



GENERAL BAND MEETING

Wednesday
February 28, 2024
6:00pm Via Zoom.

Join The Zoom Meeting at:

<https://us02web.zoom.us/j/85356061920?pwd=ZlpjejRuTEF4Nm5UV2MxbkJTcEIMQT09>

Meeting ID: 853 5606 1920
Passcode: 952146

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

Agenda:

1. Adoption of Agenda.
2. Review of Meeting Minutes – January 31, 2024
3. Adding Skeetchestn Band to Hihium Lake IR6
4. Suxwtxtem Committee and Cultural Heritage Policy
5. Animal Control By-Law.

* Draft Meeting Minutes can be found on the UNB Website:
<https://uppernicola.com/about/unb-leadership/>

IMPORTANT NOTICE- This meeting will be recorded for note taking purposes only and will not be shared for any purpose.

Our North Star Vision for community safety is: Because our safety is grounded in culture, community members of all ages are safe in their homes, when we gather, in all the ways we communicate, and all the places we travel.



Upper Nicola

February 6, 2024

CALL FOR ONE MEMBER UNB Housing Society Board of Directors

On November 22, 2018, UNB received conditional approval for a 26-unit housing development via the BC Housing, Building BC Indigenous Housing Fund. The new homes are being constructed on Lot 142 (previously known as Lot 7), IR 3 Douglas Lake Road, approximately 3kms East of Band Office.

Chief and Council passed a motion at the January 14, 2019, Council to form Housing Society to be responsible for new housing development on Site 7, IR 3 that require arms-length relationship to shield liability of Upper Nicola Band.

The Board of Directors will consist of 5 members that will be appointed by UNB Chief and Council. 5 members include:

1 Member of council	Daniel Manuel appointed in May 2023	
1 Member from administration	Collette Sunday appointed in May 2023	
1 UNB Housing Tenant	Trudy McLeod appointed on February 6, 2024	Congratulations! Limlimt Trudy!
Upper Nicola Band Member from the general population	Sylvester Cohen Jr appointed in 2019. Resigned November 23, 2023	Needs to be filled.
Upper Nicola Band Member from the general population	Rita Manuel appointed January 2021	

We are in search of one more person to serve on the UNB Housing Society Board of Directors.

If you are interested in serving on the UNB Housing Society, please submit letter of interest, addressed to UNB Administrator to the UNB Administration Office or by email: admin@uppernicola.com.

If you have questions, please contact Collette Sunday, Band Administrator.

General Delivery, BC VoE 1S0 T 250.350.3342 F 250.350.3311 www.uppernicola.com

FOR ADULTS (16+)

ACCEPTABLE IDENTIFICATION FOR STATUS CARD ISSUANCE

Clients must provide the following ID from **one** of the following Categories when applying for a **Certificate of Indian Status (CIS)**:

One (1) piece of Primary ID OR Two (2) pieces of Secondary ID
one (1) with digitized photo

CATEGORY 1 VALID Primary ID	CATEGORY 2 VALID Secondary ID	
<ul style="list-style-type: none"> • Passport • SCIS card (SCIS cannot be expired by more than 1 year) • Combined BC Driver's Licence & Services Card 	<ul style="list-style-type: none"> • Certificate of Birth • Certificate Marriage or Divorce • Provincial Health Card¹ • Provincial ID • Driver's License • Employee ID with digitized photo • Student ID with digitized photo 	<ul style="list-style-type: none"> • Firearms license • Current CIS card (CIS cannot be expired by more than 6 months)

¹ BC Care Card, expired ID, SIN cards, photocopied ID or Certified Copied ID WILL NOT BE ACCEPTED

*ID must be intact and readable

*Your previously issued Status Card (even if expired) must be returned to the issuing officer upon receipt of your replacement/renewal Status Card

FOR CHILDREN (15 and under)

ACCEPTABLE IDENTIFICATION FOR STATUS CARD ISSUANCE

For clients 15 years of age and under, an application for a **Certificate of Indian Status (CIS)** must be accompanied by:

Parent/Legal Guardian:

- one piece of primary ID (**from Category 1**); or
- two pieces of secondary ID, one of which must have a digitized photo (**from Category 2**);
- if applicable, a copy of the legal guardianship order naming the guardian, if the legal guardian is applying on behalf of the child.

AND

Child:

- one piece of ID from either Category 1 or 2.

For children between 12 and 15 years old applying for a **renewal or replacement only**, please follow identification requirements for adults (**First CIS** must be applied by parents or guardians).

¹ BC care card, expired ID, SIN cards, photocopied ID or Certified Copied ID WILL NOT BE ACCEPTED

*ID must be intact and readable

*Your previously issued Status Card (even if expired) must be returned to the issuing officer upon receipt of your replacement/renewal Status Card



kʷu stəmtímaʔ & Scw'exmx Child & Family invite you to join us for a:

kʷu stəmtímaʔ Presentation & Celebration

The kʷu stəmtímaʔ will share the progress made in advocating, nurturing, and caring for their relations (children and families). Learn how the kʷu stəmtímaʔ are holding up their jurisdiction, advocating for their families, and creating programs to support their community members. Join us after for dinner and an honouring of the kʷu stəmtímaʔ and the work they have done.

Merritt Civic Centre
Feb 15, 2024, 4-8 pm

Dinner & Door
Prizes!



Scw'exmx
Child & Family



Upper Nicola



ᖃast sᖃᖃᖃalt Good Day

At the January 31, 2024 General Band Meeting, it was announced that the Upper Nicola Band Tribunal Committee have appointed OneFeather to serve as Electoral Officer to conduct a Special Election to fill vacancy of three (3) Councillors.

Please see link for the *UNB Custom Election Regulations dated February 3, 2020*

<https://uppernicola.com/wp-content/uploads/2023/08/20200203-UNB-Elections-Regulations-Amended-Feb-3-2020.pdf>

Please note, this can be located on the Upper Nicola Band webpage, under recent news: www.uppernicola.com

Further, at the January 31, 2024, General Band Meeting, the following motion was passed:

It was moved and seconded, to approve the Schedule and Timelines for the Special Election for three Councillors, as presented.

- The Special Election date is scheduled for Saturday April 6, 2024
- Advance Poll is scheduled for Saturday March 30, 2024
- Nomination Meeting is scheduled for Thursday February 29, 2024.

Please watch for further notices from the Electoral Officer, OneFeather way'

Collette Sunday



Upper Nicola
Language Department

February 2024

NSYILXCN GRAMMAR

Provide an opportunity to support language learners with nsyilxcn grammar, and other general questions about the language

5
FEB

6:00 PM START

Parts of Words & Piecing
the Language Together

12
FEB

6:00 PM START

Pluralizing & Reduplication

Zoom Meeting

<https://us06web.zoom.us/j/84010273258>

Meeting ID: 840 1027 3258

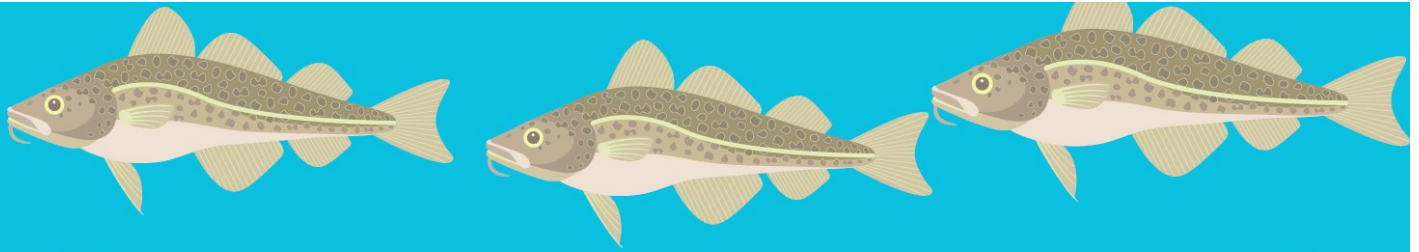


ZOOM LINK

SCAN HERE to go to
Zoom call

For more information:

Contact pqlqin, Maynard McRae Jr.
language@uppernicola.com

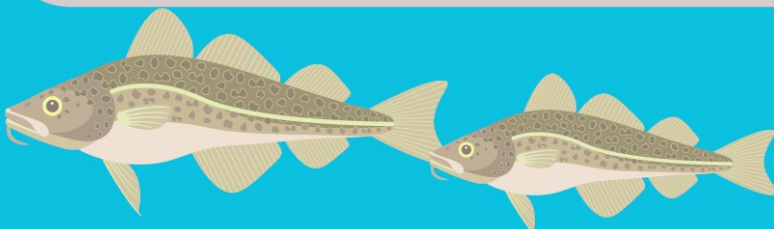


way, the language department would like to share an update and summary on our gathering on January 28, 2024. A group of our elders came together and enjoyed some food, visiting, storytelling and knowledge sharing on our sqilx^wlcawt, our syilx ways of being, focused on our spq^wlic and ice fishing.

some key takeaways from the session

- spq^wlic fishing was originally to eat, to feed, families, nowadays it is treated as a sport
- it is a traditional practice that was passed down from generation to generation.
- it is a responsibility of our to help others learn if they do not know how
- it is important to share the food, if you catch any, make sure to share, especially with our elders
- it is important to check on our spq^wlic to ensure they are healthy, to know what kind of food we are consuming when harvesting them
- we fish until feb 1st and then we are done for the season
- safe harvesting, take care of each other
- be mindful of the ice, ensure its safe

please join us for our next session, February 18, 2024 2 pm @ the nk^wala school trailer to discuss our family relations



Upper Nicola
Language Department



swit asnəqsilx^w?

Who is your family?

Join us to discuss our family relations &
our responsibility to family.

Feel free to bring pictures.

Where: Nk^wala School Trailer

When: February 18th 2:00-5:30

snacks & dinner will be provided

any questions please email justine,
syilx2@uppernicola.com

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UNB ELDERS' HAIR CUTS & PEDICURES

February 13th and 27th
9:30 AM - 4:00 PM

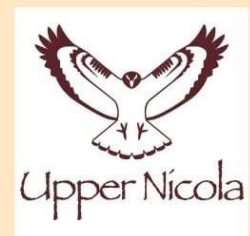
THE FOLLOWING SERVICES WILL BE PROVIDED:

- Free Haircuts and Pedicures
- Appointments will be at the Lakeview Office
- Home Appointments are available by request
- Upper Nicola Elders will have priority bookings, Community Members can be added to a wait list for openings.

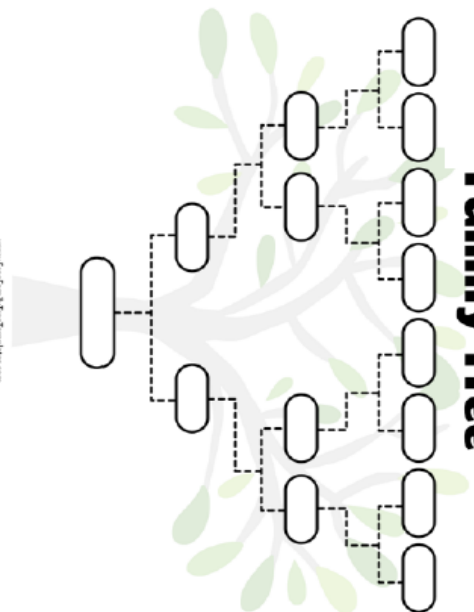
TO BOOK AN APPOINTMENT PLEASE CALL:



Nadine Chillhitzia
T: 250-280-4752



ANCESTORS - **Family Tree**



PLACE MARK February 9-10, 2024 *ANCESTORS – Family Tree*

The *K^wu stemtíma?* are planning a workshop on **Ancestors – Family Tree** to have workshops including:

- Starting a Family Tree
- NV Museum and Family Tree Research
- Historical Photographs and their Stories
- Personal Experience and Family Tree Research
- Exercises – Who are my Relatives?

More information contact: Team Lead Carol Holmes or Director of Relations Debra Manuel

Goal:

- 2.0 Build capacity and community relationships by supporting our Relations in a way that reflects Sýrlx culture and values and keeps children in the community.
- 4.9 Develop opportunities for the development of family trees for all UNB Relations

Cancellation Notice:

Due to unforeseen and unavoidable circumstances (i.e. weather, death, health, and safety) an event may be cancelled or postponed. The *K^wu stemtíma?* will take the necessary steps to ensure ample notice.



K^wu Stemtíma?

Ancestors – Family Tree Gathering Registration

kwU stemtImA/

February 9 – 10, 2024

Civic Centre, Merritt, B.C.



Participant Information:

Name:			
Address:			
Phone:		Email:	
Residency:	<input type="checkbox"/> Upper Nicola	<input type="checkbox"/> Other Community _____	
Band Membership:	<input type="checkbox"/> Upper Nicola	<input type="checkbox"/> Other Community _____	
<i>Diet restrictions: Unfortunately, due to costs, this event is not able to provide special meals for those with special nutrition/diet needs.</i>			

AGENDA:

Friday, February 9 th		Saturday, February 10 th	
2:00 p.m.	Registration	9:00 a.m.	Registration
3:00 p.m.	Welcoming Drum Song;	9:30 a.m.	Welcoming; Prayer
3:30 p.m. – 5:00 p.m.	Prayer Workshop Choices	9:40 a.m.	Opening Remarks
5:00 p.m.	Dinner	9:45 a.m. – 10:15 a.m.	Ancestor Exercises
6:00 p.m.	Ancestor Exercises	10:15 a.m. – 10:30 a.m.	Break
6:45 p.m. – 8:00 p.m.	Workshop Choices	10:30 a.m. – noon	Workshop Choices
		Noon – 1:00 p.m.	Lunch
		12:30 p.m. – 1:00 p.m.	Keynote Speaker
		1:00 p.m. – 4:15 p.m.	Workshop Choices
		4:14 p.m. – 5:00 p.m.	Sharing Experiences
		5:00 p.m. – 8:00 p.m.	Dinner & Closing Remarks

Workshop Choices for Friday, February 9, 2024

3:30 p.m. – 5:00 p.m. <input type="checkbox"/> Jessica Nelson Family Tree for Youth (Main Room)	<input type="checkbox"/> Mary Charters; Val Charters Charters Family Tree Research (Room A)	<input type="checkbox"/> Carol and Nan Allison Family Tree Research (Room B)
6:45 p.m. – 8:00 p.m. <input type="checkbox"/> Lou Paul Historical Photographs and their Stories (Main Room)	<input type="checkbox"/> Angie Bain Family Research Resources (Room A)	<input type="checkbox"/> Cameron Bridge Historical Photographs and their Stories (Room B)

Workshop Choices for Saturday, February 10, 2024

<p>10:30 a.m. – noon</p> <p><input type="checkbox"/> Jessica Nelson Family Tree for Youth (Main Room)</p>	<p><input type="checkbox"/> Mary Charters; Val Charters Charters Family Tree Research (Room A)</p>	<p><input type="checkbox"/> Eric Mitchell; Chris Marchand Canada Census and Genealogy Research (Room B)</p>
<p>1:00 p.m. – 2:30 p.m.</p> <p><input type="checkbox"/> Nathan Chenoweth Family Tree Research (Main Room)</p>	<p><input type="checkbox"/> Carol and Nan Allison Family Tree Research (Room A)</p>	<p><input type="checkbox"/> Cameron Bridge – Museum as a Resource (Room B)</p>
<p>2:45 p.m. – 4:15 p.m.</p> <p><input type="checkbox"/> Dean and Cora Tom Historical Photographs and their Stories (Main Room)</p>	<p><input type="checkbox"/> Angie Bain Family Tree Research (Room A)</p>	<p><input type="checkbox"/> Clare Paul Tom Family Tree Resources (Room B)</p>

Families are invited to bring and share their Family Tree documents. Space will be available. We are not responsible for lost or missing documents, including photographs.

PHOTO RELEASE FORM FOR ADULTS AND MINORS

I give the kwU stemtimA/, the Upper Nicola Band, the right to use, without payment or any fee or charge, any photograph, video, or other visual media of myself **and, if applicable my child(ren)**, taken during the program activities/event for the purpose of furthering the kwU stemtimA/, the Upper Nicola Band objectives. I am aware that photos and videoing will take place and may be distributed and/or posted on the UNB website.

I also grant the kwU stemtimA/, Upper Nicola Band, the right to maintain copyright of the final video production and grant them the right to distribute, present, stage or display the final video production, as well as stills, excerpts and/or descriptive phrases or names for educational and community purposes.

Participant Signature	Date	Witness Signature	Date
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For Minor Children <small>Participant Signature (if under 18 & able to sign)</small>	Date	Witness Signature	Date
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Participant/Guardian Signature (if under 18)

For more information contact:

Debra Manuel, Director of Relations at dor@uppernicola.com
 Carol Holmes, kwU stemtimA/ chair and Event Lead at spaxomin_carol@yahoo.ca

EMAIL REGISTRATION FORM BEFORE FEBRUARY 8, 2024 @ NOON to

Simone Chenoweth
chnwth@gmail.com

BIOGRAPHY:

Nan and Carol Allison are the daughters of grand chief Barnett Allison and Margaret Showdy Terbasket. They were raised in the Chopaka area, part of the Lower Similkameen Indian Band.

Angie Bain is the daughter of Larry and Ann Shuter, of Zoht. She is the granddaughter of Arthur and Lizzie Shuter and of Curtis and May Ward. Angie is from the Lower Nicola Band. She is a researcher with the Union of BC Indian Chiefs. Using lessons learned through her personal family tree research, as well as her professional experience, Angie will be presenting two practical research sessions at the gathering.

Cameron Bridge was born and raised in the Okanagan. Cameron received his Bachelor of History degree from the University of Calgary in the summer of 2020. Cameron has been the manager of the Nicola Valley Museum and Archives for nearly three years.

Valerie Charters is the daughter of Dempsey and **Mary Charters**. Dempsey was born in Merritt his family lineage is directly from the Nlaka'pamux, Secwepemc, and Syilx. His grandfather, William Charters was one of the three family of settlers of Merritt. Valerie will assist her mother, Mary Charters, in presenting the knowledge Mary holds in retrieving and recording family trees. Mary has done extensive research throughout the Nicola Valley, Okanagan, BC Coast and south to Omak Washington.

Bill Cohen

Eric Mitchell is a survivor of the residential school system and **Chris Marchand** is a 60's Scoop Survivor. Their dedication to teach Indigenous history and experience was acknowledged in 2020 when they received a joint honorary doctorate from UBCO developing a Cultural Safety Program. Eric and Chris are from the Okanagan Indian Band; they have many relatives throughout "Indian Country".

Jessica Nelson, Upper Nicola Band members, is the daughter of Maureen McMillan and JR Nelson and granddaughter of Isabelle McMillan (Holmes).

Clare Paul is a full-time traditional Syilx mother and knowledge seeker. Her roots lie deep in spaxmin where she was raised by her mother, Jane Paul (Tom), her grandparents, Amy Tom (Manuel) & Wilfred Tom; her father is Gene Michel from n]q'l]mel'X, and her paternal grandparents are Amelia Michel from n]q'l]mel'X, and Victor Edwards from Chopaka. Living in her ancestral home reminds Clare of her responsibilities as a Syilx woman - she is a lifegiver & caretaker, passing on traditions of respect & stewardship to future generations. Like many, she has relatives all over BC, and through her recent research, she has found valuable resources and apps on the internet that she will be sharing over the weekend.

Nathan Chenoweth is the son of John and Simone Chenoweth, grandson of Robert Chenoweth and Lena Marshall. Nathan was born in Kamloops and raised in Merritt and a member of the Upper Nicola Indian Band. Nathan has had an interest in genealogy for over 10 years and has used Ancestry and Family Tree as well as family stories passed down in his research. Currently, Nathan is a teacher at N'kwala School at Upper Nicola.

WORKSHOP DETAILS:

Historical Photographs and their Stories with Lou Paul, Cameron Bridge, and Cora Tom

The presenters will be sharing a collection of personal photographs and Cameron will be sharing photographs from the NV Museum. Photographs are a wonderful start to documenting and recording family information. Photographs are also a starting point to sharing personal stories and/or history. We are grateful to those who have joined us to share their photograph collection. Others are welcome to bring along their photographs to share....

Friday Session with Angie Bain

Family Research Resources

In this session, we will start to create a family tree and discover resources to help it grow. Topics covered will include where to begin your research, collecting, recording, storing, and sharing your information, and an introduction to family

research resources. Angie will show how she used these resources in support of the Shuter Family Tree. This session will be interactive, and participants are encouraged to ask questions and share their tips from their research. Participants will be provided with a practical guide full of tips and research resource links at the end of the session.

Session Outline

Using the example of her research on the Shuter Family Tree, Angie will provide practical guidance and examples of lessons learned. In this session, participants will be given a family tree template and a practical guide to research resources. This session will include.

1. Starting Points for Family Research

- Who am I and where did I come from?
- Start with what you know, talk to your relatives, start collecting and recording stories
- Organize existing family documents, photos, and records

2. Documentation and Recording

- Details matter – best practices for documenting dates, locations, and relationships
- Citation and a critical look at sources for First Nations genealogical research

3. Storing and Sharing Information

- An introduction to storing and sharing family history for documents, files, photos, recordings, and digital material (Google Drive, Dropbox, Family Tree software and document storage) *Angie will bring examples of archival storage solutions including file folders, archival boxes, pens and photo storage solutions.
- Collaboration and information sharing with your family.

4. An Introduction to Family Research Resources

- The importance of using multiple sources and cross-referencing
- A brief overview and key features of Ancestry.com, Newspapers.com, BC Archives Vital Events Index, Library and Archives Canada Service Records, Church & Missionary Records, and other First Nations-specific resources

5. Q&A and Sharing

- Participants can share their own experiences and tips
- Q&A to address specific questions and research challenges

Friday and Saturday Session with Nan and Carol Allison

Nan and Carol Allison took an interest in the 1970's Harry Robinson genealogy charts which was put together by Bernice Squakin numerous summer students. Over the years, Nan and Carol's work has included many interviews with their elders/ancestors. In their stories, they included families and connections to community. They started compiling names and families and followed their lines. Their passion has turned into genealogy.

Nan and Carol have worked with LSIB as researchers, interviewers, compiled place names, ceremonial and sacred sites and history of our people.

Then, they collected old black and white photos from their community. This collection continues to grow. Their guess/estimate would be close to 10,000 photos. They work on identifying the people in the photos so the next generation know where they come from.

Friday and Saturday Session with Mary Charters and Val Charters

What is the importance of family trees and family history? Mary, with the support from her daughter, Val, will share their extensive research experience and knowledge and what they discovered along their path. Family trees are important for many reasons including connecting with past history, connecting with heritage and ancestry, and discovering family medical history. This workshop will also include different ways family trees are drawn or created and provide resources and links.

Friday and Saturday Session with Jessica Nelson

The workshop will be designed for you to be able to come in and fill out their family tree! Hands on experience with the family tree : 😊

Saturday Session with Angie Bain

Family Tree Research

Continuing from the Friday Session “Family Research Resources”, this session will show how the Shuter Family Tree research journey incorporated modern tools, technology, and travel to record family stories. This session will provide a hands-on introduction to digital voice records, digital cameras and camcorders, photo scanners, drones, and digital mapping. Angie will show how Google Earth and Google Maps provide practical tools to aid your family tree research. Participants will discuss the benefits and challenges of using modern tools, and the session will reinforce lessons learned about documentation, recording, storing and sharing from the Friday session.

Session Outline

Using the example of her research on the Shuter Family Tree, Angie will introduce modern tools and technologies used to expand her research. The session will include:

1. An introduction to modern family research tools – Digital Voice Recorders and Oral History Interview Tools

- Explain the benefits of using digital voice recorders and oral history research
- A practical demonstration of a simple setup for digital voice recording

2. Digital Cameras and Film

- Showcasing how digital cameras can be used to capture high-quality images of family members, old photos, and significant locations
- Explain the benefits of using film to capture dynamic movements, sounds and locations

3. Scanners

- An introduction to document scanners and best practices for digitizing documents
- An introduction to photo scanners and best practices for digitizing old family photographs

4. Drones

- Explore the innovative use of drones for capturing aerial views of ancestral lands and properties
- Explore how drone footage can add a different perspective to family history research

5. Mapping

- Introduce digital mapping tools to create interactive family history maps
- Discuss the storytelling potential of mapping family history

6. Q&A and Sharing

- Participants can share their own experiences and tips
- Q&A to address specific questions and research challenges

Saturday Session with Eric Mitchell and Chris Marchand

Canada Census of 1911, 1921, and 1931 for Spaxomin (Douglas Lake) and the Nicola Valley will be shared. The Canada Census was first conducted in 1871. The very first year Indian Reserves were included was 1911. syilx or Nlaka’pamux names are written in English and there are also English names.

The Census provides valuable information on genealogy research (place of residence, names of house occupants, relationships, age, data, and other details). The census is an interesting conversation starter to build knowledge on “Who We Are and Where We Come From”.

Chris and Eric will share their knowledge and how to access the Canada Census and other resources.

Saturday Session with Cameron Bridge

Museum as a Resource will be on the resources of the Nicola Valley Museum and Archives. We will be taking a look at the museum’s photo collection, newspaper collection, and other archived information from the NVMA and how you can access this information for yourself. We will also be taking a look at some other online resources that might help your research.

Saturday Session with Nathan Chenoweth

Ancestry Workshop: Nathan will be leading a workshop on Ancestry including how to use the site, Ancestry DNA, records, and the basic works on how to use Ancestry. Furthermore, there will be helpful tips and hints for using the site. Nathan has used Ancestry to build an extensive family tree on both sides of the family.

2024 Soccer Registration Now open!

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

Soccer is our favourite season



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

**Season Starts Week of
April 8, 2024**

Contact us for more info:
info@merrityouthsoccer.com

Age Divisions: U5,
U7, U9, U11 & U13



Call to Indigenous Artists

- Submit images by **February 23, 2024**
- Announcement of chosen images March 6, 2024
- \$1,000 for each piece selected
- Artwork provided in digital format or have ability to convert to digital
- Artwork will be used on an ongoing basis in promotional materials and resources.

To submit artwork email:
aboriginalmentalwellness@interiorhealth.ca

INTERIOR HEALTH'S INDIGENOUS MENTAL WELLNESS TEAM WOULD LIKE TO COMMISSION SEVERAL ORIGINAL PIECES OF DIGITAL ART REPRESENTING INDIGENOUS WELLNESS & CULTURE.



We are seeking members to serve on a Working Group to review and update the draft 2012 Animal Control By-law

Membership from Quilchena and Spaxmn have made complaints regarding dogs on reserve running around, being aggressive towards other animals and people. There is growing concern that individuals are not properly caring for their pets and there now needs to be a by-law in place.

If you are interested in serving on this Working Group, please contact Band Administrator

Email: admin@uppernicola.com

Ph 250 350 3342, ext. 235 Cell: 250 378 1916

Once we have a list of members that would like to assist in updating the draft 2012 Animal Control By-law, a meeting will be held to discuss updates. When a draft is completed, we will present at a General Band meeting, and then we will have Chief and Council approve law.

A copy of the draft Animal Control Bylaw is available on the UNB website [Upper Nicola Band – Nicola Valley](http://www.uppernicola.com).

Information Sharing Opportunity for First Nations Parents: Building Our Capacity to Promote Student Attendance

Two Sessions Are Being Offered:
February 20 and 21, 2024 *or* March 11 and 12, 2024

The First Nations Education Steering Committee (FNESC) and First Nations Schools Association (FNSEA) are pleased to announce an information sharing opportunity designed for parents who would like to become "Attendance Champions" for students in their communities.

Two in-person sessions will provide an opportunity for parents to work together to build their capacity for promoting student attendance. Participating parents will:

- Learn about and discuss how to effectively use information and materials that have been developed to build awareness about the importance of student attendance.
- Learn from other parents about strategies that are being used to help all students attend school regularly.
- Share input about what else can be done to help promote effective community-based attendance campaigns.

Day 1 – Student Attendance: What We Know

- The Benefits of Good Attendance
- The Value of Effectively Measuring Attendance and Talking About Attendance Myths
- The Importance of Working With Families as Partners

Day 2 – What We Can Do

- How Parents Can Help Promote Attendance
- Awareness Raising and Incentive Programs
- Communicating with Communities

Schedule

Day One: 9:00 am to 3:00 pm

Day Two: 9:00 am to 1:00 pm

Everyone interested is asked to register for one of the sessions using the following link:

Space is limited and participants will be accepted on a first-come-first served basis.

ELIGIBLE PARTICIPANTS

Up to two representatives of each First Nation will be eligible to attend one of the scheduled sessions, which will take place in Vancouver, BC.

Further details about the meeting location and hotel bookings will be provided to everyone who is accepted as a participant.

TRAVEL EXPENSES

Approved participants will be reimbursed for their travel and accommodation expenses, as well as all food and incidentals costs related to attendance, according to standard travel reimbursement policies. Travel claim forms will be provided to all accepted participants.



First Nations Education Steering Committee
First Nations Schools Association

Suite 113-100 Park Royal South, West Vancouver, BC V7T 1A2
Toll-free in BC 1-877-422-3672



STATUS CARD APPOINTMENTS
will ONLY be available on
FRIDAY'S

If you need to update or
replace your Status Card,
you need to call
& book an appointment.

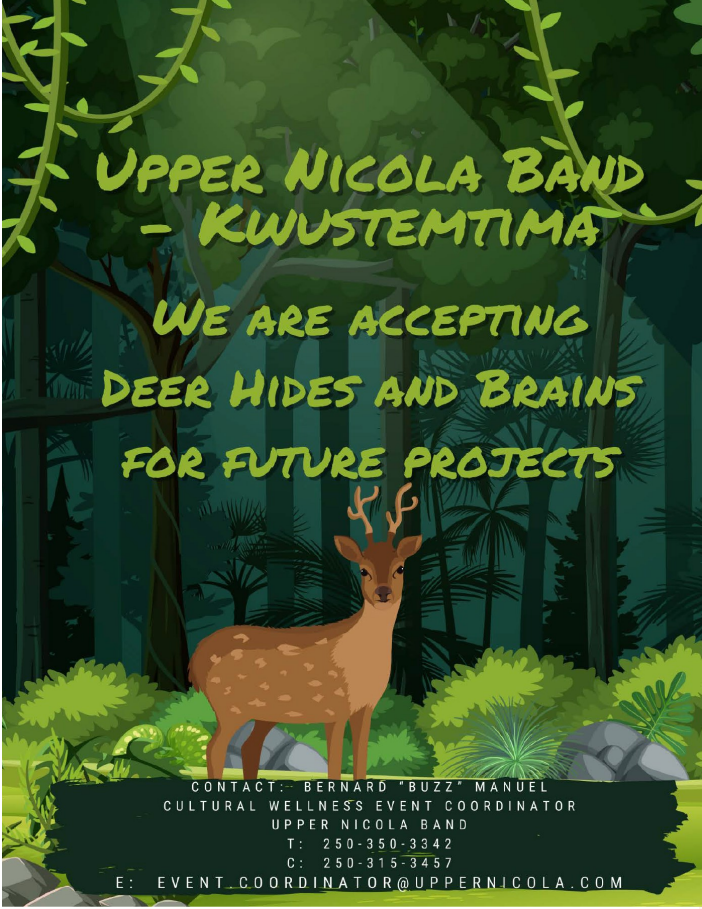
**WALK-IN'S WILL
NO LONGER BE ACCEPTED**

Please call Becky 250-378-5058



nsyilxcn

way' xast sxl'xsaít
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 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
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.



Looking for a family doctor or nurse practitioner?

The Health Connect Registry can help

Go to www.healthlinkbc.ca/health-connect-registry

Register yourself, your family or others under your care.
When a provider becomes available, you will be contacted.

Telephone assistance is available by calling HealthLinkBC at 8-1-1,
or for the deaf and hard of hearing, 7-1-1.

Translation services are available.



Rural and Remote Division of Family Practice
Merritt





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 Kwustentimata 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 Kwustentima 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.

Every week you can get tickets!! First 5 (five) persons or families to contact me via email or text message. Monday to Friday 8am to 4:30 pm.

COMMUNICATIONS@UPPERNICOLA.COM
250-280-3772

CURRENT JOB POSTINGS

- None at this time

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 February 21, 2024. Submissions due February 16th, 2024 by 4:30PM.

Contact Us

Upper Nicola Band

Visit us on the web at www.uppernicola.com

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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.