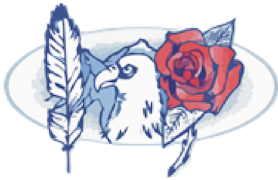


S T U C T W E W S E M C

COMMUNITY NEWSLETTER

August 2019



A Glimpse Inside:
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3&4

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Pictured: Collins Pierro-Zabotel holding her Pendleton blanket from the ceremony

BONAPARTE YOUTH CAMP

The annual youth camp came to a close on June 25th. The weather co-operated for the most part and everyone was able to enjoy themselves. Read more on pages 1-2



BEAUTIFUL YARDS CONTEST

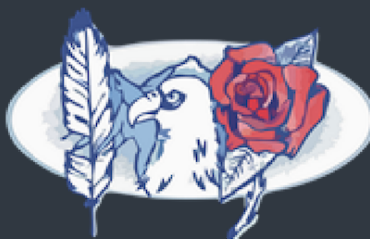
See the beautiful yards of Bonaparte Band Members on page 6

BONAPARTE YOUTH CAMP AND BABY WELCOMING CEREMONY



Another successful Bonaparte Youth camp came to an end on July 25th. The weather co-operated for the most part and everyone was able to enjoy fishing, joy-riding on the pontoon, playing games and enjoying the company of family and friends. Various band members came together to run the camp such as Keith Zabetel, Karen Warren and Guy Williams. Linda Billy and Rosalie Zabatol made sure everyone's bellies were full with their delicious food. BIB members and staff also co-ordinated activities such as horsemanship with Archie Antoine, dreamcatchers with Margaret Antoine and Julia William, pine needle basket making with Mary Antoine, family tree research with Gerald Etienne and tie dying shirts with Ruth Edmonds.

On Tuesday of the Youth Camp the Baby Welcoming Ceremony took place welcoming babies born into the Bonaparte Nation and to honour both parents and babies. The ceremony opened with Roger Porter and Diane Sandy drumming along with some little helpers. It's been at least 5 years since the ceremony last took place, so it included children ages 0-5. There was a great turnout of 10 children who received a Pendleton blanket as their gift. The large Medicine Blanket was chosen for Frank and Bonnie Antoine's baby Riel who is currently in the Children's Hospital. Donna Cox, Headstart Co-ordinator, planned and organized the ceremony while Diane Sandy and Roger Porter organized the cultural component. Bonaparte looks forward to an annual Baby Welcoming Ceremony. Continued growth of the Youth Camp is important as it is an integral part of the community, bringing all members together to create a fun informative experience for BIB Youth.





AROUND THE COMMUNITY

CHARGE STATION RIBBON CUTTING

Bonaparte would like to thank Councillor Charlene William for representing Bonaparte at the ribbon cutting in Cache Creek. Charlene shared a speech speaking of her memories of the change in travel and how happy she is to see a renewable charging source, she stated "it's a very important step to our contribution to the future".



NATURAL RESOURCES JOINS DESERT SANDS COMMUNITY SCHOOL STUDENTS AT JUNIPER BEACH

Natural Resource staff members Howard Antoine, Byron Porter, Dario Antoine and Fawn Pierro-Zabotel joined DSCS grade 3-4 class on their field trip to Juniper Beach in June. Fawn and Dario informed the students on the various plants in the area and their traditional uses. Howard talked about seasonal fish migrations and the five species found in the Thompson River. The information session was followed by lunch and questions from the students.

PICTOGRAPHS →

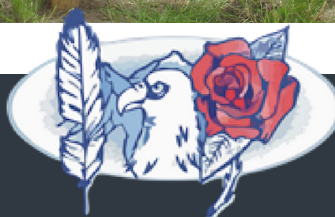
The Natural Resource Department shared some pictographs found at Hihium Lake. The one on the left is the original and the one on the right has been enhanced and stretched. This shows how faint these can be.



AROUND THE COMMUNITY

BONAPARTE SIGNAGE

In an effort to promote the protection and respect of the Cow and Antlerless Moose these signs have been placed in the Bonaparte Territory by Art Morgan.



TITLE AND RIGHTS UPDATE

BC Hydro

Bonaparte is moving toward a more inclusive relationship with BC Hydro. The Title and Rights Department is meeting with them next week regarding outstanding trespasses in IR3.

Ashcroft Terminal

The Terminal along with the Title and Rights Department have been navigating the situation since the remains were found at the site, however, Bonaparte will continue to see long term benefits of the relationship. As of the beginning of August, the file is moving forward toward opportunity.

Lafarge

On July 27th, 2019 a meeting was held to discuss the findings of minerals and clay for binding uses (cement) in the Scotty Creek area with senior decision makers from Lafarge. More information to come!

Ministry of Transportation (MOTI)

There was a meeting with MOTI 2 weeks ago. The Loon Lake transfer is moving ahead and Zach is gathering information from 2011-2013.

First Nation Woodland License (FNWL)

On track for January 2020

MOU (Memorandum of Understanding)

A memorandum of understanding is an agreement between two or more parties. It expresses a convergence of will between the parties, indicating an intended common line of action.

Current MOU's

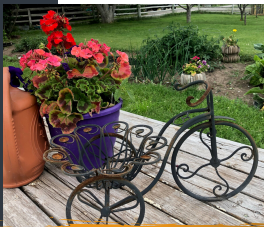
- Skeetchestn (Chief and Council)
- Cache Creek (Mayor Santo Talarico)
- Arrowhead (Indigenous Arrow Trucking) (ARROW Trucking)
- Enbridge (Ongoing)



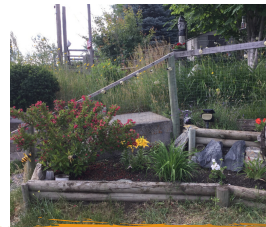
BEAUTIFUL YARDS & GARDENS CONTEST

Housing Department

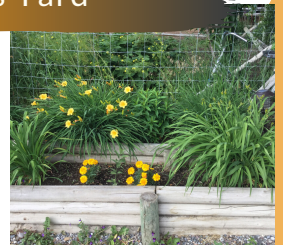
The beautiful yards contest is growing! The housing department has received some beautiful submissions from BIB Members. If you would like to nominate someone's yard email pictures to housingadministrator@bib.band. There are prizes to be won and voting will be done on Facebook, If you don't have Facebook but would like to vote send your vote to Vi Antoine at the email address above or call her (250) 457-9624.



Ramona's Yard



Rosa's Yard



Michelle's Yard



Fawn's Yard



Savannah's Yard



RECENT BONAPARTE WATER OPERATIONS ACTIVITIES

Housing Department

After finding consistent water supply with drilled wells for the Morgan and Billy/Basil clusters, the BIB Water Program Project Team wanted to better verify sustainable water flows that are available from Hat Creek for domestic home use in IR#1 and IR#2.

As part of this, the Project team supported an idea to study the water flow quantities through Hat Creek for 10 to 12 months. AECOM (hydrogeological consultants), BIB/ALLEGRO and ISC reviewed locations along the creek and developed a monitoring program to study water flows during the year.



To understand water/climate impacts on Hat Creek as part of the water supply, a weather station was installed at the Morgan cluster to collect rainfall/precipitation data (see photos above)



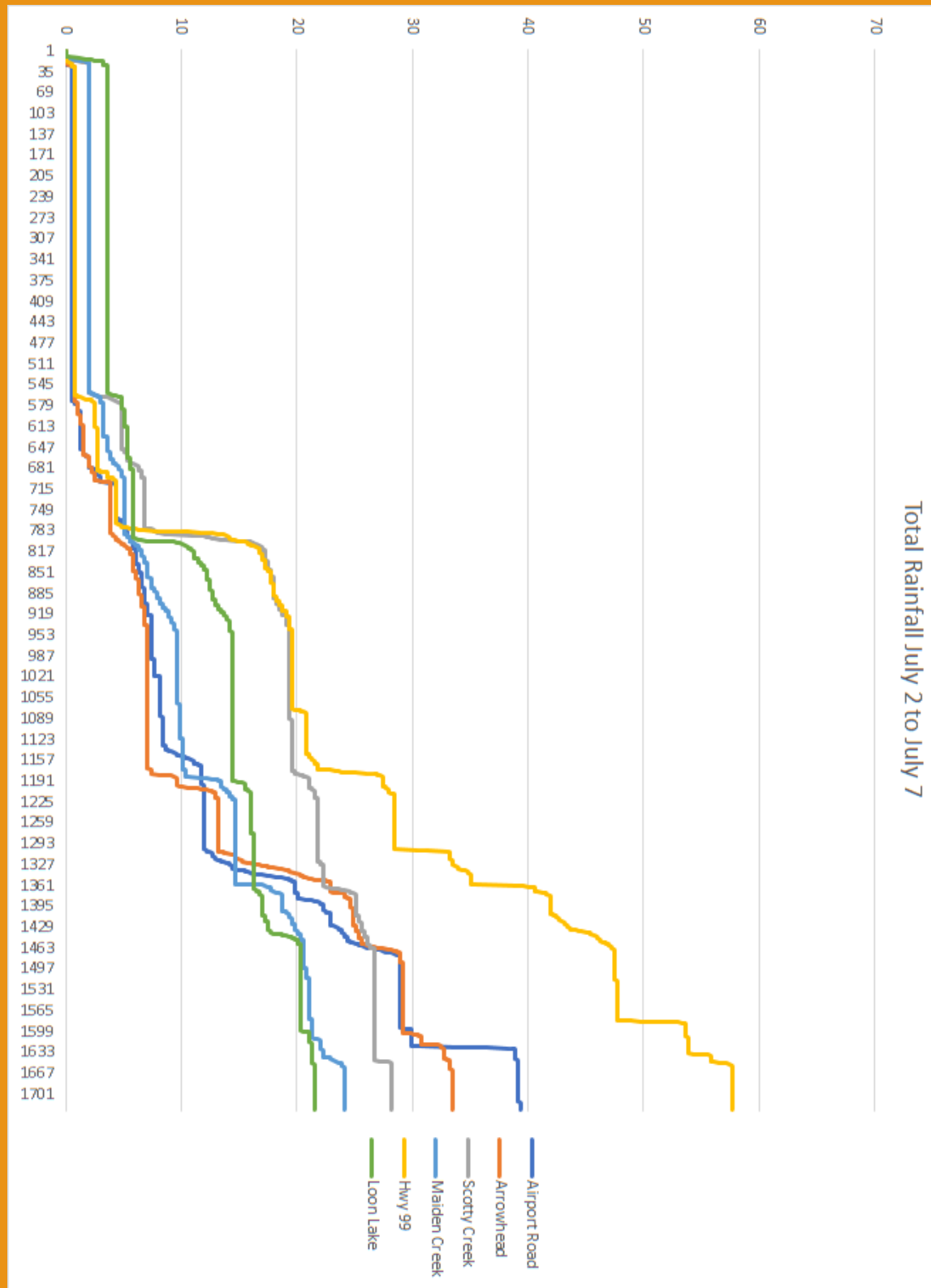
As part of Water Program works, underground water lines and electrical/power conduits were installed (see photos). Similar works will be ongoing for the summer and fall 2019.



6 WEEKS WORTH OF RAIN IN ONE WEEK

Housing Department

The weather stations reported that the area of Hwy 99 received 6 weeks worth of rain in one week! See graph below provided by a weather station.



ENERGY CONSERVATION ASSISTANCE PROGRAM - BC HYDRO

Housing Department

Eligibility

1. You must have a residential electricity account with one of the following utilities: Fortis BC, BC Hydro
2. You must live in a detached house, duplex, townhouse or manufactured home.

Details about the Energy Conservation Assistance Program

Participants benefit from a free home energy evaluation, advice on saving energy and free installation of products such as:

- LED light bulbs
- kitchen and bathroom faucet aerators
- water-efficient showerheads
- hot water pipe wrap
- exterior door weatherstripping
- carbon monoxide alarms

Get free energy-saving products to make your home more comfortable and energy efficient.

Some homes may also qualify for an ENERGY STAR® certified refrigerator; attic, wall and/or crawlspace insulation; or a high-efficiency natural gas furnace or a furnace rebate. Manufactured/mobile homes are not currently eligible for high-efficiency gas furnace replacements or insulation upgrades.

Qualified customers who replace their old natural gas furnace or boiler with an eligible ENERGY STAR® model could qualify for up to a \$3,000 rebate on a furnace, or a \$2,000 rebate on a boiler.

How to apply

FortisBC and BC Hydro work together to offer the Energy Conservation Assistance Program, so apply to your electricity provider.

BC Hydro customers

1. Complete and sign the Energy Conservation Assistance Program application form.
2. We will then mail your completed application form to:

ECAP Operations
PO Box 8910 Station Terminal
Vancouver, BC V6B 9Z9

3. If you qualify, a program representative will contact you to arrange your home energy evaluation and installation of energy-saving products.
4. If you qualify, a program representative will contact you to arrange your home energy evaluation and installation of energy-saving products.

Products installed depend on the individual characteristics of the home and other program criteria. Only FortisBC natural gas heated, FortisBC electrically heated or BC Hydro electrically heated single family homes, townhouses and duplexes are eligible for insulation upgrades. In addition, FortisBC natural gas heated homes must also meet consumption thresholds to qualify for insulation or furnace replacement. Other program criteria apply



WATER TREATMENT AND DISTRIBUTION OPERATOR - PAGE 1 OF 3

Housing Department

Water treatment and distribution operators oversee the activities and processes that go into treating and distributing drinking water.

Water treatment and distribution can be two different jobs: in larger centres, treatment operators work only in the treatment plant, while distribution operators are responsible for the system of pipes and pumps that carries drinking water to commercial and residential customers.

In smaller towns and first nation communities, the same person might be responsible for both water treatment and distribution. Both water treatment and distribution operators are responsible for monitoring water quality and play a key role in protecting public health.



At A Glance

Imagine it is a warm, sunny spring day, and as you drive to work along the river, you can't help but notice how high water levels are at this time of year. You are a water treatment and distribution operator at the Community's main drinking water plant. Spring's swollen rivers signal the busiest time of year for you.

Your plant draws water from the river and treats it to make it safe for drinking, but at this time of year, spring run-off clouds the river water with sediment and debris. You and your team at the plant must take extra precautions to ensure the community's drinking water is properly treated.

Today you start by checking the chemical metering equipment that adds coagulant to the raw river water as it is pumped into the treatment plant. The coagulant is a chemical compound that forces small bits of dirt and debris to adhere to each other, forming larger particles that are easier to settle or filter out of the water.

With the extra sediment in the river water during spring or heavy rain intervals, it's even more important that the coagulation process runs smoothly. After coagulation, you check the chlorine disinfection system. Spring run-off also means higher counts of bacteria and other pathogens, so extra chlorine must be added to the water to remove these micro-organisms.

You check the latest results from the lab and adjust the chlorine feed rate accordingly. Next it's the filters, which remove more suspended particles to meet water quality guidelines. At this time of year, you must pay close attention to the filters and ensure the filter media and clarifier basins are emptied or changed out more frequently.



WATER TREATMENT AND DISTRIBUTION OPERATOR - PAGE 2 OF 3

Housing Department

As the spring run-off continues, you will be extra vigilant monitoring equipment and taking more water samples to ensure the treatment plant is doing its job keeping the drinking water safe.



WORK ENVIRONMENT

Water treatment and distribution operators work in a variety of locations, including: **In the field:**

- Inspecting operations and making necessary adjustments to equipment
- Performing routine maintenance and minor repairs
- Collecting samples for analysis
- Chlorinating new or repaired distribution pipes

In the Office:

- Doing paperwork and entering and analyzing data for reporting
- Communicating on the phone and in meetings with supervisors, colleagues, government officials, and the public

In the Lab:

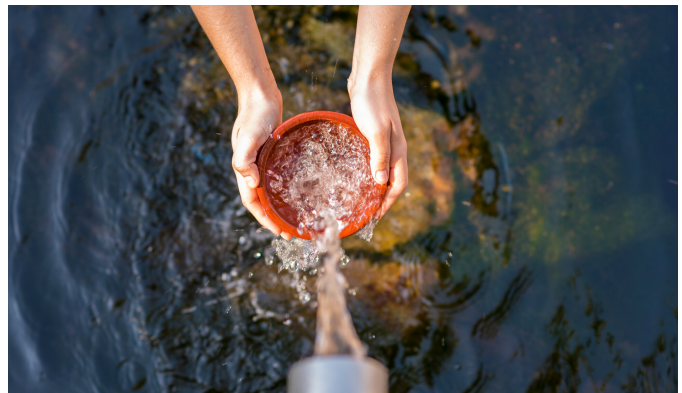
- Processing samples
- Performing chemical analyses according to standard laboratory procedures

Water Operator Experience

Your responsibility in water treatment is to never put people at risk. You have to keep learning to stay current. There are new things happening in water treatment technology that will result in more automation of plant processes and increased sophistication of chemical analysis.

Long periods of dry weather cause increases in water use as people water their lawns and wash their cars. As the dry days continue the water treatment plant functions at full capacity twenty-four hours per day with peak usage at seven to nine in the evening. Knowing what to do in these situations to avoid a crisis can only be learned by experience.

The last twenty years have been a growth period for the water treatment field and it looks like the growth will continue in the future. There will always be a demand for good water. There are good things and not so good things with every job. Sometimes the job involves routine, other times this work can demand your full attention to keep the plant running smoothly or quickly find solutions to problems.



WATER TREATMENT AND DISTRIBUTION OPERATOR - PAGE 3 OF 3

Housing Department

The typical week is thirty-six hours either on rotation day. At work you will be expected to do laboratory analysis, process control, tours of the plant, monitoring of indicators and proportioning of chemical product concentration. You also need to have rapid data analysis skills as well as knowledge of chemicals and technical information systems. It is also important to keep well informed of weather conditions to anticipate problems and adjust plant processes.

A water treatment plant is a chain of basins that hold water and are linked to each other by channels and pipes. Water is sampled in these basins and treated in response to the results of laboratory analysis. The chemical treatments take time to show their effects in the water quality and the rate of water flow between basins also affects chemical concentrations. It can be difficult to know if you should wait for changes or if more chemicals are needed. To help solve this problem you develop a program to time the movement of water. Using volume and flow rates the program calculates all the times that are required for water to change basins. From this information you are able to tell if we have given the chemicals long enough contact time to react. As a result you can accurately use treatments when the quality of raw water changes quickly, minimize the use of chemicals and still ensure a safe supply of water.



Filterco



Lytton water treatment plant

If this sounds like a career for you, Water Operations is looking for a level 1 Water Operator. If you would like to apply, email your cover letter and resume to Vi Antoine at housingadministrator@bib.band or drop it off in person at the band office.



HEALTH DEPARTMENT INFORMATION & NEWS

RABIES, WHAT YOU NEED TO KNOW

Due to the recent death in Vancouver caused by a bat carrying Rabies Bonapartes Community Nurse, Jamie McLeod, is providing some information on the fatal disease.

The Rabies virus infects the brain and nervous system. It spreads between mammals through contact with saliva and nervous tissue, usually by a bite. In humans, rabies can be prevented by immunization soon after exposure.

The virus can infect any mammal. In B.C., only bats carry the rabies virus and other animals are rarely infected. In other parts of Canada and North America, strains of rabies virus are present in other species such as raccoons, skunks, foxes and coyotes. Worldwide, unimmunized dogs are the most common carrier of rabies virus.

SYMPTOMS OF RABIES IN PEOPLE

- Headache
- Fever
- Difficulty in swallowing
- Excessive drooling
- Muscle Spasms or weakness
- Strange behaviour

SYMPTOMS OF RABIES IN PETS

They may act strange but not always aggressive

- Fearfulness
- Excessive drooling
- Lethargy
- Staggering and seizures
- Paralysis

IF A BAT OR ANOTHER ANIMAL THAT SEEMS SICK AND BEHAVES STRANGELY BITES OR SCRATCHES YOU, YOU MAY HAVE BEEN EXPOSED TO RABIES. YOU SHOULD DO THE FOLLOWING

- Wash the wound well with soap and warm water under moderate pressure for at least 15 minutes. This greatly reduces the chance of any type of infection
- Seek medical care from your health care provider or local public health unit right away

After exposure to a rabies virus, it is crucial to begin prevention treatment for rabies as soon as possible. If you think you have been exposed to a rabies virus, contact your local public health unit or health care provider, no matter how long since you were exposed. They will assess if you need rabies prevention treatment.

PREVENTION

Vaccinate your pet: Consult with your veterinarian to vaccinate your cat, dog or ferret against rabies and keep it up to date. Even indoor cats should be vaccinated as they may escape or they can come into contact with bats that enter houses. If your pet has physical contact with a bat, consult your veterinarian



HEALTH DEPARTMENT INFORMATION & NEWS

INJURY PREVENTION

Kala Morgan will start injury surveillance as of July 24th, 2019. The purpose of injury surveillance is to collect data, and share it with the Health Directors, so they can integrate it into the community and wellness plans, as well as the injury prevention activities.

In the future, if someone is injured, please contact Kala at the Health Centre 250-457-6233, so she can collect information regarding the injury. She would like to know information such as:

When: Date and estimated time you were injured

Where: Where in the community were you hurt? Where on your body are you hurt?

How: How did this injury occur? Sports related? Work related?

She would also like to collect some personal information for statistics. You do not have to give your name but please include your age, date of birth and gender.

Kala and the rest of the Health Department appreciate your co-operation.

RECOGNIZING TRAUMA AND ANXIETY DURING WILDFIRE SEASON

Disasters like wildfires affect individuals in many ways and may affect your emotional, spiritual, physical and mental well-being. The emotional effects may show up immediately or appear weeks to months later.

If you are feeling stressed or anxious this time of year, you are not alone. The fear of having to flee your home, and possibly leave animals and possessions behind can cause distress, fear and anxiety for you and your loved ones. Even the prospect of living with smoky skies during wildfire season can cause distress.

Anxiety and trauma related to disasters affect people in different ways. Physical and emotional signs may include:

- Overwhelming feelings of fear, stress and emotional distress – a feeling of being unable to cope
- Acute anxiety, excessive worry and panic attacks
- Feeling down or depressed, angry, sad, confused, low mood
- Trouble breathing
- Trouble eating (including overeating or not eating enough)
- Trouble sleeping (including nightmares, oversleeping or not sleeping enough)
- Irritability and agitation, feeling jumpy, tense or hypervigilant
- Avoidance or withdrawal – feeling or being unable to meet the demands of what needs to be done (e.g., preparing for evacuation)



HEALTH DEPARTMENT INFORMATION & NEWS

PATIENT TRAVEL

The First Nations Health Authority (FNHA) Health Benefits program provides a number of health-related goods and services to meet medical and dental needs not covered by provincial, territorial, or other third-party health insurance plans for BC First Nations.

The FNHA Health Benefits program currently includes coverage for:

- Dental
- Medical Transportation
- MSP (BC Medical Service Plan)(Care Card)
- Vision
- Pharmacy
- Medical Supplies & Equipment (MS&E)
- Mental Health (Crisis Intervention)

CONTACT INFORMATION FOR YOUR HEALTH BENEFITS PROGRAM

General Enquiries (Not Claim Specific)

Toll Free: 1.855.550.5454

Email: HealthBenefits@fnha.ca

Claims Specific Information for MSP Coverage and the following programs:

Medical Supplies & Equipment, Medical Transportation, and Vision

Toll Free: 1.800.317.7878

Fax: 1.888.299.9222

Claims Specific Information for the Dental Program

Toll Free: 1.888.321.5003

Fax: 604.666.5815

Claims Specific Information for the Short-Term Crisis Intervention Mental Health Counselling Program

Toll Free: 1.800.317.7878, Option 3

Fax: 604.666.6458

Claims Specific Information for the Indian Residential School Resolution Health Support Program (IRS RHSP)

Toll Free: 1.877.477.0775

Fax: 604.658.2833

Questions About Prescription(s) Coverage?

Claims Specific Information for Pharmacy Program/Coverage:

Toll Free: 1.855.550.5454

Fax: 1.888.299.9222

E-Mail: HealthBenefits@fnha.ca





BONAPARTE INDIAN BAND ACTIVITY & PROGRAM GUIDE

THE BONAPART BAND OFFICE WILL BE CLOSED
FRIDAY AUGUST 2ND AND MONDAY AUGUST 5TH

AUGUST 2019



ACTIVITY & PROGRAM GUIDE

YOUTH ACTIVITIES

For additional information or to arrange pick up for any of these events and activities contact Karen Warren, Youth Director. Phone: (250) 457-6233 (231), Cell: (250) 320-6314 or Email: youth@bib.band.

FAMILY FUNDRAISER CONCERT

Saturday August 17th, 2019
Located at the Cache Creek Park
12pm-11pm
CONCERT 7PM-9PM
MOVIE 9:30PM - 11PM

Support the Bonaparte Youth Department and enjoy some family fun. There will be games, karaoke and a concession, followed by a performance by Teri Ann Strongarm. The fun day will end with a movie!

*By donation cover charge for concert, proceeds go to Bonaparte Youth Department

ELDERS LUNCH

Tuesday August 6th, 2019
Located at the Health Center
Lunch is served at 12pm cooking starts at 9am

The youth will be cooking lunch for BIB Elders. If you are a youth who would like to take part and put your cooking skills to the test contact Karen Warren at (250) 457-9624 Ext 231 or youth@bib.band

BARKERVILLE TRIP

Elders and Youth
Leaving Wednesday August 28th
Returning Friday August 30th

Departing from the Band Office on Wednesday morning at 8am and returning Friday evening. Contact Karen Warren to sign-up by August 9th.

CACHE CREEK POOL

Weds Aug 7th - 1:30-4:30pm
Pick up at 1pm
Tuesday Aug 13th
Twisted Tuesday!
Pick up at 6pm

PENTICTON WIBIT PARK

Sat August 10th
Pick up at 8am
Drop-off 9pm (tentative)
Bring a bathing suit and a change of clothes

MCABEE FOSSIL SITE TOUR

Mon August 12th
Pick up at 10am
Bring a hat and wear sunscreen

LUNCH & A MOVIE

Tuesday August 20th
Pick up at 10am
—
Tuesday August 27th
Pick up at 10am

ACTIVITY & PROGRAM GUIDE

HEALTH DEPARTMENT

Health Center Contact Information: Phone (250) 457-6233 or Email healthreception@bib.band

WELLNESS DAY

Tuesday August 27th, 2019

Start Time: 1pm

End Time: 6pm

Contact The Health Center
for more information and
to book appointments

ELDERS ACTIVITY

Wednesdays August 7th & 21st

Horseshoes at Cache Creek Park. Elders and
Elders in training welcome!

Contact Jeannie at the Health Center for more
information

Tuesday August 7th

Dr. Lawrie Clinic
9am - 4pm

Contact Health Center
to book an
appointment

Monday August 12th

Optometrist
10am - 4pm

Contact Health Center
to book an
appointment

Tuesday August 13th

Optometrist
9am - 4pm

Contact Health Center
to book an
appointment

By Appointment

Footcare
with Sher Perry

Contact Sher Perry to
book an appointment

Call (250) 457-6233 Ext 228
Email: hccn@bib.band

HEADSTART

Closed August 2nd & 5th

Parent Participation Program

Monday to Friday 10am - 3pm

Children 0-6, parents must attend

Drop-Off Program

Tuesday - Thursday 10am - 1pm

Children 4-6

**LUNCH
EVERYDAY
AT NOON**



Donna Cox, Headstart Co-ordinator, Phone: (250) 457-9747 Email: headstart@bib.band
Located at 2628 Church Road

ACTIVITY & PROGRAM GUIDE

INFORMATION SESSIONS

CHIEF & COUNCIL MEETING

Thursday August 8th
9am - 4pm (Depending on Agenda)
Council Chambers (Downstairs Boardroom)

OFFICE 365 TRAINING

Thursday August 8th
Time: Starts at 9am
Health Center Boardroom

Learn computer basics:

- Creating documents in Word, Excel and PowerPoint
- Setting up a computer

EMERGENCY HUNTING MEETING

Thursday August 1st
Daytime Meeting: 1pm-3pm Downstairs Boardroom
Evening Meeting: 6pm-8p Band Hall

Please fill out the attached Wildlife Survey and bring it to the meeting or to the Band Office at your earliest convenience.

LAND-USE PLANNING SESSION

Wednesday August 21st
Time: 2pm - 6pm
Council Chambers (Downstairs Boardroom)
Dinner provided at 5pm
Transportation available, please call Lands Department 1 week in advance

Lands Department contact (250) 457-9624 (238)

LANGUAGE MEETINGS

Every other Tuesday
Tuesday August 6th, 2019
Tuesday August 20th, 2019
Health Center 10am-12pm

Everyone Welcome!

The Language Revitalization group consists of Elders from on and off reserve and interested members whom have an interest in the language and culture of the Stucwtewsemc people.



- Round table discussion on information gathered from door to door visits
- Discuss the name of the Lands Committee and terms of references. The terms will be submitted to Chief and Council to recognize the committee and LUP

There will be door prizes!

ACTIVITY & PROGRAM GUIDE

SURROUNDING ATTRACTIONS

CACHE CREEK POOL

Public Swim:

Monday to Friday 3-4:30pm & 6-8:30pm

Sat & Sun 1-4:30pm & 6-8:30pm

AquaFit: Tues & Thurs 5-6pm

FARMERS MARKET

Cache Creek - In the empty lot beside Chums

Every Saturday 9am-1pm

May to October

HISTORIC HAT CREEK

Open May 1st - September 30th

Historic and Indigenous Village 9am-5pm

Restaurant & Gift Shop 9am-7pm

- Tours
- Stagecoach Rides
- Blacksmith
- Scavenger Hunts
- Gold Panning

FREE

MCABEE FOSSIL SITE

Visit the McAbee Fossil Site this summer! It's free and daily tours are available. The trail is roughly a 15 minute walk and tours are optional.

Hours: Thursday - Monday
10am-5pm

FIND YOUR
TREASURES



EXPLORE