



GENERAL BAND MEETING

CHANGE OF DATE!

Wednesday October 2, 2024

6:00pm Via Zoom. Join The Zoom Meeting at:

Join Zoom Meeting:

<https://us02web.zoom.us/j/85372746413?pwd=sZ83PRbfqpOcEedNrx9a1RuDh9B21Z.1>

Meeting ID: 853 7274 6413

Passcode: 608730

Agenda:

1. Adoption of Agenda.
2. Review of Meeting Minutes for June 26, 2024
3. Energy Projects UNB Supports
4. CHRT-41 Settlement Agreement – K^wúStømtíma?

*** 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.

All Band Meetings are a safe space for all membership and visitors; therefore, all in attendance must be respectful.

Any abusive language, belligerence, or non-respectful actions will result in members being ejected from the Band Meetings.

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**

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SAVE THE DATE

ǰá?ǰa?i? tńx^wúla?x^w

“Our sacred places”

October 21-25, 2024

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

WHERE:

ǰ^wumqńátk^w - 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
u nlaws@uppernicola.com

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

liml?mt

CALLING ALL SYILX INNOVATORS AGES 18-35

Do you have business ideas you'd like to explore?
Do you want to use your gifts to support building a brighter future?
Do you have ideas of how to contribute to Syilx prosperity?

SHAPE

YOUR

Syilx

FUTURE:

**A SOCIAL ENTERPRISE
JOURNEY**

Join us in sparking Syilx innovation!
Shape Your Syilx Future—empowering
learning experience designed to inspire
and equip you with the tools to transform
your ideas into impactful social enterprises



OCTOBER 25-27, 2024

In-person Gathering (Naramata, BC) + virtual coaching
Meals & accommodations provided | Gas & childcare stipends available
For more information, visit indigeneyez.com/shape-your-syilx-future



STUWI(x)

NATURALIZATION TOUR

YOU'RE INVITED

October 10th
9:00 - 11:00 am

SITE VISIT:

Join us for an introduction to this community led initiative that aims to restore the floodplain.

EVENT FLOW:

- Walking tours of the site
- Light snacks and hot beverages
- Parking along Pine Street
- Drop-in between 9 and 11 am

PHASES:

Phase 1: (in progress)

Securing floodplain properties for restoration.

Phase 2: Removal of Man-Made Elements

Phase 3: Collaborative Naturalized Design Plan

Phase 4: Building flexible, community-driven designs.

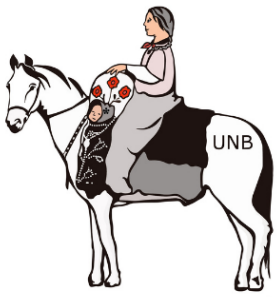
▶ MERRITT.CA/STUWIX

Merritt
FLOOD MITIGATION

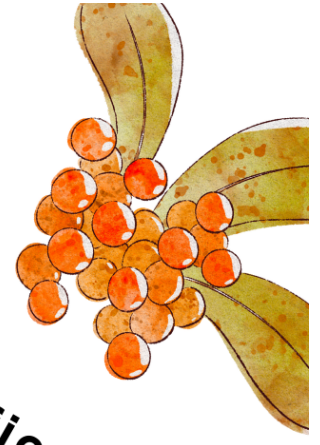
Let's Talk

Future
**ANIMAL
BYLAW**





kʷu stəmtímaʔ



Kwustemtima Office Lakeview Office

RIBBON SHIRT

Making

OCTOBER 3, 2024

Start at 10AM until finished

PLEASE BRING YOUR OWN SHIRT AS WE DON'T KNOW WHAT SIZE SHIRT YOU NEED.

Register Now, Limited Spots Available

FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT NADINE CHILLIHITZIA
CULTURAL.WORKER@UPPERNICOLA.COM

OR 250.280.4752



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/e/fnha-19-sep-2024)



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

UPPER NICOLA BAND

Call out for
Short term/On-call
Firewood Harvesters

Send your letter of interest
to Praharshi at:
hr@uppernicola.com

Must have Valid Class
5 Drivers License and Chainsaw
Safety training.

Rate of pay will be based on
numerous factors

Please call Emily at 250-378-5058
if you have any questions





Upper Nicola

Upper Nicola Band Members

Around the
kitchen table

*Girls
Trip*

AGES
11-16

October
25th, 26th,
27th, 2024

Weekend trip to; The Cove
Lakeside Resort in West
Kelowna

The weekend will include workshops facilitated
by Carolyn Charleyboy, River Anderson and
Willa Ermineskin.

**Topics include healthy self-esteem, healthy
sexuality, drugs and alcohol. Along with self-
care activities and cultural teachings by
knowledge keepers.**

Deadline: September 27th, 2024

**For more information contact:
Debra Manuel
Call/Text (250) 378-7575
dor@uppernicola.com**

*Register
Now*





nks eytkn ~ nəqsíll

FRIENDS & FAMILY NIGHT

DROP IN. EVERYONE WELCOME!

What makes NVIT the post-secondary institute for you?

Find out about NVIT programming and the Immediate Entry Bursary, attend an info session and tour our campus.

Join us for an evening of exploration and connection - we can't wait to welcome you!

MERRITT CAMPUS

Thursday, November 21, 2024
4:00 PM - 7:00 PM

4155 Belshaw St, Merritt,
BC V1K 1R1

For inquiries, please send an email to events@nvit.ca



First Nations Health Authority
Health through wellness

Feeling Sick? Stay Home.

If you're feeling unwell, home is the best place to recover and feel better. You don't want to spread illness to others, whether it be at school, your place of work, or in other public venues.

Not sure if you're sick? If you're experiencing any of the following symptoms, stay home until they pass:



**Coughing
or sneezing**



**Runny or
stuffy nose**



**Sore
throat**



Headache



**Extreme
tiredness**



Fever



Chills



**Muscle aches
or joint pain**



**Nausea
or diarrhea**



**Shortness
of breath**

During respiratory virus season, the common cold, influenza, COVID-19 and other viruses can spread easily and make many people sick. By staying home you're not only giving yourself time to heal, you're protecting others!

For the best protection, check with your community health nurse or local health centre about getting your flu shot and COVID-19 vaccines.

www.fnha.ca/what-we-do/communicable-disease-control

NOVEMBER 2022



STATUS CARD APPOINTMENTS
will ONLY be available on
FRIDAY'S

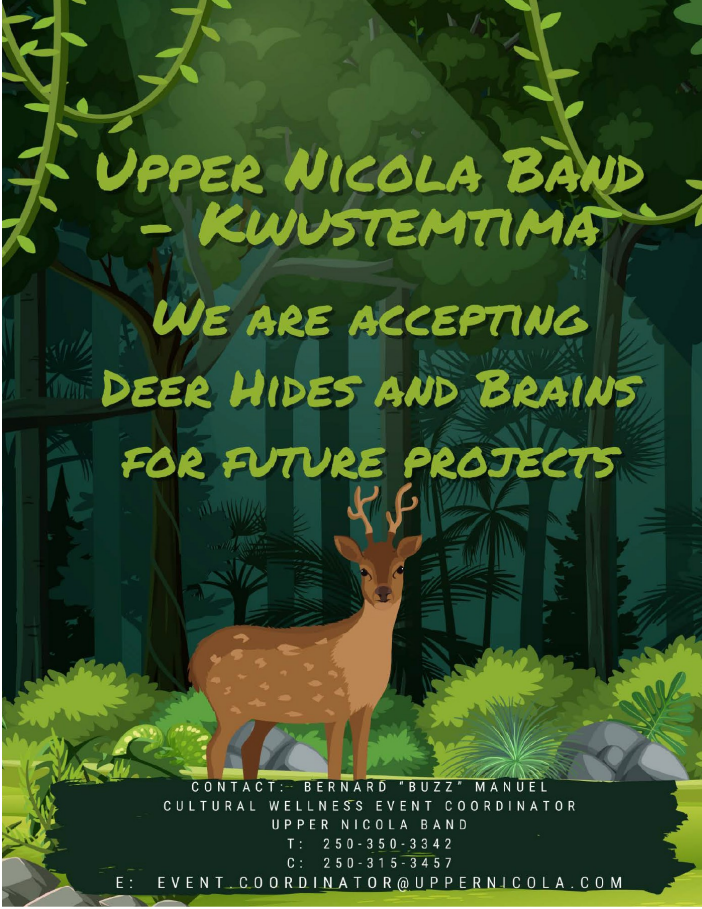
If you need to update or
replace your Status Card,
you need to call
& book an appointment.

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

Please call Becky 250-378-5058



way' xast sxl'xsa't
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.



k'u stamtimá?

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 Syilx 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](http://UrgentCareClinic.ca) - Kamloops: 250-314-2256
[Pharmacists](http://PharmacistsBC.ca): can renew certain prescriptions
PathwaysBC.ca: community health resources
[Virtual Doctor of the Day](http://VirtualDoctoroftheDay.ca) - 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.




k'u stamtimá?



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!



Teck / **Teck Metals Ltd.**
Trail Operations
P.O. Box 1000, 25 Aldridge Avenue
Trail, B.C. Canada V1R 4L8

Deb Bain
Community Engagement Leader
250 364 4113 Direct
250 364 4222 Tel
deb.bain@teck.com

September 23, 2024

SENT BY ELECTRONIC MAIL: communications@uppernicola.com

Chief Daniel Manuel
Chief, Upper Nicola Band
Upper Nicola Band
250-350-3311
2225 Village Road, Douglas Lake, BC
General Delivery, Douglas Lake, BC, V0E 1S0

Dear Chief Daniel Manuel and Council,

Re: Notification for Geophysical Program no. 2024-004 Start Date of October 1, 2024

As noted in the determination of application number 100118900 from the British Columbia Energy Regulator (BCER) sent on September 4, 2024, Teck is notifying Upper Nicola Band of the project start date, scheduled for October 1, 2024.

Surveying is expected to last up to 8 days. The survey is taking place on portions of Columbia Gardens Road, Station Road, and Seven Mile Dam Road. The traffic plan is to have alternating single lane traffic around the operating vehicle during operations with delays of no more than 2 mins. The operating vehicle will be moving slowly around the designated roads throughout each day.

If you have any questions, please let me know.

Sincerely,



Deb Bain
Community Engagement Leader
Trail Operations
+1.250.364.4113
Deb.Bain@teck.com

CC: Lynne Jorgesen, cultural.heritage@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 Kwustemtímata 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 Kwustemtíma 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 16th, 2024. Submissions due October 11th, 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.