



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

Steps on how a Band Transfer works is on Pages 2 and 3.

*** 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 Transfer Policy

The Upper Nicola Band Transfer Policy will apply when a “Registered Status Indian” – as defined in the *Indian Act* - requests a transfer to the Upper Nicola Band (UNB) or an Upper Nicola Band member requests a transfer to another Band.

Eligibility Requirements for transfer to the Upper Nicola Band:

- Previous Upper Nicola Band Members who were involuntarily transferred to another Band through marriage under the *Indian Act (1951)*. This may include all children of the women who are also registered with other Bands.
- All Registered Indians who have blood relatives in the Upper Nicola Band.
- Children adopted by Upper Nicola Band members provided these children are/or qualify for Indian status under the *Indian Act*.
- Marriage between an Upper Nicola Band member and another Registered Status Indian.
- Other reasons for Request for Band Transfer may be considered.

Procedure:

- 1) The applicant requesting a transfer to Upper Nicola Band must submit a complete Request for Band Transfer information package to the Upper Nicola Band Registry Clerk who will forward a copy of the application, within ten calendar days of receipt of the application, to the Upper Nicola Band Council. The Upper Nicola Band Council will review the request and advise the Upper Nicola Band Registry Clerk to proceed with the Band Transfer Policy process. The Request for Band Transfer letter must include the following:
 - A. Current Band and Band number
 - B. Reasons for requesting band transfer
 - C. List the family affiliation to the Upper Nicola Band (if applicable).
 - D. A letter from their current Band stating he/she is in good standing (e.g. no financial arrears etc.)
 - E. An affidavit signed by a Certified Notary Public or Commissioner of Oaths declaring that there are no outstanding or current criminal charges before the legal system that may impact the safety of the members of the Upper Nicola Band community or the general operations of the Upper Nicola Band administration.
- 2) The Upper Nicola Band Council will direct the Upper Nicola Band Indian Registry Clerk to post the request in common places for band membership information, the posting will include the Upper Nicola Band Newsletter and the posting will continue until the transfer process is complete.
- 3) The applicant must attend 5 (five) consecutive general band meetings. This will include special meetings as called by the Band Council. The attendance at band meetings may include all duly recorded meetings before and after the request for transfer up to the date that the person is required to appear at a General Band meeting. This will be verified by the official Upper Nicola Band meeting minutes.

- 4) From the first (1st) up to the fifth (5th) General Band Meeting the applicant(s) will introduce themselves(s).
- 5) At the fifth (5th) General Band Meeting the applicant will also verbally request a transfer to the Upper Nicola Band. The Upper Nicola Band Registry Clerk will insure that the official request is included in the general band meeting agenda.
- 6) Following the applicants' formal request for Band Transfer at a General Band meeting an in-camera vote, by show of hands or ballot, will be held by the members in attendance to accept/decline the request for Band transfer. For the transfer to be accepted 50% plus one vote in favour of the transfer is required. The result of the vote will be final.
- 7) If the applicant was transferred out as a minor and now as an adult requests a transfer back into the Upper Nicola Band, the same process as other requests apply; with the exception he/she will be required to attend only one Band Meeting and verbally request a transfer at this meeting. All other sections of this policy will apply.
- 8) (a) If an Upper Nicola Band Member requests a transfer to another Band, the applicant must provide document(s) from the Upper Nicola Band financial administration indicating he/she is debt free to the Upper Nicola Band and/or its entities.

(b) In addition, he/she must also have an affidavit signed by a Certified Notary Public or Commissioner of Oaths declaring he/she is transferring all landholdings held by Certificate of Possession (CP) or by custom on the Upper Nicola Band by:
 - Option A – Transfer their landholdings to a relative for \$1.00
 - Option B – Transfer their landholdings to another Band member for value (for example \$1,000.00 per acre).
 - Option C – Transfer their landholdings to the Upper Nicola Band for no value (for example \$1.00) or for value.

The Upper Nicola Band Council will then sign a Band Council Resolution in support of and in approval of the transfer.

This policy so made at the Upper Nicola Band General Band Meeting dated October 4, 2007.

Motion #1:

Moved by: Jeanette McMaster

Seconded by: Reggie McLeod

That the Band Transfer Policy be adopted effective as of this date.

Motion Carried.

2025-26

BUDGET PRESENTATION



IN PERSON: N'KWALA GYM

& ON ZOOM

[https://us02web.zoom.us/j/51949](https://us02web.zoom.us/j/5194997449?omn=85044685556)

[97449?omn=85044685556](https://us02web.zoom.us/j/5194997449?omn=85044685556)

Meeting ID: 519 499 7449

WEDNESDAY

February 19, 2025

5:00 – 8:00PM

Dinner provided



Upper Nicola

UPPER NICOLA BAND INVITES YOU TO JOIN US

CAPTIK^{W&L}

-STORYTELLING

WHERE: SPAXMN PITHOUSE
WHEN: FEBRUARY 12/25
4PM - 8PM

HAND DRUMMING & DINNER



FOR MORE INFO:

CONTACT TRISH MANUEL – 13 MOON FACILITATOR
(250) 350-3342 SYILX3@UPPERNICOLA.COM

Lands, Wills & Estates



The Lands Department is in the final stages of updating the Land Use Policy and Land Allocation Plan. Three engagement sessions were held in early January with Youth, Elder's and Community members. We had a good turnout and were given opinions and ideas on our policies and will take this forward with McElhanney. Thank you every one who attended the sessions, all input is appreciated and will help to ensure that we can move forward with what the community wants.

Some of the Ideas brought forward for future consideration were:

- Elders one story housing (possibly subdivision)
- Low rise apartment building
- Outdoor Recreation Area and facilities

How can the Lands Department Help?

Do you need to have a document notarized?

- The Lands Manager is a commissioner for taking Affidavits. She can provide this service free of charge for Band Members.

Assist with writing wills.

- The lands manager can meet with you and give you a template to use when writing your will and can witness the will.

Provide information on administering estates.

- If members are interested in learning more about administering estates, the Lands Manager can facilitate a Wills & Estates workshop. If you are not comfortable in a workshop setting, we can arrange an individual or family group information session.

The Lands, Wills and Estates Department is looking to expand. If you are interested in pursuing a career in lands, please submit your resume. No experience needed; training will be provided.

Contact Information

Office hours: Monday to Friday, 8:00 am – 4:30 pm
Phone: 250-350-3342

Susan Manuel, Lands Manager:
Cell: 250-280-4971

lands@uppernicola.com

Iris DeMontigny, Lands Assistant:

landsassistant@uppernicola.com



TOPIC: CARDIOVASCULAR HEALTH

HEALTH & WELLNESS LUNCH

Open to ALL community members, bring your medications for review, vital check, blood sugar check or any health questions/concerns with our nurse
Terri Stockwell

**TUESDAY FEBRUARY 11, 2025
9AM - 3PM
UPPER NICOLA HEALTH CENTRE**

2025 OUTDOOR Soccer Registration Opens Feb 3rd at 1pm

Go to the registration page of our
website www.merrityouthsoccer.com



Merritt Youth
Soccer Association



**Early bird
Registration Ends
March 16th**

IMPORTANT DATES:
Registration closes March 31st
Season Begins SECOND Week of April
Season Ends THIRD Week of June

**Season Starts SECOND
Week of April 2025**

Contact us for more info:
info@merrityouthsoccer.com

Soccer is our favourite season!



NOTICE TO



COMMUNITY

UNB HAS AWARDED A NEW CONTRACT FOR WASTE/RECYCLE COLLECTION. WE ASK THAT YOU PLEASE BE CONSIDERATE OF ANY HAZARDS/PETS NEAR GARBAGE BINS.

A FRIENDLY REMINDER THAT ONLY BAGGED WASTE WILL BE COLLECTED

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT: PEYTON MCRAE IN THE COMMUNITY SERVICES DEPARTMENT AT THE OFFICE 250-350-3342 OR 250-280-4901.

THANK YOU FOR YOUR PATIENCE AS WE TRANSITION TO A NEW CONTRACTOR.





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?



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





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

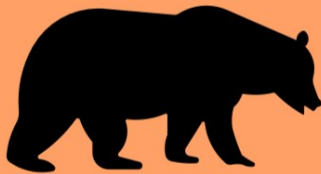
For any questions please reach out to
Justine, syilx2@uppernicola.com





Upper Nicola
Language Department

k^wu ksʔullúsaʔx uł ksq^waʔq^wáʔlaʔx



nsyilxcn gathering

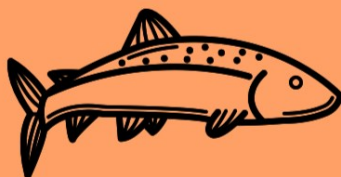
Feb 6th & Feb 20th
@ 685 Sydney Avenue,
Kamloops, BC
5:00-7:00 pm



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



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

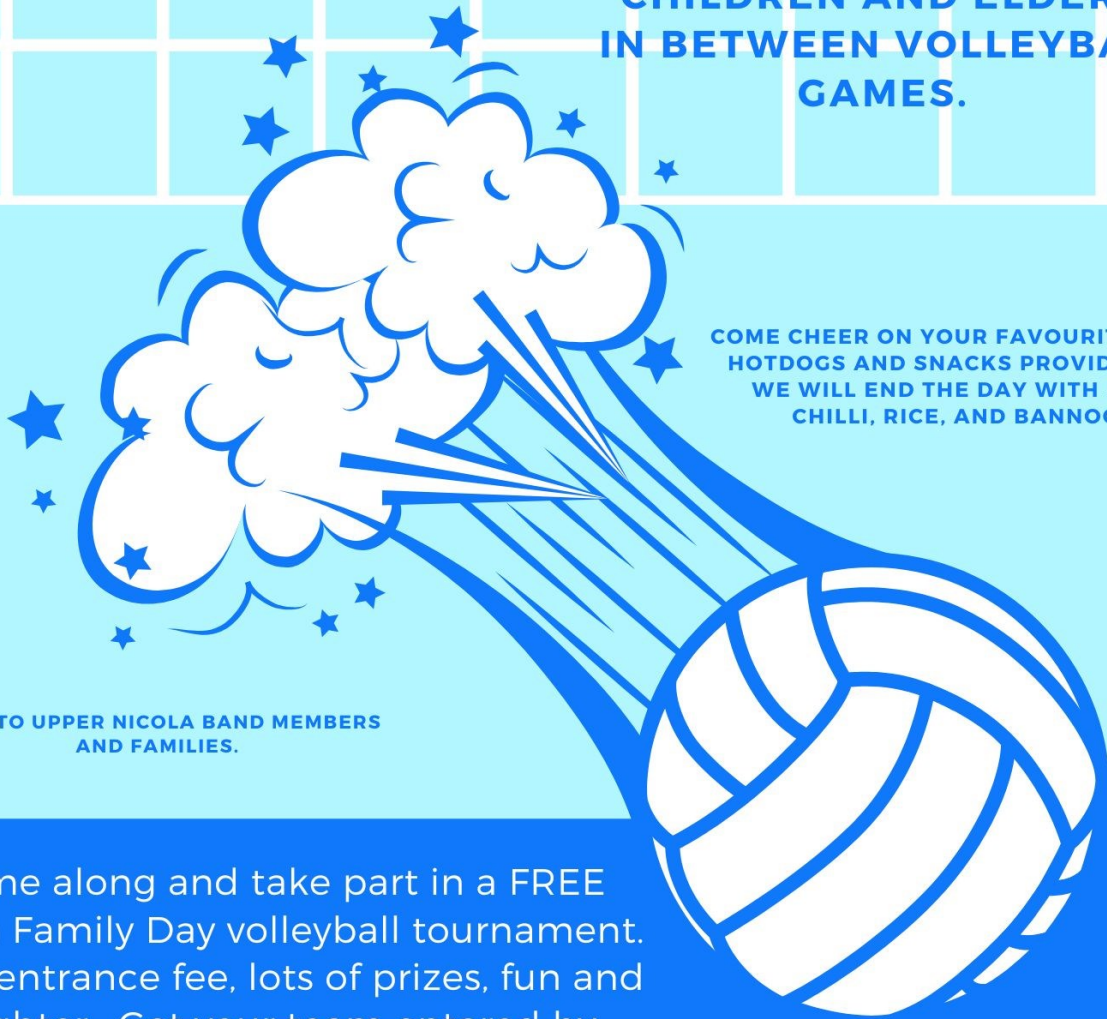
INFO SESSION

COMMUNITY GYM



HEY UNB... GET INTO VOLLEYBALL!

FUN ACTIVITIES FOR CHILDREN AND ELDERS IN BETWEEN VOLLEYBALL GAMES.



COME CHEER ON YOUR FAVOURITE TEAM. HOTDOGS AND SNACKS PROVIDED AND WE WILL END THE DAY WITH SOME CHILLI, RICE, AND BANNOCK

OPEN TO UPPER NICOLA BAND MEMBERS AND FAMILIES.

Come along and take part in a FREE Fun Family Day volleyball tournament. No entrance fee, lots of prizes, fun and laughter. Get your team entered by February 7th.

N'KWALA SCHOOL GYM
SATURDAY, FEBRUARY 15 • 9:00 AM - 7:00 PM

For more info: Contact Christine Chillihitzia @ 250-280-4833



Upper Nicola

MENS GROUP

Upcoming Events
February 2025

UNB MENS GROUP BREAKFAST

Friday February 7th 8am - 9am
Lakeview office location



NV MENS GROUP WELLNESS CONFERENCE

February 15 - 16
Civic Centre, Merritt
To Register contact Scw'exmx Child & Family
Services at 250-378-2771

UNB MENS GROUP

Dinner and Cents Game
Friday February 21st
Merritt Centennials vs Princeton Posse
5:30 PM Meet at ... *Location TBD*



FOR MORE INFORMATION CONTACT:

Buzz Manuel E: event.coordinator@uppernicola.com
Tim 'Spike' Manuel E: cultural.coordinator@uppernicola.com



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

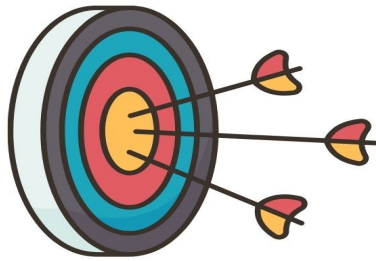
Reason? _____

Physician's Professional Stamp Here Please:

And/ Or signature: _____

Pending Appointment if known:

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



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:

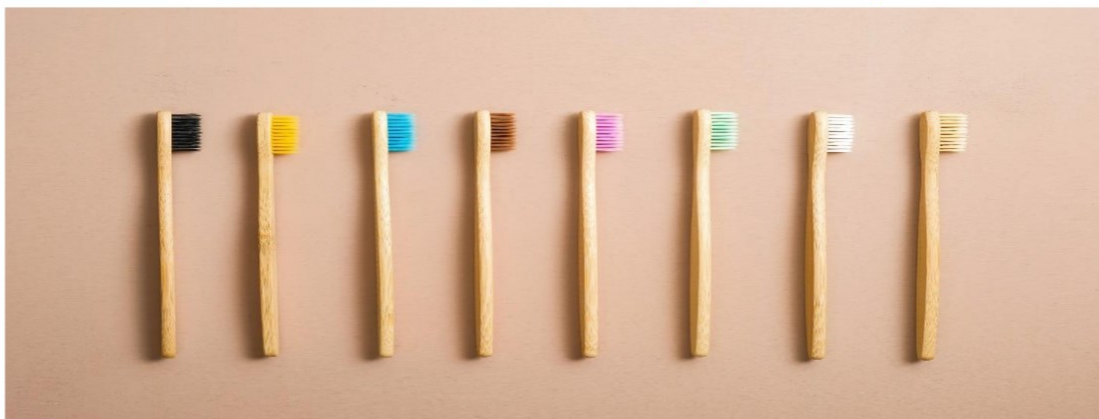
- Pick up your Brushing Challenge form at the health center.
- Write your child's name and your contact information on the form.
- Complete the form and return it to the health center by **February 28, 2025**.
- * Complete as much of the form as possible before returning.

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!





way̓ ǰast sǰíǰsaít

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



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.

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. 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



<https://www.facebook.com/uppernicola>

Visit our Facebook page for the latest news from the Community and notifications from Upper Nicola staff.