

ST'UXWTEWS SLEXÉYEM (NEWS)

Bonaparte First Nation

Weyt-kp xwexwéytep (hello to everyone)

Happy 2025, St'uxwtéws Members!

As we welcome 2025, it's the perfect time to celebrate our community's resilience, culture, and the opportunities that lie ahead. Here's what's happening this month for St'uxwtéws members:

Resolutions for the New Year

This year, let's focus on reconnecting with our roots, learning from Elders, and fostering creativity. What are your personal goals for 2025?

Upcoming Community Events

Stay tuned for exciting gatherings and workshops hosted by the Departments. Make sure to check the St'uxwtéws App or our Facebook page for updates. January 25th, Annual General Meeting, TBA

Cultural Reconnection

2025 is a year to deepen our connection to our traditions. From language workshops to crafting sessions, there are many opportunities to embrace and preserve our culture.

Member Resources

Remember, tools and programs are available to help you achieve your goals—whether they're personal, educational, or professional. Reach out if you need guidance! Look for a healthy program to be announced in February/March.

Here's to a year of growth, connection, and shared achievements. Let's make 2025 unforgettable, together! For our roots to become stronger we need to water and shine together for the future!

This issue:

Chief & Council Updates

B.S.L.P.

Department Updates

Upcoming Projects

Food for the Soul

Announcements, Events,
and Updates



Ts7écwes re tsítslemte swucwt - Happy New Year

Chief & Council:

- Next Chief & Council meeting **January 27, 2025**. If you would like to be added to the agenda, contact Valentara, Executive Assistant
- BC Cabinet & First Nations Leaders' Gathering - January 21-22, 2025
- SNTC Meetings on Jan 24th in Vancouver
- Xáxli'p, Ts'kw'áylaxw, and St'uxwtéws coalition - against the Hat Creek Coal project & agree to bring it forward to BC Cabinet & First Nation Leaders' Gathering in January

Economic Development

- Weekly Friday morning updates from Roy Seriosa
- Ongoing Ashcroft Terminal, CN discussions, new business
-

Communication

- St'uxwtéws App - download to keep up to date with important information
- Newsletter - if you have an addition, contact Tammy by email

Membership/Reception

- 1122 members as of December 16, 2024
- BLAZERS HOCKEY TICKETS AVAILABLE
 - Jan 3 VS Kelowna Rockets @7pm
 - Jan 10 VS Vancouver Giants @7pm
 - Jan 11 VS Prince George Cougars @7pm
 - Jan 22 VS Brandon Wheat Kings @7pm
 - Jan 24 VS Kelowna Rockets @7pm
 - Jan 29 VS Tri-City Americans @7pm
 - Jan 31 VS Swift Current Broncos @7pm
 - CONTACT TERRI, reception @ BFN OFFICE

Health

- welcome Emma Antoine, new Health Centre receptionist



Education

- the new daycare building is coming along, have you drove by and checked out the construction, completion in Spring 2025
- Post Secondary -

Finance:

- Christmas cheques were distributed by mail, direct deposit and pick up.
- Please ensure you sign up for direct deposit for the future. It makes it easier for the finance department & you will receive any payments quickly. Contact payables@bonaparte.band

Governance

- **Election Code Ratification Vote December 12, 2024, results**
 - Yes-79; No-59 (BFN now has to wait for Canada to accept the ratification results.)
 - **Online voting - 86 members voted online**

Elder's Coordinator

- Next meeting - January 23, 2025 ; Council Chambers - All ELDERS welcome 9:30am-12pm

Housing:

- Weekly Friday morning updates with Sierra
- Reminder: future housing renovations & requests are on hold
- Review the BFN Housing Policy on the APP or webpage
- Reminder: ONLY 1 heating system per household
-

Social Development

- Community Christmas Party was so much fun, lots of food, laughter and smiles were shared!!
-

Specific Claims #33 & #34

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

Youth

- Check out the exciting Youth January activities
- Indoor climbing, drum making, etc. - contact Angela for more information

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STARTING SPRING 2025 LEARN TO WALK / RUN PROGRAM WITH ISPARC

Let's Get Moving, St'uxwtéws!

IRWW initiative:

Join the St'uxwtéws Indigenous Run/Walk Wheel Team. Let's move together!

The Indigenous Run/Walk Wheel Program will be open to all St'uxwtéws members and staff.

We will work towards walking or learn to run 5km (or 10km if you wish).

Keep looking out for updated information on Start-up in the Spring 2025!!

Goal is to participate in the SKIP'S RUN 2025 in June!

This year, let's prioritize our health and well-being by starting a Learn to Walk/Run Program tailored to everyone's lifestyle and fitness goals. Whether you're a beginner or looking to enhance your routine, this program will help you take those first steps toward a healthier you!

Why Join?

- Flexible for All Levels: Whether you're starting from scratch or ready to run, there's a plan for everyone.
- Supportive Community: Get motivated by walking or running alongside friends and family.
- Improved Health: Boost your energy, mental clarity, and overall wellness.

Program Features

- Weekly Group Walks/Runs: Meet for community walks or jogs at your own pace.
- Follow the run/walk schedule that will suit your fitness level and goals.
- Expert Guidance: Learn proper techniques and tips to prevent injuries.
- Tracking Progress: Set milestones and celebrate every step forward.

Get Started!

We're currently exploring options for programs like:

1. Couch to 5K – Perfect for beginners, guiding you from walking to jogging over 8–10 weeks.
2. Community Weekly Wellness Circles – Group-led walks/run sessions with a focus on connection and mindfulness.

If you're interested, let me know your preferences or goals. Let's make 2025 a year of health, happiness, and connection—one step at a time!

Contact Councillor, Tammy Brown @ tbrown@bonaparte.band We can't wait to see you there!

To heal a nation
we must first
heal the
individuals, the
families, and the
communities.”
-Art Solomon,
Anishinaabe Elder





Bonaparte Sales Limited Partnership
2693 Sage Hill Rd., Hwy 97N, P.O. Box 218 Cache Creek, BC V0K 1H0
Tel: (250) 457-6788 Fax: (250) 457-6507

Photos by Pete Z





Leadership emails:

Kukpi7 (Chief)

Frank Antoine - kukpi7@bonaparte.band

TK'wenem7i'ple7 (Councillors):

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

Tammy Brown - tbrown@bonaparte.band

Matilda Morgan - mmorgan@bonaparte.band

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

Administration Department;

Clint Roan, Executive Director, ed@bonaparte.band

Valentara Zabetel, Executive Assistant, executiveasst@bonaparte.band

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

Honey Minnabarriet, Governance Assistant, engagement@bonaparte.band

Marilyn Porter, Governance; governance@bonaparte.band

Shaunna Pierro, Language and Vitality Coordinator,

language@bonaparte.band

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

Charlene Smith, Elders Coordinator, elderscoordinator@bonaparte.band

Housing Department, Sierra Loewen, Housing Manager;

housing@bonaparte.band

Finance Department

Gerald Etienne, Finance Manager, financemanager@bonaparte.band

Monica Foster, Accounts Payables, payables@bonaparte.band

Education Department

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

Jamie Porter, Education Assistant; edadmin@bonaparte.band

Health Department

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

Emma Antoine, Health Receptionist; healthreception@bonaparte.band

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

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

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

Kala Morgan, Patient Travel/Community Health Worker, chr2@bonaparte.band

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

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

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

Mary-Lou Morgan, Adult In Home Care

Angela Clark, Youth Worker, youth2@bonaparte.band

Water

Byron Porter, Water Manager, 250-457-3635; byron@bonaparte.band

Mike Williams, Water Operator, 250-457-3582; mike@bonaparte.band

Cultural Enrichment Department

Jamie Neighbor; culturalmanager@bonaparte.band

LANDS

Kyle Minnabarriet; Lands; landsmanager@bonaparte.band

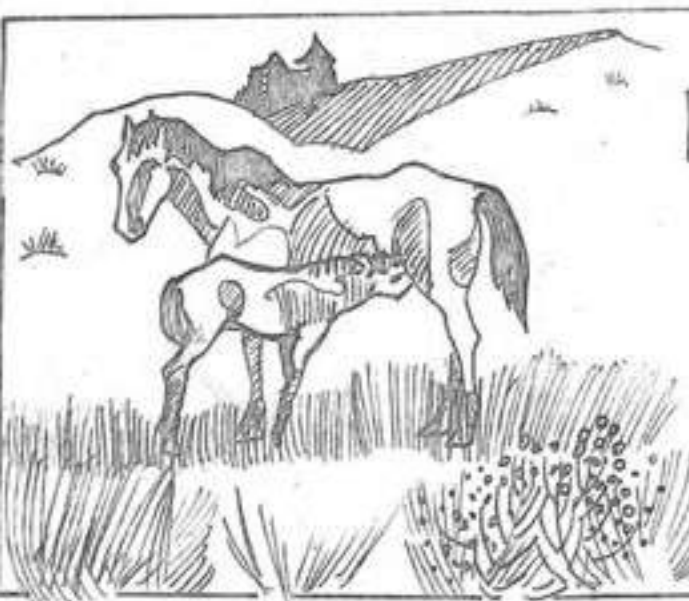
Band Office Phone Number : 250-457-9624 Toll Free: 1-877-457-4944

Education Building: 250-457-9747

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

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

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





SIERRA LOEWEN 250.457.9624 EXT. 222
housing@bonaparte.band

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

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

January

Home Maintenance Checklist

- Clean up from the holidays
- Declutter a closet or two
- Deep Clean the fridge & freezer
- Vacuum fridge coils
- Replenish your first aid kit
- Update your emergency phone numbers on your fridge
- Clean or change range hood filter
- Protect exposed pipes
- Check / replace batteries in fire alarms and carbon monoxide detectors
- Change furnace air filter
- Stock up on ice melt for the outside stairs / porch and walking area

How to Unclog a Sink
THE READER'S DIGEST VERSION

Use a "zip strip"
Remove the drain stopper. Push the strip into the clogged drain and twist. Pull out the tangled clog.

Try a plunger
Fill the sink halfway with hot water. Cover the overflow hole. Plunge the drain. Repeat until the water drains.

Clear the P trap
Place a bucket under the trap. Remove the pipe with a wrench. Clear buildup from the P trap. Reassemble.

Auger the drain
Remove the P trap and pipe connected to the wall drain pipe. Feed the auger, twisting, through the drain pipe leading into the wall. Pull it back to clear the clog.

Baking soda & vinegar
Pour baking soda and vinegar down the drain. Stopper the drain for 15 minutes, then flush with hot water.

Sink Type Bathroom Kitchen

Keep your sink clog-free

- Use drain screens.
- Don't pour grease down the sink.
- Avoid commercial drain cleaners.





EDUCATION

7 Important Skills for Secondary & Post Secondary Success:

- Self-Motivation.
- Organizational Skills.
- Open Mindedness.
- Collaboration.
- Social Skills.
- Soft Skills.
- Knowing How to Set Boundaries.



Healthy habits for the winter season...

Keep up with healthy daily habits: This can be summed up in three words: eat, exercise and sleep. Avoid overindulging in food and keep up exercise routines as much as possible over winter. Try to get at least **20 minutes of activity per day** (or 2.5 hours a week). **Getting enough sleep** is also important for physical and mental health and part of a healthy lifestyle.

Get out in nature: There's **increasing evidence** that suggests being outdoors is associated with lots of mental and physical health benefits. Enjoy nature while getting a dose of exercise by going for a walk, snowshoe. Take a moment to notice the wind, the sounds (or silence) and smells around you.

Be intentional: Devote time to being intentionally present by taking deep breaths, observing your surroundings and staying in the moment. Take a break from worrying or focusing too much on challenges. Are there external pressures causing distress? How are you feeling in this present moment? Identifying emotions helps you process what you're feeling. Explore apps like Calm or Insight Timer, or even YouTube videos, for guided meditations and breathing techniques.

Notice and share kindness: Take time to notice and share kindness and connection in ways and in spaces you are comfortable. This can help create a sense of community and reduce feelings of isolation. A smile or nod in passing, holding a door, exchanging a "hello," "way!," "thank you," "kukstemc" or other words that are meaningful to you are some ways to help us feel connected. Noticing someone be kind might bring some warmth and comfort.

Practise gratitude: Even when you're going through a rough time, there are still things to be grateful for. Take a few moments to look out the window and appreciate the colours. Try journaling what you're grateful for or sharing with someone else. There's strong evidence that documenting and discussing the things you are grateful for can lift your mood.

But find quality time for yourself: Making time for yourself is important. Is there something you really enjoy doing? An activity that helps you feel grounded, more balanced and relaxed? Gift yourself some quality "you" time to intentionally prioritize whatever wellness activities your mind and body needs. Remember it's okay to say no and focus on your **self-care**, especially if you're a **caregiver**.

Limit screen time & news: Moderate screen time and take a break from social media. Mental health experts advise establishing healthy limits. For example, you might decide to only check social media once or twice a day or set a timer for yourself. You might even consider deleting apps on your phone or limiting notifications. Avoid binge watching TV – this is a good way to practise delayed gratification!

Reach out if you're feeling lonely or sad: Talk to a friend or family member. If you can't visit, try reaching out with a text, a call or a video chat. Schedule an outdoor activity with loved ones by going for a walk, bike ride or snowshoe outdoors. Engage in an in-person or virtual community, social or meetup event. These can provide support and companionship.



January Community Events and Services

- **January:**
- Contact the Health Centre for upcoming Dr. Lawrie visits
- Wednesday, January 8th - Legion Bingo @Ashcroft Legion Start at 6:00pm
- January 13th BINGO - Lions @Cache Creek Hall, Start at 6:00pm
- January 19th for BINGO: Royal Purple, Start at 6:00pm
- January 27th for BINGO CC Recreation, Start at 6:00pm

Recurring Events:

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



HEALTH News

Heidi Greenman, Health Director



Zoom Special...

A SELF HEALING JOURNEY

Walking the Absolute Truth...

JANUARY 25 & 26

TIME: 1PM to 5 PM MST

What You Will Gain

- The Simplicity of Self Healing
- How to Conduct Your Own Self Healing Journey
- If you are Seeking Ancient FN Traditional Knowledge
- Personal Clearing Ceremonies
- How Self Healing 'Enhances Your Own Gifts'
- Calling Your Power, Permission & Spirit Back & So Much More...

SELF INVESTMENT FEE \$152

How to Join...

- Facebook Message [Barbara M. Moreau](#)
- Tiktok: [AuntieMagic888](#)
- Or Email: barbaramoreau@hotmail.com

Self Investment Fee is PER PERSON. No Recordings.
Send Etransfer to Barbara
Zoom Link is shared "After Etransfer is Completed"

SHER PERRY HOME & COMMUNITY CARE NURSE

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

1.250.457.6233
FOR AN APPOINTMENT

Secwepemctsin

Le7 re stskitsc - it is good that you have arrived
le7 re7 skitsc ne Secwepemcúlecw - Welcome to
Shuswap Country
t7ekmiñtp re Secwepemcúlecw - You are traveling
through Secwepemcúlecw

BLAZERS HOCKEY TICKETS AVAILABLE

- o JAN 3 VS KELOWNA ROCKETS @7PM
- o JAN 10 VS VANCOUVER GIANTS @7PM
- o JAN 11 VS PRINCE GEORGE COUGARS @7PM
- o JAN 22 VS BRANDON WHEAT KINGS @7PM
- o JAN 24 VS KELOWNA ROCKETS @7PM
- o JAN 29 VS TRI-CITY AMERICANS @7PM
- o JAN 31 VS SWIFT CURRENT BRONCOS @7PM

CONTACT TERRI, RECEPTION @ BFN
OFFICE



Coyote and Grizzly Bear Make the Seasons and Night and Day

Grizzly Bear met Coyote and said, "I am the greatest in magic of all people. When I wish a thing to be, it has to be so. Now I am displeased with the short time that it is dark. I think it will be better if it is dark all the time. I intend to make it so".

Coyote answered, "No that would inconvenience the people too much". Grizzly said, "Well, I will have it my way". Coyote answered, "No, you can't". Grizzly danced and sang, "Darkness, darkness! Let it always be dark". Coyote danced and sang, "Light, light, may it be light". Grizzly and Coyote danced and sang for a long time and sometimes Grizzly got his way and darkness won. Other times, Coyote got his way and lightness won. They struggled for a long time and neither beat the other.

At last Grizzly got tired, and said, "Let there be half darkness and half light". Coyote agreed to this and said, "From now on, it shall be light from the time the sun prepares to rise until he sets. The rest of the time shall be night. So every day the sun shall travel and when he leaves, the night will follow him until the next day when he rises again".

Grizzly Bear said, "I am displeased with the length of the year and the length of winter. It is far too short. Let it be the same number of moon that there are feathers in the tail of a blue grouse".

Coyote counted the feathers and found twenty two. Grizzly wanted each winter to last twenty two Moons. Coyote said, "No, the people cannot endure such a long winter. They will all die. Let it be half that number". Grizzly Bear objected, so Coyote said, "Let there be the same number of moons is year as there are feathers in the tail of the red winged flicker".

Grizzly thought there were many feathers in the flicker's tail, so he agreed.

The Coyote continued, "Half of these feathers shall represent the number of moons it may snow, and the other half, the number of moons it may not snow or be cold". Grizzly agreed, as he thought the winter would be almost as long as he wanted. Grizzly got a flicker's tail and was surprised when he counted the feathers, to find only twelve, but it was too late to make any change.

Coyote said, "from now on the year shall consist of six moons of warm weather, and six moons in which it may snow or be cold." So Coyote saved the people from having to live in darkness and cold. He made the seasons and days and nights as they are now.



COMMUNITY ...





COMMUNITY



PHOTOS BY SHANNON PORTER







Angela Clark, Youth Coordinator

December Newsletter info

It was a busy month preparing for Christmas activities and developing programming for youth for the new year. Youth Home visits are going so well! Thank you to everyone who welcomed me into your home for dinner and time to get to know you and your needs better. It felt amazing to sit and talk and to be able to support families. Home visits will start up again in January, The first and last Wednesday of the month. If you need extra support please reach out to youth2@bonaparte.band to book between 1-8 pm Jan 8th and Jan 29th.

Rattle and Drum making with Norman Retasket was a success, despite some no-shows due to the tummy bug. The kids were able to listen, learn, and go away with beautiful rattles and drums! For those who were hit with the bug, we will be hosting a bonus drum-making class on January 18th, 12-3 pm in the Health Centre Board Room.

Decorating the float for the Christmas parade was so much fun! Thank you Jamie Neighbor for arranging. The kids enjoyed decorating and pizza! The float was amazing.

We had a great Christmas fun day for the kids, while parents enjoyed community Christmas bingo. Christmas movies were watched, ornaments were made, snacks were devoured and the kids loved their bags from Secwepemc Child and Family Services! A fun day for all.

January 11th- Bottle Drive!! If you have been waiting to clear out your bags of recycling, save them for the youth, we will be around January 11th between 10 am- 2 pm to pick them up. 100% of proceeds go to the Stuxwtews Warriors Youth Groups.

If you would like to book a pick-up and or your youth is interested in helping, please email Angela at youth2@bonaparte.band. We are looking for parents with Trucks to assist!

Things to watch for in January-

January 14th- We will begin our first Language Nest with Justin Prairie-Chicken! Language Nest will run on the middle and last Tuesday of each month. Classes will be held at the Cache Creek Community Hall between 3:30-6:30. After school pick-up service is available and will bring the kids right to the hall from school. Drop-off is also available after class.

3:30-4:30 Ages 4-11 5 pm- 6:30 pm will be ages 12-18

The kids will learn Secwepemctsin through activities and interaction. The lessons will be designed to hold attention and for retention, and of course, with Fun as the main ingredient!

Please email Angela at youth2@bonaparte.band to register for Language Nest. You can call or text 250-318-2930 for more information or to register. Pre-registration required

January 21st- Rock Climbing at Cliffside Gym

The bus will leave the band office at 4:30 pm. The kids will climb from 6-7:30pm. The bus will be at the band office at 8:30pm Pick up and drop off available.

Please email Angela at youth2@bonaparte.band to register. Pre-registration required. If your child is 7 or younger, it is asked that you accompany them.

January 25th- Our first Monthly Parent Meeting 12pm- 3pm- Discussion around programming, supports needed, fundraising and more. Monthly meetings will be held the last Saturday of each month. Lunch will be served, and activities are available for the kids.

January 28th- Language Nest! Cache Creek Community Hall







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

IMPORTANT

Contact Membership,
Terri Allan @
250.457.9624

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

News & Events | Documents | Job Postings

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

DOWNLOAD NOW

Available on the App Store and Google Play

**Para Transit
Media Advisory**
November 27, 2024

NextRide Real-Time Bus Tracking is Here!

BC Transit has officially launched NextRide in the Ashcroft-Cache Creek-Clinton Regional Transit System, bringing cutting-edge Automatic Vehicle Location (AVL) technology to your daily commute.

With NextRide, you can:

- Track your bus in real-time on mobile or desktop, so you always know where it is.
- View predicted arrival times at your stop for better trip planning.
- Enjoy onboard automated stop announcements, making travel more accessible and comfortable for everyone.

Use Transit App, Google Maps, the BC Transit website, or your favorite trip planning app to access this feature. Plus, download the Transit App for a free upgrade to Transit Royale, unlocking even more features like a full transit schedule and a wider coverage area.

Did You Know? This \$16.8 million initiative is part of BC Transit's Smart Bus Program, co-funded by the Government of Canada (50%), the Province of British Columbia (40%), and local government partners (10%). The goal? To make transit more accessible, reliable, and enjoyable while embracing the latest technology. Google Maps users may see a slight delay in real-time data updates as integration is finalized over the next few weeks.

For more details on how to use NextRide, visit: [BC Transit NextRide FAQ](#)
#NextRide #BCTransit #RealTimeTransit #PublicTransport #SmartBus

WINTER CAR EMERGENCY KIT
10 THINGS ALL DRIVERS WORTH THEIR ROAD SALT SHOULD HAVE

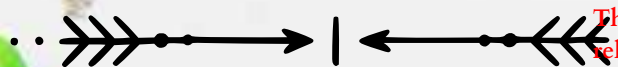
- JUMPER CABLES**
A must, either for yourself or to help someone else. You might also want to include spare or a replacement. They help others to see your vehicle if you're on the shoulder of the road.
- FLASHLIGHT**
Make sure you've got one that works — and extra batteries. Head-cranked flashlights are out there, too. In case you don't, treat the back-up batteries.
- FOOD & WATER**
Non-perishable food such as granola or energy bars and trail snacks will last in your emergency stash. Don't forget water.
- BLANKETS**
A fleece, an extra comforter or even a rolled-up sleeping bag can come in handy. Extra clothing such as dry socks and a spare set of dry gloves isn't hurt.
- ICE SCRAPER**
The need to clear windshields and windows will crop up again if you're stuck in snowfall. A brush and ice scraper combo is even better.
- CAT LITTER OR SAND**
If your vehicle is stuck in snow, place the litter in front and back of a stuck tire. The particles give tires better traction on your tires while you wait.
- SMALL SHOVEL**
If you're really stuck, you may need to use a shovel to clear the area around your tires. Before you try using the litter or sand.
- RADIO**
Battery-powered or hand-cranked radios are the best choices. Don't rely on your car's phone battery in an emergency.
- PHONE CHARGER**
It's a good idea to be able to top up the juice in your phone.
- FIRST-AID KIT**
Buy one or make your own and keep everything in plastic bags. Bandages, gauze pads, antiseptic, saline and pain relievers like ibuprofen or aspirin are a good place to start.



JANUARY



Happy Birthday



During the new moon in your sign on December 1, you're being handed a cosmic microphone that allows you to project your energy and essence into the world with a renewed sense of confidence. This is your time to reestablish your identity and set intentions that support your growth.

Mars goes retrograde in Leo and your realm of knowledge on the sixth and asks you to reflect on your beliefs and travel plans.

Venus sashays her way into Aquarius on December 7, awakening your communication zone. Venus adds a dash of charm to all of your conversations, allowing you to connect with people in new ways. You could be exploring new collaborations or futuristic ideas and perspectives.

The Gemini full moon on the fifteenth shines a curious light on your relationship realm, demanding a balance between your needs and those of others. Open-mindedness and mutual understanding can lead to healing conversations and deeper connections. Meanwhile, Mercury goes direct in Sagittarius on the same day, sharpening your communication and clarity so you can articulate yourself effectively.

As the sun enters influential Capricorn on December 21 and marks a new season, it heralds a period of grounding and growth in your zone of money and self-esteem. This is a time to build a solid foundation for yourself that emphasizes practicality. Focus on what truly matters the most to you.

The Capricorn new moon on the thirtieth awakens potential related to your financial goals and personal passions, encouraging you to plant seeds for long-term success and security.

Darcy Bara-01; Cora Jefferson-01; Mona Minnabarriet-02; Cail Porter-02; Brandon Kashino-03; Kierra Upshaw-03; Martha Doucette-04; Rochelle Johnson-04; Jennifer Cripps-05; David Gentry-05; Trevor Day-05; Shannon Porter-05; Gerald Etienne Sr-06; Sherry Johnson-06; Archie Antoine-07; Marissa Chambers-07; Janine Hora-07; Case William-07; Virginia Williams-07; Peter Zabetel-07; Aiden Antoine-09; Edric Antoine-09; Brent Kane-09; Donald Kennedy-09; Brandon McLin-09; Guy Williams-09; Kimberly Lewis-10; Evelyn Frazier-12; Gia Porter-13; Casper Robertson-13; Marlene Basil-14; Amanda Beaulieu-14; Monica Bob-15; Sarah McCurrach-15; Grandon Morgan-15; Samantha Bos-16; Rebecca Johnson-16; Jamie Porter-16; Alexander Raynes-16; Isaiah Harris-17; Karina Harris-17; Jacqueline Patterson-17; Monica Rupert-17; Gary Basil-18; Nicole Pierce-18; Rachel William-18; Violet Basil-19; Ernest (Brian) Harris-19; Wanda Antoine-20; Forsyth Clark-20; Daphne Dumont-20; Leilani Wilson-20; Diane Motherwell-21; Joshua Traub-21; Daymon Wilson-21; Chaylon Glover-23; Bella Jacob-23; Blaine Bob-24; Colleen Dalrymple-24; Ace Stewart-Perry-24; Aaron Pinchbeck-25; Casey Minnabarriet-27; Lyndon Minnabarriet-27; Bradley Pierro-27; Allen Retasket JR-27; Weston Shupe-27; Kohl Canaday-28; Robert Kelly-28; Angela Nelson-28; Carole Weil-28; Epyk Antoine-29; Shirley Morgan-29; Chattman Olson-29; Sebastian Quann Gagnon-29; Paul Quann Gagnon-29; Alex Sanchez-29; Tyler Zabetel-29; David Bennett-30; Daniel Guntun-30; Leonard Holden-30; Branda Antoine-31; William Pooler-31

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

EGG MUFFINS

INGREDIENTS

- Cooking spray
- 3 slices turkey bacon
- 1 small yellow onion, chopped
- 1 red bell pepper, chopped
- 2 c. chopped baby spinach
- 6 large eggs
- 3 Tbsp. milk
- 1/4 tsp. paprika
- 1/2 tsp. garlic powder
- Kosher salt
- Freshly ground black pepper
- 1/2 c. shredded mozzarella

DIRECTIONS

- Preheat oven to 350° and grease a 12-cup muffin tin with avocado or coconut oil cooking spray or coconut oil. In a large nonstick skillet over medium heat, cook turkey bacon until crispy, 6 to 8 minutes. Drain on a paper towel-lined plate, then crumble.
- Add onion and bell pepper to skillet and cook until soft, 5 minutes. Add spinach and cook until wilted, 2 minutes more.
- In a small bowl, whisk eggs, milk, paprika, and garlic powder and season with salt and pepper. Fold in cooked vegetable mixture, turkey bacon, and mozzarella. Pour mixture into prepared muffin tin.
- Bake until cooked through and golden, 30 to 35 minutes.
- Let cool, then store in the fridge in an airtight container until ready to eat.



FOOOD!!!

FRESH MINT HOT TEA

This warming, soothing, low (or no!) calorie tea is delicious
 Prep Time 5 minutes
 Total Time 5 minutes

Ingredients

- 4 cups hot water
- 4 bunches fresh mint
- honey, (optional)

Instructions

1. Heat water to just boiling.
2. Rinse the mint stocks and fill each cup with a couple stocks. You can always add more if you want a stronger mint flavor.
3. Pour hot water over mint leaves and steep for a couple minutes.
4. If you prefer sweetened tea, add honey. Enjoy!



CHICKEN TERIYAKI



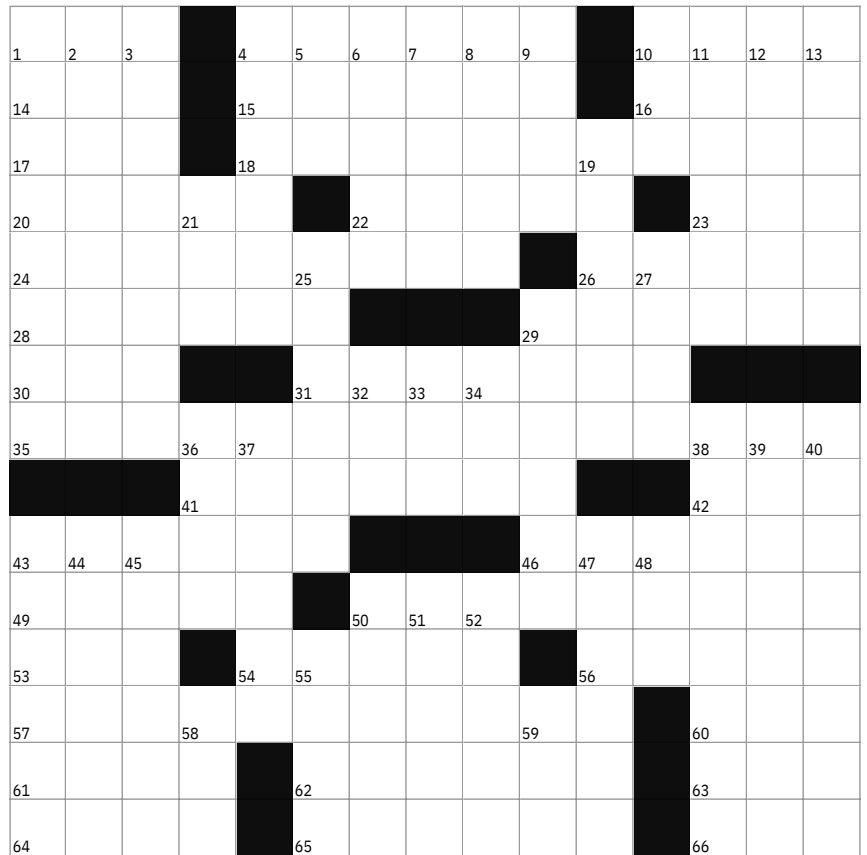
INGREDIENTS

- 2 1/2 LB. BONELESS SKINLESS CHICKEN THIGHS, CUT INTO 1-INCH PIECES
- 3/4 C. SOY SAUCE
- 1/3 C. PACKED DARK BROWN SUGAR
- 2 TBSP. RICE WINE VINEGAR
- 2 TBSP. HONEY
- 4 LARGE CLOVES GARLIC, MINCED
- 2 TSP. SESAME OIL
- 1 TSP. GROUND GINGER
- 1/2 TSP. GROUND BLACK PEPPER
- 1 TBSP. VEGETABLE OIL
- 1 TBSP. CORNSTARCH
- 2 GREEN ONIONS, THINLY SLICED
- 1 TBSP. TOASTED SESAME SEEDS
- STEAMED BROCCOLI, OPTIONAL
- COOKED WHITE RICE

DIRECTIONS

1. PLACE THE CHICKEN IN A RESEALABLE PLASTIC ZIP-TOP BAG.
2. IN A LARGE GLASS MEASURING CUP, WHISK TOGETHER THE SOY SAUCE, BROWN SUGAR, 2 TABLESPOONS WATER, VINEGAR, HONEY, GARLIC, SESAME OIL, GINGER, AND PEPPER UNTIL THE SUGAR IS DISSOLVED. POUR HALF OF THE MARINADE OVER THE CHICKEN, RESERVING THE REMAINING MARINADE. SEAL THE BAG OF CHICKEN, TURNING TO COAT. REFRIGERATE FOR AT LEAST 30 MINUTES OR UP TO 4 HOURS, TURNING THE BAG OCCASIONALLY.
3. REMOVE THE CHICKEN FROM THE MARINADE; PAT DRY. DISCARD THIS MARINADE.
4. IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT, HEAT THE VEGETABLE OIL. ADD THE CHICKEN AND COOK, STIRRING FREQUENTLY, UNTIL COOKED THROUGH AND GOLDEN BROWN, 3 TO 5 MINUTES. REDUCE THE HEAT TO MEDIUM.
5. IN A SMALL BOWL, WHISK 2 TABLESPOONS OF WATER WITH THE CORNSTARCH. ADD TO THE RESERVED MARINADE. POUR THE RESERVED MARINADE INTO THE SKILLET OVER THE COOKED CHICKEN. COOK, STIRRING FREQUENTLY, UNTIL THE SAUCE THICKENS AND COATS THE CHICKEN EVENLY, 3 TO 5 MINUTES. GARNISH WITH THE GREEN ONION AND SESAME SEEDS. SERVE HOT WITH BROCCOLI AND RICE

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



- 1 International conservation org.
- 4 Stuck-up message?
- 10 Sprint
- 14 Letters on a battery package
- 15 "American Idol" runner-up and Grand Ole Opry member Lauren
- 16 "A Sunday Kind of Love" singer James
- 17 City that's home to Anheuser-Busch's HQ
- 18 Long agonizing shriek
- 20 "They've scored!"
- 22 Inexperienced with
- 23 D. & D., e.g.
- 24 Ergonomic
- 26 ___ Troopa (recurring enemy in the Mario franchise)
- 28 *The New ___* (publication with an annual *Cartoons & Puzzles* issue)
- 29 Gravely serious
- 30 Paris accord?
- 31 Sushi-bar appetizer
- 35 Place to search for lingonberries
- 41 Ripoff
- 42 Island garland
- 43 What a lling lls
- 46 Request for a kiss, in Cancún

- 49 Hill who wrote the memoir "Speaking Truth to Power"
- 50 Rival of Legolas
- 53 "Ready Player One" star Sheridan
- 54 Like a shutout baseball game
- 56 Tasteless
- 57 Instruction on a Monopoly card . . . or how to read four clues in this puzzle
- 60 Some clinic workers, for short
- 61 "___ Karenina"
- 62 Says aloud
- 63 Qty.
- 64 Like many students at Gallaudet University
- 65 Tool for a digital artist
- 66 Opposite of paleo-

Down

- 1 Accusatory question
- 2 Unit of energy equivalent to 3,600 joules
- 3 Bone in the lower chest
- 4 Fictional Indiana town where "Parks and Recreation" is set
- 5 Portuguese greeting
- 6 Refuse
- 7 River near the Vatican
- 8 Utterly astounded
- 9 Social deftness

- 10 Mountain ___ (moonshine, by another name)
- 11 Beating, as a heart
- 12 Central Asian grassland
- 13 Airport structure
- 19 1988 Beach Boys song that rhymes "Jamaica" with "take ya"
- 21 Peeve
- 25 "Nightmare on Elm Street" baddie
- 27 Sign of things to come
- 29 Breeze past

- 32 Accomplished
- 33 Unreturned serve
- 34 Org. that sells L.I.R.R. tickets on its TrainTime app
- 36 Not much
- 37 Swimming
- 38 One with a Mobile home?
- 39 "I don't quite recall . . ."
- 40 Doesn't withstand
- 43 Guy who's likely to keep litter around the house
- 44 "No volunteers at all?"

- 45 Capital on the Danube
- 47 Create a design that stands out?
- 48 Sun, in San Juan
- 50 Actor Chris who married into the Kennedys
- 51 Satirical?
- 52 Photographer and environmentalist Adams
- 55 Numbered composition
- 58 Clumsy clod
- 59 Cinematic villain with Minions



WORD SEARCH

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

BOOTS
 CELEBRATE
 CHILLY
 COLD
 EARMUFFS
 FREEZE
 FROSTY
 FROZEN
 GLOVES
 HAT
 HOT COCOA
 ICE
 ICICLE
 JANUARY
 NEW YEAR
 RESOLUTIONS
 SCARF
 SKIING
 SLEDDING
 SLIPPERY
 SNOWBALL
 SNOWFLAKE
 SNOWING
 SNOWMAN
 WINTER

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



Riddle Me This .. ???

"Penny has 5 children.
 The 1st kid is named **January**.
 2nd kid is **February**.
 Her 3rd is called **March**.
 4th is **April**.
 What is the name of the 5th."

Riddles ☺

Mountains will crumble and
 temples will fall, and no man
 can survive its endless call.
 What is it?

Answer: 1000.com/21



The Lunar New Year in 2025 welcomes the Year of the Snake, according to the Chinese lunar calendar. Celebrated by millions around the world, this is a time for cultural traditions, family reunions, and hopes for good fortune in the coming year. In 2025, Lunar New Year falls on [January 29, 2025](#), kicking off the 16-day Spring Festival. As we move from the energetic and dynamic Year of the Dragon, 2025 brings the Snake's wise and intuitive energy. The Snake, symbolizing wisdom and transformation, offers opportunities for personal growth and change.



Why Is 2025 the Year of the Snake?
 The Chinese Zodiac operates on a 12-year cycle, with each year represented by a different animal. In 2025, we enter the Year of the Snake, the sixth animal in the zodiac cycle. According to Chinese mythology, the order of the zodiac animals was decided by a Great Race hosted by the Jade Emperor. The Snake, clever and strategic, coiled around the Horse's hoof, managing to finish the race ahead of the Horse and claim sixth place. Unlike the bold and outgoing Dragon, the Snake represents calmness and introspection. These traits are seen as essential for guiding one's life with wisdom and grace. For those born in a Snake year, 2025 is their Ben Ming Nian—a year traditionally believed to bring bad luck due to a conflict with Tai Sui, the God of Age.

Interested in learning about a career with BC Hydro's Distribution Design team?

Apply to the Indigenous Employment & Training
Career Energizer:
Distribution Design Assistant Program



Explore career possibilities and workplace tasks of a Distribution Design Assistant. Learn how BC Hydro distributes electricity from generation stations to the light switches in our homes and offices. You will have interactive conversations with Distribution Design team members to gain a deeper understanding of planning, design, construction, maintenance, and operational support of BC Hydro's province-wide distribution system. In addition, access business communication tools and career advising.

Program Preferences (not mandatory)

- o High school graduation with Math 11 and English 12
- o Interest in BC Hydro Career Paths
- o Comfortable with online learning
- o One (1) year of administrative or customer service experience. Demonstrated experience using Microsoft Office and other common desktop computer applications.

To Apply- Indigenous Applicants send your resume to: nadine.israel@bchydro.com or call 250 320-2820


Dates:	Jan 23-Feb 10, 2025
Location:	Online delivery With Facilitator
Application	
Deadline:	Apply ASAP via email



Training with BC Hydro: English and Math for this position. Sent your resume to the following email: nadine.israel@bchydro.com or call 250-320-2820. Apply



EVENTS - NEAR & FAR

Legion 

Friday Night Dinner

JANUARY 3, 2025

BALLPARK CHEESEBURGER
POTATO WEDGES
& DESSERT \$10

Dinner is served at 6:00

Please call 250-453-2423 to reserve your seating

EVERYONE WELCOME!!!



Sending love to everyone who feels overwhelmed. Whether that be with work, with love, with life. Be gentle with yourself and take it one day at a time. You got this.

ST'UXWTEWS POW WOW

2ND ANNUAL JULY 25, 26, 27 - 2025

SAVE THE DATE!

Save The Date!

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

Location: Hat Creek Ranch

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



**HOLIDAY
STICK
& PUCK
DROP-IN HOCKEY**

10:00AM - 12:00PM
MONDAY | DECEMBER 23
TUESDAY | DECEMBER 24
THURSDAY | DECEMBER 26
FRIDAY | DECEMBER 27

NICOLA VALLEY MEMORIAL ARENA
\$5/PERSON

Merritt
FLOURISH UNDER THE SUN

▶ MERRITT.CA/HOLIDAYHOCKEY



Bonaparte First Nation

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



ELECTRONIC FUND TRANSFER (EFT) FORM

NAME (FIRST, LAST): _____
EMAIL ADDRESS: _____
STATUS NUMBER: _____ PHONE NUMBER: _____

FINANCIAL INSTITUTION INFORMATION

Transit (Branch) Number (00000): _____ Financial Institution number(000) _____
Account Number (0000000): _____
Name of Financial Institution: _____
Address: _____ Telephone: _____
City: _____ Province: _____ Postal Code: _____
NAME AS ON ACCOUNT: _____

A VOIDED CHEQUE CAN BE RETURNED WITH THIS FORM

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

PRINT NAME: _____ SIGNATURE: _____
PHONE #: _____ DATE SIGNED (yyyymmdd) _____

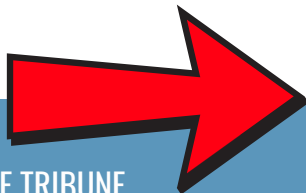
Please return this completed form to:

Bonaparte First Nation
Attention: PAYABLES
PO Box 669, 2689A Sage Hill Road,
Cache Creek, BC V0K1H0
or email: payables@bonaparte.band

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

Thank You.

EXAMPLE:



The Third Moon, was when the sun turns, or about December–January. This was usually the coldest moon of the year. During this month the Chief of the band directed the men as they went in large groups to hunt the deer in their mountain habitat.

They would drive the deer into the valleys and shoot them in large numbers to take back to the village to replenish the food supply. During this month the men and their families could fish through the ice and the rivers and lakes, for trout and white fish.

Small game snared now would yield soft, thick fur for a child's robe or a grandmother's cap. Women continued to spend many hours working side by side, sewing for the coming season.

This may have been the month of winter feasting, when the hunters returned with fresh meat. All the people of the village gathered in a large home and the youths sang their mystery songs or the best song they received from their guardian spirit.

A feast might occur simply because a family had a large supply of food, whereas others had little.

This family would invite everyone to join them in a feast to share their food. People would play lehal and other games. They would compete in tests of skill and endurance. Great kettles of stew, made from saskatoon, bitter-root, black tree lichen and deer grease would be available for eating whenever anyone felt hungry. Fresh roasted meat from the recent hunt would be abundant, and dried fish would be also offered. The gathering might last two to three days, and all would return to their own homes feeling satisfied with the wealth of food, fun and good companionship

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'uxwéws territory or family history. Submissions can include photos of the territory and with members. Contributors will be acknowledged for their submissions. Email: communication@bonaparte.band

