



GENERAL BAND MEETING

Wednesday February 26, 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 January 29, 2025
3. Member Vote- Band Transfer Candidate – Fawn Adolph
4. Chief and Council Elections 2026 Presentation

*** 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
Language Department



nsyilxcn tea talks

We invite you to a gathering for tea, visiting, and learning about our sqilx^w†cawt and syilx ways through language and shared discussion.

February 13th, 12:00-4:30 pm

@ nsyilxcn, language trailer

February 23, 12:00-5:00

@ k^wu stəmtíma? office

Snacks & meal provided

Any questions please reach out to Justine,
syilx2@uppernicola.com





k^wu ksmypnwiłna?x ta nsyilxcn snq^wnim

We are going to learn to sing
songs in nsyilxcn.

We are coming together to learn our language through
song, with the goal of sharing our voices and our culture
with the community at upcoming events. We'll begin with
familiar nursery rhymes and build from there.

We invite all to join!

Every skix^{wi}ws (Monday) we will gather on
zoom from 12 to 1 pm and 6 to 7 pm.

Meeting ID
896 6945 8410



SCAN ME

For any questions please reach out to
Justine, syilx2@uppernicola.com





Upper Nicola
Language Department

k^wu ksʔullúsaʔx uł ksq^waʔq^wáʔlaʔx



nsyilxcn gathering

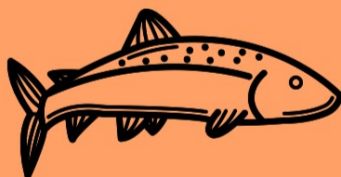
Feb 6th & Feb 20th
@ 685 Sydney Avenue,
Kamloops, BC
5:00-7:00 pm



these sessions will focus on the basics of
nsyilxcn, the sounds of our language,
greetings, prayers, numbers,
colors & more



for any questions please reach out to
Justine, syilx2@uppernicola.com



Thankyou Upper Nicola Members for helping with Eugenia Stewart's funeral

Fred Holmes the MC and lead role in organizing the Flow of the 4 days.
Tim and Buzz Manuel for hand drum songs at the chapel and the welcome back to our territory.

Rene Lamothe for cooking wonderful dinners at the home
Duane Tom for being there the moment our mom passed
Carol, Opal and Linda – singing the Woman's Warrior song
Hand drummers at the funeral drumming her in and out and at grave site
thankyou!

Robert Moses Jr. Miles Briggs and Michael Sturgeon for your memorial speeches at the funeral
Grave diggers, Steven Manuels backhoe and Dean Tom operator and family members shovel work
Cross Makers Alvin, Miles and Michael

Ceder gathering Alvin, Miles and Cathy

Fire Watchers Uncle Howie Swakum, Skylar Joe, Kyle and Miles Briggs, Shane Charters

Wood Suppliers Upper Nicola Band through J Stewart contracting and Shelly, Jeramiah Holmes, Phillip
and Arnie dropping wood off at graveyard

Dave and Rich Egan fire watchers at graveyard

Katherne Baptiste pamphlet maker and Media person

The elders, family friends and working professionals who assisted with Mom since Feb 2

Randy Chillihitizia and Tim Manuel for singing at the wake

Traditional support from Tim and Patricia Manuel

For the Kustemtemia crew cooking the final meal at NKwala school

Flute playing by Amanda Lamothe

Community members dropping cooked food off Charolette McRae, Valarie Holmes, Darlene Saddleman

Martha Chillihitizia, Georgette Nash, Nettie Ernest, OJ and Dave Egan

Clair and Carmen Tom for setting up the school

Opal Charters and Joan DeGray ensuring the church was ready

Beverly Alexander and Lorna Lindley for assisting the family with prayers at time of death

Many heartfelt thanks for the monetary and food donations

Verna Moses for using BCAA for truck #1 and for everyone moving coffin to Truck #2

For all the heartfelt prayers and private messages on Facebook

Top Box makers Steve and Kyle Briggs

Steve, Kyle Briggs, Greg Joe and Aaron for driving Mom to her final destination

Shamus Egan assisting with final view on night of Wake

Joan DeGray for finding a place to stay for Michael and family



I know I probably forgot to mention a few people. Organizing a funeral for your parent is one of the hardest things to do. We are truly honored for all your friendship, prayers and assistance. I can say there was a lot of funny moments during the planning and funeral.

On behalf of the Stewart Family Thankyou!

N'KWALA NEWSLETTER

February 2025



Message our Principal

February is heart ❤️ month, anti bullying, Valentine's, so let's all be kind, share kind words, and respect each other.

Message from Mr. Chretien

Congrats to all N'kwala high school students on completing Semester 1 with great success! As we dive into Semester 2, let's keep up the momentum and make it another amazing half-year.

Shoutout to the Class of 2025—graduation is set for June 23rd, and we're so close! Let's finish strong!



Reminders

Salmon Lake -Trout Fishing.

Upcoming fishing field trip!
PARENTS WELCOMED TO JOIN!

Feb 7/2025
Location: Prince Philips

N'KWALA NEWSLETTER

February 2025

Well, events in January 2025 are going great in our classroom!! In all of our subjects, our students are engaged in the learning that has been taught. In Language Arts, we are wrapping up our novel study on the book "Number the Stars" by Lois Lowry, where a girl must help hide her friend from the dangers of war. In Math, we are diving into division and long division, and in the next couple weeks, will start to learn about money and use in everyday life. In Social Studies, our class has been exploring the history and culture of Ancient Greece with how ideas from their past helped influence our present. In Science, we are finishing our unit on Electricity and in the next couple of weeks, will start to look at Evolution/Biodiversity in different species. In Career Education, students are learning key leadership attributes and skills needed in life. In short, 2025 is off to hot but fun and intriguing start. I look forward to seeing my students learn more in the coming weeks.

Limlimpt

Mr. Chenoweth



Upcoming Events

Feb 2nd Did s̄łut̄x see his shadow?
(sk'oo-toh)

PINK SHIRTS will be handed out this year! Please keep an eye out for the notice

GRAD/SCHOOL Photo DAY

April 23, 2025 Time - TBA

GRADUATION Gown Sizing Form DUE
Feb 7th

No school

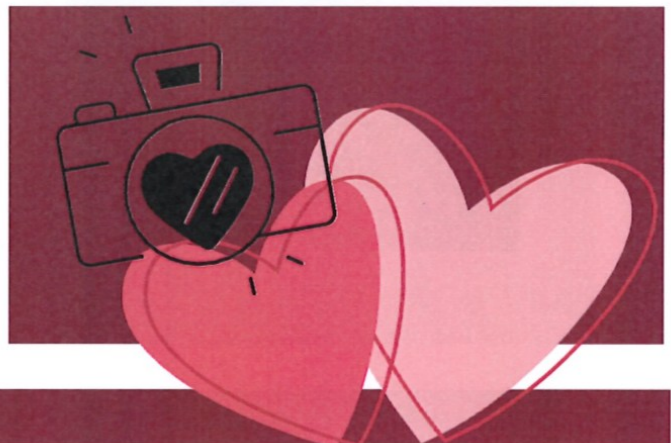
Friday Feb 14th/Pro D DAY
Feb 17th/Family Day

Feb 26, 2025

PINK SHIRT DAY!



The last Wednesday of February each year is Pink Shirt Day in Canada. Pink Shirt Day, also known as Anti-Bullying Day, raises awareness about bullying in schools, workplaces, at home and online



Indigenous Skills Training and Employment Program in partnership with Needs of the Community Society is offering:
What the "L" Workshop

**DO YOU NEED
HELP TO GET
YOUR "L"
LICENSE?**

Lunch will be provided

Whats offered:

- Navigation through the Driver's guide booklet step by step.
- Highlight key points in each session.
- Identifies useful clues in preparation for the exam.
- Opportunities for participants to ask questions and learn through group discussions.

- 10 in person seats available
- Must be available to attend and complete both sessions.
- On the 2nd date you can write the learners exam at an ICBC office.

Basic Eligibility

- Must be 16 yrs old or older.
- Must be of Indigenous descent.
- Currently unemployed or under employed.
- Must reside in the Nicola Valley.
- Hold 2 pieces of valid ID, one primary and one secondary.
- Ability to complete ICBC parental consent form if under 19 years old.
- Have no outstanding fines with ICBC.



TRAINING WILL BE HELD ON:
March 17, 2025 @10:00 AM-2:00 PM
&
March 22, 2025 @9:30 AM-1:30 PM
AT THE COMFORT INN & SUITES



If you are interested please send an email to the ISET Employment Counsellor Corrina Smith at counsellor@scwexmtribal.org or call 250-315-9465



THE URBAN, RURAL, AND NORTHERN (URN) INDIGENOUS HOUSING ENGAGEMENT WORKSHOPS

**FEB 28, 2025 MERRITT CIVIC CENTER
9 AM - 3:30 PM**

The URN & Reaching Home Indigenous Housing Engagement Workshops bring together Indigenous leaders, community members, and stakeholders to shape the future of off-reserve housing and homelessness funding. These workshops are part of a broader effort to address housing challenges and support solutions to homelessness.

Lunch Provided and \$100 Travel stipend for first 50 registered

Who Should Attend?

These workshops are open to Indigenous First Nation leaders, housing coordinators, community members, or staff involved in off-reserve housing and homelessness initiatives. Participants will have the opportunity to share insights, influence funding strategies, and contribute to the development of culturally relevant, sustainable housing solutions.

Workshop Objectives:

1. **Identify Funding Priorities** – Explore housing needs in off-reserve Indigenous communities.
2. **Engage Communities** – Facilitate dialogue to align on community-driven goals.
3. **Develop Strategic Pathways** – Collaborate on optimizing URN funding.
4. **Support Vulnerable Populations** – Focus on solutions for women, children, elders, youth, and at-risk groups.
5. **Strengthen Partnerships** – Build connections to address homelessness and housing equity.

RSVP Required / Register Today!

Contact Ryan Oliverius, Regional Service Delivery Coordinator,
at ryan.oliverius@fnhic.ca for more information



BC FIRST NATIONS
HOUSING &
INFRASTRUCTURE
COUNCIL





way' Upper Nicola Band Members

At the October 25, 2023, General Band Meeting, the following motion was passed:

It was moved and seconded to appoint the following people to the Tribunal Committee:

1. Elder (65+years): Cindy Tom Lindley
 2. Woman: Emily Payout
 3. Man: Ernie Ducharme
 4. UNB member with a basic understanding of Syilx Language;
Maynard McRae Jr
 5. Person: Diana Boston
- On January 20, 2025, Emily Payout resigned her position as Tribunal Committee Member.
 - On January 29, 2025, Cindy Tom-Lindley resigned her position as Tribunal Committee Member.

As a result of the resignation, there are two Tribunal Committee positions vacant.

We are in search of two UNB members that is interested in serving on the Tribunal Committee: Elder (65+years), and person at large, with option, at least one person younger than twenty-five(25) years of age.

To apply please contact Jamilynn Viviers, Governance Executive:

Email: gov.executive@uppernicola.com

Phone: 250 350 3342

Jurisdiction and Laws Report
Submitted by Carol Holmes - February 2025

UBCO Nursing the Mothering Colab, Lisa Knox

The organization is interested in working in partnership, along with the 7 other Interior Region Nations of the First Nation Health Authority. The Co/lab will be “exploring how health data, and the processes of collecting, analyzing, and reporting the data can be used to advance justice for mothers, and their families and communities, in the context of drug and/or alcohol use before, during and after pregnancy”. In line with the request for partnership, the kʷu stəmtíma? have been requested to participate with the Grandmother’s Gathering to be held in the Okanagan, details to be confirmed. Confirmation to participate will be determined at the next meeting.

For more information the following links:

Mothering Co/Lab: <https://www.colabbc.ca/the-mothering-colab>

Grandmothers Perspective: <https://bchumanrights.ca/publications/datacollection/>

UNB Full Jurisdiction over Relations

1. MNP has been awarded the contract to “support Upper Nicola Band and kʷu stəmtíma? with the delivery of jurisdiction coordination services to assert full jurisdiction over Relations”.
 - a. Other work in progress – Finalizing a Survey/Questionnaire to find out the ‘Who’ and ‘Where’ the UNB Rights Holders are located
 - b. Video – Mastermind Studios, Kamloops, was awarded a contract. The video focusing on Our Children: Our Future and their viewpoint on the future, laws, and jurisdiction. This video should be completed by late Feb to mid March 2025.
2. Other work completed
 - a. Community Engagement Sessions (5) – At each of the Community Sessions, the Our Relations Blanket Exercise (ORBE) was presented in original or modified form and a PowerPoint presentation of the kʷu stəmtíma?. Discussions, questions, and/or comments included:
 - Jordan’s Principle – funding and delays/waiting time
 - Indigenous Governing Body (IGB) – Who will determine?
 - UNB History – Teachings of our history must be known
 - kʷu stəmtíma? - Roles and responsibility, Family representation
 - Safety, Inclusion, and Violence
 - Family Relationships
 - Experience with MCFD and/or DAA
 - AFN and the First Nations Child and Family Services and Jordan’s Principle Compensation
 - Support for on and off reserve

ONA Scope of Family Law

The meeting held on Jan. 17 -19, 2025 in Penticton discussed [axá i? sccuntət i? tl ʔa?xitət ʔl i? nəqsiltət Family Declaration](#) and Roles and Responsibilities, i?sktúkwwps Something you cannot walk away from. The nəqsiltət Declaration provides a strong foundation for our law. The work we must do is to determine the components of the law. Discussion was initiated with the following two questions and one case study:

- The Declaration states “We define family as our immediate family, our extended family, and all those we accept as family.” Who gets to say who is accepted as family?
- What are the roles and responsibilities of two people wishing to conceive a child?
- Case study regarding attempted suicide by a female youth: What do the captíkʷł tell us about how a situation should be handled? What teachings, protocols, or cultural ways should be acted upon? What are the syilx laws that must be followed to ensure good outcomes and that the situation does not happen again?

Data and Assessment

Blanketing Our Children, Project Lead Mary Czernick and IT Lead Chris Gillen

The South Island Indigenous Authority (SIIA) is the Indigenous Governing Body (IGB) for 7 South Island First Nations. Currently MCFD does not allow access to the Integrated Case Management (ICM) files. The First Nations with jurisdiction or pursuing jurisdiction are planning or using a data base that suits their needs. These may not be available to be shared with other FN because of confidentiality and risk.

The Blanketing Our Children project started November 2024 and ends March 2026, their goal is to reach and recruit all IGB in B.C. to “discuss the needs, identify the gaps, and develop Standards” (OCAP principles). They held their first meeting early January 2025; other meetings have not been posted (mid February). They are requesting IGB signatories for a Letter of Interest and the Data Standards.

AFN and the First Nations Child and Family Services and Jordan’s Principle Compensation

- [Update](#) from an AFN Bulletin includes - Canada has informed the AFN that Canada’s mandate does not permit further national-level negotiations of the First Nations Child and Family Services (FNCFS) long-term reform. Negotiations will continue with the Chiefs of Ontario (COO) and Nishnawbe Aski Nation (NAN). Initial FSA was \$47.8 billion over 10 years. The next step for pursuing long-term reform may be litigation
- National Children’s Chiefs Commission
 - Appointed Chair, Chief Pauline Frost, Vuntut Gwitchin
 - BCAFN Representatives Chief Cheryl Casimer, ʔaʔam and Deb Foxcroft, OCOW
 - Seeking individuals to serve on the NCCC bargaining team (February 14, 2025)

To keep up to date:

- AFN and the First Nations Child and Family Services Reform - either check their website or subscribe to the AFN Bulletins.
- OCOW Our Children Our Way – events, webinars, etc. Check their website.

WELCOME to 2025 LACROSSE SEASON



Hello Everyone,

With hockey ending quickly, Lacrosse will be starting in April as soon as the ice is out of the rinks.

This is our first year in the Nicola Valley after COVID and we are really hoping for another great year for the kids.

The fees and age groups are:

U7	\$100	5 & 6 (born 2019-2020)
U9	\$100	7 & 8 (born 2017-2018)
U11	\$125	9 & 10 (born 2015-2016)
U13	\$145	11 & 12 (born 2013-2014)
U15	\$165	13 & 14 (born 2011-2012)
U17	\$175	15 & 16 (born 2009-2010)

We will be completing registration on-line. This is a First come/first serve basis. The maximum for each team will be 18 runners with 1 goalie. The registration link can be found on our website:

www.nicolavallylacrosse.com

PRACTICE DAYS:

Monday and Wednesday's

U7 & U9 - 5:00 to 6:00

U11 - 6:00 to 7:00

U15 - 7:00 to 8:15

Tuesday and Thursday's

U13 - 6:00 to 7:30

U17 - 7:30 to 9:00

We are looking forward to another great season.

If you have questions, please email (nicolavalleylacrosse@gmail.com) or see Registrar Terra Fox.

Thanks so much,

Nicola Valley Lacrosse.

NICOLA VALLEY YOUTH

FEATURING:
LAURA GRIZZLYPAWS
& JORDIN TOOTOO



GATHERING

MAR 25-27, 2025 | FOR YOUTH AGED 13-18



We warmly invite the youth of the Nicola Valley to our annual Youth Gathering, featuring on-the-land teachings from local elders and teams. The event will focus on building connections, celebrating culture, and sharing valuable lessons from the land.

Open to all of our 5 surrounding bands, 50 participant capacity so register soon!

**MEALS PROVIDED
DOOR PRIZES &
ENTERTAINMENT**



Scw'exmx
Child & Family



Citxw
Nlaka'pamux
Assembly

Questions email:
ShayLee.Jack@scwexmx.com
or call (250) 378-2771

DAY 1: MAR-25-2025

AGENDA

8:30 AM	Registration & Breakfast at KLC
9:30 AM	Buses transport everyone to Nooaitch
10:00 AM	Introductions
10:15 AM	On The Land Activity
12:00 PM	Bagged Lunch
12:30 PM	Buses transport everyone to LNIB
1:00 PM	Introductions
1:30 PM	On the Land Activity
4:00 PM	Buses transport everyone to NVIT
4:30 PM	Pizza in the Mezzanine
5:00 PM	Doors open at NVIT: Laura Grizzleypaws in the Theater
8:00 PM	End of Day 1/Dismissal

Questions email: ShayLee.Jack@scwexmx.com or call (250) 378-2771

DAY 2: MAR-26-2025 AGENDA

8:30 AM	Registration & Breakfast at KLC
9:30 AM	Bus transports everyone to Coldwater
10:00 AM	Introductions
10:15 AM	On The Land Activity
12:00 PM	Bagged Lunch
1:00 PM	On the land activity
3:45 PM	Return to KLC
4:30 PM	Dismissal
6:00 PM	Banquet Opening at NVIT
6:30 PM	Dinner & Keynote Speaker (Jordin Tootoo)
8:00 PM	Door Prizes
8:30 PM	End of Day 2/Dismissal

Questions email: ShayLee.Jack@scwexmx.com or call (250) 378-2771

DAY 3: MAR-27-2025 AGENDA

8:30 AM	Registration & Breakfast at KLC
9:30 AM	Buses transport everyone to Upper Nicola
10:30 AM	Introductions
10:45 AM	On The Land Activity
12:00 PM	Bagged Lunch
1:00 PM	On the land activity
3:30 PM	Bus transports everyone to KLC
4:30 PM	Dismissal

Kwukwscemxw | Limləmt | Thank you

Questions email: ShayLee.Jack@scwexmx.com or call (250) 378-2771



Upper Nicola Community Health Services

7055 Hillside Road
General Delivery, Douglas Lake, BC V0E 1S0
Phone: 250-378-5058
Fax: 250-378-6361

CONFIRMATION OF APPOINTMENT/ATTENDANCE FORM

SPECIALIST INFORMATION:

Doctor's Name: _____

Phone: _____

Address: _____

Fax: _____

PLEASE CONFIRM THAT

Name: _____

DOB: _____

Status Number: _____

HAS AN APPOINTMENT ON:

Date: _____

Time: _____

REASON FOR APPOINTMENT:

(IE: CONSULTATION, DIAGNOSTIC TESTS, TREATMENT, SURGERY, ETC)

Escort Required? Yes/No

Reason? _____

Physician's Professional Stamp Here Please:

And/ Or signature: _____

Pending Appointment if known:



BUZZ'S BOOTCAMP

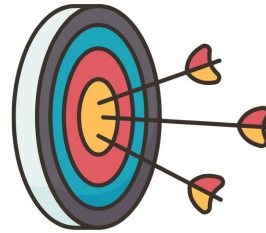


Every Thursday
 From January 16th
 To March 13th
Lunch Hour Workouts:
 12:15 - 12:45 PM
& Evening Workouts
 6:00 - 7:00 PM

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

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 Necessary. 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




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

KwuStentima?





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:

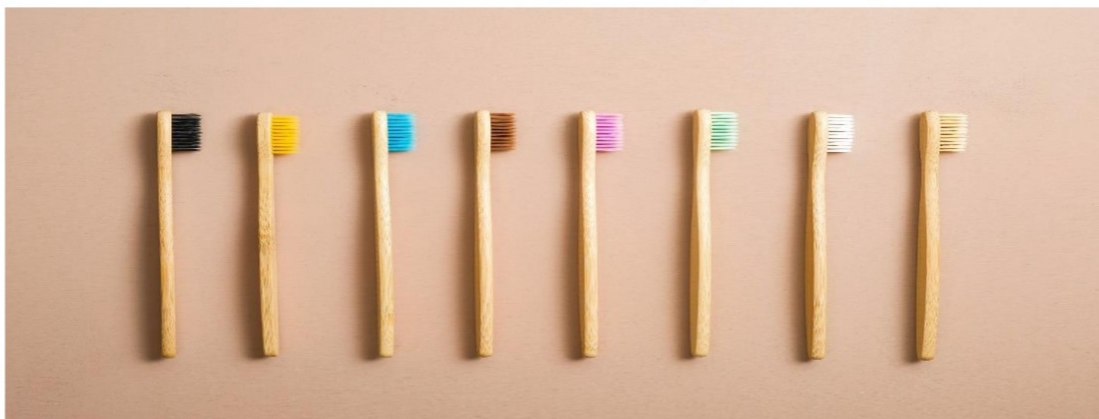
- Pick up your Brushing Challenge form at the health center.
- Write your child's name and your contact information on the form.
- Complete the form and return it to the health center by **February 28, 2025**.
- * Complete as much of the form as possible before returning.

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

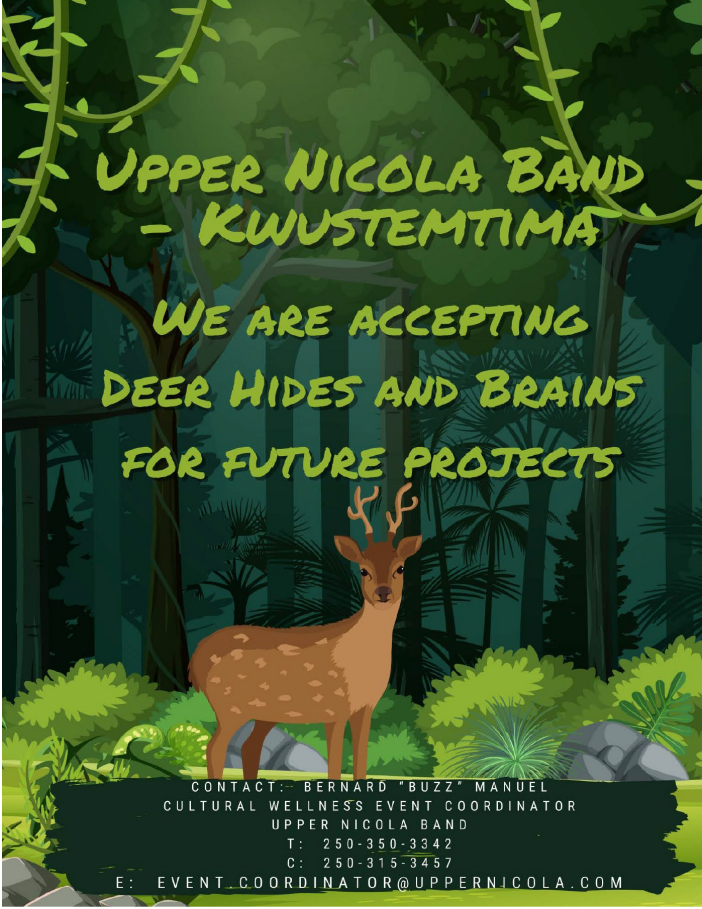
If you need to update or
replace your Status Card,
you need to call
& book an appointment.
**WALK-IN'S WILL
NO LONGER BE ACCEPTED**

Please call Becky 250-378-5058



nsyilxcn

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




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 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 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. Please send applications to hr@uppernicola.com

Next newsletter is February 19th, 2025 so please have submissions in by February 14th, 2025 by 4PM.



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



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