



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.

HELP US PLAN THE FUTURE OF UPPER NICOLA!

Upper Nicola Band is updating our Land Use Plan and Land Allocation Policy.

We want your input on how this project can best represent the community and residents of Upper Nicola.

WE WANT TO HEAR FROM YOU!

Join us on **Thursday January 9th at 12pm** for a community event hosted at the **Upper Nicola Health Centre** at 7055 Hillside Road, Quilchena!

This session is for the community **elders.**

ENGAGEMENT ACTIVITIES INCLUDE:

- Project update presentation
- Group discussion
- Questionnaire



Want to participate online instead?

Scan the QR code to fill out the online questionnaire! UNB will also provide updates on our social media channels throughout the project.

Visit: uppernicola.com/membership



Upper Nicola

Upper Nicola Christmas Tree Enchantment 2024 Summary

way'k'wu k'wuk'w'stp p ya'gyá'ft i? sponsors

Thank you to all of our sponsors for their donations to the UNB Christmas Tree Enchantment!

way'k'wu k'wuk'w'stp p ya'gyá'ft i? ticket purchasers

Thank you to ticket purchasers

Congratulations to the Winners!

Tree	Sponsor(s)	Winner
Washer & Dryer Tree	JF Archachan Contracting	Peggy Joe
Deep Freezer Tree	Trans Mountain City Furniture	Rick Shoebridge
Fencing Tree	NicPac Contracting Joe & Sons Concrete Ltd.	Andrew Phillips
Tool Tree	McElhanney Consulting Nicola Chainsaw & Equipment Rentals	Eva Paul
Weekend Getaway Tree	Hub International	Craig Draney
Boys Tree	Snuffy's Contracting Mack Kirk Roofing & Sheet Metal Ltd. Ashcroft & Company Nancy Saddlemen	Francine Prairiechicken
Womens Tree	Kamloops Office Systems Nancy Saddlemen	Willa Ermineskin
Money Tree	Ricoh Canada	Melinda Carman

Ice Fishing Tree	Construction Foundation of BC Home Hardware RBC Dominion Securities – Rhonda Hymers	Barb Kelly
Kwu Stemtima? Tree	Kwu Stemtima?	Steve Manuel
Girls Tree	Mandell Pinder LLP RBC Indigenous Relations Unitech Construction Management	Megan Ward
Outdoor Adventure Tree	Tracer Electric Bass Coast	Bernice Clark
Grocery Tree	D& T Developments Tracer Electric Charlotte McRae & Charlee McRae	Harold Aljam
Sports Tree	Fortis BC	Mughar Mann
Gift Card Tree	Stuwix Resources Michael Green Architecture	Dawn Nikols
Lotto Tree	Kala Geoscience	Stephanie Joseph
Gamers Tree	Crowe MacKay	Charlene Harder
Calgary Stampede Tree	Unitech Construction Management Michael Green Architecture	Dallas Ingvarsten Kallen Ross
Living Room	Upper Nicola Holding Limited Partnership	Satara Twan





nłq ìtem łx Quilchena Community Centre Update January 7, 2025

Construction of the 23,000ft² building began in May 2024, at Lot 8-1, IR 1 Nicola Lake.

Construction has been underway 8 months. The footprint of the building is prepared, mass timber will begin to be erected, and prefabricated walls are being installed. We will be in lock up stage by March 2025.

One of the outbuildings, the Maintenance Building is under construction and is projected to be completed by February 2025.

Substantial completion is projected for December 15, 2025: 11 months away!

Team of professionals assisting UNB with project:

- Michael Green Architecture: Architect
- Unitech Construction Management: Construction Manager
- Owners Representative: Colliers Project Leaders
- Independent Professional Services : Jenson Hughes

Upper Nicola Band Team

- Collette Sunday, Band Administrator
- Peyton McRae, Interim Director of Community Services
- Chief and Council,
- Kwu Stemtima? Reps: Kwu Stemtima? Debra Manuel, Kim Fuller
- Loretta Holmes – environmental review, monitoring
- Artifact Remains: Loretta Holmes, Lynne Jorgesen
- Art Committee: Maynard McRae Jr, Justine Manuel, Lynne Jorgesen, Debra Manuel, Kim Fuller,
- IT, Furniture, Fixtures: Thelma Chillihtizia, Tierra

All subcontract opportunities were posted on BC Bid in April 2024. Award of 35 subcontracts took place over Spring 2024.

We have had 3 UNB contractors work on the project: JF Archachan: John Archachan, DMac Developments: David Alexander, NicPac Contracting: Steve Manuel.

The Unitech Team includes Tedra York, the Construction Safety Officer. We have had five carpenter apprentices working at the site: Samuel Tom, Kyle Briggs, Nathan Tom, Christopher Chillihtizia, Travis Tom & Jovial Thomas.

We are working to award work to Artists for 4 pieces of art on the site. Stay tuned next month, for update on this!

See pictures of progress of work.

We will continue to provide updates on the Construction of the building on a regular basis







All paperwork has to be in March 31st, 2025.

April 1, 2024 to March 31, 2025

**Recreational Funding
for UNB members.**



Upper Nicola



Upper Nicola

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

Personal Growth 28-Day Challenge

Walk on the land	Catch up with a friend	Schedule a fun activity	Write a gratitude list
Plan a healthy meal	Practice a cultural craft	Write a to-do list	Pamper yourself
Learn some new words in our language	Read a self-help book	Do a quick yoga session	Listen to traditional music
Adopt a new habit	Drink enough water	Avoid social media	Go on a solo date
Listen to an Indigenous podcast	Have a smudge	Have a movie marathon	Meditate for 10 minutes
Try out a new recipe	Go to bed early	Cook a healthy meal with traditional foods	Wake up an hour earlier
Create a new playlist	Go for a long walk	Start journaling	Learn a new skill



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**

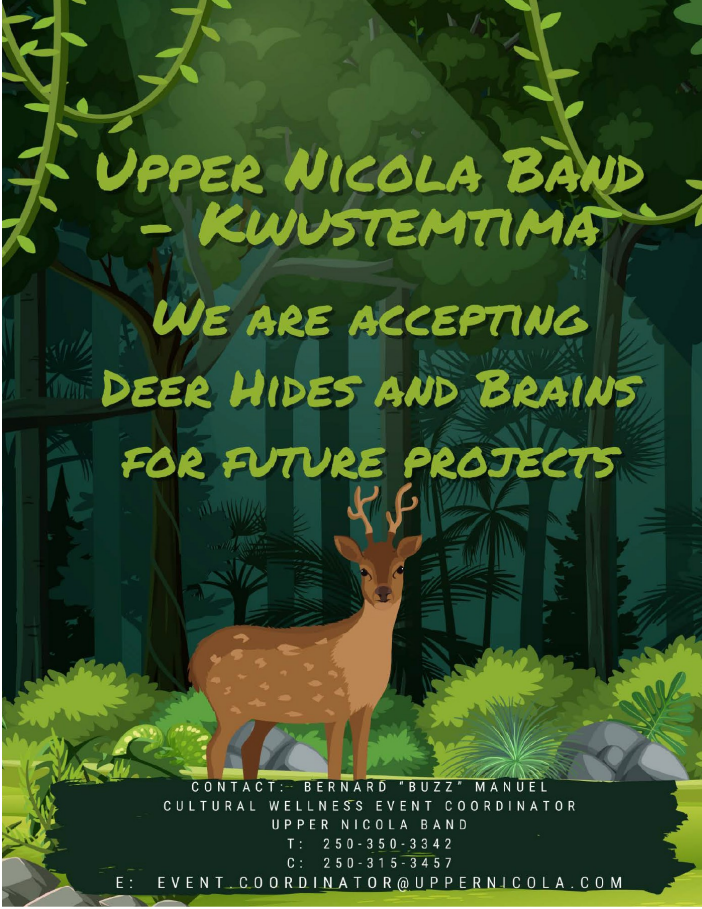
Please call Becky 250-378-5058



nsyilxcn



way' xast sxl'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




**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



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 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 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

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.

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You can submit your applications to:
[Thelma Chillihitzia officemanager@uppernicola.com](mailto:Thelma.Chillihitzia.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 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 PLEASE SEE OUR WEBSITE

WWW.UPPERNICOLA.COM

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 January 7th, 2025 so please have submissions in by January 3rd, 2025 by 4:30.



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.