

# NEWSLETTER



**\*\*RSVP the date you would like to attend\*\***

## OPEN HOUSE





Tour the Quilchena Community Center

 Nicola River Road, Quilchena, BC
  April 29th & May 27th
  Tour: 1:30-2:30 pm




The Quilchena Community Center will be a gathering place nestled into the landscape. Upholding, Embodying & Sharing Upper Nicola Culture and Heritage. We welcome you to come take a tour.


### TOUR HIGHLIGHTS

-  Chief & Council Chambers
-  Youth Room
-  Fitness Center
-  Elder Knowledge Room
-  4 Food Chiefs areas
-  and MORE!

### INFO & RSVP CONTACT

**TIERRA HOLMES**

 (250) 350-3342

 Dcs.assist@uppernicola.com

<https://uppernicola.com/quilchena-community-centre-booklet/>



**April 2026**  
**GENERAL BAND MEETING**

**Wednesday, April 29, 2026**  
**at 6:00PM 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. Meeting Minutes from January 28, 2026, GBM
3. ONA Health & Wellness Updates
- 4.

**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.*

# 10th Annual UNB Burrowing Owl Release

We will be celebrating our 10<sup>th</sup>  
annual release of the  
Burrowing Owls of UNB

**April 22, 2026**  
**10:00 am**  
**N'kwala School**

- ✓ Ceremony
- ✓ Lunch provided
- ✓ On site learning
- ✓ Community event

Information: Diana Moffat



**Phone**  
250-280-3772



**Email**  
[Communications@uppernicola.com](mailto:Communications@uppernicola.com)



**sqəqax<sup>w</sup>**  
**Burrowing Owl**





# N'kwala School OPEN FOR 2026/2027 REGISTRATION



## nsyilxcen

Daily Language  
Daily Cultural Activities



Parent Club  
School Advisory  
Committee



### Provides:

- \*School Supplies
- \*Breakfast/Lunch
- \*Transporation  
between Lower Nicola  
and Douglas Lake



Open to all  
Indigenous  
and  
Non-Indigenous  
Students

## Contact Information

Travis Klak, Principal  
NK.Principal@uppernicola.com

(250) 350-3370

9410 Nkwala Rd Douglas Lake BC

## Certified

Certified Independent School

We offer K-Grade 12 Programming

# Nlaka'pamux Youth FLOOR HOCKEY TOURNAMENT & WELLNESS DAY

Ages 8-18

📍 Shulus Arena – Lower Nicola, BC

📅 April 25, 2026

🕒 9:00 AM – 4:00 PM

🏒 Floor Hockey Tournament

🎨 Crafts & Small Games

👤 Special Guest Presenters

📺 Harm Reduction Education

📺 Door Prizes & Tournament Prizes



Each participant receives a hoodie!



Bring a stick and gloves, if you have them!  
A limited number of sticks will be available.

## SPECIAL GUEST PRESENTERS

Contact JJ Holmes:

📞 250-280-3706

✉️ jjholmes55@hotmail.com

- 🗣️ Community Speakers
- 📺 Harm Reduction Education
- 🎨 Cultural Crafts & Activities

Hosted By:



JOIN US FOR

# Community Clean Up Day



*We are all responsible in maintaining & preserving our beautiful tmx<sup>w</sup>ulax<sup>w</sup>. If we take care of the earth, she will take care of us. Lets work together in cleaning up the plastics and trash in our community so our tmx<sup>w</sup>ulax<sup>w</sup> can breath and be poison free.*

**\*\*\* LUNCH PROVIDED AT NKWALA SCHOOL \*\*\***



WED, APRIL 22ND, ALL DAY



SUPPLIES CAN BE PICKED UP AT EITHER THE BAND OFFICE OR QUILCHENA HEALTH OFFICE.



Water station available (bring your own refillable water bottle). Please dress for the weather.



**FULL TRASH BAGS CAN BE LEFT ON THE SIDE OF THE ROAD FOR PICK UP. WAY'**

For more information, contact: Tierra (250) 350-3342

# UNB Walk / Run Program



Join us for a 6 week training program as we prepare to run in the upcoming Spirit of Syilx Unity Run

Training will be on Tuesdays from 5:30 to 6:30 PM at the UNB Hall From April 21st to June 2nd. Open to UNB Youth and Families.

**To register for the Spirit of Syilx Unity Run**

**Contact:** Tanya Mcrae

E: [youth@uppernicola.com](mailto:youth@uppernicola.com)

Unity Run Dates: June 4 - 7, 2026

**For information about the training contact:**

Buzz Manuel C: 250-280-3755

E: [event.coordinator@uppernicola.com](mailto:event.coordinator@uppernicola.com)

*\*\*Attending the Unity Run is not required to attend the training.\*\**





JOIN US FOR A

# FITNATION WORKOUT



**Workout Wednesdays are back!**

Open to UNB Families and Community Members.  
FitNation is Workout Program designed to get everyone  
active, from Beginner to Advanced Levels.

Everyone is welcome!

**Every Wednesday from April 22<sup>nd</sup> to June 24<sup>th</sup>,  
5:30 - 6:30 PM at the  
UNB Community Hall**



For more information contact  
**Buzz Manuel C: 250-280-3755**  
**E: [event.coordinator@uppernicola.com](mailto:event.coordinator@uppernicola.com)**



# Spirit of Syilx

## UNITY RUN



WE RUN FOR OUR LAND AND OUR PEOPLE

### SUICIDE AND VIOLENCE AWARENESS RUN

When Syilx people come together, we honour our ancestors by connecting with the land and one another, promoting our collective healing and growth.

Our journey is not only to raise awareness; it is also about strengthening our own resilience, as we are deeply rooted in the land itself.



**JUNE 4-7, 2026**

**snxλ'utłxstn, Mica**



**For more information, please contact:**

Dorothy Harrower, Communications Coordinator  
at [dharrower@syilx.org](mailto:dharrower@syilx.org) or 250-707-0095 ext. 123

[www.syilx.org](http://www.syilx.org)

# Spirit of Syilx UNITY RUN



**JUNE 4-7, 2026**



**snxλ'utłxstn, Mica**

## **RUNNING / TRAVEL SCHEDULE**

**DAY 1: OPENING CEREMONY AT 2PM**  
POTLACH CREEK TO GOLDSTREAM BRIDGE  
\*\* STAY IN REVELSTOKE

**DAY 2: GOLDSTREAM BRIDGE TO REVELSTOKEE**  
\*\* STAY IN REVELSTOKE

**DAY 3: REVELSTOKE TO NAKUSP**  
\*\* STAY IN ARROW LAKES/NAKUSP

**DAY 4: NAKUSP TO FAQUIER/NEEDLES**  
\*\* TRAVEL HOME

**\*\* SCHEDULE SUBJECT TO CHANGE**



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# Spirit of Syilx



## UNITY RUN

# June 4-7 2026

Opening Ceremony at 2pm  
Pot Latch Creek

Day 1: Potlatch Creek to Goldstream Bridge  
\*\* stay in Revelstoke

Day 2: Goldstream Bridge to Revelstoke  
\*\*stay in Revelstoke

Day 3- Boat launch to Naskusp  
\*\*stay in Nakusp



For more information, please contact:  
Dorothy Harrower, Communications Coordinator at  
[dharrower@syilx.org](mailto:dharrower@syilx.org) or 250-707-0095 ext. 123

# Horsemanship Clinic

March 21-26

Raging River Arena, Quilchena

Update: The KwuStemtima Horsemanship Clinic was a great turnout. We had 15 youth registered

from ages 6-13. We had alot of youth so we needed to have a morning session and a afternoon session and we also needed to share horses between the two groups. Our first day, March 21 we also had the Community Spring Equinox Dinner at the arena. It was a great dinner with a good turnout, amazing food and great company. Coming together with our youth, elders and community always creates good memories. Our youth were tested to the end with the cold, windy, rainy and sometimes snowy weather. They all hung in there, and to see the smiles on all of their faces made the week well worth it. On Wednesday, March 25<sup>th</sup> we had the mini rodeo. The kids took part in a grand entry, barrel racing, pole bending and stake racing. They also had a little biography read out about themselves, their parents and grandparents. You could just see the joy in their faces while they showed everyone what they worked so hard to do. I'm sure that every night we had tired kids but every morning they were so eager to get things going. It was another amazing event. We would like to thank Scwexmx Child & Family for all their generous help, for the caterers, for the community for supporting, for the instructors Kaylee & Stella (Training Thru Trust), for Randy (Raging River Arena), for parents and grandparents (getting kids to arena), and most of all to the youth who showed up each day.



Upper Nicola Housing Department  
**DEPARTMENT &  
HOME NEWS**

**SPRING ISSUE**

April 2026



### Hello Community Members

With warm weather and birds tweeting it's great to welcome back spring and say bye - bye to cold winter, I hope everyone had a great long weekend on good Friday & Easter Monday.

On April 1<sup>st</sup> starts the new year budget for the department and 1<sup>st</sup> day back to previous employee Elaine Spinks who left on her maternity leave last year. Elaine has been in the housing department and serving the community for almost ten years on June 15, 2016. Elaine's new position is Assist Housing and new work email is [Assist.Housing@uppernicola.com](mailto:Assist.Housing@uppernicola.com).

Housing department employee emails goes as following; Clifford Chillihitzia Housing manager – [Housing@uppernicola.com](mailto:Housing@uppernicola.com), Kaushik Ramam Tenant relations officer – [h.relations@uppernicola.com](mailto:h.relations@uppernicola.com) and Benjamin Clarke Housing maintenance – [maintenance@uppernicola.com](mailto:maintenance@uppernicola.com).

## Maintenance Tip # 1 Seasonal Inspection

It would be ideal to take a walk around your residence to inspect your siding, soffits, foundation for any disturbance/change that could happen during the winter season. Please contact housing department to notify of any change.

## Department Update

Starting the new year with new objectives, it is time to conduct residence inspections both rentals and private homes. There is a need to update each residence with housing condition if the residences have received any renovations or update renovations plan. Housing maintenance employee Ben will be going to each residence to schedule a inspection and is starting in quilchena. Please welcome Ben and match calendar to schedule a date for inspection.

It states in all four housing policies; Once every two years, the housing policy shall be presented at a General Band Meeting. With this in mind, the department will be delivering the applicable policy to each residence within the coming weeks to give an opportunity to review and note if any ammendments needed to be made.

## Maintenance Tip # 2 Air Quality & Fire Safety

With spring in the air, brings thoughts are air quality and fire safety. It is good practice to change your air filter to every 90 days. This simple action helps lower the hydro bill and saves furnaces from overheating.

**Housing Department | 250 – 350 - 3342 | [Assist.Housing@uppernicola.com](mailto:Assist.Housing@uppernicola.com)**

## CAPTIKWL STORIES

On March 16, I had the privilege to attend ONA's captikwl session on health that was held over Zoom, and as usual, we started off with a prayer from an elder and introductions. The main topic of the session was on health and a captikwl called "Sons of Beaver and Coyote" it tells of Beaver, who was a builder and a keeper of water, and his sons who were curious and careless at times, and of course, a story wouldn't be complete without Coyote who is known as a trickster and loved to test people. To make a long story short, Coyote had ended up teaching Beaver's sons that actions have consequences. Not only did it show that actions have consequences, but it also showed a parent's love in the form of Beaver letting his sons learn from their mistakes so that they can grow.



**THE LAND GATHERING AT CHAPPERON LAKE HAD A LOT OF MEMBERS, SCHOOLS, ELDERS, CHILDREN, HAND DRUMMERS/SINGERS, HORSE RIDERS, AND GOOD FOOD.**

April 2 was the day of the commonage meeting, and it was windy and cold; luckily, we had a huge bonfire that warmed up the whole area. There were about 100 people in attendance, including Upper Nicola staff, N'kwala students, and several community members. The day started with a prayer and song, and the arrival of the horse riders, who rode throughout the commonage. After their arrival, we had the chance to offer up tobacco to the water. After a while of conversation, it was lunch. There was plenty to eat between the turkey soup, salmon sandwiches, and hot dogs. Everything was delicious, and we were also lucky enough to get some local native potatoes and candied salmon that tasted even better after a few seconds over the fire.

After lunch, we got a commonage update from both Councillor Scotty Holmes and Chief Dan Manuel. They had talked about how they were in the midst of negotiations with both the province and Canada; they said that they had only 3 members at the negotiation table: Chief Dan, Councillor Scotty, and Stacie Coutlee. In the end the said that we may not get back what land we had, but we do have an opportunity to take new lands, and in order to do that, we need the province to not only recognize our title and rights but also recognize that our captikwl is our constitution. Although I can't speak too much on how we can get our lands back, I am truly grateful for all the efforts made for not only the meeting but also the efforts of those at the negotiation table and those contributing their time to get back what was rightfully ours.

*-Natalie Holmes*



# shape our syilx future

## A WEEKEND GATHERING FOR COMMUNITY BUILDERS

- Discover your gifts & strengths & how they can serve your community, Nation & tmix™
- Add to your bundle - new skills, ideas & inspiration to guide your path forward
- Grow your business ideas into meaningful work that reflects your gift & values
- Learn facilitation practices that bring people together in a good way

### FOR SYILX COMMUNITY MEMBERS

For youth workers, educators, facilitators

And for anyone exploring new pathways  
for work, entrepreneurship,  
or community building

**BUILD YOUR BUNDLE**

**GROW YOUR GIFTS**

Register



# May 22 - 24, 2026

at Naramata, BC

Meals & accommodations provided

free for syilx Nation members



IndigenEYEZ





## POST SECONDARY APPLICATION

### **FALL 2026 Deadline**

The Post-Secondary Assistance Program provides financial support to allow eligible Upper Nicola Band members pursue higher education. Full or Part-time Studies Sponsorship is available.

**Apply by: April 30<sup>th</sup>, 2026**

#### **Sponsored Students will receive:**

- Tuition
- Books
- Supplies
- Living Allowance\*\*\*

**\*\*Living Allowance for Full time Students only\*\***

#### **For more info or assistance, Contact:**

Geneve McRae  
(250) 350-3342  
ec@uppernicola.com

<https://uppernicola.com/departments/education/post-secondary-education/>





# HUNTING PRACTICE

## ACTIVITES

- Learn to Shoot
- Get Ready to Hunt
- Site Gun
- Share Stories
- Turkey Hunt (pending interest)


**WEDNESDAYS  
AT 5:30PM**

**EVERYONE  
WELCOME**

**At the Old Post & Rail**

### CONTACT:

 Roger Sheena

 (250) 315-5634





# SYILX HEALTH CAREER ACCESS PROGRAM

Mental Health & Substance Use

**ARE YOU INTERESTED IN SUPPORTING MENTAL WELLNESS IN YOUR COMMUNITIES?**

The Syilx Health Career Access Program (HCAP) is a **paid learning pathway for Syilx Okanagan Nation members** who want to become Mental Health & Addictions Support Workers.

We are currently gathering names for the September 2026 cohort. Information sessions will be offered before applications open.

## WHAT THIS PATHWAY OFFERS

- ✓ Financial compensation while you learn
- ✓ Fully covered tuition
- ✓ Virtual learning at Selkirk College
- ✓ Practicum in your home community
- ✓ Flexible admissions pathways

## APPLICATION REQUIREMENTS

- ✓ Must be a Syilx Okanagan Nation member
- ✓ Grade 12 (or equivalent) or 19+ years old



**FULLY FUNDED!**

**NOW COLLECTING NAMES FOR SEPTEMBER 2026 COHORT**

**To join the interest list, please contact:**

Your community's  
Education Coordinator

*or*

Brooke McLaughlin, Nation  
Planner, Health at  
[nationplanner.lou@syilx.org](mailto:nationplanner.lou@syilx.org)

### For More Info:

Brooke McLaughlin, Nation Planner, Health  
[nationplanner.lou@syilx.org](mailto:nationplanner.lou@syilx.org) or 250-707-0095 ext 242  
[www.syilx.org](http://www.syilx.org)

### In Partnership With:



Interior Health



Selkirk College



THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Forestry

# Bachelor of Indigenous Land Stewardship



Be part of the global cultural resurgence of Indigenous Peoples as they reclaim and revitalize their lands; strengthen their systems of governance; build economic opportunities; and bring knowledge systems together to ensure community capacity, sustainability and resiliency in an uncertain climate future. Led by Indigenous scholars, well-prepared allies, Elders and Knowledge Keepers, the Bachelor of Indigenous Land Stewardship program gives students a thorough understanding of land stewardship concepts, knowledge and skills using culturally appropriate approaches.

## CAREERS

The Bachelor of Indigenous Land Stewardship program trains Indigenous Peoples and allies for careers with governments, resource sector businesses, private consulting and ENGOs involved with Indigenous resource stewardship. Students will be prepared to be policy, public administration or resource experts who can work with Indigenous and Western knowledge systems emphasizing approaches for holistic and sustainable natural resource management.

## At a glance

<b>Program length</b>	4 years, full-time
<b>Academic year</b>	September - April
<b>Location</b>	- In person at UBC-VAN - or online option
<b>Estimated Tuition</b>	\$6,687.12 CAD (1 <sup>st</sup> year)

UBC Forestry & Environmental Stewardship is pleased to offer living away from home and away from work financial support for Canadian Indigenous Students. To learn more, speak with a BILS Advisor.

## APPLY TODAY!



Toll-free: 1.877.272.1422



<https://you.ubc.ca/applying-ubc/how-to-apply/>



# FEEL THE BEAT

Feel the Beat is a time to come together to learn, practice, and share language and culture. Our Elders share that learning language and culture is a form of healing as traditional practices naturally connect us to our Indigenous identity. Feel the Beat is open to the communities (Coldwater, Lower Nicola, Nooaitch, Shackan, Upper Nicola, and Urban) and families of Scw'exmx Child & Family Services Society. **This month, we will be focusing on beading! We'll also practice introductions, with take-home handouts to help you continue practicing at home.**

Please register by scanning or clicking the link or scanning the QR Code below.

## DINNER & SUPPLIES PROVIDED!

Register Now 



<del>Apr 14, 2026 4-8 PM</del>		<b>Upper Nicola Event Postponed</b>	
<del>Upper Nicola Band</del>		<del>Beaded Lanyards</del>	
<b>Please monitor our social media for the rescheduled date.</b>			
<b>Apr 28, 2026</b>	<b>4-8 PM</b>	<b>Nicola Office (2099 Nicola St.)</b>	<b>Beading Regalia related items: hair ties, chokers, headbands, barrettes, cuffs.</b>

**\*\* Materials provided to learn simple beading techniques, facilitator will be available to teach. \*\***



**Please bring your feast bag and leftover containers to reduce plastic waste.**

*If you have any questions please contact our culture team by calling the number below.*





# “Celebration Of Traditions”

## Pow Wow

April 17<sup>th</sup> & 18<sup>th</sup>, 2026

Southern Okanagan Secondary School

6140 Gala St, Oliver, BC, V0H 1T0

School District #53 Indigenous Education Committee Hosting

**Host Drum – Smokey Valley**

**Second Host Drum - High Water**

**Emcee – Levi Bent**

**Arena Director – Lawrence Trottier**

**Admission is Free - Open to the Public**

**Free Dinner:** Friday and Saturday 5:30pm

**Free Breakfast:** Saturday 9:00 - 11:00am

Friday Schedule: 10:00am - 2:30pm SD#53 students only

Friday Evening: Open to the Public 7:00 - 11:00pm

Saturday Schedule: Open to the public 1:00 - 5:00pm & 7:00 - 11:00pm

**Dancers welcome. Please register before Grand Entry**

### **Saturday Afternoon**

Tiny Tot Special

By

Heaven N Earth

Native Art

### **Saturday Evening**

Honouring Jemma Louie

Initiation to Jr Girls Category

Special Age 7 - 13

1<sup>st</sup> Prize \$200, 2<sup>nd</sup> Prize \$150,

3<sup>rd</sup> Prize \$100, 4<sup>th</sup> Prize \$50

All drum groups will receive an Honorarium with a minimum 4 singers and must be registered

Vendors are full - You can unload at the back of school then must move vehicles to the front

Public Parking at the front of SOSS

**Elder and handicap parking at the back of school**

**THIS IS A SMOKE AND VAPE FREE ZONE**

Pow Wow Committee members & School District No.53 are not responsible for any injuries, theft, or items lost



To whom it may concern,

Can you please forward this email to anyone who may be interested? My name is Stacey Arnoldus, and I am a First Nations individual who has been approved to accept clients with First Nations Status for counselling services. I have been approved to become a counselling provider through the First Nations Health Authority (FNHA).

I am an owner of Four Corners Counselling Clinic, located in Merritt, British Columbia. I am a registered social worker and have graduated from the Master of Arts in Counselling Psychology. I currently offer counselling services to First Nations individuals, with the option of in-person sessions at my Merritt office or online counselling for those who prefer or require remote access.

I am reaching out to introduce myself and to share that I am available to accept referrals or direct inquiries from community members seeking counselling support.

If you have any questions or if you would like additional information about my services, please feel free to contact me by email or phone at 250-315-5051.

Thank you for your time and consideration. I look forward to the opportunity to support your community's wellness needs.

Warm regards,

Stacey Arnoldus, RSW, MACP  
Four Corners Counselling Clinic  
102- 3499 Voght St., Merritt, BC  
Phone: 250-315-5051

--

**Stacey Arnoldus**

+1 250-315-5051

stacey@fourcornerscounselling.ca  
www.fourcornerscounselling.ca

102-3499 Voght Street, Merritt  
B.C., V1K 1C6

# It's captik<sup>wł</sup> Season

## SEEKING AREA RUGS OR CARPETS

### Requesting donations for the spaxmn q<sup>wc</sup>'i?

The newly laid Pithouse  
cob-subfloor needs to  
be protected over the  
winter and we are  
looking for gently-used:

- \* area rugs
- \* carpets
- \* rubber mats
- \* foamy squares
- \* etc.

### Kindly bring your items to the Band Office

To arrange pickup call:  
Peyton or Tierra at 250-350-3342,  
or Clare Paul on Facebook





INDIAN  
RESIDENTIAL  
SCHOOL SURVIVORS  
SOCIETY

# Child Family Trauma Health & Cultural Support

*Supporting Emotional Wellness Through Class Action Claims*

The CFTI program offers trauma-informed and culturally grounded support for Indigenous children, youth, and families who may be experiencing the impacts of trauma and intergenerational healing.

Our goal is to support wellness, connection, and cultural strength within families and community.

## Available Supports

- One-on-one emotional and wellness support
- Support for children, youth, and families
- Sharing circles and group wellness gatherings
- Cultural connection and traditional healing
- Trauma-informed guidance during times of stress, grief, or family challenges.

## How Support Can Be Offered

- Individual sessions
- Family sessions
- Community gatherings
- Cultural and wellness activities



## To Learn more or Request Support



Email  
[cftisupport@irsss.ca](mailto:cftisupport@irsss.ca)



Contact Us  
1 (833) 388 5393



Visit Our Website  
[IRSSS.CA/CFTI-SUPPORT](http://IRSSS.CA/CFTI-SUPPORT)



## DRIVER'S TRAINING SUPPORT

Members who are interested in completing driver's training, can receive financial support from Upper Nicola Band to cover these costs. Training must be complete between April 2025 to March 2026.

This is open to UNB Members only. The driver's training can be complete in any community.

### IF YOU HAVEN'T COMPLETED TRAINING YET:

Step 1: Obtain a quote from a driver's school.

Step 2: Submit the quote to UNB for review & approval.

Step 3: Once approved, UNB will connect with the driver's school to pay the invoice.

### IF YOU'VE ALREADY COMPLETED YOUR TRAINING:

Step 1: Submit your receipts to UNB for review & approval.

Step 2: Once approved, UNB will reimburse you via e-Transfer for the costs you paid.

**Funding is available for training completed between April 2025 to March 2026.**

**For more info or to apply, contact:**  
**Shona - [education@uppernicola.com](mailto:education@uppernicola.com)**  
**Geneve - [ec@uppernicola.com](mailto:ec@uppernicola.com)**



Upper Nicola

bing.com - To exit full screen, press Esc

# Are you a former child or youth in care?

Explore the possibility of a **free education**.



**Learn more at**

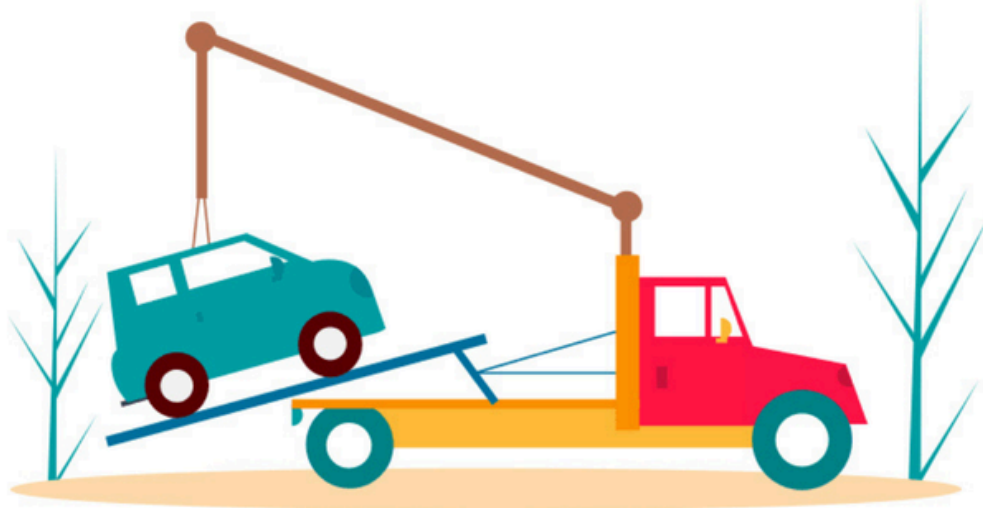
[StudentAidBC.ca/provincial-tuition-waiver-program](https://StudentAidBC.ca/provincial-tuition-waiver-program)





**KAMLOOPS PREMIER  
TOWING & SCRAP  
CAR REMOVAL**

# **SCRAP CAR REMOVAL**



## **HOW IT WORKS:**

- **Contact us via the form on our website. We will reply to your junk car removal request typically on the same day. After determining the location, type, and condition of the vehicle to be recycled, we will let you know how much cash (if any) you'll receive in addition to the free removal service. If you wish to proceed, a time will be arranged to come and pick up the junk car or truck. Any money owing to you will be paid in cash at that time. If you are unable to be home during the pick up time, we can e transfer the money to you instead.**
- **We will remove and properly recycle all unwanted vans, trucks, cars, or suvs.**
- **Free junk car removal service is quick and effortless on your part and great for the environment.**

### **CONTACT**

(250) 463-4578

[www.kamloopsscrapcarremoval.ca](http://www.kamloopsscrapcarremoval.ca)  
[kamloopspremiertowing@gmail.com](mailto:kamloopspremiertowing@gmail.com)



## We are working to make changes to our Newsletter.

Let us know if you would like to submit a posting in the newsletter

### Classifieds:

- Services: Mechanic, Cleaning, Catering, etc
- For sale: Furniture, Hay, etc
- Wanted: Help wanted, In Search of
- Miscellaneous
- There will also be job opportunities
- Training and Volunteer sections



### Calendar:



- Monthly Birthdays
- Greetings (Wish a special someone a Happy Birthday, Happy Anniversary)
- If you would like to add you & your family members to the Calendar, let us know so we can have an updated list for the year.
- This Calendar will help you keep Track of Community Events

### Contact:

Shannon

Call/Text: (250)280-3709  
assist.comm@uppernicola.com

Diana

Call/Text: (250)280-3772  
communications@uppernicola.com



Upper Nicola Band



# Name the Newsletter!



We're working to revamp the newsletter. We are interested to hear what our membership would like to call it!

**THE SMOKE SIGNAL**

**THE HAWK**

**OTHER:** \_\_\_\_\_

***Let us know via call/text, email, or on our facebook page!***

Diana  
(250) 280-3772  
communications@uppernicola.com

Shannon  
(250) 280-3709  
comm.assist@uppernicola.com

\*If you are reading this, contact Diana for your last chance at winning a Gift Card!

Upper Nicola Band  
Health Department  
Community Bus

Bus will run  
MONDAY, WEDNESDAY, and FRIDAY

Pick up in Douglas Lake      9:00 Spahomin Creek Road  
9:05 Band Office

Pick up Quilchena            9:35 Bus stop on Nicola River Rd  
9:40 Lake View Building

Leave Merritt Library at 2:30 – Make arrangements with the  
Bus Driver about pick up location and time, please call  
Bev 250-378-7925

If you have any questions, please contact  
Emily or Duane at 250-378-5058



## Community Education and Information Sessions

Beginning in January, **Kevin Ward** will facilitate monthly Information Sessions,. (Possible locations will include the Pit House, Nkwala School, Glimpse Lake Camp, and/or the Health Centre in Quilchena) – Call 250-378-5058 -Health Centre

All interested Community members are invited to join us for a monthly gathering, focused on mental and emotional well-being. These sessions are a space to learn listen and share information about mental health, stress and resilience and a supportive respectful environment. Mental wellness is part of caring for the whole person. This monthly information session is offered for community members who want to learn more about mental health, anxiety & coping skills, and supports available, while honoring cultural values and lived experience.

Session Topics will include:

Relationship challenges,

Education around emotional and mental wellness,

Life stress reduction, coping and healing techniques,

Anxiety awareness, grief and depression healing activities

Personal Identity – who we are and who we come from

and many other resources for you to access, take home and share with your family. The goal is to provide information, reduce stigma and support community well-being for ourselves and our families.

Call 250-919-1417 (Kevin's cell) or 250-378-5058 (Health office) for Scheduled Location and time of sessions.

We are seeking donations of deer hides, brains and antlers. All parts of the animal are of use for future projects in the community.

This Hunting Season Upper Nicola Departments, sqilx<sup>w</sup>čáwt, 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



# Bring Families Together

The Upper Nicola Band will provide up to \$2,000.00 towards family reunions & gatherings until March 31, 2026. Each one of our main families can make one application. You could work on a family tree, socialize, bond, tell stories, or enjoy a meal together.

*We are encouraging families to take advantage of this opportunity. If the funds aren't used, they may not be available in future years!*

Funds can be used to pay for food, supplies, or activities (not including alcohol). A budget needs to be submitted, and funds will be given for approved costs. Afterwards, receipts need to be submitted.

To apply, please submit:

- Family name
- Name for payment
- Date of reunion/ gathering
- Location
- A clear & concise budget

## Ideas for Gathering

- Share a family meal
- Do an activity on the land
  - Camping

## To apply or for more info:

Sylvester, *kʷu stəmtímaʔ* Assistant  
[kwustem.assist@uppernicola.com](mailto:kwustem.assist@uppernicola.com)



**DEADLINE  
EXTENDED  
TO SEPT. 2026!  
APPLY NOW!**



# Family Reunion & Gathering Funding Frequently Asked Questions

- 1 Who is eligible to receive the funding?**

Each one of our main families can make one application. The application can be complete by one family member or more. After your budget is approved, the funds will be given to the applicant.
- 2 Does every family member have to be invited or attend?**

The event organizers have to make an effort to invite every family member, but it is up to each individual family member if they choose to attend.
- 3 When will I receive the funds for the event?**

You will receive the funds after your budget is approved. You will need to submit receipts for all purchases afterwards.
- 4 What can the funds be used for?**

The funds can be used to purchase food, supplies, and activities. The funds can't be used to purchase drugs or alcohol.
- 5 If family members disagree on what to do with the funds, can UNB provide guidance?**

Decisions regarding what to do with the funds must be made by the family. If there is disagreement, we encourage the family to have a group discussion and come to an agreement together.
- 6 How long will this funding be available?**

All funding must be used by March 31, 2026.

## Have more questions?

Sylvester, *kʷu stəmtíma?* Assistant  
[kwustem.assist@uppernicola.com](mailto:kwustem.assist@uppernicola.com)





# M-POWER Scholarships Indigenous Peoples Scholarship

**Application Deadline:** March 22nd, 2026

## Scholarship Overview

McElhanney strives to be a trusted partner to Indigenous communities across Western Canada, and we are proud of the Indigenous talent we employ. With an ongoing commitment to honour, respect, and hear the voices of Indigenous Peoples, our mission is to partner with Indigenous talent who are considering a career in Science, Technology, Engineering, and Math (STEM), Business Support Services, or Administration Services. The McElhanney Indigenous Peoples Scholarship provides Indigenous students and intergenerational community members with the option of completing or upgrading their education while engaging in hands-on training to support their long-term career goals.

## Career Paths

Hands-on career training will be made available through full-time or internship opportunities, which are reserved for individuals who have an interest in one or more of the following career paths.

- STEM Services
- Business Support Services (HR, marketing, communications, finance, IT, etc.)
- Administration Services (administrative support)

In your application, please select your career path of interest.

## Scholarship Eligibility & Application

To confirm your eligibility for this scholarship and to learn more about the application process, please [visit our website](#).

We welcome applications from Indigenous students of all backgrounds, including, but not limited to, women, persons with disabilities, members of 2SLGBTQIA+ communities, and other equity-deserving groups.

Candidates are also encouraged to apply for an internship or a new graduate opportunity at McElhanney. Check McElhanney's [Careers Page](#) and your post-secondary institution's communications regularly for updates.

## Perks

As the recipient of McElhanney's Indigenous Peoples Scholarship, you will receive:

### Industry Mentorship Opportunity

Be paired with a McElhanney industry professional who will support you in achieving your professional goals. Together, you will discuss training, coaching, or career aspirations of interest to you.

### Financial Support

This scholarship offers up to \$5,000 for tuition, textbooks, supplies, and living expenses (on-campus accommodations).

### Real-world Experience

Members of intergenerational communities receive hands-on training for careers at McElhanney, while students in accredited programs are offered paid internships aligned with their career goals.

### Recognition

We will share your efforts and accomplishments on McElhanney's website and social media channels (great for your résumé or portfolio).



[Apply Now](#)

Explore all 2025 M-POWER Scholarships:

- [McElhanney Indigenous Peoples Scholarship](#)
- [McElhanney Technical and Digital Innovation in Engineering & Geomatics Scholarship](#)
- [McElhanney Women in Geomatics & Geospatial Scholarship](#)
- [McElhanney Women in Engineering Scholarship](#)

# TOLKO

## WOODLANDS INDIGENOUS STUDENT SCHOLARSHIP PROGRAM 2026

### TWENTY FIVE \$1,000 AWARDS

Tolko Woodlands is proud to offer twenty five scholarships to Indigenous students who are pursuing post-secondary education, with priority given to applicants registered in forestry or related fields of study.

### ELIGIBILITY CRITERIA

Applicants must be:

- enrolled in a recognized post-secondary institution
- reside within Tolko's areas of operations
- of Indigenous ancestry

### HOW TO APPLY:

Applicants must provide the following:

- proof of acceptance into a recognized post-secondary program
- a completed application form

Scan here to apply!



**Application Deadline:  
June 30, 2026**

# April 1, 2026 to March 31, 2027

## 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, 2026 to March 31, 2027

### 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 Chillhitzia [officemanager@uppernicola.com](mailto:officemanager@uppernicola.com)**



As of December 31, 2025, UNB will no longer be issuing cheques for payment. We are moving to **electronic funds transfer**.

If you have not already provided your banking information, including a **Void Cheque**, please contact:

Cathy Tom, Accounts Payable  
250-350-3342, ext. 228  
[ap@uppernicola.com](mailto:ap@uppernicola.com)

We need to have up-to-date information, so payments aren't delayed.

**If you have further questions, please contact:**

John Adebajo  
[cfo@uppernicola.com](mailto:cfo@uppernicola.com) | 250 350 3342





## Job Posting

**Position:** Lands, Wills & Estates Assistant **Department:** Lands, Wills & Estates **Department Term:** Permanent Full Time – 32 hours per week **Start date:** ASAP (or until position is filled) **Wage:** Grade 3 (\$20.15 - \$25.00) **Reports to:** Lands Manager

**Role:** The Lands, Wills & Estates Assistant provides administrative and operational support to the Lands Manager.

This position is designed as a developmental role that provides hands-on experience in land management, records administration, and departmental operations. The assistant will perform a variety of administrative, clerical and research duties while gaining practical knowledge of land management processes, records management and relevant policies and procedures. The role supports the efficient operation of the department by ensuring accurate recordkeeping, effective communication, and coordination of departmental activities. The position also includes structured on-the-job training, participation in the Professional Land Managers Certification Program (PLMCP) to support professional development in lands administration, and participation in National Aboriginal Lands Managers Association (NALMA) training programs. This position has been established to support Upper Nicola Band's goal of developing a Land Code that will allow the Band to assume full management over Upper Nicola Reserve Lands

### Key Responsibilities:

- Assist and provide administrative support to the Lands Manager.
- Maintain a Records-Management/Filing system within the Laserfiche program, that allows the expedient retrieval of organizational documents, records, and reports.
- Maintains an office calendar to track and coordinate meetings, work demands and critical deadlines.
- Performs general clerical duties including photocopying, scanning, emailing, and mail.
- Drafting correspondence, notices, posters.
- Organizing meetings and events.
- Conducting research and assisting with creating reports.
- Participate and completion of on the job and official Lands Management Certification

### Qualifications/Experience:

- Grade 12 education or equivalent – preferred.
- Experience in working with community members.
- Experience in a First Nations environment.
- Reliable vehicle. Valid BC Driver's License.

### Knowledge/skills/abilities

- Good verbal and written communication skills.
- Good organizational skills and attention to detail to achieve desired results.
- Excellent research capabilities.
- Diplomacy, tact, and confidentiality in dealing with a variety of people and information.
- Possess strong computer skills using MS Office software and specialized software.
- Reliability and dependability. Self-motivated and an ability to work independently.
- Good interpersonal skills. Ability to work in a team orientated environment.
- Flexibility is a must to adapt to changing work priorities.
- Good judgement and problem-solving skills must be exercise at all times.

Send cover letter and resume by via hand delivery, mail, or e-mail, on or before April 17, to:

HR - Upper Nicola Band – General Delivery, Douglas Lake, BC V0E 1S0 [hr@uppernicola.com](mailto:hr@uppernicola.com)

**Upper Nicola Band thanks all applicants. Only those shortlisted for an interview will be contacted.**

## Job Posting



**Position:** Nsyilxcen Language House Instructor

**Department:** Nsyilxcen Language Department

**Department Term:** Permanent Full-Time

**Start date:** As soon as possible

**Wage:** \$35-\$40 /hr

**Hours:** 35-40 hrs per week

**Reports to:** Nsyilxcen Language Manager

### **Role:**

The Nsyilxcen Language House Instructors will work collaboratively to instruct and deliver an adult Nsyilxcen immersion fluency program. The objective of this role is to develop Advanced level Nsyilxcen speakers with a strong cultural knowledge base.

The UNB Nsyilxcen Language House is a newly developed program. Nsyilxcen Language House Instructors will support in the initial setup and maintenance of this immersion program. They play a vital role in UNB's Nsyilxcen language revitalization efforts.

### **Key Responsibilities:**

- Prepare and plan for daily immersion instruction to an adult learner cohort
- Develop work plans to reflect curricular progression and milestones
- Assess language learner's progress
- Create and maintain a safe, trauma-informed learning environment
- Create an immersive environment that encourages daily language use and fluency development
- Collaborate with elders and knowledge keepers to integrate cultural perspectives into instruction
- Assessing student progress and adapting teaching strategies to meet individual learning needs
- Cooperate in the planning and celebrating the milestone successes of the cohort
- Other duties that support the UNB Nsyilxcen Program with Nsyilxcen resource development, program planning, and other actions which align with the Upper Nicola Band Strategic Plan and the Nsyilxcen Operational Plan

### **Qualifications/Experience:**

- Mid to High proficiency in Nsyilxcen language
- Adequate training and experience teaching the Nsyilxcen Language
- Knowledge and respect of Syilx culture and traditional ways
- Valid Driver's License and reliable vehicle

### **Required Knowledge, Skills and Abilities:**

- Knowledge of Paul Creek Language Curriculum series
- Adaptability

- Effective communication skills
- Proficient basic computer skills
- Ability to read, write, type the Nsyilxcen language
- Passion for language revitalization and immersive strategies

Send cover letter and resume by via hand delivery, mail, or e-mail, to on or before March 11, 2026:

HR - Upper Nicola Band – General Delivery, Douglas Lake, BC V0E 1S0 [hr@uppernicola.com](mailto:hr@uppernicola.com)

**Upper Nicola Band thanks all applicants. Only those short-listed for an interview will be contacted.**





# SCHOOL BUS DRIVER TRAINING

If you are interested in becoming a school bus driver,  
this is the course for you!

N'kwala School will be hosting a five-day *School Bus Entry Level Driver Training* program, organized by the Association of School Transportation Services of BC (ASTSBC). Dates are TBD, but will occur this Spring.

In this Program, you will:

- Receive theory and practical training on how to transport students safely as a professional school bus driver
- Be ready to take your BC Class 2 License Road Test.

To participate in this program, you must meet the following requirements by the start of the program:

- Obtain a BC Class 2 Learners License
- Have *Vulnerable Sector Check* and *Criminal Record Check* clearances

If interested in participating, please contact Travis Klak, Principal, N'kwala School at [nk.principal@uppernicola.com](mailto:nk.principal@uppernicola.com) or 250-350-3370.



## Job Posting – open to UNB Band Members ONLY

**Position:** i? sqlx<sup>w</sup>cawt Community Safety Events Coordinator

**Term:** Contract base position

**Department:** Cultural Safety

**Start date:** ASAP

**Wage:** Grade 4 (\$19.38-\$25.40)

**Hours of Work :** 32-40hrs per week

**Reports to:** Cultural Safety Lead

**Role:** The i? sqlx<sup>w</sup>cawt Community Safety Events Coordinator supports cultural safety and land-based programming by organizing community events that reflect Syilx values of connection, respect, and collaboration. Working with the i? sqlx<sup>w</sup>cawt team, Nkwala School, Elders, and others, the role helps create safe, inclusive spaces for cultural learning through the 13 Moons framework and related initiatives.

### Key Responsibilities:

- Provide administrative and coordination support to the i? sqlx<sup>w</sup>cawt – Cultural Safety Lead and team.
- Plan, schedule, and assist in delivering land-based learning events aligned with the 13 Moons and cultural safety framework.
- Manage event logistics, including venue bookings, transportation, catering, supplies, budgeting, and honoraria.
- Collaborate with Nkwala School to support cultural learning opportunities for students and families.
- Build and maintain respectful relationships with Elders, Knowledge Holders, community members, and departments.
- Assist in creating event materials such as posters and community notices.
- Maintain attendance records, event summaries, and support basic reporting requirements.
- Perform additional duties as needed to support i? sqlx<sup>w</sup>cawt programming.

### Qualifications/Experience:

- High School Diploma (or equivalent).
- Experience in event coordination, administration, or community engagement.
- Knowledge of or willingness to learn about Syilx cultural values, land-based learning, and trauma-informed approaches.
- Valid driver's license and access to a vehicle daily.
- Ability to travel within the community and attend training sessions, events or workshops.

### Required Knowledge, Skills and Abilities:

- Strong organizational and time-management skills with the ability to manage multiple priorities.
- Comfortable using Microsoft Office (Word, Excel), email, and scheduling tools.
- Strong communication skills—clear, respectful, and community-oriented.
- Ability to work independently and collaboratively within a team.
- Valid driver's license and reliable transportation is an asset.
- Criminal Record Check is required.

### How to Apply:

Send cover letter and resume by via hand delivery, mail, or e-mail, to: [hr@uppernicola.com](mailto:hr@uppernicola.com)

HR - Upper Nicola Band – General Delivery, Douglas Lake, BC V0E 1S0

Upper Nicola Band thanks all applicants. Only those shortlisted for an interview will be contacted.



## Job Posting

**Position:** Early Childhood Educator  
**Department:** UNB Daycare/Headstart  
**Term:** Permanent Full Time  
**Start date:** ASAP (or until position is filled)

**Wage:** Commensurate with experience, as per salary range for Grade 4 level employee - UNB Personnel Policy

**Reports to:** Daycare/Headstart Manager

### Role:

The Early Childhood Educator provides education and development services to children aged 0-5. The Early Childhood Educator works specifically in the UNB Daycare/Headstart.

### Key Responsibilities:

- Develops and provides excellent curriculum-based programming for the children that promotes Syilx Okanagan culture and language, school readiness, health & nutrition, and social support.
- Keeps records as pertinent to the program i.e., Attendance, Incidence, Fire Drill, etc.
- Follows policies and procedures as outlined by the Ministry in accordance with licensing policies and UNB policies.
- Prepares and provides nutritious snacks for the children.
- Promotes health and hygiene, to prevent the spread of illness, by following best practices for hand washing, diapering, food preparation and by implementing regular cleaning routines (sanitization of toys, kitchen, and other surfaces).
- Keeps a neat and organized work environment.
- Meets and greets parents and guests in a professional manner.
- Communicates with the parent and provides written and oral communication regarding all incidents both positive and negative. Updates professional qualifications in a timely manner.
- Enhances personal skills as part of professional development. Administers assessments (ex. Ages and stages).
- Performs all duties and responsibilities in accordance with the UNB policies, standards, and procedures, and as directed by the UNB Headstart Manager.

### Qualifications/Experience:

- BC Early Childhood Educator License or pursuing
- Valid First Aid with CPR Level B
- Valid Driver's License and acceptable driving record
- Valid Food Safe Certificate (preferred)
- Acceptable Criminal Record Check (with Vulnerable Sector Search)
- Minimum 2 years Early Childhood Educator experience (preferred)
- TB Screen is required annually

Send cover letter and resume via hand delivery, mail, e-mail, to:

### Human Resources

Upper Nicola Band – General Delivery, Douglas Lake, BC, V0E 1S0

Tel: 250 350-3342

[hr@uppernicola.com](mailto:hr@uppernicola.com)

**Upper Nicola Band thanks all applicants. Only those short-listed will be contacted.**

# **Feedback & Contact**

**Phone: 250-350-3342**

**Fax: 250-350-3311**

**Mail: General Delivery  
Douglas Lake, BC, V0E 1S0**

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**Website: [www.uppernicola.com](http://www.uppernicola.com)**

**Email: [communications@uppernicola.com](mailto:communications@uppernicola.com)**

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

**Instagram: @uppernicola**

**X/Twitter: @band\_upper**

**YouTube: @uppernicolaband**

**TikTok: @uppernicola**



**Upper Nicola**

# Stay Connected

There are multiple ways you can stay connected to what's happening in Upper Nicola.



## Community News & Calendar

[www.uppernicola.com/community-news](http://www.uppernicola.com/community-news)  
[www.uppernicola.com/events](http://www.uppernicola.com/events)



## Newsletter

Receive it in person, via email, or find it on our website.



## So You Know Audio Newsletter

[www.youtube.com/@uppernicolaband](http://www.youtube.com/@uppernicolaband)



## Upper Nicola Sylix Band App

You can download the app onto your phone.



## UNB Live on YouTube

[www.youtube.com/@uppernicolaband](http://www.youtube.com/@uppernicolaband)



## Facebook

[www.facebook.com/uppernicola](http://www.facebook.com/uppernicola)



## Instagram

[www.instagram.com/uppernicolaband](http://www.instagram.com/uppernicolaband)



## X (formerly Twitter)

[https://x.com/band\\_upper](https://x.com/band_upper)



## Digital Sign

Located at the corner of Hwy 5A & Douglas Lake Rd



## TikTok

[www.tiktok.com/@uppernicola](http://www.tiktok.com/@uppernicola)

Get In Touch  
[communications@uppernicola.com](mailto:communications@uppernicola.com) | 250-280-3772

