



GENERAL BAND MEETING

Wednesday January 25, 2023.
Beginning at 6:00pm Via Zoom.

Join The Zoom Meeting at:

<https://us02web.zoom.us/j/82162858428?pwd=b3dNaWc3Q3pmMms1MkgzQUYzQ285dz09>

Meeting ID: 821 6285 8428

Passcode: 736013

(The Zoom meeting invite link will be the same for all General Band Meetings)

Agenda:

1. Updates on the Solar Farm and Carbon Capture Projects
2. Updates on construction of the Housing Complex on IR3
3. Council Updates.

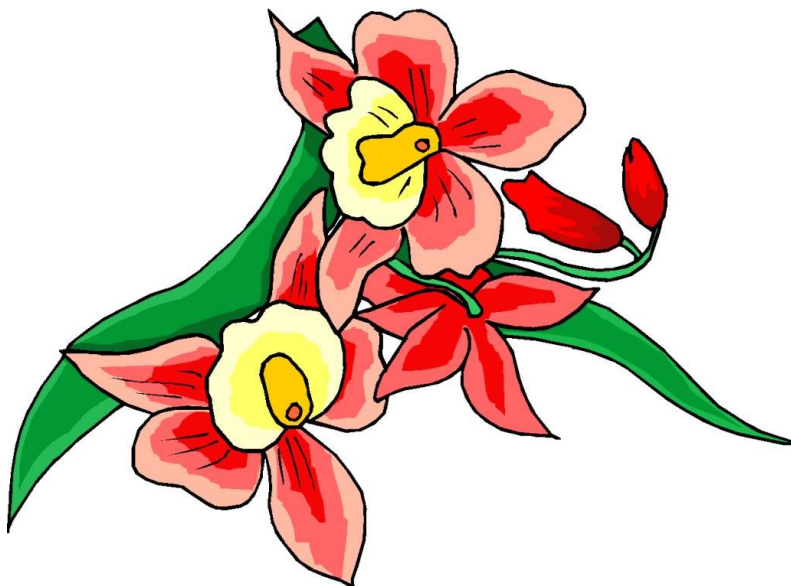
IMPORTANT NOTICE



Upper Nicola Chief and Council has engaged in a third-party review to look for opportunities to continue to build our community's strength. The consultants that were hired have interviewed Chief and Council, Managers, the CEO and Band Administrator. Three community meetings were held by zoom or in the community.

The final phase of the project is underway and you are invited as a community member to complete a short survey monkey. The link will be emailed to our members' distribution list this week and the link will also be posted on the community's Facebook.

Your answers are anonymous and kept confidential. Your comments will be combined with other members' feedback to assist Upper Nicola's leadership and administrative team with insights of how they can continue to grow.



k^wu stəmtíma? and Jurisdiction
UPPER NICOLA LAWS FOR OUR RELATIONS
(CHILDREN AND FAMILIES), INCLUDING ADOPTION



You are invited to join us for fun, activities, and to help make a difference!!

Your opinion and your experience are important, we need your help with developing Upper Nicola Laws for Our Relations. What does this mean? It means when Scw'exmx Child and Family Services was first created, it was with the goal of having the service for a short term and then having the responsibility of children be our (Family and Relations) responsibility.

Come on out and join us! We will introduce what we are doing and have fun, interact, and just....

HAVE FUN
LAUGH
WIN PRIZES!

January 18, 2023

10:00 a.m. by Zoom

<https://us02web.zoom.us/j/8811881797>

4:00 p.m. Spaxmn Meeting Place (Dinner provided)

RSVP and show up to win more prizes
For further information, questions or to RSVP please contact:
Alyssa McNain by phone (403) 682-7012
Or email: kwustem.assist@uppernicola.com

Draft; BCR Transition Process

RE: Transition Process on Opting out of the Indian Act

We, the squilx of Upper Nicola, of the Syilx Okanagan Nation, assert:

Guided by the instructions, directives, and practices (cultural occupation and use) of our Syilx Captikw'l (our virtual storehouse), is the fundamental root of our Captikw'l unwritten constitution and our rule of law.

Affirmed by the mandates from our Elders, Acmiscut Yilmixw'em (squilx knowledge keepers), to ensure that the right actions and decision making are required as our responsibilities to all tmixw and the connected relationship with tmxw'ulaxw.

Affirming that the squilx fundamental ethics and ethos are the cornerstone of our rule of law for achieving equity maxims on government-to-government relations and implementing reconciliation processes towards equal levels of jurisdiction and authority with both the provincial and federal governments, which is protected, recognized, and affirmed in the Constitution of Canada, 1982, Section 35, that is a full bundle of rights.

Reaffirming we the squilx of Upper Nicola have never given up our title and rights, governance systems, cultural practices, occupation and use, and protection of the rights of the tmixw and the tmxw'ulaxw.

Recognizing that Upper Nicola inherent rights is sui generis(unique) legal rights.

Reaffirming the squilx of Upper Nicola have collective rights to exist in peace, liberty, and security as distinct sqilx and be protected against genocide intentions, cynical physical, mental and societal racisms.

Reaffirming that the racist, assimilationist intent of the Indian Act itself, has unlawfully enslaved us and deliberately broke up our family relations for their own benefit to justify their theft of our lands, and now, needs to be abolished.

Therefore, Be It Resolved, the Sqilx of Upper Nicola commit to all available measures to initiate the process of transitional strategies



Draft; BCR Transition Process continued

Therefore, Be It Further Resolved the squilx of Upper Nicola will work in a like-minded processes towards the goals and objectives to reach a collective resolve on the process of transitioning out of the *Indian Act* regime.

Therefore, Be It Finally Resolved the squilx of Upper Nicola fully support the concept and intent of the Transition Process towards stepping away from the dominance of the Indian Act regime, with the understanding there must be inclusive full participation of the squilx in the Transition Process and necessary endorsements.

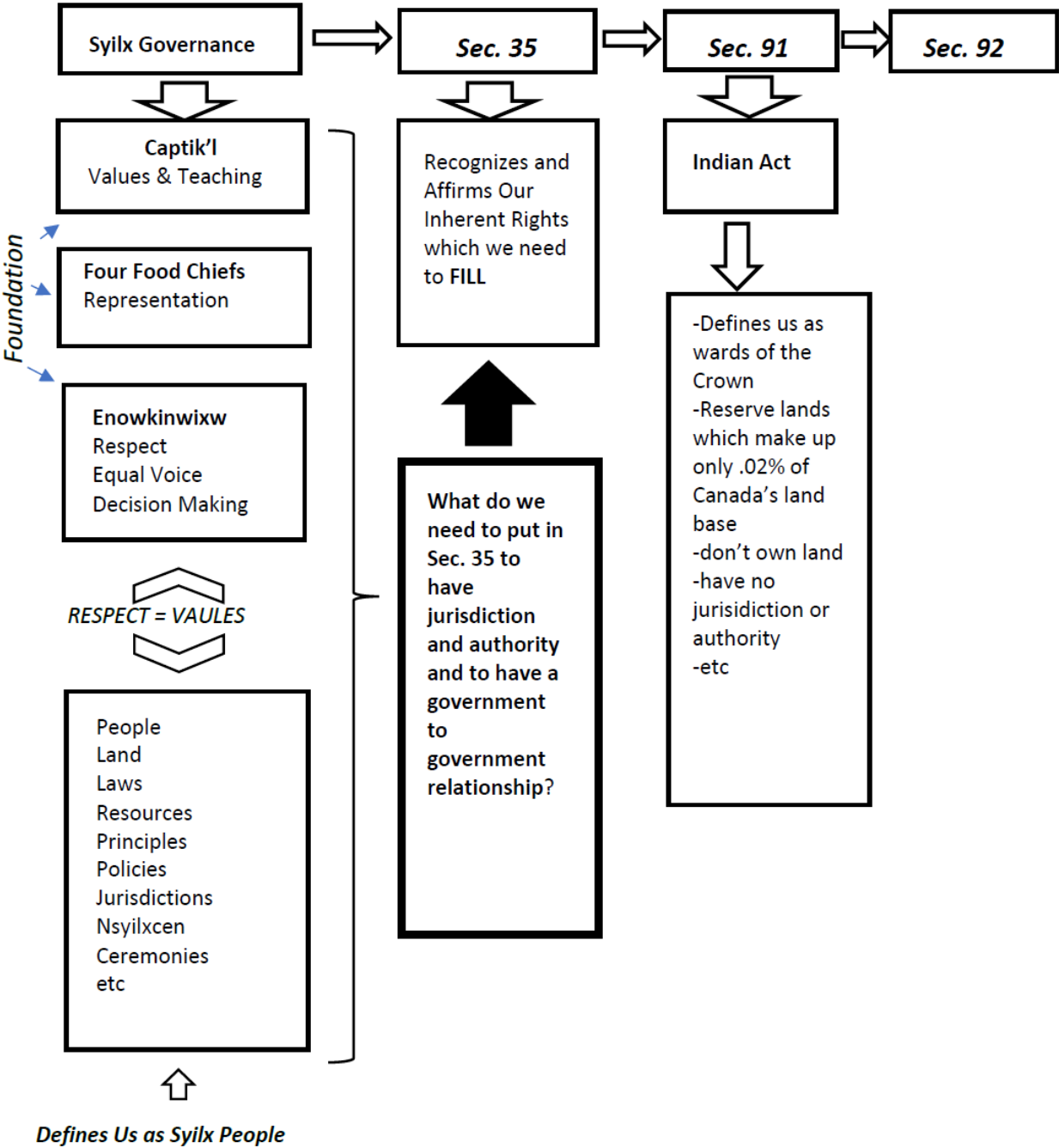
Moved:

Second:

Disposition:

Date:

VISION: Put our Inherent Rights Syilx Governance into ATION and Transition Out of the Indian Act



capti'kʷl: kwəckwəcstim? i? stəʔtaʔtet

Strengthening Our Truth

Okanagan Nation Alliance will be hosting several capti'kʷl Forums this year, in partnership with the En'owkin Centre. The capti'kʷl forums are held for feedback and community engagement in examining Syilx capti'kʷl on the Syilx Nation Building, how lessons from the capti'kʷl connect with our modern way of living, and how to integrate Syilx values and principles within capti'kʷl in Policy & Planning.

SESSION 1 DEC 15, 2022

capti'kʷl: kwəckwəcstim?
i? stəʔtaʔtet

SESSION 2 JAN 19, 2023

capti'kʷl: kwəckwəcstim?
i? stəʔtaʔtet

SESSION 3 FEB 9, 2023

capti'kʷl: kwəckwəcstim?
i? stəʔtaʔtet

OPEN TO SYILX NATION MEMBERS - VIRTUAL VIA ZOOM

**Dates subject to change*



For more information contact:
Leasa Kennedy, Events Planner
events@syilx.org
250 707 0095 ext. 233

In Partnership with:
En'owkin Centre





Upper Nicola

Come and Learn about our

- UNB Strategic Plan 2022-27
- Operational Plans and Budget 2023-24

Via Zoom:

<https://us02web.zoom.us/j/5194997449>

Meeting ID: 519 499 7449

Passcode: 20230119



Plan, Budget	Date
Status of Implementation of the UNB Strategic Plan 2022-2027 Copy can be accessed on the UNB Website: Our Plans – Upper Nicola Band Or contact Collette @ the Band Office	Thursday January 19 , 2022 5:00 – 7:00 PM
Departmental Operational Plans	5:00 – 8:00 PM (or until presentation is complete) Monday January 23, 2023 Company 10 Administration, Operations and Maintenance, Education, N'kwala Tuesday January 24, 2023 Company 10: Social Development Company 20 Health Company 33 Capital Projects Monday January 30, 2023 Company 40 Cultural Heritage Tuesday January 31, 2023 Company 10 Housing & Company 58 Housing Company 84 Forestry Company 91 Daycare / Headstart

Please contact Collette Sunday, Band Administrator if you have any questions:

Email: admin@uppernicola.com

Phone: 250 350 3342, ext. 235

General Delivery Douglas Lake, BC V0E 1S0

T 250.350.3342

F 250.350.3311

www.uppernicola.com

Happy New Year

from the
Upper Nicola Burrowing Owl Team

The Burrowing Owl families had a great summer at the Upper Nicola Reintroduction Site. The parents were vigilant in keeping 13 fledglings safe from predators as well as teaching them important survival skills. The juvenile owls thrived on this year's abundance of grasshoppers and rodents and by fall were fully mature to make the arduous migration south.



The owls will face many challenges on their wintering grounds and their return trip back in the spring. Habitat changes, food scarcity, predators and vehicle collisions will increase mortality of these small owls. The owls that return each year to Upper Nicola are survivors in an ever-changing landscape.

The Burrowing Owl team appreciates the many people who participated in events and volunteered their time to support Burrowing Owls, and their importance to the precious grassland ecosystem and other species at risk. If you are interested in volunteering your time in the upcoming season, please contact Loretta Holmes at 250.350.3342.



Housing Department

“BE THE CHANGE YOU WANT TO SEE IN THE WORLD” QUOTE BY
GANHDI

Good day & Good New Year to you dear readers!

I would like to say stay safe in this icy wet weather that we are having here in our community, please keep warm and drive cautiously. This month's weather has been unpredictable with cold nights and warm days, I hope your residence and household members are well and in good health.

MONTHLY MAINTENANCE

Taking Preemptive

Measures on Mold #1

On Christmas morning, I noticed that many of the things that Santa had brought were packaged. That is all well and good but bear in mind that your home will need to make room for all of your new stuff.

It is not advisable to keep extra stuff in cardboard boxes in your basement. Please remember that the cardboard box sitting on the cement floor of the chilly basement emits moisture into the air.

Plastic storage containers are preferable if you want to keep your belongings in storage. Even if it isn't spring yet, it could be beneficial if you started early and did a quick decluttering of your storage area.

TIPS & TRICKS

PROPER FIREWOOD STORING BURNS BETTER #2

It has been suggested by local service provider Mike Eckart that your firewood should be stored off the basement pavement due to the cold concrete.

Other tips for properly seasoned wood are:

1. dried at minimum 6 months off the ground
2. tarped over but not on the sides to let air ventilate.
3. Dry your wood inside your residence for 2 days before using it in your wood stove.

Reason why is wet wood produces more smoke and creosote buildup which is bad for your chimney.

COLD WEATHER HOW TO DEAL WITH FROZEN PIPES.

- Insulate exposed pipes (both hot & cold) under house with foam pipe insulation.
- Locate water main cut-off valve and have a cut-off key handy.
- Use a hair dryer, heat lamp, electric heat tape, or a portable space heater to thaw frozen pipes.
- Keep the faucet open when thawing frozen pipes to allow water to begin flowing through it.
- When pipes thawed turn off faucets and check for leaks.

Hub Insurance Info Session

Hub Insurance Info Session

Housing Department is pleased to announce that Hub Insurance would like to come out to the community to deliver an information session on February 16, 2023 @ 6pm, at the meeting place. This will be a catered event and door prizes supplied by Hub Insurance.

Contact the housing department to state if you would like to attend so we can have a head count for the carter. Come on out and enjoy some Slamming Salmon with rice.

ENERGY FUNDED PROGRAMS

Housing department has been searching through eligible funded programs dealing with energy efficient. We are ahead of the game since UNB has already applied for ECAP & ICCP programs. Still searching for applicable funded programs that UNB can utilize, keep your eye out for the next update.

BC HOUSING ASSET MANAGEMENT

Housing department has received breaking news from BC Housing team, the trailer and instructors are ready to bring the Skills Plus model to our area in spring 2023 or summer 2023. This is a great opportunity for a selected member to gain new knowledge and experience. If interested, please contact the housing department. The selected model will be announced at a later date.

BC Housing Skills Plus Models

- 1- Plumbing
- 2- Electrical
- 3- Common building maintenance
- 4- HVAC
- 5- Janitorial

FUNDED PROGRAMS/TRAINING OPPORTUNITIES: Identifying Home Maintenance Needs

Identifying Home Maintenance Needs is a nine-part training session which helps anyone interested in housing gain more information about basic housing maintenance.

The session will cover how to: Identify housing maintenance and repair needs, prioritize repair needs, estimate the cost of repairs, and complete a maintenance condition review and summary report. This session is intended for anyone involved in housing or is new to housing and has an interest in learning more about maintaining a home. Date and time: Jan. 16th - Feb. 13th, 2023, Mondays 1:00pm - 2:30pm (PDT), Wednesdays 1:00pm - 2:30pm (PDT) (with the exception of Monday, Feb 6th when the session runs from 10:00am - 11:30am). Location: MS Teams Video Conference (Link obtained through RSVP). If interested in participating, please contact the housing department. [Until Next Time Elaine Paul](#)

Caffeinated Energy Drinks

What are caffeinated energy drinks?

Caffeinated energy drinks (energy drinks) are advertised as being able to boost your energy and make you feel more alert. Use them with caution according to the instructions on the label.

There are many brands, flavours and sizes of energy drinks. Common brand names include Red Bull® and Rockstar Energy®. Energy drinks are often sold in stores near other sugary drinks like soft drinks, vitamin-enhanced waters and sport drinks.

What ingredients are in energy drinks?

Energy drinks contain the stimulant caffeine. Sugar, sugar substitutes, vitamins, minerals, amino acids and herbs may also be added.

Health Canada limits the types and amounts of many of these ingredients to be within safe levels for adults when used according to the directions on the label. Health Canada manages the quality and safety of energy drinks under regulations for food products.

Caffeine

The amount of caffeine in an energy drink is listed on its label. Up to 180 mg of caffeine can be in a single-serve container. Multi-serving containers cannot have more than 180 mg of caffeine in 500 mL (2 cups). In comparison, 1 cup of brewed coffee (250 mL) has approximately 135 mg of caffeine.

Caffeine content includes all sources of caffeine in the product. Yerba mate, guarana and black tea are natural sources of caffeine that may be in energy drinks.

Sugar and sugar substitutes

The amount of sugar in an energy drink is listed on its label. The amount of sugar is often as high as the amount in other sugary drinks such as soft

drinks. Excess calories from sugary drinks can lead to weight gain. Check the nutrition facts table to see how much sugar the product contains.

Instead of sugar, some energy drinks are sweetened with aspartame, acesulfame potassium, steviols and sucralose. These are the same sugar substitutes used in sugar-free or “diet” drinks.

Vitamins, minerals and amino acids

Added vitamins, minerals and/or amino acids like taurine, are listed on the label. The amounts must be below limits set by Health Canada.

Herbs

Some energy drinks have herbs added to them such as ginseng, milk thistle and ginkgo biloba. Only herbs that are allowed in foods may be added. Herbs are listed on the energy drink label.

Are energy drinks safe?

Energy drinks are generally safe for adults when intake does not exceed the daily maximum amount on the label. Most healthy adults can have up to 400 mg of caffeine per day. However, some people are highly sensitive to the effects of caffeine. Some people take certain medications that interact with caffeine or other ingredients. Talk with your health care provider before using energy drinks if you have a health condition or take medications or other supplements.

Children, teens, pregnant or breastfeeding women and people who are sensitive to caffeine should avoid energy drinks because of the potential health risks from high caffeine levels and added vitamins, minerals, amino acids and herbs.

Can energy drinks be sold at schools?

The *Guidelines for Food and Beverage Sales in BC Schools* do not allow the sale of energy drinks because of their high caffeine and sugar content. For more information on the guidelines, see For

Schools and Communities at www.healthlinkbc.ca/healthy-eating/schools-and-communities.

What are the possible reactions to energy drinks?

Energy drinks can have many side effects, especially when consumed in high amounts. Some reported reactions include:

- Headaches
- Nausea, vomiting, and/or an upset stomach
- Fast or irregular heartbeat
- Electrolyte imbalance
- Nervousness, irritability and/or anxiety
- Insomnia (inability to sleep)
- Tremors or seizures

Report any adverse (bad) or unexpected reactions from using energy drinks to your health care provider, the Canadian Food Inspection Agency (CFIA) and the energy drink manufacturer.

Can energy drinks be mixed with alcohol?

Do not mix energy drinks with alcohol. Caffeine makes it harder to feel the effects of alcohol. People who mix energy drinks and alcohol are more likely to drink more alcohol. They are also at greater risk for car accidents, violence and risky behaviours such as unsafe sex.

What are “energy shots”?

Energy shots are different than energy drinks. They are a concentrated source of caffeine sold in a small container no bigger than 90mL.

Health Canada classifies energy shots as a natural health product. They have different regulations and labeling requirements than energy drinks. Energy shots are limited to 200mg of caffeine per container.

Use energy shots with caution, according to the instructions on the label. They have a large amount of caffeine in a small container. This makes it easy to have more than the daily limit of 400mg of caffeine. Do not mix energy shots with alcohol.

Children, teens, pregnant or breastfeeding women and others who are sensitive to caffeine should not drink energy shots.

Are sports drinks different than energy drinks?

Yes. Sports drinks, like Gatorade® and Powerade®, are designed to rehydrate the body after intense exercise. They typically do not have caffeine.

In general, water is the best choice when physical activity lasts less than one hour. For endurance or high intensity activities lasting longer than an hour, like running or hockey, a sports drink may be helpful.

Energy drinks should not replace sports drinks.

For More Information

For more information about caffeinated energy drinks visit Health Canada at www.canada.ca/en/health-canada/services/food-nutrition/foods-marketed-natural-health-products/caffeinated-energy-drinks.html.

For more information about caffeine in food visit Health Canada, at www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods/foods.html

For more nutrition information, call **8-1-1** to speak to a registered dietitian.

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit 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.



EMPLOYMENT OPPORTUNITY

Job Title: Accounting Manager
Location: En'owkin Centre, Penticton, BC
Term: Permanent Full-time (Monday – Friday, 35.0 hours per week)
Application Deadline: Open until position has been filled

Working in a well-established not for profit aboriginal controlled organization you will be responsible for providing financial support to the EN'OWKIN CENTRE, Theytus Books Ltd., its programs, universities and colleges with which we affiliate.

Duties and Responsibilities: In consultation with the Okanagan Indian Educational Resources Society (OIERs) Board of Directors, Finance and Management Committee and senior managers:

- Prepare or co-ordinate the preparation of financial statements, summaries, and other financial management reports, including year-end procedures for audit.
- Prepare monthly and quarterly management reporting.
- Present financial statements and reports to the OIERs/Theytus Books Board Finance/Management Committee and to the full Board of Directors.
- Ensure compliance with accounting policies and regulatory requirements.
- Ensure the implementation of OIERs/Theytus Books Financial Management Policy and Procedures and provide advice to OIERs/Theytus Books Finance and Management Committee for needed changes to maintain current efficiency and effectiveness.
- Co-ordinate and direct OIERs financial budgeting and forecasting process with Board of Directors/Department Managers.
- Review/assist with project budget forecast updates with department managers.
- Assess current practices and procedures and make recommendations for improvements.
- Assist with OIERs annual business plan and subsequent annual budget.
- Notify and report to the OIERs/Theytus Books Board of Directors concerning any trends that are critical to the organization's financial performance.
- Participate in OIERs/Theytus Books Board Finance Management Committee meetings and in full Board meetings as required and support governance processes.
- Supervise/develop the work of direct team members to ensure proper execution of the finance function, recording of sales, banking, accounts receivable, accounts payable, benefits administration and inventory management.
- Complete and submit tax remittance forms, worker's compensation forms, and other government documents (i.e. annual reports)
- May perform the same duties of supervised employee or arrange for the work to be completed in their absence.
- Supervise administrative and casual/contracted administrative support staff.
- Assist in other related activities which promote and advocate for the CENTRE and its programs, as assigned by the OIERs/Theytus Books Board of Directors.

Qualifications:

- Education in accounting or other accounting designation is an asset.
- Minimum 5 years' experience in a similar role
- Sound knowledge of current financial and accounting practices and tools
- The ideal candidate will thrive in this cultural educational organization with a strong interest in working with indigenous peoples
- Strong communication skills and the ability to work and communicate with employees and management.
- Strong demonstrated use of Excel, Word and PowerPoint.

Performance Measures:

- Cash flow stability, ie ensuring customers/ authors payments in a timely fashion
- Up to date financial reporting

Interested? Aboriginal candidates are strongly encouraged to apply and will be given priority.

Submit your resume to: Human Resources
EN'OWKIN CENTRE
154 Enowkin Trail
Penticton, BC V2A 0E1
Email: enowkin@vip.net
Fax: 250 493-5302





CONAYT FRIENDSHIP SOCIETY

PO BOX 1989, 2164 Quilchena Avenue
Merritt, BC, V1K 1B8
Phone: 250-378-5107



EXECUTIVE DIRECTOR

Conayt Friendship Society is looking for a highly qualified and motivated individual for the position of Executive Director.
TYPE: Full-time / 37.5 hr work week

The Conayt Friendship Society is a registered non-profit community-based organization located in downtown Merritt BC. The Society has a longstanding commitment to *improve the quality of life and adjustment to urban life for Aboriginal people*. The Society is governed by eight (8) Board of Directors elected from the membership at large. The mandate of the Conayt Friendship Society is to build community bridges, increase awareness and support the retention of Aboriginal culture. The Society's programs and services address individual and family issues, build a positive community image and initiate activities that foster community support and participation.

KEY PRIORITIES:

- The ideal candidate will be a proven Aboriginal leader with a history of strong leadership in program planning, community, and organizational development with broad experience in the following:
- Plan, oversee, implement, and monitor the long term, general and day-to-day operations, including financial administration.
- Build capacity, fundraise, and sustain effective partnerships with stakeholders at the local, provincial, and national levels.
- Working closely with Board of Directors' committees and full Board of Directors
- Preparing monthly written and financial reports for the Board of Directors meetings
- Manages all staff and human resource functions.

REQUIREMENTS:

- Must possess a minimum of an undergraduate degree in a relevant discipline (Public Administration, Business Management); or
- Must possess a relevant work history that would show experience and the abilities needed to manage a non-profit organization
- Excellent and proven leadership and senior management experience within a community service organization.
- Comprehensive understanding of the issues facing the diverse Aboriginal community, understanding and familiarity with First Nations history, culture, organizations, and infrastructures.
- Demonstrated ability to work with a Board governance structure to support and implement the values and decisions of a Board.
- Possess superior oral and written communication skills.
- Able to pass a criminal record check
- Have a valid BC Drivers and reliable vehicle
- Reside locally in Merritt, BC or willing to relocate to Merritt, BC

A competitive salary and benefits package will be negotiated with the successful candidate. Interested individuals should forward a resume, cover letter, and three (3) work related references by mail, email, or in person to the attention of the:

Program Director
Conayt Friendship Society
2164 Quilchena Avenue
Box 1989, Merritt, BC V1K 1B8
programdirector@conayt.com

We thank all candidates for their interest and regret that only those candidates who are short listed for interviews will be contacted. Closing date for applications: Position open until filled.



Employment Opportunity

Job Title: Student Services Assistant

Location: Enowkin Centre, Penticton, BC

Position Specification: Permanent Full-time

Application Deadline: 4:30 pm - Friday January 20, 2023

The Student Services Assistant will provide administrative support to the Academic Records Maintenance Coordinator, the Academic Programs Manager and the Arts, Culture and Higher Learning Manager.

Duties:

- Organize an Excel spreadsheet tracking credits to determine course planning and completion credits towards the nsylxcen Certificate and Diploma program; Foundations Indigenous Fine Arts Program
- Work with Academic Records Maintenance Coordinator to organize existing files in sections: Course Registrations (per semester – per course); Individual Student Files by year. Scan and digitize.
- Organize and purge existing unfiled Student Services correspondence under the supervision of Academic Records Maintenance Coordinator, the Academic Programs Manager and the Arts, Culture and Adult Higher Learning Manager.
- Assist with organizing binders for course syllabus/section requests/Criminal Record Check/Resumes of Faculty.
- Assist Arts, Culture and Adult Higher Learning Manager with organizational files/correspondence of department and light duties when requested.
- Assist the En'owkin Team in special events and initiatives to advocate a positive relationship with the Syilx People in its mandate.

Submit your resume to: Human Resources
EN'OWKIN CENTRE
154 Enowkin Trail
Penticton, BC V2A 0E1
Email: enowkin@vip.net
Fax: 250 493-5302

You're
Invited

AGM MYSA

Merritt Youth Soccer Association

**Dec 13,
2022
6:30pm**

**MSS
Library**



Soccer is our favourite season

FMI:
e: secretary@merrittyouthsoccer.com
<http://www.merrittyouthsoccer.com>



2023 Soccer Registration Opens January 3, 2023

Go to the registration page of our
website www.merrityouthsoccer.com



FMI
[https://www.facebook.com/
MerrittYouthSoccer](https://www.facebook.com/MerrittYouthSoccer)

**Season Starts Week of
April 2023**

Contact us for more info:
info@merrityouthsoccer.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>New Year's day</i>	2	3	4	5	6	7
8	9	10	11 <i>Kwu stemtima planning. 1pm zoom</i>	12	13	14
15	16	17	18	19 <i>ONA captikwl stories 9-4 zoom. Pre register! Strat plan zoom</i>	20	21
22	23 <i>Department Operational Plan Presentations</i>	24 <i>Department Operational Plan Presentations</i>	25 <i>GBM @ 6PM Zoom</i>	26	27	28
29	30 <i>Department Operational Plan Presentations</i>	31 <i>Department Operational Plan Presentations</i>				

Contact Us

Upper Nicola Band

Visit us on the web at www.uppernicola.com

General Delivery
Douglas Lake, BC V0E 1S0

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.