



## **GENERAL BAND HYBRID MEETING**

**Wednesday September 24, 2025**

**5:00pm Dinner at N’Kwala Gym**

**6:00pm at N’Kwala School Gym Via Zoom.**

**Join The Zoom Meeting at:**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/83172157546?pwd=UStK6Cin11vlfUCJNnPUeqogyQxp1e.1>

**Meeting ID: 831 7215 7546**

**Passcode: 840714**

**Agenda:**

1. Adoption of the Agenda
2. Review and Approval of the June 25, 2025, GBM Meeting Minutes
3. TBD

**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.*



# SCF's Fact Sheet on First Nations Child and Family Services & Jordan's Principle Settlement

Updated June 2025

The Claims Period for the Removed Child Class and their eligible Caregiving Parents or Caregiving Grandparents opened on March 10, 2025. You may be eligible for compensation under this Settlement if: **[1]** You are a First Nations individual who was removed from your home on-reserve between April 1991 and March 2022, and placed into care funded by Canada or **[2]** you were the Parent/Grandparent that exercised parental responsibilities over the Removed Child.

## How to Get Ready

Are You?



**Former child-in-care** removed from your home on reserve (Removed Child Class)

**The Caregiving Parent** of a child that was placed into care (Family Class)

**A Representative** filing on behalf of 1) a "Person Under Disability" or 2) Deceased Class Member

### You will need:



Valid government-issued identification



Mailing address



Bank account in your name for deposit

### You will need:



Valid government-issued identification



Mailing address



Bank account in your name for deposit



Month/Year and Location of Child's Removal



May Need Documentation proving relationship to child (Such as: Long-form Birth Certificate or Marriage Certificate)

### You will need:



For Person Under Disability.  
**Documentation appointing "Personal Representative":**

-Signed Power of Attorney or protection mandate OR  
- government appointment order (including Public Guardian Trustee)

For a deceased class member:  
**-Grant of Authority** document naming estate executor (will, grant of probate, etc.) or **Heir** as defined in the Settlement Agreement



For deceased class members, will need **death certificate, burial certificate or funeral director's statement of death**

**Ready to Apply?** The claims process opened March 10<sup>th</sup>. Adults will have three (3) years (until March 2028) to apply. Minors in BC can submit a Claim Form starting at age 17 until their 22nd birthday. Compensation will not be issued until after claimant reaches the age of Majority. Applications, guides, and videos that explain how to go through the application step-by-step can be found at <https://fnchildclaims.ca/claims/forms/>

**Need Free Support?** Contact the administrator for any questions, legal advice, or to connect with *Claims Helpers* for free one-on-one help with the application over phone or online **call toll-free at 1-833-852-0755 (5am-5pm Mon-Fri)**, visit [www.FNChildClaims.ca](http://www.FNChildClaims.ca). Please reach out to SCFSS (250-378-2771) if you are a community member and have additional questions or need advocacy support.

Free mental health and wellness support is available at [HopeForWellness.ca](http://HopeForWellness.ca)

### Have more Questions?

check out the FAQs at <https://fnchildclaims.ca/help-resources/faq/>

SCAN FOR MORE INFO ON THE CLAIM & SUPPORTS



# stxalq - Huckleberry camp 2025 Report

sqilxw'caw't – Community Safety, the Upper Nicola Language Department, and K'wu stamtima? collaborated to host a stxalq (huckleberry) harvest camp at Manning Park on August 5–7.

Approximately 75 members took part over the week. Harvesting huckleberries together is one of the many important ways to practice our inherent rights to harvest, hunt, fish, and live from the land, while deepening our understanding of the Syilx Territories, where Manning Park is located. For some, it was their first time learning to harvest, and the camp created a space for children, youth, adults, and Elders to share teachings on the land, supporting community wellbeing.

The Upper Nicola Band would also like to acknowledge the Lower Similkameen Indian Band (LSIB) for welcoming us into their territory. We are grateful for the continued strong and respectful relationship between communities, and for the generosity in sharing their knowledge and history of the area with us.



As the 2016–2020 Community Safety Plan wrapped up, new challenges arise—such as the Trans Mountain Pipeline expansion, COVID-19, unmarked residential school graves, and wildfires and floods in the province has highlighted the need to renew and strengthen our plan.

sqilx̣ẉcawt – Community Safety Department grew from the collaborative efforts by Council, Administration, Community Members, and Partners in 2021. You can find *Our Community Safety captiḳẉ – A Community Safety Plan* on the Upper Nicola webpage.

The sqilx̣ẉcawt program brings together the Upper Nicola Band’s 13 Moon curriculum, Nk’wala School, Leadership, community Elders/Knowledge Holders, the Upper Nicola Language Department, and the Ḳẉu sṭamtima?, strengthening relationships and supporting engagement with Upper Nicola Rights Holders. This project is community-led and grounded in Sqilx̣ẉcáwt

Over the past months, our community has come together for many different gatherings and opportunities, including *mypnúla?x̣ẉ - On the land learning at Tabby’s Meadow*, which hosted 22 participants, the Huckleberry Camp with over 60 attendees, and the professional development training for staff and those who work with UNB, *Achieving a Team-Based Trauma-Informed Approach* facilitated by Rod Jefferies. These events have provided meaningful experiences for learning, connection, and building stronger community practices. This led to the hiring of the sqilx̣ẉcawt – Community Safety Lead and is part of a 5-year National Indigenous Crime Prevention Fund (NICPF)-funded plan that strengthens cultural connections, supports community safety, and addresses the ongoing impacts of colonialism while creating positive opportunities across the community.

### **Meet Juanita Lindley – sqilx̣ẉcawt Community Safety Lead**

waỵ̣ x̣ast ṣx̣ḷx̣̣aḷṭ isḳẉisṭ x̣astc̣nitx̣ẉ

I’m Juanita Lindley, honored to support this initiative as the sqilx̣ẉcawt - Cultural Safety Lead. I’ve grown up within this community and have strong ties to the land and people. I bring with me lived experience and a background in Education with my commitment to this work.

In this role, I will plan and guide projects tied to the Community Safety Plan, working closely with Elders, Knowledge Holders, families, and community leaders to ensure programs reflect our values and aspirations. My work includes coordinating on-the-land learning opportunities, community workshops, and educational initiatives that support the preservation and revitalization of culture and language. I also contribute to consultations, partnerships, and reporting to help projects stay on track that are aligned with our community goals.

For me, culture is safety. When centering children, families, and community relationships in programs it strengthens protective factors, clarifies roles and responsibilities, and creates spaces where everyone can thrive. This work is about restoring connection, grounding safety in our ways, and supporting the wellbeing of the community.

limḷamt for walking with me in this work,

***Respectfully,***

Juanita Lindley M. Ed

sqilx̣ẉcawṭ - Cultural Safety Lead

UPPER NICOLA BAND  
WOULD LIKE TO SHARE OUR NEWEST  
DEPARTMENT  
sqilx<sup>wł</sup>cáwt -Community safety



Listen Here



sqilx<sup>wł</sup> - Indian Person

cáwt - Who you are, what you embody

sqilx<sup>wł</sup>cáwt -Our Indian way of being, our Indian  
ways of doing

# UPPER NICOLA BAND

## Call out for On-call Firewood Harvesters

Send your letter of interest  
to Praharshi at:  
[hr@uppernicola.com](mailto:hr@uppernicola.com)

Must have Valid Class  
5 Drivers License and Chainsaw  
Safety training.

Rate of pay will be based on  
numerous factors

Please call Emily at 250-378-5058  
if you have any questions



# mypnúla?x<sup>w</sup> - on the land learning



Listen Here

## STAY TUNED FOR THE NEXT MYPNÚLA?X<sup>w</sup> – ON THE LAND LEARNING

The first mypnúla?x<sup>w</sup> – On the Land Learning took place on July 22. The day began with coffee and a caravan to our first stop overlooking spaxmn, where Elders Jerry Tom and Nelson Stewart shared stories about water sources, ditch digging, the old gold mine and mills, the original fence line, and so much more. With 22 participants, the day unfolded with laughter, rich teachings, and a picnic lunch. These seasonal gatherings remind us of the importance of being together on the land to learn and re-learn more about who we are and where we come from. Stay tuned for details of the next mypnúla?x<sup>w</sup> – On the Land Learning at q<sup>w</sup>umqíná?tk<sup>w</sup> – Fish Lake, date to be determined.



This year we held our Annual General Assembly on Wednesday, August 13th, 2025. It was a full day of knowledge, fun, communication and learning. We started bright and early at 7am with breakfast at the Health Office welcoming all community including our hard working contractors working on the Quilchena Community Office building.

At the health office we also had presentations regarding the blue, green algae at the waters in the valley and a health report,. We then proceeded to go to N'kwala School Gym to have information booths from all of the departments along with some outside supporting booths. We had our Financial Audit presentation from Crowe Mackay as well as a very informative information from Scotty Holmes regarding the Douglas Lake Commonage.

We had a lot of information on our Capitol Projects like IR1 Nicola/Michel road updates, IR3 Water Treatment Plant, IR1 Firehall, and the in progress Quilchena Community Centre. Kwu stemtima? gave a nice update on our jurisdiction.

Followed by an amazing dinner and entertainment. This year we saw an average of 100 members throughout the day. Randy did an amazing job as usual with that amazing music as well. We look forward to seeing everyone next year.





Come join us in creating space for language sharing and gathering

# NSYILXCEN LANGUAGE CAMP



**SEPT 26 - SEPT 28, 2025**

**nk<sup>w</sup>ritk<sup>w</sup> - GLIMPSE LAKE**

**EVERYONE WELCOME**

**VISIT - FOOD - LANGUAGE - FUN**

- SEPT 26 - SET UP CAMP
- SEPT 27 - LANGUAGE ACTIVITIES
- SEPT 28 - LANGUAGE ACTIVITIES (AM)
- CAMP TAKEDOWN / FAREWELL (PM)



REGISTER HERE

**MEALS WILL BE PROVIDED** <https://forms.office.com/r/jSaTYmzXL3>

**BRING YOUR OWN PLATES, BOWLS, & UTENSILS**  
**DRUG / ALCOHOL FREE EVENT**

For more information contact [Maynard.language@uppernicola.com](mailto:Maynard.language@uppernicola.com) or [Justine.syilx2@uppernicola.com](mailto:Justine.syilx2@uppernicola.com)



**You Are Invited to Attend**

# **Douglas Lake Commonage Community Engagement**

**September 16 & 17, 2025**

**Mark Your calendar**

**For A 2- Part Community Engagement Session**

**September 16, 2025**

**Blanket Exercise (Commonage Theme) & Dinner @  
N'kwala School Gymnasium**

**September 17, 2025**

**Legal Update, Advisory Council Update & Kent  
McPherson Presentation @ ·nk<sup>w</sup>ritk<sup>w</sup> - Glimpse lake  
Tours to be determined**

**Check our website & our social media pages  
for updates.**

**For more information: Carol Holmes  
kwu stemtima? Chair and Jurisdiction Manager  
unlaws@uppernicola.com**



# N'KWALA Back to School



**COMMUNITY BBQ**



**Friday, Sept 5th - 12pm at School Entrance**

All N'kwala families, UNB community & guests are welcome to attend. We're excited to welcome everyone back to our school!



Upper Nicola

# yʃat swit ʒəl sʒastwilx skʃlx<sup>w</sup>am

## Public Health Advisory

**txətmistwi: iʔ q<sup>w</sup>ay-q<sup>w</sup>in nmətrík<sup>w</sup> k<sup>w</sup>ul, (kínknt)**  
*Caution: Blue-Green Algae Bloom. Water is unsafe.*

**iʔ q<sup>w</sup>ay-q<sup>w</sup>in nmətrík<sup>w</sup> ʃapnaʔ k<sup>w</sup>ul alaʔ iʔ | tʃík<sup>w</sup>t**  
*Cyanobacteria are present in this waterbody.*

**lut aʔ ks k<sup>w</sup>ulmnm axaʔ** | Avoid the following:

- **lut aʔ ksiwst iʔ tl siwk<sup>w</sup> alaʔ** (Drinking or swallowing water)
- **lut aʔ kscʃalx kəm aʔ kskʃacknitk<sup>w</sup>** (Swimming or water-based recreation)
- **lut aʔ ksxiʔxiʔstim ankəkwap kəm iʔ ansnkʃcaʔsqaxaʔ naʔ stmʃalt** (Allowing pets or livestock near the water)

**ʃəʔ tknx<sup>w</sup>ncis cəm axaʔ k<sup>w</sup>nuntx<sup>w</sup>** | Exposure may cause:

- **asiʃiʔ tawʃ spáq<sup>w</sup>t, kəm swap taliʔ** (Skin irritation, rashes, and itching)
- **asqíćqn k<sup>w</sup>əm k<sup>w</sup>map, k<sup>w</sup> tksils, k<sup>w</sup> witwitkx, uʃ k<sup>w</sup> nqilnk** (Stomach cramps, nausea, vomiting, and diarrhea)
- **taliʔ sqilt iʔ kəl stmələscut** (Serious illness in pets and livestock)

**səlap ʃəʔ taqəqnutx<sup>w</sup>** | If contact occurs:

- **ćiwnt taliʔ t ʒast t siwʃk<sup>w</sup>** (Rinse thoroughly with clean water)
- **k<sup>w</sup> x<sup>w</sup>uy kəl səx<sup>w</sup>mrim k<sup>w</sup> ʃəʔ qilt** (Seek medical attention if symptoms persist)
- **x<sup>w</sup>uyst kəl səx<sup>w</sup>mirms istimələscut ʃ qaliltəlx** (Contact veterinarian immediately if animals become ill)

**ʃəʔ anʒamint nix<sup>w</sup> aʔ ksmipnunm iʔ stiḥ, siwnt** | For more information, contact:  
**IREPHS@fnha.ca or 250-851-4831**



To hear this information in nsyilxcən, please scan the QR code

way' everyone,

On Wednesday August 27th, LSIB was honoured to host the Annual General Meeting for the En'owkin Centre.

En'owkin is one of the Hubs that not only teach our nsyilxcən language, but they also facilitate keeping our nsyilxcən culture from being forgotten in the passage of time.

One of the ways that En'owkin does that is by teaching our language, and our stories, and our captikwł - a collection of teachings about Syilx Okanagan laws, customs, values, governance structures and principles that, together, define and inform Syilx Okanagan rights and responsibilities to the land and to our culture.

Three of our LSIB members were honoured by blanketing & ceremony for their direct contributions to keeping the language and the stories alive, and we are proud-of-heart that those three members are part of us. :-D

Pictured from left to right are:

Brian Holmes - President of the En'owkin Centre

sux<sup>w</sup>maʔmáyaʔm (teacher) Tiana Louis

ńxaʔcíń (elder) Herman Edward

ńxaʔcíń kíʔapłniwt (elder Rob Edward)

ńxaʔcíń (elder) Dr. Jeanette Armstrong, a syilx knowledge-keeper, and one of the founders of En'owkin Centre.

Marion Louie - Secretary-Treasurer of En'owkin Centre, and the Department Lead for LSIB Education

A BIG limləmt to all of you, and the sqilx<sup>w</sup> (people) of En'owkin Centre who continue to revive our culture & heritage, and continue to teach!



**2<sup>nd</sup> Annual Nicola Valley Indigenous Youth Hockey Camp**  
**August 15 – 17, 2025**  
**Nicola Valley Memorial Arena, Merritt BC**

On the weekend of August 15 – 17, 2025, the Upper Nicola Band in partnership with Nlaka'pamux Health Services and the Indigenous Sport, Physical Activity and Recreation Council (ISPARC) hosted the 2<sup>nd</sup> Annual Nicola Valley Indigenous Youth Hockey Camp in Merritt BC.

The hockey camp featured on-ice instruction lead by UNB member JJ Holmes alongside Dustin Pacquette, Jalen Mcrae, Asia Munro, Danica Maynard, Jayla Bottle, Payton Corriea, Lilly Deckers and Nolan Dick. Special Guest, Danica Maynard, Metis Nation of BC, was on the ice of Day 1 of the camp and provided a Q and A period for the participants of the hockey camp. Danica is a Gold Medalist with Team Canada that competed at the 2025 U18 World Championships and is a NCAA commit to the Penn State University.



The Off-Ice activities were led by Alyssa Theodore with Strength and Conditioning at Persistence Training and cultural activities led by Paul Joe.

In total, we had 95 youth register for the event ranging from the ages of 5 – 17 and from communities of Upper Nicola Band, Lower Nicola Band, Coldwater, Cooks Ferry, Nicomen, Oregon Jack, Penticton Indian Band, Okanagan Indian Band, Westbank, Ashcroft, Bonaparte, Tk'emlups, Canim Lake, Simpcw, Mt Currie, and Tzeachten. Our Hockey Relations are alive and well and it was great to see all of our families and communities come together and celebrate the game in strong and healthy environment.



I would like to thank the UNB Kwu Stemtima? for assisting with the t-shirt and lunch distribution, Nlaka'pamux Health for providing lunch and snacks for both days, ISPARC for sponsoring the ice times and providing online registration for the event, the UNB Summer Students for their assistance with player check-ins and chaperoning the youth each day. The event was a major success and we look forward to hosting the event again next year.



Buzz Manuel, Jr  
Cultural Wellness Event Coordinator  
UNB Kwu Stemtima?



**FEEDBACK  
FORM**



Scan here to  
complete the form  
before Sept 19, 2025.

N'kwala School is seeking feedback from parents/ guardians on how they can best meet the needs of your child(ren).

You can also provide feedback by email anytime, to Travis Klak, Principal, N'kwala School: [nk.principal@uppernicola.com](mailto:nk.principal@uppernicola.com)



## CALL FOR CATERING BIDS

**Event:** UNB Nsyilxcn Language Camp  
**Date:** Sept 26-28, 2025 (2.5 days)  
**Location:** ḥk<sup>w</sup>ritk<sup>w</sup> - Glimpse Lake Camp

### WE ARE SEEKING:

**Breakfast (2 days (Sat/Sun))** for an estimated 50 people per day

- Breakfast **must** be ready to serve at 8:00 am

**Lunch (2 days (Sat/Sun))** for an estimated 75 people per day

- Lunch **must** be ready to serve at 12:00 pm

**Dinner (2 days Fri/Sat)** for an estimated 75 people per day

- Dinner **must** be ready to serve at 5:00 pm
- Sept. 27 dinner must include a wild game (deer/moose/etc) main dish

### Include the following in your bid:

- ✓ Menu must include Drinks/Refreshments & Dessert (lunch/dinner)
- ✓ Contact person's name, address & phone number
- ✓ Must commit to all days

### IMPORTANT INFORMATION:

- Glimpse Lake campground kitchen is available for the caterer's use. The caterer must confirm that they will be using their own equipment and are responsible for the complete clean-up of the kitchen when done.
- A confirmation head count will be conducted to confirm any charges over the guaranteed number of people *prior to approval* for any extra charges
- 50% of the bid could be advanced to the successful bidder to assist with preparation
- *The Lowest Bid may or may not be considered*

**Deadline:** Tuesday, September 9, 2025 at 12 NOON

*Please submit your bids to Maynard McRae Jr, [language@uppernicola.com](mailto:language@uppernicola.com)*

**Are you interested  
in learning the  
nsyilxcn language ?**



**UNB Nsyilxcn department  
has some unique  
opportunities coming up.**

**We are starting an Immersion  
Language House**

**We will be looking to hire  
Immersion Teachers  
&**

**Dedicated Learners**

**GET PAID TO LEARN AND WORK IN THE LANGUAGE**

**Keep an eye out for upcoming Job postings**



**Upper Nicola  
Language Department**

This Hunting Season Upper Nicola  
Departments, sqilx<sup>w</sup>4cáwt, K<sup>w</sup>u Stəmtíma?  
and N'kwala School are seeking  
donations of

- Deer Hide
- Deer Brain
- Antlers

For future projects

**k<sup>w</sup>u k<sup>w</sup>uk<sup>w</sup>stx<sup>w</sup> - Thank you, in advance**

Drop off at the spaxmn pithouse

Contact Juanita Lindley  
syilx3@uppernicola.com  
(250)350-3342





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

A photograph of a field with pink flowers and a dark green text overlay. The background shows a mix of green grass and dry, brownish grass on a patch of soil. Three bright pink flowers are in bloom, with one bud also visible. The text is overlaid on a semi-transparent dark green rectangle.

You're invited!

Please join us on September 8th at 1:00pm on Zoom to learn more about Upper Nicola Band's vegetation monitoring program. The presentation is for UNB members.

Zoom link:

<https://us02web.zoom.us/j/84568774446?pwd=A4XsExpVDuf1DilmyGT3bmsQHRwi7o.1>

Questions? Contact [bholmes@uppernicola.com](mailto:bholmes@uppernicola.com)

**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.

nsyilxcn

way̓ ǰast sǰǰsǰalt  
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

**STATUS CARD RENEWAL/REPLACEMENT  
By APPOINTMENT ONLY**

Status Card Day: FRIDAY'S  
Times: 9:00 am – 4:00 pm  
**WALK-INS WILL NOT BE ACCEPTED**  
Call: Becky or Susan @ 250-378-5058 or 250-350-3342

**ACCEPTABLE IDENTIFICATION**

**ADULTS (Age 16+)**

1 PIECE: Combined BC Drivers License & Services Card (Category 1) Passport  
SCIS Card (not expired by more than 1 year)

2 PIECES: Certificate of Birth (Category 2) Certificate of Marriage or Divorce  
Provincial Health Card  
Provincial ID  
Drivers Licence  
Employee or Student ID with digitized picture

**YOUTH/CHILD (Age 15-)**

Parent/Legal Guardian: 1 piece Category 1- or 2-pieces Category 2  
Legal Guardian need legal guardianship order

Child: One piece from either Category 1 or Category 2

\*BC Care Card, Expired ID, SIN Card, Photocopied ID, or Certified Copied ID WILL NOT BE ACCEPTED\*  
\*\*ID Must be intact and readable\*\*



k'u stamtimá?

## 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](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](http://UrgentCareClinic.ca) - Kamloops: 250-314-2256  
[Pharmacists](http://Pharmacists.ca): can renew certain prescriptions  
[PathwaysBC.ca](http://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 stamtimá?



## 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, 2025 to March 31, 2026 Recreational Funding for UNB members.




**To be eligible**

- 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, 2025 to March 31, 2026**

**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:officemanager@uppernicola.com)**

**CURRENT JOB POSTINGS PLEASE SEE OUR WEBSITE**

**WWW.UPPERNICOLA.COM**

- Early Childhood Educator
- UNB Housing Society BoD Member
- Tenant Relations Officer
- Nsyilxcen Language Housing Instructor
- sqx<sup>w</sup>caw□t Community Safety Events Coordinator

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 September 17th, 2025 so please have submissions in by September 12th, 2025 by 4PM.



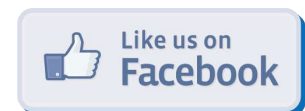
**Contact Us**

**Upper Nicola Band**

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

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

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