



**\*IMPORTANT NOTICE\***

**GENERAL BAND MEETING**

**Wednesday January 26, 2022,**

**Beginning at 6:00pm**

**Via Zoom.**

Join Zoom Meeting

[https://us02web.zoom.us/j/83501234555?pwd=ZWd1YVhFMURX  
RGU0TS81L01YVmJmUT09](https://us02web.zoom.us/j/83501234555?pwd=ZWd1YVhFMURXRGU0TS81L01YVmJmUT09)

Meeting ID: 835 0123 4555

Passcode: 611636

Dial by your location

+1 778 907 2071 Canada

Meeting ID: 835 0123 4555

Passcode: 611636

Find your local number: <https://us02web.zoom.us/u/kbNbqb5mBP>



**Agenda:**

1. 2020-21 Audit Presentation
- 2.

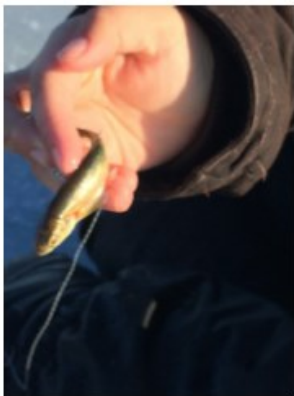
Dear Parents and Caregivers,

Our class have been writing sentences this month. We've also been practicing reading at school and at home to read with our families. Remember to record your reading homework and story time on the Home Reading Chart in your child's back and forth book. The K - 3 students have been learning fishing words in Okanagan. Ask us to share some of the new words we've learned in Okanagan!

On Friday, January 21<sup>st</sup> we enjoyed going ice fishing as a school. Students learned how to ice fish and all had a chance to learn hands on. Students had fun skating, sledding and cooking marshmallows! See some pictures of our adventures below.

way'

Ms. Brandrick



A minnow.



Sledding fun!



Allara and her family ice fishing.



Kaycee and Tanya on the ice.



**Upper Nicola Band is now on  
TikTok\***

**Use your cell phone camera  
and scan the QR code or  
search @uppernicola to  
follow us!!**

**First 500 followers will be  
entered into a draw for some  
cool swag!!**



Upper Nicola ▾



@uppernicola

0  
Following

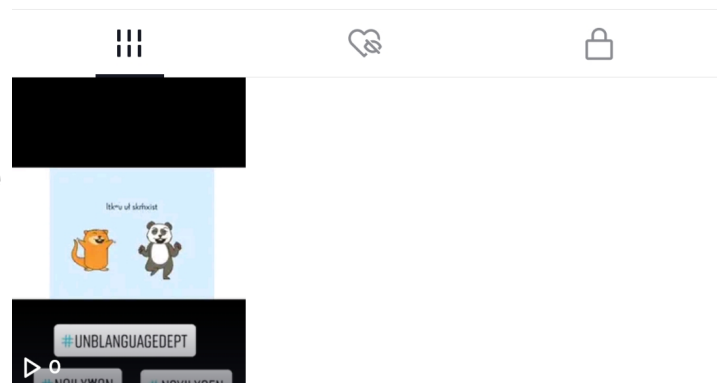
5  
Followers

0  
Like

Edit profile



Upper Nicola Band is a proud, inclusive syilx  
community #unbstrong #nqilx^cn





### **Highlights from Chief and Council: October 18, 2021**

The Band Administrator and Managers prepare and present briefing notes and request that Chief and Council make decisions on various files. Below is a listing of decisions that were made at the October 18, 2021 Chief and Council Meeting. If you have questions, please contact any member of Chief or Councillor, or the Band Administrator.

**Firesmart Proposal:** UNB has been working to be a Firesmart community, to ensure that our community is safe from potential wildland fires.

On October 18, 2022, Chief and Council passed a motion to support Band Council Resolution(BCR) to support the funding application to Community Resiliency Program 2022- Firesmart Community Funding and Supports to increase community resiliency within Upper Nicola.

**We are in search of UNB Members that are interested in joining our Firesmart Committee that can assist to create awareness about the risks of wildfires and coming up plans to minimize potential impacts through the implementation of homeowner and community-based solutions.**

Please contact Ivy Gregoire, Email: [dcs.assist@uppernicola.com](mailto:dcs.assist@uppernicola.com) or call: 250 350 3342, ext. 226

to leave your name and contact information.

**N'kwala Advisory Committee** Chief and Council chose to move forward with a N'kwala School Advisory Committee to assist with governance of N'kwala School. A consultant has assisted UNB to update the N'kwala School Policies Governance 100 Foundational Beliefs to reflect that we will have an Advisory Committee. A call out for members to form Advisory Committee Band Administrator has been posted.

We are in search of UNB Members to volunteer their time to serve on the N'kwala School Advisory Committee. Please contact Collette Sunday, Email: [admin@uppernicola.com](mailto:admin@uppernicola.com) or call 240 350 3342, ext. 235 to leave your name and contact information.

### **Purchase of Lot 8-1, IR Quilchena**

Chief and Council approved that Administration negotiate purchase of Lot 8-1, Nicola Lake IR1, from landowner for the purposes of locating band building(s) for Band use in the future.

### **Supporting Nicola Valley Veterans**

Chief and Council approved support the Nicola Valley Veterans who are submitting a funding proposal for the purposes of constructing, restoring, or expanding of an existing war memorial for the Nicola Valley Veterans and future generations to enjoy.

UNB Chief and Council approved to donate \$2,500.00 to the Nicola Valley Veteran's War Memorial

### **Western Indigenous Pipeline Group Board**

Chief and Council appointed Councillor Dennis MacDonald to sit upon the Western Indigenous Pipeline Group Board and appoint Councillor Stacie Coutlee as an alternate. The Western Indigenous Pipeline Group are one First Nations led group that are interested in purchased the Trans Mountain Pipeline. UNB Chief and Council's interest is to learn more about the group, the proposed plan. Chief and Council will provide further updates.



# Upper Nicola

## **Community Apprentice Information Session**

**When: Wednesday, February 2, 2022**

**Where: Meeting Place OR ZOOM invite**

**Start: 5:00 Dinner**

Guest Speaker: 6:00 – 8:00 (2 UNB members that completed Heavy Duties Mechanics and 2<sup>nd</sup> year Electrical)

All Roads & ITA – Objective of session would be to assist members understand how they can be assisted to further their education or apprentice work hours.

For more information please Contact: Charlene McRae, at the UNB office or email:

[education@uppernicola.com](mailto:education@uppernicola.com)



## How to Take a Temperature Children and Adults

There are 4 ways to take (measure) a temperature:

- Under the armpit (axillary method)
- In the mouth (oral method)
- In the ear (tympanic method)
- In the rectum/bum (rectal method)

### What type of thermometer should I use?

A digital thermometer is best for taking temperatures by the armpit and mouth.

Fever strips and pacifier thermometers do not give an accurate temperature. Do not use a mercury thermometer. Mercury is toxic and the thermometer could break.

#### Over the forehead (temporal artery method)

Non-contact infrared thermometers (NCITs) measure body temperature from a specific distance by sensing the energy emitted by humans. NCITs offer a way to take your temperature without touching, unlike traditional thermometers that require physical contact. NCITs are considered more susceptible to inaccurate measurements than other thermometers (for example, oral and rectal thermometers, well-calibrated tympanic thermometers). Several factors influence the ability of NCITs to detect fever accurately, including:

- Relative humidity
- Significant perspiration
- Positioning on forehead
- Exposure to cold or hot weather before temperature measurement

Follow the best practices and the manufacturer's instructions when using NCITs. Remember that many factors affect NCIT accuracy and that NCIT readings do not themselves rule in or rule out the presence of infection. NCIT's are not the recommended temperature taking method for children.

Speak to a pharmacist if you have any questions when buying a thermometer. A pharmacist can help you select the best type of thermometer for the method you choose to use.

Whichever type of thermometer you use, make sure to clean them (except ear thermometers) with cool, soapy water and rinse off before and after use.

### How should I take a child's temperature?

From birth to age 5, the most common way to take a temperature is under the armpit. For children older than 2,

temperatures can also be taken by ear or, if the child is able to sit still long enough, by mouth. The most accurate way to take a temperature is in the bum (rectal method). See the section on the rectal method to learn how safely take a rectal temperature.

Always wash your hands before and after taking your child's temperature. For more information on hand washing, see [HealthLinkBC File #85 Hand Washing: Help Stop the Spread of Germs](#).

Make sure to read and follow the manufacturer's instructions each time you use a different type or brand of thermometer.

#### Axillary method (under the armpit)

The armpit method is usually used to check for fever in newborns and young children.

- Place the tip of the thermometer in the centre of the armpit
- Tuck your child's arm snugly (closely) against their body
- Leave the thermometer in place for about 1 minute, until you hear the "beep"
- Remove the thermometer and read the temperature

#### Oral method (in the mouth)

The mouth method can be used for children who are older than 5 years of age. It is not recommended for children younger than 5 years of age, because it is hard for them to hold the thermometer under their tongue long enough.

- Carefully place the tip of the thermometer under your child's tongue
- With your child's mouth closed, leave the thermometer in place for about 1 minute until you hear the "beep"
- Remove the thermometer and read the temperature

#### Tympanic method (in the ear)

The ear method is recommended for children older than 2 years old. Though quick to use, the ear method can produce temperature readings that are incorrect, even when the manufacturer's directions are followed.

- Use a clean probe tip each time, and follow the manufacturer's instructions carefully
- Gently tug on the ear, pulling it back. This will help straighten the ear canal, and make a clear path inside the ear to the ear drum

- Gently insert the thermometer until the ear canal is fully sealed off
- Squeeze and hold down the button for 1 second
- Remove the thermometer and read the temperature

#### Rectal method (in the rectum or bum)

The rectal method can be used to check for fevers in newborns and young children. Use a rectal thermometer only if you are comfortable doing so and a health care provider has shown you how to do it safely.

- Cover the silver tip with petroleum jelly (such as Vaseline)
- Place your baby on their back with their knees bent
- Gently insert the thermometer in the rectum, about 2.5 cm (1 inch), holding it in place with your fingers
- Leave the thermometer in place for about 1 minute until you hear the “beep”
- Remove the thermometer and read the temperature

For more detailed instructions on how to take a temperature using the rectal method, speak to your health care provider.

After a thermometer has been used to take a rectal temperature, do not use it to take an oral temperature. Make sure that the rectal thermometer is clearly marked so that it is not used orally. For example, you could label your rectal thermometer with an “R” and your oral thermometer with an “O”.

#### How should I take an adult's temperature?

Take an adult's temperature by mouth, in the ear or under the armpit. The armpit method is less accurate and is normally only used if the person is extremely drowsy or not clear mentally. Follow the same methods used for taking a child's temperature.

#### What is a normal temperature?

The normal temperature range varies, depending on the method you use:

Method	Normal temperature range
Armpit	36.5°C - 37.5°C (97.8°F - 99.5°F)
Mouth	35.5°C - 37.5°C (95.9°F - 99.5°F)
Ear	35.8°C - 38°C (96.4°F - 100.4°F)
Rectal (Bum)	36.6°C - 38°C (97.9°F - 100.4°F)

Temperatures may vary throughout the day, rising as much as 1 degree in the morning and reaching a maximum during the late afternoon. Mild increases may be caused by exercising, too much clothing or bedding, taking a hot bath or being outside in hot weather.

When a child is sick with an infection, it is normal to have a fever (temperature higher than 38°C (100.4°F)). A fever is

part of the normal process of fighting an infection. Usually, it goes away after 3 days.

Thermometers are not always accurate so it is important to be watching for other signs that your child might be ill. Also, the degree of a fever does not always indicate how serious an illness is, but rather the child's behaviour, overall appearance and other symptoms such as headache, stiff neck, nausea, and vomiting are generally the most important factors. A fever with other symptoms may mean a more serious illness.

#### What can I do if my child has a fever?

- Offer plenty of fluids
- Encourage your child to rest
- Remove extra blankets or extra clothing as long as the child does not become too cold or shiver. Shivering can cause the body's temperature to rise
- Medicine to reduce a fever is not always needed
- Sponge baths, alcohol baths and rubs are not recommended

#### When should I take my child to see a health care provider?

Call your health care provider if your child:

- Has a fever for more than 3 days
- Is not eating or drinking well
- Is lethargic (low energy), excessively fussy or irritable
- Has a fever and signs of another illness (rash, cough, vomiting, diarrhea)

Babies younger than 3 months of age must be seen by a health care provider when they have a fever. During the first 3 months of life, babies are not always able to fight infections, so they need to be seen sooner than older babies and children with fevers.

For babies 3 to 6 months, the parents should speak with their health care provider.

#### For More Information

For more information, see the following HealthLinkBC Files:

- [HealthLinkBC File #84 Reye Syndrome](#)
- [HealthLinkBC File #112 Febrile Seizures \(Fever Seizures\)](#)

For more information about fever and temperature taking, visit Caring for Kids at <https://caringforkids.cps.ca/handouts/health-conditions-and-treatments/fever-and-temperature-taking>.

The information in this HealthLinkBC File has been adapted with the permission of Alberta Health and Wellness

For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit. For non-emergency health information and advice in B.C. visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call 8-1-1 (toll-free). For the deaf and hard of hearing, call 7-1-1. Translation services are available in more than 130 languages on request.

# DO YOU NEED A COVID-19 TEST?

Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

**YES to ANY  
CALL 911 or go to an ER**

Are you an individual who is moderately to severely immunocompromised?

- If you have symptoms, you should be tested for COVID-19

Are you an elder or someone who is at risk for severe disease?

- If you have symptoms, you should be tested for COVID-19

Are you experiencing new or worsening symptoms:

- Fever or Chills
- Cough (either new, or worsening/exacerbation of chronic cough)
- Shortness of breath
- Sore throat
- Loss or change of sense of smell or taste
- Headache
- Extreme fatigue or tiredness
- Runny Nose
- Sneezing
- Diarrhea
- Loss of appetite
- Nausea or vomiting
- Body or muscle aches

- If you have mild symptoms of COVID-19, **you do not need a test.** Stay home and away from others until you feel well enough to return to your regular activities and you no longer have a fever.
- Mild symptoms are symptoms that can be managed at home.
- If you do not have symptoms of COVID-19, **you do not need a test.**

**Contact your health centre if  
you answered YES to  
receiving a COVID-19 test**

Source: Thrive Health App. Information current as of January 25, 2022



# What is moderately to severely immunocompromised?

- You have had an organ transplant and are taking anti-rejection medications
- You are receiving treatment for cancer
- You have had a bone marrow or stem cell transplant
- You have been diagnosed with a primary immunodeficiency disorder
- You have been diagnosed with HIV and are not currently taking medications for it
- You are on dialysis and/or have severe kidney disease
- You are on active treatment with immunosuppressive therapies

**Access this Assessment  
on your mobile device:**



Google Play





# NEWSLETTER

## TRANSITIONS AND CAREER ED.



## January, 2022

For students that have not applied but are still interested, there are many University and College programs around the province accepting applications but they are closing soon. The EducationPlannerBC website will have detailed information on application deadlines, admission requirements, and costs. For those students that have applied already, please make sure you are checking your e-mail often as offers of admission will start in February.

Successful Applicants will receive a "conditional" offer of admission. To accept the offer, a deposit is usually required along with additional requirements that will be specified in the offer. Many post-secondary institutions offer on-campus housing options. It is strongly recommended that first year students take advantage of these options by applying for student housing immediately after accepting their offer of admission. Student housing is usually less expensive and often includes a meal plan at the campus cafeteria.

Please note that the Career and Life Connections 12 course activities are due January 20th, 2022. Students can access these activities by logging in to [www.myblueprint.ca/sd58](http://www.myblueprint.ca/sd58) and following the instructions and "How-To" videos in the Class Activities section.

The next portion of CLC12, the required 30 hours of Career Exploration, must be completed by March 17th, 2022. Career Exploration is individual to each student and their post-secondary pathway of choice. Consultation with the CLC 12 teacher is integral to developing a plan. The included list of ideas is a great place to start.

Please feel free to contact a member of our team with any questions!

Melisa Pinyon, First Nations Support Worker Gr. 12  
Phone: 250-315-1130 Email: [mpinyon@sd58.bc.ca](mailto:mpinyon@sd58.bc.ca)

Dave Andersen  
Careers and Transitions Coordinator  
Phone: 250-315-9100  
Email: [dandersen@sd58.bc.ca](mailto:dandersen@sd58.bc.ca)

Jennifer Lisle  
Student Transitions & Institutional  
Reporting Advisor (NVIT)  
Phone: 250-378-3365 / 250-315-9888  
Email: [jlisle@nvit.ca](mailto:jlisle@nvit.ca)

## CAREER EXPLORATION OPPORTUNITIES

### VIRTUAL CAREER SPOTLIGHTS

Over the next 9 weeks, the Transitions Team will be hosting virtual Career Spotlights with community members from a variety of occupations. Detailed information and a link to each Career Spotlight will be sent separately.

Jan 20th 7:00pm

*Jennifer Dustin BA BSW MSW*  
-NVIT Term Faculty Member  
-Registered Social Worker  
-Mental Health Clinician

Jan 27th 7:00pm

*Sean Strang CPA CMA*  
-Deputy Director of Finance & IT for the City of Merritt

Feb 1st 7:00pm

*Marshal Kraus BTM.*  
- Recruitment, Marketing, and Events Officer for NVIT

Recordings of previous Career Spotlights can be found in the "Careers" tab of the Merritt Secondary School website;

<https://mss.sd58.bc.ca/programs/careers>



## **CAREER AND LIFE CONNECTIONS 12** **30 HOUR CAREER EXPLORATION**

Students are expected to complete 30 hours of career exploration and preparation. This work is documented in the student's myBlueprint digital portfolio. Career exploration and preparation is individual to each student and their post-secondary pathway of choice. The list of options below are simply suggestions to get started.

### **STUDENTS ENTERING THE WORKFORCE:**

- Certifications such as Foodsafe, First Aide, and Serving It Right
- School District 58 and NVIT employment skills workshops
- Work and/or Volunteer Experience

### **STUDENTS ATTENDING POST SECONDARY:**

- School District 58 and NVIT Post-Secondary Presentations
- Time spent researching for and applying to programs
- securing student housing
- Meeting with post-secondary academic advisors
- Campus Visits and Virtual Tours
- Scholarship applications

### **STUDENTS UNSURE OF THEIR PATH:**

- WorkBC Career Trek ([www.careertrekbc.ca](http://www.careertrekbc.ca))
- ChatterHigh career exploration quizzes ([www.chatterhigh.com](http://www.chatterhigh.com))
- WorkBC Blueprint Builder ([www.workbc.ca/BlueprintBuilder/](http://www.workbc.ca/BlueprintBuilder/))

## **CAREER EXPLORATION FOR ALL PATHS:**

### **VIRTUAL CAREER SPOTLIGHTS**

A series of one hour features profiling various careers from a variety of different fields including trades, finance, law, healthcare, and technology.

[www.mss.sd58.bc.ca/programs/careers/](http://www.mss.sd58.bc.ca/programs/careers/)

### **EXPERIENCE NVIT**

A series of 1 hour sessions highlighting each of the various NVIT programs. The sessions will be available virtually starting in late February.

### **WORK BC PARENT GUIDE**

Full of practical ideas, exercises and resources, the guide will help families as they explore career and educational pathways.

[www.workbc.ca/Resources-for/Teachers-Career-Counsellors/2018-WorkBC-Parents-Guide.aspx](http://www.workbc.ca/Resources-for/Teachers-Career-Counsellors/2018-WorkBC-Parents-Guide.aspx)

### **NVIT EXPERIENTIAL LEARNING**

NVIT will be hosting a series of Trades Sampler days where students can spend a day on campus learning more about programs like the Welding and Electrical Foundations Level 1.



## ltkʷu ul skm̓xist







Upper Nicola  
Language Department

is inviting you to

**READY TO USE  
NQILX<sup>W</sup>CN**

**LEARN COMMON LANGUAGE  
TO USE  
ON A DAILY BASIS**

**6 PM**

**EVERY OTHER SUNDAY:**

**JAN 30 - GREETINGS & COMMON SAYINGS**

**FEB 13 - FAMILY TERMS**

**FEB 27 - HOUSEHOLD CHORES**

**ZOOM LINK**

**<https://us02web.zoom.us/j/82192509260>**

**MEETING ID: 821 9250 9260**

If you have any questions, please email  
[language@uppernicola.com](mailto:language@uppernicola.com)



&

**UNB**

*k<sup>w</sup>u stəmtíma?*

*invite you to*

**SUNDAY JAN 23, FEB 6, FEB 20**

***captík<sup>w</sup>t***

**&**

**DRUMMING**

***night***

**6 PM  
START**

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**Please join us for some drumming and  
captík<sup>w</sup>t storytelling.**

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***VIA ZOOM MEETING***

**MEETING ID:**

**883 2564 8242**

**If you have any questions  
please email  
[language@uppernicola.com](mailto:language@uppernicola.com)**

**<https://us02web.zoom.us/j/88325648242>**

Made with PosterMyWall.com



**Application packages can be found on our website  
[www.uppernicola.com](http://www.uppernicola.com) and on our UNB App.**

# **UPPER NICOLA**

## **Recreation Fund**

**Available for Registered Upper Nicola Members  
For Sports or Recreational Activities  
Maximum of \$300.00 per band member- all ages**

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**For timeframe: April 1, 2021 – March 31, 2022**

**Applications must be submitted to**

**Diana Boston, Communications Officer 250 315-5030  
Email: [communications@uppernicola.com](mailto:communications@uppernicola.com)**

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**Please see Upper Nicola Recreation Policy for Guidelines,  
Eligibility and Application Form**

**Upper Nicola Administration Office  
250-350-3342**

***Funding for this initiative provided Upper Nicola's payment from  
BC First Nations Gaming Revenue Fund & Indigenous Services Canada Prevention Funds***

## Full package can be found on our website and our UNB

**Policy** – To ensure that UN members live in a safe, healthy community where culture, value and identity are consistently valued, protected, promoted and embraced by all.

UPPER NICOLA is a proud, inclusive Syilx community working together to promote Sux<sup>w</sup>txtem, teach our Cáptik<sup>w</sup>l and committed to building foundations through en'owkinwix<sup>w</sup>.

### **Purpose:**

- To establish guidelines for Upper Nicola members to obtain available funds from the UN First Nations Gaming Revenue or Child Family Prevention Funds.
- To maintain a yearly budget that has been approved by Chief and Council.
- To ensure every band member has access to funds for recreational purposes - to be healthy and active.

**Scope** – This policy applies to all UPPER NICOLA Members, and all involved that are responsible to implement this Policy.

### **Funding Sources:**

UN will set aside funds for UN Members to access the Recreation Fund.

- In the 2020-21 fiscal year the initial contribution of sixty thousand dollars (\$60,000) will come from the UN First Nations Gaming Revenue Fund:
- Other funds, UN First Nations Gaming Revenues or other Program funding may be made available under the UN Recreation Fund.
- All funds will be approved by Chief and Council each year.

### **Definitions:**

- **UN Members:** registered members of Upper Nicola, with a registration number beginning with 697.
- **Fiscal Year:** April 1 until March 31 of each year.

### **Responsibilities:**

(1) Council is responsible for:



- a. Establishing and implementing policies for UPPER NICOLA.
- (2) UN Finance Audit Committee is responsible for:
  - a. Making recommendations to Council for the issuance, revision or rescission of any policy and protocol document;
- (3) The Band Administrator and or her/his designate will bring forward the Recreation Policy for review to the Finance Audit Committee, and Chief and Council, and review appeals submitted.
- (4) The appointed UNB Staff Member is responsible for implementation of the policy.

## **Protocols**

### **Eligibility:**

To be eligible for UN Recreation funds, individuals

1. Must be an UPPER NICOLA member with a registration number beginning with 697.
2. Eligible Activities: Any recreational activity that includes sports fees and equipment, gym fees and equipment, outdoor activities, equipment, etc.
3. Other activities will be considered by the appointed UN Staff Member on an individual basis.
4. Applications will be received on an on-going basis. Applications must be in by the 10<sup>th</sup> of each month for review by, appointed UNB Staff Member, the 15<sup>th</sup> of each month.

### **Annual Amount:**

- Each UN member who is eligible and approved will be allotted up to the amount of three hundred dollars (\$300.00), maximum yearly amount.

### **Procedure:**

- Must fill out an application with the following documents attached:
  - Copy of status card front and back,
  - Valid receipts for recreation activity.

### **Policy Amendments:**

- Done on an annual basis, if required;

### **Attachments:**

- Application form

### UPPER NICOLA RECREATION POLICY APPLICATION

\*Note that the fiscal year goes April 1 – March 31; no retroactive payments for previous years; payments are for current fiscal year only\*

#### PERSONAL INFORMATION:

\_\_\_\_\_  
Last name

\_\_\_\_\_  
First name

697\_\_\_\_\_  
Registration #

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Birthday Y/M/D

M ☒ F ☒ Other ☒

\_\_\_\_\_  
Mailing address

\_\_\_\_\_  
City

\_\_\_\_\_  
Province

\_\_\_\_\_  
Postal Code

Physical address only if different than mailing

\_\_\_\_\_  
Physical address

\_\_\_\_\_  
City

\_\_\_\_\_  
Province

\_\_\_\_\_  
Postal Code

\_\_\_\_\_  
Home phone

\_\_\_\_\_  
Mobile phone

Best time to reach you: \_\_\_\_\_  
Best phone to call? \_\_\_\_\_

\_\_\_\_\_  
Email address

Which you are applying for: Child (0-18) ☒ Adult (19+) ☒

Can you write a brief description about what your form of recreation that you would like to be reimbursed for:

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Application amount: \_\_\_\_\_

Application recommended for funding \_\_\_\_\_

Approval for funding \_\_\_\_\_

For office use only, Circle one: Code: 10 -85810-710 OR 10-85810-706

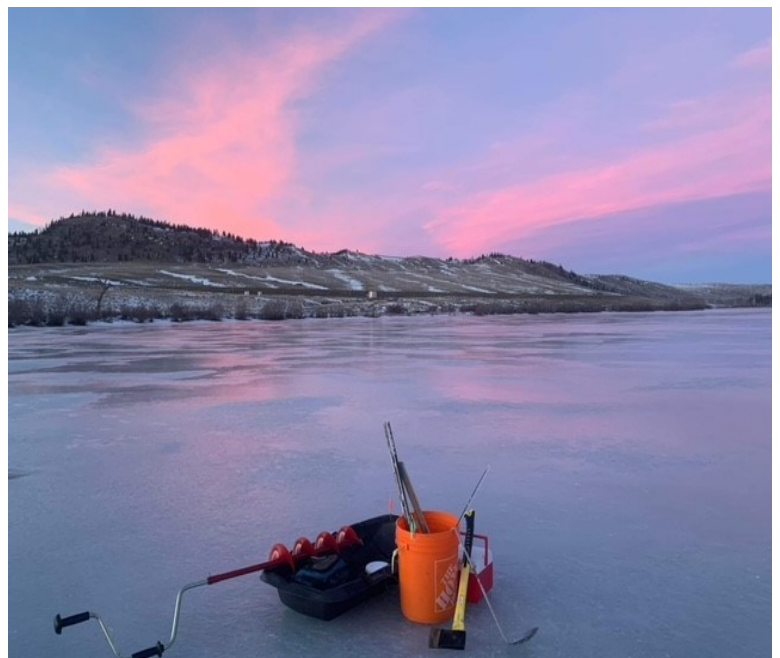
Good Day!! Is it just me or does it seem like time is flying? We are already close to the end of January, soon we will be storing our winter wear and pulling out our rain coats and wellies.

Right now, our class is still plugging away working on SCIDES online classes. We made vision boards for an art project, wooden fishing lines in Linda's Class and this week we are going to try our hands at creating beautiful (faux) stained glass on our classroom windows. The students are getting pretty darn good at badminton in gym class so we are finding ways to make it a little more competitive and fun.

Way' Angie Holmes, EA ☺

**"Tell me and I forget, teach me and I may remember, involve me and I learn."**

**-Benjamin Franklin.**





# LIVINGWORKS START

## 90-MINUTE ONLINE SUICIDE PREVENTION TRAINING

We are pleased to announce that ONA is providing free LivingWorks Start Training for Syilx Nation members & front-line staff to be completed individually online, at your own pace.

### WHAT IS INCLUDED IN THIS TRAINING?

LivingWorks Start teaches valuable skills to everyone 13 and older and requires no formal training or prior experience in suicide prevention. The training is approximately 90 minutes and teaches trainees to recognize when someone is thinking about suicide and connect him or her to help and support.

### PARTICIPANTS WILL LEARN A POWERFUL 4-STEP MODEL TO:

- Improves trainee skills and knowledge
- Improves trainee readiness and confidence
- Safe and effective for trainees as young as 13 years old
- Meets SAMHSA's Tier III evidence-based training criteria

### ADDITIONAL INFORMATION:

- Open to Syilx Nation Members (ages 13 and up) and/or Syilx Nation Front-line Staff
- Space is limited to 30 spots - so all participants must register.
- Trainees must commit to aftercare follow up with one the following ONA Staff Members
  - Kim Montgomery, Mental Health Lead
  - Charlotte Whitehead, ONRT Senior Coordinator
  - Tanya MacKeigan, Mental Health & Addictions Specialist

#### For more info:

Charlotte Whitehead, ONRT Senior Coordinator  
criticalresponse@syilx.org or 250 707 0095 ext. 101  
www.okanagannation.com

Okanagan Nation Response Team (ONRT)  
ONRT assists individuals and communities to find  
healthy paths along which people choose life



**APPLY NOW**  
APPLICATION DEADLINE -  
MARCH 3, 2022

▶▶▶ **Spring 2022 Course**  
March 31, 2022 - July 7, 2022  
Thursdays - 9am - 12pm PST  
*Online Delivery*

# FOUNDATIONS FOR PROFESSIONAL COMMUNICATIONS

Are you the sole communicator working for a First Nation or Indigenous organization?  
New to the profession?  
**You are not alone.**

Many First Nations in BC are working to develop and expand their communication's function as an essential part of Nation building and to further their Nation's political, operational, and social objectives. **Foundations for Professional Communications, a new offering from the First Nations Public Service Secretariat (FNPSS) and Nicola Valley Institute of Technology (NVIT)**, is designed to introduce adults working for First Nation communities and Indigenous organizations to a wide array of fundamental communications skills including communications research, planning and evaluation, internal communications, branding, media relations, and community engagement – all from an Indigenous perspective. This course is offered at no-cost to participants.



## COURSE INSTRUCTOR

**Davis McKenzie**  
Tox<sup>w</sup>ox<sup>w</sup>  
(Becoming Clear)  
Communications

## ELIGIBILITY:

- Indigenous people working for First Nations communities or Indigenous organizations
- Able to commit 6 hours a week to course work (3 hours class time, 3 hours reading, viewing, and assignments)
- *Academic requirements:* ENGL 060 or English 12 or English Studies 12 and/or English First Peoples 12

## TO APPLY:

1. **Click here to fill out the course Eligibility Form**
2. If you meet the eligibility requirements, you will be contacted with further application instructions and information

## COURSE CREDITS:

*Students who successfully complete the Foundations for Professional Communications course will receive credit (3) for an accredited and transferable post-secondary course.*

Questions? Contact NVIT Enrolment Services at [info@nvit.ca](mailto:info@nvit.ca) or FNPSS at [info@fnps.ca](mailto:info@fnps.ca)

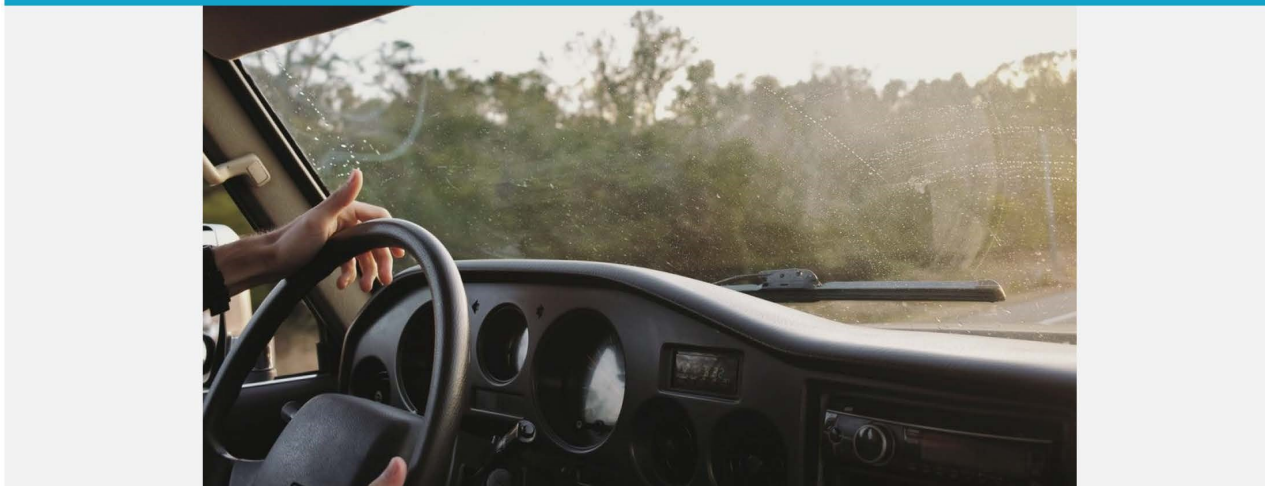


**FIRST NATIONS  
PUBLIC SERVICE SECRETARIAT**  
COURAGE TO EXCEL



# Interested in obtaining your 7L Driver's Licence?

## Apply to Career Basics: Learner's Licence Exam Prep Program



This online program is designed to help you prepare to write your BC Drivers 7L Licence knowledge test. You will explore your learning style, study skills and test taking strategies and work your way through the driving manual with the support of a facilitator during this 15 hour program.

### Program requirements:

- Pre-registration with: Charlene McRae - Education Coordinator
- Primary ID (BCID, SCIC, Birth Certificate etc.)
- Secondary ID (Bank Card, BC Services Card, Status card)

**Upon registration confirmation you will be provided with a welcome package and instructions how to access the online program.**

Contact Charlene McRae for more information @ 250- 350-3342 or [education@uppernicola.com](mailto:education@uppernicola.com)

<b>Dates:</b>	Jan 2022
<b>Location:</b>	Online & location of ICBC knowledge test site
<b>Who:</b>	8 spots available





## Job Posting

**Position:** Home Care Nurse  
**Department:** Community Health Services  
**Term:** Permanent Full Time- 32 hours per week  
**Start date:** ASAP  
**Wage:** Commensurate with experience, as per salary range for Grade 8 level employee in UNB Personnel Policy  
**Reports to:** Health Director

### Role:

The Home Care Nurse provides community home care nursing services such as acute care nursing, client assessments, case planning and case conferencing for the Elders, clients with chronic disease and any individual assessed to require home care services within the Upper Nicola Band Community. The Home Care Nurse will provide the supervision to the Home Support Workers and the Home-Makers.

### Key Responsibilities:

#### Planning and Clinical Services

- Plan, organize, implement and evaluate home care nursing services for the community and to participate in the development and implementation of the Community Health Plans,
- Complete initial and ongoing assessments of clients' needs; liaise with client physicians, social workers, family support workers, families,
- Provide acute nursing care to clients in their home; ensures annual Community Immunizations; maintain adequate medical supplies and recommends purchases.

#### Human Resources Management

- Fulfill the role of Team Leader for the home and community care team; determine the staffing requirements,
- Establish a positive, healthy, and safe work environment, including for those working in clients' homes, undertaking risk assessments before services are delivered.

#### Other

- Mentor Nursing Students from Thompson River University/Nicola Valley Institute of Technology

### Qualifications/Experience:

- Baccalaureate degree in nursing or five years' experience as an RN with Home Care Nursing or equivalent; current Practicing registration with the College of Registered Nurses of BC; current CPR certification,
- 2-3 years' experience in the community setting is an asset.

### Knowledge/skills/abilities

- Excellent clinical nursing skills; ability to initiate and maintain professional relationships,
- Required to maintain current registration with CRNBC and necessary certification;
- Excellent management and organization skills; good verbal and written communication; supervisory experience an asset,
- Computer skills (Microsoft Office Suite),
- Knowledge of Upper Nicola Syilx culture, language and history is an asset.

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

**Human Resources,**  
Upper Nicola Band – Box 3700  
Merritt, BC V1K 1B8 Tel: 250 350-3342  
[hr@uppernicola.com](mailto:hr@uppernicola.com)

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



# Upper Nicola – N'kwala School

## Job Posting Education Assistant

N'kwala School is currently seeking an Education Assistant to provide support to the classroom teacher. The successful applicant will work with a number of students from Grade 8 through 12.

**Term Position:** Present to June 24, 2022

**Hours of work:** Monday to Friday (9:00am-3:00pm)

**Rate of pay:** negotiable dependent on experience

**Positions:** 1

### **Duties Include but are not limited to:**

#### **Student support and supervision**

- Assist the teacher to ensure the classroom is a quality learning environment
- Supervise and/or instruct students, under the direction of the teacher
- Supervise during recess, lunch, and other non-instruction periods
- Provide behaviour support for students, including:
  - o Assisting in the development of necessary behavioural objectives
  - o Carrying out specific behavioural plans for individual students
  - o Dealing with aggressive and self-abusive behaviour from students toward self and others
- Prepare materials in readiness for classroom instruction and with individual educational programs

#### **Indirect Support**

- Perform other work of equal importance, difficulty and responsibility and requiring comparable qualifications, as required by the Principal or teacher(s)

### **Desired Qualifications**

- High school diploma and related post-secondary education preferred (eg. Education Assistant Diploma).
- Experience working in a school and/or with children and youth would be an asset.
- Energetic, hardworking and enjoy working with children are positive features.
- Criminal record check requirements.
- First Aid training.

For any questions or to submit an application, please contact:

Human Resources

250-350-3342

[hr@uppernicola.com](mailto:hr@uppernicola.com)

Deadline for Applications: Open until filled

Only those selected for an interview will be contacted.





## Job Posting

**Position:** Early Childhood Educator  
**Department:** UNB Daycare/Headstart  
**Term:** Permanent Full Time - 32 hours perweek  
**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](mailto:hr@uppernicola.com)

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



## Job Posting

Upper Nicola Band (UNB) is looking for a Chief Financial Officer who will be tasked with coordination of all financial management, control, reporting, and procurement functions for the Nation and will act as custodian of its' investments and assets. Further, the CFO is responsible for ensuring the financial administration systems, policies, procedures directions and internal controls are appropriately designed and operating effectively. This role is appointed by the Chief and Council, reports to the Band Administrator and will be responsible for leading a team of five. You will have the responsibility to produce the budget of approximately \$15M, as per the UNB Administration Law 2018, and subsequent policies to ensure financial transparency and accountability are adhered to. See more information at:

[Administration – Upper Nicola Band](#)

This is a great opportunity for an accounting professional who wants to help drive change and growth within the Upper Nicola Band as you will be a key contributor to a very supportive senior leadership team.

### Duties and Responsibilities

1. Manages the operations of the Financial Services including financial administration, budgeting, utility billing, accounting, internal audit, fixed asset tracking, procurement, payroll, and central cashiering.
2. Coordinates the external audit, completes the annual financial statement, and compiles information for the annual report.
3. Directs, coaches, and appraises departmental staff and coordinates their work.
4. Oversees the newly trained Property Tax Administrator
5. Co-ordinates cash and debt management, including short-term borrowing and/or investing of funds.
6. Prepares and controls Financial Services' annual operating and capital budgets.
7. Develops policies and procedures for accomplishing approved objectives for the effective delivery of financial services.
8. Acts as Band Administrator as assigned.

### Key Qualifications

- A professional Accounting Designation – CPA required in good standing and either have or willing to obtain CAFM-AFOA certification.
- Working knowledge of Xyntax Accounting System an asset.
- A minimum of eight years' progressive experience with a minimum of 4 years at a supervisory management level.
- Proven interpersonal skills related to team building, liaison with stakeholders, and collaborative problem solving. Track record of leadership in proposing and influencing changes.
- Well-developed organizational and communications skills.

The compensation for this role will be determined based on the individual's level of experience and skillsets.

**To Apply:** Please Submit a resume and a cover letter to:

Upper Nicola Band,  
Attention: Human Resources Manager  
General Delivery, Douglas Lake, BC V0E 1S0 Email: [hr@uppernicola.com](mailto:hr@uppernicola.com)  
Competition open until February 14, 2022.



**Job Posting**  
**F/T Position**

**Asset Coordinator Training Available!**

The successful applicant will undertake duties associated with the Upper Nicola Band (UNB) in the Community Services Department. **Training for this position is available!**

**Employment Start Date: ASAP**

**Rate of Pay:** In accordance with the UNB Pay Grid Grade 3

**Hours of Work:** 32 hours/wkly

The Assets Coordinator is responsible for coordinating the overall Asset Management functions for UNB that are owned, leased, and subleased by UNB. The Assets Coordinator will work closely with UNB Managers to maintain an ongoing inventory of all UNB-owned assets. He or she is responsible for determining the feasibility of asset acquisition and presenting supporting documentation to upper management or board members. Asset Coordinator may also handle special projects as determined by their director. **And will receive on-the-job training.**

**Duties include:**

- Oversee and inventory all UNB owned Assets within UNB territory.
- Appraise and monitor all UNB-owned assets.
- Manage all insurance needs for all UNB-owned assets.
- Coordinate invoicing with UNB Finance Department.
- Perform other appropriate duties as required by the Director of Community Services.

**Qualifications:**

- Grade 12 diploma preferred. Valid drivers' licence and access to a reliable vehicle required.
- Interpersonal communication and co-operative skills to deal effectively with community members, public agencies, and staff.
- Ability to organize and prioritize competing work demands and to work under pressure.
- Demonstrated abilities in the areas of asset enhancement and financial results.
- Able to function in goal-driven, fast-paced environments.
- Be self-regulated and to possess the ability to work independently. Exhibit good judgement and tact.
- Knowledge of syilx history and culture is an asset.

**Send current resume and cover letter to HR:**

**In person at the UNB Main Office, by fax 250-350-3311 or email [hr@uppernicola.ca](mailto:hr@uppernicola.ca)**

**DEADLINE FOR APPLICATIONS:**

**Open until filled**

**Only those applicants selected for an interview will be contacted**



## Training-Dependent Employment Opportunity 2022

**(1 Position Available)**

Upper Nicola Band has one Training-dependent job opportunity. The position is as follows:

<b>Employment Counsellor</b> <b>Wage: Pay Range between \$18.00 to \$24.07 per hour</b> <b>Open until filled</b>	
<b>Start Date</b>	<b>ASAP 2022</b>
<b>Hours</b>	<b>32 per week</b>

### **Description of Job, and qualifications:**

(1) UNB Employment counsellor - provide assistance and information to job seeker clients on all aspects of employment search and career planning. An employment counsellor advises, coaches, provides information to, and supports people who are planning, seeking, and managing their career and life/work direction. Employment counsellors help their clients, Upper Nicola Community Members, deal with vocational decisions concerning choice, changes in, or adjustment to work.

### **Responsibilities:**

- Employment counselling,
- Assessment,
- Case Management,
- Work Placement,
- Data Input and Follow-Up,
- Group Facilitation
- Working in cooperation with the All Roads Program
- Working with proponents to promote and learn about UNB opportunities

**Qualifications:** We require the successful candidate to enrol in the Douglas College Career Development Practitioner (CDP) Certificate Program starting early 2022. All training allowances and expenses/wages are covered by UNB. Basic computer skills (Microsoft Word, email). Have access to a reliable vehicle & valid Driver License.

Please send current resume and cover letter to:

Upper Nicola Band, HR Manager,  
General Delivery, Douglas Lake, BC V0E 1S0

Apply either In person, or by email: [hr@uppernicola.com](mailto:hr@uppernicola.com)





## Job Posting

**Position:** Licensed Practical Nurse

**Term:** Full Time – 32 hours per week

**Start date:** ASAP

**Wage:** Commensurate with experience, as per salary range for Grade 7 level in UNB Personnel Policy

**Reports to:** Health Director

- **Role:** The scope or extent of the skills that the LPN performs varies according to the predictability of the outcome for a given client population. The LPN operates in accordance with the competency guidelines and full scope of practice within the Standards of Practice as outlined by the British Columbia College of Nurses and Midwives (BCCNM), and according to organizational policies, procedures, standards, and unit specific protocols.

### Key Responsibilities:

- Work in collaboration with the multidisciplinary team performing assessments and planning, implementing, and providing personal and nursing care to patients.
- Administer oral, subcutaneous, and intramuscular medications in accordance with pharmaceutical and organizational policies and procedures.

### Qualifications/Experience;

- Graduation from a recognized program for Practical Nurses.
- Current full practicing licensure with the British Columbia College of Nurses and Midwives (BCCNM).
- Excellent written and oral communication skills.
- Current CPR certification required.
- Experience working with community members of all ages. Must have the ability to deliver age-appropriate activities. Must demonstrate a healthy lifestyle and be good role model and possess mentoring skills.
- Computer literacy including Microsoft Office suite. Demonstrated organizational and presentation skills.
- Indigenous ancestry preferred.
- Experience in working within First Nation Bands or other First Nation organizations dealing with issues and concerns.
- Flexible work hours/willingness to work on evenings and weekend.
- A reliable vehicle and a valid BC Driver's License.
- Must provide a Criminal Record Check (vulnerable sector).
- Please upload a copy of your valid CPR certificate with your application\*

Posting open until filled. Send cover letter and resume via hand delivery, mail, e-mail to:

**Human Resources,**

Upper Nicola Band – General Delivery,

Douglas Lake, BC V0E 1S0

Tel: 250-350-3342

[hr@uppernicola.com](mailto:hr@uppernicola.com)

**Upper Nicola Band thanks all applicants. However, only those short-listed for an interview will be contacted.**



### **Job Posting**

#### **F/T Permanent Position**

#### **Community Network IT Support Coordinator**

The successful applicant will undertake duties associated with the Upper Nicola Band (UNB) in the Community Services Department. **Training for this position is available!**

**Employment Start Date: ASAP**

**Rate of Pay:** In accordance with the UNB Pay Grid Grade 5

Hours of Work: 32 hours/wkly

The Community Network Coordinator is responsible for ensuring that the Information Technology systems are operating efficiently and effectively, and for coordinating the overall Asset Management functions for UNB. The Community Network Coordinator will work closely with external contractors to upgrade UNB Community network and receive on-the-job training in tower erection, radio installation and network management via cloud applications. And **will receive on-the-job training in tower erection, radio installation and network management via cloud applications.**

#### **Duties include:**

- Provide support for external contractors working on upgrades to UNB Community Network.
- Install and monitor Customer Premise Equipment.
- Manage customer connections using Meraki Cloud software.
- Coordinate invoicing with UNB Finance Department.
- Perform other appropriate duties as required by the Director of Community Services.

#### **Qualifications:**

- Grade 12 diploma preferred.
- Information Technology/Computer Science training and/or knowledge or equivalent work experience in a related field is required.
- Interpersonal communication and co-operative skills to deal effectively with community members, public agencies and staff.
- Exhibit good judgement and tact.
- Proficient in Microsoft (Word, Excel, Publisher, PowerPoint, Acrobat Adobe) as well as advance design and publication software experience would be an asset.
- Working knowledge of web applications.
- Ability to climb ladders and use power tools.
- Knowledge of syilx history and culture is an asset.

**Send current resume and cover letter to HR:**

**In person at the UNB Main Office, or email [hr@uppernicola.com](mailto:hr@uppernicola.com)**

**Open until filled.**

Only those applicants selected for an interview will be contacted



## Job Posting

**Position:** Tmíx<sup>w</sup> Liaison  
**Department:** Cultural Heritage Resource Department  
**Term:** Permanent Full Time  
**Start date:** ASAP (or until position is filled)  
**Wage:** Commensurate with experience, as per salary range for Grade 7  
**Reports to:** The Tmíx<sup>w</sup> Liaison reports to the Band Administrator/Chief & Council.

### Key Responsibilities include:

1. Understand and practice, or be willing to learn, the nsyilxcən worldview of our oral stories.
  - Provide summaries, briefing materials and governance policies for Chief and Council.
  - For proposed developments on UNB territorial lands, advocate a process to determine the magnitude of impacts.

### Assist Chief and Council to:

2. Work with UNB membership and expert volunteers to develop policies & laws to protect our tmixw intellectual & cultural property;
  - achieve equity to help Upper Nicola Band to assume our rightful place on jurisdiction and authority;
  - assert that colonial governments include syilx laws;
  - and, ensure sustainable practices by syilx law.

### Qualifications:

1. Bachelor of Science or Bachelor of Natural Resources required.
2. Previous work with First Nation communities and working government-to-government. Experience in supervising staff and/or contractors.

### Experience:

1. Five years' experience working in the forest/natural resource industry, with two years' experience in a leadership role including planning and budgeting. Proven economic development experience in the forestry and natural resource management areas. Experience in land use or watershed planning.
2. Experience communicating orally and writing. Experience in organizing meetings, events, and coordinating multiple groups and one on one interviews.
3. Experience working with computer software and applicable technology is required.

### Knowledge, Skills and Abilities:

1. Knowledge of Environmental Management Systems.
2. A valid BC Drivers License and access to a reliable vehicle.

### Send current resume and cover letter to Human Resources;

Upper Nicola Band  
General Delivery  
Douglas Lake ,  
BC V0E 1S0  
Tel: 250-350-3342  
[hr@uppernicola.com](mailto:hr@uppernicola.com)

**Upper Nicola Band thanks all applicants. Only those short-listed for an interview will be contacted.**



## Job Posting

**Position:** K<sup>w</sup>ú Stəmtímá? Assistant

**Department:** Health

**Department 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:** Director, Our Relations

**Role:** The purpose of this position is to assist the UNB K<sup>w</sup>ú Stəmtímá? with the planning and implementation of their events, and initiatives. Focus of this position will be the administration and technical support to the K<sup>w</sup>ú Stəmtímá?.

**Key Responsibilities:**

- Schedules meetings and other logistics either in person (when meeting in person safe to do so) or virtually;
- Takes meeting minutes for the K<sup>w</sup>ú Stəmtímá?;
- Support the K<sup>w</sup>ú Stəmtímá? with the implementation of their monthly activities;
- Performs all duties and responsibilities in accordance with Upper Nicola Band policies and procedures;
- Develops rapport and relationships with the community and various external agencies;
- Liaises and communicates with Director, Health and Social Development and Health and Social Development Executive Assistant to coordinate activities and required services;
- Develops a monthly calendar of various K<sup>w</sup>ú Stəmtímá? activities;
- Coordinates and collaborates with other departments to ensure that there is community/organizational awareness of the K<sup>w</sup>ú Stəmtímá?;
- Support prevention and intervention programs that will support the K<sup>w</sup>ú Stəmtímá? & Child and Family Services and Health staff.

**Qualifications/Experience:**

- Grade 12 education or equivalent
- Diploma in Business Administration or Social Work programs or equivalent
- 2 years' experience in program planning
- Experience in working with community members
- Experience in a First Nations environment

**Knowledge/skills/abilities**

- Good verbal and written communication skills
- Good organizational skills to achieve desired results
- Diplomacy, tact, and confidentiality in dealing with a variety of people and information
- Possess strong computer skills using MS Office software
- Reliability and dependability. Self-motivated and an ability to work independently
- Good interpersonal skills. Ability to work in a team orientated environment
- Flexibility is a must to adapt to changing work priorities
- Good judgement and problem-solving skills must be exercise at all times. Continuous learning

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

**HR Upper Nicola Band** – General Delivery, Douglas Lake, BC V0E 1S0 Tel: 250-350-3342 [hr@uppernicola.com](mailto:hr@uppernicola.com)

**Upper Nicola Band thanks all applicants. Only those short-listed for an interview will be contacted.**





1350 DALHOUSIE DRIVE 2ND FLOOR  
KAMLOOPS BC V2C 5P0  
CANADAPOST.CA

**ROBERTO (ROB) KLARICH, DIPL. TECH**

SPT LOCAL AREA OPERATIONS

Tel. 250-374-8521, ext. 2005  
Cell 250-318-9784  
Fax 250-374-1557

rob.klarich@canadapost.ca

Commercial Service Network 1 866 757-5480

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**IF INTERESTED, CONTACT: ROB KLARICH**

# NOW HIRING CAMP POSITIONS



**We're seeking motivated individuals for a variety of camp positions available in Valemount, Clearwater and Blue River, BC.**

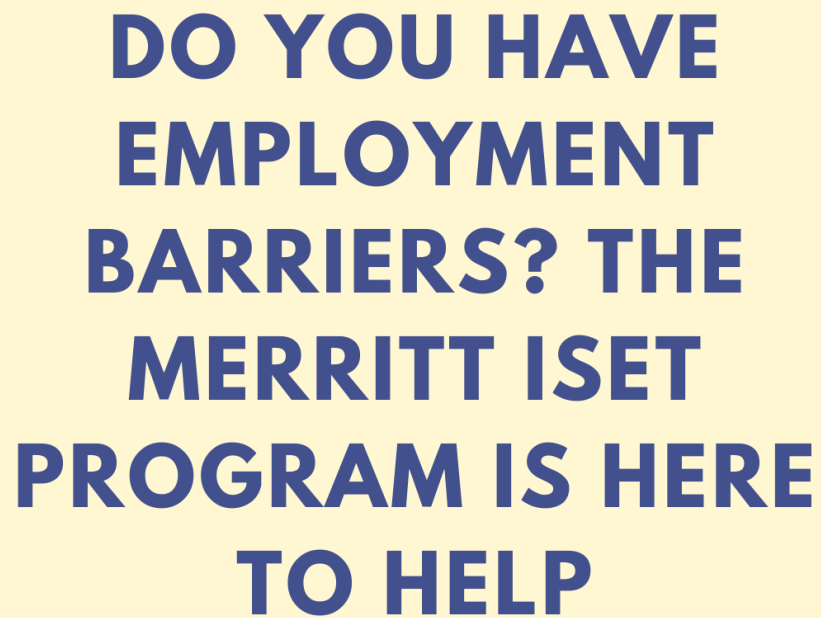
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- Camp Attendant

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You can contact the Employment Counsellor  
Jody John if you are in need of any employment  
requirements at 250-315-9465 or email  
[counsellor@scwexmxtribal.org](mailto:counsellor@scwexmxtribal.org)



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### **CORE PROGRAM PREP**

- Office 365 & Essential Skills
- Enriched Academy (Financial Literacy)
- Food Safe- Level 1
- OFA Level 1- First Aid Onsite

- Provincial Violence Prevention Curriculum
- Gentle Persuasive Approach
- Resident Safe Handling- 4 hours onsite
- Safe Care Certification Bundle

### **PROGRAM OVERVIEW**

- Communication for Supportive Care
- Personal Growth
- Life Span Development
- Professional Growth
- Supportive Care

- Theory
- Personal Care Practice- onsite
- Activity, Lifestyle & Fitness
- Medication Administration- onsite
- Practicum- in the field



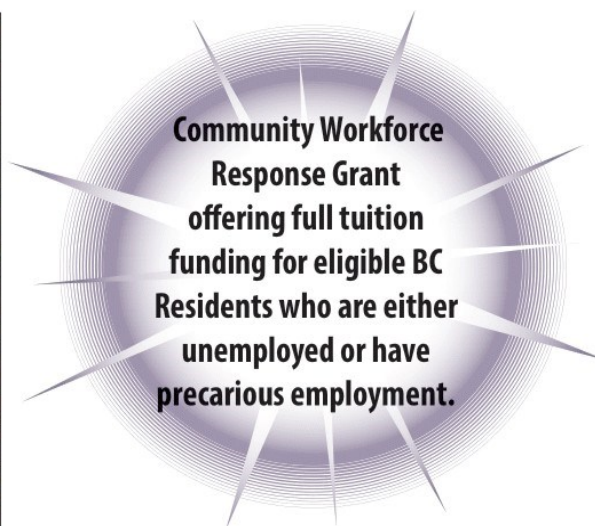
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## HEALTHY LIFESTYLE ACTIONS TO

# SUPPORT MENTAL WELLNESS

### What is Mental Wellness?

Mental Wellness is about finding balance with your mental, social, physical, and spiritual well-being. One way to support wellness is to nurture yourself. Life can throw a lot at us, and finding strategies to support the way you feel, think, and react to stressors is key. Creating supports and strategies for mental wellness not only impacts the individual, but families, communities, and society as a whole. We must not talk about wellness without acknowledging the broader social factors that impact many Indigenous people's wellness. Longstanding harms of colonization have devastating impacts on individuals, families, and communities. I-SPARC is committed to providing supports, events, and building relationships to create community supports for wellness.

### How can I build up and support my Mental Wellness?

While many causes are out of our control, we can focus on building mental wellness in three key areas - Indigenous Ways of Knowing, Physical Activity, and Social Support.





First Nations Health Authority  
Health through wellness

*"As Indigenous people, we are strong. We are resilient.  
We will get through this no matter how long it takes."*

- Dr. Evan Adams, Tla'amin Nation

**This is a time for kindness and understanding.  
Please take care of yourselves and each other.  
Let's have calm in our hearts  
and trust in each other.**

**We respect each other by honouring privacy  
for everyone in our community.**



**We will get through COVID-19 together.**












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Health through wellness



# Need to See a Doctor?

Call the First Nations Virtual Doctor of the Day  
service at 1.855.344.3800

## With a computer, phone or tablet connected to wi-fi

STEP 1	STEP 2	
 <p>Call 1.855.344.3800 to talk to a Medical Office Assistant and book your appointment. You will receive an email to confirm your appointment.</p>	  <p><b>Computer or Laptop</b> When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>	  <p><b>Smart Phone or Tablet</b> Download the Zoom app from the App Store or Play Store. When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>
<b>Helpful Zoom tips</b>	 <p>If the doctor can't hear you, unmute your microphone in the Zoom app.</p>	 <p>Use a headset or earpods to remove echoes and protect your privacy.</p>

## Over the telephone (no wi-fi connection)

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to book your appointment. Let your Medical Office Assistant know that you need to make a telephone appointment.</p>	 <p>The doctor will call you when it is time for your appointment</p>

**Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.**

# Protect Yourself From COVID-19

Each of us plays a role in protecting our communities and loved ones.  
Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- Practise physical distancing by staying at least two metres (six feet) away from other people.
- For now, we cannot use usual greetings such as handshakes, hugs, and kisses. Safe greetings include a wave, a nod, or a bow.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.

During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. **Thank you for doing your part to keep your community safe!**

Learn more and get all COVID-19 updates at [www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)

## Contact Us

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

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