



t̓xaʔx̓íkn (mountain) Gathering



The t̓xaʔx̓íkn mountain gathering was a collaborative initiative between the Upper Nicola Band's sqil̓x̓w̓t̓cawt̓et program and the Okanagan Indian Band.

- Several staff members from the Okanagan Nation Alliance and Kamloops Indian Band participated in a drive to our traditional lands.
- Our Elders, along with children from Nkwala School, also made the journey up the mountain.
- A diverse mix of men, women, and children contributed a wonderful array of energies to the event.



It was heartwarming to hear an Elder address the community, sharing insights about the land and narrating a story. Attendees learned about the origins of the nsyilxcen word: t̓xaʔx̓íkn. A few hand drums were brought along, and the sound of our Syilx people singing the Okanagan song was both beautiful and powerful, reinforcing our connection to the land.

Afterward, there was an open mic for anyone who wished to speak, along with a selection of food and snacks.

As the gathering began, it started to snow! For the Syilx people, snowfall symbolizes a time to harmonize with the needs of the land, water, and all living beings (tmix̓w̓), providing an opportunity to reflect on past cycles and set intentions for future abundance. What a blessing and a truly wonderful experience on the land!

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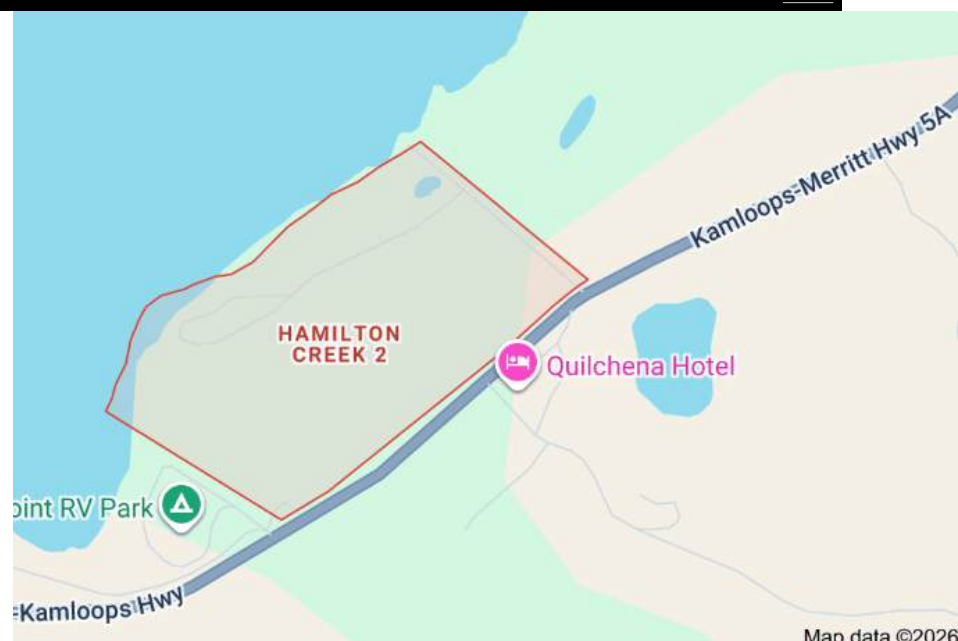


UNB protects reserve lands

On Oct 2nd, our lands department sent out a community notice to inform members that the occupants of the unauthorized RV site at Hamilton Creek IR.2 have been evicted from the reserve. The Band is taking necessary steps to secure the site and protect the reserve lands. An environmental site assessment will be completed to better understand the condition of the property and determine whether any environmental remediation or other work may be required.

At this time no decision has been made regarding the future use of the land. Any future decisions will be considered after the environmental assessment has been completed and the Band has had an opportunity to review the findings.

UNB appreciates everyone's cooperation and understanding as we work to protect and responsibly manage our reserve lands. We ask that community members respect the secured area while this process is underway. way' -Lands, Wills & Estates Dept.



Thanksgiving for the Community

On October 8th, the Upper Nicola Band Health Center organized a delightful Turkey Dinner for the community. The event was a resounding success, with the health center filled to capacity and every seat occupied! Some guests took advantage of the fresh air and sunshine, enjoying their meals on the benches outside.

A diverse group of attendees joined in the festivities, celebrating a very Happy Thanksgiving. The hard work of the caterers was certainly appreciated!



Nkwala hosts cross-country run

On Thursday, October 1st, Nkwala hosted a cross country run with the participation of SD 58 Primary Schools.

Having taken part in cross country events at other schools earlier this year, it was thrilling for Nkwala to welcome everyone to enjoy the beautiful land and pleasant weather on race day.

Students from various grades at Nkwala participated and gave their best efforts. A heartfelt thank you to Mr. Chenoweth for his assistance in organizing this fitness event and creating an opportunity for Nkwala students and visiting schools.



Selections have been made for UNB Youth Council 2026

What is the UNB Youth Council?

To create opportunities for youth programming and learning within the UNB. Working towards developing connections with youth to be unitified. Prioritizing culture, language, and traditional knowledge. Ages 14-25. Supporting community building, leadership skills, enhancing opportunities and learning within the community.

For Youth Council Inquires:

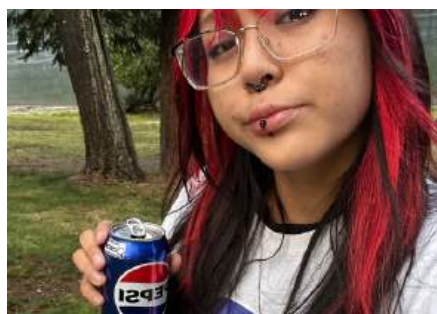
Please Contact: Tiyanetkw Manuel-Herd
comm.safety@uppernicola.com | 250-681-1894

What to expect for the UNB Youth Council?

UNB Youth Council's future goals are to bring our UNB youth's voices forward into community. That we want to work towards having cultural, language, and more resources to all UNB Youth. Foster connections between UNB Youth. We will be focusing on mentorship with older UNB Youth, job shadowing, education mentorship, etc. UNB Youth Council will focus towards developing youth connections and learning within the community.

UNB Youth Council

2026



****Introduction of each council member on the next pages****



Tiyanetkw Manuel-Herd (Lead)

Way, my name is Tiyanetkw Manuel-Herd. My mother is Margret Manuel and my father is Jesse Herd. My grandmother is Trish Manuel and my grandfather is Warren Fortier. I am a post-secondary student going into my fourth year at the University of British Columbia Okanagan for a Bachelor of Arts focused in Indigenous Studies. I have been on the Telus Interior and Northern British Columbia Community Board for over two years now. I created the UNB Youth Council because I am deeply passionate about youth community involvement.

Nexpetko Joe (Co-Lead)

way' isk'wíst Nexpetko Joe kn tl n'qílməlx nał sxənx. intum' isk'wísts Juanita Lindley. inmístəm isk'wísts Lenard Joe. istəmtíma? isk'wísts Patricia Manuel, nał inkíkwa? isk'wísts twi Allard Lindley. inqáqna? isk'wísts twi Barbra Joe, nał isxáxpə? isk'wísts Percy Joe. Hello my name is Nexpetko Joe I'm from Quilchena and Shackan. My mom is Juanita Lindley and my dad is Lenard Joe. My grandma on my moms side is Patricia Manuel and my late grandfather is Allard Lindley. My grandma on my dads side is the late Barbra Joe and Percy Joe. I have always had a passion for community, language, and culture. I am humble and honoured to be part of the start of the Upper Nicola Band youth council along side my fellow youth. I hope to grow along side the youth from our Nation, and work together to bring our voices forward.



Donna Derrickson

Donna Derrickson is a Merritt Secondary School student, expected to grad 2029. Proudly connected to both the Westbank First Nation and the Upper Nicola Band. She served as the Youth Royalty representative, Princess for the Speaking Our Truth Powwow 2024-2026. Represented Team Okanagan in Archery at the 2026 BC Winter Games in Trail. In addition, to participating in GOV Indigenous Youth Leadership Conference 2026. Passionate about cultural heritage, peer mentorship, and community led growth. Donna is a reliable and versatile advocate focused on giving back to her Nation and learning along side local leaders mentors.

Blake Holmes

Way, my name is Blake Holmes. My mother is Catherine Holmes from the Grouse clan in Dakelh Territory and my father is the late Casey Jr Holmes. My grandmothers are Agnes Holmes and Sherry Tibbetts. My grandfathers are Casey Holmes Sr. and Ryan Tibbetts. I am currently in my last year of high school here at Merritt Secondary School. My interest with trades, I have participated in the training that was offered as well recently finished my first summer at the Outlander Youth Employment Program where they gather First Nations youth across BC to teach us many opportunities. I do have a passion for trades and am unsure which route I am going to take at the moment. I do believe what my late father said "be a part of the solution" and that is where my compass aligns. Thank you kindly for the opportunity and looking forward to learn what I can to future our youth and nation.



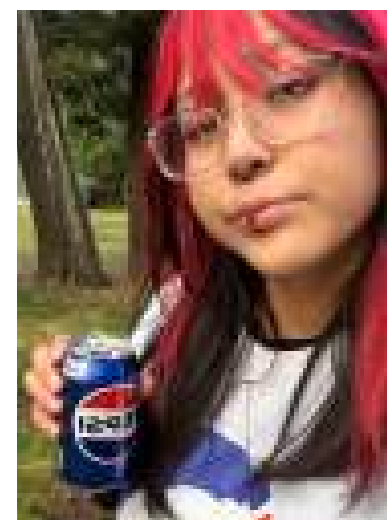


Baileigh Holmes

Way' p isngsilxw inca isk'wist Baileigh Holmes, intum Catherine Holmes ut inmistm twi Casey Jr Holmes. I graduated Highschool in 2025 and currently learning nsyilxcn at i? sqi?stet . I joined the Youth Council because I am passionate about the language and want to include it more while working with youth.

Kika7 Saul

Way, my name is Kika7 Saul. I am 17 years old and enjoy being out on the land. My mother is Aimee Saul and my father is Willie Manuel. I am attending Thompson Rivers University for the Bachelor of Natural Resource Science. I have a great passion for the land and a goal to help revitalize and protect our lands, culture, and ways of knowing for the future generations. I only met my dad and my family in Upper Nicola in 2022. Wanting to further my connection and relationships with the community, and to walk forward in a good way, I have joined the Upper Nicola Band Youth council.



Isaac Joe Manuel

I am skoksee, shk'nuk, and Manlida'as. I am a descendant of the Sylix, Skwxwú7mesh Úxwumixw, Kwakwaka'wakw and Nisga'a Nations. My given English name is Isaac Joe Manuel. My dad is Tim 'Spike' Manuel of UNB and my mom is Sxwpilemaát Siyám (Chief Leanne Joe) of the Skwxwú7mesh Úxwumixw. Joined the UNB Youth Council to share my lived experience, teachings, and thought leadership for the community I grew up in. I am passionate about land, language, culture, medicine, and the values.

Qwyulaxw Edgar

Way' my name is Qwyulaxw Edgar. My father is Brent Edgar and my mother is Margaret Manuel. My grandmother is Trish Manuel and my older sister is Tiyanetkw Manuel. I am a youth who is determined to try my hardest for my community. I joined the youth council to try and show my love for the community and help support a better future for everyone.



Ronin Eden-Tom

Way' my name is Ronin Eden-Tom, kn tl spaxmn. My mother is Carmen Tom, my father is Dion Eden. My grandparents on my mother's side are twi Amy Manuel & Wilfred Tom. On my father's side are Wendy Kotilla & Gregory Eden. I am homeschooled, with a majority of my education focused on land-based learning. I joined the UNB Youth Council to take a more active role in my community, represent youth perspectives, be involved in conversation and decisions that affect us.

Sky Manuel

Way, my name is stk'masq' t Manuel. My mom is Justine Manuel and I work at i?sqi?tet language house. I joined the Youth Council because I deeply care about the land. I am passionate about UNB and I want to make the community stronger by participating in the UNB Youth Council.



**HOUSING DEPARTMENT
UPDATE**

**Housing
Department
Oct 6 2026**

Call Out For Interest In Solar Panels On Your Roof

**Together, create a
greener future!**

*Contact housing employees
on or before Oct 23 2026 if
you are intersted and want
to be put on the list*



Clifford Chillihihitzia housing manager
housing@uppernicola.com or call 250 350 3324

Elaine Spinks assistant housing manager
assist.housing@uppernicola.com or call 250 350 3248



UNB & UNHLP Open House Oct 21 | 10am-7pm Community Center

Reflect, Align, Move Forward Together.

A drop-in event for UNB members to discover what each department worked on in the 25/26 Fiscal year.
10am registration & prayer | 12-1pm lunch | 6pm Dinner



October 21, 2026 - Wed



Time: 10 am - 7 pm



**ńłqıtemıx Community
Center?**

Agenda Highlights :

- Each department will feature an informational booth
- Lunch & Dinner
- Door Prizes

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

Health & Wellness Outings Thursdays in October

Chilliwack Shopping

Thurs, Oct 15 | Leave: 8:15am
Health Office

Luncheon & Bingo

Thurs, Oct 22 | 11am-2pm
Health Office

Kamloops or Kelowna (TBD)

Thurs, Oct 29 | Leave: 8:15am
Health Office

Westbank ONA Luncheon & Bingo

Elder's only event

Nov 3 | Leave: 8:15am
Health Office

Info: (250) 378-5058



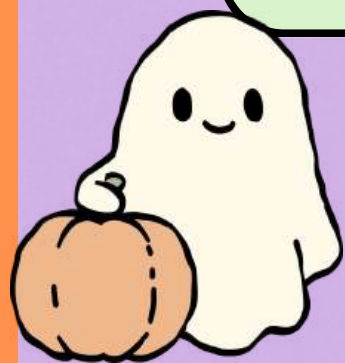
Join us for a spooktacular evening of fun with family, friends & memories!

Community Octoberfest
Friday, October 30
5:-00pm-7:30pm
Nkwala School Gym

****TENTATIVE PLAN OF EVENTS: (subject to change)****

\$2 admission, \$7/family, Concession

CARNIVAL GAMES - SILENT LOONIE AUCTION -
CAKE WALK - COSTUME CONTEST -
SCARE HOUSE - FEAR FACTOR - FIREWORKS



Info Contact: Nkwala PAC Coordinator,
Catherine
(250) 350-3370



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 ńłqı̄təmı́x Community Center.

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

Coffee with a Cop Oct 14 | 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



Fire practice is for community volunteers to learn skills to effectively manage fire & other emergencies.

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

General Band Meeting Online Via Zoom Oct 28 | 6pm Meeting ID: 839 3685 3015 Passcode: 900152

Agenda:

1. Adoption of the Oct 28, 2026 Agenda
2. Meeting Minutes from Sept 23, 2026
3. Kwustemtima Updates
- 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>



Scwexmx - Inherent Rights Holders Table Meeting

Fri, Oct 16 | 9am -12pm
Nicola Native Lodge Board Room



Snacks & Refreshments provided

[REGISTER NOW](#)



Who should attend:

- N5 Community Rights Holders
- Elders
- Knowledge Keepers
- Youth
- Community Members interested in Title/Rights

ALL UNB Offices Closed Wednesday, Nov 11 | All Day For Stat Holiday: Remembrance Day



Offices will resume normal business hours Thurs, Nov 12th.

-way'



ONA Syilx Fall Hunting Camp Oct 18 - 30 Whipsaw Camp (est. 28 km SW of Princeton)



Proactively assert our title, rights & responsibility to the land. Gather traditional food.
Reintroduce youth to hunting practices & protocols.

(Below Friday Mtn on whipsaw forest service road, follow red handkerchief flags)

Arnie Baptiste: 250-488-5872
Fred Kruger: 250-487-9867



OCTOBER 2026

skʔaʔiws S	skixʷiws M	sʔasłásq̓t T	skaʔłásq̓t W	smaʔq̓t TH	scłkstaʔq̓t F	skłaʔásq̓t S
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11 **For more detailed info, check the "Community Events" pages**	12	13	14  Coffee w/ Cop 10am	15 UNB Fire Practice 6pm-8pm Health & Wellness: Chilliwack Shopping 8:15am	16 Inherent Rights Holders Table 9am	17
18	19 *Council Meeting*	20 Craft & Meet 5pm	21  10am-7pm	22 UNB Fire Practice 6pm-8pm Health & Wellness: Luncheon & Bingo 11a-2p	23	24

ONA: Syilx Hunting Camp

25	26	27 Craft & Meet 5pm	28  Band Meeting 6pm	29 UNB Fire Practice 6pm-8pm Health & Wellness: TBD: Kamloops or West Kelowna 8:15am	30 Octoberfest & Fireworks 5:30pm 	31 
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ONA: Syilx Hunting Camp

1 	2	3 Craft & Meet 5pm Health & Wellness: ONA Luncheon & Bingo 8:15am	4 	5	6	7
8	9	10 Craft & Meet 5pm	11  Rembemberance Day  -Offices Closed-	12	13	14



UNB STUDENT FINANCIAL ASSISTANCE

Applications for 2026/2027 Education Financial Assistance, K-12 students living on reserve has officially opened up as of September 3, 2026.

Programs available to apply for:

- School supplies assistance: For students attending Nkwala or SD. 58
- In-school Program:
 1. Student Fees, covers extra-curricular costs (sports, clubs, memberships, etc.)
 2. Student Allowance (Grade 7 - 12)



Forms are available at the Band Office, Health Center, or by Email. Parents/Guardians can fill out and return to the Education Dept. in person or email: ec@uppernicola.com

“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice”.
-Ray LeBlond

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



First Nations Child and Family Services and Jordan's Principle Settlement

The First Nations Child and Family Services and Jordan's Principle Settlement will provide \$23.34 billion in compensation for affected First Nations individuals and some family members.

Claims now open for following classes:



Removed
Child Class



Removed Child
Family Class

Scan here
for more
information:





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 Headstart ECE

Permanent | Full Time

Qualifications:

- Must have ECE License
- Food Safe (preferred)
- First Aid w/ CPR-B
- Driver's License

Other:

- 2 years experience (preferred)
- Clean criminal record check
- TB screening



Apply in-person, mail or email resume & cover letter to:

hr@uppernicola.com | Upper Nicola Band, General Delivery, Douglas Lake, BC V0E ISO

EMPLOYMENT (cont'd)

Community Safety Events Coordinator

Contract (32-40 hrs/week)
\$19.38-\$25.40/hour

Job Duties:

- 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.

Qualifications/Experience:

- Must have highschool Diploma
- Valid Driver's License
- Reliable vehicle
- Experience in administration, community engagement

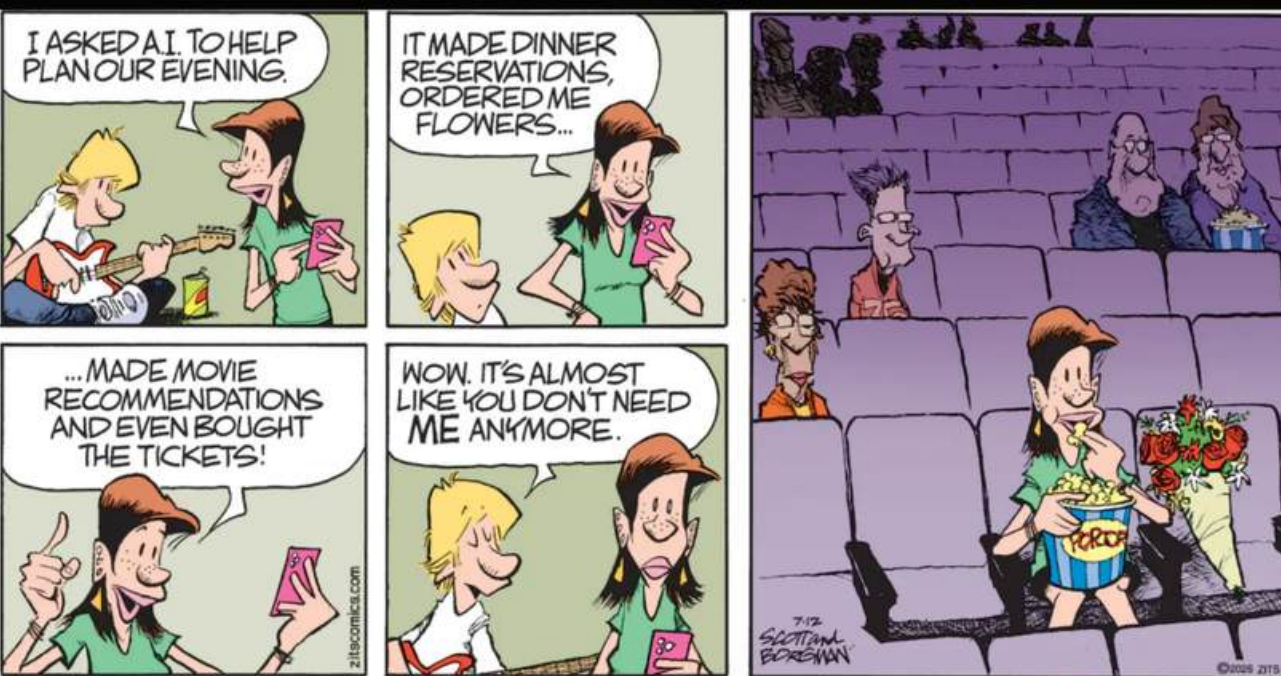
Apply in-person, mail or email resume & cover letter to:

hr@uppernicola.com | Upper Nicola Band, General Delivery, Douglas Lake, BC V0E ISO

If you change the way you look at things, the things you look at change.

-Dr. Wayne Dyer





- | | | |
|------------------|--------------|------------|
| ADMISSION | FIRST DATE | PROJECTION |
| AUTOMOBILE | HOLLINGSHEAD | RADIO |
| BOOTH | ICONIC | SCREEN |
| CANDY | MOVIE | SODA |
| CHILDREN | NOSTALGIA | SPEAKERS |
| CINEMA | OUTDOORS | THEATER |
| COMFORT | PARKING | VINTAGE |
| CONCESSION STAND | POP CULTURE | |
| DRIVE-IN | POPCORN | |
| FAMILIES | PRIVACY | |



MOVIE THEATERS
BE LIKE:

YOUR TOTAL IS
\$47.50

JOKES

1. What is a pirates favorite movie rating?
2. Why do we like to buy popcorn at the movies?



An elderly couple are at the cinema. About half way through, the wife leans over and says, "I just let out a silent fart, what do you think I should do?"



He replies, "You should put a new battery in your hearing aide"

1. ARRRR
2. It just makes it butter



Squash



Squash provides an impressive array of health benefits, acting as a nutrient-dense powerhouse that supports everything from immune function to digestive wellness.

Key Health Benefits

- **Boosts Immune Function:** Vitamin C and beta-carotene support immunity and protect cells.
- **Supports Gut Health:** Soluble and prebiotic fiber nourishes healthy gut bacteria and aids digestion.
- **Protects Vision:** Lutein, zeaxanthin, and beta-carotene help protect against age-related eye decline.
- **Promotes Heart Health:** Potassium and magnesium support healthy blood pressure and cardiovascular health.
- **Aids Weight Management:** Low in calories and fat, but high in fiber and filling volume.
- **Fights Chronic Disease:** Antioxidants reduce cellular damage, inflammation, and long-term disease risk.

PRO-TIP:

INSTEAD OF REGULAR PASTA, USE SQUASH INSTEAD!

Steps to Prepare

- **Preheat your oven** to 400°F (200°C) and line a baking sheet with parchment paper.
- **Cut the spaghetti squash** in half lengthwise using a sharp knife and scoop out the seeds and pulp with a spoon.
- **Season** the inside of each half lightly with olive oil, salt, and pepper.
- **Bake** cut-side down on the baking sheet for 30 to 40 minutes, or until the flesh is tender and easy to pierce with a fork.
- **Shred** the flesh by gently scraping it with a fork to pull out the long, spaghetti-like strands.



Meditation

Mental and Emotional Benefits

- **Reduced Stress:** Lowers cortisol levels, heart rate, and blood pressure to ease daily tension.
- **Better Mood:** Manages symptoms of anxiety and depression by calming the brain's emotional triggers.
- **Stronger Focus:** Lengthens attention span and improves mental clarity.
- **Improved Memory:** Sharpens cognitive function and helps fight age-related memory loss.

Physical Health Benefits

- **Better Sleep:** Helps you fall asleep faster and improves overall sleep quality.
- **Pain Control:** Reduces the perception of chronic pain by training the brain's emotion-regulation pathways.
- **Brain Structure:** Increases gray matter in areas linked to learning, memory, and emotional regulation



Meditation provides proven mental, emotional, and physical health benefits that improve overall well-being

mi k^wu kawspiǰm

We are going to go hunt



słáʔcínm̐	Any deer
stúłcaʔ	Mule deer
tk ^w tups	White tail Deer
sk ^w ək ^w łilt	Fawn
tiwłcaʔ	Doe
pwalxkn	Mule Buck
sł ^w łixkn	White tail Buck
x ^w əx ^w ax ^w ík ^w łxn	Spike buck
nqíʔqíʔws	Small 2pt buck
qiyʔsálxqn	Big 2 point buck
kaʔtálxqn	3 point buck
masxn	4 point buck
łamłamálxqn	Really Big buck
stuwálx	When in velvet antlers
paʔpaʔłłícaʔ / paʔpaʔłłácaʔ	moose
sníktcaʔ	elk
isnpiǰmn	My hunting grounds
kn kawspiǰm̐	I am going to go hunting





THE POWER OF SLEEP

The power of sleep lies in its ability to restore your body, clear brain toxins, and consolidate memories

Physical Restoration

- **Heart health:** Deep sleep lowers blood pressure and heart rate to protect your cardiovascular system.
- **Immune support:** Rest helps your body fight infections and heal damaged cells.
- **Metabolism:** Quality sleep helps regulate blood sugar and hunger hormones.

Brain and Mental Power

- **Brain cleaning:** Specialized cellular pumps flush out toxic waste and free radicals overnight.
- **Memory storage:** Sleep moves short-term data into long-term permanent storage.
- **Emotional balance:** Rest improves mood, focus, and daily stress coping.

Tips for Better Rest

- **Keep a schedule:** Go to bed and wake up at the exact same time every day.
- **Darken the room:** Turn off bright screens two hours before bedtime.
- **Watch what you consume:** Avoid heavy meals and caffeine late in the day



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



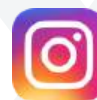
Facebook

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 Sylx 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



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