



Fiber line from Kamloops to ᑎᑦᑭᑦᑭᑦᑭᑦ

## Bell Fiber Line Project Discussions at GBM

In a recent General Band Meeting held on June 24th, the focus was on the proposed Bell Fiber Line Project and the potential AI data center proposed for construction in ᑎᑦᑭᑦᑭᑦᑭᑦ (Quilchena) on UNB lot #87. This development is expected to originate from Kamloops and could be established along Highway 5A & IR.5.

The meeting saw over 20 participants, including 8 councilors, a governance representative, 3 representatives from Bell, and additional community members, all joining via Zoom.

During the presentation, Bell representatives highlighted the potential benefits of the data center, such as a 5% revenue share, contributions to property tax, the creation of jobs and job training programs, and insights into the project's design.

Community members voiced concerns about the possible negative impacts on the ᑎᑦᑭᑦᑭᑦᑭᑦ, including effects on water resources, heat issues, the use of diesel generators, syilx land stewardship values, and implications for future generations.

The meeting facilitated an open dialogue, with community members asking questions that the Bell representatives addressed. Future meetings are planned to further discuss these concerns, with the involvement of a third-party organization. Announcements regarding the dates of these upcoming meetings will be made soon.

For more information, please visit:

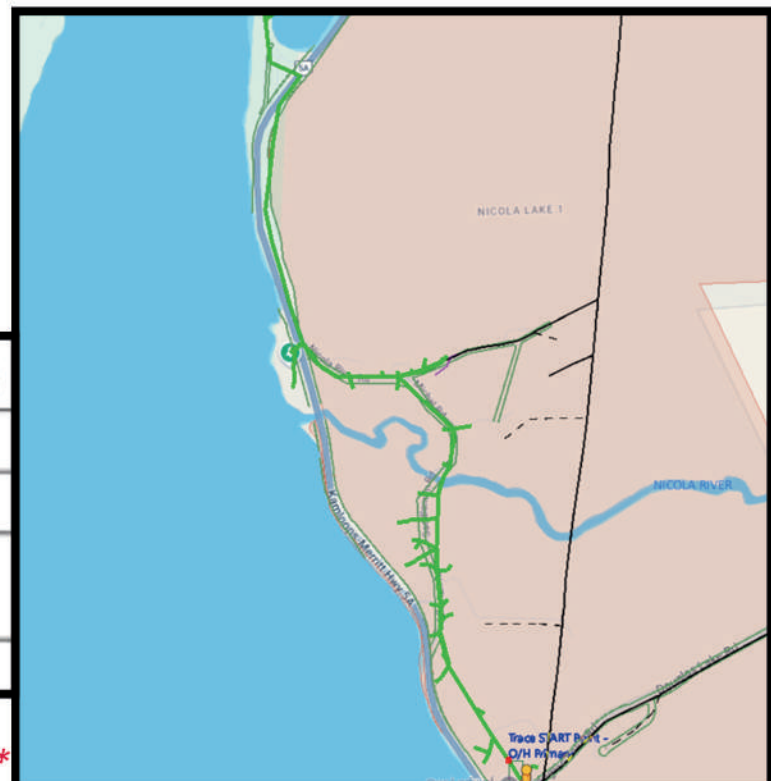
<https://businessmarkets.bell.ca/upper-Nicola-info>

## BC Hydro Planned Power Outage Notice

**Outage Start Time:** Jul 14 2026 9:30AM PST  
**Estimated Restore Time:** Jul 15 2026 4:00PM PST  
**Reason for Outage:** Pole Replacement  
**Effected streets:**

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

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







## Membership apply to Post-Secondary



On July 24th and 25th, the UNB Education Department completed interviews with UNB members seeking sponsorship for the upcoming academic year. Overall, UNB interviewed a total of 34 applicants, each applicant is pursuing various degrees across multiple programs at different colleges and universities.

The 2026 UNB Post Secondary Interview Committee consisted of 6 members including: Kevin Ned, Matt Manuel, Geneve McRae, Shona Shuter, Buzz Manuel and Elder Casey Holmes.

## Road construction update

Work is progressing steadily on the Nicola River Road / Michel Road upgrades project within the community. Crews have been sub-excavating the existing roadway and importing new road gravels in preparation for building the pavement structure. At the same time, installation of key underground infrastructure including manholes and storm piping is underway.

These activities mark an important step in improving safety, road durability and drainage conveyance. Residents can expect continued construction activity in the area as work advances over the coming weeks. Planned activities include:

- Continued installation of storm drainage infrastructure on Nicola River Road East.
- Ongoing roadworks along Nicola River Road East, including subgrade preparation and gravel placement.
- Gravel placement along Michel Road.
- Coordination of work activities to maintain access and

2 minimize disruptions to residents

## Kwu'stemtima Strategic Plan

Kwu'stemtima has taken the initiative to revise, finalize, and share their long-term strategic plan, as the previous version was a few years out of date.

The grandmothers engaged in thorough planning alongside a facilitator. During this process, they reflected on feedback from community members and insights gathered from their community events and the 13 Moon Calendar.

The newly revised long-term strategic plan establishes a clear vision, direction, mission, and goals for the Kwu'stemtima staff. The plan aims to provide tools and resources that will help families, both on/off reserve, achieve success.

This plan includes several measurable goals and evaluations. For more detailed info: [uppernicola.com/departments/kwu-stemtima/strategic-plan-file](http://uppernicola.com/departments/kwu-stemtima/strategic-plan-file)







## Algae Bloom in Nicola Lake

(June 14, 2026- Algae bloom report submitted to the Province through AlgaeWatch)

*Based on photos provided, the provincial AlgaeWatch Team has indicated that a cyanobacteria (blue-green algae) bloom appears to be occurring in parts of Nicola Lake.*

### A few important things to know:

- Nicola Lake experiences algae blooms each year. Several species of cyanobacteria naturally occur.
- Blooms may look green while active, but when algae begins to die and decay, wind can push it toward shore where it may appear white, turquoise, or blue-green. *\*Sometimes wind pushes the algae around and the water may appear clear, it still may be present without visually seeing it\**
- Blooms often happen mid-summer through early fall, but they can occur at any time of year and may last anywhere from days to weeks depending on conditions.

### A reminder to use caution:

- Avoid contact with visible algae blooms
- Keep children and pets away from shoreline accumulations or suspicious-looking water
- Avoid swallowing lake water in affected areas
- Follow posted signage and advisories

*\*\*At this stage, visible algae does not automatically mean toxins are present, but some cyanobacteria can produce toxins and it is not possible to determine toxicity by sight alone\*\**

The good news is that Nicola Lake is receiving increasing scientific attention and monitoring. In addition to provincial lake monitoring, expanded stewardship and testing efforts are underway this year, including work supported by Guardians of Nicola Lake and Watershed Society. Their focus remains on supporting science-based monitoring, improving understanding of what drives blooms, and helping build practical, long-term solutions for lake health.

If you see bloom activity, photos and observations are always helpful.

### More info:

**BC AlgaeWatch:** [gov.bc.ca/algaewatch](http://gov.bc.ca/algaewatch)

**Health information:** [healthlinkbc.ca/healthlinkbc-files/blue-green-algae](http://healthlinkbc.ca/healthlinkbc-files/blue-green-algae)

**Guardians of Nicola Lake information:** <https://www.guardiansofnicola.ca/>



*In red: William Smithers, In pink: Oliver Lindley and in Blue: Jesse Chillihtzia*

## UNB Cowboys at the Williams Lake Stampede

Upper Nicola had 3 members participate in the 98th Annual Williams Lake Stampede Mountain Race which took place from June 25<sup>th</sup> to the 28<sup>th</sup>.

The iconic race consists of riders and their horses facing the course each day of the event, with top winners advancing through to the final race. The Mountain race (as thrilling as it is to watch) can be a dangerous sport with some riders becoming hospitalized or needing medical attention during the race.

The 2026 overall championship & final points concluded with UNB members William Smithers taking 3<sup>rd</sup> place, Oliver Lindley in 5<sup>th</sup> and Jesse Chillihtzia in 9<sup>th</sup>. Congrats!





### Free Swim & Gym

Mon, Wed & Fri

Nicola Valley Aquatic Center

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



UNB Membership will have June & 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.

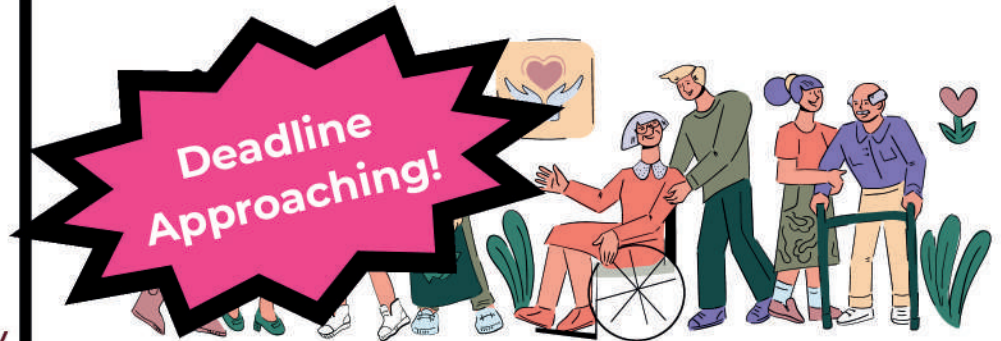
*(So dunk and splash while you can!)*

**More Info: NVAC**  
(250) 378-6662

### 50th Annual Elders Gathering

Aug 25-26

Canada Place, Vancouver BC



For UNB Members 65+.

**Registration deadline: JULY 17th**

*\*Attendees will be notified\**

**Contact: Jamilynn**  
[gov.executive@uppernicola.com](mailto:gov.executive@uppernicola.com)  
(250) 350-3342

### ONA Annual General Assembly & Youth Leadership Assembly

July 22-23 | 10:00 am

Ashnola Arbor, Keremeos, BC

The Annual General Assembly takes place each year, along with the Syilx Youth Leadership Gathering. The event brings together the Syilx Okanagan Nation to celebrate our accomplishments and provide an opportunity for Nation members to come together.



Chief & Council Registration, Vendor application, nation member & general public, youth leadership application can be found at:

<https://syilx.org/events/annual-general-assembly/>

### siwłkw Water Webinar

July 15 | 12-1:15pm

Virtual via Teams



WaterSmart Landscaping is about rethinking how we garden in an increasingly water scarce region. This presentation blends practical landscaping strategies with Syilx Okanagan Nation perspectives

Registration can be found in our events tab:  
<https://syilx.org/our-events/>

**Info Contact: Alycia Burns**  
Email: [siwlkw@syilx.org](mailto:siwlkw@syilx.org)





## Craft & Meet Tuesdays | 5pm Nkwala Language Trailer



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  
ñłqitamlx Community Center.*

**Info contact, Linda Holmes**

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

**(250) 350-3370**

## Coffee with a Cop July 8 | 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](mailto: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**





## Youth Leadership Summer Day Camp

July 8-21 (Mon-Fri) | Glimpse Lake

Transportation  
Available!

Registration forms are available for pickup at the UNB Office or Health Centre.

*\*Please submit your forms as soon as possible to ensure accurate meal count\**

### Daily Schedule:

8:00 am- Pick up at Band office  
8:20 am- Pick up at Health office  
8:45 AM Breakfast  
5:45 PM Dinner & Pick Up Time  
6:00 pm- Return from Glimpse Lake

### What to bring:

- Plate, cup, utensils & water bottle  
**(this is an environmental friendly, paperless camp)**
- swimwear & towel
- proper footwear & change of clothes
- lawn chair
- other personal items

**Camping: Overnight camping for students is not permitted, as there will be NO supervision available in the evening.**

### Contact:

**Buzz Manuel**

event.coordinator@uppernicola.com | (250) 280-3755

**Kim Fuller**

kwustem.assist@uppernicola.com

## Men's Group Health & Recovery Retreat

July 10-12 | *\*Time varies daily*

8050 Surrey Sussex Lake Rd

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



REGISTER:



**Info contact, Jason Ermineskin**

Jason.Ermineskin@scwexmx.com

(250)378-2771



## Huckleberry Camp

Aug 4-6

Manning Park, BC



- 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





## "Time of the Sunflower Seeds"

## JULY

| skʰaʰciw̃s<br>S                                                       | skixʷiws<br>M                                                                                                                                                                       | sʔasłásq̣t<br>T                                                                                              | skaʔłásq̣t<br>W                                                                                               | smaʰq̣t<br>TH                                                                                                                                                                                                                                                                                                                   | scłkstaʰq̣t<br>F                                                                            | skł̥aʔásq̣t<br>S                                                                                                                                  |                             |
|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <b>**For more detailed info, check the "Community Events" pages**</b> | <b>Free Swim &amp; Gym</b><br><br>Mon, Wed & Fridays at NVAC<br><br><i>*Last day: Wed July 29*</i> |                                                                                                              |  = Glimpse Lake Camp         | 1                                                                                                                                                                                                                                                                                                                               | 2                                                                                           | 3                                                                                                                                                 | 4                           |
|                                                                       | 5                                                                                                                                                                                   | 6                                                                                                            | 7                                                                                                             | 8<br>  <br>FitNation 5:30<br>Coffee w/ Cop 10am<br>Hunting Practice 5pm | 9<br>    | 10<br><br>Scwexmx Men's Retreat                                | 11<br>Scwexmx Men's Retreat |
|                                                                       | 12<br>Scwexmx Men's Retreat                                                                                                                                                         | 13<br>                    | 14<br><br>Craft & Meet 5pm | 15<br> <br>FitNation 5:30<br>Hunting Practice 5pm<br>siwłkʷ Water Webinar (ONA) 12-1:15                                                                | 16<br> | 17<br><br><b>**Elder's Gathering Registration Deadline**</b> | 18                          |
|                                                                       | 19                                                                                                                                                                                  | 20<br><br>Council Meeting | 21<br><br>Craft & Meet 5pm | 22<br> <br>FitNation 5:30<br>ONA AGA & Youth Leadership<br>Hunting Practice 5pm                                                                       | 23<br>ONA AGA & Youth Leadership                                                            | 24                                                                                                                                                | 25                          |
| 26                                                                    | 27                                                                                                                                                                                  | 28                                                                                                           | 29<br>                   | 30<br>NVAC scheduled Pool Closure<br><i>*until mid October*</i><br>                                                                                                                                                                        | 31                                                                                          |                                                                                                                                                   |                             |

7





## EDUCATION DEPARTMENT NEW STAFF UPDATES

**way' N'kwala School families & UNB members,**

**After an extensive search, I am pleased to announce the hiring of our new high school teacher, Doris Gunn.**

Doris will be joining N'kwala School in September, and coming all the way from God's River First Nation, Manitoba where she has been working as Vice-Principal and grade 3 teacher over the past two years. Doris comes to us with over 20 years of teaching experience in a number of First Nations communities across Alberta, Saskatchewan, and Manitoba. Doris has taught across all grades K-12, but is most experienced at the junior and senior high school levels. She is looking forward to returning to teaching high school, and to joining our wonderful school and community.



We are very fortunate to have a candidate of this caliber joining us, and I am confident that she will work hard to build an academically focused and positive/welcoming environment for her students. Doris also has an extensive skillset with land-based education as well as coaching sports.

I'd like to welcome Doris to our school, and introduce her to the community.

Respectfully,  
Travis Klak, Principal, N'kwala School





## HEALTH DEPARTMENT UPDATES

### Upper Nicola Community Bus Safety Guidelines

*Our community bus is a shared space where everyone is encouraged to travel safely, respectfully, and with consideration for others. Guided by our Indigenous values of respect, responsibility, and caring for one another, all riders play a role in creating a welcoming and safe environment.*

#### Waiting and Boarding

**Arrive Prepared:** Please arrive at the designated pick-up location at least 5 minutes before departure to support timely service and show respect for other passengers and the driver's schedule.

**Wait Safely:** Remain on the sidewalk or grass and stay at least 1 meter back from the curb while the bus approaches. Practicing patience and awareness helps keep everyone safe.

**Allow Others to Exit:** Give passengers time and space to leave the bus before boarding. This demonstrates respect for Elders, community members, and fellow riders.

**Board Carefully:** Form a single-file line and board one person at a time. Use the handrail when entering and exiting the bus to help prevent injuries.

#### On-Board Conduct

**Take a Seat Promptly:** Find a seat as soon as possible so the bus can safely continue its route. Keep backpacks, bags, and personal belongings on your lap or at your feet to maintain clear aisles.

**Remain Seated:** Stay seated and face forward while the bus is moving. If standing is necessary, hold onto a pole or handrail for stability and safety.

**Keep Shared Spaces Clear:** Aisles and exits must remain unobstructed. Being mindful of shared space.

**Use Respectful Communication:** Speak in a calm, indoor voice so the driver can focus on the road. Treat fellow passengers, Elders, youth, and staff with kindness and respect. Harassment, discrimination, and offensive language are not acceptable.

**No Eating or Drinking:** Please avoid eating and drinking on the bus. This helps prevent choking hazards, spills, and supports the health and safety of those with food allergies and sensitivities.

### DRUGS AND ALCOHOL WILL NOT BE TOLERATED ON THE BUS

**Honoring Community Values:** The community bus is more than transportation; it's a shared space that connects people, families, and communities. By showing respect, patience, and care for one another, we help create a safe and welcoming journey for all riders. These practices reflect mutual respect, responsibility, and looking after the well-being of the community as a whole.

*Together, we travel safely, respectfully, and in a good way.*





## LANDS DEPARTMENT UPDATES

Hello everyone,

Things are moving along in the Lands Department. I am adjusting to my new role as Assistant with much to learn and much to do, and I am loving it all. Susan is busy with her many responsibilities, along with teaching me. Iris is busy with clerk duties and ongoing research; all paper records need to be scanned and entered into an online database before our big move to Quilchena.

Something to note, we had our first soft launch providing information to the community about the Land Code process and all that that entails during UNB's Indigenous Day at Glimpse Lake. Please don't hesitate to reach out to me with any questions, we have all sorts of information handouts and brochures. In the near future, the Lands Department will be setting up informal and formal presentations regarding the Land Code for all UNB members to learn and be involved.

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 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/inquiries**

- **Provide Land Code information**

Please send your contact information to [landsassist@uppernicola.com](mailto:landsassist@uppernicola.com)

(phone number, email, and mailing address) so that we may keep all members informed of the Land Code process

### CONTACT INFORMATION

Office Hours: Monday to Friday, 8:00 am – 4:30 pm

Phone: 250-350-3342 | Email:

Susan Manuel, Manager  
[lands@uppernicola.com](mailto:lands@uppernicola.com)

Leanne Dynneson, Assistant  
[landsassist@uppernicola.com](mailto:landsassist@uppernicola.com)

Iris DeMontigny, Clerk  
[landsclerk@uppernicola.com](mailto:landsclerk@uppernicola.com)

*"The land is where our roots are. The children must be taught to feel and live in harmony with the earth."*

~Maria







## 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/>

## Mental Health & Substance Abuse Program



The syilx Health Career Access Program (HCAP – Mental Health & Substance Use) is a fully funded employment and education pathway intended to strengthen long term mental health and addictions workforce capacity within syilx communities. The pathway may run up to 18 months and includes approximately six months of full time post secondary education to become a Mental Health and Addictions Worker.

### Participants:

- Are hired as employees
- Complete a fully funded certificate through Selkirk College
- Receive full time wages while in school
- Transition into a 12 month Return of Service

### HCAP-funded applicants from Okanagan Nation Alliance:

(Create a login through Education Planner BC and apply to program through Selkirk College.

After submission, on rights side of page enter 2026MHSU to “voucher code”, to by pass the application fee

**Submit all documents by July 12, 2026**

## 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](http://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/](http://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”.*





### ḥłq̓it̓amlx 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 ḥłq̓it̓amlx 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](mailto: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](mailto: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
- Gym fees & Equipment
- Canning
- Outdoor Activities
- Traditional Supplies
- Bead Work materials
- Hide/Tanning
- Gardening
- Fishing/Hunting
- Powwow materials
- Traditional Supplies
- Etc.

Questions & Application Contact: Thelma Chillihitzia  
[officemanager@uppernicola.com](mailto: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

Please review the  
**updated** Bus  
Guidlelines on  
Page 9

## 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!







With children on summer break, here are some tips to keep children healthy & safe.

### DIY Fruit popsicles

*Consuming too much added processed sugar harms your body by promoting chronic inflammation, overloading your liver, and causing dangerous blood sugar spikes. Over time, this accelerates weight gain, drives insulin resistance, and severely increases your risk for heart disease, diabetes, and cognitive decline. Skip the commercial Freezies, here is an easy recipe for healthy, homemade mashed fruit popsicles:*

- **3 cups -Fresh, Frozen, Mashed or Pureed Fruit:** You can mix and match fruit to create endless refreshing, natural flavor combinations. Best options: Strawberries, mangoes, peaches, watermelon, blueberries, or bananas.
- **½ to 1 Cup Liquid/Cream:** For an icy pop: Use water, coconut water, or 100% fruit juice. For a creamy pop: Use Greek yogurt, coconut milk, or regular milk.
- **1-2 Tbsp Sweetener:** 1 to 2 tablespoons (optional, depending on the fruit's ripeness). Options: Honey, maple syrup, agave, or simple syrup.



### Easy Step-by-Step Instructions

- Prep the Fruit:** Wash, peel, and chop your fruit. Use a fork or potato masher to mash or puree.
- Combine:** Mix, stir/blend your mashed fruit with your chosen liquid or yogurt and your sweetener.
- Pour and Freeze:** Pour the mixture into popsicle molds, leaving about 1/4 inch of space at the top.
- Set:** Place in the freezer for at least 6-8 hours (or overnight) until completely solid.

### Sun Protection

Protect your skin by seeking shade, wearing broad-spectrum SPF 30+ sunscreen, covering up with UV-blocking clothing, and wearing sunglasses. Apply sunscreen 15 minutes before heading out and reapply every two hours, or after swimming or sweating. Limit being out during UV ray peak times: 11am-3pm \*if possible\*



### Get a good night sleep



- **Maintain the Wake Time:** Anchor the morning wake-up time (e.g., within 60 minutes of the school routine). It sets the internal clock for the entire day.
- **Screen Curfew:** Turn off all electronics at least 60-90 minutes before bedtime to allow natural melatonin production.
- **Dark and Cool:** Late sunsets can keep kids awake. Use heavy curtains to keep rooms dark and a fan to maintain a cool temperature.
- **The "Transition Runway":** Start shifting bedtimes earlier 2-3 weeks before school starts by 10-15 mins/day

### Limit Screen Time

- **Treat screen time as a privilege.** Use it as a reward for chores or outdoor activities.
- **Establish device-free areas,** like bedrooms and during family meals, for healthier habits.
- **Make a visual list** of 4-5 offline tasks (like reading or playing outside) for kids to do before using devices.
- **Set parental controls** (e.g. Google Family Link) for device shut-off times, daily limits, or schedule use.
- **Encourage daily physical activity** with jump rope or obstacle courses.
- **Shift digital interests** to hands-on activities like coding kits, painting, or baking.
- **Set a time schedule:** (e.g. no devices in morning, 1 hour limit etc)







## Thimble Berry - (*Rubus parviflorus*)



*Thimbleberries are native, thornless deciduous shrubs widespread in British Columbia. They ripen between July and September. They thrive in the local forests and clearings near Kamloops. They are a critical food source for local wildlife, including bears and birds, and their nectar attracts native bees. Every part of the plant—from fruit to roots—has historically been used in Indigenous and traditional herbal medicine to boost immunity, soothe digestion, and heal skin.*

### Key Identification & Characteristics

**Foliage:** Large, soft, maple-like green leaves that can grow up to 20 cm wide and are fuzzy to the touch.

**Stems:** Thornless, unlike many other members of the Rubus (raspberry/blackberry) family.

**Flowers:** Showy, five-petaled white flowers that are among the largest in the genus.

**Fruit:** Flat, dome-shaped red berries that resemble sewing thimbles and easily pop off their central core.

### Uses & Foraging

**Edibility:** The berries are delicate, juicy, and sweet. Because they bruise easily, they are rarely sold commercially but are a popular wild forage.

**Historical Indigenous Uses:** First Nations in BC historically ate the berries fresh or dried them into cakes. The broad leaves were used as temporary plates or basket liners, and the young shoots were peeled and eaten. The leaves can also be steeped to make an herbal tea.

### Nutritional & Health Perks

**Immune & Skin Health:** High levels of Vitamins A and C help strengthen the immune system and promote collagen production.

**Digestive Aid:** Leaves and roots can be brewed into a tea to alleviate nausea, vomiting, and diarrhea. The plant acts as a natural stomach toner to increase appetite.

**Skin Healing:** Crushed fresh leaves or dried powdered leaves create a soothing poultice used to treat acne, burns, and minor wounds.

**Antioxidant-Rich:** Thimbleberries contain natural flavonoids that fight oxidative stress and lower overall inflammation.

yumm!



Happy Foraging!

## Running



*Running is a highly accessible, low-cost exercise that provides a massive return on investment for your health. Even 5 to 10 minutes a day can significantly lower cardiovascular disease risk, improve mental health, and boost longevity.*

### Physical Health

**Heart Health:** Strengthens your cardiovascular system, lowers resting heart rate, regulates blood pressure, and improves cholesterol levels.

**Bone & Joint Strength:** As a weight-bearing exercise, it increases bone density. Studies actually show regular runners have lower rates of knee and hip arthritis later in life compared to non-runners.

**Weight Management:** It efficiently burns calories and helps build or maintain muscle in the core, hips, and legs.

### Mental & Cognitive Benefits

**Stress Relief:** Triggers the release of "feel-good" endorphins and serotonin, widely known as a "runner's high".

**Combats Depression:** Studies show running can be as effective as some antidepressant medications at reducing symptoms of depression.

**Boosts Brain Power:** Aerobic exercise increases the size of the hippocampus—the area of the brain responsible for learning and memory—which helps protect against cognitive decline in aging.

### Lifestyle & Well-being

**Better Sleep:** Helps you fall asleep faster and deepens overall sleep quality.

**Accomplishment:** Provides a straightforward framework for goal setting, boosting personal discipline and self-esteem.

*While highly rewarding, consistency is key to avoiding overuse injuries like shin splints or runner's knee. To get started, you can explore local paths, join groups, or track your progress using tools like MapMyRun*

#RunForFun







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](mailto: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



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](mailto:cftisupport@irsss.ca)
- 1 (888) 388-5393
- [IRSSS.CA/CFTI-SUPPORT](http://IRSSS.CA/CFTI-SUPPORT)







## 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 FB.

**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

**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.

## 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, 1<sup>st</sup> 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

### Summer Student Positions- Highschool & Post Secondary:

Highschool: July 6-Aug 21, \$18.25/hr. Post-Sec: May 25-Aug 21, \$22/hr.(Day camp leader, maintenance, labourer, youth work available) After expressing interest, you will attend one or more workshops and then be automatically considered for the Summer Work Experience program, additional details will be shared upon sign up. Must have a SIN #. Send resume & cover letter to education@uppernicola.com or in person at the band office.

**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, 1<sup>st</sup> 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

**Housing Maintenance internship**- (Youth position 19-30yrs of age) Short term, temporary (12 weeks). Reports to housing manager. Intern will support the housing dept. with general maintenance, repairs, inspections, and upkeep of the community housing units and related facilities. Previous experience is an asset, but NOT req'd. Must be willing to learn, be reliable, punctual and follow direction. Basic tool use is an asset. Send resume & cover letter by June 23 to assist.housing@uppernicola.com or in person at the band office or mail to General Delivery, Douglas lake BC V0E 1S0.



In the Nsyilxcən (Okanagan) language, there is not a single direct translation for the English word "pet" as a broad category, as traditional Syilx culture views animals differently than the Western concept of pet ownership. Instead, animals are referred to by their specific names or as part of the broader **tmíxʷ** (all living things)

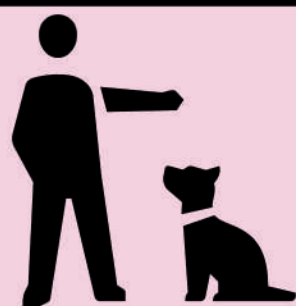
- **sqáxaʔ** (sk-AH-ha) refers to a generic dog or animal
- **iʔ pus** (eeh pooss) -The cat
- **skəkʔakaʔ** (skuk-KA-ka-uh) -Bird
- **sqexeʔ** (sk-eh-HWEH) or **sʰkʔlʔcaʔsqáxaʔ** -Horse
- **spəplínaʔ** (spuh-plee-nah) -Rabbitt
- **qaqxʷíx** (kakh-wulh) -Fish



## "FEED THE \_\_\_\_\_." (PET)

In Nsyilxcən, the translation depends on whether you are feeding a person/animal, or feeding stock/livestock.

- To feed a person or pet: **ʔamntím** (ah-mn-teem)
- To feed stock or an animal: **ʔamnsqáxaʔm** (ah-mn-ska-ha-ah-m)



- **cxʷuuyx** (ts-who-eesh) -This is a command, "come here" or "you come along"
- **mut** (moot) -Sit
- **ǰhín** (ha-neen) -"stay here" or "stay put"

### PHRASE:

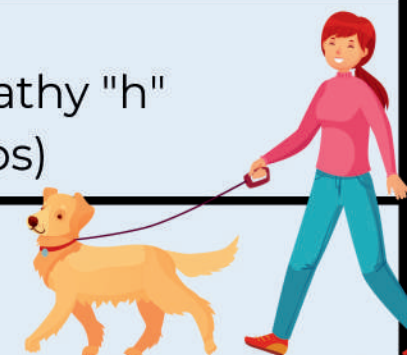
### BREAKDOWN OF THE PHRASE:

**kʷu xʷuý**  
(let's go)

**kʷu** (kwoo) -we/us  
**xʷuý** (hwee) to go" (pronounced with a soft, breathy "h" sound at the back of the throat with rounded lips)

**hahúy kʷu stakʷʔútx**  
(Okay, let's go for a walk)

**hahúy** (huh-HOOY) -"Okay" or "acknowledged"  
**kʷu:** (kwoo) -we/us  
**stakʷʔútx** (stuh-KWOO-took) This component translates directly to the action of walking or taking a stroll



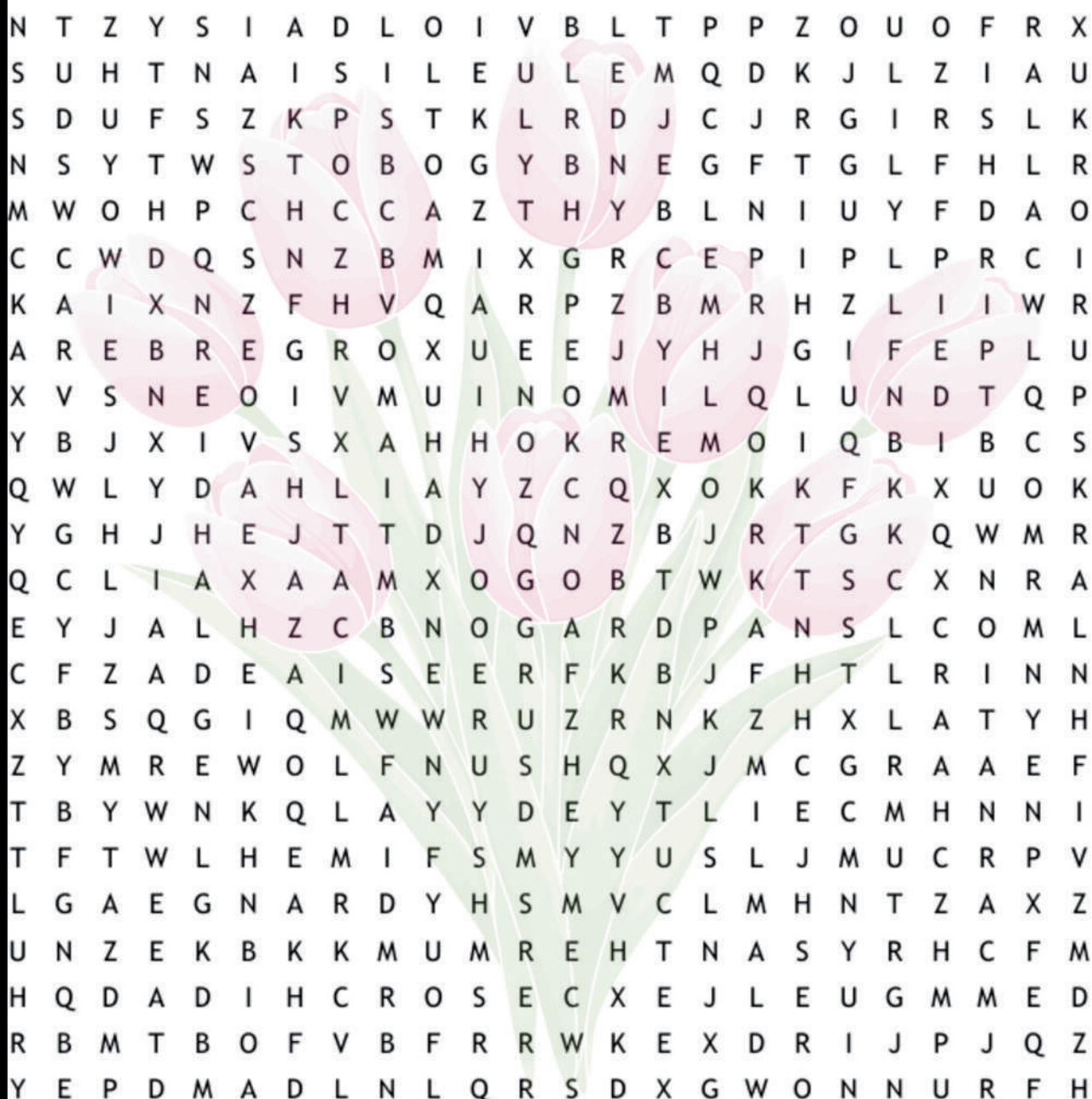
## "Good" for Praising Pets or Anyone

*Because "good boy" in English is often used as a term of encouragement or praise (like for a dog), you can also just use the word for "good" or phrases that mean "you are good/doing good"*

- **xǽst** (h-ust) -good/well done
- **kw kʷəl'** (k-woo k-wul) -you are doing a good job





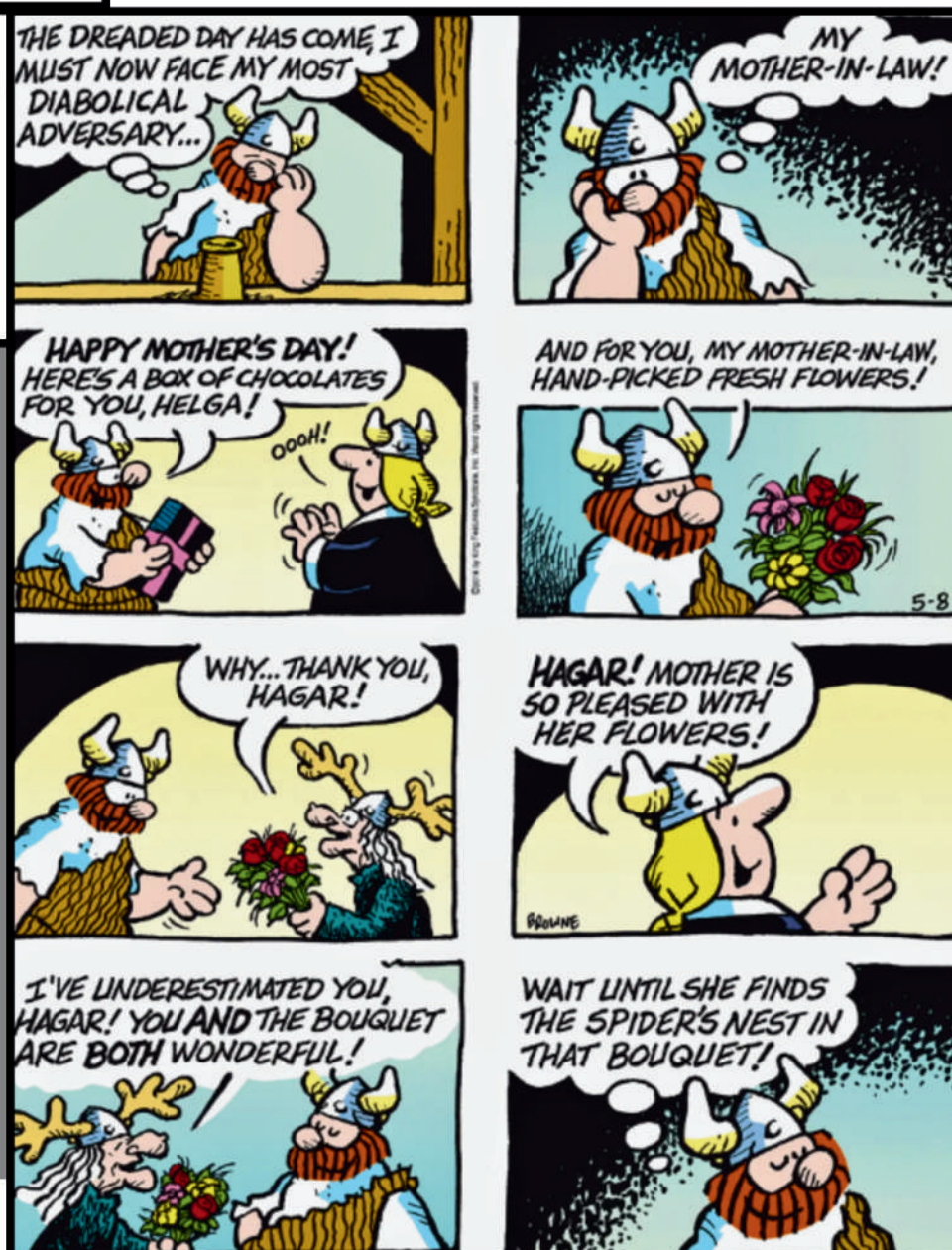


|               |              |            |            |
|---------------|--------------|------------|------------|
| Chrysanthemum | Alstroemeria | Delphinium | Lisianthus |
| Snapdragon    | Carnation    | Hydrangea  | Sunflower  |
| Gladioli      | Larkspur     | Limonium   | Freesia    |
| Gerbera       | Dahlia       | Orchid     | Calla      |
| Daisy         | Stock        | Tulip      | Lily       |
| Rose          |              |            |            |



(Answers below) ↓

1. What flower should a boy give his mom?
2. How does a flower whistle?
3. What do you call a clumsy flower?
4. What did the big flower say to the little flower?
5. Why does a flower like a letter "a"?







## THE POWER OF REDUCING THE USE OF PLASTIC

*Reducing plastic use decreases exposure to toxic chemicals like BPA, cuts greenhouse gas emissions, and limits the microplastics we ingest. It also protects marine ecosystems, prevents wildlife entanglement, and relieves pressure on municipal landfills.*

### PERSONAL HEALTH

**Fewer Toxic Chemicals:** Many plastics leach hormone-disrupting chemicals like phthalates and BPA into food and beverages.  
**Less Microplastic Consumption:** Avoiding single-use items drastically reduces your intake of microscopic plastic particles found in water and table salt.

### ENVIRONMENTAL PROTECTION

**Wildlife Preservation:** It protects marine and land animals from choking, entanglement, and habitat destruction.  
**Landfill Conservation:** Prevents non-biodegradable waste from accumulating and occupying space for hundreds of years.  
**Reduced Litter:** Cuts down on roadway and waterway debris that pollutes natural landscapes.



**\*Synthetic Material & Toxins absorb into your skin\***

### CLIMATE & ECONOMY

**Lower Carbon Emissions:** Plastic production heavily relies on fossil fuels; decreasing demand lowers greenhouse gas emissions.  
**Supports a Circular Economy:** Shifting away from disposables fosters economic opportunities in sustainable manufacturing and recycling.

### PLASTIC ALTERNATIVES

**Clothing:** Over 60% of modern clothing contains synthetic fibers like polyester, acrylic, or nylon—which are all derivatives of plastic. Choose clothes made from 100% natural fibres like linen, cotton or wool. Opt for a cold, short cycle to minimise shedding when washing synthetic blends  
**Tea Bags:** Most paper-looking tea bags are heat-sealed using polypropylene, meaning they don't break down in a compost pile and release millions of microplastic particles into your cup. Look for loose leaf tea and invest in a tea ball instead.

**For more info and ways to eliminate use of plastic visit:**

<https://ecocycle.org/eco-living/refuse-and-reduce/how-to-reduce-plastic/>

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



### Facebook

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



### Newsletter

Receive it in person, via email or on our website



### Instagram

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



### So You Know Audio Newsletter

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



### X (Formerly Twitter)

[https://x.com/band\\_upper](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](http://www.youtube.com/@uppernicolaband)



### Tik Tok

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

## Feedback & Contact



Phone: (250) 350-3342

Fax: (250) 350-3311

Mail: General Delivery

Douglas Lake, BC, V0E 1S0

**Diana Moffat:**

**Shannon Ninham:**

email:

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

[assist.comm@uppernicola.com](mailto:assist.comm@uppernicola.com)