



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=sZ83PRbfqpOcEedNrx9a1RuDh9B21Z.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.

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

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
250-707-0095 ext. 127
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

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.

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

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 to learn more.

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



STATUS CARD APPOINTMENTS
will ONLY be available on
FRIDAY'S

If you need to update or
replace your Status Card,
you need to call
& book an appointment.

**WALK-IN'S WILL
NO LONGER BE ACCEPTED**

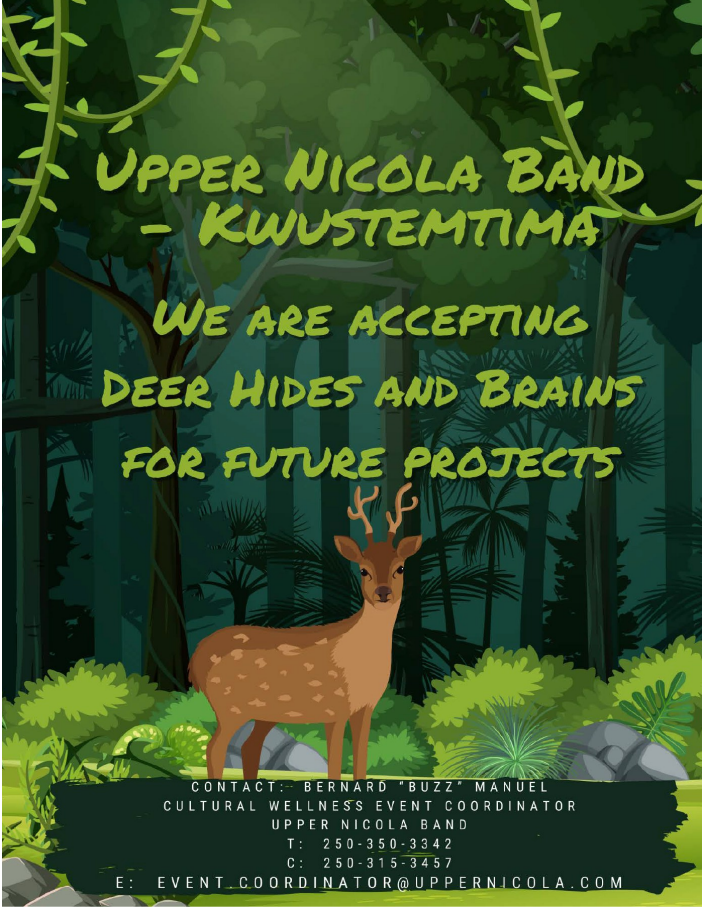
Please call Becky 250-378-5058



nsyilxcn



way' xast sxl'xsa't
we are looking for community members to
help guide the work on revitalizing our
language. if you are interested please reach
out to Justine
syilx2@uppernicola.com or
call 778 694 1272

**UPPER NICOLA BAND
- KWUSTEMTIMA**

**WE ARE ACCEPTING
DEER HIDES AND BRAINS
FOR FUTURE PROJECTS**

CONTACT: BERNARD "BUZZ" MANUEL
CULTURAL WELLNESS EVENT COORDINATOR
UPPER NICOLA BAND
T: 250-350-3342
C: 250-315-3457
E: EVENT_COORDINATOR@UPPERNICOLA.COM




**Looking for a family doctor
or nurse practitioner?**

The Health Connect Registry can help

Go to www.healthlinkbc.ca/health-connect-registry

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

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



Rural and Remote Division of Family Practice
Merritt



Rural and Remote
Division of Family Practice



k'u stamtima?

IN SEARCH OF: RESOURCE PEOPLE

RESOURCES NEEDED

We are in search of resource people. If you can offer something to our community we want to hear from you.

- Traditional Food/ Medicine Makers
- Storytellers, Drummers
- Traditional Ribbon Skirts/ shirts
- Beaders, Painters, Crafters, Quilters, Leather crafters
- Workshop Presenters
- Elders

SEND YOUR INFORMATION TO KIM FULLER
kwustem.assist@uppernicola.com



FOR MORE INFORMATION CALL KIM

Call 250 315 3671

APPLY NOW




Find a Health Care Provider in Merritt

With humility, we acknowledge that the practice of family medicine will take place on the unceded, traditional, and ancestral territories of the Sylix and Nlaka'pamux peoples

New Patients

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

Health Connect Registry

Register online at www.healthlinkbc.ca/health-connect-registry or call 8-1-1
You will need to provide: Personal Health Number, phone number, email and home address with postal code

Eligible Patients

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

Ineligible Patients

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


What Happens Next

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

Health Care Help

HealthLinkBC.ca: 8-1-1
[Urgent Care Clinic](http://UrgentCareClinic.ca) - Kamloops: 250-314-2256
[Pharmacists](http://PharmacistsBC.ca): can renew certain prescriptions
PathwaysBC.ca: community health resources
[Virtual Doctor of the Day](http://VirtualDoctoroftheDay.ca) - First Nations
Health Authority: 1-855-344-3800

The Health Connect Registry is a provincial initiative of British Columbia's Ministry of Health, administered in this community by the Rural and Remote Division of Family Practice. Recruitment of new family physicians and nurse practitioners is an ongoing priority and registration also helps us to better understand how many primary care providers are needed so we can plan and advocate appropriately. While the goal is to connect every registrant to a primary care provider, it is not a guarantee. Please call 8-1-1 to make any changes to your registration.




k'u stamtima?



IN SEARCH OF

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

Requirements:

- A valid class 4 driver's license
- At least 2 years of experience driving a truck
- Clean driving record


If you are interested in this job opportunity, please send your resume to Kwustem.assist@uppernicola.com

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

We look forward to hearing from you!



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




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

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 16th, 2025 so please have submissions in by April 11th, 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.