



GENERAL BAND HYBRID MEETING

Wednesday March 26, 2025

**6:00pm at N’Kwala School Gym and
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 February 26, 2025
3. En’owkin Centre Presentation Community certificate program
4. UNB Public Relations & Communications Strategic Plan

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

mypnúla?xw **- on the land** **learning**

WITH ELDER NELSON STEWART
SHARING ABOUT TABBY'S MEADOW

When: Thursday March 27/25

Where: Meet at old Mom's
store -Spaxmin

Time: Leave at 10Am-4Pm

Who: Everyone Welcome

Lunch will be Provided

For More Info: Juanita Lindley

@(250) 350-3342

syilx3@uppernicola.com



Sylx Basketball Hosts the Largest Junior All Native Basketball Tournament: A Celebration of Sport, Culture, and Community

ki?lawna? (Kelowna), British Columbia-- Get ready for one of the largest and most anticipated basketball tournaments in Canada – the Jr. All Native Tournament (JANT) – which kicks off in Kelowna, B.C. this Sunday, March 16th, at 2:00 PM for Opening Ceremonies at UBC Okanagan. With over 110 teams and more than 1200 youth from across the province participating, this tournament will be the biggest gathering of First Nations youth athletes in British Columbia.

The Jr. All Native Tournament brings together young First Nations athletes from across the region to showcase their sportsmanship, and passion for the game. It is an event where players, families, and supporters come together to reconnect, build new relationships, and honor the rich traditions of First Nations basketball. Representing over 100 First Nations communities, athletes aged 6-17 will compete across various divisions, including the traditional 17U boys and girls categories.

"This tournament is so much more than just a basketball competition," said Tara Montgomery, JANT tournament director and member of the Sylx Nation. "There were so many littles who just wanted to play basketball and follow in the footsteps of their siblings or cousins. We see the impact that this tournament has on our youth and children. For me, it's for the kids. I think, in this day and age, anything we can do to support our youth is worth it."

"Bringing First Nations youth together through basketball is about more than just the game—it's about connection, culture, and creating opportunities. When our young people step onto the court, they're building confidence, leadership, and a sense of belonging. As a coach, my goal is to support and uplift them, and this is what we hope to achieve," said Peter Waardenburg, Sylx Head Coach.

JANT is supported by numerous community partners and sponsors, including SD23, First Nations Health Authority, BC Hydro, Mandell Pinder, Columbia Power Corporation, EMB, Associated Engineers, Aboriginal Policing, Lower Similkameen Indian Band, and ISPARK, all of whom help make this incredible event possible.

The tournament not only provides an opportunity for young athletes to showcase their development as athletes, but it also offers a platform for connection, cultural pride, and growth. The Opening Ceremonies will serve as a powerful celebration of sport, unity, and community.

Date: Sunday March 16th – Friday March 21st

Locations: <https://jant.ca/gyms/>

Time: <https://jant.ca/schedules/>

~

For over 40 years the Jr. All Native Tournament (JANT) has brought teams together from First Nations villages and communities throughout BC to compete, celebrate and connect through the game of basketball. JANT takes place every year during spring break, promoting sportsmanship, cultural pride, and community. The tournament moves each year between three regions: the North, Coast and Interior.

For further information please contact:

Tara Montgomery, Tournament Director

C: 250-862-6866 E: tmontgomery@sylx.org



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



Upper Nicola

Quilchena Community Centre Community Open Houses

QCC is inviting the community to an open house on the last Friday of the month. You're welcome to join us from 3pm to 4:30pm.

Upcoming dates:

~~February 28th~~

March 28th

April 25th

May 30th

June 27th

July 25th

August 29th

September 26th



Hot dogs & soda too!






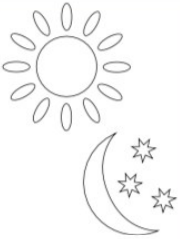
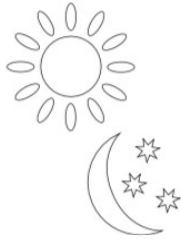

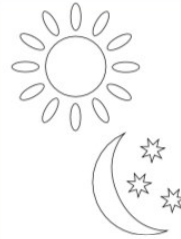
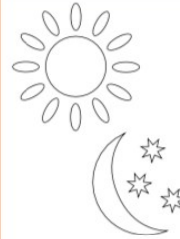
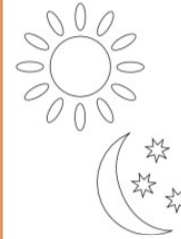
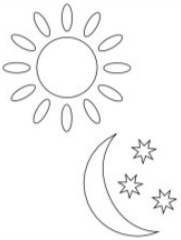
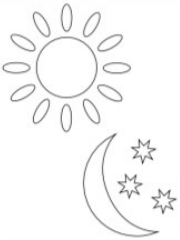
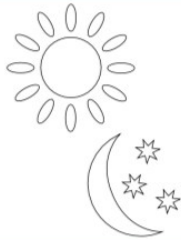

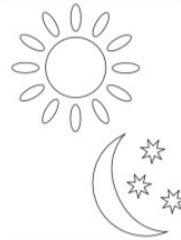
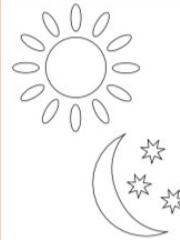





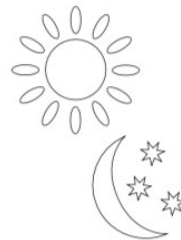


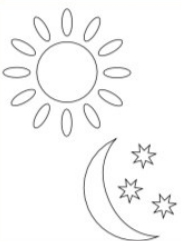
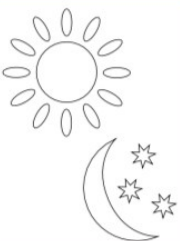


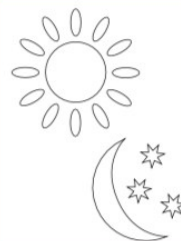
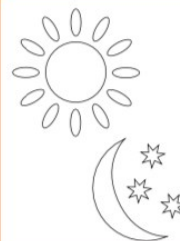



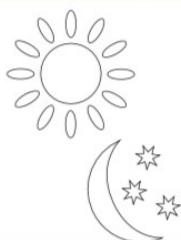

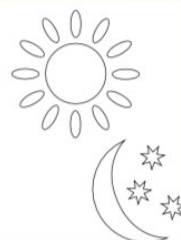


First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Brushing Morning & Night

My name is _____ and I brush my teeth 2 times a day!

Colour in the sun and moon every time you brush, morning and night.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

• Brushing Challenge!! (Take 2!)



The Children's Oral Health Initiative (COHI) is putting on a brushing challenge!
For Children Ages 0-12 and Their Family

Join us for the Brushing Challenge this April!

How to Participate:

- Pick up your Brushing Challenge form at the Health Center, HeadStart, School, Band Office Newsletter or email lisaleigh.gardiner@gmail.com (and put Brushing Challenge Form in the subject line) and I will email a copy of the challenge form.
- Write yours/ your child's name and your contact information on the form.
- Complete the form and return it to the closest site (HeadStart/School/Band Office/Health Center, or email filled in form to lisaleigh.gardiner@gmail.com (subject line brushing challenge Entry) by April 30 2025. (Draw next COHI visit in community in May)
- 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 April 30, 2025. (Draw next COHI visit in community in May)
- A draw for the prize will take place in March 2025.

*Win an electric toothbrush for yourself and your child! *

We look forward to your participation!



in this issue >>>

- ❖ Info Session by HUB Insurance
- ❖ New Year New Changes in Dept
- ❖ Tips for Monthly Maintenance
- ❖ Ask the Experts



A Monthly peek into the Housing Department of Upper Nicola Band

Housing



Monthly Maintenance Tips >>>

- **Unplug Unused electronics** - Many devices continue to draw power even when turned off. Unplug chargers, small appliances, and electronics when not in use.
- **Use LED Bulbs**- Replace old incandescent bulbs with energy-efficient LED lights, which uses up to **75% less energy** and last much longer.
- **Run Appliances Efficiently**- Only run full loads in you washing machine and dishwasher. Wash clothes in cold water and air dryer when possible.



Spring is here, time to trade snow shovels for toolboxes and start fixing what winter tried to break. As the snow melts, it's a great time to check for roof leaks, clean gutters, test smoke alarms, change furnace filters and make sure your home is ready for the warmer days ahead!

- The Housing Department is excited to announce that the informational session hosted by HUB Insurance on Feb 18th, 2025, and that HUB Insurance provided an Individual Homeowners Insurance Form (See attached in the Newsletter).
- **New Year, New Changes!**
We have some exciting updates in the Housing Department!
Elaine Paul will be going on maternity leave, and Harshitha Hemanna will be stepping in to assist with Tenant Relations. We wish Elaine all the best during this special time!
Feel free to reach out to her at h.relations@uppernicole.com if you need assistance.
- **Ask the Experts!**
Need help with home maintenance or repairs?
Contact Darcy Swakum for expert advice and quick fixes!
Whether it's leaky faucet, heating issues, or general upkeep, Darcy is here to help you keep your home in top shape.
Feel free to reach out to Darcy Swakum at **+1 778-838-6953** if you need assistance.

Upper Nicola Indian Band - Individual Homeowners

Name:

Address:

Date of Birth:

Year Built:

Wood Stove: Yes No

Year:

Updates: Electrical Plumbing Heating Roof

Telephone Number:

Email:



HUB International Insurance Brokers
299 3rd Avenue
Kamloops, BC V2C 3M4
chad.belbin@hubinternational.com
Office: 250-377-2335
Mobile: 250-819-6153
Toll-Free: 1-800-661-6194

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 | Limlōmt | Thank you

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



Love seat recliner \$900

Call Jake Coutlee 250-350-0049

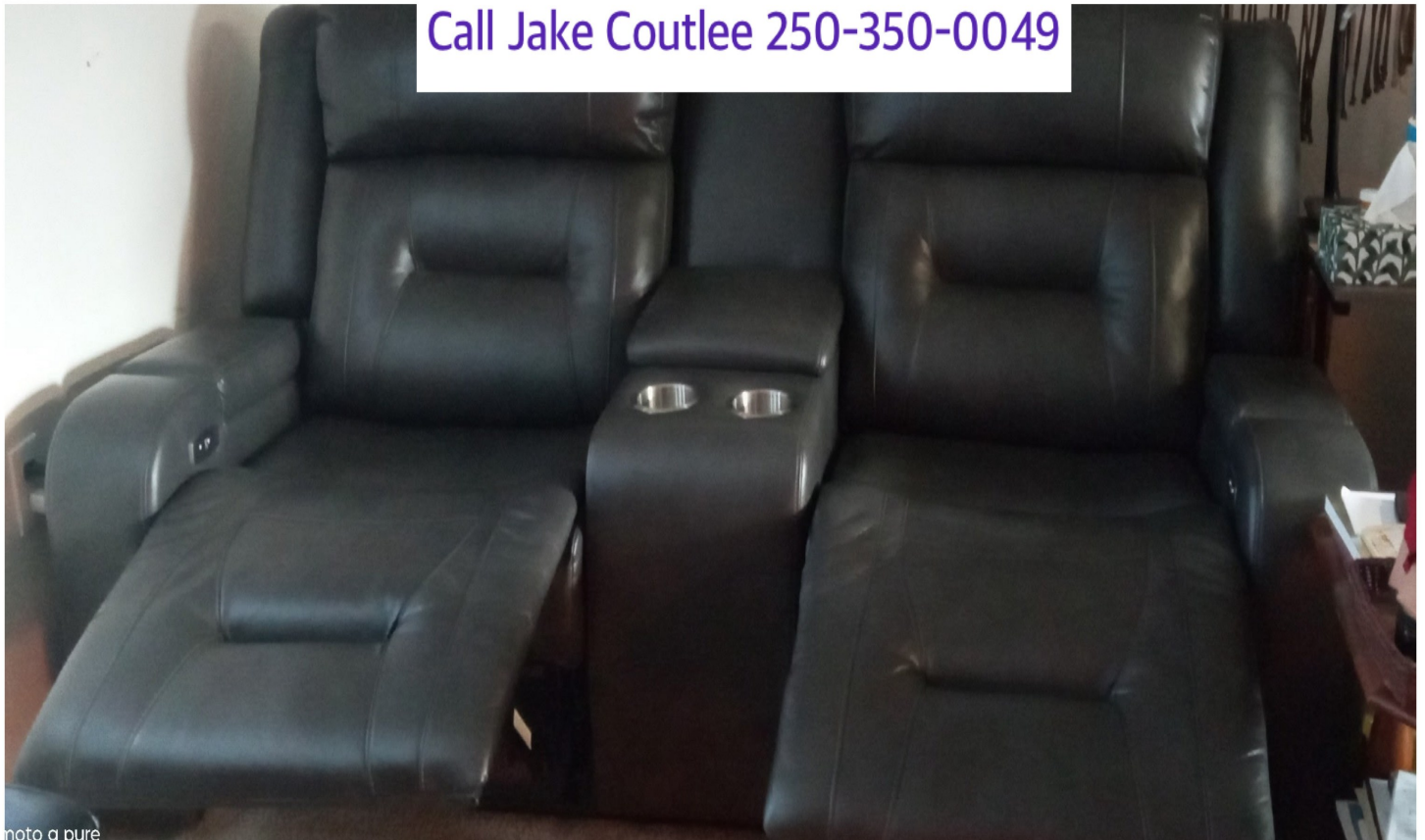


photo a pure



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




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 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





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 - Kamloops: 250-314-2256
Pharmacists: can renew certain prescriptions
PathwaysBC.ca: community health resources
Virtual Doctor of the Day - 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.



IN SEARCH OF

We are looking for drivers who are able to drive our community bus and or van.

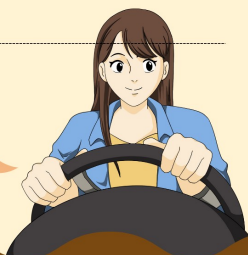
Requirements:

- 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 Kwustemtímatá 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 Kwustemtímatá 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 April 2nd, 2025 so please have submissions in by March 28th, 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.