



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).

JURISDICTION CONVERSATION

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

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 1st**.
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 mintues	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 mintues	Workout at NVAC gym or swim



Upper Nicola

BC Hydro Outage Details:

Planned Outage ID: 42009

Outage Start Time: **May 6 2025 10:00AM** PST

Estimated Restore Time: **May 6 2025 1:00PM** PST

Impacted Customers: **562**





Enbridge is pleased to invite Nlaka'pamux Nation members from the Nicola Valley to an open house and community dinner.

Come and learn more about Enbridge's operations within Nlaka'pamux traditional territory. Representatives from Enbridge will be available to share information on pipeline operations and maintenance, pipeline safety programs, emergency management, public awareness and damage prevention. The team will also provide project updates and answer any questions you may have.

Please join us. Dinner and door prizes are available!

For more information, please contact:

Celine Sewepagaham-Denney
Enbridge Community and
Indigenous Engagement Sr. Advisor
celine.denney@enbridge.com

Date:

Thursday, May 8, 2025

Location:

Nicola Valley Institute
of Technology Gymnasium
4155 Belshaw St, Merritt, BC

Time:

2 – 7 pm
Dinner will be served from 4:30 – 6:30pm.



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





CATERING CALL OUT

We are seeking catering bids for our upcoming Kwu'stemtima? Event on Sunday May 25, 2025. Please submit your bids to Tiffany McRae for consideration no later than Friday, May 9, 2025 @ 4:00pm.

Snacks & Meal:

- Please submit bids for 75-100 people
- Bid estimates must include plates, utensils, napkins, cups condiments, coffee, tea, juice, water and take away containers etc.
- Beverages to be ready at 12:00pm
- Snacks to be ready at 12:00pm
- Meal to be ready at 2:30pm-3:00pm
- Caterer to ensure that an acceptable number of crews have Food Safe Certificates and submit copies.
- The caterer will be responsible for the full organization of the entire meal preparation (shopping, serving, recruiting helpers, clean up)
- You need to bring your own pots, pans and dishwashing containers
- Lowest bid may/may not be considered
- The menu must include snacks and a sample of traditional foods for dinner (berries, salmon, wild meat)

More details are provided upon the bid awarded.

Bid Deadline: Friday, May 09, 2025, | 4:00 PM

Please submit bids to:

Upper Nicola Band – Kwu'stemtima? C/O Tiffany McRae

Ph: (250) 280-4717 Email: cfp@uppernicola.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 | • 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 to learn more.



Annual General Assembly

And Syilx Youth Leadership Gathering

July 23–24, 2025 | Upper Nicola Band

skc'əḥwəḥwipla? 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^w)
- 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



k^wústəmtímá

Women's Wellness Day

May 10, 2025

Nicola Valley Institute of Technology

9:00 AM- 3:00 PM

This is a 18+ EVENT for UNB WOMEN
ONLY or Ladies who live in
Community

- Massage
- Medium/ Tarot
Cards
- Hair Cuts
- Pedicures
- Lashes
- Eye Brows
- Crafts
- Braids & Tinsel
- Lotions &
Medicine
- Nails

Door Prizes
Must Be
Present to
collect

Lunch & Snacks Provided

To Register Contact

Martha Chillihitzia at 250 315 3858 mchillihitzia@365.sd58.bc.ca
OR with
Simone Chenowith at 250 280 4202 chnwth@gmail.com



CALLING ALL UNB MEMBERS TO PARTICIPATE IN THE

Spirit of Syilx Unity Run

**Spirit of Syilx Unity Run
Takes Place**

May 29th to June 1, 2025

Starting Point:

**Duncan Dam Scenic Viewpoint
(Near Trout Lake)
running to Mica Dam**

Upper Nicola Band will have the UNB Bus available for transportation during the event. Youth under the age of 12 will need a parent / chaperone to accompany them during the event. Chaperones will be available for youth ages 13+. Families are permitted to travel with their own vehicles, fuel cards will be provided for assistance.

Hotel rooms, meals and snacks will be provided during the event.

**Registration Deadline:
12PM April 30, 2025**

TO REGISTER CONTACT:

Buzz Manuel or Tanya Mcrae
UNB Office: 250-350-3342

E: event.coordinator@uppernicola.com or interm_ea2@uppernicola.com



Upper Nicola



Spirit of Syilx UNITY RUN

SAVE THE DATE!

MAY 29 – JUNE 1, 2025



For more information contact:
Hailey Wright, Communications Coordinator
haileyw@syilx.org or 250-707-0095 ext. 233
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**

sn̓p̓nt̓k̓tn̓, Penticton

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

nt̓ə̓t̓ə̓pm̓usc̓in̓, 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

s̓ən̓ł̓ux̓ux̓tan̓, 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 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 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
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.

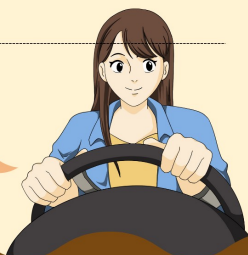
Requirements:

- 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

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 May 14th, 2025 so please have submissions in by May 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.