The Smoke Signal
Official Newsletter of the Upper Nicola Band
Wednesday, Oct 28th, 2026

UNB 2026 Open House

On October 21st, UNB held an open house at the Quilchena Community Center. The event ran from 10 a.m. to 7 p.m. in a drop-in style, allowing members the flexibility to stop by and gather information.

- **Informational Presentations:**
  - Tables featured presentations providing insights into the projects each department is working on for the 2025/2026 fiscal year.
  - Members were encouraged to explore each table to enter a prize draw.

The atmosphere was casual, promoting conversations between employees and members to address any questions they might have had. Attendees enjoyed a bagged lunch, followed by a catered dinner in the evening. The event concluded with a round of door prizes.

Overall we had approx 150 members sign in, the new building was a perfect space to host the open house!

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HALLOWEEN EVENT!

- $4 Spaghetti
- Over $1000 in prizes!
- Fireworks!
- Fun & More!

Check pg. 7!

Nkwala students drum at QCC

On Oct 20th, the Nkwala School intermediate class was invited to the drum and sing the Okanagan song with their teachers and Chief Dan to start a meeting with invited guests pertaining to the low water levels of the Nicola River, Douglas Lake & Nicola Lake.

A couple students expressed the facts about the water being dried out, the river is no longer there.

Preserving big game species & respectful hunting practices

Protecting female game species is vital for maintaining population growth, social structure, and preventing the orphaned death of dependent young. Wildlife management agencies use selective bag limits, antlerless-only tags, and seasonal closures to balance herds while safeguarding reproductive females.

Why Protecting Females Matters

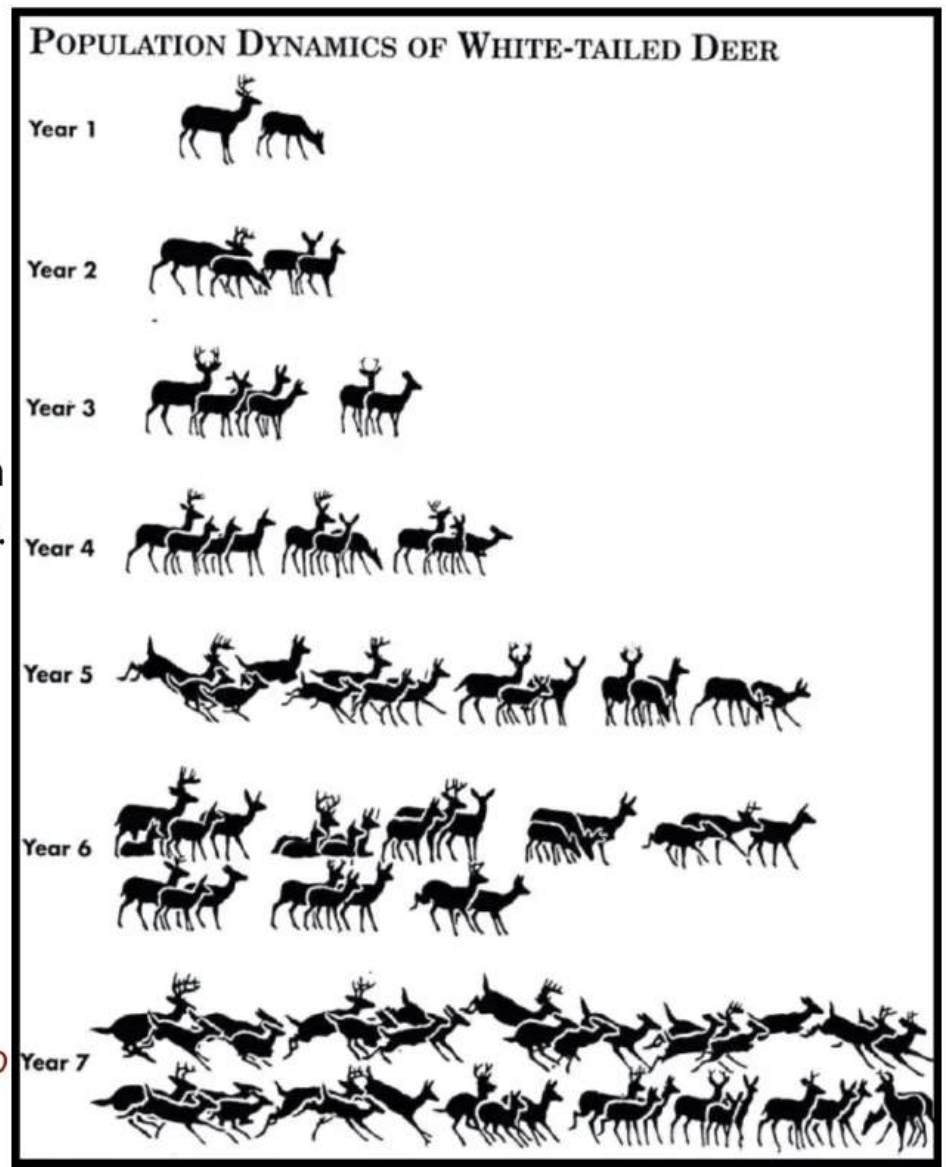
- **Reproductive Capacity:** Females drive population replenishment; excessive harvest of does, cows, or ewes can cause rapid herd collapse.
- **Maternal Dependency:** Species like cougars and bears have dependent young that rely on mothers for survival; harvesting a female often orphans and kills the offspring.
- **Matriarchal Leadership:** In species like elephants and orcas, older females hold critical knowledge of migration routes, water sources, and foraging

Management Strategies

- **Antlerless Quotas:** Limiting permits for female big game to control overpopulation strictly through controlled draws.
- **Season Timing:** Restricting hunts to times of year when young are self-sufficient rather than nursing or newborn.
- **Species-Specific Protections:** Complete bans on harvesting breeding-age females or mothers with young-at-foot in vulnerable carnivore or ungulate populations.

Impact on Buck Hunting

- **Mature Buck Movement:** On smaller properties, shooting does can push deer off the land and reduce your chances of seeing a big buck during the rut, as mature bucks follow doe groups.
- **Lead Does:** Older, dominant does guide the family groups to safe food sources and cover; shooting them can disorient younger deer and disrupt local patterns.
- **Stand Longevity:** Harvesting a doe too close to a permanent or favorite tree stand can turn her into an "alarm" that alerts every passing deer—including mature bucks—to your presence.



These illustrations show the potential population growth starting with a pair of healthy deer on good range. This model implies no deaths from disease, hunting or vehicle accidents. Given this scenario, two deer could lead to 40 deer in seven years!

Greetings friends and relatives,

It has been a while since I have submitted anything to the newsletter. Other than the ole fashioned way to communicate with membership is to go visit in person.

These have been very challenging times in a very different world, even from 10 years ago. Trauma, Grief, colonial legacies, etc. impacts our daily lives and all we can do is our best, and we need support from family, friends and those in the Mental Health Profession.

I would like to share a few thoughts and update our men in community.

I am still working with Kwustemtema and supporting men's Mental Health. Like anything in life, you reflect, strategize and set some goals to accomplish.

We recently did a survey and we will be reviewing the information provided to us through this feedback and set some goals to put into motion. Different Departments within the band office will continue to collaborate to provide services for our membership.

With the cooler weather, there is a bit of water at the Old Garden so we would like to continue sweats for the men. Please contact Buzz or myself to find out when the next one will be held. Also, I highly encourage any of our men to attend a November 16-20, 2026, a weeklong workshop on "traditional roles for men" being held at Manning Park Resort. Please look at the poster that has been sent out by Community safety team for more info,

An update with the Coyote Brotherhood. We are growing and needing to continue to build capacity and create a lasting workplan & vision within the Brotherhood. On Nov 1-3 ,2026 I will be attending a collaborative strategic planning session between the respective bands and other agencies in the Nicola Valley.

All across this country Indigenous people continue to defend our inherent rights, sovereignty and jurisdiction of our children and families. We are reaffirming our own laws that our ancestors have handed down for generations.

Our women can't do this alone, we need our men to be healthy, to help stand up our laws. We need our men to reclaim their role as protectors of the land, the woman and the children. Each man has something to offer.

We have carried the burden of hurt and pain for too long and it's time to take steps to let it go and reconnect to who you are and what you aspire to do in life. Not only for you, but for our greatest resource, our children. Let's create that brighter future together!

Way?

Tim Spike Manuel

EDUCATION DEPARTMENT UPDATE

UPPER NICOLA BAND YOUTH COUNCIL

NOMINATIONS FOR YOUTH COUNCIL ARE OPENED!

NOMINATIONS ARE OPENED FOR COMMUNITY NOMINATION AND SELF-NOMINATION. ELIGIBLE NOMINEES ARE UPPER NICOLA BAND COMMUNITY MEMBERS YOUTH AGES 14 TO 30.

FOR NOMINATING YOUTH PLEASE SEND CONTACT

INFO OF NOMINATOR AND NOMINEE:

Youth Council Lead - Tiyanetkw Manuel-Herd,

comm.safety@uppernicola.com, or 250-681-1894

For More Info: Tiyanetkw Manuel-Herd, comm.safety@uppernicola.com

i? scmypnwiłntət
Our Learning, Our Knowledge
Education Department

Upper Nicola Band Youth Council Notice of Concern

Notice to all community members,

We understand that the UNB Youth Council is new and exciting! However, we have been facing issues towards proper care towards our UNB Youth. Please remain respectful to the Upper Nicola Band Youth at all times. We are all trying our best keeping up with the demand of the UNB Youth Council. Every one of the Youth Council Members have been putting a lot of work in. This is a friendly reminder that all Youth a part of the UNB Youth Council are keeping up with school, growing up, paying bills, and overall still learning. Please understand we are using plenty of our free time to become a reilable part of Upper Nicola Band Community. We ask of the community to be gentle and caring to the UNB Youth.

Friendly Reminder: All Youth Council Inquires go directly to Tiyanetkw Manuel-Herd, comm.safety@uppernicola.com or tiyamanuel6@gmail.com or 250-681-1894.

lim limpt' (Thank you),
Upper Nicola Band Youth Council

UNB Health & Hockey Program
October - January, (upcoming dates below)

Program details:

- Safe environment to play hockey
- An opportunity to exercise, get strong & be fit
- Drop-in hockey + skills & drills
- Extra ice time to practice & improve fitness
- Drug & Alcohol free environment
- Open to UNB members
- Ages 16+ / All genders
- Registration is free! Just show up, sign in
- Full hockey gear is required
- Have FUN!

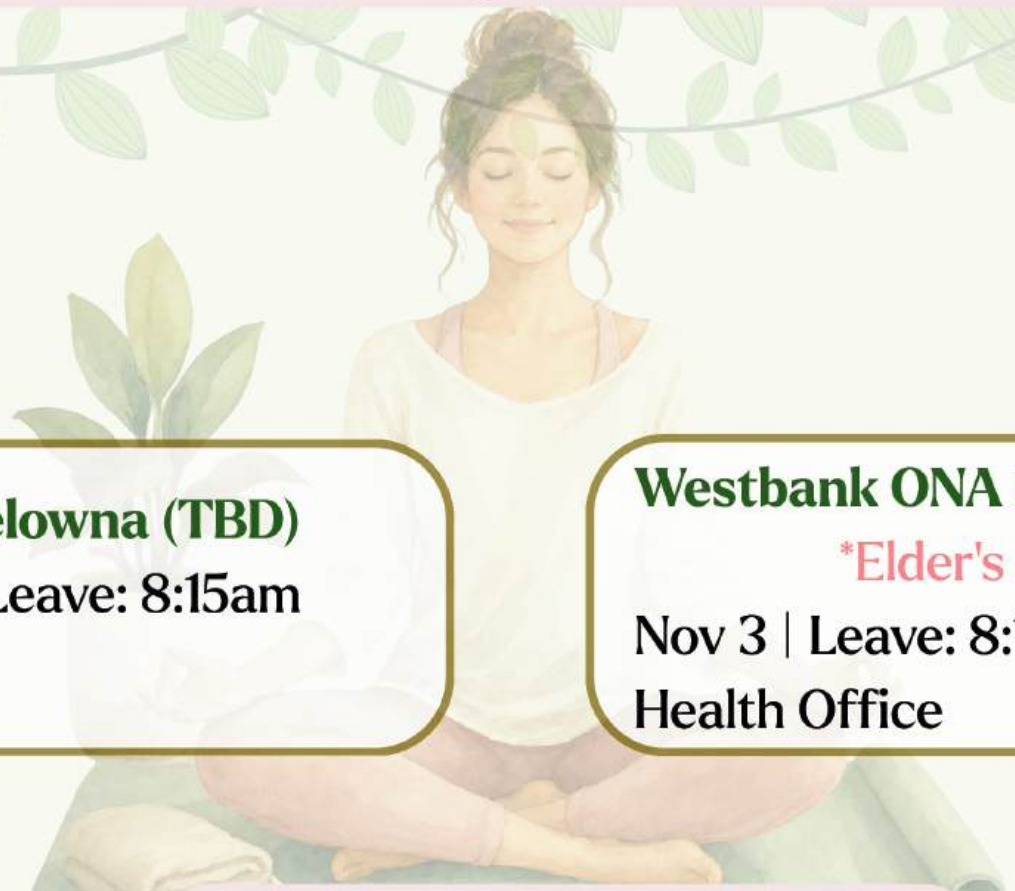
November: 1, 8, 15, 22 &29

Time: 4:15 - 5:30pm

Shulus Arena

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

Health & Wellness Outings
Thursdays in October



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:-30pm-8:30pm
Nkwala School Gym

Over $1000 in prizes, dress to impress, fun for the whole family!

Spaghetti - Hot Dogs - Snacks

GAMES - DINNER/CONCESSION -
CAKE WALK - COSTUME CONTEST -
COSTUME JAIL - FEAR FACTOR - FIREWORKS

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

Men's Retreat

Nov 16 - 20

Manning Park Resort

Join us for five day intentional days of wellness, personal growth, reflection, and meaningful connection with other men.

- Accomodations & Meals included
- Healing circles & activities
- 18 yrs + and must attend full duration
- Limited seats available

REGISTER NOW

Info contacts:

Tim Manuel
250-315-3692

Juanita Lindley
syilx3@uppernicola.com

Wellness Workshops

9am-4pm

ńłq̓iłəmĺx Community Center

You're invited to join us for a series of 1 day wellness workshops with counsellor Mary Gregoire. Light snacks, lunch & doorprizes

- Nov 5: Walk in Sacredness
- Dec 3: Appreciating my voice
- Jan 14: Restoring the Gift of each other

Juanita: syilx3@uppernicola.com
LeSandra: community.safety3@uppernicola.com

captikʷɬ Story Telling

Nov 28 & 29 | 10am

NVIT Merritt

Save the Date

Lunch & Dinner provided.

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!

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 & Refreshements 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.

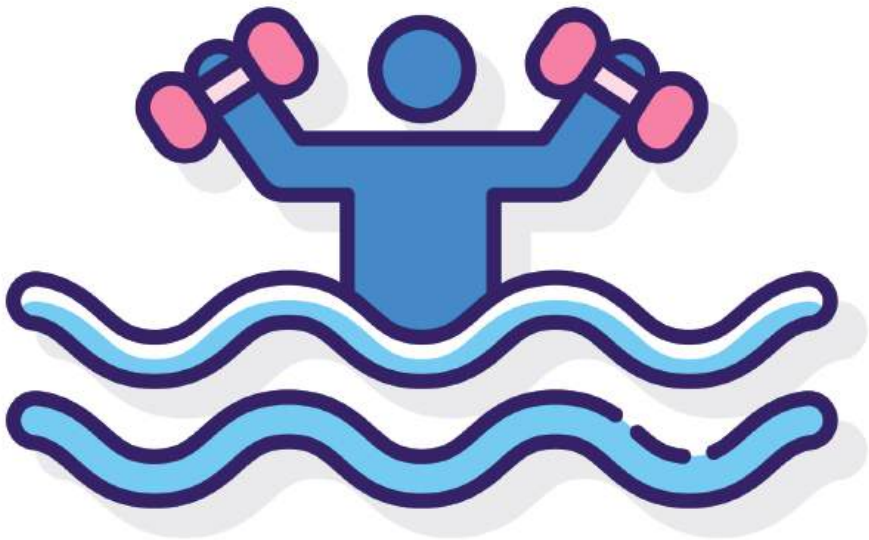
Meeting is recorded for note taking purposes. This meeting is a safe space for all membership and visitors, so all in attendance must be respectful. Any abusive language, belligerence, or non respectful actions will result in members being ejected from the Meeting. By joining the meeting you agree that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

Link: https://us02web.zoom.us/j/83936853015?pwd=WQSzEACTzHEpgSqTJP6QsrN1buff85.1

FREE SWIM & Gym

Mon, Wed & Fri

at NVAC



Free for UNB Members, just sign in.

(Pool Re-Opened Oct 15th! YAY!)

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

Okanagan Nation Alliance

Whipsaw Camp

(est. 28 km SW of Princeton)

Proactively assert our title, rights & responsability 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

Career Ready Program

Nov 23 & 24

Deadline to register: Oct 30

Praharshi Jay

hr@uppernicola.com

The Smoke Signal

OCT/NOV 2026

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25 **For more detailed info, check the "Community Events" pages**	26	27	28 Band Meeting 6pm	29 UNB Fire Practice 6pm-8pm Health & Wellness: TBD: Kamloops or West Kelowna 8:15am	30 "Career Ready Program" Registation Deadline **Octoberfest & Fireworks 5:30pm**	31 HAPPY HALLOWEEN
ONA: Syilx Hunting Camp						
1 November Health & Hockey 4:15 - 5:30 pm	2 *Council Meeting*	3 Craft & Meet 5pm Health & Wellness: ONA Luncheon & Bingo 8:15am	4	5 Wellness Workshop 9am-4pm	6	7
8 Health & Hockey 4:15 - 5:30 pm	9	10 Craft & Meet 5pm	11 Rembemberance Day Lest We Forget **-Offices Closed-**	12	13	14
15 Health & Hockey 4:15 - 5:30 pm	16	17 Craft & Meet 5pm	18	19	20	21
	Men's Wellness Retreat					
22 Health & Hockey 4:15 - 5:30 pm	23	24 Craft & Meet 5pm	25	26	27 Merritt Christmas Parade	28 captikʷɬ Story Telling 10am
	Career-Ready Program				**Tree Enchantment fundraiser**	11

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
- 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

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:

1. Removed Child Class
2. 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

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

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 & tradtional healing
- Guidance through stress, grief, or family

How support can be offered:

- Individual Sessions
- Family Sessions
- Community Gatherings
- Culutural & 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@fourcornerscouncelling.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

Home Support Worker

Part-Time, 2 week rotating schedule
$20-$23/hr.

Job Duties:

- Provide in-home support
- Transport clients to appt's, shopping, etc
- Maintain accurate documentation
- Maintain confidentiality

Qualifications/Experience:

- Must have highschool Diploma
- Valid Driver's License
- Reliable vehicle
- Experience in housekeeping, caregiving or community based services is an asset
- Clean criminal record check
- 1st aide, FoodSafe, WHMIS

Send resume & cover letter to:
hr@uppernicola.com | Upper Nicola Band, General Delivery, Douglas Lake, BC V0E ISO

Just for Fun "Halloween" Edition

Across

3. Black bird
5. Apple drink
7. Wrapped-up monster
9. Witch's flying ride
11. Soft voice
12. Loud scream

Down

1. Tri-color candy
2. Makes you afraid
4. 12 a.m.
6. Big outdoor fire
7. Twisty puzzle path
8. Monster with fangs
10. Magic words

1. How can you tell when a ghost is lying?
2. What does a witch like to do at school?
3. How do spiders like to chat?
4. How does a ghost unlock a door?
5. Why didn't the skeleton cross the road?

Answers:

1.You can see right through them 2. Spelling
3. On the web 4. With a spookEY 5. It had no guts

Pumpkin Seeds

- **Heart Health:** High in magnesium, unsaturated fats, and antioxidants, which help lower blood pressure, reduce LDL ("bad") cholesterol, and improve blood vessel function.
- **Magnesium Powerhouse:** A single ounce provides about 37% of your daily magnesium needs, supporting over 300 bodily reactions, muscle function, and nerve health.
- **Better Sleep:** Contain tryptophan (an amino acid), zinc, and magnesium, which the body uses to produce serotonin and melatonin to promote rest.
- **Prostate & Bladder Support:** Compounds and zinc in pumpkin seed oil help ease symptoms of benign prostatic hyperplasia (BPH) and overactive bladder.
- **Blood Sugar Regulation:** Lowers post-meal blood sugar spikes and helps improve insulin sensitivity.
- **Immune & Fertility Support:** Rich in zinc and antioxidants, which boost immune defense, reduce inflammation, and support sperm count and quality.
- **Digestive Health:** Provide a good source of plant protein and dietary fiber to keep you full longer and support gut bacteria

BAKED PUMPKIN SEEDS:

Pumpkin seeds (pepitas) are a nutrient-dense food packed with protein, healthy fats, fiber, and essential minerals

- **Rinse** seeds in water & pull away the stringy orange flesh.
- **Simmer** the seeds in salted water for 5 to 10 minutes to tenderize & lock in flavor. Drain well.
- **Dry:** Spread the seeds on a clean kitchen towel or paper towel, pat them completely dry so they crisp up in the oven.
- **Season:** Put seeds in a bowl with 1 - 2 tsps melted butter, salt to taste, (optional: garlic powder or seasoning salt)
- **Roast:** Spread the seeds in a single layer on a parchment-lined baking sheet. Bake at 350°F (175°C) for 25 to 35 minutes, stirring halfway through until golden brown.

Take the Stairs

Taking the stairs is a highly effective "exercise snack" that provides powerful cardiovascular, muscular, and mental health benefits. Moving your body vertically against gravity is 20% to 60% more metabolically demanding than walking on flat ground, making it a fast and efficient way to boost your fitness without requiring a gym membership or special equipment.

Cardiovascular & Longevity Benefits

- **Reduces Heart Disease Risk:** Climbing just five to six flights of stairs daily (roughly 50–60 steps) is consistently linked to a significant drop in your risk for heart attack, stroke, and heart failure.
- **Improves V02 Max:** Regular stair climbing rapidly elevates your heart rate, which expands your aerobic capacity, boosts circulation, and enhances overall lung function.
- **Lowers Blood Pressure & Cholesterol:** Incorporating brief bouts of stair climbing into your routine helps reduce resting blood pressure and lower LDL ("bad") cholesterol.

sá?kás

pumpkin

tupl'

spider

sníná?

bat

qʷácqən

hat

təmtmní?

ghost

qʷá?áy tə pús

black cat

st'ánwíá?

bat

nkʼʷəƛʼústn

eye

k'əsús

ugly

THE POWER OF CREATIVITY

Being creative improves mental health by lowering stress hormones like cortisol, boosts brain function and problem-solving skills, triggers feel-good dopamine releases, and builds personal confidence through a sense of accomplishment

Mental and Emotional Health

- **Reduces stress:** Art, writing, or crafting lowers heart rate and reduces cortisol levels.
- **Boosts mood:** Engaging in creative acts releases dopamine and serotonin to increase daily happiness.
- **Provides an outlet:** Expressing thoughts without words helps process anxiety, trauma, or depression.
- **Induces flow states:** Total focus on a project makes time slow down and quiets anxious loops.

Cognitive and Brain Benefits

- **Sharpens thinking:** Fosters both divergent and convergent problem-solving and flexible thinking.
- **Promotes neuroplasticity:** Learning or building new things helps the brain grow and adapt.
- **Improves focus:** Acts as a mental reset button to recharge energy before going back to routine tasks.

Personal Growth and Social Connection

- **Builds confidence:** Finishing a project gives a clear sense of self-efficacy and personal pride.
- **Fosters resilience:** Trial and error in creative work teaches you that mistakes are part of learning.
- **Creates community:** Participating in local classes, craft nights, or writing groups builds friendships and shared bonds.

Our goal is to share community news and your input is welcomed.
We would like to share your events, fundraisers, gatherings, bake sales, etc. Additionally; we can include birthday & anniversary greetings. Our contact info is at the bottom of this page.
To utilize the newsletter: Please include a date, time, place, and brief description of the event/birthday/etc, along with any pictures *which may or may not be used*

STAY CONNECTED:

There are multiple ways to stay in the loop with UNB

Community News & Calendar
www.uppernicola.com/community-news
www.uppernicola.com/events

Facebook
www.facebook.com/uppernicola

Newsletter
Receive it in person, via email or on our website

Instagram
www.instagram.com/uppernicolaband

***So You Know* Audio Newsletter**
www.youtube.com/@uppernicolaband

X (Formerly Twitter)
https://x.com/band_upper

Upper Nicola Syilx Band App
Download the app

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

UNB Live on Youtube
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: email: **communications@uppernicola.com**
Shannon Ninham: **assist.comm@uppernicola.com**