



RIBBON CUTTING CEREMONY OF THE NEW PLAY SPACE

November 17, 2023 11:00-1:00

Behind the Meeting Place

Come out to celebrate the new community play space

Lunch provided

****If your child would like to drum, please bring your drums****

****Bring your lawn chairs****

For inquiries please contact Debra Manuel

C: 250-378-7575

E: dor@uppernicola.com

Upper Nicola Band
Christmas Tree Enchantment Fundraiser
December 8 - 17, 2023

PRIZES

15 Decorated Trees & the presents under them!!
Trees valued between \$500- \$2500

Funds raised will benefit:

Upper Nicola Band Volunteer Fire Department, Syilx (Okanagan)
Language, Youth and Elders.

TICKETS: \$1.00 EACH

Location:

Quilchena Church, Quilchena

TICKET SALES:

Friday, Dec 8	10:00 am – 8 PM
Saturday & Sunday Dec 9 & 10	10:00 am – 6:00 PM
Monday-Thursday Dec 11-14	10:00am- 6:00pm
Friday December 15	10:00am- 8:00pm
Saturday December 16	10:00am- 6:00pm
Sunday December 17	10:00am – 4:00 pm

For more information contact:

Collette Sunday @ 250-350-3342 or admin@uppernicola.com



Upper Nicola Christmas Enchantment

UNB Christmas Tree Enchantment 2023 Fundraiser



Volunteers needed:

1. November 24, Country Christmas Parade
Float to advertise our fundraiser
2. Tree Set up, decorating
3. Tickets sales,
4. Greeting, Security etc

Planning Meetings Friday Nov 17 8:30 AM
Friday November 24 8:30 AM
Friday Dec 1 8:30 AM
UNB Administration Boardroom

If you want to help,
contact Collette or Diana



ATTENTION

Child and Youth Healthy Living Initiative Distribution 2023

Upper Nicola Band will provide \$200 for each child ages 0-18, that is registered as a UNB Member, and or lives on reserve. Payments will be made on December 20, 2023

Funds are meant to assist in paying for extra curricular activities.

Examples: sports and equipment, pow wow regalia supplies, music lessons or equipment, dance lessons or equipment, hunting or fishing supplies, educational material or supplies, baby equipment or supplies, birthday or Christmas presents.

Funds are provided from: Prevention funds from Government of Canada & funds raised from the Christmas Tree Enchantment 2023.

Eligibility

- Children born in 2005 or later,
- Children who are UNB Members, and
- Children who live on one of the UNB Reserves, and
- Children who are waiting for registry numbers.

Requirements

- We ask that each family contribute a minimum of 3 hours of volunteer time at the UNB Christmas Tree Enchantment Fundraiser or another UNB Community Event. If you are unable to volunteer, you may send someone to volunteer for you. There will be a volunteer schedule at the Band Office.

Forms will be available at the Kwu Stemtima, Lakeview Office. There is a drop box and a pick-up box. You can go there anytime.

If you have any questions, please contact:

Nadine Chillihitizia cultural.worker@uppernicola.com Phone: 250 280 4752

Diana Boston, Communications Officer:

communications@uppernicola.com, Phone: 250 280 3772



**Call for UNB Lands Advisory Committee Members
October 31, 2023**

Upper Nicola Band is in search of Upper Nicola Band Members to serve as a Lands Advisory Committee Member (*Management of reserve lands only – Not traditional territory*)

UNB is updating their Residential Land Allocation Policy and Land Use Plan. As a Lands Advisory Committee Member, you will provide project review, guidance, idea sharing and recommendations to the project.

Other projects will include:

- Estates
- Future consideration of Land Code

A Terms of Reference is under development.

To be eligible, you must:

- Be an Upper Nicola Band Member.
- Be 18 years of age or older.

Compensation is provided on a per meeting basis.

To apply: Submit your name and reason you would like to be a Lands Advisory Committee member to the address below. Applications will be accepted until Friday, November 17, 2023, at 12:00 noon.

Upper Nicola Band
Attention Lands Manager
General Delivery,
Douglas Lake BC V0E 1S0
Email: lands@uppernicola.com

If you have any questions, concerns or require further information, please contact the Lands Manager.



Upper Nicola
Language Department

knowledge sharing & storytelling

join us for snacks & dinner

location: **UNB Meeting Place, spaᖃmn**

when: **Nov 19, 2023 @ 2:00–7:00 pm**

This session will look at our sqilx^włcawt,
our syilx ways of being, focused on the
Douglas Lake Commonage area

any questions please email Justine,
syilx2@uppernicola.com





way' Upper Nicola Band Members

- On July 29, 2023, Jeremy Tom resigned his position as elected Councillor,
- On September 4, 2023, Eva Tom resigned her position as elected Councillor.
- On October 23, 2023, Kayla Boston resigned her position as elected Councillor.

As a result of the three resignations, there are three elected Councillor positions vacant.

Under the *UNB Custom Election Regulations dated February 3, 2020 (the Regulations)* Part 21- Vacancies 3. In the case of a removal from office or a vacancy of the Council position with c) more than one year before the date of the next scheduled Election, the general membership at the earliest GBM shall provide a motion to call for a Special Election and shall be held in accordance with these Regulations to fill the vacancy.

Under the Regulations Part 19 – Special Elections

1. In the event of a special election or a by election the same process as General Elections apply. It must be clearly stated it is a Special Election.
2. At a General Band Meeting, the Members will decide the Election Schedule and Timelines.

The term of the previous Tribunal Committee expired on June 29, 2023. As a result, we are issuing a Call for Tribunal Committee Members.

At the October 25, 2023, General Band Meeting, the following motions were passed:

It was moved and seconded to appoint the following people to the Tribunal Committee:

1. Elder (65+years): Cindy Tom Lindley
2. Woman: Emily Payout
3. Man: Ernie Ducharme
4. UNB member with a basic understanding of Syilx Language; Maynard McRae Jr
5. Person: Diana Boston

It was moved and seconded, to call for a Special Election to fill the vacancy of three elected Councillors.

Next Steps for the Special Election will be presented at the November 29, 2023, General Band Meeting.

End of Notice

A Shulus Christmas

Arts & Crafts & Bake Sale

December 2, 2023

9am to 4 pm

Lower Nicola Band School

\$50/ 10x10 booth or \$20/ table

Contact Brandon at 250-525-0443



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we are looking for community members to help guide the work on revitalizing our language. if you are interested please reach out to Justine
syilx2@uppernicola.com or
call 778 694 1272



Upper Nicola
Language Department

UPPER NICOLA BAND
- KWUSTEMTIMA

WE ARE ACCEPTING
DEER HIDES AND BRAINS
FOR FUTURE PROJECTS

CONTACT: BERNARD "BUZZ" MANUEL
CULTURAL WELLNESS EVENT COORDINATOR
UPPER NICOLA BAND
T: 250-350-3342
C: 250-315-3457

E: EVENT_COORDINATOR@UPPERNICOLA.COM



Upper Nicola

Upper Nicola Band phone app!



←--- QR Code

To find app scan QR code or can be easily be found on either app store (iOS or Play store). The name of the app is "Upper Nicola Syilx Band"

REGISTRATION & LOGIN

Registering for an account is quick and easy, just follow the steps below:

1. Open the mobile application
2. Continue through the first-run screens
3. Enable push notifications on your device via the prompt
4. Upon reaching the login screen, press the 'Register' link
5. Fill out the registration form and press the 'Register' button
6. You will receive a confirmation email at the address you registered with, click the confirmation link in the email. If you do not receive the confirmation email, please check your spam folder.
7. Once you click the verification link, you will be able to login with the username and password you registered with.



First Health Solutions
Professional Support for Health Organizations
Counsellors Available!
Trauma, Stress, Anxiety,
Relationships
In-person, and Virtual Appointments.



Neil Burrows, RSW



Neil has been working with indigenous groups across Canada since 1990, providing professional training, critical incident debriefing, trauma counselling and program consultation. Much of Neil's work centres on Lateral Violence and working with groups to overcome the colonial impacts on their workplace health.

Neil completed his studies at Lakehead University (ON) and the University of Victoria (BC) and currently resides in Williams Lake, BC. He will be providing services in-person, and virtually.

Carolyn Charleyboy, M.Ed., RCC



Carolyn is a member of the Tsilhqot'in Nation, and is a registered clinical counsellor with 6 years of experience with an Indigenous focus. Each month, she is available for a Zoom/Phone session and one in-person session at the Kwustemtímatá Quilchena Office (old Lakeview gas station, 3512 5A Hwy). Her additional training and certification includes: Indigenous Focusing-Oriented Therapy (IFOT) & Complex Trauma, Cognitive Behavioural Therapy (CBT), and Equine-Assisted Learning (EAL). She is available to work with youth and adults.

Carolyn's degree in counselling is from the University of Northern British Columbia (UNBC). She currently resides in Williams Lake, BC.

With Neil, in-person appointments will be once per month at the health building; to book directly call or text (250) 615-6863. An additional monthly phone or Zoom session is available.

With Carolyn, in-person appointments will be once per month at the Kwustemtímatá Quilchena office; to book directly call or text (778) 267-5397. An additional monthly phone or Zoom session is available.



GET YOUR TICKETS TODAY!

GET SOME MERRITT CENTENNIAL HOCKEY TICKETS!!

Tickets will be available throughout the season. .

Tickets are free and
given on a first-come, first-served basis.

First 5 persons/family that can tell me all Four Food Chiefs (English and Nsyilxcen) will get hockey tickets to our local hockey team, Merritt Centennials. The tickets are general admission for any regular season game. Email or call!!

COMMUNICATIONS@UPPERNICOLA.COM
250-280-3772



CURRENT JOB POSTINGS

- Director of Community Services

To get the full job description please see them on our website
www.uppernicola.com. Please send applications to hr@uppernicola.com

Next newsletter is November 29th, 2023. Submissions due November
24th, 2023 by 4:30PM.

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.