

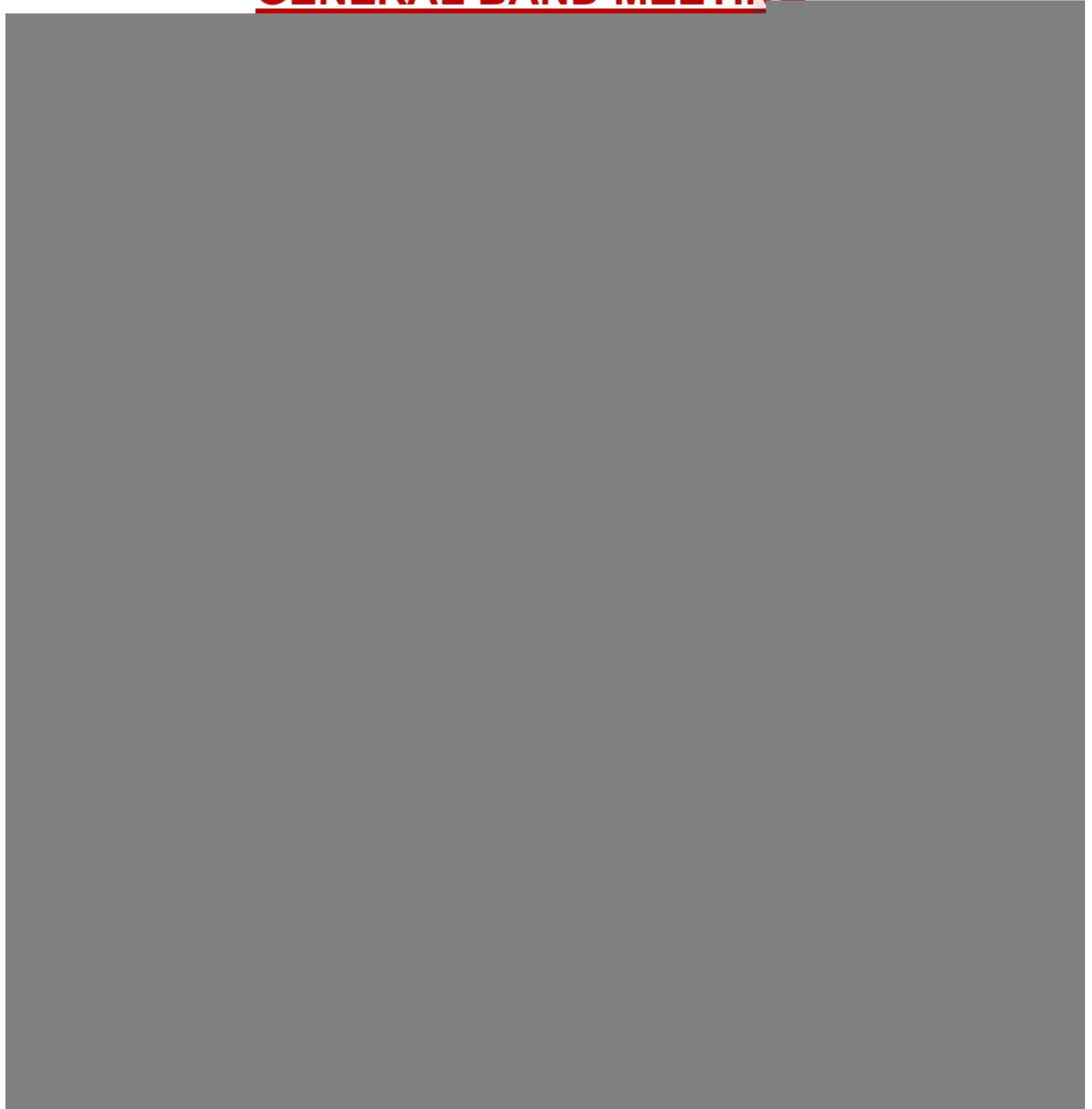


Upper Nicola

Newsletter

September 18th, 2024

GENERAL BAND MEETING



12 Screaming Babies

12 Body Systems + 1

All Classes are located at Quilchena Church Except dates that are on ZOOM

Dr. Jeanne Paul is a Coast Salish native from the Tla'amin Band. She graduated from the Naturopathic Medical University of Portland, Oregon in 1991. She has become the first, First Nations to graduate in this profession for Canada. In her semi-retirement from a Family Practice, she now dedicates her professional career as a Consultant on First Nations Issues focusing on the Traditional Medicines of B.C. Always focusing on how to bring these medicines to the 21st century and melding the Western Medicine with the Traditional Medicines. In 2007, Dr Paul received the honor of being the Doctor of the year, again achieving the honor of being the first, First Nations to receive this honor for Canada.

The twelve lectures pertain to the 12 body systems and how to look after these systems using our Traditional Medicines. Following these lectures will help to understand a little of how the body works and how to heal them using these traditional medicines.

12+1 Screaming Babies Lectures at Upper Nicola

July 24, 2024: 10:00 am – 12:00 pm **Integumentary/ Skin System: Alder- LOCATION CHANGE TO LAKEVIEW KWUSTEMTIMA OFFICE**

August 6, 2024: Session 1- 10:00 am – 12:00 pm **Urinary System: Juniper, Horse Tail LOCATION CHANGE TO LAKEVIEW KWUSTEMTIMA OFFICE**

August 6, 2024: Session 2- 1:00 pm – 3:00 pm **Nervous System: St. Johns Wort**

September 10, 2024: 10:00 am – 12:00 pm **Immune System: Western White Pine**

October 8, 2024: 10:00 am – 12:00 pm **Lymphatic System: Purslane**

November 12, 2024: 10:00 am – 12:00 pm VIA ZOOM **Digestive System: Marshmallow**

December 17, 2024: 10:00 am – 12:00 pm VIA ZOOM **Respiratory System: Cottonwoods**

January 14, 2025: 10:00 am – 12:00 pm VIA ZOOM **Endocrine System: Thyroid: Devil's Club**

February 11, 2025: 10:00 am – 12:00 pm VIA ZOOM **Reproductive System: Wild Yam, Black Cohosh Alder Buds, Alder Catkins**

Finding my power plant: Spiritual seeking out power plant as a guide



**THIS IS ABOUT
NATURAL
MEDICINES.
NOT
CRYING BABIES**

ńłəkʷəłmístx

SAVE THE DATE

ǰá?ǰa?i?tnxʷúla?xʷ

“Our sacred places”

October 21-25, 2024

JOIN US FOR 13 MOON CALENDAR
ON-THE-LAND LEARNING

WHERE:

ǰʷumqnátkʷ - Fish Lake aka Salmon Lake

MORE DETAILS TO
FOLLOW SOON



Upper Nicola



Upper Nicola

Community Engagement Sessions Way'

The Community Engagement Session
align with the kwu stemtíma?

Goal #5: Develop laws to be the basis for negotiations with the
Federal and Provincial Governments to fully reassert inherent rights
over Relations (children and families) which are appropriately funded
by both levels of government in accordance with Bill C-92

The session will include:

Presentation on the kwu stemtíma?

Please come and join us:

~~May 23 - nkwrítkw (Glimpse Lake)~~

~~June 6 - Merritt~~

July 23 - Kamloops ↔ **POSTPONED**

August 20 - Kelowna

October 26 - Vancouver

(Venues - tbd)

For more information, contact:

Carol Holmes, kwu stemtíma? Jurisdiction Manager
unlaws@uppernicola.com

Deb Manuel, Director of Relations,
250-378-7575, dor@uppernicola.com

liml?mt



Upper Nicola
Language Department

nsyilxcn tea talks



JOIN US FOR NSYILXCN CONVERSATION

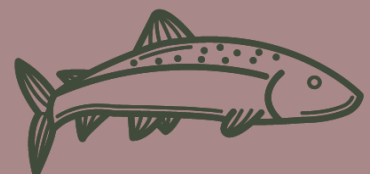
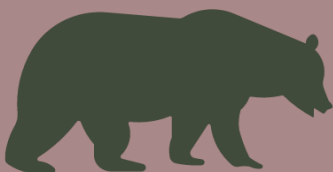
Sunday September 15, 2024 @ 2:00-7:00 pm

Nk^wala School Trailer

Snacks & Dinner provided

Any questions please reach out to Justine,

syilx2@uppernicola.com





Upper Nicola
Language Department

Come join us in creating space for
language sharing and gathering

NSYILXCN LANGUAGE CAMP

2nd
ANNUAL

SEPT 27 - 30, 2024



nk^writk^w - GLIMPSE LAKE
EVERYONE WELCOME

k ^w u mímíłt	- k ^w u ʔałʔiłn	- k ^w u q ^w aʔq ^w aʔál	- k ^w u ʔicæcknm
VISIT	FOOD	TALK LANGUAGE	PLAY

SEPTEMBER 27 - SET UP CAMP & LANGUAGE ACTIVITIES

SEPTEMBER 28 - LANGUAGE ACTIVITIES

SEPTEMBER 29 - LANGUAGE ACTIVITIES - NSYILXCN KARAOKE

SEPTEMBER 30 - LANGUAGE ACTIVITIES & FAREWELL

MEALS WILL BE PROVIDED

BRING YOUR OWN PLATES, BOWLS, & UTENSILS

DRUG / ALCOHOL FREE EVENT

For more information contact Maynard language@uppernicola.com
or Justine syilx2@uppernicola.com

Friday, Sept 27, 2024

AM - Set up Camp

12pm - Lunch

1:00pm-2:15pm - Language Activity 1

2:15pm - Break

2:45pm - 4:00pm - Language Activity 2

5pm - Dinner

6pm - kʷilstn - Mens and Womens Sweat

7pm - Drumming



Sunday, Sept 29, 2024

8am -Breakfast

9am - 10:15am - Language Activity 1

10:15 - Break

10:45am - 12:00pm - Language Activity 2

12pm - Lunch

1:00pm - 2:15pm - Language Activity 3

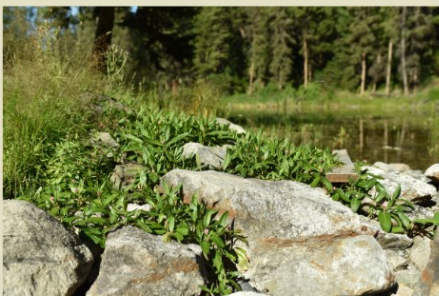
2:15pm - Break

2:45pm - 4:00pm - Language Activity 4

5pm - Four Food Chiefs Dinner /Door Prizes

6pm - Entertainment - Nsyilxcn Karaoke

8pm - Drumming



Saturday, Sept 28, 2024

8am -Breakfast

9:00am - 10:15am - Opening Circle/Vision Board

10:15- Break

10:45 - Language Activity 1

12pm - Lunch

1:00pm - 2:15pm - Language Activity 2

2:15pm - Break

2:45pm - 4:00pm - Language Activity 3

5pm - Dinner

6pm - kʷilstn - Mens and Womens Sweat

8pm - Storytelling/Drumming



Monday, Sept 30, 2024

Truth & Reconciliation Day - Wear Your Orange

8am -Breakfast

9:00 am - 10:15am - Language Activity 1

10:15 - Break

10:45am - 12:00pm - Language Activity 2

12pm - Lunch

1pm - Farewell

FIRST NATIONS HEALTH AUTHORITY VIRTUAL INFO SESSION

Join our virtual info session to learn about the FNHA, career opportunities, and how to apply. Plus, a chance to ask questions.

***Registration Required**



THURSDAY
Sept 19, 2024



TIME
11 am - 12 pm



***REGISTRATION LINK**
[FNHA19Sep.eventbrite.ca](https://www.eventbrite.ca/FNHA19Sep)



This program is funded by the Government of Canada
and the Province of British Columbia.

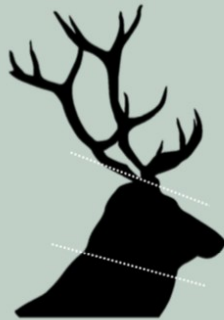
CHRONIC WASTING DISEASE IN SYILX TERRITORY



Chronic Wasting Disease (CWD) has been confirmed in two deer southeast of Cranbrook in the Kootenay region of British Columbia on February 1st, 2024. CWD is a fatal neurological disease affecting cervids like deer, elk, moose, and caribou, with long incubation periods. Infected animals can appear healthy. CWD concerns the Syilx Nation and wildlife managers due to its threat to cervid populations and food sovereignty. Testing for harvested animals in affected and non-affected areas is highly recommended. Instructions and drop-off locations for testing animals can be found below.

REMOVE HEAD AND TAG

All harvesters are encouraged to provide samples after harvesting a elk, moose, deer, or caribou in Syilx Territory.



REMOVE ANTLERS AND BAG

Remove any antlers and remove the head from the body with at least 3 inches of neck attached to the skull.



DROP-OFF LOCATIONS

Deposit all harvested deer heads within one week of harvest to one of the designated drop-off locations. Ear tags, zip ties and garbage bags will be supplied at the freezer locations.



SYILX-LED DROP OFF LOCATIONS

ONA - WESTBANK

101-3535 Old Okanagan Hwy
(Open 8:30 am - 4:30 pm)
Contact: Mackenzie Clarke
250-681-0131

ONA - PENTICTON

697 Wade Ave W
(Call ahead to arrange drop off)
Contact: Delaney Hall 250-280-2788
or Jeremiah Kruger 250-486-6562

UNB - DOUGLAS LAKE

2225 Village Road
(Beside Green Shed)
Contact: Beth M. Coutlee
250-315-6141

CONTACTS:

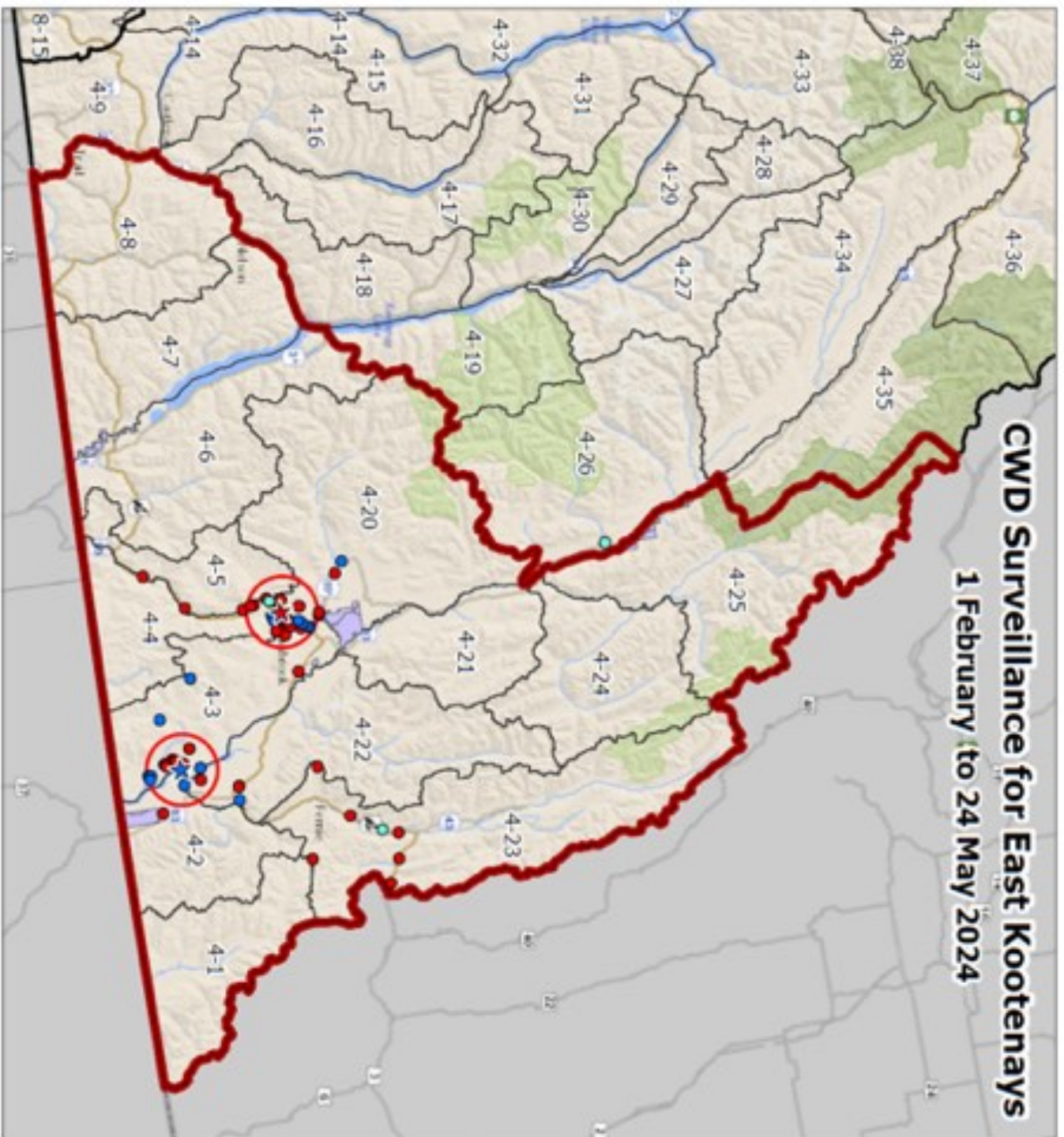
Mackenzie Clarke, tmix^W Biologist
mclarke@syilx.org
250-681-0131

Delaney Hall, tmix^W Technician
dhall@syilx.org
250-280-2788

Jeremiah Kruger, tmix^W Technician
jkruger@syilx.org
250-486-6562

www.okanagannation.com

CWD Surveillance for East Kootenays 1 February to 24 May 2024



CWD Detected

★ Mule Deer

★ White Tailed Deer

CWD Not Detected

● Elk

● Mule Deer

● White Tailed Deer

10 Km

CWD Regulation Boundary

First Nation Reserve

Wildlife Management Unit



0 25 50
km

1:1,500,000

MAD 83 BC Environment Aelbers
Mapping Date 27 May 2024

Copyright/Disclaimer

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CAUTION: This map may be generalized and may not reflect current conditions. Uncharted hazards may exist. DO NOT USE THIS MAP FOR NAVIGATION.

Key Map of British Columbia





June 25, 2024

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, Collette Sunday

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).

General Delivery Douglas Lake, BC V0E 1S0 T 250.350.3342 F 250.350.3311 www.uppernicola.com



Kamloops Aboriginal Friendship Society

1 Day Traditional Pow Wow

September 21/24

12:00pm - 11:00pm

GRAND ENTRY 1:00PM



*KAFS Gratefully Acknowledges the
Support of the Toronto Dominion Bank*

Location - T'kemlups Pow Wow Arbour
365 Pow Wow Trail
Kamloops, BC

MC - Buck Sheena
Arena Director - Tyler Jensen William
Host Drum - Red Spotted Horse

Honoraria Payout for Dancers
and First 5 Drum Groups

Specials in All Categories

Vendors:
\$100 per day - Crafts
\$150 per day - Food

FREE ADMISSION

All Age Event
No Camping Allowed

** No drugs or alcohol permitted,
KAFS not responsible for any
theft, accidents or vandalism

For More Information
Contact: receptionist@kafs.ca
250 - 376 - 1296



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




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.



IN SEARCH OF: RESOURCE PEOPLE

RESOURCES NEEDED

We are in search of resource people. If you can offer something to our community we want to hear from you.

Traditional Food/ Medicine Makers
Storytellers, Drummers

Traditional Ribbon Skirts/ shirts

Beaders, Painters, Crafters, Quilters, Leather
crafters

Workshop Presenters
Elders

SEND YOUR INFORMATION TO KIM FULLER

kwustem.assist@uppernicola.com

FOR MORE INFORMATION
CALL KIM

Call 250 315 3671

APPLY NOW



Find a Health Care Provider in Merritt



With humility, we acknowledge that the practice of family medicine will take place on the unceded, traditional, and ancestral territories of the Sylix and Nlaka'pamux peoples

New Patients

A confidential patient waitlist is now available to connect local residents to a family physician or nurse practitioner providing primary health care in Merritt

Health Connect Registry

Register online at
www.healthlinkbc.ca/health-connect-registry
or call 8-1-1

You will need to provide:
Personal Health Number, phone number,
email and home address with postal code

Eligible Patients

Register yourself, family members, and/or persons in your care if each person resides within the Merritt local health area

Ineligible Patients

Persons who already have a family doctor or nurse practitioner in Merritt
OR do not currently live in the Merritt area
OR do not have a personal health number*
*PHN is found on the BC Services Card

What Happens Next

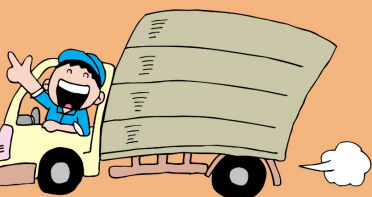
You will be contacted as soon as a provider has capacity to accept you as a patient. We are not able to provide an estimated timeline or any indication of your position on the list but it is expected to take some time and your patience is appreciated.

Health Care Help

HealthLinkBC.ca: 8-1-1
Urgent Care Clinic - Kamloops: 250-314-2256
Pharmacists: can renew certain prescriptions
PathwaysBC.ca: community health resources
Virtual Doctor of the Day - First Nations
Health Authority: 1-855-344-3800



The Health Connect Registry is a provincial initiative of British Columbia's Ministry of Health, administered in this community by the Rural and Remote Division of Family Practice. Recruitment of new family physicians and nurse practitioners is an ongoing priority and registration also helps us to better understand how many primary care providers are needed so we can plan and advocate appropriately. While the goal is to connect every registrant to a primary care provider, it is not a guarantee. Please call 8-1-1 to make any changes to your registration.



IN SEARCH OF

We are looking for drivers who are able to drive our community bus and or van.

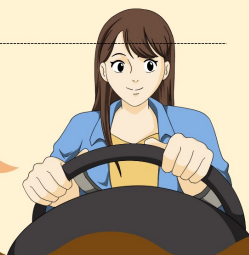
Requirements:

- A valid class 4 driver's license
- At least 2 years of experience driving a truck
- Clean driving record

If you are interested in this job opportunity, please send your resume to
Kwustem.assist@uppernicola.com

For more information please call
250 315 3671 and speak with Kim.

We look forward to hearing from you!



Community Clean up



If you have any large items that you need taken to the transfer station, please call
UNB Health Department 250-378-5058

Stay posted for our next
community clean up event

www.uppernicola.com



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.

CURRENT JOB POSTINGS

- ◇ Lands Assistant
- ◇ JD-HR Assistance
- ◇ Payroll and Benefits Assistant
- ◇ On Site Classroom Teacher
- ◇ On Call Indigenous Monitor
- ◇ Education Assistant
- ◇ Substitute Okanagan Language & Cultural Teaching Assistant
- ◇ Referrals Coordinator
- ◇ Tmxulaw Rights Director
- ◇ Early Childhood Educator

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 October 2nd, 2024. Submissions due September 27th,
2024 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.