



Community gets active

FitNation and UNB Walk/Run Training workout programs started up in April. FitNation is designed to get everyone active, from beginner to advanced levels and is open to community and band members. UNB member, Mahendra Paul who participates and brings his family to the program weekly states, *“these programs are a cornerstone of our family’s journey towards holistic health and wellness. They nourish our body and spirit alike. These programs serve as a communal bridge, through activities and sport that allow us to walk a path hand-in-hand with our children. We appreciate the time and dedication Buzz takes to mentor us in a positive and fun atmosphere. I recommend to anyone looking to become more active or healthy to come out and join.”* (More info about the programs can be found in our events pages)



UNB youth getting fit

UNB speaking Nsyilxcen

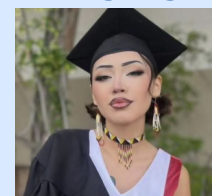


Several members in attendance at a previous “tea talks” i? sqi?stət has been hosting engaging talks, and as evidenced by the photo above, there is significant community interest. The participants come from diverse demographics; men, women, youth, adults, elders, with varying proficiency levels—beginner, intermediate, and fluent speakers. The goal is to create an environment where community members can immerse themselves in the language and hear it spoken. They’ve also explored the 13-moon calendar during these gatherings. Everyone is welcome to attend, check our events pages to get involved.

UNB would like to announce our newest staff members at i? sqi?stət (The Language House)

Nysilxcen Language Apprentice

Nysilxcen Language Teacher



Baileigh Holmes



Stephanie Lindley

Nkwala School Launches Parent Club



Nkwala School Staff Member Catherine Holmes successfully applied for a grant, providing Nkwala School with the opportunity to allocate funds towards a “parent club.” During the first meeting, attending parents voted to give students a complimentary wristband for the carnival in April, promoting some after-school enjoyment. Future parent club meetings will focus on how to distribute the funding for the benefit of the students. Discussions included possible fundraisers, a plant sale, and the revival of the UNB Annual Halloween Octoberfest for the coming year—a popular nostalgic and successful fundraiser that Nkwala School used to host each year historically.



Bernard Manuel

Indspire Award Recipient

A Syilx leader/coach, Bernard “Buzz” Manuel, will be accepting the Indspire Award for Excellence in Sports on May 14 in Halifax, Nova Scotia. At a young age, he realized his passion; sports, recreation and physical activity. He is a humble, quiet and talented individual who has made a difference in sports from Spaxomin to Italy. As a certified multi-sport coach, he combines western sport science with Syilx traditional knowledge, actively teaching and preserving culture through sport, education, and ceremony. His achievements as a Masters athlete, his leadership in coaching and governance, and his embodiment of Syilx values-humility, creativity courage, and wisdom-make him a powerful

role model for all Canadians. Buzz’s unwavering commitment to community-uplift, inclusion of all and cultural preservation - makes him a deserving recipient of the 2026 Indspire Award. Rita (Buzz’s mom) eloquently stated, “when there is no path, he builds one...Buzz has always told me that if he beats his personal best, that’s a win. He never ran for a spotlight, he ran for himself, for his community, and the future generations of athletes who needed someone to believe in them first.”

Posse captain McRae commits to BCIHL’s Miners

Jalen McRae the captain of the Princeton Posse has committed to the BCIHL’s Logan Lake Miners in the B.C. Intercollegiate Hockey League. Jalen recorded 12 goals and 29 points in 44 games this season, ranking sixth on the team, and finished his KIJHL career with 62 points in 158 regular-season games. In 64 playoff appearances, he totaled 5 goals and 17pts. McRae also has four short-handed goals in his career, with two scored in the playoffs. He becomes the fourth KIJHL player recruited by the Miners this spring.



Jalen McRae



Sadie Stewart

2025 Premier’s Award Recipient

Sadie Stewart has been honored with the “Indigenous Youth Excellence in Sports” award. Her connection to horses started young, and judging by her many achievements, it’s a strong connection. She is grateful for the horse, and thankful to her mom and culture. Sadie has 25: 1st place championship buckles. She was the roping champion at the National Rodeo finals and pole bending champion the the BC Juniors. As a community leader, Sadie is also the Junior president of the Merritt Highschool Rodeo club. Sadie cares for her horses and congratulates all the other recipients of this award.

We’d like to thank our membership for the positive feedback about the newsletter re-vamp! (Also, we will be stepping away from repetitive external advertising). If you see an opportunity, ensure you grasp it right away. This is to keep things fresh & give new opportunities a chance to shine -Way’



Cora and Joan are pictured having a great time

Honoring our Mothers

A total of 71 women attended the Kwustemtima Women's Wellness Day on Saturday, May 9th. This meaningful and uplifting event focused on the health, well-being, and empowerment of women in our community. The day featured a variety of activities that encouraged self-care, creativity, and connection. Participants enjoyed wellness services, which included massages, haircuts, pedicures, hair tinsel, and opportunities for relaxation and personal care. Attendees also engaged in creative and cultural activities such as beading, cedar rose making, crafting medicine bags, and pour painting with Ruth Knight. These activities allowed women to express themselves while connecting with meaningful traditions and enjoying themselves. The warm and welcoming atmosphere made the day a resounding success, concluding in door prizes for attendees.



Amanda enjoying a pedicure




Thelma receiving hair tinsel

Nkwala School pairs with Kwustemtima for Syilx Youth Cultural Teachings



Nkwala school received a grant from FNEESC. With the grant, they focused on learning about many of the traditional fishing locations in the area, as well as methods of fishing. Spike and Buzz were so generous with their time to work with our students. First, the students learned how to make a gill net from scratch, and they created two—one for the school and one for the community—which took two days to learn the process. The students learned some history of Minnie Lake and why it is so important for students to be exercising their rights to fish there. The students spent one day on the lake, bringing in 27 fish. The students then returned to the school to process the fish by cleaning, gutting, and de-boning them. The students learned the process of how to air dry them at the school drying racks. These teachings will stay with the children and youth forever. It is now a part of who they are as Syilx people. This is a perfect example of keeping our traditions alive and well. Learning every step from start to finish on catching Syilx traditional foods is vital knowledge. This experience is unique to Nkwala school and something that public school simply cannot teach. *"Give a man a fish and he eats for a day; teach a man to fish and he eats for a lifetime."* **Tali Xast Students!**

FREE 4 WEEK CONSTRUCTION AND SAFETY TRAINING OPPORTUNITY

- WHIMIS
- 1st Aid
- Fall Protection + Rescue
- Forklift Operator
- Skid Steer Operator
- Boom & Scissor Lift
- Construction Fundamentals 
- **and MORE!**

You will receive:

- Work Boots & Tool Belt
- Hard Hat, duffle, gloves
- Eye & Ear protection
- Tools for the program
- **and MORE!**

Read our Education Pages for more info 3



UPDATE FROM GOVERNANCE

Dated: May 5, 2026

To: Upper Nicola Members and Community
From: Chief and Council.

It is our pleasure to announce the acquisition of District Lot 1642 Kamloops Division Yale District by Upper Nicola Band. This parcel of land comprises 26.189 acres on the north side of Nicola Lake with over 500 metres of lake frontage.

Negotiations for the acquisition of these lands began in late 2024 at the invitation of the former landowners. They were concluded in January 2026 and the title transferred to Upper Nicola Band as of February 20, 2026.

Future planning for the use and enjoyment of the lands will be conducted in consultation with community members.

Your council wishes to extend to each and every one of you our congratulations on this new land ownership.

UPPER NICOLA BAND

Chief Daniel Manuel

Councillor Brian Holmes

Councillor Dennis MacDonald

Councillor Matthew Manuel

Councillor Jeanette McCauley

Councillor Stuart Michel

Councillor Kevin Ned

Councillor Craig Shintah

Councillor Valerie Tom-Lindley

Councillor Cebo Tom



UNB
Members
65+

50TH ANNUAL *Elders* GATHERING

AUGUST 25-26 | CANADA PLACE, VANCOUVER, BC



B.C. Elders Communication
Center Society
Preserving the Past

Registration Info:

- Registration form inside this newsletter
- Attendees will be notified, space is limited

Travel info: Health Office

Leave: August 24 at 9:30am

Return: August 27 at 4:00pm

REGISTRATION DEADLINE: JULY 17TH

Contact: jamilynn@gov.executive@uppernicola.com
(250) 350-3342 ext. 481

ᓃᓴᓴᓴᓴ Community Center Tour

May 27th | 1:30-2:30pm

Nicola River Road, Quilchena, BC

RSVP

Community members are invited to tour the new Community Center! Members can view the 4 food chiefs, Elders Knowledge, Youth Room, Fitness Room and Gathering areas. There is a lot to see.

RSVP & Info: **Tierra Holmes**

(250) 350-3342 | dcs.assist@uppernicola.com



Spirit of Syilx Unity Run

June 4-7 | *snxutlxstn*, Mica

Suicide & 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.

Running/Travel Schedule ***Schedule subject to change***

Day 1: Opening Ceremony at 2pm Potlach Creek to Goldstream Bridge ***Stay in Revelstoke*

Day 2: Goldstream Bridge to Revelstoke ***Stay in Revelstoke*

Day 3: Revelstoke to Nakusp

***Stay in Arrow Lakes/Nakusp*

Day 4: Nakusp to Faquier/Needles

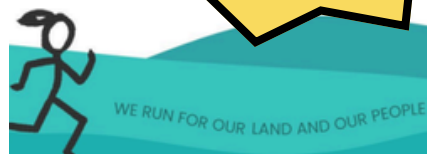
***Travel Home*

Registration
Now
Open!

Training Contact, **Buzz Manuel**

(250)280-3755

event.coordinator@uppernicola.com



Unity Run Register Contact:

Tanya McRae

youth@uppernicola.com



Walk/Run Training Group

Tuesdays | 5:30-6:30

Community Hall

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

attending the unity run is not required



****No session on May 13 & 20th****

****Will resume: May 27th****

Training Contact, Buzz Manuel

(250)280-3755

event.coordinator@uppernicola.com

Craft & Meet for 2026 Nsyilxcen

Name Giving Ceremony

Tuesdays & Thursdays | 4-7pm

Nkwala Language Trailer

- You do not need to have a child attending Nkwala, this is open to any members interested in participating in the name giving ceremony
- This will be a bi-monthly event
- Meetings are to discuss protocols and plans for the ceremony
- Crafts created during the meetings will be a part of the giveaway at the event
- You may just attend, be creative and socialize

Questions:

Linda Holmes

nsyilxcen@uppernicola.com

(250) 350-3370



Feeding the Ancestors

May 22 | 1:00p

Kwu'stemtima Office

Cook your loved ones favorite dish (like a potluck). There will be 2 medicine helpers to guide through the process. An offering will be made for the loved ones, and what is left over will be shared.



More Info: Trish Manuel

(250) 575-4907

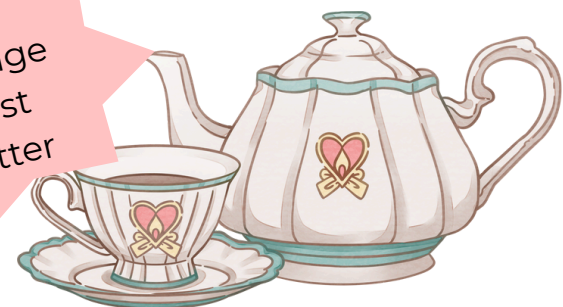
Nsyilxcen Tea Talks

May 19 | 12-4pm

UNB Meeting Place

Note

Date change
from Last
Newsletter



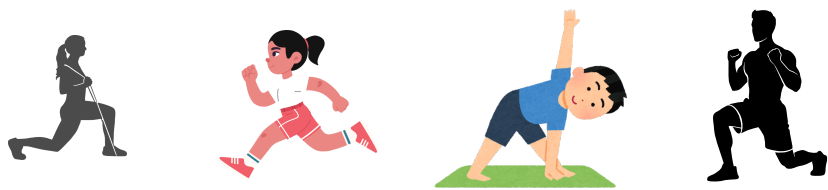
We Invite you to a gathering for tea, visiting and learning about our sqilx^wcawt & syilx ways through language and shared discussion. Lunch is provided, please RSVP.

Info/RSVP: Justine

syilx2@uppernicola.com

Fit Nation Workout Program
Wednesdays | 5:30-6:30
UNB Community Hall

All fitness levels are welcome to attend. Open to UNB & Community members. FitNation is a workout program designed to get everyone active from beginner to advanced.

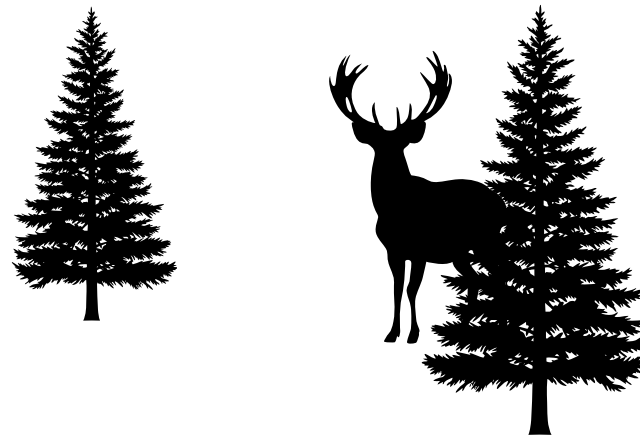


****No session on May 19th****
****Will resume: May 26th****

Information Contact: Buzz Manuel
(250) 280-3755
event.coordinator@uppernicola.com

Hunting Practice
Wednesdays | 5:30
at the old post & rail

Weekly sessions to learn how to hunt, site a gun, tell stories and go for a Turkey Hunt (pending interest)

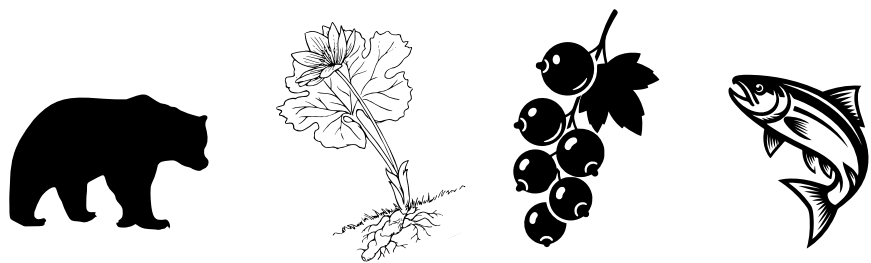


Info & Questions: Roger Sheena
(250) 315-5634

Nsyilxcen Gathering
May 21 | 6-8pm
685 Sydney Ave, Kamloops BC

These sessions will focus on the basics of Nsyilxcen, the sounds of our language, greetings, prayers, numbers, colors and More.

Dinner is provided.



Questions/RSVP: Justine Manuel
syilx2@uppernicola.com

Medicine Wednesdays
May 13 | 9:00a-3p
Nkwala Language Trailer

Members are invited to attend free learning sessions about traditional and alternative medicines.



Some topics discussed:

- Introduction to the 12 Body Systems
- Herbal Terminology
- Chemical constituents
- Bio/Geo-Climatic Zones
- Plant harvesting protocols

Questions: Tim Manuel
(250) 315-3692



UNB Fish Lake Gathering June 11 | 10:00am (SAVE THE DATE)

CALL FOR VENDORS

No service area, so cash or trade only. Those who are interested must provide their own vending materials (table, chair, gazebo, etc.)

*Join us in honouring the Fish Lake Accord.
Dry camping is available (no hook ups).
Keep an eye on our socials for updates.*



**Info contact: Juanita Lindley
(250) 280-2275**

Fluent Language Speakers Gathering May 22-24 Coast Capri Hotel, Kelowna

A gathering for speakers to discuss planning around sqilxw education, culture and well-being. Honoraria and travel support will be provided to fluent speakers only. Non-fluent speakers and language learners are welcome to join and listen.

Open to Syilx Nation members only.

NOTE: LOCATION CHANGED FROM PENTICTON



**Info Contact: Jennifer Lewis
(250) 826-7844
wellness.manager@syilx.org**

General Band Meeting Online Via Zoom May 27 | 6pm



Meeting ID: **831 7215 7546** Passcode: **840714**

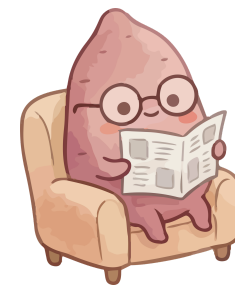
Agenda:

1. Adoption of the May 27, 2026, GBM Agenda
2. Meeting Minutes from January 28, 2026, GBM
3. ONA Health & Wellness Information Session
4. Land Purchase

Meeting is recorded for note taking purposes. This meeting is a safe space for all membership and visitors, so all in attendance must be respectful. Any abusive language, belligerence, or non respectful actions will result in members being ejected from the Meeting. By joining the meeting you agree that you understand this information.

Link: <https://us02web.zoom.us/j/83172157546?pwd=UStK6Cin1lvlfUCJNnPUeqogyQxp1e.1>

Winning Readers Club on FB Live May 31 | 2:00pm



This is open to all UNB members & community members. It's a fun opportunity for our readers to have a chance to win a gift card. (Note: There is no actual "club") Last month we had 4 winners! The next winner could be you! All you have to do is call/text us your your name, best number to reach you and where you saw this in the newsletter.

**Contact: Diana
Call/Text: (250) 280-3772**



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

For more detailed info, check the "Community Events" pages

Free Swim for Band Members EVERY Mon, Wed & Fridays



28

29

30

1

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11

12

13
Medicine Wednesday 9:00a-3:00p
Coffee with a Cop 10a-12p
Hunting Practice 5:30 pm

14
Craft & Meet 4:00-7:00pm

15

16
TRU: Honouring our Children Powwow
Rory Alexander

17
TRU: Honouring our Children Powwow

18
Stat Holiday Victoria Day All Band Offices *CLOSED*

19
Nsyilxcen Tea Talks 12-4pm

20
Hunting Practice 5:30 pm
Marvin Alexander
Ashley DeGray

21
Craft & Meet 4:00-7:00pm
Nsyilxcen Gathering 4:00-8:00p

22
Feeding the Ancestors 1:00p
Nsyilxcen Fluent Speakers Gathering (ONA)

23
Nsyilxcen Fluent Speakers Gathering (ONA)

24
Nsyilxcen Fluent Speakers Gathering (ONA)

25

26
Walk/Run Training 5:30-6:30

27
QCC Tour 1:30-2:30
Fit Nation 5:30-6:30
Hunting Practice 5:30 pm
Band Meeting 6pm

28
Craft & Meet 4:00-7:00pm

29

30

31
Newsletter Giftcard Draw

SHOUT OUT!
"Way to go to all the members who submitted a post secondary application for the upcoming Fall! Everything starts with a thought, then a dream, and look at you making positive choices and prioritizing yourself and your future, way to be Syilx!"
"Shout out to all the members who are taking walks and participating in the UNB workout programs! Your health is important, we see you!"



ńłqítəmlx Community Center

ARTIFACTS & ARTIST CALL OUT



We are looking for anyone who may hold Syilx, Spaxmn, Nicola Lake or Quilchena artifacts who may be interested in keeping your valuable historic artifacts safe for years to come at the ńłqítəmlx Community Center Artifacts room. It's a place to share our history with the community.

Additionally we are looking for artists who may have inventory for us to look at and make a possible deal for the giveaway at the Grand opening in September.

Artifacts examples:

- Pine Needle/Cedar Baskets
- Flint
- Arrows
- Pottery
- Art
- Beaded items
- Animal crafted items
- etc, anything relevant

Giveaway Art examples:

- Earrings
- Necklaces
- Art
- Cricket Art
- Beaded Items
- Painted Items
- Homemade items
- ect, let's see what you have

Artifacts contact:

Shannon Ninham

assist.comm@uppernicola.com

(250) 280-3709

Artist contact:

Stephanie Lindley

syilx4@uppernicola.com

SCHOOL BUS DRIVING TRAINING



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

Nkwala School will be hosting a 5 day Entry Level Driver Training Program.

Date: TBD (spring)

You will learn:

- Theory & 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, you must meet the following requirements:

- Obtain a BC Class 2 Learners License
- Clear Vulnerable Sector Check
- Clean criminal record check

Information Contact: Travis Klak
(250)350-3370

NK.principal@uppernicola.com



Looking for: On-Site Support Person

Temporary: (Mon-Fri, June 1-26, 8:30a-4:30p)

PESP is looking for a support person for the upcoming Peak Safety Training course being held at UNB Fire Hall.

Duties:

- Rides to and from training *Quilchena & DL area* (if needed)
- Support Clients during learning/tests & exams (if needed)

Must have a valid License and reliable transportation, Lunch is provided and a Bi-Weekly Honorarium will be paid.

Contact: Jeanette | pespnicola@okanagan.org



Sacred Spirit Thunder Wedding Services

Licensed First Nations Wedding Commissioner offering a number of traditional and/or legal binding marriage ceremonies.



Gary Abbott

(604) 845-5234

garyvabbott@live.com



2026/2027
Registration Now Open

KEY FEATURES:

- Free Breakfast & Lunch
- All School Supplies Provided
- Transportation from Lower Nicola to Douglas Lake
- K-12 Programming
- Low student/teacher ratio
- Open to Indigenous & non-indigenous students
- Parent club & School Advisory Committee



Contact Information

Travis Klak, Principal

-  NK.Principal@uppernicola.com
 -  (250) 350-3370
 -  9410 Nkwala Rd, Douglas Lake, BC
-  **Certified Independant School**



SHUTTLE BUS

UNB HEALTH DEPARTMENT COMMUNITY BUS

Douglas Lake/ Quilchena Pick-up Times:

- 9:00 am Spahomin Creek Rd
- 9:05 am Band Office
- 9:35 am Nicola River Road Stop
- 9:40 am Lake View Building

Merritt Departure Time:

2:30 pm Merritt Library

To make arrangements for pick up/drop off, location & time, contact bus driver, Bev at (250)378-7925



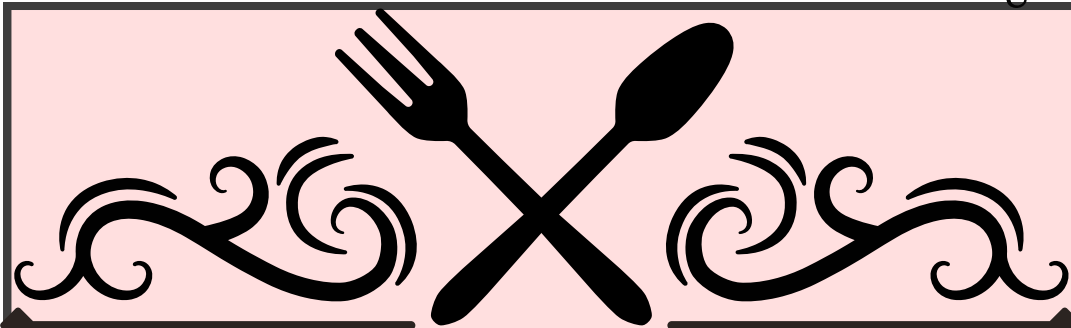
If you have any questions or need assistance contact:
Emily or Duane (250) 378-5058



HIGHSCHOOL GRADUATION FEES SUPPORT

This is for UNB members, both on and off reserve, who are graduating from high school during the 2025/2026 academic year. The initiative aims to provide support and assistance with graduation and prom attire, as well as related expenses.

Contact: UNB Education Department
Geneve McRae
ec@uppernicola.com
(250) 350-3342



CATERING CALL-OUT
1 WEEK DURATION

JUNE 1-5TH OR JUNE 8-12TH

Caterer will be responsible for morning snack, lunch & drinks for approx. 13 people.

If Interested, contact Jeanette:
(250) 315- 3844
pespnicola@uppernicola.com

UNB RECREATIONAL FUNDING



Each UNB member who is eligible & approved will be reimbursed up to \$300max/Year. Receipts must be dated between April 1, 2025-March 31, 2026.

Eligible activities (any recreational activity)

- Sports fees & Equipment
- Gym fees & Equipment
- Canning
- Outdoor Activities
- Traditional Supplies
- Bead Work materials
- Hide/Tanning
- Gardening
- Fishing/Hunting
- Powwow materials
- Traditional Supplies
- Etc.



Submit Applications to: Thelma Chillihitzia
 officemanager@uppernicola.com



UNB Family Reunion Gathering Fund



Each main family can receive up to \$2000 towards a family reunion or gathering. Fund can be used for food, supplies, or activities (not including alcohol). Funding will be given for approved costs. Afterwards, receipts need to be submitted.

Family Activities Ideas:

- Work on a family tree
- Socialize & bond
- Tell Stories
- Share a meal
- On-the-land activity
- Camping
- etc

Deadline to Apply
 Extended to
 SEPT 2026! Apply Now!

To Apply, please submit:

- Family name
- Name for payment
- Date of Reunion/Gathering
- Location
- Clear & Concise budget

Send applications or questions to
 Sylvester Cohen Jr.
 kwustem.assist@uppernicola.com



HIGHSCHOOL

25/26 ATTENDANCE INCENTIVE

YOU CAN RECIEVE UP TO \$60/MONTH!
 To be eligible, you must meet all criteria:

- Registered Upper Nicola Band Member
- Attending Highschool
- Have good attendance every month
- Be registered for this incentive



TUTORING

SERVICES AVAILABLE

YOU CAN RECIEVE FREE TUTORING SERVICES!

- If your child needs tutoring support
- UNB Post-Secondary tutoring support services also available



Questions, Info & Apply, Contact:

Education Manager:
 Shona Lee (Shuter) Sparrow

(250)350-3342
 education@uppernicolaband.com



** Be sure to check out the "Gas Mileage Reimbursement for SD.58 students living on reserve" in our Education pages**

Fundraiser

For Sale

Community Announcement

"Fresh from the oven" Pie Fundraiser



- Apple
- Blueberry
- Cherry
- Strawberry
- Pumpkin
- YUMMY!

Nkwala highschool students are baking pies to earn funds towards thier year end field trip. The students have worked so hard, and endured another year of their education. If you would like to support this cause and order a pie, please contact the school.

Pies are \$25/each or 2 for \$45.

Nkwala School:
(250) 350-3370
Way' Limlemp

USED 40'X40' SHELTER



MEASUREMENTS:

W: 40 FT
L: 40FT
H: 15FT

- DISASSEMBLED, BUYER RESPONSIBLE TO MOVE IT
- SEACANS IN THE PICTURE, NOT INCLUDED
- MUST BE MOVED BY MAY 30TH

PRICE: ► \$9000

Inquiries Contact: Tierra Holmes,
dcs.assist@uppernicola.com



OFFICE CLOSURE:

MON, MAY 18th

(for Victoria Day, Stat. Holiday)

If you need:

- Police/Ambulance: dial 911.
- Fire: UNB Fire Dept 250-350-3331.
- Housing Emergencies:

> Maintenance, Ben (250)280-4708

> Housing Manager, Cliff (250) 280-3687

- Septic issue or major plumbing leak, contact housing maintenance or manager.
- Electrical issue: Housing Manager.
- Minor Plumbing: (e.g. slow leak) utilize a bucket until office is open.

Services

Community Education & Information

Sessions

Monthly

Location Varies (Pithouse, Glimpse Lake, etc)

Community members are invited to join a monthly gathering, focused on Mental & Emotional well-being. These sessions are a space to learn, listen & share information about mental health, stress & resilience in a supportive, respectful environment. Mental Wellness is a part of caring for the whole person. This is for any members who are interested in learning about mental health, anxiety & coping skills, supports available, while honoring cultural values.

Some Topics may include:

- Relationship Challenges
- Emotional Wellness Education
- Life Stress Reduction
- Coping & Healing Techniques
- Anxiety Awareness
- Grief/Depression Healing Activities

Contact: Kevin Ward Cell: (250) 919-1417 or Work:(250) 378-5058



INDIAN
RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY

Child / Family
Health & Cultural Support

Supporting Emotional wellness through class action claims.

CTFI offers trauma-informed, culturally grounded support for indigenous children, youth and families who may be experiencing the impacts of trauma and intergenerational healing.

Available Supports:

- 1-1 emotional, wellness support
- Sharing circles & group wellness
- Cultural connection & traditional healing
- Guidance through stress, grief, or family

How support can be offered:

- Individual Sessions
- Family Sessions
- Community Gatherings
- Culultural & Wellness Activities

To learn more or request support:

✉ cftisupport@irsss.ca

☎ 1 (888) 388-5393

🌐 IRSSS.CA/CFTI-SUPPORT



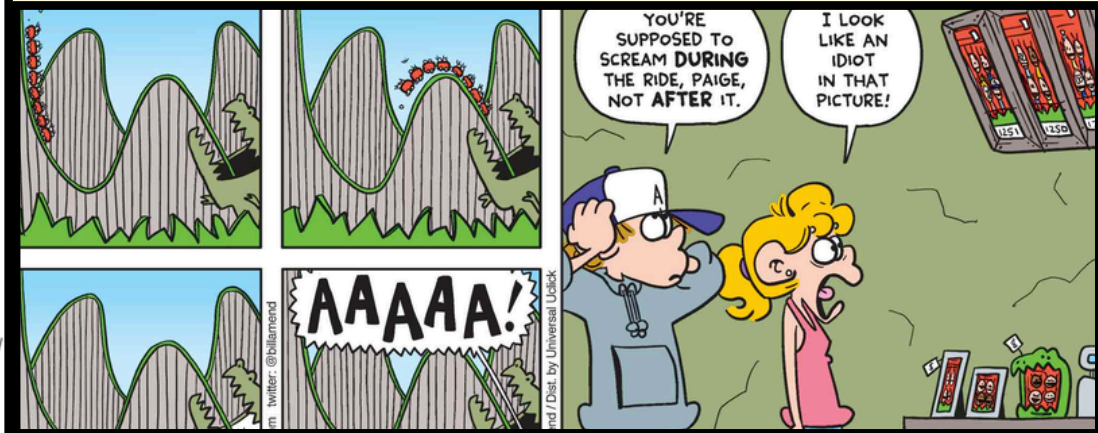
Carnival

O Y D S R O R R I M F O E S U O H D P F R Q F Q
 G G T E K A C L E N N U F A C I K O N R U P A I
 P W P P S U H E C P G C J M L L J V Y K K V R S
 W Z X E A F D Y H E N I H C A M N R O C P O P K
 L I M A W O A U R N O O L Q S S L L A E E E Z N
 R A I C E C R E A M A Y A T E A R S S X G X Z P
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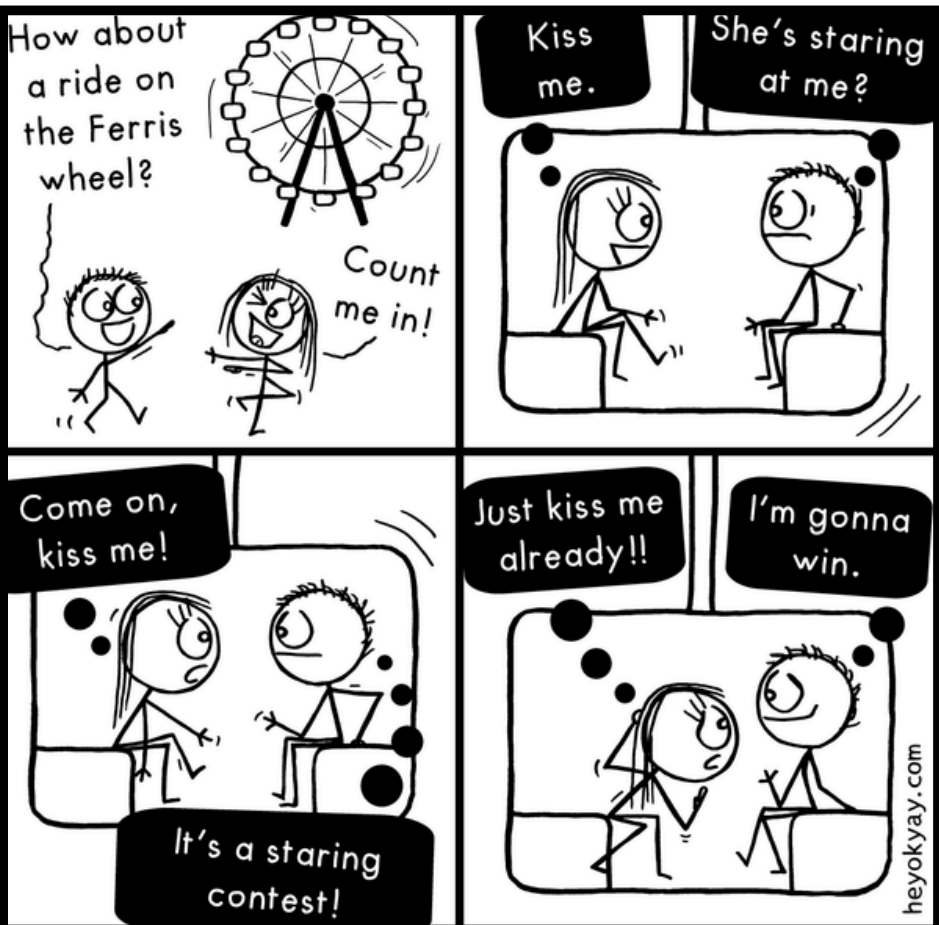
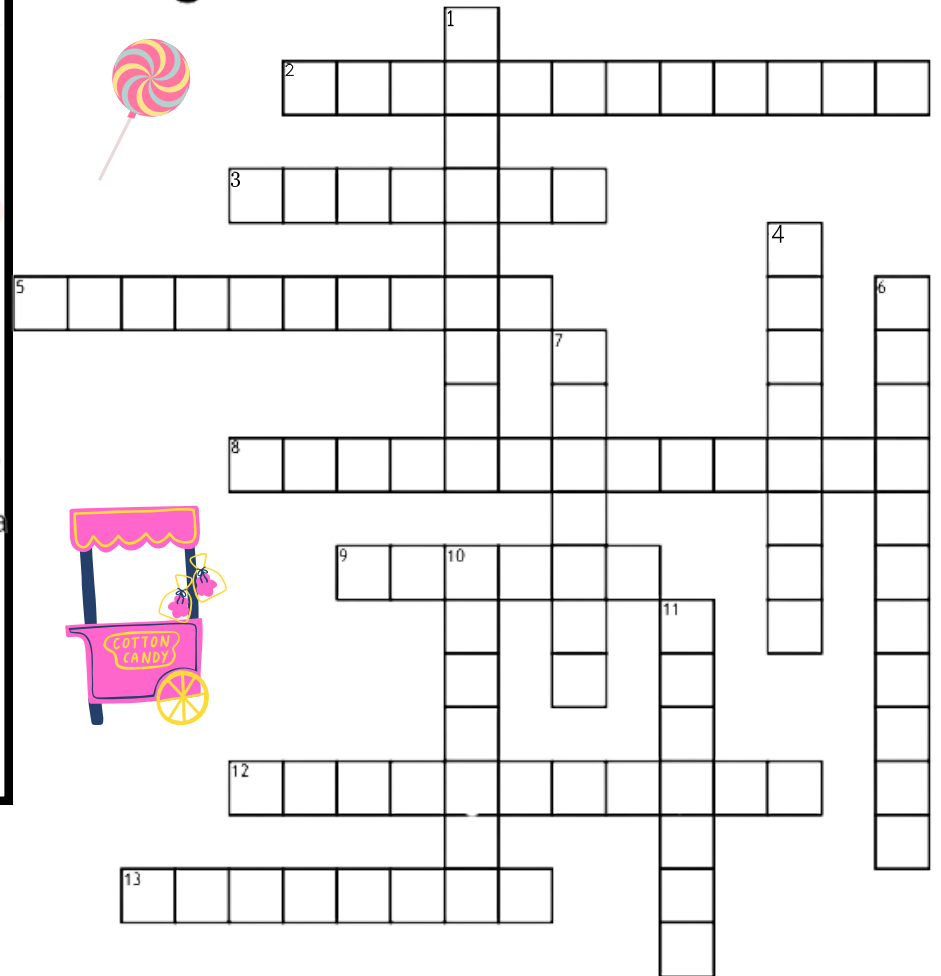
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|------------------|-----------------|---------------|--------------|
| House of mirrors | Popcorn machine | Marching Band | Extravaganza |
| Cotton candy | Funnel cake | Concessions | Snow cone |
| Ring toss | Ice cream | Fun house | Duck pond |
| Admission | Amusement | Lemonade | Festival |
| Carnival | Tickets | Popcorn | Juggler |
| Reveal | Rides | Music | Games |
| Booth | | | |

1. You're riding a horse full speed, there's a giraffe beside you, and you're being chased by a lion. What do you do?
2. Why did the cotton candy giggle?
3. What do Fries do when they see each other?
4. What kind of music do balloons hate?

(Answers at the bottom of this page)



Things You Find at an Amusement Park



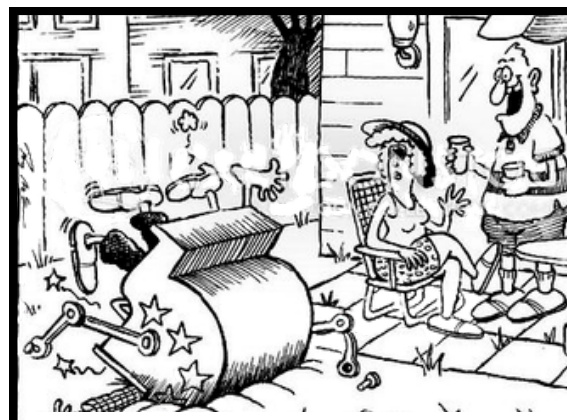
Across

2. a ride with model horses or other animals that revolves.
3. A water flume with artificial tree trunks to ride in
5. a small electric car driven in an enclosed space designed to crash into each other
8. Ride that employs an elevated track designed with steep slopes and sharp turns

Down

1. A miniature version of this locomotive may be considered a kiddie ride
4. a game in which rings are tossed at an upright peg.
9. Fastener that contains teeth
12. a mass of fluffy spun sugar
13. a brightly colored rubber sacs inflated with air

6. ride consisting of a giant vertical revolving wheel with passenger cars suspended on its outer edge.
7. a small piece of paper that allows you to enter rides or play games
10. corn of a variety with hard kernels that swell up and burst open with a pop when heated.
11. Hot dog dipped in batter and served on a stick



-Hey Look! The carnival must be in town!



WANTED

ISO: Canning Jars- various departments are in search of good condition, used jars for the upcoming food preservation season
Contact: Debra (250)378-7575
Dor@uppernicola.com

ISO: Deer hide, brain & antlers for future projects for various UNB Departments. Drop off at pithouse or Contact Juanita Lindley (250) 350-3342 or syilx3@uppernicola.com

ISO: Area rugs, carpets, rubber mats, foamy squares, etc. Can drop off at the band office or arrange pickup with Peyton/Tierra call (250)350-3342 or Clare Paul on Facebook

ISO: Green Thumbs- Nkwala School parent club is starting a produce, plant & flower sale fundraiser. In need of volunteers their knowledge in plant keeping & growing seeds as we are a little short on hands.
Nkwala School (250)350-3370

SERVICES

Four Corners counselling Services is accepting new clients for in person in Merritt or online. Contact Stacey Arnoldus (250)315-3499 or stacey@fourcornerscounselling.ca

FREE scrap car removal services, Call: (250) 463-4578

EMPLOYMENT

Highschool Teacher- Nkwala School, small teacher-student ratio. Accommodations and daycare available for the right candidate. Position oversees Grade 8/9 classroom, as well as online program students in grade 10-12. BC teaching certificate and qualified to teach high school, special education training is an asset. Start date: Sept 2026. Info: Travis Klak (250) 350-3370 or nk.principal@uppernicola.com send cover letter & resume to hr@uppernicola.com or in person.

EMPLOYMENT (cont'd)

UNB Community Safety Events Coordinator, Contract, 32-40 hrs/wk, wage: \$19.38-\$25.40. Provide admin/coordinate support the Cultural Safety lead team. Plan, schedule, assist in -> delivering land based learning, manage logistics, Collab with Nkwala School, assist in creating event materials, event records. Must have HS diploma, Drivers license & Vehicle, Experience in coordination, administration, community engagement.
Apply: hr@uppernicola.com or UNB admin office.

UNB Headstart ECE, Permanent, FT.. Must have ECE License, 1st Aid w/ CPR B, Drivers License, FoodSafe Preferred, Clean Criminal record check, pref 2 yrs experience, TB Screen. Start ASAP. apply in person or email hr at hr@uppernicola.com

Lands, Wills & Estate Assistant, Permanent, FT, 32 hr/week. Start ASAP. Wage: \$20.15-\$25/hr. Administrative support duties, records management, maintain office calendar & deadlines, draft notices & posters, organize meetings and events. Conduct research, create reports. Participate in lands management certification. Need Gr. 12, valid drivers license, reliable vehicle, community experience pref. Apply in person or email: hr@uppernicola.com

Building Maintenance, Full Time, 40 hrs/wk, some evenings, weekends or on-call may be req'd Keep external building areas clear of debris, garbage duties, transport equipment/site objects using dollies, carts. Lawn care, weed/prune, water, etc. Fill out logs & work orders. Ensure building & equipmnt meet safety standards ->

EMPLOYMENT (cont'd)

monitor & conduct procedures per operation/maintenance & schedules for building, equipment and grounds, etc. Trade certificate preferred. Valid license, 1st Aid, Clean criminal record check. Gr. 12 or combination of education, experience, training.
resume: hr@uppernicola.com UNB admin office.

Multiple Postitions, Short-term Employment Program, 20hrs/week. Positions: Community Projects Assistant, Administration, Maintenance, Data Entry, Work in various departments. Program for persons who receive Income Assistance, Disability Assistance or Hardship Assistance. Or if you receive PPMB support or employment benefit recipient. Or Indigenous individual on reserve receiving or eligible to receive federal assistance. Submit resume and letter of interest explaining tasks you can perform, how you meet eligibility criteria & availability hr@uppernicola.com

Fencing Labourers- Mon-Fri, Start Immediately. Barbed wire fencing projects at Chapperon Lake and Stump Lake. Call: Shelly Stewart (250) 319-1615 or troy@syilxresouces.com

Multiple Positions-Policy Advisor, Policy Program Assistant, Workforce Administrative Assistant, Communications Coordinator, for BC 1st Nations Forestry Council. Internships, FT, remote. (4 mths-1 year available) Various qualifications, administrative, some college. Drivers license for different positions. Under Section 42 of BC Human Rights code, preference to indigenous applicants. Our current job listings, visit <https://forestrycouncil.ca/#careers> and send cover letter, resume to: careers@forestrycouncil.ca with the job title in the cover line.

Construction & Safety Training (PESP & Peak Safety)

June 1-26, 2026 | Douglas Lake Fire Hall



4 Week Program, you will complete:

- WHIMIS
- TDG
- Intermediate 1st Aid
- Transportation Endorsement
- Fall Protection/Self Rescue
- Lock-out/Tag-out
- Confined Space + Entry
- Train the fit tester
- Forklift Operator
- Skid Steer Operator
- Mobile elevated work platform
- Hazard Recognition & Control
- Construction Fundamentals

Each registered applicant will receive:

- Peak work duffle
- Work boots
- Carpenter tool belt
- Safety vest
- Gloves
- Rain gear
- Hard hat w/ chin strap
- Eye protection
- Ear plugs
- Framing square
- Nail bar
- Utility knife
- Multi-purpose screw driver
- Framing hammer
- Tape measure
- Turbo level
- N95 Dust mask
- Carpenter pencil



Register:



Provided:

- Morning snack, catered lunch
- Employment Ready Kit (by Peak Construction)
- Fuel Support (Let your case worker know)

Register: Jeanette (250) 315-3844

or pespnicola@okanagan.org

On-Reserve Mileage Reimbursement

****School District #58 Transportation Support****

Eligibility

Parent/Caregiver who has made a special trip to drop off/pick up their sd.58 child participating in school-related, extra-curricular activities:

- Afterschool Sports
- Band/Christmas Concert
- School Dinners
- etc

Claim Form information:

- Can be used for any current, upcoming or past trips and school sporting events.
- Retroactive reimbursment will be for THIS YEAR ONLY
- Please submit claim forms as soon as possible so reimbursements can be processed within the school year.
- To obtain a mileage form, have questions or need help filling out the form; contact the Education department.
- You can claim trips dated: Sept 2, 2025 to the end of this school year.

Contact: UNB Education

Shona Sparrow-Shuter

education@uppernicola.com



Geneve McRae

ec@uppernicola.com

Provincial Tuition Waiver Program Student Aid BC



Eligibility:

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

Apply Now



Recommendation to apply: 2 months before classes start

NVIT Entrance Awards



Internal Awards:

NVIT hosts a variety of entrance awards open to NVIT students only. These awards are presented annually in September. Some awards require you to demonstrate financial need, while others recognize academic achievement, community involvement, or other accomplishments.

Deadline to apply: August 15, 2026

Visit: nvit.ca/apply/awards/entrance-awards/

Carpentry Level 3 Training



In collaboration with Upper Nicola Band, Thompson Rivers University and the Construction Foundation; we are excited to offer Carpentry Level 3 training.

Program details:

- For Apprentices who've completed Levels 1&2 and have at least 2 years of experience
- Program will be held at the Douglas Lake Community Hall.
- Dates: June 8 to August 14, 2026.
- Tuition: No cost for Tuition & Books.

Scan to register, or visit
bit.ly/carpentry3



Information Contact:

Patsy Greyeyes

patsy@cfbc.ca

Geneve McRae

ec@uppernicola.com

Build skills to support mental wellness-NVIT Merritt

<p>Mental Health & 1st Aid Essentials: (9am-4pm) Wed, May 6, 2026 Wed, June 3, 2026</p>	<p>Applied Suicide Intervention Skills Training (ASIST) (8:30am-4:30pm) 2 day course Mon-Tues, May 25 & 26, 2026 Thurs-Fri, June 25 & 26, 2026</p>
<p>Trauma Informed Care: (8:30am-4:30pm) Tues, May 12, 2026 Thur, June 18, 2026</p>	<p>Verbal Intervention 3rd Edition: (8:30am-4:30p) Thurs, May 21, 2026</p>



All courses will be delivered in-person at the NVIT Merritt campus.
Tuition is fully covered through the generous support of the Canadian Red Cross.
 For More information and deadlines visit nvit.ca/continuingstudies

CINUP Indigenous Scholarship Program DEADLINE FOR SUBMISSION: JUNE 30



About Scholarship:
 Applications are now open for the CINUP Indigenous Scholarships. 5 Scholarships of \$2,000 are available to eligible Indigenous dependent children of CINUP plan members who are pursuing post-secondary education.

- Submit:**
- Complete CINUP Application
 - Certificate # and name of plan member
 - Proof of Indigenous Identity
 - Proof of Enrollment
 - Personal Statement (500-750 words)

APPLICATION FORM AND MORE INFO CAN BE FOUND AT:
<https://cinup.ca/indigenous-scholarship-program/>

RECIPIENT NOTIFICATION: SEPTEMBER 1

“Building a Better Future” Bursaries



Initiative offers financial support to eligible Syilx Okanagan Nation members through, bursaries, and awards, recognizing student perseverance and achievement to promote continued education.

High School Bursaries (deadline: May 28th | 3pm)

- 2-SYILX SIYA AWARDS – \$1000 (Sponsor: EMB)
- 1-SYILX SIYA AWARD-\$1000 (Sponsor: Fortis)

Post Secondary Bursaries (deadline: June 15th | 3PM)

- 2-EDUCATION FOR LIFE AWARD - \$1500 (Sponsor: Fortis)
- 1-ENGINEERING SCHOLARSHIP -\$3500 (Sponsor: EMB)
- 1-BUISNESS BURSARY -\$1500 (Sponsor: EMB)
- 1-WALKING FORWARD AWARD -\$1500 (Sponsor: EMB)
- 1-SURVEYING, MAPPING OR GEOMETRICS BURSARY -\$1500 (Sponsor:EMB)
- 1-WOMEN UPLIFITNG WOMEN LEADERSHIP AWARD -\$3000 (Sponsor: Syilx Community Member Buffy Mills)

VISIT OUR WEBSITE FOR APPLICATION INSTRUCTIONS AND QUALIFICATION GUIDELINES
 For more information contact:
tmontgomery@syilx.org
www.syilx.org

2026 Chief Joe Mathias BC Aboriginal Scholarship Fund

Scholarship is intended to support eligible BC First Nations Students pursuing post-secondary or graduate studies. There are 3 Chief Joe Mathias Scholarships available:

- BC First Nations Teacher Scholarship (students completing a teacher education program at BC public post-sec. institution)
- BC First Nations Nursing Scholarship (
- BC First Nations Multi-Disciplinary Scholarhip

Deadline to apply: June 12, 2026

For more info, visit: <https://chiefjoemathias.ca>



Traditional Fasting

“Our Teachings are about a Way of Life”

Okanagan (Syilx) people fast as a sacred ceremony for spiritual connection, cleansing, and guidance, often involving a "vision quest" where individuals seek direction from the Creator and ancestors while connecting to the land. Fasting is also used for healing, replenishing energy. It disciplines ones self to learn to pay attention to your spiritual self when you remove the physical elements.

Key reasons for fasting among Okanagan and similar First Nations include:

Spiritual Connection: Fasting is a way to gain clarity on one's life direction and to connect with the spirit world

Cleansing and Healing: It is considered a way to remove negative energy and replenish oneself, with fasting often done in the spring and fall

Connection to Land: It reinforces connections to traditional territories and the importance of ceremony

Cultural Revitalization: As discussed on Cultural Survival, it is a return to ancestral traditions that improve physical and spiritual wellness

Cellular Repair (Autophagy): Fasting triggers autophagy, a "cleanup" process where cells digest and remove old or dysfunctional proteins. This recycling program is thought to help prevent cancer and neurodegenerative diseases.

Fasting usually involves being in the care of a guide or elder, often staying alone in a natural, sacred site, supported by community members who maintain a base camp. Traditionally, it was done quarterly.

ǰliwa? (Wild Onion)



In British Columbia, wild onions are best harvested in early to mid-spring (March to May) for fresh greens and small bulbs, or in late summer to autumn for mature bulbs. They are frequently found on sunny, well-drained hillsides and in meadows, according to 14, often blooming from late spring to mid-summer.

Key Harvesting Tips:

Early Spring (March-May): Focus on the tender green shoots and tiny, emerging bulbs, which are excellent for salads or in place of scallions

Late Summer/Fall: As described by 4, in places like alpine or mountainous areas, the bulb matures later, allowing for harvesting mature, dusky onions in late summer

Where to Look: Look for large, established patches (50–100+ plants) in grassy meadows, woodland areas, and stream banks, especially where the soil is moist

How to Harvest: Use a small tool, like a hand trowel or hori-hori knife, to dig underneath the bulb, as pulling from the stem can break it

Sustainability: Ensure you follow ethical foraging practices by harvesting only from dense patches and leaving plenty behind to ensure the area produces again next year. Traditional practice advise, never overpick one area, or next years crop will get smaller and smaller. Lets be mindful and think about our future generations.

Preparation: these onions can be washed, cut and prepared like a green onion from the store.

Happy Harvesting!

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They say if you can say the alphabet of the language, you can read & speak it. Shown is the Nsyilxcen alphabet. If you'd like to practice the sounds, visit: <https://www.firstvoices.com/nsyilxcen/alphabet>
 There is also a free dictionary and various games to learn. You *may as well* try & practice.



The Four Food Chiefs Mini Quiz:

In the last newsletter, you were given this information, lets see what you can recall (just for fun)



Draw a line to match the Nsyilxcen word to the English Word, then a line to the chief they are, then a line to what they represent: (answer at the bottom of this page)

- | | | | |
|-------------|----------------|---------------------------------|--|
| 1. Ntytyix | a. Saskatoon | 5. Chief of plants below ground | E. leadership, self-sacrifice, and love. He is the oldest and represents the land. |
| 2. Spitlem | b. Bear | 6. Chief of water creatures | G. community, growth, and innovation |
| 3. Shea | c. Salmon | 7. Chief of animals | H. relationships to the land, nurturing & stewardship |
| 4. Skəmxist | d. Bitter Root | 8. Chief of plants above ground | F. perseverance, sustainability, and resilience |



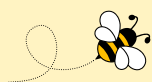
Stay tuned in the next newsletter: *The story of the Four Food Chiefs explains how food was provided before humans inhabited the earth, with the chiefs determining that these resources were essential for the "people-to-be". They are still honored today as a model for social order, protocol, and ecological responsibility)*

THE POWER OF BEES



Imagine a grey world without almonds, apples, or fragrant flowers...Sounds terrible, right?Unfortunately, that's the shocking future we face if we don't work to help our most precious pollinator: bees. Bees pollinate one-third of the food we eat. From apples and squash to buckwheat and coffee, bees are responsible for pollinating most of the fruits, vegetables, seeds, and nuts that are essential to our diets. Each year, bees are experiencing massive die-offs throughout the U.S. and Canada. Their hard work is not only essential to healthy ecosystems, but to sustaining animal and human life too. In 2017, the rusty patched bumblebee was the first bee added to the endangered species list.

What can you do?



- **Support bee habitat:** plant bee-friendly blooms in window boxes. Native flowers and plants are best.
- **Go chemical free:** Synthetic pesticides, herbicides, and other agrochemicals can harm bees. A garden can thrive without the harmful chemicals. One goal of a bee-friendly garden is to build a sustainable, balanced ecosystem that fosters beneficial populations.
- **Bee homes:** create nesting sites for these tunnel dwellers by leaving bare patches of soil where they can build their homes.
- **Trees for bees:** Tree leaves and resin provide nesting material for bees, while natural wood cavities make excellent shelters.
- **Let stems be:** About 30% of the world's bees nest in holes inside of trees, logs, or plant stems. When your garden dies back, cut pithy plant stems in heights of 18-24 inches to create studio apartments for bees. Leave cut logs outside for species like carpenter bees home in them.
- **Don't rake too early:** Wait Until Late Spring: Many native bees, butterflies, and moths overwinter in dead leaves and plant stems. Clearing them early kills the next generation. **These small changes can save the bees.**

Our goal is to share community news and your input is welcomed.

First off, we would like to share your events, fundraisers, gatherings, bake sales, etc. Additionally; we can include birthday & anniversary greetings. Our contact info is at the bottom of this page.

To utilize the newsletter please include a date, time, place, and brief description of the event/birthday/etc, along with any pictures *which may or may not be used*

STAY CONNECTED:

There are multiple ways to stay in the loop with UNB



Community News & Calendar

www.uppernicola.com/community-news
www.uppernicola.com/events



Facebook

www.facebook.com/uppernicola



Newsletter

Receive it in person, via email or on our website



Instagram

www.instagram.com/uppernicolaband



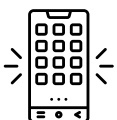
So You Know Audio Newsletter

www.youtube.com/@uppernicolaband



X (Formerly Twitter)

https://x.com/band_upper



Upper Nicola Syilx Band App

Download the app



Digital Sign

located at the Corner of Hwy 5a & Douglas Lake Road



UNB Live on Youtube

www.youtube.com/@uppernicolaband



Tik Tok

www.tiktok.com/@uppernicola

Feedback & Contact

email:

communications@uppernicola.com

Diana Moffat:

assist.comm@uppernicola.com

Phone: (250) 350-3342

Fax: (250) 350-3311

Mail: General Delivery

Douglas Lake, BC, VOE 1S0