



Glimpse Lake Summer Camp

The UNB Youth Camp hosted annually at Glimpse Lake finished up yesterday, Tuesday July 21st. The day camp ran M-F from July 7th to the 22nd. This year we had 28 children & youth sign up and attend. They were split up into 3 groups and had 15 high school and post secondary apply for the student summer positions as youth camp leaders, for a paid training experience.

Bernard Manuel, events coordinator shared, "Our annual youth summer day camp theme was 'Youth Leadership', there have been many workshops over the last 2 weeks. Everyday they start off with a prayer and a smudge and after that go to their workshop groups. This year the language house was there from Monday to Thursday doing language workshops. The camp had Community knowledge keepers come out, and share with the youth. Tim Manuel sharing his knowledge about medicines, Mahendra Paul did some Archery, Nadine Chillihtzia took the lead on the canning this year and the youth made pasta sauce and were able to take some home with them.

This year the youth made homemade fishing rods out of willow, string and hooks and took the kids fishing. We went for hikes to the sweat lodges and did hand drumming. We also had band members Vanessa Michel & Jalen McRae doing a boot camp fitness workout with them each week and keeping the kids as active as possible throughout the camp. Our camp cook Maple Manuel has been introducing a healthy diet for all the kids over the past 10 days".

The students were all running around, smiling, laughing and working together as a team during the boot camp fitness. When asked what their favorite part of the camp has been, many responded they loved swimming. Overall it was another successful youth camp for our membership. A fun camp that focuses on holistic health: mental, emotional, spiritual, physical health.





ONA Youth Leadership Conference kicks off

The 2 day gathering starts July 22 and will conclude end of the day on the 23rd at the Ashnola Arbor in Keremeos, BC. The Syilx Youth Leadership Gathering takes place each year, along with the Annual General Assembly. The event brings together the Syilx Okanagan Nations to celebrate our accomplishments and provide an opportunity for Nation members to come together. Over 2 days there are various activities for Syilx youth, the following is the 2026 schedule:

Day 1: Wed, July 22nd Leadership & Creativity

9:00- Opening Ceremony
Grand entry, Welcome & Open

9:45- Walk on the Land
Teachings (relationship with water, land & food)

10:45- Syilx Vision to Action
3 topics & outlines Syilx path from vision to action

11:15- Breakout Groups
Select from 1 of 3 topics: Protecting water, protecting the land, or Leadership fo the Nation

12:15PM LUNCH

1:15- Keynote: Michael Linklater (retired pro basketball player from Sask. Rattlers & Team Canada 3x3, inspires youth through leadership and cultural pride)

2:30 Syilx Action to Preparation
Youth engage in topix groups to determine actions & shape messages from discussions

3:30 Cultural Games
Fostering connection and teamwork

5:00 DINNER

6:00 Evening Activities
Man tracker, volleyball, stickgames, or join the horseshoe tournament, followed by free time.

Day 2: Thurs, July 23rd Teamwork & Sharing our Voices

9:00- Opening Circle
Grounding through breath, prayer & song

9:45- Cultural Activity
Engaging in cultural activites alongside knowledge keepers, ft. cedar bark crafting

11:00- Medicine Walk
Discover tradtional medicines through plant identification and guided teachings

12:00PM LUNCH

12:45- Preparing for Youth Presentation
Youth pull their topic thinking together for the Assembly presentation

1:30 Youth leadership presentation
Each topic group presents their collective perspectives & recommendations to Assembly

2:00 FREE TIME
Pack up, connect with peers, or explore the AGA

2:45- Gratitude Circle
A Closing circle to reflect, share and bring the gathering to a meaningful close.

3:00- Door & Booth Prize Draws

3:15- Closing Ceremonies
Join us back at the AGA for closing remarks

PLEASE NOTE:

Due to Road Work,
detour route is available.
Allow more travel time



For More info, Contact:

Raven Mikuletic, Sr. Communications Coordinator
rmikuletic@syilx.org
(250) 707 - 0095 ext. 121

Optional Activities:

9:30am Tour 1- Culture Activity

Location TBD

1:30pm Tour 2- Keremeos Wellness Center

The former Ashnola at the Crossing is being transformed in a family wellness center focused on health, healing, and cultural wellbeing of Syilx peoples

9:30am-Cawston Community Garden

Garden is on community land and builds community, food security and indigenous food sovereignty.

Information Booths

WIN AWESOME YOUTH PRIZES!

Participating in Syilx Youth Leadership Gathering and visiting info booth to win prizes by filling out passports



ONA 2026 AGA Schedule

2026 Annual General Assembly, where Syilx Nation members come together to celebrate our accomplishments, hear important updates, share perspectives, and help shape the path forward for our Nation.

Over two days, you'll hear from leadership, learn about the work happening across ONA departments, connect with community, and celebrate the strength of our Nation alongside the Syilx Youth Leadership Gathering.

Day 1: Wed, July 22nd

8:00- Registration Opens/Vendor set up

9:00- Opening Ceremony

Grand entry, Prayer, Welcome & Open

9:30- Annual Assembly Business

- Roll Call
- Review & Adoption of 2026 AGA Agenda
- Adoption of 2025 AGA Meeting Minutes
- Resolution Committee, Rosalie Wilson-Yazzie
- 2024-2025 ONA Financial Audit Review

10:05- BREAK

10:15- Presentation (Buzz Manual & Lillian Marchand)

- Bernard "Buzz" Manual, 2026 Indspire Award Sports
- Lillian Marchand, 2 time IBJJF Black belt world champ

10:45- Collaborative Leadership Table

Status & Progress

11:15 Energy Executive Committee

Overview update

11:45- Columbia River Treaty

- Overview and heights
- Columbia River salmon reintroduction initiative update

12:15- LUNCH

1:15- En'owkin nsyilxcen Language Fluency Cohort

Language cohort presentation

1:45- Protect the land & water for all who live here

ONA Natural Resources Committee & sub-committees developed recovery, restoration and monitoring programs that fosters various partnerships

- Syilx territory overview 7 highlights

2:45 Title & Rights

Syilx title and rights defense updates

4:30 Adjournment of Day 1

Closing Prayer, syilx elder

5:00 DINNER (hosted by Lower Similkameen Indian Band)

"Building a Better Future" Bursary announcements

6:00 Evening Activity: Moccasin Mile

Ready, set, race for a chance to win! Choose: 1 or 3km!

6:30 Evening Activity: Horseshoe tournament

double elimination

prizes, including a cash prize for 1st place!

Day 2: Thurs, July 23rd

8:00- Registration Opens/Vendor set up

8:30- Opening Day 2

- Opening Prayer, Syilx Elder
- Summation Day 1

8:45- Wellness

- Syilx Health Representative, Allan Louis (FNHC/IRNE)

Syilx health update

- Syilx C & F Representative, Chief Greg Gabriel

-Children and Families update

-Syilx Justice Governance update

9:45am Syilx Indian Residential School Presentation

SIRS Committee

10:15- BREAK

10:30- Syilx Governance & Policy

- Government to Government: BC & Federal
- Columbia River Salmon restoration initiative

12:00- LUNCH

1:00- Canoe Paddle 25th Anniversary

Presentation

1:30- Syilx Youth Leadership Presentation

2:00- Open Floor

2:45 Resolutions

- Presentation of resolutions

3:00- Door & Booth Prize Draws

3:15- Closing Ceremonies

- Announcement of 2027 Host Community
- Closing Remarks (Chief Clarence Louie)
- Closing Prayer/Song
- Retire Staffs



July 22–23, 2026



Snaʔsnulaʔtn Campground (Ashnola Arbour)

1400 Ashnola Rd, Keremeos





siw4k^w Water Webinar



The Okanagan Nation Alliance organized an engaging siw4k^w Water Webinar on July 15th, held online via Teams. Key highlights from the webinar included an informative presentation on the Syilx perspective regarding water and the reality of water availability, even with the presence of lakes. The discussion also compared the settler and Syilx viewpoints on lawns. WaterSmart Landscaping was introduced, focusing on a nature-based approach that mimics natural landscapes and local climate conditions. Valuable insights were provided on planning and zoning for plants with varying water requirements, along with information on FireSmart planning related to trees. Participants also learned about watering techniques for both cool season and warm season grasses to ensure their survival. A very informational session!

Scwexmx Men's Retreat Update

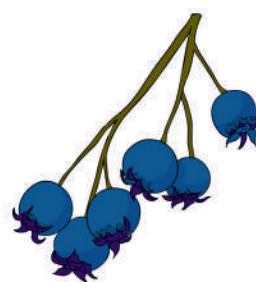
After careful review and consideration of the current registration for the Men's Healing and Recovery Retreat planned for July 10-12, we have determined that the event be postponed to a later date but **registration is still open**. The Retreat will be focused on healing, life skills, cultural connection, and building a strong foundation for what comes next. Men can expect to work on their emotional and mental connection, life skills reintegration, cultural teachings, and peer connections. This Retreat aims to honour Indigenous ways of knowing while supporting recovery, responsibility, and balance in everyday life. Scwexmx will update the new date soon.



ksiya?tən - "Saskatoon Berry Ripening Time"

On July 16th, we welcomed a new moon in our Syilx Okanagan 13-moon Calendar. The ksiya?tən—"Saskatoon Berry Ripening Time"—moon lasts from July 16 to August 12 this year. Saskatoons were ready for harvest in the first week of July and continue to ripen. This particular moon holds significance as it not only plays a role in the 13-moon harvesting calendar but is also one of the Syilx Four Food Chiefs. Shea (or Siya, in some dialects) is recognized as the chief of all plants that grow above ground. An Elder and Nkwala Language teacher Intalin spent several days harvesting her berries. These traditional berries are not only nutritious but also abundant in our community. **Ideas:**

- Frozen Perfect for smoothies
- Canned whole
- Jam or jelly
- Syrup
- Dried for Teas





COMMUNITY UPDATES

This is to notify you of an outage that will impact your site(s.)

Scheduled power outages may be subject to cancellation without prior notice due to adverse weather conditions or availability of crews during an emergency.

For further information regarding our Planned Outage process and how to prepare for an outage, please visit our website.

Outage Details:

Planned Outage ID: 56793

Work Request Number: W02592173-01

Outage Start Time: August 4, 2026 9:30am

Estimated Restore Time: August 5, 2026 4:00pm

Reason for Outage: D - Pole Replacement

Street Name	Street Definer	Undefined Address
Quilchena Ir Shed 26b		
Michel	RD	
Quilchena Comm Tower		NICOLA RIVER RD
Kokanee	BEACH	WATER PUMP 2

BC Hydro

C: 250.307.3117

E: marilu.gokey@bchydro.com

1401 Kalamalka Lake Rd

Vernon, BC V1T 8S4



LANDS DEPARTMENT UPDATES

Department Update:

Hello UNB members,

Hope the summer is treating you well, and that you are able to get out on the land. Things continue to be busy in the Lands department with a large focus being on Land Code and what that process entails. We are looking to keep all members informed so please don't hesitate to reach out with any questions or concerns. If we don't have the information readily available, we will find the information for you. Take care!

Respectfully, Leanne

How Can the Lands Department help?

Assist with writing Wills

Our team can meet with you and give you a template to use when writing your Will and, also be the witness to signing the Will.

Provide information on Administering Estates

Our team can facilitate a Wills and Estates workshop (as an individual or family group).

Assist with land transactions/inquires

Our team can research land history and get lot information/legal descriptions.

CONTACT INFORMATION

Office Hours: Monday to Friday,

8:00 am – 4:30 pm

Phone: 250-350-3342

Email: Susan Manuel, Manager

lands@uppernicola.com

Leanne Dynneson, Assistant
landsassist@uppernicola.com

Iris DeMontigny, Clerk
landsclerk@uppernicola.com

YOUR INPUT COUNTS!!!!

As we move forward with investigating the Land Code process, please provide your current contact information so that we can keep you informed and connected.

Phone number, email, and mailing address.

**Send to Leanne at
landsassist@uppernicola.com**

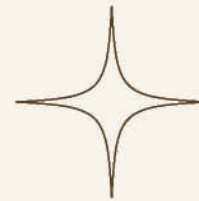




**COMMUNITY SAFETY EVENTS
DEPARTMENT UPDATES**

UPPER NICOLA BAND

**COMING
SOON**



SQILX̌W ŁCAWTNEW
SPACE, LOCATED IN
SPAXOMIN



STAY TUNED NEW
PROGRAM
"PEOPLE'S TOOLS"

COMMUNITY.SAFETY3@UPPERNICOLA.COM



Free Swim & Gym

Mon, Wed & Fri

Nicola Valley Aquatic Center

Pool Hours: 6:00am-7:30pm



UNB Membership will have until **end of July** to swim before the annual pool closure. This year the pool will be closed longer due to some mechanical maintenance. Pool closed July 30 – Late October.

(So dunk and splash while you can!)

More Info: NVAC
(250) 378-6662

50th Annual Elders Gathering

Aug 25-26

Canada Place, Vancouver BC



Registration closed.
Registrants, mark your calendars!

Contact: Jamilynn
gov.executive@uppernicola.com
(250) 350-3342

Men's Group Health & Recovery Retreat

Jul **Postponed!** **Time varies daily*
8050 Surrey Sussex Lake Rd

A gathering for men transitioning our of treatment or walking the red road to recovery. Retreat focuses on healing, life skills, cultural connection, foundation, and peer connections.

REGISTRATION STILL OPEN!



REGISTER:



Info contact, Jason Ermineskin
Jason.Ermineskin@scwexmx.com
(250)378-2771

Fundraiser for Valerie Holmes On-going



The family is seeking support following the tragic fire that destroyed Valerie Holmes' family home.

In Search Of Donations:

- Lightly used/new household items
- Monetary donations

Way' Limplempt

Contact: Melissa Holmes
Email: holmesmelissa465@gmail.com



Craft & Meet

Thursdays | 5pm

Nkwala Language Trailer

No session on July 23



If you'd like to join us for an evening of socializing, dinner, and crafting, all supplies will be provided, and everyone is welcome to attend!

*Creating giveaway items for the
ñłqítəmlx Community Center.*

Info contact, Linda Holmes

nsyilxcen@uppernicola.com

(250) 350-3370

Coffee with a Cop

Aug 12 | 10am-12pm

Kwustemtima, Lakeview Office



A casual gathering and a chance to bring our community and local RCMP together to start our journey of providing a safer environment, ask questions and voice your concerns.

Snacks & Refreshments available

Info contact: Debra Manuel

(250) 378-7575

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.



Info Contact: Buzz Manuel

(250) 280-3755

event.coordinator@uppernicola.com

Hunting Practice

Wednesdays | 5:00 pm

at the old post & rail

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



Info Contact: Roger Sheena

(250) 315-5634



Huckleberry Camp

Aug 4-6

Manning Park, BC

FOR UNB MEMBERSHIP



- Crafting
- Knowledge sharing & more!
- Meals Provided

- Bring Buckets & Lawn Chairs
- Dress for weather & wear hiking boots

To Register: Trish Manuel
community.safety2@uppernicola.com
 (250) 575-4907

UNB Family Waterslides

Aug | time

STAY TUNED!

More
 Details
 Coming
SOON!

Info Contact: Trish Manuel
event.coord@uppernicola.com



"Time of the Sunflower Seeds"

JULY & AUGUST

skʒaʔíwʌ S	skixʷíwʌ M	sʔasłásq̓t T	skaʔłásq̓t W	smasq̓t TH	scłkstasq̓t F	skłasq̓t S
19 **For more detailed info, check the "Community Events" pages**	20 Free Swim & Gym Mon, Wed & Fridays at NVAC  *Last day: Wed July 29*	21 Staff move to ńłq̓ləmłx Community Center!  AUGUST 31ST!	22   FitNation 5:30 ONA AGA & Youth Leadership Hunting Practice 5pm	23 ONA AGA & Youth Leadership	24	25
26	27	28	29  Hunting Practice 5pm FitNation 5:30	30 NVAC scheduled Pool Closure *until mid October*  Craft & Meet 5pm	31	1
2	3	4 Huckleberry Camp Quilchena Power Outage (Estimated start: 9:30)	5   Hunting Practice 5pm FitNation 5:30 Huckleberry Camp Power Outage (Estimated end: 4pm) see pg.5	6 Huckleberry Camp Craft & Meet 5pm	7	8
9	10	11	12  Hunting Practice 5pm FitNation 5:30 Coffee with a Cop	13 Craft & Meet 5pm	14	15
16	17	18	19   Hunting Practice 5pm FitNation 5:30	20 Craft & Meet 5pm	21	22



"I'd like to thank uncle Lou Paul for sponsoring us 2 shooting bags for shooting on Wednesdays, thank you Unc"

-Roger Sheena





Indigenous Women in Entrepreneurship Workshop

Aug 26 or 27, 2026

Bella Coola Motel | 8:30a-4:00pm



ALL NATIONS
TRUST COMPANY



Indigenous Women Entrepreneurs

Topics Include: A promising pathway, Stages of Business Development, Effective Business Practices, Adaptation & Resilience, and Support System for Indigenous Women Entrepreneurs.

Cost: FREE!

What is Included:

- Light Breakfast
- Lunch
- Swag
- Door Prizes
- Small Honorarium

Contact: April Paul to Register

778-471-8340

aprilp@antco.ca

BC First Nations Student Scholarships and Bursaries



NRT is accepting applications for Scholarships, Bursaries, and Nursing Scholarship and Bursaries for BC First Nations students studying anywhere.

Scholarships are awarded at the Bachelor's, Master's, and Doctorate levels. Bursaries support students pursuing Certificate, Diploma, Associate Degree, and trades programs.

Our financial support is flexible, covering a wide range of costs to help you focus on your studies without the added stress of working during your academic year.

APPLY NOW ON NRT GRANT PORTAL:

<https://grants.newrelationshiptrust.ca/s/>

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/



"There is a chance you may not be selected, but there is a chance that you will be selected. You may as well try".



ḥłq̓l̓m̓l̓x Community Center

ARTIFACTS CALL OUT



Artifacts examples:

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

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 ḥłq̓l̓m̓l̓x Community Center Artifacts room. It's a place to share our history with the community.

We are hoping to the Artifacts Room completed by the Grand opening in September.

Artifacts contact:
Shannon Ninham
assist.comm@uppernicola.com
(250) 280-3709

DRIVING TRAINING OPPORTUNITY

Love what you do:

If you love driving, getting behind the wheel every day this is the perfect way to put that skill to good use. There's nothing better than getting to work each day and loving what you do!!

You can have weekends and holidays off

You'll be able to enjoy all evenings, weekends and holidays off, just as the school kids do.

You'll see some cool places

By driving for field trips, you'll most likely have the opportunity to see some interesting places you might have not seen or visited.

You can start a career now

Student life, high tuition and months or years of post-secondary may not be everyone's cup of tea. **But you can sign up now** for this "5 day Entry Level Bus Driver Training Program" Your career awaits!

***If you are interested to learn more about this training, you can contact:*

Travis
(250)350-3370
NK.principal@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 | • Traditional Supplies | • Fishing/Hunting |
| • Gym fees & Equipment | • Bead Work materials | • Powwow materials |
| • Canning | • Hide/Tanning | • Traditional Supplies |
| • Outdoor Activities | • Gardening | • Etc. |

Questions & Application Contact: Thelma Chillihitzia
officemanager@uppernicola.com



N'KWALA
SCHOOL

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
- Nsyilxcen Language & Culture Program

**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

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



To Apply, please submit:

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

Send applications or questions to

Kim Fuller

kwustem.assist@uppernicola.com

Deadline to Apply

Extended to

SEPT 2026! Apply Now!





Important

2026 PROPERTY TAX NOTICES



2026 Property Tax Notices mailed & emailed out on June 1st, 2026. If you have not received your notice, please contact the main office at 250-350-3342

Reminder

Important!

Please remember to have all travel and medical forms in a timely manner so you can be reimbursed in a timely manner.

Please send to ap@uppernicola.com
250-350-3342

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
- Cultural & Wellness Activities

To learn more or request support:

- cftisupport@irsss.ca
- 1 (888) 388-5393
- IRSSS.CA/CFTI-SUPPORT





WANTED

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 FB.

ISO: Canning Jars

Various departments are in search of good condition, used jars.



Contact: Debra (250)378-7575
Dor@uppernicola.com

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



16

(250) 463-4578

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, Full time. Must have ECE License, First 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@uppernicola.com

Fencing Labourers- M-F, Start Immediately. Barbed wire fencing projects at Chapperon & Stump Lk. Call: Shelly Stewart (250) 319-1615 or troy@syilxresouces.com

Indigenous Monitor- Temporary, on-call, start ASAP, Wage: \$30/hr. 2 positions available. Indigenous monitor will participate in inspections, site visits and compliance verification activities within UNB Territory. Must obtain minimum safety training and orientation. Experience w/ indigenous, environmental or other monitoring on active construction or natural resource development sites. Basic comp skills, BC license, ability to participate in cultural protocols. hr@uppernicola.com or in person at the band office.

EMPLOYMENT (cont'd)

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



Indigenous Early Childhood Education



45 Credit Certificate
8 Months (Sept-April)
Full time | Hybrid option avail.

Start a Career
in just
8 Months!



ADMISSION REQUIREMENTS

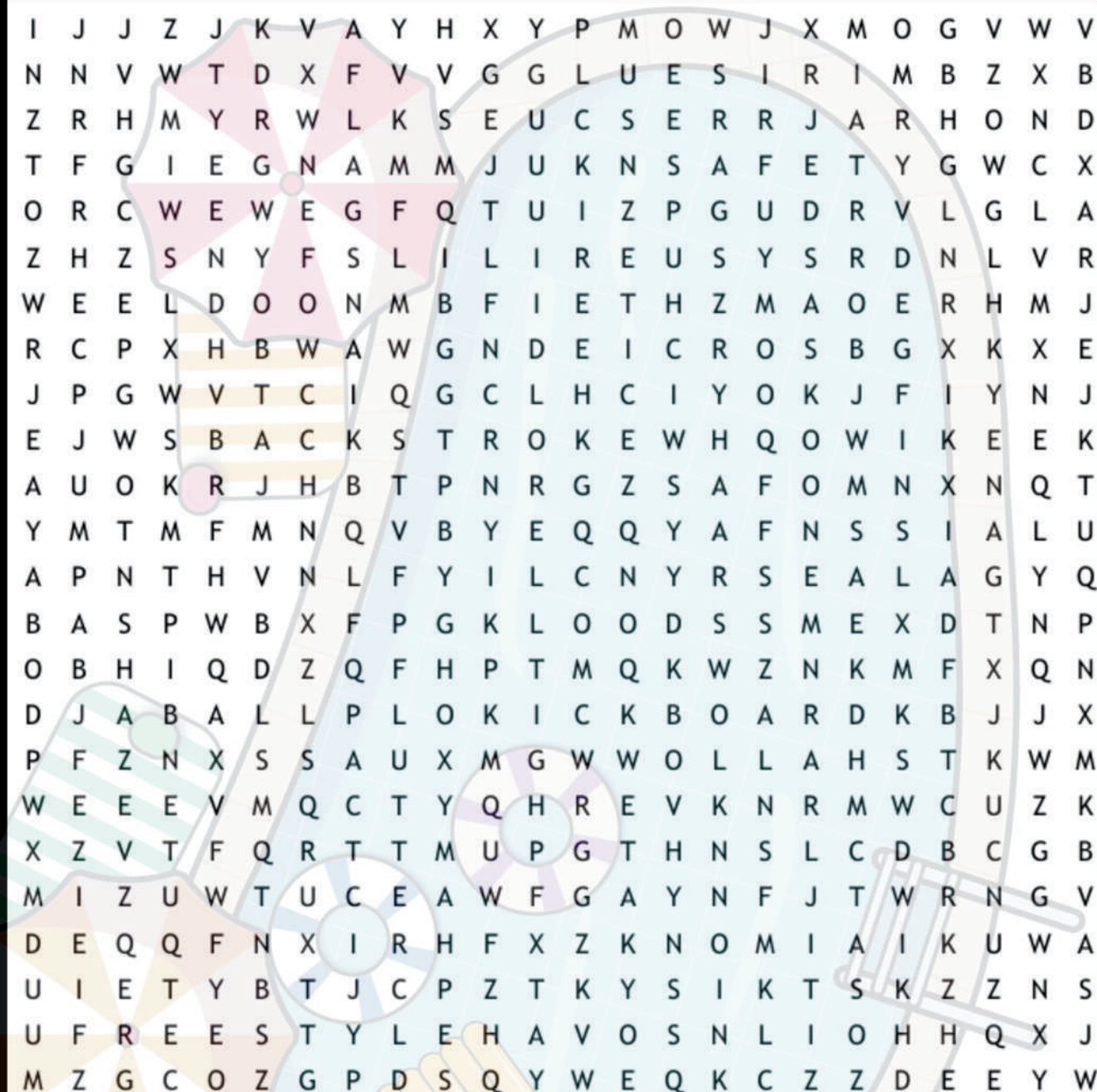
- Gr. 12, Mature Student, or equivalent
- English 12 or English Studies 12 or English First Peoples 12 or ENGL 060, or equivalent
- A professional letter of reference.

NVIT ensures education is accessible to all. Students who don't meet program rqmts should contact the Dept. Coordinator or Academic Planner regarding upgrading.

Program meets all BC licensing standards to work with infants, toddlers, and children with special needs.

Financial Aid Available:

<https://www.nvit.ca/apply/plan-ahead/academic-financial-planning/>

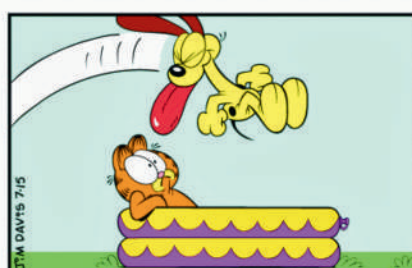


backstroke
shallow
noodle
fish
dive

- kickboard
- flutter
- flags
- jump
- swim

freestyle
safety
deep
ball

laneline
rescue
ring
fins



(Answers below)



1. Is the pool safe for diving?

2. How do you prevent dry skin after swimming?

3.How do sheep swim?

4. What animal is always prepared to go swimming?

5. What is the best day to go to the beach?



W JUMBLE ^{FOR} KIDS

THAT SCRAMBLED WORD GAME!®

By David L. Hoyt and Jeff Knurek

The letters of these crazy words are all mixed up. To play the game, put them back into the right order so that they make real words you can find in your dictionary. Write the letters of each real word under each crazy word, but only one letter to a square.

VNA

SOST

OWKR

EFDE

What kind of fish do you see?

There
are so
many!

WHAT TYPE OF FISH
SWIM IN ALL THE WORLD'S
OCEANS AND IN EVERY LAKE?

Color me

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Now you're ready to solve today's Jumble For Kids. Study the picture for a hint. Play around with the letters in the circles. You'll find you can put them in order so that they make your funny answer.

Print answer here:

In Nsyilxcen (the language of the Syilx Okanagan Nation), joking and humor are deeply tied to teasing, storytelling, and teaching.

Words:

- **ʔayncút** (eye-n-choot) - to laugh
- **ʔay'ʔay'ncút** (eye-eye-in-choot) - laugh *plural*
- **kʷəskʷscut** (kwa-skwa-skoot) - act silly *singular*
- **ʔickn** (ick-in) - play

"I AM JUST KIDDING"

kn ḥkʷəskʷscin - I joked

kn səcḥkʷskʷscinx - I am joking

ḥkʷskʷscintsn - I teased you



• **kʷu səcʔay'ʔay'ncútx** - we are laughing
(koo suh-ts-eye-eye-n-tsookh)

• **kʷ səckʷəskʷscutx** - you are acting silly
(kwa suh-TSK-wuh-SKOO-tsuh-ch)

When looking into how joking and tricksters are spoken about:

snḥlip:

(Coyote)

The ultimate trickster in Syilx captikʷt (oral stories). Coyote stories are well-known for their humor, while also using his foolish, mischievous, and sometimes hilarious mistakes to pass down important life lessons.



Did you know...

Laughter is nature's built-in reset button. A good laugh triggers physical changes. It lowers stress hormones, relaxes tense muscles, and releases natural painkillers called endorphins. It is a powerful, free tool to boost your mood and protect your overall well-being.



Cycling



Cycling significantly improves cardiovascular fitness, builds lower-body muscular strength, and enhances mental well-being while remaining highly accessible as a low-impact exercise. Regular riding lowers the risk of chronic conditions, assists with weight management, and offers an eco-friendly mode of transportation.

Physical Health Benefits

Stronger Cardiovascular System: According to a study highlighted by Cycling UK, commuting by bike is linked to a 46% lower risk of developing cardiovascular disease. It lowers your resting heart rate and reduces blood pressure.

Joint-Friendly Cardio: Because it is a non-weight-bearing activity, cycling minimizes stress on the hips, knees, and ankles. This makes it an ideal alternative to high-impact running, especially for individuals with arthritis.

Muscle Building & Toning: Pedaling directly targets and strengthens your quadriceps, hamstrings, glutes, and calves, while your core and back muscles engage to maintain posture and balance.

Chronic Disease Prevention: Regular riding improves insulin sensitivity, which lowers the risk of developing type 2 diabetes by up to 40% according to some European data. It is also associated with reduced cancer morbidity.

Weight Management: Data from Northwestern Medicine shows that a 30-minute bike commute can burn an average of 300 calories, helping to reduce body fat and accelerate metabolism.

Mental & Cognitive Perks

Stress and Anxiety Reduction: Physical activity triggers the release of endorphins—the body's natural mood lifters—which effectively counteracts cortisol production and relieves everyday tension.

Enhanced Brain Power: Exercise boosts oxygen and blood flow to the brain. Studies documented by BikeRadar show that cycling improves executive functions like planning, attention focus, and memory preservation.

Deeper Sleep Quality: Consistent daytime movement helps regulate your natural sleep-wake cycle. Exhausting your physical energy on a bike leads to faster sleep onset and more restful nights.

Happy Riding!

Cucumbers



Promotes Hydration: Because they are nearly entirely water, they are incredibly effective at keeping your cells hydrated and preventing dehydration during physical activity.

Aids Weight Management: Cucumbers are extremely low in calories (only about 16 calories per 100 grams), making them a filling, low-energy-density snack that promotes satiety.

Supports Digestion: Their high water and soluble fiber (pectin) content helps prevent constipation and supports regular bowel movements.

Boosts Bone Health: Cucumbers are a great source of Vitamin K, which is essential for bone mineralization and maintaining strong, healthy bones.

Reduces Inflammation: They contain specific plant compounds, including cucurbitacins and flavonoids, which help fight off inflammation and free radicals linked to chronic diseases.

Regulates Blood Sugar: Studies suggest that cucumbers can act as an antihyperglycemic agent, helping to stabilize glucose levels and potentially managing conditions like diabetes.

Improves Skin Health: Whether eaten or applied topically, cucumbers help moisturize the skin. Their antioxidants and caffeic acid can soothe irritation, reduce eye puffiness, and help heal sunburns.

Protects Cardiovascular Health: The dietary fiber, magnesium, and potassium in cucumbers assist in regulating heart rhythms and managing blood pressure levels.

Fights Bad Breath: Chewing on a cucumber slice stimulates saliva production, while its flavonoids and tannins possess antibacterial properties that neutralize odor-causing bacteria in your mouth.

Supplies Antioxidants: Rich in beta-carotene and vitamin C, they protect the body's cells from the harmful damage caused by free radicals.

THE POWER OF POWWOW

Powwow culture serves as a vital anchor for Indigenous identity and resilience. Through the interconnected elements of dancing, singing, and drumming, powwows foster spiritual healing, intergenerational connection, and the preservation of culture for future generations. The core benefits of these elements weave deeply into community and personal wellbeing:

DANCING

Physical & Spiritual Healing: Dances—such as the Ojibwe Jingle Dress dance—are explicitly recognized as medicine and prayer for community members facing illness or hardship.

Expressing Identity: Regalia (not a "costume") symbolizes personal and tribal history, deep spiritual connections to the land, and a visual representation of nationhood.

Honoring Traditions: Dances like the Grass Dance or Fancy Dance tell historical stories, carry blessings, and honor warriors, elders, and veterans.

SINGING & DRUMMING

The Heartbeat of the Earth: The drum is the spiritual center of the powwow, often described as the heartbeat of Mother Earth.

Connection Without Barriers: Songs are sung in traditional languages or vocables, allowing universal participation and inclusivity so that everyone can connect with the rhythm and their ancestors.

Driving the Movement: The singers set the pace and emotion for the dancers, making them an inseparable part of the cultural expression.

COMMUNITY CONNECTION

Intergenerational Bonds: Powwows provide a space where elders, adults, and children ("Tiny Tots") gather to share history, pass down knowledge, and celebrate life.

Intertribal Unity: Modern powwows act as an intertribal bridge, celebrating shared Indigenous heritage while creating an environment of mutual respect, welcoming both Native and non-Native attendees.

Ceremonies of Giving: Practices like giveaway ceremony, honor songs foster a culture of generosity, gratitude & communal support.

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

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

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