



Our Syilx Elders go to Vancouver

The 2026 Elders Conference was held on August 24th and 25th at Vancouver Place, with approximately 40 UNB Elders registered to attend. The purpose of the conference is to strengthen social and community bonds, uniting Elders from across the province. This event allows Elders and their families to connect and explore shared values.

Highlights included an Elvis impersonator, haircuts and nail treatments, packed Bingo sessions, traditional and hoop dancing, a dance with live music, and delicious food. This trip reinforces UNB's priority to Elder enrichment & programs.



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By elder request, we will now have a "table of contents", we appreciate member feedback.

Youth & Elders fundraiser

On August 24th UNB held a fundraiser consisting of 10 prizes to be won with proceed going towards the new graduates of 2026/2027 prom attire assistance program as well as Elder programs.

Limlept to all membership who purchased tickets and took a chance on the wonderful prizes. Our highschoolers & Elders in the community appreciate your support for the fundraiser.

UNB Golf Tournament

The Annual UNB Golf Tournament took place on Monday, August 24th, at the picturesque Sagebrush Golf Course.

Registration generally opens in the spring and tends to fill up fast. This year, UNB welcomed over many registered participants, who enjoyed a delightful round of golf, followed by dinner and door prizes.

The weather was splendid, featuring clear blue skies, no smoke, and stunning views of Nicola Lake. The golf tournament was a beautiful community engagement event sponsored by Upper Nicola Band.



Congrats to the following lucky winners!

1. Isaac Joe Manuel (\$500 Sparkling Hills GC)
2. Terry McRae (\$500 Hyatt/Spirit Ridge GC)
3. Brayden Holenstein (\$250 Talking Rock Gold GC)
4. Collette Sunday (\$200 Empty Keg/Yaki Joes GC)
5. Chad Belbin (\$500 Yeti Cooler)
6. Greg Blaine (\$500 Air Canada GC)
7. Ivan Swakum (\$500 Costco GC)
8. Collette Sunday (\$300 Pizza Oven)
9. Bonnie McEwen (\$500 Golf Town GC)
10. Collette Sunday (\$250 Zip Line GC)



FNESS FIRST AID TRAINING

Sept 24 & 25 | UNB Fire Hall

- Free Training Course
- Must commit to both days

Register: At band office, email or QR sign up: FireDept@uppernicola.com

REGISTER NOW





Fires ignite at both community grave sites

In August a small fire started at Upper Nicola Graveyard, a couple of wooden headstones were burnt, fortunately it was extinguished quickly to prevent further destruction. Approximately a week later another small fire started at the Quilchena graveyard, a staff was on site and the fire didn't get away.

Upon inspection, it appears that the cause of the fires were ignited from glass ornaments/vases that were placed as a decoration for loved ones. The staff that was on site noted the plastic around the vase was melted and burnt, there was also a lot of tall dry grass and weeds which could have had a worse outcome at both sites.

A few UNB staff spent a few days volunteering to remove the glass vases and ornaments to prevent further fires from occurring. The Education Department had scheduled for some summer students to rake and tidy the grave sites as they have done annually in the past.

Upper Nicola would like to send a notice to membership to refrain from placing glass objects with your loved ones, as it's a fire safety hazard and may be removed without notice to ensure safety of the community.

Items to avoid:

- Cheap plastic ornaments, artificial flower petals made of thin synthetic materials, and plastic toys melt easily and catch fire fast.
- Real Candles: Open flames pose a major hazard to dry grass and surrounding wreaths.
- Paper and Wood: Cardboard signs, wooden crosses, and paper notes decay quickly and burn easily.
- **Glass: vases, or shiny ornaments left on gravesites can focus and refract intense sunlight like a magnifying glass, igniting dry grass and causing accidental fires during hot, dry weather.**

Other, safer options:

- Stone and Granite: Small statues, memorial stones, or engraved pavers stay in place and do not burn.
- Metal Items: Bronze or cast-iron plaques, wind chimes withstand harsh weather and resist fire.
- Concrete and Ceramic: Heavy flower pots, ceramic figurines, and porcelain photos resist high heat.
- Real cut flowers and greenery present no fire risk, though they dry out over time and should be removed and replaced with fresh, so they do not serve as a source of fuel.



NV Indigenous Youth Hockey

On August 21-23, UNB youth attended a three-day hockey camp at the NV Arena. This engaging camp provided an interactive learning experience, featuring several athletic mentors from diverse backgrounds who shared their expertise. Among them was Alyssa, a registered kinesiologist with extensive experience working with athletes and youth. The participants put in their best effort, mastering skills such as sharing the ice, passing, and enjoying the game. Overall, it was a successful event, filled with fun for everyone involved.

UNB Octoberfest Plans underway

On Aug 17th, Nkwala sent a call out on social media for October-fest for input, and those who would like to volunteer in the committee for the 2026 Nkwala School October-Fest Fundraiser.

What shenanigans would members like to see or bring back?

- **A Dance, costume jail, costume contest, your favorite games, cake walk, silent loonie auction, scare house, crafts?**

We are awaiting confirmation of fireworks potentially being set at the event pending funds, fire bans & weather.

We are hoping to gather enough community support for a successful turn out for this fundraiser for the Nkwala School students. Either support in planning, or support in attendance.

2 If you would like to join the committee or share your ideas, please contact Catherine: nkwala@uppernicola.com | (250) 350-3370







A BACK TO SCHOOL Prayer







PROTECTION FOR OUR KIDS
 Lord, watch over our children today and every day. Keep them safe in their school, on their way, and in everything they do. Surround them with Your angels.

PATIENCE FOR PARENTS
 Give us grace for the mornings, patience for the moments, and peace in our hearts. Help us trust You with what we can't control.

LOVE & GRACE FOR TEACHERS
 Bless our teachers with wisdom, strength, and compassion. May they feel encouraged, supported, and loved today and always.

Thank You, Lord, for a new season of learning and growing. We trust You with it all. Amen.

UNB "Back to School" support



On August 17th, UNB organized a Free Backpack & School Supplies event at Nkwala School. This enjoyable gathering was designed for kids and featured games, Cricut crafts, dinner, and door prizes.

Purpose of the Backpack Program

The goal of the backpack program is to bridge gaps and ensure that all students and members have the necessary resources as they embark on a new school year.

Kwustemtima and the UNB Education Department collaborated to sponsor the 2026 Back-to-School event, which successfully benefited 40 students and 23 parents.

Catering opportunity

September 25-27 | Glimpse Lake | nsyilxcen language camp

IMPORTANT INFORMATION:

- Glimpse Lake camp kitchen is available for use.
- Caterer must confirm use of their own equipment
- Caterer responsible for complete clean up of kitchen when done
- A confirmation head count will be conducted to confirm any cahrges over the guaranteed nmbur of people *prior to approval* for any extra charges
- 50% of bid could be advanced to the successful bidder to assist with preparation
- Lowest bid may or may not be considered

DEADLINE: Tues, Sept 8, 2026 at 12:00 noon

Submit bids to: Maynard McRae Jr

language@uppernicola.com

Bid must include:

- Contact name, address & phone #
- Menu: drinks/refreshments & dessert (Lunch/dinner)
- Caterer must commit to **all days:**
 - Fri, 9/25:**
 - 5:00pm - Dinner (est. 75 people)
 - Sat 9/26:**
 - 8:00am - Breakfast (est. 50 people)
 - 12:00pm - Lunch (est. 75 people)
 - 5:00pm - Dinner (est. 75 people) **Must include wild game main dish**
 - Sun 9/27:**
 - 8:00am - Breakfast (est. 50 people)
 - 12:00pm - Lunch (est. 75 people)

**LANDS DEPARTMENT
UPDATES**

Hello everyone,

We are here to help with any Lands, Wills and Estates questions and concerns such as land transactions, land allocation process, providing a template and assistance when writing your Will, and information with how estates are managed on reserve. Please reach out with any questions via phone, email, or appointment and know that some matters require in depth research or process and can take time. We are also busy packing and organizing things for the big move to the new nle7kemt Community Center mid- September, Requests may be slightly delayed because of that. We hope to see you at the Grand Opening September 21!

Respectfully, Susan Iris & Leanne



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

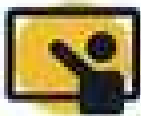
**Please make an appointment for any
Lands, Wills and Estates questions
or concerns.**

**We are happy to help and want to
ensure we have the time and
information you require.**



How does Land Code benefit my Community today?

A land code brings immediate benefits to the whole community by strengthening local decision-making, creating opportunities for jobs and training, supporting housing plans and economic development, and protecting the land and environment. The opportunities below show how members of all ages can get involved and help shape these benefits.



Jobs and Training: Land codes support local employment and training opportunities in areas such as construction, enforcement, administration, and trades.



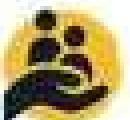
Entrepreneurship: All members have clearer pathways to start businesses on community land, including retail, tourism, technology, and agriculture.



Housing Opportunities: Greater control over land allows for flexible housing development, helping members live and work in their community.



Stronger Connection to Land: Members can take part in environmental protection, land use planning, and cultural stewardship.



Leadership Pathways: Community-led decision-making ensures members have a voice in shaping the Nation's future.

How to get involved in land governance.

Whether you are a youth, adult, or Elder, there are opportunities to participate across many areas. Your skills, ideas, and experiences help shape decisions that reflect your community's voice.

				
• Land Registry • Land Use & Community Planning • Mapping & Asset Management • Surveys	• Land Governance Authorities • Lands Administration • Records & Information Management	• Community Engagement & Education • Community Safety & Enforcement • Law Development • Animal Control	• Housing • Public Works & Infrastructure • Solid Waste Management • Financial Management	• Species at Risk • Environment & Protected Areas • Natural Resources

Attention Douglas Lake (IR#3)



Residents

**WATER RESTRICTION
LIFTED**

Effective: August 25, 2026

The water restriction has now been
lifted.

**We still need to practice water
conservation and not exercise heavy water
consumption**

Thank you for your cooperation and patience
while the restriction was in place.

Peyton McRae

250-280-4901

dcsc@uppernicola.com



CONTACT US

UNB HEALTH DEPARTMENT UPDATES

NEWS RELEASE RE: Doctor Shortage in Nicola Valley

With the recent news of Dr McLeod's retirement, we are receiving many calls about waitlists for a new family doctor and the doctor that comes to the Health Center.

Upper Nicola Health Center is not a walk-in clinic, and Dr McNiven is no longer accepting new patients.

If you need a family doctor:

- Add your name to the waitlist by calling 811.
- Also available are online appointments by calling any of the following:
- FNHA Doctor of the Day- 1-855-344-3800 (8:30-4:30 7 day/wk)
- Telus Health: 778-879-1190
- Walk In- Online Doctors BC: 604-572-8161 (24hrs) Rocket Doctor online: www.rocketdoctor.ca Avee Health online: <https://avee.health>

In case of an emergency, please go to the ER department in Merritt or Kamloops.

Thank you,

Terri Stockwell, RN
Upper Nicola Health
250-378-5058



ELDERS: INFORMATION

Recruitment Opportunity: Elders

The Nicola Valley Indigenous Court is seeking respected Elders to sit with the Court and help bring cultural knowledge, guidance, balance, and a restorative perspective to the court process.

We are looking for Elders who:

- Are recognized as an Elder within their community.
- Have strong communication and listening skills.
- Can provide respectful guidance in a court setting.
- Bring knowledge of Indigenous values, culture, traditions, and community healing.
- Is comfortable working with a Judge, court staff, families, community members, and participants?
- Can maintain confidentiality, respect, and fairness.

Why this role matters

Elders help support a holistic and restorative approach by sharing wisdom, encouraging accountability, and helping participants work toward healing plans that strengthen individuals, families, and community.

Interested or want to learn more?

Please contact: Roberta Moses – Navigator

Phone: 250-280-8642

Email: rmoses@nvcjss.com

Location: Nicola Valley Indigenous Court, Merritt, BC

**Your wisdom and voice can help support healing, accountability,
and community wellness.**



Nsyilxcen Language Camp
Sept 25-Sept 27
Glimpse Lake

Sept 25 - Set up camp
Sept 26 - Language/Culture Activities
Sept 27 - **(AM)** Activities
(PM) Camp Take Down & Farewell

(If you are interested in hosting a workshop, please email your interest)

***Meals
Provided,
please RSVP***



(Bring your own plates, cups, utensils)

Maynard: language@uppernicola.com
Justine: syilx2@uppernicola.com



Similkameen Powwow
Sept 4, 5 & 6

(Fri: 7pm, Sat: 1&7pm, Sun: 1pm)
Ashnola Campground | Keremeos, BC

• Golden Age (Men & Women) 60+	1st: \$800, 2nd: \$600, 3rd: \$400, 4th: \$200
• Mens (Traditional, Grass, Fancy, Chicken)	
• Womens (Traditional, Jingle, Fancy)	
• Teen Boys (Traditional, Grass, Fancy)	1st: \$400, 2nd: \$300, 3rd: \$200, 4th: \$100
• Teen Girls (Traditional, Jingle, Fancy)	
• Jr Boys & Girls **Combined**	1st: \$200, 2nd: \$150, 3rd: \$100

Admission:
\$10/day, \$25/weekend
*Elders & 6 yrs & under *FREE**

Camping: \$30/Weekend

Vendor info: Tiinesha Begaye
tiinesha11@yahoo.com
(778) 931- 0305



Salmon Feast

Sept 18, 19, 20

s̓x̓wə̓x̓wnitk̓w Provincial Park
(Green Lake Rd. Okanagan Falls, BC)



The Annual Salmon Feast is an essential practice in the continued organized efforts of the Okanagan Nation Alliance

- Vendors & booths all weekend
- Raffles and Prize Giveaways
- Clothing Sales
- Arts & Crafts

Okanagan Nation Alliance

ᑎᑭᑭᑭᑭᑭ Community Center
Grand Opening
Sept 21st | 9am-4pm



- Ceremony & Opening Greeting
- Smoked Meat BBQ Lunch
- Tours
- Giveaway & Swag registration prize
- Fun Gathering with community members!



Craft & Meet Thursdays | 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 ńłqı̄təmıx Community Center.

Info contact, Linda Holmes
nsyilxcen@uppernicola.com
(250) 350-3370

Coffee with a Cop Sept 9 | 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

UNB Fire Practice Thursdays | 6p-8p UNB Fire Hall

- **FNESS - Fire Hydrant/Blue Box & Extinguisher Training:** Sept 23



- **FNESS - 1st Aid Training:** Sept 24 & 25



Fire Chief: Mahendra Paul
firedept@uppernicola.com
(250) 350-3331

General Band Meeting Online Via Zoom Sept 23 | 6pm

Meeting ID: 839 3685 3015

Passcode: 900152

Agenda:

1. Adoption of the Agenda
2. Meeting Minutes from June 24, 2026, GBM
3. **UNB Audited Financial Statements Presentation**
- 4...

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/83936853015?pwd=WQSzEACTzHEpgSqTJP6QsrN1buff85.1>



Nkwala Open House Thurs, Sept 3 | 3-6pm Nkwala School



- Dinner at 5pm



- Door Prizes

Meet the 2026/2027 Teachers, explore classrooms and discover what the school has to offer this year!

More info, contact: Catherine
nkwala@uppernicola.com

ALL UNB Offices Closed Monday, Sept 7 | All Day For Stat Holiday: "Labour Day"

Sorry we're CLOSED

Offices will resume normal business hours Tuesday, Sept 8th

-way'

Stick Game Tournament Fri, Sept 18 | 6 PM OK Falls Provincial Park



1st

2nd

3rd

- \$1200
- Hoodies

- \$800
- Shirts

- \$500
- Hats

\$80 registration for 3-5 players/team closes at 5:30 pm day of.
At ONA Salmon Feast

Info, Dorothy Harrower
dharrower@syilx.org
(250) 707 - 0095 ext. 123

Feel the Beat Sept 15 & 29 | 4-8pm 2099 Nicola Street

Welcome back dinner & work on unfinished projects to move on to new projects in the fall. All material & supplies provided.

REGISTER NOW



Scwexmx Child & Family
(250) 378 - 2771

12 Language Camp



ḥłqítəmlx 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 ḥłqítəmlx 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, 2026-March 31, 2027.

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

Approaching
Deadline!
Apply Now!
(Deadline:
Sept 2026)



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





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: 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: Deer Hide, Brain & Antlers

For Future projects for various UNB departments.



Drop off at pithouse or contact:

syilx3@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 -

Servicing Quilchena & Douglas Lk. (250) 463-4578

Rentals

2 bedroom, 1 bath - \$780/Month

Lower unit at Siya Place (stairs req'd).

Unit Amenities:

- Covered Carport
- View of the Lake
- Fridge, Stove & Dishwasher
- Stackable W/D
- Fireplace

To apply or inquire, contact: Kaushik

h.relations@uppernicola.com

Volunteer



UNB VOLUNTEER FIRE DEPARTMENT



Weekly practice: 6p-8p
on Thursday evenings



We are actively looking to recruit motivated individuals looking to foster community safety and well-being on a volunteer basis.

Everyone is welcome!

Trainings available

Phone: 1.250.350.3331

Email: firedept@uppernicola.com

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, collaborate 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

EMPLOYMENT (cont'd)

Highschool Teacher- Nkwala School is looking for a Full-Time teacher. . The high school teaching position currently oversees a grade 8-9 classroom of approx. 5 students, as well as an online program for gr. 10-12 of approx. 2 students. Must be qualified and experienced to teach High School level students. Special Education training an asset

- Ability to adapt or modify programs to meet the student's special needs
- Knowledge of the BC curriculum
- Valid BC teaching certificate
- A solid understanding of being able to work well with students and staff from a wide range of backgrounds.

For further information about this role, please contact Principal at 250-350-3370 or email: nk.principal@uppernicola.com

Quilchena Community Center-Receptionist

Permanent, Full Time (40 hrs/week)
Mon- Fri | 8:30am - 4:30pm
\$18.25 - \$26.25/hr

Job Duties:

- Greet & Assist in a professional manner
- Phone, email, mail duties
- Schedule facility room bookings
- Provide administrative support
- File, scan, photocopy, data entry
- Maintain accurate electronic/paper records
- Assist with notices/communication prep
- Assist: meetings, events, program as req'd
- Monitor & order office inventory supplies

Qualifications/Experience:

- Gr. 12 or equivalent preferred
- Previous experience as receptionist, administrative, customer service pref'd
- Written/Verbal communication skills
- Proficiency in Microsoft, office equipment
- Exercise discretion & confidentiality

Assets:

- Experience in First Nations Community
- Experience handling cash, payments, point of sale systems
- Valid BC licence & transportation

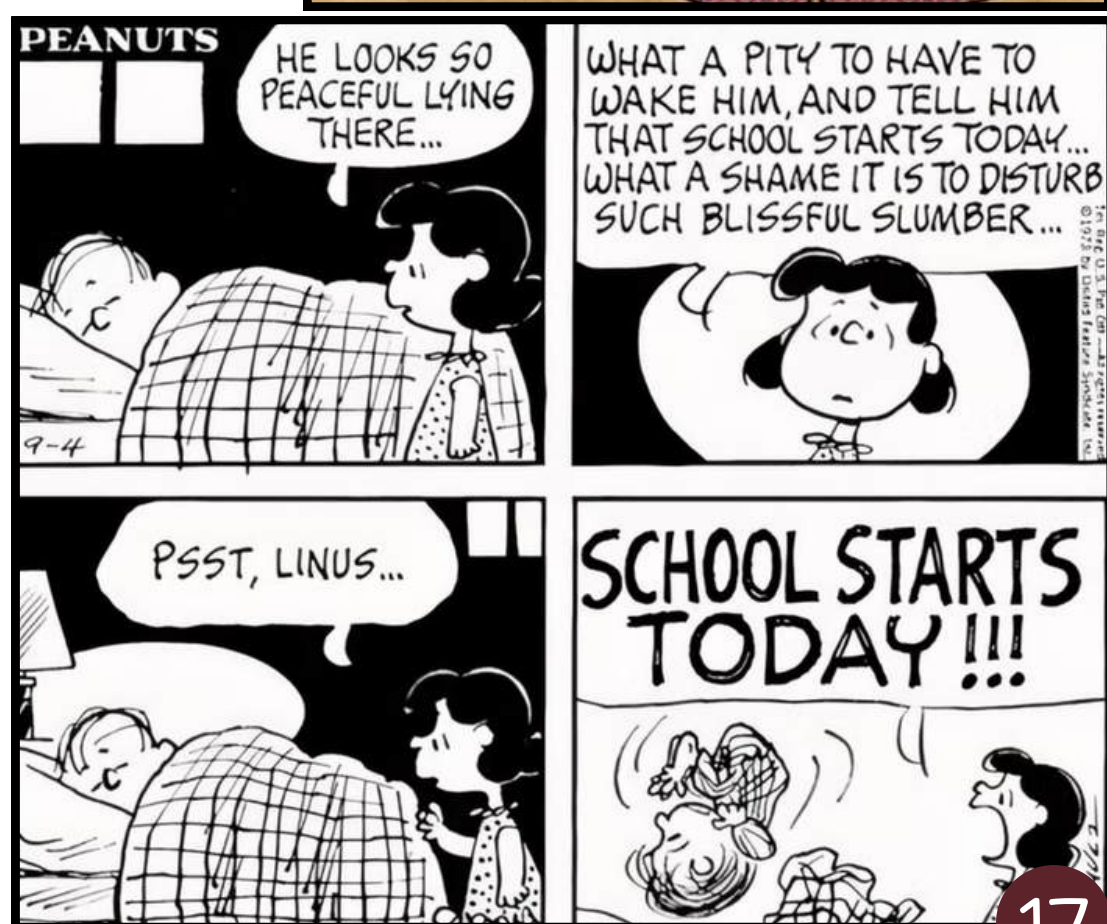
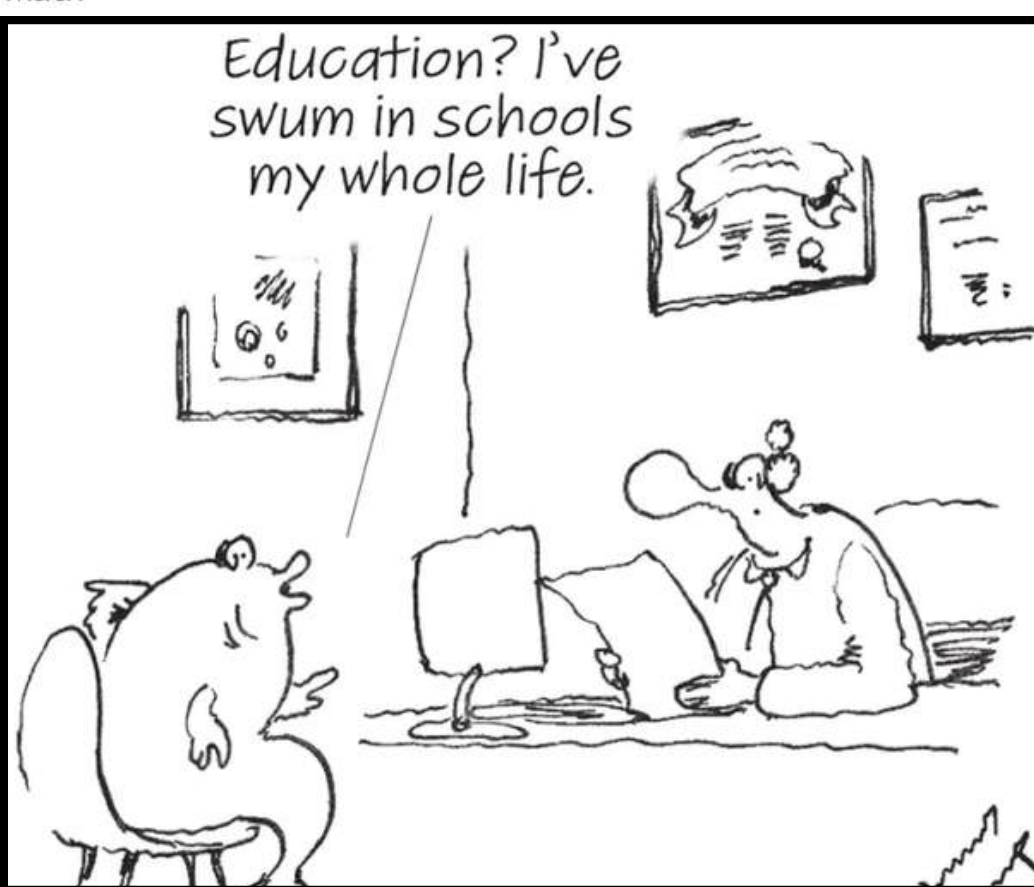
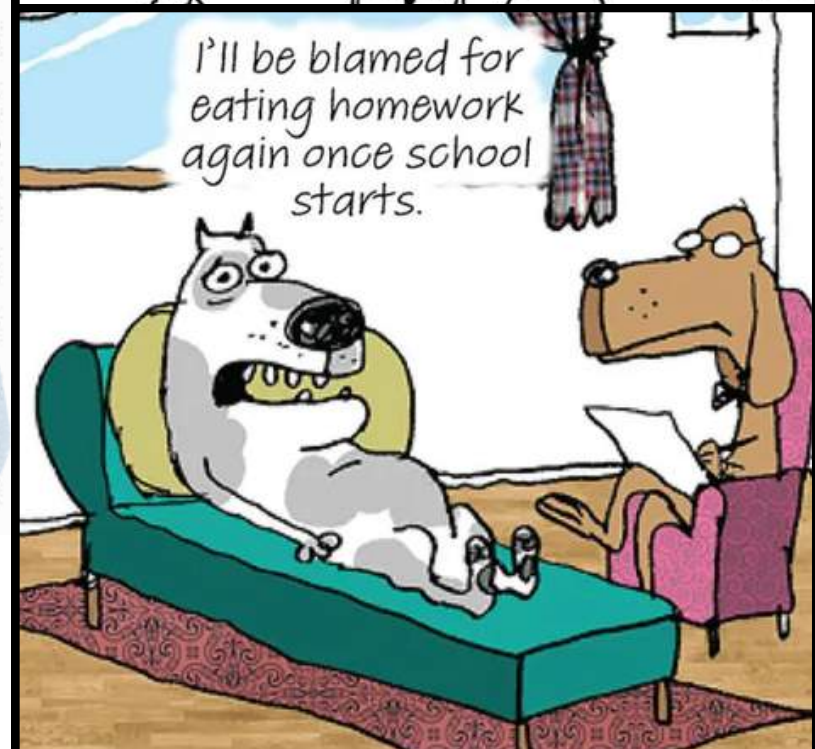
In person, mail, email resume/cover letter
hr@uppernicola.com | Upper Nicola Band, General Delivery, Douglas Lake, BC V0E 1S0

T U G E C G Q R L T W Z K S M W A H X M G Q P M
J L G L N Q I X V O H U Y J K I I W F Z N X B S
X H Z Z H P N R D G Q X Y B E O N E C J I J K W
X N H A S R W D N J Y F L P N S O O P L N J L N
J I T T U N O W U P L O O H C S D R W W R Q V O
K W A F A K V U O A L Y H N Q J V M L X A F V E
R V R C L M W O R Z Y N X D S C X C C L E G M M
J H R O Y Z R N G B O O K S Z Z R F U H L A T F
X N Q K N B O L Y N R U R K R S L I C N E P Y S
B V Q S R E H C A E T I U J D E S K E I E T X L
S P A P E R L S L L L N O E F N A C P M R A M T
D T F C J M T X P X W R D T R C P T I R K I T E
H O M E W O R K I P V C Y M I Q I M C S S Y U P
G N Y I M A R K E R S U U Z E K V Y L S S R J N
B O S E T A M S S A L C K J N C C U J Z J O E J
R E R O S E Z Y A K S M S K D B U U Q P Y M R K
E I T E G T G Q O A M I C J S Q L H T E O O O S
A X B X D Q U M P E U A H A A I D E G O G A B W
D N K J B T N D C D P N O M A O V H R Y G V U C
I F W L T E L N E K D T O W J N W S D L H M P P
N Y D E B H E U C N J R L G Y D S Y U Q K Z I E
G E O R T I C A I H T R B I Z A Y E T P H R L U
S I D U C X B G V P G S U X L O L P V H V J I V
K U R S I C X K Y V Q O S C P H V V V K K P E K

Classmates	Miss Julia	Playground	School Bus	Backpack
Classroom	Homework	Learning	Scissors	Students
Friends	Markers	Pencils	Reading	Science
Teacher	School	Books	Paper	Glue
Math				



1. Why don't fish go on summer vacation?
 2. What is the king of all school supplies?
 3. Why was the ghost excited for the 1st day of school?
 4. How do bees get to school?
 5. What did the pen say to the pencil on the 1st day of school?
- (Answers below)



ANSWERS: 1. They're always in school 2. A Ruler 3. It had a lot of school spirit. 4. They catch the school buzz 5. Looking sharp!



An Apple a Day



Eating apples provides substantial health perks, notably improved heart health, lower diabetes risk, and better weight management. They are highly nutritious, nutrient-dense fruits packed with fiber, vitamins, and protective plant compounds.



Cardiovascular Support

Lowers Cholesterol: Contains soluble fiber like pectin, which binds to cholesterol in the digestive system to help lower blood levels.

Reduces Stroke Risk: High flavonoid intake is strongly linked to a significantly decreased risk of stroke.

Manages Blood Pressure: Rich in polyphenols that help lower blood pressure and protect against blood vessel damage.



Chronic Disease Prevention

Fights Type 2 Diabetes: Soluble fiber slows digestion, preventing blood sugar surges.

Provides Antioxidants: The skin contains a potent antioxidant called quercetin, which improves insulin sensitivity.

Reduces Cancer Risks: Plant compounds slow the growth of cancer cells, specifically protecting against lung, breast, and digestive tract cancers.



Digestion and Weight Control

Supports Weight Loss: High water and fiber content slows gastric emptying, helping you feel full for up to four hours.

Improves Gut Health: Pectin acts as a prebiotic, feeding beneficial bacteria in your colon to support a healthy microbiome.

Regulates Intestinal Habits: Insoluble fibers bulk up stool, helping ease both constipation and acid reflux.



Additional Whole-Body Benefits

Protects Brain Health: Quercetin shields brain cells from oxidative stress, reducing the risk of age-related memory loss.

Eases Asthma Symptoms: Antioxidants reduce the airway inflammation tied to allergic asthma and chronic pulmonary conditions.

Boosts Dental Hygiene: Chewing a raw apple stimulates saliva production, lowering mouth bacteria and keeping cavities away

Weight Training



Weight training builds stronger muscles and bones, protects your joints, and boosts your metabolism. Lifting weights also helps control blood sugar, improves your balance, and supports overall mental health.

Physical Health

Stronger bones: Puts stress on bones to increase density and lower the risk of osteoporosis.

Better joint health: Strengthens muscles around joints to reduce pain and prevent injury.

Blood sugar control: Helps your body use insulin better to lower diabetes risks.

Heart health: Lowers resting blood pressure and improves cholesterol levels.

Daily Life and Aging

More daily strength: Makes everyday tasks like carrying groceries or climbing stairs much easier.

Better balance: Prevents falls and keeps you independent as you grow older.

Metabolism boost: Builds lean muscle mass so your body burns more calories at rest.

Mental Well-being

Mood boost: Releases feel-good chemicals that lower stress and anxiety.

Sharper thinking: Supports brain health and memory function.

Getting Started

Start light: Pick weights that let you finish your last few reps with effort, but without breaking your form.

Warm up: Spend five to ten minutes doing light movement or stretching before you lift.

Use dumbbells or machines: Starting with dumbbells or machines is great for building a safe, stable foundation.

Focus on form: Move slowly. Do not swing the weights or use body momentum to lift them.

Breathe steady: Exhale as you lift or push the weight, and inhale as you lower it back down.

Track progress: Write down your workouts so you can slowly add more weight or extra reps over time.

Rest and repair: Take at least one rest day between working the same muscle groups so your body can heal and grow stronger.

Drink water: Stay hydrated before, during, and after your session.

To hear the words, be sure to visit:

FirstVoices Nsyilxcən Portal at: <https://www.firstvoices.com/nsyilxcen>

Things you may use to learn:

- **səx^wmamayəm** - Teacher
- **q̓ay'mín** - Pen
- **q̓əy'iksətn** - Pencil
- **pəpaʔúm** - Paper or Notebook
- **h̓q̓əy'míntn** - Desk



PHRASE:

k^wu may'xítm - I was told by them
(story or teaching)

Story



A **Captik^w** represents an ancient, formal framework for lifelong learning used by the Syilx Okanagan people. **The Teachings:** These stories are embedded with natural laws, governance structures, protocols, and social values. They dictate how humans interact sustainably with the tmix^w (all living things).

Something a teacher might say:

- **ṭíx^wm** - Listen
- **ʃácənt** - Look
- **kwap** - Stop talking



- **kaʔh̓cút** - Pay attention
- **anwi** - you
- **axáʔ** ____ - This is ____

Question Words:

1. **swetʔ** – Who?
2. **stəmʔ** – What?

3. **kaʔkínʔ** – Where?
4. **pnkín** – When?



BONUS

(Using "ha") To turn a regular statement into a question, you place ha at the very front:



ha

yes/no
Questions

- **ha anḡmínk tə** ____? – Do you want ____?
- **ha anḡast iʔ spíqatqʔ** – Do you like fruit?
- **ha tíʔ k^w ḡastʔ** – Are you well? / How are you?
- **ha k^w sx^wúyaʔx kí** ____? – Are you going to ____?



THE POWER OF CHIPMUNKS & SQUIRRELS

September is a season of transition into autumn. Animals actively forage and prepare for winter, migratory birds gather and travel, and plants drop seeds and fruit.

Squirrels and chipmunks benefit the environment by acting as nature's foresters.

Planting and Forest Growth

- **Scattered seeds:** They hide food in different spots.
- **New trees:** They forget many hidden nuts. These grow into trees.
- **Plant variety:** They help forests spread and stay healthy.

Soil and Fungi Health

- **Digging holes:** Their digging moves soil around. This lets air and water reach plant roots.
- **Spreading fungi:** They eat helpful root fungi and spread the spores. This helps plants get nutrients and water.

Food Web Support

- **Food for others:** They are a main food source for hawks, owls, foxes, and snakes.
- **Ecosystem balance:** Predators need them to stay alive in the area

Key Facts About Squirrel Tree Planting

- **Burying habits:** A single gray squirrel can bury up to 200 acorns or nuts a day, reaching tens of thousands per year.
- **Recovery rate:** Squirrels fail to find about 70% to 80% of the seeds and nuts they hide underground.
- **Impact:** The unrecovered nuts left in favorable soil and moisture conditions sprout into new oak, walnut & hickory trees.

Interesting Chipmunk Facts:

- Their cheeks stretch 3x their head size, holding dozens of seeds at a time!
- Their burrow is longer than 3 meters with separate sleeping, food stash & potty areas
- They have a special language to help each other



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



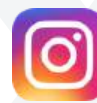
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Newsletter

Receive it in person, via email or on our website



Instagram

www.instagram.com/uppernicolaband



So You Know Audio Newsletter

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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



Phone: (250) 350-3342

Fax: (250) 350-3311

Mail: General Delivery

Douglas Lake, BC, V0E 1S0

Diana Moffat:

Shannon Ninham:

email:

communications@uppernicola.com

assist.comm@uppernicola.com