



**GENERAL BAND MEETING**

**Wednesday January 29, 2025**

**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 November 27, 2024
3. Nicola Native Lodge
4. Elemental Energy – Boulder/Elkhart Wind Project

**\* Draft Meeting Minutes can be found on the UNB Website:**

<https://uppernicola.com/about/unb-leadership/>

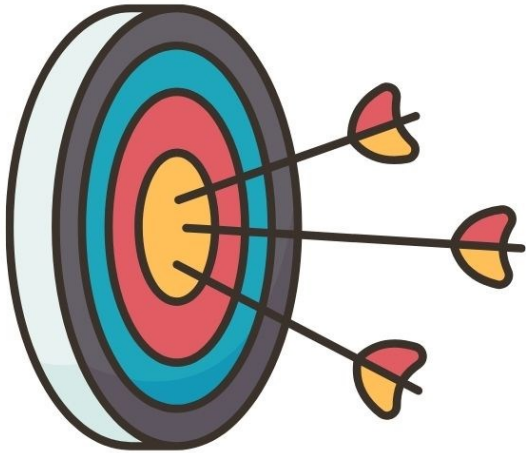
**IMPORTANT NOTICE- This meeting will be recorded for note taking purposes only and will not be shared for any purpose.**

*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.*

# UPPER NICOLA BAND ARCHERY NIGHTS



**Every Tuesday  
from  
January 14th  
till March 11th**

**6:00 to 8:00 PM at the  
Spahomin Community Hall**

Come out and learn and practise Archery with  
Trained and Certified Coach Buzz Manuel.  
Open to all UNB Members and Community Members.  
No Experience Neccessary. Equipment is provided.  
Please bring indoor shoes and a water bottle.  
Registration is FREE and taken on-site every week.



**For More Information  
Contact Buzz Manuel  
T: 250-315-3457**





# ***BUZZ'S BOOTCAMP***



**Every Thursday**

From January 16th

To March 13th

**Lunch Hour Workouts:**

12:15 - 12:45 PM

**& Evening Workouts**

6:00 - 7:00 PM

***AT THE SPAHOMIN COMMUNITY HALL  
COME OUT AND LEARN HOW TO USE THE  
GYM EQUIPMENT USING SIMPLE CIRCUIT  
WORKOUT PLANS WITH TRAINED  
FITNATION LEADER BUZZ MANUEL***

***INCENTIVE PROGRAM:  
ATTEND 6+ TO RECEIVE A  
WELLNESS GIFT CARD***



# Family Wellness Challenges

Welcome to our Family Wellness Challenge, where we're dedicated to inspiring positive change and fostering a healthier, happier you!

**Week 1 - Jan 22 to Jan 29 - Out on the land**

**Week 2 - Jan 29 to Feb 5 - Self-Care**

**Week 3 - Feb 5 to Feb 12 - Physical Activity**



## Weekly Prizes Given Out!

**Each daily picture gives you a  
entry in the draw.!**

**Do your challenge, text your name and  
picture to Tiffany at (250) 280-4717 or  
Christine at (250) 280-4833.**

**Family**

**Wellness**

**Challenge**

**KwuStemtima?**

# Hub Insurance Info Session

LEARN MORE ON VARIOUS TYPES OF INSURANCE

MAY OR MAY NOT BE CATERED, NEED TO FIND CATERER.

IF YOU OR SOMEONE YOU KNOW ARE INTERESTED IN CATERING

CONTACT UNB HOUSING 250 -350- 3342 ASK FOR CLIFF

THERE WILL BE COFFEE AND TEA PROVIDED BY HUB INSURANCE

TUESDAY, FEB 18TH 2025, 4:30PM - 7PM

INFO SESSION

COMMUNITY GYM





You are invited

COMMUNITY PHOTO SHARING DAY

Who We Are &  
Where We Come From

Come set up a table and Share  
your photos and visit  
Enjoy an afternoon on memory lane

When: January 27, 2025

Where: N'kwala School Gymnasium

Time: 1: 00 Pm - 6 : 00 Pm

Soup n Bannock

4more info: Juanita Lindley @

(250) 350-3342

syilx3@uppernicola.com





UPPER NICOLA BAND INVITES YOU TO JOIN US

# CAPTIKWL

*storytelling*



**FEBRUARY 01, 2025**

**TIME: 11:00 AM**

**8:00 PM**

**WHERE: 4155 BELSHAW ST.**

**MERRITT B.C**

**NICOLA VALLEY INSITUTE  
OF TECHNOLOGY (NVIT)  
AUDITORIUM**

**MEALS  
PROVIDED**

**HAND  
DRUMMING**

**OPEN MIC  
SHARING**

For more info: (250) 575-4907

Trish Manuel - 13 Moons Facilitator

[syilx3@uppernicola.com](mailto:syilx3@uppernicola.com)



# Brushing Challenge!!



Your Children's Oral Health Initiative (COHI) Program is putting on a brushing challenge, see below for details!!

For Children Ages 0-7 and Their Parents/Guardians

Join us for the Brushing Challenge this February!

## How to Participate:

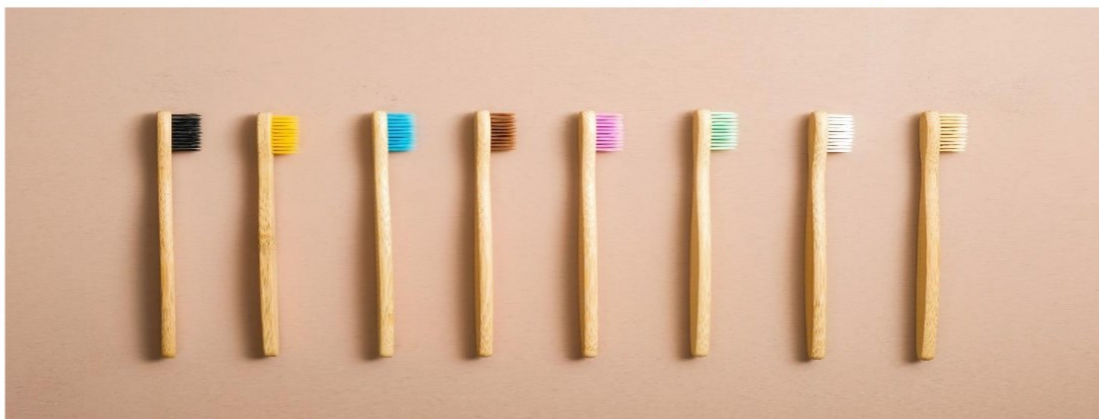
- Pick up your Brushing Challenge form at the health center.
- Write your child's name and your contact information on the form.
- Complete the form and return it to the health center by **February 28, 2025**.
- \* Complete as much of the form as possible before returning.

## Important Details:

- If you need a toothbrush, floss, or toothpaste, please speak to Maple Manuel at the health center. And she can arrange for a toothbrush, toothpaste and floss to be available for you.
- Forms must be submitted by **February 28, 2025**.
- A draw for the prize will take place in March 2025.

**\*Win an electric toothbrush for your child and their parent or guardian! \***

We look forward to your participation!







**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**

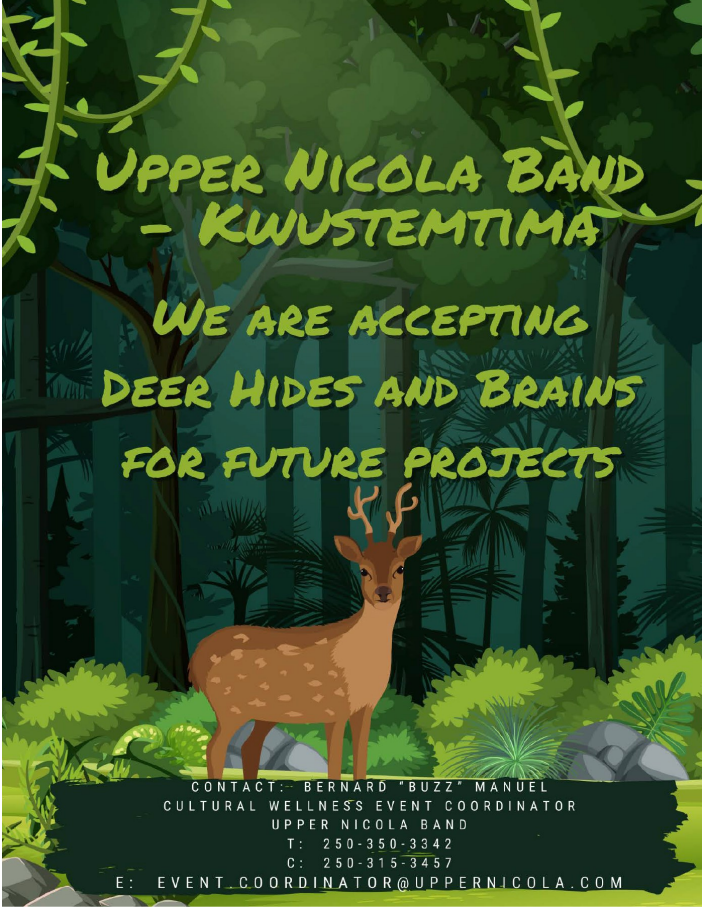
Please call Becky 250-378-5058



nsyilxcn

way' x̣ast ṣł̣x̣sał̣t  
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



 HealthLinkBC

**Looking for a family doctor  
or nurse practitioner?**

**The Health Connect Registry can help**

**Go to** [www.healthlinkbc.ca/health-connect-registry](http://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**

 Rural and Remote  
Division of Family Practice



k'u stamtima?

## 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](http://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](http://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](http://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 stamtima?



## 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](mailto:Kwustem.assist@uppernicola.com)

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

We look forward to hearing from you!



## April 1, 2024 to March 31, 2025 Recreational Funding for UNB members.




**To be eligible**

- you Must be an UPPER NICOLA member with a registration number beginning with 697.
- Each UN member who is eligible and approved will be allotted up to the amount of three hundred dollars (\$300.00), maximum yearly amount.
- Receipts need to be dated between April 1, 2024 to March 31, 2025**

**Eligible Activities:**

Any recreational activity that includes sports fees and equipment, gym fees and equipment, outdoor activities, equipment, ect

You are also able to submit for traditional supplies you may be buy to do: bead work, Hide tanning, fishing/ hunting and canning

**You can submit your applications to:**  
[Thelma Chillhitzia officemanager@uppernicola.com](mailto:Thelma.Chillhitzia.officemanager@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 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.

**CURRENT JOB POSTINGS PLEASE SEE OUR WEBSITE**

**WWW.UPPERNICOLA.COM**

To get the full job description please see them on our website [www.uppernicola.com](http://www.uppernicola.com). Please send applications to [hr@uppernicola.com](mailto:hr@uppernicola.com)

Next newsletter is February 5th, 2025 so please have submissions in by February 1st, 2025 by 4PM.



**Contact Us**

**Upper Nicola Band**

Visit us on the web at [www.uppernicola.com](http://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.