday, EOC Director.

With **Spring Freshet 2021** upon us, UNB EOC has been co-ordinating preparation for potential flood along Spahomin Creek, IR3 and Nicola River IR1 Quilchena.

- Prior to April 2021, the Province of BC lowered the levels of water in Nicola Lake in preparation for Spring freshet 2021. You will see that over the past two weeks, the lake has begun to fill up.
- During the week of April 26, we had sandbag berms constructed along properties that have flooded in the past along Spahomin Creek & Nicola River. The work was carried out by Ministry of Forest Wildland Fire Crew using a safe work method prepared by EMBC.
- 5,000 sandbags were filled and placed.
- Monitoring of water levels (Nicola Lake, Nicola River, ground water on IR 1 Quilchena, Quilchena Creek and Pennask Creek) has begun.
- We have been advised by the Province of BC that we may expect to see Nicola Lake reach full pool within the next 2-4 weeks.
- We ask that all community members remain at a safe distance from creeks and rivers.

COVID Restrictions: We want to remind people that Provincial restrictions remain effect, in which we are to stay within our own Health Authority Region and community to limit the spread of COVID-19. Please stay home as often as possible and only travel for work or medical purposes.

We would like to encourage the community to remain safe and reach out if you need assistance. The UNB Covid Hotline continues to be available at **1-888-274-2564**.

1st COVID Vaccine: if you have not had your 1st COVID Vaccine, you can make an appointment with Interior Health by calling **1-877-740-7747** or visit <https://www2.gov.bc.ca/getvaccinated.html>. Further, if you would like to receive your 1st vaccine at the UNB Health Centre within the next two months, please call and leave your name at the front desk.

Take care! Stay safe.

K^wk^wkstx^w (Thank-you)



UPPER NICOLA
EMERGENCY OPERATIONS CENTER
Invites you to join our team!

We are offering a FREE two-week course. All community members who are interested in this course are welcome to contact us.

Course Details:

Learn the fundamentals of how the Emergency Operations Centre (EOC) operates in supporting the needs of response departments and agencies during emergencies and disasters. Explore key aspects of site support operations within an Incident Command System (ICS) management structure.

DATES AVAILABLE:

May 5, 2021 – May 31, 2021 or July 12, 2021 – August 9, 2021

This course is done on-line through Justice Institute of British Columbia. We will help anyone interested to get registered. This course is approximately 1-2 hours a day.

Please contact the Emergency Operation Center at 250-350-3342 or e-mail unb.eoc1@uppernicola.com or ac@uppernicola.com.



UNB Members,

Please go to the link from OneFeather, below and or see to see the results below for the Upper Nicola Band Chief and Council Remuneration (Honorarium) Survey Vote.

<https://www.onefeather.ca/nations/uppernicola/elections/remuneration2021>

UNB Chief and Council Remuneration (Honorarium) Survey Vote

On March 22, 2021 UNB Chief and Council passed the following motion:

It was moved and seconded by the Chief and Council of UNB to maintain the 2020-21 Chief and Council remuneration until a community vote is received.

Polling completed April 28, 2021

Total number of voters: 199 (25% showed)

Polling stations reporting: 2 of 2

Voting Method	Number of Ballots
In person ballots	68
Electronic ballots	131

1. Do you want to continue to have one Full-time Councillor position?

Option	UNB Meeting Place	UNB Health Centre
Yes	15	19
No	13	20
Spoiled	1	0

2. Do you approve to maintain the remuneration (honorarium) for the Chief at the rate of \$59,171 per year?

Option	UNB Meeting Place	UNB Health Centre
Yes	18	23
No	11	16
Spoiled	0	0



3. Do you approve to maintain the remuneration (honorarium) for Full –Time Councillor at the rate of \$56,093 per year?

Option	UNB Meeting Place	UNB Health Centre
Yes	14	16
No	15	23
Spoiled	0	0

4. Do you approve changing the remuneration (honorarium) for each Non Full-Time Councillors from \$800 a month to \$1000 per month, an increase of \$200?

Option	UNB Meeting Place	UNB Health Centre
Yes	7	15
No	22	24
Spoiled	0	0

For more information or assistance in regards to this voting event please [contact an Electoral Officer](#):

Collette Sunday (Survey Officer)

Email: admin@uppernicola.com

Jeanette Alexander (Deputy Ratification Officer)

Email: nkwala@uppernicola.com

Thelma Chillihtzia (Deputy Ratification Officer)

Email: officemanager@uppernicola.com

slaʔlaqʷám “Digging Time” nsyilxcən Word of the Day list



Upper Nicola
Language Department

May

- | | | |
|----|---|--|
| 1 | sʔiʔlám | Bitterroot |
| 2 | ʔayúʔ | chocolate tips |
| 3 | swíyaʔ | chocolate tip buds |
| 4 | skʷh̓kʷinm̓ | Indian potato / Spring beauty |
| 5 | s̓l̓ukʷm̓ | wild carrot |
| 6 | č̓x̓ʷlúsaʔ | White camas |
| 7 | ʔít̓x̓ʷaʔ | black camas |
| 8 | ǰasǰs | Bear root |
| 9 | smúkʷaʔx̓h̓ | Arrowleaf Balsamroot / Sunflower |
| 10 | pícaʔ | digging stick |
| 11 | wičm | dig roots |
| 12 | nixʷtúlaʔx̓ʷ | underground |
| 13 | sʔaǰʷíp | Roots |
| 14 | h̓waǰ | Ready |
| 15 | c̓piʔl̓stm̓ | peel roots |
| 16 | Í syilx t̓m̓x̓ʷúlaʔx̓ʷ,
h̓waǰ ʔa čaʔákʷm̓ iʔ
síyaʔ. | In the Syilx country, they are ready to when the
saskatoon berry is blooming. |
| 17 | skəkʔákaʔ | Bird |
| 18 | sninaʔ | Owl |
| 19 | ǰʷʔatǰʷt | Duck |
| 20 | l̓liklk | Hawk |
| 21 | m̓l̓qnups | Golden Eagle |
| 22 | wswʔásxaʔ | Robin |
| 23 | mañqʷc̓h̓ | Swallow |
| 24 | pq̓l̓q̓iñ | Bald Eagle |
| 25 | qʷʔásqiʔ | Blue Jay |
| 26 | č̓ris | King Fisher |
| 27 | yut̓lx̓ | Raven |
| 28 | ǰʷsixʷ | Goose |
| 29 | sʔitw̓h̓ | Sandhill Crane |
| 30 | ǰʷnañǰʷnm̓ | Hummingbird |
| 31 | ʔaʔsiw̓t̓ | Loon |



<https://qrco.de/MAYWODLIST>



slaʔlaq^wám
"digging time"

ýlmix^wm s'píłm'
chief bitter root



"describes relationships, and the interconnectedness among tmix^w including but not limited to the people, the animals, the plants, the land, the air and the water. This provides the "context" in which individuals, families and communities endeavour to live in harmony with each other, and with their relatives-the animals, the plants and the land"

Okanagan Nation Alliance. (2013). Go back to the root.
Okanagan Nation Alliance.

ýlmix^wm s'píłm' reminds us to take care of ourselves and our relationships through compassion and nurturing.

lut aksnłiptmnm iʔ snəqsilx^wtət
"don't forget our relatives"



slaʔlaq^wám “Digging Time”

n e b d o j k r n g h b s e u m m q u h
 r t t o x j e z a w m p m k p a m u y m
 s j k m t a u i x p s a l m i x q d n m
 k q z x x p f b i ǿ r w f u ǿ d m q a w
 ʃ i q f x z h s k s a x n c c l z s h q
 ǿ c q q z k q h k h z s n g ǿ a n s j t
 a i g n z c x r s ^w f m x w a m t ʌ v c
 y j n i m e t i o m n n j ǿ ʔ v u ǿ v w
 u o ǿ x w b s s q z u ǿ j m s x f u z c
 ǿ i w ^w i c w ʃ ʔ c h ǿ k n b z x k b z
 ʔ z a t c p i a i ǿ c s k ^w n a r ǿ x l
 v l y u ǿ y ǿ x ǿ x p t p ^w i l k ^w e m
 r p ǿ ǿ m e y ǿ t ǿ ǿ j d ǿ a n o m w d
 n m n l x n a ^w x ^w i s n k i ʔ m ǿ j x
 d k u a t c ʔ i ǿ l ʌ h b g j ʌ x ǿ g z
 b p s ʔ j h e ǿ ^w u ǿ d y c t k ǿ n p l
 p r r x g m p p a ǿ s j l h g a x m ǿ u
 x t p ^w m t f o ʔ s t x y u k e u v ǿ a
 n m y c a v y l h a m s j u s s a d o t
 b v m j f o y s x ʔ ǿ r n s x y q f s m

ćǰ^wlúsaʔnix^wtúlaʔx^wsk^wńk^winńsʌuk^wńsmúk^waʔxńʔítǰ^waʔ

spíʌń

ǰayúʔ

swíyaʔ

píćaʔ

ńwaǰ

ǰasǰs

cpiʌstń

sǰaǰwíp

wićm



Upper Nicola

The nsyilxcən department would like to offer
nsyilxcən / nqilx^wcn support via a
Q &A / Tutor session via ZOOM with pqlqin,
Maynard McRae Jr., Language Manager

Purpose of the session:
Provide an opportunity to support our language learners with
language understanding, e.g. grammar function, recognizing
suffixes, any general questions about the language

Join our sessions

May 3, May 17, May 31

6:30 pm-7:30pm

Zoom Link

<https://ca01web.zoom.us/j/64252913550>

Meeting ID

64252913550

k^wu

ksnqilx^wcnaʔx

(lets speak the language)





wa'y, the language department would like to have a picture challenge! It's harvesting season, if you have gathered any of the items below recently, submit an original picture that you took to be submitted into a draw.

Your chance to be entered in for a draw for two categories!

Adults 18+ years & Youth 0-17 years

All submissions due May 31, 2021

Please note: UNB assumes the right to use the photo for future use.
Please submit photos to sylx2@uppernicola.com



**CHANCE TO WIN
A PRIZE!**



s'píłh'



qaqx^wlx



sk^wh'k^winm'



s'łuk^wm'



p'łqin



smúk^wa?xh'

Wildfire Training boot camp



Training opportunity May 30th through June 5th

9:00 AM till 4:00 PM location to be determined.

May 30th through June 5th Upper Nicola band will be hosting a boot camp training session covering the wildfire safety module. courses covered are as follows: S 100, S 185, fire entrapment and avoidance back burning and burning off, radio communications, pump operations, chainsaw safety and operation, SPU crew & crew leader, ICS 100 -200, DTA, and basic first aid, WSPP-WFF. Approximately 20 seats available following covid safety protocols.

If interested, please contact me @

firedept@uppernicola.com or by phone at 250.350.3331

MAY 2021

Upper Nicola Fire Dept

Please be advised that at this time the Upper Nicola Fire Department is currently undergoing changes in personnel. Fire Chief Ira Tom has stepped down as Volunteer Fire Chief. Mahendra Paul will serve as Acting Volunteer Fire Chief. We will do our best to continue to serve the community.

We request that all residents on UNB lands, take extra precautions when looking to start fires. Please only burn if necessary and under optimal conditions. Please ensure you have a sufficient crew to ensure that everything is extinguished prior to leaving the site and at your own risk. We will at this time still respond to emergencies should any occur. Please note that our primary concerns are the safety of the community and its members, homes, and Band infrastructure.

During this time, we are actively seeking new members to join our organization on a volunteer basis. We will offer training opportunities and hope to get more community involved from both Quilchena and Spaxomin. All interested parties will be considered, if you or anyone you know is interested, please have them contact the Department via phone or email.

We are happy to announce that from May 30th through June 5th Upper Nicola Band Volunteer Fire Dept will be hosting a **Wildfire Safety Boot Camp Training Session** covering: S 100, S 185, fire entrapment and avoidance back burning and burning off, radio communications, pump operations, chainsaw safety and operation, SPU crew & crew leader, ICS 100 -200, DTA, and basic first aid, WSP-P-WFF. Approximately 20 seats available following covid safety protocols.

We would also like to take a moment to mention that the **Fire Smart initiative is also seeking community involvement**. What is Fire Smart? - you ask? Fire Smart is a planning tool designed to reduce the likelihood of uncontrollable wildfires near communities and infrastructure. It is built on partnerships between the Band, as represented by the UNB Fire Department, community members and government, with the goal to prevent wildfires from advancing and endangering homes and lives. **We want to become a Fire Smart community, and we want to engage community members to help us!** We want to educate community and actively work together to take proactive approaches to learn about fire smart practices. Please look through the accompanying documents & pamphlets for more information.

The [Upper Nicola Fire Department](#) provides fire protection and public safety services to the Upper Nicola Band. This includes fire prevention, fire safety inspections, fire control and/or suppression and occasionally first aid. We are actively looking to recruit motivated individuals looking to foster community safety and well being on a volunteer basis we practice weekly from 7-9 pm. Everyone is welcome.

If you have any comments or questions relating to fire safety or our services, feel free to contact Mahendra Paul, via email or by phone: firedept@uppernicola.com.

250.350.3331

Sincerely, Mahendra Paul – Acting Fire Chief

With the thawing of the snow and the warming of the weather as spring 2021 arrives in our territory, many of us are spending more time outdoors gathering medicine, working in our yards or going for walks. Reminder: Ticks are back too.

What is a tick? What does it look like?

- Ticks have wide, oval-shaped, flat bodies. They are bright reddish-brown in color with grey or silver coloration on their bodies.



FYI* Never throw away or toss a tick that has bitten you. Keep it in case symptoms arise.
*Remember to "dust off" before getting into your vehicle if you have been on the hillside or in tall grass. – this applies to your pets as well.

What do I do if I or a family member gets a tick?

1. Remove it immediately or come see one of the nurses here at UNIB health for assistance.
2. Inspect that the tick is **INTACT**. Never twist while removing as this can cause the head to remain attached.
3. Wash thoroughly with soap and water.
4. Apply polysporin (buy some on your next trip to town if you're able)
5. Put tick into a container such as a **PLASTIC BAGGY** or a (clearly labelled) bottle of some sort in the event that symptoms arise, so that the Tick can be tested for disease.

Lyme disease is the most common tick-borne disease in BC and North America. Unlike in eastern Canada, the rate of Lyme disease has remained low in BC. The infection is *preventable* by *avoiding tick bites and removing attached ticks early*. Early diagnosis and antibiotic treatment are important because Lyme disease can lead to **serious complications if left untreated**.

Symptoms: If you have the following symptoms within *3-30 days after being bitten by a tick* or after having been in tall grassy or wooded areas known to have Lyme disease, **consult your healthcare provider**. Tell your doctor when and where you were bitten by a tick.

- Skin rash: About 70-80% of patients have a skin rash at the site of the tick bite. The rash feels warm but is not itchy or painful. It expands over a few days and can reach up to 30 cm across. Parts of the rash may clear as it enlarges, resulting in a **"bull's-eye" appearance**. This is called erythema migrans. Some people may not experience a rash.



Did you know? Ticks hate the **smell** of lemon, orange, cinnamon, lavender, peppermint, tea tree oil, and rose geranium so they'll avoid latching on to anything that smells of those items.

*before I go to harvest medicines, I add about 5-10 drops to a spray bottle (can find at the \$1 Store) and water to spray down myself and my family (especially our shoes, ankles, legs and the back of our necks)

Disclaimer: do not use these items if you're allergic or sensitive to smells.

**ǰast sǰłǰfalt – Good day, from the nurses of UNIB health
(Husts-Hul-halt)**

BC Recovery Benefit



The BC Recovery Benefit Recovery is a one-time, tax-free payment of up to \$1,000 for eligible families and single parents and up to \$500 for eligible individuals. You have until June 30, 2021 to apply.

What you need to fill your form is:

Must be a resident of B.C. as of Dec 18, 2020

2019 Taxes notice of assessment.

Social Insurance number

Drivers licence number

Mailing and physical address

Direct deposit information-account number

I have been going around to band members helping with filling out their forms to receive their BC Recovery monies.

If anyone needs help or is not sure about the BC Recovery Benefit, please feel free to give me a call at the Health Office, 250-378-5058, this is only available until the end of June 2021.

Thank You,

Debbie Boston
Upper Nicola Band
Health Wellness Coordinator
Ph. 250-378-5058



JOB POSTING

BCCI Cultural Landscape Monitoring and Capacity Building Project

UNB is seeking two Cultural Landscape Monitors to work on the Cultural Landscape and Capacity Building Project, funded by the BC Capacity Initiative. The main objective is to document UNB/Syilx cultural features and values to establish baseline inventories of cultural heritage resources in UNB territory which can be used to support land use planning and other band initiatives.

This is a short-term contract.

Start Date: May 24, 2021 (or when positions are filled)

End Date: Nov 16, 2021 (unless snow conditions allow for a longer field season)

- Work with Cultural Heritage and other UNB departments to conduct a community survey; and organize two focus group meetings with UNB cultural advisors/knowledge holders to identify/prioritize culturally important areas for field site visits.
- Conduct preliminary research (literature review); work with Cultural Heritage Department to identify key references, reports, documents for inclusion.
- Attend a multi-day virtual (Zoom) training session with Kwusen Research & Media on gathering of land-based knowledge in the field using iPad GeoKeeper app and Cultural Landscape report program to download UNB's Community Knowledge Keeper (CKK) database.
- Work with Cultural Heritage (and other UNB departments where feasible) to organize site visits with UNB cultural advisors/language speakers/knowledge holders for on-the-ground assessments.
- Collect field data/photos/video clips and document information on cultural heritage resources or areas (e.g. place names, prehistoric summer/ winter villages, pit houses, fishing camp weir/trap locations, archaeological sites/finds, boundary markers, captikwł/ stories, areas of historical significance or other cultural materials).
- Assist project manager with preparing a short, high-level report at the end of the monitoring providing a summary of findings.
- Monitors must possess a valid Class 5 Driver's license. Monitors must be able to walk on uneven terrain for extended periods of time with a backpack and equipment and must be willing to conduct fieldwork in inclement weather.

Compensation: Compensation is in alignment with length of field season and the BC Capacity Initiative grant.

Send résumé and cover letter by May 14, 2021 via e-mail to:

Mary Ann Androlick | UNB HR Manager
Upper Nicola Band
hr@uppernicolaband.com

UNB wishes to thank all applicants, but only those contacted for an interview will receive a reply.

PO Box 3700 Merritt, BC V1K 1B8

T 250.350.3342

F 250.350.3311

www.uppernicola.com



Job Posting

Position: Early Childhood Educator
Department: UNB Daycare/Headstart
Term: Permanent Full Time - 32 hours per week
Start date: ASAP (or until position is filled)

Wage: Commensurate with experience, as per salary range for Grade 4 level employee in UNB Personnel Policy

Reports to: Daycare/Headstart Manager

Role:

The Early Childhood Educator provides education and development services to children aged 0-5. The Early Childhood Educator works specifically in the UNB Daycare/Headstart.

Key Responsibilities:

- Develops and provides excellent curriculum based programming for the children that promotes Syilx Okanagan culture and language, school readiness, health & nutrition, and social support.
- Keeps records as pertinent to the program i.e. Attendance, Incidence, Fire Drill, etc.
- Follows policies and procedures as outlined by the Ministry in accordance with licensing policies and UNB policies.
- Prepares and provides nutritious snacks for the children.
- Promotes health and hygiene, to prevent the spread of illness, by following best practices for hand washing, diapering, food preparation and by implementing regular cleaning routines (sanitization of toys, kitchen, and other surfaces).
- Keeps a neat and organized work environment.
- Meets and greets parents and guests in a professional manner.
- Communicates with the parent and provides written and oral communication regarding all incidents both positive and negative. Updates professional qualifications in a timely manner.
- Enhances personal skills as part of professional development. Administers assessments (ex. Ages and stages).
- Performs all duties and responsibilities in accordance with the UNB policies, standards, and procedures, and as directed by the UNB Headstart Manager.

Qualifications/Experience:

- BC Early Childhood Educator License
- Valid First Aid with CPR Level B
- Valid Driver's License and acceptable driving record
- Valid Food Safe Certificate (preferred)
- Acceptable Criminal Record Check (with Vulnerable Sector Search)
- Minimum 2 years Early Childhood Educator experience (preferred)
- TB Screen is required annually

Send cover letter and resume via hand delivery, mail, e-mail, to:

Human Resources

Upper Nicola Band – Box 3700

Merritt, BC V1K 1B8 Tel: 250 350-3342

hr@uppernicola.com

Upper Nicola Band thanks all applicants. Only those short-listed will be contacted.



Job Posting – Permanent Full-time –
- ON THE JOB TRAINING IS AVAILABLE -

Accounts Payable Clerk (2 positions available)

Duties include:

1. Undertake Accounts Payable functions and support the CFO.
2. Sort invoices, forward to department managers for coding and approval; undertake the data entry of invoices, credit notes, cheque requisitions; review transactions to ensure they are complete and accurate; reconcile vendor statements.
3. Process cheques and electronic payments in a timely manner and ensure all supporting documents and authorizations are present for supplier invoices.
4. Organize and file vendor invoices and associated documents. Maintain good relations with outside suppliers.
5. Assist with month-end processes. Maintain confidential filing.
6. Work supportively with the Accounting Department.
7. Comply with all applicable legislation and UNB policies and procedures including the Financial Administration Law.
8. Other appropriate duties as required by the Chief Financial Officer.

Qualifications and Experience

1. Grade 12 completion required.
2. Completion of a bookkeeping or accounting course is an asset.
3. A minimum of two years' experience in a financial clerk position is an asset.
4. Experience with Xyntax Financial Systems is an asset.

Position is a Grade 4 on the UNB Pay Scale that provides an hourly wage of \$18.00 - \$24.07 depending on experience; 35 hours a week.

Submit a resume and a cover letter to the email address listed below. Posting is Open until filled.

Human Resources
Upper Nicola Band
Box 3700 Merritt, BC V1K 1B8
hr@uppernicola.com

Only qualified individuals being considered will be contacted for an interview.

PO Box 3700 Merritt, BC V1K 1B8 T 250.350.3342 F 250.350.3311 www.uppernicola.com

CANADA SUMMER WORKS-ISETS

Employment Opportunities 2021

(2 POST SECONDARY Positions Available)

(2 HIGH SCHOOL Positions Available)

Upper Nicola Band has TWO POST SECONDARY CANADA SUMMER WORKS job opportunities and TWO HIGH SCHOOL ISETS job opportunities. The position are as follows:

2 Post Secondary Canada Summer Works	
2 High School ISETS Positions	
Wage: \$14.60/\$15.20 per hour	
Open until filled	
Start Date	May 2021
End Date	27 August 2021

Description of Job, and qualifications:

(1) PS Finance Assistant: You will be responsible for assisting with finance activities and supporting members of the Finance Team. You will engage with all aspects of the organization's business through supporting these Finance activities. All safety protocols i.e.: face masks, social distancing, and hand washing, are being observed.

Qualifications: Must have sound knowledge of Microsoft Excel Spreadsheets, and be able to communicate effectively. Computer literacy is essential, and a valid driver's license is an asset. Applicants must preferably be enrolled in study towards obtaining formal qualifications in Accounting and Finance Administration. Syilx Okanagan/Aboriginal ancestry preferred.

(1) PS Lands Assistant: You will be responsible for assisting with Lands department activities and supporting the Lands Team. Will need to assist with filing, research, and other duties as assigned. You will engage with all aspects of the organization's business through supporting these Lands activities. All safety protocols i.e.: face masks, social distancing, and hand washing, are being observed.

Qualifications: Must have sound knowledge of Microsoft Excel Spreadsheets, and be able to communicate effectively. Computer literacy is essential, and a valid driver's license is an asset. Applicants must preferably be enrolled in study towards obtaining formal qualifications in Office Administration. Syilx Okanagan/Aboriginal ancestry preferred.

(1) HS Youth Worker/Labourer - Maintenance: Reporting to the UNB Director of Community Services; the Youth Worker/Labourer will assist with the UNB Summer Day Camps. The Youth Worker/Labourer will supervise groups of youth in a safe manner, monitoring interactions and behaviours and will also be responsible for assisting the 5 Stations within the Day Camps. These individuals will also be required to help out the UNB Operations Department with assigned labourer duties which could include lawn maintenance, cleaning up worksites, assisting tradespeople on-site, handle and transport materials and equipment and using power tools and machinery when needed. Other duties as assigned. All safety protocols i.e.: face masks, social distancing, and hand washing, are being observed.

Qualifications: Proven leadership skills: strong written and verbal communication skills, reliable transportation and/or Drivers Licence and own vehicle, strong time management, organizations skills, and must be returning to High School September 2021 – 2022.

(1) HS Youth Worker/Education Assistant: Reporting to the UNB Education Manager; the Youth Worker/ Education Assistant will assist with the UNB Summer Day Camps. The Youth Worker/ Education Assistant will supervise groups of youth in a safe manner, monitoring interactions and behaviours and will also be responsible for assisting the 5 Stations within the Day Camps. These individuals will also be required to help out the UNB Education Department with assigned duties which could include filing, and basic office duties when needed. Other duties as assigned. All safety protocols i.e.: face masks, social distancing, and hand washing, are being observed.

Qualifications: Proven leadership skills: strong written and verbal communication skills, reliable transportation and/or Drivers Licence and own vehicle, strong time management, organizations skills, and must be returning to High School September 2021 – 2022.

Please send current resume and cover letter to:

Upper Nicola Band, HR Manager, PO Box 3700, Merritt, BC
V1K 1B8

Apply either In person, or by email: hr@uppernicola.com.

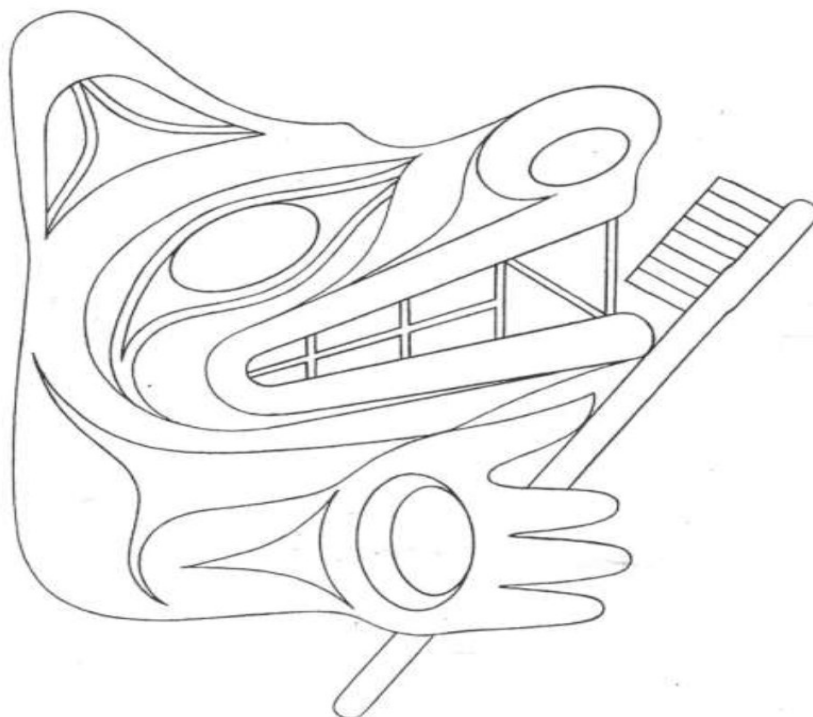
Deadline to apply: Open until filled.

Hello Upper Nicola Friends and Family

Just wanted to share a colouring page from your Community Oral Health Team

If any of our Upper Nicola Youth are requiring any Oral Hygienic supplies please do not hesitate to contact me at the Office 250 - 378- 5058 and I can put together an little care package.

Maple Manuel





What is it?

My Health Portal is an on-line tool that provides patients secure 24-hour access to their personal health information from a home computer or smartphone, for anyone over the age of 19 years.

Why do I need it?

- Access lab reports, medical imaging (such as x-ray, CT and ultrasound) reports and visit history
- View certain transcribed reports from physicians, nurse practitioner and midwives (read what has been written by them to gain a better understanding of your health)
- View certain appointment details and instructions
- Update address, phone number and contact information.

How do I get it?

1. **You must have your email registered to your patient record** (You can do this by visiting the Merritt Hospital reception desk to ask to sign up for MY HEALTH PORTAL, after you have presented ID or verified that you who you say, the receptionist will enter it to your record and then you can complete the next steps)

This process took me 5 mins.

2. **Must be 19 years or older.**
3. **If you do not feel comfortable to go into the hospital you can also call the following number and set up via phone:**

Toll-free **1-844-870-4756**
(Mon-Fri from 7am to 7pm PST). *Please provide your full legal name and best phone number to reach you at when leaving a message.

limlæmt

Having MyHealthPortal provides information that, if you chose to share with your nurse, can help us to better advocate for you, or to help answer any questions you may have regarding what has been written by your doctor or specialist or what certain lab values mean. (ex. INR, A1C, GFR)

“Knowledge is power”, the more knowledge and understanding you have on your OWN health, the better you can help us assist you.

If you need any help with any part of this process please call Stephanie Lindley at the UNIB Health 250-378-5058

NOTE: in MAY, we will be holding a MY HEALTH PORTAL set up day to get as much membership that is interested, signed up and set up .



Keep an eye out for My Health Portal set-up dates TBA

Housing Department

BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD QUOTE BY
MAHATMA GANDHI

Good Day Community Members

It has been a while since the housing department has posted in the community newsletter, I am sorry dear readers the housing department sure was busy after the start of the new year. I Elaine Paul was registered/completed First Nations Housing Infrastructure 12-week course and then I was registered / completed EOC Essentials 2-week program. All in all, 14 weeks sure went by fast and I emerged with more knowledge and better communication tools.

MONTHLY MAINTENANCE CHANGING AIR FILTER

It is that time again to change out your furnace filter. It is recommended to change your furnace filter every 60 - 90 days, you may buy a new one at home hardware for a 2 - pack \$ 10.99.

MONTHLY MAINTENANCE KEEP YOUR EYE OUT FOR MOLD

With Spring in the air so is the spring rain and it is easy to overlook key features of mold growing in your home. Please contact the housing department if you suspect mold growing in your home.

MONTHLY MAINTENANCE IS YOUR STOVE EXHAUST FAN WORKING

We the department are looking for rebates on exhaust fans. Do you have an exhaust fan and what type is it? Is it working? When did it stop working? If you are interested in pursuing the rebate, please contact the department and leave your name and phone number.

BC Housing Asset Management Program

With James Tom

Join me on Welcoming James Tom back to the housing department and will be working on Asset Condition Audits.

Please keep your eye out for James Tom who will be scheduling audits near you.



BC HYDRO ICCP PROGRAM

STAGE 1

I would like to announce the completion of stage 1 for the BC Hydro ICCP program, I would like to thank Ben Clark & Travis Tom for their outstanding work and effort to deliver this program to our community.

There are a few energy saving products left over if you are interested, please contact the department, and leave a detailed message of what products you would like and address so we can drop off it to you.

- **LED Light Bulbs**
- Led Night Lights
- Kitchen Faucet Aerators
- Bathroom Faucet Aerator
- High Performance Shower Head
- Teflon Tape
- Door Sweeper
- Caulk
- Draft-Proofing V-Tape
- Foil Tape
- CO2 Monitor

SEARCHING FOR FUNDS

It was a surprise to the department when it was announced by CMHC there will be no call outs for applications for the following Housing Programs: Hasi, RRAP, and ERP. It was stated in the email the CMHC will be going over last years applications so there is no need to send in new applications. It was the department's goal to express the need for housing programs that we had submitted over 68 applications which we still have on file. Please be patient as we try to seek other funding to help assist our members with home repairs.

Sincerely

Elaine Paul



**APPENDIX P – Upper Nicola Indian Band
REQUEST FOR MAINTENANCE/ REPAIRS**

NAME			
ADDRESS			
YEAR BUILT		PHASE	
PHONE #		CELL #	
DATE			
REFERRED BY:		IN PERSON <input checked="" type="checkbox"/>	BY PHONE <input type="checkbox"/>

TYPE OF MAINTENANCE/ REPAIRS REQUESTED.

REFERRED TO:	
YOUR NAME :	
TIME:	
FOLLOW UP:	

Request No. _____



Upper Nicola Band/Okanagan Wind Scholarship

Created in Partnership with the Upper Nicola Band, the Okanagan Wind Scholarship program is open to all Upper Nicola Band members enrolled in Post-Secondary studies. Upper Nicola Band and Okanagan Wind will provide (4) Scholarships, each \$500.00 and (2) High School Students at \$250.00 each.

ELIGIBILITY:

The scholarships will provide financial support to eligible Upper Nicola Band members enrolled into a recognized university or college on a full-time basis, based on a combination of academic achievement and outstanding community involvement.

HOW TO APPLY:

Eligible students must submit a completed UNB/Okanagan Wind Financial Award Application form and supporting documents to the **UNB office by Wednesday, June 30, 2021**

Email: education@uppernicola.com

Fax: (250) 350-3311

In person: 2225 Village Road, Spaxomin, BC

UNB will receive and administer all applications for the award program.



UPPER NICOLA BAND/ Okanagan Wind EDUCATION SCHOLARSHIP – APPLICATION

A) Personal Information (please complete all sections)

Name of Applicant			
Date of Birth (D/M/Y)			
Current Address			
Phone		Cell	
Email			
Band Number			

Marital Status: ☐ Single ☐ Married ☐ Common Law

B) Education Information

Last school/university/college attended	
Year attended	
Institute you are attending this academic school year (2017-18)	
Start Date (Month/Year)	
End Date (Month/Year)	

Courses enrolled in this academic year:



C) Expenses (section C and D must be both completed)

Monthly Costs

Rent/Mortgage/Residence (Include taxes, renters & home insurance)	\$
Utilities (hydro, gas, water, etc.)	\$
Local Transportation (insurance, gas, public transportation)	\$
Food	\$
Medical/Dental premiums and related costs	\$
Childcare	\$
Other (explain):	\$
TOTAL MONTHLY COSTS	\$

Education Costs

Tuition (for the semester year)	\$
Required Fees (for the semester year)	\$
Books/Supplies	\$
Transportation to and from school	\$
Other (please specify)	\$
TOTAL EDUCATION COSTS:	\$



D. Income / Financial Resources for Term Study

List income: Include all actual or projected income from: band educational sponsorship, employment insurance, social assistance, disability income, parents/guardian, or other.

Applicant Income

from Month/Year

1. _____
2. _____

Other Income (please attach a detailed list) _____

Student Loans (please attach details) _____

Are you receiving Band Sponsorship? ☐ YES ☐ NO AMOUNT: \$ _____

1. Tuition \$ _____
2. Books/ Supplies \$ _____
3. Monthly Living Allowance (X's) number of months terms of study \$ _____

TOTAL INCOME/FINANCIAL RESOURCES (SECTION D) \$ _____

E. Application Requirements:

- A personal letter outlining your biography, why should you receive the scholarship, your educational goals and future career aspirations?
- A statement that tells us, how you are involved with the UNB community.
- A copy of your resume.
- A Reference letter from one of the following: instructor, employer
- Transcripts from last Institution attended.

F. Declaration

I understand that the information I have provided is subject to verification and audit. If I do not provide complete, accurate information or if, I obtain or attempt to access financial assistance by fraudulent means, I may be denied an UNB/Okanagan Wind scholarship now and in the future.

I consent to public announcements being made indicating the amount of the Scholarship and the recipient's name.

Signature of Applicant

Date Signed

PO Box 3700 Merritt, BC V1K 1B8 T 250.350.3342 F 250.350.3311 www.uppernicola.com

Jordan's Principle

Support for Syilx Families and
First Nations Residing in the
Okanagan Region

1

Make the call

To the ONA Jordan's Principle
Service Coordinator

Tell us your story. In calling us first, our staff will help you get the supports and services you need.

With calling us first we can help navigate complex service systems on your behalf, advocate where needed and help determine the next steps.

**It takes
strength &
community
to ask for help**



2

Get help dealing with the system

We will actively support you through the entire process, assess your child's needs, and work with you to:

- get help early on
- develop integrated care plans
- connect your child and family to needed services
- remove the stress of navigating service systems
- support your families as they manage their needs
- involve relevant partners in your case, and as necessary, quickly address urgent service gaps

**Our kids
our cultures
our futures
are worth it**



3

Find out what services & supports you're eligible for under Jordan's Principle

We support access to government services like:

- health care
- education
- mental health
- medical equipment
- speech therapy
- ...and more

ONA Jordan's Principle Service Coordinators

Our goal is to streamline the process and have your child's needs met in a timely manner.

- Coordinators provide wraparound service to those who are seeking services in education, medical needs and social emotional needs.
- We provide hands on service with aids in navigating supports and communicating with service providers.



4

Get services & support

Necessary equipment may be provided by federal/ provincial government, or a contract service provider.

We will work towards meeting established client services delivery standards for your child. Once services and support are underway, we will follow up.

**Our teachings
tell us fairness is
good medicine**



The ONA Jordan's Principle Coordinators are here to support you contact us:

North

E: jordans.principle2@syilx.org
T: 250 869 4579

Central

E: jordans.principle1@syilx.org
T: 250 869 6391

South

E: jordans.principle3@syilx.org
T: 250-681-3982

NEVER MISS AN UPDATE

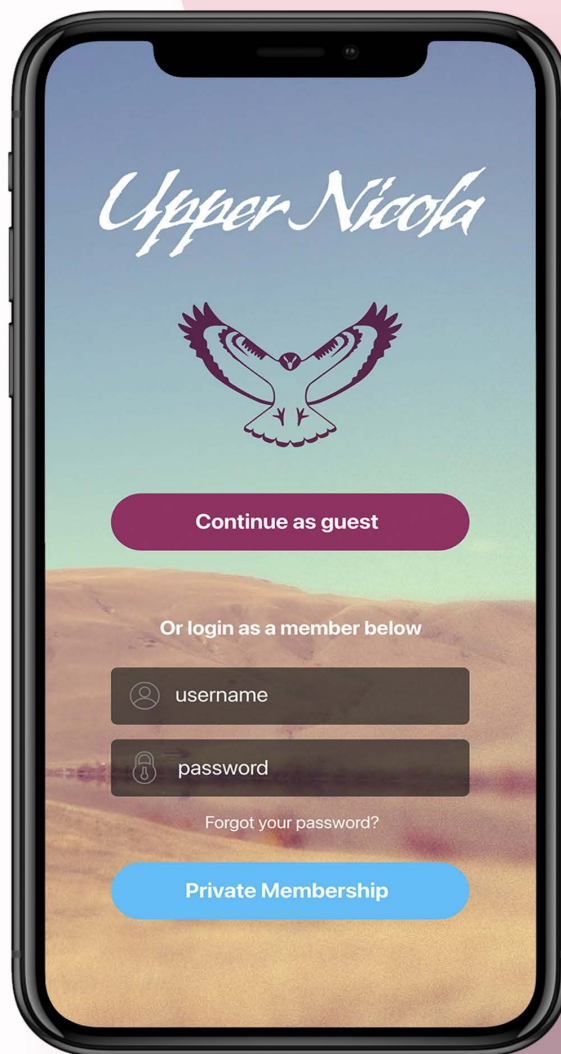
GET THE APP

The app uses state-of-the-art technology to notify Upper Nicola members of breaking news, documents, videos, and events, instantly delivered via push notifications.



HOW TO GET THE APP

- 1 Download the app on Google Play or the App Store
- 2 Login to the app by tapping "Continue As Guest"
- 3 All done! Explore the app, and stay tuned for new notifications



- **NEWS**
- **EVENTS**
- **JOB OPPORTUNITIES**

Download the free app today

For more information on the app (ie. if you would like your own log-in or needing help with the app). Please Contact Diana Boston, Communications Officer by email: communications@uppernicola.com or by phone [250-350-3342 ext 240](tel:250-350-3342) or [250-315-5030](tel:250-315-5030)

Opioids and Benzos or Etizolam

The following information outlines how benzos or benzo-like substances can complicate and delay opioid overdose response, and what to do if these substances are involved.

WHAT HAPPENS WHEN BENZOS ARE MIXED WITH OPIOIDS?

Increased likelihood of overdose from combined effects on central nervous system (e.g. respiratory depression)

There is no antidote for benzos in community and **naloxone does not work on Benzos, BUT will temporarily reverse opioid effects**

After naloxone administration the person may begin breathing normally, but may not wake up

**When in doubt
GIVE NALOXONE**

RESPONDING TO AN OVERDOSE WITH BENZOS OR ETIZOLAM

If you witness someone having an opioid overdose and suspect benzos are involved:

1. **Call 911** immediately and follow **SAVE ME** steps
2. **More doses of naloxone should only be given if the person is not breathing normally** (less than 10 breaths a minute)
3. **If the person is breathing normally but remains unconscious, place in recovery position** and stay with them until emergency services arrive
4. If available, use a pulse oximeter to monitor oxygen saturation in the blood



AFTERCARE

Sedation drowsiness, blackouts and memory loss can last for hours, transfer for monitoring if possible

GET YOUR DRUGS CHECKED AND DON'T USE ALONE

- When getting your drugs tested, ask for drugs to be checked for benzos
- Use with a buddy or at an overdose prevention or supervised consumption site¹
- When using with a buddy, stagger use so someone is able to respond

For more information:

- [Using Oximeters During an Overdose Response](#)²
- [Video: Responding to Overdose During COVID-19](#)³
- [Resources for People Who Use Substances](#)⁴
- [Video: Placing someone in recovery position](#)⁵

1. <https://towardtheheart.com/site-finder>

2. <https://towardtheheart.com/resource/using-an-oximeter-during-an-overdose/open>

3. <https://www.youtube.com/watch?v=sUmfmlbWM4>

4. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

5. https://www.youtube.com/watch?v=ZEFk_hauyXU



BC Centre for Disease Control
 Provincial Health Services Authority

Contest Alert! Mental Health Awareness Week

What do YOU do for
your **EMOTIONAL** wellness?

Take an original picture or video demonstrating what
helps you with your EMOTIONAL health!

*Examples: Self-care, singing, journaling,
meditation*

**Deadline to submit: Friday May 7th at
9 am**

**Draw will be held on Friday, May 7th
2021 at 1 pm**

***1 entry per person, per contest* To enter, into
the draw, please email your creations to
tanya.pellett@scwexmx.com**

**Please indicate whether or not your creation can
be shared publically!**



Welcome to Mental Health Week!! (May 3 – 9, 2021) Every year since 1951, the Canadian Mental Health Association (CMHA) has hosted Mental Health Week in the first full week in May, making 2021 the 70th year. Mental Health Week is a Canadian tradition, with communities, schools and workplaces rallying to celebrate, protect and promote mental health.

SCFSS will have videos, resources and contests posted on our SCFSS Facebook page during this week to promote mental health and overall wellbeing. The draw for the contests will be Friday May 7th at 1:00 p.m. with some amazing prizes!!!! Together we'll #GetReal. #GetReal about how you feel. Name it, don't numb it. Attached is the contest for Monday! Please forward on your social media and contact lists to our communities.

If you have any questions please call our office at 250-378-2771. **Stay safe, stay well friends!**



slaʔlaq^wám “Digging Time”

n e b d o j k r n g h b s e u m m q u h
 r t t o x j e z a w m p m k p a m u y m
 s j k m t a u i x p s a l m i x q d n m
 k q z x x p f b i o r w f u o d m q a w
 ʕ i q f x z h s k s a x n c c l z s h q
 o c q q z k q h k h z s n g o a n s j t
 a i g n z c x r s w f m x w a m t ʔ v u o v w
 y j n i m e t i o m n n j o v u o v w
 u o o x w b s s q z u o j m s x f u z c
 o i w w i c w ʕ ? c h o k n b z x k b z
 ? z a t c p i a i o c s k w n a r o x l
 v l y u o y o x o x p t p w i l k w e m
 r p o o m e y o t o j d o a n o m w d
 n m n l x n a w x w i s n k i ? m o j x
 d k u a t c ? i o l ʔ h b g j ʔ x o g z
 b p s ? j h e o w u o d y c t k o n p l
 p r r x g m p p a o s j l h g a x m o u
 x t p w m t f o ? s t x y u k e u v o a
 n m y c a v y l h a m s j u s s a d o t
 b v m j f o y s x ? o r n s x y q f s m

ćǰ^wlúsaʔ

nix^wtúlaʔx^w

sk^wńk^winm

sʔuk^wm

smúk^waʔxh

ʔítǰ^waʔ

spiǰm

ʕayúʔ

swíyaʔ

píćaʔ

ńway

ǰasǰs

cpiǰstm

sǰaǰwíp

wiǰm

ʔáʔúsáʔ

Dean and Cora Tom are selling ʔáʔúsáʔ
for \$5 a dozen so stop in and see them at their house.



Gym at the Band Hall hours will
be changing to 7am to 9pm





Mission:

Upper Nicola is a proud, inclusive Syilx community working together to promote Sux^wtxtəm, teach our Captík^wł and committed to building foundations through En'o^wkín'wix^w.

Vision:

A strong, flourishing community in harmony with our Tmíx^w.

Contact Us

Upper Nicola Band

Visit us on the web at www.uppernicola.com

P O Box 3700
Merritt, BC V1K 1B8

T: (250) 350-3342
F: (250) 350-3311



<https://www.facebook.com/uppernicola>

Visit our Facebook page for the latest news from the Community and notifications from Upper Nicola staff.