

ST'UXWTEWSEM C

COMMUNITY NEWSLETTER



March 2021

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See pp. 2-3 for revised faculty contacts



See p. 5 & 15 for vaccine updates

Meet the New Team Member !!

Good day everyone:

My name is Angie Pigeon and I have just joined the health team as the Home and Community Care Nurse, and am thrilled to be here! My family is from Esk'etemc, and my partner and I are raising our family in Clinton. I am a Registered Nurse, and may have crossed paths with some of you while working at Ashcroft Hospital in the Emergency Department at some point during the past twelve years. I will be reaching out soon to connect with families, but wanted to introduce myself right away. I am in the process of getting set up to provide COVID-19 testing and immunizations within community, and will be sure to let you know when we are ready to go!

I will be in the office Tuesday, Wednesday, and Thursday every week; please feel free to give me a call!

Kukstemc-thankyou,
Angie Thorne
Social Development Manager/Worker



Angie Pigeon

**Registered
Nurse/Home
and
Community
Care Nurse**



Finance

P:250-457-9624



Samantha Minnabarriet - Finance Manager

With thanks to the hard work of many, the Finance Department is proud to announce that the Chief and Council have reviewed and signed off on the Audit for the 2019/2020 fiscal year. However, the hard work is not over. We are still working with our new Funding Services Officer at Indigenous Services Canada on getting our prior years' Audit Reviews finalized. Administration working as a team to ensure that we are going into our next fiscal year in the most operative manner possible. We are working with our Accounting System Support Staff to ensure that we are using our Software to it's maximum capabilities. I have been reviewing current years financials with department Managers and we are working together in starting the budgeting process for the Next Fiscal year. It is our goal to ensure that Chief and Council has reviewed and approved budgets prior to the end of March 31, 2021. We have also been working with GST specialists to ensure that Bonaparte is back in good standing with Canada Revenue Agency. I continue to be appreciative and thankful for the opportunity to work with such a supportive team.

Kukwstsemc,
Samantha Minnabarriet,
Finance Manager



Faculty Contacts

Social Development

Social Development Manager: Angie Thorne
Ext. 239 E: socialdev@bonaparte.band

Youth Worker: Karen Warren
Ext. 249 E: youth@bonaparte.band

Stsmemelt Community Coordinator: Trish Porter
Ext. 242 E: scc@bonaparte.band

Health

Health Director: Vanessa Thevarge
Ext. 246 E: healthdir@bonaparte.band

Health Receptionist: Kala Morgan
Ext. 224 E: healthreception@bonaparte.band

Home Care Aid: Carolyn Billy
Ext. 245 E: hca@bonaparte.band

Patient Travel: Jeannie Williams
Ext. 229 E: chr2@bonaparte.band

Addictions Worker: Boysie Porter
Ext. 223 E: addictions@bonaparte.band

Head Start

Coordinator: Donna Cox
P: 250-457-9747 E: headstart@bonaparte.band

Education

Education Manager: Keith Zabol
Ext. 247 E: education@bonaparte.band

Faculty Contacts

Administration/Housing

Chief Executive Officer: Sean Bennett
Ext. 248 E: ceo@bonaparte.band

Membership Clerk: Wanda Antoine
Ext. 241 E: membership@bonaparte.band

Executive Assistant: Rayne Porter
Ext. 234 E: executiveasst@bonaparte.band

Interim Housing Coordinator: Melita Van Tine
Ext. 231 E: melita@bonaparte.band

Administrative Receptionist
Ext. 221 E: reception@bonaparte.band

Lands/Water

Lands/Water Manager: Marilyn Porter
Ext. 237 E: landmanager@bonaparte.band

Lands Assistant: Savannah Pierro
Ext. 238 E: landsassist@bonaparte.band

Water Operator: Brenda Antoine
Ext. 226 E: bantoine@bonaparte.band

Water Operator: Byron Porter
Ext. 226 E: byron@bonaparte.band

Operations & Maintenance

Operations & Maintenance Manager: Kyle Minnabarriet
E: omsupervisor@bonaparte.band
P: 250-457-3326



Finance

Finance Manager: Samantha Minnabarriet
Ext. 235 E: financemanager@bonaparte.band

Accounts Receivables/Payroll Assistant: Sierra Loewen
Ext. 225 E: payroll@bonaparte.band

Accounts Payables: Darci-Lynn Edwards
Ext. 244 E: payables@bonaparte.band

Payroll/Human Resources: Patti LeFrancois
E: payroll2@bonaparte.band

Natural Resources

Senior Archeology Advisor: Bert William
Ext. 277 E: culturalheritage@bonaparte.band

Referrals Clerk: Amanda Murrell
E: referralsclerk@bonaparte.band

Contracts Administrator: Kelsey Thorne
Ext. 276 E: nrcm@bonaparte.band

Contracts Negotiator: Jason Haller
E: contracts@bonaparte.band

Forestry Technician: Fawn Pierro-Zabotel
Ext. 275 E: forestry@bonaparte.band

NR Technician: Melanie Minnabarriet
Ext. 275 E: assistrnr@bonaparte.band

Fisheries Technician: Dario Antoine
E: fishtech@bonaparte.band

Administration

P:250-457-9624



Why were the Elections Postponed?

Nicole Hajesh - Chief Electoral Officer, OneFeather

Due to the ongoing covid-19 pandemic the date of election has been moved to May 3rd to ensure that the vote is safe as possible and that electors have sufficient time to vote by mail if they choose to do so. If you vote in person, we ask that you please adhere to the following health and safety precautions to reduce the risk of the transmission of COVID-19:

1. Sanitize your hands upon entering the voting area.
2. Please wear a mask, if you do not have a mask one will be provided to you.
3. Maintain social distance between people to ensure that people remain six feet apart.
4. Electors are encouraged to bring their own pen, or a sanitized pen will be provided to you.
5. Exit the voting facility as soon as you have completed voting.

**To request a Mail in Ballot,
please contact:**

OneFeather Support

Email: support@onefeather.ca

Nicole Hajesh, Chief Electoral Officer

Email: nicole@onefeather.ca

Ballots for off-reserve members have been mailed out by One Feather; to request a mail-in ballot, please contact the above email addresses, or contact Rayne at Ext. 234 for assistance.

**See pp. 7-8 for the Candidates
List and Notice of Election**

Bonaparte Indian Band (BIB) to Bonaparte First Nation (BFN)

Rayne Porter - Executive Assistant

In Chief and Council's meeting of December 11, 2020, the following motion was passed, ***Motion 2020-12-11-04 to change the name of Bonaparte Indian Band to Bonaparte First Nation, and may that language be reflected in all marketing literature, signage, and naming mechanisms which Bonaparte holds. Moved by Councilor Dr. Verna Billy-Minnabarriet, seconded by Councilor Neal Antoine, all in favour, motion carried.***

On December 16th, a callout for the creation of a new logo was distributed to band members; Administration received a total of two submissions, and would like to extend gratitude for the two members who put in their valuable thought and artistry to this opportunity. However, after receiving a great value of membership feedback to oppose this change, it was then decided to delegate Jason Haller, Bonaparte's contract negotiator, to reform the original piece. The decision to reconstruct rather than recreate, was in respect to maintaining the powerful and memorable representation which the classic logo has possessed over the last three decades. Now, with the confirmation of community elders and language speakers, the traditional name *St'uxwtéws* was also added to the logo. We are thankful to Jason, our elders, and our speakers for providing their gracious knowledge and work, as Administration is proud to present to *St'uxwtéwsemc*, the revitalized logo.



Health

P:250-457-6233



Dr. Lawrie: February 10th

Kala Morgan

Schedule a telephone appointment with Dr. Lawrie for Wednesday, March 10th 2021.



COVID-19 Vaccine Update

Vanessa Thevarge

Weyt-kp St'uxwtewsemc,

The Secwepemc Nation had their first COVID-19 Vaccine Clinic Planning meeting by zoom on Friday, January 29, 2021 with First Nations Health Authority, Nurse's and Health Directors, which I participated in.

First Nations Health Authority does not have a definite answer on a specific timeline for the vaccine roll out to the communities who have not received them yet, in the Interior Region, but assured us that it is getting closer. Communities maybe notified in a days' notice that the vaccine will be arriving to the community.

Bonaparte's Health and Social team met Friday afternoon and we started our planning for setting up a vaccine clinic, so we can be prepared if we get that days' notice. The vaccine will be for community members on-reserve and catchment area; 16 mile, Cache Creek, Ashcroft, for ages 18+ and older. The community list is prioritized with elders and high risk listed first.

Please be assured, off-reserve members not residing in our catchment area, we are researching the information for you to be able to have access to the vaccine through the Regional Health Authorities. Once we find out where the clinics will be set up, the health and social team will get that information out to off-reserve members.

If you have any questions, please let me know.

Respectfully,

Vanessa Thevarge/Health Director

SEE P 15 FOR MORE INFO

A Message

Vanessa Thevarge

This is a friendly reminder that we all need to be vigilant and continue to follow the Provincial Health Orders for COVID-19, this will help protect all who live in the community.

Please remember to follow these guidelines:

- Absolutely no visitors at your home, please refrain from accepting family members from entering into the community from high risk areas that have high amounts of cases.
- Stay home if you are you feeling sick and call 811. Symptoms to watch for are:
 - headache
 - muscle ache
 - fatigue
 - nausea
 - vomiting, and diarrhea
 - loss of taste and smell
 - fever and chills
 - shortness of breath
 - sore throat
 - cough
- It is mandatory to wear a mask covering your nose and mouth when you are out in public
- Always keep physical distant- at least 6ft apart
- Frequently wash your hands and use hand sanitizer
- Disinfect all frequently touched surfaces
- No visiting; not even community members or family who do not live in your house hold, no small gatherings, no events and keep to your core bubble small (only members who live with you)
- No non-essential travel

All Bonaparte buildings are still currently closed to the public. Staff can be available by email, phone, and virtual meetings.

If you have any questions, please let me know.

Respectfully,

Vanessa Thevarge/Health Director

**KEEP UP THE GOOD WORK
EVERYONE! BY CONTINUING
TO FOLLOW THESE GUIDELINES
WE WILL BE SUCCESSFUL AT
KEEPING EVERYONE SAFE. WE
ARE IN THIS TOGETHER AND WE
NEED TO DO THIS TOGETHER!**

~ Vanessa Thevarge

Addictions

Boysie Porter
250-457-6233



Wellbriety Movement

Elder's meditation of the day – January 12, 2021

"The first thing that we want you to understand is that spirit has no color or race to it. It doesn't matter whether your skin is white, black, red, Hispanic, whatever. No one out there is any better than you, and you are no better than anyone else out there."
- John Peters (Slow Turtle)

We are all created to be of equal worth. We may be different sizes, different heights, different ages, different colors. We may have different beliefs and be of different shapes and colors-but we are all worthy. For example, you can have water, you can have steam, or you can have ice. Which of these is not made up of H2O?



12 Steps of Wellbriety:

Step 1:

Step 1 has two parts: First. Take an honest look at what alcohol and/or drugs has done to impact our lives. Second. Honestly admit how we are behaving, what we are doing, and how we are treating people. We admit it when our emotions are out of control and we admit that we don't know how to handle life without hurting others and ourselves. My actions, and how I am managing, are causing great problems that often lead me to more drinking, drugging, or dysfunctional behaviors. There is an interconnection between my problems and alcohol. When we can admit this, then we take this information to Step 2.

Step 2:

In step 2, we bring the information from Step 1 and use this information to make a vision in 9 areas of our lives. The vision that is created here becomes the spiritual awakening in Step 12. This step gives us HOPE. The steps are interconnected. When we finish this vision, we now can see the advantage of turning our will over to the care of the Creator. We can see what our life was like when we were managing it, and we can see what it would look like if the Creator were managing it. We now ask the Creator to help, just like our ancestors did in the old days. We are now ready for step 3." – The Red Road to Wellbriety; In The Native American Way.

Please feel free to contact me if you have any questions about Wellbriety.

Thank you.
Boysie Porter
Addictions

BONAPARTE FIRST NATION - NOTICE OF ELECTION

Notice is hereby given that the **Bonaparte First Nation** held a Nomination Meeting on **February 18, 2021**, in accordance with the *Indian Act Election Regulations*, for the purpose of eligible Electors nominating candidates for the Office of Chief (1 Chief) and Council (4 Councillors) to be elected in the next Election on **May 3, 2021** for the ensuing term of office.

VOTE IN PERSON

***MAY 3, 2021**

9:00AM – 8:00PM

BONAPARTE BAND HALL - 2614 CHURCH RD.

VOTE BY MAIL

Eligible Electors residing off reserve, for whom mailing address is available, will automatically be sent a mail-in-ballot via regular mail. Eligible Electors ordinarily residing on-Reserve or any Elector who did not receive a package may request a mail-in ballot by personally contacting OneFeather Support.

NOTE THAT ELECTRONIC VOTING IS NOT AVAILABLE FOR THIS ELECTION.

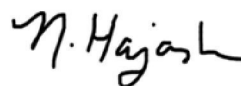
COVID-19 PROTOCOL

DUE TO THE ONGOING COVID-19 PANDEMIC THE DATE OF ELECTION HAS BEEN MOVED TO MAY 3RD TO ENSURE THAT THE VOTE IS SAFE AS POSSIBLE AND THAT ELECTORS HAVE SUFFICIENT TIME TO VOTE BY MAIL IF THEY CHOOSE TO DO SO.

IF YOU VOTE IN PERSON, WE ASK THAT YOU PLEASE ADHERE TO THE FOLLOWING HEALTH AND SAFETY PRECAUTIONS TO REDUCE THE RISK OF THE TRANSMISSION OF COVID-19:

- 1. SANITIZE YOUR HANDS UPON ENTERING THE VOTING AREA.**
- 2. PLEASE WEAR A MASK, IF YOU DO NOT HAVE A MASK ONE WILL BE PROVIDED TO YOU.**
- 3. MAINTAIN SOCIAL DISTANCE BETWEEN PEOPLE TO ENSURE THAT PEOPLE REMAIN SIX (6) FEET APART.**
- 4. ELECTORS ARE ENCOURAGED TO BRING THEIR OWN PEN OR A SANITIZED PEN WILL BE PROVIDED TO YOU.**
- 5. EXIT THE VOTING FACILITY AS SOON AS YOU HAVE COMPLETED VOTING.**

Dated in Victoria, Province of British Columbia this 23rd day of February, 2021.



Nicole Hajash, Electoral Officer

For more information please contact:

Nicole Hajash, Electoral Officer
Email: nicole@onefeather.ca

To Request a Mail in Ballot, please contact:

OneFeather Support
Email: support@onefeather.ca

Office: (250) 384-8200 TF: 1-855-923-3006 Fax: 250 384-5416
209-852 Fort Street, Victoria, BC V8W 1H8

<https://www.onefeather.ca/nations/bonaparte>

BONAPARTE FIRST NATION

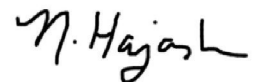
REVISED FINAL LIST OF CANDIDATES

Notice is hereby given that the **Bonaparte First Nation** held a Nomination Meeting on **February 18, 2021**, in accordance with the *Indian Act Election Regulations*, for the purpose of eligible Electors nominating candidates for the Office of Chief (1 Chief) and Council (4 Councillors) to be elected in the next Election on **May 3, 2021** for the ensuing term of office.

| CANDIDATES FOR THE OFFICE OF CHIEF | |
|---|--------------------------|
| ANTOINE, FRANK | |
| PORTER, RANDOLPH | |
| CANDIDATES FOR THE OFFICE OF COUNCILLOR | |
| ANTOINE, MISTY | MINNABARRIET, P.J. KYLE |
| ANTOINE, NEAL | MORGAN, ARTHUR |
| ANTOINE, VIOLET | MORGAN, KARA |
| ANTOINE (HUNTER), KENDALL | PIERRO, GAIL |
| BASIL, CARA | PORTER, PATRICIA (TRISH) |
| BILLY MINNABARRIET, DR. VERNA | PORTER, SHANNON |
| CANADAY (KENNEDY), MICHELLE | SANDY, DIANA |
| HARRIS, ROBERT | WILLIAM, CHARLENE |
| MICHEL, KIM | ZABOTEL, W. KEITH |

The listed nominees have been duly nominated for the office of Chief and Council for the Bonaparte First Nation in accordance with the *Indian Act*.

Given under my hand in Victoria, B.C. this 24th day of February, 2021.



Nicole Hajash, Electoral Officer

To contact the Electoral Officer:

Nicole Hajash, Electoral Officer

Email: nicole@onefeather.ca

Office: (250) 384-8200

TF: 1-855-923-3006 Fax: 250 384-5416

209-852 Fort Street, Victoria, BC V8W 1H8

<https://www.onefeather.ca/nations/bonaparte>

To Request a Mail in Ballot Package:

OneFeather Support

Email: support@onefeather.ca

ARTHUR MORGAN

AM TIRES & SERVICE & STORE SUPPLIES

2629 CHURCH RD BONAPARTE FIRST NATION.
ACROSS FROM CHURCH.



KLONDIKE®

OILS & LUBRICANTS AVAILABLE HERE

www.klondikelubricants.com

Tires & Services

New Tire orders, mounting and balancing, tire rotation, tire repair, New Quad Tire orders, quad tire repair. If u need new vehicle tires/quad tires I can order them 1-2 day delivery.

If you need New Tires/Mechanical work done but can't afford to pay all at once, I can set up payment plan for you to help. Safety is Priority for me and you're Family.

Light Mechanical Work, oil changes, air filter, transmission oil + filter change, spark plugs, shocks, struts, brakes, rotor disc replacement, upper control arms, lower control arms, ball joints, tie rod ends, bearings, cv axles, Read Codes, headlight bulbs, ECT: Please call for appointment. Because of Covid-19, masks are required to enter the Office/Store.

B: 250-457-3332

C: 250-457-3536

or message me on Facebook.

All new tires and mechanic work is all tax free/tax exempt!!! For all



Community Store

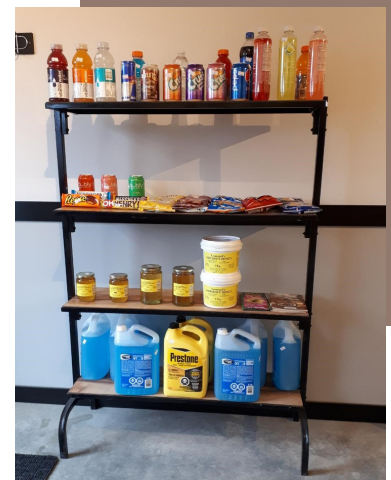
All sorts of soft drinks: Pepse, Orange crush, Grape crush, Rootbeer, Cream soda, Vitamin water Gatorade, Bubly water, Red Bull.

Chocolate Bars: Hersey ,Reese ,Oh Henry, Hersey Cookies and Cream.

Lays Potato Chips. Lomond Local Honey, Windsheild Wash, Prestone antifreeze.

Farm Fresh Eggs.

Thank you all for your support I've Received since Launching last September 14/20. Lets all have a Happy Healthy Prosperous New Year look out for one another, be kind, smile, laugh its free !





First Nations Health Authority
Health through wellness

FEWER FACES, WIDE-OPEN SPACES

A GUIDE TO GATHERINGS AND EVENTS DURING COVID-19

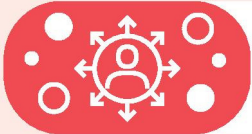
The FNHA acknowledges the significance of sweat lodges, potlatches and other cultural and spiritual gatherings to our health and wellness, as well as the trauma caused by past banning of these activities.

Even so, now is not the time to hold or participate in group activities. Following are some risks associated with sweat lodges and potlatches, as well as some alternatives.

RISKS



Going into a sweat lodge during COVID-19 would mean being in too-close physical contact and possibly breathing in the droplets in each other's breath.



Even gatherings of fewer than 50 people require an assessment of risk – especially if the event will entail travel and people sharing accommodations.

ALTERNATIVES



Getting outside and spending time on the land and water (think “fewer faces, wide-open spaces”) is one of the most powerful ways to nurture health and wellness.



Connect to the Creator through prayer and focusing on your hopes for our future generations.



Consider holding smaller events for now, with the larger event at a later date (when it's safer to gather again).



If you are holding a smaller event, consider having bag lunches rather than shared meals, ensuring there are opportunities to wash and/or sanitize hands, and to practise physical distancing.



Modify any ceremonies and cultural practices with public health recommendations, or conduct them just with the family you live with/your “bubble.” Your bubble should always be the same five or six people – those in your household for example – and they should not be in other bubbles with other people!

For more information, visit www.fnha.ca/coronavirus

STARTING
MAY 3
2021

Tuition is fully
funded through
**BC First Nations
Post-Secondary
Partnerships**

Photo Credit: Robin Hunt, Big Rock Ranch

APPLIED SUSTAINABLE RANCHING

Surrounded by a beautiful landscape, learn about **regenerative agriculture** and **land management practices** with a focus on **innovation**, as well as financial and environmental sustainability.

This project **Elkstwécw ne tmicw**—working together on the land—is delivered as a partnership between Skeetchestn, Tk'emlups te Secwepemc, and Thompson Rivers University.

Interesting and exciting job opportunities await:

- Farm, ranch, market garden and greenhouse operations and management
- Land use management
- Economic development and project management within communities
- Starting your own food production, preserving, and agri-tourism enterprises, with a solid business and operations plan

Increasing skills for growing, gathering and preserving nutrient-rich foods, thereby improving food security and keeping money working within our communities.

Healthy soils → Healthy plants → Healthy people!

Students use **technology-based learning** to study from their mentor farms and meet face to face once a week **reducing fuel consumption and carbon footprint**. Learning from upwards of **30 farms and ranches** in our region allows students to understand the common thread of resilience that runs through the community.

Apply Today



CONTACT

Gillian Watt

gwatt@tru.ca • 250.319.2367

Byron Bob

educationassist@skeetchestn.ca

Terri Mindel

terri.mindel@kib.ca

tru.ca/ranching

Learn to be resilient and adapt to the quickly changing world.

Food security and climate change are issues that affect everyone.

British Columbians have a historical rich relationship of land use utilizing low input and forage based production. Animals harvest forage on vast range-lands and pastures that cannot be used for human food production. *This type of production sequesters carbon and naturally maintains the soil food web.*

Included in this program

Key considerations to address resilience in the face of climate change and improves food security by:

- Keeping range-lands intact
- Implementing good management practices
- Maintaining soil, plant and water health
- Living with wildlife
- Respecting biodiversity
- Preserving water and sequestering carbon
- Protection of environment and resources



The Applied Sustainable Ranching program assists in building foundational skills for land and ranch management positions. **Regenerative agriculture, traditional and cultural land use practices** are emphasized to help nurture talent.

Skills for the future:

- Managing soils to build organic matter and increase water holding capacity and biodiversity
- Grazing management
- Riparian management
- Invasive species
- Solid foundation in financial and business management
- Expertise to build diversified and resilient operations:
 - › Vegetable Production
 - › Greenhouse
 - › Berries and Fruit
 - › Food Processing/Preserving
 - › Grass-fed Beef
 - › Pasture Poultry
 - › Pasture Pork
 - › Agri or Soft Adventure-tourism



One year certificate program:

ASUR 1030 **Environmental Sustainability** (May 3–July 25)
ASUR 1010 **Introductory Residency Week** (Sept 7–10)
ASUR 1040 **Applied Skills & Diversification** (Sept 13–Dec 5)
ASUR 1020 **Business Enterprise** (Jan 31–Apr 25)



Gillian Watt gwatt@tru.ca • 250.319.2367
Byron Bob educationassist@skeetchestn.ca
Terri Mindel terri.mindel@kib.ca

For current information, photos, and blog updates check us out on social media:



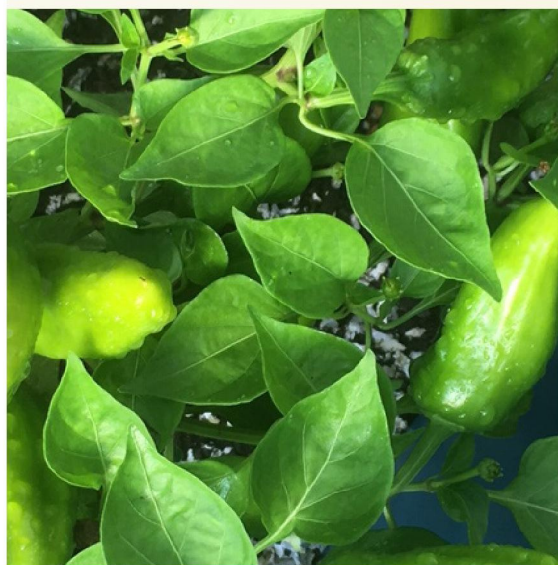
Transfer Options Available

After completion of ASUR CERTIFICATE students can:

- A** Begin working as an employee or an agriculture entrepreneur within your community.
- B** Continue on to complete the ASUR DIPLOMA program (1 additional year).
- C** Transfer into the TRU Bachelors of Natural Resource Science, providing the course entry requirements are met.

After completion of ASUR DIPLOMA students can also:

Transfer into third year of Olds College Bachelor in Agribusiness program, with a minimum GPA of 2.5.





Division: Campbell Hill Landfill
Place of work: Cache Creek, BC
Job Description: Goat Operations Helper
Reviewed: February 2021

Operations

Reporting to the Wescan Supervisor, the Goat Operations Helper is responsible for the safe and efficient operation of the site, including, but not limited to:

- Rolling and unrolling the tarps on the B-trains
- Securing the tarp tie-downs on the B-trains once unloaded
- Report any loose/un-safe tarp tie downs to the supervisor
- Grease fifth wheel of the B-train A-box
- Scrapping mud off the trailers
- Maintaining and cleaning the trailer yard
- Wash the goat tractors
- Other duties as assigned

Capabilities and Qualifications

- Valid B.C. Driver's License
- Must be able to lift upto 50lbs
- Ability to stand for long periods of time
- Ability to work outside in all weather conditions
- Maintain all safety standards

| Elders and Members COVID-19 Message | Stefex7ém ell K'wséltkten Tsqúlecwmentls re Xexé7 te Sk7ep |
|---|--|
| <p>I am here to talk with you about Covid-19. This deadly virus has affected many of our Secwepemc communities. The situation is serious. Our Elders are vulnerable and at high risk for severe illness from Covid-19.</p> | <p>Tskítsentlmen e slexéyēctlmen te sk7ep, re Covid-19. Yi7éne te sk7ep tníltēs re tcw7it ne Secwepemcúfēcw. Me7 xexé7 k sk'wýúsems re qelmúcw. Re stexfēx7ém-kt ri7 put me7 k'wýúsem e kwenwénsēs k Covid-19.</p> |
| <p>Here are some important ways we to keep each other safe.</p> <ul style="list-style-type: none"> • Stay home as much as you can • Wash your hands, use hand sanitizer • Keep your surroundings clean • Stay in your personal bubble • Wear a mask whenever you go out or around other people • Maintain physical distance of 6 feet | <p>Tsqéy' ne7éne re s7i7llcw te7 sw7ec e sknucwentwécw-emp e sta7s e stnilentwécw-emp:</p> <ul style="list-style-type: none"> • Tá7us ke7 snes then. • Tśéwkstem-ce, pústkstēm-ce tek sanitizer. • Ctśéwllcw-ce. • Tá7us k smeymínc k swet. • Mekw7úsem-ce m-nēs-ucw then ell, e w7ec-ucw ns7i7llcw te qelmúcw. • Teqmékst te stsólcnem me7 w7ec-ucw te qelmúcw kwemtús. |
| <p>Ways to stay mentally/physically and spiritually healthy:</p> | <p>Cwelcwélt:</p> |
| <ul style="list-style-type: none"> • Connect through phone calls or social media • Daily prayers and smudging • Getting out on the land (going for walks) • Singing and drumming • Reading, puzzles, crafts (beading, knitting) | <ul style="list-style-type: none"> • Ctáلكwem ell s7i7llcw tek sw7ec te <u>media</u> • Qwentsín ne sxwexwéyt.s re sitqt ell, xwent ke7 swelém tek kéwku • Skuk'wétem ne tskémpéllcw • Spwum ell stířey • Ts'exél'etcwem, élkstmente k (t.sususú7t, k sqtsúsem) |
| <p>Please reach out to your supports if your needing extra help (Chief and Council, Health Director)</p> | <p>E k'wýúsm-ucw, qwlentéke e sknúcwent.s ke7 kenknúcwmen (Kúkwpi7 ell Tkwenem7íplem, k El7élkst e Scwelcwélt.s re Qelmúcw).</p> |
| <p>The more you can do to keep yourself safe, the faster this will all be over. A vaccine will be available to you soon. Remember, you are not alone, we are all in this together, and we will all get through this together.</p> | <p>E p7ecw ke7 syecwestsút, me7 p7ecw e sxwent.s e wi7s. Ta7 k sq7est.s me7 ll7épstxents.tes. Tselxemstéke, ta7 ke7 snekwestsút, tsílem tucw xwexwéytet, ell me7 nekúsem-kt tek me7 pútemstem ri7.</p> |

Translated and formatted in collaboration with Dr. Mona Jules (Skeetchestn) and the Tkemlúps te Secwépemc Language and Culture Department. Western Dialect.



Bonaparte First Nation

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March 8, 2021

Hello Bonaparte Community Members

Thank you all for being patient with the vaccine rollout. The vaccine will be arriving next week to Bonaparte for on-reserve and the catchment area; 16 Mile, Cache Creek, Ashcroft. There is no set date, it can either be on Monday, Wednesday, Thursday or Friday. The Health Centre will know more when the time gets closer. You can expect to receive a call for an appointment time.

For off-reserve, please call and make an appointment if you are 65 and older. See info below for the region you may reside in.

Call centres will start registering appointments on March 8 for **Indigenous people age 65 and older**, as well as non-Indigenous seniors age 80 and older. The centres will be open from 7 a.m. to 7 p.m. every day, with reduced hours on statutory holidays.

Indigenous people aged 60-64 will be able to register for an appointment online or by phone **by March 31, with clinics for people in this age group starting in mid-April.**

Vaccine Registration Contact Information by Health Authority

| Health Authority | Phone Number | Website URL |
|------------------------------------|----------------|--|
| Fraser Health Authority | 1-855-755-2455 | www.fraserhealth.ca/vaccine |
| Interior Health Authority | 1-877-740-7747 | www.interiorhealth.ca |
| Northern Health Authority | 1-844-255-7555 | www.northernhealth.ca |
| Vancouver Coastal Health Authority | 1-877-587-5767 | www.vch.ca |
| Vancouver Island Health Authority | 1-833-348-4787 | www.islandhealth.ca/covid19vaccine |

Respectfully, Vanessa Thevarge