



## GENERAL BAND HYBRID MEETING

**Wednesday April 30, 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=sZ83PRbfqOeEedNrx9a1RuDh9B21Z.1>

**Meeting ID: 853 7274 6413    Passcode: 608730**

**Agenda:**

1. Adoption of Agenda.
2. Review of Meeting Minutes for March 26, 2025
3. Lot 142-143 IR 3 Designation Official information.
4. NVIT
5. Referrals
6. Corral Proposal

**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



kʷu stəmtímaʔ

## **Help to plan for the future of Upper Nicola Band Relations (children & families)**

We value your wisdom and invite you to join us to provide feedback on the vision for the development of our law over our Relations (children and families).

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# JURISDICTION CONVERSATION

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## DOOR PRIZES!

**Drop-in on April 29, 2025 at 3:00 pm**

**Dinner at 5:00 pm**

**Jurisdiction Conversations at 6:00 pm**

**Location: N'kwala School Gym**

**Drop-in on April 30, 2025**

**between 1:00pm - 4:00pm**

**Location: N'kwala School Gym**

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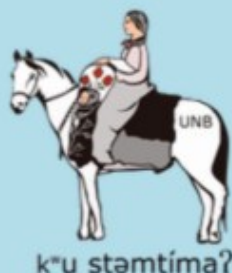
Surveys will also be available for you to provide your thoughts from April 14 until May 10

# UNITY RUN PREP EXERCISE BINGO!

Prepare for the **Spirit of Syilx Unity Run on May 29th-June 1<sup>st</sup>**.  
Complete a black out card of the exercise activities and **return to River at the Kwustemtima? office by May 17,2025 to collect a prize!**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE: \_\_\_\_\_

Bike for 1 hour	Attend free swim night (Monday, Wednesday, Friday)	Drink 2L water in one day	15 min jump rope exercise	Explore a new hiking trail (15-30 mins)
Workout at NVAC gym or swim	5,000 steps in a day	Cardio exercise for 30 minutes	15 burpees	Gym exercise for 1 hour at NVAC or Douglas Lake gym
Gym exercise for 1 hour at NVAC or Douglas Lake gym	Bike for 1 hour	 k'u stāmtima?	1 KM run	Drink 2L water in one day
Have a healthy snack, what did you have? _____	Stretch for 20 minutes	50 jumping jacks	20 min jump rope exercise	10,000 steps in a day
Workout at NVAC gym or swim	1 KM run	Attend free swim night (Monday, Wednesday, Friday)	Cardio exercise for 30 minutes	Workout at NVAC gym or swim



REGISTER NOW



# VAPING: UNDERSTANDING THE RISKS



Join us for dinner and an information session to learn about the risks of vaping.



**April 24, 2025 | 5-7pm**



**Lakeview Office**

**3512 Highway 5A Quilchena**

**For more information contact:  
Debra Manuel (250) 280-5150**





Upper Nicola

# EASTER SCAVENGER HUNT!

SCAN THE QR CODE TO ENTER YOUR FAMILY TEAM FOR A CHANCE TO WIN A EGG-CELLENT PRIZE!

**HOP INTO THE HUNT**

**DEADLINE TO COMPLETE  
SCAVENGER HUNT  
APRIL 22, 2025 AT 4PM**

REGISTER NOW



**FINISH AT KWU STEMTIMA  
OFFICE (LAKEVIEW)**



# CARPENTRY LEVEL 2 TRAINING

## PROGRAM DETAILS:

### Who:

Apprentices who have completed level 1 and have a minimum of 1 year experience. Limited seats available

### What:

Carpentry Level 2 Training

### Where:

Community hall, Douglas Lake

### When:

May 5 - June 27, 2025

30 hours a week, 4 days a week

### Cost:

No charge for tuition and books

In collaboration with Upper Nicola Band, Thompson Rivers University, and the Construction Foundation, we are excited to offer Carpentry Level 2 training.

**REGISTER HERE:** [bit.ly/4j6X40F](https://bit.ly/4j6X40F)

Scan QR Code  
to Register



**If you require additional information, contact:**

**Geneve | 250-350-3342 Patsy | 250-329-4500**







Save The Date!

APRIL 16, 2025

# ÑXA?CÍÑ (ELDER) LUNCHEON

O I B COMMUNITY HALL

Oliver, BC

10:30 am - 1:30 pm

CALLING ALL SYILX ELDERS TO JOIN US FOR  
AN EASTER LUNCHEON WHERE WE CAN  
VISIT, LAUGH, AND SHARE STORIES!

OPEN TO SYILX NATION ELDERS

**For More Info:**  
Mikkeila Ridsdale  
Communications and Events Assistant  
[mridsdale@syilx.org](mailto:mridsdale@syilx.org)  
250-707-0095 ext. 127  
[www.okanagannation.com](http://www.okanagannation.com)



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](mailto: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!





## Explore Our Health Career Access Program (HCAP)

The [Health Career Access Program](#) is a paid working and training position for individuals excited to start a career in health care. HCAP students will receive a full-time wage while completing a paid training program as a Health Care Assistant (HCA) at a participating post-secondary institution.

After completing 6 - 12 months of full-time post-secondary training, participants begin work at their interior health work site or community site. Here, they will fulfill a 12-month return of service contract in exchange for the funding they received. Employment options for health care assistants include hospitals, long-term care facilities, hospice and palliative care facilities, rehabilitation centers, community health centers, mental health facilities, home care agencies, and private clinics.

## Return-of-Service

Participants will owe a 12-month Return-of-Service upon graduation from the Health Care Assistant program and receiving their BC Care Aide (BCCA) registration.

*Participants who do not fulfill the Return-of-Service will have to repay the funding. Indigenous participants will have a choice to complete their Return-of-Service within a First Nation community or maintain their employment with Interior Health and/or both.*

## Application Assistance

To better support our Indigenous community throughout the application process, Interior Health offers the services of Indigenous Employment Advisors. They are available to provide valuable insights and assistance in various areas, including resume building, interview practice, and general application guidance.

For more information about our services and assistance, please email our Indigenous Employment team at [IndigenousEmployment@InteriorHealth.ca](mailto:IndigenousEmployment@InteriorHealth.ca).

Visit [Jobs.InteriorHealth.ca](https://Jobs.InteriorHealth.ca) to apply.



**The Health Career Access Program welcomes applicants from all communities within the southern interior of British Columbia and is available in:**

- |                  |               |              |                 |
|------------------|---------------|--------------|-----------------|
| • 100 Mile House | • Enderby     | • Kimberley  | • Penticton     |
| • Armstrong      | • Fernie      | • Lillooet   | • Princeton     |
| • Ashcroft       | • Golden      | • Logan Lake | • Revelstoke    |
| • Barrière       | • Grand Forks | • Merritt    | • Salmon Arm    |
| • Castlegar      | • Invermere   | • Nakusp     | • Summerland    |
| • Chase          | • Kamloops    | • Nelson     | • Trail         |
| • Clearwater     | • Kaslo       | • New Denver | • Vernon        |
| • Cranbrook      | • Kelowna     | • Oliver     | • West Kelowna  |
| • Crawford Bay   | • Keremeos    | • Osoyoos    | • Williams Lake |
| • Creston        |               |              |                 |

Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Däkelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, syilx, and Tšilhqot'in Nations, where we live, learn, collaborate and work together.

Contact us at [HCAPRecruitment@InteriorHealth.ca](mailto:HCAPRecruitment@InteriorHealth.ca) to learn more.



# UPCOMING EVENTS

## April 2025

### APRIL 16: ʔXAʔCÍŃ (ELDER) LUNCHEON\*

OIB COMMUNITY HALL

Calling all Syilx Elders to join us for another fall luncheon. We can visit, laugh, and share stories! The ʔxaʔcíŃ luncheon will feature music, bingo, and door prizes! Open to Syilx Nation elders.

### APRIL 30: SEXUAL ASSAULT AWARENESS: EDUCATION, CONSENT, AND RESPONSE\*

VIRTUAL VIA ZOOM

April is Sexual Assault Awareness Month (SAAM). Join us for a session focused on Sexual Assault Education, providing essential knowledge and tools to foster awareness and prevention for safer communities.

### MAY 2025: SOCKEYE FRY RELEASES

SYILX TERRITORY

The Okanagan Nation Alliance continues the work of our ancestors by caring for the land and the living things that inhabit it. In honour of this, we will be hosting prayers and ceremonial releases of Okanagan Sockeye fry.

May 1: snpintktn, Penticton

May 7: kiʔlawnáʔ, Kelowna

May 13: snʔuxwqnm, Castlegar / takliʔaickst, Slocan

May 6: nʔəʔtɔpmuscin, Vernon

May 8: sənʔuxuxtan, Six Mile

May 14: snkʔykntn, Revelstoke

### MAY 9: USIB NƏQSIŁTƏT FAMILY DECLARATION PRESENTATIONS

CHUCHUWAYHA HALL

The neqsiltet Family Declaration was developed by elders and knowledge keepers, who worked together to support the Nation's families to revitalize aspects of our sqilxʷ/syilx/sʔukʷnaqinx ways of being and knowing.

### MAY 2025: BUILDING A BETTER FUTURE BURSARIES OPEN

APPLY ONLINE AT SYILX.ORG

The Building a Better Future initiative offers financial support to eligible Syilx Okanagan Nation members through scholarships, bursaries, and awards. Aimed at high school students graduating in Spring 2025 and those starting or continuing post-secondary programs in Fall 2025, the initiative encourages educational pursuits. Students can apply for multiple awards, and applications will open in Spring 2025.

### MAY 29 - JUNE 1: SPIRIT OF SYILX UNITY RUN\*

CHUCHUWAYHA HALL

The Spirit of Syilx Unity Run unites Syilx youth, families, and communities to raise awareness about suicide and violence in our Nation. This event promotes wellness and healing, strengthens Syilx identity and connection to our land, and provides an opportunity for youth to take the lead, reflect, and engage with Elders and mentors.

### JUNE 2025: SALMON CALLING CEREMONIES

VARIES

We honour our ancestors with this annual ceremony in which we gather in five separate locations along the Columbia River to help pray for the return of the salmon, two on the United States side and three on the Canadian side. Dates TBC!

### JULY 23-24: ANNUAL GENERAL ASSEMBLY & YOUTH LEADERSHIP GATHERING\*

UPPER NICOLA

The Annual General Assembly is held every year, alongside the Syilx Youth Leadership Gathering. This event unites the Syilx Okanagan Nation to celebrate our achievements and offers a chance for Nation members to connect and come together.

*Please Note: Due to high demand for venues, exact dates have not been confirmed for some events coming this fall. Please stay tuned to our social media and websites for updates on these events! \*Events that require registrations will be asterisked\*.*

#### For more information contact:

Event Planner  
events@syilx.org or 250 707 0095  
www.okanaganation.com



#### Follow Us

Information is also shared through ONA social media platforms



# SEXUAL ASSAULT AWARENESS

## EDUCATION, CONSENT, AND RESPONSE



April is Sexual Assault Awareness Month (SAAM). Join us for an important session during SAAM focused on Sexual Assault Education. This event will provide foundational knowledge and practical tools to help build safer communities through awareness and prevention.

### Topics

- What is sexual assault?
- Understanding age of consent laws
- General training on recognizing and responding to disclosures
- How to support survivors with empathy and respect
- Review of local and national resources available for support and reporting

12:00 PM - 12:45 PM

**April 30, 2025**

Location

**Virtual via Zoom**

Contact

**Darryl-Jean  
Peeman, YES  
Team Lead**

778-392-8133  
YES.TeamLead@syilx.org

**tq<sup>w</sup>əlq<sup>w</sup>iltmnt** *talk about it*

Whether you're a student, educator, caregiver, or community member, this session is open to all and encourages meaningful dialogue and learning. Let's work together to create a culture of consent, respect, and support.

**ALL  
PARTICIPANTS  
WILL RECEIVE A  
\$15 LUNCH GIFT  
CARD!**





# Annual General Assembly

## And Syilx Youth Leadership Gathering

July 23-24, 2025 | Upper Nicola Band

### skc'əx̣wəx̣wipla? uł stełtałt

The Annual General Assembly (AGA) brings together the Syilx Okanagan Nation, including Elders, youth, and leadership to come together to discuss key topics that affect the Syilx Okanagan Nation and celebrate our accomplishments.

#### TOPICS WILL INCLUDE:

- Updates on governance
- Syilx Nation's assertion of title and rights
- Protection and management of Syilx territory (tmix<sup>w</sup>)
- Health, Wellness & Social Development

### Syilx Youth Leadership Gathering

The Syilx Youth Leadership Gathering (SYLG) aims to foster unity among the Nation's youth by immersing them in cultural practices and traditions while building strong interpersonal connections. The event offers a range of activities designed to deepen participants' connection to the land and to each other.

The Syilx Youth Leadership Gathering will occur congruently with the Annual General Assembly

### OPEN TO ALL SYILX NATION MEMBERS AND COMMUNITY MEMBERS

**For More Info on AGA:**  
Raven Mikuletic  
rmikuletic@syilx.org  
250-707-0095 ext. 121

**For More Info on SYLG:**  
Hailey Wright  
haileyW@syilx.org  
250-707-0095 ext. 233

ONE LANGUAGE. ONE CULTURE. ONE LAND. ONE PEOPLE





For more information contact:  
Hailey Wright, Communications Coordinator  
[haileyw@syilx.org](mailto:haileyw@syilx.org) or 250-707-0095 ext. 233  
[www.okanagannation.com](http://www.okanagannation.com)







## SOCKEYE FRY RELEASE CEREMONIES

The Okanagan Nation Alliance continues the work of our ancestors by caring for the land and the living things that inhabit it. In honour of this, we will be hosting prayers and ceremonial releases of Okanagan Sockeye fry.

The Syilx Nation invites you to join us to give prayers for the release of Okanagan Sockeye fry throughout the Syilx Okanagan Territory!

**DATES SUBJECT TO CHANGE  
DUE TO WATER TEMPERATURES**

### **sn̓p̓int̓k̓tn̓, Penticton**

May 1, 2025 - 10:00 am  
Skaha Lake, East Marina

### **n̓t̓ə̓t̓ə̓p̓m̓usc̓in̓, Vernon**

May 6, 2025 - 10:00 am  
Lower Vernon Creek, Marshall Field Dog Park

### **ki̓?láwna?, Kelowna**

May 7, 2025 - 10:00 am  
Mission Creek, Rotary Beach Park

### **s̓ə̓n̓ł̓ux̓ux̓tan̓, Six Mile**

May 8, 2025 - 10:00 am  
Six Mile Creek, 12 Bonneau Rd

### **sn̓t̓ux̓w̓q̓nm̓, Castlegar**

May 13, 2025 - 10:00 am  
Columbia River, Millennium Park

### **t̓ak̓li̓sa̓ick̓st̓, Slocan**

May 13, 2025 - 2:00 pm  
Slocan Lake, Village of Slocan Boat Ramp

### **sn̓k̓x̓yk̓tn̓, Revelstoke**

May 14, 2025 - 10:00 am  
Columbia River, Centennial Park Boat Launch

For more information contact:  
Event Planner  
events@syilx.org or 250 707 0095  
www.okanagannation.com

**Please Note:** There may be additional ceremonies and releases taking place that are happening for kl̓ pel̓k̓ stím̓. Please attend ceremonies at your own risk due to high water and safety concerns.



**NOW OPEN FOR  
2025/2026  
N'KWALA SCHOOL  
REGISTRATION  
YOUR KIDS DESERVE, THE  
BEST EDUCATION!**



250-350-3370  
nkwala@uppernicola.com  
9410 N'kwala Road,  
Douglas Lake, BC, V0E 1S0

Our Program Includes:

K - 12 program, Individualized learning, excellent student to teacher ratio, 1:1 support, nsyilxcən (Okanagan) language & on the land experiences. Open to all students. Busing for Merritt & Lower Nicola area. Breakfast & lunch program. School supplies provided. Ministry of Education accredited.



Upper Nicola







# 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 x̓ast s̓x̓l̓x̓sa̓lt  
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](http://www.healthlinkbc.ca/health-connect-registry)

Register yourself, your family or others under your care.  
When a provider becomes available, you will be contacted.

Telephone assistance is available by calling HealthLinkBC at 8-1-1,  
or for the deaf and hard of hearing, 7-1-1.  
Translation services are available.



Rural and Remote Division of Family Practice  
**Merritt**





## 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 Syilx and Nlaka'pamux peoples*

### New Patients

A confidential patient waitlist is now available to connect local residents to a family physician or nurse practitioner providing primary health care in Merritt

### Health Connect Registry

Register online at  
[www.healthlinkbc.ca/health-connect-registry](http://www.healthlinkbc.ca/health-connect-registry)  
or call 8-1-1

You will need to provide:  
Personal Health Number, phone number,  
email and home address with postal code

### Eligible Patients

Register yourself, family members, and/or persons in your care if each person resides within the Merritt local health area

### Ineligible Patients

Persons who already have a family doctor or nurse practitioner in Merritt  
**OR** do not currently live in the Merritt area  
**OR** do not have a personal health number\*  
\*PHN is found on the BC Services Card

### What Happens Next

You will be contacted as soon as a provider has capacity to accept you as a patient. We are not able to provide an estimated timeline or any indication of your position on the list but it is expected to take some time and your patience is appreciated.

### Health Care Help

[HealthLinkBC.ca](http://HealthLinkBC.ca): 8-1-1  
**Urgent Care Clinic** - 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.

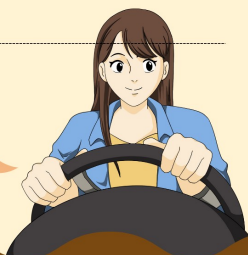
### Requirements:

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

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

We look forward to hearing from you!



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



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 Chillihitzia officemanager@uppernicola.com](mailto:Thelma.Chillihitzia.officemanager@uppernicola.com)**

**CURRENT JOB POSTINGS PLEASE SEE OUR WEBSITE**

**[WWW.UPPERNICOLA.COM](http://WWW.UPPERNICOLA.COM)**

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

Next newsletter is April 30th, 2025 so please have submissions in by April, 25th, 2025 by 4PM.



**Contact Us**

**Upper Nicola Band**

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

General Delivery  
Douglas Lake, BC V0E 1S0

T: (250) 350-3342  
F: (250) 350-3311



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

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