

# Pellc7ell7úllcwten entering pithouses month



Lillian Sandy

le7 re swiktlmen (Good to see you all)

**wey'tkp xwexwéytep**  
**Hello everyone,**

## **Chief & Council Update:**

- Next Chief & Council meeting November 18th. If you would like to be added to the agenda, contact Valentara, Executive Assistant
- **Economic Development**
  - Weekly Friday morning updates from Roy Seriosa
  - Ongoing Ashcroft Terminal, CN discussions
- **Communication-**
  - St'uxwtews App - download to keep up to date with important information
  - Newsletter - if you have an addition, contact Tammy
- **Membership as of October 29th , 2024**
  - **1152 members**
  - Membership added to AGM on Nov 24th
- **Housing:**
  - Weekly Friday morning updates with Sierra
  - Tammy & Sierra attended the Navigating ISC Infrastructure Programs: Building Communities For Future Generations in Vancouver: Oct 8&9th
- **Specific Claims #33 & #34**
  - October
    - In person updates from Myriam on Oct 27
    - Great information from Ashcroft Museum

## • **Education**

- Tutoring Monday & Thursdays K-7 (4pm-5pm); Gr.8-12 (5pm-6pm)
- BFN Early Childcare Education Centre groundbreaking ceremony happened on October
- IECE Program new start date January 2025

## • **Health & Wellness**

- funding for family and youth - sports, cultural events; etc. please contact Terry Porter for more information.
- We said goodbye to Danny Kennedy, &
- Welcomed Rayna Antoine for home care

## • **Governance**

- Family Pod sessions are continuing in the fall - Specific Claims #33 & #34; Ashcroft Terminal; Stsmemelt; Language & Culture; Land code
- Open Forum - November 17th @Quonset
- Annual General Meeting, November 24th @Cache Creek Hall

## • **Lands**

- Data management solutions presentation
- upcoming - wills & estates; land use planning w/Urban Systems

## • **Elder's Coordinator**

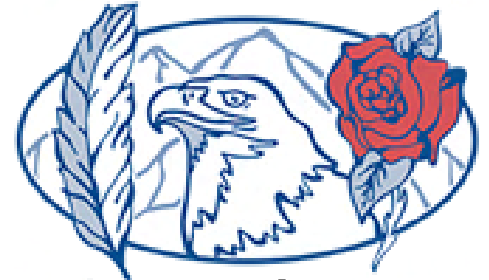
- Next meeting - November 12th; Council Chambers! All ELDERS welcome

## • **Cultural Enrichment Manager**

- Netflix Filming went well and the film production cleaned up the inside & outside of church
- Halloween Party was a great turnout
- Hunting Camp - thank you for all who came through the 10 days-@350 people



## St'uxwtews



## November 2024

**In this newsletter  
you can expect:**

Community Updates  
& Photos

Department News &  
Updates

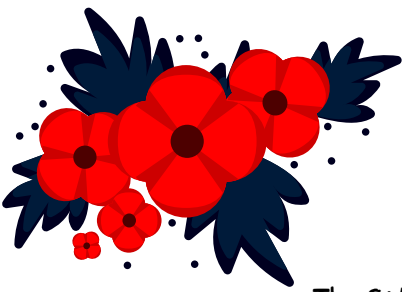
Recipes & Puzzles

EVENTS - Near & Far

November  
Birthdays

Community  
Highlights

*the wem7uplets re gefmucw*



## COMMUNITY HIGHLIGHTS & NEWS

**\*\*Remembrance Day 2024\*\***

The St'uxwtéws Nation will honor our Veterans on November 8, 2024, with a ceremony at the Bonaparte First Nation Memorial, located outside the BFN Office.

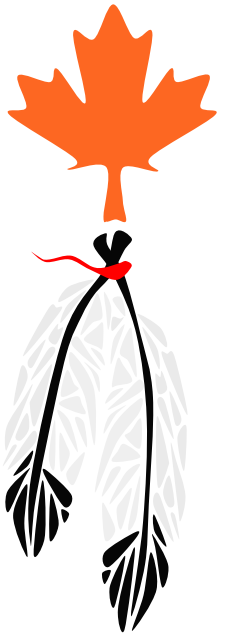
Join us for coffee and tea at 10:00 a.m., followed by the ceremony at 10:30 a.m.

We are inviting our youth to participate by reflecting on what a First Nations War Veteran means to them. Please have them write a word or a sentence expressing their thoughts. With the help of as many youth as possible, we will transform these words into Secwépemc language and create a new drum song—an honor song from the youth to our Veterans.

The debut of this special song will take place during the Remembrance Day ceremony on November 8, 2024.

Please submit the youth's contributions in any of the following ways:

- Drop off at the office to Jamie
- Email Jamie at [culturalmanager@bonaparte.band](mailto:culturalmanager@bonaparte.band)
- Call Jamie at 250-457-0542
- Text Jamie at 250-457-0542





## November Community Events and Services

### November 5

- Dr. Lawrie visits from 9am-2pm; contact Health Reception
- Food Bank for families at Elizabeth Fry in Ashcroft from 12pm-2:30pm.

### November 6

- Food Bank for everyone at Elizabeth Fry in Ashcroft from 12pm-2:30pm.

### November 8

- Harry Bartlett Trio @UniTea Cafe & Lounge Doors (Ashcroft) 6:30pm/Show 7:30pm - Tickets \$22

### November 11

- BINGO - Lions @Cache Creek Hall

### November 17

- Royal Purple Bingo @ Cache Creek Hall.

### November 19

- Food Bank for families at Elizabeth Fry in Ashcroft from 12pm-2:30pm

### November 20

- Dr. Lawrie visits from 9am-2pm; contact Health Reception

### November 24

- The Recreation Bingo @ Cache Creek Hall.


### Recurring Events:

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

### Special Awareness Month

- November is Diabetes Awareness Month, a time to increase awareness and support for those affected by diabetes.








First Nations Health Authority  
Health through wellness

## FNHA Cybersecurity Incident


### How to protect yourself

In May 2024, the First Nations Health Authority (FNHA) was the target of a cyber attack. The FNHA took immediate steps to block the threat.


The cyber criminals may have accessed the personal information of many First Nations peoples and their non-First Nations immediate family members in BC. The FNHA is offering free credit and identity theft monitoring to all who may be affected.

STEP 1	STEP 2	STEP 3
 <p>Read Questions &amp; Answers (Q&amp;A) at <a href="http://www.fnha.ca/cyberincident">www.fnha.ca/cyberincident</a>.</p>	 <p>Check to see if you have been affected using the FNHA look-up tool: <a href="https://lookup.fnha.ca/">https://lookup.fnha.ca/</a></p>	 <p>Sign up for the free Equifax credit monitoring service provided by the FNHA if you have been affected</p>
<p>We understand that receiving a notice like this is distressing. The <a href="http://fnha.ca">fnha.ca</a> website also has information on how to access mental health and cultural supports. We will continuously update the Q&amp;A based on questions and feedback.</p>	<p>To determine whether you or a loved one you are assisting has been affected, like a parent, spouse etc., please visit <a href="http://lookup.fnha.ca">lookup.fnha.ca</a> and follow the instructions on the page.</p>	<p>The FNHA has arranged for credit monitoring and identity theft restoration service for a period of 24 months at no cost to anyone whose status number has been impacted. Please note that you have until January 31, 2025 to determine your eligibility.</p>

**If you need to speak to someone:**



By Phone:  
1-844-723-6518



By Email:  
[cyberincident@fnha.ca](mailto:cyberincident@fnha.ca)

The operating hours of the Support Centre are 7:00 am – 3:00 pm Pacific time, Monday - Friday.



**SHER PERRY**  
**Home & Community Care Nurse**  
**Available - Monday to Thursday**  
**9am - 3pm**  
**for foot care,**  
**please call 1.250.457.6233**  
**for an appointment**

HEALTH News

Heidi Greenman, Health Director  
 Colleen Brown, Receptionist

Please contact the Health Centre @ +1.250.457.6233





# Health Update

## St'smemelt

Hello this month we reintroduced St'smemelt to the family pods, moving forward we will start our engagement sessions hosted in the community. There is job posting for the St'smemelt Coordinator that is now out, please see the posting for how to apply. This engagement Coordinator will work with community/membership as well as a consultant.

-We have hired Carden Consultants to help with navigating the engagements and working towards what jurisdiction looks like for St'uxwtews.

-every month we will add a story to the newsletter for you to read (these are what St'smemelt-secwepemc laws are based off) These stories can provide many teachings in our everyday life.

CONTEST: please hand or email in your responses "WHAT DOES THIS STORY MEAN TO ME?" these answers will be apart of the documentation. Each answer will be entered in the monthly draw, any age to participate. Starting November 2024

### NOVEMBER PRIZE: FAMILY GAME NIGHT PRIZE



### Le7 te Melamen Health society

Our mission is to establish a dynamic non-profit organization that enriches the quality of life in Secwépemcúlecw.

Le7 te Melamen Health Society (LtMHS) is passionately committed to enhancing the well-being of the Secwépemc Nation and its 16 communities through a culturally focused approach, ensuring the safety and well-being of Indigenous families. The Society is ran by a board made up of Authorized representative's from each community. We are still in the process of selecting an AR for St'uxwtews.

We meet monthly for updates as Health Directors followed by a Meeting with the Nation delegates



Heidi Billy-Greenman,  
Lisa Morgan  
(daughter of Terry Morgan)

I attended the First Nation Health Directors Association in Musqueam and met with a Member of St'uxwtews, was very nice to catch up and see where we are at a provincial level.



## Let's Get Immunization!!

November 7th  
Flu Clinic  
@Bonaparte  
Health Center  
10am - 3pm



## ECO-FRIENDLY WAYS TO CLEAN HOME



**2** For **fresh-smelling clothes**, hang laundry on an outdoor sunshine dry it. (To prevent fading, turn garments inside out).

**5** Floors are the dirtiest surfaces. So, follow the **no-shoes-indoors** policy and damp mopping once a week with water and vinegar.



**9** Remove indoor air pollutants without expensive electric filters. Houseplants such as chrysanthemums, English ivy, spider plants and Boston ferns naturally freshen the air.



**8** Add 4 tablespoons baking soda to 1 quart warm water for a non-toxic, all-purpose cleanser that can be used to scrub countertops.

**6** Make windows sparkle, spritz glass with a solution of white vinegar and warm water. Avoid streaks by wiping it with newspaper.

**3** There's no need to **polish wood furniture** every week. Dusting with a dry, lint-free cloth will do. Polish with butcher's wax once or twice a year.

**1** **Nix stains from whites** by dabbing spots with a mixture of dish soap and two parts hydrogen peroxide.

**4** Table salt is all you need to **remove baked-on food** from inside the oven. Cover the area with salt while the oven is still warm. After it cools, scrape the food away and wipe with a damp sponge.



**7** Disinfect and **deodorize the toilet bowl** in a flash. Sprinkle the sides with baking soda, and citric acid let sit for a few minutes, then drizzle with vinegar. Scrub with a toilet brush and flush.

**10** **Prevent mold** and from becoming a growing problem in the bathroom; keep a spray

### Emergency Planning (evacuation part)

I would like to give a big thank you to the community response and the fast response we had this year during the wild fire season. During the data collecting we are see a common reaction in the community, many are willing to stay home if there is an evacuation in effect.

This is the residence decision and can pose many risks. I will be working on a new approach to evacuating and will have many options in place, everyone has a different plan and the overall goal is to keep in contact with members and ensure there safety. We would like to set a meeting up in the new year and get our community feed back on your needs.



Kukstsémc  
DANNY

I would like to say thank you to Danny Kennedy- Indigenous Healing and Wellness Worker, who has moved on to his next work journey.

Danny has provided so much support to the Community and Staff. Everyday he would start the smudge and made sure everyone in the building was okay before getting the day started. Never leave your phones unattended unless you wanted selfies of Danny.

We are fortunate enough to have two sweat houses build and located on the property of Ace Stewart-Perry, 1 womens-1community. In the time Danny worked for Stuxwtews he assisted in supporting our members with addiction services and treatment facilities. Many hours were spent with Elders and the youth, this entailed many cultural/traditional teachings.

Danny will be missed but will be in the community when he can, sweat house is still being used and is available to anyone .





## BSLP Update...

- FIRE WOOD DISTRIBUTION- TBA & ELDERS WHO HAVE WOOD STOVES WILL BE CONTACTED
- FISH DISTRIBUTION WAS A GREAT SUCCESS.
  1. @1400 Chum were brought from upper Vancouver Island
  2. BFN members were contacted and came to the BSLP office for pick up;
  3. Neighbouring communities were contacted to pick up salmon
  4. Thank you to Peter & Keith Zabolot who travelled with Fawn to pick up the salmon
  5. Thank you to all BFN/BSLP & Community members who helped clean and wrap the salmon
- Cache Creek bridge replacement has been completed
- CLOSED - North Entrance to IR3 is Closed due to broken cattle guard
- GARBAGE Pickup - please contact BSLP office if you need large items picked up

HAVE A QUESTION? CALL 250.457.6788



**FAMILY POD  
MEETINGS**



Chief, Council & the Governance department is excited to be calling our Family Pods back for our Fall sessions

Nov 4 2024: Ettienne, Day & Williams

Nov 5th 2024: Petel, Raynes, Bob & Kennedy

Nov 7th 2024: Antoine, William, Porter & Zabetel

Nov 19 2024: Minnabarriet, Pierro, Perry & Mcleod

Nov 20th 2024: Sandy, Billy & Retasket

Nov 21st 2024: Morgan Gaspard & Casper

Nov 26th 2024: Basil, Harris & Williams IR # 2

Nov 28th 2024: Elders Pod

Contact Honey (250) 280-5010  
engagement@bonaparte.band

In our Family Pods we will be discussing  
Specific Claims IR # 33 & 34,  
Ashcroft Terminal,  
Stsmemelt,  
Language / Culture  
& Land Code.

We would like as many members as possible to join us to discuss these important topics.

## Stuxwtéws Community Open Forum

November 17, 2024

10:00am - 3:00pm

Bonaparte Quonset 2610 Spirit Way

**Agenda Items:**  
**Specific Claims**  
**Ashcroft Terminal**  
**Stsmemelt**

Zoom meeting ID # 999 9130 7305

Passcode 293 655

Lunch will be served at 12:00pm

Questions contact Honey  
engagement@bonaparte.band  
(250) 280-5010

## Stuxwtéws Bonaparte First Nation AGM

### Annual General Meeting

November 24, 2024

9:00 am to 5:00 pm

Where: Cache Creek Hall

9:00 am to 5:00 pm

#### Agenda as follows

9:00 am - Chief and Council Updates

10:00 am - Bonaparte Sales Unlimited  
Partnership - BSLP Updates

LUNCH 12:00 PM - 1:00 PM

1:00 pm - Administration Updates -  
Membership Department Vote

3:00 pm - Health Updates

Zoom Link Meeting ID 955 7444 6143  
Passcode 237 419

If you have any questions or concerns please  
contact: Marilyn Porter - 250 457 3949  
Tara Zabetel - 250 457 9624 ext 234

Mark  
YOUR  
Calendar







## SOCIAL ASSISTANCE SCHEDULE FOR APRIL 2024 TO MARCH 2025

SLIPS DUE IN:	SOCIAL ASSISTANCE EXPECTED DATE:	FOR THE MONTH OF:
APRIL 3RD, 2024	APRIL 17TH, 2024	MAY
MAY 8TH, 2024	MAY 22ND, 2024	JUNE
JUNE 5TH, 2024	JUNE 19TH, 2024	JULY
JULY 3RD, 2024	JULY 17TH, 2024	AUGUST
AUGUST 7TH, 2024	AUGUST 21ST, 2024	SEPTEMBER
SEPTEMBER 4TH, 2024	SEPTEMBER 18TH, 2024	OCTOBER
OCTOBER 2ND, 2024	OCTOBER 16TH, 2024	NOVEMBER
NOVEMBER 6TH, 2024	NOVEMBER 20TH, 2024	DECEMBER
DECEMBER 4TH, 2024	DECEMBER 18TH, 2024	JANUARY
JANUARY 6TH, 2025	JANUARY 15TH, 2025	FEBRUARY
FEBRUARY 3RD, 2025	FEBRUARY 12TH, 2025	MARCH
MARCH 5TH, 2025	MARCH 19TH, 2025	APRIL



STARTING IN  
NOVEMBER

## YOUTH COORDINATOR HOME VISITS

PLEASE TEXT 250-318-2930 OR CALL 250-457-6233

EXT 230 TO BE INCLUDED IN THE HOME VISIT  
SCHEDULE

OFFERINGS:

YOUTH TRANSPORTATION TO EVENTS/SCHOOL  
AFTER SCHOOL PROGRAMMING AGE 5-12  
SUPPORTS NEEDED AT HOME

HOME VISITS WILL BE THE FIRST AND  
LAST WEDNESDAY OF THE MONTH  
BETWEEN 1-8PM

## SOCIAL DEVELOPMENT

Angie Thorne

Savannah Pierro, Jamie Neighbor

## Jordan's Principle

Carrie Higginbottom

will be in office every last  
Thursday of the month.

9:00 -2pm

## Bonaparte Health Clinic

Please Contact Health  
Reception to schedule an  
appointment.

(250) 457- 6233



# COMMUNITY ...



**WINTER PREPARING  
FISH  
OCTOBER 11TH**



**THANKSGIVING POTLUCK  
DINNER  
OCTOBER 13TH**





COMMUNITY ...

KEEP AN EYE OUT FOR FUTURE  
BFN BINGOS





# Youth Coordinator



## Angela Clark

SCFS Youth Gathering in Kamloops Oct 17-20 was a beautiful gathering! The youth were transported to Kamloops and enjoyed many activities making, drums, rattles, ribbon skirts and shirts. Many youth were gifted a skateboard and all the gear. The 2 Rivers Remix were amazing! And all of the keynote speakers and MC were phenomenal.

FNHA Youth Mental Health Forum Oct 8-11 in Richmond was a dynamic few days of workshops, drumming, singing, and sharing feedback from youth in different communities. The closing ceremony was beautiful with such a special blanket ceremony.

The First Youth Sweat (Sqilye) on Oct 1st was a huge success! Each youth that participated shared what they received after and it was heartwarming to hear them talk about feeling so connected to their culture and having a safe place to sing, pray and drum.

Next Youth Sqilye will be held November 24th at 2pm at Norman Retasket's- Please sign up with Angela at youth2@bonaparte.band or text 250-318-2930

Jui Jitsu Classes- Enrollment is ongoing. If you are interested in classes, membership fees are covered by Bonaparte FN if you are a member. Please call or text Angela to register for classes 250-318-2930 text, 250-457-6233 ext 230

FAMILY MOVIE NIGHT!! Saturday November 16 at 6pmnd at the Bonaparte Qouncet. Movie is 'IF' with Ryan Reynolds. Join us for a fun night of snacks, refreshments, door prizes and a wonderful movie! Please bring everything you need to be comfortable including comfy chairs, blankets, cushions or mats. Please call Angela at 250-457-6233 ext 230 or text to 250-318-2930 with the number of family members. We hope to see you there!

YOUTH OUTREACH HOME VISITS IN NOVEMBER- Beginning in November, I will be doing home visits to connect with youth and families. These visits can be to offer extra support with school, what is needed at home, family support and more. I will be doing outreach the first and last Wednesday of every month. To book your time between 1-8pm on these days, please email youth2@bonaparte.band, call the band office at 250-457-6233 ext 230 or text 250-318-2930. The first Wednesday of November is fully booked, taking bookings for November 27th.

LOGO CONTEST FOR YOUTH!! Ages 8-12 Category 1 Ages 13-18 Category 2- We have a few beautiful entries and will extend the deadline to November 30th. If you have a creative youth, this is a great opportunity for them to shine! Please drop entries at the Band Office or call or text 250-318-2930 for pick up. First prize in each category is \$500! Runner up is \$200

YOUTH GROUP RIBBON SKIRT AND SHIRT MAKING CLASSES- With Wanda Antoine. Tuesday November 19th ages 5-12 (parent assistance ages 5-9), Ages 12-18 November 21st 5pm-8pm Bonaparte Band Office, upstairs boardroom. Dinner provided. To Register please email youth2@bonaparte.band or text 250-318-2930. Registration required, closes November 12th.

NOVEMBER 24TH YOUTH SWEAT- At Norman Retasket's led by Daniel Gaspard- Registration required. RSVP by Nov 20th

YOUTH GROUP RATTLE AND DRUM MAKING CLASSES- With Norman Retasket December 3 5-8pm ages 4-12 (Parent assistance ages 4-7) Bonaparte Band Office Upstairs Boardroom. December 10th Ages 13-18 5-8pm. Dinner provided. Registration required. Registration closes November 18th.

TRANSPORTATION IF AVAILABLE FOR ANYONE WHO NEEDS IT. PLEASE INFORM ME AT TIME OF REGISTRATION





ANNA KENNEDY & NEVEAH PORTER

ANNA KENNEDY & NEVEAH PORTER



41

TRA 400



41

TRA 400



41

TRA 400

NEVEAH PORTER & ANNA KENNEDY

## YOUTH PHOTOS

SKYLA WILSON; MARIAH KNIFE;  
HAILEY BOOMER



41

TRA 400





**WATER TREATMENT  
CELEBRATION  
IR1; IR2; & IR3**





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



Contact Membership,  
Terri Allan @  
250.457.9624



Hosted by the  
**70 Mile Community Club  
& SMAC**

At the 70 Mile Hall

2585 North Bonaparte Road, 70 Mile House

**November 30<sup>th</sup> 10am to 2pm**

Vendors-doors open at 9am

Concession- cash only

Vendors please reserve your table-pay in advance \$20 and  
Contact Kathy Perrin at 250-456-7681



**MIKE & CHERYL**

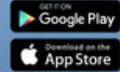
## MEMBERS OF **BONAPARTE FIRST NATION** NEVER MISS AN UPDATE



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**



## *Sun Peaks Resort*



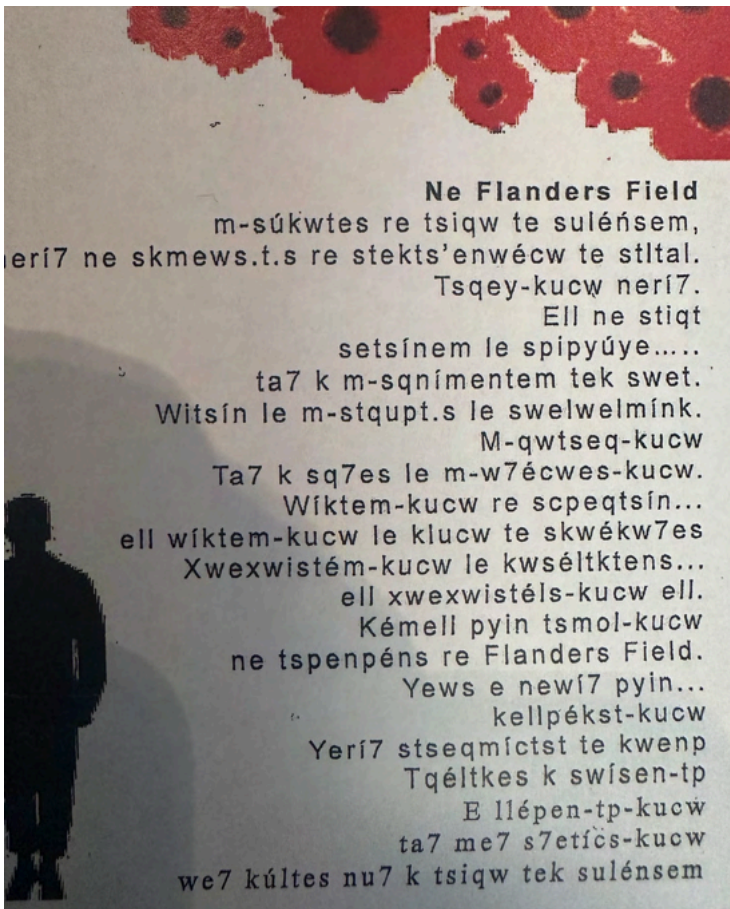
### MEMORANDUM – WINTER

DATE: August 07, 2024  
TO: Kamloops and Area First Nations  
FROM: AnneMarie Dill - Director, Guest Services and Ticketing  
Sima Solotow - Guest Services Manager  
RE: 2024/25 Kamloops & Area First Nations Lift Ticket/Pass and Rental Program

This program is as follows:

1. Authorized band members can purchase a Sun Peaks Winter Season Pass for the rate of,
  - Adult \$649.50 +GST
  - Youth \$474.50 +GST
  - Child \$268.50 +GST
  - These discounted season passes will be available with the authorization form (see below) submitted from the FN Band office.
  - To purchase your passes please email your form to our Accounts Receivable contact Alecia Stevens [astevens@sunpeaksresort.com](mailto:astevens@sunpeaksresort.com)
2. Each authorized band members can receive up to 5 complimentary lift tickets over the 24-25 winter season. A designated person from the Band office must book the individuals in advance through to Guest Services. The individuals must check in at Guest Services to pick up their tickets and complete their waiver.
  - Please email [guestservices@sunpeaksresort.com](mailto:guestservices@sunpeaksresort.com) to book your lift tickets.
3. Rental Equipment will be available for these same groups on the following basis: Complimentary standard rentals for mid-week (Mon – Thurs), non-holiday periods. The price differential between standard and high performance will be charged for an upgrade. For holidays and weekends (Fri - Sun) rentals will be discounted by 50% off the rack rate for either standard or high performance. Please send details when booking your lift tickets and Guest Services will notify the Rental Department.
4. Children's Groups for the bands will be complimentary for lift, lesson and rental (Mon-Thurs). Chaperone comps are on a 1:20 basis for secondary school groups, 1:10 for elementary school groups and include lift passes only. No lessons Fri-Sun and during holidays, 50% off rentals Fri-Sun, comp tickets 7 days a week.
  - These groups must be booked and confirmed **at least two weeks in advance** through our Groups Sales Specialist. Contact: [sales@sunpeaksresort.com](mailto:sales@sunpeaksresort.com)  
Please email for full details.





SECWEPEMCTSI'N  
**ELDERS  
LUNCH & LEARN**

**HELD EVERY THURSDAY**  
**12-1PM**  
**LUNCH PROVIDED**

**HEALTH BOARD ROOM**  
**NO REGISTRATION  
REQUIRED**

**NO ZOOM LINK**

FOR MORE INFORMATION PLEASE  
CONTACT  
[LANGUAGE@BONAPARTE.BAND](mailto:LANGUAGE@BONAPARTE.BAND)

**TUESDAYS**  
**OCTOBER 1ST**

**LUNCH  
& LEARN**

**INTRODUCTION TO  
SECWEPEMCTSI'N**

**12PM-1PM**

**CHAMBERS BOARD ROOM**  
**Light Lunch Will Be Provided**

**\*\*No Registration Required\*\***  
**OPEN TO THE COMMUNITY**



Justin Prairie Chicken,  
[language2023@bonaparte.band](mailto:language2023@bonaparte.band)  
(c)1.250.299.4406  
Shaunna Pierro  
[language@bonaparte.band](mailto:language@bonaparte.band)

**LANGUAGE & CULTURE**





## Housing News

SIERRA LOEWEN

250.457.9624 EXT. 222

[housing@bonaparte.band](mailto:housing@bonaparte.band)

With the weather getting colder the mice will be looking for a warm place to hang out. Stop the invasion with Anti- mouse bags

Add cinnamon, cloves, chili flakes and star anise in a mesh bag.

Place them near every opening and in cupboards and closets. Added bonus is they smell like Christmas.

\*there is no specific measurements, just add a few spoonfuls of each item, I usually go heavier on the cloves since they smell nice and are the strongest scent."



### Housing Update:

- Howie and I are working hard to complete major and minor renovations with contractors at BC Building Code. This does make it a longer process but we're doing this to ensure the protection of the homeowner and the nation.
- Smoke Detectors, fire extinguishers, and water/gas tags will be distributed to each household. Howie will be visiting each home throughout November
- We will be working with Leadership on Strategic Planning for future renovations as it is becoming overwhelming that everyone wants a renovation at the same time. We need members to understand that the entire process from inspection to renovation completion is a minimum of a year and to have patience with the Housing Department.
- I will be starting meetings with BC Housing to discuss our 8 Tiny Home project and steps towards the new housing

I'm very proud of how far the Housing Department has come in the last three years and I'm so excited to see what the future holds!

Knucwentw'ecw, (Help One Another)  
Sierra





## IECE CERTIFICATE PROGRAM

START DATE: **JANUARY 2025**

IF YOU'RE INTERESTED IN TAKING THIS

COURSE IT IS FIRST COME FIRST SERVE

WE HAVE 6 SPOTS TO FILL PLEASE

CONTACT:

**JAMIE PORTER 250-457-9624**

**EXT.240 FOR MORE INFORMATION**



BFN Daycare Groundbreaking-Oct 29th



## EDUCATION

Deborah Wilson-Green, Director

Jamie Porter, Assistant

# Tutoring Lessons

Monday - Thursday

Kindergarten to Grade 7  
Time: 4PM-5PM

Grade 8 - 12  
Time: 5PM - 6PM  
location to be determined

For more information please contact  
Jamie Porter 250-457-9624 Ext 240

Innovate your way,  
at no cost to you.

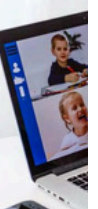
Digital skills for  
careers and life.

Course	Program	Dates
GIS/GPS Mapping	Foundations	Nov 4-15, 2024
Data Analytics	Foundations	Nov 4 - Dec 13, 2024
Drone Stewardship	Futures	Nov 18-29, 2024
Intro to Web Development	Foundations	Nov 18-29, 2024
Web Development	Focus	Jan 13 - Feb 7, 2025
Exploratory	Foundations	Jan 13 - Apr 4, 2025
GIS/GPS Mapping	Futures	Jan 20 - Mar 14, 2025
Network Technician	Focus	Feb 24 - Mar 28, 2025
Digital Transformation	Foundations	Feb 24 - Mar 7, 2025
Digital Transformation	Focus	Mar 17 - Apr 11, 2025

Scan this or visit  
[technologycouncil.ca](https://technologycouncil.ca) to apply



First Nations  
Technology Council







2024  
HUNTING  
CAMP  
@HAT  
CREEK  
RANCH





# NOVEMBER

## Happy Birthday



**With the new moon occurring in your zodiac sign, you'll find new opportunities to chase your biggest personal goals, plans, and desires. It's a great time to reflect on the patterns you'd like to create for the upcoming year and start making progress toward them. The universe will likely favour you during this lunar cycle.**



Trevor Hoffman-01; Anita Zabotel-01; Kevin Etienne-02; Tammy Mead-02; Laura Wilson-02; Roxane Petel-03; Howard Antoine-03; Ali Antoine-04; Gary Greenhow-04; Kayde McWilliams-04; Alyssa Schneider-04; Vicki Bartek-05; Kaine Chapman-05; Carmen Forster-06; Sadie Klimach-06; Mackenzie Basil-07; Dustin Kennedy-07; Keeley Petel-07; Tayton Stewart-07; Aidan Tegart-07; Casey Pierro-Zabotel-08; Daytona Retasket-08; Kaiden Sheck-08; Sheila Springenatic-08; Jodi Williamson-09; Riel Antoine-10; Stephanie Grieve-10; Charles Perry-10; Keith Sutherland-10; Cody Williams-10; Adam Roth-11; Farren Terry-11; Zaccaria William-11; Crystal Bara-13; Isaac Flores-13; April Canaday-15; Karl Gentry-15; Derek Porter-15; Michael Tremblay-16; Matthew Critch-17; Carl Minnabarriet-17; Tina Raymond-17; Mike Retasket-17; Carolyn Billy-18; Steven Kimble-18; Horton-20; Isaac Anderson Morgan-21; Trista Antoine-21; Ocean Morgan-21; Wyatt Porter-21; Valentara Zabotel-21; Denise Wilson-22; Ramona Collins-23; Joel Hamilton-23; Star Montgomery-23; Chad Beaulie-24; Dennis Clary-24; Arvilla Schneider-24; Megan Basil-25; Rocket Billy-25; Zachary Critch-25; Tyler Kohnke-27; Jaxon Porter-Nicholas-27; Adrian Retasket-27; Edward Pooler-28; Norman Retasket-28; Philip Johnson-29; Richard Lawson-29; Paxton Nelson-29; Tanya Porter-29; Laura Hirsley-30; Hunter Johnson-30;

**\*\* if you have any birthday wishes, anniversaries, congratulations etc., to send for the next newsletter, please email Tammy - [tbrown@bonaparte.band](mailto:tbrown@bonaparte.band) \*\***



SimpcoW Elders Annual  
**Christmas  
Craft Fair**

DATE: Nov. 3rd  
ChuChua Hall  
10am to about 1

\$10.00 per table

Light concession  
available

**Deck the halls,  
it's time to shop!**

Thank you for supporting us  
Contact Heather @ 250-319-0459  
Or Bonnie @ 250-682-3758



50/50 Draw  
Loonie Auction  
Food Hamper  
And more



**FAMILY  
MOVIE  
NIGHT**

**16 | 6 PM  
NOV**

**SNACKS AND DRINKS  
PROVIDED**

**Please bring your  
own chair,  
blanket, mats,  
pillows**

**Please call Angela  
for more  
information  
250-318-2930**

**Bonaparte Quonset**



*Cultural Night*  
**Every Wednesday**

**Come and join us for an evening filled with cultural activities  
or come and finish a project you are wanting to complete.  
What are you wanting to learn for our next class?**

**Pow Wow Dancing - 4PM-4:30PM**

**Scrunchie Making - 4:30-7PM**

**Location: Quonset Building**

**Limited sewing machines will be provided**

**Dinner will be provided**

**\*\*Must have experience in sewing\*\***

**For further information please comment down below**

**CONTACT SHAUNNA OR SAVANNAH PIERRO FOR MORE INFORMATION**







#### Flu/Cold Tea Bombs

##### Ingredients:

- 1/4 cup honey
- 1 tbsp lemon juice
- 1 tsp grated ginger
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1/2 tsp echinacea powder (optional)
- 1 tbsp green tea leaves (or 1-2 green tea bags)
- Silicone mold for shaping (small, round molds work best  
OR use a teaspoon and add to parchment paper)

##### Directions:

In a small bowl, mix the honey, lemon juice, grated ginger, turmeric, cinnamon, and echinacea powder (if using) until well combined.

Fill each mold or fold onto parchment paper with about 1 teaspoon of the mixture, then press the green tea leaves on top, filling each mold completely. For tea bags, cut open and use the loose tea leaves.

Freeze the molds for 1-2 hours, or until the tea bombs are solid.

Pop the tea bombs out of the molds and store them in an airtight container in the freezer until ready to use.

To make the tea, place one tea bomb in a mug and pour 1 cup of hot water over it. Stir until the bomb dissolves, then enjoy!

## Beef & Barley Soup

### Ingredients

- 1 pound boneless chuck roast trimmed and cut into 1-inch pieces
  - 1 1/2 cups carrots cut thin
  - 1 1/2 cups celery thinly sliced
  - 2/3 cup onion chopped
  - 10-12 mushrooms sliced
- 2 tablespoons beef base (this is different than beef broth; it's a base that makes beef broth)
  - 8-10 cups water
  - 1 or 2 large bay leaves
  - 1 cup uncooked pearl barley
  - 1/2 teaspoon salt
  - 1/2 teaspoon pepper
  - 1 tablespoon garlic

### Directions:

1. Brown beef in a skillet until browned, stirring frequently.
2. Remove beef from pan and place in crockpot.
3. Add carrot, celery, onion, and mushrooms, beef base, water, garlic, and bay leaf.
4. Cook on high heat for 2 hours, add pearl barley, turn down to low, and cook until vegetables and beef are tender.
5. Stir in salt and pepper.
6. Remove and discard bay leaf.



**You have a recipe you'd like to share  
email- [tbrown@bonaparte.band](mailto:tbrown@bonaparte.band)**



L. A. Times, Mon, Oct 21,  
2024

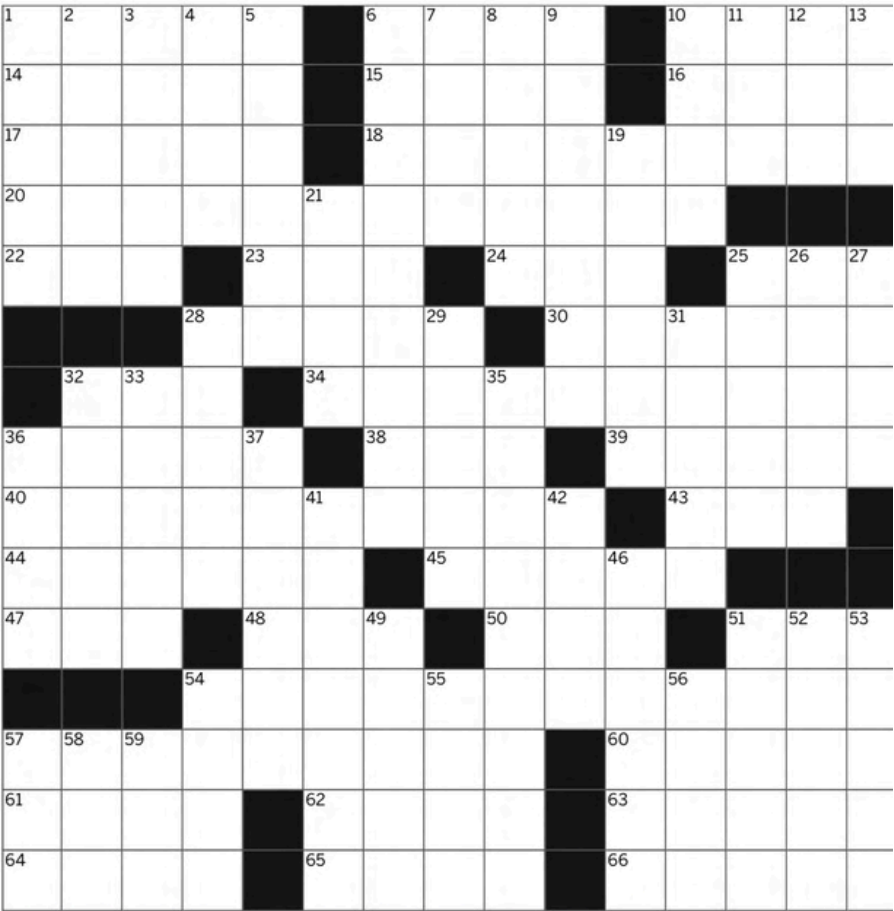
By Micah Sommersmith / Ed. Patti

Varol  
ACROSS

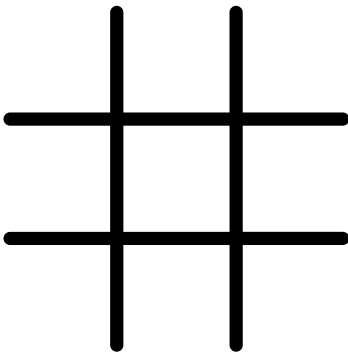
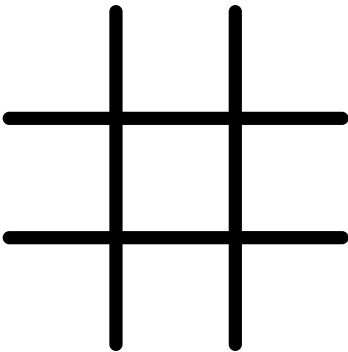
- 1 Vision-correcting surgical beam
- 6 Topiarist's target
- 10 No-frills grocer based in Germany
- 14 Words on a Wonderland cake
- 15 "¿Cómo \_\_ usted?"
- 16 Woodwind insert
- 17 Moves briskly
- 18 Symbols like :- ) and :- (
- 20 Precarious plan, metaphorically
- 22 Sinus MD
- 23 JFK successor
- 24 Mai \_\_: cocktail
- 25 Poetic sphere
- 28 Many a "Men in Black" character
- 30 Tissue that covers the iris and pupil
- 32 Pink Floyd co-founder Barrett
- 34 Events with sprints and relays
- 36 Go in one's \_\_: replace
- 38 Penn of "Harold & Kumar" films
- 39 Cooks quickly, as tuna
- 40 Corporate executive's perk
- 43 On the \_\_: furtively
- 44 Punch combo
- 45 Ordinary writing
- 47 Half a score, or a perfect score
- 48 Doc intended to protect confidentiality
- 50 German pronoun
- 51 Smallish batteries
- 54 "I don't need that back," and what can be said about the starts of 20-, 34-, and 40-Across
- 57 Anthropomorphic
- 60 Over the top
- 61 Not close
- 62 Change to fit in, perhaps
- 63 Spud
- 64 Elevator direction
- 65 Double-hyphenated digits, for short
- 66 Three-ingredient sweet treat

DOWN

- 1 Mythical river of forgetfulness
- 2 Slugger Judge who was the 2017 AL Rookie of the Year
- 3 Portly, or porter
- 4 CPR experts
- 5 Flip, as a property
- 6 Slim Jim product
- 7 "Semper Fi" military org.
- 8 Ferret kin



- 9 Porkpie's place, perhaps
- 10 Pickleball paths
- 11 Sign before Virgo
- 12 TV room
- 13 Employee badges, e.g., for short
- 19 Figures of speech
- 21 Memorial bio
- 25 NBA star with the hit rap album "Shaq Diesel"
- 26 Have another go at
- 27 Chilean sea \_\_
- 28 Change to fit in
- 29 Civil rights gp. since 1909
- 31 Witherspoon of "Walk the Line"
- 32 Pebble, e.g.
- 33 Country south of Saudi Arabia
- 35 Woodwind instruments that need 16-Acrosses
- 36 Kilt wearer, often
- 37 Occur to
- 41 Small lumps
- 42 Pebble, e.g.
- 46 Units of paper
- 49 Corrosive compound
- 51 Is \_\_: probably will
- 52 Broadcast network
- 53 Fixed gaze
- 54 Crochet need
- 55 Similar (to)
- 56 Test
- 57 Consumed
- 58 Airborne mystery
- 59 Gaping mouth



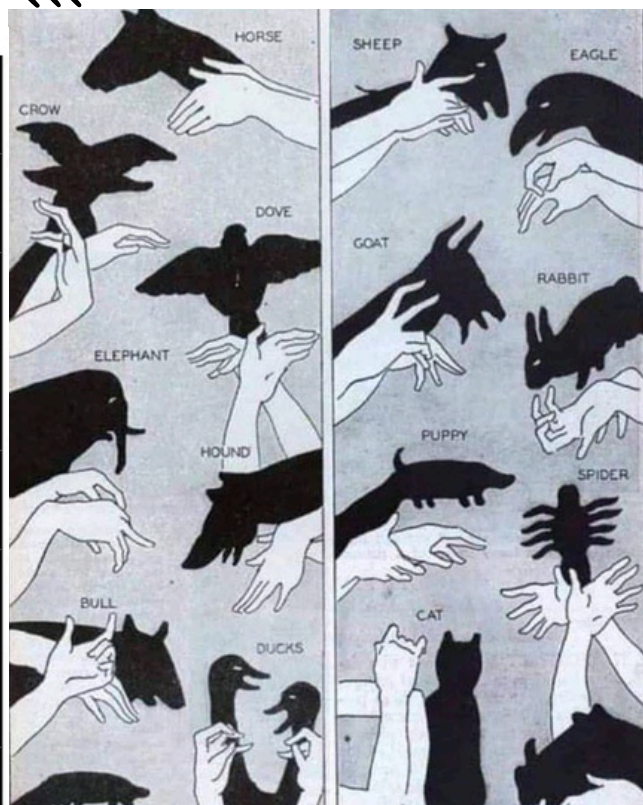
What day would Yesterday be if Thursday was 4 days before the day after Tomorrow ?





## SUDOKU

					1			
2							9	
		5			3	1		
		2	9			5		
		4		6				
3						2	7	
		3	8				5	
	8	1			5	6		7
			4				8	1



Hand Shadow Animals to try



## PUZZLES & BRAINTEASERS

### Stir It Up (Things in a kitchen)

Copyright © 2024 Amuse Labs

Blender	Rolling pin
Colander	Skillet
Cutting board	Strainer
Grater	Teapot
Kettle	Toaster
Microwave	Tupperware
Peeler	Whisk
Refrigerator	

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



## EVENTS - NEAR & FAR

### Hand Drum Practice

Chief Louis Centre

Tk'emlúps te Secwépmec

Thursdays - Doors Open 6:30 pm

We Want Your Talent!!!

Everyone Welcome!!!

Bring your own Chairs

Donations for Coffee & Snacks are Welcome

Contact - Vi Manuel 250 852 0932

#### LIVING AS A COMMUNITY

There was a time that I thought the Indian people were the proudest and strongest willed people that ever lived. But now I know that the Indian people do not have the pride or strength to help themselves and their people for what is to come in the future.

The people on this reserve will never amount to anything unless they start working and living as a community, instead of always being worried about their own individual needs.

There will come a time when there will no longer be an Indian Affairs, and the people will be on their own. I feel great pity and sorrow for those who fight among themselves and with others, instead of helping each other make a community in which to prepare themselves for the time that will come when all of us will have to live as the white people do. And it will come. It will come a lot sooner than most of you think.

There will be many who will not be able to accept this because they did not try to help themselves and spent most of their time wasting the time of those who are trying to help. I find this one of the greatest ignorances of Native people.

Try to think of what it will be like to have to be responsible for yourself and your families without any help from Indian Affairs, or money from anywhere but your own pocket!

Many of you do not care that your Community is improving. You care more for your own personal needs. You do not understand that the Community has to improve before the people can improve themselves. How will you ever survive in the real world if you can't accept these improvements? Perhaps if we live in a better environment, then we can improve our own personal environment.

Chief Leroy Antoine.

Published in the Bonaparte Tribune - Fall 1975

Saturday, November 9th

10:00 am to 2:00 pm

LMO Main Office

707 TRANQUILLE ROAD, KAMLOOPS, BC

## INDIGENOUS ARTISAN MARKET



**IF YOU ARE AN  
Indigenous Artisan, Local Vendor  
Crafter & Hobbyist, Quilter,  
Beader, Painter and Artist  
We invite you to book a table  
and join us for this event.**

**Costs \$10 per Table**

**ENTREPRENEURS OF ALL AGES WELCOME**

REGISTER & BOOK YOUR TABLE

By Contacting Wendy or Jeanette

LMO Main Office at 250-554-9486



**K'WSÉLTKTEN**

### Kristmas Market

CULTURAL ARTISANS, CRAFTERS, JEWELLERY,  
DELICIOUS TREATS, HEALTH/BEAUTY, LIVE  
MUSIC, DOOR PRIZES, 85+ VENDORS

**SUNDAY 10TH NOVEMBER**  
**10 AM - 5 PM**

COAST KAMLOOPS HOTEL  
1250 ROGERS WAY  
HILLTOP & ABC BALLROOMS

PLEASE BRING A NON-PERISHABLE ITEM FOR  
THE KAMLOOPS FOOD  
BANK

**SEE YOU THERE!**



# EVENTS - NEAR & FAR



**Save the Date!**

## CELEBRATING 40 YEARS NEQWEYQWELSTEN SCHOOL

**Saturday, November 2, 2024**

**Neqweyqwelsten School &  
Simpew Community Hall**

**Open house in the afternoon**

**Dinner: 5:00 pm**

**Honouring Founding Families :6:30**

**Registration information to come!**

## Honouring the Caregiver

**A Wellness and Self-Care Workshop for First Nations Caregivers**

Join us for a **FREE** two-day self-care workshop for caregivers of children and adults with neurodevelopmental disabilities.

Facilitated by Dr. Grant Bruno and Louis Busch.

Supported by Elder Bruce Robinson.

**November 20 & 21, 2024**

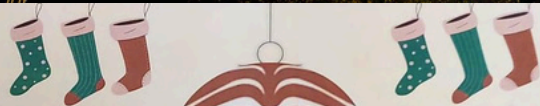
**9:00am to 4:30pm**

**Pacific Autism Family Network  
3688 Cessna Drive  
Richmond, BC**

*ASL & CART Services Provided  
Lunch Provided*

**To Register go to:**

<https://forms.office.com/r/JtJgKjyqxH>



**ABORIGINAL  
MOTHER CENTRE**

## Christmas Craft Fair!

**November 30th | 2019 Dundas st**

**9:30 am - 5:00 pm**

**Craft Tables! \$20  
Donation for Raffle!**

**Elk Stew Bannock \$12.00  
Drinks \$1.00  
Chips \$1.00**

**Cell: 604-558-2627 for more  
info - ask for Lisa!**



## Jiu jitsu Classes

*Adult and kids classes  
(kids 5-11) (12-adult)  
-for all levels!*

**•Tuesday- kids-4-5pm Adults-5-6pm**

**•Thursday-kids-4-5pm Adults-5-6pm**

**•Saturday -kids-9:30am-10:30am  
Adults-10:30-11:30am**

- Gain confidence
- Self discipline and patience
- Self defence
- Develops your problem solving skills
- Helps clear your mind from stress & anxiety
- Fun and great work out

**Location**  
Ashcroft hub



**DAYLIGHT  
SAVING TIME ENDS  
FALL BACK**

**Set Your Clocks BACK an Hour**

**Sunday, November 3,  
2024**

**Just  
\$80/100  
kids /adults  
/ Month**



**Sign Up Now !**

**Sagebjj@gmail.com**

**Ashcroft hub**



# EVENTS - NEAR & FAR

CURLING

CLINTON CURLING CLUB

SEASON STARTS NOV 14 7PM & 17 1PM WITH REGISTRATION, ORIENTATION, PRACTICE AND LEARN TO CURL

TUESDAY/THURSDAY EVENING  
WEDNESDAY DAY LEAGUE

SIGN UP AS A TEAM OR INDIVIDUAL  
FOR MORE INFORMATION CALL  
250-615-6434 OR 250-615-8862

## PAC introduces Dielemans Fundraiser

Start date: Nov.6  
Deadline for orders Nov.20  
Orders will be available for students to take home the first week of December

Catalogs will be handed out to students or available for online ordering  
<https://www.dfscanada.com>

Tax Free Tires First

Auto Maintenance Nation

Owned Chewing Tobacco

Operated Cigarettes

Arthur Morgan  
Box 635  
Cache Creek B.C.  
V0K1H0  
Bonaparte First Nation  
amorgan1864@yahoo.com  
Bus: 250-457-3332  
Cell: 250-457-3536

Oil Change  
Shocks-Struts  
Brakes  
Rotors  
Tune ups  
Wiper Blades  
Local Honey  
Windshield Washer  
Quad Tires  
Commercial Tires

### Did you know?

These local attractions offer **free** admission for Indigenous Peoples:

- Science World
- Museum of Anthropology at UBC
- Museum of Vancouver
- HR MacMillan Space Centre Planetarium
- Museum of North Vancouver
- Bill Reid Gallery of Northwest Coast Art
- The Polygon Gallery In North Vancouver
- Royal BC Museum in Victoria



## Happenin' at the HUB FALL/WINTER 2024

### DUCK HUNT

Starting Sept 8th - find a Rubber Duck hidden around Ashcroft and bring it to the HUB for a prize!

<b>SUNDAY</b> <b>Sept 15</b>	<b>TERRY FOX RUN</b> Run starts at 9:30 am at the Ashcroft HUB.
<b>SUNDAY</b> <b>Oct 6</b>	<b>HUB AMAZING RACE</b> Up to 10 teams will compete in this race around town. Get your team of 2 together and join the fun.
<b>FRIDAY</b> <b>Oct 16</b>	<b>ROARING 20'S CASINO NIGHT</b> Put on your roaring 20s outfit and enjoy a fun night out. Casino games, appetizers, pay bar. Lots of amazing prizes to be won.
<b>THURSDAY</b> <b>Oct 31</b>	<b>HALLOWEEN FUN</b> Trick or Treat indoors at the HUB from 2 to 4 pm Halloween Costume party at the Cache Creek Community Hall 7 to 8 pm. Costume contest at 7:30
<b>THURSDAY</b> <b>Nov 14</b>	<b>ARM CHAIR TRAVEL - GREECE</b> Join us as we travel to Greece through food. Doors open at 5:30 pm.
<b>FRIDAY</b> <b>Dec 6</b>	<b>SANTA PARADE</b> Parade starts at 6 pm and will travel down Railway Ave from 7th and back up Brink St.
<b>SATURDAY</b> <b>Dec 7</b>	<b>HUB CHRISTMAS MARKET</b> Find the perfect homemade gifts for everyone on your list. Market runs 10 am to 2 pm. Concession available.
<b>SUNDAY</b> <b>Dec 15</b>	<b>CHRISTMAS TURKEY BINGO</b> Join us at the Cache Creek Community Hall for our annual Turkey Bingo. Bingo starts at 11 am. Doors open at 10 am. Concession available.

The HUB Office will be closed Dec 20th to January 6th 2025

For more information: [ashcrofthub.ca](http://ashcrofthub.ca) | 250 453-9177





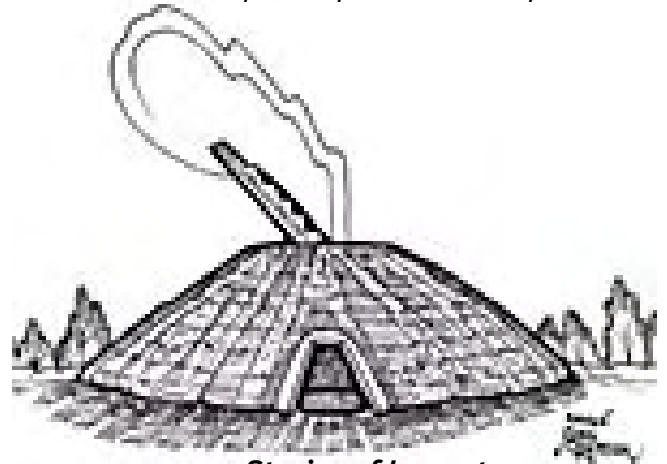
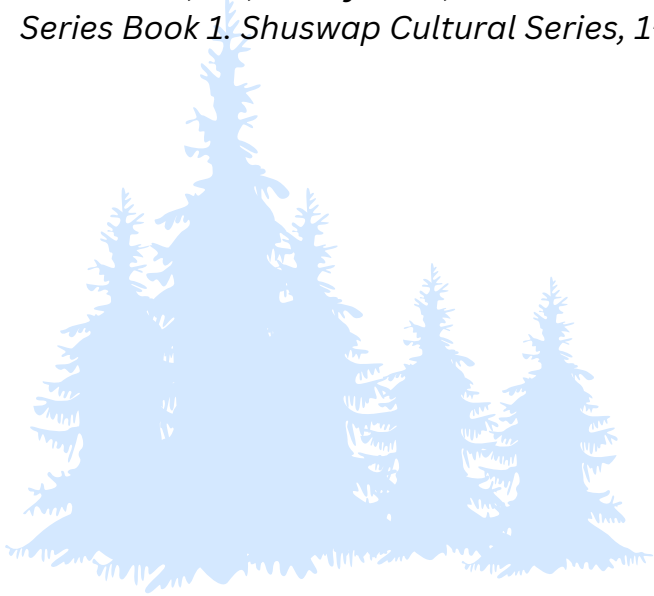
## Pellc7ellcw7úllcwten

**First Moon** was when people moved into their winter homes. It was also the time when the deer ran, so some hunting was being carried out. The First Moon was about October or November, by our present calendar. At this time the Shuswap people from all over the area moved into their winter villages by the rivers. People's caches, both above and underground, were located and filled with bounty of their summer and fall work. Here too, along the banks near the village, appeared the sweathouses, where they could regularly cleanse themselves, both physically and spiritually.

Along the Shuswap Lake, Canim Lake, the South Thompson, the North Thompson, and the Bonaparte River valleys, people were building or re- building winter dwellings that would be comfortable throughout the winter. When people had moved into their winter homes, the hunting chief would call the men to hunt elk or deer in the nearby hills. The hunters would travel in small groups and call the male game with bone calls or by imitating them, attracting the animals. The meat brought into the village was shared among the hunters' families and dried above the fires, to be later added to the caches which held large supplies of winter food.

During this moon, storytelling would begin, to shorten the long evenings that were part of winter season. Precious chunks of dried strawberry or saskatoon cake could be enjoyed as the elders of the families spent hours telling the stories of their ancestors to the younger members. Young children would drift into sleep to the sound of their grandparent's voice recounting the tales and truths of the Shuswap way of life.

~ 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:

tbrown@bonaparte.band



*Thank you for reading!*  
*T. Brown*