

ST'UXWTEWS SLEXÉYEM (NEWS)



FEBRUARY 2025
Bonaparte First Nation

Happy Valentine's Day

Weyt-kp xwexwéytep (hello to everyone)

February may be a short month, but there's lots to look forward to! The days are getting longer, and we have some exciting events and important updates to share.

Upcoming Events & Activities:

♥ Valentine's Day, Family Day & **PINK Shirt Day** – A time to celebrate love, kindness, respect, friendship, family & stand against bullying!

🎉 Bingos & Youth Activities – Lots of fun activities planned—read on for details.

👴👵 Monthly Elders Meeting – A great opportunity for our elders to gather and connect. All Elders Welcome!

📄 Chief & Council Updates – Nomination papers & date for Chief & Council elections will be announced and distributed.

🌿 Celebrating Family Wellness Fair – February 14th – Join us for a day focused on health and well-being at the Quonset

📰 BSLP's newsletter with their important community information

👴👵 National Gathering of Elders – Fall 2025 – Stay tuned for more details on this exciting event.

🏊 Ice Fishing derby's

🏃 Healthy Initiative - Spring 2025... keep a look out for that notice.

Important Reminders:

🔥 Housing Safety – Pick up your smoke detectors and fire extinguishers from Housing.

📄 Education Deadline – Post-secondary applications are due May 1st. Don't miss out! The PS funding application is on the BFN APP or contact Education.

📱 Stay Connected – Download the Bonaparte First Nations App to stay updated on events and news.

Let's make the most of this month together! If you have any questions, feel free to reach out.

This issue:

Chief & Council Updates

B.S.L.P.

Department Updates

Upcoming Projects

Food for the Soul

Announcements, Events,
and Updates



At a Glance...

Chief & Council:

- Next Chief & Council meeting Tuesday, **February 18, 2025**. If you would like to be added to the agenda, contact Valentara, Executive Assistant
- BC Cabinet & First Nations Leaders' Gathering - January 21-22, 2025 was a great success in meeting with many Ministers & many follow-up connections
- Chief & Council Nominations Date TBA
- SNTC Strategic Planning 2025-2028 in Vancouver was informative with great planning for the future
- Tammy & Kyle, Lands Manager attended the First Nation Land Governance Registry conference - stay tuned

Economic Development

- Weekly Friday morning updates from Roy Seriosa
- BSLP General Meeting was on January 25th, Updates on NR department and new and upcoming contracts
- Ongoing Ashcroft Terminal, CN discussions,

Communication

- BFN_(St'uxwtews) App - download to keep up to date with important information - iPhone & Android
- Newsletter - if you have an addition, contact Tammy by email

Membership/Reception

- 1152 members as of January 28, 2025
- Membership is out of 5 yr Status Cards; See Terri Ann for assistance to apply for the 10 year status card

Health

- contact Emma Antoine, Health Centre receptionist for Doctor, Nurse Practitioner visits, or general Health Centre inquiries



Education

- the new daycare building is coming along, have you drove by and checked out the construction, completion in Summer 2025
- Post Secondary Applications due May 1, 2025; contact Jamie for an application or it's on the BFN App
- Building Indigenous Theory Micro-Credential Program begins March 2025; interested? Contact Jamie for more information

Finance:

- REMINDER: Please ensure you sign up for direct deposit for the future. It makes it easier for the finance department & you will receive any payments quickly. Contact payables@bonaparte.band

Governance

Elder's Coordinator

- Elder's Bingo - Thursday Feb 6th at the Quonset; contact Charlene or Terri Ann for loonie drop offs
- Elders Meeting - February 20th; 9:30am-noon. Council Chambers

Housing:

- bi-weekly Friday morning updates with Sierra
- Reminder: future housing renovations & requests are on hold
- Review the BFN Housing Policy on the APP or webpage
- Reminder: each household receives a new smoke detector & fire extinguisher - pick up from Sierra, Housing Manager
- Welcome back to the community Travis Toth & Family

Social Development

- February 14th - Wellness Fair at the Quonset

Specific Claims #33 & #34

- Sproat (Colonial Claim #33) - gov't accepted the arguments & awaiting AllTerra's survey report
- Future Community involvement is strongly encouraged- in person or Zoom
- Keep an eye out for future meetings that you can participate in

Youth - contact Angela for more information

- Feb 14th - Tubing @ Harper Mountain; bus leaves BFN 9:30am sharp!
- Floor Hockey - starts Feb 12th - weekly! From 3:30pm-6:30pm @Quonset
- Youth Home visits will continue in February
- Watch out for an online auction to raise \$\$ for the Youth Vancouver trip





CELEBRATING FAMILY WELLNESS



St'uxwtews Health and Social Development Departments are partnering with Secwepemc Child and Family Services to bring you a day of Family wellness in celebration of Family Day.

WHEN: FEBRUARY 14TH, 2025
WHERE: BONAPARTE QUONSET
TIME: 10AM- 3PM

Social Development Department providing Family Activities Lunch and Storytelling

Make a Valentines Card in Secwepemcin with the language and Culture Team

Health Centre providing Massages Hair Cuts Mediumship Adult Pampering Draws and Items

Secwepemc Child and Family Services Providing
Financial Wellness Sensory Tables* Life Skills * Practicing Mindfulness* Car Seat Safety* Stress Release Strategies* Indigenous Crafts* Community Living BC INformation* Draw Baskets

All Draws at 3pm You do not need to be present to win!

Education Dept will be giving away FREE books!

Receive initials from 10 booths and be entered into ALL draws to win!



"THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS."
CORETTA SCOTT KING

Executive Director Summary

Staff Updates:

- HR Assistant and Interim AR/Payroll Clerk job postings are live on the website, FB group, and app. Interviews to follow.

Lands & Emergency Management:

- Recommendation to apply for wildfire jurisdiction due to lack of external fire protection. Surrounding communities may be included in discussions.
- Emergency Operations Committee needs prioritization with fire season approaching. Calls for clearer direction, role delegation, and funding support.

Other Business:

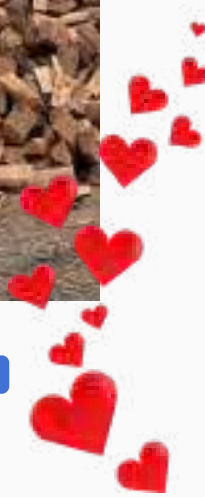
- FMB training to be scheduled for financial literacy, governance, and HR policy.
- Title and Rights files to be located after a busy December.
- Cattle guard issue affected local businesses and emergency access but has been addressed. Awaiting final backfill.
- FireBox code access to be delegated for emergency use.





Bonaparte Sales Limited Partnership
 2693 Sage Hill Rd., Hwy 97N, P.O. Box 318 Cache Creek, BC V0K 1H0
 Tel: (250) 457-6788 Fax: (250) 457-6507

Photos by Pete Z





Pelltsipwenten 2025
 CACHE PIT OR CELLAR PIT MONTH

Bonaparte Sales Limited Partnership Newsletter

Pelltsipwenten 2025

PO Box 218
 Cache Creek, BC V0K 1H0
 Office: 250.457.6788
 Bonapartesaleslimited@bslp.ca

Hat Creek Coal—Application for Three Coal Licenses

January 14, 2025



Kúkpi7 Frank Antoine, Kúkpi7 Justin Kane, Kúkpi7 Darrell Bob

Today, three sister nations met on St’uxw-tews territory to sign an agreement regarding the Hat Creek Coal Applications. Three applications were submitted from Arlene McGhee. The coal license application is in the shared area of St’uxw-tews, Ts’kaylaxw and Xaxli’p, an area managed according to our values, principles, and laws, ensuring ecological and cultural sustainability for future generations. Also known as T’epumen, Hat Creek Valley traditional territory.

This day marks an important day to recognize the collaborations with other sister nations. All the while we are “collectively holding unextinguished title over our traditional territories, including T’epumen.” (as noted in the letter dated December 18, 2024.)

Secwepemcúl’ecw (Secwépemc traditional territory)

continued on page 2.

“Collectively we hold unextinguished title over our traditional territories, including T’epumen.”



Hat Creek Coal— Application for Three Coal Licenses

Continued from page 1.

This letter is the information
SIGNED by all three nations.



We are on the WEB!
Www.stuctews.ca



XÁXL'P
PO Box 1330
Lillooet BC
V0K 1V0



ST'UXWÉW
PO Box 669
Cache Creek, BC
V0K 1H0



TS'KW'ÁYLAW
PO Box 7100
Lillooet, BC
V0K 1V0

December 18, 2024

Ministry of Energy, Mines and Low Carbon Innovation
PO Box 9310 Stn Prov Govt
Victoria, BC V8W 9N3

VIA EMAIL: caroline.moore@gov.bc.ca

Attention: **Caroline Moore,
First Nations Relations Advisor**

Dear Ms. Caroline Moore:

RE: **Hat Creek Coal – application for three coal licenses**

This letter is in response to your letter dated September 24, 2024, regarding an application from Arlene McGhee for three coal licenses in the Hat Creek Valley.

Since the early 1970s, St'uxwéw, Ts'kw'áylaw and Xáxl'p, along with the three Interior tribal nations, the Nlaka'pamias, Secwépemc, and St'át'imc, along with UBCIC have strongly opposed any coal mining or coal projects in the Hat Creek Valley, our position has not changed.

Since time immemorial St'uxwéw, Ts'kw'áylaw and Xáxl'p inhabited our respective territories, living in mutual accord as neighbours with a common traditional shared area, collectively referred to as T'epamen (Hat Creek Valley, area of common interest). Collectively we hold unextinguished title over our traditional territories, including T'epamen.

The coal license application is in the shared area of St'uxwéw, Ts'kw'áylaw and Xáxl'p, an area managed according to our values, principles, and laws, ensuring ecological and cultural sustainability for future generations. This jurisdictional and management is evident in ethnohistorical, ethnographical, and archaeological research, that date back 7000 years of use and occupancy.

We do not see this coal license application for T'epamen, the Hat Creek Valley, as the provincial government's commitment to implementing the United Nations Declaration on the Rights of Indigenous People, including the Truth and Reconciliation Commission's Calls to Action. If this coal project in T'epamen continues, it will be met with strong opposition, galvanizing Interior Indigenous Nations, along with a coalition of like-minded supporters is stopping this project, similar to the mobilization that occurred in 1978 in stopping Hat Creek Coal.

Sincerely,

Chief Daniel Bob,
Xáxl'p

Chief Frans Antoine,
St'uxwéw

Chief Justin Kane,
Ts'kw'áylaw

*"If you see the
BSLP team in
our community
make sure you
give them a
big
THANKS!"*

Firewood Distribution

Firewood distribution is still underway in our community.

The BSLP staff has been working extra hard to get this project complete each month.

While working as a team they accomplish these tasks for our community to have warm homes through the winter season.

If you require any firewood, please have your name added to the list and the firewood will be distributed to your residence.

If you see the team in our community make sure you give them a big THANKS!



**Follow US on
Facebook!**

COUGAR SAFETY

The week of January 14th, a cougar has been spotted in the IR#2 residence area.

Please be very vigilant of your surroundings this time of year.

According to WildSafeBC, cougars are solitary animals that, unlike bears which enter hibernation, are active year-round.

They typically prey on deer and may be drawn to an area where deer overwinter. They will, however, also prey on free roaming or feral cats, dogs and other small animals or livestock. There have been cases where cougars have attacked children. It will often take a cougar several days to consume its kill, which it may cover with debris to deter scavengers. The cougar will stay near the kill and return to the area regularly until the prey has been consumed. If you encounter a kill, you are in danger of also encountering the cougar. You should leave the area immediately and call the BC Conservation Officer Service at 1-877-952-7277 and/or BSLP office at 250.457.6788.

WildSafeBC Cougar Tips

Cougars are one of three wild cat species in BC. Cougars primarily feed on deer but will also prey on small mammals. Free-ranging pets can be at risk. Cougars are elusive animals that are widely distributed in BC but tend to avoid urban areas. Attacks by cougars are rare but can be fatal, especially if young children are involved.

- 1. Keep cats and other pets indoors, especially at night.
- 2. Don't feed deer that can draw cougars into your community.
- 3. When hiking, carry bear spray that is readily accessible and be aware of your surroundings.

Cougar Encounters

- 1. Stop, stay calm, do not turn your back and do not run. Avoid bending over.
- 2. Pick up small children and pets. Look as large as possible. Maintain eye contact. Speak firmly. Prepare bear spray.
- 3. Back away slowly and seek shelter.
- 4. In the event of an attack, fight back and aim for the eyes and face. Discharge bear spray if you have it. Never play dead.



Mountain Wildlife Wildlife & Communities Safe www.wildsafebc.com



COYOTE MATING SEASON

IS UPON US!

The mating season for Coyotes in CT is from **January until March**. The gestation period is about 63 days, so **pups are born in the Spring** (April to mid-May).



Don't let your pets outside unattended.

Don't tie them out on a lead, especially at night.

Use non-slip martingale collars or non-slip harnesses.

Take your dogs out on a leash and have a whistle, stick, or other hazing tools with you to scare a predator away.

WE CAN LEARN TO CO-EXIST WITH OUR WILDLIFE IF WE RESPECT THEM AND TAKE PROACTIVE STEPS.

KEEP YOUR DOGS SAFE

CT Dog Gone Recovery www.CTDORV.org
We bring dogs home!

"Be mindful of wildlife in our community"

COYOTE SAFETY

Coyote reports can increase slightly during coyote breeding season which begins in February. All coyote encounters that are aggressive in nature or show a lack of fear of people and pets should be reported to the Conservation Officer Service at 1-877-952-7277.

EMERGENCY CONTACTS

Fawn Pierro-Zabotel, Natural Resources Manager at 778.257.2588

Darnell Louie, Operations Supervisor at 250.256.4881

Garbage Days—Wednesday's

Recycle Days—Thursday's

Stux'wtews Pesuten Heritage Society Update



Positive Developments:

- 1. Summer Student Grants:** We have successfully applied for summer student grants, which will support youth employment opportunities and enhance our sites' operations during the busy season.
- 2. Five-Year Plan for Historic Hat Creek Ranch:** Our partnership with an elite consulting team is well underway to develop a comprehensive five-year strategic plan for Historic Hat Creek Ranch. This plan will ensure the site's long-term sustainability and growth.
- 3. Wedding Coordination Partnership:** We are thrilled to announce a new partnership with Elite Events BC, who will provide professional day-of coordination for weddings as a value-added service. This collaboration will elevate our wedding services, offering unforgettable experiences for couples and their guests.
- 4. Maintenance Projects:** As part of our annual planning cycle, we are currently reviewing maintenance projects to the Heritage Branch to develop next year's budget. These submissions are critical to ensuring our sites remain safe, welcoming, and well-maintained for visitors.
- 5. McAbee Fossil Beds Site Check:** A recent site tour of McAbee Fossil Beds revealed that the trails and facilities are in excellent condition and ready for further exploration. We are excited to continue developing this remarkable site for educational and cultural experiences.



- 6. Healthy Animals at the Ranch:** All the animals at Historic Hat Creek Ranch are thriving and looking forward to greeting visitors again. Their well-being is a testament to the care and attention they receive year-round.

These initiatives reflect our ongoing commitment to preserving and enhancing these cultural and historic treasures



We are on the WEB!
www.hatcreek.ca
www.mcabeefossil-beds.com/trails

Hat Creek Ranch/McAbee Fossil Beds
 PO Box 430, Cache Creek, BC V0K 1H0

Phone: 250.457.9722

Email: conact@hatcreek.ca
mcabeefossils@hatcreek.ca



tkwem7i'ple7s re qelmúcw emails:

Kukpi7 (Chief)

Frank Antoine - kukpi7@bonaparte.band

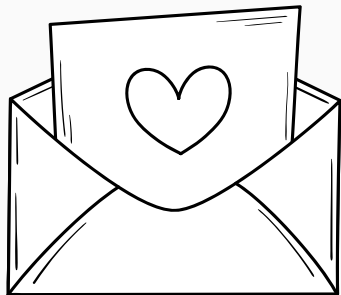
TK'wenem7i'ple7 (Councillors):

Dr. Verna Billy-Minnabarriet - vbilly@bonaparte.band

Tammy Brown - tbrown@bonaparte.band

Matilda Morgan - mmorgan@bonaparte.band

Ace Stewart-Perry - astewart-perry@bonaparte.band



Administration Department;

Clint Roan, Executive Director, ed@bonaparte.band

Valentara Zabotel, Executive Assistant, executiveasst@bonaparte.band

Terri Ann Allan, Administration Receptionist/ Membership, reception@bonaparte.band; & Membership-membership@bonaparte.band

Governance

Honey Minnabarriet, Assistant, engagement@bonaparte.band

Marilyn Porter, Director; governance@bonaparte.band

Language

Shaunna Pierro, Language & Vitality Coordinator, language@bonaparte.band

Sonny Prairie Chicken, Language Director, language2023@bonaparte.band

Elders Charlene Smith, Elders Coordinator,

elderscoordinator@bonaparte.band

Housing Department

Sierra Loewen, Housing Manager; housing@bonaparte.band

Finance Department

Gerald Etienne, Finance Manager, financemanager@bonaparte.band

Monica Foster, Accounts Payables, payables@bonaparte.band

Education Department

Deborah Wilson-Green, Education Director; education@bonaparte.band

Jamie Porter, Education Assistant; eduadmin@bonaparte.band

Health Department

Heidi Billy-Greenman, Health Director, healthdir@bonaparte.band

Emma Antoine, Health Receptionist; healthreception@bonaparte.band

Terry Porter, Family Wellness Worker; familywellness@bonaparte.band

Angie Thorne, Social Development Manager; socialdev@bonaparte.band

Savannah Pierro, Social Development Assistant, socialassist@bonaparte.band

Kala Morgan, Patient Travel/Community Health Worker,

chr2@bonaparte.band

Carolyn Billy, Home Care Aide, hca@bonaparte.band

Sher Perry, LPN/Home & Community Care Coordinator, lpn@bonaparte.band

Telleighla Gies; Community Health Nurse; telleighla.gies@fnha.ca

Mary-Lou Morgan, Adult In Home Care

Angela Clark, Youth Worker, youth2@bonaparte.band

Water

Byron Porter, Water Manager, byron@bonaparte.band

Mike Williams, Water Operator, mike@bonaparte.band

Cultural Enrichment Department

Jamie Neighbor; culturalmanager@bonaparte.band

LANDS

Kyle Minnabarriet; Lands; landsmanager@bonaparte.band

Band Office Phone Number : 250-457-9624 Toll Free: 1-877-457-4944

Education Building: 250-457-9747

Health Department Number : 250-457-6233 Fax: 250-457-9525

B.S.L.P. - 250-457-6788

Morgan/IR1 Water Treatment Plant : 250-457-2216



SIERRA LOEWEN 250.457.9624 EXT. 222
housing@bonaparte.band



REMINDER: DOWNLOAD THE BONAPARTE FIRST NATION APP - ANDROID & IOS

- HOUSING POLICY
- JOB OPPORTUNITIES
- MUCH MORE...

WINTER SURVIVAL TIPS AND TRICKS



1
Do you have a ceiling fan? Make sure it spins clockwise in the winter to push warm rising air back down into the room.



2
Did you know that placing bubble wrap between the window and screen helps to insulate the window?



3
Keep the house heated to a minimum of 65 degrees



4
Open hot and cold faucets enough to let them drip slowly.



5
Make sure to salt paths after shoveling to keep them clear.



6
to minimize water freezing in your pipes, wrap each pipe in a blanket of foam insulation.



7
Setting wet shoes near a heat source to dry them will cause shrinkage. Instead, stuff newspaper inside the shoes to draw out the moisture.



1
Pointing your wipers in the air and covering them with an old pair of socks is a nifty way to keep them from freezing to your windshield during a snowstorm.



2
Shaving cream contains the same ingredients as commercial defoggers. Try wiping down the inside of your car windows with some!



3
Car door lock iced up? Try rubbing some hand sanitizer over the key before inserting it in the lock.



4
use your car's floor mats by placing them upside down under the driving tires to gain extra traction and help you get unstuck.



7
Keep a bag of cat litter in your boot. Litter works great to create tyre traction if you're stuck in snow.



5
Wipe your headlamps with baking soda toothpaste and rinse with warm water for clearer and brighter beams.



6
A spray solution of three parts white vinegar to one part water works extremely well as a de-icer for everything from front steps to car windshields.



8
If possible, always park your car facing east so that the morning sun will defrost your windshield.

If you haven't already, make sure to pick up your smoke detectors and extinguishers from the Housing Department (per household).

As the fiscal year end approaches me and Howard are working hard to complete current renovations and get the reporting into the funders.

We will be working with Leadership to create a 5-10-year Housing Strategic Plan for all homes who haven't had renovations in the last 10 years.

We're starting the process with BC Housing towards our 8 tiny homes project! We look forward to a great 2025!!

If you have any housing questions, please contact the Housing Department.

Sierra L & Howard A



EDUCATION

Indigenous student scholarships & funding. Find funding opportunities that fit your specific situation. A good place to start is talking with members of your community, the BFN office, or with the Financial Aid Advisor at the institution you wish to attend. Take time to research and coordinate your funding options, it will make your time as a student less stressful.

- [Indigenous learning links](#)
- [Post-Secondary Student Support Program](#)
- [Health and Science Career Promotion Grants](#)
- [BC Indigenous Student Award](#)
- [Indigenous Multi-Media Society: B.C. Scholarships](#)
- [Métis Nation British Columbia](#)
- [New Relationship Trust: Funding For Students](#)
- [Art & Design Scholarships & Funding](#)

**taken from <https://www.educationplannerbc.ca/go/plan/financial-resources>

Building Indigenous Theory Micro Credential Program

Courses:

Course offered through UBC and BFN

Course Number	Course Description	Faculty	Dates
STSC 100	Strategies for Success Wednesday Feb 12 evening 6-8pm	Kris Billy	Feb 13/14 Feb 20/21
ENGL 110	College Composition Wednesday March 05 evening 6-8pm	Colleen Minnaert	Mar 07 Mar 13/14
EDUC 410	Language and Cultural Identity in Indigenous Adult Education Wednesday Apr 22 evening 6-8pm	Deb Wilson Gerson	Apr 17/18 Apr 24/25
EDUC 420	Indigenous Adult Learning Epistemologies Wednesday May 21 evening 6-8pm	Verna Billy Minnaert	May 01/02 May 22/23
EDUC 440	Transformative Adult Learning Wednesday June 18 evening 6-8pm	Yvonne Menzies	June 19/20 June 26/27
EDUC 460	Storytelling for the Translation of Knowledge Wednesday July 25 evening 6-8pm	Laura Tebbel	July 17/18 July 24/25

ADDITIONAL COURSES

AGLP 111	Aboriginal Governance and the Indian Act Wednesday Sep 24 evening 6-8pm	Laura Tebbel	Sep 18/19 Sep 25/26
AGLP 140	Aboriginal Leadership and Governance Systems Wednesday evening Oct 15 6-8pm	Cindy Lindley	Oct 09/10 Oct 16/17
EDUC 430	Indigenous Place-Based Adult Education Wednesday Nov 12 evening 6-8pm	Iry Mellan	Nov 07/08 Nov 13/14
EDUC 500	Capstone Project Wednesday Dec 10 evening 6-8pm	Verna Billy Minnaert	Dec 04/05 Dec 11/12

10 courses x 3 credits each = 30 credits

February, 2025 – February, 2026 – exact dates to be confirmed

interested?? in the Micro credentials - check out more information on the BFN APP - Starts in March

BONAPARTE CHILD CARE CENTRE



The anticipated delivery for the 1st module to BFN IR3 is end of February 2025 – Once this date has been confirmed by Greyback, a NOTIFICATION to members will go out. The modules will be temporarily stored at the ball field. **road closures will be in effect!!**

Governance

Governance has had a full year of engagement sessions; we met with members home and away from home. In collaboration with other departments and meeting with the family pods. We have had success for the year 2024 and look forward to this year of 2025 engagement sessions. The Governance Department is working on, "A year in Review with Governance" this will be a wonderful look at the entire year of collaborating and rising together. We went from Language Declaration to Custom Election Code to Specific Claims and Stsmemelt. We learned about the topics and had very meaningful feedback from the membership. Our Custom Election Code had really wonderful engagement sessions, with ratification vote process. The Code is now going before Canada, and we are waiting for a Ministerial Order. Our Specific Claims engagement Sessions went great as well, to understand the process and material is so critical. Our next steps in engagement will be identified in our Governance newsletter, if you have any photos to share or if you can name a special guest that we had in 2024 your name will be entered into a draw please submit your entry to governance@bonaparte.band or engagement@bonaparte.band January went by fast looking forward and excited for 2025!

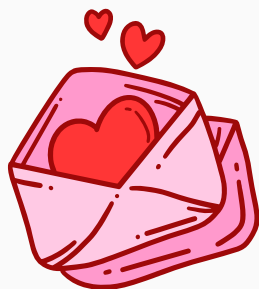


February Community Events and Services

- Every Tuesday- Community Secwepemetsin with Sonny 12pm-1pm in the Health Board room
- Every Thursday Elders Secwepemetsin with Sonny, 12pm-1pm in the Health Board room
- Feb 4th - upcoming Dr.Lawrie visits, contact Emma, Health receptionist
- Thursday, February 6th - Nurse Practitioner, Telleighla visit, contact Emma, Health receptionist
- Thursday, February 6th - Elders Bingo @Quonset doors open at 5:00; Bingo @6pm
- Monday, February 10th - CC Rec BINGO @CC Hall; doors open @5pm
- Wednesday, February 12th - Legion Bingo @Ashcroft Legion Start at 6:00pm
- Thursday, February 13th - Nurse Practitioner, Telleighla visit, contact Emma, Health receptionist
- Thursday, February 13th - Akio Fundraiser BINGO @Quonset - doors open at 5:30pm; Bingo @6pm
- February 14th - Wellness Fair @Quonset Come join us!
- February 14th - YOUTH going to tubing at Harper Mountain; contact Angela for more information
- February 16th for BINGO: Royal Purple, Start at 6:00pm
- February 18th - Dr.Lawrie visits, contact Emma, Health receptionist
- Thursday, February 20th - Nurse Practitioner, Telleighla visit, contact Emma, Health receptionist
- Thursday, February 20th - Elders Meeting in Council Chambers from 9:30am-12pm.
- February 24th for BINGO CC Recreation, Start at 6:00pm

Recurring Events:

- 1.St. Alban's Church in Ashcroft serves "Soups On" every Friday from 11am-1pm.
- 2.Health Care Auxiliary Thrift Shop in Ashcroft is open every Wednesday from 10am-4pm.
- 3.Second Time Around Thrift Shop in Ashcroft is open every Friday from 10am-4pm.



February 20, 2025

**St'uxwtéws will be hosting
The Stme'melt Technical
Working Group**

- Resources available
- Stories and the Law
- Bonnie Leonard is available for questions

Anyone is welcome to attend

Location: Quonset
Provided: Materials
Snacks & Lunch
Time: TBA

Witness the Transfer of the Baby Bundle





Baby Bundle Transfer to St'uxwtéws

SHER PERRY HOME & COMMUNITY CARE NURSE

**AVAILABLE - MONDAY TO THURSDAY
9AM - 3PM
FOR FOOT CARE,
PLEASE CALL**

**1.250.457.6233
FOR AN APPOINTMENT**



Attention Kamloops & Area Cancer Patients!

Join our FREE LIFE Program January 28 & 29, 2025, from 9:30 am - 3:30 pm,
LOCATION: In-person - Kelson Hall, 330 St. Paul Street, Kamloops, BC;
and learn about:

- Stress Reduction
- Sleep Management
- Self-Care
- Nutrition & Exercise

And More...

Sign up today through the link below:

<https://inspirehealth.ca/life-2025/>

We invite you to share this with your family and friends or those you know who may be impacted by cancer. Limited seating available.

For over 25 years, InspireHealth has supported the physical, emotional, and spiritual health of cancer patients and their loved ones before, during and after treatment. All programs and services are FREE of charge.

InspireHealth's two-day LIFE Program provides patients with the essential foundations of health and well-being during cancer.

Kamloops and surrounding area patients with all cancers - newly diagnosed, in treatment or post-treatment - are welcome.

All sessions are led by the InspireHealth team of supportive care clinicians including Physicians, Counsellors, Dietitians and Exercise Therapists.

Partial funding for the LIFE Program has been generously donated to support cancer patients in memory of Jim Bowersock, Harold Dreyer and Curtis McCoy.

If you or someone you know has been affected by cancer and needs help - Join Us!

If you have any questions or concerns, please do not hesitate to call toll-free: 1.888.734.7125



We choose
KINDNESS

PROUD SUPPORTER OF PINK SHIRT DAY CANADA

feb 26 2025

PINK SHIRT DAY CANADA

PINK SHIRT DAY – FEBRUARY 26, 2025!

What is the real story of Pink Shirt Day?

In 2007, Coldbrook Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink!

In Canada, the last Wednesday of February each year is Pink Shirt Day. Pink Shirt Day, also known as Anti-Bullying Day, raises awareness about bullying in schools, workplaces, at home and online.

REMINDER TO SOCIAL ASSISTANCE CLIENTS
DECLARATION SLIPS ARE DUE ON, FEBRUARY 3RD, 2025.
PLEASE STOP BY THE HEALTH CENTRE AND FILL OUT A
FORM FOR THIS MONTH. BY THE END OF THE DAY
FEBRUARY 3RD, 2025.

PLEASE COMPLETE/FILL OUT FORM.

IF YOU HAVE JUST SIGNED YOUR NAME THAN IT IS
INCOMPLETE PLEASE COME IN AND COMPLETE YOUR
SLIPS APPROPRIATELY.

DECLARE ALL INCOME EARNINGS.

THANK YOU.

ANGIE THORNE, SOCIAL DEVELOPMENT



Loon Lake IR#4

Secwepemctsin

SWETI7 KE7 SKWEST - WHAT'S YOUR NAME?
KE7 SKWEST - MY NAME IS - (NAME)

WEYT-KP XWEXWÉYTEP- HELLO, HOW ARE YOU?

WEYT-KP - HELLO TO MORE THAN ONE
PUTUCWIYE - GOOD-BYE TO MORE THAN ONE

TSCWINÚCW-K - GOOD MORNING (IT SEEMS YOU
HAVE
MADE IT THROUGH THE NIGHT)

Wolf and Wolverine

Wolf was a relative of Coyote and was noted as a hunter shaman. He lived with Wolverine. Wolf hunted deer and elk. Wolverine caught beavers. He set nets in the creeks near the beaver dams and then broke the beaver dams and houses, drove them into his nets and killed them.

One day Wolf said to his companion, "I must leave you, for the game is very scarce around here, and I must go to some place where it is more plentiful". He went to a different part of the country, where he found many deer and elk. There he made a lodge, hunted, and killed many. Before long, his lodge was full of hanging dried meat.

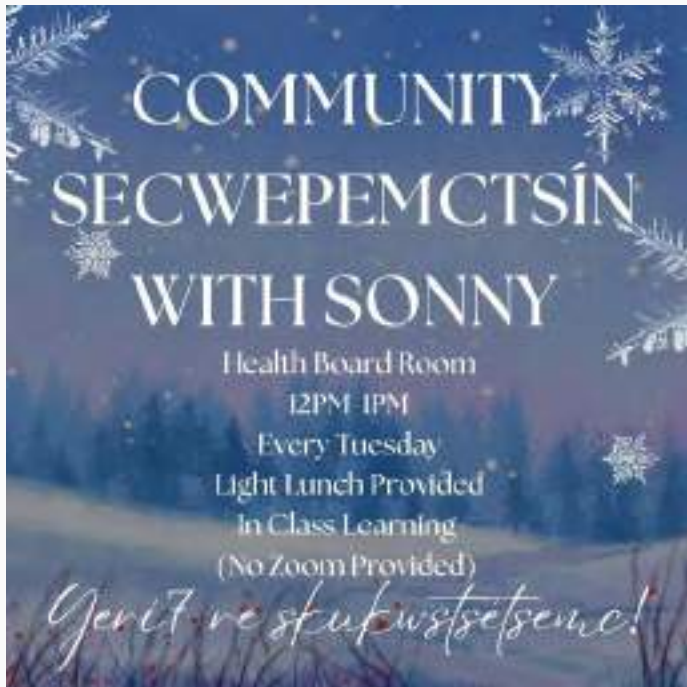
Meanwhile, beavers had become scarce where Wolverine lived. He caught many beavers and the remainder had left. Wolverine lived for a long time on his dried beaver meat, but at last, he ran out of food. He was reduced to starvation and became very thin. Wolverine decided to search for his friend Wolf to see how he was doing. He thought Wolf might have plenty of food.

Soon he found Wolf's lodge and entered and sat down near the door. Wolverine felt tired, for he was very weak. He said to himself, "Wolf will see my plight and feed me from his plentiful stores". He saw that Wolf's house was full of dried meat and fat.

Wolf never spoke to Wolverine but proceeded to heat stones and to boil some meat, which he ate, when he finished, he emptied the brew out the door of his lodge. Wolverine was very sad because Wolf offered him nothing to eat and said to himself. "He has no pity on me when he sees me lean and hungry. He even insults me by throwing out the nourishing brew right close by my face. Well, Wolf shall find out that he is not the only shaman. I shall get even with him yet".

Wolverine left the house and, after traveling a long way, reached a lake where beavers were very plentiful. Here he caught many beaver. Before long his lodge was full of dried meat and beaver tails hanging up. Then, through his shamanistic powers, he made Wolf unlucky. Wolf could find only a few deer and when he did find them, he could not kill them. Wolf had to live on the stores of meat which he had put away in his lodge, but at last he finished them all. He was reduced to boiling the old bones, and scraping the pieces of fat and meat which stuck to the skins. At last, he ran out of this food and Wolf thought of Wolverine. He said, "I will search for his house and live with him; perhaps he has plenty of food".

Soon, he found Wolverine's lodge, entered, and sat down at the door. Wolverine never spoke to Wolf, but proceeded to cook some beaver tails, and after eating them, threw the brew over Wolf's head and out the door. Wolf remembered how he had treated Wolverine, and said to himself. "He serves me as I served him". Wolf left and ever since then, Wolf and Wolverine never lived together again





Urban and Away-From-Home-FNHA

Overview

The majority of First Nations people in BC live in urban areas or away from home. However, mainstream health services are not always accessible due to systemic, institutional, clinical and individual barriers. The FNHA has multiple roles as a service provider, funder, partner and advocate to support the health and wellness of all First Nations people in BC, regardless of where they live or access their health services.

The First Nations Urban and Away-from-Home (UAH) population includes status and non-status First Nations people in BC who live in:

- a city, urban, rural, remote or isolated area that is not in a First Nations community or on a reserve
- a reserve that is away from their home community

Programs, Services and Resources

First Nations people living in urban areas and away from home have access to programs, services and resources provided by the FNHA, including:

- [First Nations Health Benefits](#) (available to status First Nations people living in BC)
- [Virtual Doctor of the Day](#)
- [Virtual Substance Use and Psychiatry Service](#)
- [The Doulas for Aboriginal Families Grant Program](#)
- [Opioid Agonist Therapy \(OAT\)](#)
- [Naloxone Coverage](#)
- [Mental Health and Substance Use](#)
- [FNHA Mental Health Providers Map](#)
- [Compliments and Complaints](#)
- [Urban and Away-From-Home Lunch and Learn](#)

Contact

Urban and Away-from-Home Team

Email: UAH@fnha.ca



NURTURE SPIRIT

MAKING YOU SMILE
FNHA WELLNESS DIARY

MAKING YOU SMILE

Nurturing spirit is the aspect in your life that makes you smile! This is about what makes you feel good and connected. This builds your self-esteem, self-confidence and allows you to be connected to others, mother nature and yourself.

Nurturing your spirit supports your mental, emotional and physical aspects of your being. Even though your spirit is fundamental in your wellness it is often overlooked or not supported when discussing your health.

A huge component of taking a First Nations perspective on health is taking a holistic view of health including the spiritual and emotional aspects to the physical and mental aspects, which are traditionally looked at in the medical system. This holistic view includes a 'healthy mind, body, and spirit'.

Some examples of nurturing your spirit are:

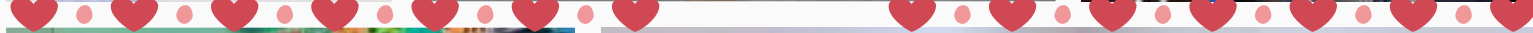
- providing a space for spirituality
- drumming and dancing
- connecting with ancestors, mother nature or great spirit
- taking time for self to decompress or manage stress such as yoga, meditation, learning a new hobby
- honouring self by bringing balance into life and having self-responsibility.





COMMUNITY.







February- Angela, Youth Coordinator



What an action-packed January for the Youth! So much learning and fun was had.

- January 11th, we had our first Bottle Drive to raise money for a trip to Vancouver for youth. We hope to visit, Science world, the PNE, the Aquarium and more! We had a nice little group come out to help and raised over \$800 for our trip. Great Job everyone!
- January 14th, we held our first Language Nest Class with Justin Prairie Chicken, the kids learned the history of Stuxwtews and learned a Lahal song in Secwepemctsin. We are holding language nest twice monthly and our February classes will be Feb 11th and Feb 25th at the Cache Creek Hall. After school pick up is happening in Ashcroft and Cache Creek schools. Our class is growing already! If you would like to register your child, please contact Angela and youth2@bonaparte.band
- January 18th- So much gratitude to Norman Retasket for coming in to make drums with the youth! They all did amazing and went home with a beautiful new drum. What a great way to spend a Saturday.
- Jan 21st the Youth and some parents went climbing at Cliffsides Gym in Kamloops. It was so much fun. The kids loved it. We will be going again Thursday Feb 20th. We have only 12 spots. If you would like to register, please contact Angela at youth2@bonaparte.band The bus will leave the band office at 4:30pm sharp.
- Jan 26th the Youth set up a Kid Zone at the Winter Solstice Event, lots of crafting and coloring and visiting was done! Thank you to our youth who worked this event.
- **FLOOR HOCKEY COMING IN FEBRUARY!!**
 - I have had so many requests to open the Quonset for Floor hockey so Wednesday Feb 12 begins a weekly Floor Hockey night from 3:30-6:30 every Wednesday. If you need your kids picked up after school, please contact Angela at youth2@bonaparte.band
- **TUBING AT HARPER MOUNTAIN FEBRUARY 14TH- PRO D DAY**
 - Frank will be driving the big bus, and we will be leaving the band office at 9:30 am sharp! We will enjoy a couple hours of tubing at Harper Mountain and lunch and snacks. I only have just a few spots left for this one so please contact Angela at youth2@bonaparte.band to register. If your child is under 8, please plan on attending with them, you don't need to slide!
- **FEBRUARY 14TH- FAMILY WELLNESS FAIR CELEBRATING FAMILY DAY**
 - 10-3 at the Quonset- Secwepmec Child and Family Services and Stuxwtews Health and Social Development Departments are partnering to bring you an epic Wellness Fair with multiple booths geared towards your health and family wellness. Come down and enter to win in multiple draws with amazing items!
 - What a great way to spend the time while your child is tubing at Harper Mountain!
- Youth Home Visits will continue in February, please contact Angela at youth2@bonaparte.band to register. This is a great way to access extra supports for your family.
- February 26-27 is the First Nation Education Steering Committee Parent Conference in Vancouver. I still have one spot open if you are interested in attending and learning more ways to support your youth with their academic goals.
- **Watch for an online auction in February to raise money for our Vancouver trip and the Parent Meeting date is TBA**

Thank you to everyone who supported our bottle drive and thank you to all the parents supporting the youth events!



Working together

to bring Government of Canada services to you.

Join us to find out more about...

Representatives from Service Canada, Canada Revenue Agency and community income tax volunteers are coming to your community!

Wed. March 12, 2025
To book an apt. contact Angie Thorne @ 250-457-6233 ext 239

- Service Canada can assist with:
 - Employment Insurance
 - Pensions CPP, OAS and GIS
 - Social Insurance Numbers
 - Canadian Dental Care Plan
 - Canada Revenue can assist with:
 - Benefits and credits you may be missing
 - How and when to apply for benefits
 - CRA services that may be available to you
 - Community Income Tax Volunteer:
 - Can assist with submitting individual income tax returns.
 - *Please note* Volunteers can only assist with basic income tax returns.
- *Please bring your Social Insurance Number and a piece of picture ID.

*If you need a SIN, please bring your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

Service Canada
When: March 12, 2025
Where: Bonaparte Health Centre
Book appointment with Angie Thorne
250-457-6233 ext:239



Food Safe

LEVEL 1

Basic Food Safety for Food Handlers Training and Certification

Date: Saturday, February 8, 2025
Place: BFN Quonset
Time: 8:30am - 4:30pm
PLEASE BRING I.D.



If you're unable to attend this day, please let Terri know

A food handling, sanitation and work safety course designed for food service establishment operators and front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.



CONTACT TERRI ALLAN AT 250-457-9624 TO SIGN UP

THE MEMBERSHIP DEPARTMENT AT BFN OFFICE IS OUT OF THE 5 YEAR STATUS CARDS. THERE WILL BE A WAITING PERIOD, AS MORE CARDS ARE BEING ORDERED.



I'M ABLE TO DO THE 10YR STATUS CARD @ THE BAND OFFICE. CALL TERRI @ 250-457-9624.





**** MEMBERSHIP
ADDRESS UPDATE
~REFERENDUM,
VOTER'S LIST, ETC...****

IMPORTANT

*Contact Membership,
Terri Allan @
250.457.9624*

**MEMBERS OF BONAPARTE FIRST NATION
NEVER MISS AN UPDATE**

News & Events | Documents | Job Postings

- 1 Scan the QR code or visit the App Store or Google Play Store and Search 'Bonaparte First Nation'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link sent to your email inbox

DOWNLOAD NOW

Available on the Google Play and the App Store




Family Day Festival

Feb 17th



Valentine day

On Family Day, the **City of Kamloops** will transform the Tournament Capital Centre into a festival for families with children of all ages!

The 11th Annual Family Day Festival is a free event that will take place on **Monday, February 17, from 10:00 am – 2:00 pm.**

Full event details will be shared in early February once all participants have been confirmed.

Feb 17-23, 2025 ❄️
HERITAGE WEEK *pastimes in past times*



Heritage is made up of the pastimes and traditions that shaped the identity of communities. This year's Heritage Week:

Pastimes in Past Times celebrates the many ways people spent their leisure time throughout history, exploring how these activities have contributed to the cultural fabric of today. Take time this week to discover something new about the pastimes that have shaped the heritage of the place you call home.



FEBRUARY



AQUARIUS

20 January to 18 February

Ooh, Aquarius. You're on fire this month. You're exuding charm and everything that you write or say is pure gold. You smooth talker, you. Lean into this and make the most of these skills. You could see some very interesting results.

The full moon can have you thinking deeply about love and how your values play into your relationships. You're reflecting on how your upbringing may have shaped the way you see the world. Are there any approaches you're holding on to that are no longer serving you? You know what you want but you can't help but to try to meet the expectations of your family and other people you love. This is a great time to understand how to balance those two drives.

Towards the end of the month, there's something in your day-to-day life that you need to address. Some sort of habit, routine or way of doing things has been sending your stress levels rocketing. It's time to face this issue head on. Change up the way you're tackling the to-do list and consider booking some annual leave. You need some time to rest.



Chester (Jazz)Antoine-2; Kody Kennedy:-02; Stephen Retasket-02; Robin Kennedy-03; Antoinette George-04; Sylvia Raymond-04; Richard Billy-05; Beverly (Vera) Morgan-05; Shawna Morgan-05; Devin Anolik-07; Raymond Johnson-07; Elizabeth Pierro-07; Tasha William-08; Taryn Mark-09; Marvin Tremblay-09; Barbara Brummitt-10; Linda Westbrook-10; Jay Malcolm-11; Clayton Patterson-11; Donna Pierro-12; Jason Bartek-13; Tara Johnson-13; Carmelita Minnabarriet-13; Jordan Williams-13; Dave Russell-15; Donna Lulu-16; Destiny Macwaters-16; Jobie Siemens-16; Tavis Washington-16; Elisha Beaulieu-17; Elaine Herbert-17; Errol Johnson-17; Kaylee Gillespie-18; Elspeth Kennedy-18; Shannon Dalrymple-19; Juanita Lawson-19; Lorie Petel-19; Kris Pierro-19; Laurie Kennedy-20; Patsy Kohnke-20; Jamie Raynes-20; Kristopher Billy-21; Madison Smith-21; Natasha Bob-22; Stephen Etienne-22; Justin Minnabarriet-22; Nahema Barney-23; Kylie Isnardy-23; Shane Minnabarriet-23; Beverly Gonzalez-24; Anjelica Cervantes-25; Kirsten Dickey-25; Leah Pierro-25; Lord Brandon Sachkiw-25; John Manning-26; Glen Morgan-26; Joyce Gentry-27; Cassandra Reid-27; June Porter-28; Kenneth William-28; Erika Alvarez-29

** if you have any birthday wishes, anniversaries, congratulations etc., to send for the next newsletter, please email - communication@bonaparte.band **

20-Minute Sick-Day Chicken Noodle Soup Is the Perfect Remedy for

a Cold
DIRECTIONS

INGREDIENTS

- 1 tablespoon avocado oil
- 1 pound boneless, skinless chicken breasts, cut into ½-inch pieces
- 1 tablespoon finely chopped garlic
- 2 teaspoons chopped fresh ginger
- 1 tablespoon white miso
- ½ teaspoon salt
- 8 cups unsalted chicken broth
- 3 cups whole-wheat egg noodles (6 ounces)
- 1 cup mixed frozen vegetables
- 2 tablespoons thinly sliced scallions
- ¼ teaspoon crushed red pepper

Heat 1 tablespoon oil in a large Dutch oven over medium heat. Add chicken pieces; cook, stirring often, until no longer pink, about 5 minutes. Add 1 tablespoon garlic and 2 teaspoons ginger; cook, stirring constantly, until fragrant, about 1 minute. Add 1 tablespoon miso and ½ teaspoon salt; stir to coat. Stir in 8 cups broth; bring to a boil over high heat. Add 3 cups noodles and 1 cup frozen vegetables; return to a simmer over medium-high heat. Reduce heat to medium to maintain simmer; cook, stirring occasionally, until the noodles are tender and the chicken is cooked through, about 8 minutes. Stir in 2 tablespoons scallions and ¼ teaspoon crushed red pepper.

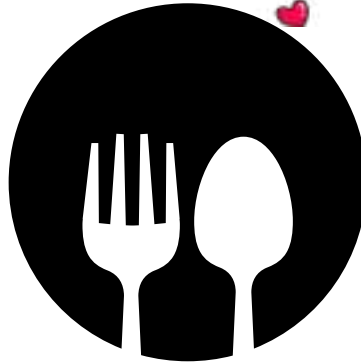


OVEN-ROASTED BROCCOLI RECIPE

- Broccoli
- Oil
- Seasoning – We kept the seasoning to just the classic salt and pepper.
- fresh Garlic – you can easily substitute for garlic powder or opt out of the garlic completely. If you don't want the garlic crispy, add it halfway through cooking instead of at the beginning.

Instructions

1. Prep – Preheat the oven and line a rimmed baking sheet with parchment paper.
2. Cut broccoli – Cut the broccoli into medium florets. Be sure to cut them into uniform pieces for even cooking.
3. Season- Add the broccoli to the baking sheet, drizzle with oil, add the garlic, salt, pepper and toss to coat.
4. Cook- Roast the broccoli until the edges are lightly browned and desired doneness.



ONE-POT SPINACH, CHICKEN SAUSAGE & FETA PASTA



INGREDIENTS

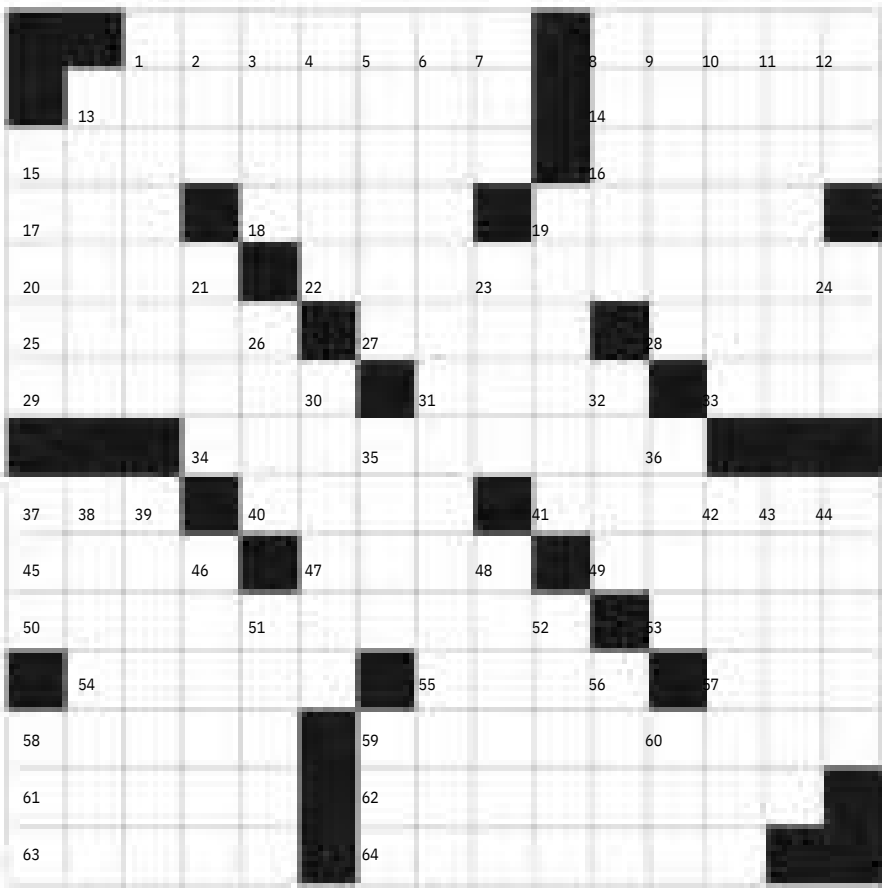
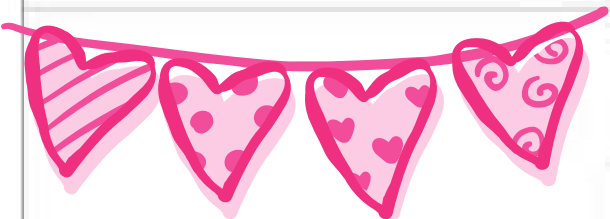
- INGREDIENTS
- 2 TABLESPOONS OLIVE OIL
- 3 LINKS COOKED CHICKEN SAUSAGE (9 OUNCES), SLICED INTO ROUNDS
- 1 CUP DICED ONION (SEE TIP)
- 1 CLOVE GARLIC, MINCED
- 1 (8 OUNCE) CAN NO-SALT-ADDED TOMATO SAUCE
- 4 CUPS LIGHTLY PACKED BABY SPINACH (HALF OF A 5-OUNCE BOX)
- 6 CUPS COOKED WHOLE-WHEAT ROTINI PASTA
- ¼ CUP CHOPPED PITTED KALAMATA OLIVES
- ½ CUP FINELY CRUMBLED FETA CHEESE
- ¼ CUP CHOPPED FRESH BASIL (OPTIONAL)

DIRECTIONS

1. HEAT OIL IN A LARGE STRAIGHT-SIDED SKILLET OVER MEDIUM-HIGH HEAT. ADD SAUSAGE, ONION AND GARLIC; COOK, STIRRING OFTEN, UNTIL THE ONION IS STARTING TO BROWN, 4 TO 6 MINUTES. ADD TOMATO SAUCE, SPINACH, PASTA AND OLIVES; COOK, STIRRING OFTEN, UNTIL BUBBLING HOT AND THE SPINACH IS WILTED, 3 TO 5 MINUTES. ADD 1 TO 2 TABLESPOONS WATER, IF NECESSARY, TO KEEP THE PASTA FROM STICKING. STIR IN FETA AND BASIL, IF USING.

FOOD!!!

*You have a recipe you'd like to share email-
tbrown@bonaparte.band*



Across

- 1 Instruction to someone who's nervous or afraid
- 8 Cobb, Caesar, or Waldorf
- 13 Allen Ginsberg, for one
- 14 Utter misery
- 15 Lady Liberty : United States :: ___ : United Kingdom
- 16 Crystal- lled rock
- 17 "Maple Leaf ___" (Scott Joplin classic)
- 18 Unwelcome glance
- 19 Japanese bread crumbs
- 20 "Say it ___ so!"
- 22 Course that might include units on Impressionism and Cubism
- 25 Leg benders
- 27 Word that means "dirt" as a noun or "to dirty" as a verb
- 28 "O.K., why not"
- 29 Self-___ (con dence)
- 31 General ___ chicken (Chinese American dish)
- 33 Spigot
- 34 Planet-destroying superweapon built by the Galactic Empire
- 37 One calling balls and strikes, informally
- 40 Extremely serious
- 41 Noses around
- 45 Wrapped Indian garment
- 47 Tons

- 49 Cartoonish sound of a spill
- 50 Sel sh bedmate
- 53 Writer ___ St. Vincent Millay
- 54 Keyed up
- 55 One way to order a steak
- 57 Oinker on a farm
- 58 Seasonal song such as "Deck the Halls"
- 59 Asset for a card shark
- 61 Common default font
- 62 Letters in a monogram
- 63 Emotionally demanding
- 64 Renters

Down

- 1 Square-shaped New Orleans doughnut
- 2 Untrustworthy sort of person
- 3 List-ending abbr.
- 4 Sleep ___ (respiratory problem)
- 5 Contents of some printer cartridges
- 6 Next in line?
- 7 Letter between zeta and theta in the Greek alphabet
- 8 Long, convoluted tales
- 9 Real-estate representatives
- 10 "Heads up!"
- 11 Small, landlocked country between France and Spain

- 12 Take from blond to red, say
- 13 Intelligence, so to speak
- 15 Pedal next to the gas
- 19 Those with sky-high career prospects?
- 20 Began a round of golf, with "off"
- 23 Sound from an angry cat or snake
- 24 "You betcha!"
- 26 Rank for the post-season
- 30 Sent via the post office
- 32 Without, in French
- 35 Gait below a canter
- 36 Equipment for tug-of-war
- 37 Kind of electronics port
- 38 Computer viruses and the like
- 39 Grassland
- 42 Friends who go way back
- 43 Loses all composure
- 44 "All the world's a ___, / And all the men and women merely players": "As You Like It"
- 46 Bit of progress
- 48 Gradually absorb
- 51 ___ green (brightly saturated shade)
- 52 "Barbie" director Gerwig
- 56 "___ go brag!" (cry of Irish pride)
- 58 Container for soup or Spam
- 59 Orchestra's place in a theatre
- 60 Lard or schmaltz, e.g.



Happy
Valentines
Day



February
national
days
word
search

FEBRUARY

Printable
from
Always
the
Holidays

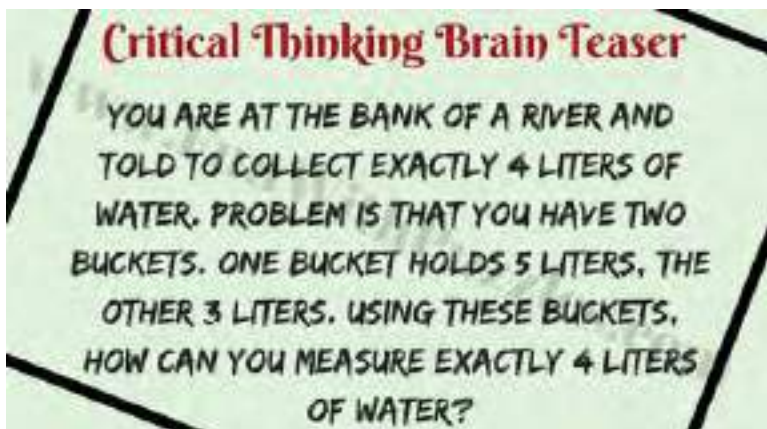
H Y Y A D P U O S E D A M E M O H N C A O R
T F A S U P E R B O W L S U N D A Y G Y E A
N O D D U E Y O S O Y N Y A D S C E A L T M
O O Y Y H S S A R C B A N A P O T D V D D A
M T A A C S A R D T H R D A D O T A M A A K
Y B D D D H A N O E A E Y E U E L T Y Y Y E
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D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

BLACK HISTORY MONTH
ROSA PARKS DAY
SUSAN B ANTHONY DAY
GROUNDHOG DAY
VALENTINES DAY
SAFER INTERNET DAY
ORGAN DONOR DAY
DAY OF SOCIAL JUSTICE
SUPER BOWL SUNDAY
NAACP DAY
GALENTINES DAY

KISS DAY
CHOCOLATE MINT DAY
OPERA DAY
RARE DISEASE DAY
HOMEMADE SOUP DAY
SCIENCE DAY
PISTACHIO DAY
TILE DAY
MISSING PERSONS DAY
ROSE DAY
FROZEN YOGURT DAY

FOOTBALL HANGOVER DAY
PIZZA DAY
MAKE A FRIEND DAY
MAN DAY
TUG OF WAR DAY
RADIO DAY
GET OUT YOUR GUITAR DAY
DRINK WINE DAY
SPAY DAY
CHERRY PIE DAY
LASH DAY

			5		7			
	4		2	6	3			
1		7	4					
3	6						4	5
		2		5		7		
7	9						6	2
					9	4		1
			1	3	4		9	
			6		5			



RIDDLE :

- Q: Who is bigger: Mr. Bigger, Mrs. Bigger, or their baby?
- Q: A cowboy rides into town on Friday, stays for two nights, and leaves on Friday. How is this possible?
- Q: What building has the most stories?



Add 2 full measures using the 5l, remove 2 full measures with the 3l, you are left with 4l.

A: The library.

A: His horse is named Friday.

A: Their baby, because he is a little bigger.



AKIO PIERRO 2ND ANNUAL BIRTHDAY POW WOW



AKIO INVITES ALL
DRUMMERS & DANCERS

FEBRUARY 22, 2025
CACHE CREEK HALL | GRAND ENTRY 1PM/7PM

EMCEE: GORD MANYCLOUDS
ARENA DIRECTOR: EVERETT WHITE
SPECIALS: TBA

EVERYONE WELCOME

ABSOLUTELY NO DRUGS OR ALCOHOL

FURTHER INFORMATION: CONTACT SHAUNNA PIERRO AT 250 457 1586

(LITTLE) DEKA LAKE ANNUAL ICE FISHING DERBY & RAFFLE

PRESENTED BY
DEKA LAKE AND DISTRICT VOLUNTEER FIREFIGHTERS
SOCIETY

SATURDAY FEBRUARY 15, 2025

TICKETS \$10

TICKETS AVAILABLE @ DONEX, LONE BUTTE
SPORTING GOODS, DAY OF DERBY ACCESS 12
OR BY TEXTING 250 706 2750

RAFFLE, DERBY AND DOOR PRIZES ALL ON SAME TICKET
HOT CHOCOLATE, COFFEE & HOT DOGS
11am - 2:30pm



RAFFLE GRAND PRIZES

- 1st PRIZE \$500
- 2nd PRIZE \$300
- 3rd PRIZE \$200

ICE CONDITIONS VARY DLV/FDS RECOMMENDS NO MACHINES ON ICE

WEIGH IN 6:00 am - 2pm ACCESS 12
PRESENTATION OF PRIZES 2:30 ACCESS 12
MUST BE PRESENT FOR DERBY & DOOR PRIZES

ELDERS !!!

2025

National Gathering of
Elders Kanata
Presents

National Gathering of Elders
To be held in Edmonton AB

Sept. 29th - Oct. 2nd 2025

Elders Forums
Social Dance
Trading Post
Cultural Activities
And so much more!

SIGN UP !

Call the Band office or email
Elderscoordinator@bonaparte.band to get your name
on the list



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

You're Invited!

Settlement Cultural Safety
and Inclusiveness Training
February 18-21, 2025

contact Angie T, Social Development for more information

INVITES YOU TO OUR 6TH ANNUAL WINTER GATHERING POWWOW

SATURDAY FEBRUARY 1ST/2ND 2025
OPEN TO THE PUBLIC

Announcers:
Stan Isadora
Floor Director & Whipman:
Cecil Sheena & Everett White

Children's Craft Spot

Have a Heart Day
Come make a heart for Have a Heart Day!

LOCATION: SANDMAN CENTRE
300 LORNE ST. KAMLOOPS, BC V2C 1W3

February 1
Day One

- Grand Entry: 1PM**
- Category Dances
- Grand Entry: 7PM**
- Red Dress Dance
 - Orange Regalia Dance

February 2
Day Two

- Grand Entry: 1PM**
- Round Dance
 - Teddy Bear Special
 - Have a heart - Owl Dance

Information

Vendors on site
(at max capacity)
Contact: squwey.gottfriedsen@secwepemcfamilies.org

Concession on site

Drum Registration:
contact: Lyle.Thomas@secwepemcfamilies.org

General information:
contact: Squwey.Gottfriedsen@secwepemcfamilies.org

Non Competitive

SCFSA is NOT responsible for lost or stolen items



53rd FIL Luge World Championships - Whistler

February 6, 2025 - February 8, 2025

The world's fastest athletes on ice will slide into Whistler, BC when Luge Canada hosts the 53rd FIL Luge World Championships. More than 150 athletes, representing more than 25 countries, will battle it out for the title of king and queen of Luge.

Canadian Little League Championship-Saanich

July 29, 2025 - August 9, 2025

Join Little League Canada and Layritz Little League, along with players and spectators from coast to coast in this annual tournament celebrating Canada's top Little League teams. This will be a major event for Greater Victoria, welcoming guests from across Canada.



Pavilion BC - 8am - 2pm
Ts'kw'aylaxw Kids Summer Trip 2025

\$25 per person - Payouts depends on # of entries plus prizes
Chili- coffee and 50/50

Any questions contact Gena Edwards, Wendick Aziz or Hannah Coburn on FB



SPRING CLEANING SALE

Feb. 22/25 10am-2pm




Spring cleaning? Wanna sell your stuff?
Grab a table at the HUB for an indoor yard sale!
Tables \$10 on a first come basis.
Call or email to reserve a table.

711 Hill St. Ashcroft
250-453-9177 office@ashcrofthub.com

Friendly reminder...

If you don't step out of your comfort zone, 2025 will be just like 2024.

Don't forget that sometimes even the smallest change can make a big difference.

**Photovoltaics (PV)
Fundamentals and Installation**



Prepared for: Clorinda Sasakamoose
IBET Director
Shuswap Nation Tribal Council

Submitted on: January 28, 2025
ABORIGINAL TRAINING EMPLOYMENT CENTRE (ATEC)
250-554-4556, CLORINDA SASAKAMOOSE, ASETS
DIRECTOR.

Community Education & Workforce Development



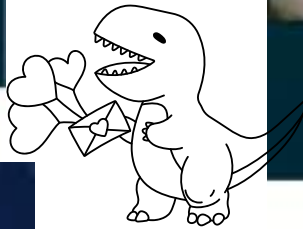
**Asbestos Level 2 Certification
with Mold Remediation**



Prepared for: Clorinda Sasakamoose
IBET Director
Shuswap Nation Tribal Council

Submitted on: January 28, 2025
ABORIGINAL TRAINING EMPLOYMENT CENTRE (ATEC)
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Community Education & Workforce Development



**ARROW IS HIRING
Construction
Professionals
HWY 8 REPAIR**

- Wages Range from \$24 to \$40 /hr
- Positions from Labourers and Operators to Technicians and Manager
- Seasonal, Project Based Work
- 10 hr shifts, 60 hrs /week, OT after 40 hrs /week

ARROW



14th Annual
**Cache Creek
Seedy Saturday**
Saturday, Feb 1

10 am - 2 pm
Cache Creek Community Hall



- Seeds • Crafts • Speakers
Plants • Pollinators
Master Gardeners
Door Prizes • Food
Vendors • Giveaways
Free admission
Come celebrate Spring!

Another great community event from the
Cache Creek Beautification Society

Clinton and District Outdoor Sportsmen
Association
Ice Fishing Derby



**\$20 entry
CASH
PRIZES**

**Saturday, Feb 15th 2025
Beaverdam Lake
Daylight until noon**

Sponsored by: BC ATV Training www.bcatvtraining.ca



Start Your Career with BCLC's Customer Support Team!

Embark on an exciting journey with BCLC's Customer Support team, where your passion for service will thrive!

As a Customer Support Associate, you'll be joining our fun, dynamic, customer-obsessed team, delivering exceptional service to players in lottery, casino and at PlayNow.com.

Start your career with us and learn about every aspect of the business. Your journey to making a difference begins here as a Customer Support Associate at BCLC!



2025
VLEX BREATHE THE REVUE
YOGA FITNESS
FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27			

CLASSES:

- 3:00am Flow w/Silvia 45mins
- 6:00am Chair Yoga for Strength w/Silvia 60 mins
- 9:00am Chair Yoga w/Silvia 60 mins
- 12:00pm Chair Yoga w/Silvia 60 mins
- 3:00pm Chair Yoga for Strength w/Silvia 60 mins
- 6:00pm Chair Yoga w/Silvia 45mins
- 9:00pm Chair Yoga for Strength w/Silvia 60 mins

NO CLASSES: February 20, 21, 22, 23

Special Note: Studio 1 is closed Feb 22 & 23. Classes are still held in Studio 2. One teacher to register please visit the signpost here. *** DROP-IN ARE WELCOME ***



BCLC is committed to a welcoming and respectful environment with a focus on safety, equity and inclusivity for all customers and employees.

ST'UXWTEWS POW WOW

2ND ANNUAL JULY 25, 26, 27 - 2025

SAVE THE DATE!

Save The Date!

2nd Annual St'uxwtews Pow Wow July 25, 26, 27 - 2025.

Location: Hat Creek Ranch

Vendor/Special(s) info email Savannah.pierro@hotmail.com

20 **MULVAHILL RODEO** 25

PRESENTS
BULLS IN THE VALLEY

(MERRILL, BC)

19+ HOUR DANCE

9PM - 2AM

\$25 TICKETS

BULLRIDING

WILD HORSE RACING

WILD PONY RACING

STEER RIDING

BEER GARDENS

COWBOY CALCUTTA

CONCESSION

FOOD TRUCKS

KIDS GAMES

DOOR PRIZES

+ MORE

SATURDAY
JUNE 21ST 2025

DOORS OPEN 12 NOON
EVENT STARTS 1:00PM

NICOLA VALLEY EXHIBITION GROUNDS

ADULTS \$20

SENIORS \$15

YOUTH (6-14) \$15

KIDS 5 & UNDER FREE

MULVAHILL RODEO PRESENTS

SEPT
27
2025

EVERY CHILD
MATTERS
BULLS & BABY
BUCKERS



WILLIAMS LAKE, BC

BULLRIDING
WILD HORSE RACING
STEER RIDING
WILD PONY RACING
WEST BARBERY
STEED HORSE RACING
BEER GARDEN

19+ DANCE

COWBOY CALCUTTA

VENDOR TABLES

CONCESSION

FOOD TRUCKS

DOOR PRIZES

& MORE





2025 SUMMER HOCKEY CAMP

AUGUST 12TH - 15TH

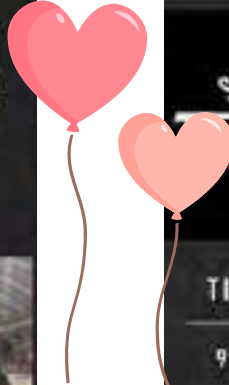
- ON ICE SKILL DEVELOPMENT
- HOCKEY SPECIFIC OFF ICE FITNESS & CONDITIONING
- GAMES AND COMPETITIONS
- LECTURES INCLUDE MENTAL STRENGTH, HOCKEY IQ, PREPARATION, NUTRITION, & PATHWAYS IN HOCKEY
- INSTRUCTORS WITH HIGH LEVEL HOCKEY EXPERIENCE
- 3 AGE GROUPS:
 - GROUP 1: 2017-2019 (\$250)
(GROUP 1 IS HALF DAY CAMP, 1 ICE TIME)
 - GROUP 2: 2013-2016 (\$425)
 - GROUP 3: 2009-2012 (\$425)
(COST INCLUDES CAMP JERSEY)
- LOCATION: NICOLA VALLEY MEMORIAL ARENA, MERRITT, BC



CONTACT TO REGISTER



@STEELTRAININGCO
 STEELTRAININGCO@GMAIL.COM
 WWW.STEELTRAININGCO.COM
 (250) 280-2520



2025 CAMP SCHEDULE

GROUP 3 (2009-2012)

TIME	ACTIVITY
9:00-10:00	ON ICE #1
10:30-11:30	OFF ICE @ PTC
11:45-12:30	LUNCH / LECTURE
1:00-2:00	ON ICE #2
2:30-3:30	GAMES & COMPS
3:45	PICK UP

WWW.STEELTRAININGCO.COM
 @STEELTRAININGCO



2025 CAMP SCHEDULE

GROUP 1 (2017-2019)

TIME	ACTIVITY
11:30-12:30	ON ICE
12:45-1:15	LUNCH
1:45-2:45	GAMES & COMPS
3:00	PICK UP

WWW.STEELTRAININGCO.COM
 @STEELTRAININGCO

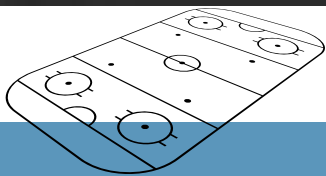


2025 CAMP SCHEDULE

GROUP 2 (2013-2016)

TIME	ACTIVITY
8:45-9:45	OFF ICE @ PTC
10:15-11:15	ON ICE #1
11:45-12:30	LUNCH / LECTURE
12:45-1:45	GAMES & COMPS
2:15-3:15	ON ICE #2
3:30	PICK UP

WWW.STEELTRAININGCO.COM
 @STEELTRAININGCO



Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0
Tel: (250) 457-9624 Fax: (250) 457-9550



ELECTRONIC FUND TRANSFER (EFT) FORM

NAME (FIRST, LAST): _____

EMAIL ADDRESS: _____

STATUS NUMBER: _____ PHONE NUMBER: _____

FINANCIAL INSTITUTION INFORMATION

Transit (Branch) Number (00000): _____ Financial Institution number(000): _____

Account Number (0000000): _____

Name of Financial Institution: _____

Address: _____ Telephone: _____

City: _____ Province: _____ Postal Code: _____

NAME AS ON ACCOUNT: _____

A VOIDED CHEQUE CAN BE RETURNED WITH THIS FORM

AUTHORIZING SIGNATURE: By signing this document, you are authorizing EFT payments from Bonaparte First Nation to be sent to the above account.

PRINT NAME: _____ SIGNATURE: _____

PHONE #: _____ DATE SIGNED (yyyymmdd) _____

Please return this completed form to:

Bonaparte First Nation

Attention: PAYABLES

PO Box 669, 2689A Sage Hill Road,
Cache Creek, BC V0K1H0

or email: payables@bonaparte.band

As we move forward, we kindly request your updated: Direct Deposit or Void Cheque Information. To ensure timely and accurate payments in the future. Please request a form or send back to, payables@bonaparte.band.

Thank You.

EXAMPLE:



Pellctsiweten The **Fourth Moon** was the spring winds month, which would be January–February. During this month, people would continue to trap and snare small animals. They could still fish through the ice. But the stored food supplies would be greatly reduced by the early spring month. It might be during this month that the lone hunter would rise before dawn. He'd eat a preserved berry or berry and meat cake, and, wearing his deer skin robe, leave for the mountains where the deer or elk were wintering, taking only his weapons. He might hunt high in the mountains until he found a deer, and would drag it home over the snow to be shared with family and neighbours; a welcome change from dried food being eaten day to day. At this time, a family with a well stocked cache might be visited by the chief who would inform them of a family in need. Those with less would then be cared for, in a way that would not embarrass the family in need. If supplies were very low, the chief might call upon a group of people to forage for rose hips and black tree lichen. By this time of year, many new clothes would have been prepared from the stored hides and new hides would be prepared by tanning. People looked forward to the new growth of spring.

Matthew, M., & Seymour, D. (1986). Introduction to the Shuswap People: Shuswap Cultural Series Book 1. Shuswap Cultural Series, 1-19.



Stories of Impact

Each month, we will feature a profile of a member, family, event, or location. For these profiles, we invite members to share their stories and photos, both old and new, of the St'uxwtéws territory or family history. Submissions can include photos of the territory and with members. Contributors will be acknowledged for their submissions.

Email: communication@bonaparte.band

Thank you for reading!
T. Brown

XOXO

